



The Home Department

How the Baby Grows

Nobody sees the baby grow,
Baby dear, with the laughing eyes,
Who came to our house a year ago,
Looking ever so wrinkled and wise,
But every day of the happy year
He has taken upon him some
beauty new,
And as for growing, why, this is
clear—
He's never had anything else to do!

Grandmamma says, "When he's
asleep,
Then it is that the baby grows;"
Close to the crib we often creep
To watch; but we don't think
Grandma knows.

Never a fringe of the golden hair,
Clustering softly around his brow,
Lengthens the least while we are
there;
And yet it is growing—the wonder,
how?

Teacher talks of chemical things
Which into a secret life combine,
And mother, listening, softly sings,
"O, God be good to this boy of
mine!"
And into the sunny, summer days,
Or into the winter's evenings cold,
She weaves the notes of her joyful
praise,
While closely about him her arms
enfold.

Nobody sees the baby grow,
But over his rosy little face
The prettiest ripples of laughter flow,
The dancing dimples merrily
chase;
The tiny feet are learning to walk,
The rounding limbs are growing
strong,
The lisping tongue is learning to talk,
As cheerily pass the days along.
—Margaret Sangster.

The Lesson of the Microscope

The value of the microscope can scarcely be urged upon you too often or too strongly. Several of our readers, who are interested in our boys and girls, write me to keep the subject before the parents, as nothing enlarges the power of the eyes more than the use of the microscope. No printed page is more instructive, and few are more full of delight—not only to the children, but to their elders, as well. The instrument need not be large, or costly—indeed, it should not be, as the complications of the large instrument would probably confuse and discourage. A very high magnifying power is not desirable, but the lens should be steadily mounted, and the magnifying powers may run from ten diameters to a hundred for the beginner, and for the intelligent observation of many minute objects, one may need a little instruction and help at first, and it is well to read some good work for guidance. There are many such books on the market, at various prices.

It is astonishing how few persons have ever used even a small pocket magnifier, or have any idea of the wonders the use of one will unfold. A little lens, costing perhaps half a dollar, will open before your eyes a new world, with a race, or races of living things that will astonish and interest even the dullest. A fly's wing, when seen through a magnifier of one hundred diameters will appear ten thousand times as large as it really is, because the instrument magnifies it one hundred times each way, and you will have to move the

lens about, seeing only parts of it at a time. A smaller magnifier will reveal the whole of the insect. A drop of water will show you marvels of life of which you have never dreamed. The activity of the living animalcule contained in this crystal world will interest you more than you have any idea of, by merely reading of it. You can never know what a beautiful world we live in if you are only acquainted with the coarser form of life, and you will never regret the purchase of even a small magnifier. Try it this summer.

A Proper Carriage

Correct carriage of the body and ease of movement are almost synonymous. When one stands, the heels should be always drawn together, and the abdomen drawn in; if this is done the lower limbs are straight, no slouching at the knees, and the shoulders will be well placed. If the spine is erect, the arms fall straight and parallel with the legs, and should always be carried by the shoulder blades. This broadens and expands the chest and throws the weight of the arms upon the backbone. When the vertebra is erect, the head will naturally be held properly. When the position is correct, the body is easily balanced on the ball of the foot, the chest is held high, and a general ease of movement is noticeable in all the limbs. If the body is harmoniously poised, all occupations sitting, walking or working will be done with a minimum of fatigue. A healthy expansion of the muscles is rarely really tiring, and to be wholesomely tired is the best promoter of wholesome sleep. When the proper position becomes a habit, the daily growth of muscles in strength and flexibility is assured. Nothing is more tiresome than to walk or work with the shoulders thrown forward, and the body in a position to "topple over" at the least movement.

Deep Breathing

There are three distinct breathings of the body—the chest, or upper breath; the middle, which fills the lower lungs, and the lower, or abdominal breath; none of these should be used alone. The majority of women breathe in the chest or upper part of the lungs only, while it is absolutely necessary for health to cleanse the lungs of impure air by filling them with a deep intake breath of pure air as regularly as possible. The majority of women do not use their spine, or the muscles of the back properly, but throw all the work upon the muscles of the chest, the abdomen and the fore part of the arm. If they would breathe deeply while walking or working, assuming the proper position of the body at each exercise, they would in a very great measure rid themselves of the tendency to sickness—especially nervous disorders.—Medical Magazine.

For Baby's Bath

Unless the weather is very warm, we are told that a young child should always be bathed before a fire; all doors and windows must be closed and a folding screen is a good thing to place around the bath tub to shut out all drafts of air. The washing and drying should be done thoroughly, and at the same time rapidly. It is always well to have a soft warm blanket at hand in case the baby should become suddenly chilled,

or in cold weather. A sponge is far better than a wash-rag for the bath, but only the finest sponges should be used, and both sponge and wash rag must be well washed, aired and dried in the sun, or at least in fresh air, every time they are used. The finest imported brand of castile soap should be used—nothing is too good, and these soaps should contain a very large percentage of olive oil. Wet the head and face before the rest of the body. A bath should be given every day, if not found to be debilitating. Brief immersions and brisk but gentle rubbings with the hand should be beneficial. It is not the time, but the regularity of the bath that is essential. The same hour should be used every day, but the bath must not be given until at least an hour after the child has taken food. The child should be allowed to rest for a little while after the bath, laying it down when dressed, and leaving it alone. For drying, the towels should be of the softest and most absorbent material, and a brisk rubbing with the palm after its use will establish a good circulation. For delicate children, the hand may be dipped in olive oil before the rubbing. A good talcum powder should be used in the folds of the skin, about the neck, ears, arm pits, under the joints, and wherever there are folds of the skin. Finely powdered starch, or talc, or lycopodium powder may be used. Do not use a cheap, highly scented powder, as much perfume is not desirable for the tiny child. A perfectly clean child is a sweet-smelling child, and there is no odor more agreeable than that of a healthy, clean little child. A good borated talcum powder will prevent chafing, prickly heat, and many skin troubles common among young children.

Something About Soaps

Home made soaps can be put to so many good uses on the farm that it is well to save all the fatty scraps that would otherwise be thrown away or wasted. An economical method for saving these scraps is to have a keg, barrel, or old kettle in some sunny, out-of-the-way place, and have it half full of good, strong lye. Into this drop all scraps or pieces of fatty substance of whatever kind, as you have them, stirring every few days; keep covered of nights and rainy days, but let have as much sun as possible. All raw meats or fat should be baked or fried brown before adding to the lye, in order that it may be acted upon at once, and not sour or create a bad smell. In the fall, put this in a large soap kettle and boil for several hours, adding more grease or lye, or water as indicated. If the bones have not been consumed, skim them out, rinse off and throw them away, turning the rinse water back into the kettle.

Lye will consume just enough grease, and no more, and if there should be too much grease, it will raise to the top, and must be skimmed off for another time. In making soap, when you think the mixture has boiled long enough, take a spoonful from the kettle and stir into it a spoonful of soft water; if it stirs up quite thick, the soap is good and will keep. If it "thins," it is not good, and this is caused generally by one of three things: It is either too weak, or there is dirt in it, or the lye is too strong. Boil it a few hours longer, and then, if it is

right, the soap will flow from the stirring stick like thick molasses; but if it remains thin, remove the fire, let cool over night, and in the morning drain it carefully into another vessel, taking care that no sediment or settling is allowed to pass out with it. Wash the kettle and return the mixture, and bring to a brisk boil; if the dirt was the trouble, it will now be thick and good; if it is still thin, the lye was probably too strong, and rainwater should be gradually added, a small quantity at a time, until it thickens. A little common sense and experience will help out in the education of the soap maker.

Home-made Soap

"Sun" Soap—To twenty pounds of clear grease, take seventeen pounds of pure white potash; the potash should be in as fine lumps as can be had. Place the potash in the bottom of the soap barrel, which must be water-tight and strongly hooped. Boil the grease and pour it, boiling hot, over the potash; then add two wooden pailfuls of boiling hot rain water; dissolve one pound of borax in two quarts of boiling hot water, add to the grease and lye and stir all together thoroughly. Let stand over night, and next morning add two pailfuls of cold soft water and stir for half an hour; continue this until a barrel holding thirty-six gallons is filled. In a week's time it should be fit for use. The borax can be added to the grease while boiling, and a pound of resin added with it. Soap made in this manner always "comes," and is of excellent quality. The grease must be tried out, free from scraps, rinds, bones, or any dirt of any kind. Good soap can not be made of dirty grease.

Another—Make of good, hardwood ashes or potash, a lye strong enough to float an egg, showing a bit of the shell about as large as a ten cent piece out of the lye. Set the vessel (usually an iron kettle) containing the lye in a sunny place, and to each gallon of lye add one pound of clear, clean grease—tallow, rancid, lard, strong butter, or the like—and stir thoroughly, repeating the stirring daily until a good soap results; cover the vessel at night and during rainy weather, but let have all the sun possible. The soap will be of a golden color, and will serve excellently for all laundry or farm purposes.

To clear the grease, have a kettle containing a lye of good strength over the fire; drop into it any material whatever on hand—soup bones, meat rinds, cracklings, drippings, skimmings, or any refuse of a fatty nature, and boil until all the fat is extracted. Leave to get cold, skim off all grease, and use as above.

Soaps should not be used for several months after making, or until the lye is thoroughly blended with the other ingredients by age.

Query Box

F. M.—I can not give the rules for bridge whist. (2) Ask your book dealer.

S. S.—For moist hands, wash in clear hot water, rinse in cold, dry, and dust with rice powder.

M. K.—Larding needles can be purchased at any house furnishing store, or a penknife can be used.

J. G.—As a rule, flesh-eating animals are not regarded as wholesome foods. Most flesh foods are from herbivorous animals.

"Perplexed"—It is said that the human body gives off about three pints of moisture every twenty-four hours, which is principally absorbed by the clothing.

Mrs. H. D.—Gather the herbs

AN OLD AND WELL TRIED REMEDY
Mrs. Winslow's SOOTHING SYRUP for children's teething should always be used for children while teething. It softens the gums, allays the pain, cures wind colic and is the best remedy for diarrhoea. Twenty-five cents a bottle.