

ST. JOHN, N. B., SATURDAY, JULY 4, 1891.

## WHILE IN THE COUNTRY.

### HOW TO MAKE THE BEST OF A SUMMER VACATION.

**Travelling With a Family—What to Put in Your Trunk—How to Keep the Baby Healthy, and Dress the rest of the Children—For the Mother Herself.**

I find that the only way to be comfortable and successful in the management of a party of tourists is to insist upon two things: first, supreme authority as the head of the travelling body, and, second, sufficient time for preparation and planning.

The first step in preparation should consist in seeing that all trunks, valises, keys and shawl-straps are in proper condition, and if they are not, have them repaired and put into order. Then pack slowly, taking several days to get together everything you are likely to need, and allowing time for memory to suggest forgotten objects, before the groaning trunk disappears on the expressman's shoulder. This plan will greatly lessen the amount of hand luggage, as there will be less necessity for crowding the "roley-poleys" at the last moment with this or that forgotten treasure. What hand luggage you have should be divided into numerous small packages, rather than made into one big bundle, so that even a child can carry his proportion of the burden, and no one is unduly laden.

Umbrellas should be tied together or fastened by rubber bands at top, middle and handle and, when firmly united, should be carried in a shawl-strap like an ordinary bundle, thus avoiding the temptation to pound the ends against the ground. The shawls should not only be carried in a strap, but should be covered with linen, or something which serves to protect them against dust.

If the journey has not been too hastily decided upon, it is well to prepare a special costume for it, one which shall avoid finery on the one hand and shabbiness on the other. The dress for mother and children should generally be light-weight all-wool material, blue or gray flannel being excellent, made with as light trimming as possible. In summer, the mother's dress might be a dark foulard with designs in color; these costumes, with clean ruckings, and a thorough brushing, make an outfit suitable for any hotel table. The duster should be of a shape to admit of its being easily slipped on or off at a moment's notice. The best material for it is gloriosa, a silk-and-wool fabric which sheds the dust, but richer garments are of silk, or silk-and-linen.

For long journeys it is almost a necessity to get rid of your hats, replacing them by something soft, light and not crushable. For yourself a cloth cap made with a visor is appropriate, while for boys and girls alike, a knit Tam O'Shanter is invaluable. In warm weather great comfort comes from taking off the boots and substituting low slippers, or half-shoes.

Do not burden yourself with books. Reading in the train is bad for the eyes, and it is far better to provide games for the children, and light work, which needs no special watching, for yourself. If you must read, you will find some very decent literature sold by the boys on the train. Pencils and paper should always be at hand, not only for the children's tedious idleness, but for your own use. In a long journey I always start with a lunch basket stocked with bread and butter, cold meat, hard-boiled eggs and fruit sufficient to last for breakfast and supper for two days at least, helping out these meals with coffee or milk from the dining room car, and with dinners taken there. This will prove a great economy. Whatever else you forget to put into the luncheon basket, do not forget a cup or glass for the use of your own little troop; the habit of drinking from a common glass on the train, is not only unpleasant but dangerous, specially for children.

Give yourself plenty of time to reach trains and boats; it is far wiser to find yourself obliged to wait a little while in the station than to miss your train, or only catch it when all the seats are filled. Once off, do not allow the children to eat constantly. Three meals a day support life comfortably under ordinary circumstances, and twelve only serve to upset the digestion already strained by unusual conditions and a change of water. Neither should you allow your children to transform the car into a playground; people are so universally fond of children and so good to them that in the beginning of the trip much attention may be offered to your little ones; but as the hours go on and fatigue claims us for his own, the most charming child may cease to amuse, and may even be regarded as a nuisance if he takes the least liberty. To avoid this, be courteous but firm, and decline the beginnings of such intimacy.

**Put These in Your Trunk.** For the summer flitting it is wise to have one stout trunk or box, devoted to miscellaneous objects likely to be needed by the family during their stay at the seashore or mountain boarding house.

I always put in the bottom a tin foot-tub, for baby's bath of course, and for general use, as often it is the only convenience of the kind to be found in a country house. In this I pack a hammock.

In addition to the tub I always carry one of those light-weight paper-basins, so useful in case of illness. Do not forget the spirit lamp; let it be big or little, simple or complex, but be sure it goes in. The rubber bag for hot water, and a small kettle to heat water in, must not be far from the lamp.

One rather ponderous convenience takes up much space, but I find I must have it. This is a "tea basket"—an ordinary wicker basket, in whose lid I have sewed tape straps for holding six saucers, and whose lower part is filled with a tea-pot, sugar-bowl, creamer, cups, spoons, and half-a-dozen wooden plates.

Certain medicines must never be left out if you are homeopathically inclined. Mustard plasters, quinine pills, Pond's extract, Jamaica ginger, ammonia, arnica, baking soda and court plaster are among the things likely to be needed; and you should also squeeze in a medicine dropper and an injection syringe.

Somewhere find room for a tiny pillow for the nap in the hammock—it need not be larger than eighteen by twelve inches; also an old blanket to spread on the ground for baby to play and roll on. A pin-cushion is an essential rarely provided in hotels. Take your own, and let it be a hanging one.

**To Keep the Baby Healthy.** Baby's second summer is always the most trying. It is cutting its teeth, and the irritation combined with the heat makes life no easy matter for the poor little thing. It must be carefully watched, and its ailments rationally treated if it is to be carried successfully through the dangerous season.

A baby in the country, with all the advantages of fresh air and good milk, is under the best conditions possible to resist the effects of the heat. Yet the country, like everything else, has its counter-balancing disadvantages, and often one of these is the distance from a doctor. Before leaving town the mother should ask her family physician for a few powders of pepsin and bismuth, or any simple remedy he may wish to prescribe for indigestion, with full directions for its use. She should take with her a bottle of lime-water and another of pancreatin, or one of the other preparations for peptonizing milk, so that she may be prepared for emergencies.

If, in spite of care in feeding, the bowels become disordered, boil rice until very soft, strain the liquid from it and add the same quantity of sterilized milk. Sometimes one tablespoonful of lime-water to six of milk will correct the difficulty.

Keep the baby in the open air as much as possible, but do not have it out in the evening when the dew is falling. If a hammock is slung in the shade it will sleep better there during the day, covered with a mosquito net, than it will in a hot room.

Dress it loosely, with a gauze flannel shirt next the skin, and no tight bands.

**How to Dress the Children.** Your baby and mine wants to think of summer time as the beautiful period of the year when the flowers and the grass spring up in answer to the invitation of the sun, when the skies are blue and the sun is so golden; when the birds are singing because the waves are dancing so brightly; when everything in nature is happy and baby is too. No small person can be happy who is uncomfortable in her clothes; and no small person can see any pleasure in life if it has to sit up primly on the chair and "look nice."

How to dress the little girl? Put on her a gingham frock, smocked if you like, made with a full skirt, not long enough to let her stumble over it, and yet not short enough to look like a frill to her bodice. Put on her a thin, cool pair of drawers and one petticoat, a little bodice that both of these are buttoned to, a pair of black stockings, and a pair of shoes that are soft, sufficiently large, without heels, and comfortable. I say "without heels," and yet I mean that where the heel usually is there should be sufficient thickening of the sole to be of as much use as the ordinary heel is to you or me. Put on her a big hat that will keep the sun from her eyes, and, no matter if you do sacrifice beauty to comfort, braid her hair and get it out of the way. Then let her go out with shovel and bucket, and dig for diamonds and find wriggly worms and queer bits of wood and funny-colored stones, and never come across a single diamond except that Kohinoor among them—good health. You can give as many gingham gowns as you like, but don't make the poor little dot's life unhappy by scolding her for getting sand and dust on her clothes, and don't scold, for one single minute, all the marvelous weeds that she may designate as flowers and bring to you as the result of her morning's work. Of course, if you are staying where it is cooler, a flannel petticoat will be required, and under any circumstances it is just as well to have them along with you, for you don't know when they will be needed.

"Oh!" says somebody who adores picturesque children, "are there to be no pretty clothes?" My dear soul, these clothes are pretty. They are suitable and they are comfortable, and when Jack and Margy come in from playing, and Margy's gown is decorated with studies in black and white, the result of a great desire to see how the roots of the trees look, and Jack's kilt is rather off color in its appearance because he has been out in a boat with the man who goes after the crabs, and he has brought you home some seaweed and a choice selection of clam shells, there won't a sigh arise; but you can greet your little lovers with a laugh, trot them off to be freshened up and put in new clothes that, except for their cleanliness, are exactly like the ones just taken off. If, when going to church, they wish to look a little finer, Jack can be gorgeous in white pique knee breeches, kilt and little cutaway jacket, showing a white shirt and flaring white collar. Then he may have black stockings, patent-leather shoes and a white straw sailor with a broad blue ribbon about it. As for Margy, she can have a pale-blue zephyr made just like her every-day gowns, very daintily smocked; while on her head should be a shirred hat of the material like her dress. She can wear her best black stockings, and patent-leather shoes with buckles on them, and

you will have two of the most picturesque-looking people who ever sincerely said "amen" in the wrong place, and told you afterwards, very confidentially, that somebody laughed in church and it wasn't polite. Dress your little people so they will have a good time; and when they grow up they will ever remember the summer days.

### For the Mother Herself.

The mother is often the last person in the family to profit by the summer's opportunity of change and rest.

If she goes away she takes so many comforts and fancied necessities for the children that there is no room for what she herself needs, and she has probably spent so many weeks of toil that she is "too tired to enjoy the change." Now, what is the remedy?

Begin by placing upon your daughters' shoulders some part of the burden of the house. Do not drag wearily to every entertainment where she needs a chaperon, but allow her sometimes to follow her own dictates and give up a pleasure that mother may rest.

For the little ones, provide dresses so plain that they require the minimum of labor to make and to laundry; remembering, too, that thin woollens are cooler than starched muslins, and of these the little ones require few changes.

Another chance to rest comes through enforcing an inflexible rule that you will lie down part of each day. Your best time for this is when baby is sleeping, for then your mind can rest too, and your presence in the room is soothing to him.

You should spend many hours each day in the open air. Run and play with your little ones as they wander over the fields and shore, teaching them some of the secrets which nature keeps for her human children, and strengthen their love for you by your power to enter into their enjoyments.

Some occupation for the hands is almost a necessity, and many wise women send their sewing-machines to their summer homes in order to "take time by the forelock" in the matter of white sewing. I am afraid to recommend this, lest some tired mother should spend the glorious days of summer in slaving over finery for the children for next winter.

Summer should give you time to pick up some of the fallen threads of your reading, your music, or your drawing. Your children will outgrow you fast enough in this rapid age, but the distance between you and your books, or your sketching, or your music, or your drawing, will be less if each summer day finds you busy over a serious book, a Beethoven sonata, or a sketch of some charming view.

### Just Before You go Home.

All summer you have been in the country, and the day is come when you have to say good-bye and go back home. Of course you want to go home—one always does—but you ought to sit down for a few minutes and think over what has happened all during the long summer days, and what you should do just before you go home.

If, during the summer, you have collected a lot of books and papers, think over who there is there in the country who would like to have them, to whom they would give the most pleasure and do the most good. Make them up in a bundle and send them with your good wishes. It's a little piece of generosity, but it is a very nice one.

If, during the summer, you have been irritated and fault-finding, and wondered why the people in the house couldn't get what is so easily found in the city, go to whoever you have been staying with and express a hope that you have not been a troublesome visitor. Say a few pleasant words of commendation and forget the inconveniences. It is true you paid your board; but, my friend, there are things in this world you cannot pay for: kindness and consideration are two.

If during the summer, you have made a friend who lives in the country, make up your mind not to forget her when you go back to town. Remember the pleasant drives she has given you. Think of the fresh milk and eggs she sent your sick baby; but, putting aside their material kindnesses, think of the loving friendship she has shown you, and don't forget her. Remember the delights given by a box of sweets sent from the city. Remember the interest in a magazine, or a book, and the joy which greets a new piece of music. And if you cannot have your new found friend to visit you in your own home, just remember that you can think of her in a number of ways, and convince her that the summer friend may, after all, be one of love and consideration.

If, during the summer days, you have had time to think over the mistakes you made last winter, do better when you come back. You have been out in God's own country to gain health and strength, and you must come back better in mind and in body—more loving, more willing, more generous and more forgiving, and then, indeed, will you have made your summer of worth to you, will you have gained what is best for you. These are the little things to think out just before you go home, and then when you return to the country you will be a thrice-welcome guest.—*Ladies' Home Journal.*

### It is Not the Paper.

Says a cigarette smoker: "People who object to cigarettes are continually talking about the peculiarly disagreeable odor of the burning paper. This is sheer nonsense. A man could smoke cigarettes made entirely of rice paper, and there would be no odor at all. The difference between the odor of a cigarette and that of a cigar lies not in the paper, but in the tobacco. A good cigar tobacco cannot be used for making cigarettes, as it is of an entirely different kind, and is not prepared in the same manner. The difference in the smell is generally placed to the credit of the unoffending paper, which has no odor at all."

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