



OUR MOTHERS

There are many people who believe that a woman, just because she is a woman, knows how to take care of herself during pregnancy and also how to care for her baby.

That such is not the case is shown by the fact that since expectant mothers and mothers of young children have secured advice from qualified persons, there has been a tremendous reduction in the amount of illness and the number of deaths occurring in these groups.

It was not that parents of two or three generations ago loved their children less than do the parents of today, but their love could not overcome the diarrhoeas caused by dirty milk, and so what was known as "summer complaint" carried off the young children in tremendous numbers.

We are given intelligence, and by use of our intelligence we raise ourselves above the level of animals who have no reasoning power. We progress because we make use of the knowledge which is made available to us from the investigations and experience of the whole world.

The expectant mother requires certain medical examinations early in her pregnancy. Abnormal conditions can be corrected in the early months, and their correction may save her much suffering; indeed it may mean the saving of her life.

Most pregnancies are perfectly normal; the mother has her baby in a natural and safe way. The important point is that no mother can know that her pregnancy will be a normal one. Proper supervision is the only way by which she can be assured that the dangers of any abnormal condition will be overcome.

Pregnancy should be made not only safe but comfortable. There is no

reason why discomforts should not be avoided as far as possible. The mother should have a healthy baby and her own health after confinement. These benefits can best be secured through supervision during pregnancy and adequate care at confinement.

During pregnancy, the quality and quantity of food eaten is of importance. Milk, vegetables and fruits should be used in abundance, as they supply vitamins and the minerals required to build the bones and teeth of the new baby.

The expectant mother should seek advice from her doctor. Friends and others mean well, but generally they do not know. The mother need not fear that her baby will be marked because of some disagreeable experience. She should realize that improper food, lack of fresh air, lack of rest and other similar conditions will not only injure her health but will interfere with the proper development of her baby.

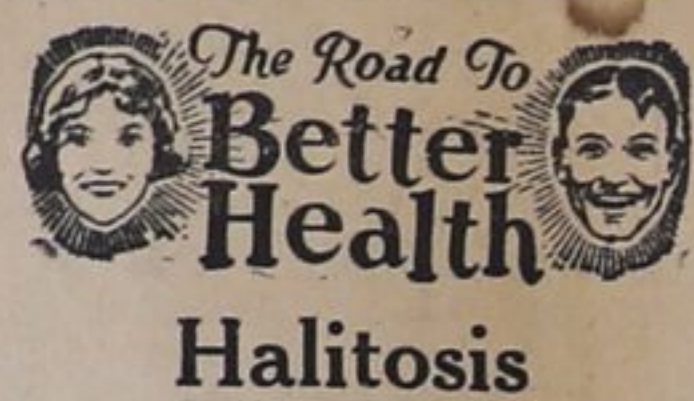
Both Revenues And Expenses of C.N.R. Reduced

August Was Below Last Year, But Eight-Month Period Shows An Improvement

Gross revenues of \$11,328,017 for the month of August, a decrease of \$2,981,793 from the receipts of August, 1931, are shown in the monthly statement of revenues and operating expenses issued at headquarters of the Canadian National Railways. The reduction in gross earnings during the month was largely offset by a reduction in operating expenses, economies practiced by the management, bringing these expenses down to \$11,118,841 or \$2,676,933 less than the figure for the corresponding month of last year.

Net revenues for August this year were \$209,175 against net revenues in August of 1931 of \$514,034.

For the eight months period of the calendar year, gross revenues of the National System were \$93,118,292, a decrease of \$24,274,618. Operating expenses for the eight months of 1932



By DR. WILLIAM J. SCHOLLES

The advertisements of preparations that may be used as a mouth wash have made the word halitosis familiar to most people. They know that it is the scientific name for foul breath.

A letter recently received from a correspondent contains a request for a permanent cure for halitosis. While it would be gratifying to be able to name some one remedy that would permanently cure this disagreeable condition, it is impossible to do so. Foul offensive breath results from several different causes. What would prove to be a suitable remedy in one case, would be entirely ineffective in another case arising from a different cause. That does not mean, however, that a permanent cure is not possible in many cases.

A good way in which to begin the quest for a cure is to visit the dentist. Neglected teeth, which means cavities in the teeth and lack of cleanliness, are perhaps the most frequent cause of foul breath. The necessary dental work, including the removal of deposits of tartar from the teeth, will do much to cure many cases.

Visit Dentist Regularly
And care must be taken to keep the mouth and teeth clean. The teeth should be carefully brushed twice a day, using a good tooth-paste, powder or mouth wash.

But remember, that even though the teeth may cause most cases of foul breath, they are not always at fault. Sometimes diseased tonsils, or a catarrhal condition of the nose, throat or

were \$89,747,008, showing a reduction of \$25,467,212 from the costs for the same period of last year. Net revenue for the 1932 period was \$3,371,283 as against \$2,178,688, an increase in net of \$1,192,594. The ratio of operating revenues to gross receipts during the first eight months of 1932 was 96.38% as compared with 98.14 for the corresponding period of 1931.

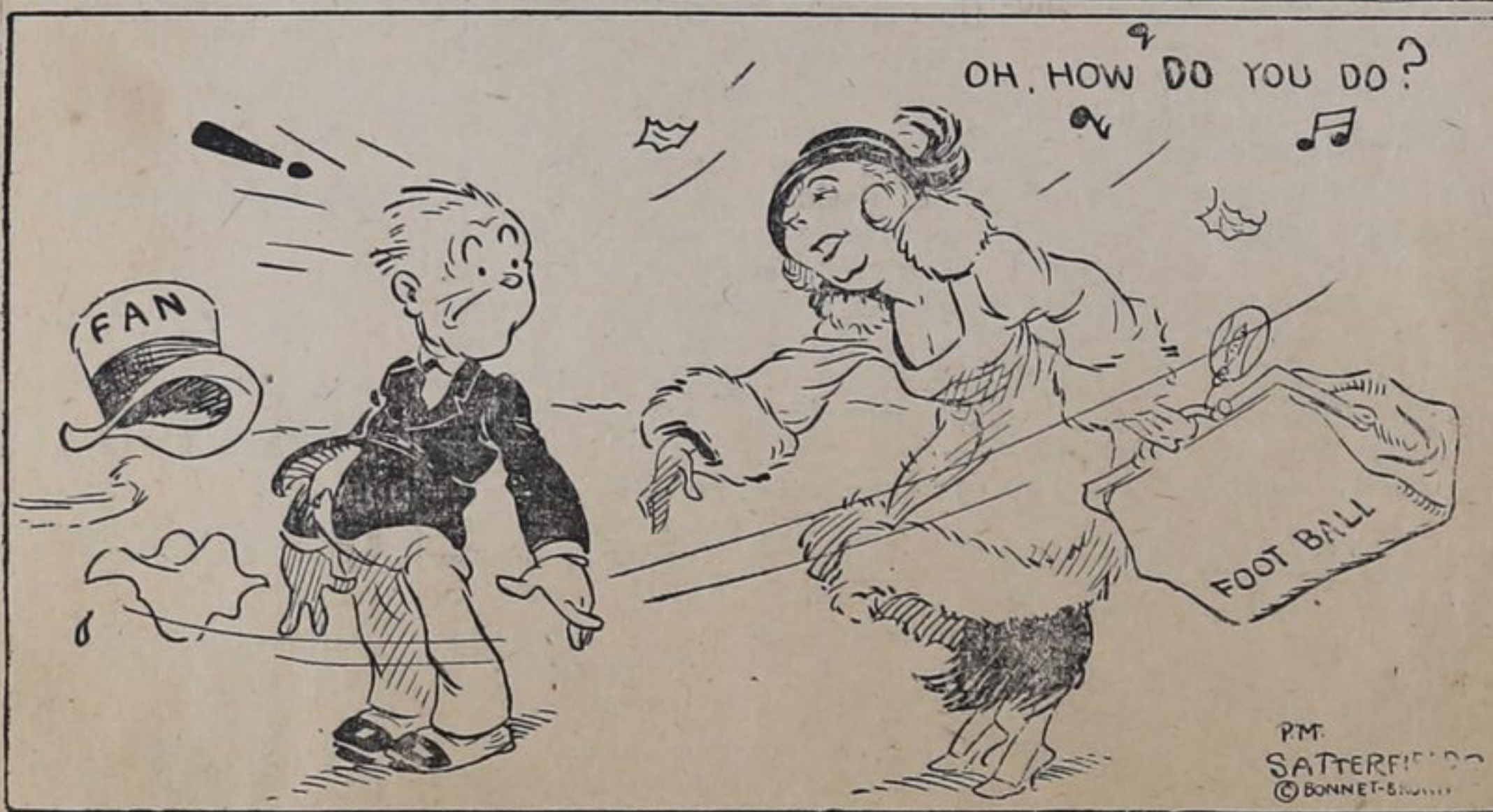
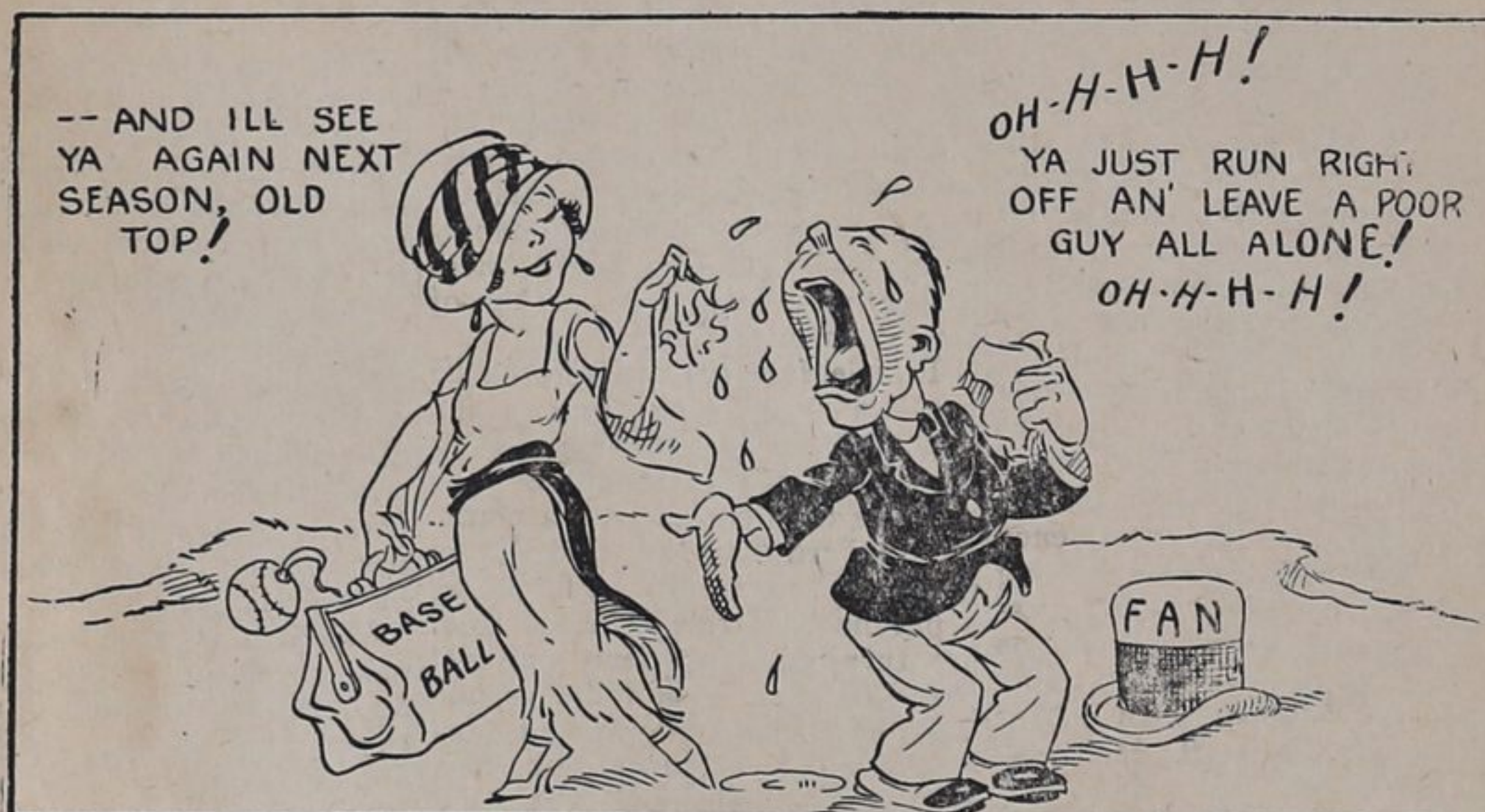
bronchial tubes, cause the foul odor. Or dyspepsia or constipation may be the cause.

Mouth washes that cover one odor

by means of another will usually give some temporary relief. In this respect and insofar as they aid in keeping the mouth clean, their use is beneficial. In

general, however, they possess no power to bring about a permanent cure. That, as has been said, is a matter of finding and removing the cause.

Off With The Old--On With The New!



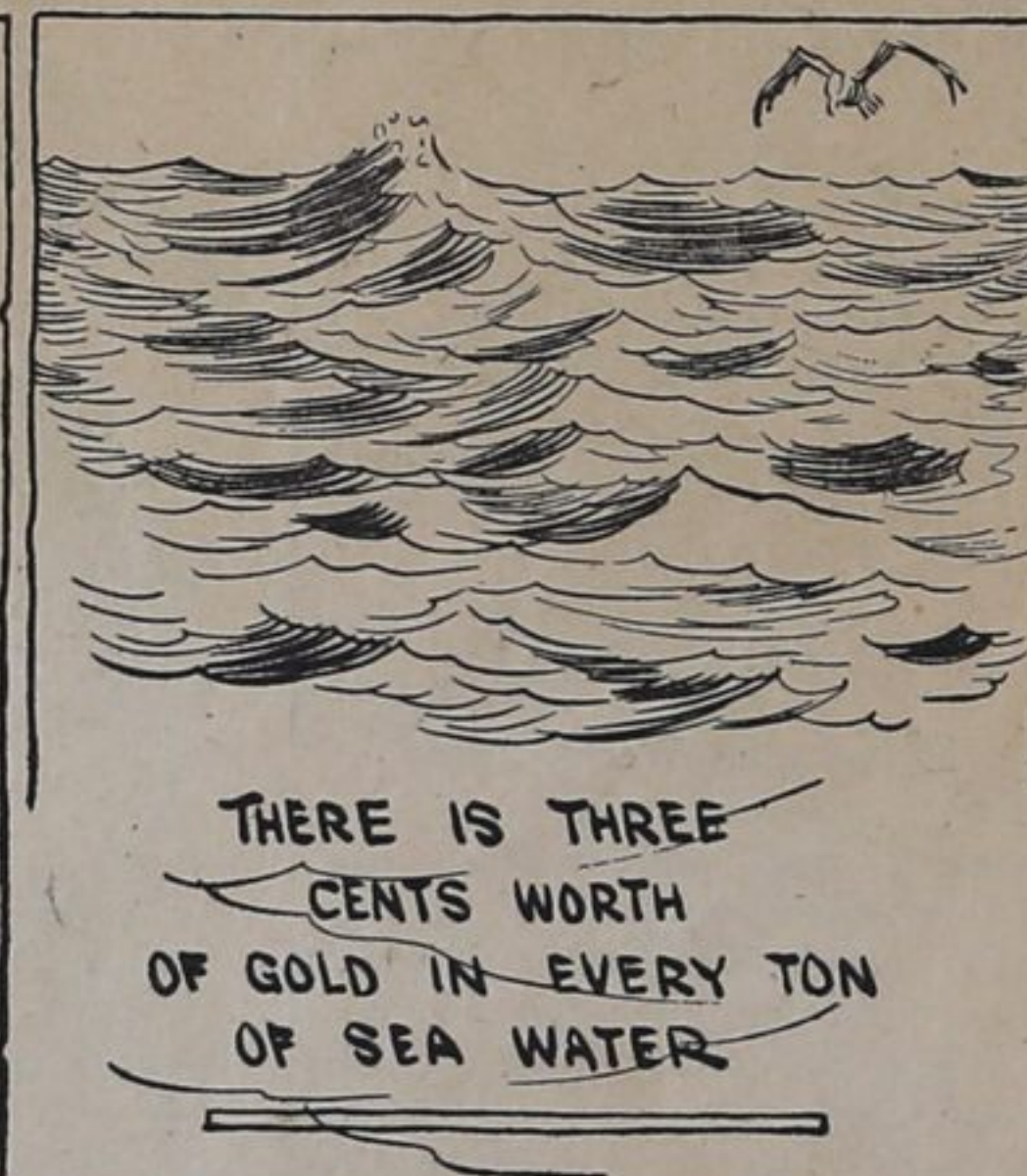
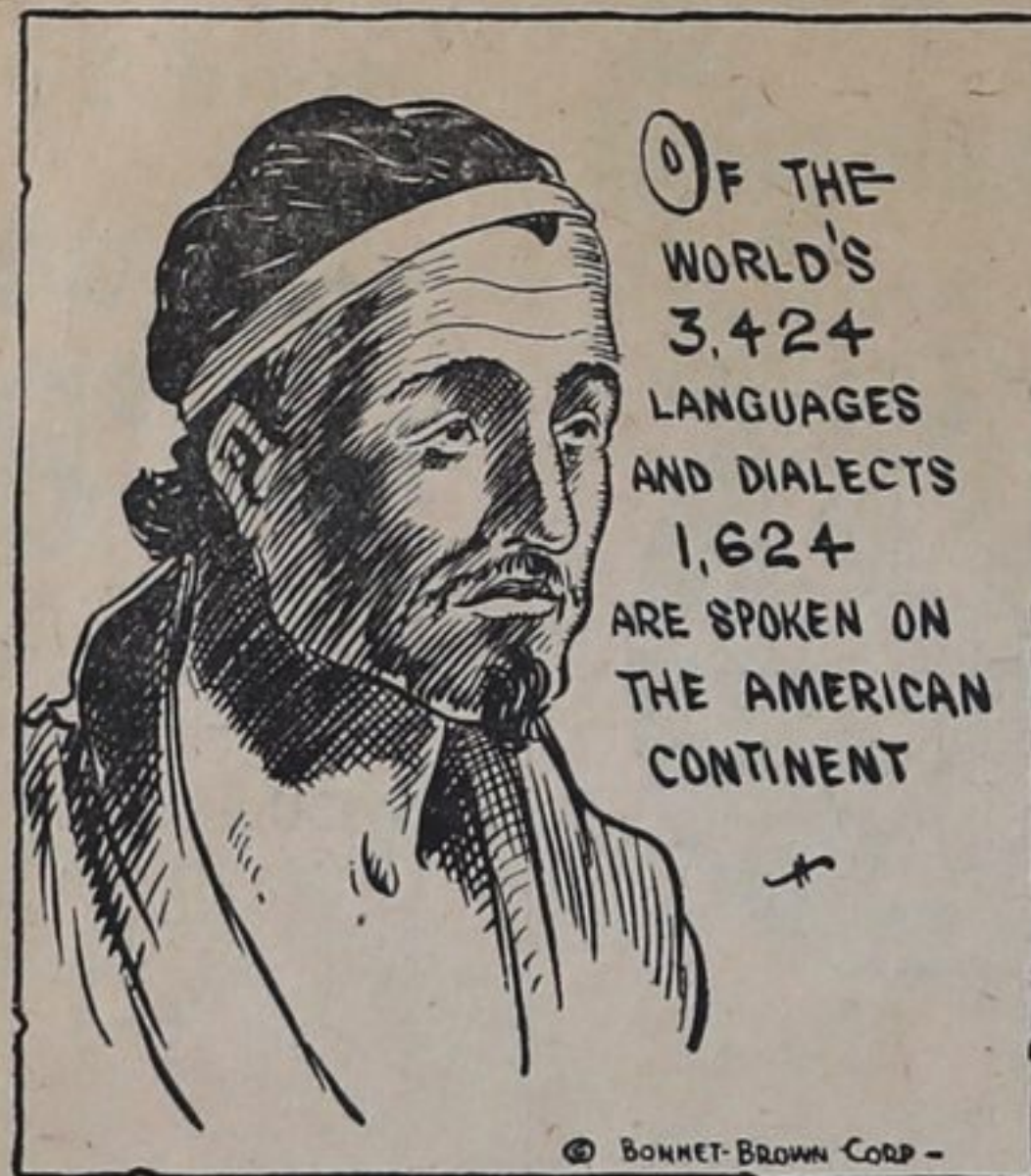
ODD--But TRUE

THE DANDIES'

OF SIR WALTER RALEIGH'S TIME CUT SLITS IN THEIR COAT SLEEVES - IN ORDER TO SHOW THEIR PRETTY UNDERWEAR



ANDERSON



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from oven. Place where no cool air can blow on it for at least 5 minutes. After that time you need have no fear that meringue will fall.

Party Cake

1/2 cup of butter.
1 cup of sugar.
1/2 cup of milk.
2-3 teaspoon of soda.
3/4 cup of pastry flour.
1 1/2 teaspoon of cream of tartar.
Salt.
Whites of 4 eggs.
Vanilla.

Method: Cream butter and sugar. Add soda to milk. Then add milk. Mix cream of tartar with flour. Then add flour. Next salt, and last, egg whites beaten stiff. Then flavoring. Pour into greased 2 layer pans. Make a boiled icing. Save half of icing. Add to half of icing chopped raisins, chopped English walnuts and chopped almonds. Place this mixture between layer and on top. Flavor plain icing with lemon juice and spread on top and sides of cake. Trim top with whole raisins and nut meats.

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Hints for the Household



HOUSEHOLD HINTS

To Clean Flower Vases

I have been asked several times as to what is the best method of cleaning flower vases. My recommendation is to—put potato parings into the vase. Fill with water enough to cover stains. Let stand, at least over night. Wipe out well with cloth in the morning. For tall vases—wrap cloth pad on stick and use same to clean them with.

To Freshen Velvet

Brush well and remove dust. Have iron hot. Place damp cloth on hot iron. Draw wrong side of velvet over this. When velvet ceases to steam remove immediately to prevent scorching.

New Use for Funnel

Use funnel for separating eggs. Place funnel over glass tumbler. The white runs down into glass and the yellow remains in top of funnel and is easily tipped out.

COOKING HINTS

Good Chocolate Frosting

2 squares of bitter chocolate.
3/4 cup of sugar.
4 tablespoons of cream.

1 egg yolk.

Method: Melt chocolate in top of double boiler. Add sugar and cream. Stir well until glossy. Beat egg yolk thoroughly and add to mixture. Cook all together 1 minute. Take from the stove and beat it until it is cool enough to spread. This is a very creamy frosting.

Grape Juice

10 pounds of ripe concord grapes.
1 cup of water.
2 pounds of sugar.
Method: Add water to grapes and heat until stones and pulp separate. Strain. Then add sugar and heat to boiling point. Be sure sugar is well dissolved. Seal while hot. This recipe makes 1 gallon.

BAKING HINTS

Successful Meringue

Method: Beat egg whites stiff. Add 1 heaping tablespoon sugar to each egg white. Add 1 teaspoon vanilla. Beat in well. Put meringue on pie or puddings. Place dish on top rack of oven. Leave door open. Every few seconds turn baking dish around. Do this until meringue is brown. Remove

The Family Next Door

Yep--The Place is There--But Are The Fish?



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