

FOR THE WOMAN READER

BY FLORENCE RIDDICK BOYS

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SONG AND THE STRENUOUS LIFE

In former days, when I had leisure time, I frequently poured forth my soul in rhyme. But now—as citizen, as mother, and as wife—I involved in active life, find no time to meter out sweet words. But still my spirit sings—much as the birds! As gladness glides gloriously along, and "The Day" sings from the melody of song.

FINE TASTES

When choosing pieces for the phonograph, parents should do much to cultivate fine musical tastes in their children if they would select the best operatic songs and hymns. Having these about, the children will waste their time on the fabric of their souls, and feel the natural elevation of spirit which comes from them.

Jan's his place, just as the eagle, that expresses its own nature, and its own experience. But too much of it is degrading and coarsening. The following list of opera songs will guide parents in selecting wisely.

Hellino "Yes, Time with Fate" from "Santuzza".
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Delibes, "Lullaby" from "The Sorcerer".
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HINTS TO THE HOUSEWIFE

Foodstuffs for candy is better if allowed to stand some time to ripen. Try sausage instead of salt pork for baking beans. If beans are left over, use them in vegetable soup. Remove those which are rotting and see if the rest are wrinkling for lack of moisture. If so, wrinkle with damp newspaper. Keep a supply of mayonnaise on hand, and use left over vegetables in salad for the next meal.

OVERWEIGHT

There are those who are overweight because of deficiencies of glandular secretion, but the average man or woman who is too heavy is so because he or she eats too much and exercises too little. There is no get-thin-quick remedy which is safe and sane. The only road to "the perfect thirty-six" is by way of reduced diet and more physical activity. Walking is the ideal exercise for reducing. It takes you out into the open and refreshes the mind as well as the body. Walk for thirty to forty minutes a day. If you would be fit, do not lose your legs! The advice of a physician who laments the laziness of his auto age.

INTERESTING CONVERSATION.

If you want to be a charming conversationalist, be a good listener. Draw out your companion in conversation. Find out, if you can, what are his chief interests and discuss these with him. Do not tell him what you know about them, but ask him his opinion and draw out his information. You will learn more so, and you will give him a better time. Everybody likes to talk about the things nearest to his heart and upon which he is best informed. Even the veriest clam will open up in conversation, if you strike his hobby.

ESCALLOPED OYSTERS.

For one pint of oysters, use two cups cracker crumbs and a cup and a half of milk. Place in a buttered baking dish, alternate layers of cracker crumbs and oysters, having crumbs on top. Season each layer with butter, salt and pepper. Pour the milk over this and bake in a moderate oven half an hour or until the crumbs are well browned on top.

BAKED HAM.

Soak the ham in cold water overnight. Scrub, and put on to boil. Simmer three hours, and let stand until cold in its liquor. While simmering, add half a cup of vinegar. When cold, skin off the fat, add half a cup of brown sugar; use two cups of the liquid in which it was cooked; and bake an hour in a moderate oven. Serve the ham hot, and surround with a ring of baked apples.

JANUARY.

The first month of the year is named after the Roman god, Janus. He was the two-faced doorkeeper of heaven, with one face looking to the past and one to the future. Has the past year brought you many good things, and is it pleasant to look back over it? May the next year be even a sweeter? It is a fresh page in the book of life. May you have the vision to plan it wisely and the stick-to-it-iveness to make your dreams come true!

SOLES

Perverted Proverb. In many a married life, it's "where there's a will, there's a way."

THE STORY OF CANADA'S MONEY

BY PAUL MONTGOMERY.
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THE FAMOUS LESLIE COINS

More than a century ago the town of Dundas was one of the most important centres in Upper Canada. As a hive of industry and great hopes it ranked far ahead of Hamilton, Kingston, or York, which was the commencement of Toronto. The committee of Lake Ontario appeared to gravitate toward Dundas and the families of wealth and means were building Dundas their home as the nineteenth century grew fairly well under way. Business was largely done by barter. The money that was in the country was very slow in circulation and such a complex nature that it required a skilled mathematician to convert it into common values.

LIME AS A FOOD.

To look fresh and young and to be able to do more things than you can do now is not enough if you will grow wretched and prematurely old. Lime is plenty in the diet encourages digestion, intestinal activity and a sturdy heart. The lack of it induces many ills and is given as one probable cause of hay fever.

POLITENESS FOR CHILDREN

The easiest way to teach children courtesy is to practice it before them. Say "Excuse me" to your child every time there is an occasion for it. "Thank you" and "If you please," and you will not have to remind him. We are creatures of environment and one can teach courtesy as well as bad grammar and spelling by filling the atmosphere with that kind of language and mannerism of every kind that is contagious. That is the reason that "Well communications corrupt good manners" and politeness is just as catching as badness.

A SANE MIND AND JOILITY.

"Try to be cheerful and associate with jolly people," the advice of a great psychologist to people who are "bordering personalities." It is good advice for any of us. To brood upon unhappy experiences and thoughts makes one morose. Associates have a great influence upon one. It is strengthening to be in the company of those who are "jolly." And if jolly companions are a blessing to the world, why not be one?

CHRISTMAS THANK-YOUs.

Have you written your Thank You notes to those who remembered you at Christmas? The sooner this task is done the better, for delayed gratitude loses much of its impressiveness. The short letter, with genuine heartiness, will serve as well as the lengthy note. Write to the nearest friend, to the nearest and dearest, take time to tell them the news and give them a little mental picture of your life and environment. They must care for you really, they wouldn't keep remembering you year after year.

THE CHRISTIAN'S USE OF THE BIBLE.

What Carlyle said of Job might be said of the whole Bible. "It is all need's work." One proof of it is that it passes by translation so easily and perfectly into all languages. The miracle of Pentecost is perennial. On the printed page, men in every part of the world read in their own language in which they were born the wonderful things of God. Another evidence of it is the effect of it upon the individual life. The Bible is a double mirror. On one side it shows a man what he is by nature, on the other what he may be by grace. The one brings him to contrition, confession and repentance. The other inspires faith and fills him with hope and joy. It is a new creature, a transformed into a new creature.

Under the Study Lamp

The Bible has been translated in one hundred and eight languages. It is estimated that this makes it accessible to nine tenths of the inhabitants of the globe. Voltaire said he had gone through the Bible and had not even its fables and that they would never be.

Bringing Up Father

ONE OF THE COMMITTEES FOR THE PREVENTION OF CRUELTY TO GOLD-FISH IS OUTSIDE. SAY I'M SORRY FOR FINNIE FOR FINNIE SPEAK TO YOU-SIR!

AM-MR JIGGS-IT'S A SHAME TO TURN DOWN A BEAUTIFUL YOUNG LADY WITHOUT GIVING HER AN INTERVIEW!

I KNOW YOU ARE A BUSY MAN MR. JIGGS BUT I WISH YOU WOULD SPEAK FOR US TO-NIGHT FOR THE PREVENTION OF CRUELTY TO GOLD-FISH!

LADIES AND GENTLEMEN-IT'S A GREAT PLEASURE FOR ME TO BE HERE TO-NIGHT

THE STORY OF CANADA'S MONEY

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THE FAMOUS LESLIE COINS

A new idea for Upper Canada and there were some difficulties that stood in the way of its practical application. For most among these difficulties was that of hoping that the buying public could pay for their purchases in cash. But the keen mind of John Leslie thought that problem through. He decided to coin his own money and put it in general circulation. At the period of which we write there was nothing in the statutes to prevent this.

Scientific Facts

Inserted in the end of a new golf club handle is a lead pencil holder. Thousands of roses are raised annually in China to flavor tea, candy and wine. A novel opener for cans of liquids is equipped with a spout to pour out their contents. Of German invention is a small umbrella that can be folded into the top of a vanity case.

Young People's Devotional Service.

January 16 1827 Psalm L 1-8
 Motto: Devotion consist in an ascent of the mind toward God.
 Atterbury Sermons

HOW TO DEVELOP OUR DEVOTIONAL LIFE

There is a distinct reaction in the present generation against "pious manners." Addison rebuked the fashion of throwing as much sanctity in the face of the world as a man could. Public and artificial display of religion is the Christian's high privilege, his joy and pleasure, and the source of his power to have a quiet, continual communion with God. The text book for this is the Bible. The means is prayer and contemplation.

Daily Reading

Monday By prayer Luke 11: 1-13
 Tuesday By Bible study Psalm 119: 97-104
 Wednesday By meditation, Psalm 1: 1-6
 Thursday By worship Psalm 109: 1-9
 Friday By other's experience 18: 24-28
 Saturday By service Acts 20: 17-35

To Think About

What books have helped our spiritual life?
 What is the advantage of the Quiet Hour?
 How can we help one another to develop the spiritual life?

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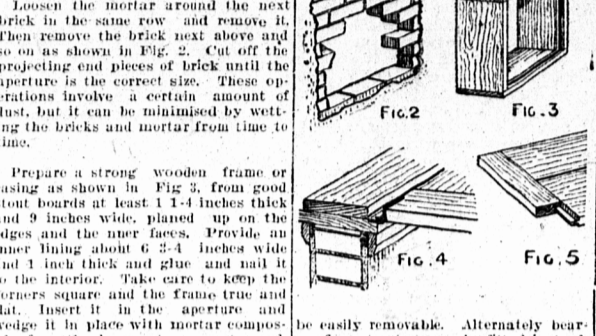
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The Handy Man's Corner

MAKING A SERVICE HATCH.

An effective and easily made hatch such as that shown in Fig. 1 only costs a few shillings for material. First determine the most useful position and then settle the size. This hatch is better about 26 inches wide, and 23 inches high. These sizes will require a minimum of brick cutting.



Loosen the mortar around the next brick in the same row and remove it. Then remove the brick next above and so on as shown in Fig. 2. Cut off the projecting end pieces of brick until the aperture is the correct size. These operations involve a certain amount of time but it can be saved by setting the bricks and mortar from time to time.

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Baker's Breakfast Cocoa

Has the Endorsement of High Medical Authorities

COCOA made by a reputable manufacturer has a definite value. It is nourishing and will sustain, for instance, a typhoid patient, for several weeks or indefinitely. A brand of cocoa that has been on the market for many years and has been a favorite prescription of thousands of physicians is that of Walter Baker & Co. Limited, Dorchester, Mass., and Montreal, Que. It is absolutely pure and is put up under the most sanitary conditions. The medical profession of Canada may continue to prescribe, knowing that any packet bearing the name of Baker is "right."

THE HOSPITAL MEDICAL AND NURSING WORLD, Toronto

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car and making it easy to control. English interests have proposed to electrify a portion of the Hungarian state railways running from Budapest toward Vienna, work to be begun early this year.

The United States Bureau of Standards is conducting a long series of experiments to ascertain just why automobile motors are hard to start in winter temperatures.

Nearly half a million horsepower is being obtained from hydroelectric plants in Switzerland for the operation of more than 1000 kilometers of ways by electricity.

Supplied with fuel from a tank beneath its upper part, a heating coil for insertion in residence fireplaces has been invented that burns gas generated from gasoline.

British experiments with a view to increasing the production of raw cotton within the empire have shown that it can be produced in Japan, Rhodes, Hong Kong and Iraq.

Wholesome foods and exercise aid digestion

THERE is an old saying that "Men and horses feed best when well worked and work best when well fed." It is with the "feed best when well worked" that we are most concerned here.

If your muscles are not used, then there is no body demand for food and the normal stomach does right in rejecting it. Again, without exercise there are many poisons which remain in the blood and digestive tract to contaminate new food. Again, remember that the stomach is a muscular organ that weakens as means little to your health, while a weak stomach fails in its rhythmic contractions by which foods are digested.

The radical dietetic views of a host of self-appointed dietitians are often just the things that the dyspeptic should avoid.

Dr. Arthur T. Holland, of the faculty of Cornell University Medical College, in his valuable book, "Indigestion," says, "If the writer were asked just what he considered the most frequent cause of functional indigestion, he would point to the fact that men and horses feed best when well worked and work best when well fed." It is with the "feed best when well worked" that we are most concerned here.

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ACTIVITY AND SIMPLE FOODS PROMOTE HEALTH

Let radical diets alone, simple, wholesome foods are varied, avoid activity in great meals, exercise in the morning, walk two miles a day and play games in the afternoon, which rarely happen, these fall, which rarely happen, your case is individual, needs a physician.

I have compiled a chart of twelve exercises which I gladly send free of charge to any of my readers if they send a stamped, self-addressed envelope to Arthur A. McGovern, 5 West 65th Street, New York City.

Diet for Average Person

BREAKFAST: Fruit, bran or graham muffins, cocoa or coffee substitute. Two glasses of water between breakfast and lunch.

LUNCH: Soup, Vegetable salad, Dark bread, Glass of milk. Alternate with boiled or poached eggs, Gelatin dessert. Two glasses of water between lunch and dinner.

DINNER: Lean meat, fish or chicken. A green vegetable, baked potato, Be sure to eat the skin. For dessert, fresh fruit in season or gelatin. Nuts or crackers and cheese. Weak tea, cocoa or chocolate.

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 All letters to Mr. McGovern should be addressed to No. 5 West 65th Street, New York City

By George McMan

