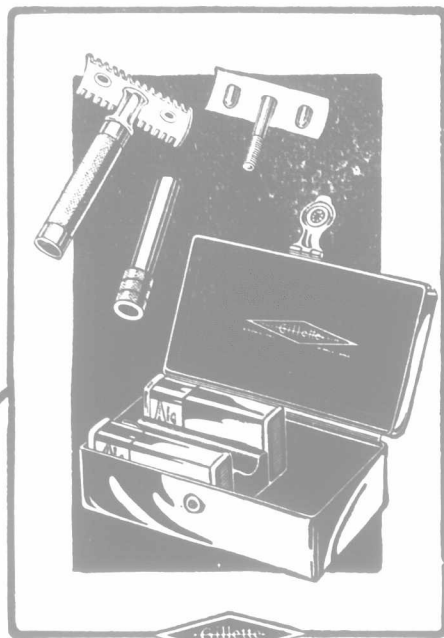


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Henry Gatehouse,

Fish, Game, Poultry, Eggs, Vegetables.
348-350 West Dorchester St.,
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fluffy white mull or organdy would be pretty, too, with no garniture save a touch of black velvet ribbon somewhere on the corsage, and a knot of pink roses. You must, of course, wear long gloves, and embroidered or lace stockings to match the gown. Your slippers may be black patent-leather, or kid of the shade of your dress.

Answer to C. I. B. re Weaving.

If C. I. B., or others who wish mats or carpets woven, will correspond with Mrs. D. I. Rose, Embro, Ont., she will give them the address of a weaver in that village who will be glad to get such work. We may say that in all such cases as this, courtesy demands that stamps be enclosed for reply. Kindly do not forget this when writing to any stranger for information.

Women's Institutes and Public Schools.

The advent of Women's Institutes has been of decided advantage to every community where they have been taken seriously. No doubt there has been a good deal of the holiday spirit and the theoretical about their meetings. Some papers read have been a little oversoulful, and a good many suggestions brought forward remind one of something read in a book, yet, while all this may be true, the ladies in such institutions are, on the whole, progressive and sensible to a degree. Believing them to be this, the writer begs leave to submit the following suggestion:

Would it not be well for the local institutes to appoint committees of three to visit the public schools in the neighborhood with a view to discovering the

sanitary conditions under which their children live for six hours in the day for five days in the week? Let them, for instance, observe the cup from which the children drink in common. Day in and day out, year in and year out, this cup goes unwashed. From it, children with sore mouths, children with coughs, children with sore throats and bad teeth, all drink with sickening promiscuousness. Then there is the condition of the out-buildings, of which no description can be given here, but in regard to which mothers should be informed. Their little girls are silent upon such topics, but mothers' eyes should be wide open. Every year the condition of these buildings paves the way for ill-health for thousands of growing girls. The subject is not a pleasant one, but the mother who is too "nice" to face it squarely, is too "nice" to have children, and far too stupid to be entrusted with the care of a growing daughter. The whole question of rural public-school sanitation may well engross the attention of the Women's Institutes of Ontario for the next six months. Should it do so, such changes will be speedily wrought as will simply transform the school life and make the existence of teachers and scholars a delight. The women of the Province may rest assured that the need of doing thoroughly some work along the lines indicated is far greater than they believe.

O. C.

Our Scrap Bag.

Corn meal is said to form a good dry shampoo to use occasionally during cold weather. Rub the meal into the hair, pin the coils up, tie a silk handkerchief about the head, and sit before a sunny window, if possible, for a while, then brush out with a warm brush. Toilet bags made of cheesecloth filled with corn meal and bran, mixed with some finely-shaven soap, are excellent for the bath.

Take a square of stout material, hem it, and fasten strap loops of the material at each corner. When the four straps are slipped over a closet-hook, a handy laundry-bag is formed, easily accessible at four different places, and easily emptied by dropping one of the corners.

Eggs sometimes crack upon being immersed in boiling water, or are found to be so when required for use. To prevent the contents from oozing out, rub the crack with moistened salt, allowing a little time for it to penetrate, then put in the boiling water.

Do you know the convenience of a large, strong pair of scissors kept for the kitchen? They are better than a knife for cutting tough pieces of meat, celery, and many other things.

To Renew Nickel Plate.—Prepare a mixture of 50 parts alcohol and one part sulphuric acid. Dip the article in this solution for exactly ten minutes, then rinse quickly with pure water, wash with pure alcohol, and rub dry with a soft cloth.

Seasonable Recipes.

Stewed Celery.—Wash the outer stalks clean (a small brush is useful), cut them into inch-long pieces, and soak an hour in cold water. Drain and put in a stewpan with boiling water to cover, and let simmer slowly about $\frac{1}{2}$ hour, or until tender. The water should now be reduced to not quite $\frac{1}{2}$ cupful. Add a cupful of rich milk, and when the liquid boils, thicken to a cream with a little flour rubbed smooth in a tablespoonful of butter. Season and serve.

Fried Parsnips.—Scrape and boil till tender. Drain, and when cold cut in long, thin slices, and season each slice with salt and pepper. Dip in melted butter, then in flour, and fry in hot lard, butter or dripping, until both sides are browned. Drain and serve.

Baked Onions.—Take large onions, wash them and trim them off, but do not peel. Put them in slightly salted boiling water and boil for about an hour. Drain well, then take each onion separately, wipe it, and roll in a square of thin buttered paper, twisting it at the top to keep it closed. Place the onions in a baking-pan, and bake one hour in a slow oven. When done, remove the papers, peel the onions, and serve at once with hot melted butter and a little salt and pepper dusted over.

Turnips in Cream.—Peel, cut in small

cubes, and boil until tender. Drain, and milk to nearly cover, and, when it boils, thicken to a cream with a little flour mixed with one tablespoon soft butter. Season, boil two minutes, and serve.

Pork and Apple Pie.—Cut nice, fat salt pork very thin, and slice some tart apples. Line a deep pie-plate with pastry, put in a thick layer of apples, thin one of pork, sprinkling between layers with spice, pepper and sugar. Put a layer of apples on top, and sprinkle also with the seasoning. Then put on a top crust and bake.

Squash Pie.—Two cups stewed squash, $\frac{1}{4}$ teaspoon each of salt and cinnamon, $\frac{1}{2}$ cup sugar, 1 teaspoon ginger, 2 eggs, 1 scant pint milk. Beat the eggs until light. Put the squash in a quart dish (it should be very dry), add the sugar, salt, spice, then the beaten eggs and 1 tablespoonful melted butter. Stir well, and add enough milk to make a quart of the whole mass. Turn into a paste-lined pie-tin, and bake slowly for 45 minutes. Pumpkin, custard and squash pies should not be allowed to boil, or they will become watery.

Infant Mortality.

During the early part of 1910, a report on the above subject, by Dr. Helen MacMurchy, whom many of our readers know through the Women's Institute, was published in Toronto.

Beginning with the statement that "every year nearly 10,000 children in Ontario, under the age of five years, go to their graves," Dr. MacMurchy proceeds to demonstrate that the MOTHERS need education along the line of caring for children, in order that this appalling death-rate may be stopped.

"There is something wrong with the place where children die," she says. "Whoever is in fault when the baby dies, it is usually not the baby," and then she goes to an important root of the matter: "If the baby is nursed by its mother, the chances are great that it will live. If it is fed in any other way, the chances are great that it will die . . . of gastro-intestinal diseases."

In order, then, that a mother may nurse her child, she must be herself well-nourished, and so well has this fact been grasped in some places, that municipal help has been obtained to provide food for the very poor mothers, who otherwise might not obtain it. In Paris, for instance, several mothers' restaurants have been established at which two good meals per day are supplied to nursing mothers, free—the meals consisting of soup, lentils, beans, potatoes, macaroni, beef, bread, cheese, or a stick of chocolate. Paris also has a dispensary where pasteurized milk is supplied for infants which are dependent upon such food.

The work in Boston is especially noted, more particularly the "Consultations" to which all who are in charge of very young children may come.

We quote directly: "The Consultations usually, but not always, begin with a short general talk to those present. . . . The talks are given by physicians who speak in the native tongue of the mothers present. The language used is as simple as possible, and only the most important points are emphasized, all unnecessary details being omitted. An attempt is made to give the reasons for the advice, and illustrations are used which are likely to appeal to the common sense of the mothers. They are then encouraged to ask questions, however simple, and it is in this way that some of the most valuable points are brought out and enforced. Regularity of feeding, bathing, clothing, fresh air—these are some of the topics dealt with. A talk would run somewhat as follows: A large number of babies die every year in Boston, from 'summer complaint.' Most of these babies could be saved if the mothers knew just how to feed and care for them. That is what we have come here for, to tell you how to care for your baby. Ask questions of the doctor, not of some neighbor. The doctor has studied babies for many years, and his advice is safe to follow. That of the neighbor may not be.

"Do not dress your baby too warmly in hot weather. Have the clothing thin and light. Consider it as drapery rather than clothing. The baby will not 'catch cold,' if the clothing is reasonably light.

"Let the baby kick. Have the arms