

FINE LIVING IN THE KITCHEN

BY H. M. CARTER.

Have you ever thought of having a recreation corner in your kitchen, a shelf for books and a comfortable chair into which you can drop now and then and get away from the kitchen with your mind while your body has to stay right there? Such a corner will pay for itself over and over. The bookshelf must be close to a good light; the means of recreation must be where you are to take your little rest, not across the room from your chair. If there is no closet beside the window, a shelf, six and a half inches wide and at least as long as the sill, can be placed on brackets ten inches below the sill. This shelf takes up no necessary room, allows sweeping below it, and also opening the window, which can scarcely be done if the sill is turned into a bookshelf.

I have seen several of these below-sill shelves in various rooms; the best was a box shelf wide enough for ordinary books, considerably longer than the width of the window, its top flush with the sill. A piece of old linoleum had been cut to fit both sill and top, making a flat, even surface covering the crack, and was glued on and painted a pale, clear orange. Sun appeared to be pouring through the window all day long—but never did, as it faced north. There were flowers on the sill, and gay chintz curtains. The cost was negligible, the effect delightful.

The oppression of steady work, no matter what, the same thing over and over again, the need to get away from it while one must stay right there—that is what the woman in the kitchen feels who is always doing, doing with nothing to show for it, as women have often said to me—or as others have wailed: "Spending half a day getting up a dinner that disappears in half an hour!"

I have a neighbor in the country who comes to me for house cleaning and other work by the day. Her husband works on a large estate. He is up at four o'clock every day except Sundays; at half past ten. He makes the kitchen fire and goes to the stables. She gets up as he goes out about forty. Their breakfast is on the table at five sharp. But before that she had "redded up" and started either a washing or a cake baking, which she finishes by eight. At nine, when she arrives at his house, she has already a day's work behind her, but she puts in eight hours of the hardest kind of cleaning for me, and frisks away home to get her husband's supper, set a batch of bread and iron a boarder's washing that has to go back the first thing in the morning.

Her day never ends before eight o'clock in winter; ten, eleven, twelve in summer. The only thing that saves her, she tells me, is keeping a comfortable cushioned chair in the kitchen and "flopping down every so often and forgetting it."

MUSIC BRIGHTENS HER TASKS.
This woman has only a common-school education and cares little for books—but flowers! Her kitchen window box and plants are so perfect they are almost too perfect; they look made up. Flowers, vines, hanging baskets, a cat and a dog—it is through these that she gets away while she stays right there.

Another acquaintance does a large part of her kitchen work and all the family ironing to the accompaniment of music. She placed her phonograph in the dining room beside the kitchen door, where it takes only a few seconds to slip on and start a record. Her spare pennies go for records, and neighbors who know of her craving lend her theirs, but only their best. She has long since outgrown jazz.

She is now spreading out into college reading on the great musicians, singers, and composers, getting books from the library and taking anything in the magazines she can lay hold of. Music is her way out into brighter realms, but before she brought it down into her kitchen life she was developing a bad case of drudgery.

It so happened that somebody sent a dear friend of mine a Shakespeare calendar for the New Year and, needing one in the kitchen, she took it out and hung it over the sink. Then she set herself the task of learning each day's quotation while she washed the breakfast dishes.

One day she was struck by a quotation, and all the time she was kneading a batch of bread she kept wondering what the context was. As soon as the bread was finished she sat right down with the volume and never waked up to the world until she had read the last word of the play.

The discovery changed her whole life. She set herself to use her brains, carry on her intellectual life—in the kitchen along with the work. Under the direction of a university professor she laid out a systematic course of study in literature—and she was giving to his students—and put it through by herself.

Thus the year turned out to be one of the "large years" of her life. But the words that helped her most, that she felt to be a direct message to her soul, she found in a couplet in *The Mirror of St. George Herbert*:

Who sweeps a room as for Thy laws
Makes that and its' action fine.
This was her motto. She lived by it. I have always found that the woman to whom kitchen work is not a soul-destroying drudgery, who is not kicking against the pricks, has con-

Patience From Seed Balls.

In his report for 1933 the Dominion Horticulturist gives an interesting account of an experiment with "seed balls" that formed on some of the varieties of potatoes that were being grown at the Central Experimental Farm on loamy land. Although these seed balls were quite green at the time of harvesting October 21, they were carefully gathered and stored in paper bags, which were placed in a warm room with the tops left open. When the balls began to shrivel the seeds were extracted, washed, and spread out to dry on muslin.

In order to obtain tubers of a desirable size, the first season the seed was sown in flats in the greenhouse the last week in March in a manner quite similar to that of sowing tomato seeds. When the plants were sufficiently grown they were pricked out into flats two by two inches apart. These were again transplanted into strawberry boxes in warm beds and grown along in this way until June 15, when they were planted out in the field in rows 26 inches apart and 36 inches apart in the rows. By planting time the plants had reached a height of ten to twelve inches. The same cultivation and care that was given the main potato crop was all that was necessary. While a wide variation was found in the habit of growth, it was the rare exception to find a plant that lacked vigor or showed indications of plant diseases, such as leaf roll or mosaic. In fact many of the plants did so well that they produced seed balls.

Out of five hundred hills it was possible in 1923 to select sixty-five hills that gave promise of being of value. The yield from the individual hills ranged in weight from a few ounces up to five pounds, fifteen ounces. Quite a number of tubers weighed between nine and ten ounces, with a larger percentage of the balance running a good table size. An illustration in the report of the products shows three good-looking Green Mountain potatoes of remarkable size that were grown from the seedlings in one season.

Early Feeding of Calves.

Not alone should a dairy calf be well bred, but also well cared for in raising if a good producer is to be obtained. Béréf of his dam when a few hours or perhaps days old, the efficiency of the method of hand feeding that follows is of the greatest importance. Dealing with this subject in Seasonable Hints, Mr. Geo. W. Muir, of the Animal Husbandry Division, describes the system followed at the Dominion Experimental Farm, Ottawa. A table covering practically half a year shows the different quantities of whole milk that are given in the first six weeks and after that skim milk, fat substitutes, and dry meal. Amplifying the details supplied by the table, Mr. Muir says that if the calf is not left with the cow a day or more, so that it can get a proper feed of the first milk or colostrum, care is taken to see that it gets a feed or two of this milk by hand. It is continued on its dam's milk as long as possible. If this for any reason is not available milk from another comparatively fresh cow is used, small quantities being given three times a day and care taken to avoid over-feeding. Changes are made gradually, reducing for a day or two rather than increasing the amounts fed. Cleanliness is a first considera-

tion, the milk being fresh and the pails well scrubbed out after each feeding.

As regards fat substitute *Extrazyme* mixed used at the Ottawa Experimental Farm is two parts each of finely ground oats and corn meal, and one part ground flax seed, and a pinch of salt and bone meal. If corn is not freely to be obtained more oats with hulls sifted out can be used and for ground flax seed in similar circumstances, two parts ground oil cake may be substituted. Scalding water is poured over the mixture, which is well stirred, sufficient having been made in the morning for a day's feeding. This mixture is fed the same night and the following morning in milk.

HELPING THE ROBINS TO NEST

By Winthrop Packard.

In a Bird-Lore census taken not long ago, it was estimated that the robin was the most numerous American bird, the house sparrow coming next. The robin, in one form or another, nests practically all over the continent of North America and the bird is one of the most friendly that we have. The poet Wordsworth once referred to the English robin as "Honest Robin, who loves mankind both alive and dead," and the words might apply equally to the American robin, for the bird loves to nest not only in our gardens but in our cellars and upon our very houses.

Often a robin will select a corner of the porch, a nook under the eaves, or even go inside of the building itself. Recently one is reported to have flown in at the open window of a church during service and to have begun to build his nest on a cornice just partly open from that time on and the family of young robins was successfully reared in this admirable sanctuary.

The nesting robins may be assisted by providing nesting places; a shelf up under the eaves will often tempt them or a sheltered platform set on the limb of a tree. If there is a tree in the garden on which a rambling rose-bush or honeysuckle climbs, one of these sheltered shelves set at the top of it forms an admirable site for a robin's nest. One can assist also by putting out nesting material. In the case of the robin the first requisite is mud—good, plain, old-fashioned, black sticky mud, for the robin makes the foundation of his nest invariably of this. In sandy countries and dry weather the birds often have considerable difficulty in getting mud for their foundation. In one of her books Olive Thorne Miller tells of a robin that wet his feathers, then rolled in the dust and went to the nesting site, where he picked the remnant mud from his plumage and used it for the foundation of his nest.



THE TWO-PIECE CHANEL COSTUME.

These two-piece dresses, like the soft Kashia fabrics in many of them, have captured the fancy of the up-to-the-minute woman. The costume may be developed in one tone or in contrasting materials as shown. Skirt No. 1033 hangs from a fitted bodice. It has the popular inverted side plaits and an inverted plait at centre front, thus giving the required fullness for the new mode. The blouse, No. 1038, is of the slip-on type and may have long or short sleeves. The large buttonhole through which the tie passes is an added feature and permits the use of the ever-youthful Windsor tie. The collar may be fastened close about the neck and a long, narrow tie used to finish it. Cut in sizes 34 to 44 inches bust. Size 38 requires 2 1/2 yards of 36-inch material for the blouse and 1 1/2 yards for the skirt.

HOW TO ORDER PATTERNS.

Write your name and address plainly, giving number and size of such patterns as you want. Enclose 20c in stamps or coin (coin preferred); wrap it carefully for each number, and address your order to Pattern Dept., Wilson Publishing Co., 73 West Adelaide St., Toronto. Orders filled by return mail.

The Sower's Song.
Now hands to seedstake, boys!
We step and we cast; old Time's on wing,
And would ye partake of harvest's joys
The corn must be sown in Spring.

Fall gently and still, good corn,
Lie warm in thy earthy bed;
And stand so yellow some morn,
For beast and man must be fed.

Old Earth is a pleasure to see
In sunshiny cloak of red and green;
The furrow lies fresh; this year will be
As years that are past have been.

Old Mother, receive this corn,
The son of six thousand golden sires;
All these on thy kindly breast were
born,
One more thy poor child requires.

Now steady and sure again,
Now measure of stroke and step we
keep;
Thus up and thus down we cast our
grain:
Sow well, and you gladly reap.
—Thomas Carlyle (1795-1881).

The Sunday School Lesson

The Benefits of Total Abstinence. Daniel 1: 1-20. Golden Text—Daniel proposed in his heart that he would not defile himself with the portion of the king's meat, nor with the wine which he drank.—Dan. 1: 8.

I. DANIEL'S RESOLVE. 8-10.

II. DANIEL'S ANSWER. 11-17.

III. DANIEL'S ANSWER. 11-17.

IV. DANIEL'S ANSWER. 11-17.

When the king's chamberlain came to see the four Hebrews, he said to them: "I have seen that you are not eating the king's food, and you are not drinking wine. Why do you do this?" They answered him: "We have seen that it is not good for us to eat the king's food, nor to drink wine. We have chosen to eat plain food and to drink water, and we are stronger than you are."

THE TWO-PIECE CHANEL COSTUME.

THE SOWER'S SONG.

HOW TO ORDER PATTERNS.

MANNURE AND FERTILIZERS.

AN INTERESTING NEW SHRUB.

HELPING THE ROBINS TO NEST.

WILL PROVIDE FOR MINISTERS.

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BULGARIAN CONS

A despatch from... Bulgarians report... Bulgaria, but at Bl... merous discoveries... sives are believed t... ported from Russia... is being kept at... coast by motor bo... as further attempts... munitions are fea... The allied arm... granted Bulgaria t... crease her army... is being ca... the country... lation shows eager... forces of law and... guarded at night... authorities have... armament of the... those on Governme... realize that this w... as, owing to almos... the Balkans since... of the people hav... ers in their poss... Although the G... going exchange, h... ous fall in the va... is a feeling of... business men, who... insured against th... But, unless compl...

FOUR LOSE GASOLINE

On Way From Port Stanley—One Bod

A despatch from... says:—All about... little gasoline in... Belle, Port Sta... of four, which l... on Sunday mor... ulated to arrive... same day, were... day night, when... ceived from Cos... of George Keag... other members... Frank Payne, a... giner of the bo... also of Port S... craft, and... The body of K... about thirty mil... land, showing th... gold has not we... weather and... The officers... fery was te... Cleo and an... was not down... and exhaust... cined Kang... found, and I b... other men us... their last wo... the camp... mated to be b... by King and... kylin' the... mer man... to summer... Every... harbor, as w... be engaged... missing... Will provide for ministers... A despatch... The public... flu in which M... led will need... kindness, by a... The annual... when the dom... probate... Another... minister who... \$4,500 aver... tives...

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An Interesting New Shrub

A new form of the native dogwood shrub has been discovered in the woods at the Pacific Coast. It is a variegated form of the dogwood *Cornus Nuttallii*. It has been accepted for record by the Canadian Horticultural Council and a specimen plant has been placed under test at the University Farm at Vancouver, with a view to its ultimate registration.