

Another word for Norfolk County. It is booming in the fruit industry (thanks to one man in particular). Many buyers prefer our apples, because they are superior.

I hope I have not wearied you in an attempt to show you that our county is prospering, and that we are really on the road to improvement socially. Those who wonder what we are like, will you come and visit "Glorious Old Norfolk"?

MACKIE.

Norfolk Co., Ont.

LETTER FROM PERTH CO., ONT.

Dear Junia,—I noticed with interest two letters a short time ago dealing with farm life. I think they describe it very truly. Of course, I know there are many farms which are up-to-date in every respect, but those are in the minority, though they claim to represent the whole. I notice when anyone from the other side tries to state her case, some of the fortunate ones get angry, and say: "This is not so. We have every modern improvement, therefore everyone has."

I know of one progressive farmer who boasts that his stables have every improvement, but he lives in a small, unpainted frame house, with no trees or flowers. He says, for all the time he is in the house, it is good enough for him. Some time ago it was necessary to refloor the kitchen. He refloored it with rough, knotty boards, saying those would do well enough, and he could not afford to spend more money on the house. It was so hard to scrub, his wife asked to have part of the egg-money to buy oilcloth to cover it, but he said, "The idea of paying 35 or 40 cents for oilcloth to save scrubbing! His mother wasn't afraid to scrub. What were the women coming to?" But when he built his stables he had cement floors put in all over, so they could be easy to clean. He did not consider that his father did not have them. He said a man ought to put in the best, even if it did cost a little more.

An agent tried to sell him a vacuum cleaner, and he was horrified and disgusted at the idea of paying \$25 for a thing to sweep with, but he paid nearly \$200 to have a litter-carrier installed in his stable. He put up a windmill to pump water for the cows, horses, and pigs, but did not have it pumped to the house, as he said there was a pretty good well not far from the house. He had a sink put into the house, with drain-pipe attached, so that when he and the men washed in the winter they would not have to go outside to empty the water, but told his wife she must not empty any dish-water or washing-water there; that must be emptied outside, and he is very particular about it being carried a long way from the door for fear of bringing typhoid fever around. He never thinks of providing help for his wife, but he keeps two men. He did buy a washing-machine, and has never quite got over his generosity, telling people he paid \$6 for that machine.

Now, to change the subject, I see you recommend pyrethrum powder to be burned as a means of getting rid of flies. Is that a different kind of powder from the ordinary insect powder?

Not wishing to take up any more of your space, I will close.

S. M. R.

Perth Co., Ont.

This discussion is now closed. We think it has been clearly proven, that, while some homes possess every comfort and convenience, others do not—a condition that obtains in country and city alike.

In some cases, it appears, the existence of unattractive, inconvenient and uncomfortable houses, is due to sheer miserliness and selfishness on the part of those who hold the purse-strings. In other cases, it may be judged, real poverty, or the necessity of saving up for things most needed as producers for very necessary money—machinery, and stock, and perhaps, occasionally, seed—is at the root of the trouble; the man of the house would like to provide sinks, and a water-system, mattresses and stationary tubs and all the rest of it if he could, but he is really in a hard place just now.

In this case, surely the wife who is brave and wise will be contented to put up with things for a while, looking forward to a better time, and satisfied if the necessary conveniences can be obtained, one by one.—There is a great deal

of pleasure, you know, in this drawn-out buying. And there is some little satisfaction, too, in studying out how to simplify things and reduce work, even without many appliances,—for instance—how to cook nourishing meals without making "fussy" things; how to do away with extra ironing (by dispensing with frills, using cotton crepe for dresses and underwear, eliminating the ironing of sheets, towels, etc.); how to keep dust and confusion out of the house during summer simply by not living in it—a very easy method if one has veranda or stoop, or big open shed; perhaps the boys will even elect to sleep in the hay-mow, on the sweet, clean hay, and just think what a saving of cleaning up bedrooms that would be!

Can't you enlarge this list of labor-saving things that can be done without spending money on appliances? Numbers of people have done so; and got a good deal of fun out of the experiment, too.—Between you and me, I can't see a great deal of hardship in sleeping on a clean straw tick, provided the opening is closely buttoned up so that the straw can't get out to muss up the floor. It all depends upon just how you look at these things, you know.

Of course, I do think that every farmer's wife should possess every labor-saving appliance that she can afford to have, and I am convinced that every right-thinking husband will be quite willing that such things shall come into the house. If, however, people really cannot afford to get them, at least for the present, why, the only wise thing to do seems to be to just wait with a laugh, and make the best of things. There is no sense in making matters worse by whining, and moping, and making one's self and everyone else blue because of the lack. Don't you think this is reasonable?

I hope there are not many men so peculiar as the one of whom M. R. S. writes. One could quite pardon the wife of such a selfish creature for becoming impatient; she would be a perfect heroine if she could keep bright under such circumstances. Such a man should never have married at all, then he could be as selfish as he chose without greatly affecting anyone else.

There are several kinds of insect powder, but most of them contain pyrethrum. Better ask for pyrethrum powder when buying.

Seasonable Recipes.

Mashed Potatoes (A good way to prepare old potatoes).—Put the potatoes on to boil in cold salted water; when done, strain and return to the stove, uncovered, to dry. Next, put the potatoes through a potato-ricer. Now, for every pint and a half of potatoes, put on the stove, in a separate dish, 1 pint sweet milk, adding salt, and a lump of butter. Before the boiling point is reached, pour over the potatoes and beat hard for two or three minutes. New potatoes should always be put on to cook in boiling water.

Buttermilk Scones.—Four cups sifted flour, saltspoon salt, 3 dessertspoons butter rubbed into the flour which has been sifted with a heaping teaspoon baking powder. Mix into a light paste with buttermilk, roll out a quarter of an inch thick, cut in three-cornered pieces, brush with sweet milk, and bake a nice brown. Serve with butter and fruit.

New Potatoes.—Everyone knows how hard it is to boil new potatoes so that they will be snowy white. Here is a plan for cooking them in their skins; they really taste better when prepared so. Wash the potatoes well, drop them into boiling water, and cook rapidly 15 or 20 minutes. Drain, and if the potatoes are not tender set them in a hot place, covered, to steam until they are. When tender, sprinkle them with salt, shake them till the skins crack, and serve in a hot dish.

Potato Souffle.—Steam 6 large potatoes; peel and mash, adding 1 tablespoon butter, $\frac{1}{2}$ pint hot milk, seasoning to taste. Beat until very light and smooth. Beat the white of an egg light, fold it gently into the potatoes, heap on a dish, and set in a quick oven to brown.

Chicken Sandwiches.—Dissolve 1 teaspoonful gelatine in 2 tablespoons cold

water. Pound $\frac{1}{2}$ cup white chicken meat to a paste, season, and add the liquid gelatine. Put over the fire and stir until hot, but not boiling, then remove and add $\frac{1}{2}$ pint thick sweet cream, whipped. Set away to cool, on ice if possible. When very cold, spread very thinly on the sandwiches.

Fancy Cheese Sandwiches.—Slice brown bread thinly and spread with marmalade or jam. Next, spread a layer of fresh cream cheese above, and put the sandwiches together. Very nice for picnics.

Fried Bacon.—Cut slices of bacon $\frac{1}{2}$ inch thick. Pour boiling water over, and let stand five minutes. Drain the slices well, then put them in the frying-pan, sprinkle lightly with Indian meal, and fry over a hot fire or cook in a hot oven until crisp and brown.

The Scrap Bag.

TO CLEAN GOOSEBERRIES.

Place them on a screen, an old screen door or window will do, and rub them over the screen. The stems and "blossom ends" will drop through.

TO WASH A FEATHER TICK.

Shake the feathers into one part and tie a string around to keep them there. Wash the empty part and let dry in the sun, then reverse the feathers and go on as before.

TO CLEAN LIGHT-COLORED PLUMES.

Put one feather at a time into a paper bag with one cup corn meal, $\frac{1}{2}$ cup flour, 1 large tablespoon borax. Shake gently until the feather is clean, then take it out of doors and shake well. Fine lace can often be cleaned the same way.

FOR DYSENTERY.

White of egg is very useful in case of dysentery or bowel trouble of any kind. Beat it until rather frothy with a pinch of salt, and give to the patient several times a day.

IRON RUST.

To remove iron rust from white goods, lay the spot over the top of a teakettle of boiling water. Rub the spot with lemon juice while over the kettle, and it will fade away.

FLOWER VASES.

To keep slender vases from tipping over when filled with flowers, put shot or heavy pebbles in the bottom.

TO FRESHEN BREAD.

To freshen stale bread, dip the loaf in cold water, put it in a pan, and place it in the oven until heated through. When taken from the oven, wrap in a cloth.

MILDEW.

Put 1 teaspoon chloride of lime and 1 teaspoon washing soda in 2 quarts water, cover, and let boil for four hours. Skim off the scum, or strain well, add 2 pails cold water. Put the article in and let stand over night, well covered. If this is not long enough, leave the article in longer, then rinse well and wash as usual. Another method is to soak the articles day after day in buttermilk and spread them in the sun.

HOMEMADE BAKING POWDER.

Sift together seven times, $\frac{1}{2}$ lb. good soda, 1 lb. cream tartar, 2 tablespoons cornstarch. Keep in a tightly-closed glass or tin.

TO BLEACH AN OLD TABLE.

An old wooden shed table may be bleached in the following way: Make a paste of woodashes and water and spread over the table. Leave over night, then brush off the ashes and scrub with a brush.

Hetty's uncle, who is a school-teacher, met her on the street one beautiful May day, and asked her if she was going out with the Maying party.

"No, I ain't going."

"O, my dear," said her uncle, "you must not say 'I ain't going.' You must say, 'I am not going.' and he proceeded to give her a little lesson in grammar: 'You are not going. He is not going. We are not going. You are not going. They are not going. Now, can you say all that, Hetty?'"

"Of course I can," she replied, making a courtesy. "There ain't nobody going."

First Aids in Summer Accidents.

In case of any injury that threatens to be serious, always send for a physician at once, but do not wait for him. While he is coming, apply the following treatments wherever possible, and thus avoid fatal results altogether, or at least prevent the injury from resulting as seriously as it otherwise might. The prompt action of a cool, level-headed person has saved many a situation. So always be prepared for an emergency, and begin the good work by not merely pasting this list of first aids in your scrap-book, but by learning it and keeping it in your head as well.

DROWNING.

Send for a doctor at once. Then loosen all clothing and lay the patient on the ground, face downward, with arms extended above the head and the face turned a little to one side. Kneel astride of or beside the patient, facing his head, and rest your hands on either side in the space between his short ribs. Force the air out of his lungs by leaning forward on your arms, thus forcing all of your weight on your hands and the patient's body; then relax the pressure, and the chest cavity will enlarge and take in air to take the place of that forced out. Repeat this process regularly, at the rate of fifteen times a minute, until natural breathing begins. When respiration is rather firmly established, get the patient into a warm bed and rub his arms, legs and body well, rubbing towards the heart, to start up circulation. As soon as he can swallow, give him a teaspoonful of aromatic spirits of ammonia in half a glassful of water, or some other stimulant. Place hot water bags around the invalid, and let him lie in bed with plenty of fresh air and quiet. Never take it for granted that a person who has been taken from the water is dead, but always thoroughly administer artificial respiration. People have frequently been revived after hours of work.

SUNSTROKE.

The symptoms of sunstroke are headache and nausea. The face is deeply flushed, and the patient is unconscious from excessive exposure to the sun. There is a high fever, a full, strong pulse, and noisy breathing. While waiting for the doctor to come, lay the patient on his back in a cool place and loosen all clothing. Keep the head elevated and apply ice cold bandages to the head, face, neck, chest and armpits, renewing them from time to time to keep them thoroughly cold. If possible, place the patient in a bathtub of ice-cold water, still keeping ice bandages on his head, and rub the skin vigorously. When consciousness returns, administer lots of cold water to drink, but give no stimulants.

HEAT PROSTRATION.

A victim of heat prostration may or may not be unconscious. His face is pale and full of perspiration, his pulse quick and feeble, and his breathing weak. The pupils are dilated and the skin cold. Remove the patient to a cool place, lay him on his back with his head low, and loosen all clothing. Apply hot cloths and hot-water bottles, and rub the limbs well. As soon as the patient can swallow, give him a stimulant, preferably a teaspoonful of aromatic spirits of ammonia in half a glassful of water, though strong tea or coffee is also good, and let him lie absolutely quiet in plenty of fresh air until revived.

POISONING.

In case of sickness from eating poisonous berries or impure food, send for a physician promptly. While he is coming, give the patient an emetic at once. A teaspoonful of ground mustard dissolved in a cupful of warm water is most satisfactory; but plain salt water or lukewarm water alone in large quantities is also effective. After vomiting has taken place, let the patient swallow the whites of several eggs or some sweet oil to help absorb the poison. Also give a simple cathartic, such as castor oil, and follow with a good enema of warm water after the cathartic has acted. Let the patient drink plenty of water, and keep him on a diet of milk and toast for twenty-four hours.