

The Country Homemakers

Conducted by Francis Marion Beynon

LOYALTY AND POLITICAL CORRUPTION

Being asked to harangue a company of poor defenceless school children on Empire Day on the subject of loyalty, I declined, for the reason, chiefly, that the phrase of loyalty that I prefer to preach is rather difficult of explanation to a class of school children.

Personally I am nauseated with all this babel about the grand old flag. Unless you take the flag as symbolic of our institutions and of our relations with our fellow men, it is nothing, and if you take it as symbolic, the question arises whether we are loyal to our fellow men and our common institutions.

Let us take our greatest institution, that of government. We are not loyal to that.

"How can we be," someone cries, "when our government is rotten and our politicians are all rogues?"

Here we launch into our favorite diversion of blaguarding our politicians, the idea apparently being that if we abuse them long and consistently enough it will purge our own souls of any political uncleanness. What we people of Canada lack is the courage to face the fact that our politics and politicians, corrupt as they are, are but the average of ourselves—the people. Some of us are better than our representatives, some of us are worse, but in the end we average up pretty evenly with them. The solution of our political depravity is not merely to get better men into politics, it is to get better men out of them. Canada needs an incorruptible electorate worse than an incorruptible parliament.

A favorite way of sliding from under this responsibility is to talk loftily about "the ignorant foreigner," as if upon the head of the poor foreigner lay all the blame for our misgovernment. As a matter of fact, I have been told, confidentially by those on the inside that an incredible number of farmers and business men exchange their votes for actual cash, while others sell theirs on the promise of some local improvement and some even for the small consideration of a few drinks. These are the men who will go about the country prating of loyalty and the flag and our great and glorious institutions, these men who are ready to sell the welfare of the whole country for a few dollars in the pocket of their jeans. It makes me sick.

This is not a voter's page, but I would like to say to any man who happens to read it that if he contemplates, at the coming election in Manitoba, taking any compensation for his vote, he is an out and out traitor to his country.

That man is very little better who has to be carried to the polls at the expense of the politician. That means that the politician must have a large campaign fund, and as the campaign fund is supplied by the moneyed interests the member of parliament is put under an obligation to serve these gentlemen in return.

If the Manitoba election takes place this summer, as is anticipated, that Province will soon be plunged into another orgy of bribery and corruption and intimidation, unless the men of that Province right about face and take a stand for cleaner politics. And this is the kind of loyalty I would prefer above all the singing of praises to the flag and the familiar ranting about our great and glorious country.

FRANCIS MARION BEYNON.

PREVENTABLE TROUBLES

Dear Miss Beynon:—There are some simple little things that most mothers know so well that we are apt to imagine that every mother knows them, but that is a mistake. For instance: We sometimes, even yet, hear of infants having "sore mouth." Now, there is no need of having "sore mouth" if a little pains be taken to keep the mouth clean. This is easily done by washing

the mouth before and after each feeding with a solution of boracic acid, a teaspoonful dissolved in a cupful of boiling water. Also wash the eyes with same every morning, or oftener, if they show signs of any weakness or soreness. Keep the eyes from being exposed to a bright light while young, as it injures the sight.

I'm not going to give a detailed account of "How to Bath the Baby," only to mention one thing: The tiny creatures sometimes seem to be nervous or frightened when undressed. To prevent this, wrap them in a warm, soft napkin and gently lift them into the bath. When accustomed to the water, remove the napkin and proceed to sponge. Take great care to dress baby for comfort. Very soft woollen bands and shirts are the best, whatever else is used for other garments. Avoid seams or wrinkles in the clothing or binding too tight for perfect comfort. It is better to sew the little garments on than to risk hurting the tender little

should be boiled. It may be sweetened a little, but not much. Keep a bottle for the purpose, as it is easier than giving it with a spoon.

Now, I must say a word about fresh air. Baby must have plenty of it. Whatever you do, don't rob him of fresh air. We have plenty of it on the prairie, and it's the cheapest medicine we can have and the most beneficial.

Let him have his morning and afternoon sleep out of doors when the weather is not extremely cold or stormy. Even then, the woodshed or verandah will make a sheltered nook. Wrap him up warm and, if necessary, put a hot water bottle in the carriage. If you haven't a carriage, a packing box will do, but whatever way you manage to do remember that fresh air is his very life. Babies will not have pneumonia if they have a constant supply of fresh air.

EXPERIENCED MOTHER.

A FLOCK O' BAIRNS

Dear Miss Beynon:—Altho I am a



PRINCESS MARY

Who was recently mistaken for a suffragist and arrested

flesh by lying on safety pins. Tape is good on some articles, but even a knot of tape at the neck may cause irritation. It is a good plan to place a small silk handkerchief around the neck to prevent the neckband of dresses and nighties coming in contact with the baby's neck. This is, of course, for the first few weeks.

There used to be a foolish notion that babies were expected to cry a good deal the first three months. Such nonsense! Babies won't cry much if they are well and happy.

I think I always knew that hot water was good for colic or indigestion, but I didn't know how plentifully it should be given. I thought a few sips given if they were in pain should be sufficient, but I believe we can prevent the pain by hot water instead of curing it. Give him a drink of hot water before feeding if he seems to have colic or indigestion, and if he cries for something before his next meal time give him more water. Of course, the water

farm mother, and have been for nearly twenty years, I feel as tho I do not know anything but what every farm mother already knows. However, I will try to write a helpful letter, and if there happens to be anybody who may be helped by what I may write I shall be very glad.

I am busy raising a good-sized flock of boys and girls, and they are about as healthy a bunch as one would wish. I sometimes think, perhaps, it is because I have tried to be sensible and simple with them. I have always been a great reader, and one can find lots of advice on raising children in almost every paper. Some of it is good and some silly, and if one tried to follow all the rules one reads, I think one would be very foolish. Still, there are some helps.

When my first boy was born we were on a homestead about forty miles from the nearest doctor, and we did not have him so I had no advice from that quarter. I have always nursed my children

on the breast, so had no trouble about feeding them the first year, except to be regular in feeding. Some mothers will nurse the poor child every time it cries, and perhaps it is crying because it is too "full" already. I nursed mine about every two hours at first, and as they got older they got it not so often, until at ten months about four times a day was all they got.

My baby is eleven months now, and has never had a sick day yet. She is running all over the house now, and if I only had a camera I would surely lend her to you. I weaned my children at about thirteen months. I think pies and rich cake are not good food for children, and never tried to have such things except for a treat. They were given all the new milk that they could drink, and instead of salt pork in summer we use lots of fresh eggs. Most farm mothers have lots of good bread and butter, cream, milk and eggs, and I think if the youngsters are not stinted of these and get less pork and pie they will be healthier. Another thing I have always been against is soothing syrups and cordials to keep the baby "good." It seems to me too much like handling poison. Keep baby clean, dry and comfortable and just let him alone and watch him grow like any other kind of a little animal, and don't maul and dandle him until you have him spoiled, and then be cross because baby is cross.

It is surprising how soon they can be spoiled and cry for everything they see. I have seen babies who were almost as bad as "Snookums," in the Free Press, and they are not nearly so loveable as a good baby, are they? Don't dope them with medicine unless you have to. For summer complaint I always give a good dose of castor oil, as it seems to carry off the irritating "something" inside and soothes the bowels. If a small baby is restless in his crib, try turning him on his other side, and often he will drop off to sleep again.

BLUE.

EGGS IN MANY FORMS

Eggs a la Turk

Prepare scrambled eggs, and pour over six slices of toasted bread. Put one tablespoonful tomato puree on each piece, and in the centre of puree one half tablespoonful of chicken livers sauteed in bacon fat.

Jewish Egg Bread

Soak some matzoths in milk for a few minutes; then dip them into seasoned beaten eggs. Add a pinch of sugar and let them fry in hot rendered butter until a golden brown. Sprinkle with pulverized sugar and cinnamon, and serve hot with coffee.

Polish Poached Eggs

Boil one-half cup of vinegar with one cup of water and break in fresh eggs one at a time and poach them. Remove to a platter; sprinkle with salt and pepper. Then add one tablespoonful of butter and one tablespoonful of sugar to the sauce; let boil up and pour over the eggs. Serve on buttered toast.

Italian Cooked Eggs

Take six hard-boiled eggs and cut lengthwise. Put in a pan with twelve anchovies, some onion juice and one tablespoonful of finely chopped parsley. Season with salt, white pepper and a little nutmeg, grated. Then pour over all one-half pint of sour cream. Let boil up once and serve hot with croutons.

German Egg Toast

Cut slices of stale bread; beat three eggs with a pinch of salt and one fourth cup of milk. Dip the slices of bread in the beaten eggs and fry until brown on both sides. Cover with pulverized sugar; sprinkle with cinnamon and some finely chopped nuts. Serve hot.

Please remember to address all communications for the Editor of this Page to: Miss Francis Marion Beynon, Grain Growers' Guide, Winnipeg, Man.

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