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PROF. J. H. AUSTIN, 1455 McVicker's Theatre Bldg., Chicago, Ill.

Health in the Home

HOUSEHOLD SANITATION.

By Mary E. Allen Davidson, M.D.

THE CELLAR.—Continued.

Many of my readers may not have the privilege of choosing the site or planning the construction of their homes. They purchase or rent a house, and so have to accept existing conditions. Then, go bravely to work to rearrange and sweeten and brighten up the place, to give the unpurchasable touches that transform the house into the home.

Begin at the cellar. Don't be content with half-measures. Be more scrupulous in cleaning your cellar than even if it were your living room. If there be the slightest dampness or mustiness, do not rest until the drain is in working order, the windows opened up and thoroughly cleaned. Let in wind and sunlight until every nook and corner is freshened. Brush down walls and ceilings; get rid of mould, cobwebs and dust. Whitewash the walls, using fresh quicklime. This will leave your cellar wholesome and without any lurking infection. Having put it into good shape, inspect it often and thoroughly. Investigate and remove the cause of any odors.

Every spring clean out everything, absolutely and rigidly. Remove all vegetables. Pick over and return the sound ones after cleaning-up process is complete. Take out all boxes, barrels, boards, everything movable. The best way is to leave these in an outhouse till needed in the fall, after they have been thoroughly cleaned and left in the sun and wind for some days.

It is specially important that the air rising from the cellar should not be impure, because the children are the greatest sufferers from the damp, cold or vitiated air, as this is much more harmful at the height of three feet or under—that is, at the breathing level of a child—than at the height of five or six feet, the breathing level of an adult. We have all observed that air is much colder at the feet than at the head, and that air that is only comfortably warm to us while standing on the floor, becomes suffocating if we try to breathe it at the ceiling. This is because cold air is heavier than warm air. Impure air, also, is heavier than pure air; hence, all cold, damp, impure air is carried near the floor by its weight, and so the children, especially babies who are allowed to sit and creep on the floor, are more exposed to the dangers of a dark, damp, dirty cellar than are grown-ups, who, also, are changing from room to room more frequently.

As to the inside divisions or apartments, these will have to be planned by the individual. The furnace and cistern (provided the cistern is not in the attic, really the best place for it), will take up considerable room, and space can be saved by having them near each other. Have a large cistern, and of the best material. Leave enough space at the top to allow of the passage of someone to clean out the cistern, an operation most necessary to the health of the household. Have a tap at the bottom so that the water can be run off and the cistern flushed out. This will not take out all the settlements, and for this reason it is necessary for someone to go inside and remove everything, and wash thoroughly the inside and the bottom of the cistern, using a little liquid lye in the wash water. A good plan to prevent many impurities from entering the cistern is to have a wire strainer fastened over the opening of the intake pipe. This will remove the large solid particles, and it can be emptied after each rain and returned. With ordinary care, the water in the cistern can be kept free

from odor, which always indicates an insanitary condition, not to be tolerated. The cistern should be cleaned out once a year, just before the spring rains.

THE CONTENTS OF THE CELLAR

Let me urge that vegetables be kept in a separate root cellar, which may be in connection with the barn basement, or in a separate store-room with deep earth walls, the roof only being above ground, and this well covered to protect from frost. Your vegetables will keep much better, especially in the latter way. This cool earth depository will keep them fresh and crisp, and preserve their food value. In a cellar where there is a furnace, they unavoidably lose these qualities. They wither and become leathery, and so less nutritious. They decay much more rapidly, and the presence of the rotting material taints the whole and vitiates the air of the cellar, even when the greatest care is taken to keep decayed stuff removed. Part of the evil is necessarily wrought before it draws attention. "Prevention is better than cure."

Since, then, it is an actual saving in food value, and also in quantity, and because the air in your home will be sweeter and more sanitary, do not store vegetables in your house cellar. But I am afraid most of our farmers now store both milk and vegetables in the cellar, and that they will continue to do so. If so, have a compartment walled off, preferably by brick partitions, right up to the upper floor, in the lightest, best-ventilated corner, for the milk. Have it as far from your vegetables as possible, so as to escape tainting from their odors. Have a door so that dust can be excluded when necessary. Whitewash the walls of your milk-room every spring, and wash off the cement frequently. Make every effort to have a clean, sweet-smelling buttery, where you can keep all your utensils in good condition—churn, cream separator, pans, etc. Having thoroughly washed, scalded and given them a sunbath after each using, and then stored them in their own domain, they should be ready to do their part in good buttermaking. If vegetables must be stored in the cellar, put them in the coolest, darkest place, and, as above urged, isolated from the milk-room. Inspect frequently, and remove any that are decaying.

In conclusion, let me again urge those who contemplate building to spare no expense to have a bright, cheery, well-ventilated cellar or basement. Those who have cellars, go to work and overhaul them thoroughly, and make them as nearly ideal as you can. It is important. You will be surprised at the pleasure the result will give you.

The next talk will be about the living-rooms of the home.

RECIPES.

Date Gems.—One cup chopped dates, 2 cups sweet milk, 2 tablespoons melted butter, a spoonful powdered yeast cake, 3 cups "Five Roses" flour and 1 beaten egg. Let rise, then bake in buttered gem pans.

Plum Roll.—Three teaspoons baking powder, 1 teaspoon salt, 1 quart "Five Roses" flour. Rub in 2 tablespoons butter, and add enough milk to make a soft dough. Roll out, sprinkle with raisins and cinnamon. Roll up, and steam 30 minutes. Serve hot with butter sauce.

A NEW VEGETABLE BOOK.—One of the most complete manuals on vegetable culture which has come under our notice has just been issued by the Macmillan Company, Toronto. It contains in convenient alphabetical order, a short sketch on the cultivation of every vegetable which can be grown in Canada, and its 312 pages are handsomely printed and illustrated. Those who engage in the cultivation of vegetables will do well to send for it. Write for "The Book of Vegetables," by Allen French; publishers, The Macmillan Co., of Canada, Ltd., Toronto. Price, \$1.75.

Could Not Speak Above a Whisper

Cold on the Chest Seemed to be Unmovable, but Cure Was Soon Effectuated When We Used Dr. Chase's Syrup of Linseed and Turpentine.

It is waste of time to use ordinary cough mixtures for serious colds on the chest, and time is of infinite value when the lungs are in danger.

The risk is too great, especially when you wait to think that Dr. Chase's Syrup of Linseed and Turpentine is for sale in nearly every store that keeps medicines at all.

This letter gives you some idea of the effectiveness of this great medicine:

Mrs. A. Barnum, Ingersoll, Ont., writes: "My husband had a very severe cold on his chest and got so bad he could not speak above a whisper. The cough medicines he tried seemed to have no effect, and reading about Dr. Chase's Syrup of Linseed and Turpentine I sent for a bottle. In two days he was cured, and is very grateful for such a medicine. He says we will never be without this medicine in the house."

Dr. Chase's Syrup of Linseed and Turpentine, 25 cents a bottle; family size, 60 cents, at all dealers, or Edmanson, Bates & Co., Toronto.

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makes the skin clear, pure and fine. It removes tan, freckles, moles, pimples and all discolorations, cures rashes, blackheads, pimples, eczema, ringworm, ivy poisoning, etc. Price \$1.50, express paid.

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Suits to \$15. Closets, raincoats, skirts and waists at manufacturers' prices. Send for samples and catalogue. Southcott Suit Co., Dept. 27 London, Can. Send for our catalogue, which lists everything you use.

MAY CANADIAN MAGAZINE.—Credit is due to the Canadian Magazine for bringing to the attention of students of literature some interesting sidelights on the characteristics of some of the early Victorian poets, particularly of Dickens and Wordsworth. The May number contains an article by Mr. O. J. Stevenson, entitled "The Eccentricities of Genius," in which it is shown that Dickens declined to contribute towards the erection of Westminster Abbey of a tablet to the memory of the poet Cowper. Wordsworth supported the proposal, and the difference between the letters on the subject by these two distinguished writers, is striking and decidedly interesting. The May number contains, also, several well-illustrated articles and five or six capital short stories.

Attention is called to a special advertisement in this issue of horses for sale, offered by Messrs. M. A. Pigott & Co., Goderich, Ont.

Poland-China boars are advertised for sale in this paper by W. G. Baldwin, of Harrow, Essex Co., Ont.