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# PLEASANT HOMES

by Elizabeth MacRea Boykin

### LIGHT ON THE SUBJECT

**Lamp Shades are Stepping Out Into the Fashion Picture—Silk for Best, Chintz and Linen Homespuns for Informality—Metallics and Composition Have Their Say.**

## About the Value of Pasteurization

**Dr. Alan Brown Explains Advantages of Treatment of Milk.**

In the June issue of the Canadian Public Health Journal, which is devoted to articles on milk, Dr. Alan Brown, physician-in-chief of the Hospital for Sick Children, Toronto, contributes the following editorial:

Pasteurization of milk prevents the development of all milk-borne diseases. In actual practice under Ontario conditions, wherever milk has been properly pasteurized there has been no record of any case of milk-borne disease. For instance, as a result of a study begun eleven years ago under the auspices of the National Research Council of Canada in co-operation with the Breeders' Association of Canada and the Federal Dept. of Agriculture, and carried out in Ontario in connection with the medical and surgical divisions of the Hospital for Sick Children, Toronto, it was found that just under ten per cent. of 490 tuberculous children suffered from the bovine type. Bovine tubercle bacilli were isolated from bones, joints, glands, kidneys, meninges, and other parts of the body. In every instance it was found that these children had been fed raw milk. In contrast to this, the records at the Hospital for Sick Children show that since compulsory pasteurization was introduced in the City of Toronto in 1915, not a single case of milk-borne tuberculosis (bovine tuberculosis) has occurred in children whose sole source of milk has been Toronto pasteurized milk.

In regard to the occurrence of epidemics in Canada of other milk-borne diseases, Canadian records in recent years show that milk-borne cases of typhoid fever, paratyphoid, scarlet fever and septic sore throat amounted

to no less than 8034 with 703 deaths. All of this could have been prevented by the use of pasteurized milk.

Even with the greatest care raw milk is not safe. Although the agricultural departments are doing a remarkably fine work in weeding out tuberculous and other diseased animals from Canadian herds, this still does not make milk safe. The careful control of the milk-producing cows is not sufficient. Septic sore throat, scarlet fever, and typhoid fever, for example, do not come from the cow but from the handlers of unbottled unpasteurized milk. In regard to tuberculosis, even tuberculin-tested cows although showing a negative test, have been found to develop the disease and produce tubercle bacilli in milk before the next routine tuberculin test was done. Living tubercle bacilli have actually been found in certified milk formerly produced under the requirements for certification in Toronto.

The question of any harmful effect of pasteurization on the food value of milk can be answered by the following statements. These are the results of careful investigations by many eminent workers.

Pasteurization increases the ease of digestibility of the protein in milk. Pasteurization does not affect the utilization of the minerals contained in milk. Pasteurization reduces the vitamin B1 content of milk by approximately 23 per cent., and vitamin B2 content by 14 per cent. Vitamin C is present in milk in such small amounts that it is of no practical value. The other vitamins, namely A, D and E, are not affected.

It is thus evident that the only adverse effect of pasteurization of milk from the nutritive standpoint is the slight destruction of vitamins B1 and B2. This deficiency in pasteurized milk is not of importance as vitamins B1 and B2 are widely distributed in the foods ordinarily consumed.

By the passage of a compulsory act during the 1933 session of the Legislature of Ontario the province assumes a unique position in the record of public health throughout the world. In the passing of this act, Ontario becomes the largest political area in the world possessing a comprehensive compulsory pasteurization law and it must be considered as a great tribute to the public sagacity and humanity of the premier and his cabinet in a supreme endeavor to alleviate the appalling loss of life and sickness caused by infected milk.

Huntingdon Gleaner:—Five years ago when Joseph Zangara tried to assassinate President Roosevelt at Miami, Fla., one of his bullets struck Margaret Krulis in the head. She still suffers with headaches but is able to fill a federal position in Washington, and was more fortunate than Mayor Anton Cermak of Chicago, also hit but who died from his wound.

Ever take a stranger's-eye-view of your living room? Most of us would see an awful lot of odds and ends that shouldn't be there. Along with lamp shades that are too small and puny looking for the room. Half the interior decoration troubles of the town could be corrected by the simple formula of clearing out the junk and being ruthless about throwing away or stowing away ornaments that are neither useful nor beautiful. And by buying or making a few new lamp shades that really belong on the scene.

#### More Important

For a lot has been happening in lamp styles since you picked up those old parchment shades for a song. Lamp shades are bigger, for one thing, and more important looking. Which is good news for a lady who wants to rejuvenate a room without spending a lot, for a new ensemble of shades can often put a room together, lift it out of the doldrums and make the old furniture "do" very well by diverting attention from it.

The fabric shade is coming into its own after an era of much too much paper and parchment. And there are several composition materials that are very much in the swim—clair de lune among others. Ready-made shades include stunning cosmetic tones and interesting metallic effects. A wide choice of novelty print shades are amusing and where paper or parchment is used, it's in a tailored or sporting way. The pleated clair de lune shades are stunning in deep tones or in lace effects on pastel grounds.

#### And Oh So Smart

Among the fabrics, silk is of course the aristocrat, and so we'd suggest if for any rather dignified type of room, it's better stretched on a frame rather than shirred, and be sure, if you're making your own shade, to get pure silk because the artificial fibres don't stand the heat so well. In brocade, antique taffetas and other fancy weaves of fine silks, which you can get in the art needlework department of the larger stores, you'll find that white, eggshell, beige or gold are the best colours to choose. In novelty fabrics, such as slipper satin, you can be more daring and oh so smart and choose maroon, dark green or deep blue, then trim and line the shade with white of a light colour. These deep toned satin shades are grand for accent in a pastel room.

Trimings play a very important part in the design of the stretched silk shade. When the fabric itself is rather elaborate, then you'll want quite a sedate braid or piping only. If the fabric is plain, you can choose quite a fancy braid, or even a wide fringe. We saw a stunning pair of lamp shades the other day of antique satin in eggshell with a wide scholl braid in dusty pink around the top only. Another interesting lamp ensemble had shades of maroon satin with wide white rope fringe dripping down from around the top of the frame. Trimings are also offered in nice variety in the art needlework departments of leading stores where you can also get information on how to make lamp shades. (Our bulletin "Making Your Own Lamp Shades" likewise gives directions in detail.)

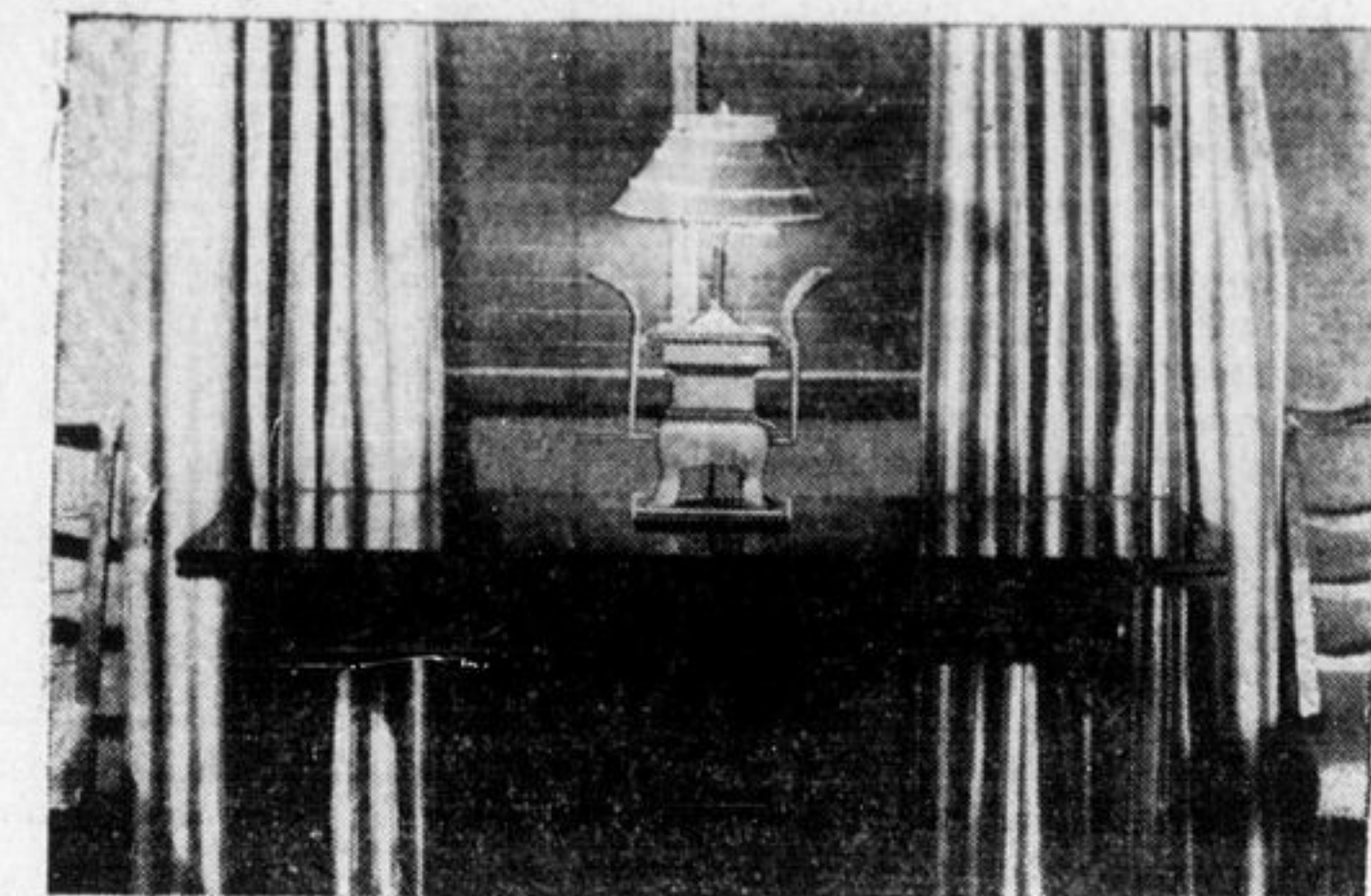
#### A Real Custom Touch

For informal rooms, chintz shades are a pet of ours. The all-over floral designs are the easiest to make into a lamp shade of average shape, but the medallion designs work out all right if you choose a straight up and down or squared frame. It's a real custom touch to have chintz lamp shades that repeat the same chintz pattern used elsewhere in the room, and we've seen it done in fashionable places. Finish these with a simple cotton braid, with ball fringe or with a narrow piping.

For a colonial, a provincial or a modern room, linen homespuns or cotton tweeds make delightful lamp shades, especially if you trim them with a thick mossy type of fringe. Any linen or cotton material of textural interests is suitable for lamp shades. Choose of course the more severely shaped frames.

#### Novelty Summer Shades

One amusing idea for making some-



A 'before' and 'after' view of the same setting. Above you see an interesting pewter base with a very-much-too-small shade of toile. Below you see the same base with the proper stretched silk shade finished with a suitable braid. How much more important the ensemble becomes. In the lower picture chairs and table with more body likewise improve the setting.



A dark satin shade on a white porcelain base is a smart accent for a pastel room. Here a maroon shade is used against pink striped wall paper.

thing out of practically nothing is to take a plain white or light parchment shade and decorate it with cut-outs of flowers or birds from chintz or wall paper—attach with rubber cement. Another novelty shade you can make by pleating wall paper and running a cord through it (our bulletin tells about this too). For summer, decorators often use an organdy or taffeta ruffled flounce tied around a plain shade—this gives a crisp fresh effect like a little petticoat. Around a plain white or eggshell shade, it is sometimes quite dainty to attach a wreath of artificial flowers, such as cornflowers, daisies or tiny roses.

Gold or silver paper rubber cemented onto a plain parchment shade achieves a scintillating effect for a shade that can go places in style. The good part about using gold or silver paper in this way is that it can be put on in small pieces—the patchwork effect will make it look more like gold or silver leaf.

One problem often encountered in putting a fresh big shade on an old base is that the new shade swallows up the old base. Be sure to try out the frame of the shade and see that it isn't too small or too big for the base to do anything about. If the shade is all right except that the light bulb won't hold the shade up high enough, then just use two or three sockets, one fit in the other, to lift the bulb high enough to bring the shade to the right level.

#### Nicest Now

On the subject of bases, here is a word or two. Better just quietly throw away any of those old water bottle bases if you still have any about, because they're out. Porcelain bases are the nicest things now, and you will find some lovely ones at reasonable prices. Plain white porcelain or pottery are favourites of ours; so are those in any of the pastel shades. Crystal bases are quite something these days; so are woden bases, painted china, alabaster and the various fashionable metals such as pewter, copper and brass.

New and effective for indirect lighting are the urns that are frequently used on pedestals. Inside these urns strong bulb lights are placed without

revealing the source of illumination. This type of lighting is excellent for halls and other rooms where direct lighting is not needed. Of course you also know about the very modern type of indirect lighting combinations for table and floor lamps. Look into these when selecting specialized lighting arrangements. Watch for the I.E.S. tag in buying a lamp that must do duty for close work of any type. This I.E.S. tag stands for the approval of the Illuminating Engineering Society, a non-profit organization that has set up specifications for lamps that fulfill scientific lighting requirements.

Now then—don't say we didn't give you ideas for making a big splash at small expense! We mentioned our bulletin several paragraphs above, "Making Your Own Lamp Shades." It is available on receipt of a stamped, self-addressed envelope.

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### Boy Proves Equipment Doesn't Make Fisherman

(From Sudbury Star)

Ten-year-old Robert Bradley, son of Mr. and Mrs. Robert Bradley, 260 St. Charles street, is a modest fisherman, but he has reason to brag today.

Just one stage advanced from the bent-pin category, Robert doesn't believe in elaborate equipment. As a matter of fact, he disdains the advice of older anglers, particularly those who say there are no fish in Ramsay Lake. It was last week that Robert stripped a three-foot branch from a thicket and attached an inexpensive line and a black hook. From behind his home, he dug up a juicy worm and applied it to the hook.

Down to Ramsay Lake he went, his hopes high, and esconced himself offshore, in a bay, at the east end of the lake. It was ten o'clock in the evening, when there was a sudden tug on his line. He played the fish carefully and at last landed it with a sweep of the line.

His catch was a black bass—one of the largest to be taken out of Ramsay Lake. It measured 17 inches.

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## Claim New Liskeard Complaint Not Right

Bureau Manager at North Bay Makes Reply.

(From North Bay Nugget) Reports that false information regarding the district around New Liskeard is being given tourists by the North Bay Board of Trade Information Bureau are untrue and undesired, according to T. L. Thacker, bureau manager.

"If any tourists are receiving incorrect information about northern points it is because they enquire for information from people on the street who are not acquainted with the matter," Mr. Thacker said. His statement refutes a claim of The New Liskeard Speaker.

Liskeard Folder He pointed to the information bureau table, on which a large quantity of advertising from resorts and tourist camps of the Temagami-New Liskeard area were displayed. One of the most prominent was a large yellow folder published by the New Liskeard Board of Trade.

"If people come in here asking for information about New Liskeard," said Mr. Thacker, "we give them one of these folders. We make no attempt to steer them to any definite point, but leave that to their own desires. If a man says he is going to the West Arm of Lake Nipissing, we give him literature of camps in that area. Naturally, we are not going to hand him folders about other parts of the district."

Mr. Thacker ridiculed the idea that the Board of Trade bureau would hand out false reports to tourists, telling them that certain roads were unfit for travel, or that certain districts had no fishing to offer. The bureau is used as an advertising means by caterers from points all over the North, and only by giving them all a just share of attention could it be a success.

#### Temagami Point

"I went to Temagami not long ago, and heard there that a tourist had been told at our bureau that he could not travel north because of bad road condition. I told them who I was, and asked to see the tourist, but was informed that he had gone away," the manager stated. "I wanted to see if he could tell me where he got that sort of information."

The tourists are largely to blame themselves when they run into trouble in finding their way through the country, according to Mr. Thacker. With the development of tourist trade in recent years, there are very few towns that do not operate information bureaus, and few tourists who are not well aware of that fact.

If they would take the time to go to such bureaus, instead of trusting to the word of some incompetent bystander on the street, much of the trouble would be avoided.

Reports of fishing and camping conditions are submitted by the various

resorts and tourists returning from them. Reports of highway conditions that are given out by the bureau are taken from the Ontario government weekly road bulletin. Accurate reports, obtained by the Nugget from the Department of Highways each morning, have also been posted in conspicuous places in hotels and gasoline stations throughout the city, and will in future be displayed in the information bureau. Such action will leave little basis for such unjust statements about the bureau reports as have been appearing periodically this summer.

## Must Change Humanity Before World in Better

The stuff of human beings themselves must be changed in order to bring about a better world in which we live, Dr. Louis Berman, New York physician and author, warns in his new book, "New Creations in Human Beings," states Science Service.

"Neither Communism nor Fascism, neither monarchy nor democracy can survive with human material inadequate for the complexities of their intricate organizations," he declares. "The countries which are banking their future upon the enslavement of their masses are devoting much of their energies to building stronger bodies in weaker souls. The vicious circle is that of masses of deficient human beings creating inferior environment, generating in turn inferior citizens who make their environment still more deficient."

Dr. Berman suggests that physicians become the creative biologists of the future by treating glandular deficiencies and nutritional defects. Outnumbering all other causes of human disabilities, gland and food difficulties can now be recognized with the aid of methods made available by science.

Northern News:—Labor Day, by the way, will be on Monday, September 5, and, by official Ottawa proclamation Thanksgiving Day will be on October 10, also a Monday. Then there's Christmas Day, which this year falls on a Sunday!



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