

In our gift giving, therefore, while it is right and desirable that we shall show our love to our friends we should, also, try to remember the poor and others from whom we need expect nothing in return. And what a difference there is in our methods of giving! How easy it is to give something to the church fund for the poor. Many people do so and they feel that they are doing all that can be expected of them. That was not the way Christ did. He gave Himself. We should do the same. While it is nice, at Christmas and New Year to give big honours and presents to the poor, we are only playing at giving. If we loved the poor as we love ourselves would we be satisfied with the gift of a few shillings only one big dinner in the year? No! We would try to help ourselves all through the year. That is what we should do for the poor.

All the teachings of Christ are condensed in that one command, that we shall love our neighbors as ourselves. Let us therefore, endeavor earnestly to live up to that command throughout the coming year. If we love others as we do ourselves we will be loving and kind, first of all, to those in our own households and then to those with whom we come in contact in our daily work. We will not rest, though, even there. We will go into the highways and use by-ways, as Christ did, to help the poor, and the down trodden. We will try to assist them to do better, we will strive to improve conditions that may be tending to keep them back. There is plenty of work for all of us to do. Let us, therefore, during the coming year put self-seeking away from us and do for others as we would that they should do to us in order that we may magnify our Father who is in Heaven.—I. H. N.

The Housekeeper and Her Relation to the State

At a recent meeting of the Women's Institute at Ennisville, a very instructive address was delivered by Mrs. Colin Campbell, of Windsor, Ont. Parts of this address follow. It was a most instructive and entertaining talk, and one which I listened to with much interest. She is a very pleasing speaker, and is well versed in the subjects upon which she speaks. Much of her message must be given. Mrs. Campbell for her most untiring efforts in the behalf of the Women's Institute. The hardships she has to put up with in going from one institute meeting to another, in the cold winter weather, and the inconvenience of being away from a comfortable home, are but little realized by many of the women she comes in contact with. If more women would only realize the self sacrifices made by all such women institute speakers, they would many of them have a more helpful attitude towards those who are trying to render them a service which even money is but a slight compensation for.

MRS. CAMPBELL'S REMARKS

A good housekeeper means health, comfort and happiness. The care and method employed to keep the home happy is not often appreciated. House-keeping should be taught our daughters. How to make a home? and how to furnish a home? Our education is defective. The home is the dearest place on earth and every girl ought to be a good housekeeper, a home maker. While it is all right to teach our daughters the many accomplishments, the happiness of the home depends more on how to cook an appetizing meal. It is more important to know how to feed a man than a cow. If you wish your daughters to be in a happy home, teach them how to cook, as the way to a man's heart is usually by the stomach route. It is no harder to scrub a floor than to dance a dozen minuets. We ask our daughters to study Latin, French and philosophy, but in every school there should be a branch where domestic

science is taught. The home demands the highest intelligence on certain subjects. A woman's mind should not be simply cookery only. One subject in connection with domestic science is proper ventilation. One-third of our lives are spent in our sleeping apartments, yet very often not a breath of fresh air is allowed to enter.

The first essential to a healthy home is a well ventilated house. In the winter more particularly the fresh air is excluded, but it is just as necessary to have fresh air in the winter as in summer. Our houses ought to be abundantly supplied with fresh air, while draughts should be avoided. Any cause that produces ill health should be remedied at once. The keeping of plants in bedrooms should be avoided. Sanitation is an other subject that requires attention. Pure air and sunlight are necessary to health.

There is always danger too, where water is procured from open wells. See that no open drain or cesspool is near the house. Another point of importance is that of method in doing the work. Too many ornaments and lace and drapes are in our homes. The most nutritious food is that that is most easily prepared. Women spend hours in making pastries etc. and thus ruining their health, their happiness and their home. The woman whose life is passed on the farm should have a certain amount of recreation. Home making is the highest ideal of womanhood. Why is it that women do not get married as early in life now, as they did some years ago. The fashions are to blame. It is too expensive to keep up a home. We are looking for graceful movements in society, and the dance, but when a man wants a wife, he wants one who knows how to cook, how to care for a home, how to make husband and children happy.

Mrs. Campbell dwelt on the great importance of the education of the girls at the home, and alleged that if it were necessary for the farmer to study the best way to feed the stock on the farm, it was as important to know how to run a home as to run a school. The girls should learn how to manage a home, how to furnish a home and how to care for the furnishings after she got home. Lowering prices should not be kept in a bedroom, because, while they absorb carbonic acid gas in the daytime, the process is reversed at night, and they give off the gas which is very injurious to the health. Mrs. Campbell dwelt very extensively on sanitation, ventilation and other phases of domestic science. Mrs. Campbell is possessed of a good voice, clear enunciation, rapid delivery, and her clearness of diction is always synonymous with soundness of logic. This is an age of great scientific and industrial progress. Women are investigating and studying their work as never before. Domestic science includes more than the cooking of food, she said. It is the scientific study and practice of the work of the home. It includes a study of the chemistry of foods and a practical knowledge of the work of the laundry, the nursing of simple cases, hygiene of the home, ventilation of our houses proper care of our bodies. A study of domestic science will dignify the work of the home. Injurious bacteria are also a prolific source of mortality.

REMARKS

A bottle of peroxide of hydrogen should be in every home medicine chest. Diluted with water it cleanses the mouth, sweetens the breath, arrests decay of the teeth, and makes the gums firm. It is also good for sore mouth and as a gargle for sore throat. Applied to open sores it helps along the healing process, killing all germs which might cause the wound to fester. There are many other valuable uses for peroxide of hydrogen. Be sure to buy a bottle of peroxide of hydrogen the next time you go to town.

Talks with Mother

The Baby's First Clothes

It is not difficult to make a baby's first clothes, provided one has a good model by which to cut each article. It is simply foolish to elaborate overmuch in the decoration of the little garments, for they are absolutely certain to be soiled with a few hours' wearing, and it is not easy to launder garments that are much decorated with lace or embroidery. There is nothing better than a narrow Valenciennes lace of good quality for trimmings on the collar, cuffs and yoking, using the little gears and nighties, using it simply as a finish for the neck and wrists.

The materials chosen for making a baby's clothes should be of the softest imaginable texture, for the skin is so tender in babyhood that it needs little friction to cause a painful abrasion. Starched frills are an abomination not to be tolerated for an instant, and heavy embroideries and stiff fabrics are every bit as bad. Nankeen French batiste and India mull are the most appropriate materials for the tiny dresses, while the yokes may be made of the same material simply of cloth, or of insertion of Valenciennes lace or fine embroidery finished with a narrow banding.

The most satisfactory dresses, however, for every day wear are those made quite plainly without even a yoke to break the straight line from neck to hem. The hem may be a wide one, finished with a hemstitching or bias stitching, but tucks are not only not required, but are likely to be a source of trouble, adding undesirable weight to the skirt, and thus dragging heavily on the baby's limbs and feet. Few people—even mothers—realize what this weight on the limbs means to a small baby. As a matter of fact it prevents proper growth, and the fact that many children come to grief when they begin to walk is due largely to the fact that their limbs have been too restricted in freedom.

FEW BUT WARM CLOTHES

The flannel petticoat is not invariably used by experienced nurses, who rather deary the idea of putting many clothes on a young baby. If this is worn, the lawn petticoat is not needed except when going out. The governing principle of clothing a baby should be few clothes, but warm ones, with wool next the body, and the

chest, back and abdomen well protected. The knitted wool band is worn next the body in order to afford proper protection to the bowels and kidneys. To promote this end the diaper should be pinned to it in front to back, so that there may be no hiatus between the two garments, through which air may creep in.

REMARKS

Bessie and Her Pet

Flossie is a pure-Bred English collie of the celebrated Laurel Laddie, Melphian strain, and was bred by Mr. C. B. McAllister, of Peterboro Co., who presented her to my father about eight years ago.

She is the best worker that I have ever owned. She sometimes displays almost human intelligence. We have an exhibition of her skill and caution would make a fancier out of the most chronic dog-hater.

When I was attending the public school, Flossie seldom failed to meet me, and even now when I go home, she barks and jumps up at me, so



Bessie and Her Pet

That I am forced to pet her. Laurel Laddie was shown many times both in Canada and the United States, and never suffered defeat but once at New York by Mr. J. P. Morgan's celebrated collie. The victory was of short duration, as "Laurel Laddie" defeated him the following week at Chicago.

Melphias was a noted winner in the early part of the nineties, and was reported to have sold for \$400.00.—H. Bessie, Peterboro Co., Ont.

REMARKS

Apply clean salt to a cut which will not stop bleeding.

REMARKS

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