

About the House

LOOKING COOL IN HOT WEATHER.

In order to appear to advantage in spite of weather conditions, one must look warm in cold weather and cool in warm weather. The latter is perhaps hardest to achieve, but a calm manner, clothing to suit the occasion, daintiness and cleanliness of person and of one's belongings will always create a favorable impression.

Toilet helps are needed, too, not only for appearance but for comfort. A bathtub with an abundance of running water is an aid to comfort, beauty and health. In the home where the fully appointed bathroom is a thing of the future, a portable bathtub can be used, or the sponge bath will have to serve. It is sometimes possible to rig up a shower-bath in an outside shed, but a shower-bath seems to be more popular with boys than with girls.

A bath serves several purposes. Not only does it cleanse the surface of the skin, but it facilitates the removal of dead cuticle and opens the pores, allowing many impurities to escape. In order to accomplish these, I prefer the hot tub bath taken at night, when free perspiration is allowed to follow. The daytime bath, usually a hurried affair, may be followed by the use of talcum powder. Sponging the body with lukewarm water has a cooling effect and is very refreshing on a warm day. Such a bath can well be-

come a part of the afternoon toilet and can be followed by a liberal use of talcum powder in order to check the perspiration which would be so uncomfortable an accompaniment.

The talcum powder used in summer should be delicate in scent; many people object to heavy perfumes at any time, but in very hot weather such perfumes are really unpleasant. Unfortunately, people who use perfumes constantly become so used to them that they do not realize when they are using them to excess. The well-bred woman purchases a good quality of perfume, then uses it sparingly. She also chooses perfume, talcum powder, sachet powder and toilet water having the same odor, for mixed odors sometimes clash.

If the skin chafes from heat and perspiration, use stearate of zinc for a dusting powder. This powder is very fine and smooth and will often heal and give relief when other powders fail.

While perspiration is very necessary to one's well-being, it can also be very uncomfortable and unpleasant, especially when accompanied by odors. There is an excellent soap to be used when body odors are present and mild cases are helped by rubbing a pinch of bicarbonate of soda into the armpits. When the odor is unpleasantly strong, a deodorant should be used. There are numerous deodorants on the market. They come in cream,

powder or liquid form and are applied to the armpits, between the toes and to any creases in the flesh.

Excessive perspiration under the arms is very troublesome when thin waists or sleeves are worn. There are several remedies which will check this activity of the sweat glands and without harm to the person using them.

Whether one freckles or tans, long motor trips are very hard on the skin and, in either case, the ounce of prevention is better than the pound of cure. There is a healing lotion to be applied to the face, hands and arms before going out in the wind or sun and after it is absorbed by the skin, a light dusting of powder may be applied. The thinnest coating of powder will afford protection. After long exposure to sun or wind and dust, cleanse the skin thoroughly with cold cream, allowing the cream to work into the pores, then remove with absorbent cotton and an old linen towel or handkerchief. The face should not be washed until the next morning, when the inflammation, caused by sun or wind, has subsided. The face may then be well washed with warm water and a good soap, and well rinsed with cold water. This method is suggested for motorists or after unusual exposure.

HELP NOT WANTED.

To hire house help on the farm is an impossibility in our section at times, and yet the canning and the churning, the sweeping and the dusting and the feeding and care of a large family goes on. It pays no mother to break herself down or to work so hard that she finds no joy in her family life, and in order to build

SMOKE OLD CHUM

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What Did You Do with That Match?

The suffering and loss caused by forest fires are common knowledge and, yet, carelessness with fire in the forest continues. These forest fires are practically all preventable.

Save Ontario's Forests They're Yours

Every individual who steps inside the woods should remember he is in the midst of highly inflammable property, for the upper layer of ground in the forest consists of partially rotted wood, which will burn. Lack of consideration for this gave rise to the strenuous situation in Ontario the last week of May and the anxiety for days in some settlements.

Thoughtlessness or bad judgment or carelessness cause practically all forest fires. Your co-operation, as a citizen, is needed to prevent these fires by taking the same care in the woods as in your own home.

Ontario Forestry Branch
Parliament Buildings
Toronto, Ont.



for herself a satisfying existence she must not only put her shoulder willingly to the wheel, but she must learn how to employ the co-operation of her family.

Thrift can be exercised in many ways besides the saving of money. The farm wife can practice the thrift of simple menus; unnecessary housework and odd jobs. I figured that if one person's thrift was a valuable thing, the thrift of a whole family would prove a wonderful thing. The plan I laid before my household was adopted and now our sign (did we need to advertise it) would read "Help Not Wanted."

"First," I explained, "I am going to be thrifty on steps. Any one who can save mother a step on trips about the house and yard must do so. For instance, if some one passes the woodpile empty-handed, he can save me steps by bringing in an armful of wood. If any one goes to the barn, he can carry out the calves' milk; if you pass the granary, bring in the corn for the chickens. Just a question of your heads saving my heels."

"Don't go anywhere empty-handed. If you go upstairs, take the laundry with you; when you come down, bring the waste-baskets and empty them. You can all, from baby Tommy to grandpa, do your share and make it possible for me to be relieved of the morning task of putting away toys, clothes, newspapers and books. I need more minutes for sewing, more time for mending, more hours for leisure, and it is in your power to make the gift."

We set our rising hour but fifteen minutes earlier and with every one helping we accomplished wonders. It meant that I was able to get through the necessary work efficiently and well and without the loss of health or patience. It meant a trip away from home because for once mother had caught up with the children's sewing and was willing to take the time that her family had been able to give her. —Marjorie Street.

Poland the Sixth Nation of Europe.

The new republic of Poland, now in its fifth year, has a population of 27,160,168, and is the sixth nation in Europe, according to official information compiled by the Polish Bureau of Information.

"Its population is exceeded only by Russia, Germany, Great Britain, France and Italy," the statement says. "Poland has a population as large as Denmark, Holland, Belgium, Sweden, Norway and Switzerland combined."

Warsaw's population is given as 941,001; Lodz, 451,000; Lemberg, 219,000; Cracow, 181,000; Posen, 169,000; Vilna (estimated) 146,000.

The republic has now been divided into sixteen states or administrative units, called voyvodships. The City of Warsaw, however, as capital of the republic, is distinct from any voyvodship.

After struggling with various boundary disputes on all sides, and emerging victorious from a war with Russia, Poland established her frontiers and then turned her attention to internal affairs.

The first regular Polish Parliament came into being November 27, 1922, succeeding the Constituent Assembly that had been organized as an emergency governing body early in 1919. During its life the assembly enacted

more than five hundred laws, including a constitution providing for a house of representatives elected by universal equal suffrage, and a senate elected in the same manner.

Economy was another far-reaching measure instituted by the new republic. During 1922 a reduction of 25,000 civilian employees was made in the various departments. Military affairs also were subjected to sweeping changes. A standing army of 250,000 was recommended, with compulsory military service of two years for all males reaching the age of 21.

The republic demonstrated its stability in December, 1922, following the assassination of President Narutowicz, the first chief executive, after he had been in office but two days. In the absence of precedent, the leaders turned to the constitution for guidance. Four days after the assassination an election was held and a new president took office in accordance with the expressed will of the people.

Cautious Negro.

A colored boy walked into a drug store and asked permission to use the telephone; then he called up Mr. Jones and the following conversation took place:

"Is this you, Mistah Jones?"
"Yes."
"Well, Mistah Jones, I saw yo' ad in de paper the other day and yo' wanted a colored boy. Did you get one?"
"Yes."
"Is he givin' perfect satisfaction?"
"Yes, he's giving perfect satisfaction."
"Well, Mistah Jones, providin this colored boy don't give perfect satisfaction, you call me at 504."

The colored boy turned and started out, and the druggist, who had overheard, remarked: "You didn't do any good, did you?"

"Yes, Sah," came the reply. "I's dat colored boy what's working down there. I's jest checking up to see how I stand."

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SOUTH BRITAIN, N.S., Jan. 19, 1922.
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