

# About the House

## The High School Girl's Dress.

If you are in high school or if you are somewhere in your teens, you are just naturally interested in clothes. You want to look your best, so be sure to have clothes that are really good looking.

The first requirement of clothes is that they be appropriate. A dress for school must be simple though not severely plain. It must be serviceable and easily cared for. A one-piece dress is best for winter and gingham for summer. Last year's party dress is not appropriate for school this year, although last year's "Sunday" dress made simply of French serge may serve for school. Georgette blouses, silk and satin dresses, gaudy ribbons and beads, are not appropriate for school.

If you observe well-dressed business women you will realize that they wear surprisingly simple dresses, which are well tailored and invariably clean and pressed. You will notice that they are very careful of details. They never have loose buttons or snaps, soiled collars, or unpolished shoes. A woman realizes that it is a business asset for her always to be well groomed. Her shoes must never be ill-fitting with run-over, unshined heels. They are broad enough to afford comfort for the toes and to avoid the misery of corns and bunions. Military heels are necessary for comfort and health. Rubber heels make walking easier and are better for the nerves. High French heels are absurd. Hosiery is thick enough for modesty and for the cold weather. Her fingernails must receive three or four minutes' attention daily and her hands be washed often enough to keep them white and be dried thoroughly to keep them soft. Gloves must be perfectly mended. The hems of her dresses must be adjusted to hang evenly. She certainly never gets up late and neglects to give her face and neck a soap and water bath. She takes baths and changes underwear often enough to maintain personal cleanliness. Her hair is neat and well kept.

Since good looks are a social and business asset, you should acquire early these habits of successful business women, only being younger, you will wear girlish clothes. Wear them while you are young, for some day you will find yourself a sedate lady and you have lost your chance to appear young.

Perhaps there are girls in your high school who wear very white noses and wads of hair extending three inches beyond each ear. The really worthwhile person will admire the girl with good looks and a minimum of artificiality about her. It is one thing to attract attention and quite another to win sincere admiration.

## Suggestions From Other Women.

When you discover that your bedspreads are becoming thin and sleazy at the ends, you may make them almost as good as new by making use of the following method:

Take a strong piece of muslin about twelve inches or more in width and as long as your spread is wide. Arrange this strip or facing on the wrong side of the spread on that part which is worn. Fold under raw edges of the facing and sew to position. Treat both ends the same way. It is only a few moments' work and fully repays one for the little extra expense and time involved. A spread thus reinforced will put off the evil day a year or more before it will be necessary to diminish a ten-dollar bill to buy a new one.—Mrs. R. S.

Make a bag of cretonne or some suitable material the width of the right-hand end of the sewing machine. The length may be as liked, say about 15 inches. Hem both top ends, and just tack one of them to the right hand end of the machine. You will find it a great time and labor saver, as you can throw all small scraps into it when you are sewing. Then they are not on the floor.—E. W.

A great many people have admired the sturdy little suits of heavy blue denim which my little two and three-year-old boys wear on the farm for everyday. Some say, "But I didn't know you could buy suits for such small boys!" You can't. I could not even purchase a pattern for them, but I found it an easy matter to adapt a one-piece pajama pattern to the purpose. The pajama pattern will, of course, have a drop seat, but, instead, lay the sections of pattern together and cut with a seam straight down the middle of the back, and then the little garment will open only down the front. Put a stitched pocket on each hip and one in front, so it will look like Dad's, and double-stitch all the seams to give a tailored effect.—Mrs. N. H. D.

I had a pair of old, high white canvas shoes which were past wearing as they were. I needed a pair of shoes for working in the garden and so tried the experiment of dyeing them. I dissolved a package of dark brown dye in less than a pint of boiling water and applied the dye with a small brush to the shoes.—M. E. G.

When I inquired the price of flour sacks at a bakery recently, I was amazed when informed they were 20 cents each. I decided I'd find a substitute, and did. I took seven old window blinds and put them into a tub of cold water with a small cup of sal soda, and soaked them overnight. In the morning I drained off the water, rinsed them and put to boil in soap suds and soda. When I rinsed and bleached them they were very nearly white, and made fine soft tea towels.—F. A. R.

My screened porch blossomed out with an entire new set of pillow covers after harvest this year—all of dark green burlap, some plain and some enlivened with little strips of cretonne. A dime's worth of dye covered the cost, for the material was the accumulation of twine sacks found on the farm after harvest. I also covered a porch stool with the same material.—N. H. D.

## The Baby's Birthday.

Candles that burn for a September birthday,

Wreathed round with asters and with goldenrod,

As you go upward in your radiant dying,

Carry my prayer to God.

Tell Him she is so small and so rebellious,

Tell Him her words are music on her lips,

Tell Him I love her in her wayward beauty

Down to her finger tips.

Ask Him to keep her brave and true and lovely,

Vivid and happy, gay as she is now;

Ask Him to let no shadow touch her beauty,

No sorrow mar her brow.

All the sweet saints that came for her baptizing,

Tell them I pray them to be always near;

Ask them to keep her little feet from stumbling,

Her gallant heart from fear.

Candles that burn for a September birthday,

Set round with asters and with goldenrod,

As you go upward in your radiant dying,

Carry my prayer to God.

—Aline Kilmer.

## A Partnership.

I think the "money" question has and does cause more dissatisfaction and trouble between man and wife than any one thing. In my girlhood I learned with many a heartache how unreasonable some men are.

My father allowed my mother the butter and egg money after the feed was paid for. From this sum she was supposed to provide food, furnish the house, clothe herself and four children, buy schoolbooks, and send the children to school.

Fortunately, we were very healthy, so she did not need to pay any doctor bills. If she ran short of funds and asked my father for more, she was thoroughly cross-questioned.

I found there were many other homes conducted in the same manner, and I was so disgusted that I almost decided never to get married. However, the right man finally came along. But before I said yes I decided the money question must be definitely settled. He was more than willing to come to an agreement, as his home life had been very much like mine. Our plan has been a great success, and after more than twenty years of married life we think it the only way, especially for farmers. We keep a strict account of everything bought and sold, and all the money taken in goes in a general fund upon which we both draw. I keep all the books, and understand our business perfectly, as we always talk everything over.

We bought a farm and had debts to pay and all kinds of family expenses, but we always had the money ready to meet the obligations. Now we are out of debt, have a good home, a fine bunch of Victory bonds, besides a generous amount of other stocks and bonds. We have a joint bank account, and my name on a cheque has never been questioned.

My husband has great confidence in my business ability, and never makes an investment without discussing it first with me. I accidentally over-



A Grab Sinker.

This peculiar looking instrument is for making soundings in the sea. It will go down to a depth of seven miles and the bowl at the bottom will open and bring up specimens from the sea bed. Quite a number of these are on board the "Quest," Sir Ernest Shackleton's vessel, now on its way to the Antarctic.

heard him telling a friend, "If my wife says it's all right, that settles it."

If more men would make partners of their wives, as they promised in the beginning, there would be more happiness and fewer heartaches. Some men say their wives can't manage. No wonder—they never have anything to manage with.—B. S.

## Good Luck Follows:—

Thrift. Dead-in-earnest. Downright hard work.

The cheerful mind, the pleasing personality, the accommodating, genial nature.

The fellow who is willing to pay the price for the realization of his dreams, who isn't looking for success bargains, short cuts to his goal.

The man of grit and stability who sticks to one unwavering aim, whose motto is, "The one thing I do."

The man who is all there, all on his job who regards his work as his best friend, and flings his life into it.

The man who looks after the man at the other end of the bargain, who demonstrates that honesty is the best policy.

The man who dares to undertake the thing he longs to do, who believes in himself and in the message he has been sent here to deliver.

Those who take no stock in "luck" as a factor in their success, but push ahead and do the best they can in all circumstances.

The man who cultivates tact, courtesy, courage, self-confidence, will-power, optimism, health, and good will to all men.

A sewing machine works twelve times as fast as the hand.

## HEALTH EDUCATION

BY DR. J. J. MIDDLETON

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Dr. Middleton will be glad to answer questions on Public Health matters through this column. Address him at the Parliament Bldgs. Toronto.

This is a topsy-turvy world. Prize-fighters as a rule get better paid than college professors, while school teachers who should be regarded as the most valuable type of citizen we have, often get little more than a living wage. Social reformers are emphasizing the importance of home influence, while the blaze of lights on our moving-picture theatres often show off lurid pictures of devilry and crime. Many good citizens are convinced, and they have scientific backing for their beliefs, that the moving picture films in many cases are responsible for a youth leaving the parental roof and embarking on a career of crime.

We cheered our heroes as they marched off to war, and yet we now see hundreds of these glorious men marching the streets in search of work, and unable to get it. What is wrong with our social system? Are we becoming bankrupt in our ideas for carrying on the work of the nation? Is our present economic system going to stand the test, or is it to be weighed in the balance and found wanting, as feudalism was, and some of the earliest systems that have now been relegated to oblivion?

Are we going to get people educated enough to know the common, ordinary principles of hygiene and right living? We are, but there is much yet to be done. Even in preventing outbreaks of communicable disease, it would seem as if many people did not concern themselves. Listen to this received recently from a Medical Officer of Health, "The Scarlet Fever epidemic in our town has been due to lack of control in the first place because people did not call a doctor, and so were not quarantined, and the children were not kept out of school. In fact, two children were sent home with the rash already out on them."

Yet one would think that practically everybody would be willing and anxious to control communicable diseases, and that they would know the value of quarantine or isolation. It would seem as if too little instruction has been given in these vital matters of life and health. Even to the matter of playgrounds, there is not enough attention paid, for the belief is growing that a good deal of the unrest and crime in our great cities to-day, apart from the distress of unemployment, is at least partially due to the lack of recreation grounds and open spaces such as parks. The situation in Toronto is not quite so acute at present as it is in many cities of the Old Land, but we can take a lesson from their mistakes. One thing is certain that the overcrowding in housing conditions must be relieved for it is one of the greatest menaces to health, morals and good citizenship that confronts us at the present time.

E. V. Buchanan, General Manager of the London Public Utilities Commission, who recently gave an address in Toronto on "Open spaces and their uses," says:—

"All our large cities are faced with

the playground problem, and we should interest ourselves as much as possible in the reservation of land for public parks and boulevards. If we fail to guide our children into the realm of pure sportsmanship it could not be expected that they would develop a love of fair play in after life. It is not as much to develop record-breaking athletes that we should desire as to develop a love of sport for sport's sake."

The question of expenditures for Public Health is one that crops up each year when the estimates are being struck, often resulting in much discussion and questioning. Anyone conversant with Public Health activity wonders why there should be any question as to the money expended on work of such vital importance to the community, but it is because those who make the inquiries have not been conversant with all the reforms that Boards of Health are trying to carry out. For instance, take the matter of communicable disease alone. It would be difficult to estimate what money is saved to the public by the system of notification, quarantine and disinfection of cases of communicable disease, and yet the comparative cost of carrying out these methods of prevention is but trifling. Very much more, however, remains to be done as the economic loss due to needless or preventable sickness will show. Estimates based on the cost to the country of communicable diseases and preventable sickness indicate an annual cost to this Dominion of over \$100,000,000. For the month of May, 1921, the number of cases of communicable disease reported in Ontario was 2,403, with 414 deaths. For May, 1920, there were 3,743 cases reported, with 606 deaths. These diseases included smallpox, scarlet fever, diphtheria, measles, whooping cough, typhoid, tuberculosis, infantile paralysis, cerebro-spinal meningitis, influenza and pneumonia. The number reported, however, is only about one-third of the actual cases of infectious disease which occur, there being a large number of the minor reportable diseases which do not come to the attention of the physician. If to this estimated prevalence of sickness due to preventable diseases were added the cases of illness arising from various hazardous employments, from faulty housing conditions, from overcrowding, from neglect or lack of intelligent care in keeping the body and mind active and clean, the amount of disease from causes that are purely avoidable would reach enormous proportions. Moreover, the money cost of these diseases and illnesses necessitates a reckless and heavy outlay.

Neglect of the public to report mild cases is one of the main obstacles in the way of a substantial decrease in the prevalence of the various types of communicable diseases. As a result the terrible expenditure in combating these outbreaks goes on apace, when with a little judicious outlay in educating the people in health matters and preventive hygiene, including the value of vaccines and of precautionary measures such as notification, quarantine, etc., of cases of infectious disease, much money could be saved.

Let us by all means give our active support and influence to all Public Health organizations who are laboring to reduce the toll of sickness and death, and make this world a happier and healthier place to live in. The progress and greatness of a nation depend on the good health and education of its people. Without good health nothing avails, and no effort should be considered too laborious to improve the public health and well-being. The money spent on Public Health work is money invested, and the more informed the general public becomes as to its purpose, the more will expenditure for this worthy motive be increased.

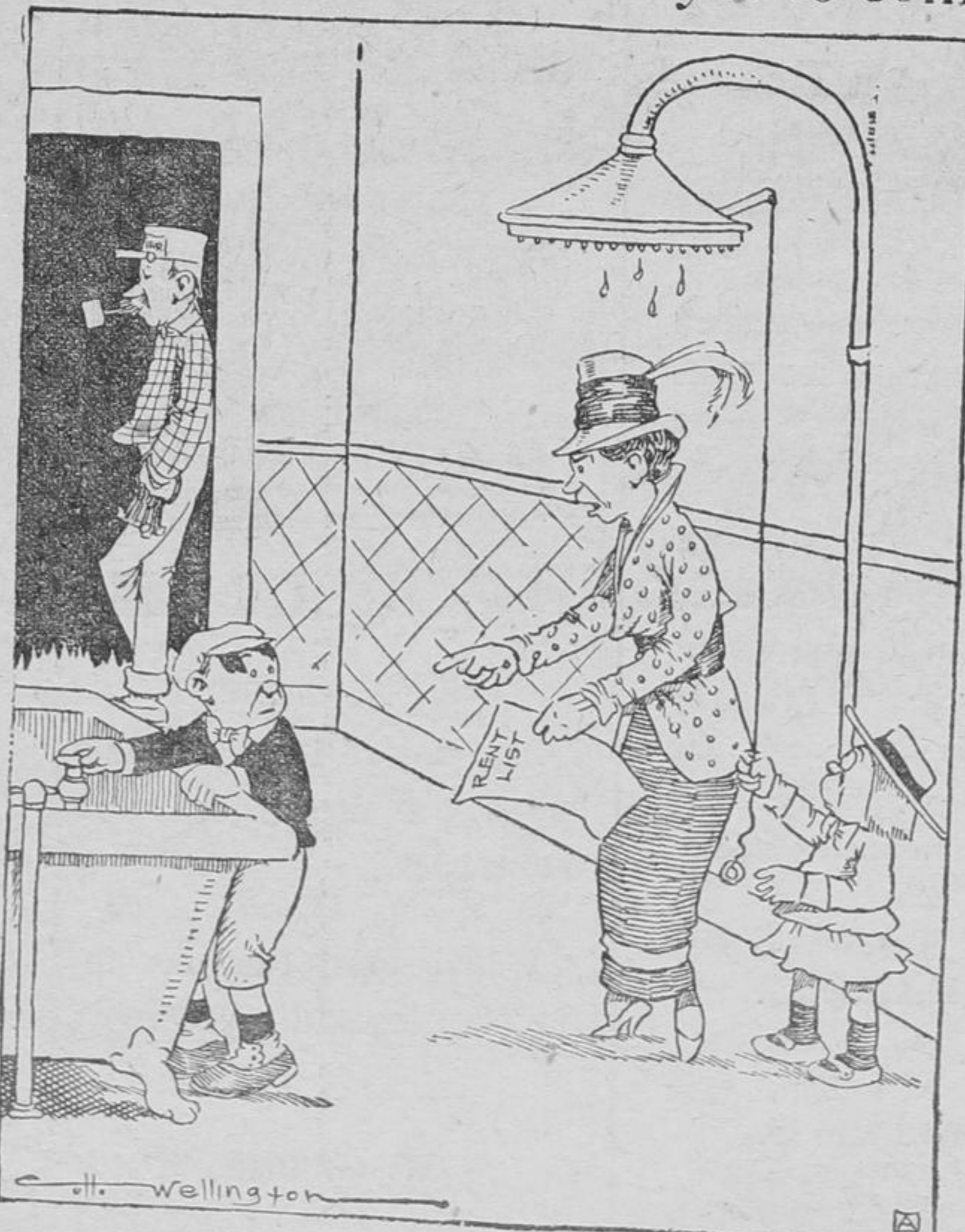
## Who Slays a Friend.

Who slays a faithful friend,  
A comrade all the years,  
One who, without an end,  
Unknown doubts or fears,  
Has sheltered from the sun,  
Has served his every need—  
Who murders such a one  
Is murderer indeed.  
Who slays a faithful tree  
By lazy carelessness  
Arch murderer is he  
Who doubly doth transgress.  
Who leaves his fire alight  
May set a world aflame—  
And God shall see that bright  
Red banner of his shame.

—Douglas Malloch.

Five, among the Chinese, is a sacred number.

## and the worst is yet to come



—W. Wellington