

THE HOME

KILL EVERY ONE OF THEM.

Do not content yourself with brushing and beating out stray flies that invade the interior of your home. Kill every one you can reach, and make sure work of it. Don't touch the corpse with the naked hand. You may do this a thousand times without danger. The thousandth and first may convey harmful matter into your system. Be particularly careful that there are no flies overnight in the sleeping rooms. They will be asleep on the ceiling or walls. Thus they are an easy prey. And, above all other precautions, let those guarding the sickroom be strict in the extreme. You must have observed that flies haunt the chamber of the invalid of the family. Did you ever ask yourself why? Ask your doctor, if he has an up-to-date practitioner. Take the word of scientific speakers and writers for the assertion that every fly which is allowed to hover about the fever patient, or one smitten with cholera, or languishing with tuberculosis, endangers the health of the rest of the household and neighborhood if he finds his way out of the room.

Arm yourself with a sure fly-killer (of metal) and dispose effectively of him and his baleful burden. One good householder told me, years before we dreamed of the household's capabilities for wrong-doing, that she kept her premises free of the nuisance by making a rule early in the year to kill every fly in sight. She stayed all other occupations when one appeared until he had been his last. Then she fitted the screens in window and door and kept a sharp lookout for the rest of the season.

TO AVOID NUISANCE Another, as she expresses it, "papers her kitchen with" the sticky sheets that both catch and hold the marauders. Fresh sheets are set daily and these are burned out of hand. "I don't trust them to stay dead," she says. "I have seen flies drowned in warm water-soup at that—come to life when dried and laid in the sun." In airing the house in the cool of early morning, sweep down the half-closed doors and windows—not removing the screens. We must, however, be satisfied, all summer long, with what a girl I know calls "reticulated air." It will find its way between the meshes, if there be enough of it. By eight o'clock, close outer doors and shutters to keep the imprisoned oxygen fresh. And, incidentally, to keep the musca domestica out. He hates shade and cleanliness as heartily as he glazes upon putrescence and glaring sunlight.

Our notable grandmothers set snares of fly poison about the house. The flies devoured it eagerly and dropped in their dying agonies into cups and saucers—a most appetizing spectacle! Improved science offers as a substitute something that is deadly to insect life and innocuous to human creatures. Set, in kitchen area and in halls, never in kitchen or dining room, saucers filled with this mixture. Into a cupful of water stir half a teaspoonful of powdered sugar and a teaspoonful of formaldehyde. The thin syrup will attract the invaders and the formaldehyde will do the rest. Should one wander weakly over the edge of the saucer, see that he gets no further. Garbage cans and swill pails are camping grounds greatly affected by our winged enemies. Discourage their visits to them by drenching the contents daily with kerosene (how did we ever live before the rock yielded this housewife's friend?) and seeing that they were emptied duly each morning. After scalding them, fill lime over the inside.

Dried lavender, burned after the manner of incense, is as objectionable to flies and mosquitoes as it is pleasant to our nostrils. Pyrethrum, powdered, may be burned in the same way for a like purpose.

If our country readers have stables, let them lessen the perils of these as breeding grounds and nurseries by a generous use of kerosene and lime. The invaluable kerosene answers a double purpose in killing the seeds of weeds that would interfere with the crops next year. By the time the manure is hauled out to the fields, the volatile properties that are destructive to plant and insect life will have evaporated and the fertilizer will be as good as if the oil had never been applied.

SHOWING OFF THE BABY

"The showing off of a baby for the enjoyment of a visitor is almost a crime. A very bad practice any time of the year, it is far worse in the summer, for it excites the little one beyond its capacity and tends to upset its entire nervous system." "Anything at all that tends to fret or worry or excite the little one is most injurious to its health. The baby that is left severely alone, save necessary attention to keep it properly fed and clean, is the baby that is most apt to thrive and grow and be healthy."

These are a few nuggets of wisdom from a babies' health bulletin sent out of our large cities. "Don't take your baby out to visit the neighbors before it is six months old at least, and better a year. The excitement of all those new faces and voices is very bad for his nervous system."

"Don't wheel a delicate baby about in his carriage. He is much better off quiet in his crib."

"Don't even undress a baby at night if he is weak or sick. It tires him too much." "Don't put your sick or weak baby in the tub to bathe him. Just sponge him off in your lap. The tubbing takes too much vitality," are some mere bits of advice along this same line that a prominent baby doctor gives all his mothers.

To this doctor a young mother came once, quite indignant—"Why that nurse you sent me doesn't pay any more attention to my boy than if he were a piece of furniture," she protested aggrievedly.

"Madam," answered the doctor, "if all babies were treated more like pieces of furniture and less like toys, there'd be twenty per cent fewer sick babies and fifty per cent less fuss and fussiness."

Yes, perhaps it is easier and pleasanter to pick the baby up when he fusses and on all similar occasions—doubtless it is more sociable to take him around to visit the neighbors and show him off to all your visitors.

But that's not the question. The question is, is it worth risking your baby's health and good disposition for?—Ruth Cameron.

A QUERY Is it the consensus of the medical profession that common salt impairs the digestive powers? We have all heard the disastrous result of the practical working of a section of the penal code of New South Wales, which forbade the use of salt in rations served to exiled convicts. As a consequence, the colony was ravaged by intestinal disorders, the unfortunate being, like Herod of old, "eaten by worms." A similar instance fell

under my observation some years ago. A young father addicted to "isms," conceived the idea that salt was unwholesome, and from the births of his three sons prohibited the use of it in their food. By the time the eldest was seven the trio were so sorely afflicted by intestinal worms that the family physician revoked the paternal decree.

As to salt in cookery, my own views coincide with those of the boy who, when called upon to define the word he had just spelled, gave it thus: "Salt." What makes potatoes don't taste good when you don't put any on!

The question referred to our professional members has naught to do with salt as a flavoring agent, but—Does it assist or retard digestion?

LITTLE HINTS FOR HOME COOKS

If fish is lightly rolled in flour after having been well dried with a clean cloth it will be less likely to break up with cooking.

The meat balls, which must serve for one home dinner a week and which so often pall from their monotony, can be made to have a deliciously new taste. With a half pound of the meat mix the crumbs of two or three well toasted slices of bread. Soften the mass with cream or rich milk and add half a cup of stewed tomatoes. Roll the meat into balls, season and sprinkle with a little dry flour and brown them with butter in a pan not too hot.

Boiled mutton is made far more delicious if a large white onion and a tablespoonful of Worcestershire sauce are cooked with it. But put both in the pot at the time the meat is put on, for the sauce requires all the cooking to give the meat the taste sublime. The great chefs declare that to use Worcestershire raw is to spoil any dish.

TRUE EDUCATION.

As a substitute for war and an immunity bath from the spirit of the mollycoddle the late Professor James of Harvard, has recently put forth a most noteworthy contribution. Here is the idea of Professor James. Now there were, instead of military conscription, a conscription of the whole youthful population to form, for two or three years, a part of the whole army enlisted against adverse nature, the injustice would be evened out, and numerous other benefits to the commonwealth would follow.

"The military ideals of hardihood and discipline would be wrought into the growing fibre of the people; no one would remain blind, as the luxurious classes are now blind, to man's real relations to the globe he lives on and to the permanently solid and hard foundations of his higher life."

"To coal and iron mines, to freight trains, to fishing fleets in December, to dish washing, clothes washing and window washing, to road building and tunnel making, to foundries and stove holes, to frames for skyscrapers and to telegraph pole climbing would our golden youth be drafted off according to their choice, to get the childishness knocked out of them, and to come back into society with healthier sympathies and soberer ideas."

"They would have paid their blood-tax, done their part in the immortal human warfare against nature; they would tread the earth more proudly, the women would value them more highly; they would be better fathers and teachers of the following generation."

The fact that Professor James was a teacher in Harvard University gives his words an added worth and weight. For twenty-five years and more he dealt with growing youth, and he has seen the folly and shame of making young men exempt from the necessary work of the world in the sacred name of "education."

NIAGARA'S POWER FOR TORONTO. Will be Sent Regularly Over Government Line Beginning Next Month.

Toronto, September 1.—That Niagara power will be sent regularly to Toronto over the government line, on and after October 1st, and that the entire system will be opened after the middle of November was announced by W. K. McNaught, M.P., Ontario power commissioner at the convention of Canadian municipalities here this morning. Mr. McNaught went on to describe in particular the equipment of the commission's plant and lines, declaring that American engineers admitted Ontario's power system to be the standard of excellence. This standard had been reached without exceeding the cost as originally estimated. The estimate had been \$3,749,000 and the cost would be only \$3,300,000 in spite of the fact that a protective system costing \$106,000 and the right of way had cost \$400,000 instead of the \$227,000 at first expected.

CAUTION FOR YOUR CHILDREN. Mothers should caution their children attending school not to put pencils in their mouths, especially since alipheta has been communicated in that way in some of our large towns.

The leaves of palms should be sponged once a week with lukewarm water, to which a little milk has been added. After this the plant should stand for two hours in slightly warm water.

To remove match marks from a polished or varnished surface, rub with a piece of cut lemon, and afterwards with a piece of cloth dipped in water, and the stains will disappear.

The Scout Law

All boys who are thinking of joining the Boy Scouts would do well to cut out and memorize the following items of the Scout law which every Scout pledges himself to faithfully observe.

Before any boy can enlist in the Scouts he must be able to repeat the Scout Law without error to the Scout Masters. The Scouts' motto is, "Be Prepared," which means he is always to be in a state of readiness in mind and body to do his duty. He has to be prepared in mind, so that, should any accident occur, he may know the right thing to do and how to do it. He must be prepared in body by making himself strong and active, and able to do the right thing at the right moment.

THE LAW.

- 1. A Scout's honor is to be trusted. If a Scout says, "On my honor it is so," it is so.
2. A Scout is loyal to the King, to his officers, his country and his employers.
3. A Scout's duty is to be useful, and to help others.
4. A Scout is a friend to all, no matter what social class he may belong.
5. A Scout is courteous.
6. A Scout is a friend to animals.
7. A Scout obeys orders.
8. A Scout is cheerful under all circumstances.
9. A Scout is thrifty.
There are already over 300,000 Scouts enrolled in the British Empire. The officers will be asking boys to enroll within a few days. Ages from twelve years to eighteen. Learn the law and be ready to obey it.

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