especially in the seams, with a sticky yellow matter which becomes a veritable hotbed for the growth of bacteria. After emptying the cans of the skim milk they should be rinsed with lukewarm water and then washed thoroughly in hot water, using soap or some good cleaning powder and a brush in preference to a rag. Then a scalding in boiling water and turning them up to drain instead of wiping them with a cloth which too often does more damage than good. Milk cans should be covered, on their going to the factory in winter to keep their contents from freezing and in summer to keep the hot rays of the sun off of them. And the milk should always be cooled and aerated before sending it from the farm.

HOW SHALL WE INVEST OUR CAPITAL.

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When men or women have money to invest they do not usually do so without some thought as to what will be the most profitable investment they can make with the amount on hand. They look around about them and consider all opportunities from every standpoint, and endeavor to invest their capital not only in such a manner as to obtain the greatest per cent. of gain, but so with the least liability of loss of either principal or interest.

Now we, as farmers' wives, are very apt to say at once, that we have no money to invest, and if we have no capital to begin with, we are not in the least concerned as to what is the safest and most profitable investment for us to make. But I think you will all agree with me when I say that each one of us from the wife of the wealthiest farmer to the wife of the poorest, has a certain amount of capital to invest, and also that the amount is very equally divided among us.

It is a very old saying that time is money, and time is the capital of which I wish to speak to-day.

In what way can we farmers' wives use our time in order to secure from it the greatest good for ourselves and others?

Shall it be used exclusively for our own good or shall it be used somewhat for the good of those outside our immediate families? Shall we spend our whole time providing the necessary something to eat and something to wear, and in the keeping of our houses in order, or will we find it more profitable to invest a portion of it in recreation and improvement of our minds? Shall we tie ourselves closely at home, or shall we cultivate somewhat the acquaintance of our neighbors? As we look around about us can we find any way in which it will be especially profitable for us to invest our capital? There will probably be as many answers to these questions as there are persons answering them and I will endeavor to give a few thoughts on a few lines in connection with the subject.

I do not wish to give the impression that my own time is always invested in the way I would advocate, or that I live up to my ideal of what the life of a farmer's wife may be. Indeed I fall far short of doing as I would like to do and as I think we should do in making the most of our lives.

To begin with, there is a certain amount of necessary work which most of us are obliged to do, as most farmers, young farmers at least, cannot afford to keep help in the house all the time. And, indeed, if we can do so, it is much more pleasant for many of us to do our own work. Let us do this work in the easiest way possible to do it and do it well. As far as possible let us plan our work so that no extra steps need be taken. It is not always those who are quickest or strongest who accomplish the most, but those who manage well, saving
time and strength in performing the same labor for which others require much more of both.

One good rule for each of us is to have a place for everything and then be sure that everything is always put into its place as soon as we are through using it. Let the children have the same rule and learn to take care of things for themselves. A little, or even much time, is indeed well spent if we can teach our children this one thing, as it is a habit which, once acquired, is usually kept and will save a tired mother many steps and much worry. It is often easier for us to pick up after the little ones than to insist upon their doing it for themselves; but how much better in the end to take the necessary time and patiently insist that they do it and do it well.

I believe that our work should be neatly and well done, but by that I do not mean to say that we should use our time and strength to their utmost limit to have our homes in scrupulous order, and then be so worn and worried that we have neither time nor disposition to enjoy ourselves with our families. Let us, if necessary, confine ourselves to plain but well cooked food and simple living that we may have some time to spend with our families and make home a place where there is much of happiness and kindly feeling. Our families have a right to expect that the wife and mother have some time to spend for them aside from providing creature comforts.

A home, be it ever so nicely furnished and kept, in which the mother is unable to take any time for the amusement and instruction of her children, is not so truly a home as one which is plainer and in which the mother devotes a portion of her time to them. It is quite as essential for the welfare of all that the wife be a housekeeper as well as a housekeeper.

In doing our work it is well to have some regular routine and endeavor to have each part done in its own time. Never take two steps where you can make one serve the same purpose. Let our minds save our bodies. An old saying is: "That which you don't have in your head you must have in your heels."

Let us teach our children to do many little things for us and give them something for their own work to do each day. This should be some easy task which will not overtax them, but which they will know is their own to do and that they must do it as it should be done.

Many mothers say: "It is much easier to do it myself than to teach them to do it." This is often the case, but, dear mothers, is it not better for them as well as ourselves, that we spend the time required to teach them the common work which each of us must do at some time? Indeed, the little ones are often anxious to learn and are very proud to tell how much they can do to help mamma.

The work so taught is easily learned and nearly every child will sometime learn to thank the mother who has taken time to teach them the right way to do work which falls to the lot of most women. A little time so spent by the mother is often a great saving of time and worry to her children when they are away from her care and left with the whole responsibility and care of work for which they would be otherwise unfitted. Even though they may not need to do the work themselves, they can better manage a household with others to do the labor.

Such a woman as Queen Victoria did not consider the education of her daughters complete until they had a practical knowledge of housework and sewing.

I believe that every farmer's wife should spend some time in reading and recreation. How often do we hear women say: "I don't have a minute to read or do anything but my housework." In every home there is always much to be done, but in many cases we do not gain by putting all our time into hard work. If we will take a few minutes each day to read and rest we will be so much refreshed, both in mind and body, that we are enabled to accomplish fully as much work as though we worked steadily on without rest. Our whole time and strength should not be used in such a way that we can do nothing whatever for those outside our own family circle.

Both time and strength are given us by our Creator and we should devote a portion of each to his work. We
should not tire ourselves during the week so that we feel unable to attend the services of God on the Sabbath. We should so arrange our work that Sunday may be a day of worship and rest.

Our meals may be so prepared beforehand that very little labor is needed on Sunday to provide the necessary food. Those living some distance from the church often plead this as an excuse for staying away from God's service; but by preparation the day before, this difficulty can be overcome. Usually where there's a will there's a way. One family of my acquaintance furnish a fine example of this. They lived a number of years three or four miles from church, but were nearly always to be found in their places promptly at 10:30 a.m. for morning service. Their plan was to have cold meals, baked beans left in the oven, or other dishes quickly and easily prepared. Then when they arrived at home dinner could be served in a very short time.

Too many of us are inclined to neglect church and Sunday School for the sake of Sunday visiting. It does not seem like time rightly used to spend it in visiting and talking secular matters every Sabbath. It seems to me that is not what is meant by "Remember the Sabbath day to keep it holy." We should take time to visit our friends and neighbors, but should do it during the six days, reserving Sunday for rest and worship.

It is getting to be a very common thing among farmers' wives to think they cannot take time to call upon their neighbors even though they be very near. To be sure there is always work to be done and always will be as long as we have houses to keep and families to care for. But if we can find time in no other way, let us take a bit of sewing or mending along with us and visit while we work. I have seen some neighbors who followed this plan and by so doing, obtained much more time for visiting than they could have done had they completed the necessary work before leaving home.

Years ago our mothers and grandmothers did all the spinning, weaving and knitting for their families, and did all their sewing by hand, and even then had time to visit their neighbors. At the present time when we do none of these things, we surely should make our manner of living simple enough to be able to spend a small portion of our time cultivating the acquaintance of our friends and neighbors. A little time so spent often proves very beneficial, and it makes our lives less monotonous and gives us new ideas which are helpful to us in our everyday lives.

Whatever else we do, let us not spend our time in useless worry. It is not the work we have to do which wears us out so much as worry. Even though our neighbors may be able to keep their houses better or have things nicer than we, let us do the best we can and don't worry.

One writer has said: "The finest fields of the farm are those in the household—in the souls of the family, and the richest harvests are grown in these fields; and yet they are the fields most often neglected." Let us invest a goodly portion of our time in these fields, knowing that if we do so we may be able to receive great interest on our investment, not only in time but in eternity.

Surely there can be no better or more profitable investment for us to make of our time than in making happy homes on the farms in which we may bring up our boys and girls to a useful, Christian manhood and womanhood, whose influence will extend long after our presence is gone from among them.