

THE HOUSEHOLD COMPANION

A MONTHLY MAGAZINE

Devoted to the Instruction and Amusement of
the Family Circle. Published by

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THE J. E. BRYANT COMPANY (LIMITED),
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Our Greeting.

THE HOUSEHOLD COMPANION aims, as its name suggests, to supply useful information on all the varied employments that occupy a Canadian household. Each month it will contain illustrated notes on the fashions, which, it is hoped, may prove useful to the home dress-maker. There will also be articles on fancy-work, and on the arrangement and decoration of the different rooms in the house. The very important arts of washing, cleaning, and cooking, will not be forgotten; and in each number useful and seasonable recipes will be given, of which some, at least, shall be instructions for making dishes that will be economical as well as tasty. From time to time there will also be articles on the prevention of diseases, and the treatment to be followed in cases of accident or in the earlier stages of illness before a doctor can be fetched; for the health of each member of the family affects its happiness more nearly than any luxury or convenience. This month we begin these articles with the first of a series of letters on the care of little children, written by a lady who has had very considerable experience in the matter.

The outdoor interests of the family will also receive due attention. Articles from the pens of able contributors will appear on the raising of fruit and vegetables, the care of flowering plants and ornamental trees, and the rearing of chickens, ducks, turkeys, and all kinds of poultry. Neither will the important subject of pets be forgotten, but, as space will permit,

there will be papers on the treatment of rabbits, dogs, canaries, etc., etc.

THE HOUSEHOLD COMPANION, however, does not intend to confine its attention solely to the practical side of life. A friend is all the better if he can, occasionally, be amusing and entertaining as well as instructive; and indeed, most of us would weary of a companion who never had a word or thought beyond the prosaic details of his everyday work. So THE COMPANION will bring you stories and poems, articles on art and music, historical sketches, papers on indoor games and outdoor amusements, puzzles and riddles for the young folk, and natural history anecdotes and tales for the little ones. It will contain something for every one in the house, and will soon, we hope, earn for itself the honored place of a friend of the family.

A Word as to Personal Adornment.

Come down to breakfast neat and tidy, girls. If you have work to do, by all means let your dress be plain (and even old, if necessary), but never allow it to be either dirty, wanting in buttons, or out at elbows. A clean linen collar is perhaps the most suitable finish for a morning gown, and it costs little trouble in the getting up; but, if you object to collars, sew a bit of narrow lace or edging in the neck of your dress, unless it is made in such a way that anything extra is unnecessary. And when you are invited out for the evening, don't give way to the temptation of appearing during the earlier hours of the day with your hair in curl-papers. It is better to sacrifice the little additional adornment than to appear so rude and disrespectful to your family.

Spoiling Children.

There are many ways of spoiling children; but one is very common in this country whatever it may be elsewhere. If Johnnie "doesn't like this," or says something surprisingly clever, or even is only unusually naughty, somebody is always sure to tell the tale in his hearing. Naturally he feels himself a hero, and, fancying that the eyes of the world are upon him, makes tremendous efforts to eclipse himself; and then mamma laments aloud (Johnnie still there), "Really, that boy is getting quite beyond me—he won't mind a word I say!"

Beauty.

In the following extract from a recently published essay, an old truth is somewhat freshly stated, and I print it here as it may be of comfort to some one, among whose crosses is that of a plain face and an ungraceful figure:

We hear so much about physical culture, and read so many articles telling how plain women may become beautiful, that in spite of the old saws we almost think that beauty is more than skin deep. But while every one cannot be born beautiful, every thinking woman knows that she may gain by culture that which will give her greater happiness and her friends more pleasure than mere physical beauty ever could do.

The secret is simple. Make the most of every opportunity which comes in your way; and if they do not come, make them. There is no beauty like that of a beautiful mind; and no matter how great our physical beauty, no matter how much money we have, or how

many maids we keep, or how many pretty gowns we wear, if we do not let our souls shine in our faces, and kindness in our eyes, we shall miss the greatest qualities that constitute true beauty.

A certain Sunday-school teacher labored long and lovingly with her little charges to fix in their minds the words, "Keep your body under." Many times they repeated it, and one small boy seemed much improved by her explanation of it. On his return home his father said, "Well, did your teacher tell you about to-day?"

"Oh, papa, she talked so beautifully to us," he said, "about giving up things. And we all learned to say—Well, papa, I can't just remember it, but—something like 'keep your soul on top.'"

Do not the child's quaint words just express the way for us "children of a larger growth" to direct our lives? Just as sure as a woman thinks good thoughts, reads good books, and does good deeds, her face will show to all the world that she "keeps her soul on top."

Aunt Mary's Letters.

I.

THE CARE OF A BABY.

It is not necessary to explain how the following letters came into my possession. They were written, not very long ago, by an old lady to her newly-married niece, and as they contain much sensible advice on the care of young children, which is likely to be of general interest, I intend making a series of extracts from them for the benefit of my readers. The earliest which I shall make use of was written soon after the birth of the first child.

"In the first place," she says, "I should like to impress upon you very earnestly the great importance of regularity in the management of your baby. Have set times, as far as possible, for everything. Do not wash and dress it some mornings at one hour and some at another; and, above all things, do not feed it irregularly. Many mothers act as if every time a child cried it must be hungry; whereas if a time for feeding is fixed and rigidly adhered to, there will be very little crying comparatively, because, other things being equal, the baby does not suffer nearly so much from indigestion as one would do whose small digestive apparatus had no intervals of rest.

"Feed your little child once in two hours for the first two months, and after that very gradually increase the time between meals till you get it to three hours, which interval may be kept to until the baby is five months old. After that get to three and a half hours, which, in my opinion, is long enough for any infant to be without food.

"Whilst I am speaking of food, let me strongly advise you, if it is needful to use a bottle at all, to use two. Half the misery very little children have to go through arises from bottles that are apparently washed clean, but are not thoroughly sweet. To be quite sure they are all right, rinse out the bottle well, clean the pipe with the brush for the purpose, and then put bottles, pipes, and everything belonging to them, into a pan containing clean cold water, set it on the stove and let the water boil. Leave the bottles in the pan until cool, and then put them again into cold water, in which it is best to keep them whenever they are not in use. If you do this every day, at any rate the bottles will not be to blame for any little ailment. There is no fear of breaking the bottles if they are carefully boiled. If you need to use a bottle partially, I think you

would find it best to use condensed milk (if you can get it good) and water; it will probably agree with the child better than fresh cow's milk and water. If your baby has, unfortunately, to be brought up entirely with the bottle, use the milk of one special cow, with water and sugar, carefully proportioned according to age. A little lime-water added to each meal will be found beneficial. Never save food from one time to another, but always use a fresh bottle and newly-mixed food.

"I spoke of regularity in washing and dressing as well as feeding as being very important. It is so principally because then baby is ready for his long morning sleep about the same time each day. I would advise you to find out which time will be most convenient for you to bathe your little pet yourself, and try to let nothing interfere with it. Probably directly after breakfast will suit best, that is unless you are a very early riser. Have a bowl or something else large enough to allow you to put the child bodily into the water (I used to use a small tin foot-bath), and envelop yourself in a large, soft flannel apron. This not only keeps you dry yourself, but is nice to wrap round the little one when he comes out of the water. Have the water lukewarm, but not hot, as hot water has a weakening effect. Some people advocate cold baths for all children, even very young ones; but I must confess I should feel it almost cruel to plunge a tender little baby into cold water, even on a warm summer morning; such little ones are so much more easily chilled than older folk. If the washing is done carefully, tenderly, and with loving looks and words, baby will soon come to enjoy the performance thoroughly. Use plenty of violet powder, and, if his skin gets rubbed or cracked, put a little damp Fuller's earth on the tender places. You can buy the Fuller's earth powdered as fine as flour.

"After the washing, dressing, and feeding is over, your little boy should take a good, long sleep, and leave mamma to attend to other matters. He will do so if he is well and comfortable, and it is a great point to form the habit. He should have another good nap in the afternoon; and early in the evening, at some fixed time, should be made ready for night."

Wash the little face, and hands, and neck; see that all bands are flat and nice; if not, undo them and put them on afresh; tuck the little feet up in the long flannel, which should be worn under the night dress, and put your "sweet precious gift" into his cradle for a long night's rest. Babies are even more the creatures of habit than we are ourselves; and with a healthy child, it is quite easy to get it into good ways when it is young. Not to speak of the saving of trouble to all concerned, the comfort to the child itself is immense.

I must not forget to advise you, never, on any consideration, to use common pins in dressing baby. Use large safety pins, and stitch the flannel and linen binders; it is the safest way of all, and is not much trouble if you have a needle and cotton ready.

Be very careful of your baby's back; do not let him sit up without support for some months. Many poor children have had years of suffering through careless nurses letting them jump backwards and hurt themselves."

Monday's child is fair of face,
Tuesday's child is full of grace;
Wednesday's child is merry and glad,
Thursday's child is sorry and sad;
Friday's child is loving and giving,
Saturday's child must work for its living;
While the child that is born on the Sabbath day
Is blithe and bonnie, and good and gay.