

The Woman of To-Day

A Perfect Kitchen.

When a woman has a well-planned, well-fitted kitchen, where she can accomplish a great deal of work with the least possible effort, she has time and strength left for other activities of home and community.

The "efficient" kitchen should face south and east or south and west. Then sunlight, absolutely necessary to sanitation, can enter the kitchen at all hours of the day. Since the kitchen is the room where the food is prepared for the table, it should be the most sanitary room in the house.

The pathway to other rooms should not lead through the kitchen. This reduces cleaning. A service porch should connect the kitchen and the back hall. Where such provision is made, not more than two doors will be needed.

It is best for the window ledge to be above the working surface of the sinks and tables as this leaves the wall-space for furniture. The windows should reach to the ceiling and be open full width or arranged to be lowered from the top and raised from the bottom to allow the quick escape of hot air. Hot, moist air exhausts the one who has to work in it. A hood over the range will aid in removing heat, smoke and odors.

The size of the kitchen depends on the number of workers and the use to which the kitchen must be put. A small kitchen with every inch of wall space given to cupboards or working surfaces, saves effort and time. An alcove dining space built in a small kitchen will save many steps.

A kitchen cannot be sanitary unless the walls are washable. Light paint is best, but varnished wall paper, imitation tile paper, or oilcloth are good. Linoleum is the best floor covering because it saves time and strength and reduces the jar in walking.

If the equipment used in preparing meals is kept together, also the equipment for clearing away meals, much time will be saved. The most used utensils may well be permanently grouped on a few shelves over the kitchen table, the sink, or near the stove.

The refrigerator, which should be near the work table, should be built so that it can be filled from the porch. Most sinks are too low. They should be of such a height that stooping will not be necessary. The sink should have good light and have the drain board placed at the left.

Built-in cupboard space insures "a place for everything". The upper parts of the cupboards can be used for storage space if they have separate doors. Supply cupboards which have narrow shelves are more easily kept in order than if the shelves are wide. A cleaning closet eliminates an unsightly array of brooms or other cleaning materials and utensils.

If supplies are kept in the basement, a dumb-waiter is a great convenience. The dumb-waiter may be made into a refrigerator by digging and cementing a pit into which it is lowered.

Any kitchen can be improved by rearrangement but the best type is the one planned to suit the work and the workers.

The Housewife's Exchange.

A valuable hint to those still using kerosene lamps is to soak new, dry wicks in vinegar, and dry before using. Or, as I did recently, take the wicks out of the lamps you are now using, and wipe them as dry as possible with waste cloth, then wash in hot soapy water, and boil. Dry, soak in vinegar for at least fifteen minutes, dry again, and then they are ready for use. The result will be a clear, bright light, with no odor, and last, but not least, a smokeless chimney, even when the light is turned high.—M. D.

A New Way to Core Apples—A clean, new wooden clothespin, pressed firmly into the blossom end of an apple and given a single dexterous, circular twist, will remove the core perfectly.—E. A. P.

If you want your windows to look shiny, use one tablespoon of kerosene to every four quarts of water. No soap is necessary.—A. L.

If you dip your new broom in hot water once a week, it will become tough and durable. It will also last longer.—L. L.

Cleaning Black Lace—When black lace is soiled it has an ugly shine. This can be remedied by soaking the lace in skim milk, changing the milk until the lace is perfectly clean. Alcohol, ether, or gasoline will also clean black lace well.—M. K.

I want to tell you how I made two pretty serviceable comforts with very little work and no expense at all. I had several half-worn gingham and chambray house dresses, an old linen skirt, an old sateen petticoat, a green

poplin dress, some partly worn shirts, and a few new pieces—all too good to throw away, and not good enough to make over. I ripped these up, pressed them, and from the best parts cut out large blocks fourteen inches square, and small ones over seven inches square. I pieced one top entirely out of small squares, one of alternate blocks of large ones, and four small ones pieced into a block. The linings were both made entirely of large squares.

I did all the sewing on the machine, so it did not take long. I used twine taken out of flour sacks to tie them with.

When I had the covers made I took two old comforts that were too badly torn to use, and removed the old covers. I laid the new linings on my clean floor, then an old comfort on each, and on top a new cover. The covers were pinned evenly to the comforts all around, and tacked. This is so much quicker than using a frame. My comforts are large and pretty, and the material is better than I could afford to buy.—F. S.

The Afternoon Change.

A change of dress is as good as a nap. It refreshes, it brightens, it calms the nerves and gives a new impetus to the work in hand. Not only is it beneficial to the wearer, but also to those who must see her as well. Yet countless women—farm women especially—never put on a fresh dress after dinner unless company is expected or they are going to town.

A dress worn from daybreak until bedtime settles by late afternoon into weary lines that tell of fatigue and even worry. To the husband, tired from a day of hard labor in the fields, there is nothing refreshing and restful in the sight of his wife bustling around in her morning work clothes. Neither does a feeling of peace and quiet steal over them in the evening when the wife sits down to sew or mend in her crumpled work-lined gown.

"What's the use," these women generally ask, "of changing my dress in the afternoon? There's no one to see me but my own folks."

True, but the "own folks" count for something, do they not? And so, too, do you yourself. If a change into a fresh gown, with its accompanying washing of face, arms, and neck, and "smoothing up" at least of the hair, will refresh you, brighten you, make you a more cheerful companion to husband and children, the few minutes required for the change will be time well spent. The dress need not be elaborate—far from it! Elaborateness and farm chores do not go hand in hand. The dress may even be twin sister to the morning gown, but that does not matter. It is the freshness that counts, that absence in it of those weary, telltale lines of a hard day's work.

CHILDHOOD AILMENTS.

The ailments of childhood—constipation, indigestion, colic, colds, etc.—can be quickly banished through the use of Baby's Own Tablets. They are a mild but thorough laxative which instantly regulate the bowels and sweeten the stomach. They are guaranteed to contain no harmful drugs and can be given to the youngest baby with perfect safety. Concerning them Mrs. Alcide Lepage, Ste. Beatrix, Que., writes:—"Baby's Own Tablets were of great help to my baby. They regulated her bowels and stomach and made her plump and well." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

The Victim.

A father, one evening when his three small daughters were having too much fun jumping about and playing in their bed, went to the bottom of the stairs and threatened to spank them if they didn't become quiet. The girls remained quiet for a few minutes, then the fun broke out again. After this performance had been repeated several times the father went upstairs to carry out his promise.

Without taking the trouble to light a lamp, the father administered three spankings and went back downstairs. Next morning the eldest of the girls complained bitterly. "I don't see why you spanked me twice," she said. "I didn't," the father replied. "You surely did." "How could that happen?" "After you spanked me the first time Ethel flopped under the bed and came in at the front, and you missed her altogether."

MONEY ORDERS.

It is always safe to send a Dominion Express Money Order. Five dollars costs three cents.

RICH, RED BLOOD NECESSARY TO HEALTH

When the Blood Becomes Weak and Watery a Tonic is Needed to Build it Anew.

Why are we being continually told that good, health-giving blood must be bright red? What has color to do with the quality? Just this—the oxygen in the air is the great supporter of all organic life. One function of the blood is to take the oxygen from the air—which it meets in the lungs and deliver it to the tissues of the body. When the blood, filled with life-sustaining oxygen, is sent out by the heart, it is bright red. When it returns, impure and deprived of oxygen, it is dark.

You will see, therefore, that there are two prime requisites of health, pure air and bright red blood—the pure air to furnish the oxygen, the rich red blood to carry it where it is needed. Dr. Williams' Pink Pills make your blood rich and red because they increase its power to carry oxygen, actually making it so much more able to carry increased life and strength to every organ in the body.

Pale, anaemic people whose nerves are on edge, whose cheeks are pale, and who tire out easily, should try Dr. Williams' Pink Pills, and note the steady improvement that follows their use. A case in point is that of Mrs. J. P. Rolston, South River, Ont., who says:—"About two years ago my system was in a badly run down condition; and I kept growing worse all the time until I could hardly do my housework. I had severe headaches, and pains across my back and under my left shoulder. I did not sleep well and would feel just as tired when I got up in the morning as when I went to bed. Life seemed a burden. I had taken doctor's medicine for a long time, but it did not meet my case, at least it did me no good. Then as a result of reading about Dr. Williams' Pink Pills I decided to try them. When I had taken a couple of boxes I felt much better, and when I had taken five boxes more I felt that I was again a well woman. I have not since felt any return of the trouble and I advise all women who are broken in health to give Dr. Williams' Pink Pills a trial."

These pills are sold by all medicine dealers or will be sent by mail, post paid, at 50 cents a box or six boxes for \$2.50, by The Dr. Williams' Medicine Co., Brockville, Ont.

New Fertilizer.

It has been found that the ashes from glass, iron and steel works, and allied industries, stimulate vegetable growth enormously through carbonic and fertilization. The technical body working for the restoration of France and Belgium has found that plant life can be spurred by this means of unusual growth. It is proposed that the ashes from the industries, as above mentioned, be used for fertilizing the devastated regions of Belgium and France.

The estimated shortage of houses in England and Wales is 800,000.

Jigsaw puzzles, which are still very popular, are a good tonic for sufferers from nerves.

BLOSSOMS

When, once, I lived in a desert country, very like, perhaps, the land where our Saviour lived, there grew in a ravine near our trail a dry, dead-looking shrub. I rode by it, often, and sometimes wondered whether it was dead or alive. The leaves were few and shriveled, and the branches gnarled and dry. Judge then, of my surprise when one day in spring I found this shrub all ablaze with delicate bloom! Every little dry twig was decorated, all so graceful and so sweetly perfumed that I could not pass it without stopping to admire it.

And as I sat looking at it in wonder, all at once it came upon me that there was something to set me hoping that my own life, which had seemed so dead, might some day blossom out again, under the warming influence of God's love. And I know now that God took this way of reaching my soul, which was getting hard and callous and selfish, and that God speaks to us all through these simple things of the woods and fields, if we will but stop and look and listen.

The flower is the beginning and the end of everything. The tiny grass lives to see its flowers bloom and its seeds form, the rose and the lily live for the same end, the maple and the rugged oak tower up and stand the fierce gales of winter, that when the spring comes they may bear aloft to the sun and breeze their show of blossoms and produce seed again of their kind. And these flowers of spring, they are not the work of a few short sunny days. All last summer the plants that were to bear them were storing away in root and stem the stores of plant food that was to make them bloom, and all the cold, dark winter, hidden snugly away, perhaps, under the fallen leaves, the plant has waited, with faith that the warm winds would come and the snows of March melt away and the suns of April come; and then they pushed out their buds and bloomed out in all their freshness and loveliness.

There is a lesson there, the lesson of preparation, of patience, of waiting. The time will come when each of our lives may bloom out in beauty, let us only be ready when the winds of Heaven whisper to us and the Son of God's love warms our souls, and we may unfold too and blossom out in beautiful deeds and thoughts that will gladden many a soul about us, just as these little flowers we hope will gladden the poor, sick, weary children in the dreary hospital of the city. A little boy said to me one day:

"I would like to know what God thinks about."

"Why, my boy, that is easily answered! Every flower has been a thought of God. Consider that! Learn to study these flowers, is it not indeed as much a command that we 'Consider the lilies' as any other command? Ought we not to plant lilies where we can see them, and where others can see them? Ought we not to let the flowers of love and kindness and charity bloom out in our own lives too?"

"Christ could have taught us from books. He knew better. Instead He used reference to the simple, homely truths that are always with us. The

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birds interested him. He tells us of the sparrows that not one of them falls to the ground without the notice of the Father. Can you see the Master, walking reverently through the fields, a lily in his hand, noting the birds, the grass, and the flowers, saying to his followers:

"Consider the lilies, how they grow. They toil not, neither do they spin, yet Solomon in all his glory was not arrayed like one of these."—J. W.

The Mystery.

"Till death the weary spirit free," Thy God has said. 'Tis good for thee To walk by faith and not by sight Take it in trust a little while, Soon shall thou read the mystery right

In the great gladness of His smile.

He Is All Things.

Is God the same thing as cosmos? someone asks.

He is the great Intelligence of the universe, He is the Source of all things, the Cause of all things. He is Justice, Truth, Beauty, Love. He is the reality back of the atom, back of the electron, the essence of being. He is the changeless reality.

Forty-two German ships have been allotted to Great Britain for sale or other disposal, including the liner Bismarck, of 56,000 tons.

Prisoners of war still unaccounted for number 213 in Germany, 158 in Turkey, 5 in Bulgaria, and 1 in Austria.

1000 Eggs in Every Hen

New System of Poultry Keeping—Get Dollar A Dozen Eggs—Famous Poultryman

TELLS HOW

"The great trouble with the poultry business has always been that the laying life of a hen was too short," says Henry Trafford, International Poultry Expert and Breeder, for nearly eighteen years Editor of Poultry Success.

The average pullet lays 150 eggs. If kept the second year, she may lay 100 more. Then she goes to market. Yet, it has been scientifically established that every pullet is born or hatched with over one thousand minute egg germs in her system—and will lay them on a highly profitable basis over a period of four to six years' time if given proper care.

How to work to get 1,000 eggs from every hen; how to get pullets laying early; how to make the old hens lay like pullets; how to keep up heavy egg production all through cold winter months when eggs are highest; triple egg production; make slacker hens hustle; \$5.00 profit from every hen in six winter months. These and many other money making poultry secrets are contained in Mr. Trafford's "1,000 EGG HEN" system of poultry raising, one copy of which will be sent absolutely free to any reader of this paper who keeps six hens or more. Eggs should go to a dollar or more a dozen this winter. This means big profit to the poultry keeper who gets the eggs. Mr. Trafford tells how. If you keep chickens and want them to make money for you, cut out this ad and send it with your name and address to Henry Trafford, Suite 631-N, Tyne Bldg., Binghamton, N. Y., and a free copy of "THE 1,000 EGG HEN" will be sent by return mail.

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