

The Country Homemakers

CONDUCTED BY FRANCIS MARION BEYNON

A TESTIMONY

It is said that fate has a grudge against the person who brags of his immunity from trouble, but I don't believe it, so I'm going to say right out loud that I have passed thru the winter without suffering from a single cold in the head. For my part I don't think fate has anything to do with it.

Some years ago I used to suffer from the sort of cold that makes one sit up in bed and beat the air in one's struggle to breathe. I used to go about bleary-eyed and red of nose, not merely for a day or a week, but for a month at a time. I tried every cure that was recommended to me, and as everybody has his own particular treatment for a cold in the head, my life was full of variety—and colds.

Then one cold winter day business took me out to a farm house, which was not as free from draughts as the city house in which I had been accustomed to dwelling. Immediately I felt the chills creeping up my back and I began to sneeze and snuffle and I knew that another of my terrible colds had descended upon me. In despair I looked up at my host and asked, "Can you tell me how to cure a cold?"

"I am not sure that I can," he said, "but I can tell you how to prevent it," and I listened with a rapt expression while he pointed the way to health along the road of a daily cold water bath. That day marked the beginning of my victory over colds.

The cold water treatment has been supplemented by a wide open window, winter and summer, day and night, and woollen garments next the skin from early fall until late spring.

Finally I don't go around looking for cold "bugs." I give any person who has a cold as wide a berth as possible and I wouldn't kiss my best friend if she had a cold in her head, for if she was a good friend of mine she wouldn't want me to.

Well anyway, thanks to all these different influences, I have come thru the winter unscathed and I pass the information on that you, my readers, may know that it can be done, even by a person with a strong tendency and long habit in that direction.

That you may know that my immunity was not lack of exposure I may add that both at home and at the office. I was brought in contact with colds of a particularly virulent type.

All of which goes to prove that fate hadn't anything to do with those early colds of mine, but rather that they were entirely due to my own ignorance and neglect of the ordinary rules of health.

FRANCIS MARION BEYNON.

HAT DYES

Dear Miss Beynon:—Please forward enclosed patterns to "Curly" as I have not noticed that she received any response to her request last month. I can send her more if she still needs them and I hope these will be of use. I would say to "Lover of Woods" that there is a hat dye which can be bought in Winnipeg, in the departmental stores, at 25 cents a bottle, including brush. It is called Colorite and comes in a variety of colors. A bottle contains enough for two coats and I know by experience that it is good.

Now for the real reason of my writing to you. If you will send me, as soon as possible, the address of "Mother of Six," whose letter was in this week's Guide, I will send her some clothes that will help supply the many needs of her family. I could send the parcel to you to be forwarded, but to send direct would save double postage.

We are enjoying Dr. Speechley's articles in The Guide.

AVENS.

I am so glad you had the foresight not to send the parcel to The Guide as it would have necessitated the payment of double carriage.

F.M.B.

ENJOYING HOUSEHOLD NUMBER

Dear Miss Beynon:—We have taken The Guide for three years or more and I have always enjoyed reading the columns devoted to women and women's work, Sunshine page and lately the Country Homemakers, and some of the

letters are very helpful. The last number of The Guide, the "Household Number," is worth a good deal to women in the country I think. I have not read all of it yet, but expect to soon and will also save the paper for future reference. I am enclosing a letter to "Elizabeth." I have not seen her name in The Guide for some months, but no doubt you can still find her and will greatly oblige me by sending her the enclosed letter. I enclose ten cents in stamps for which please send me the booklets "Maternity" and "How to Teach the Truth to Children."

Yours very sincerely,
PATIENCE.

THE ANT NUISANCE

Dear Miss Beynon:—I have just finished reading the interesting letters in the Country Homemakers' page for this week and have determined to write and see if you can give me any advice as to how I could get rid of ants. Our house is banked up rather high with sod and the ants I think must get in between the window sashes. Anyway they seem to be running about in both bedroom and living room. I have removed a sod or two outside the living room window, but see no trace of a nest there. I think they may come up from under the floor, but their favorite promenade seems to be the living room window sill, where early one

an old superstition that all babies must have "three months' colic." This is a very wrong idea, for it is not necessary for a baby to have colic for three months or any other length of time. Yet colic is one of the common disorders of babyhood.

If baby has colic the first thing to be done is to relieve the present attack. This usually can be done by cleaning out the intestinal tract with an enema of warm water, then applying heat to the feet and abdomen. A little peppermint water may be given, as this helps in the digestion of the food and also helps to dislodge any gas that may have accumulated and which is giving pain. Sometimes if the baby is turned over on its abdomen and the back gently patted the gas will become dislodged. As soon as the gas commences to pass off the baby is relieved, for it is the gas that causes the pain of colic.

After the attack has been relieved, the mother should look for the cause so as to prevent future attacks. In the majority of cases this is due to an error in feeding. A mistaken kindness has allowed someone to give the baby some food besides milk and baby is unable to digest this food. If the baby is breast-fed, it may be that the mother has eaten something that disagrees with the baby. Quite frequently acid fruit

stomach is upset. When the doctor makes an examination he may find that this is not the most serious condition present. Frequently in the beginning of pneumonia in babies there is vomiting and diarrhoea or constipation. If the mother would observe closely she would notice that the baby was breathing faster than usual and she would at once suspect there was some trouble with the lungs. Whenever a baby has a cold or its stomach is upset, the mother is perfectly safe in giving it an enema, or injection, of warm water. No nursery should be without a syringe, for it always is needed where there is a baby.

Another home remedy, that may be used in case of colds, is the old-fashioned onion poultice. Doubtless this has saved the lives of hundreds of babies. In our grandmothers' days it frequently was the case that the doctor had to ride fifty miles on horseback in order to see a patient, so he could not be summoned unless the baby was seriously ill. The grandmothers always kept on hand a supply of home remedies which were very efficacious. The modern nursery also should be supplied with a few simple remedies, as essence of peppermint, castor oil, turpentine and oil.

MIXED FLOUR

By Dr. Wiley in Good Housekeeping

We print the extract given below to show the close relation between housewifery and politics.

"Flour, in the common acceptance of the term, is the bolted, finely ground product of the wheat-berry. If any other kind of flour is meant, the kind is stated. Mixed flour is flour combined with some other substance. Has it a past? Yes. It was a very lively issue twenty years ago. The housewife buying flour at that time was never certain that she was getting the pure product. A substance known as "flourine," made from more or less pure and dry corn-starch, was offered in great quantities to the millers of this country, and was used by some of them.

At that time, as chief of the Division of Chemistry, I employed A. J. Wedderburn as special agent to determine the extent and character of the adulteration of flour. He made a valuable report, which was printed by Congress. In transmitting this report for printing I said: "Whenever the price of wheat is very much above that of Indian corn it becomes profitable to mix the two products, using as large a portion of the Indian corn as can be employed without materially injuring the raising-qualities of the mixture. . . . It is to the gluten that wheat-flour owes its property of making a light, porous, and spongy loaf. The admixture of Indian corn flour, therefore, with wheat-flour can not be done without injuring, to that extent, the special qualities for which wheat-flour is so highly valued."

In order to correct these faults, the Congress of the United States in 1898 passed a law placing a tax on mixed flour, providing that no one could engage in it except by taking out a license, and placing himself under the supervision of the Internal Revenue Department of the Treasury. Altho the tax was very small, four cents on each barrel, the licensing and regulations were restrictive, with the result that the making of mixed flour ceased to be a great industry and has been dwindling ever since.

But the same industries that opposed the enactment of the mixed-flour law in 1898 advocated its repeal this year. Who are they? The manufacturers of corn-starch were practically the only persons represented before the Ways and Means Committee this year to attempt to break down the safe-guards which now regulate the mixing of corn-starch and other cereals with wheat-flour. These firms make practically all of the corn-starch which is manufactured in the United States, so the reason for their interest in the matter can readily be seen."

The Panama Canal cost \$353,000,000—ten days' cost of the great war.



A SIMPLE VINE-CLAD HOUSE POSSESSING GREAT CHARM

morning last autumn, to my horror, I found a tremendous battle in progress. The whole wide window sill was covered with ants, some still engaged in the deadly combat and many others already killed. I swept them all into a dustpan and consigned them to the flames, sprinkling the sill and the vicinity with pepper. During the winter they have not been so much in evidence, but this spring again, suddenly they seem to be everywhere even in the baby's cradle. I devoutly wish the "pied piper" would come my way or that you could tell me of something as efficacious. Hoping for some advice very soon and with best wishes for the continued success of your splendid paper.

"DESPERATE."

Ant Exterminator.—Ten cents worth of tartar emetic will rid your premises of any kind of ants. Mine thrived on cayenne pepper, borax, etc., and seemed fond of all sorts of sprays, but quickly left after the first sprinkling of tartar emetic. It is poison and must be used with care where there are small children.

Oil of Cedar is also said to be an excellent cure for this nuisance.

F. M. B.

WHEN BABY IS SICK

The habit of regularity if well established and carried out will prevent many of the ills of babyhood. There is