BRIG.-GEN. H. F. McDONALD C. M. G., D. S. O.

Who will act as British Columbia provincial chairman for the committee which will organize a Canadian Legion, as outlined by Field Marshal Haig.

LIEUT. DESMOND BURKE
Winner of the King's Medal at the Dominion of Canada Rifle Association's fifty-seventh annual meet at the Connaught Ranges. He was winner of the King's Gold Medal at Bisley last year.

ETIQUETTE.

Mourning is not worn as much as formerly. It is all right, in the seclusion of the home, to wear as heavy mourning as one wishes. But when one goes out, after the first few weeks, she should not wear mourning, gut white or black and white. Mourning has too depressing an influence on the company, and it is more noble to try to make the world happier and not add to its sadness.

LIGHT IN THE HOME.

There is more to consider in lighting the home well than just convenience. It is a blessing that we are out of the day of the kerosene lamp. Farm homes today are many of them lighted with acetylene lights, or the electric wires go past the door and may be installed in the farm home, or many farmers have electric light plants of their own.

The first coat of better lighting may seem expensive, but it lessens the fire risk, as carrying around a kerosene lamp is rather a dangerous thing to do. Wiring should be done carefully.

AN INFANT LIVE WIRE

A Los Angeles street car had halted at a drawbridge outside the city to let a steamer go through. A four-year-old flapper accompanied by her Mid-Victorian grandmother watched the proceedings with interest. Suddenly the air-pump which had been throbbing stopped.

"Boob," gurgled the child in the dead silence, pointing at the motorman.

"Nice man," said the dear old lady, beaming, "Runs the car for Betty; don't point."

The infant wrinkled her nose scornfully and remarked "The poor dumbbell has stalled his engine."

Have a brush especially for scrubbing both pastry boards and tables. Wash and wipe dry, and be careful not to allow dough to accumulate in the cracks.

The Can-Opener Slipped!

You're in a hurry to open that tin. A little too much so, the can opener slips and then—a nasty, jagged cut, painful, inconvenient and so open to infection.

Now is the time for a prompt application of

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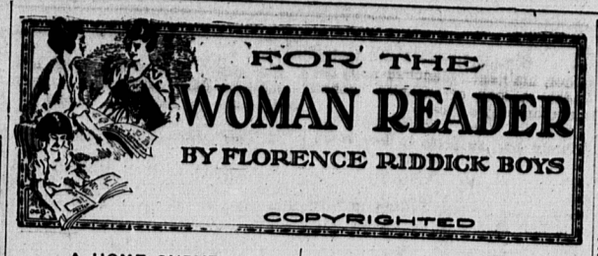

A HOME SURVEY.

Women's Clubs are taking a general survey of the homes of to-day. Nine-tenths of all club women are homemakers and they have lately made a few declaration of faith "that homemakeing is the most important industry of the nation—the industry for which in the last analysis, all other industries are operated, and from which the nation must draw its citizenship.

Homemaking is more than housekeeping, but no woman can be a successful homemaker if she fails as a housekeeper. Successful housekeeping, like any other successful industry, calls for periodical stock taking of methods and materials.

Is our equipment the best available for us? Are we using thrift in expenditures of labor and time? Or are we wasting human resources—exhausting our nervous and mental energies in an effort to keep pace with modern life by the slow gait of out-of-date housekeeping ways? Are we clinging to obsolete, labor-wasting, wrinkle-making housekeeping because we are unwittingly confusing the simple life with primitive life?

Club women plan to ask the city, health and public service officials how many homes are connected with sewer and water mains, equipped with modern heating plants, gas, electricity, and labor saving devices? How many have ash, trash, and garbage collection, or devices for burning refuse?

They will inquire of merchants how many and what labor saving devices are sold, and as to radio and other facilites for recreation. A special emphasis will be placed on "home attachment" and the provision for more entertainment ner, and in may households a places.

With this knowledge of facts in homekeeping, the clubs plan to do what they can to help make modern homes all that they might be.

SUNDAY MEALS.

The housewife can add a choiceness to Sundays by having the meals of that day a little more gracious than on the week days. It has long been a custom to make extra preparations for Sunday dinchicken is the center of attraction for that meal, in season and out of season.

We have been too prone to make the Sabbath a day of suffering. In the old colonial household it began with hearty baked beans continued with pie and other heavy foods, and ended with dullness and indigestion. Especially is this sad finis likely to occur in this modern day when we mostly sit all day Sunday, in services, on the veranda, in the auto.

A better way to celebrate the sweetness of this day is to have the meals a little more lovely. Use china, a touch of formality in serving, spend a little more leisure, and indulge in your most delightof herbs, where love is," than the stalled ox without it. The dinner of herbs is a very good idea for an inactive day, anyhow.

Begin with breakfast, have an extra nice apple or orange. Use the pink bon-bon dish with a wee knickknack for a relish. With a square meal for dinner, serve for the evening refreshments, the daintiest of eats: tiny sandwiches, small cakes, a delicious drink and something else you particularly like—but let the chief glory be in the manner of it, not in the food.

Sunday may be made an exceptional day; a day set apart for finer things, for exaltation of mind; a cleaner day, a quieter day, a more kindly and loving day.

ETIQUETTE FOR WIVES.

It is the wife's privilege and duty to exercise good management in her household, economy in expenditures, taste in dressing herself and the children, promptness and charm in filling her social duties.

Be as gracious to your husband as you were in the pre-engagement days. Win your children's love and admiration by sweetness of spirit.

Do not load all your trivial cares on your husband, though you should confide your larger troubles in him and let him advise and help you.

Try to understand enough of your husband's work to appreciate it and him.

Hold on to health, take enough exercise to save your figure and continue to keep personally attractive.

Dress and do your hair attractively, even in the selection of your home.

Accept gracefully the small courtesies a man likes to bestow upon the woman he loves, and in return give him appreciation and admiration.

Be willing to go out with your husband and meet his friends and receive them into your home. Especially try to be sincerely friendly with his people.

Be your husband's best pal. There is no basis for a happy marriage like friendship.

POSTURE.

A good carriage is an indication of health, just as poor posture is to be taken as a sign of fatigue or general weakness, due to wrong feeding or some condition of poor hygiene. Have you a dropping of the head, rounding shoulders or do you project forward at the hips? If so, find out how you are breaking the rules of Mother Nature.

A correct posture is: head up, back bone straight, chest high. When you walk do not make movements with the top part of the man.

body. Move the legs from the hips; do not waddle. We used to think it a sin to "toe in." The proper position is not the toes pointed out, but straight ahead. Pep and hope and self confidence have much to do with the proper posture. Do not slump down on the back bone when you sit.

"Get uplift in your bearing
And strength and spring and vim;
No matter what your worries,
To slouch won't alter them."

There are better ways of standing, sitting, walking, lifting and working and the achieving of them will go far to make your life work easier and more successful. One of the greatest causes of weariness is not too much to do, but a poor posture while doing it.

PLENTY OF TASTE.

"Not that people today have little taste," says the wag. "There is so much taste—most of it bad."

"LAW PROTECTS WOMEN."

Wisconsin has enacted a law which forbids the publication of the name of a woman who has been the victim of criminal assult. It frequently happens that a good and innocent woman is brought to great embarrassment, if not positive disgrace, by publicity connected with a crime of which she was the victim and not at all guilty. It is a shame to add this insult to her injury. Newspapers are not to be allowed to thus drag her name in the mire.

TO PREVENT GOITER.

It has been found that goiters are very prevalent throughout North America; and physicians are now learning that the cause is probably a lack of iodine in the drinking water. This has led to the extensive manufacture and use of iodized salt. Austria and Switzerland are using iodized salt almost exclusively.

Several of the states on this side the Atlantic have enacted laws forbidding the sale of any but iodized salt for table use, hoping thus to so supply the iodine needed that our people will not be prone to goiter. The cost is not a consideration, for it adds but little to the expense of manufacture and this is made up in added economies and efficiency.

Iodized salt is not recommended as a cure for goiter, although it will help, but as a preventive. It should especially be used by the prospective mother, the developing girl and the small child, and in times of strain by all persons.

LESS HOME OWNERSHIP.

Statistics show that we are going backward in home ownership. For twenty years the ratio of owned homes has been steadily but slightly falling. The "Own Your Home" movement is an effort to turn the tide the other way.

RETURN TO COEDUCATION.

The high schools of Paterson, N. J., has tried out for two years the plan of separating the boys from the girls in school. But the school board has decided that coeducation is better and has decided to return to coeducation. "Since men and women live together, they should grow up together," says the superintendent.

POTATO WATER FOR BREAD.

In making bread, one may use as liquid either milk or potato water. Milk costs more and slows up the process of rising. Potato water makes the bread rise quickly and helps to keep the loaf moist. Both liquids are nourishing, perhaps the milk a trifle more so, but the vitamins of the milk are killed in the baking so that virtue of milk is lost. Potato water has the triple advantage of costing less, speeding the job, and keeping the bread from drying out.

THE POPULAR ONION.

To stimulate a taste for vegetables, a teacher kept a record of what vegetables each child ate each day. The children took great interest in reporting. The humble onion won high honors for popularity, and in order followed: beans, cabbage, tomatoes, peppers, carrots, lettuce, turnips, greens, and celery. This will hold some surprises for many mothers.

MRS. SOLOMON SAYS.

People who are not "up" on a thing are usually down on it.

SMILES.

In old times, it was the custom in some churches for the clerk to read one line of the psalm, the congregation would sing that and then the next line would be read and sung. A sailor once entered a church and heard the following:

"The Lord will come, and he will not."

He was surprised at this, but he left the church thinking the audience was a bunch of idiots when the next one was announced:

"Hold peace, but speak aloud."

A ring on the hand is worth two on the phone.—Simpsonian.

NOT SO WELL OFF.

Dick—"Is the man your sister is going to marry rich?"

Marion—"I don't think so, because every time the marriage is mentioned father says, "Poor man."

Scientific Facts

NEWEST NOTES OF SCIENCE.

The Turkish city of Angora is to be given an automatic telephone exchange.

A guage that can be attached to any knife assures bread being sliced evenly.

In an area of 51,000 square miles Java has a population of almost 35,000,000.

Light work of more than a dozen machine tools can be done with a new electric drill.

A single wheeled trailer for passenger automobiles to carry baggage is a French idea.

Nearly one half of the ships now being built throughout the world will be motor driven.

About 90 per cent of the motion poictures shown in Bolivia come from the United States.

The greatest known ocean depth is nearly five miles deeper than the deepest mine on land.

Legs that unfold from inside a hand bag of English invention enable it to be used as a seat.

A new process is claimed to produce alumium within two one hundredths of one per cent purity.

A Swedish sawmill owner has obtained an Amrican patent for an automatic device for sorting lumber.

At one end of a new hand scrubbing brush is a curved portion lined with bristles for cleaning a finger.

The manufacture of tin plate has been begun in India at one of the world's most modernly equipped plants.

A mill has been developed for pulverizing corn stalks into a meal that can be mixed with other cattle foods.

HARD TO PLEASE.

Winnie—"Would you marry a man to reform him?

Minnie—"I suppose I shall have to. There isn't one of them that suits me just as he is."

TAN COMES HIGH.

"They aren't wearing much at the seashore."

"That fact represents no economy," said the man who was examining his bills. "My wife's coat of sunburn for last week cost me over $300."

A MORAL REBUKE.

Maid — "The new neighbors would like to cut their grass, mum, an' they want to know if you will lend them our lawn-mower."

Mistress (highly shocked) — "Cut their lawn on the Sabbath? Certainly not. Tell them we have't one."

A THRIFTY LOVER.

"Why do you want your love letters returned?" asked the girl who had broken the engagement. "Are you afraid that I'll sue you in court?"

"No," sighed the young man, "but I paid quite a bit to have those letters written by an expert, and I may use them again some day."

REGULARITY.

A mother never does her duty in training her children until she teaches them to take care of themselves. They must be taught to brush their teeth without being told, to wash clean, to keep their shoes and nails tidy, to go to bed at the proper time, and many other things.

In most families the mother has to be continually on the job to see that the children do these things. A help in teaching them to be responsible and to depend on themselves is to make out a daily program or schedule which they are expected to carry out. Post this up somewhere, to be certain that they understand clearly just what is expected of them.

A regular time, when they are expected to do each task, makes it easier for them than to remember than the indefinite arrangement that they are to do it sometime each day. Until the habit is established, it is well to have a system of markings, as the teachers do in school, and to keep a record of how well they are doing, and how many times they miss. Give them a percent grading at the end of the week. A little competition among the children of the family, or a reward of merit, might help them to put spirit into the undertaking.

The important feature of the plan is that the mother means business and insists that each child shall do the required work regularly, and that he shall do it without being told. Punishments should be allotted if the child does not really try. An effective form of these is the denial of some privilege which he prizes. Of course, the program laid out should not be too much, for only a little responsibility can be laid upon a child.

ADD BEAUTY.

Do something from time to time to make your home more beautiful. Do not settle down and be content to have it merely comfortable. The home is the frame for your family life and that is enhanced if placed in a beautiful setting.

It does not always cost much to add beauty to the home. It may be only a new vine started, a flower box fixed up for the front porch, or a few sofa pillows put in new dress, or fresh coat of varnish to several old pieces of furniture. The ways to make her home more beautiful, if she applies her brain to it, without a great expenditure of money.

But money spent in home beautification money well invested. A thing of beauty is a joy, and the whole family will love home more if it is attractive. And if the family does love home more, their united effort can make it still more beautiful. There is no more delightful task on which the household can expend their energy.

Diamonds still are being obtained from rivers in Borneo where they first were found more than 200 years ago.

A number of corrugated rollers in a handle resembling a flat-iron form a new device for helping to wash clothes.

A railway in New South Wales is using light passenger trains drawn by six cylinder motors of only 150 horsepower.

An inventor has combined an ironing board, stand and seat for a person using it so that they fold flat for storage.

The Portuguese government has opened a new radio telegraph station at a suburb of Oporto, largely to aid shipping.

Either a straight blade or a safety razor can be used with a new electric device that shaves by vibrating it rapidly.

It has been estimated that there are 4,000,000 acres of land in the Union of South Africa on which cotton could be grown.

Removable strips of chamois feature a new finger nail polisher, spare ones being provided for use when old ones become worn.

A slide rule of English invention that has a scale 100 inches long is claimed to be accurate within one tenth of one per cent.

A device utilizing electrical resistance has been invented to locate places in oil wells where salt water leaks in to flood them.

A method has been developed for the economical production of sugar from the heretofore wasted juices of Hawaiian pineapple canneries.

Motor operated apparatus has been designed to test tennis and golf balls for bouncing, rejecting those that are defective automatically.

Esthonia is conducting extensive experiments to ascertain if byproducts of value can be obtained from the oil shale mined in that country.

A folding steel framework enables a new light tent designed for automobile tourists to be erected without the use of poles, stakes or ropes.

Italian interests have organized a company to make their country independent of foreigners in the esablishment of powerful radio stations.

The production of gasoline in the United States has grown more than 500 per cent in ten years, being more than 8,950,000,000 gallons last year.

A motor that has been invented in France to be attached to an ordinary bicycle has a cylinder with a stroke of 22 inches and a bore of two inches.

For building purposes a galvanized steel mesh fabrc backed by a rope fibre waterproofing material, has been invented to hold plaster or stucco.

The Portuguese governmet has granted three concessions for developing asbestos mines to meet the growing demand for the material in that country.

A novel windshield for tobacco pipes can be turned in whatever direction the wind may be blowing or folded down over the bowl of a pipe equipped with it.

Horse drawn, a sled of Canadian invention travels equally well over ice or loose snow and will float on the water when shallow streams are to be crossed.

Figuring on the present rate of increase experts have estimated that there will be 10,000,000 radio receiving sets in use in United States by 1930.

The French postal ministry will open lines from Paris to Lyons and Strasbourg for transmission by telautography of written messages, drawings or plans.

On top of a new automobile cap is a device that condenses steam in warm weather and alcohol vapor in cold and retuns the liquid to the radiator.

Despite Japan's extensive production of genuine silk a factory has been establishment at Osaka that manufactures 2000 pounds of rayon from wool fibre daily.

Shaped like a saucepan, an asbestos lined frying pan has been invented that is said to save fuel and retain oders better than a utensile of the usual shape.

An ampitheatre in a French hospital is covered with a glass dome around which are arranged chairs for students who watch operations perfomed by surgeons.

Despite the general settlement of the Unted States there are large areas that never have been explored notably in the states of Colorado and Washington.

Machinery belting has been invented in Denmark that is made of flax instead of cotton and is impregnated with chemicals that make it resist water and acids.

A gas mask that has been patented to protect workers among noxious fumes is so formed that a person can retain his spectacles or eye glasses while using it.

A ststem of pneumatic cylinders has been designed by an English inventor to protect the lower parts of airplanes from damage in the event of improper landing.

Link buttons have been patented that can be inserted in the eyelets of women's laced shoes to convert them into buttoned ones to conform to fashion's demands.

The government of the Dutch East Indies has granted six permits for petroleum prospecting on a group of small islands south of the western end of New Guinea.

Leather covers are provided with new padlocks for spare automobile tires to protect them from rusting and to prevent them rattling or damaging a car's varnish.

The French government requires radio equipment of at least 150 miles radius on all ships carrying more than 12 passengers or 50 or more persons, including crew.

Tests by the United States Bureau of Standards have shown that concretes in which crushed waste from limestone quarries was used were as strong as those using sand.

The recent opening of a wireless telegraph station on the island of Montserrat completed the chain of stations planned for the West Indies by the British government.

Auziliary springs that have been invented that can be attached to almost any automobile are designed to prevent sidesway and afford easy riding over the roughest roads.

A large passenger steamer on a German river is to be equipped with tank that can be filled with water to lower it sufficiently to pass under any bridges it will encounter.

Experiments by the United States Bureau of Mines have shown that less stored oil evaporates from tanks coated with gray or aluminum paint than when any any other color is used.

British postal authorities are experimenting with an automatic post office that sells stamps, receives letters for mailing and provides telephone service without an attendant.

Setting a guage on a new air dspensing station for automobiles at a desired pressure lights a lamp, which is automatically extinguished when the pressure is reached in a tire.

STINNES PENNILESS

Hugo Stinnes, Jr., the son of Germany's wealthiest man, is to be saved from complete bankruptcy by the State of Prussia, assisting in saving one of the last Stinnes interests from collapse. The Stinnes Empire crumbled at the death of its creator. Hugo Stinnes, Sr., was the son of a poor man.

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