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PLEASANT HOMES

by Elizabeth MacRea Boykin

COME INTO THE GARDEN FOR SUMMER MEALS

Plain Menus Achieve Festive Proportions Outdoors—News About Appropriate Pottery—Suggested Linens—Furniture to Fit the Occasion—Ideas About Service and a Thought or Two on Food.



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Teaching the Beginner In the Art of Swimming

Using the "Dead Man's Float" Idea as the Basis upon Which to Build up Knowledge of the Different Strokes. Keeping Confidence Along with Safety. Does Not Take Long to Learn to Swim.

(by A. R. Fisher)

Now that the Dead Man's Float has been mastered, it remains to practice a great deal and to continue exercises which gradually teach the different strokes. The pupil is now in a very receptive mood to take these exercises.

Have pupil continue to practice the float to see how far he can go. Then have him hold hands rigid above head with face still in water, and ask him to now kick his feet in an up-and-down motion. Correct method of doing this at this time will be very beneficial for later.

The leg is kicked from the hip down and not only from the knee. Many beginners learn this wrongly and are troubled for a long time after they are

proficient swimmers. While kicking, the toes are pointed slightly inwards. A good aid to this leg action is to have pupil grasp the side of the tank with his hands while he practices the leg kick. Try to keep the body from rolling sideways in this action, because rolling cuts out smoothness and speed.

Now let us try the arm action. After a great deal of practice doing the Dead Man's Float with leg action this can be added. An exercise to aid this is to have pupil get into water a little deeper than to the waist, then have him bend forward at the waist until the upper part of the body is parallel to the water's surface. Now have the right arm stretch forward as far as possible, and keeping the fingers closed as a sort of a paddle, bring the arm back and under the body until it reaches the side. It then leaves the water to again reach forward to stroke again. As the right hand leaves the water the left hand starts its downward stroke similar to that of the right. This will be clumsy at first and resemble the sails of the age-old windmill.

Now comes the hardest part of this lesson; that is, to get the feet and arms to work in unison. Again we go back to the Dead Man's Float. This time we endeavour to get the learner to do the float with feet kicking and arms paddling and at the same time keeping the body flat to the water's surface. Here you will probably get a disappointment as the beginner forgets either his leg or arm action, but persevere and continue the practice until a free easy action is obtained. With these two, a beginner may now go as far as twenty-five or thirty feet, and is in reality swimming underwater.

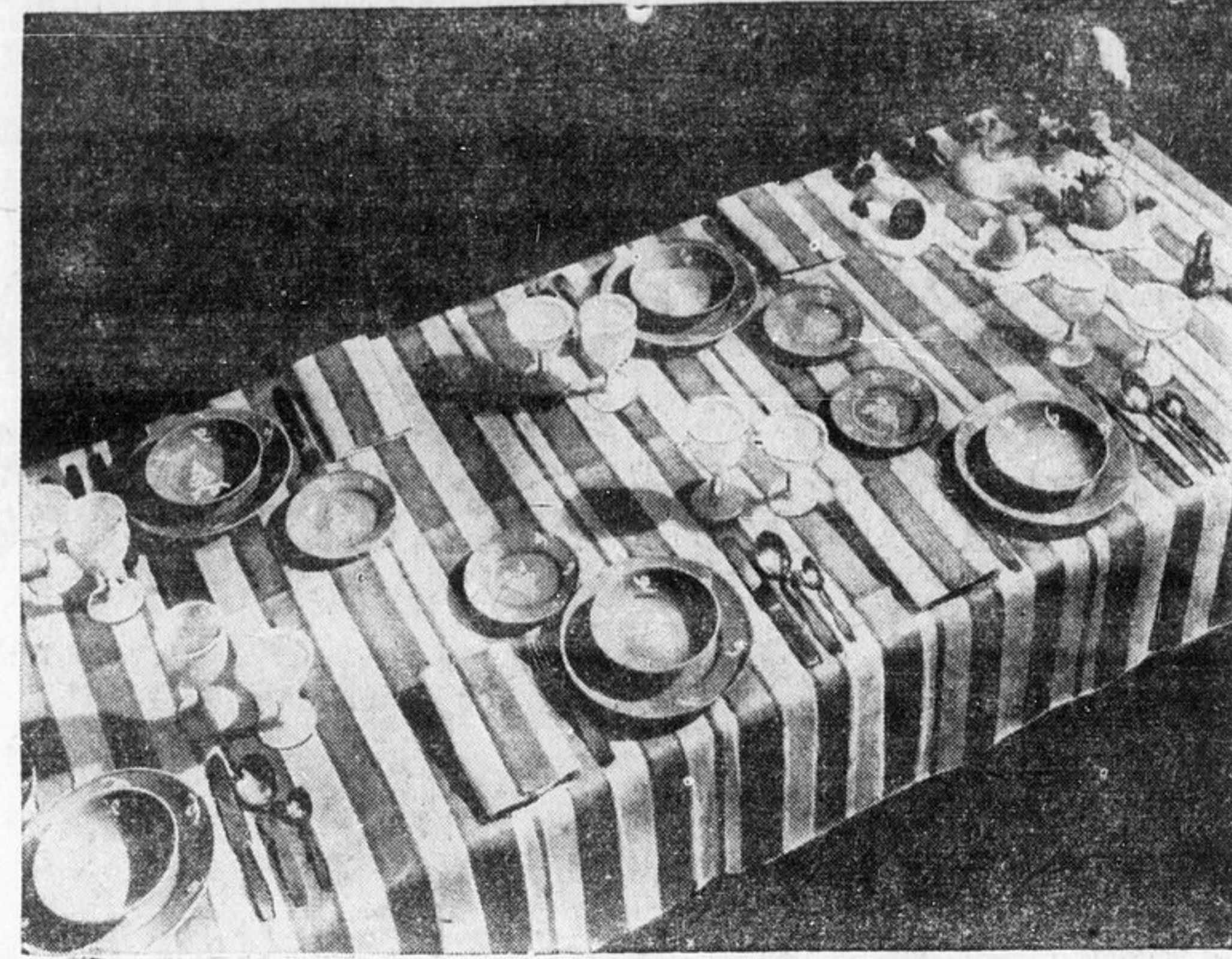
Until now, the beginner has had very little time to let him hold his head up. Have him try this in connection with leg and arm actions. He will probably find his head is rather heavy, so do not have him breath yet for fear a gulp of water may cause fear.

After a short time allow beginner to breathe as the other exercises are continued. Breathing should be in through the mouth and out through the nose.

At last we have our learner taught. Nothing remains except practice and correction of errors as they are noticed. It really hasn't been hard and it is surprising that in case of many pupils all this can be done in almost as little time as it takes to write these articles. However, right here is a good time to impress upon any beginner that until he can swim for some distance and some minutes, that he is still not safe.

Have you been reading travel circulars and dreaming about trips to the Tyrol or the Isle of Capri, to the English lake country or the valley of the Loire? And probably feeling pretty sorry for yourself because your fate is that of a lady with a house and the attendant responsibilities. Which make making home the sort of a dream place you'd like it to be. The chances are when you think of the Tyrol, you think of movie shots of a rustic table on a stone terrace with a jug of coffee and huge buns and wild flowers all over the place. And when you think of Italy, how can you fail to picture a neighborhood, then don't try to forget about them. Simply plan on a screened basis; or else plan to do without artificial light, which isn't hard if you have the meal served cafeteria style in the kitchen and carried outdoors on individual trays.

A stone, brick or concrete terrace is



Refreshingly different is this attractive summer table with a deep pink and white striped linen tablecloth, light blue plates and milk glass stemware.

it utterly mad to even think about galivanting off to Europe or even to the next town for that matter.

Home Base

And to tell the truth, would you go if you could? If, for instance, you could have just the kind of garden you'd like... there's scarcely a woman who wouldn't choose her own home base for a pleasant summer.

Since you will probably be staying home anyway and liking it, which is the nature of us women, why not start

patio with a grape arbor, a scrolly metal table and a bottle of wine to share. As for England, tea in an orchard is as much a part of the picture as a sidewalk cafe is to thoughts of France.

Excuse Us Please

Well then. Take your cue from the holiday spot that sounds most alluring. If you are exempt from summer night bugs (excuse us for bringing up the subject), you're lucky and can really have your choice of outdoor dining themes. If there are bugs in your

a pleasant beginning, and if you investigate, you'll find that they aren't prohibitive in cost, especially if you have a man in the family who likes to tinker around the place. A nice patch of lawn or a porch will do, however.

Our second suggestion is privacy. It's really essential if you're going to enjoy this outdoor spot to the fullest. If your place is an average town lot with the neighborhood overlooking you, a high fence will be the answer. Stone, brick or stucco if the budget will per-



The most festive of all outdoor June occasions is, of course, a wedding table, and this simple but attractive one is suggested because both cake and candle decorations can be made of crepe paper. Directions are available on request.

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downs, yes, but on the lawn, not unless there is money to throw at the birds.

Then there's the matter of furniture. It's a temptation in these depressed years to make just anything do. But that isn't the idea at all. You'll enjoy a good-looking table and chairs here as much as in your dining room. More maybe, because here it will have the air of luxury. Yet the investment required for a very nice table and chairs for outdoors isn't really much, once you can get those folding beach chair figures out of your head.

Cool and Summery

White metal is the most festive looking thing of all. With a glass top on the table if possible and underneath a holder for pots of flowers. Use then no table cloth and if you must have mats, make them of starched crochet or raffia or eilophane or something cool and summery looking. Special fruit or flower or vegetable pottery, white milk glass stemware, leaf-shaped salad plates—these would be our choice.

Next best in furniture is white painted wood. Then you can have a table cloth or not as you wish. Recently we saw a stunning outdoor table of this type laid with a linen cloth printed in broad deep pink and white stripes. Light blue pottery and milk glass made as pretty a picture as any one could wish. The encouraging part about white wood is that you can improve in a pushy way by painting odd left-overs. Or your manual training son or husband could make you some simple types.

Rattan and reed with glass top tables are quite something too. And very comfortable indeed we must admit, even though they aren't our first choice. We don't snub old-time wicker, though we don't see much of it anymore.

Don't Misunderstand Us

Nor do we turn up our nose at beach chairs and camp stools—don't misunderstand us on that point. We only say—have the best you can afford, just as you do in the living room. But please don't eat in a hot dining room just because you can't afford a fancy layout of summer furniture. Some planks across a couple of saw horses can be painted white and flanked by benches for the scene of some mighty grand times.

We're awfully partial to oven-baked dishes for outdoor serving. They help you in serving everything piping hot, for one thing. Then they're very decorative, particularly the individual servers for special recipes. A big pitcher for ice water, lots of trays, a nice big bread basket, a butter crock spacious enough for a nest of ice, a soup tureen... these are the things we couldn't do without for our terrace suppers.

If you're planning for breakfast outdoors—and nothing could be pleasanter—better have some electrical hook-up handy for the toaster and percolator. This will also come in handy for waffles or scrambled or wicker egg. (Ever

notice how particular everybody is about how eggs should be scrambled. We've heard as many arguments on that subject as on the proper way to make tea).

Oh yes, don't forget that flowers are an essential part of the menu. And that a terrace seems fresher if it is hosed off once a day. We hope you have an elegant time outdoors this summer. We intend to.

Captions for Photographs


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Unwise to Go to the North in Hopes of Employment

(From Orillia Packet and Times)

One thing, however, the editors were asked to impress upon the people of Southern Ontario—that it is unwise for any man to go north seeking a job without knowing definitely that there is one waiting for him. This point was emphasized both by Mayor Bartleman, of Timmins, and by Reeve Carter, of Kirkland Lake, and by other speakers. Timmins has from one to two thousand unemployed of its hands all the time, mostly men who have drifted into the city looking for work; and Kirkland Lake is in a similar case. It constitutes quite a problem for those cities. Because, with so much for the municipality to do to keep up with the growth of population—both places have been growing at the rate of about 2,000 a year—taxes are very heavy. In Timmins the tax rate is 63.95 mills for public school supporters and 77.47 mills for separate school supporters. The annual increase in population is not entirely due to influx of outsiders, however, for Timmins boasts the highest birthrate in Canada—37 to the thousand.



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