

About the House

A VARIETY OF COOKIES.

Now that the task of fixing school lunches is in full swing, the children are insisting on home-made cookies. There are a hundred and one different varieties of cookies, crackers and wafers to be bought at the grocery stores these days, and at first thought it would seem foolish for the busy farm woman to use her precious time to make the crisp home-made dainties, but there is a difference in the taste, and in this difference lies the charm of the "cookies like Mother used to make." The school lunch seems incomplete without them, and nothing quite takes the place of them. They are easy to make and convenient to serve for light refreshments when the Women's Institute meets.

The modern cook should know that the cookies are much better if the dough is thoroughly chilled before using; this leaves the butter hard and so does not require so much flour. The less flour used, the better the cookies are. The oven must be watched carefully, especially for molasses cookies.

The following recipes are tried and true, easy to make, and not expensive.

Fruit cookies—Cream one cup of butter, add one and one-half cups sugar, one-half cup of milk, one egg, four level teaspoons of baking powder, a level teaspoon of grated nutmeg and one-third cup of raisins or currants chopped fine. Mix with flour to make a stiff dough, cut in rounds, wet the tops with milk and sprinkle with sugar. Bake quickly.

Plain cookies—Mix one-half cup of butter and one-half cup of lard with two cups of sugar, one cup of milk and two well-beaten eggs. Sift six level teaspoons of baking powder with four cups of flour, and use as much of the flour as is needed to make a dough that will roll out; of some kinds of flour, the whole four cups will be needed. After the cookies have been placed in the pan, press a raisin into the top of each.

Cocoanut cookies—Beat one cup of sugar and one cup of thick sour cream together, add one beaten egg, one level teaspoon of soda and flour enough to mix as soft as possible, and roll out. Sprinkle the top of each cookie with shredded cocoanut and press lightly. Bake in quick oven. These cookies should be rolled about half an inch thick.

Sugar cookies—Cream two-thirds of a cup of butter, and one cup of sugar, and one-half cup of sour milk. Stir in one-half of a level teaspoon of soda, one egg, a little nutmeg and as little pastry flour as can be used and roll them out thin. Cut in shapes and bake in quick oven.

Molasses Cookies—Use one-half cup of molasses, one-half cup butter, one-half cup hot water in which one level teaspoon of soda has been dissolved. Mix with one rounding teaspoon of ginger and enough flour to make a dough that can be rolled out half an inch thick.

Grandma's ginger snaps—Mix thoroughly, one cup of molasses with two-thirds cup of lard, one egg, one cup of sugar, three level teaspoons of soda, three rounding teaspoons of ginger, one of cloves and one of cinnamon. Add flour enough to roll. Roll a piece as big as a marble till round; place in a pan two inches apart. Care must be taken not to get too much flour.

CHEERFUL OBEDIENCE.

"Dear me," sighed Mrs. Fayne, momentarily forgetting the truth concerning the ever-alert "ears of small children," "Aunt Jane certainly is the looziest person I ever knew. I do not enjoy a whole week of being constantly ordered about."

"Neither do I," agreed small Laura sympathetically. "I do not like having orders, one bit, and you order Joe and me lots and lots, mother. Truly you do!"

Well, well! Every mother knows how it feels to be brought up like this by the small son or daughter, and if we are wise we do not too soon forget. Truth to tell, there is no great gulf fixed between us and the children; they are men and women in very small editions, and what we enjoy or dislike is apt to affect the children in the same way. If we do not enjoy orders, we cannot reasonably expect the children to do so.

"Let's see if you can do this," holds a challenge and an opportunity to show off that is almost invariably accepted cheerfully by little folks. And whatever their motive, the children acquire a habit of cheerful obedience that is of great value.

"Help mother do this, will you, please?" has a note of companionship wholly lacking in an order to "come instantly and do this work." "If we are going to have time for a story we'll have to hustle and set this room in order," adds joy and anticipation to a task that is made hateful by a sharp "Put every one of those toys where they belong and be quick about it."

Quite naturally the children do not enjoy orders. It doesn't take much study to acquire the habit of putting our requests in a pleasant way and it means all the difference between cheerful and reluctant obedience.

WHY NOT A DUMB WAITER?

A labor-saving built-in fixture that should be found in many homes is the dumb-waiter. If the cellar is cool a dumb-waiter operating between the kitchen and cellar is not only a great step-saver, but to a certain extent it will take the place of an ice box.

Such a waiter can be put into a kitchen already built. Construct it in such a manner that when the waiter is lowered into the cellar the four corner posts, attached to the bottom of the dumb-waiter, will rest on the cellar floor. Thus the bottom of the dumb-waiter will be a few feet up from the cellar floor. The top of the waiter reaches the kitchen floor and should be finished the same as the kitchen floor. Thus when the waiter is in the cellar the top fills the kitchen floor opening.

Two sides of the waiter should be screened, so foods are protected from pests, and at the same time it provides good circulation.

If the cellar is not cool enough a pit may be dug four to six feet below cellar floor level and cemented on the bottom and sides.

With this device the housewife will be spared many trips up and down the cellar steps.

A POPULAR STYLE FOR THE "LITTLE MAN"



4506. One could have this in jersey weaves, in flannel or serge. It is also a good model for linen, seersucker and gingham.

The pattern is cut in 2 Sizes: 2, 4 and 6 years. A 4-year size requires 2 1/4 yards of 36-inch material.

Pattern mailed to any address on receipt of 15c in silver or stamps, by The Wilson Publishing Co., 73 West Adelaide St., Toronto. Allow two weeks for receipt of pattern.



Perfectly Natural.

She (quoting)—"Night has a thousand eyes—the day but one."

He—"What kind of neighbors have you around here?"

A Wonderful Invention.

A lady employed a very ignorant servant, who would not rise in the morning at a sufficiently early hour, so an alarm clock was bought and presented to the girl, with the words:

"You know, Mary, that I require the fire alight every morning by seven o'clock; but I cannot get you to do it, so I have bought you this alarm clock."

Mary examined it, and said: "Thank you, mum; it's very nice. But fancy a thing loike this bein' able to loight a fire; sure it's a wonderful invention, mum!"

At any rate the book agent selling an encyclopedia never claims to be a man of few words.

WORK-WORN WOMEN

Care of Home and Children Often Causes a Breakdown.

The woman at home, deep in household duties and the cares of motherhood, needs occasional help to keep her in good health. The demands upon a mother's health are many and severe. Her own health trials and her children's welfare exact heavy tolls, while hurried meals, broken rest and much indoor living tend to weaken her. No wonder the woman at home is often indisposed through weakness, headaches, backaches and nervousness. Too many women accept these visitations as a part of the lot of motherhood. But many and varied as her health troubles are, the cause is simple and relief at hand. When well, it is the woman's good blood that keeps her well; when ill she must make her blood rich to renew her health. The nursing mother more than any other woman needs rich blood and plenty of it. There is one way to get this good blood so necessary to health, and that is through the use of Dr. Williams' Pink Pills. These enrich the blood, and through their use many weak, ailing wives and mothers have been benefited. If you are ailing, easily tired or depressed, it is a duty you owe yourself and your family to give Dr. Williams' Pink Pills a fair trial.

You can get Dr. Williams' Pink Pills through any dealer in medicine or by mail at 50c a box from The Dr. Williams' Medicine Co., Brockville, Ont.

For the Canadian Mother.

It is a matter of interest to note the relative esteem in which Canadians hold increase of Canadian population by immigration and increase by natural processes. Although everywhere lip service is given to the principle of healthy increase of Canadian population by natural processes we find, if we consider our position frankly and from a detached viewpoint, that we are actually bending more effort to attract outsiders to our country than to the more important duty of making it possible for our own Canadian families to increase in healthy normality. Federal appropriations for the promotion of immigration projects are a great deal larger than the combined provincial appropriations for the conservation of health—a fact, for which no one but the people of Canada themselves are to blame.

Important as our immigration problems are, it is undoubtedly more important that our problems of maternal and infant welfare be given full, immediate, and continuous attention. In the first place, we find that our maternal death rate, although lower than that of the United States, is higher than that of England and Wales, higher than that of Norway, higher than that of a good number of countries which have given serious thought to the welfare of their citizen mothers. Our Canadian maternal deaths for 1922 were more in number than similar deaths for 1921. And the tragic, yet hopeful, feature of the situation is that a large percentage of these deaths—a great deal more than half of them—were preventable. Scientific knowledge has progressed to an advanced point, so that it is now possible to say, "If men and women are given the information easily available, and if there is careful supervision during pregnancy, and proper attention during and after delivery, the maternal death rate of any country will diminish almost to the vanishing point."

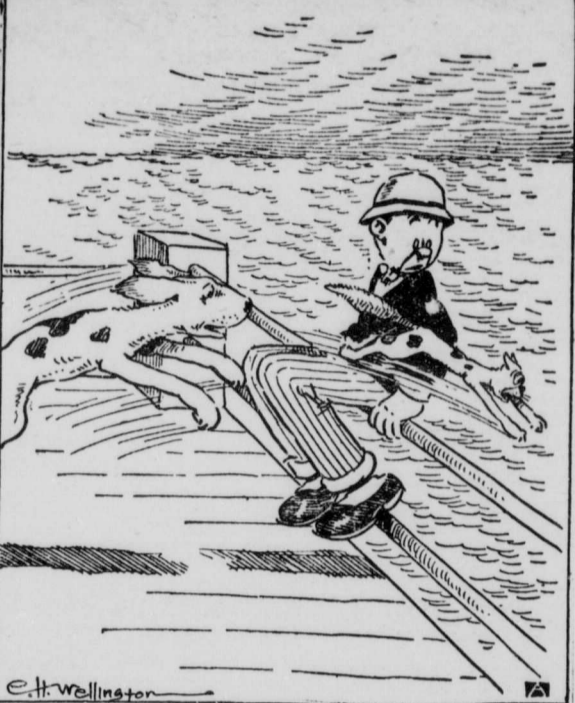
Our problem in this generation, then, has become one of disseminating knowledge, of insisting on the observance of the simple yet vital rules of hygiene, and of providing adequate care of the expectant mother and of the mother who has already given birth to a child. If there were to develop a strong popular demand that these necessary conditions be met, we should soon discover that our Provincial Departments of Health could extend their activities so as to reach each most ignorant and helpless parent in our crowded cities, and each most remote and fearful mother in isolated rural districts.

What has been done already? The Federal Department of Health at Ottawa has prepared a booklet for mothers, available to any parent who wishes information. It describes simply and briefly the important things which every expectant mother should do. It tells also how to care for a very young infant. A whole series of booklets for mothers and fathers is prepared for distribution in this department, and these publications have been sent to thousands of homes.

But the provinces have a heavier responsibility in the matter of health. What are some of the plans they are following for the reduction of maternal deaths?

Some are increasing the numbers of their public health nurses. Others are establishing small hospitals in various localities where mothers may receive adequate care; Saskatchewan

—AND THE WORST IS YET TO COME



FISHERY PATROLS BY SEAPLANE

Canadian Department of Marine and Fisheries Utilizes Aircraft in New Sphere.

People have grown accustomed to hearing of the use of aeroplanes in survey work, forest protection, and other land work but the successful carrying out of air patrols of the fishing areas of northern British Columbia by the Royal Canadian Air Force during the past season has opened up a new field for aircraft with many unique features. So successful were the experimental patrols instituted in July by the Department of Marine and Fisheries in British Columbia that it was decided to continue the patrol until the end of September. The introduction of the seaplane patrol resulted in greatly increased efficiency in the work of detecting breaches of the fisheries regulations and much better observance of the laws.

The seaplane and its crew engaged in the work were stationed at Prince Rupert and trips were made north, south, and inland of that point. The work of the patrol in the detection of irregularities in the use of gill-nets; a sharp lookout during the closed period between 6 p.m. Friday and 6 p.m. Sunday; a constant watch to see that fishermen keep outside the boundaries of the mouths of rivers, and inspection of the exposed parts of the coast which are inaccessible to the patrol boats.

Eagle Eye of the Patrol.

As a result of information supplied by the patrol several fishermen were prosecuted for adding what is known as "handy bilbies" to their gill-nets. The regulations allow the use of gill-nets 200 fathoms long. However certain fishermen added small nets or "handy bilbies" 50 to 75 fathoms long, with little fear of detection owing to the inability of the patrol boats to keep close watch on all the nets. From a height of 3,000 to 4,000 feet in the air, the seaplane observer can count the corals, set three feet apart, and note any excessive length. During the closed periods from Friday to Sunday, the seaplane can do the work of twenty patrol boats it is estimated, while in checking up delin-

quent fishermen who fish within 400 yards of the mouths of streams and rivers, the speed with which the seaplane arrives on the scene after it comes in sight prevents the offender from raising his nets and concealing what he has been doing.

Advantages of Seaplane.

Exposed portions of the British Columbia coast which cannot be inspected by the patrol boats owing to the waters being uncharted were visited by the seaplane. The area covered by the patrol extended from Cape Caution, on the north end of Vancouver Island, to the Alaskan boundary, while periodical visits were made to operations on the Naas and Skeena Rivers, Douglas Channel, Gardner Canal, Dean and Burke Channels, and the Oland Canal. Distances were covered in a few hours by the seaplane that would have taken a number of patrol boats days to accomplish, and as a result of the great expanse patrolled it was found possible to reduce the number of boats by four.

The only handicaps encountered in the use of the seaplane were its inability to tow recalcitrant fishing boats back to port and to operate in fog, rain, and darkness. However the former difficulty was overcome by dropping one of the seaplane's crew on board the offender while the pilot flew to the nearest patrol boat for assistance.

In view of the success of this experiment this year it is likely that more extensive plans for the use of seaplanes will be made for next season by the Department of Marine and Fisheries. The carrying of fisheries inspectors to the spawning grounds, the photographing of chains of lakes, river obstructions, and sealing and spawning areas will be included in the programme for 1924, and it is expected that time and money will be saved and greater efficiency secured by the wider use of aircraft in the work of the department.

Plant That Maddens.

Among the curious plants of Queensland is the "stinging tree," a luxurious shrub, pleasing to the eye, but dangerous to the touch. It grows from two to three inches to ten or fifteen feet in height, and emits a disagreeable odor.

Speaking of its effects, a naturalist says: "One often forgets the danger of the tree until warned by its smell. Its effects are curious. It leaves no mark, but the pain is maddening, and for months afterwards the affected part is tender when touched in rainy weather or when it gets wet in washing."

"I have seen men who treated ordinary pain lightly roll on the ground in agony after being stung, and I have known a horse so completely mad after getting into a grove of the trees that he rushed open-mouthed at everyone who approached him, and had to be shot."

The human lungs contain 175 million cells.

Birds of remote regions, tropic and arctic, accommodatingly come to our doors every spring and autumn.

is training nursing housekeepers who will enter rural homes and take efficient charge of the whole family while the mother regains her strength. The Red Cross and the Victorian Order of Nurses are saving the life and health of many mothers annually. These are good beginnings.

But yet we are losing about five mothers out of every thousand who give birth to a child, and for no reason at all except that our mothers have not been taught to observe simple health rules, or they have not received proper care before, during and after delivery. The remedy lies in our own hands. It is to be found in a demand for increased appropriations for health work by provincial governments and a determination to keep on extending government and voluntary maternity welfare schemes until every family in Canada is within reach of proper help.

Norway has reduced her maternal mortality from 8 per 1,000 to 2.3 per 1,000. Canada can reduce her maternal mortality from 5 per 1,000 to 2 per 1,000 if Canadians insist on it.

A fat person's bitterest foe is a sweet tooth.