

Cramps in Stomach Never Suffered Worse Pains.

There is no other kind of bowel trouble that comes on one so quickly and with so little warning as an attack of cramps in the stomach. These are very painful, and when you are seized in this way, and are all doubled up, you want a remedy you are sure will give you relief, and give it quickly too.

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Dr. Fowler's Extract of Wild Strawberry is one of those remedies that should be in every house, as no one knows just when some member of the family may be attacked with diarrhoea, dysentery, cholera, cramps colic or some other bowel complaint.

Mrs. S. E. Clark, Dorion Station, Ont., writes:—"While visiting my mother in town, I was taken very sick with cramps in my stomach. I don't think I ever suffered worse pains. I sent and got a bottle of Dr. Fowler's Extract of Wild Strawberry, and in a couple of hours I was all right again, and able to ride eight miles home in the evening. I can't praise your wonderful medicine enough."

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leaves, straw or shavings, being very sure not to stop up the entrance. Then put a heavy covering on top of the hive and a thick layer of leaves underneath. Before putting your bees into winter quarters, too, make sure that they have at least thirty pounds of honey to last them through the cold weather. They are very interesting to care for, and there is really no better "money-maker" for the woman who is not afraid of them and enjoys caring for them. Most hives throw off two good swarms during the summer, which are readily sold if one does not want her own apiary to increase. And we all know how delicious "real honey" is with warm biscuits.

Ways of Managing

The light of the silvery moon is gleaming through the waving arches of the lonesome pine, and in the distance I hear the piping of the frogs. It makes me the least bit lonely, so I'll overcome my timidity and come in to chat with you all awhile. The Western Home Monthly has just reached me. I find it a very helpful paper, and am much interested in this department as I am a young housekeeper and like to get new ideas along this line. Since I have been keeping house I've been trying every way to help my good husband provide for our small family of three. I think it a woman's duty to help instead of being a drawback to her husband, and in order to help I've learned to save and make everything count. Let me tell you how I manage when lard is scarce. We are getting plenty of milk and butter, some more than we use, so the butter that I do not use daily is left unsalted, put into a pan and boiled until perfectly free from milk; then it is strained and put away to use when necessary for frying, pies, chicken, etc. Butter will keep fresh for a long time, treated in this way, and I find it a fine substitute for lard. To freshen old potatoes and withered apples soak them in cold water overnight. The potatoes should be pared, the apples soaked with their skins on. To prevent shoes wearing holes in the heels of stockings fasten a piece of wash-leather or velvet inside the heels of the shoes. This will also insure the shoes from rubbing the feet and make them a better fit. When your kitchen-towels begin to wear thin, and it is only a question of time—and a short time, at that—before the appearance of holes, place two of them together and stitch around the edge, then lengthwise down the center, and once each side halfway to the edge of towel. You will get as much wear again out of them. If your shoe-lacing tips pull off, wet the ends of the lacings with brown shellac, roll to a point and let become thoroughly dry. They will go through the eyelets as easily as the regular tips, and save buying many pairs of lacings for the children. If you use only half a yeast-cake put the remainder in a cup and cover with cold water; it will keep for a long time if you change the water every day. When you use an orange or a lemon, grate off the yellow rind and put alternately a layer of the grated peel and one of sugar in a dish. This makes a nice flavoring and will keep indefinitely. While these may seem small savings the old adage says that "many a little makes a mickle," a penny here and another there soon amount to dimes and dimes grow to dollars. Another way I have of helping is by earning money in various ways, by means of which I am able to get many things we could not have but for the work I do in spare moments, such as baby bonnets, yokes, dollies, edgings, etc. Then I make hair switches from combings, and altogether am so busy all the time that, like the "old woman who lived in a shoe," I don't know what to do! I trust my ideas will help others as I have been helped.

Mrs. M. G.

Concerning Fathers

Dear Readers:—

One Boy's Father

My father is the finest man in all this world, to me; He's all that's good and brave and true—
The things a man should be.

There never was a better friend,
Or wiser one than Dad;
He's just the truest-hearted pal
A fellow ever had.

My father's creed is faithfulness;
He seeks to serve his God,
His loved ones and his fellow men;
Content is he to plod
Along the quiet ways of life;
He wants no tow'ring fame
Or mighty wealth—his goal is this:
A pure, unsullied name.

My father is the kind of man
That I would like to be;
He's wholesome, gentle, just, sincere—
The soul of honesty.
I want to live a life like his.
And oh, I want to prove
My right, to bear my father's name
And share his priceless love.

I am sending this poem for the fathers who read this page—I know there are many who do, judging by my own "men-folks," who are as interested in the talks and letters as I am, myself. How many boys can say of their father that he is the finest man in all the world? I know of some who can, but of many more who cannot. Most men, according to my observation, shirk the responsibilities of fatherhood. They may be the best of "providers" in the way of food and clothing, but they do not make friends with their boys and win their confidence. They leave their training to the mother, whose heart and hands are already running-over full. Now a boy looks up to his father; what "Dad" does is all right, in his estimation, and he is bound to follow the father's lead in everything. If father allows himself to get angry and swear when something doesn't go to suit, to find fault with breakfast or dinner or supper, and slam the door, the son considers himself privileged to do the same thing. If father gets the best of a trade with a neighbor, and slyly brags about it, the boy feels perfectly justified in cheating the neighbor's son in "swapping jack-knives" or marbles. But all the same he hasn't the respect he would have for that father if he knew he was too honorable and upright to do a mean thing. Most men think their boys will have more respect for the father of whom they stand in awe or fear, and so they refrain from getting "chummy" at all with them. This is a big mistake. There should be the same little confidences between father and son that there are—or ought to be—between mother and daughter. They should be "pals," as the boys say, talking things over in a friendly way. No boy is likely to go wrong who has his father for a chum—if that father is the right sort, and he will not be his boy's chum if he isn't. I wish all the fathers would think this matter over and act on the ideas suggested by the poem. And the same applies to mothers with daughters.

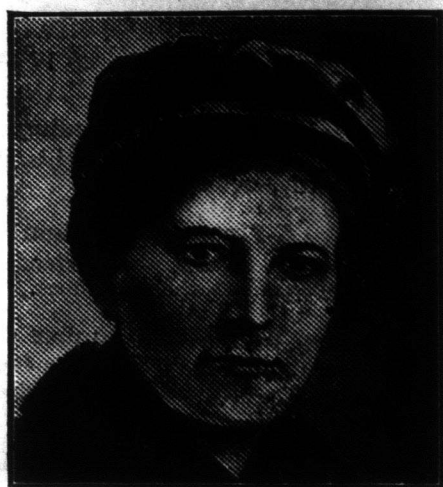
Alberta.

Readers are requested to co-operate with the editor and make this department as interesting as possible. We cheerfully solicit correspondence from our readers provided the letters are bright and newsy and will publish all matter which, in our opinion, is worthy of reproduction. We suggest that when writing to us, correspondents use originality. Do not copy word for word expressions of opinion used by other readers. Also do not confine your opinions to just one topic. We have recently received several hundred letters discussing dancing and nothing else. This is a subject which has been considerably over-done and we appeal to our readers to touch on topics of more general interest. We want to make our Correspondence Columns broader in scope and we believe that our readers will gladly help us.

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