# About the House.

THE SEWING ROOM.

In a house that is heated throughout it is easy enough to set aside sewing room, where all the materials and implements for work can be kept together in a systematic manner. No neat housekeeper likes to have her sitting room occupied with the threads and litter of cutting and sewing.

In the making over of garments there is always a certain amount of dust inevitable, and it is desirable that this "dust of ripping" should be kept in one place. There is seldom room for the sewing materials and the work in the dining room, and it is not desirable to invade any bed room with it. Bed rooms should be left unoccupied during the daytime as much as possible. They should not be used as sitting rooms or sewing rooms or for any purpose in the daytime, where it is possible to avoid doing so. The average country residence is blessed with plenty of space and pure air, and the bousewife ought to take full advantage of these blessings. Not every one does, and there are many houses where the air of the sleeping rooms is contaminated by constant occupation in the daytime. The only excuse in the country for crowding the family into a limited space is lack of facilities for heating all the rooms in the house.

The convenience of a separate sew ing room is so great that it pays in families where there is a large quantity of sewing to be done to heat a room specially for the purpose. In many families the sewing is looked upon as incidental of work, not as an essential part of the household duties. In only a few homes is there room set apart for sewing, though the duty of preparing the clothes of the household ought to be second only to the preparing the food. It is true that a large amount of the clothing of the masculine portion of the house. hold is now purchased "ready made." This only relieves the household partially from sewing. "Ready made" clothing for women and children is more expensive and not as durable as that made at home. This includes the greater part of the clothing, and sewing should, therefore, be recognized as certainly a part of the housework as cooking. In order to do the sewing of the household in the best manner there should be a room set apart where the sewing machine, the outting table and all the tools for superior work are kept. In a bureau in this room new materials to make up and old materials to make over should be left. In one drawer or in a bag there should be patches and scraps of various materials left for gowns and other garments. A stand, with drawers, containing spools of silk and of cotton should be placed somewhere in the room, and there should be a large necessities of the seamstress. A wire scattered reports of different doctors skirt form, on which skirts can be in city or country. The department skirt form, on which skirts can be hung, is a great convenience, though the waist forms have proved of no special value. The systematic arrangement of the work in such a rangement of the work in such a latter than the death returns are quite complishment. It is not too much to complete. These statistics date back to say that a woman with an orderly sewing room will do twice as much work as one whose tools are scattered over the area of three or

Take, then, the average age of those four closets.

### FRESH FRUIT SALADS.

Fruit salads are increasing in favor, and at a dinner party of the past will find that the average age was 27 winter, we noted an apple and celery fruit, vegetables and a few English walnuts were merely chopped very tion of mayonnaise dressing and served in cups of crisp young lettuce. It would be very nice, too, as a filling 33 years, 6 months. for ripe, red tomatoes. Fruit salads are of two kinds-sweet and sour. For the latter, a thin mayonnaise, made gar, is generally used, but the sweet dressings are of several varieties, one of which is as follows :

Sweet Dressing;-Whip the yolks of 4 eggs until very thick and creamy, then sift in, gradually, 1 cup pulverized sugar, and 1-2 teaspoon salt. Lastly add the strained juice of 2 lemons.

Strawberry Salad-For this, select son, of small heads of young lettuce. Fill partly full of berries. Sprinkte them with a little lemon juice and Garnish with strawberry leaves and a few large, perfect berries. Serve immediately.

Salad-With a silver Pineapple slightly, chill and mix with the fruit dressing.

TO CAN STRAWBERRIES.

Wash and drain from water, and Wash and drain from water, and cent.

hull strawberries, over night, adding

The province can be shown to be the

do not break berries. Later stir again, and when the sugar is dissolved, fill your cans to the neck and screw on tops, but without the rub-Have piece of wood with holes in it to fit your wash boiler, put on the bottom of boiler, put cans on the wood and fill the boiler with cold water till the water is nearly to the necks of the cans. Bring water in boiler to a boil and boil from 12 to 15 minutes, no more. Remove from stove and take off tops of the cans, inserting the handle of a tablespoon till the bottom of the can is reached and stirring to allow the air bubbles to escape. Put on the rubber. Use one can to fill the others, filling each till it overflows and being sure that no seed remains on the rubber. Sea and invert till cool. If bubbles are seen in any can when cold, the contents must be reheated and recanned I put up 50 cans by this rule last summer and lost but one can, and that I think, because the can was cracked on the neck where I could not see it. -Mrs. H. S.

Frock of pastel-blue, Lansdowne, I is shirred three times at the waist, and the blouse is attached to the skirt. It is trimmed with a triple



collarette of the same goods. Blous sleeves shirred twice at the wrist. Material required for girl of 4 years. Lansdowne, 40 inches wide, 2 yards.

SPAN OF LIFE GROWS.

Outario Statistics Show a Remarkable Lengthening of Life.

The span of life of that portion of the human family which resides in the Province of Ontario is increasing. That is the report of every medical practitioner in the province, but we have on record facts more reliable than the this a record is kept of every death

Take, then, the average age of those who died in the various years and the assertion is proven. Examine the records made in 1869 if you have time, which probably you have not, and you

years, 11 months and 23 days.

Year by year the life lengthens. In salad as a most pleasing variety. The 1871, by the same method, it is ascertained that the age limit is 28 years, 8 months. In 1872 the limit was 29 years fine together, mixed with a small por-1887 the average was 30 years, 11 months. In 1892 that had increased to THE LATEST RECORD

shows that the combined years of all who died were 987,865, and that 27,with lemon juice in the place of vineage of 35 years, 9 months, 3 days. This is a most remarkable record and is a satisfactory comment on the

work of medical men in Ontario. The greatest change is in infan mortality. In 1869 a, large percentage of deaths were among children. In 1870, of all who died 29 1-2 per cent were under 3 years of age. In 1897 the mortality in that class was 21 1-2 fine, fresh fruit, hull and wash. Then per cent. But apparently the race is prepare little cups, one for each per- becoming hardier and whereas a quarter of a century ago few reached four score years, now the numbers are fairly large. In 1897 of becoming pour in a teaspoonful of mayonnaise. those who died nearly 10 per cent, were over 80.

Another great change is in the de creased numbers of young persons who fall victims to contagious diseases. A knife cut a very ripe pineapple into few years ago there would be large tiny cubes, rejecting the core. Sweet- numbers of deaths from smallpox, and some years as man yas 1,400 would die of diphtheria. Of late years, with the exception of 1899 and 1900, a death from smallpox is quite unusual, and diph-theria is cut down to about 12 per

to each basket of strawberries one healthiest in the world, and is gradually growing more healthy.

#### WELL WORTH READING.

COMPASS.

Items of Interest Gleaned From Many Sources and Served in Pithy Para-graphs—Doings of the Day.

It is not everyone who is aware that a Bank of England note is not of the same thickness all through. The paper is thicker in the left-hand to enable it to retain a keener impression of the vignette here; and it is also considerably thicker in the dark shadows of the centre letters and beneath the figures at the ends. Counterfeit notes are invariably of one thickness only throughout.

Lieut.-General Sir Arthur Power Palmer, K.C.B., who is spoken of as ed, by a mere stroke of the pen, the new Commander-in-Chief in India, is over six feet in height, and is broad in proportion. He is of a powerful pysique, and is extremely popular with the troops, especially the Sikhs. His manners are pleasant, good-natured and jovial, but he has a strong undercurrent of sarcasm. which is not always appreciated by his brother officers.

Sir Henry Campbell-Bannerman has he carries he has made entirely himself. Most of his personal friends at some time or other have received a present from him of a "Bannermanmade watch." The time kept by Sir Henry's watches, however, is sometimes erratic. Lord Salisbury remarked laughingly to one of his brother peers, who had occasion to ask him the time: "What time do you want? 'London time' or 'Bannerman's time ?' "

State, in an address to the Afrikanders of Cape Colony, at the beginning of the war, said: "Do you wish, Afrikanders, to see this frightful abomination of a negro sitting with you in Par- that England should curtail its sup liament? It is what will happen to von, what will happen to us also, if hand over us in this war." In that the war against England.

ingenious contrivances being placed in them to the British Government. land. The result has been an unqualihatched and planted, and since then the number has been more than doubled. The cod fisheries of that land exceed those of any other country of the world, the average export of this fish being 1,350,000 cwt. per annum.

"Miss Ward writes from Brazil," says Omega, "that the whole country is perpetually in a state of semi-intoxication on coffee-men, women and children alike, and to babies in arms it if fed from a spoon. It is brought largely from Germany. to your bedside the instant you awake in the morning and just before you are expected to drop off in sleep at night, at meals and between meals. The effect is plainly apparent in trembling hued skin, and a chornic state of excitability worse than that produced by whiskey."

The waters of the Great Salt Lake in Utah have receded a mile within he past year, and some persons think that within the coming century this wonderful body of water may be completely dried up. The cause of the lowering of the water is ascribed to the rapid extension of irrigation ditches, which draw their supply from you next time. the streams emptying into the lake. There is now a "salt desert" not far from the lake, which was once covered ed to come awfully. with water. The salt deposit on the floor of the lake itself is believed to be of great thickness.

A Knight of the Garter dressed in the regalia is an imposing sight. He wears a blue velvet mantle, with a star embroidered on the left breast. His trunk-hose, stockings, and shoes are white, his hood and surcoat crimon. The garter, of dark blue velvet edged with gold, and bearing the motto, "Honi soit qui y pense" also in gold, is buckled about the left leg, below the knee. The heavy golden collar consists of twenty-six pieces, each in the form of a garter, bearing the motto; and from it hangs the "George," a badge which represents St. George on horseback, encountering the dragon. The "lesser George" is a smaller badge attached to a blue ribbon, worn over the left shoulder. The star of the Order consists of eight points, within which is the cross of St. George encircled by the garter.

Mr. J. M. Bacon, who with his daughter made a lofty balloon ascent to observe a meteor shower, tells some interesting things about the sounds that reached their ears. At the height and sincere affection? of 5,000 feet the ringing of horses' feet by ducks in a pond was audible. The rary!

barking of dogs and the crowing of cocks could be heard at 7,000 feet or 8,000 feet. These sounds penetrated NOTES FROM ALL POINTS OF THE through a white floor of cloud which hid the earth from sight. In the perfect silence of the air around balloon they were startled by what seemed stealthy footsteps close at hand. Investigation showed that this sound was caused by the stretching of the rones and the vielding of the silk as the balloon continued to expand.

#### GREAT PIECE OF WORK.

How the World's surplus Output of Ex Between lengthy periods of slumber

the British War Office occasionally wakes up and does something really smart. A short time ago it succeedmonopolising the surplus of the world's output of explosives. On January 11 of this year Her Ma-

jesty's Government issued a procla-

mation forbidding the export of picric acid, carbolic acid and cresylic acid. This proclamation at first sight looked harmless, but there was a great deal more in it than met the public Wholesale chemists, knowing eve. that these acids are absolutely neces mania for watch-making. The watch sary for the manufacture of high explosives, recognized its true import. No country in the world can produce these acids in such quantities as England, owing to the comparative smallness of their coal supplies, and Germany, therefore, is one of our largest customers.

On the other hand, England, though possessing the necessary ingredients, cannot manufacture, even in times of peace sufficient lyddite for her needs. The acids are, therefore, exported to President Steyn, of the Orange Free Germany, there to be made into a compound which is afterwards shipped back to England to find its home in the interior of lyddite shells. Wholesale chemists were surprised ply of this chemical compound at a time when the country was notoriyou allow England to get the upper ously short of lyddite. The explanation, however, came two hours later proclamation Steyn conjures up the when several firms were secretly givspectre of equality with the negro race as his strongest argument for export these acids. There were, however, two conditions. Either the for Losbter hatching by means of float- eigner purchaser must guarantee ing incubators, which were invented that the chemicals should not be used by a Mr. Neilson, is carried on to a to manufacture explosives, or undergreat extent in Newfoundland, these take to sell all explosives made from

fied success, for during the first year these conditions to Germany, where, no fewer than 90,934,000 lobsters were of course, the manufacturers of explosives cannot afford to keep their factories idle. At one stroke, however, the Government not only secured the necessary supply of lyddite but effectively prevented the manufacture of high explosives for the Boers. Countries other than Germany were hardly affected, as they have all their work cut out to make sufficient explosives for themselves. Russia, in fact, purchases explosives

WHEN THEY SAID "GOOD-BY." Did you ever hear two married women take leave of each other at the hands, twitching eyelids, mummy- gate on a mild evening? This is how Good by !

Good-by! Come down and see us soon.

I will. Good-by! Good-by! Don't forget to come

soon.

I won't. Be sure and bring Sarah Jane with

I will. I'd brought her up this time but she wasn't very well. She want-Did she, now? That was too bad.

Be sure and bring her next time. I will; and you be sure and bring the baby.

I will. I forgot to tell you that he's lent physical exercise. cut another tooth.

You don't say so! How many has he now? Five. It makes him awfully cross

I daresay it does this hot weather Well, good-by. Don't forget to ome down.

Don't you forget to No, I won't. come up. Good-by! And they separate.

ONE EXERCISE. One of the deprivations of gold

miners is the lack of proper facilities for exercise, said Mr. Gazzam. Why, I read that there is usually a good deal of claim-jumping going on, added Mrs. Gazzam.

ONE WHO IS.

Aunt Jane-Do you think men are really capable of loving with a deep

Aunt Hannah-Are they? You on a hard road could be heard. At ought to see my husband gloating 4,000 feet the splashing sound made over the rare old bindings in his lib-

## HEALTH.

THE COMPLEXION. A French doctor has made a dis-

covery that the juice from carrots has wonderful properties, hitherto ignored and neglected. Particularly is t beneficial in purifying the blood and improving the complexion. French women are making carrot wine and carrot in n. according to the recipe, and find that it, without doubt, renders their skins clear and bright. An excess of meat diet, rich and highly-spiced foods, vinegar, tea and sweets were declared to be the deadty enemies of good looks. A disagreeable breath and an unpleasant taste in the mouth show an unwholesome a farm which animal alone can con condition of the digestive organs, sume profitably that it is essential which sooner or later will be made for the highest success that live stock apparent in an impaired complexion

coarse pores and blackheads. The suggestions made as aids to a kind of farming to the utter exclusion good complexion were a correct diet- of all others. The fruit orchardist ary observance and a daily bath, but who fails to raise at least a few hives never at night, when tired nor immed- of bees misses one of the chances for iately after eating. The best medical profit that have been put in his way. authorities were quoted to substan- If he only raised the honey for home

denounced, as they coarsen and his rich clover, timothy and buckroughen the skin, especially the nose, wheat, should have a hive of bees for besides being a positive injury to the every two or three acres he puts uneyes.

also cause nervousness," says an ex- ment the work of the farmer change, "try them on men and see packing the soil around the grass how long they would stand them."

MEAL POULTICES.

sticking to the knife. Turn in the bandage ready before the old one is removed in order not to chill the poultice the lungs, two large pieces of cotton or linen should be shaped, day. one for the chest and one for the back and sides. After the poultices are applied a jacket may be formed by securing the edges over the should ers and under the arms by pins, then using a binder made of a broad strip of flannel or flannelette to go round the body. This should have two straps sewed on behind on its upper edges to pass over the shoulders and pin in front.

When a patient cannot sit up, may be turned on one side while the back poultice is applied and the binder with one end rolled back into position. The patient can then be turned on his back, lying on the poultice, while the rolled end of the binder is drawn around, the chest poultices applied, and all fastened with safety pins.

HEALTH COMMANDMENTS.

1. Don't leave your rooms in the morning with an empty stomach. 2. Never expose yourself to cold air immediately after you have partaken of a warm liquid of any kind.

3. Don't leave your abode in cold No. I won't. Don't you forget to weather without warm wraps around amples that are so common as to 4. Begin respiration in the cold by

breathing through the nose. will give the air a chance to get warm before reaching the lungs. 5. Never place your back near heated oven or against a wall, warm or cold.

6. Don't stand before an open window in a railway carriage, nor take a drive in an open carriage after vio-

7. Don't remain motionless cold room, and do not stand in open space, on ice or snow.

8. Talk only when you must, for the old phrase, "Speech is silver, silence is gold "holds good even in

hygiene.

9. Don't put off your regular bath. When the skin is not kept fresh and soft the cold draws the pores together and you are rendered susceptible to pulmonary troubies of all kinds. 10. Don't retire with cold or wet feet. Nothing prevents sleep with so much certainty as the neglect of your pedal extremities.

A FEMININE BUTTER.

And now, children, said the teacher, who had been talking about military fortifications, can any of you tell me what is a buttress?

Please, ma'am, cried little Willie, snapping his fingers, it's a nanny

The man who loves home best, and loves it most unselfishly, loves his country best.—J. G. Holland.

# On the Farm.

\*\*\*\*\*\* ENLARGING THE HERDS.

The average farmer who raises garin.

fruit or vegetables, or makes a point of mixed farming cannot do better than give more attention to increasing the live stock on the farm. No farm should be without a fair number of cattle, sheep, swine, horses, poultry and general live stock. It is not necessary to enter into the business of raising live stock for the markets so that it will interfere with the general farming, but on general principles there is so much waste on of one kind or another should be kept by the presence of a muddy skin, Nature never intended that the farm should be devoted to one particular use, he would secure his reward. Liketiate the theory.

The wearing of veils was roundly wise the grass and hay farmer, with cultivation. Pigs go in clover "If anyone does not believe veils and also in orchards. Sheep suppleroots, and in the orchard they add fertilizers that are of the greatest value. The waste fruit of the orchard In making any kind of a meal will go a long way toward feeding poultice have the water boiling and the pigs. Then the grain waste will the bowl and spoon with which it is feed the darry cows, and the waste mixed warmed. Stir in only just milk and cream from the latter can sufficient meal to make the mixture be put to no better use than for pig thick enough to spread, without feeding. So one could go through the whole list of farm animals and show edges of the poultice all around to how one is intimately connected with keep in the heat and roll it up in a another, and the whole with the genflannel, or put it between hot plates eral farm crops. After all has been to carry to the bedside. Apply with-out delay and cover with a piece of rubber cloth, then flannel. Fasten where a variety of crops are raised to securely to the part needing the poultice with a bandage. If necessary to a system economically and intelligentrepeat the poulticing have the fresh ly conceived there should be absoluteremoved in order not to chill the patient. When the poulticing is fin-variety to consume all the by-products patient. When the pointening is the stand warm watished, wash the part with warm water, wipe dry and cover with hot
market and the best way to reduce
cost and increase profits will enable the plain, every-day farmer to realize more on his assets than he does to-

CO-OPERATION.

"We farmers can't and won't cooperate. If a dozen of us try to sell our potatoes, etc., collectively or through one agency, or if we try to buy our supplies together, there is trouble right off, one of the twelve thinking the other eleven are getting some advantage. I don't take any stock in farmers co-operating. It cannot be done.'

Such talk is wearying and all too common. It is just this spirit that must be overcome before farmers anywhere can pull together. It is the spirit of conservatism arrayed against he spirit of progress. Not long ago there was just such talk wherever the co-operative creamery was first suggested, but after a few farmers pushed the creamery idea until it was in successful operation, those who first opposed were loudest in praise. Now nearly two thirds of all the butter produced is made in creameries, and they are largely co-operative, while the great bulk of cheese is made m factories. Here are just two exers cannot co-operate." and they must if they would get the utmost profit and pleasure from their life and work. Progress in this line will be made by the men and women who do not become discouraged at every little obstacle, but who persever until success is accomplished. Agriculture needs more such people and less farmers who believe so implifitly. at their mercy whether their co-opera-tion is for the benefit of capital or labor.

THE DAIRYMEN'S MISTAKES. Probably the first and greatest mistake is that the dairyman fails to make the best of his environment Possibly he does not have as good nows as his neighbors, but he should make the best use possible of what he has. He should keep them better and raise more grain, thus lessening the expense of maintaining his herd. He should not make the mistake of keeping too many cows. Discard the poor ones of the herd and give the remainder better stables, better feed and use more care in handling the milk. Dairymen depend too much upon buying cows to replenish their herd, instead of raising them.

Another great mistake is the failure to treat the cow with kindness. Anything that disturbs her nervous condition will lessen the flow of milk Make her comfortable by good bed-ding, good stables and the like. Never scold or swear at a cow.

Gives ! The su ness and in the n and monthe four Paine's

PAINE

such nerv restore th them out habit of b No othe is so rich ducing co Celery Co unfailing and rich, of good h tented and more, Ont "For ye

sick heads I have bee to sleep t tried many deal, but ne the value Paine's Co three bottle have ceased than I have

First off weakening? has just sen bitter end.

SAID HIS PH NEY CURE CURED BR La Grippe weakened s Western On lumberman, demic had fatal of all ki Local physic He consulte that his life recovery wa his faith to there's hope American F months from the same phy pronounced b Sold by J.

> Isaacs-He burn, eh? M seem to haf an

To the terri Ontario, the establish hosp preventative treatment to Syrup of Lin promptly and and cold. It any remedy fo cents a bottle. dealers.

Mrs. Wulls hain't got de r git out! Sam Den we doan' days!

BUT MRS. FITZP DR. AGNEW'S

PLISHED WHA If the thousan worthy a remed to it as a first t suffering would treated by em disease of five ye from the hospit The lady procu Heart, she One dose reliev

cured her. Sold by J. E. City chap (a warranted this I without faults, stone-blind. Co Wa-al, blindness

less than half

For Infar

Miss Branely-

Cholly! Chollyam. It's a bore to and it's a bore to them when you b Will W Countless thousan the body in Dr

which positively Headache, Dizzi Fever and Ague a troubles. Purely weaken. Only 25 drug store.