

About the House

JUS TA FEW CLOTHES SAVERS.

Have you ever thought of wrapping paper as a clothes saver? I know a woman who uses it for that purpose, and the idea seems sensible to me.

If she happens to have a large piece of wrapping paper she makes an over-the-head apron. Smaller pieces she uses for waistline aprons. She says that they come in handy when she is working around the sink.

Every few weeks she spends an odd half-hour making them. I have watched her. She has a straight slip-on apron pattern seventy-two inches long and twenty-four inches wide, with an oval hole for the head twenty inches from one end. This pattern she places on the larger pieces and cuts several at one time. These aprons are full length in the front and waistline length in the back. When she has several cut she stitches ordinary tape across the back edges, leaving ends long enough to come around and tie in the front.

The waistline aprons are just straight pieces. These she folds lengthwise, and scoops the waistline edges a little to make them fit properly. Starting one-fourth inch from the top on the folded edge, she cuts a gradual curve to the upper back edge. Tape and ends finish the waistlines of these aprons too. She can run one of them through the sewing machine in less than a minute.

With ordinary wear a paper apron lasts over a week. You can figure the laundry saving.

Rubberized aprons are a great clothes saver too. Now that they are made in gingham and flower prints they look like any other apron. If you want to make your waterproof apron, you will find table oilcloth a fairly durable substitute for the rubberized goods. Any plain apron pattern will do for this purpose. Cut the apron as described for the paper slip-on in the description preceding this one, or use any plain apron pattern. The most satisfactory finish for the edges is binding. You can buy bias lawn binding cut and folded double already to put on.

Tapes on the hem of a house dress serve both as a clothes and time saver. You know pins have a way of not being where you can put your hand on them when you want to fasten up your skirt for a kneeling-down job such as scrubbing.

This tape trick also was handed to me by a woman who makes her own dresses and does her own work. She cuts pieces of tape three inches long and sews snaps to the ends so that each tape can be snapped together to form a loop. By tacking the centre of these tapes to the top of the hem on the wrong side of the skirt, she has a sure and convenient means of fastening the bottom of the skirt to the belt. A tape on either side of the front is plenty to hold the skirt up.

At almost any notion counter you can buy the tape with the snaps already on it. These little tape loops come on cards, and are intended to hold the shoulder straps of the underwear. You will find them convenient for that purpose too. It only takes a few minutes to tack them to the shoulder seam of a dress.

A detachable pocket is a handy housekeeping accessory. If you have a left-over half-yard of house-dress goods, try one. Double the material and stitch down the sides and through the centre to make two compartments. Shirr the top a little and sew tapes to the ends and centre. Make each tape ten inches long, and tack the centre to the pocket. Then it can be tied to the belt of a dress or apron.

When you are doing up the housework, one of these carry-all pockets will keep the dust cloth within easy reach, to say nothing of affording a handy way of conveying those misplaced odds and ends from one part of the house to another.

There is the problem of kitchen clothes wearing out that we have to accept. But if you have an aversion for patches, the across-the-front kind that are an evidence of too much rubbing against the sink and table, try piecing.

A young bride I know said she just could not wear patches, so she pieced her worn-out frocks. It took longer and required more material, but the result was good to look at.

Her pet piecing idea was a ten-inch

panel of contrasting material down the front with rickrack braid.

One of her washed-out prints she dipped yellow and gave it a panel of yellow and brown chintz. She said it was prettier than when it was new. You might use the left-over ends from one dress to piece another.

IMPROVING FUDGE.

Imparting to fudge, either chocolate fudge or vanilla, that rich caramel flavor which is so desirable is just a little trick of preparing the butter. Put into the saucepan the quantity of butter to be used and let it melt over a rather slow fire.

Then, watching carefully lest it burn, allow the butter to become a beautiful brown—not too dark, of course, but of about the color of the vanilla caramels sold in candy shops. Then proceed as usual with your favorite recipe. You will be delighted with the fine flavor that will be added to your fudge.

RUBBER FLOOR MATS.

Most of us are familiar with several various uses for discarded inner tubes. Few know, however, that these discarded relics can be made into floor mats, requiring but a short time and little labor.

The old tubes are first cut into strips. The strips are then woven or interlaced with each other, basket fashion. The end strips are made double width and turned over. These strips should be cemented in place.

A row of brass rivets, placed around the edges, improves the appearance greatly, in addition to making the mat stronger.

TOY-FIXING DAY.

The busy little mother of two small boys finds it necessary and wise to bring as much system as possible into everything pertaining to their daily life and upbringing. She has, therefore, set a day each week when she regularly mends their broken toys. This habit, she believes, impresses upon the plastic little minds a degree of responsibility and regard for the cherished possessions.

"Never slip up on the fixing day," she writes. "Keep the damaged toys in a box for that purpose. Carefully show the child how his playthings are repaired and let him help whenever possible.

"Unless you have tried this, you have no idea how educational it is and how much interest the child takes in the operations. This method not only saves time, but it teaches the child, by having to wait for them, to be more careful of his toys. The fact that he is deprived of them for several days makes his playthings seem like new."

THAT ELECTRIC-IRON CORD.

When ironing have you not been bothered with the electric cord getting in your way? A spiral wire spring such as is used in holding screen doors shut does away with this nuisance.

A hook is put in the ceiling above the ironing board, a little to the right of the person ironing. One end of the spring is caught into it; the other end is hooked to the cord. This keeps the cord off the board and out of the ironer's way, as it does not need to be shoved aside and it adjusts itself as the iron is moved.

Rain in the Valley.

Rain's in the air; the silver side of leaves
Turns upward in the cool, half-odor-ous breeze
That clings a little where it touches, then drifts on,
The kilder cries a warning, and the trees
Lisp softly, greener in this crystal light
That prints a fresh new world upon our sight.

Now the wind hides, and the deep-shadowed pines,
Their needles poised, stand waiting, ghostly still;
A swift, wet whispering of drops begins;
Gray clouds unfurled along the eastern hill
Let down a thousand threads, all jewel-weighted,
The little wind springs up again, elated.

The silver rain threads slant in wind-blown fall,
Blurring to gray-green mist the trees and hills;
Along the pasture lane the hoof-shaped pools
Are spattered full; the brook's cup foams and spills.
Under the road bridge on a dusty shelf
A gray hen clucks dry pity for herself.
—Helen Ives Gilchrist.

EASY TRICKS The Flying Note



This is an excellent trick for the dinner table but the spectators will have to keep very quiet while it is being performed. An ordinary dinner fork and a tumbler are used.

Everyone knows that if the finger tip is drawn, with some force over the tines of the fork, the fork will give forth a ringing note—as a tuning fork will do. This should be done several times to prepare the spectators for the real mystery which is to follow.

A tumbler is placed in front of the trickster. He causes the fork to ring by drawing his finger tips over the tines. He pretends to gather the sound in his hand. As the sound of the fork becomes inaudible he throws this "handful of sound" at the tumbler. Immediately the tumbler begins to ring.

The fact is that the tumbler only seems to ring. Much depends upon the manner in which the trickster acts the affair. Just as the sound of the vibrating tines dies away, the trickster touches the handle of the fork to the table. The sound again becomes audible but the spectators believe that the sound comes from the tumbler. With a little practice, the illusion is perfect.

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

Canada's Bill for Firewood.

If the Canadian forests could render an account for the firewood supplied by them in 1922, it would read something like this: "The Canadian Public, to the Forests of Canada: 8,860,846 cords of firewood, \$38,228,702." And then the bill would represent only the original value.

To produce this enormous quantity of firewood required 841,780,560 cubic feet of standing timber, the largest amount consumed by any of our many forest products.

To the unthinking person this firewood output is but one of the many uses to which our timber producing areas are put, and is passed by with the same unconcern as day and night, says the Natural Resources Intelligence Service of the Department of the Interior. If, however, he were travelling from Halifax to Vancouver, and looking out of the car window he should see a pile of firewood seven feet high on either side of the track, with no break through the 3,494 miles he would cover in his trip from coast to coast, he would get a visual demonstration of the importance of Canada's annual cut of firewood.

Piled four feet high it would make a wall 12,832 miles in length, or a wall across Canada fourteen and one-half feet high and four feet thick.

Almost all species of wood are used for fuel purposes, depending upon the area in which it is cut and the market. In Ontario, Quebec and the Maritime Provinces the firewood is mostly composed of hardwood, maple, beech and birch predominating. In the Prairie Provinces large quantities of poplar and jackpine are used, while in British Columbia, owing to the very large variety of timber available, many species are used.

When it is remembered that Canada's forests are annually providing over a cord of firewood for every man, woman and child in the country, and that the warmth and comfort of millions of our people are dependent upon the continuance of this fuel supply, the value of the forests of Canada will be more fully appreciated. Large areas of Canada, particularly in the central portion, are devoid of other local fuels, and dependence must be placed upon wood or imported coal. It is therefore the part of wisdom to protect the forests from fire that the supply of firewood for domestic and power purposes may be assured.

Care for Pets.

Do not neglect your pets if they are sick. Have something done for them. Do not handle them, but make a comfortable bed in a quiet place, with water and milk near, and let them sleep, if they can. Put something woolen in the bed, for a sick animal feels the cold, especially at night. Do not try to make them eat. When convalescent coax them with their favorite dish, but a very sick animal does not want food. Do not forget fresh water.

Autos Displace Camels.

Automobiles are beginning to replace camels in Mongolia.

—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.

Physical defects that interfere with the normal growth and development of the young are very prevalent among school children. These conditions must be given early attention, otherwise many of them will lead to serious consequences later on, and bring about ill-health and even premature death. How are these defects to be detected? One way is through the work of the Public Health Nurse.

It is now becoming an established fact that public health nurses are urgently needed in every district. The record of examinations made at random in one community shows the actual condition as it exists at present throughout the province. Here is one report made by a nurse:—

In a total of 592 school children examined during the demonstration, there were 1,106 defects suspected by the nurse, the percentage of defective hearing, dental defects and malnutrition cases being especially high. Several extreme cases of defective vision were found; two of these children were examined by an eye specialist who advised admission to the Ontario

School for the Blind, and an effort is being made to have them admitted there.

A case of congenital dislocation of the hip—a girl of eleven—had been attending school daily and had never received any treatment for her disability. The Junior Red Cross of Ontario has been asked to take an interest in her, and through their effort it is hoped to have her admitted to the Hospital for Sick Children and treatment instituted.

457 follow-up visits were made to the homes of school children.

The number of corrections known to have been made before the departure of the nurse included 3 cases for which glasses had been procured, 26 cases of dental corrections, and 6 operations for the removal of tonsils and adenoids.

In one instance of home visiting, an infant of a few days old was found with a serious eye condition which was receiving no treatment. Owing to the early discovery and the gratuitous services of a local physician, the child's eyesight was restored.

Foreigners.

Among the broadening influences in our lives, one of the most potent is an acquaintance with those who have lived in other lands and have a range of intellectual interests and spiritual inclinations that are new and fresh and stimulating. Those who put a girdle round the earth and have not the powers of sympathy and imagination, enabling them to feel and to see deeply, are traveling in a physical sense, but they might as well remain at home for all the gain they make in the knowledge of the world and in the understanding of their fellowmen.

In a little, isolated country men lead narrow, egocentric lives and boast that their tethered daily round circumscribes all that is worth while. Oliver Wendell Holmes said of a New England city that you could not pry the inhabitants loose from their idea that it was the hub of the solar system. In Lhasa, capital of Tibet, the belief of each ignorant, simple soul is that the filthy, smelly town is the centre of everything. The mountain villages of the Andes are filled with folk who scratch for fleas, postpone till "manana" what ought to be done to-day and indulge the chauvinistic pretense that no land is like their own, no glory comparable with its glory. "But the like conceit persists and runs at large in parts of our own Dominion. Too sufficient unto ourselves, we inveigh against the alien as unassimilable when we ought to be teaching those whom we would find docile enough in most instances if we cared to teach them.

It is a sign of savage ignorance and of imperfect civilization to feel resentment against another man merely because he comes from a land we never saw and uses a dialect with which we are unfamiliar. If we are mentally hospitable, we shall eagerly welcome the chance to hear wonder tales of strange climes and peoples and adventures with "beasts, men and gods" such as are denied to our shut-in lives except through the medium of literature. It argues a purblind, miserable

satisfaction with the groove we move in when we are unwilling to step out of it with an outthrust hand of personal greeting to a "foreigner."

Those who most want the peace of the world are those who sedulously cultivate all ways and means of international intercourse. They do their best to give the desirable stranger to feel at home and at ease among us. Because they seek to establish a universal friendliness, they are of one mind to discourage the anarchist and his seditious principles. They would not inundate Canada with those who would demoralize and destroy. That kind of foreigner they would repel, but the others are welcome guests, and the desire of every lover of his own land is to make friends of them for the advantage of the entire comity of civilized lands.

Teacher Was Slow.

A school teacher was talking to the mother of a boy who had reached third book.

"He's got all the learning he'll ever want," said the mother.

The teacher replied: "I was at school until eighteen, and spent four years at college, yet I know very little."

"Ah, ma'am," said the mother, "some folks are much slower at learning than others."

Street Apple Trees.

Horses, not boys, have proved to be the greatest danger to which apple trees planted in the streets of Bath, England, are subjected, now that they are bearing fruit. Recently a horse attached to a brewery van was pulling down a bough of a tree and eating the apples on it.

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