

About the House

STIMULATE DIGESTION WITH BRAN.

One of the first steps in analyzing our daily diet is to check up on the amount of roughage we are eating. To keep digestive tract in the prime of condition, Nature demands that we eat a goodly supply of bulky foods, especially those containing a residue. These foods assist in stimulating the excretion of all digestive juices along the canal through which it passes and are thus conducive of a normal elimination of bodily waste.

When the family begins to get grouchy and they get up in the morning with the pink faded from their cheeks, try feeding them some of these good things made of bran, and watch the results.

Bran Muffins— $\frac{1}{4}$ cup sugar, shortening size of egg, 1 egg, 1 cup sour (or sweet) milk, 1 cup bran, $1\frac{1}{4}$ cups flour, 1 level teaspoon soda (or 2 teaspoons baking powder if sweet milk is used), pinch of salt. Cream shortening and sugar together. Mix and sift dry ingredients. This will make twelve large muffins.

Steamed Bran Pudding—3 tablespoons beef suet or any preferred fat, $\frac{1}{2}$ cup molasses, 1 egg, 1 teaspoon salt, 1 cup bran, $\frac{1}{2}$ cup milk, 1 cup flour, $\frac{1}{2}$ teaspoon soda, 1 cup dates, stoned and cut fine. Melt suet and mix with molasses, milk and egg well beaten. Sift flour, salt and soda together. Add one cup of bran and combine wet and dry ingredients. Stir into the batter one cup of dates, stoned and cut up fine, turn into buttered cups, having cups full. Steam one hour. If steamed in one large mold, three hours' cooking is required. Serve with hard sauce or lemon sauce.

Bran Nut and Raisin Bread— $\frac{1}{4}$ cup brown sugar, $\frac{1}{2}$ cup milk, 1 cup flour, 1 egg, $\frac{1}{2}$ cup water, $\frac{1}{2}$ cup English walnut meats (cut in slices), $\frac{1}{4}$ cup molasses, 2 teaspoons of baking powder, 1 teaspoon salt, $\frac{1}{2}$ cup raisins. Mix in the order given, sifting flour, baking powder and salt. Add raisins and nut meats dusted well with flour. Pour into buttered bread pan, having pan three-quarters full. Bake slowly two hours or longer. Nut meats may be omitted.

Bran Doughnuts— $1\frac{1}{2}$ cups bran, $1\frac{1}{2}$ cups flour, 1 tablespoon butter or lard, 1 egg, 2 teaspoons of baking powder, $\frac{1}{4}$ cup sugar, $\frac{1}{2}$ cup milk, 1 teaspoon salt. Cream butter and sugar. Add egg well beaten. Mix and sift dry ingredients and add to the first mixture. Roll on a floured board. Cut with a doughnut cutter. Fry in very hot deep fat.

A LESSON IN TIDINESS.

Even though my little girls had a closet all their own in which to hang their clothes, they quite often left them lying around on chairs, on the bed or even on the floor. This in spite of my frequent reminders that untidiness is a most distressing habit.

I hit upon a plan that has solved the problem satisfactorily; in fact, I never have to pick their clothes up now. I bought several wooden hangers, a can of blue and a can of pink enamel, a can of shellac and a small brush. I let the girls watch me make those plain hangers into wonderful attractive things with the enamel. When they were dry I cut from old magazines tiny heads and figures. On the hangers for party dresses I pasted fairy figures and butterflies. On the hangers for coats I pasted winter scenes. On the ones for play dresses I pasted appropriate figures. There was even a hanger for the nightie, with the figure of the cunningest sort of a sleeping baby pasted on.

I gave all the hangers a coat of shellac and to one girl I gave all the pink hangers and to the other all the blue ones. It's fun now for them to hang their garments each on the proper hanger.—M. H. M.

A HOME PAPER SUPPLY.

A neighbor farm woman has hit upon a novel scheme for always having a supply of good, unwrinkled wrapping paper on hand. A roll was bought at a grocery store which had been reduced to about four inches in diameter, for very little cost. This was set up on one end of the table top under the shelves in the pantry by means of two short wood blocks which were bored for the broom-handle shaft.

The finish strip along the lower edge of the overhead doors was removed and a cut made with a rip-saw two feet from one end. The strip was reeled and after the edge of the paper had been placed in this cut, the left hand end of the strip was drawn together so that there was a slight pressure on the paper at all times.

To pull the paper out for the next piece to be torn off, a notch was cut just large enough for the thumb and finger. The paper tears smoothly along

the wood strip. Whether the paper is wanted for lunches for the men in the field or whether a package is to be sent through the mails, paper is thus always on hand and, being located in the corner, takes up but little room. The arrangement might be placed in a less-used spot by building a device to take the place of the wood strip under the pantry shelves.—D. R. V. H.

VARNISH TILE WALLPAPER.

Tile wallpaper, which is widely used for decorating bathrooms and kitchens, will last twice as long if a protecting coat of clear varnish is applied soon after the paper is hung. The glazed surface of the tile paper itself will not stand much washing, but when re-enforced with a thin coat of good varnish, spots may be wiped off with a wet cloth without affecting the paper. Thus a continued sanitary condition of the walls is easily possible.

Even when walls have been papered for some length of time it pays to go over the glazed surface with a good varnish. It is surprising how much fresher the room will look and how much longer the paper will last.



A HOUSE DRESS "NEAT AND TRIM."

4488. The House Dress of to-day has a very important place in the wardrobe of every woman. The model here illustrated is suitable for the stout and slender figure. Gingham, crepe, ratine or printed cotton, as well as linen may be used for its development. The width at the foot is $2\frac{1}{4}$ yards. The closing is at the left side in front.

The Pattern is cut in 6 Sizes: 34, 36, 38, 40, 42 and 44 inches bust measure. A 38-inch size requires $4\frac{1}{2}$ yards of 36-inch material.

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.

November Rain.

The rain is dripping from the trees,
And running from the eaves,
And splashing on the open road
Bestrewn with sodden leaves,
And every bush and leafless twig
And withered plant appears
Impearled with countless tiny drops
Like melancholy tears.

For all the radiant floral band
That made the autumn gay,
The asters and the goldenrod,
Alas! have passed away,
And o'er her flower children dead
Upon their woodland bier,
Lo! sorrowful November weeps,
The Rachel of the year.
—Minna Irving.



"As a lecturer, don't you sometimes fear to face an audience?"
"Never—my talks are all broadcast, you know."

An English inventor has patented a double parachute designed to steady the descent of a user.

GOOD RED BLOOD A REAL NERVE TONIC

Weak, Watery Blood the Source of All Nervousness.

"If people would attend to their blood, instead of worrying themselves ill," said an eminent nerve specialist, "we doctors would not see our consulting rooms crowded with nervous wrecks. More people suffer from worry than anything else."

The sort of thing the specialist spoke of is the nervous, rundown condition caused by overwork and the many anxieties of to-day. Sufferers find themselves tired, low-spirited and unable to keep their minds on anything. Any sudden noise hurts them like a blow. They are full of groundless fears, do not sleep well at night. Headaches and other nerve pains are part of the misery, and it all comes from starved nerves.

Doctoring the nerves with poisonous sedatives is a terrible mistake. The only real nerve tonic is a good supply of rich red blood. Therefore to relieve nervousness and run-down health Dr. Williams' Pink Pills should be taken. These pills enrich the blood, which tones the nerves, improves the appetite, gives new strength and spirits, and makes hitherto despondent people bright and cheerful. If you are at all "out of sorts" you should begin taking Dr. Williams' Pink Pills.

You can get these pills through any dealer in medicine, or by mail at 50 cents a box from The Dr. Williams Medicine Co., Brockville, Ont.

The Breath of Life.

Fresh air is the breath of life. There is little use in trying to keep well if we do not get abundance of pure, fresh air to breathe.

People whose resistance is weakened by disease and who must fight not only to keep alive but to conquer the germs of any disease like tuberculosis must have abundance of fresh air. For them it is not enough to spend the daylight hours in the open; the entire twenty-four hours should be fresh air hours. The windows should be open or the porch available at all times. The tuberculosis patient who tries to stay in the open air as much as possible and who faithfully follows the other directions of his physician, has the best chance of recovery.

For those who are well, good health is promoted and maintained by no better means than suitable outdoor exercise and good food. If every man, woman and young person in this country could be persuaded as a matter of daily routine to take at least twelve deep breaths in the open air, or before an open window every morning, the residual air in the lungs would be replaced by fresh air and

—AND THE WORST IS YET TO COME



more oxygen supplied for the general upkeep of the body. The result would undoubtedly be beneficial to everybody and would bring about a general improvement in the health standard of the entire community.—Dr. J. J. Middleton.

The Stirrup-Cup.

Death, thou'rt a cordial old and rare;
Look how compounded, with what care!

Time got his wrinkles reaping thee
Sweet herbs from all antiquity

David to thy distillage went,
Keats, and Gotama excellent,
Omar Khayyam and Chaucer bright,
And Shakespeare for a king-delight.

Then, Time, let not a drop be spilt:
Hand me the cup whenever thou wilt;
'Tis thy rich stirrup-cup to me;
I'll drink it down right smilingly.
—Sidney Lanier.

Remember that your face is an advertisement. It shows the public what mental and moral goods you have to offer.

The pouch of a pelican is large enough to contain seven quarts of water.

Ingenious Means Used in Surveying Operations

Those who go down to the sea in ships are not the only ones who see the wonders of the deep and of the sky. The engineers who go to measure the land witness wonderful phenomena and even make use of them in their daily operations. The engineers of the Geodetic Survey of Canada in the triangulation of the vast areas they are called upon to measure are sometimes forced to secure sights between points which tax the maximum resources of their equipment and indeed sometimes exceed them except under extraordinary conditions. Higher towers at times are not feasible and more powerful lights or telescopes are useless if the line of sight is obstructed. When some part of the earth comes between the two observation points it would seem that there is nothing left for the surveyor to do, but Geodetic engineers have found that by taking advantage of times when the beam of light bends conveniently they can make their observations. For example in observing points on the north shore of the St. Lawrence from the south or Gaspé coast it was found that the straight line (about 80 miles long) between the two points passed under the surface of the water. It was impossible to use higher towers and on several clear nights tests showed that the lights were invisible. Then came several nights when the conditions of refraction were abnormal and when owing to the upward arching of the line of sight the north and south shore lights became intervisible, and it was possible to complete the required angular measurements. Moreover the refraction was on its good behavior and while it conveniently bent the line perpendicularly so as to pass over the hill of water, so to say, between the lights, it did not bend it horizontally, and the measurements were consequently accurate. How the engineers assured themselves that the line did not bend horizontally is another story, but they also determined that point.

At other times abnormal refraction develops in other forms. In taking observations at night between Cape Breton and the Magdalen Islands it was necessary to take readings on the image of the electric light when it appeared as a vertical pencil or band approximately fifty feet wide and half a mile high. Sometimes the image appeared as a series of disks one above the other. At times the disks were all of one color, yellow or white, and clean cut and separate. At other times the disks overlapped and were red, white and green in regular order. Other variations were noted when acetylene lamps were used, but in all cases the images were in a vertical plane, so that the observations for horizontal angles were not delayed, the results being quite satisfactory.

Trawling Centre.

Grimsby, England, is now the greatest trawling centre in the world. Between five and six hundred steam trawlers alone are now registered at this port, in addition to many other vessels.

London is experiencing a shortage of children four and five years old; this is due to the abnormally low birth-rate of the years 1918 and 1919.



AWARDED QUEBEC SCHOLARSHIP

As the result of her distinct artistic appeal, Antoinette Giroux, La petite Canadienne of the Stage, has been awarded a Scholarship by the Provincial Government of Quebec, entitling her to three years' dramatic study at the French Capital. Photograph taken aboard the Canadian Pacific S.S. Minnedosa en route to Paris via Cherbourg.