

About the House

HOW TO BE PLEASINGLY PLUMP.

Sometimes a corpulent lady is heard to say about another woman, "Isn't she scrawny? I prefer being overweight to looking like that." The thin woman may hold just the opposite opinion—and there is something to be said on both sides. It would be wonderful, of course, if we all were the proper weight, the ideal height, had curly hair, and a real complexion. But we are not. Furthermore—even though man has gone far in assisting nature as to hair and complexion—we cannot change our height, but we can, in most cases, get fatter or thinner if we conscientiously try.

Why worry about underweight? Chiefly because an underweight person has little reserve when attacked by illness. Also because a thin person is likely to be of a nervous temperament and—shall we whisper it?—less even disposition.

If you are underweight, take stock of yourself by getting weighed and by making a list of foods with the approximate amounts you have eaten for the last few days. Analyze this list and decide where you can best add foods which will make fat.

What are the fattening foods?—cereals, fats, cream, sugar, and starchy vegetables. If you add rich sauces, cakes, pastries, and candy to your usual meals, you may gain weight, but you may also have a digestive upset.

At all times choose a laxative diet, including plentiful amounts of bran, whole cereals, fruits, and vegetables. The fibre from these materials will help keep you in good condition. Fresh fruits and vegetables also stimulate the appetite and enable you to eat more heartily.

Increase the amount of food eaten—use two squares of butter instead of one, drink a glass of "half-and-half" instead of milk. Eat an extra muffin—bran muffins take lots of butter. Eat salads with mayonnaise and desserts with whipped cream. Add nuts, raisins, figs, or dates to your dinner.

For breakfast choose a fruit cooked with sugar, a cereal rich in calories, cocoa instead of coffee, eggs and toast, muffins, or rolls with marmalade. A glass of milk can have its food value increased by putting a beaten egg into it—or malted milk, or chocolate. For lunch, add bacon to cheese dishes, and lettuce sandwiches. Serve it with eggs and vegetables. Serve cream or butter plentifully on vegetables.

MAIN DISH CHANGES.

Even the best of steak and chop and roast main dishes become uninteresting if served too often, so it is well to find some different foods that will fill the same place on the menu and yet please the most fastidious appetite.

For those who dislike salmon in the usual form, try combining it with mashed potato and a beaten egg. Then shape into cakes, dip in cracker crumbs and fry. Served with a few strips of bacon, they are even better than the common codfish cake.

Ham and Rice Croquettes are made much the same way, except that cold boiled rice is used in place of potato and cold ham is minced fine to mix with it. Roll these in egg and then flour and fry in deep fat.

Lamb en Casserole is always good. To two pounds of rack of lamb, cut up in small pieces, allow three large potatoes, diced, three sliced onions, two diced carrots and a shredded green pepper. Season and cook slowly with enough water to cover. Keep the lid down tight, as this makes the meat and vegetables tender and saves all the flavor.

Braised Beef seems new, although it is simply steak cut into small pieces with several slices of onion laid on each, seasoned and then dredged in flour, set in a pan in a hot oven and baked. Serve with a water gravy made after lifting out the meat by adding flour and boiling water to the fat. Use the oven at the same time for muffins and baked potatoes.

Steak Pie is very nourishing. Cut the skirt steak into small pieces, add small potatoes, a cupful of chopped celery and two onions. Cook slowly in a little water for an hour. Thicken the gravy and make a top crust of stale bread, moistened and seasoned with salt and pepper and sage, a beaten egg and chopped celery. Lay over top and brown in oven. Serve from the baking dish.

CHARMING COLORS FOR AUTUMN WEAR.

Color as applied to dress is always an important subject, and the new colors are particularly interesting.

Our favorite stand-bys, navy blue and the darker navy known as "midnight," have a somewhat formidable rival, or at least a close running mate, in the numerous brown tones, such as seal, walnut, bronze and the under-

color of mushroom, all good style for street wear.

Black, too, if you like, for black is an allround favorite for both street and evening wear.

There are, too, some lovely soft medium blues, gray-browns, gray-greens and a more brilliant and richer green called "shutter green," as well as a lighter, more brilliant green, like jade. Then there are softer greens that recall the cool beauty of a waterfall or the moss of trees.

The Chinese trend in line has touched a responsive note in color, or perhaps it is the other way round. However, it really doesn't matter by what route have come the reds like lacquer, and mandarin blues and yellows, since these are so pleasing that we welcome them without information as to their reasons for being.

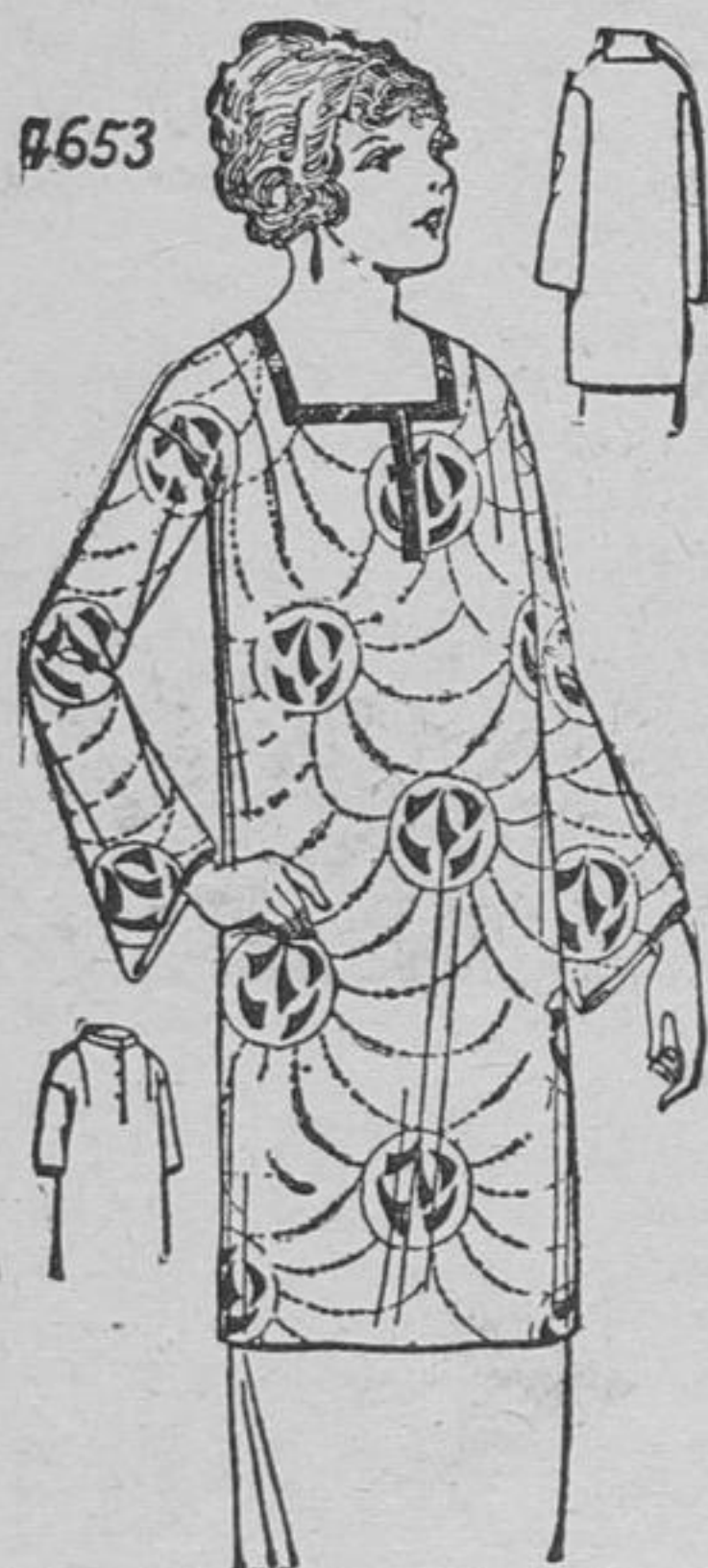
Colors for evening wear and special-occasion clothes are flowerlike in tones and shades—yellows that delight the eye as do the daffodils, buttercups and dandelions of spring, morning-glory colorings of delicate pink; and others of orchid, and thistle tones. Rose reds there are, too, in a plentiful array.

And the lusciousness of the peach and the apricot is cleverly suggested in silks of these colorings, and in orange and banana tones, too, that fairly make your mouth water.

But remember that although the season may well be called "colorful," it is a collection of harmonious colors rather than the jazz of the spring and summer seasons just past—if we liken color and color combinations to music, which, don't you think, we can.

Surely you have seen color combinations that jar and distress, and again groupings of color as soothing as a mother's lullaby.

A STYLISH BLOUSE.



4653. Here is Fashion's latest expression in blouses. It may be finished with square neck outline, or with the little band collar at high neck line. The sleeve is smart in wrist length, and popular and very comfortable in the short length of the small view.

This Pattern is cut in 6 Sizes: 34, 36, 38, 40, 42 and 44 inches bust measure. A medium size requires 2 7/8 yards of 40-inch material.

Pattern mailed to any address on receipt of 20c in silver, by the Wilson Publishing Co., 73 West Adelaide st., Toronto.

Send 15c in silver for our up-to-date Fall and Winter 1924-1925 Book of Fashions.

MIDDY TIES.

All of my friends admire my little daughter's new middy ties, quite unsuspecting of their humble origin. When I decided that fifty cents each was more than I could afford to pay for the ties displayed in the stores, I turned hopefully to my rag bag and unearthed some odds and ends of silk of before-the-war quality which made up beautifully into middy ties. I used an old tie for a pattern and, where piecing was necessary, the seam was made where it would be concealed by the middy collar.

The remnants of long-discarded foulard dress made a lovely tie with large white polka dots on a navy blue background. Another tie cut from an old roman stripe silk scarf adds a gay bit of color to a white middy blouse.

Then there was the old china silk waist, worn in the sleeves and cream-colored from much laundering, which seemed to offer possibilities. This furnished material which, with the aid of some bits of "dyeing soap" which I happened to have on hand, were transformed into two beautiful ties, one of brown and one of red.

Altogether I felt my rummage in the rag bag had been well worth while. —R. H. O.

RHEUMATIC PEOPLE CAN NOW FIND RELIEF

By Driving the Poisonous Acid From the System.

Rheumatism attacks people when the blood is thin and watery, or charged with impurities, thus setting up inflammation of the muscles and joints. Cold, wet weather or sharp winds may start the pains, but the cause is rooted in the blood and to get relief it must be treated through the blood. As a blood builder and nerve tonic Dr. Williams' Pink Pills are unsurpassed, and for that reason do not fail to give relief to rheumatic sufferers when given a fair trial. Among the rheumatic sufferers who have proved the great value of this medicine is Mrs. Simeon J. Tatton, Indian Head, Sask., who says:—"For over two years I was an intense sufferer from rheumatism and until I began the use of Dr. Williams' Pink Pills no treatment that I took helped me any. The trouble grew so bad that I could not move around the house without help, and finally I had to give up and go to bed. Words cannot tell how much I suffered, and I could not bear to have anyone come near me. Finally one of my neighbors strongly urged me to try Dr. Williams' Pink Pills, and I decided to do so. In the course of a few weeks I could feel an improvement, and I was able to get up. I kept on taking the pills until all traces of the trouble were gone, and I could again do my housework, feeling like a new person. Three years have passed since that and there has never been the slightest return of the trouble, so that I feel safe in saying that the relief brought by this medicine is permanent."

You can get the pills from your druggist, or by mail at 50 cents a box from The Dr. Williams Medicine Co., Brockville, Ont.

Animal Swimmers.

Nearly all large animals are better swimmers than man. With our flat palms, we can outstrip many of the smaller-footed creatures and most of the big animals have us beaten when it comes to swimming. Anthropoid apes, because of their build, are commonly believed to swim as well as man, but the fact is that they cannot swim at all unless taught by trainers.

And that reminds me of another interesting fact along the same line. Fur seals cannot swim when first born; they are actually afraid of the water, and have to learn. But once they have mastered the art, they soon forget to walk.

The rhinoceros and the hippopotamus are both good swimmers, and the latter is one of the very best divers. The reindeer is at home in the water, as shown by his method of deep submersion—he keeps his head but a little above the surface. The elk carries his head well out of water and avoids turning; he likes to go directly from bank to bank and get it over quickly.

The Indian elephant must be a powerful swimmer, to judge by the surprising burdens he carries across great rivers. It takes both strength and skill to swim when heavily loaded.

The polar bear is a marvel in the water. He is not the swiftest of swimmers, but considering the icy temperature of the water and remembering that cold is a great deterrent in swimming, this animal must surely be the hardest and most enduring of "water dogs," for he can swim twenty or twenty-five miles with but moderate effort.

The squirrel is still another surprise, when it comes to swimming. I read of a sportsman who experimented to learn whether these little animals swim naturally. He selected one that had been born and raised in captivity, and took it in a boat to the centre of a lake. The instant the squirrel was liberated it made for the shore, and it swam so rapidly that the man had much difficulty to recapture it.—L. E. Eubanks.

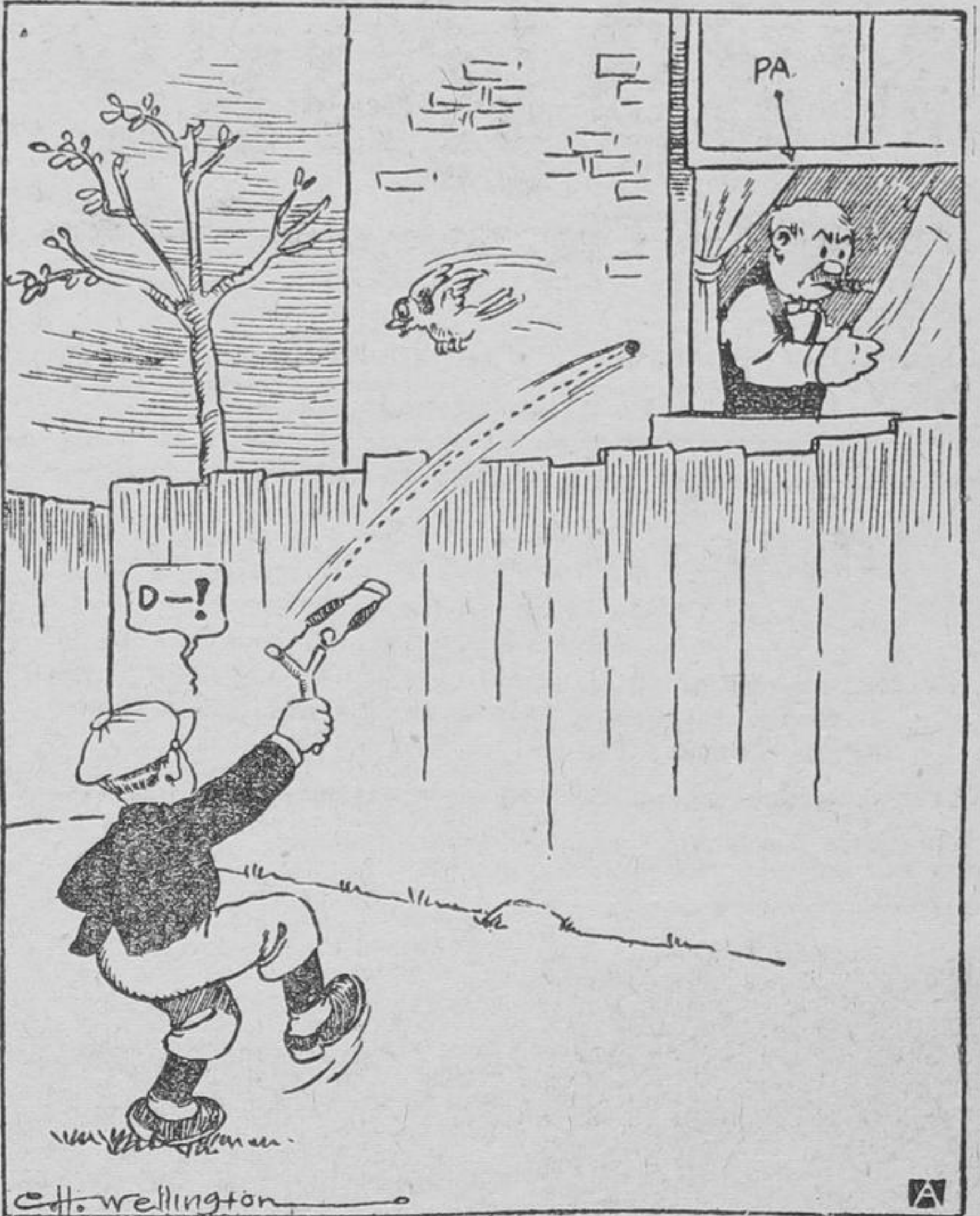


His Golden Wedding.

"Did you hear Smith say he had just celebrated his golden wedding? Impossible—he married only to-day." "Not impossible—he married a girl with a million, you know."

A music-stand has been invented which will turn over the sheets when a foot lever is pressed.

—AND THE WORST IS YET TO COME



Picture Plots.

Everyone who writes fiction knows the difficulty of plot construction. The reader, too, gets occasional glimpses of the author's agony. But when it comes to painting, does the layman ever give a thought to the artist's difficulty in finding subjects?

I was recently in the studio of a friend who is a designer. The place was full of studies for exquisitely patterned stuffs and wallpapers. One delightfully dainty design particularly took my fancy, and it occurred to me to ask the artist how he got the idea.

"By watching a swallow attempting to alight on a creeper clinging to a wall," he answered promptly.

So my eyes were first opened to the endless search for subjects which is part—almost the principal part—of the artist's work.

In the matter of designing the field is immense; but just as the writer must keep his eyes open to the homely happenings that surround him, so the artist must possess the seeing eye and an attention ready at all times to glean ideas which can be worked into designs.

To the designer his garden is, perhaps, his main source of inspiration, for the colors and contrasts among flowers and leaves are endless. But just as the writer may get a bright idea for an article from a paragraph in a daily newspaper, so a designer may find himself inspired by a picture on a wall or a drawing in a book. There is no question of cribbing. The curve of a line may be sufficient to start the train of thought which in the end produces something entirely original.

The painter of pictures may spend weeks in searching for a suitable subject, and even when he gets an idea he may be unable to carry it out for lack of a model. Millais, I believe, carried the idea of his picture, "Cherry Ripe," in his mind for a long time before he chanced to meet Lord Claren-

don's daughter, who became the model for his celebrated painting.

Other artists are blessed with so lively an imagination that they live in a storm of ideas. Of Caton Woodville a critic once said:

"Show him only the rusty spur of a Mexican hunter and he will evolve a buffalo hunt from it."

A well-known black-and-white artist, whose speciality is the fantastic, told me that one of his most successful drawings was evolved from a queer-shaped ink blot which he began idly to elaborate and almost unconsciously turned into a fantastic animal, which afterwards figured in a widely reproduced advertisement.

Only Bats Live There.

Except for millions of bats the great Carlsbad cave in New Mexico shelters no animal or vegetable life.

BEAUTIFY IT WITH "DIAMOND DYES"



Perfect home dyeing and tinting is guaranteed with Diamond Dyes. Just dip in cold water to tint soft, delicate shades, or boil to dye rich, permanent colors. Each 15-cent package contains directions so simple any woman can dye or tint lingerie, silks, ribbons, skirts, waists, dresses, coats, stockings, sweaters, draperies, coverings, hangings, everything new.

Buy "Diamond Dyes"—no other kind—and tell your druggist whether the material you wish to color is wool or silk, or whether it is linen, cotton, or mixed goods.

The Empire Medicine

—the preparation which has won the confidence of every country under the British Flag—the remedy which has brought health and happiness to millions of men and women in every part of the Empire—the treatment which is resorted to everywhere—for ailments such as Sick Headache, Biliousness, Indigestion and Constipation, often considered insignificant, yet decidedly inconvenient—ailments which have their origin in a dyspeptic condition of the stomach and a torpid action of the liver—

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