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S.

For the
Woman Reader
by
Florence Kidwick Boyd
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Live Ornaments

Possessions tend to accumulate through the years until our walls and shelves are crowded with dead knick-knacks which have lost their interest. Enter your front door and look about your rooms in the spirit of your most critical neighbor, forgetting the sentiment which ties you to these out-of-date treasures.

That picture of Aunt Jennie—is it really beautiful? If you must keep it, can you not consign it to a less prominent room? The little etching, in the dilapidated frame, is really a work of work. How much more attractive it would look freshly framed!

Though its color is good, one purple vase on the piano is condemned, by its inartistic shape, to the discard. Those limp and emaciated soft pillows were objects of joy—long ago. With more plumpness and fresh covers they might recuperate and become again fit to mingle in good society.

Are those small pieces of bric-a-brac, scattered over the mantle, really of enough value to compensate for the cluttered effect they give to that center of the room? Why not force them to resign in favor of your colonial teapot or Indian bowl? These would give real dignity to the fireplace.

Study the photographs strewn over the piano. Observe that your dear ones do not look like that to-day, and their passe hair-dress is merely "funny" to your callers. They are hardly useful now for public consumption, however dear for private devotion.

Do not fear that your rooms will look bare when cleared of passe decorations. Space is more beautiful than almost anything you can put in it. When you rearrange your actually desirable ornaments, giving to each its most appropriate setting, you will find they will shine out as more choice and important because no longer crowded and belittled by insignificant debris.

Club Woman Ideals
Women, in their clubs, have banded together to help one another attain the highest possible standards of living, not only for themselves and their families, but for all. They take an interest in everything which makes for human welfare. They do not stop with being merely interested, in an intellectual way, but they are actually working practically to bring these things to pass.

- These ideals, according to one club woman, are:
1. To sanctify home life.
 2. To elevate and purify our citizenship.
 3. To encourage wise legislation.
 4. To reach a helping hand to the underprivileged.
 5. To enrich our lives with the fine things about us.
 6. To formulate and train a wise public opinion.
 7. To fraternize with our brothers at home and abroad.
 8. To grow in wisdom and stature, mentally and physically.

Food Fads
Beware of food fads, propagated by some hobbyist, without proper scientific basis. They often lead the gullible to limit their diets, cutting out this and avoiding that, until it is too narrow to provide all the elements needed by the body.

Reducing programs should be scientifically balanced or the result may be a serious and incurable illness. "Mix 'em up" is the rule doctors give us. Eat a wide variety of foods—but not too much of any. Do not be a glutton. The limit and restraint applies to the quantity, not to the variety.

The balanced diet must contain animal protein—meat, eggs, fruits; vegetables, especially the leafy kind; whole grain breads and cereals; fat, especially butter, and cream.

The danger is that the food faddist will eliminate white bread, meat and other carbohydrates from the diet and not permit himself enough to repair the tissues and provide energy. No one food is a perfect food, but there is safety in numbers—and variety. If you would cut down your weight, eat some of everything, but not too much of it. The whole variety need not appear every meal, nor even every day, but see to it that you run the gamut of normal diet every few days.

Dishwashing Aids
Besides soap and scouring powders, the efficient housewife has other aids to help in this ever-present household task. There is the string dishmop, for use in hot suds, and to wash the glasses and cups. It must be kept clean to prevent its becoming a hiding place for germs. Splendid dishcloths may be purchased in the stores for a nominal sum. It is no longer necessary to use a sleeve of an old shirt, or a fragment of discarded underwear. The new dishcloths come in colors to match the color scheme of the kitchen. Brushes of an assorted variety aid in dishwashing, but these, too, must be kept scrupulously clean. A wire brush for scouring, scouring mitts, the magic ball of scour preparation, steel wool, a rubber sponge

Washable Gloves

Fashion decrees washable fabric gloves of light shades, such as delicate grays and tans. These should be bought in large sizes that they will not become too small in the washing. Money, railings, counters, merchandise and many other things are constantly touched by gloved finger tips and leave their mark on them.

To wash such gloves, slip them on the hands and wash them with suds as one would wash the hands, rubbing the finger tips against one another, or using a hand brush to scrub them if necessary. One advantage of the glove fashion is that it keeps the hands softer and cleaner. Gloves are so much the rage this season that the sleevelessly gowned lady wears short gloves to cover her hands, even indoors and at the dance.

Hair Cleanliness

To prevent the hair from smelling sour and rank, wash it frequently. Some people still believe that the hair should be washed only once or twice a year, but that idea has been exploded. It will not harm the hair to wash it once a week, if it is well dried after being washed and if good soap is used. Hair absorbs cigar and cooking odors and adds perspiration odors and should be washed each two or three weeks to keep it sweet and clean.

Why Is Cake Heavy?

A cake may be heavy because the batter was not sufficiently beaten. It should be well beaten after each addition of flour or milk. There may have been too much shortening, sugar or liquid used; or the oven may have been too hot or too slow. Use a reliable recipe and measure accurately.

Combination Salad

Dissolve a box of lemon gelatin in a pint of boiling water and when it begins to set, add a half cup of shredded cabbage, finely cut celery, diced or shredded carrots and slithers of managoes. Let this form in a mold. Cut in squares and serve on a lettuce leaf with salad dressing.

Harvest

And now with autumn's moonlit eves 'Tis harvest time has come: We pluck away the frosted leaves And bear the treasure home. —Whittier.

Nail Care

To prevent stains under the fingernails, rub a bit of soap or melted paraffin underneath them before beginning a task likely to stain them.

Mrs. Solomon Says:

It is impractical not to be happy.

"I hear that Smeed owes everybody in the city."
"Don't you believe it; that report is a cruel exaggeration. I was personally assured by Bangs that Smeed didn't owe him and never had owed him a single cent."
"Bangs? Who is Bangs?"
"Why, he's the stamp clerk in the postoffice."

Father (to son "listening in")—"What's the talk about?" John—"Biology." Father—"I asked you what's it about—not who it's by."



Mr. and Mrs. Eskimo bring down a full-course dinner with a bow and arrow, which is still in use in certain parts of Alaska. This photograph was taken within Arctic Circle.

Belgian Queen Takes Up Fad of Miniature Golf

Initiates Prince of Wales and He Returns to Lay Out Course at St. James's

Paris—Midget golf has captured the royal courts of Europe, with the sports-loving Queen of the Belgians the most fervent fan. Queen Elisabeth gives week-end golf parties, inviting royal friends, including the Prince of Wales, from all parts of Europe. During the recent visit which the Prince of Wales paid to the royal palace at Brussels he passed half his time playing midget golf with the Queen.

Before the heir to the British throne flew away in his airplane the Belgian Queen had learned the game sufficiently well to win a match with him 1 up.

Enthusiastic over the new sport, the Prince returned to London with the intention of setting up a course for himself in the courtyard of St. James's Palace. It was reported he also had converted his father, King George V, to the game.

The Belgian Queen's lead, however, gave fresh impetus to the game, particularly in international society. Dukes and duchesses, lords and ladies vie with shopgirls and humble clerks in playing the game.

Designers of courses have invaded the Continent in increasing numbers. They come mostly from America to lay out links in palaces, chateaux and ultra-smart hotels along the English Channel coast and on the Riviera.

Adjoining the Casino at Monte Carlo a new course is now being installed. It will be the most unusual and picturesque in existence, the operators there declared, and all the wealthy on the Riviera in the coming season are expected to play.

Wagers on the little white ball will be made on the greens of the golf course. The novelty, the managers believed, would make it popular beyond all past records, even in America.

Air Mail Speeds Business To and From West Indies

Saves From Two to 14 Days in Delivery of Letters Forwarded From Canada

Airplanes are taking their place in the economic structure of the world and particularly in the realm of speeding communication with various countries. Nowadays they are being used to an increasing extent for mail purposes and a table issued by the local post office shows how they are accelerating distribution of Canadian mail in the West Indies.

A saving of from two to 14 days is made by using air mail from Canada to such places as Haiti, the Dominican Republic, Porto Rico, U. S. Virgin Islands, Antigua, St. Lucia Trinidad and British Guiana.

As an instance mail sent from Montreal to Port-au-Prince, Haiti, takes six days by air mail. Six days are saved by sending mail by air to Antigua instead of by boat; nine days to St. Lucia seven days to Port of Spain, Trinidad and twelve days to Georgetown British Guiana.

Local post office officials are constantly calling attention to the advantages of using air mail, and attractive advertising matter has been prepared and sent out over a wide area to emphasize the point.

One of the latest reminders is an arrow sticker, printed in two colors, reminding the recipient of the latter that "This letter came by air mail," and "For speed reply by air mail."

Mirrors Now Used By American Colleges to Develop Character

It takes courage and a readiness to receive a swift right to the ego to enroll in some college courses nowadays. Having undertaken the job of developing personality, the college is anticipating the activities of the recording angel in seeing to it that the student shall at least face reality as to his own traits. One New York University course this year goes to the length of taking motion pictures of each student to reveal his postural, sartorial and social sins.

A still more rigorous test is enforced in the division of home economics at the Kansas State Agricultural College. There all freshmen students are required to have themselves rated by five friends in fifteen personality traits ranging from honesty and initiative to personal charm. These charts are then compared with the student's self-rating and certain traits selected for improvement. Once a month each student will meet with her advisor to discuss these personal problems, and at the end of the semester she will be rated again by herself, her instructor, and three college friends to determine whether improvement has been made. A similar third degree was part of a course for teachers at the University of Arizona last summer.

"Many film actresses spend over \$50,000 a year on dress." That must include their divorce suits.

In a sermon on deceit, Dr. Brounger asked why we could not always put out best foot forward. "When we are not at our best we are really being deceitful. This is especially true of those who are so nice when others are about, but become entirely different people when the family is at home alone."

Sunday School Lesson

November 16, Lesson VII—The Healing Centurion (A Gentile Whose Faith Jesus Commended)—Matthew 8: 5-13. Golden Text—And they shall come from the east, and from the west, and from the north, and from the south, and shall sit down in the kingdom of God.—Luke 13: 29.

INTRODUCTION—Jesus' ministry in Galilee appears to have lasted about two years, from December of the year A.D. 27 to November, A.D. 29. A great deal of intense and uniring activity was crowded into those two years, and also such of his teaching both by parables and otherwise. The Gospel narrative tells us of the multitudes which thronged about him, or followed him from place to place, attracted by the freshness and power of his teaching and by the wonderful works of healing which he did. But even more interesting to us than the multitude are the individual men and women, disciples and others, who meet him sometimes in the midst of the throng, more often in his hours apart, whose spiritual attitudes and needs were so much like our own—the fishermen by the Lake of Galilee, the mentally afflicted and the lepers who drew heavily upon his compassionate love, the paralytic borne by his impetuous friends, the publican drawn from the place of toll by the magnetic power of a new affection, the Pharisee who wholly insincere with his quibbling questions about custom and his own brothers, the Jewish magistrate distressed by the desperate illness of his little daughter, the Canaanite woman in similar distress whose pitiful pretence that she was a Jewess Jesus put aside that he might minister more directly and fittingly to her own as well as to her daughter's need. Of especial and extraordinary interest is this military officer whose character and whose faith in Jesus are so attractively presented in the lesson before us.

I. A GREAT NEED FELT, vs. 5, 6.
Jesus was again in Capernaum, his home city (Matt. 4:13), where so many of his great works of healing had been done. The centurion, probably a Roman officer in the employ of Herod Antipas, had been an admirer of the Jewish people, and through them had come to know Jesus and to believe in him. It is very much to his credit that he thought so highly of his servant. Luke says that the servant "was dear unto him." Luke adds also that he did not himself presume to go to Jesus but "sent unto him elders of the Jews," thinking perhaps that a Jewish teacher would be unwilling to consent to the request of a Gentile. He was to learn by what followed the large human sympathy that was in the heart of Jesus, overstepping all barriers of race or nation. Indeed the coming of this man in his need to Jesus was one of the very first indications of the power that his person and teaching were yet to gain over the Gentile world (see v. 11).

It is possible that the centurion may have known personally the nobleman whose son had been healed by Jesus, according to the story in John 4: 46-54. He was held in high esteem by the Jews of Capernaum, who said to Jesus, "He is worthy that thou shouldst do this for him; for he loveth our nation and himself built us our synagogue (Luke 7: 3-5). It is interesting to learn that in recent times the ruins of a synagogue have been found at Tell-Hum, believed to be the site of the ancient Capernaum, and that an effort is being made to rebuild it.

The word "palsy" is an old English shorter form of the Greek "paralysis." It means the loss of power to move, whether wholly or partially. Suffering in this case, the sufferer was " grievously tormented," it has been conjectured that the case was one of acute spinal meningitis. Luke adds that he was "at the point of death."

II. A GREAT FAITH RECOGNIZED, vs. 7-13.
So simple, so direct, and so great is this man's faith in the power of Jesus that he believes him able to heal by speaking the word only. He is, he says, not worthy that Jesus should come under his roof. "But only say the word and my servant shall be healed."

Moffatt renders verse 9 as follows: "For though I am a man under authority myself I have soldiers under me; I tell another to come, and he comes, I tell my servant, 'Do this,' and he does it." Believing Jesus to be like himself under authority received from God he believes also that he has at his command unseen agencies and powers that will do his will. Compare Luke 7: 8. As a well-known modern writer puts it, "We see the wisdom of his faith beautifully shining out in the bluntness of the soldier."

Jesus is represented here as using a figure drawn from the ancient prophets of Israel who conceived the glorious future age of salvation and universal friendship as inaugurated by a great feast of all good things. To it all people of the world would be invited, and in it the people of the past and the future would have equal share and part. See Isaiah 25: 6-8; 26: 19; 2: 2-4; Daniel 7: 14. More than once Jesus saw in "the coming to him of people other than Jews, of other races and nations, the dawning of that new age. Compare Luke 13: 29 and John 12: 20-24. One of the hardest problems which the early Christian church had to solve was that of the admission of Gentiles on equal terms with Jews by the way of faith in Jesus Christ. At first there were individual cases received by special favor or because of some extraordinary experience of divine grace, later in unrestricted numbers through wide open doors in the missions of St. Paul who saw that this was in harmony with the mind of Jesus, Romans 9: 22-26.

Searchlight Tattoo



Members of the Chicago Police Band performing a tattoo in celebration of the Searchlight Tattoo, held recently.