

THE PRICE OF DRINK

Every Drink We Take Shortens Our Lives Twenty-five Minutes

THE price we pay for drinking alcohol has been the subject of inquiry by the Association of Life Insurance Presidents, and conclusions are interesting. The results of two million cases have been tabulated from the records of Canadian and American life insurance companies during the last 25 years, and it is found that the span of life is reduced from four to six years because of the use of alcohol, or an average of 25 minutes a drink. Those who once drank heavily and reformed die four years sooner, saving two years of life.

Denmark's tabulation and statistics reckon that every pint of brandy a steady drinker takes shortens his life 11 hours, and the average drink curtails his earthly sojourn 25 minutes.

These foregoing facts as compiled by authentic people are especially interesting to us women because a great deal of patent medicine has a large percentage of alcohol and some of it as much as whiskey. Uncle Sam acknowledged the evil of whiskey medicine when he prohibited, under heavy penalty, the selling of Peruna to his wards, the Indians. There is not much drinking in this country, but there is a thousand times too much. All the warring countries are prohibiting liquor with good results; why cannot the peaceful ones do the same? In England the effects have been: "better order in the streets, more comfortable homes, better cared for children and better keeping-at-work."

And why do you suppose I tell all this at this time? It is because it is wine-making time, and wine is to whiskey and whiskey to drunkenness what in a better sense printing is to literature and it to education, or seeds are to crops and crops to prosperity. Because there is wine and books and seeds there is not necessarily drunkenness and education and prosperity, but the result is closely associated with the first steps. You who are mothers of boys and forget that wine exists, you who are mothers of girls, teach them its possible results. I do not mean that you should lie awake at night, thinking up horrible arguments against it, but I do mean that you should calmly, consistently class it with the weeds which do no good; utilize the place of better crops, and lessen results, or to the worm in the corn which works unseen until the day of maturity and harvest. Its flavor gives us passing pleasure, but fruit juices would do the same and increase instead of diminish our vitality; it is companionable to drink together, but a good dish of ice cream would be the same; it is stimulating, but so is hot lemonade or milk, and never did lemonade or milk make a man beat his wife, or take away the shoes from the feet of a little child.

Let's keep our influence against alcohol in all its forms.

This Week's Nursery Rhyme

Solomon Grundy,  
Born on Monday,  
Christened on Tuesday,  
Married on Wednesday,  
Very ill on Thursday,  
Worse on Friday,  
Died on Saturday,  
Buried on Sunday,  
This is the end  
Of Solomon Grundy.

Comment:—These old Mother Goose rhymes have survived because each has its own special charm or lesson.

Solomon Grundy was Mr. Gossip, husband of Madam Grundy. This is what the poem means:

A piece of gossip was told on Monday, Tuesday someone sanctioned it, Wednesday it met a good woman who weakened it on Thursday, Friday it fell to earth (not being Truth), Saturday it was found to be false, Sunday, being a good day, the falsehood was buried.

Who can discover the lesson in each week's verse?

Our Farm Women

Edited by MRS. W. N. HUTT



L'ENVOI

WHEN Earth's last picture is painted,  
and the tubes are twisted and dried,  
When the oldest colours have faded, and  
the youngest critic has died,  
We shall rest, and, faith, we shall need  
it—the down for an aeon or two,  
Till the Master of All Good Workmen  
shall set us to work anew!

And those that were good shall be happy:  
they shall sit in a golden chair;  
They shall splash at a ten-league canvas  
with brushes of comet's hair;  
They shall find real saints to draw from  
—Magdalene, Peter, and Paul;  
They shall work for an age at a sitting  
and never be tired at all!

And only the Master shall praise us, and  
only the Master shall blame;  
And no one shall work for money, and  
no one shall work for fame;  
But each for the joy of the working, and  
each, in his separate star,  
Shall draw the Thing as he sees It for  
the God of Things as They Are!  
—Rudyard Kipling.

LOOKING ONE'S BEST AS A HOUSEKEEPER

The Wide-Awake Girls and Boys Learn That It Is a Duty to Care for the Complexion, the Hands, the Hair and the Feet

"I DON'T see," burst out Alice as she entered the room where the Wide-Awake girls and boys were grouped around Miss Margaret, "the use of taking one of our perfectly good meetings to talk about looking one's best as a housekeeper. What's the use of caring how you look when you are at home, especially out here where no one sees you but the home folks and you can work so much harder if you don't have to bother about looking nice?"

"Sure thing"—retorted Dan—"my wife's got to have on a pretty, clean house dress, her hair combed and her hands well kept—no slovenly woman waiting at the door for me."

Aunt Margaret laughed. "The mere matter of dress, Alice, has a great deal to do with one's disposition, health and work. A woman can work much better if she is dressed properly for her work; it has an elevating effect on a person. She thinks more about systematizing her work and making it generally better if she is dressed properly, but that is not what we are going to discuss mainly today; we are going to talk about the fundamental care of the complexion, the hair, the hands and feet. The person who pays attention to the care of her body will look well in her clothes, but she who neglects herself, looks badly, no matter how well dressed she is. A woman with tired feet, coarse hands, and 'blowsy' hair will not appear well in any sort of dress."

Keeping the Complexion Good

"NOW, I am interested," said Bessie, "When you talk about the complexion. Please tell me how to take the freckles off my face."

"A girl's always thinking about her freckles," said Dan.

"That is the very thing you do not want to do and indeed cannot do, Bessie. There is an under skin called the dermis. In this is found a coloring matter which determines the complexion; the amount varies greatly in different individuals and in different races. Freckles are caused by the accumulation of pigment in spots. The amount of this pigment in the dermis cannot be altered by the application of any preparation or by taking medicine internally. All such preparations are harmful as they usually contain arsenic which does not decrease the amount of pigment in

the skin but simply interferes with the circulation of blood in the capillaries and produces a certain pallor characteristic of arsenical poisoning."

"Well, I didn't know that," ejaculated Bessie.

"Yes, this is true. The best thing to do is to avoid getting freckles by wearing a large hat or bonnet or using a sun shade. You know, children, it is a duty to look one's best, and to appear well, one must care for herself and the main thing she has to look after is her complexion, so the three are so closely connected that to leave one is to turn toward the other. The complexion is an index to the whole system. Constipation, imperfect circulation and indigestion all write their evils on the face. The first step is to get the system in perfect or as nearly perfect condition as possible. When this is accomplished, one can pay attention to such things as washing the face, the use of cold creams, powder, etc.

"I know's how to wash mine face," piped up little Billy, who had hitherto been undiscovered.

"Well, I am not sure if I do or not," responded Bessie amid the laughter. "I used to think I knew how to do everything well but I find each time that I either did it exactly wrong or at least I can learn a better way of doing it."

What to Do For Blackheads

"THAT is a good attitude, Bessie. One never knows everything about a subject. The main thing to do is to keep the dirt out of the face by washing it carefully every day. Different people have different kinds of skin, and each person must use the methods and substances that are suited to her own skin. There is some danger of removing too much of the oil of the skin if the face is washed too frequently with soap and warm water. Soap may be used on an oily skin with advantage more often than on one which has a tendency to be dry. It is probable that moderately cold water is best for general use. The cold stimulates the muscles of the face and the blood vessels of the skin and keeps them in good tone. Only clean, soft water should be used, and the wash cloth must be absolutely clean and sweet. Whenever you use soap, be sure to thoroughly rinse it off with cold water. If the skin is apt to be dry, an application of an oily substance such as cold cream will prove helpful. It is well to wash the face with the hands, as the contact of flesh to flesh has a stimulating effect."

"Do you know, Miss Margaret, that I think blackheads are the ugliest things I ever saw. What causes them?"

"Blackheads, child, are hardened secretions of sebaceous glands. They may be softened by the application of cloths wet in hot water and removed by pressing the skin gently between the balls of the thumbs, but care should be taken not to bruise the flesh. Dirt gets into the pores of the skin, and although the white corpuscles fight hard to throw it out, the corpuscles perish in the endeavor and their bodies help to make up the white centers of the blackheads and pimples. After applying the hot cloths, it is well to rub a little cold cream well into the face and then wipe it off, afterwards bathing the face in cold water to prevent taking cold. This cleanses the pores of the dirt which is lodged in them. When the skin becomes clogged with dirt it cannot throw out the impurities by means of perspiration, and so the complexion becomes muddy."

"I hate to go riding in the winter (Concluded from page 26, this issue)

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