

The Country Homemakers

CONDUCTED BY FRANCIS MARION BEYNON

A CLOSE FRATERNITY

Considerable criticism has been aroused in responsible English journals by the announcement in the House of Commons that the War Office has decided not to avail itself of the services of A. H. Barker, a manipulative surgeon, of national reputation. As we understand it this manipulative surgery is the same as the Osteopathy of this country, and the objection to its use is identical, namely that the close fraternity of the medical profession doesn't like it.

It seems that this particular practitioner has achieved such excellent results in his work that he has compelled the ungrudging admiration of some of the more liberal-minded of the regular surgeons and it is admitted that he has met with success where the ablest surgeons, working along orthodox lines, have failed.

The very pertinent question is being asked whether the soldiers have any right to be deprived of the peculiar services of Mr. Barker in order to pamper the obstinate conservatism of the medical faculty.

HEALTH OF CHILDREN

Country life has been so much extolled for its healthfulness that people are apt to rely upon it too much; to trust that somehow oxygen will remove adenoids, correct eye defects, straighten crooked limbs, and otherwise make the weak strong and able-bodied. So it is found that there are more physically defective children in the country than anywhere else, since medical inspection of city and town schools has become general. As a result, owing to the thoughtlessness of parents, many children grow up with a physical, and sometimes a mental handicap which they needlessly carry thru life. Could anything be more pitiful!

Two causes contribute to this neglect of the growing child. One is a very human shrinking from inquiring into things lest one should have one's worst fears confirmed. It is an unreasonable and unintelligent attitude, but very human. The second is ignorance of the symptoms of defects. It is very easy to take for granted that the child that is not positively ill is perfectly well, and yet nothing could be farther from the truth.

Adenoids are an insidious slow-moving menace which gradually cloud the intelligence and almost imperceptibly give the face a heavy dull expression. Eye-strain may undermine the nervous constitution of a child for years without any dramatic evidences of its existence. So the only safe course is eternal vigilance, and at the first evidence of headaches or nervousness or dullness let the child be given a thorough examination by a competent physician.

FRANCIS MARION BEYNON.

APPLYING BEAVER BOARD

Dear Miss Bynon:—In looking thru this week's issue of The Guide I noticed a letter to you by J. L. Dilke, asking how to finish the walls of a house inside. This person asked if Beaver Board could be used without necessarily having strips. If I knew the person's address I would write direct but by giving it thru The Guide maybe many can profit from my experience in finishing inside the house with beaver board and still not having the joints showing. If the wall is eight feet high put V-joint lumber on end four feet high. Then use Beaver Board lengthwise on top of this. This is how I have done my kitchen. I am only a bachelor, but even so, I like my place looking nice inside as well as out. In my bedroom I use the strips, as it does not matter so much in there. In fact, the strips are an improvement over the bare walls. Where a kitchen is only fourteen by sixteen, like mine, it means only one joint to a side, and usually there is a door or a window somewhere along the side to which the joint may come. In my kitchen I have only one joint and that is hidden behind the kitchen cabinet. First, put a board about a foot high around the room. Then cut strips of V-joint lumber and set on end above this. Then put up the beaver board and put wainscoting cap all around just where the beaver board meets the V-joint lumber or wainscoting. The board around the door may be stained and varnished dark oak and the wainscoting light oak. The cap may be painted white and with a white ceiling makes things nice and light. A dollar spent in a little varnish goes a long way

to help make things nice around a house. Hoping some others may benefit by this.

JUST A BACHELOR.

ADVERTISING NOT OBJECTIONABLE

Dear Miss Bynon:—I noticed in the last issue of The Guide the letter referring to "offensive advertising" in the mail order books. The writer says: "I believe every woman will agree with me," and I hasten to inform her that there is at least one woman who does not, and I am confident that there are others of like mind. I see nothing disgraceful in these books, no more than looking at a statue or bust of marble.

"As a man thinketh in his heart, so is he."

"Nothing is unclean of itself, save that to him who accounteth anything to be unclean, to him it is unclean."—Rom. 14, 14.

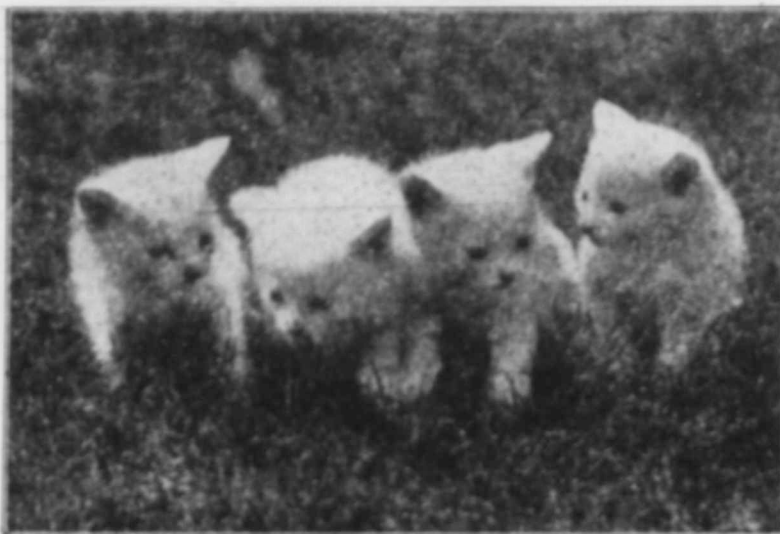
Modesty is perfectly right to have, but it must go hand in hand with common sense to be of any value.

Let us save our energies to correct the real evils and not the imaginary ones. Women of The Guide, what think ye?

"COMMON-SENSE."

CONSTIPATION IN CHILDREN

When a child past two is constipated, all articles of diet must be laxative. White bread must be replaced by bread, biscuits, and crackers made of the coarser grains, like graham, whole wheat, rye,



INVESTIGATING

cornmeal and bran. This does not mean that a child should be fed fresh biscuits and muffins made from these flours. All the bread-stuffs named can be dried in the oven precisely like white bread.

All milk given to constipated children should be fresh, never boiled. Milk toast, pap or gruels made with boiled milk are constipating. All gruels should be made with water and served with fresh milk.

In the preparation of desserts, light brown sugar or molasses should be used for sweetening instead of cane sugar. Brown Betty and other apple-puddings, steamed bread-puddings, and gingerbread made with molasses instead of cane sugar should be included on the list for constipated children.

The constipated child should have fruit three times a day, and, if a variety is offered, it will always be acceptable. Fresh fruit is better than cooked. All dried fruit must be washed, soaked, and cooked with special care; partially cooked dried fruit is difficult to digest. Blackberries are astringent and should never be given to a constipated child. Figs are a laxative and are valuable when fresh fruit is not obtainable. Orange-juice should be given the constipated child once a day in season.

The constipated child should have green vegetables at least once a day and eat practically no potatoes. Boiled or roasted meat, carefully shredded, and meat-juices are allowable, but soups and gravies thickened with wheat flour are barred.

The most important aid in the relief of constipation is pure water. Children past two should be trained to drink water plentifully between meals and to drink it slowly, not gulp it down. The first glass should come immediately on arising. It is very easy to inculcate the habit of stopping games twice during the morning and again in the afternoon for a glass of water. This gives the child a quart and a half pint between meals, which is suf-

ficient to flush the system. Start with a small mug. A full size glass may be too much for a young child. Children past six may have a sixth glass of water just before retiring, but this last drink is not good for a very young child as it may cause bed-wetting.

The selection of cereals for the constipated child is very important. The coarse grained cereals which require careful choking are best. Oatmeal porridge for breakfast to be served hot, should be made as follows: To one pint of boiling water, allow three tablespoonfuls of rolled or crushed oats; season with one quarter teaspoonful of salt and steam not less than two hours in a double boiler. This may be cooked at supper-time the night before and, if covered tightly, with plenty of hot water in lower vessel of the boiler, it can be reheated in the morning with excellent results. If, however, it is not tightly covered, or there is not sufficient water in the lower vessel, a crust will form over the top of the porridge, or it will lump and be unpalatable.

BILLY

Just why Billy, who gave every early indication of an intelligence beyond his years, should lag behind so in his studies was a mystery. As a baby he had been "shown off" with pride, and he had always acquitted himself well thru these ordeals. When his parents moved into the city they did so principally to secure for the boy a good schooling. Tho neither would have admitted it, there could be no doubt that their expectations of his scholastic achievement were not being fulfilled.

By the time Billy, near the wrong end of his class, had managed to scrape thru the third grade, three teachers had decided that the results of their efforts in his behalf were, to say the least, discouraging.

Furthermore, he was beginning to look stupid and tired. From an active child of four or five, untiring in his pursuit of mischief, he had become at eight more or less indifferent to games, less inquisitive than augured well for his future fund of information, altogether an uninteresting small boy—quite small, too, for his age, and pale.

During his first week in the fourth grade, something entirely out of the ordinary happened and even Billy's attention was held longer than usual. Two strangers came into the school-room, a man and a woman—the latter in the white uniform of a nurse. This was Billy's introduction to the school doctor and to many other things.

The reason was made clear, a few days later, when the school nurse called and had a long talk with his mother. The next afternoon Mrs. Robins took Billy to see the family

doctor. Other examinations were made, and, much to Billy's disgust, he spent Saturday morning in bed and took several kinds of medicine on an empty stomach. It is reasonably certain that his stomach was empty, as he was allowed no breakfast.

The same performance took place the following Saturday. The only other change in Billy's daily life was brought about by a parental edict that there were to be no more barefoot afternoons and holidays. Shoes and stockings became the order of the day. "There may be nothing in this idea about hookworms and ground-itch, but we'll try it out, anyway," said his father, and he remained obdurate about the shoes.

All this happened in September. In January, after the liveliest Christmas that Billy remembered he brought home two "goods" and one "very good" on his report. By the time Spring came, "very goods" were quite common and "excellent" a frequent grading.

Word somehow got around that Billy's improved standing was due to two doses of medicine he had taken, early in the term, and, when little Frankie Brown, whose low marks were not due to the same cause at all, went to the school doctor one day and begged for "some of the same medicine Billy took," so he, too, could learn his lessons easier, the physician felt that the work was worth while.—By Chas. E. Terry, M.D., in The Delineator.

Jane, aged nine, always brings home very satisfactory reports from school, invariably getting "A" in Elementary Science.

Uncle Tom, looking over one of her reports the other evening, asked Jane just what Elementary Science meant.

"Well," said the little girl, hesitating a moment, "I'm not quite sure whether it is the study of wild animals or the insides of us."