

For the Woman Reader by Florence Riddick Boyd

A Life of Poise

This is a hurried, strenuous age, in which poise and equanimity are rare. But even they may be attained by one who desires them. It is a fact that the person who does not hurry often accomplishes more in a day than one who is constantly on the run, and he makes fewer mistakes while doing it. At least, the hurried and calm ones get more out of life, and that is better than a hurried life.

Stamina is wearing. There is the physical strain which comes from tackling propositions which are too big for the constant rush, the emotional and nervous strain, the strain of physical strain, and the spiritual strain which comes from placing wrong values on material things.

House Conveniences

Invention is adding new devices to our home more rapidly than ever before. Among these are the new conveniences which hold and may be made to fit any window. Ventilation systems in summer as well as in winter and are a part of the cooling system as well as of the heating system. They carry the air out of the upper story and allow the fresh air to enter.

Baked Fish

Put the boneless fish in the marinade of today. Bake them slowly and carefully and serve with a garnish of lemon, sliced lengthwise.

Fragrant Hedge

A sweet smelling hedge, to go about the rose-covered cottage, is made up of sweet briar, jasmine, lilacs, rosemary, lavender, musk and magnolia.

Fashions, Fads, Foibles

Elizabethan, Roman, water snail, and other people, you are popular for their fashions in this season. Pumps are still popular, but the hush of the foot is held their own. Overclothes, of a color contrasting with the suit, are in vogue. Some of them actually go over the skirt, with a belt top, every self-respecting costume now has a belt.

Example

The other day two little brothers were taken to the Reform School for stealing. They were only ten and twelve years of age, and I tremble when I think that the future holds for them. Looking into the background of their training, we find their father, a year or two ago, taking both little boys to the show, and leaving them there until he came for them. He gave them each fifty cents if they would tell their mother that he had not stayed with them. What sort of training was that in honesty?

The Humming-Bird

A flash of harmless lightning. A mist of rainbow dyes. The burnished sunbeams brightening. From flower to flower he flies. While he takes the molting blossom. That just too late to see. When his lips touched her bosom. And drained her nectary.

God Bless Our King!

Twenty Years of Leadership and High Example—the Empire's Homage to His Majesty

By Sir George Arthur M.V.O. Author of 'King George V: A Sketch of a Great Ruler'

And, sir, if sovereignty has been revered by our modern institutions of some of its burdens, it still, I believe, remains true that there has been no period of the world's history at which successors to the monarchy could more efficaciously contribute to the stability of a great historic system—dependent, even, more upon love than upon strength—by devotion to their duties and by a bright example to the country.

Blackheads

The only skin is liable to blackheads, which are an accumulation from the sebaceous oil glands. Washing the face in cold water alone will not remove them. The face should be washed daily with warm water and mild soap, one which is free from alkali, and then rinsed with very cold water and given a good rub. This will tone the stretch skin and make the pores more able to throw off waste matter. A gentle massage with a soft cream before the warm water wash will help to the position and softens the accumulations to be removed. To invigorate the skin, wrap a chunk of ice in a clean cloth and from the skin work down the face, from the hair of the head to the chin, and then from the forehead to the chin, and then from the chin to the neck.

Read the Latest

Housewives would save millions of dollars to the loss of the world if they would get the habit of reading the latest on the front porch. Large complete manufacturers to label their goods. It would do much to make for honesty of conduct, to prevent adulterations and the use of poisonous and harmful ingredients. We would only read the label and know what we are buying.

Lighting the Gas

When lighting the gas, do not touch the lighted match to the burner as soon as the gas is turned on, but touch the match to the burner and then light the gas.

Savory Salad Dressing

Use a few drops of your salad dressing in a salad dressing, and a small amount of Worcestershire sauce. Parsnips is a good addition.

UNFINISHED

Jones had started the day very badly. Getting on of bed that morning, he had rubbed his first comb on the bedpost.

In the War

If, in the War, the King made no effort to play the part of a war lord, his part was by no means that of a post-war speaker; to the prosecution of a mighty struggle for a righteous issue.

Our 'Sailor King'

Just as he was never unjustly called the 'Sailor King'.

The Tiny Speckled Things

By Willa Hoey

I went fishing yesterday. And caught some little trout. I had them for my dinner. With precisely round about: They were delicious. An dish served for Kings. When served with fried potatoes. The tiny, speckled things. Last night I lay dreaming. A sportsman had just caught me. My book had pierced my eye. Wringing in pain, I heard him say: "A dish 'em fit for Kings. When served with fried potatoes. The tiny, speckled things." —The Humane Pleader

Love Him?



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His Throne Secure

At King George's christening there was sung, by command of Queen Victoria, the national composition of the Prince Consort.

How High Have Birds Gone?

The condor probably ascends to greater altitudes than any other bird. It is believed that it sometimes struggles up to a height of four miles. —The Humane Pleader

Irrigation in India

About 20,000,000 acres of land in India have been brought into productivity through state irrigation works.

Many Facts About Towels

Midnight Mission Mends Boots Of Indigent Overnight Guests

So many modern towels are made attractive by new designs and touches of color that sometimes in purchasing them one loses sight of the practical problem. But quality in a towel is determined by the yarn and by the weave, that should be close enough to make the towel durable.

His Kingly Generosity

The life of a great ruler is for the most part a four, but it is not to be unduly into the recesses of the King's inner life to apply to them all and more than Southey's rote of the household feelings, mutual affection, quiet enjoyment, love of country, and sober sin in religion, which the poet found more marked in Holmst's life than in that of any other ruler.

Keeping Down Expenses

Punishments later dispensed reforms were instituted, that even in Queen Victoria's time expense was scarcely removed from extravagance. King Edward's income as Prince of Wales, he never exceeded £50,000 a year, but on his accession he found the matter of outgoings to be a heavy burden.

Expert on Naval Matters

Thus, in the War, it is a general military strategy, the King could only be a sailor, what he did not know of naval tactics was scarcely worth knowing. His advice would be constantly sought on naval matters, and he was an expert on the subject of the navy.

Colored Towels

Small Turkish towels are soft, full as hand and guest towels. They are absorbent and softer to the skin than in the back. They may be had with attractive colored borders.

THE BURNING QUESTION

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Death by the Rope Murder Deterrent Parliament Told

Unique in efficiency, paramount in service, hospitable in welcome, complete in its activities, is the "Midnight Mission" of Los Angeles. This enterprise is founded on the highest principle of co-operation, helpfulness and generosity, and in its every detail, to care for the wanderers who come to its door.

Death by the Rope

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MATTER POP—The Makings of a Stomach Ache.



Salad Delicieux

2 cups Today grapes, 1 cup unseeded almonds, 1 cup fruit de mer, combine all the ingredients. Add dressing.

17-7-30