Easing Up

The housewife who wants to give herself a little vacation can find many ways to slacken the tension of the day's routine and cull spare hours for rest and play, if she will but apply her thought to it.

Have the children wear their simpler clothes and live outdoors. Reduce laundering to the minimum. Do not iron towels, sheets, pillow cases, wash cloths, underwear, Pajamas. Get the family to adjust their minds to the jolly informality of it and nobody will mind, especially if that saves mother hours in the hot kitchen. If the children do not understand, let them take a turn at the ironing and they will see the point.

Dispense with table clothes, using a bare table, an oilcloth or straw matting doilies. Buy paper napkins by the hundred.

Simplify the meals, serving fruits and nuts instead of pies or puddings. When you cook for one meal, cook a double amount that some may be left over for the next. When cooking potatoes, boil enough to cream, fry or make a salad for the next meal. Many vegetables are just as good warmed up, and meats may be served cold sliced. Learn the deliciousness of bread and butter, a simple salad, milk, cheese and fruits.

Get the picnic habit. To many this sounds like a big effort. A picnic should not mean fancy and unusual dishes, but rather a simple outdoor meal, at which everybody helps. The air, winds and sunshine will whet the appetite and give a tang to the simplest of foods, and the picnic meal may be a great labor saver, besides being a lark for the family and contributing to mental and physical health. Postpone until cooler weather many of the harder tasks of housekeeping. Lift your nose from the grindstone and get the tip of it sunburned.

Well-Dressed

Some one has said that a person is composed of three parts—soul, body and clothes. To feel her best, to be free from self-consciousness and to be accorded respect, a woman must be well dressed. This does not necessarily mean expensively dressed, for a woman may spend a small fortune on her raiment and merely look ridiculous.

It does mean, however, that the line, color, style and material of our clothing must be appropriate for the occasion on which it is worn. This commonly means simple cotton dresses for housework and porch dresses for the office in hot weather. Tailored looking street dresses. Cotton dresses for tennis and other sports. Modest crepe dresses or those of similar material for afternoon, church, the club, the convention or travel. Something fluffy for the informal party, and something of velvet or lace or satin or taffeta or soft silk for formal events, if any.

We should analyze ourselves—hair, eyes, complexion, figure—to determine what will be most becoming to us. This may be done by studying a color chart, or reading a book on the subject, such as may be found in most modern libraries. Consult the clothing specialist in your dry-goods store or the home economics teacher of your school, if you are not sure of your own conclusions.

Most of us dress to cover up our physical defects. We should rather dress to play up our good points. If one is not certain of her taste, the best policy is to dress modestly, with softened-down tints and medium styles which do not attract attention. Gentility is always dressed quietly and the most aristocratic styles are the most simple.

Food Thoughts

Use crisp water cress for filling of a sandwich, with or without eggs. The green chlorophyl is wholesome and attractive.

Arrange your salads artistically. That's the better half of their attractiveness. The same ingredients, mussily served, are not nearly so enticing.

Berries and expensive fruits have their place, but there is nothing more delicious than the humble old standby, the apple. Bake the new apples, seasoned as for pies, but minus the crust, and serve them with cream.

A little flour, sprinkled on potatoes before frying will make them an attractive goldenbrown.

Baked Heart

For this, use two calves' hearts or one beef heart. Soak the heart in warm water for one hour, changing the water twice during the process. Cut away the tough outer openings and fill with well seasoned bread stuffing, and place in casserole or other covered baking dish. Pour around the hearts three cups of liquid, either hot water or beef stock.

Vegetables may be put around the hearts to cook in the casserole if there is room—two sliced carrots, two onions, two turnips, four potatoes. Their flavor will add to the deliciousness of the hearts. Bake in a moderate oven for two hours or until tender. When you have removed the hearts and the vegetables, thicken the gravy left in the pan and add three tablespoons of catsup to it to pep it up.

The Slender Waistline.

The truest way to reduce the girth is to eat less, but exercise helps, and it also aids in making one graceful and the body supple. For the waistline, besides the exercise of restraint in eating, try the following exercise: Stand erect with feet four inches apart. Stretch the arms above the head and bend the upper part of the body as far as possible to the right, then forward, to the left and backward, making a circle with the trunk. Repeat from five to twenty times, according to your strength.

Clasp the hands behind the neck and repeat the rotating exercises. Stretch the arms above the head, and, holding the lower part of the body still, bend forward and touch the toes, without bending the knees.

Spanish Sauce

Those who like pimentoes will relish the following sauce with cold meat or hard-boiled eggs. Blend two tablespoons of flour with two tablespoons of melted butter. In this stir gradually a cup and a half of top milk and stir over the fire until the sauce boils. Add a can of finely chopped pimentoes, a teaspoon of salt and a dash of pepper.

If cream cheese is mixed with this, it makes a delicious sandwich spread.

Laundry Hint

When washing the berets or little flat caps so popular with the girls just now, stretch them over a plate of the proper size and they will dry in shape. Otherwise they will stretch out of shape and not look pretty.

Introduction

In introducing your father or mother or an elderly person to a young friend, you say, "Mother, may I present Mr. Smith?" or "Father, this is Mr. Smith." If there is enough difference in their ages to be noticed, the younger person is presented to the older.

Pitiful Childhood

Mary, aged four, returned without her doll, from the home of her playmate, Bobby, aged five. Upon being questioned about it, she replied: "Bobby and me has a divorce and he has custody of the child, but he has to pay me alimony of three lollypops a week."

In some places there are as many divorces as marriages, and the worst of it is, broken homes are closely related to behavior problems in children. It is said that fifty per cent. of delinqent children come from broken homes.

Mrs. Solomon Says:

If fate seems to hammer you, take it like a good piece of steel and you will come off the anvil with a better temper and a keener edge.

Make It Stand for Something

By L. P. Roberts

Be glad if your surname is common, like Smith,
Or Peterson, Perkins or Brown;
Be thankful you haven't a name that was worn
By someone of fame and renown.

For if it's unknown, you've a chance here and now
To show the world what you can do,
And write your own name in the annals of fame
And make it stand only for you.

For if your names' Lincoln you'll almost be forced
To play second fiddle with Abe—
The chances are his fame will loom above yours
As a giant o'ershadows a babe.

Theres' only one Washington, George, as you know;
There's only one Shakespeare, it's Bill;
There's only one Jefferson, Thomas, of course;
Theres' only one Sheridan, Phil.

So if your name's Chubb, do not sigh and repine,
Though your folks weer not great in the past,
For it gives you a chance to become the one Chubb
Whose fame will be known to the last.

All in All

The new moon hangs o'er the mountain crest,
The lilac blooms by the door,
The Summer comes and the roses blow,
The glorious woods of Autumn glow,
And love is more and more.
The seasons pass, the strong winds die,
The sunlight steals from the wall,
The glittering planets wheel and sink,
The tides return to the ocean's brink,
And love is all in all.

—Bliss Carman.

In the Land of Dykes

This group of Dutch children was snapped near Amsterdam by Homer Proctor, 262 Yonge St., Toronto, who has just returned from a six-weeks' tour in Europe.

Amazonia Island Amazes Explorer

Faunal Treasures and Reptile Life Prove Fascinating to Traveller

In a review of the fauna, modes of travel and the quest for archaeological treasures in the region of the Amazon River, Arthur H. Fisher writes in a recent issue of the bulletin of the New York Zoological Society that Marajo is perhaps the "wonder island of Amazonia."

"A few days after my first reconnaissance of this charming little river, I worked my way further upstream and came upon what may possibly be the largest colony of white herons (Herodias egretta) in Brazil," he says. "Before I was within half a mile of this colony I could hear the uproar of the garcas (their local name) at their nests. Their breeding grounds covered an area of several acres, while the number of nests and birds almost defied anything but a rough approximation. So numerous were the adult birds that the tall trees looked as though they were in full bloom with huge white flowers ,and hundreds that had not yet developed their flight feathers awkwardly stalked about on the ground.

"Constantly I would hear the dull thud of some unfortunate fledgling that had fallen or been crowded out of its nest. I saw dozens of these youngsters killed in this way during a few hours, yet it seemed as though they could not possibly be missed in the confusion and bedlam of the mob overhead. Several urubus (black vultures) were in constant attendance on the colony, and no sooner was the sound of such an unfortunate's fall heard than one of these horrid looking birds would be on hand to seize the victim. They always reminded me of a lot of ghoulish imps of darkness, perched about in hopes that tragedy would bring them fortune. While undoubtedly this type of raptor has its place in the scheme of the cosmos, I must admit to wantonly burning up many a shell on these hideous flying mortuaries, nor have I ever regretted the cost of the cartridges. Any one who has ever watched from in the streets of South American cities and about the abattoirs I think will share my feelings toward them.

"The native method of killing Onca is both primitive and attended with considerable skill and bravery. These hunters go armed with long spears, on the ends of which are attached double-pointed irons something like a diminutive pitchfork. When one of these big cats is brought to bay, usually with the aid of trained mongrel dogs, the hunter or hunters approach within a few yards of the quarry, which usually trees. They then await the charge. As a rule this wait is of short duration, for once the onca realizes that his retreat is cut off he hurls himself at the nearest adversary with all the fury and determination of his kind, only to become a dying, snarling mass spitted on a spear. Luck is not always with the hunters, however, and many bad maulings and serious casualties have resulted from encounters with these powerful brutes, far sturdier and heavier than the largest Indian or African leopards.

"On another fazenda on the island I was shown the method used to capture adult males. On a thickly wooded teso a tall, strong bamboo stockade had been constructed. It was about fifteen by twenty feet in size, and with the exception of a removable section in the rear, the only entrance was a small opening just large enough to admit a full-grown jaguar in a crouching position. Within this stockade a female jaguar was confined, regularly fed by a man detailed as her keeper. Naturally enough, under such conditions she was as savage and morose a feline as I ever expect to see. She was confined in a large wooden cage, and alongside of this was another empty one of about the same size. This female charmer, through no design of her own, was nightly an unwilling siren, alluring unsuspecting suitors to possible execution, or at best, imprisonment for life. Once an ambitious swain crossed the threshold of that small, inviting door, the love-light was to vanish from his eyes and his wheezy purr of courtship to turn to snarls of fury and then despair. No warning would come to him; only the dull thud of a heavy door that had dropped behind him. With the coming of day comes his arch enemy, man, to either snuff out his life or drag him away from freedom forever. In the very cage that has trapped him, before another moon has come he may be on his way to menagerie or zoological park. And so among jaguars, as among men, some are fortunate, while many fail hopelessly, tragically in their struggle with "the way of all flesh.'

"On my excursions out from Jilva, I saw many types of the island's wealth of animal life, including giant ant-eaters, small arboreal prehensile-tailed ant-eaters and porcupines, howler monkeys and marmosets, ocelots, Coati-mundis, the South American cousins of our raccoons, and many other interesting mammals and a wealth of reptile life, but was not fortunate enough to run across an adult anaconda, though Marajo is famed for the number of these giant snakes taken there. Somehow, I feel that the granddaddy of this reptile is hiding somewhere on this island, and on my next trip I expect to make a strong effort to bring him back to the Bronx.

"After considerable stay in and about Jilva, I was unsuccessful in my search for archaeological material, and so headed further inland to a point called Macacao, where I was to spend many most uncomfortable but happy days, for it was here I took from the ground one of the four important collections now existing in museums, of the wonderful pottery left by the prehistoric races mentioned earlier in this account.

"On my way to Macacao, we crossed a fair-sized lake known as Lago Guara, which received its name from the fact that here is located the greatest nesting colony of scarlet ibis (locally known as Guara) known to exist in the North of Brazil. In the evening I have seen strings of these beautiful birds more than two miles long returning to their nests from their feeding frounds on the coast. Any attempt to estimate the number of these birds using this locality seemed to be hopeless. The small trees and growth that lined the shores of the lake seemed to be constantly in full bloom, with brilliant scarlet splashes, and the effect of it all under the blue of the tropical sky made a picture never to be forgotten."

Owl Laffs

Man—"How are the plans for your new house getting on?"

Friend—"Splendidly! My wife has finally laid out all of the cupboards she wants and now all the architect's got to do is to build the house around them."

When a woman starts to be disagreeable she always makes good.

Ode to the R. F. D. Carrier

When smiles the sun in springtime skies
And gay birds twit and days dance by,
Or, when Old Sol a notion takes
To bake the earth and scorch and slake,
You stand the strain—somehow come through—
You fail them not who wait for you.

When blow the winds and dark clouds ride,
And fiery flashes light the skies,
And saormia shed tree-tops bend and groan
And mountain canyons crash with stone,
You keep right on—somehow come through—
You fail them not who wait for you.

Or when grim winter lays all low
And icy winds whip high the snow,
Impede your progress—direfully sing,
Tear you, lash you, and scornfully sting,
You never flinch —you must get through—
You fail them not who wait for you.

'Tis such as these—who toil each day,
Unpraised—unsung—along the way,
Bringing through service a bit of cheer
Sharing a joy—or drying a tear,
To whom God says when life is through
"I'll fail ye not— wait for you."

A business man was very keen on having proficient clerks in his employ. Before a clerk could enter his offices he was required to pass a written examination. At one examination a question was: "Who formed the first company?"

One youth was a little puzzled by this, but not to be floored, he wrote: "Noah successfully floated a company, while the rest of the world was in liquidation."

So many people enjoy fooling themselves.

Newlywed (at telephone) — "Hurry home, dear, my mother is dying!"

Husband—"Sorry, dear, but business before pleasure."

Latest Train Inovations

Interior of one of new lounge cars recently introduced by the C.N.R. to run on transcontinental service. These cars are equipped with miniature gymnasium, barber shop, ice cream parlor, radio and public stenographic service

Sunday School Lesson

September 7. Lesson X—Josiah (A Royal Reformer)—2 Kings 22: 1, 2, 8; 23: 1-3, 21-25. Golden Text—Thy word is a lamp unto my feet, and light unto my path.—Psalm 119: 105.

ANALYSIS

I. FIRST STEPS IN WELL-DOING, 2 Kings 22: 1-7; 2 Chron. 34: 1-13.
II. AN INSPIRED BOOK, 2 Kings 22: 8-20; 2 Chron. 34: 14-28.
III. A GREAT REFORM MOVEMENT, 2 Kings 23: 1-3, 21-25; 2 Chron. 34: 29-35: 19.

INTRODUCTION — We have, in the story of Josiah, that combination of forces which the world and the church have come to know so well: he *Man* with pure heart, high purpose, and gift of leadership, the *Book* inspired of God, and faithful *Workmen*, both artisans and ministers of the state and of religion, to carry its precepts into effect. To understand the situation in which Josiah found himself in the first twenty years of his reign one should read the story of Manasseh's reign in 2 Kings, chap. 21, and of Josiah's sons who succeeded him on the throne, in 23: 31-24: 20. Or, better still, one should turn to certain chapters of Jeremiah, whose ministry as a prophet in Judah began at this time, and who sets forth with startling clearness its follies and its vices (see chaps. 2, 5, and 7).

I. FIRST STEPS IN WELL-DOING, 2 Kings 22: 1-7; 2 Chron. 34: 1-13.

Both historian and prophet speak well of Josiah (2 Kings 22: 1-2; 23: 25; Jeremiah 22: 15-16). "He did that which was right in the eyes of the Lord." His character is in striking contrast to that of his father and grandfather, chap. 21. As a child of eight years he came to the throne at a time when there appears to have been an uprising of "the people of the land," people of the better sort, against the corrupt court party which was responsible for the murder of his father. For a time, and until he was old enough to bear the burdens of state, he must have been under the care of tutors and guardians, and they did their duty well. His naturally good disposition was cultivated and strengthened. The historian of Chronicles represents him as beginning his work of reform "in the eighth year of his reign," 2 Chron. 34: 1-7.

In the eighteenth year his workmen were busy at the temple putting it into a state of repair. It had apparently been much neglected. It is a pleasure to read of the good relations which existed between the king, the priests, and the workmen who "dealt faithfully." The money for the necessary material and for wages came from the offerings of the people, and this money was put in the hands of carpenters and masons of whom no reckoning was required because they were known to be honest men.

II. AN INSPIRED BOOK, 2 Kings 22: 8-20; 2 Chron. 34: 14-28.

The money which "the keepers of the door gathered of the people" came first into the hands of Hilkiah the high priest. It was "when they brought out the money" from the treasury that "Hilkiah, the priest, found the book of the law," 2 Chron. 34: 14. In a safe place, in some hidden recess of the treasure chamber or in the treasure chest, it had lain unnoticed and forgotten, for one knows not how many years. It was found now at the opportune moment. Coming into the possession of the king he regarded it from his first reading of it as the very word of God to him and to his people. He accepted it as his textbook of reform and in the years that followed he endeavored to put its laws into force. The book must have contained both precepts of the law and penalties for their non-observance. Josiah's first act upon reading it was one of penitence. Its laws had not been kept. He and his people, like their fathers, were guilty before God. He "humbled himself" as only a truly great man could have done, and his penitence brought to him from Huldah, the prophetess, assurance of the mercy of God.

III. A GREAT REFORM MOVEMENT, 2 Kings 23: 1-3, 21-25; 2 Chron. 34: 29-35: 19.

Josiah, under the inspiration and guidance of this book, did three things, each of which must have had a far-reaching effect on the life of the nation. He assembled the elders of the people in Jerusalem, read to them the words of the book, and entered with them into a solemn covenant and engagement to keep what they now accepted as the very laws of God. Next he had all idolatrous vessels taken out of the temple and destroyed, and all the sanctuaries, or high places, throughout the land with their corrupt practices ended, confining worship to the Jerusalem temple. And finally he revived, in an impressive way, the sacred festival of the Passover.

Scarcity

Scarcity saves the world,
And by that it is fed;
Then give it hunger, God,
Not bread.

Scarce things are comely things;
In little there is power;
November measures best
Each vanishing flower.

If you dig a well,
If you sing a song,
By what you do without
You make it strong.

For life, as well as art,
By scarceness grows,
Not surfeit. Theirs must be
The hunger of the rose.

—Lizette Woodworth Reese in the Saturday Review.