KEEPING HOUSE FOR BABY

BY DR. FLORENCE L. McKAY.

Conditions in which babies are born are nowhere more variable than in our own country.

In thinking of babies' varying environments there come to our mind such pictures as that of the baby in the Northern wilds, so buried in snow for many months of the year that even the windows are covered; or of the baby in Southern Ontario with the whole house open to air and sunshine but where the heat is often oppressive; of the baby in congested slums of a large city where he lives in one room with six or more other children and adults and sleeps in a bed with three or more brothers and sisters and has his outings in the arms of an older sister in a crowded dusty street; or again of the baby in an exquisite, well-equipped nursery of a country home with unlimited sunshine and fresh air.

And babies adapt themselves to their environment and thrive under all these varying conditions. We believe, however, that healthier, happier babies can be fostered by helping them in this adaptation.

We know that there are certain preparations which parents can make to provide the best environment possible under given circumstances even with limited income. In discussing this subject of how to provide a good environment for babies, we have in mind the rural home of moderate means.

When a young married couple select or build their home it is well to have in mind the children that may live in it. The site of the home should be on high ground where good drainage is provided. There should be plenty of sunlight, with also some shade, and plenty of air space to provide good ventilation.

BABIES THRIVE IN SUNLIGHT.

The ground should be dry enough to insure a dry cellar which should also be clean. There should be near at hand a good source of uncontaminated water. No stagnant pools should be in the neighborhood. The plumbing should be in the best possible condition.

Garbage, rubbish, barnyard and human wastes should be so disposed of that there is no chance for breeding of flies. The baby should be protected from disease-carrying insects by screening of the doors and windows of the house in summer.

Provision should be made for the best type of heating available. The house should be far enough away from the road to be fairly free from dust and noise. A porch so located as to be inaccessible to prevailing cold winds furnishes a good place for the baby's outdoor naps.

Sleeping porches, so rapidly gaining in popularity, provide excellent surroundings for such a nap. They are usually quieter and less frequented by other children. Plenty of play space for the baby as he grows older is always available on the farm and should be provided for in the village.

The best room in the house is not too good for the baby.

It should be a sunny room, preferably with windows on two sides. Windows to the south southeast or southwest are better for sunlight and warmth. Under such conditions the baby's room may be sunny the greater part of the day and, like plants, babies thrive in sunlight.

Babies need to be quiet and undisturbed. Especially in early infancy it is well for the baby to have a room by himself if that is possible. At all events he should have a bed to himself. The temperature of the room should at all times be even. This should be regulated not by the sensibilities of adults which are not to be trusted, but by a thermometer placed three or four feet from the floor. During the daytime the temperature should be from 65 to 70 de. F. and during the night about 10 to 15 degrees lower. Well babies are easily accustomed to a cool room at night.

The heating of the room often presents difficulties. A central heating plant in a house is usually most satisfactory, but even with a good heating apparatus there are often one or more rooms in the house not easily heated. Such a room should be avoided as the choice of a nursery, for the baby's room should be always warm. Even heating can be accomplished by coal and wood stoves, but this demands closer attention than is often given to fire tending in many homes.

Open fires are enjoyable and healthful in providing proper heat. They should, however, always be carefully screened after the baby begins to creep or walk. Many serious accidents have happened because of unscreened fireplaces.

Oil or gas stoves in the baby's room should not be used as a regular heating device but they may be used for temporary service when other heating facilities are inadequate. Special care should be given to ventilation of the room when oil or gas stoves are used.

In summer the temperature is also difficult to manage, particularly in hot weather. There is usually one room in the house which is more comfortable than others under such circumstances and the baby may be kept in this room. His clothing, of course, should vary to suit the temperature.

In portions of the country where warm weather prevails in the middle of the day and where the morning and evening air is cool or damp, additional heat should be provided during the cooler hours.

In short, babies should be subjected as little as possible to sudden changes in temperature. When that is unavoidable they should be carefully watched and their clothing promptly changed to suit the varying conditions.

Cross currents are most satisfactory for ventilation. The air is quickly purified by opening opposite windows or a window and a door. This should be done frequently, preferably when the baby is out of the room or is protected by being out of the current of air and covered with additional blankets. The changing of the air in baby's room should be a part of his regular program and with a little planning it can easily be incorporated in his daily regime.

NO NEED TO FEAR NIGHT AIR.

Windows should be opened for ventilation during both day and night. At night, of course, they are more widely opened. It is often found more satisfactory if cotton cloth is tacked on a window-screen frame and this is placed in the window opening. This breaks up the air current and makes less draft. Smaller frames about six inches or more in depth can be made with cloth covering. One at the top of one window and one at the bottom of another during the daytime usually furnish a good supply of fresh air in the room, and at least one such screen can be used ordinarily even in the coldest weather.

Do not be afraid of night air. It is often purer than day air even though cooler, and does not harm the baby or anyone else.

The baby should always be protected both day and night from a direct current of cold air. In addition to the cloth screen here described a standing screen about five feet high should be used between the window and the baby's bed. The baby must also be carefully watched to be sure that he is always comfortably warm. The temperature of his hands and feet are good indications.

Warm extra woolen covering should always be at hand for ready use. If the baby must share a room with adults it is even more important to see that the ventilation at night is adequate. Where more than one person must breathe the air an extra quantity should be available. Mothers sometimes say that they or the baby's father do not like to sleep in cold air. It is, of course, better for all adults as well as babies to have fresh air to breathe at night; but if those who share the baby's room cannot accustom themselves to this good habit the baby should be allowed to have a room by himself with the ample ventilation he needs.

There should be nothing in the baby's room that is not useful and that cannot be kept scrupulously clean. All furniture should be such as will bear washing or cleaning with a wet cloth. This means, of course, that there should be no upholstered furniture, no heavy rugs nor draperies nor covers nor useless ornaments.

The walls should be freshly papered or painted.

If the room chosen is to be redecorated for the baby's use a waterproof paper will be found satisfactory or a paint finish that will allow wiping with a wet cloth. Such papers with pleasing designs for children are now available in many stores. The figures may often be secured separately and appliqued upon painted walls, thus adding to the attractiveness of the room and to the entertainment of the baby as he grows to appreciative intelligence.

The floors should be bare and preferably of hardwood. If, however, soft wood is the only kind available this may be painted or varnished satisfactorily or a linoleum may provide an adequate floor covering. Rugs if used should be washable. Shades which regulate the light are all the windows demand. Cloth curtains covering the windows shut out the light. It is not necessary to have curtains in a baby's room other than window shades. However, cretonne or other attractive hangings at the sides of the window may be used if desirable providing they are washable.

It is quite possible with a little time and thought to make a nursery entirely utilitarian and at the same time pleasing to the eye.

Inexpensive Flower Bowls.

I bought a nest of glass mixing bowls for the large sum of seventy cents at the five-and-ten-cent store. I also bought several of the little glass flower holders to use in the bowls.

One or two of them I used just as they were, and they make very pretty flower containers. But there were some special colors that I wanted, so I mixed up oil or dull enamel paints until I got my desired hue and gave the glass bowls two coats of this on the outside. This added the decorative note I wanted and all together didn't cost any more than one of the colored glass bowls one sees in the shops.

There are many possibilities in decorating these glass bowls. Bands of black with bright flower borders painted on them are effective. Conventional borders of many colors, or, one can choose a motif from the figured draperies of the room, and make a flower bowl to match.—F. T.

1056—Ladies' One-piece Dress, having box-plait in centre front, and sleeves in two lengths. Sizes 36, 38, 40, 42 and 44 inches bust. Size 38 bust requires 4⅛ yards of 36-inch or 40-inch, or 3 yards of 54-inch material. Price 20 cents.

1127—Large Women's Dress, with plaits front and back, convertible collar and long or short sleeves. Sizes 40, 42, 44, 46 and 48 inches bust. Size 42 bust requires 4⅜ yards or 40-inch, or 3¾ yards of 54-inch material. Price 20 cents.

Home sewing brings nice clothes within the reach of all, and to follow the mode is delightful when it can be done so easily and economically, by following the styles pictured in our new Fashion Book. A chart accompanying each pattern shows the material as it appears when cut out. Every detail is explained so that the inexperienced sewer can made without difficulty an attractive dress. Price of the book 10 cents the copy. Each copy includes one coupon good for five cents in the purchase of any pattern.

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. Patterns sent by return mail.

The Green Cabbage Worm—Artificial Control.

Control experiments, involving the treatment in three series of 5,000 early and late cabbages, with pyrethrum powder and lead and calcium arsenate dusts and sprays, lead to the conviction that under local conditions dusting with lead arsenate and hydrated or air-slaked lime in the proportion of one part to fifteen parts is the most satisfactory form of treatment. The dusts were found more satisfactory than the sprays in that they can be moved and applied with the aid of ordinary hand dusters, in one-fourth the time occupied in spraying. They spread and adhere well if applied when the leaves are wet with dew, whereas sprays to which soap has been added as a sticker have a low surface tension and much of the liquid is lost in the soil, so says the Dept. of Horticulture, O.A.C.

In these experiments calcium arsenate dusts gave less satisfactory results than the arsenate of lead dust, the latter giving perfect control. Calcium arsenate applied in the liquid form gave extremely poor results as well as causing some burning to the foliage. Pyrethrum powder used with four times its weight of hydrated lime proved satisfactory, but can hardly be used on a commercial scale as it costs ten times as much as the arsenate of lead dust.

Judging by this season's observations early market cabbages escape serious injury and whether treatment is ordinarily necessary or not must be left to the grower's discretion. For late cabbages and cauliflowers two applications should be sufficient in a normal season, the first about the middle of July and the second four or five weeks later. When the butterflies are very abundant a third application may be necessary early in September.

Types of Hay for Markets.

Not only is the purity of hay a necessity if the trade is to be sustained, but the requirements of the market as to character must be considered. Where the demand is from dairymen, clover and alfalfa is usually wanted, points out Mr. W. R. White, Chief of the Feed Division of the Dominion Seed Branch. This demand comes in particular from areas surrounding large cities where farmers cater to the milk requirements. In the cities themselves there is always a certain call for timothy hay for the horses, and clover and grass-mixed hays are not wanted. Owing to the greater demand and higher market price, Mr. White continues, timothy has been regarded as a more valuable cash crop than other types of hay in districts which are specially adapted to its production. Because of the farm value of clover for general feeding purposes, and its lime content, for pasture and as a soil builder as well as for the increased yield, the production of clover-mixed hay rather than straight timothy is commonly recommended for those areas where clovers can be successfully grown. A good thick stand is essential to the production of heavy yields of high grade, thin and worn-out meadows only producing grassy hay and becoming infested with weeds, which cannot be separated at the time of pressing, but, being included in the weight of the bale, lower its value and consequently its grade.

S.S. LESSON

August 16. Temperance Lesson, Gal. 5: 13-24. Golden Text—Be not deceived; God is not mocked; for whatsoever a man soweth, that shall he also reap.—Gal. 6: 7.

ANALYSIS.

I. CHRISTIAN FREEDOM IS GOVERNED BY LOVE, 13-16.

II. THE SPIRIT, NOT THE FLESH, IS TO BE THE CONTROLLING FACTOR, 17-24.

INTRODUCTION—St. Paul found the Galatian churches assailed by fierce temptations, to which a passionate and excitable nature made them prone. One of these temptations was to intemperance. We should remember that most of these converts had only recently been won from heathenism, and had not the safeguards or the self-control which centuries of religious teaching have imparted to later Christians. When Paul brought the Galatians to Christ, they asked by what rule they were to live. Paul answered "By the Holy Spirit which was shed abroad in your hearts." When they asked how they were to recognize and know the Holy Spirit, Paul gave them these answers: (1) the Holy Spirit is the spirit of love to one another, (2) the Holy Spirit is opposed to the selfish and sensual appetites of the flesh. These principles, which have a special bearing on Intemperance, are illustrated in our lesson for to-day.

I. CHRISTIAN FREEDOM IS GOVERNED BY LOVE, 13-16.

V. 13. St. Paul gave his converts no written law, but said that they were to live by the Spirit. This meant freedom from outward law, for the Spirit is an inward principle. At the same time St. Paul points out that the spirit is the highest and holiest of all principles. So far from Christian freedom meaning that the Christian is able to do what he likes, it means the constant obligation to live for the highest things, and always to act in love. The man who has the Spirit of Christ, therefore, will not give way to selfish indulgences. As the apostle puts it: "You, brethren, are called for freedom; only do not make your freedom an occasion for sensual (or intemperate) living,, but through love seek to serve one another."

V. 14. If a man has love—the love which the Spirit of God sheds abroad in Christian hearts—he has grasped the whole principle of obedience. "The whole law is fulfilled in one word, namely: Thou shalt love thy neighbor as thyself." St. Paul is here repeating the teaching of our Lord himself. Compare Matt. 5:43-48 and 7:12.

V. 15. On the other hand, if men give way to selfish and unbrotherly passions, wounding and undoing one another by spiteful words and deeds, they fall away from the Christian way of life, and need not wonder if such conduct leads ultimately to their own destruction.

V. 16. The Christian principle is: "Walk (that is, order your lives) by the Spirit," that is, by the new, loving instincts and influences which Jesus Christ creates in his followers' hearts. So doing, Christians will not obey "the lust of the flesh"; they will defeat and overcome their lower nature.

II. THE SPIRIT, NOT THE FLESH, IS TO BE THE CONTROLLING FACTOR, 17-24.

V. 17. Every man has two natures in him, a lower and a higher. The lower is what we call "the flesh." It is made up of selfish and animal appetites, which crave to be indulged. It is this nature which tempts so many persons to a drunkard's life and grave. On the other hand, man has a higher nature in him which is akin to the Spirit of God himself. The Spirit of God seeks to reach and inspire this nature with new energy and power. By living for this higher nature men become saints and followers of Christ. Every disciple, therefore, has to "deny" or disown the lower nature, that with his higher nature he may give himself to Christ.

V. 18. Paul points out that if Christians thus live by the Spirit, they do not need written laws, because they have a divine motive of life within their own hearts.

Vs. 19-21. Paul now enumerates what he calls "the works of the flesh." They are the things to which men come if they do not live by the Spirit of God, but indulge their lower appetites. At the same time he solemnly declares that these sins exclude all who commit them from a place in the future kingdom of God. When we look at the list, we find that the first four refer to impurity in act or in thought. The next two are due to the soul's falling away from God into heathen irreligion or magic. The next six or seven are sins springing from selfishness, making men jealous of others' good, or hateful and unbrotherly. The last two refer specifically to drunkenness and dissolute living. St. Paul goes through the whole unsightly list, and bids the Galatians take warning that those who practice such things will eternally lose the presence of God.

Vs. 22, 23. Over against these works of the flesh, St. Paul presents in all its radiant beauty "the fruit of the Spirit." Teachers and pupils should commit these lovely words to memory. When the Spirit is the controlling factor in human lives, it produces "love, joy, peace, longsuffering, gentleness, goodness, faithfulness, meekness, temperance." These are the things which we need in order to live a Christian life.

V. 24. St. Paul reminds his readers that between their own new-given Christian nature and the old life of the flesh, with its passions and appetites, there must be no compromise. The Cross of Christ stands between the old life and the new. Christians must regard themselves as having a death to die in Christ by slaying sinful passions.

One milk pail, made of good heavy tin, will outlast three or four of thin, poor material.

PICNICS FOR MOTHER

BY ALICE MARGARET ASHTON.

More and more are Canadians—particularly country dwellers—turning to the family picnic a la automobile as a summer pastime.

Are these picnics a joy or are they an added burden to the already busy country mother? The answer to this pertinent question is really up to mother herself.

If a picnic presupposes the packing of huge baskets with fancy cakes and desserts, the tedious making of many elaborate sandwiches and a subsequent painstaking serving of these dainties, mother is pretty sure to come home fagged and inclined to dread the mention of another picnic.

If your family are real lovers of picnicking they will enjoy the easy picnic, and best of all mother may also find rest and recreation in it.

One mother who felt the frequent picnics desired by her family to be the proverbial last straw, asked her boys to plan an easier picnic. To her astonishment they placed some slices of salt pork in a deep iron pot, and upon this arranged quartered cabbages, young carrots and new potatoes. With a basket of bread and butter, sugar, salt, vinegar, milk and a coffeepot containing a bag of coffee, they declared their preparations complete. Arrived at the picnic ground they built a fire under the kettle after fresh water had been added to it and to the coffeepot. Leaving mother to watch the fire they foraged along a stone wall, returning with enough wild berries for a generous dessert.

This picnic dinner was enthusiastically declared the best ever and has been repeated—with suitable and seasonable variations—many times since. Beet tops and tender young beets are a favorite vegetable combination. Often a perforated basin is set over the kettle top where a simple pudding or brown bread, easily stirred up at home, is steamed to perfection.

The kettle picnic is well worth a trial. Even those who object to a boiled dinner at home have been known to wax enthusiastic over this picnic dinner cooked over a crackling fire.

Bacon and eggs or sausages are easy and much-liked combinations. Boiled or roasted green corn makes home preparations for the feast simple and easy.

When, however, it seems desirable to carry the picnic lunch complete, the manner in which a lunch is packed and served makes a great difference with the work.

Let several members of the family, if possible, help with the packing.

It often proves most satisfactory to wrap each serving of food separately; then each person can serve himself at the picnic. For example, place each serving of salad in a paper cup rather than all the salad in a big bowl that must be carried about so that each may obtain a portion and must then be returned home.

One mother seats herself comfortably in the back seat of the family car and opens her boxes and baskets of luncheon. As each member of the family approaches he receives a tin tray upon which has been placed his portion of the feast. If anyone wishes for more he comes for it himself.

JOYOUS BOX PICNICS.

In another home addicted to out-of-door eating all empty cereal boxes and the like are carefully kept. When a picnic is imminent, each box is lined with waxed paper and food for one person is packed therein.

At the stop for dinner mother has only to hand out the boxes. A box of extra cakes and sandwiches is usually advisable if this plan if followed.

Yet another family who average one or more picnic meals each week during the summer and autumn, like best the plan of devoting a box to each article of food or utensils—as a sandwich box, a cake box, a box of plates, cups and needful silver. One person becomes responsible for the care of each box and for serving its contents when the picnic hour arrives; and so the work and worry are not all left upon mother's overladen shoulders.

Mother can blame only herself if she allows the summer picnicking to become a burden and a dread. Work out the plans that are best suited to your family and conditions. It is possible to have a most delightful time and yet insure that the return home will find very few things to be returned to place and very few dishes to be washed, the latter an unwelcome chore after an outing.

Alarm-Clock Reminders.

An alarm clock can be made into a real household reminder. I first learned this when our oldest boy was born. He was one of those extremely healthy infants who would not wake up for his feedings and, in order to feed him regularly, I set the alarm clock every three hours all day to remind me that it was his feeding time.

When my chicks are hatched and until they are two weeks old I feed them at two-hour intervals. I then set my alarm clock much as I did when Junior was small. It saves me having to keep the feeding time on my mind. When I work in the garden or do cleaning or ironing I set my alarm clock to ring fifteen minutes before I must start dinner.

I find it especially useful when I sew. With supper on my mind or chickens to attend to, my sewing is always a bugbear; but when I set my little alarm clock, allowing ample time for these chores, I can relax and sew. There are endless uses for it to save worry—when I promise to phone someone at a particular time, if I am to send a cold drink to the field, when my bread should be ready for the pans or when it is time to put the beans in the oven.

The little alarm clock can just as well shoulder a lot of those time worries and leave my mind clear for something else.—F. E.

"Moving Bees."

Moving bees consists not only in transporting them to the new location, but in making them stay there.

As bees range two or three miles from the hive in search of nectar, they will, if the new location is within this area, likely return to the old home; if, however, it is outside they will remain where placed.

The best time to move bees is in the spring or fall when the weather is cooler and the homing instinct weaker than in the summer.

To move in summer time to a point inside the range of flight, first move the bees to a point outside of it, or down cellar for a week, then to the ultimate location.

If the move is a short one, use a wheel barrow and bump the bees well, place an object to attract their attention in front of the entrance and change the appearance of the old location as much as possible.

The colony should be prepared for transportation in the evening or early morning to prevent loss of field bees.

The bottom-board and cover should be fastened to the hive body by staples sold for the purpose or by wooden cleats and nails.

To close the entrance and give ventilation, take a piece of wire gauze six inches wide and as long as the entrance is wide, and fold it along its longer centre line. Thrust the "V" edge into the entrance and fasten one leg of the "V" to the bottom-board and the other to the face of the hive by laths and nails.

Should the weather be hot, make a two-inch frame of dimensions similar to the hive body, and cover or roof it with wire gauze. This stapled to the hive in place of a cover gives top ventilation and clustering space.

If transportation is by wagon or automobile, place the hive so that the frames will be parallel to the axles of the vehicle; if by railroad, let them be parallel to the rails.

What is Your Diet?

That is the common question now instead of, "What is your medicine?" It shows a change in methods of health maintenance in the human body.

Under natural conditions man's body is self-regulating and self-maintaining because man eats natural foods and lives naturally. But with civilization has come unnaturalness, with changes so gradually that we have not been aware of them.

The gretest changes in living have come in the last fifty years when, through our commercial development, foodstuffs have been devitalized to make them appeal to the eye and the palate, instead of to the needs of the body.

This has brought on many new diseases and increased the frequency of old ones. With this has come many isms, ologies, germs, toxines and the like. But the fundamental fact remains that disease does not come without cause, and what we eat, drink and breathe brings about most all of the prevailing causes.

Doctors are beginning to realize this and are giving their attention to getting rid of causes instead of symptoms and are therefore turning from dope to diet. Most generally it means that the patient must return to whole grain breads, cut down the consumption of sweets and starches, and add to the consumption of green vegetables and fruits.

The farmer who is a good livestock feeder knows the basic principles of feeding. Fundamentally, they are the same for humans as for live stock. We wonder if these good-feeder farmers have realized that their knowledge would benefit themselves if applied personally.

When we will get to learn such a simple and fundamental thing as right eating, many of our sicknesses will disappear, even such dreaded ones as cancer, tuberculosis, rheumatism, and the like.

Wheat for Bread Making.

In each of fifteen years, the varieties of winter wheat grown under experiment in the Field Husbandry Dept. at the Ontario Agricultural College were carefully tested for bread production in the Bakery Branch of the Chemical Dept. at the College. Those varieties of winter wheat which produced the largest loaves of bread from equal quantities of flour in the average test made, are given in the following order: Yarosiaf, Buda Pesth, Banatka, Tuscan Island, Crimean Red, Tasmanian Red, Egyptian Amber, Kentucky Giant, Treadwell and Michigan Amber; and those which produced the smallest loaves were: Abundance and Early Red Clawson.

The best cow has her home on the farm of the best owner.