



For the Woman Reader

by Florence Riddick Boys
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Choosing a Vocation

Choosing one's mate, one's religion, and one's vocation are three very important matters upon which the success or failure of one's after life may depend. None of these choices are to be made lightly.

In choosing a vocation, one should consider the following points about the industry he is thinking of entering:

Scope—What about the variety of its products or lines of work? What about its geographical distribution?

Importance—Are many people engaged in it? Has it much money value? Is much capital invested in it? Will it have a normal or abnormal growth and is that likely to be steady? What is its value to society?

Demand for product—Is it local, national, or international? Temporary, permanent, seasonal? Staple, declining, growing?

Requirements—What innate qualities would be demanded for success? What dispositional? What special gifts? What habits and standards? What preparation, knowledge, skill?

Conditions of Employment—What hours would be required? What as to its healthfulness? What risks or hazards would one meet in it? What rewards might one expect as to wages or salary? What competition would one meet? Would the chance of promotion be good? Could one work at this vocation to old age? Does it give opportunity for education and intellectual and social advancement?

The New House

Newspapers and magazines are giving architecture prizes to a type of house which resembles the abode houses of the Indians or the Spanish homes of stone and cement. They have flat roofs, definite forms, sharp angles, plain surfaces and good proportions. At first one is inclined not to like them, but as they are further studied and more frequently seen, they are more appreciated and are becoming more popular. They typify the vigor and strength of the life of today.

The demand in house-building is for a better sense of space, a keener feeling of perspective, more light, simple and harmonious lines and space well utilized and not overcrowded. Tassels, fringes, carvings, do-dads and germ catchers are absent from these forceful modern homes. Simplicity, expensive and luxurious, prevails. The hardness and monotony is relieved by a play of bright colors. Strong reds and blues and purples and orange appear in pillows and hangings.

A new invention is the bathroom where one may take a sunbath by lolling in the window which is glazed with ultra violet glass. It permits the health giving violet ray to flood into the room.

Cement and metal take the place of wood and, incidentally, the modernistic house is easy to clean and is fire-proof.

The Woman Healthy

You will add years to your life and life to your years if you obey the fundamental rules of hygiene.

Drink ten glasses of water daily, use citrus fruits freely. Do not eat finely boiled grains. Cut down on starches, sugars and fats as you grow older. Diabetic are, as a rule, heavy eaters. Put the dimmers on your appetite.

Eat roots and leafy vegetables, preferably raw. Eat cabbage and carrots and spinach and beets and lettuce. Eat eggs and milk, especially buttermilk and sour milk, cheese and a small amount of meat. Do not drink coffee, tea nor stimulating drinks, nor indulge in spices, condiments, mustard, catsup, pepper sauce, nor too much salt. Sleep eight hours of the twenty-four, always with generous fresh air. Take brisk walks daily and practice some setting up exercise night and morning. Remove bad tonsils and keep the blood stream pure, and give instant medical attention to tumors. Keep busy with a work you like, take time to play and rest, think happy thoughts and love life and people.

Cooking Vegetables

There are four general ways of cooking vegetables: steaming, pressure cooking, boiling in a small amount of water, and boiling in twice the amount of water needed. Considering the great value of the mineral salts in vegetables, the first methods are the most desirable.

Water dissolves these precious salts out of the vegetables. What a

waste is it then to drain that valuable water down the sink! It is better to retain all the mineral constituents in the vegetables themselves, as can be done by steaming or near-steaming them.

Calcium, iodine, iron and phosphorus are indispensable to health. Many a mysterious ill is due to the lack of one or more of these elements. Cook in the very smallest amount of water your turnips, parsnips, onions, kohlrabi, beets, spinach, cauliflower, cabbage, beet greens, string beans, asparagus, celery, potatoes and carrots. If you have to drain water off them, save it for soups and gravies. Best of all, eat as many vegetables raw as are fit for that. Use them in salads.

Dishwashing Help

It is a convenience to have two drain boards, one on each side of the sink. If there is not room for two, one may be attached to the wall on hinges and let down when not in use.

The teawagon is not sufficiently used in dishwashing. Roll it to the table to be cleared and stack the dishes neatly upon it. Then roll it to the side of the sink where the dishes may be lifted from it into the dishpan, as the dishwashing proceeds. When the dishes are washed and rinsed, roll it to the other side of the sink and deposit the dried dishes on it. Cover them with a large cloth and when it is time to set the table for the next meal, roll it back into the dining room. Or, if this is not convenient, roll it dishes away where they belong. The tea wagon might save many steps if only we would cultivate the habit of using it and would work out our own most convenient system.

Fashions, Fads, Foibles

Lighter-than-navy is a fashionable new color. Tuck-in blouse of georgette are popular with the new suits. Capes do not go out of style. Some of the new coats have them. Very large beads, the size of small hickory nuts, are being worn. Hemlines are willy-nilly, and have their ups and downs without rhyme or reason. The new hats are very trying for those without youth and beauty. They recede severely back from the bald forehead, fitting the head closely, then ripple in flares, plaits and tabs below the ears, something on the order of a baby bonnet.

Hair dressing follows the principle of the hat. There is no fluffiness in the chic coiffure. The top and the back of the head are kept smooth, with the fulness below and close to the neck.

Why is Cake Tough?

If a cake is tough, it is because you have not used enough shortening, or have used too much sugar, or your oven was too hot. Too hot temperature toughens eggs. Use a reliable recipe and measure accurately and you will not have a tough cake.

Stuffed Mangoes

Stuffed mangoes are delicious baked. For filling, use either cooked rice or buttered bread crumbs, as a base, and an equal quantity of chopped meat or grated cheese or seasoned corn, or any left-over vegetable, well seasoned.

Mrs. Solomon Says:

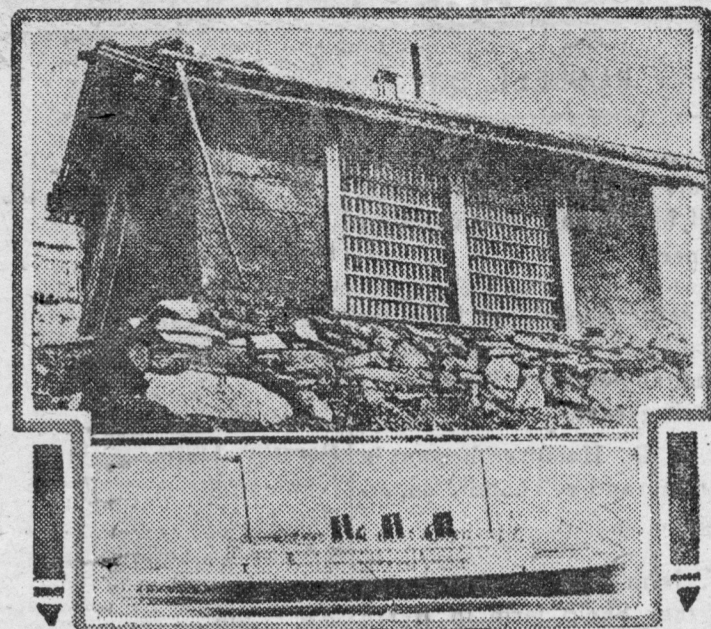
Don't worry if your children begin at the bottom of the ladder; that's the kind of folks who learn to climb.

SELF-CONTROL

We have need not only to watch, but to keep up a strong habit of self-control. How it is that every act we do leaves upon us its impression, we know not, but the scars and the seams of our bodily frame may warn us of the havoc sin makes in our unseen nature. The current of our thoughts, the wondering of our imaginations, the tumult of our passions, the flashes of our temper, all the movements and energies of our moral being, leave some mark, wither some springing grace, strengthen some struggling fault, decide some doubtful bias, aggravate some growing proneness, and always leave us other and worse than we were before. This is ever going on. By its own continued acting, our fearful and wonderful inward nature is perpetually fixing its own character. It has a power of self-determination which, to those who give over watching and self-control, becomes soon unconscious, and at last involuntary. How carelessly men treat themselves. Manning.

The grace of saving is the real saving grace.

Picturesque Yukon House Has Bottles in Window



This is a house of hospitality whose owner combined his extravagance in entertainment with an innate modesty in home economy by using the bottles left after his guests had departed to make a substantial and unique filling for an empty window frame. Window panes were scarce in the Yukon in those days of the Gold Rush and the chances are that before the bottles were placed in the opening, paper or hide was used to let the sun rays in and to keep out as much as possible of the cold and rain. The Yukon and Alaska are alive with mementoes of a past that is dead. Each summer thousands of tourists from the United States and Canada, and many from overseas as well, take the colorful journey across the continent through the great wheat fields of the prairies and by Jasper Park and Mount Robson in the Canadian Rockies—Mount Robson is the highest peak in the Rockies—to Vancouver and Prince Rupert where steamers equipped with every modern detail take them through the Inside Passage to the glamorous land on the Midnight Sun.

The lower picture shows the Prince Henry, newly constructed ship of the Canadian National Steamships, which will make its first voyage on this popular run from Vancouver on July 3. Launched by Ishbel MacDonald, popular run from Vancouver on July 3. Launched by Ishbel MacDonald, for the Canadian National Pacific Coast Service. Two others, the Prince Robert and the Prince David will ply between Vancouver, Victoria and Seattle. The Prince Henry will supplement the Alaska service already afforded by the CNS Prince Rupert and Prince George of the same line which have become widely known among travellers on the Pacific Coast.

"If I Could Live My Life Again"

By Frank Swinnerton

As we grow older, our wishes begin to take a different form. With some, they become definite ambitions; with others, they become an excuse for doing nothing.

The ambitious are those who have one overmastering wish, who set it above everything else, and who are spurred on to its attainment by their wills.

They do not say to themselves that they wish a rich uncle would leave them a million pounds, or that they wish they could travel, or that they wish they had a nice home, nice clothes, happiness, and a good time.

They take stock of their possessions; they take a look at their talents and their inclinations—in a word, their assets; and they make up their minds just what they have to offer life in exchange for fulfilled ambition.

Wanting one thing most of all, they will go without everything else, if need be, in order to achieve it.

But the others will not wish for one thing only. They will go on wishing for anything that strikes their fancy. The lure of a moment's amusement, the impulse to this or that self-indulgence, the innumerable side-alleys of interest and compromise will distract them as if they were gossamer in the wind.

All wishes, to these people, are of equal importance. All are equally irresistible, so that the habit of wishing becomes second nature. They long to live in a fairy world. They try to escape from reality.

They think that if only this or that magic thing would happen they would be for ever happy, rich, successful, famous, and contented. These are the people who wait on circumstances. They do not understand that wishes turn sour.

They do not know that as time goes on such wishes become apologies for failure. They cannot face the fact that while they are still saying "I wish I had—" they are beginning to say "I wish I had had—"

Time passes quickly. The man who spends his youth in wishing spends the rest of his life in regretting. In his old age, his one thought is: "If I could only have my life over again!" Even when he is dying, he is wasting his remaining hours in wishing that he had not spent his life in wishing.

For the only thing to do with a wish is to use it as a spur. If we really wish for a thing, what is to prevent us from having that thing? Ah, I shall be told, much will stand in the way.

Much sacrifice, much hardship, much opposition. Well? Supposing much does stand in the way: what does that matter?

It is to be supposed that these others

whom we see around us, whom we envy, have not had to overcome obstacles. Is it to be supposed that they have not had their failures? Of course they have had to overcome obstacles.

It is not possible for any man wholly to avoid mistakes, embarrassments, humiliations. But it is one thing to fail, and quite another thing to submit to failure. The wise man, having failed once, is not discouraged. He picks himself up again, and goes forward.

The wishmonger looks back. His spirit falters. He remains where he has fallen and wishes he had never ventured. He begins to pity himself. He says, "If only—"

We know his song. He wants to begin life all over again, and go a different way. Where the brave man cuts his losses and pushes on to his goal, the timid one wastes his time and his energy in regrets. He tells himself that he has failed.

It is not his own fault, he says, but the fault of circumstances. He has taken the wrong path. He has been misled. Wishes galore have been his life! How he hates the thought that it is approaching its end.

What an outcry he makes against the cruelty of fate! He is in despair. You see that he has not learned anything at all from experience. If he had learned, he would realize that his

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moans are as useless as his wishes, for they are the wishes gone rancid.

Having for so many years said "I wish," in such a way as to repudiate responsibility for his own actions, he now says "Why didn't I?" in an effort to shirk responsibility. What folly!

It is not, even now, a question of "Why didn't I?" but of "Why shouldn't I?" There is still time to retrieve the battle. There is time and to spare, if only, instead of yielding he sets his face against the sin of admitting defeat, and resolves to use well whatever period of life remains to him.

What can be done? First of all, are things as bad as they seem? Never! Just as most of our dreams are those of anticipations, so no situation is as gloomy as it appears, and no fight is lost while we yet have the power to face danger. The past is gone: there remains the future.

I know that as men and women grow older they tend more to live in the past, but that is because they have been wishmongers. They have wished that things might happen to them; and have not resolved to make them happen.

As the years pass, the power so to resolve diminishes; but it never wholly dies. There is still time to attain to selfmastery. Though death itself lie straight ahead, all may use well, and without regret or fear, the days of life that remain.

The Aeroplane in the North

The aeroplane has in the last few years been employed in the northland of Canada and its use for mail service, prospecting, and general commercial purposes is rapidly increasing.



Would you go out without a collar?

No man of good appearance goes out without a collar... nor does he go about with dusty, unpolished shoes... Personal pride suggests a frequent "NUGGET" shine to keep the shoes smartly presentable and waterproof.

"NUGGET" SHOE POLISH

The NUGGET TIN opens with a twist!

