For the Woman Reader

by Florence Riddick Boys

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Life

Thrifty, provident, practical, industrious, enthusiastic; simple, generous, idealistic—this is my idea of life.

Enough fresh air to breathe, enough sunshine to kill germs, enough rain to make life fruitful, enough wind and storm to stir the spirit.

Congenial labor every day, with play after work.

Books, pictures, music, beauty, with some time to enjoy them.

Opportunity to run the natural gamut of life—birth, childhood, maturity, parenthood, age; family and friends along the way; religion, service to humanity.

What more is needed to make life glorious?

Family Finances

Man spends only fifteen per cent. of what he earns. "The Missus" spends eighty-five per cent. It would be interesting to know how the women get from their mates this vast sum of money which they spend. Do they eke it out of the male, dime by dime? Do they get it in humiliating doles? Do they make a raid on his trousers pockets at night? Do they feed him a good fat meal and afterwards show him the monthly bills, followed by hot words and deluges of tears?

Do they simply "charge it" and let him sweat over that situation as best he can? Do they have an allotment on which they are to run the household—and perhaps have for themselves any left-over they may salvage from family eats, raiment and rent? Do they have a "family purse," which "he" is supposed never to let run completely dry? Do husband and wife have a joint checking account? Or how is this perplexing household problem arranged in most families, anyhow?

An allowance, with a definite amount put in the checking account of the homemaker each month, is an ideal way. This enables her to know what she can count on and encourages thrift and wise management. It is an advantage to pay all bills by cheques, for many reasons.

A checking account begets credit at the bank, and this may be very valuable if ever one may need to borrow a few dollars to tide over an emergency. A cheque constitutes a receipt for a bill paid, if there is discussion about it. The cheque induces economy, as one is more willing to spend cash in hand than to break into the bank account.

Plants Indoors

There is an old belief that it is injurious to the health to have plants in sleeping rooms because they give off carbon dioxide at night, and it's poisonous to the air for human breathing. This is a mistaken notion. Plants do give off this substance, both day and night, but in such small amounts as to produce no effect upon the health of those occupying the room.

On the other hand, plants have many hygenic advantages in the room. Chief of these is their habit of giving off water, acting as humidors in dry rooms. The air in our houses is almost always too dry. It is amazing how much moisture is given off constantly by plants; and this evaporates into the air, making it more wholesomely moist. We should remember this, when taking care of plants, and give them an abundance of water. They need it.

There is, however, one perfectly good reason why plants should not occupy a bedroom during freezing weather. It is that bedroom windows should be open to the fresh air of the outdoors, that the sleepers may inhale the health-giving fresh air as they sleep. With the windows up, the plants are likely to freeze. It is the welfare of the plants, not of the human occupants, which make them undesirable room-mates on winter nights.

Preparing Grapefruit

Do not cut a grapefruit until immediately before it is to be eaten. It loses flavor if it stands exposed to air. Keep grapefruit in the icebox until ready to serve and it will be more delicious.

When preparing the half for eating do not cut the white membrane which separates each lobe, nor the white pulpy center, but scoop out the seeds and run a sharp knife between the meat and the rind and between the meat and the separating membranes—all without cutting the partitions. When a grapefruit is eaten a complete skeleton of the halved fruit will remain. Cutting the membranes or pulp tinges the meat with bitter oils and makes the grapefruit less palatable.

Use sugar sparingly. Some people use salt instead of sugar on their grapefruit.

The New Corsets

The new feminine silhouette brings corsets in again. They are not the steel armour of olden times, but many are of silk and lace and elastic. They shape the figure by skilful designing of the cut and lines of the garment, rather than restraining it by use of stiff boning. They still demand that woman should be slender, since the soft materials are not able to restrict rolls of fat, and it is unsightly to have fat bulging hang over the line where the corset stops, as it likely to do if one is over corpulent.

Grow Vegetable Flavor

In a sunny window, in the kitchen if you have a sunny window there, have a flower box or a group of pots in which you grow your own flavorings for soups and salads and garnishes. Have a bunch of chives, several parsley plants, a few hills of celeriac or turnip rooted celery, a plant of sage, and a plant of mint. It will be a delight to see their pretty green leaves flourishing in your kitchen, and they will make many a dish more tasty.

Taffy Kisses

These are none the less sweet, though they are no use the kind you get under the mistletoe. Mix two cups of medium brown sugar, a pinch of soda, a fourth of a teaspoon of salt, a tablespoon each of butter and of vinegar, and a cup of boiling water. Cook until it forms a brittle ball in cold water. Add a quart of a teaspoon of vanilla and pour on a buttered plate. When cool enough to handle, pull until it is a golden color, then twist into a rope and cut into small pieces with the scissors. Dust with powdered sugar and wrap in oiled paper.

Cranberry Salad

Cook a pint of cranberries in a cup of water until soft. Add a pinch of salt, a cup of sugar and a package of jello or other jelly powder. When the mixture begins to harden, add a small cup of diced celery and a half cup of chopped nut meats. When firm, cut in squares and serve on lettuce leaf, topped with mayonnaise.

Galoshes

To clean them put them in the washing machine and wash them with warm, but not too hot, suds. Rinse and dry them and they will be none the worse for their laundering, but clean inside and out.

Thoughts For the New Year

We live in deeds, not years; in thoughts, not breaths;
In feelings, not in figures on a dial.
We should count time by heart throbs!

He lives most
Who thinks most, feels the noblest, acts the best.

—P. J. Bailey.

A Child's Tooth-Brush

Every child should be taught to clean his teeth regularly, and also to look after his own tooth-brushes.

When choosing a tooth-brush for a child, care should be taken that the brush is small (some brushes intended for children are far too large to permit proper manipulation). The child should be taught to clean his teeth, with a rotary movement, and not with a wide, sweeping movement.

To ensure the maximum service from each brush, and that it will act as a preventive of infections rather than a carrier of them, careful treatment is necessary.

As soon as a tooth-brush is received it should be allowed to soak for several hours in cold water to which a generous amount of salt has been added. Before use it should be held for a minute or so under cold running water. After use the brush should be washed in cold, slightly salted water and hung up.

Five Uses For Alum

Alum can be used for mending broken china, glass, and so on. Melt a little in an old iron spoon and supply to the broken parts. When it has hardened it will hold the parts together better than glue.

A small piece of alum added to the vinegar when pickling will make the pickles crisp.

Should you cut your finger, rub a little alum over the affected part. This stops the bleeding immediately.

A solution of alum and water will not only clean a ceiling, but will also prevent the whitewash from peeling.

Half a teaspoonful of powdered alum dissolved in a tumblerful of tepid water makes an effective gargle for a sore throat.

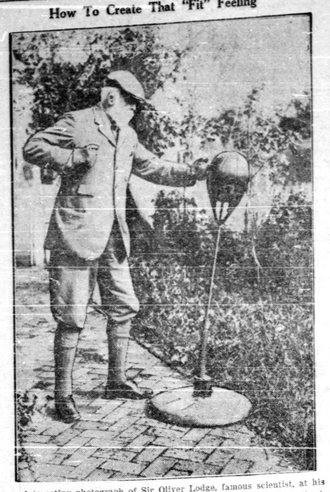
CABBAGE DRESSING

Red cabbage, shredded and served with sour cream dressing, is excellent. Mix powdered sugar and the sour cream and add just enough vinegar to suit the taste. Then add a bit of seasoning.

"You know I've been thinking about getting married," said the bachelor. "Yes?" murmured his uncle, a man of few words. "Do you think a married man can be happy?" insisted the bachelor. "Certainly,' replied the old fellow, "if his wife will let him."

Wiseacre: "Haven't I always given you my salary cheque the first of every month?" Mrs. Wiseacre: "Yes, but you never told me you got paid on the first and fifteenth, you embezzler!"

How To Create That "Fit" Feeling



Interesting photograph of Sir Oliver Lodge, famous scientist, at his home, Normanton House, Willshire, England. Sir Oliver is an enthusiastic believer in exercise for physical fitness.

Weather Study May Benefit Canada

German Meteorologist Finds Odd Temperature Correlations Between Canada and India

An interesting, though not yet understood correlation between the weather conditions of India and Canada, which has been discovered by Fred Groissmayr, of Passau, Germany, was recently recommended to the attention of Canadian and United States Weather Bureau meteorologists, by Dr. C. F. Brooks, of Clark University. Why dry summers in India mean mild winters in Canada and wet summers in india forecast cold winters in Canada is still a mystery that is puzzling the experts. These conditions seem, however, to be well founded by years of charting of weather conditions in the two countries.

Dr. Brooks predicted, on the basis of the previous Indian summer, that the average temperature in Winnipeg, from December, 1929, to February, 1930, would be slightly above normal. Reports subsequently obtained from the Canadian Meteorological Service proved this forecast, based on Groissmayr's formula, to be correct. This is the sixth forecast of Canadian winters that Dr. Brooks has made, based on the weather conditions prevailing in India during the previous summers. Of these two were almost perfect, two were reasonably successful, one was good and one was poor.

Mr. Groissmayr has been making a study of weather reports in India and Canada for forty-four years and was attracted, in the beginning, by the remarkable correlation between the climates of the two areas, although they were separated by such great distances. He noticed that throughout the entire period, when India was unusually wet or dry, the winters in Canada were below or above normal in temperature, with only four exceptions.

These queer relations between the two distant areas finally lead him to the further study of other tropical factors influencing, or seeming to influence, Canadian winters. Further charting of the seasons indicated that India's Monsoon, the flood of the Nile in Egypt and high atmospheric pressures over India, Egypt and even Batavia, were reflected by changed temperature conditions in Canada. The highest India pressure of 1877 was followed by the mildest winter in Canada, and, throughout the entire period; temperature heights in India were always associated with highest temperatures in Canada and large portions of the United States.

Dr. Brooks, in recommending the finding of the German weather expert to the American meteorologists, said: "The extraordinary high correlation found by Mr. Groissmayr, between pressures, temperatures and rainfall for of certain tropical regions and the later winter temperatures in Canada, challenges North American meteorologists; first, to test Mr. Groissmayr's claims by applying his formula to the years after the period he used in making them; secondly, to study the physical basis for such a correlation, and thirdly, to explore other possibilities, not only for the prediction of winter temperatures, but for other seasons and for all parts of the continent."

Skiing On Sand Dunes Is Latest Sport Note

Fort Morgan, Col.—A new kind of sport has been originated in Colorado, that of skiing on the great sand dunes of the San Luis Valley, a vast area of pulverized sand, over twelve miles long and six miles wide, which undulates from a height of more than 1,000 feet from the side of the Sangre de Cristo range in a gradual slope.

Many natural ski courses may be found on these sand dunes, which are abundantly supplied with natural hazards in the way of small hills and crevices. A number of skiing enthusiasts in Colorado have tried the courses in the sand dunes, and they claim that the sand furnishes ample sliding surface and that it affords sport just as exciting as the snow courses.

The Colorado Highway Department is building a paved highway to these great sand dunes which geologists state were once the bottom of a great inland sea.

London's principal museums, the British and the South Kensington, are so full of exhibits that the discoveries of recent exploration parties in the East are still lying packed up; there is no room to display them.

Plaids Will Speak Loudly this Spring

Fascinating Color Combinations of Red, Yellows, Blues and Black

The smart things that are being done with plaids right now is just one of the season's surprises. Plaid coats, plaid sports things, vivid plaid accessories for skating, skiing and other outdoor wear, and the dalintiest of plaid chiffons for dinner and the evening give spice to the social scene right now.

It is not only the theme of the plaid that is intriguing. It is the way a single piece of plaid material is used on the bias, on the straight, on the cross-wise cut that stirs your imagination.

If it is pajamas you are contemplating, you really should look twice at some plaid velvet wonders, in gold, black and a line of vivid green, with the blouse the softest of green satin and the coat rich gold.

If it is frocks you are needing to wear under fur coat, there are smart Scotch plaids with that gaiety that only reds, yellows, blues and black have and browns and tans that are ravishing.

One of the very smartest is a broken line plaid coat for travelling, sports, or to slip on for about-town wear, in a stunning black and grege combination, in ombre effect.

Its cut is something to make you look twice and once you have it on you will notice others look twice, too. There is something about the shoulders that is vastly flattering and feminine. And a beautiful collar of natural lynx that is perfect with the beige-ish gray of the coat. The lynx fashions top cuffs, above a shallow cuff of the material. At about the waistline, there is a belt of the material that fastens over the fitted form of the coat with a smart buckle.

With plaids in the ascendancy and predicted as the coming rage of spring, a coat of this material would give you a head start on fashion itself.

Refugees Live in Fear Over Andes Volcano

Salta, Argentina.—Huddled in tents in a public square, the inhabitants of the little Andean town of La Poma, in northwestern Argentina, on Dec. 30, listened with increasing dread to reports that volcanic energy was being released under the village that an earthquake laid in ruins Christmas Eve. Thirty-nine were known to have been killed, thirty-five were seriously injured and others were missing and feared to be dead.

Scantily clad, most of their clothing having been lost in the disaster, the inhabitants obtained with tents what shelter they could from the storms that have followed the first violent shock on Christmas eve. Ten more shocks, three of them sharp and intense, were felt the next day.

Meanwhile the appearance of the whole countryside has changed, giving rise to fears that La Poma may be directly over an intense volcanic disturbance. Gaping cracks show in the sides of hills which began emitting sulphuric smoke on Christmas Day. Another spot presented an altered, wavelike appearance with great splits of unknown depth which were said to be increasing in size.

Destitution is so complete in La Poma that emergency appeals were sent out for aid to include cooking utensils, these having been lost with other household belongings.

Builders

When we build, let us think that we build for ever. Let it be not for present delight, nor for present use alone; let it be such work as our descendants will thank us for, and let us think, as we lay stone on stone, that a time is to come when those stones will be held sacred because our hands have touched them, and that men will say as they look upon the labor and wrought substance of them, "See! this our fathers did for us."—Ruskin

Rare Specimens

This habitat group of giant Tibetan Pandas, among world's rarest animals, has just been placed on exhibition at Field Museum of Natural History, Chicago. Animal on left was shot by Col. Theodore Roosevelt, and only one to fall to whiteman's rifle.

Sunday School Lesson

January 18. Lesson III—The ministry of John the Baptist—Luke 3:1-17.

Golden Text—Bring forth therefore fruits worthy of repentance.—Luke 3: 8.

V. 15. We are told that many people wondered whether John the Baptist might not be Christ. The word "Christ," is of Greek origin and means anointed. It thus corresponds exactly with the Hebrew term "Messiah" in the Old Testament. "Messiah" has occurs as a title, but many people thought of as "anointed" in a special way. Thus kings or high priests, even foreigners, such as Cyrus (Isaiah 45: 1), might be spoken of as "anointed."

In the time of Jesus the term, although the former might require arranged with vacuum tube amplifiers and other apparatus, the sound message on the light beam may be picked

Predicts Musical Lighthouses That Will Sing to Sailors

Talking lighthouses to tell sailors miles out at sea just which lighthouse they are watching, or even to entertain those passing mariners with news of the day or weather forecasts or the latest song and dance hits, were predicted by O. H. Caldwell, former United States Radio Commissioner and now editor of Electronics, in a recent address to the Virginia Section of the American Chemical Society in Richmond, Virginia. The secret, Mr. Caldwell said, is the modern process by which music, speech or any other sound may be "modulated" on a light beam much as radio programs are sent out on the beams of radio waves from a broadcasting station. To the eye such a music-carrying beam looks quite as usual but if it is allowed to fall on a photo-electric cell, properly arranged with vacuum tube amplifiers and other apparatus, the sound message on the light beam may be picked off and made audible. The beam from a revolving lighthouse, for example, might be made to sing a definite note whenever its rays fall on a small photo-electric cell mounted on a ship's bridge. Even the captain in his cabin thus would know, by the distinctive musical note of the beam, which lighthouse of several along a coast was then in sight. Such lighthouses now are distinguished by color or by the number and arrangement of flashes as the light revolves. The use of color necessitates decreased intensity of the light, since colored lights are not so bright as pure white ones. The reception of lights by flashes requires considerable practice. It might be easier, Mr. Caldwell believes, to have each lighthouse identify itself by a musical note or even by spoken words, although the former might require ship's captains to possess musical ears in addition to the manifold qualifications already necessary for that job.

Kussia Also Has A Family of Smiths

By Helen Christine Bennett
McCall's special representative to Russia.

In America we have one family name that crosses all boundaries. It is the name of Smith. It may be borne by the socially elite or the woman who goes out by the day. We know Gerov must be its equivalent in Russia. When asked, smiles came at once to the faces of Russian women. "Of course we have such a name. In Russia it is Ivanoff." It is the Smiths—the Ivanoffs of Russia who tell the story of the new life.—The Editor of "McCall's."

One of the most revolutionary changes brought about by the Soviets has been the freeing of woman to an extent not equaled in any country in the world. In Russia today woman may vote and hold office with none of the discriminations found in other countries. She has equal sex rights and privileges; she may marry and divorce at will; she has equal rights to her children and all her children, born in wedlock or out, are legitimate. She may do anything a man may do without stigma. She is free as no woman in the world has ever been free—as man is free.

When you first arrive in one of the great cities of Russia and look at the people on the streets, you search in vain for the smart, well-dressed men and women you are accustomed to see on the North American continent. The Smiths who pass you wear the clothes of workers. They are comfortable and useful clothes, but there is nothing luxurious about them. Let us look at the women. The one just passing, dressed in khaki shirt and knickers, is the foreman of a construction gang. The older woman, with the red kerchief that marks the member of the Communist Party, is a high official, and the woman with her, in a drab gray, is a factory manager. Behind them are two doctors, a judge, and a "superior soldier" (officer) in uniform. There are in Russia women soldiers with a rank equal to that of a general. All work is open to women.

But if we want to know the more typical Mrs. Smith of Russia, we must go to the factories. At the Melangi Combinat, a textile factory at Ivanovo-Voznesensk, we find women workers, Martha Smith—Marfa Ivanoff—stands before a great spinning machine. Seven hours a day she watches the spindles. The week is five days.

"I get the children ready for school before I come to the factory," she said. "No, I give them no breakfast—that is at the school. My shift begins at 8. Pieter and Lydia stay by the school two hours after my work, that I may buy for the house. Dinner? It is at the school. Mina is here, at the factory—My breakfast also. My husband, he eats with me here. At evening we make supper at home. At night, now—her eyes sparkled—I go three time a week to the class. I learn to read and write. The children? The sleep. If my husband goes, my neighbor listens."

"Every cook," insisted Lenin, "must learn how to run the government." Marfa is learning. To help her, the government has shortened her working hours, served her children free meals at school, and given her and her husband meals at low prices at the factory. As a worker, Marfa actually receives much more than the 80 rubles a month she is paid at the factory. She and her husband have food cards, clothing cards, cards for railway tickets at less than the ticket office sells them, soap cards and cards for sweets, and through the factory she may buy tickets to theatres, cinemas, concerts, at much less than box-office prices. As she will eagerly tell you, there is much more.

At almost every factory a doctor looks after the health of the workers. "If I am sick," said Marfa, "the doctor will care for me. Pay? No—I am a worker."

Why all this fuss about factory workers in Russia? Why should they be preferred citizens? There is justice in the question. Preferment for any class is far from a Communistic ideal of share and share alike. The Soviet government is frank in its reply.

"We have no Communism yet in Russia," said one official. "We are but nursing the first feeble germs of Communism. We live now under a dictatorship of the proletariat, of the workers. It is a transition period and will not last. It is the first essential step toward Communism."

"Is it essential?" These are the words of a woman of the intelligentsia. "You must understand that for centuries what the Russian workers earned was the property of the czar, the nobility, or the church. So little was left for them that they lived unspeakably; joy for them was nothing but vodka. There is a proverb—"Work loves a fool." To do as little as possible was a creed of self-preservation. Then came the war, revolution, famine. If we were to survive, it must be through a new idea of work. The Soviet government created a nobility of industrial workers, and Russians began to work."

Despite the money which has been expended for health measures, the people of the U.S.S.R. suffer acutely from lack of one of the greatest of health assets—a sufficient allowance of house room.

Marfa showed me her apartment in a "model" six-family house. Two bedrooms, one kitchen, one washroom (sink and toilet, no bath). In one room, spic and span, a single bed, a cot, one small table, two chairs, curtains and plants at windows, rugs on the floor. Marfa and her husband and their two children slept in that room. The second bed-room is willing rented by Marfa to a married couple who share with her the small kitchen. Next door are eight people! Yet Marfa and her neighbors do not complain. It is the tremendous rise of the aristocracy and the bourgeoisie who suffer in this terrific overcrowding.

Yet many women of those classes have found themselves under the new conditions. Listen, for instance, to Najeda Ivanoff, my interpreter.

"I was not a revolutionist," she said. "But now that this thing has come, I am happier than ever before.

"I was a physician's daughter. We had an apartment of 22 rooms. My father, mother, and six children. I was educated as a lawyer, but under the czar I was not permitted to practice. I studied languages. I lived proud. But never did I feel right. There were four porters in our apartment-house, and the one at our door had one room, dark, unheated. There were his wife, a half-grown son, and a new baby. There was one narrow cot. The boy slept on the floor. The newborn baby lay in a hole in the brick wall. There was a little table, a chair, and that was all.

"They must have cooked on another porter's stove, for they had none. Now nobody lives like that. Next to me in my apartment is a charwoman. Her work is to sweep and scrub the flags at one of the big stores. Her husband works in a factory. She has two winter coats, blankets, a good bed. Her husband has made a radio. Her baby was born in a hospital, and she was taught to care for it. This costs nothing. Such things were unknown ten years ago. My husband always was a revolutionist. Now I have learned to believe."

Such intelligent, cultivated women in Russia today go forward, not seeing clearly the future for themselves and their children, but willing to go on and work, because justice is nearer than before.—"The Reader's Digest."

Guard the Baby Against Colds

To guard the baby against colds nothing can equal Baby's Own Tablets. The Tablets are a mild laxative that will keep the little one's stomach and bowels working regularly. It is a recognized fact that where the stomach and bowels are in good order that colds will not exist; that the health of the little one will be good and that he will thrive and be happy and good-natured. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams Medicine Co., Brockville, Ont.

A scientist says that Americans have strong jaws. Yes, by gum!

Man (employed by an Aberdeen "I have been here ten years, and three men's work for one man and now I want a rise." Employer "I canna gie ye that, but if ye give me the names of the other two I'll sack 'em."

1000-Egg Incubator

No chance of this modern incubator failing. With capacity of more than 1,000 eggs, this new revolving incubator was one of features of Los Angeles poultry show.

Owl Laffs

Brushville Judge—"See here, I'm going to put a stop to this here horse stealing, or none of us will be safe."

Mary, Mary, quite contrary—
How you hem-line grows!
It used to swirl above your knees,
Now it nearly hides your toes.

Young Bride—"I haven't the heart to fry the eggs. They look up at me so piteously out of sad yellow eyes."

Looking back over the years, the proverbial line of least resistance seems to be a woman's waist line.

Hat Clerk—"A wonderful fit, old man."

Customer—"Yeh, but suppose my ears get tired?"

The life guards at the bathing beaches ought to make good bookkeepers. They all know how to handle figures all right, all right.

A New York salesman was staying in a Texas hotel where he observed an old-fashioned roller towel.

Salesman (to man in wash room)—"Say, doesn't the owner of this hotel know that it's against the law of the State of Texas to use roller towels now?"

Man Addressed—"He knows it all right enough, but I reckon that law wasn't passed when this towel was put up."

Flapper Motto—"Better be fat in the head than thick at the hips."

A young man, who had an enormous mouth, became engaged to a girl, and went to her father to ask his consent.

Youth (smiling broadly to hide his confusion)—"I have come to—to—ask you for your daughter's hand. I—I—"

The Father—"Excuse me, but will you close your mouth for a moment so I can see who you are?"

One thing you never hear one girl say to another any more is: "Why don't you take a tuck in it?"

The young farmers were boasting about the size of the vegetables they had grown. Finally one of them turned to Uncle Seth:

Young Farmer—"What was the biggest thing you raised this year, Uncle Seth?"

Uncle Seth—"A squash."

Young Farmer—"Well, how big was it?"

Uncle Seth (drawling)—"We never measured it, but we used the seeds for snow shoes."

First Travelling Salesman—"Being on the road ain't what it used to be."

"Second Ditto—"Naw, I've been on the road for ten years now and never had to sleep at a farmer's house yet."

Hostess—"Would you like a sonata before dinner?"

Her Guest (giving a start of surprise and pleasure)—"Thank you, I had a couple on the way over here, but I think I could manage another."

Customer—"How much will it cost to have this guy bumped off?"

Hi-Jacker—"Shucks, partner, I leave it to you. You pay me accordin' to the good yer gets out of it."

Little Girl Next Door—"What's the new baby at your home, Johnny, a boy or a girl?"

Disgusted Little Brother—"Aw, it's a girl. I saw 'em putting powder on it."

Horace — "You can't go out with Kate. She's a girl of rank."

Maguel—"Yes, and I am as rank as she is."

Danger from Colds

Every woman beyond middle age should realize that a majority of the troubles she has to fear have their origin in what are known as common colds. Each attack lowers her vitality and reduces resistance to disease. At this season of the year every woman should see that her blood is toned up to meet the rigors of the climate and especially that strength should be restored after any cold, however slight. For this Dr. Williams' Pink Pills are a reliable tonic.

These Pills are not a mere stimulant giving temporary relief. They build up the body by creating that rich red blood which imparts the glow of health; steadies the nerves, improves the appetite and digestion and make the users capable of withstanding the rigors of our Fall and Winter months. They are sold by medicine dealers or by mail at 50 cents a box from the Dr. Williams' Medicine Co., Brockville, Ont.

Excavating of Old Fort Reveals Roman Past

Glasgow.—The fort baths brought to light during excavation work on the Roman fort at Cadder promise to give very clear evidence of the various periods of Roman occupation, said John Clarke at a meeting of the Glasgow Archaeological Society. It was hoped to complete the excavations next year, Mr. Clarke added. The fort had been the sixth of the Antonine Wall forts from the west end of the wall.

During the year a large outer system of defenses had been discovered inclosing an area of 15 acres, apparently anterior to both the fort and the wall. Neither the period of this system nor its relation to the smaller fort were yet certain. Several rare objects in pottery, a coin of Galba, and several interesting iron articles had been found.

There are still a great many people who simply will not let the dentists do all the looking down in the mouth.

Care for Your Hands
By Daily Use of
Cuticura Soap
Heal Rashes and Irritations
with Cuticura Ointment

How Women Lose Fat In England

How would you like to lose unhealthy fat that you don't need and don't want, and at the same time feel better than you have for years?

How would you like to lose your double chin and your too prominent abdomen, and at the same time make your skin so clean and clear that it will compel admiration?

How would you like to get your weight down to normal, and at the same time develop that urge for activity that makes work a pleasure and also gain in ambition and keenness of mind?

Get on the scales to-day and see how much you weigh—then get a bottle of Kruschen Salts. Take one-half teaspoonful every morning in a glass of hot water, and when you have finished the first bottle weigh yourself again.

Now you will know the pleasant way to lose unsightly fat, and you'll also know that the six vitalizing salts of Kruschen have presented you with glorious health.

That's the way Englishwomen keep slim—why not you?

Les Baux

(From The Atlantic Monthly)

There is no need for vain regret.
For envy of the lives whose lot is set
In this enchanted place,
Where grey crags touch the sky—while far below,
Meadows, miraculously green,
Are sunk in sleep, between
Uptowering rocks, and from the cliff's sheer face
White-flowering bushes grow.
Should you live here, you must choose
The mountain or the valley—and so lose,
For one, the other joy; too soon the when and where
Would have you in their customary care;
Rather, let your dwelling here,
Be in the mind—and you are free
Of all the range the ravished eye can see;
May house you without fear
In the topmost pinnacle, where the star-pricked dome
Shall roof you through the night's slow-footing hours,
Or make your home
Among the lilacs and the meadow flowers
Down in the valley—at your will
Be shepherd, huntsman, poet; you may dance
With the linen jiggling on the line
In the cherry orchard by the water mill,
Or where the sunbeams shine
From the blue backs of swallows, as they glance
In the mid-air, below
The rocky terrace, to and fro
Your insubstantial form may go,
Now vast as night, now infinitely small—
As having nothing, yet possessing all.

—Freda C. Bond.

Cottonseed Meal Found Excellent Food for Trout

Ithaca, N.Y.—Cottonseed meal, long an accepted livestock feed, has been found an effective food for trout, reports Professor C. M. McCay, of the New York State College of Agriculture. Professor McCay, working at Cornell in cooperation with the Connecticut state fish hatchery at Burlington, Conn., also has found that coconut meal, dry skim milk and dry buttermilk are excellent trout feeds. A half million dollars could be saved annually if the various fish and game commissions would make use of recent discoveries, he says.

The cottonseed meal is not fed alone but is mixed in equal parts with dry skim milk and a good fish meal. With the newer feeds Professor McCay finds that the trout is more efficient than the pig in converting feed into meat.

In contrast to cottonseed meal, linseed oil meal, another livestock feed, is found to poison brook trout. The linseed meal kills the fish in a few weeks, although they are capable of living without any food for several months.

Europe Telephones Chile

New York.—Telephone service between Chile, Argentine and Uruguay and 13 countries in northern and central Europe was inaugurated by associated companies of the International Telephone and Telegraph Corporation on Dec. 19. The service is made possible in Europe through cooperation of the Germany Reichspost in Berlin.

A foreign visitor remarks on the large number of statues in London. They are not all statues. Some are patient husbands parked outside stores while their wives are shopping.

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Acts like a flash

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Sightless Author Acts in Own Play

Paris—A play written by a blind man in which he acts with another blind performer is being presented at a Paris theatre. It is called "The Triumph of Will."

M. Cauber is the author-actor. "There are two classes of blind people," he said in an interview. "Those who lost their sight in the war and those who became blind through some other misfortune. I am pleading for the latter. It is not that the world is indifferent to them.

"But we do not wish to make our living through the charity of others or by begging. We wish to live by our own intelligence. We want to prove that we are capable of taking care of ourselves and even supporting a family. We do not want people to encourage us to live lazily, but we do want them to encourage us to work. That is what I bring out in my play and I have a right to propagate this idea because I am the father of seven children and work daily as any normal citizen does."

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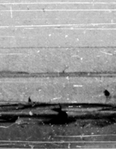

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