

FOR THE WOMAN READER BY FLORENCE RIDDICK BOYS

BE GOOD TO YOURSELF. The busy housewife, in her eagerness to do all her work well, often neglects herself.

There are many little things which save the housewife's strength and which she should not neglect to do. The first of these is to sit down about the housework, sometimes, will bring one to the end of the day less tired.

Shoes with broad soles and low heels, and rubber heels at that, are less tiring than high or high-heeled shoes. If one must wear high heels, it is best to change the shoes somewhere along the line.

Do not keep yourself always tight. Do not keep your favorite frock and pick up a fresh magazine and get a few minutes' thoughts and a fresh view in between seasons.

It is best if only food preparation and dishwashing is done in the kitchen leaving laundry, darning, mending, and the children's play to be done in some other room, especially appropriate for these activities.

One has to spend much time in the kitchen watching the food cook. It is a good scheme to fit up one corner with a table and chairs, and a small table and chairs for the coffee and tea.

In the dim light of the prehistoric past, there were candles. Fifty centuries ago man began by candlelight, groping his way toward civilization.

Candles have been burned before altars from time immemorial. The spirit of worship and of festivity still emanates from their glowing flames.

A mother never does her duty by her children, unless she teaches them independence. They should learn to take care of themselves as much as possible.

Scientific Facts NEWEST NOTES OF SCIENCE.

Iodine can be obtained from worn out sponges by carbonizing them. About 800 languages and dialects are used among the natives of Africa.

The Narval falls in Estonia will be developed for power by British interests. A cover for milk cans has been invented having a handle that locks it in place.

Wireless communication has been established between Germany and Brazil. By turning a new enamelled kitchen table on one side it can be used as a bath tub.

Only about 1600 of the 250,000 residents of the city of Baghdad use electricity. The apparatus for draftsmen have been combined with a lead pencil by a Maine inventor.

Germany has produced a new motor fuel consisting of a gasoline charge on a benzene base. A new machine for printing bread on walnuts works at a speed of more than 2000 nuts a minute.

In an experimental way in Europe intercontinental cables are being run by explosion of grain dust. A new holder for a baby's milk bottle retains it at any angle on a high top, tray, baby carriage or crib.

Hot water, that is, water at 100 degrees, is being used experimentally this winter to heat its buildings. Thirty-eight letters out in 12 shapes from which nearly 250,000 words can be formed make up an instructive game.

Apparatus employing magnetism has been used in Sweden, a rapid development of interest extending over the entire country. Flexible tubes having a corker at one end and a handle at the other have been invented for pulling packing from heated machinery.

Experiments in cotton growing in Syria near the Euphrates have been highly successful, America seed producing for use in indoor swimming pools an electric blower has been designed to quickly dry a bath and his bath tub.

THE BROKE COINS OF NOVA SCOTIA BY PAUL MONTGOMERY. Copyright 1926.

During the War of 1812, that portion of the British navy that could be spared to the western Atlantic had met with some successes and many reverses. The British fleet was augmented by the arrival of a thirty-eight gun frigate called the Shannon.

The Chesapeake came out and after a fifteen-minute engagement was in the hands of the Shannon and appeared a few days later as a captive of war in Halifax harbour. The populace of Nova Scotia were elated over the victory.

There was a firm in the dry goods business in Halifax, known as Carr and Apport which had planned to put its business on a new basis. With their lease the famous broke piece appeared.

Delated until his wicker enters and he is left with a broken back. The inventor in Austria is automatically inflated from a compressed air container by the operation of a float valve.

When deflated a new balloon that is large enough to carry a man a short distance weighs only 50 pounds and can be folded compactly for carrying.

German chemists have perfected a process for producing sulphuric acid and Portland cement from gypsum, oil and coal treated in a revolving kiln.

Mounted on a motor truck, a new snow plow is equipped with two sets of rotary blades that can be adjusted to clear the snow to one or both sides of a roadway.

Mud guards almost entirely enclose the wheels of a Belgian automobile to increase wind resistance and to protect the car when rough country is traversed.

An electric button in the handle controls most of the movements of a little foot written metal in foundries, its weight being supported from an overhead beam.

THE STORY OF CANADA'S MONEY

The tokens that bore the name of the firm displayed an image of the Shannon, but the broke coins displayed a portrait of the hero and the figure of Blaquiere, a Chief of the Mi'kmaq.

The broke coins of Nova Scotia were issued in 1812. The value they were supposed to represent was not marked upon them but they passed for a penny and a half-penny depending upon the size. Similar coins appeared in Upper Canada.

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SUNDAY SCHOOL CONCERT AT HYERIAN CHURCH

On the evening of Wednesday Dec. 22nd a very successful Sunday School concert was held in the Highfield Presbyterian Church.

A large audience was present and the entertainment was thoroughly enjoyed by all. The concert was presided over by Mr. H. Staver.

Opening chorus, "The Choir of St. Peter's Church." The choir consisted of the following members: R. H. Staver, Recitation, Roy McKinnon, Solo, Gordon Storey.

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Report Of Women's Institutes Of P. E. I.

(Continued from page 11.) GREENWICH Eight members met at the home of Mrs. Arthur Sanderson.

Meeting opened with the singing of the Xmas. Recitation. A programme followed which consisted of two Readings and one Recitation. A discussion followed.

BEAR RIVER NORTH This Institute met at the schoolhouse, 7 members and 5 visitors were present.

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POPLAR GROVE 9 members and 11 visitors were present at the meeting of this Institute held at the schoolhouse.

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The Handy Man's Corner

PAPERHANGING The necessary tools and implements for paperhanging are few and simple.

A clean household hair-line will be found useful and the best paper for paperhanging is a fine quality paper.

Start a new corner of the room as in Fig. 1 and work on paperhanging at the top and allowing a paper to unfold gradually toward the bottom.

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Southern Kings And Eastern Queens

Mr. Dan, Martin of Iris was a recent visitor to the city. All quiet and undisturbed along the floating bridge road.

Mr. Alexander MacPherson of Port Wood is hale and hearty though verging on his eighty-second birthday.

Mr. William D. MacDonald of Little Sands was recently a visitor at his brother Hector's home in Wood Islands.

The home of Mr. John E. MacDonnell of Little Sands received a full visit from Santa Claus at the usual date.

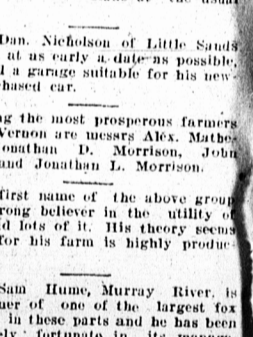
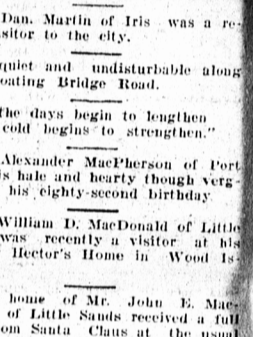
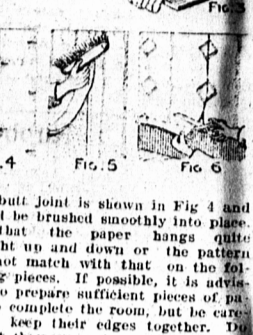
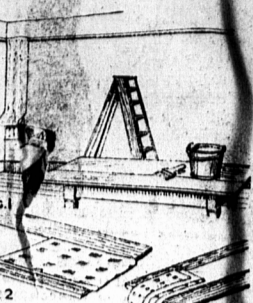
Mr. Dan, Nicholson of Little Sands intends at an early date, as possible, to build a grand suitable for his newly purchased car.

Among the most prosperous farmers in St. John's are Messrs. Alex. Mathew, Mr. Vernon H. Morrison, John Acorn and Jonathan L. Morrison.

The first name of the above group is a strong believer in the utility of a horse. His theory seems sound for his farm is highly productive.

Mr. Sam Hume, Murray River, is the owner of one of the largest fox ranches in the country. He has been extremely fortunate in his management. He has had but few losses and large increases.

Mr. James Hume of Glen Forest, has worked to such purpose during the past few years that he has now the satisfaction of owning a fine imposing set of tools in his residence. His barn, poultry house and other buildings are all commodious and suitable to his purposes.



KENSINGTON HIGH SCHOOL

Honor Roll of Kensington High School for December. Principal: Luther's Dept. Grade X: Kathleen Reedy, 2 Jean Mander, 3 Patricia Cullen, 4 Marion Hill.

Grade IX: 1 Edith Hogg, 2 Hattie Clark, 3 Kenneth McFadden, 4 Jennie Payton. Miss Buntain's Dept. Grade VIII: 1 Gladys MacNeil, 2 Helen Yee, 3 Gilda Gower, 4 Jean MacKenzie.

Grade VII: 1 Blanche Hughes, 2 Jennie Clark, 3 Margaret McMahon, 4 Catherine Murphy. Miss MacArthur's Dept. Grade VI: 1 Kathleen Reedy, 2 Helen Yee, 3 Zina Chisholm, 4 Ruby Kelly.

Grade V: 1 Irene Casely, 2 Gertrude Gillis, 3 Rena Kennedy, 4 Billy Bell. Miss Goodwin's Department Grade V (Jr.): 1 Eddie MacDonald, 2 Evelyn McLeod, 3 Doris Higgins, 4 Bruce MacLeod.

Grade IV: 1 Harold McFarlane, 2 Everett Hughes, 3 Stewart Hunter, 4 Donald Chisholm. Miss Chisholm's Department Grade III: 1 Grace Campbell, 2 Helen Watson, 3 Zina Chisholm, 4 Ruby Kelly.

IN MEMORIAM

MR. MARTIN D. MARTIN. There passed away at his home in St. John's on Nov. 8, 1926, Mr. Martin D. Martin, a well-known resident of the place after a month of illness.

Mr. Martin was born on the farm on which he died 82 years of age and lived there almost all his long life.

The deceased was of an unassuming nature, of a retired disposition, just in his dealings with his fellow men, respected within the circle of his acquaintance. His old and young, his death is regretted by the whole community.

Mr. Martin will be greatly missed, not only in his home by his family, but by his host of friends as well. His kindly, genial disposition and friendliness made him a friend to all, these were the traits that endeared him to those with whom he came in contact.

He was a member of the St. John's Protestant Orphanage Institute. He was a member of the St. John's Protestant Orphanage Institute. He was a member of the St. John's Protestant Orphanage Institute.

Barbieri, Lawyers, Etc. to Loan.