



For the
Woman Reader
by
Florence Riddick Boys
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DO PEOPLE LIKE YOU?

A group of people were discussing recently what traits people like in others and what they do not like. For the person who would win friends, their conclusions may be worth study.

The traits which make people like you, according to this group, are: Cheerfulness, attractive physical appearance, honesty and sincerity, intelligence and tolerance.

The traits which make people turn from you are: Self-consciousness, selfishness, egotism, irritability, stubbornness, jealousy and snobbishness.

WELL GROOMED.

An attractively groomed woman will win the admiration of her friends and hold her husband and children as the ungroomed woman never can do. It pays to take time to care for your skin, hair, hands and figure. Don't let yourself grow sloppy as you come to middle age.

One's family is her responsibility first, last and all the time; but the intelligent woman can cull a few moments every now and then to keep herself charming in the eyes of that family. It is more important that your hair is becoming than that John has all his buttons on. He will kiss you for looking pretty and give you an opportunity to sew the button on—but if you look repulsive and slovenly, no amount of button perfection can preserve your lure to your dear ones. Think of these things and keep them lovely: skin, teeth, hair, hands, figure.

BAKED APPLES

For baking, select large, red, firm, tart or highly flavored apples. Pare them half way down from the stem end, core and place in a pan which can be closely covered. Pour over them a sirup made by boiling for six minutes a portion of water to which has been added a third the bulk of sugar. For six apples use a half cup sugar and a cup and a half of water.

When the sirup has been poured over the apples, cover them closely and bake them in a slow oven until tender yet firm and unbroken. At this point remove the cover and fill the cavity of each apple with one teaspoon of sugar; sprinkle the pared portion with sugar, and place the pan at the top of a very hot oven for a few minutes until the sugar melts and coats the apples a delicate golden brown.

When cool, serve with plain or whipped cream or a meringue slightly browned in the oven. Cinnamon, nuts or raisins may fill the cavity in the apples and furnish variety and interest. Peeled and quartered apples may be baked much the same, with butter added, if they are not well flavored.

HOUSEHOLD HINTS.

The ring around a stain, when you try to clean it, is usually because you have rubbed round and round and worked the dirt outward and when it is dry there is a watermark around the cleaned spot. To avoid this, start on the outer circle and rub inward, dabbing up the moisture when you get to the centre.

A long-handled dustpan saves much stooping. The edge of the dustpan should be firm and even and lie close to the floor, that the dust may not be swept under it.

The dustcloth should be soft and not shed lint. It holds the dust better if oiled. This may be done by putting a few drops of kerosene or light lubricating oil in one corner, rolling up the cloth, and letting it stand until the oil has spread evenly. Use paper to wipe greasy surfaces.

LAMP SHADES.

Lamp shades are the making of a room when they are bright and new, but how bedraggled they look when faded and soiled. When they get in this condition, the home-loving woman will attack them. Remove all metal braids and fringes or other unsightly materials. Dust the shade with a soft brush and shake out all the dust you can, then immerse it in a tub of lukewarm suds, and later rinse well.

To brighten the shade, use a little coloring matter to the last rinse water. Pat the shade with soft dry cloths to hasten its drying and hang it up to dry. If the old trimmings are not fit to replace, deck it out with new ones.

FASHIONS, FADS, FOIBLES

Some of the new wools are as light and soft as silk. Diagonal monotonies or tweedy mixtures lead for suits.

Evening dresses run to the darker shades, navy blue, purple and wine color. Black suede gloves are sharing the honors with the white glove so popular last season.

Hats have shallow crowns, tiny brims and are worn higher in the back and tilted forward in front, usually toward the right eye. The brims roll and show the hair on the right side. Trimmings of quills, ostrich feathers, ribbons, flowers and veils have come back.

Shoes made up in two-leather combinations are an economy because they can then match two types of dresses. Skirts of the new diagonal weaves and of corduroy make the short woman appear taller. Flare in skirts is less pronounced and we have the circular cut skirt which clings softly and falls in a straight line.

KEEP GLANDS HEALTHY.

"Age is not a matter of chronology but of endocrinology," says the educational secretary of the American Association of University Women. "It depends not upon your birthdays, but upon your glands."

Birthdays we cannot detain, when they once get the habit; but we can keep the glands healthy by eating lots of fruit and vegetables, cutting down on sugars, starches and fats, breathing plenty of fresh air and drinking an abundance of water. Thus we can postpone age.

Many enterprising rural teachers are seeing to it that their children have one hot dish at noon to warm up the rest of their school lunch and keep them healthy and happy. Two plans are in operation: One is the making of a stew which is served to all pupils. The stews for one week are determined on the Friday before and each child is told what to bring for the next week, care being taken to allot to each what is most convenient. The hot dish is prepared each day by a committee of two of the older girls, who get from it training in domestic science.

The other plan is to have each child bring from home something in a sealed pint can. The pint cans are put on the stove in a pan of water about 11 o'clock and are served hot to each at noon. The cans are labeled so that each child gets his own. They are taken home at night to be washed and refilled for the next day.

THE FOLDING TABLE.

A convenience in the home is a folding table which may be packed out of sight when not needed. It may be used for cards, to seat extra guests at the family reunion or in the kitchen, where table room is at a premium when serving a large company. One needs extra table space on which to spread out the salad or desert plates. In the sewing room, the folding table is a boon upon occasion. It is convenient in every room for emergency uses.

MRS. SOLOMON SAYS.

Belief and conduct are intertwined. You must choose a noble religion if you would live well.

The Microcosm

By Erik Axel Kaffeldt.

(Translated from the Swedish by Charles Wharton Stork.)

I am of earth, am sluggish, cool, inert, Seasoned with age, though ever young at heart.

Deep-rooted in my soul, an autumn tree Rustles with songs of parting, wistfully.

I am of water, cold as northland rains, Like frozen tears the ichor in my veins.

My winter joy is clamorously out-poured When wine and venison deck the ample board.

I am of air too, I am brilliant, gay, I walk as, though in springtime every day.

What was for years neglected and unseen, Breeze quickened, re-arises fresh and green.

I am of fire, I am hot and parched, By the unsetting summer sun I'm scorched.

Why was I not consumed by such a glow, I and my sum of elements, long ago?

Frog-skin and pheasants' feathers are two of the latest materials to be used in making smart shoes for women.

Balloon Tires Will Supplant Camels

"Koosh!"

The young police camel sinks down at this peremptory command. A double hitch is passed over its forelegs, because you never know what will happen next, even with this well-trained South African-bred beast.

Controlled by a thin cord attached to pegs through the nose, the police camel is saddled with an ordinary horse saddle with iron spurs.

How that camel protests as the heavy load goes on his back! He coughs! He grunts; viciously he bites anybody or anything he can sink his ugly teeth into. And then the punishment is the heaviest load of all. No wonder, W. L. Speight of Cape Town tells us, that the police camel's days are numbered; and that the police that patrol the vast Kalahari Desert of South West Africa—a region more extensive than all of old England—will soon be driving motor-vehicles with balloon tires.

Writing in The Empire Review (London), Mr. Speight describes the unpleasant sensation of riding camelback in the middle of an African desert:

The South African police camel is smaller than that of North Africa and Asia Minor, but is a much harder type.

Many months pass before it is sufficiently well trained to sink at the command "Kosh" and allow the rider to mount or dismount.

But, even with trained camels, one never knows what will happen next.

Some days they are not disposed to move; on others they are inclined to bite any one within reach, a dangerous business, for the bad state of the animals' teeth often leads to septic poisoning.

Camels are most human in their protests when being laden.

As saddle and blankets are strapped on, they groan, grunting ferociously as the girths are tightened.

In notion a camel is graceful and dignified, but one's first experience in the saddle is certainly distressing.

The animal rises with a peculiar motion, and starts off with a prancing gait that presently is replaced by a quaint rolling motion produced by the animal's habit of using simultaneously the left and then the right legs. The camel can move at a brisk pace that eats up the miles.

This may be useful for patrol purposes, but the inexperienced rider is soon in the grip of distressing seasickness.

To be caught on camelback in the middle of that Kalahari desert without water is an experience not to be envied. Mr. Speight depicts the resource of the camel patrols in that predicament:

In parts of the Kalahari grows a tiny melon known as *tsama*.

When carefully skinned and cut into small pieces it is put over the fire and the liquid extracted.

The rind must not come in contact with the inside of the melon, if it is not to be rendered poisonous or unpalatable.

This liquid has a strong and unpleasant flavor; it takes long to accustom oneself to drink it, and to its peculiar coffee color. It is usually strained through grass.

A treat for all . . .

Every member of the family can enjoy Velveeta at any meal . . . It's "digestible as milk itself." Serve it spread on bread or crackers, sliced, in cooked dishes or toasted.



KRAFT Velveeta
Made by the makers of Kraft Cheese and Kraft Salad Dressing

Old hands say that if other methods are used, the flavor is ruined! One patrol filled its water tanks at a *tsama* patch, but did not take the proper precautions to preserve the liquid from going bad.

After a day's ride they made this startling discovery and immediately set off for the melon patch again.

In the meantime, game had paid a visit to the patch and ruined it.

The next known patch was farther away than the nearest water supply, a couple of days' forced march distant. There was nothing for it but to rest for a day and ride at top speed through the cool, starry nights.

One man reached the outpost before the rest of the patrol, and when the sergeant had unstrapped him and forced sips of water between his black blistered lips, he indicated the direction in which the patrol lay.

When found, the men were at the end of their resources. But the sergeant had brought a supply of water with him and was able to give them the immediate attention they required.

Locust porridge has on occasion been manufactured by a hungry patrol. For this a large number of locusts are collected and the back portion of the body, including the tail and the head, are removed. The entrails and the alimentary tract are also taken out and legs and wings pulled off. The residue has then to be dried, pounded, and prepared in the usual way.

Accidents among natives and incidents while on patrol make it essential for these policemen to be well grounded in ambulance work. Snake bite and scorpion sting are not infrequent mishaps. One policeman so stung became violent and had to be handcuffed and tied to the back of a camel by his companion. It was several days' march to the camp, but the sound man brought his comrade in safely and, after receiving expert attention, he eventually recovered.

Romantic Reflection

November wears chrysanthemums;
Her lips with cranberry red are bright,
After her December comes, "An! do I blame him? Not a mite."

Bermuda Welcomes First Train



Sir Astley Cubitt, governor of Bermuda, dedicates the island's first railway, which links Somerset Island and Bermuda. Noted until now for its absence of automobiles and trains.

What New York Is Wearing

BY ANNEBELLE WORTHINGTON

Illustrated Dressmaking Lesson Finished With Every Pattern



A smart coat-like frock of black lightweight woolen with a tiny fleck of white, approves of grouped plaits. The seaming hip detail slenderness the figure.

The cross-over vest is white pique. The wide revers have a tendency to minimize the bodice breadth.

It's easily made. It's a splendid dress for all fall without a topcoat.

Style No. 3385 is designed for sizes 36, 38, 40, 42, 44 and 46 inches bust. Size 36 requires 3 3/4 yards 54-inch, with 1/4 yard 39-inch contrasting.

Canton-faille crepe in mauve-brown with yellow or beige vest is attractive. It's very soft and pretty in black crepe satin with the vest and revers of white crepe satin.

HOW TO ORDER PATTERNS

Write your name and address plainly, giving number and size of such patterns as you want. Enclose 20c in stamps or coin (coin preferred; wrap it carefully) for each number, and address your order to Wilson Pattern Service, 73 West Adelaide St., Toronto.

A Painter and a Pig

In Giotto's time, the thirteenth century, pigs had the freedom of the streets of Florence.

One day, Giotto, walking out with a friend, stopped to make more emphatic the point in the story he was telling. A pig, rushing by, ran between his legs and knocked him over.

Was Giotto angry? Anger had a negligible place in his big, homely, humorous nature. Laughing heartily, he got to his feet.

"He had first claim to the right of way, that fellow," he said to his companion. Have I not earned thousands of scudi by the help of his bristles? And yet I have never given to one of his family a cup of minestra."—Amelia Wofford.