Woman's World

By Mair M. Morgan

How fortunate we are in Ontario that our currant bushes bore fruit before they were entirely blighted by the now famous heat wave and the drought. Perhaps there might have been more fruit on the bushes if the rain had been heavier but really the yield has been pretty fair and we are lucky to be able to have currant jelly and jam for our fruit cupboard when later fruits may be scarce and more expensive unless great rains come soon.

Currant jams and jellies are so easy to make by the bottled fruit pectin method that even this weather won't keep us from it, for we know it would be a great loss to our home-making for the rest of the year if we didn't have currant jelly or jam for our cold meat plates, for our creamy desserts, or to mix in salad dressing for our most "party-fied" salads.

Did you ever wonder what makes the dressing for those handsome Blackstone salads so different and so good? It is red currant jelly whipped into the creamy mayonnaise that gives it the lovely coral color and the unique flavour, and you do not need to use it only for Blackstone salads but for any fruit salad.

Bottled fruit pectin is indeed a blessing to housewives this year when fruit is scarcer on account of the heat wave. Fruit goes further because of the shorter boiling time and keeps the flavour better, so do not miss making use of the currants while you can still get them.

BLACK OR RED CURRANT JELLY

5 cups (2½ lbs) juice; 7 cups (3 lbs.) sugar; ½ bottle fruit pectin.

With black currants crush about 3 pounds fully ripe fruit, add 3 cups of water. With red currants, crush about 4 pounds fully ripe fruit; add one cup water. To prepare juice, bring mixture to a boil, cover, and simmer for 10 minutes. Place fruit in jelly cloth or bag and squeeze out juice. Measure sugar and juice into large saucepan and mix. Bring to a boil over the hottest fire and at once add fruit pectin, stirring constantly. Then you bring it to a rolling boil and boil it hard for half a minute. Remove from fire, skim and pour quickly. Paraffin and cover at once. Makes about 11 glasses six fluid ounces each.

Matrons Will Like This Slenderizing Ensemble

1870-B

Women whose figures run to width will join their slimmer sisters in choosing this gay and slenderizing ensemble. The smart finger tip jacket and the high rising lines of the skirt make the wearer seem taller and more slender, particularly if the model is cut on vertical lines as illustrated.

The original is made of the new platinum gray sheer print with a contrasting scalloped collar and jabot, so flattering to the face. A row of tiny buttons trim the jabot at the front and render a daintiness much to be desired. You're really looking ahead in making this lovely frock, for you can wear it with the jacket now, and without later on.

Barbara Bell Pattern 1870-B is available in sizes 34, 36, 38, 40, 42, 44 and 46. Size 36 requires 6¼ yards of 39-inch material plus 7-8 yard contrasting.

HOW TO ORDER PATTERNS

Write your name and address of pattern wanted. Enclose 20c in stamps or coin (coin preferred); wrap it carefully and address your order to Barbara Bell, Room 230, 73 Adelaide W., Toronto.

THIS WEEK'S WINNER

A good substantial salad which makes a one meal dish.

Macaroni Salad

2 cups well cooked macaroni, chilled if possible; 1 onion cut fine; 1 sweet red pepper or pimento finely shaved; 2 hard-boiled eggs, chopped fine. Mix altogether and moisten with salad dressing. Serve on lettuce and garnish with some of pepper or strips of cold beets. Serve six.

— Mrs. E. A. Ward, Embro, Ont.

HOW TO ENTER CONTEST

Plainly write or print out the ingredients and method and send it together with name and address to Household Science, Room 421, 73 West Adelaide Street, Toronto.

Large Silk Farm Visited By Queen

LONDON—Lady Hart Dyke, of Lullingstone Castle, Kent, who recently entertained Queen Mary and showed Her Majesty the silk farm established at Lullingstone, hopes to have 1,000,000 silkworms available this season and to produce from a half to three-quarters of a ton of silk.

The queen was interested in the various processes of the industry started by Lady Dyke, and finished fabrics into which the silk had been woven were inspected.

Only disabled ex-servicemen are employed on the farm.

Dust Baths

Poultry that have free access to suitable dust baths, that are made up in part with tobacco dust or sodium fluosilicate, can hold lice in check if the infestation is not too heavy. The bird is limited in its ability to spread the dust to all the areas where the lice are established, hence self dusting is a dust bath can be but partly effective. Very fine dry road dust makes a very good medium, with which to mix tobacco dust or sodium fluosilicate. The proportions are three of dry road dust to one of either of those mentioned.

Cast in a Gay Party

Fun took the director's stool as these film folk gathered at estate of Victor McLaglen at Glendale, Cal., for party in honor of Binnie barnes. Left to right: Fito Davidson, Binnie Barnes, Harry Jacobson, Wendie Barrie, Phyllis Clare, tanl Patrick and John King.

SUNDAY SCHOOL LESSON

LESSON VI — August 9

SAUL CONVERTED AND COMMISIONED — Acts 9 : 1-31; 22 : 3-21; Galatians 1 : 11-17; 1 Timothy 1 : 12 -17.

GOLDEN TEXT — "I was not disobedient unto the heavenly vision." Acts 26-19.

THE LESSON IN ITS SETTING

Time — The conversion of Saul occurred A.D. 36. His sojourn in Arabia and events immediately connected therewith occurred in A.D. 36-38. And Paul's arrest in Jerusalem was probably in 57 A.D. The Epistle to the Galatians was written probably about A. D. 57. Paul's First Epistle to Timothy was written about 66 A.D.

Place — The conversion of Saul took place just outside the city of Damascus, his arrest and defence that followed, recorded in Acts 22, occurred in Jerusalem. The Epistle to the Galatians was written from Corinth to the churches in the Roman province of Galatia. The First Epistle to Timothy was written from Rome, where Paul was a prisoner.

"But Saul, yet breathing, threatening and slaughter against the disciples of the Lord." This refers back to the preceding Act of Saul's persecutions in Acts 8 : 1-3. "Went unto the high priest," and asked of him letters to Damascus unto the synagogues." Damascus was one of the most ancient cities of the world (Gen. 14 : 15), and had been, from its earliest period, identified with the history of the Jews, a great number of whom were living there at the time of Saul.

That if he found any that were of the Way." This deeply significant title for the Christian faith and life is common in the book of Acts (see e.g. 19 :9, 23; 22 : 4; 24 :14, 22); more fully given by the apostle Peter as "the way of the truth" (2 Pet. 2 : 2).

"Whether men or women, he might bring them bound to Jerusalem." Paul's purpose was quite to put out the name of Christ by destroying all the godly cruelly.

"And as he journeyed, it came to pass that he drew nigh unto Damascus." It is not known just how far out of the city the miracle about to be described took place. "And suddenly there shone round about him a light out of heaven." In Acts 22 : 6 and 26 12 we are told that the time of day was about noon, and that the light which he saw was "above the brightness of the sun.

"And he fell upon the earth, and heard a voice saying unto him." In 22 : 9 it is said that Paul's companions heard the utterance, but they did not hear distinct words, or understand who it was that spoke. "Saul, Saul, why persecutest thou me?" This announcement must have struck Paul with astonishment. Jesus, he thought was dead and buried, and the followers of Jesus, in his mind, were enthusiasts of a false Messiah, the enemies of the true faith.

"And he said, Who art thou, Lord?" The title, Lord, is here used in reverence and awe struck response to the question of a speaker in whose voice accompanied as it was by the supernatural light, Saul recognized a divine utterance. "And he said, I am Jesus whom thou persecutest." This was the name that Paul so much hated. He knew this person actually had lived upon the earth. It was Jesus who had been crucified in Jerusalem. It was the same Jesus who was now speaking to him from heaven. The conclusion that he was the Son of God was inevitable for Paul and arrived at instantaneously.

"But rise, and enter into the city, and it shall be told thee what thou must do. And the men that journeyed with him stood speechless, hearing the voice, but beholding no man." A long journey, in the days of Saul, was not made by one alone, but in company with others, for the sake of protection as well as companionship.

"And Saul arose from the earth; and when his eyes were opened, he saw nothing; and they led him by the hand, and brought him into Damascus." This blindness was certainly unanswerable evidence that the appearance given to him had been a reality.

"And he was three days without sight, and did neither eat nor drink." Undoubtedly Paul, during these days, prevented from beholding the physical and material objects about him, held precious communion with God.

"And Ananias departed and entered into the house; and laying his hands on him said, Brother Saul." The very address that Ananias uses in beginning to speak to this former persecutor must have melted the heart of Saul.

"The Lord, even Jesus, who appeared unto thee in the way which thou camest, hath sent me, that thou mayest receive thy sight, and be filled with the Holy Spirit." Saul received the Holy Ghost through an ordinary disciple. Usually the gift of the spirit was conferred only by apostolic hands but Saul was not to be dependent on the twelve, and he whom the Lord had himself called in peculiar fashion received the gift of the Spirit in quite a different way from that in which it came to ordinary believers.

"And straightway there fell from his eyes as it were scales and he received his sight; and he arose and was baptized." By this baptism Saul was visibly made a member of the body of Christ.

"I thank him that enabled me, even Christ Jesus our Lord, for that he counted me faithful." Faithfulness is the supreme virtue of the servant of Christ, single-hearted devotion to the interests of the Lord. "Appointing me to his service." The noun here translated service is from the same Greek words that the words "ministration" and "serve" are derived from in Luke's account of the appointment of the first deacons (Acts 6 : 1, 2).

"Though I was before a blasphemer, and a persecutor, and injurious." This last word might more accurately be translated "bully" — it means "one who not only ill-treats others, but does so with the insolence of supreme strength."

"Howbeit I obtained mercy, because I did it ignorantly in unbelief." St. Paul does not say that his sin committed in ignorance was not sin, but that, because it was committed in ignorance, it was more readily pardoned than presumptuous sins' — sins committed against the light of conscience. Both as a Jew and a Christian Paul had lived before God in all good conscience.

"And the grace of our Lord abounded exceedingly with faith and love which is in Christ Jesus." The word here translated 'abound' means 'to overflow its channels.'

No longer does that cement walk or pavement have to be covered for several days to harden for a vacuum process has been tested which extracts excess water immediately after laying. It dries and hardens the concrete in 20 minutes.

"The height of good manners is never to think unfavourably of the person with whom you are talking." — Dean Inge.

Housewives Are Beginning to Buy Furniture Ag

NEW YORK — Indications housewives throughout the States are beginning to sprun their homes after a long siege penny-pinching have brought hundreds of buyers to hous nishing marts intent upon stock up merchandise for the fall winter.

Scenting a free flow of from the consumers' pockets cent improvement in demand automobiles, electrical appliances refrigerators, dealers in furni lamps and other household are preparing for a broade the buying movement.

Cheerful for the most pa they compared notes and trends, buyers bustled from sho show examining offerings and a an upward tendency in prices ably furniture.

T. R. Murtaugh, general ger of the York Furniture Exch

Art of Kissing Lost to Mov

HOLLYWOOD—Kissing is being a lost art in the movies.

Nowadays, even the longest, lyrical cinema love story an irreducible minimum of kiss the total footage, seldom more four, usually less. This col sharply with the adolescent ag Hollywood when a picture that along with fewer than 15 epic collisions was considered pra ly a travelogue.

Eating Habits Ar Very Importa

Candy Should Only Be Gi Children Immediately After a Meal

Formation of proper eating h should rank high in the edu of children, according to the vincial health department, whic issued literature dealing with subject.

In the case of normal, he children, plain foods such as ridge, eggs, plain custards, vegetables, meat juices, fresh fr bread and butter and milk, are commended. No pastries or s should be given. If candy is g at all it should be given immed ly after a meal and at no time.

Plenty of milk and water sh be given the child and tea and fee should not be given at Where the child's appetite is good liquids should be given rather than before the solids. foundation of good eating hab regularity, and there should be "snacks" between meals.

If the child cries or bec stubborn and refuses to eat no tention should be paid. If he sists, take the child away from table. It will do him no harm miss a meal, and it is impor that he learn to eat what is put fore him without a fuss. A should never be given food emotionally upset. The young should learn that a meal is a business-like affair.

The most important point b tablishing proper eating habi children is that they should not pampered about their food. A should learn to expect nothing tween meals, to come when at regular hours, to wash h and to eat the foods placed b him without fuss. And he will learn these things early, says department of health.

SPRINGHURST BEACH ON THE GEORGIAN BAY

3 miles west of Wasaga (Hard Sand Beach) Offers You—

A lovely wooded lot 50' x 200' and a cozy, almost 4-room cottage with large screened verandah for $375. $125 down and balance, $25 quarterly. Write W. A. Wheeler, Collingwood.

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910 CONFEDERATION BUILDING — Quebec Montreal

'SALADA' TEA is delicious

A Dramatic Secret of 1936

"Edward VIII has become a king indeed. He has asserted himself as the most powerful monarch on earth. In doing so he confounded the most wily statesmen of Europe, including those of his own empire." So observes Earl Reeves, editorially in Liberty Magazine, July 25th, 1936.

Moreover, he averted immediate European war!

These events have been shrouded in deepest secrecy, even though a portion of the drama was visible. The chancelleries of Europe knew this story, and they are trying to measure and evaluate the new force that has come into world politics. Within inner circles in London the facts are also known.

German troops marched into the Rhineland. Hitler was tearing up another scrap of paper on which the Versailles Treaty was written. Here was potentially the greatest crisis since 1914. For here was action, a fait accompli—a thing done, such as event as starts troop movements, mobilizations, ultimatums, leading to war.

There were hurried foregatherings preliminary to a League meeting at Geneva. Most important was the swift departure of Captain Anthony Eden, British Foreign Minister, and colleagues for a "preliminary talk" in Paris.

Then suddenly it was announced that the meeting would not be held in Geneva but in London.

This was by order of King Edward VIII!

Amazingly the shift came on the order of a monarchy which for decades has given no orders. The Prime Minister is the master of British. The duties of form are observed, but the rules of the game are well known and were always quite rigorously observed by King George V.

However, on this occasion Prime Minister Baldwin and Foreign Minister Eden had been summoned to St. James's Palace. That much was recorded in the press. They found a new king who "told" them ! — told his ministers what must be done, and made it stick. What arguments he used, or what pressure, no one knows but they must have been very definite His convictions, in words attributed to him was "If the talks take place at Geneva, it means another European war will be launched upon us within forty-eight hours."

The arrangements for shifting the fateful meeting to London were made so quickly that there was not even time to prepare special stationery. All that was used bore a League, Geneva date line.

Why this veering? Quite simply because the wily M. Litvinoff, Foreign Minister of Soviet Russia, was pushing Europe toward the conflagration. His "case" was: "Hitler's action can be construed only as aggression, and the answer can only take the one form — war." To the French and the British alike he made such representations. But Litvinoff and Eden have been, of late, the most spectacular opponents of all Europe, and have been coming closer and closer together. And the wide-shaping up of preliminary talks had been manipulated by Litvinoff toward a curt order to Germany to withdraw from the Rhineland within forty-eight hours.

That would have lighted the fuse. And the fiery and tempermental Mr. Eden might have furnished the match.

England's new king knew of all this. He knew also that there have lately been eight or nine cases of sabotage by Moscow agents, only two or three of which have been reported in the press. He knew that every Soviet ship which touches at an English port is under constant police surveillance in case that no more officers of Russia's "shock troops" for use in other nations are smuggled into England. He was, in short, unable to see the picture of a "friendly" Soviet Russia as many in England and America see it.

And so that League Council meeting was held in London. What Eden had to say was strangely colorless. Litvinoff was subdued. The two sat side by side, as has been their custom in many conferences. Litvinoff's attitude was expressed in the declaration that the king was "blocking the League of Nations Justice." He declared further — as if implying better luck next time — that the League Council had not permanently moved to London. "Even he," Litvinoff said, referring to King Edward, "cannot achieve that."

But it was not a mere change of scene which blanketed this worst crisis since 1914. King Edward VIII had given more instructions to his ministers. And they, and Litvinoff, and probably others, knew that he sat in his study during that meeting, listening via microphone to every word that was uttered!

And that is why war did not come to Europe.

That also is why statesmen today are taking into account a new force in world politics. As for Britons, the ones of the inner circles are said to be recognizing that, at the least, another Edward has come to the throne and that his brother the Duke of Gloucester, also must be reckoned with, because the duke was closely attached with him in the events recorded here.

Joachim von Ribbontrop, Hitler's ambassador at large, has been presenting Germany's case before the ministries of Europe. He had, of course, had his say in Downing St. When the crisis had quieted, he was invited to the palace, where he was closeted for an hour and a half with Edward VIII. No one knows what went on, yet this is one more of a great many proofs that His Britannic Majesty is no mere symbol. Clearly the world's most popular prince has become a real king."

How to Open a Book

Hold the book with its back on a smooth or covered table; let the front board down, then the other, holding the leaves in one hand while you open a few leaves at the back, then a few at the front, and so on, alternately opening back and front, gently pressing open the sections till you reach the centre of the volume. Do this two or three times and you will obtain the best results. Open the volume violently or carelessly in any one place and you will likely break the back and cause a start in the leaves. Never force the back of the book.—From "Modern Bookbinding."

The First Tangle

Once in an Eastern palace wide
A little girl sat weaving:
So patiently her task she plied
The men and women at her side
Flocked round her almost grieving.

"How is it, little one," they said,
"You always work so cheerily?
You never seem to break your thread,
Or snarl or tangle it, instead
Of working smooth and clearly.

"Our weaving gets so worn and soiled,
Our silk so frayed and broken,
For all we've fretted, wept and toiled,
We know our lovely pattern's spoiled,
Before the King has spoken."

The little child looked in their eyes,
So full of care and trouble;
And pity chased the sweet surprise
That filled her own as sometimes flies
The rainbow in a bubble.

"I only go and tell the King,"
She said, abashed and meekly,
"You know He said in everything"—
"Why, so do we!" they cried, "we bring
Him all our troubles weekly!"

She turned her little head aside;
A moment let them wrangle;
"Ah, but," she softly then replied,
"I go and get the knot untied
At the first little tangle!"

O little children—weavers all!
Our broidery we spangle
With many a tear that need not fall
If on our King we would but call
At the first little tangle?

On Rules For A Long Life

Recently that astonishing stripling John D. Rockefeller celebrated his 97th birthday, and came out with ten rules for a long life. They seemed reasonably good rules to us, but not to Mr. Charles W. Eldridge of St. Petersburg, Florida, who is scampering about in his 105th year.

Scoffing at Mr. Rockefeller's advice, Eldridge said:

"The young feller asked for it. His ten rules of health ain't bad for a youngster in his 90's. But for the second 100 years they just won't do for me. I'll tell you why.

"Once I got so mad at a couple of doctors who said I was done for that I jumped out of bed for the first time in three months. I was 92 then and grass has been growing over them doctors graves for ten years."

Mr. Eldridge, we must say, rather impresses us. In the first place, we have never been able to learn how not to get annoyed. We've played golf with people who came out of a bunker in five shots whistling the Londonderry Air, or something like that, but we have always felt they would be better off if they came out with a loud wail. It's a matter of letting off steam. In other words, what is the biological, spiritual or other sense of not boiling without if one be boiling within? The only difference we can see is that the first without the last is less honest than both together.

Moreover, there's a lot of nonsense talked about rage. It's the cleanest of passions. We don't believe in a man being tenacious over trifles, but a topped shot when one has a good lie is no trifle, and if a man wants to get into a towering rage over it and show that he has got into one, there's a lot to be said for him. It's the vain man, the fellow who wants to be thought selfcomposed, and all that, who represses himself.

There's something else. A lot of people confuse indignation with anger. Yet they're different. Anger may be born of spite, or of blind hatred, or a lot of other evil things; indignation usually comes from detestation of wrong. It tells that one hates injustice, that has certain loyalties to certain things. Attachments.

No, we have little use for people who don't get annoyed. Mostly, we think, they're "poseurs," without friendships, people who don't like somebody or something, people without spirit or soul. Either that or they're too proud to be themselves; so vain that they go about killing themselves with repressions.

Cracking Down on Peddlers

Writes the St. Thomas Times-Journal—The City Commission of East Cleveland has a bylaw which might well be copied. It declares that a misdemeanor has been committed when a peddler knocks at the door or rings a bell of a home where a card says that solicitors are not wanted.

This is a welcome step for the housewives of that area. It saves them many unwanted callers. These solicitors or salesmen have no one to blame but themselves if women are brusque and shut the door quickly. There may be cakes or pies in the oven which spoil while the spiel is being made.

The trouble with most of these people is that they will not take no for an answer. Having got the lady of the house at the door they keep on talking once she gives ear. They feel annoyed if she loses patience and cuts off the monologue by slamming the door, but it is just what they would do themselves if the positions were reversed.

A Nova Scotian Magazine

Notes the Halifax Chronicle — The second issue of The Bluenose, edited by Robert Murphy, of Halifax, has just come off the press and shows, in two issues, definite progress. The July number is a four-ist edition and Nova Scotians, native and adopted, give their impressions of the province's charm.

We hope that the edition will circulate among the people far from Nova Scotia and that the articles will awaken in them a desire to enjoy the beauties of Acadia. Perhaps the most appealing article of this sort is that written by V. M. Kipp, associate editor of the Ottawa Journal. His account of "A Day Well Spent" carries extra conviction because it is written by a visitor and not by a patriotic native.

"To write of such a trip," he says "is to relive it in memories of Nova Scotia and precious and enduring."

Movie Actress Is Happily Married

Helen Vinson Perry Is Even Learning How to Cook

NEW YORK—Helen Vinson, golden-haried motion picture actress, the wife of tennis star Fred Perry, likes married life so much that she has added "Perry" to the name of her dog.

The dog, a shaggy Scotch terrier, is now "Jack Mag Vinson Perry," she said recently.

To the mind of Miss Vinson, married ten months, this is proof that "I've settled down"—as much as an actress often on the wing ever could with a gadabout tennis champion.

Further proof is the fact that brown-eyed Helen is pondering how to cook meat and potatoes for her husband, Wimbledon tennis champion.

Oh, Canada!

Sons of sires who fought for glory
'Neath the Fleur de Lis of France;
Sires to whom the God of Battles
Gave at last the lesser chance.

Sons of sires who fought for freedom
And for conquest, too, at times,
'Neath the flag that's ever flying
On the breeze, in many climes.

Sons of sires whom revolution
Vainly tempted, sorely tried;
Choosing bravely life in exile,
British born, they British died.

Sons of sires who fought at Queenston
Fought and won that bloody fray;
Hear re-echo through the forest
Bugle blasts of Chateauguay.

Sons of sires who felled the forests,
Felled the forest, tilled the field;
Sires who wrought, and wrought unceasing,
That their soil should harvest yield.

Sons of sires who garnered harvests
From deep depths, beneath wild waves
Sires who seldom garnered harvests
With the aid of human slaves.

Sons of sires whose ships, seaworthy,
Flung their bunting to the breeze,
Wooden ships that carried cargoes
To the shores of seven seas.

Sons of sires who laid foundations
Of a mighty nation, we;
Elder, Younger, New, Canadians,
Worthy of our sires must be.

Written is our name 'Canadian,'
Written red on fields of fame;
Ours the pride that those who wrote it,
Wrote it red in freedom's name.

But remembering those who wrote it
Fraught with sadness is our pride;
War, 'twixt kith is man's worst madness
Man, for whom a Saviour died.

Ours to make our name 'Canadian'
Spell 'Content' from sea to sea;
Ours to make our name 'Canadian'
Synonym for Liberty.

Time and space are much contracted
Facts to which we can't be blind;
Ours to make Canadian vision
All-inclusive of mankind.

Ours to build on broad foundations,
In the spirit of our sires;
Build and build on firm foundations
Until Time itself expires.

"O Canada! mom paya; mes amours"
T. A. Patrick, Yorkton, Sask.

Day of Fans Is Passing

Notes the Brockville Recorder and Times: Laid away sacredly in that trunk in the garret which contains the treasures of elder days there is surely a lady's fan. It was a beautiful thing, usually the gift of a devoted admirer. It might be a creation of beautifully fretted ivory slats carved out of the tusks of a great African elephant, or just a simple little thing of painted silk, but sometimes it was a gorgeous affair made of lovely ostrich feathers, with precious stones inserted cunningly. Perhaps no lady's equipment of a generation ago is more symbolic of romance, and the temptation to dwell upon it is irresistible to the good novelist.

Fans have always had a place in ceremonials and are used even now in the East. They are carried on state occasions in papal processions in Rome. In Canada they may still be found in country churches, manufactured of straw for utility purposes on a hot summer day.

But the fan as an accoutrement for the lady is well nigh gone. Our imports last year amounted to only $2,500. They came mainly from Japan, Italy, China, Austria and Hong Kong, and many also from the United States.

This information comes from the External Trade Branch of the Dominion Bureau of Statistics, Dept. of Trade and Commerce.

Laura Wheeler Jiffy-Knit; Once Begun—Presto, Done!

JIFFY KNIT BLOUSE PATTERN 957

Like an "extra" blouse for summer? Then try this bit of quick-to-knit chic, its open-air bodice of simple mesh, its sleeves and waist yoke of lacy ribbing. But four balls of Shetland floss are required. There's a plain knitted skirt, too. Pattern 957 contains detailed directions for making the blouse shown; illustrations of it and of all stitches used; directions for a skirt; material requirements, and color suggestions.

Send 20 cents in stamps or coin (coin preferred) for this pattern to Needlecraft Dept., Wilson Publishing, 73 West Adelaide, Toronto. Write plainly PATTERN NUMBER, your NAME and ADDRESS.

Doxology!

Physiologists declare that it is impossible for a human being to live without breathing, but as the heat wave receded we could have positively declared that we breathed for the first time in several days, comments The Stratford Beacon Herald. During that tropical spell we must have extracted a certain amount of oxygen from the torrid atmosphere, or we would not now be alive, but we did not breathe—we gasped.

What a refreshing sensation that was to drink in deep draughts of cool air! With what heavenly relaxation we lay down to sleep after nights of restless tossing on the billows of heat with our bodies drenched in perspiration! The sensation of relief was similar to that which came to the "Ancient Mariner" when he exclaimed:

O sleep! it is a gentle thing,
Beloved from pole to pole!
To Mary Queen the praise be given!
She sent the gentle sleep from Heaven,
That slid into my soul.

My lips were wet, my throat was cold,
My garments all were dank;
Sure I had drunken in my dreams,
And still my body drank.

Canada is a land of climatic extremes. In the course of the year the temperature swings from tropical heat to semi-artic cold, and in the process of enduring these extremes Canadians have been rendered hardy and resourceful. We may complain about the zero blasts, but we fight back at them and are unconquered by the elements. We may not endure the scorching heat of July as well, but we laugh and poke fun at it until it retires in disgust. For the rest of the year we rejoice in a climate that is salubrious and invigorating. We enjoy our summers and our falls all the more because of the severity of our winters, and we receive the sweet, cool air and the rains with greater relish, and gratitude because we know a little of the oppression of heat and drought.

Canada's is the epitome of all climates, and Canadans live life to the full. It is a great privilege to have been born in Canada, and the next in this country.

Sheep Counting Decried

Observes the Quebec Chronicle-Telegraph—Counting sheep to induce sleep is a waste of time. So is stuffing the ears with cotton. Insomnia may be cured without drugs. All that is necessary to insure restful sleep is for the sufferer to calm the nerves and muscles of the stomach with a tablespoonful of olive oil before bedtime. Patients who have a distaste for olive oil should sniff menthol to clear the lungs and reduce the effort of breathing to a minimum. These simple rules are laid out by a French scientist, M. Maurice Boigey, in a book just published in Paris, entitled "The Science of Rest."

Music Students Get Scholarships

TORONTO — Ten music students in Ontario, outside Toronto have been awarded special Jubilee Scholarships by the Toronto Conservatory of Music in honor of the Conservatory's 50th Anniversary this year.

The scholarships were offered to piano pupils only, for continuance of their studies at the conservatory. The awards will be applied to the winners' tuition fees for the ensuing term.

Winners in Western Ontario were Mary Heard, 519 Hamilton Road, London; Virginia Mathoney, Ursuline School of Music, Windsor; Madeline Howse, 59 Curtis St., St. Thomas; Dorothy E. McCormick, R.R. No. 1, Paris; and Ruth Parkinson, Thornbury

Winners in Eastern Ontario were Nancy Wyatt, 190 Dufferin Road, Ottawa; Marion Walker, 261 William St. Belleville, Norah D. Osborn, 21 Lonsdale St., Ottawa; Aileen Forrestal, St. Joseph's Academy, Lindsay; and Helen Epworth, Box 91, Newmarket.

An Embarrassing Moment

Comments the Wall Street Journal—Mayor Laguardia recently addressed cadets of the Salvation Army before a large audience. Shortly after he sat down plates were passed for cash collections and pledges. When the plate was passed to the mayor, he fumbled in his pockets and embarrassedly whispered to the commissioner of the Army.

After the collection was completed the commissioner, with a broad smile turned to the mayor and declared that "the Salvation Army is the right place to come when a man hasn't a nickel!"

The mayor had hurriedly changed his clothes before going to the meeting, and left all his money in the other suit.

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