

Apurehard Soap

SURPRISE SOAP

MAKES CHILD'S PLAY OF WASH DAY

Household Notes.

THE APRON.—It is about 40 years since the popularity of the apron began to wane. At that time no woman's wardrobe was complete without an assortment of aprons for all sorts of occasions. A black silk apron was the acme of elegance and propriety, and any nondescript gown could, by the addition of the black silk apron trimmed with a few rows of black velvet ribbon, be dignified and adorned to the utter satisfaction of the wearer.

An apron had rather a wide field of usefulness when you consider that it not only preserved and embellished a new gown, but it also concealed the defects, and added dignity to an old one. An apron was always en vogue. The best dress was kept clean by its use, and the daintiness of it represented all the feminine traits. It was a regular banner of the home. To its strings the children were tied. "Tied to his mother's apron strings!" Contemptuous expression of subordination. And yet so much sentiment attached to it! Whoever was tied to his mother's apron strings was comparatively safe in his mother's lead. Mother's apron! The baby was rolled in it. Childish tears were dried with it. The little boys used its strings for reins, and the little girls played princess and trailed its ample folds behind them, real ladies in waiting to an imaginary queen.

Those were ante-new-woman days. Knitting and needlework were feminine occupations. It was previous to the day of higher education for women. It may sound far-fetched to say that home sentiment waned with the decline of the apron.

ABOUT SLEEP.—Most persons who have lived to be old have been good sleepers, but this does not mean that they have been long sleepers. A good sleeper is one who sleeps well. He may sleep long enough in six or seven hours to answer all his needs, and it would be folly for him to lie in bed three or four hours more. As a rule, long-lived persons have been early risers because they have been good sleepers. By "good sleep" is meant sleep that is sweet, sound and refreshing; the body recuperates wholly. Those who love to rise early are generally of this sort. They have strong wills and good health to begin with. Late risers are often invalids, or persons of bad habits, idlers who are never free from other vices besides idleness. The nervous exhaustion which keeps a man wakeful throughout the small hours requires sleep late in the morning. This exhaustion is invariably due to one of several life-shortening influences, especially anxiety, or indiscretion in diet or drink.

Early rising is thus rather one effect of certain favorable influences, another result of which is longevity, rather than a cause of longevity. To turn a delicate man out of bed every morning will not prolong his life unless he has slept enough. Preventing a weakly person from sleeping more than four or five hours nightly would not cause him to live to be old, but would tend to shorten his life. Early rising does not mean the time by the clock. The word has a relative significance with reference to the time of going to bed. A person who retires to rest four hours after midnight and gets up at 10 a.m., may be strictly regarded as an "early riser." Thus early rising is synonymous with short sleeping, which means rapid recovery from fatigue, itself a sign of bodily strength. Early rising, as a practice, may be cultivated by all persons in good health. It is excellent as moral discipline, and eminently healthy as a matter of fact. Most persons will eat three meals daily. When a man gets up late, those meals will probably follow each other at too short intervals, and be eaten too rapidly to be wholesome. When he is an early riser it will probably be otherwise. He can enjoy a good breakfast, and when his other meals are due he will be ready for them, and with a good appetite, which is itself one of the signs of health.

Notes for Farmers.

STOP THE LEAKS.—In order to pay, farming should be conducted in the same way as other business enterprises. A suitable return should be received, not only for the money invested in the land, stock and implements, but also for the labor and cares of management. Every farmer should, by a simple system of book keeping, keep careful check of his receipts and expenditures, so as to know exactly which of his farming operations are yielding him a profit, which are conducted at a loss, and which are causing him merely to "mark time." A little figuring of this sort may reveal to him a number of little leaks which almost imperceptibly drain away the profits that should reward his labor. In these days of fierce competition it is only by keeping down the cost of production and preventing all waste that farming can be made successful. Some sources of loss are here given which will readily suggest others.

LACK OF SYSTEM.—One of the chief leaks on many farms is the loss of time and energy because the management is not carried out on any definite system. A study of any old and successful business will show that success has been largely due to a methodical and systematic way of doing things. System may be carried too far so as to become merely mechanical but as a general proposition it may be said that after a well defined plan of action has been determined on it should be rigidly carried out. As mere knowledge is gained, or new ideas acquired, it will be necessary to make changes in the routine, but no changes should be made without due deliberation. All work should be carefully planned in advance and all tools and implements gotten ready so that there may be no delay when operations actually begin.

USE OF TIME.—All men employed on the farm should have well defined duties to perform so that their time may be used to the best advantage. A good system provides for the feeding of stock at regular hours each day. When they become accustomed to the regularity of feeding they thrive much better than if fed at different hours on each succeeding day.

CARE OF IMPLEMENTS.—A very common source of loss is found in the neglect of expensive farm implements and tools. These are left lying in the fields where they have been used subject to all the inclemencies of the weather which are much more destructive than actual use. Small tools are frequently lost, and larger implements rust and rot. There should be a place on every farm where implements may be kept under cover, and none should be left outside when not in use. A workshop should also be provided in connection with the toolhouse so that during rainy days or other slack periods, implements may be painted and necessary repairs made. Much time is lost by farmers, during busy seasons such as seeding, haying and harvest, because a bolt or some other small part has been lost, and a trip to the blacksmith shop or foundry is necessary to replace it. This waste of valuable time might be prevented by a little forethought or examination of the implement before it was required for use. In many cases implements are purchased which the farmer could well do without.

CATHOLICITY IN NORWAY.
It is reported that the Holy Father will soon grant an Episcopal See to Norway, owing to the growth of Catholicity in that country.

CHRISTIAN BROTHERS' BOYS.
The result of the competition for the Bristol city scholarships, annually offered by the English Technical Instruction Committee, was announced on the 5th inst. Four of the six junior open scholarships competed for were won by boys attending the Christian Brothers' College, Berkeley square. The value of each scholarship is \$225.

KEEPING STOCK.—This is another frequent cause of loss. If a farmer has more horses than are required to carry on the work of the farm, he should sell those he does not need, if a figure at all reasonable can be obtained. The cow which does not yield enough milk or butter to pay a good profit on her keep should be disposed of, and her place filled by another—a few weeks use of the scales and Babcock tester will usually furnish some surprising results in this direction.

IMPROPER FEEDING.—To secure maximum profits it is necessary that stock should be fed intelligently for the object in view. Rations should be carefully compounded in order to secure a proper proportion of albuminoids and carbohydrates or as it is called, a proper nutritive ration. Animals should be selected for early maturity and fed so as to be ready for market at an early age. The nearer maturity an animal comes, the greater becomes the cost of growth. Again money is lost by failing to provide green crops for feeding during the summer droughts incident to this country. Horses in many cases are given all the hay they care to eat—a practice not only wasteful, but injurious to the animals as well.

WASTE OF MANURE.—In the older settled portions of Canada the restoration or maintenance of soil fertility is already an important question. How desirable is it then that all the manure made on the farm should be saved and used in the best possible condition, without loss from leaching, firefanging, etc.

INFERIOR SEED.—In many cases a partial or total failure of a certain crop is due to the purchase of a cheap or inferior grade of seed. Such seed is usually badly mixed with foreign seeds, so that the farm becomes over-run with weeds which not only replace useful crops, but entail a vast amount of labor to get rid of. The division of a farm into small or irregular fields often provides numerous breeding places for weeds in the fence corners, and other uncultivated spots.

NEGLECT.—Another leak which takes money out of the farmer's pocket is neglect in keeping fences and buildings in proper repair. Inferior fences allow his own and his neighbor's stock to injure his crops, and are a source of constant worry and loss of time. The old proverb, "For want of a nail the horse was lost," is very appropriate in such a case. A dollar or two spent for lumber or nails will often result in a large saving of feed and increased comfort to the stock during the winter months. Neglect of a leaky roof is often responsible for heavy losses of grain or fodder, and in the timbers of the buildings. Many a good frame has been ruined by a leaky roof.

LACK OF KNOWLEDGE.—Nearly all the leaks previously mentioned may be set down to carelessness, but farmers also lose because some of them think that nothing can be learned from others, and that a new idea is necessarily nonsense. No matter how good a farmer a man may be, he can still gain ideas from others that will prove of value to him. The experience of the experiment stations and of successful farmers should be carefully scanned for "pointers."

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ST. ANN'S YOUNG MEN'S SOCIETY organized 1885.—Meets in its hall, 157 Ottawa street, on the first Sunday of each month, at 2.30 p.m. Spiritual Adviser, Rev. E. Strubbe, C.S.S.R.; President, M. Casey; Treasurer, Thomas O'Connell; Secretary, W. Whitty.

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NOTES

CRIME CURE SYSTEM
National Prison Congress Philadelphia, last month have come to the conclusion that it is the duty of the State to reform the criminal, to make them come out of prison as useful members of society in epigrammatic sentences. The people are divided into great classes—those in prison and those out. If all men and women were reformed in prison reform would be no prisons. Prison reform is not a slogan, but for society. The best index to the progress of a country is the number of its prisons. The better the conviction the more he realizes that his disgrace. A man to whom prison is not punished to him. No man is so bad as the man who had the smile of Almighty God. It would be a long story to tell of all the suggestions of the plans laid down for the reformation of criminals into good citizens. From the lengthy books, from the lengthy articles we have read, that every system has been tried; solitary confinement; of confinement by night and confinement by day; of milder treatment; of the majority of cases; of