

## Woman and the Home

## Heartbroken

It came so suddenly, it took my breath away,  
And seemed so cruel I scarce could pray  
I felt myself pushed from the sheltered nest  
And knew not whence to go or where to rest,  
All homeless with my little brood. I must try  
To do my best, but can only wish to die.  
But spurred on by the overwhelming thought,  
That blessings never come to one unsought,  
I pushed ahead through all the strife and rattle,  
I persevered and fought life's battle.  
Whether Providence is kind I decline to say,  
But stoutly affirm where there's a will there's a way.

—Etta Johnson.

## When Repapering and Painting

Prepared for The Western Home Monthly by Nellie E. Maxwell (University of Wisconsin).

"It is not a light matter, the way we spend our time, our strength, our intelligence. The higher duties of womanhood, the higher evolution of humanity through her, of society through the household, demand a more healthful condition of household economics than this present shows. Our households are surcharged with waste matter, and our lives are spent in its arrangement and removal. Soul, mind and body are limited by the dust pan," says Helen Campbell.

At the time of house cleaning the wise woman weeds out the useless and worse than useless truck that litters the house, holds dust and causes needless work of dusting and arranging. It takes courage often to do away with things

which are dear because of the giver, but one's time, strength and health are of much more moment than an assemblage of worthless bric-a-brac.

Bedrooms should be especially free from dust catching draperies and useless articles. When draperies are used they should be light and washable, and often washed.

For the housekeeper who has to economize (as a large majority of our housekeepers do, which makes life interesting) and who finds it necessary to repaper because the walls are faded, calomine may be used with good effect. It is very satisfactory even over cheap paper if it is firmly attached to the wall. If there are any loose portions they should be carefully pasted and dried before putting on the calomine. Put the calomine on the ceiling first, of course, to save spattering the side walls. A long stroke down the length of the paper makes a smoother finish than if put on with a side stroke. This is a saving of time as well as money and one need not tear up

the house, as a careful worker will do no spattering. Cover a green paper with a green calomine and the walls will look fresh and new. Usually one coat is sufficient to cover; but two may make a better finish.

In this day of rugs, which are easily removed, the floors need to be kept in good condition. An economical way when using a large rug in the center of the floor is to grain the floor a few feet around the edge, the only part which shows. This, if well done, will look nearly as well as a hardwood floor. Varnish the linoleum covered floor spring and fall to keep the colors bright and insure its wearing longer.

An easy way to keep the kitchen cupboards looking well is to paint the shelves spring and fall with a good white paint. If one cares to incur the expense, an enamel makes a fine hard finish which is easily wiped off. The shelves are then ready for the dishes without any paper or other covering. When the shelves get dusty they are easily wiped off and the cupboard is always clean. A good method to use is to clean one shelf at a time when washing dishes, this will not be much of a burden and in this way they are always dustless and fresh looking.

In rooms that have only north light a paper with a good deal of yellow will add the desired sunlight color to the room. A paper should be tried in the room in which it is to be used, in both daylight and with artificial light. Some colors so absorb the light that a cheerful room at night is impossible. An oil cloth wall covering is good in the bathroom or the kitchen where a more expensive covering cannot be afforded. This can be wiped and cleaned as easily as a dish.

To remove paint spatters which have dried on windows, scrape with a coin.

The ancient habit of tearing up the entire house so that there was no place to sit or have one's meals in comfort has happily passed away. Unless extensive repairing is to be done there is no need to make the family uncomfortable, each cleaning season.

## Why Rowing and Canoeing are Good for Girls

The great test of the value of a general exercise is the number of muscles which it brings into play. There is no sport that meets this test better than rowing. There is hardly a muscle in the body which is not exercised. In the forward swing the abdominal muscles are called upon, and in the backward pull the long back muscles do the work. It is a great mistake to think that the arms bear the brunt of the exercise.

For the girl who longs to develop her chest, rowing as an exercise cannot be excelled. The breathing is in harmony with the motion of your oars. As you lean forward for the stretch you breathe in, then hold the breath during the pull and expel it after the pull is over. The action of both heart and lungs is quickened. But, as in other exercises, rowing should be done properly or harm may result. If you bend your head over and stoop your back and contract your chest, your arms will do all the work and the other muscles will gain no benefit.

A good rower always sits well. You can almost invariably tell the kind of stroke that will follow if you can see the attitude of the rower before he begins his work. The back should always be held rigid and the swing should come from the hips. It is an art to pull evenly and equally with both hands. The shoulders should be braced when the oar grasps the water.

If you have any ambition to learn the sliding-seat rowing be sure to master the fixed-seat rowing first.

The exercise in rowing is well distributed and causes no great local fatigue in the muscles. The benefits of this pastime are very numerous. The muscles of the chest, back, abdomen, arms and legs are strengthened. The carriage is greatly improved. The circulation is quickened and waste products are cast off. Fat is reduced. The activity of the skin is greatly increased. The lungs are continually bathed in pure, fresh air.

Rowing should not be begun too young on account of the strain on the joints. And those with weak lungs and heart should be very cautious about indulging in this exercise.

Some form of wool is the best material

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