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PHONE 174

FOR THE WOMAN READER

BY FLORENCE RIDDICK BOYS

THE HOMEMAKER

It is woman's natural instinct to be a homemaker. She should have the leisure and the money to make her home beautiful. It is a pity when she is so crowded with outside affairs that she cannot find the time to put her heart's interest into her home and keep her too busy and too worn out to do her duty by her home. Many business women are also home keepers and the double job is very strenuous. Not only is it wearing physically, but it is hard for anybody to serve two masters, a home and a business both.

HAIR STYLE

The boyish bob is gone—and almost forgotten. The present decree of Dame Fashion is "Be feminine"; but this does not mean have long hair. Short hair seems to be here to stay. There are a few long haired sisters, but they are the exception. Long hair gives distinction, because it is so rare. If you have it, wear it smooth and plain and keep it well thinned out.

Short hair—the hair of the age—has style and dignity and individuality. It is much more comfortable and hygienic than long hair, and it only remained for it to become really graceful and dignified, as it is today, to be generally adopted. The short hair of this year is not the same as that of last. Hair fashions change just as other styles do.

Short hair is today soft and full and fluffy, with waves which are wider and farther apart and look less artificial, or with swirls at the back and sides. The hair is brought down low over the ears and over the forehead in a point. Young girls, with exceptionally pretty ears, are permitted to show a portion of them, with the top hair very thick and wavy. This is the only touch of boyishness left to the bob this year.

If a person has a long slender face, the hair should be combed fairly flat; and the reverse is true if the face is round. Some claim that bangs are pretty for black, lustrous hair but never should be worn by blondes. Some look well with the hair brushed straight back from the forehead.

Long hair is often assumed for the evening, by the use of the little chignon pinned on at the nape of the neck, and a few extremists wear wigs of white, black, or gold.

BATHROOM LOVELINESS
Those palaces of old over which we thrill when we read about them in romance, were really not lovely places at all. In their banquet halls were the bones left by the dogs of yesterday, after they were gnawed whole from the tables by the guests. And there was all other filth to correspond. They were never swept. The beds were not comfortable; there were no stoves nor furnaces; and just think—they didn't have bathrooms. For beautiful living, give us the cozy little cottage of today with steam heat and a bath.

Bathrooms have become, not just utility rooms, but real joy places, cheery in color as well as perfect in every appointment. For instance, there is that lovely little bath room done in ivory and green tile, with cunning little green curtains at the window, porcelain of snowy white but accessories of black and a festive green chair.

But the crowning beauty of the room is the sea green drop ceiling, about the lower borders of which bloom white geraniums, water lilies, and the towels, my dear, they all have green and rose pink borders. In such a bath room, cleanliness is not a duty but an indulgence.

CURTAINS AND THINGS
From the Drapery shop we learn that a popular form of window shade is made from glazed chintz. It can be bought by the yard and made up by the housewife herself. The better qualities are sun fast and can be taken down and washed and starched stiff enough to roll off like oilcloth.

If you do not know how to make slip covers, select your materials and the shops will make them up for you to fit your furniture. Stripes are favorites today.

Drapery poles are being used the color of the draperies, blue, green, bronze, or what-not.

Instead of tapestry for walls, some ingenious women are painting scenes on velvets. White paint on black velvet makes a rich hanging. The outline of a bird, or a head of a woman, or even a scene, are used as designs. The deep pile of the velvet gives a very soft and rich appearance to the painting. These hangings are stretched on walls, just as tapestries are.

Seersucker, in colors, makes an ideal window curtain for the kitchen.

ASBESTOS SHINGLES.
The high price of lumber and wooden materials is relieved somewhat by the substitution of other materials for wood, as in the case of asbestos shingles, which are coming to be the common material for roofing new homes. They can be tinted and add to the artistic appearance of the house. They will not burn, and so decrease the fire hazard; and they will not rust, as do steel and iron. They are entirely immune to atmospheric conditions, therefore will last indefinitely. They also form a good insulation against heat or cold.

Asbestos is a nugget rock, as

heavy and dense as marble, yet is composed of silky fibres which can be carded, spun and woven, like silk and wool. It is apparently indestructible.

READY FOR SCHOOL.

The first days of school after a long vacation will be strenuous ones for the children even if they are in good physical condition. Give them a change, if they should go to the dentist or doctor, take them now so they will be entirely well when school starts. Have them rest and sleep about 30 minutes every day. Get them in bed early and give their nerves a chance to rest. Feed them plenty of milk, fruits, and vegetables. Give their eyes a rest, allow them to read very little.

HOUSEHOLD HINTS

Sour milk may be used in a recipe calling for sweet milk, if you omit the baking powder and use instead a half teaspoon of soda for each cup of milk.

If lime collects on the inside of your teakettle, drop three or four marbles into it and the lime will collect on them instead of on the inside of the teakettle.

You can save both time and jam by using in your jellies and jams a manufactured preparation, which contains the pectin which makes fruit jelly. You simply bring your fruit juice and sugar to a boil, add the pectin preparation, and boil one minute longer and your jelly or jam is done. In the old way, one boiled down and evaporated the fruit juice, reducing the bulk of jelly and losing much of the flavor.

TOMATO-RICE.

Spread a thin layer of rice in the bottom of a baking dish. On top of this, spread a layer of either cooked or raw tomatoes with which has been mixed chopped green pepper. Add another layer of rice and then the tomato and green pepper until the dish is nearly full. On top of all spread buttered bread crumbs and bake for thirty minutes. Then remove from the oven; add slices of cheese on top, sprinkle with paprika and return to the oven for five minutes, until the cheese melts and browns slightly.

SUN TOGS.

Little sun togs have been invented which they can wear in the back yard at play or as bathing suits. They are not much more than very short athletic "trunks, plus a bib in front, of very porous material, and straps across the back, as on overalls. Surely nothing could be better calculated to expose every possible inch of the body to the violet ray, and yet it covers all that it is necessary to cover.

THE WAIST LINE.

Reducing, exercise and massage are probably the only safe methods for reducing the waistline. To keep hungry for a while will sluff off a few pounds and the loss will probably come from the abdominal region. Exercise helps, especially bending exercises, and lying on the floor on your back and raising your legs to vertical, then bending your knees to your chest. Massage of the offending part will help to reduce the abdomen.

LENGTHENING DRESSES.

To lengthen dresses, a thing we seldom do now days, let out the hem and use a cheap ribbon of the same color to face the under side. This makes a smooth edge and is easy to do, as there are no raw edges to turn in.

MRS. SOLOMON SAYS:

To know that we don't know what we don't know is the first step toward knowing what we don't know."

SMILES

"When I married you, I thought you were sweet enough to eat. Now I regret that I didn't follow my first impulse."

"Don't you want to buy some crabs. Look, they're alive."

"Yes, but are they fresh."

"When my little sister was four months old eczema broke out in a rash which later formed blisters. It itched and burned—convinced her to scratch. She was very cross and fretful, and used to lay awake half the night. The trouble lasted six months."

A friend recommended Cuticura Soap and Ointment to my mother. She purchased some and after using five boxes of Cuticura Ointment and three cakes of Cuticura Soap all signs of the trouble disappeared. She was healed." (Signed) Mrs. Thomas Canning, Clarksville, N. S.

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REPORTS OF THE WOMEN'S INSTITUTES OF P. E. I.

CABLE HEAD WEST. Answered roll call with "What I would do with \$1000.00. School requirements were discussed. It was decided to hold meetings in the school during the summer months. The school house is to be painted, and fixed up during the summer.

ST. PATRICKS ROAD. The July meeting of the Women's Institute met at the home of Mrs. Frank Trainor. Eleven members and eight visitors were present. Roll Call was answered by fruit canning recipes. It was decided to call for tenders for sheathing the interior of the school. A dance and ice-cream social is being planned in order to raise funds for the Institute. Next meeting will be held at the home of Mrs. E. P. Donnelly.

ENMORE. Eleven members met in the Hall for the July meeting. A masquerade was planned for the next meeting which will be held in the hall.

MONTICELLO. Institute met in the school-house with five members and two visitors present. Roll Call was answered with riddles. New ways for raising funds were discussed. A dance was held in the school in June and was very successful.

WEST POINT. Eight members and three visitors met at the school-house for the July meeting of the Women's Institute. It was decided to have luncheon fee 10 cents. The programme consisted of recitations and readings by members of the Institute. Next meeting will be held in the school-house.

VICTORIA. Answered roll call by verses. Nine members and five visitors were present. An electric light has been placed at the head of the Government Wharf. One new member enrolled. Next meeting will be held at the home of Mrs. Walter M. Lea.

CRAPAUD. Institute met at the home of Mrs. Frank MacDonald. Twenty members and three visitors were present. Members began sewing on articles for bazaar to be held in the fall.

DONALDSON. The July meeting was held in the school-house with eighteen members present. Roll call was answered with "Ways of using left over foods". Reports of the dance and social were read. Next meeting will be held in the school-house on August 7th.

BERING HILL. Answered roll call with readings and recitations. Proceeds from ice-cream social amounted to \$40.43. Plans are being made for painting the inside of school and finishing fence.

BAYSIDE. Eleven members and ten visitors met at the home of Mrs. Alphonsus Brown. Roll Call was answered by "Sing, say, play, or pay". One new member was enrolled. Two papers were read, one on "Weekly Routine in Housework" and the other one "co-operation Between Parent, Teacher and Child." Next meeting will be held at the home of Mrs. James McIntyre.

WHEATLEY RIVER. Ten members and four visitors met at the home of Mrs. Wm. Mobbs for the July meeting of the Institute. Canvasers were appointed to make an appeal for the Red Cross to the different homes in the district. Next meeting will be held at the home of Mrs. Nelson Stead.

MIDDLETON. The July meeting of the Women's Institute met at the home of Mrs. J. W. Craig. Reports were heard from different committees. Next meeting will be held at the home of Mrs. James McCordie.

MAPLE LEAF. Seventeen members and nine visitors met at the home of Mrs. Leonard Smalls for the July meeting of the Women's Institute. It was decided to have an entertainment to make money for club-room.

ELMSDALE. The July meeting of the Women's Institute met at the home of Mrs. Hugh Williams. Twenty-four members and two visitors were present. The sick committee reported taking fruit to sick members during the month. A motion carried to paint school during the vacation.

NEW GLASGOW ROAD. Ten members met at the home of Mrs. George Matheson. All new blinds are to be bought for the school-house. \$30.00 was cleared at the ice-cream festival. Mrs. Amy Ford will entertain at the next meeting.

SEA VIEW. The Women's Institute met in the Institute room on July 11th, with eleven members present. The Secretary reported \$40.87 cleared at the ice-cream social. Repairs will be made on school during the summer months. Next meeting will be held in the Institute room.

MALPEQUE. Institute met in the Institute room for the July meeting. The topic for discussion was a discussion of "Cool Drinks." The entertainment committee served the lunch at this meeting.

SAVAGE HARBOUR. Thirteen members and one visitor met at the home of Mrs. Allan Morrison for the July meeting of the Women's Institute. An ice-cream social was held on Wednesday July 4th, and the amount cleared was \$81. 94. It was decided to have the school grounds cleaned and a new blackboard bought.

LINKLETTER. Mrs. Brenton Clark entertained the ladies of the Women's Institute for the July meeting. The Secretary reported that the total receipts from the supper, sale of Ice-cream and grab-box, amounted to \$86.30. Next meeting will be held as a picnic at the shore.

UNION VALE.—Has purchased a desk for the teacher. Address was read by Mrs. Turpel and presentation to the secretary of pen and pencil set from the Institute. A committee was appointed to attend to repairs on school. Next meeting will be held at the home of Mrs. Annie Pate.

WILLING WORKERS. Eight members and two visitors of the Willing Workers met at the home of Mrs. George Runcie. Papers were read on Home Economics, Canadian Industries, Education and Better Schools. The programme consisted of music. Three new members enrolled. Next meeting will be held at the home of Mrs. Archie Bells.

MOUNT PLEASANT. Nine members and two visitors met at the school house for the June meeting of Mount Pleasant Institute. Plans were made for Autograph quilt. It was decided to give the teacher a gift and present it on Examination Day. Next meeting will be held at the school.

SAVAGE HARBOUR. The June meeting of the Savage Harbour Institute met at the school house with thirteen members and two visitors present. It was decided that an ice-cream social be held on the school grounds on the afternoon of Wednesday July 4th. Next meeting will be held at the home of Mrs. Allan Morrison.

FAIRVIEW. The June meeting of the Fairview Institute met at the home of Mrs. Thomas Burdett. Eleven members were present. After the business meeting, the members sewed on the patchwork quilt which is being sold in aid of Afton Hall. Next meeting will be held at the home of Mrs. Urban Alchorn.

MOUNT BUCHANAN. Will hold an ice-cream social on the 30th. of July. Plans are being made to lay a hardwood floor in the school. Eleven members were present at the July meeting. Mrs. M. A. McLeod will entertain at the next meeting.

LOWER FREETOWN. Institute met at the home of Mrs. Jardine Stavert. Twelve members and nine visitors were present. Ladies are undertaking the washing of walls and ceilings of school to make ready for painting. Next meeting will be held at the school-house on August 9th.

ELLERSLE. Institute is planning on moving the school into the centre of the school ground and to clean and fix up the school.

GASPERAUX. Held a very successful ice-cream social on the 20th. of July. At the July meeting there were twenty members and six visitors present. Mrs. Arch Reynolds entertained. Next meeting will be held at the home of Mrs. Wallace Graham.

ALMA. Seven members and several visitors met at the home of Mrs. Wallace Donald, for the July meeting of the Women's Institute. The receipts from the ice-cream social amounted to \$39.95. It was decided to mureasco the school during the summer vacation. Next meeting will be held in the school-house.

ST. GEORGES. Mrs. W. F. McKinnon entertained the Women's Institute at her home for the July meeting. Eleven members and five visitors were present. Roll call was responded to with ten cents and a riddle. It was decided to hold a dance to raise funds to pay contractor who built out-buildings. Next meeting will be held at the home of Mrs. John F. Morrison.

PEMBROKE. Answered roll call with "different uses of Baking Soda." A test was sent to sick members. The Institute is undertaking the cleaning of the school. A fine programme of readings, recitations, songs, etc., were given by members. Next meeting will be held at the home of Mrs. David Hicken.

SPRINGFIELD LOT 67. Will hold an ice-cream social on August 6th. The July meeting was held in the school-house with fourteen members and three visitors present. Next meeting will be held in the school-house.

WHEATLEY RIVER. The June meeting of the Wheatley River Institute met at the school-house. Ten members and four visitors were present. A committee was appointed to get plants for the soldiers monument. A Patriotic programme is being prepared for the July meeting. Next meeting will be held at the home of Mrs. Wm. Mobbs.

LONG CREEK. The May meeting of the Long Creek Institute met at the home of Mrs. John McLean with twelve members and four visitors present. The June meeting was held at the home of Mrs. Alex MacKenzie, with fourteen members and eleven visitors present. Next meeting will be held at the home of Mrs. Wm MacKay.

SPRINGHILL. The Springhill Institute met in the school house with eleven members and several visitors present. The school has been cleaned, new fence paid for, flowers and thirty Manitoba maples planted on school grounds. Plans are being made for an Icecream social around the first of July. Two new members were enrolled. Splendid attendance in spite of small district.

LAKEVIEW. Seven members and one visitor met at the North Lake Hall for the June meeting of the Lakeview Institute. Roll call was answered by "Something I learned since joining the Institute". A paper was read on "Institute work in the other Provinces". An icecream social is to be held in June. Next meeting will be held at the home of Mrs. H. G. Morrow.

ELMSDALE. Elmsdale Institute meeting was held at the home of Mrs. David Williams. Seven visitors and twenty members were present. It was decided to make plans for a Festival to be held on July 4th, and a special meeting to arrange same was announced, to be held on June 21st, at Mrs. J. A. Callaghan's. Next meeting will be held at the home of Mrs. Alex Forsythe.

RED POINT. The June meeting of the Red Point Institute met at the school-house. Twelve members and two visitors were present. Roll call was answered by paying five cents to go towards purchasing books for library. A committee from the Institute met the rate-payers and Trustees and arranged to paint the interior of the school in the summer and maybe remodel sometime later on.

PEMBROKE. The June meeting of the Pembroke Women's Institute met at the home of Mrs. Albert E. Graham. Fourteen members and three visitors were present. Considerable business was attended to. The programme consisted of readings, recreation and question puzzles. The next meeting will be held at the home of Mrs. Charles Hicken.

MAYFIELD. Mrs. Gordon Houston entertained the ladies of the Women's Institute for the July meeting. The sick committee reported taking flowers and fruit to sick members. It was decided to treat all the school children the day that the school will be opened.

STURGEON. Seventeen members and five visitors met at the home of Mrs. Hugh Collings for the July meeting of the Women's Institute. The school-house has been shingled and will be painted. One new member enrolled. Next meeting will be held at the home of Mrs. Stanslas.

ST. RAPHAEL. Institute has cleaned and painted the school. The work was all done by members. The July meeting was held at the home of Mrs. Stanislas.

OCEAN VIEW. Answered roll call with "My favorite name." Nineteen members and nine visitors were present. \$10 was voted to the Red Cross Society. A discussion was held on holding an ice-cream social and a special meeting will be held on August 8, to make arrangements. Three new members enrolled. Next meeting will be held at the home of Mrs. Malcolm McLean.

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