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E. Feer, Director of the University and Children's Clinic, Zurich, in his "Text Book on Pediatrics" says: "A favorite food of high carbohydrate content and always in favor with children, is cocoa or chocolate."

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FOR THE WOMAN READER

BY FLORENCE RIDDICK BOYS

Intellectual Though Married

"What are you going to do when you grow up?" That always has been an important question. In olden times, if a girl answered that she was "going to get married," that meant that she was not going to need much schooling.

Her mother would teach her the essentials of housewifery and child care—and that was all she would need to know. Hence schools were for males, especially high schools and colleges.

But times have changed. Women everywhere are feeling the urge to be intellectual, though married. There are many reasons why: The intellectual person gets more out of life, can enjoy a wider range of interests, is more refined and proper company for people of culture, can have a wider influence and do more good, a more in tune with times and is happier. If she is a mother, she is better fitted to train her boys and girls. Women suffrage gives an added reason for educating women.

Ignorant voters are a menace to any country, for they might—unwillingly—vote for things which would be harmful to their country. A woman is a person and needs and deserves education, just as anybody else does.

As a step in becoming better educated, women's clubs and women's colleges are making a study of housework, trying to see if it can be made more simple, so that women will have more time to devote to their intellectual

laundry or dining alcove. The kitchen floor should be easy to clean, easy to stand on, and not too much affected by grease or water. Lino-lean answers these requirements well. A good oil paint on the walls and wood work enables one to wash them when they need it.

It is a comfort to have a swinging door between the kitchen and dining room or pantry. Stuffy kitchens cause headaches and colds. Have you good ventilation in yours? Darkness fosters ill, as well as gloom, in this room which should be the cleanest and brightest in the house. To remedy this, cut another window, add more artificial light and paint the walls a light color.

A sink and running water are the utmost convenience in the kitchen. Plenty of shelf room adds to the joy of housekeeping. Kitchen equipment should be substantial, easy to keep clean, and arranged according to its use.

Community "Pain-Up"

One community, led by its women's clubs, worked a novel scheme for community improvement. They decided that if they could paint four school houses in different parts of the county, the people generally would catch the spirit and improve their own premises. It worked. The women's clubs raised the money to buy the paint and raised volunteers among the boys and men, to spread it on.

Children and parents took a great deal of interest in the painting of the school houses, and presently the whole county took on a freshened appearance. That was not leading the community into extravagance, for buildings kept well painted last longer. It seems to me that a paint merchant should be induced to sell the paint for the first demonstration without making any profit at all. He would certainly do it.

A new effort is being made today to simplify the professions so that women who wish to spend a few hours a day in their home in some form of them, without interfering with their housekeeping.

Lemon Pie

Mix cup sugar, one-third cup flour, quarter teaspoon salt, graded kind of one lemon, add cup of water and the juice of two lemons and cook in double boiler ten minutes, stirring until thickened. Add two tablespoons butter and three eggs yolks and cook two minutes more. Put into pastry crust, cover with the beaten egg whites to which have been added four tablespoons sugar; and brown.

Plenty of School Dresses

It is a luxury which most of us cannot afford to have enough school dresses for our girls, that they may always be clean and sweet as a rose. It is better to have several plain dresses than only one or two fancy ones which we cannot wash frequently.

Fortunately, style is now in our favor and dresses—even the most stylish ones—are very plain, made after the lines of a kitchen apron.

Galatea, gingham, percale, chambray and cotton crepe of good quality are appropriate goods for school dresses. These all wash well, come in colors which will not fade, and are of firm texture which will not pull out of shape nor wear out easily. They can be easily made as slip-dresses, with only under-arm seams, faced at the neck and cuffs with a harmonizing or contrasting material, and with pockets, and wash-life of this trim are sufficiently ornamental, easy to wash and iron, inexpensive and enduring.

Mrs. Solomon Says:

Romance is like a veil over the face of a lady or like twilight. It dims defects and makes everything look lovely. Romance will do that for life, particularly married life. If you would hold on to charm, keep romance alive. Celebrate birthdays, make Sunday a choice day, do little tender things to soften the severity of life.

—Just how much consideration do you give "him" in your household? Has "he" a comfortable chair of his own with a book and a good light near by? Has "he" a place to hang his clothes, a dresser for his accessories, a place for his towel and toilet things? Has "he" a safe place to lay his papers he wants to keep where he knows he can find them again when he wants them?

Many a husband could be nicely domesticated, if the home were made an attractive and convenient place for him; if he felt he had his own places in it and belonged there.

In your home is "he" an annex, an appendix, the circumference, "the male spoke," or the hub?

Boys Will Stay

A little while back, fashion seers were predicting that the bob would soon go out because it had nowhere else to go. But it seems that they have turned out to be false prophets. The bob has taken a new lease of life in a new change of style. Instead of the feisty, fluffy loose head of hair, the latest mode is the compressed, sleek, shiny hair comb. It has a stunning look to smooth it straight back on the forehead, then give it a turn to one side, letting one ear be covered while the other goes "ree, shows, in other words. That seems almost shocking after ears have been so long taboo in polite society to accentuate the bare ear, a strand of hair is combed conspicuously straight down in front of it.

Some say the hairish bob is waning, and when you follow the latter on display, rather ramplish style—will wear now loose "shadow waves", resembling the hair with a natural kink rather than an artificial curl.

Kitchen Comfort

The small kitchen saves time and energy. The large kitchen may be reduced by partitioning off a pantry,

Health Literature

Supplied by the P. E. I. Red Cross Society

WHEN JOHNNY BREAKS HIS ARM

There are few moments in a family's experience of more intense excitement than the time when Johnny falls out of the swing and breaks an arm. The fact that the arm is broken is often self-evident from the angle at which it hangs, helpless on the side. Indeed, Johnny sometimes comes home pale and anxious, followed by serious companions, with the simple announcement, "My arm is broke." Then parents' resources are taxed to the limit. There is apt to be a mad rush for the doctor. Volunteers frequently appear with diverse advice as to the best treatment until medical aid arrives. Some suggest hot applications, some cold, some this liniment and some that. Too often, nowadays, Johnny is put into an automobile and a wild dash is made for the nearest hospital or physician. If no one is killed in this race, it is due more to kind providence than common sense.

In Johnny's case it is best to use no local applications at all, either hot or cold. It is usually best not to remove the clothing. The arm should be placed on a pillow, an ordinary sofa pillow or small bed pillow does very well. The edges of the pillow should be gently "faced" around the arm and held in place by several straps or pieces of cord tied about it to form a sort of bundle. The patient should be made to lie down. Hot coffee may be given if he is faint. The doctor should then be notified.

When a leg is broken there is need for a cool head. On no account should the patient be helped to his feet or permitted to try to stand. Unless a stretcher is available, it is best not to attempt to move him until the broken leg has been temporarily protected. A splint is sufficient when the break is below the knee. Corrugated packing paper wrapped around the leg and tied in place by pieces of cord or handkerchiefs is often useful. When the fracture is in the shaft of the bone above the knee, the old fashioned umbrella or walking stick splint is worth knowing about. In this case, one end is laid along the inner side of the leg and both are firmly strapped to the limb. As soon as the patient is in bed and the "biterness of the pain" reduced, the straps should be loosened. Tight bandages should always be avoided in fractures. The circulation of the limb must have no interference.

Some cases of fracture of the radius and ulna may be treated with a removable cast. The uncertainty that was formerly associated with fractures. Even the smallest and slightest fracture can be detected in good roentgenograms. In many cases the injury consists of a mere crack in the bone without any change in the alignment of the fragments.

Such a fracture does not require setting or reduction. It is popularly believed that all fractures must be set, but this is an error. A fracture without displacement needs nothing but rest or fixation by means of some sort of splint, either wood, plaster, paper-mache or metal. Following the period of rest, massage can be used. Passive and later active motion will follow.

A fracture with displacement of the fragments is set or reduced if there is any hope of getting the parts into better position. This is often difficult even with the x-ray. We primaries have our skeletal structure deep within us instead of on the outside as do clams and oysters. We are agile and sensitive to our environment. This is a disadvantage. When we break a bone we are handicapped. Setting the bone may be like repairing broken china pieces in thick velvet. Fortunately Nature pours out blood which forms a clot into which the new bone cells grow and produce a bony bridge or callus. At first the callus is often a large lump which may be felt under the skin. As the bone grows on, the callus gets smaller and the original continuity of the bone is partly restored. But years afterward the x-ray will give evidence of the old break.

Patients sometimes worry because fractured bones do not look well in x-ray pictures. What would seem to a surgeon a good position of the fragments may appear unsatisfactory to the patient. It is well to be satisfied with the work of the surgeon and to remember the difficulties and dangers with which we must contend. Firm union of the fracture and the best possible function of the limb are what is desired, not unusual x-ray results.

The dangers of fracture are non-union, disabling or unsightly deformity and paralysis from nerve injury are problems primarily for the surgeon. We need possess no expert knowledge of them. We should, however, know that a compound fracture means broken skin and a portal of entry for bacteria to an injured site where germs multiply rapidly. We should understand that a simple fracture can be made compound by carelessness. We should learn that while a few hours are of consequence when one has pain in the stomach from early acute appendicitis, and when one has a sore throat and beginning diphtheria, they are not of great moment in a fracture of an arm.

Richard E. Stiff, "Hygeia"

Nowadays it is a common thing to see thirsty people slipping their beverage through straws. There may be different opinions as to how this method of drinking was suggested, perhaps by the "drinking stick" of Zuluand, on the East Coast of Africa. The queer yak trees of the Jubaland desert have great cavities in their trunks in which rain water collects and is preserved for months. Most of these cavities have very small necks, so that dipping the water out is impossible. Therefore every traveller in these cavities, whether native black or white explorer or trader, carries his invaluable "drinking stick" and sucks his drink from deep in hollow trees. The Jubaland "drinking stick" is about two feet long and half an inch in diameter with a hollow center, so big as to permit.



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HOW HE DECIPHERED IT

One night Willie Pinkerton and his family were enjoying a wonderful concert over the radio from station K. A. E. when all of a sudden the concert stopped and a mysterious code message came out of the loud speaker. Nobody knew what it meant, but Willie was quick enough to jot it down, and as he had been studying secret codes as used by International Secret Service Agents he soon knew what the mysterious message meant. Willie Pinkerton managed to decipher it. Can you?

RULES OF THE CONTEST

- 1.—Write your answers in pen and ink, on one side of the paper only. Put your name and address and the name of this paper in the upper right-hand corner, stating whether Mr., Mrs. or Miss. Put anything else you wish to write on a separate sheet. Do not send money, stamps or typewritten entries.
- 2.—Contestants must be 17 years of age, friends or relatives of employees and those connected with the company are not allowed to compete.
- 3.—Contestants will be permitted to submit as many as three answers to the puzzle but only one can win a prize.
- 4.—If different members of a family compete only one prize will be awarded in each household.
- 5.—The final awards will be made by a committee of three Toronto gentlemen who have no connection with the firm. Their names will be made known to all contestants and will be requested to abide by the decisions of this committee.
- 6.—Prizes will be awarded according to the number of points gained by each entry, 200 points which is the minimum to win first prize. Ten points will be awarded for each word of the message correctly deciphered. For general neatness and appearance of the entry, 10 for handwriting and 50 for fulfilling the conditions of the contest. Contest closes June 30, 1926. Entries should be forwarded promptly.
- 7.—You will be notified by mail immediately if you have solved the mystery message correctly and will be requested to fulfill a simple condition that need not cost you any money. The company agrees to reward you, in addition to any prize won for every effort you put forth furthering the popularity of Sterling Hosiery. This is not a sales contest. Everybody's opportunity of winning is equal.

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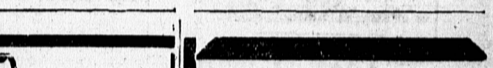
THE OBJECT OF THE CONTEST

Frankly this is an advertising contest its aim being to further the popularity of the well-known Sterling Hosiery sold from the mill to the consumer through a chain of Sterling Stores and personal service direct to the home. Thousands of people in Canada already know and wear Sterling Hosiery, but we want to reach thousands more that they may become acquainted with Sterling Quality and Sterling Values in pure silk, silk and wool, and pure wool hosiery for every member of the family.

SEND YOUR ENTRY TODAY

When your answers are received we will write and tell you how many points you have gained towards the prize, and will ask you to allow us to send you a few sample pairs of Sterling Hosiery to show to a few friends who will gladly become Sterling Hosiery users as a result. This is a simple and easily fulfilled favor, involving little time, and need not cost you a cent of money, and will qualify your entry to stand for the highest prizes. We agree to pay you extra for every effort you put forth in furthering the sale of Sterling Hosiery.

First Prize Value \$850.



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CHARACTER AND BRAINS

"There are more vacancies for 10,000 lbs. a year men than there are for 215, a week men, because there are practically no vacancies for the latter." Sir W. Joynson-Hicks, the British Home Secretary, told the boys of the Dean Close School, Cretenham (England), at the Speech Day proceedings.

NEW WALL PAPERS FOR 1926

Our large New Stock now open. Beautiful Colorings, Artistic Designs, Handsome Borders to match. We are Sale Agents for P. E. Island for the large Wall Paper Factory of Colin McArthur & Co., Inc., Montreal, who have no superiors in the Wall Paper line. Our prices are made to meet all competitors. Visit our up-to-date Wall Paper Department. A lot of Remnants at Half Price. CARTER & CO., Limited.

POISON GAS CURES DISEASE

Some sarcastic reader may reply that an overdose of stracholine will cure any disease, but that is not what is meant. Doctor says that mustard gas may prove a preventive against the dreaded disease of tuberculosis and that a very small quantity of chlorine in the air may prevent the spread of common colds, influenza and pneumonia.

"That chlorine mines does had this useful quality was accidentally discovered during the war in chlorine factory, immunity from influenza being traced to a slight leakage of the dangerous gas.

Lewisite, a poison gas composed of arsenic and acetylene gas, has proved extraordinarily effective in a particular form of insanity, and also in the terrible diseases of locomotor ataxy.

An American tourist, whilst staying in his English host's house, was wont to crack jokes with the gardener, who, by the way, was an Irishman.

"You've sure got some splendid plants there, Pat," he observed one day. "But I guess we can beat 'em hands down on the other side. Why I remember once growing a cabbage which, when cut in two and the heart removed, made an excellent cradle for my two kiddies."

"Fancy that!" answered Pat. "But I think we can beat that."

"Oh?" inquired the visitor. "Yes, sorr," replied Pat. "In Ireland we have some splendid vegetables. I once saw tree men sleeping on one bed."

"Three men?" gasped the American incredulously.

"Sure!" retorted Pat. "Police-men!"

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Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Monocystic-acid ester of Salicylic acid (Acetyl-Salicylic Acid, "A. S. A."). While it is well known that Aspirin means Bayer manufacture, to assist the public against imitations the Tablets of Bayer Company will be stamped with their general trade mark, the "Bayer Cross"

PRACTICAL GRAPE RECIPES

In advance of the grape season, the department of home economics of the University of Wisconsin has issued a bulletin containing practical recipes for the use of grapes. Grape conserve is one of the most popular of the winter grape dessert dishes and grape jelly is often a despair to the housewife because it will insist on sugaring too heavily.

The grapes for jelly making should not be too ripe. They are best when grape jelly is often a despair to the housewife because it will insist on sugaring too heavily.

After it is all over, the flower girl leads the procession out, scattering flower petals in the path of the bride couple.

There may be a wedding breakfast or reception at the home or a hotel. As the bride departs for her wedding journey, she tosses her bouquet to the waiting company. The lucky maid who catches it will be the next bride—so tradition says.

The day after the wedding, somebody must mail out the announcements to those friends who were not invited to the wedding.

Health and Happiness in Home Life

WHAT a joy are children to the healthy mother. Their noise and shouts are music in her ears, for then she knows they are well and full of energy.

But how different when mother is tired, nervous and irritable. Then she longs for rest and quiet and every sound jars on her jangled nerves.

Health and happiness has come to many a home as the result of mother using Dr. Chase's Nerve Food.

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Just Dip to Tint or Boil to Dye

Each 15-cent package contains directions so simple any woman can tint soft, delicate shades or dye cloth, permanent color on lingerie, silks, ribbons, skirts, waists, dresses, coats, stockings, sweaters, draperies, coverings, hangings—everything!

Buy Diamond Dyes—no other kind—and tell your druggist whether the material you wish color is wool or silk, whether it is linen, cotton or mixed goods.

