For the Woman Reader

by Florence Riddick Boys

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Sprucing Up

To be really young and attractive looking, one must be alert and keen of mind, with an inner light shining from the eyes; with an up-and-coming interest to learn new things, go new places, know new people and tackle new enterprises.

Outer accoutrement, however, has much to do with one's attractive and up-to-date appearance; and, who knows, perhaps the outer donning of the thing reacts upon one's inner self and makes one really more up-to-date.

A becoming coiffure and hat will subtract year from the older woman's age, just as an old-fashioned hat and a strubby, antique hair dress will make one look ancient. Good health is the first requirement of the springy step, the strength and the energy which are necessary to the youthful appearance. Have the doctor look you over and pronounce you sound before you dive into your program of rejuvenation. Then, watch your weight. Keep it down. Aim for that lithe line of sixteen, and though you probably will never quite get there, the hitching your wagon to a star helps.

As to clothes, begin at the underneath and work out. Select a corset, or something on that order, which will mold your figure into good lines, and wear it every day. You have to train your figure to get and hold the silhouette you desire. Do not think black is the only color befitting your age. You will feel and act younger with a gay touch of color now and then.

Seal brown and navy blue are good choices for the street; with sand, old rose, deep cream, rust and soft, misty blues and greens, pinkish lavendar and warm grays for greater indulgences.

Finally, don't forget the daily setting up exercises, the walk in the open each day, the busying yourself about some new and vitally important—not just foolish—interest, and giving your body aches and heart aches a good forgetting by focusing your attention on others.

If you actually do all this and stick to it, you will have drunk deep of the draught sought by Ponce de Leon.

One Way to Earn Money

Given a big house and a lovely yard in a village and a necessity for earning a living, two sisters solved the problem by taking care of children, either for an afternoon or a few days, if their mothers wanted to go to a card party, a club convention or to the city with their husbands.

If it was an evening party or the mother was away for a few days, they put the children to bed in clean little white beds—they fitted their house with a supply of these in large airy rooms. They fed the children simple, wholesome meals—for they were intelligent women and made a study of the matter and did it right. In fact, the mothers of the community had so much confidence in them, and they made it so pleasant for the little children boarders, that it was a general repository for the children of the village whenever their mothers went anywhere, for a day or a week or a month. The mothers knew that their offspring would be as happy and healthy as at home.

Besides the games and recreation which the sisters supervised, there were simple little lessons for those who were old enough. The business grew from year to year, as more and more people learned about it, and as city relatives of the villagers begged to send their children there for a month while they took trip, or just to give the children the country outing. To-day these sisters have all they can do and are making a good living, enjoying their old homestead and the jollity of child companionship, and, incidentally, helping many mothers. Some of those children may have more happiness and get better training there than they would at home.

Food Cures

A famous food expert proclaimed three much used foods as the three greatest enemies of the health of the people. They are: white sugar, white flour and meat. White sugar is too much concentrated to be used freely and the over-use of sugar is a cause of indigestion and kidney troubles. White flour is a denatured product, robbed of its much needed mineral ash. The too great consumption of sugars and starch is the cause of many of our most common diseases and white flour is almost wholly starch. About meat, there is much difference of opinion. One school of dieticians tells us it is full of bacteria and harmful acids, that it decomposes quickly in the system and causes body poisons and is one cause of cancer. Another school tells us it is the most nutritive of foods, is easily digested and is very useful as a preventive of anaemia and a a building food after wasteful diseases and for growing youth and the person who must do vigorous muscular labor.

Cheaper Cuts

Cheaper cuts of meat, if cooked a long time, in a fireless cooker or a steamer, will taste admost as good as the more expensive cuts. To make a less expensive cut of meat taste good, roll it in flour and brown it on all sides in hot fat, then add a little water and simmer until it falls to pieces when a fork is stuck into it. Try cooking onions and carrots with pot-roasts. They improve the flavor of the meat and become delicious themselves.

Buying meats and other foods economically may save two or three dollars a week for the average family, and this is one way to balance the budget at the end of the year, or to add a nice bit to the bank account.

Creamery Tomato Soup

To make a creamy, uncurdled tomato soup, first cook for ten minutes one pint of tomatoes with a teaspoon of salt, a small diced onion, a fourth teaspoon of celery seed, an eighth teaspoon of pepper, and half a bay leaf; strain this through a sieve and set it aside to cool.

Make a white sauce by blending, in the top part of your double boiler, two level tablespoons of butter and the same amount of flour. Add three cups of cold milk, a little at a time; season with salt, pepper and paprika and cook until smooth. Then turn your attention to the tomato part of the soup. Proceed as for white sauce, blending two tablespoons each of butter and flour, and adding gradually the strained tomato sauce. Cook until thickened and add one-eighth teaspoon of soda and beat well. Now combine the white sauce and the tomato sauce, adding a little of the tomato sauce at a time. The soda and previous thickening of both sauces should keep the soup from curdling. Serve at once.

Kindly Judgment

If Mrs. Smith has no children and lives well, Madame Grundy is likely to jump at the conclusion that she is selfish and cold and doesn't want to be bothered wit' their care so is practicing birth control. If Mr. Jones is away from home a great deal, the busy Dame imagines he doesn't care for his wife or family. But perhaps it is his very love of them which is making him spend all those hours in getting money to pay the mortgage.

If you are uncertain of a person's motives, why judge the worst? Why not get the habit of saying, "Oh, well, perhaps he didn't mean it that way. There must be an explanation?" Why not give to one, whose motives are unknown, the benefit of the doubt

Dressing

Almost everybody likes dressing with fowl, or pork roast, but we forget how easy it is to have it for meals when you have no meat. Prepare the usual bread crumbs, moistened and seasoned with chopped onions, salt, pepper and sage, and mix in a generous amount of meat dripping and bake in a slow oven until browned.

Left-overs

When a small dab of anything is left from one meal, it saves labor if you can set them away in small aluminum pans in which they can be warmed over for the next meal. The usual way is to set them in the cupboard in a sauce dish and, when meal time comes, to put them into a pan for warming. To set them away in the pan, cuts out one step in the labor and saves dishwashing.

Your Color

"Look to Nature for your colors;
The humming bird is clothed in vivid colors,
But the elephant wears taupe."

If you are a small figure, you may wear a bright red dress; but otherwise, better pattern after the elephant.

Mrs. Solomon Says:

One waste basket in each room saves nine pick-ups.

Smiles

Mother, appreciatively: "Yesterday I saw a house which was turned upside down by a cyclone. We have so much to be thankful for."

Son, puzzled: "I don't see why we should be thankful for that."

"How many foreign languages can Jones talk?"

"Well, he says he understands everything his baby says."

Physician announces that child who practises every day on the piano won't develop the habit of finger-nail biting. Yeah, but won't he develop the habit of practising on the piano every day?

Fast Australian Soon to be Our Guest

THE BIG MEET AT THE AMBITION CITY WILL BE WELL ATTENDED

Miss Chrissie Dahm of Australia, one of fastest woman sprinters on the island continent, who is to be competitor in British Empire athletic meet to be held in Hamilton, Ont., this summer.

The Three Unhappy Leaders

By Cross-Bencher

None of the party men in London are very happy in regard to their leadership at the moment.

Mr. MacDonald's Socialists are up in arms because he will not go fast enough for them, and they have overborne him in one important item, the Trades Disputes Bill. None of the Liberals know what Mr. Lloyd George is up to, except that he is playing a private game of poker with Mr. Graham over the Coal Mines Bill.

As for Mr. Baldwin, criticism of the Conservative policy was withheld until the leader's speech, and now that he has delivered the awaited pronouncement it is difficult to see why he held a public meeting or why he spoke.

No Change

Mr. Baldwin's policy of 1930 is precisely Mr. Baldwin's policy of 1924 over again except that decisions to grant or refuse safeguarding duties will be taken by the Cabinet as a whole if Mr. Baldwin is returned to power, instead of by a quasi-judicial committee.

It is true that there is the promise of an agricultural policy to be developed in a later speech, but it hardly seems necessary to call one public meeting in order to advertise another.

First Thoughts

Conservatives thought in the first place that the safeguarding statement was an advance. Major Colville, for example, one of the new entrants in Parliament whom I have already singled out for his freshness and force, happened to advocate the safeguarding of the steel industry, for which he speaks with knowledge, within a few hours of Mr. Baldwin's policy speech. And Major Colville declared that the party would safeguard steel when they win the next election.

Free Importers

But there are many Protectionists who would much rather have the safeguarding decisions left to a committee, as in the past, than to a future Conservative Cabinet. Why? Because Mr. Churchill and the Marquis of Salisbury will be members of that Cabinet. These two persons flank Mr. Baldwin, and they are both determined Free Importers.

Many people believe that these two figures in the next Conservative Cabinet would take good care to see that safeguarding principles were not applied to the extent of Protection, since they do not believe in Protection.

Cracking the Whip

The decision to proceed with the trade union legislation has come about suddenly. The unions looked to the Government to strengthen their financial and legal position, but nothing was done throughout the summer and autumn.

It was only a short time ago that the inspired statement was made that this legislation was definitely postponed until next autumn. Immediately the strongest internal pressure was brought to bear and Mr. MacDonald nouncement that the Bill will be "inadvanced hurriedly from the antroduced this session" to the promise that it will be prosecuted with full vigor.

He warned his party at a special meeting that it will now be necessary to drop the Factories Bill or the Eight Hours Day Bill, and their reply was, "we want the political levy."

New Peers

It is worth noting that recently we saw an event which may seem portentous. An industrial magnate took his seat on the Socialist bench in the House of Lords.

This was Lord Kirkley (formerly Sir William Noble), the chairman of a shipping line and a business head on Tyneside. He is one of the six new peers of the Socialist Administration, created in the New Year's honors.

No Allegiance.

There is something exceptional in his action. Three of the six refuse to show such allegiance.

One is Lord Wakefield, the familiar figure in motoring, who was honored for "philanthropic and public services." This former Lord Mayor of London remains a Conservative in spite of the date of his peerage, and has taken a seat on the Conservative side.

Two of the others—Lord Trenchard, late air chief, and Lord Dickenson, a former Liberal M.P.—have been in some doubt where to sit. They have compromised by adopting those cross-benches which admit no partisan allegiance (hence the word cross-bencher), and there they sit with such company as Archbishop Davidson, Viscount Cecil and the late High Commissioner for Egypt, Lord Lloyd.

Deputy Lord Chancellor

The remaining two went straight to the Socialist Front Bench, Lord Ponsonby, who actually took the Woolsack in the Lord Chancellor's absence within a few days of entering the House, and Lord Marley (late Major D. L. Aman), who has already made a businesslike speech for the Government. This is something of a rarity.

Lord Passfield's Joke

Lord Passfield's speech on the West Indies debate was that of a dreamer utterly out of touch with the needs of the Colonies for which he is still Secretary of State.

"I am afraid I laughed when I first heard of the West Indies sugar crisis at the Colonial office six months ago," was one of his observations.

This debate, one of the most interesting of late, was due to Viscount Elibank, who had the cooperation of a Socialist, Lord Oliver, as well as of Conservative peers, against the Colonial Secretary.

Lord Elibank fills one of the most useful roles in the House of Lords and in public life. He has had wide administrative experience in the West Indies and in many other parts of the Empire, and he is qualified to speak with special authority on Imperial subjects. His outline of the West Indian problem, where the planters see their market knocked to pieces by foreign tariffs and subsidies, was lucid and convincing.

No Laughing Matter

What with Lord Passfield's laughter in the corridors of the Colonial Office and Mr. Lloyd George's laughter on the floor of the House of Commons, many people are growing tired of this attitude to serious affairs.

Laughter sounded quite pleasant in the old days when politics were regarded as a game, but a new element is coming into public life which is not given to laughter. That is the Empire Free Trade movement.

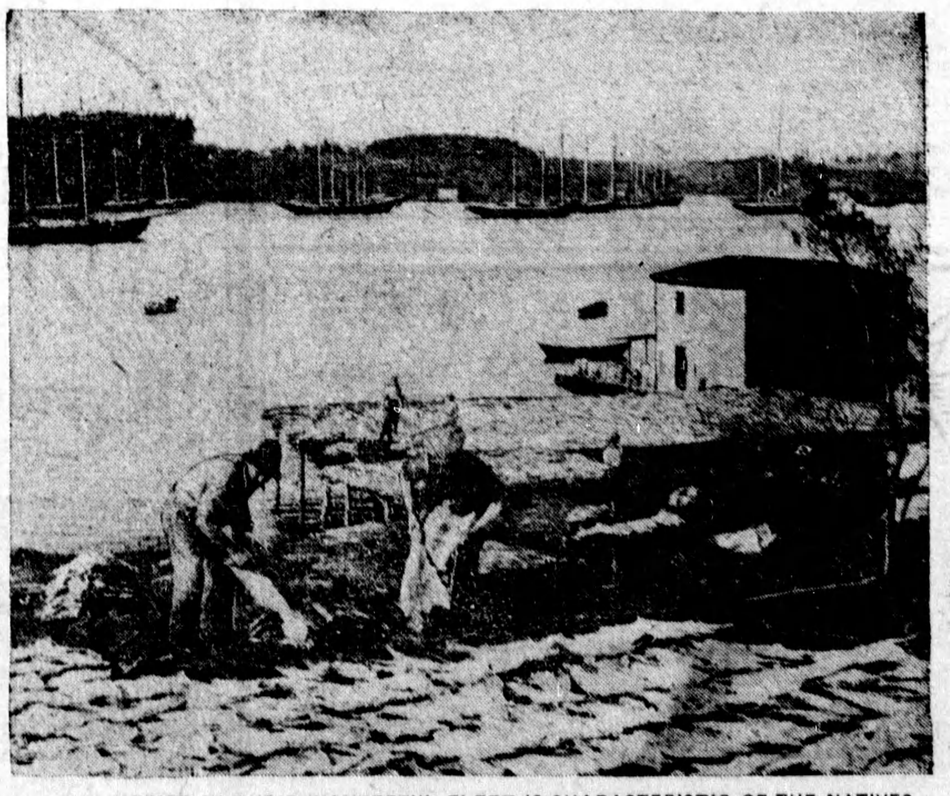
Those who lull themselves in the laughter of their chiefs will find themselves sternly contested in their constituencies.

The laugh is on the other side of the Liberal face at Sheffield, where the by-election showed the Socialist and the Conservative votes to be substantial, while the Liberal vote fell to nothing at all.

DANGERS

The waves that beat against the ship are not so dangerous to it as plank-boring worms. Head-winds do not drag ships back any more than the weeds and shells that collect upon their bottoms. Posts driven into the water seem fair and strong while being honey-combed by the worm that eats. In silence and secrecy treasures are thus being consumed.—Henry Ward Beecher.

Where the World's Fastest Schooners Come From



PRIDE IN THEIR WONDERFUL FLEET IS CHARACTERISTIC OF THE NATIVES

Here is shown an interesting and typical scene of home industries at Lunenberg, N.S. In foreground we have workers spreading out fish to dry, while in the harbor, beyond, is the fleet of picturesque fishing smacks.

Sunday School Lesson

April 13. Lesson II—The Child and the Kingdom—Matthew 18: 1-6, 12-14; 19: 13-15. Golden Text—Suffer little hildren, and forbid them not, to come unto me: for of such is the kingdom of heaven.—Matthew 19:14.

ANALYSIS

I. JESUS TEACHING ABOUT CHILDREN, 18: 1-6, 12-14.

II. JESUS TREATMENT OF CHILDREN, 19: 13-15.

INTRODUCTION—One of the loveliest features in the gospel is the way in which Jesus treated children. He was so generous in his thoughts, and so kind in his actions. It is from him that the world has learned to appreciate the true value of child life. The study of his relation to the child should include, first of all, a careful reading of the few verses that we have in the gospels about his own childhood. Apparently he grew up in a natural way, accepted the duties and Joys of childhood, and was submissive to authority. Jesus was like us in that he knew all the stages of human life.

I. JESUS TEACHING ABOUT CHILDREN, 18: 1-6, 12-14.

V. 1. The circumstances must be noted carefully in order to get the connection. The disciples evidently had been discussing the reward which they hoped to receive, and their minds were excited by the hope of great material splendor. There was considerable rivalry as to the various places of honor. Who were to be greatest?

V. 2. The chil is found in most crowds, and the present is no exception. Vain attempts have been made to identify this child, and some say that it possibly was Ignatius, who afterwards suffered the death of a martyr for the sake of Jesus.

V. 3. The words of Jesus here appear strange and paradoxical. He says that one cannot even enter the kingdom without becoming a child, much less attain unto the chief place.

V. 4. This verse explains a little more fully what is in the mind of Jesus; and it would seem as if the quality of which he is thinking is humility. But there has been much difference of opinion as to what Jesus really meant in thus holding up for praise the child-stage. Some say that humility is the only feature he had in view. Others claim that the child is not always humble, and they suggest trustfulness and a readiness to believe what is told him. Some say that it is the idea of the new beginning of the youthful life with its fresh opportunity. A total change is needed, as in John 3: 3, "Ye must be born again." But some say that Jesus is considering the helplessness of the child, its inability to earn its own living or care for itself, and its dependence on the father and mother. Those who come to Jesus must be willing to admit their own inability to earn the kingdom. They cannot gain it as a reward because of merit. They must accept it as a free gift. It is your Father's good pleasure to give you the kingdom.

V. 5. But his disciples must not only strive to be like children in their humility, they must also learn to have a real respect for the child. The follower of Jesus must count the child as a person, worthy of consideration. This is what very few come in church to do, and Jesus here takes a very great step forward in advance of his time. He tells them that if they cannot do this because they love children, then let them do it for his sake, and in his name. Let them seek to cultivate this affection simply because their Master urges it of them.

V. 6. In fact if they neglect the child and put stumbling-lbocks in the way of children, then the most disastrous punishment will follow. This was not a form of punishment common among the Jews, but was known to the Greeks and Romans.

V. 12. Jesus had just uttered (v. 10) a truth of exceptional symbolic beauty on the privilege of the child in God's presence. Each child has, as it were, an angel or guardian who represents its interests and welfare in the heavenly court. The truth is that God, our heavenly Father, has a minute knowledge of each individual life, however obscure it may be. Now he passes on to say that God loves each one, even when it errs and wanders away. The parable of the lost sheep tells of the pains which the Father will endure in order to rescue the sheep. Such is the great compassion which the Father has for all his children, and this same love is shared by Jesus. God is love.

II. JESUS TREATMENT OF CHILDREN, 19: 13-15.

V. 13 It was no uncommon thing for Jewish mothers to bring their little children to some distinguished teacher in order to get his blessing. We gather that in this case the children were very young, since Jesus takes them in his arms. The disciples represented the usual attitude toward the child. It is not that they were cruel, or wished to injure these little ones; but they simply thought that these infants did not count. Jesus had more important things to consider. He had the sick to heal, and the crowds to teach. Then children were quite unfit to receive anything from Jesus, and so these disciples try to protect their Master from useless interruption.

V. 14. Jesus resents their action, and insists upon having the children recalled. The children are an integral part of his kingdom. In fact they are the best type of membership in the kingdom. They best exhibit the quality necessary for entrance into the kingdom, and for excellence in it.

V. 15. In Mark this statement is given that he took them up in his arms and blessed them. Thus his teaching was confirmed by his practice.

"Had a puncture, my friend," asked the cheerily inquisitive passer-by. The weary motorist looked up. "No old man" he said as calmly as he could. "I'm just giving the tires a change of air."