

About the House

TENSION MAKES OR MARS STITCH.

The tension of your sewing machine is an all-important consideration of every home dressmaker. It must be regulated according to the weight of material used and a perfect stitch should be alike on both sides. This perfect stitch is obtained when the tension on the upper and under side is alike. The upper tension is usually placed on the face of the machine or else on the arm; the lower tension is adjusted by a screw in the bobbin case. In regulating the delivery of thread both through the upper and lower tension, turn the adjusting screw to the right to tighten, and to the left to loosen.

The length of the stitch is regulated by a screw or a lever on the head at the right of the machine; this stitch is lengthened by turning to the right.

IMPROPER WORKING OF MACHINE.

Does your upper thread break? If so, is this the reason?

Imperfect needle (bent or blunt). Machine improperly threaded. Needle too small for the thread. Needle improperly set.

Dirt or lint in the shuttle cavity which stops the bobbin from turning freely.

Worn.

Does your machine skip stitches? If this is the condition examine it, considering the following points:

Blunt or crooked needle. Needle and thread not corresponding in size.

Needle improperly set.

Wrong needle for the machine.

Are you constantly breaking needles? Here are some of the reasons: Failure to release the tension before drawing the work from under the presser foot.

Trying to assist the feed points by pulling the material as the machine is stitching.

Using a coarse thread in a fine needle.

Using the wrong needle or not setting the needle properly.

Presser foot or attachments not securely fastened by thumb screws.

Do you find that your machine is hard to run? This condition may be due to any of the following:

Dull needle points.

Loose belt.

Dull needle.

Lack of oil.

Dirt and lint.

Gummed with oil.

Go over the machine carefully, adjusting all the conditions that promote disorder and give it a fair chance to do good work for you, before you blame the results of your work to age and make.

A POT OF GOLD—PAINT.

This is the time of year when everything about the house seems to take on a look of shabbiness and misfit, when we housewives wish we might follow the rainbow's lovely path and find the fabled Pot of Gold. But why seek the rainbow's end when a veritable pot of gold may be purchased for a very small sum at the corner drug store or hardware? Small pots of paint and enamel holding as little as one-fourth pint may now be procured in almost every color and tint. A very small outlay of money and time will make dingy rooms take on a bright and cheerful appearance.

We recently moved into a large country house. The dining-room woodwork was painted a muddy green. We repainted the woodwork and papered the walls with a soft tan paper with a touch of rose in it. We went over the furniture with an antique oak varnish, also the floor. The room is very cheerful and pleasant and the whole cost came within five dollars.

We had two deep trays of smooth wood made. These we fastened one above the other to four square posts. To this we fastened the rubber-tired wheels and the well-designed handle of a discarded baby carriage. We enameled this to match the other furnishings and have a practical and really good looking serving table.

We found some old, deep picture frames in the attic. These we enameled in black with touches of gilt and color. We purchased some tray handles and fastened one at each end of frames. We put crocheted doilies under the glass, although cutouts of wall paper or cretonne would be pretty. These substantial trays have been much admired.

Scarcely anything about the house escaped the onslaught of our relentless paint brushes. Vases, bowls, baskets and low flower pots to hold cut flowers, bulbs and ferns.

Many ideas come to mind as one gets interested in the work. Do not bemoan the fact that there is no pot of gold to spend for new furnishings, but get busy with paint and brush. You will be amazed at the charming results of a few hours of pleasant

work, and you will feel more than repaid by the compliments of your home folks and friends.

COMBINATION CAKE.

This is a good recipe for dark cake which my family is very fond of. I use the same recipe with slight variations for layer cake, drop cookies, fruit cake, or gingerbread made in a drifter.

Layer Cake—1-3 cup shortening, 1 cup white sugar, ½ cup molasses, 1 cup boiling water, 2½ cups flour, 2 egg yolks, 2 tsp. cinnamon, ¼ tsp. ginger, salt, 1½ tsp. soda.

Bake in two layers, and ice with boiled white icing made of one cup of sugar and half cup of water boiled together until it hairs. Stir this syrup into the two stiffly beaten egg whites and beat until creamy.

For dark drop cakes I use the same recipe, adding two whole eggs, two teaspoonfuls cloves, one tablespoon cocoa, and bake in gem pans in moderate oven.

For gingerbread, make as for drop cakes, but bake in a drifter.

For fruit cake add one-half package of raisins and one cup flour. Bake in deep pans. This will make two fair-sized loaves.—Mrs. W. G. S.

A PRETTY DRESS FOR THE GROWING GIRL.



4498. Dotted percale in blue and white is here portrayed. It is piped with blue bias binding. This is a good model for suiting, kasha, and jersey, also for linen and crepe. The sleeve may be in wrist-length or short.

The Pattern is cut in 4 Sizes: 6, 8, 10 and 12 years. It requires 3½ yards of 27-inch material for an 8-year size. For vest, and facings of contrasting material, ½ yard 32 inches wide is required.

Pattern mailed to any address on receipt of 15c in silver or stamps, by the Wilson Publishing Co., 73 West Adelaide Street, Toronto. Allow two weeks for receipt of pattern.

DRYING DAINTY LINENS.

I have an old dresser with a broad marble top and consider myself in luck. I find it the most convenient thing on which to dry dainty, flat linens, although a porcelain top kitchen table would answer the purpose. After washing the linens, I lay them perfectly flat on the smooth marble, patting the edges down well. When dry they are lifted up and folded, with a great saving of heat and labor.—G. S.

CARE IN PLANNING.

Things to remember when planning meals:

Fried foods should be used sparingly, especially where there are children.

The iron requirement of children and women is greater than for men.

Defined.

A servant girl who was employed in a family in which there were several children became very much alarmed when one of them fell ill with scarlet fever. She was for leaving at once.

"You need not be afraid, Mary," said her mistress. "We have isolated the little boy, and you need not go near him. Moreover, adults rarely take the disease."

After an hour or two Mary was overheard saying to a fellow-servant: "Betty, what does 'isolated' mean?" "I don't know exactly," replied the brilliant Betty, "but I guess it means that they have put him on ice."

"That must be it. And what is an 'adult'?"

"I don't know exactly that, either; but I guess it means a girl who works out."

The sweet pea dates back to 1699, when the plant was first cultivated by a priest in Sicily.

CATTLE SHIPMENTS TO GREAT BRITAIN

REMOVAL OF EMBARGO LIVE ISSUE.

Results Have Fully Justified Ceaseless Efforts of Agitators for Repeal of Act.

Few movements of recent years in Canada held such concentrated agricultural attention, or created such united agitation, as that for the removal of the embargo against the admission of cattle into Great Britain. A market for Canadian store cattle was the one question left by the imposition of the United States tariff unsolved, and the solution apparently lay only in one direction. At the same time there was a wide prevailing scepticism as to the possibility of the removal of the embargo entirely solving Canada's export cattle problem, and the fact of its being removed from the statute books did not dissipate the existent pessimism or immediately raise the Western cattle industry out of its depression.

The short time which has elapsed, however, since the first shipments for unrestricted entry were made, has gone far to prove that the opening of the British market is tending to slowly bring back the Western Canadian cattle industry to its former importance and profitable pursuit. The few brief months have been sufficient to create a brighter and more hopeful outlook, which is slowly dispelling the depressing attitude which has for some time characterized followers of the cattle industry.

Ocean Transportation Taxed.

According to the Hon. Duncan Marshall, Commissioner of Agriculture, who recently returned from a four months' study of the overseas situation, Great Britain offers an unrestricted market for Canadian cattle of the feeder type and the British markets can absorb as great a volume of live cattle as Canada can ship. In spite of the immensely longer journey, Mr. Marshall stated that Canadian cattle compared more favorably on arrival than animals from Ireland. Shipments from Canada came off the boats in excellent condition, showing a shrinkage of only half of one per cent. from Montreal weights. The figures of sale of the shipment of cattle which Mr. Marshall accompanied across the ocean from Lethbridge, Alberta, definitely satisfied him as to the satisfactory profits from the traffic when the right kind of animals are shipped.

Substantial shipments of live Canadian cattle has been an outstanding situation in the first part of the year and there has been considerable co-operative shipping on the part of farmers' organizations. Movement has been steadily taxing ocean transportation to its capabilities. In the brief period cattle shipments were in progress before the opening of navigation on the St. Lawrence, over three thousand head of cattle left for overseas from the Port of St. John. At Montreal over forty vessels are this summer engaging in the cattle traffic. Up to the end of June approximately 14,000 head of Canadian cattle had left from the St. Lawrence ports, and it is believed that before the end of the season fifty thousand will have left this port for Great Britain. Thus Canadian ports and transportation interests directly benefit from the change of markets.

Bring Good Prices.

According to Mr. Marshall, the complete cost of shipping cattle from Lethbridge, with two days' feed in Montreal, and selling them on the Liverpool market, paying all fees, amounted to \$3.93 per 100 lbs. The 25 head killed at Liverpool dressed 57.4 per cent. They looked very well hung up, except that the flanks showed a trifle dark as a result of the journey. The hides and offal of each steer brought \$17.50, and the meat brought a gross average price, after deducting all charges and freight to London, of \$17.57 per 100 lbs.

Ocean freight reduced this to \$14.43, which was the net price in Montreal. This was equal to a live-weight price of \$8.24 at Montreal, which, said Mr. Marshall, clearly indicates the value of a live cattle market in Great Britain when prices are falling.

The live cattle brought an average of \$11.46 per 100 lbs. in Liverpool, which made a net price at Montreal, on Montreal weights, after feeding, of \$9.08 per 100 lbs. The Lethbridge cattle sold alive made a net price at Lethbridge, taking their weights on the farm and allowing a shrinkage of 3½ per cent., of \$7.53 per 100 lbs.

Results Justify Efforts.

In the short space of time which has elapsed since the removal of the British embargo, results have fully justified the ceaseless efforts of agitators who worked strenuously for the repeal of the Act. Gradually the feeling

—AND THE WORST IS YET TO COME



HEALTH EDUCATION

BY DR. J. J. MIDDLETON
Provincial Board of Health, Ontario

Dr. Middleton will be glad to answer questions on Public Health matters through this column. Address him at Spadina House, Spadina Crescent, Toronto.

Health rules are good for children. Their young minds assimilate knowledge very readily, and good advice given early in life in a sympathetic and attractive way often makes a lasting impression.

The value of good health and the advisability of maintaining good health as a bulwark against the attacks of such diseases as tuberculosis should ever be impressed on children as well as adults. When the constitution is robust, when good health is much in evidence, there is not so much danger of disease germs as in the person who is weak or anaemic or generally below the normal standard of health.

What should the child learn then, that may be of benefit to him in warding off sickness. Here are some things to remember:

Go to bed early, and get plenty of sleep. When tired or ill, rest by lying down—not sitting up.

Live in the open air all you can and keep the windows open night and day

so that the air may always be fresh and clean.

Clean night air with open windows is safer than dirty night air with the windows shut.

Daily exercise in the open air is invaluable.

Admit sunshine and light into the house. Clean the windows. Sunshine and daylight kill the germs and strengthen the body.

Eat plain, clean, nourishing, fresh foods. Oatmeal porridge, bread and milk, buttermilk, lentil or pea soup, all are good.

Let your clothes be few in number, loose in fit, light in weight, woollen in texture.

Keep yourself and your home clean. Clean teeth, clean clothes, clean body, clean hair (girls' should be in plaits or tied back in school). Soap and water aided by fresh air currents and sunshine will keep the home clean.

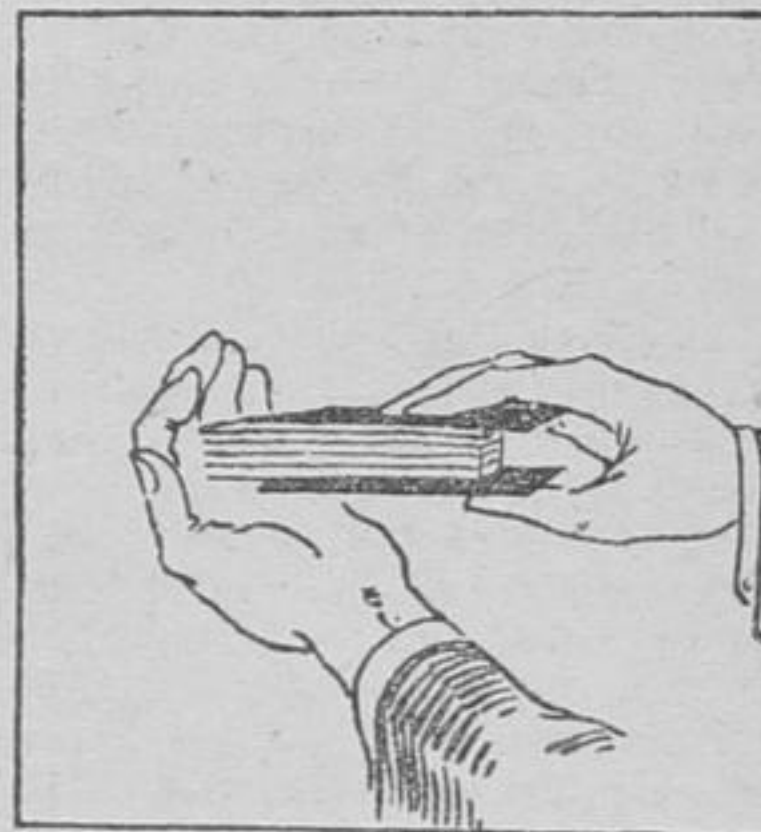
The germ of tuberculosis grows with difficulty in a healthy body. Therefore observe and practice the laws of health.

of depression which had taken possession of the Western cattle interests at the imposition of the United States tariff was dissipated as overseas shipments proved the profitability of the British market, and Western breeders now face a new era for the industry. This was very pithily indicated recently when Mr. M. Burns, well-known rancher and packer, of Calgary, formerly one of the biggest of Western ranchers, and a man who always has his finger on the pulse of the Western cattle situation, after selling his eight ranches some years ago, traded his \$400,000 Calgary business block for the Glengarry Ranch, south of the city, a property of 22,000 acres. This was merely one of the many indications given of a definite revival of Western Canada's cattle industry.

EASY TRICKS

No. 51

Thought Foretold



Write the name of a card on a borrowed visiting card and ask a friend to put it in his pocket without looking at what you have written.

Take a pack of playing cards in your left hand, backs uppermost. Hold the right hand with the fingers on the cards and the thumb underneath. Draw the cards, a few at a time, into your right hand, asking your friend to tell you when to stop. When he tells you to stop, show the last card you drew back. Then ask him to look at the visiting card he put in his pocket. On it is written the name of the card.

When the spectator told you to stop, you drew the cards under your fingers into your right hand, just as you appeared to do. At the same time, your thumb, pressing on the bottom card of the pack, drew that back. Before introducing the trick, you observed the bottom card and wrote its name on the calling card.

The illustration shows how the trick is done. In order to expose the movement of the bottom card, the fingers in the drawing cover less of the card surface than you will find they will do when you try the trick. Of course, the greater surface the hands cover the less danger of detection there will be.

(Clip this out and paste it, with other of the series, in a scrapbook.)



No Help Needed.

Wife (sarcastically) — "I guess you've been comforting that unfortunate friend of yours all evening—helping him to carry his load!"

Hubby (cheerfully) — "No; must say I never in my life saw a man carry his load better than he did tonight."

The earth is 92,800,000 miles from the sun.

Only one person in fifteen has perfect eyes.