

About the House.

THE SEWING ROOM.

In a house that is heated throughout it is easy enough to set aside a sewing room, where all the materials and implements for work can be kept together in a systematic manner.

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.

The convenience of a separate sewing 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.

The convenience of a separate sewing 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.

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

FRESH FRUIT SALADS.

Fruit salads are increasing in favor, and at a dinner party of the past winter, we noted an apple and celery salad as a most pleasing variety.

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.

Strawberry Salad.—For this, select fine, fresh fruit, hull and wash. Then prepare little cups, one for each person, of small heads of young lettuce.

Pineapple Salad.—With a silver knife cut a very ripe pineapple into tiny cubes, rejecting the core.

TO CAN STRAWBERRIES. Wash and drain from water, and hull strawberries, over night, adding to each basket of strawberries one cup of sugar.

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 rubbers. 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.

Frock of pastel-blue, Lansdowne. It 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. Blouse sleeves shirred twice at the wrist. Material required for girl of 4 years, Lansdowne, 40 inches wide, 2 yards.

SPAN OF LIFE GROWS.

Ontario 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 scattered reports of different doctors in city or country.

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 will find that the average age was 27 years, 11 months and 23 days.

Year by year the method, it is ascertained that the age limit is 28 years, 8 months. In 1872 the limit was 29 years, 8 months. In 1873 it had reached the 30 mark. In 1887 the average was 30 years, 11 months. In 1892 that had increased to 33 years, 6 months.

THE LATEST RECORD shows that the combined years of all who died were 987,865, and that 27,633 persons died, giving an average age 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 infant 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 per cent.

Another great change is in the decreased numbers of young persons who fall victims to contagious diseases. A few years ago there would be large numbers of deaths from smallpox, and some years as many as 1,400 would die of diphtheria.

The province can be shown to be the healthiest in the world, and is gradually growing more healthy.

WELL WORTH READING.

NOTES FROM ALL POINTS OF THE COMPASS.

Items of Interest Gleaned From Many Sources and Served in Pliny Paragraphs—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 corner, to enable it to retain a keener impression of the vignette there; and it is also considerably thicker in the dark shadows of the centre letters and beneath the figures at the ends.

Lieut.-General Sir Arthur Power Palmer, K.C.B., who is spoken of as the new Commander-in-Chief in India, is over six feet in height, and is broad in proportion. He is of a powerful physique, and is extremely popular with the troops, especially the Sikhs.

Sir Henry Campbell-Bannerman has a mania for watch-making. The watch 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 "Bannerman-made watch."

President Steyn, of the Orange Free State, in an address to the Afrikaners of Cape Colony, at the beginning of the war, said: "Do you wish, Afrikaners, to see this frightful abomination of a negro sitting with you in Parliament? It is what will happen to you, what will happen to us also, if you allow England to get the upper hand over us in this war."

Loebster hatching by means of floating incubators, which were invented by a Mr. Neilson, is carried on to a great extent in Newfoundland, these ingenious contrivances being placed in nearly all the large bays of the island.

Enormous quantities were shipped, and are still being shipped, under these conditions to Germany, where, of course, the manufacturers of explosives cannot afford to keep their factories idle.

"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 babies in arms if fed from a spoon. It is brought 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 hands, twitching eyelids, mummy-hued skin, and a chronic state of excitability worse than that produced by whiskey."

The waters of the Great Salt Lake in Utah have receded a mile within the 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 the streams emptying into the lake.

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 crimson. 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.

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 of 5,000 feet the ringing of horses' feet on a hard road could be heard. At 4,000 feet the splashing sound made by ducks in a pond was audible. The

barking of dogs and the crowing of cocks could be heard at 7,000 feet or 8,000 feet. These sounds penetrated 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 ropes and the yielding of the silk as the balloon continued to expand.

GREAT PIECE OF WORK.

How the World's surplus Output of Explosives Was Monopolized by the War Office.

Between lengthy periods of slumber, the British War Office occasionally wakes up and does something really smart. A short time ago it succeeded, by a mere stroke of the pen, in monopolizing the surplus of the world's output of explosives.

On January 11 of this year Her Majesty's Government issued a proclamation 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 eye. Wholesale chemists, knowing that these acids are absolutely necessary for the manufacture of high explosives, recognized its true import.

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 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.

When a patient cannot sit up, he 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.

WHEN THEY SAID "GOOD-BY."

Did you ever hear two married women take leave of each other at the gate on a mild evening? This is how they do it: Good-by! Come down and see us soon. I will. Good-by!

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

I won't. Be sure and bring Sarah Jane with you next time. I will. I'd brought her up this time, but she wasn't very well. She wanted to come awfully.

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 out 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 come down.

No, I won't. Don't you forget to 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 and sincere affection? Aunt Hannah—Are they? You ought to see my husband gloating over the rare old bindings in his library!

HEALTH.

THE COMPLEXION.

A French doctor has made a discovery that the juice from carrots has wonderful properties, hitherto ignored and neglected. Particularly is it beneficial in purifying the blood and improving the complexion.

Between lengthy periods of slumber, the British War Office occasionally wakes up and does something really smart. A short time ago it succeeded, by a mere stroke of the pen, in monopolizing the surplus of the world's output of explosives.

On January 11 of this year Her Majesty's Government issued a proclamation 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 eye.

On the other hand, England, though possessing the necessary ingredients, cannot manufacture, even in times of peace, sufficient lyddite for her needs.

MEAL POULTICES.

In making any kind of a meal poultice have the water boiling and the bowl and spoon with which it is mixed warmed. Stir in only just sufficient meal to make the mixture thick enough to spread, without sticking to the knife.

When a patient cannot sit up, he 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 weather without warm wraps around your shoulders and breast. 4. Begin respiration in the cold by breathing through the nose. This will give the air a chance to get warm before reaching the lungs. 5. Never place your back near a 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 violent physical exercise. 7. Don't remain motionless in a cold room, and do not stand in an 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 troubles 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 FEMINE BUTTER.

And now, children, said the teacher, who had been talking about military fortifications, can any of you tell me what is a buttress? Snapping, ma'am, cried little Willie, snapping his fingers, it's a nanny goat!

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 grain, 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 a farm which animal alone can consume profitably that it is essential for the highest success that live stock of one kind or another should be kept. Nature never intended that the farm should be devoted to one particular kind of farming to the utter exclusion of all others.

The wearing of veils was roundly denounced, as they coarsen and roughen the skin, especially the nose, besides being a positive injury to the eyes.

In making any kind of a meal poultice have the water boiling and the bowl and spoon with which it is mixed warmed. Stir in only just sufficient meal to make the mixture thick enough to spread, without sticking to the knife. Turn in the edges of the poultice all around to keep in the heat and roll it up in a flannel, or put it between hot plates to carry to the bedside. Apply without delay and cover with a piece of rubber cloth, then flannel. Fasten securely to the part needing the poultice with a bandage. If necessary to repeat the poulticing have the fresh poultice ready before the old one is removed in order not to chill the patient. When the poulticing is finished, wash the part with warm water, wipe dry and cover with hot flannel. When it is necessary to poultice the lungs, two large pieces of cotton or linen should be shaped, 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 shoulders and under the arms by pins, then using a binder made of a broad strip of flannel or flannellets 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.

CO-OPERATION.

"We farmers can't and won't co-operate. 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 the 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 in factories. Here are just two examples that are so common as to absolutely refute the idea that "farmers cannot co-operate." They can 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 persevere until success is accomplished. Agriculture needs more such people and less farmers who believe so implicitly in "can't." The fact is, farmers have got to co-operate or the other fellows who do co-operate will have us at their mercy whether their co-operation 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 cows 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 through good stables and the good condition of her udder. Make her comfortable by good bedding, good stables and the like. Never scold or swear at a cow.

The sun and in the morning and noon the four the day.

Paine's such new restore th them out habit of b

No ath is so rich ducing co Celerly Co untailing d and rich, of good h tented an more, Ont

"For ye sick heads I have bee to sleep I tried many deal, but the value Paine's C three bottles have eased than I have

First of weekenig! has just sen bitter end.

SAID HIS FIF

NEW CURE CURED BR

L. Grippie weakened by Western On lambrman, demic had fatal of all ki Local physic He consulte that his life recovery wa his faith to there's hope American K months from the same phy pronounced I Sold by J.

Isaac—He burn, eh? M seem to haf a

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

Mrs. Wulle hain't got de i get out! Sam Den we don't days!

Disi

BUT MRS. FITZ

DR. AGNEW'S FLUSHED WHA

If the thous worthy a remed to it as a first suffering would Fitzpatrick, of treated by em disease of fivey from the hospita The lady procu

Heart, she One dose reliev less than half cured her.

Sold by J. E.

City chap t warranted this I without fault, stone-blind. Co Wyal, blindness tion

CAS

For Infar

Miss Branely— "Oh! Cholly! Cholly—am. 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.