

For the Woman Reader

by Florence Riddick Boys

Winter Sports

Hiking is one form of winter sports—out with a friend where the bare tree silhouettes are lovely, where delicate grasses peep through the snow, and where fresh rabbit and squirrel tracks allure you. One of the chief delights of this form of winter sport is the delight of coming back home to the warm fire and whisking up hot supper. Oh, but the appetite you bring back! It doesn't matter much what you have to eat, but you want plenty of it and that piping hot.

Then there is skating and the pink checked joy of skimming over the slick ice, hand in hand with somebody you like, or independently, on your own.

Now skating is a form of sport you do not have to learn; but only to strap on a pair of the equipment, toe in, and strike out. Skating becomes an art, but a beginner may have lots of fun trying it. Skating is an other form of larking in which one may indulge in cold weather. And there is another which is available to everybody—sleeping with the windows open. The people who feel the cold most are those who house themselves in. Those who suffer least with the cold are those who live and play in the open. When you come back to your house after exercise in the open, it will feel too warm and stuffy to you.

Food Economy

Nutrition may be gained from many simple and inexpensive food materials, and skilful blending and preparing of these makes as satisfactory a meal as more expensive viands. It is the art of the housewife to transform these plain foods into acceptable dishes which will nourish and please her household.

Too many families depend on highly refined and prepared foods, on rich in delicate form, and on sweet foods. The diet should include milk at each meal for children, some each day for adults; cereal in puddings and porridges; potatoes; green or yellow vegetables, as lettuce or carrots; tomatoes; an orange to provide vitamin C. Canned tomatoes will do, but are less raw. Dried beans, peas, lentils, inexpensive cuts of lean meat, fish, and cheese will furnish muscle-building material.

Supplement these foods with liver and kidney and cod liver oil occasionally with molasses and yeast. To cook cheaper cuts of meat and make them delicious, roll them in flour, brown quickly and then let them simmer slowly a long time until thoroughly tender. Add carrots, potatoes and other vegetables for flavor and make a brown gravy.

Some suggestions for economical menus are: bean soup; scalloped salmon; cheese macaroni; rice with tomatoes; vegetable stew with meat; peanut butter sandwiches; potato and tomato soup; griddle cakes; mushes and porridges.

Entertaining

A woman asks how guests should be seated at the table. At a formal dinner the lady who is the guest of honor is seated at the right of the host and the lady next in importance at his left. The place occupied by the hostess is regarded as the head of the table. At the right and left of this lady the most important men guests are seated.

If a husband and wife are guests of honor the host escorts the wife to the dining room and the hostess is accompanied by her husband. The wife is seated at the right of the host and the husband at the right of the hostess. The clever hostess will seat other guests according to their congeniality and the usual custom is to separate married couples. A lady that is engaged is seated beside her fiancé. Women are seated at the right of the men who take them to dinner.

Care of Stockings

Do you put on your stockings right? Of course there is a right way to do it and this means longer service from the stockings.

This is how you do it: Roll down the top of the stocking, slip your foot in and carefully roll your stocking up over the heel to avoid undue strain upon the threads of the silk. As you proceed do not pull up too quickly nor too tightly. Handle the stockings carefully. Runs are frequently caused by a ring on the finger or a shoe that is too tight.

If you wear spinsters fasten these carefully. It is best to put them through the double button in sheer stockings and do not adjust them too tight as this is a strain on the threads every time the knee is bent.

Kitchen Charm

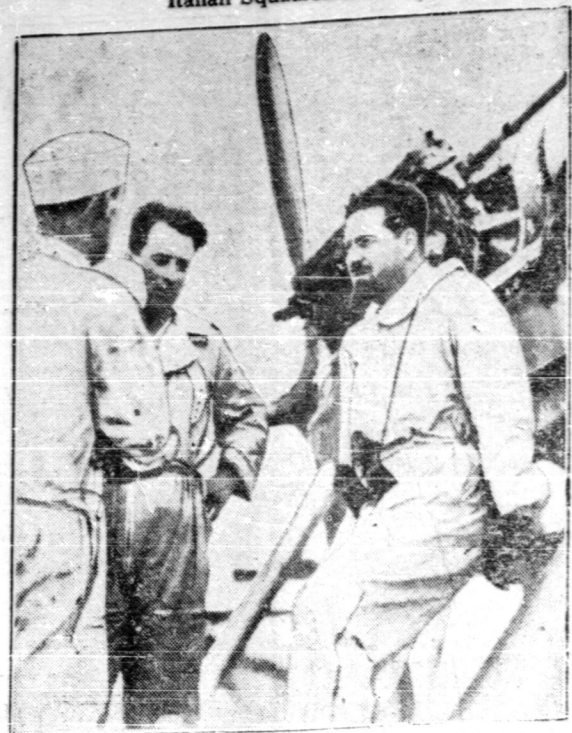
Gayety is the new note in kitchen design. This work shop is not the dreary institution of yesterday. Some housewives are painting walls and woodwork a bright, gay color and furnishing the room with colorful pots, pans, pitchers and bowls. This practice, however, is likely to be too aggressive and confusing. It is better to give the large surfaces and back-grounds of some neutral shade, and to

supply the cheerful colors in the furnishings.

Gaily-painted shelves may hold the cook books. The window curtains may be of bright gingham. The floor may be of light gingham. The chairs may be of light gingham. The table may be of light gingham. The chairs may be of light gingham. The table may be of light gingham.

"You'll find the rest in your post," said the tenant, as he set the dog on the collector.

Italian Squadron Leader



Gen. Italo Balbo, chief of Italian air service, stands in front of his plane at Natal, Brazil, after leading squadron of ten Italian biplanes successfully across Atlantic from Africa to Brazil.

Some Strange Facts

Strange footprints of odd animals are often found in parks of age ago. When the stone material was soft animals walked on it and left their tracks.

A concrete road in Delaware was torn by enormous holed shoes which were followed by a dog. The holed shoes were made from time to time to establish snake-venom epinephrine.

Another snake serum, known as crotonin, has been used in this country for a short time, owing to the fact that it is made from the blood of a snake.

One million years from now some explorer may dig down and come across those strange footprints. What will he think?

One animal with a sort of double foot with a heel shaped like half a circle, the front part without any toes, but dozens of spikes or something all around the outside.

Then the funny tracks—made by the horse-hoof—strange creatures, all except the dog.

What were they doing and why did they travel in company, these three such different animals?

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Sunday School Lesson

February 15. Lesson: The Forgiveness of Sinners. Friend of Sinners—Like a Friend in Need—This is a lesson about the forgiveness of sinners.

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How to Thoroughly Cleanse Your Teeth

To get around this situation dental men are now insisting. This should be insisted between each pair of teeth—do not neglect to clean them thoroughly with a toothbrush.

The way to use the lime water is this. First pour a little of it into a glass, then taking some into the mouth, force it back and forth between the teeth with the aid of the tongue and cheeks until it foams. Then spit it out and rinse the mouth with plain water.

You can secure lime water from your dentist but if you use a farm or a some place remote from the great convenience of a drug store you can make your own lime water as follows.

Take a teaspoonful of clean unbleached lime, the size that builders use. Now take a pitcher and fill it with water. Put the lime in the pitcher, add water and stir until you fill the pitcher. You should stir thoroughly until the water looks like milk.

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Extinct Volcano Located in China

Discovery Made By Chinese Scientists in Szechuan Province. Nanking, China—Traces of an ancient extinct volcano have been discovered in the province of Szechuan, in China's mountainous far west.

The discovery of the volcano was made by Dr. D. T. Tseng, Research Fellow in the National Central Research Bureau, who advised the authorities here of his find. The crater which Dr. Tseng found has a diameter of about 200 feet, he said in a report.

It is filled with earth carried and deposited there by the winds of heaven. The crater is about 100 feet in diameter and is filled with earth.

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Thorny Cactus Now Under Cultivation

Once a nuisance, the cactus has become man's servant. In Arizona his cultivating employs over a million acres. One visualizes the future south-western desert as a succession of cactus plantations.

An article in The Michigan Manufacturer (Detroit) dwells particularly on the latest, and perhaps the most important, use. We read in this magazine:

The cactus plant of the Great American desert is the basis of a new and rapidly growing industry. More than 1,000,000 acres of Arizona sand waste under cultivation.

These include dyes, soaps, cleaners, candy, boiler compound, and water softener. Manufacture of boiler compound is the latest commercial application of the desert plant.

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