

About the House

THE GREATEST BEAUTIFIERS.

Undoubtedly good health, cleanliness and happiness are the greatest beautifiers. We can not always attain all three, but as long as water and plain food are available, we can have the cleanliness of body (within and without) which is so necessary for good health. Good health is usually dependent on good habits, and so is by no means unattainable, while happiness is partly habit, partly dependent on good health, and can sometimes be cultivated. These beautifiers must be supplemented by good sense, and that is a quality which none dare ignore.

Many people claim that happiness is the greatest beautifier, and while I would not dispute its effect, I know that sometimes a sad face can be very beautiful. But admiration for "an interesting pallor" went out of style years ago. We now admire the glow of health, the natural glow, not that which is applied by a hare's foot and a lipstick.

Practice the following rules if you would have both good health and good looks:

Refuse to worry. That's Rule 1, the most important and the hardest. If you are too nervous to be able to control your mind, follow the rest of the treatment and the worries will seem less important as you feel better able to cope with them.

Rule 2. Eat health-giving foods. Fresh fruits, cooked fruits, graham bread, rice, oatmeal, potatoes, cauliflower, carrots, greens and other fresh vegetables, salads, nuts, buttermilk, sweet milk, cream, eggs, bread, butter, broths, and meats which are roasted, broiled or stewed, not fried. These foods are listed with the most important ones first. Such a diet will make the elimination of the body normal, and perhaps make Rule 3 unnecessary.

Rule 3. Knead the abdomen, if the bowels are sluggish, in order to stimulate their action.

Rule 4. Take plenty of outdoor exercise. Gardening is a wonderful help, so you can begin your home treatment when you get ready to start your next summer's garden. Take walks in the open, climb hills.

Rule 5. Sleep eight hours at night, and if quite run down, two extra hours in the afternoon. Always sleep with the windows wide open.

Rule 6 is about bathing. In winter, take not less than two warm baths a week; in summer, one every day, before retiring. If you are not sleeping well, fill the tub with water at 102 deg. F., get in for two minutes, then let it cool to 93 deg. and stay in half an hour. This rarely fails to induce sleep.

Every night, strip off your clothes—in a warm room, of course—and rub the body vigorously all over with a rough Turkish towel. It stimulates the blood, frees the pores of collected matter and helps to make the complexion fresh and clear.

These are the rules for health, follow them, and see how much prettier you'll look!

The soaps, creams and lotions which best suit you, must not be overlooked. Toothpaste, talcum powder, and such other aid to the toilet as are required for your own particular needs will add to your comfort and appearance, but the foundation of all good looks is good health.

MITTENS FOR HOUSEWORK.

A number of household tasks are more pleasantly and quickly done if the hand is slipped into a suitable mitten before commencing the work. Of course the mitten should be kept in a convenient place.

From old flannel stitch up two mittens, preferably having thumbs. Slip these on when polishing the silver and see how much quicker and easier the not always welcome work goes than when the polishing flannel is held in the hand.

A mitten makes an ideal oven holder; make it long so as to protect the wrist and arm from the heat if short-sleeved work dresses are habitually worn.

A mitten with thick palms is excellent for lifting and carrying out ash pans, for the handles of these receptacles often have a way of being very hot and uncomfortable when taken directly from the stove. They

also protect the hand from the ashes, which are quite likely to prove irritating to the skin.

A mitten included in the stove-cleaning outfit will protect the hand when dusting or shining the stove.

SURPRISE PUMPKINS.

The women of a club coined quite a little sum of money from their surprise pumpkins. They cut the tops off a number of rather large pumpkins and scooped out the inside until nothing but a thin rind remained. These were neatly lined with waxed paper and dainty luncheons packed carefully in them, using ham and chicken sandwiches, small cakes of different kinds, pickles, salads, nuts, fruit and homemade candies. No two pumpkins contained exactly similar luncheons, and in each was put a little trinket or a toy. The tops were attached to the shells by means of green ribbons run through holes. These pumpkins were auctioned off at booths made out of cornstalks, and lit up with jack-o'-lanterns. Long tables were provided on which to eat their luncheons, and sweet milk, buttermilk and lemonade were served. Lots of people in the towns near by patronized this auction.

EACH DAY'S WORK.

My little seven-year-old daughter has a set of those pictures showing cute little maids doing their work for each day. Once when Betty was wondering what to do, I suggested that every day she do some of the work that was intended for that particular day; just as the little girls in the pictures were doing.

She agreed readily and was eager to begin. So on Monday she washed out a few small pieces I gave her and ironed them on Tuesday. Wednesday she went to see a friend. For her Thursday's sewing I cut out a square of lawn and showed her how to hem it nicely for a handkerchief, her first real lesson in needlecraft. Friday she helped me about my cleaning, really helped, and on Saturday, cooking day, I let her prepare a simple dish. On Sunday she went to Sunday school. Then she was anxious to begin the week all over again.

Now this plan of occupation not only kept her happy and interested but really instructed her in all the branches of household art. Realizing its possibilities, I am planning to make this form of play into a real development.—Alice A. Keen.

A POPULAR "MIDDY" STYLE.



4294. No school girl's wardrobe is complete without several middy blouses, and no garment is quite as comfortable. In drill, Indian head, flannel, khaki, linen and silk, this style will be very pleasing. The blouse may be finished with straight lower edge, or with the now so popular "hip band." The plaited skirt is to be finished with a band or joined to an underwaist.

The Pattern is cut in 5 Sizes; 4, 6, 8, 10 and 12 years. A 10-year size requires 2½ yards for the blouse, and 1½ yard for the skirt, 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.

A device that can be carried in a tool kit and attached with a wrench has been invented to make an emergency repair to a broken automobile axle.

About 500 species of plants are carnivorous. Through modified leaves they imprison their prey, which is subsequently digested and absorbed. Sundew, flytraps, pitcher-plants, bladderworts, and butterworts are among the chief animal-eating plants.

The Crowning of the Year.

The orchard trees are bare; their lac-ing limbs
Trace weblike patterns on the gray-ing sky;
The northern winds creep through like murmured hymns
Or sober chant that softly rise and die—
And yet the ruddy apples that they bore
Have caught and held the sunshine; and they bring
The morns and nights of June to us once more
And all the blossom breath of early spring.
The fields are still; where once the wheat and corn
Laughed in the gladness of the summer noon,
And waved saluting banners to the morn
And whispered softly in a twilight croon—
There, now, the barren stubble meets the eye,
And there the end of harvest days is told;
But granaries are heaped both wide and high,
As crucibles that catch the finer gold
So sun and rain have wrought their yearly task,
Have given of their bitter and their sweet;
The earth, that yields us freely when we ask,
Has left her summer fruitage at our feet,
And now the trees and fields have earned their rest
And may we read the message that is sent;
When we have done our all, and done our best,
We, too, may fold our arms and be content.

London's Oldest Church.

The excavations in the cloisters at the Church of St. Bartholomew the Great in West Smithfield, are now practically finished, and all that remains to be done is to restore the vaulting of the east cloister.

Mr. E. A. Webb, the antiquary, who has been connected with this work for 38 years, working in conjunction with his brother, Sir Aston Webb, president of the Royal Academy, and the actual architect of the work of restoration, mentioned some of the more recent facts. "The excavations in the east walk of the cloister are now practically finished," he said. "The last of the secular encroachments was removed when we bought the freehold of the stables which were in the cloister. There had also been a blacksmith's forge in the north transept, schools in the north triforium, and a fringe factory in the Lady Chapel projecting 17 feet into the church.

"In excavating the cloisters we had to remove about seven feet of earth from the floor. This depth of earth was partly due to the fact that London increases a foot in every 100 years, through falling dust and other causes. It may not increase so fast in the future owing to the greater ease in removing dust from the asphalt roads. In the city of London many of the old buildings have sunk from 16 to 18 feet below the surface since the Reformation; Bow Church is 16 to 18 feet below the surface of the road.

"We have recovered for London a work of the twelfth century, for the Church of St. Bartholomew the Great is the oldest church in London, dating as it does from A.D. 1123, and it is twelfth century throughout. It is older than Westminster Abbey. The curious thing is that there are thousands of Londoners who have never heard of it. There are many points of interest there."

Nails That Tell Tales.

All serious diseases and accidents are recorded on your finger-tips.

If you have a dangerous illness a plain straight ridge will show itself across your nails. Some weeks elapse before it is visible, because the growth of the nail is affected at the root, which is invisible. But when it does show it takes many months before it grows to the top. These marks may remain for years, and the more acute the illness, the more prominent are the ridges.

Break your wrist to-day and it will probably be 1925 before the resultant ridges have vanished from your nails. In this case, however, only the nails of the broken arm are affected. The other hand remains normal.

Sudden diseases stop all nail growth in the same way as they often affect the hair, and the fingers then look as if the nails had been cut straight across with scissors.

Nervous afflictions cause deep grooves across the nails. They also assume a patchy appearance and will be very brittle for some time.

After the attack the new growth will be very thin and finger-tips will be exceedingly painful. The thin new growth gives the impression of a deep dent over the "moon" of the nail.

There is no problem that intelligence can't solve.

—AND THE WORST IS YET TO COME



HEALTH EDUCATION

BY DR. J. J. MIDDLETON

Provincial Board of Health, Ontario

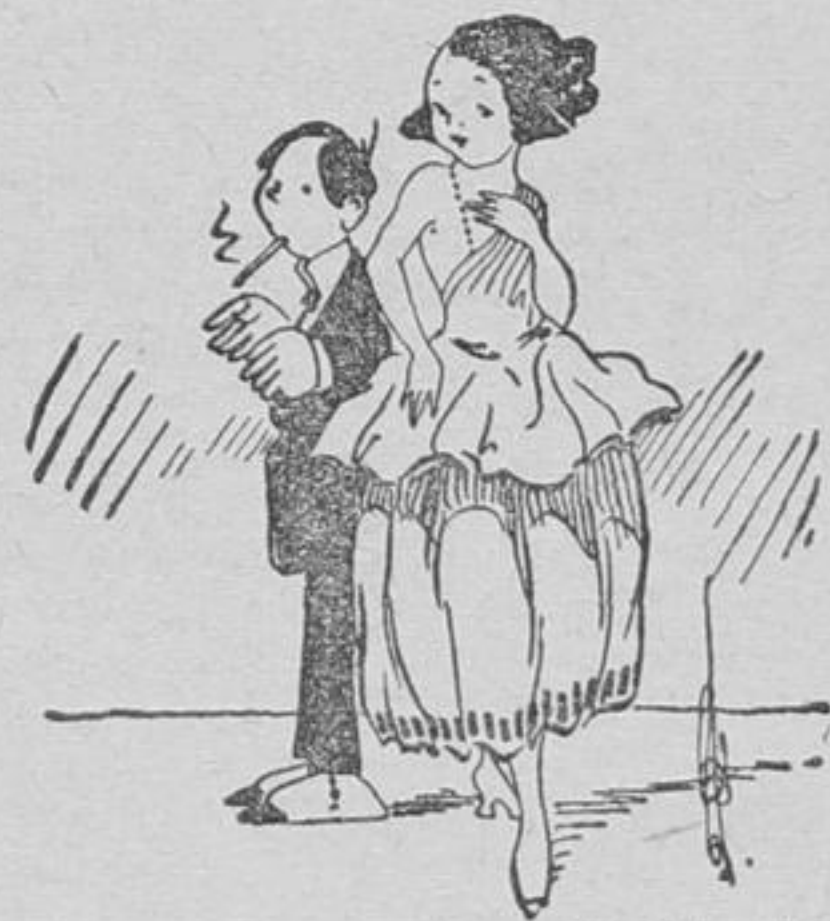
Dr. Middleton will be glad to answer questions on Public Health matters through this column. Address him at Spadina House, Spadina Crescent, Toronto.

High blood pressure is a condition we hear much about these days. It may be due in part to the strenuous life one leads in these hectic times, but over-indulgence of one kind or another makes the condition worse. High blood pressure means several things: (1) That the heart is beating too strongly; (2) that the blood vessel walls are thickened and inelastic; (3) that the person is obese or overweight. It may be caused by any or all of these conditions.

Nature provides blood vessels that are large enough and smooth enough for blood to flow through without much friction. Every time the heart beats, the vessels being elastic, stretch like a rubber tube. As age advances,

the elasticity diminishes, the walls thicken and the inside width of the tube gets less. In consequence, the blood flow in the tubes is under too much pressure. There is an instrument for measuring blood pressure. Symptoms which suggest the need of this examination are dizziness, cold extremities, albumin in the urine, irritable heart. The treatment is to prevent constipation, and live temperately in eating, drinking and in all other ways, avoid over-excitement or stimulation and take plenty of rest and sleep.

There is no medicine that can hope to effect a cure of this disease. It depends on the patient's habits and the way he lives from day to day.



She—"I hope you are kind to dumb animals."
He—"Gosh, yes! I had two of 'em out to dinner last night."

Canadian Exhibits Ready at Empire Fair by April 1.

The Department of Trade and Commerce has received a cable stating the Canadian building at the British Empire Exhibition, Wembley Park, will be completed February 1st, and the exhibits in place April 1st. The Canadian building is much further ad-

vanced than any of the others. Much difficulty has been met through lack of facilities for transporting supplies and materials to the grounds. Labor costs have been greater than anticipated, but it was felt it would be more economical to go ahead and secure early completion than to be at the mercy of employees toward the opening of the exhibition, when all buildings would be necessarily completed at any costs. Both Australia and New Zealand admit that Canada has stolen a march on them and secured greater results.

The Everlasting Lamp.

In one of the cemeteries near Paris a small lamp was kept burning under an urn over a grave, and an inscription on the gravestone ran thus, when translated into English: "Here lies Pierre Victor Fournier, inventor of the Everlasting Lamp, which consumes only one centime's worth of oil in one hour. He was a good father, son and husband. His inconsolable widow continues his business in the Rue aux Trois. Goods sent to all parts of the city. Do not mistake the opposite shop for this."

Come to the Lectures, Demonstrations and Practices at the

Ontario Agricultural College

1924 — SHORT COURSES — 1924

Stock and Seed Judging — Two weeks—January 8th - 19th.

Poultry Raising — (Four Weeks — January 8th - February 2nd.

Horticulture Courses:

Fruit and Vegetable Growing—January 21st - February 2nd.

Floriculture and Landscape Gardening—Feb. 4th - Feb. 16th.

Dairy Courses:

Course for Factory Cheese and Buttermakers — January 2nd - March 14th.

Cow-Testing—Jan. 7th - Jan. 19th.

Farm Dairy—Jan. 21st - Feb. 2nd.

Factory Milk and Cream Testing, including Factory Management

and accounts—Feb. 4 - Feb. 16.

Market Milk, including Mechanical Refrigeration—Feb. 18 - March 1.

Condensed and Powdered Milk—March 3rd - March 15th.

Ice-Cream, including Mechanical Refrigeration—March 17 - Mar. 28

Creamery and Cheesemaking Course, including Mechanical Refrigeration—Mar. 24 - Mar. 28.

Bee Keeping (Two Weeks)—January 8th - January 19th.

Drainage and Drainage Surveying (Two Weeks)—Jan. 8 - Jan. 19.

Farm Power, including Tractors, Gasoline Engines, etc. (Two Weeks)—Jan. 22 - Feb. 2.

These courses are planned to meet the requirements of farmers, farmers' sons, dairymen, poultrymen, bee-keepers and horticulturists who may be able to leave home for but a short period during the winter months.

All courses are free, with the exception of the dairy courses, for which a small registration fee is charged.

A change from the home surroundings, meeting other people interested in the things in which you are interested, exchange of experience and the acquisition of knowledge, will do you good.

Plan to attend some course that appeals to you. Reduced rate on railways. Write for booklet describing the courses and ask for railway certificate.

J. B. REYNOLDS, M.A. L. STEVENSON, A. M. PORTER, B.S.A.

President Director of Extension Registrar

NURSES

The Toronto Hospital for Incurables, in affiliation with Bellevue and Allied Hospitals, New York City, offers a three years' Course of Training to young women, having the required education, and desirous of becoming nurses. This Hospital has adopted the eight-hour system. The pupils receive uniforms of the School, a monthly allowance and travelling expenses to and from New York. For further information apply to the Superintendent.