



## Woman's Chatter ...

By MAIR M. MORGAN

### LOVE IS BLIND!

A controversial subject was raised at a luncheon table the other day. An Englishman asked a question which started it all. (One must remember, of course, that puns run rampant in the English character, so perhaps we had better discount his statement at least fifty per cent.) He was discussing the amazing fact that a young husband who is head over heels in love with his charming wife, when questioned as to the color of her eyes, spluttered a confused "Uh—uh—grey, hazel—no, I think they're ur—uh . . . !" To say that we were all amazed is to say the least. The Englishman grinned and dubbed the whole affair with the trite saying "Love is Blind!" Check up on this—it's lots of fun!

### A TIE SAVER

I learnt a lesson in bow saving last week. You'll soon ruin the little separate bow ties on your spring blouses if you keep tying them anew each day. An excellent way of reserving their crispness is to split the tie in the centre of the back under your collar. Put a button hole on one end and a button on the other. The tie can thus be removed easily without touching the bow in front.

### WOMAN'S DEMANDS SATISFIED

It is undoubtedly true that women keep the world going ahead with their ever-increasing demands for labor-saving devices in the home. The latest is square wash tubs. A housewife pointed out to the manufacturer that the square shape is the most practical, as tubs are usually used in pairs for rinsing, blueing, etc. When two round tubs are set together they only touch at one point whereas square tubs fit snugly together thus leaving no room for the water to drip down between the tubs. Then too, women complained that, with round tubs, the clothes coming out of the wringer often pile up and fall between the wringer and the tub unless carefully watched. Be it mere shape or a mechanical gadget, women are always wanting something new and we must admit the men are right up to the moment in meeting our ever-increasing wants!

### REACH UPWARD

The secret of all exercises for good results is the advice given by a noted specialist and that is "Stretch upward." By doing this you give your cramped stomach organs room to move around—your lungs expand, your carriage becomes straighter. This specialist is a living example of just what striking results can be attained by a system of self-discipline. For instance, her motto is: "Reach for the stars instead of the earth!" Her method is one of stretching in order to counteract the effect of gravity. Since everything we do—eating, picking up articles, reaching for the telephone, sitting at desk, even combing our hair—requires the use of muscles of the front of the body, which tends to shorten them, there should be exercises to counteract this condition—in order to lengthen the muscles of the front of the body and shorten those of the back of the body.

Food does not make you fat. Lack of scientific exercise does. Five exercises during six minutes each morning of a system founded on rhythm—appreciating the length of the muscle, timing the exercises accordingly—and concentrating on the heaviest part of the body to begin with are important factors. One exercise, "the frog kick" does wonders to reduce the thighs. Watch the frog in the Summer—hasn't he graceful, narrow hips? Correct breathing and posture are vital to perfect health and poise. The facial expression changes from a disagreeable crossness to a smiling cheerfulness. "Reach for the stars!" You will find beauty.

### BOOKS

If you liked Earl Derr Biggers famous Chinese character Charlie Chan you can now get the whole series in one volume published under the title "Celebrated Cases of Charlie Chan." For an intimate study of a queenly lovers of biographies will find "Marie Antoinette" by Stefan Zweig magnificently satisfying.

## British Process An Improvement For Freezing Fruits and Eggs

London.—Canadian experts and research workers engaged in testing the merits and demerits of instantaneous freezing of fruits and meats and eggs who have reported encouraging successes in that line of investigation have learnt with interest of a new process which has been operating in England for some time.

This particular method of preserving eggs in a condition equal to their new-laid form over periods ranging from weeks to a year is known as the "autoclave." By this method new-laid eggs are placed in great tanks which are then hermetically sealed and are afterwards filled with a mixture of carbon dioxide and nitrogen gas, which lengthy experiments have proved prevents any deterioration of the eggs, for almost any period.

Eggs so treated at the Chelmsford National Mart Egg Packing Station and running up to \$35,000,000, it is claimed, will when taken out next December, be equal in every way to the freshest egg a hen could lay, and in comparison with most eggs will be completely free from taint of any kind, in fact they can be boiled or poached in exactly the same way and with more uniform results than those normally sold as new-laid.

In view of the vast areas suitable for low-cost egg production in Canada,

particularly in the Western Provinces, the testing and establishment of a series of stations of this kind in Canada will be of interest to Canadian farmers.

A question may be raised in the minds of some as to the feasibility of such trade. The tremendous business done here in Australian and South African eggs sent here under ordinary cold-storage conditions is just one favorable factor.

### Asking For It

William, the footman, called his master up by telephone.

"I regret to inform you, sir, that your house is on fire," came the voice across the phone.

"What a terrible misfortune! But my wife—is she safe?" queried his master.

"Quite safe, sir; she got out among the first."

"And my daughters—are they all right?"

"All right, sir; they were with their mother."

"And what about my mother-in-law?"

"That's what I want to speak to you about, sir. Your mother-in-law is asleep on the third floor, and knowing your regard for her comfort, I wasn't sure whether I ought to disturb her or not, sir."

## "I Don't Want To Go to Bed"

Mrs. Donald H. Bell

"Come on, Mary—time to go to bed," calls Mother from the window.

"I don't want to go to bed," comes back in a whining voice.

How many hundreds of times do we hear this? And WHY all this fuss about going to bed? Did our ancestors have so much trouble? When bedtime came they rocked the baby, yes, and the older sister, too, until they were asleep! True, it took a good deal of Mother's time, but everyone in the household planned on that hour being given to the children's bed-time, and that was that! It never mattered how tired or harassed Mother was, either.

But this is a new generation, and we know, or are supposed to know, that our babies are a great deal better if put in their cribs and left to go to sleep by themselves. Yet almost every day, we hear some young mother say that she doesn't seem to be able to get Mary or John to bed before ten o'clock. There is no question but that this new "Daylight Saving Time" affords a wonderful loop-hole for many young mothers who want to be out riding or at a movie and couldn't possibly do either if their children were in bed. It sounds so reasonable and seems such a perplexing problem when one says, "This Daylight Saving is wrecking my routine. Mary thinks it is still daytime, and WON'T go to sleep, so there is no use in putting her to bed." But doesn't this same little Mary go to sleep at nap-time, which is in the middle of the day?

No, it is hardly fair to blame any kind of time for our weak disciplinary measures. If a child has, from babyhood, been put to bed when he or she is supposed to go to sleep, the association will remain, and the kind of light will have very little to do with it. And, too, wise mothers are careful to avoid the discussion of these things within hearing of the little tots.

"Come on, Betty, come on for a ride," calls Ruth from her car on the drive.

"O, I should put Suzanne to bed, Ruth. Still, she probably won't go to sleep, it is so light. O, dear, I don't know what to do."

"Come on, the poor youngster can't sleep. How would you like to go to bed when it is as light as this?"

"I'll admit I wouldn't like it," laughs the young mother, as she starts to pick up the baby from the porch floor.

Suzanne is a year old; her mother knows it is her bedtime and that she should have a bath, and be put to bed, so she has no one but herself to blame, when returning two hours later, Suzanne cries and fusses while being undressed. And as time goes on, and Suzanne develops into a "I don't want to go to bed" child, Betty should realize that this is the result of her own weakness.

So, Mothers, spare the Daylight Saving Time!—it really isn't to blame—and try to start early with the right bedtime habits.

Remember, habits are acquired by experience and training. The development of habits begins at birth, and at a surprisingly early date the child may exhibit reactions to sleep which if persisted in will form undesirable habits. Desirable habits are easily formed, however, if only a regular routine is adhered to and each problem solved as it appears.—Issued by the National Kindergarten Association, 8 West 40th Street, New York City. These articles are appearing weekly in our columns.

## Military Sports Proposed For German Motorists

Berlin.—In a speech over the radio Baron Rudolf von Brandenstein, vice-chairman of the Automobile Club of Germany—the biggest organization of its kind in the Reich, advocated the introduction of "defensive sports" among German motorists.

Emphasizing the fact that the automobile is an important factor in modern warfare, Brandenstein stated that since the German army was forced by the Versailles treaty to keep its motorization far below the necessary standard, it seemed to be "the command of the hour" to improve German motor equipment.

"As long as compulsory military service is still lacking, defensive sports must become the common good of the whole of German youth," Brandenstein declared. He added that the German automobile clubs would welcome the possibility of carrying on "defensive sports for motorists," as they would have liked to do these fourteen years but for the preventive measures of former governments.

Recalling that a voluntary automobile corps rendered valuable services during the World War, Brandenstein suggested some kind of voluntary service for motorists.

## You Will Never Regret

- Helping others.
- Living a clean life.
- Paying your debts.
- Keeping your promises.
- Being courteous always.
- Apologizing for wrong doing.
- Speaking a sympathetic word.
- Putting a bridle on your tongue.
- Treating competitors generously.
- Doing what you know to be right.
- Thinking about the cleanest things.
- Refusing to do a questionable thing.
- Giving a lift to the fellow that's down.
- Being on the square with everybody.
- Having patience with cranky customers.
- Shutting your ears to a "smutty" story.
- Yielding to the impulse to do a good deed.
- Earning the name of making high quality goods.
- Declining to do a foolish thing because competitors do it.

### Good Odds

Willie was a born gambler. Many times his schoolmates had to part with their weekly pennies through being foolish enough to bet with him.

His father determined to break him of the habit. He interviewed his schoolmaster one day, and said: "I want to cure my boy of his betting habits, so if you can get him to make a bet with you and you are certain he'll lose, take him on; then, when he loses his money, he'll be sorry for himself." The master consented.

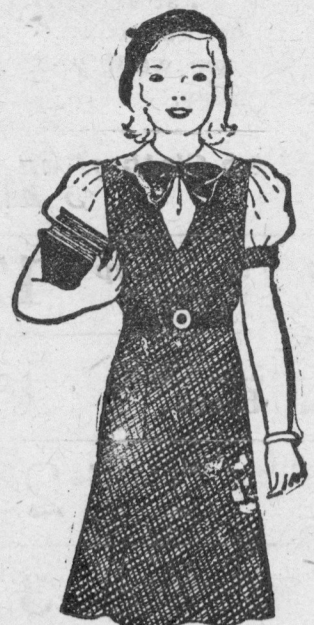
Next day Willie said to him, "I'll bet you sixpence you've got corns, sir!" "Good!" thought the master. "I know I haven't, so he's sure to lose." Aloud he said, "Right, Willie, I'll bet you I have no corns." And he removed his shoes and proved it.

"You've won," said Willie, and paid up. Next day the master met Willie's father, and said, "Well, I won sixpence off your boy. He bet me I had corns, and I showed him he was wrong." "What! The young beggar bet me half a crown he'd get you to show him your bare feet, and he's won!"

## Jumpers For Variety

By HELEN WILLIAMS.

Illustrated Dressmaking Lesson Furnished With Every Pattern



2527



Jumper frocks and Spring! It's such a delightful vogue, so sophisticated and smart.

And practical—well I guess! This simple jumper of navy and white checked tweedy-cotton has a white batiste guimpe.

You can give daughter's wardrobe lovely variety at a small extra outlay by having two or possibly three guimpes. One could be pale blue pique and another crisp yellow organdie.

Linen, tub silks and rayons are nice mediums for this model. Style No. 2527 is designed for sizes 6, 8, 10, 12 and 14 years.

Size 8 years will require 1½ yards of 32 and 39-inch material for dress and 1½ yards 35-inch material for blouse with short sleeves.

### HOW TO ORDER PATTERNS.

Write your name and address plainly, giving number and size of such patterns as you want. Enclose 15c 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.

## Gems from Life's Scrap-book

### Memory

"Memory may reproduce voices long ago silent."—Mary Baker Eddy.

"Grant but memory to us, and we can lose nothing by death."—Whittier.

"Memory tempers prosperity, mitigates adversity, controls youths, and delights old age."—Lactantius.

"It is the treasure-house of the mind, wherein the monuments thereof are kept and preserved."—T. Fuller.

"Memory is the treasure and the guardian of all things."—Cicero.

"The erection of a monument is superfluous; the memory of us will last if we have deserved it in our lives."—Pliny.

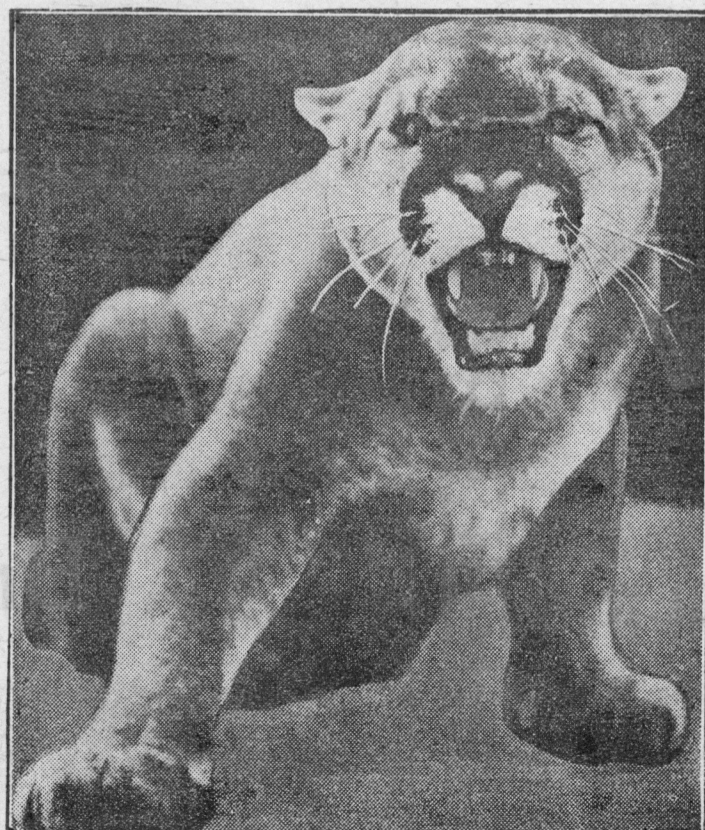
"God gave us memory that we might have roses in December."—Barrie.

## Tissue Combats Diseases Of Children, Says Doctor

Washington.—New results of treating childhood diseases by making use of the power of mothers to transmit immunity to their children were described before the American Pediatric Society.

Dr. Charles F. McKhann Jr. told of successful efforts to prevent development of measles in children and encouraging results in treatment of diphtheria, scarlet fever and infantile paralysis by the use of an extract of tissue from the human body that contains this power of immunity.

Use of the extract is based on the discovery, already established, that mothers often are able to transmit to new-born children an immunity against measles that lasts about five months, and an eight-month immunity against scarlet fever, diphtheria and infantile paralysis. Just how the immunity works is still unknown.



This fierce cougar cub at the Seattle, Washington zoo, displays in no mild manner that he may be captured but untamed and cordially detests all camera-men.