



A DUMB SISTER

I think this true story deserves first prize in a "Was She Dumb?" contest. This is an incident related by Great Britain's Post-Master General, Sir H. Kingsley Wood, M.P. He declared he supposed no Minister of the Crown received so many letters from women as he did.

One wrote complaining that she had wasted twenty-five minutes in a telephone booth and could not get through to the number she wanted.

Investigation showed that when she removed the receiver from the hook she hung her umbrella on it, effectively closing the line.

HEALTH COMMANDMENTS

A health specialist writing in an English weekly quite impressed me with his sane, sound advice and I think it is worth passing on.

No. 1. Eat in Moderation.—Up to the age of twenty-one wholesome food in large quantities does no harm. The body is then building and repairing waste at the same time. When the body is fully grown the function of food is merely to repair wastage. It is a wise rule never to eat to repletion, late at night, when in a hurry or when worrying. An occasional fast does no harm.

No. 2. Eliminate Waste.—Auto-intoxication or self-poisoning occurs when the body cannot rid itself of poison-producing waste matter. In observing this law, do not neglect the skin. Air and towel friction keep the skin functioning efficiently.

No. 3. Sleep off Fatigue.—Sleep is Nature's method of restoring energy. Sleep at least ninety minutes before midnight with open window. People with poor circulations often pile on heavy bed-clothes. This is weakening. Wear additional bed-garments instead. They retain the body's heat without adding weight.

No. 4. Exercise your Body.—The amount of exercise you need depends upon your age and physique. Exercise tones up the muscles, enabling them to clear off impurities.

No. 5. Avoid Overwork.—The body has just so much energy distributed between the physical body and the working brain. Work done while you are fatigued is never good.

No. 6. Practice Oral Hygiene.—The mouth is a central focus for infections of the body. Hence the necessity for oral hygiene, or the preservation of the mouth in a state of absolute cleanliness.

No. 7. Drink Water.—The best time to drink water is first thing in the morning, last thing at night. Lack of sufficient water to flush the system is the cause of a widespread variety of painful complaints.

No. 8. Be Clean.—The function of the bath is not to remove external dirt because it offends the eye; it is to clear the door-steps of the thousands of pores. Washing and bathing tone up the skin by stimulating the circulation.

No. 9. Banish Fear.—There can be no healthy body without a healthy mind. There can be no health of mind without courage. Fear is merely lack of courage. We call it "worry" because that sounds better. Science proves that fear has actual effects on the body.

No. 10. Love.—Ancient physicians recognized that love is essential. People without love are turned in on themselves. They think the universe revolves about them. We all find them selfish and dislike them. We should pity them. They are losing the best of life. Where there is love there cannot be hate. Hate, as medical science shows, actually releases poisons into the blood stream.

There, I think that is enough for this week. If we all would follow the above, I think we would find the world a cheerful, happy place instead of the gloomy planet we sometimes think it is.

Consumption of Beef is Growing

Government Inspection in Canada Boosts Sales — Great Success.

Toronto—Turn back the pages of history for more than two millenniums and it will be found that beef was the meat of the festival holiday season; also the main course in the ordinary menu. References to cattle and their importance to the tribal peoples of the Pacific are found in Genesis. The mythology of the Greeks and the Egyptians have much to say about the gods' regard for beef.

600,000,000 POUNDS

When the earliest British settlers came to this side of the world, they brought with them the national love of beef, and it seems natural that this meat constitutes a very important item of food for Canadians. They eat nearly 60 pounds of beef per person annually, or a total of about 600,000,000 pounds.

The raising of beef cattle in Canada from the pioneer settlement days has been a notably important industry. The best of the stock for many years, however, was exported, and the fact was that the beef offered on the domestic market was not usually of a notably high grade.

By 1926 various interests representing producing, marketing, and consumers' organizations arrived at the conclusion that both the producer and consumer would be helped by some method of assuring the consumer of the quality for which he paid. The result of this meeting was the recommendation to adopt a system of beef grading so that the consumer could easily recognize and identify quality.

BEEF NOW GRADAD

Graded or branded beef was introduced on the market by the livestock branch of the Dominion department of agriculture in the latter part of 1929, and the new system is proving a success beyond expectations. The red or blue band which can be seen in a rippled line along both sides of a beef carcass are the hallmarks of quality.

This stamp should not, however, be confused with the little circle enclosing the words "Canada Approved," which is the guarantee of healthy meat, not of quality. At every packing plant abattoir where beef is graded, government inspectors watch for any sign of disease in any part of the animal, and all unwholesome meat is condemned and must not be sold for human food.

In 1931, the second year after the beef grading service went into effect, the total sales of this beef throughout the country were 17,240,748 pounds. The next year they advanced to 21,748,768 pounds, and in 1933 they were 30,682,600 pounds. This is evidence of a rapidly increasing appreciation of the dependable quality of branded beef.

HOW TO SELECT BEEF

Until the introduction of branded beef, few housewives were able to judge good from indifferent beef. It takes a great deal of experience to be able to know just by looking at a cut of beef whether it is tough or tender, unless it carries the red or blue brands as an assurance of good quality.

There are three principal points to be considered in selecting beef. First, the size and kind of cut desired. The kind of cut naturally depends upon whether it is wanted as a roast, steak or boiling piece.

The second point is to be sure of freedom from disease. Graded or branded beef is slaughtered in plants that are under government inspection.

The third point is quality. Here again the red and blue brands assure this. It should have a marbling of fat throughout the lean. It indicates tenderness and flavor.

There are more than 100 inviting recipes for meals in which beef is the chief constituent.

BEEF STEAK CLUBS

Even the famous British beefeaters of earlier days knew nothing of the almost infinite variety of ways which beef can be cooked and served. Probably no other viand is more attractive to the appetite. Beef is a meat that stimulates the secretion and flow of the digestive fluids and aids digestion. Medical science has found this incontrovertibly true. Meat, and beef particularly, not only contains many of the elements necessary for the proper growth of the human body, but it supplements and improves to a great extent the value of many of the nutrients found in grains and vegetables. Moreover, beef is a very valuable source of protein, which is a tissue-building and repairing food; the fat furnishes heat and energy, and the mineral salts, such as iron and phosphorus, as well as the vitamins, are in a form that are readily assimilated.

With the advancing appreciation of good beef in Canada, beef steak clubs may eventually be formed in some of the larger cities of the Dominion. They have been in existence in England since the reign of Queen Anne. The chief wits and notables of the nation were among the members and they were proud to wear the club badge—a small golden oridion.

Make Warm Weather Meals Tempting

Discussions About Food by Older Persons May Influence Youngsters' Tastes

Junior appetites are apt to wane with the coming of warm weather; then sister or little brother develops a tendency to slough off pounds.

If mother's wise, she won't start worrying. But she will settle down to some intensive planning. And the results, if she's lucky will be meals so tempting that no child can turn away from them in listless boredom.

The child from eight to ten may have a wide range of food—in fact, almost any well-balanced, sensible adult meal is suitable for him. And speaking of adults, once in awhile father may be to blame for Junior's finickiness.

Discussions about food by older persons—fathers particularly—may do much to influence young tastes, and the opinions of grown-ups concerning the palatability of various foods should not be aired too emphatically in the presence of youngsters. If father suggests that a certain vegetable of impeccable reputation tastes like grass, naturally young hopeful will succumb to the power of suggestion.

QUART OF MILK DAILY

The practice of providing a quart of milk a day for each child should never be neglected, but some of the milk may be used in cream soup, creamed vegetables, desserts and beverages to give variety. Tea and coffee should not be permitted until the children reach the age of discretion. Meat, fish, eggs, raw and cooked vegetables, raw and cooked fruits, cereals and simple desserts may be served in great variety.

While it's of most importance that vitamins and minerals be supplied in abundance, the calory value of food must not be forgotten. The amount of food a child needs at this age has been estimated as between 1,700 and 2,000 calories a day. The protein calories should be between 15 and 15 per cent. of the whole amount. A working knowledge of the calory value of the more common foods is helpful.

CALORIES PER MEAL

The following menu for a days has been worked out to show the number of calories in each dish.

Breakfast: One large orange (100), 3-4 cup cooked cereal (100), 3 tablespoons cream (100), 1 soft cooked egg (70), 1 slice toast (50), 2 teaspoons butter (70), 1 glass milk, about 3-4 cup (125) Total calories, 615.

Luncheon: One-half cup baked macaroni with tomato sauce (100), 1-4 head lettuce (12), 2 teaspoons French dressing (66), 1 whole slice whole wheat bread (100), 1 teaspoon butter (35), 2-3 cup apple sauce (100), 1 glass milk (125). Total calories, 538.

Dinner: One ball round steak ground (100), 1 baked sweet potato (150), 1-2 cup creamed peas and carrots (60), 1-3 cup fruit salad (130), 3 tablespoons brown Betty with 1 tablespoon whipped cream (200), 1 slice bread and butter (135), 1 glass milk (125). Total calories, 900. Total calories for the day,

Psychology of Clothes

Weekly Scotsman —That clothes do have a real psychological effect on us, almost every woman will readily agree. A man will often wonder why women find it necessary to change their clothes several times a day, and, failing to understand the reason, he airily dismisses the subject by putting it down to vanity.

He is hopelessly wrong of course for although I must admit we like to put on pretty things, it is the effect our clothes have upon us mentally which makes us change them frequently.

A housewife who must of necessity do her own housework knows that if she is dressed prettily and suitably, she works far better than if she knew her hair was "all over the place," her nose shiny and general appearance unbecoming! With the knowledge that her overall is smart and workman like her hands protected by gloves, her shoes neat and a cute little dusting-cap over her permanent wave, she feels happy mentally and, therefore, at ease.

However neat and tidy she may be while working, she will feel rather grubby afterwards; therefore she changes into a pretty little afternoon frock, and immediately feels a different being.

When a woman changes her frock she very often changes her personality; suiting it to the demands of the particular type of frock she is wearing. How is it that all film vamps look alike? Simply because film vamps have become associated with tight slinky frocks, sleek hair, and so on. Do you see the connection between personality and frocks?

Clothes play a far more important part in our lives than most of us realize; they impress others favorably, or not, as the case may be, undeniably.

To feel bien sciénee gives a woman poise and assurance, thereby adding greatly to her happiness.

Another Term

Toronto—Mrs. H. D. Warren, of Toronto, was elected president for another term at the concluding session of the two day annual meeting of the Canadian Council of Girl Guides' Association. Lady Falconer was re-elected as deputy chief commissioner.

Mrs. Arthur Drummond, Montreal, Miss Winnifred Kydd, Montreal, and Mrs. F. Hetherington, Kingston, were elected to the executive.

Mrs. James Storrow flew by plane from Boston to Buffalo to make connections to arrive in Toronto for the convention. She described her work as chairman of the world committee, Girl Guides and Girl Scouts Association and declared in 45 countries there was a membership of 1,200,000.

Do Not Fear Criticism

A typical case. Scene one—At any semi-public meeting for taking action on a proposed matter, Discussion and suggestions are asked for. Hardly anyone says a word. Motion for action or decision on the subject goes through unanimously. Scene two—Outside of meeting place, on the streets and in the back rooms—Silent ones become talkative and events and decisions of meeting torn to pieces.

We are not concerned with the above class of men—they will always be in evidence. We just want to point out to the fellow who is full of action that he who fears criticism is hopeless. Only those who do things are criticized. The idler is lost sight of in the march of events, but the doer is watched and criticized. To hesitate for fear of criticism loses the battle while the doers march on to victory. To hesitate for fear of criticism is cowardly; advocate it, expound it, and, if need be, fight for it. Critics always have been, and always will be, but to the strong-minded they are a help rather than a hindrance.

As a horse spurts forward when prodded with the spur, so the doers forge ahead under the lash of criticism. Take your part on life's stage and play your part to the end; stand for that which is good; be a doer, not a drone; look the world in the face and let the critics criticize.

"No Stockings, No Job," Is Edict

LONDON, Eng.—"No stockings, no job" is the employers' attitude to bare-legged women employees here.

The feminine-interest "Daily Sketch" conducted an inquiry into the possible results of the summer-time no-stockings vogue and was told by employers that it was not "business."

"Supposing a man turned up to dictate letters, stripped to the waist?" one office manager demanded. "Would not the women be the first to complain?"

Mr. Henpeck: "My wife has disappeared — a fortnight ago." Police Sergeant: "Why didn't you notify us before?" "I couldn't believe it. I thought I was dreaming."

Our Sketch Club

LESSON NO. 10 Do you remember in Exercise 5 of Lesson No. 3 that I asked for a pen and ink drawing of a sphere with a cast shadow? So far not one of our Sketch Club members have sent this drawing in for criticism. Perhaps they have found the subject too hard. Fig. 52 illustrates that problem, now

Fashions Change In Bad Girls

Fashions have changed in bad girls. This is probably the unique style chat of all style chats. Having just finished interviewing one of Illinois' foremost police matrons, I am impressed with her admission that there are styles in being bad as well as in clothes. Ten or 15 years ago the police matrons kept the glassy eye on the taxi honky-tonks to see that the ladies and gentlemen of tender age did not indulge in questionable dancing positions. If the six-inch spanning rule was broken, business snatched the girl away from the partner, even though only five cents of the ten-cent dance was spent. Now, according to this authority, she makes sure that all the near-bad girls are safely located in the public dance halls, then feels happy about hurrying into a movie, or over to the drug store for a soda. "It's the girls that stop dancing I have to worry about," finished the police matron.

Versatile Bean

"One of nature's most versatile crops, when put to use by man, is the soy bean. Brought to this country over 130 years ago, in the last ten years it has been put to many other uses besides that of producing a good quality of hay.

"Eighteen companies in the United States now use about 10,000,000 bushels of soy beans; in 1928 only one mill manufactured soy bean oil and oil meal. A good beginning has been made in the last five or six years toward what may become a major American industry.

"Soy bean is the most nearly perfect substitute for meat that is grown. It contains 40 per cent. of protein, 20 per cent. of fat, and vitamins A, B, and D."

The above interesting items of news were taken by us from "The American Farmer." On reading them we wondered how many Temiskaming farmers know anything about this "leguminous plant" which has become so popular in the United States. The next thought which suggested itself to us was that Mr. M. F. Cook, B.S., A., Agricultural Representative, would be pleased to meet the farmers, and talk over matters which are of vital importance to them. Of course, we submitted the question to Mr. Cook, and, (as we knew he would) he said he would be delighted to meet the farmers and discuss all farm problems with them.

It goes without saying that bean-raising will be regarded as an un-safer crop in Temiskaming on account of spring and early summer frosts. Well, twenty-five years ago the President of the Ontario Vegetable Growers' Association, and several times a judge at our fall fair, made the statement that onions would not ripen in Temiskaming, and yet many of us have had onions ripen here and had them for table use until the following spring.

"It is a common delusion that because a job is big, it is bound to be complicated."—Sir Henri Deterding.

The Demand for Food LOOKING AFTER THE CHILDREN

"So I say again, let us not dream of talking at the present time of overproduction of food, and that the farmers of the world have come to the limit of what they can be called upon to supply. The demand for food, if people can be enabled to get the kind of food that they would like to eat, has practically only been scratched; it is almost infinite from our present point of view. Therefore, I may be bold and prophesy—not with the slightest hope of seeing the prophecy realized this year, next year, or so on, but I am quite certain, it will be ultimately realized—that the cure for agricultural depression is not restriction of production, but the starting up in the world at large of the wheels of trade and exchange."—Sir A. Daniel Hall at the World's Grain Conference.

Recently there appeared in the daily papers a small item telling of the killing of a little boy who was watching a bridal party come from a church in New York. To get a better view of the bride, the lad darted from the side of his elders to cross the street, when he was struck down by a passing car, thrown against a hydrant, and was instantly killed.

That such an accident has not happened in Winchester is more because of good luck than good management for every day children are seen, not only playing ball, but riding go-carts and playing on the paved highway while passing cars are trying to dodge them.

No doubt our school teachers have enough on their hands but it would not take up much of their time if they would, just before the hour of dismissal, warn the school children of the danger of playing on the highway, and running across the street, without looking both ways for approaching cars.

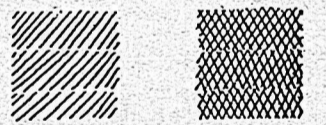
We know that mothers who have houses to keep clean, meals to prepare, and many other domestic duties to perform, find it almost impossible to keep their eyes on one or two lively children who are so quick to dodge out of their sight. But a child's life is more precious than anything a home possesses, and trying as it may seem, it is a mother's duty to see that her child is kept out of harm's way.—Winchester Press.

"Let us reassure ourselves with the law of Love. God never punishes man for doing right, for honest labor, or for deeds of kindness, though they expose him to fatigue, cold, heat, contagion."—Mary Baker Eddy.

Henhouse Ventilation

The removal of moisture is a major problem in poultry houses. Poultry have no sweat glands, but they give off relatively large amounts of vapour in respiration and through the skin. It was found that at one experimental station that maximum egg production was obtained when temperatures were not permitted to fluctuate widely. A henhouse temperature at 50 degrees F. is too high to be maintained on most farms in winter without artificial heat. Hence a lower temperature held uniformly would be desirable. Increasing numbers of poultrymen have had success with artificial heat properly regulated, but failure has commonly resulted when temperatures were allowed to go too high or to fluctuate widely.

"Business-women make intelligent lives and bring worthwhile citizens to the world."—Cosmo Hamilton.



compare it with your own work.

Fig. 53 shows the foundation work for a medium known as Crosshatch. Fig. 54 is the completion of Crosshatch, which is simply a series of lines crossing over each other, these lines were made with a pen.

Figures 54, 55 and 56 show another style of Crosshatch made by drawing a series of pen lines and then by painting over the lines with a brush dipped in white paint. Numerous effects may be obtained in a similar manner which may be incorporated into your landscape sketches and other drawings. From time to time we shall be happy to demonstrate these little tricks which add the professional touch to your work, also a decorative quality.

Ex. No. 14. Make a few sketches demonstrating in a practical manner how to use the Crosshatch medium. Questions will be answered in this department. Anyone wishing to receive a personal reply, may have same if a 3c stamped addressed en-

postage if you wish the sketch returned to you.

Name _____ Age _____

Address _____

The enclosed sketch was sketched from nature.

The enclosed sketch was made from memory or is an original composition. The enclosed sketch was copied from _____ Enclose the picture from which the copy was made, or copy work will not be eligible.

I am not earning my living as a sketch artist.

Signed _____ Date _____

All entries must be in this office on or before the First of AUGUST, 1934.

Address all entries, together with a 3c stamped, addressed envelope, to The Art Director, Our Sketch Club, Room 425, 73 Adelaide Street West, Toronto 2, Ontario.