FOR THE WOMAN READER

BY FLORENCE RIDDICK BOYS

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FORTIES' FIFTIES AND SIXTIES

After rushing along through school days and on into young motherhood and homekeeping, comes a lull in the hurry after forty. Then the youngsters are out from under one's feet, the housework is systematized or framed out, the family purse permits more help—and what shall a woman do then to make her life full and rich?

Often in the strenuous days, she had dreamed of a time of ease,and longed for it; but one soon gets enough. To be idle, and not recognize any work which needs one's effort, is a sad and lonely state. This is one reason why every woman should keep up her intellectuality— even through the busy days— that she may not fall too far behind the procession, but may be ready to take up something interesting and worth while when her hands begin to grow empty of home cares.

When her own personal and physical mothering days are over, a woman is best fitted to do social mothering. The world still has neglected and unloved children, and the field of social betterment is still ripe for the harvest with the laborers too few. Church work, friendliness to the aged, Red Cross work, service for hospitals, sewing for the needy, leadership in the thought life of the day, politics— there are no end of ways in which a woman may use every ounce of her energy in helping to make the world a better home for everybody's children.

Each woman is needed. It is a pity to idle away the precious years, after she is trained and experienced and grown wise mellow-hearted. It is a beau way to live, full of good work busy-ness for people, righ the day one lays down th of life "for good and all". is a beautiful way to die.

Pleasant Thoughts With For

It is not very pleasant to have meal time a happy time, fo its own sake, and because it is alm st our only family get-together time, but it should be pleasant for the sake of digestion. Actual scientific experimetns have proved that disturbed and harassed thoughts generate carbonic acid gas in the system, the "choler" of the ancients, which is a body poison. Therefore do not be angry, hateful, choleric at mealtime. If you must be these horrid things at all, reserve them for between meals, when the stomach is empty.

The Greeks had a theory that there were seven humors or juices of the body, some of them good and some bad. Good moods, music and pleasing environment encouraged the flow of the good humors, and bad moods dried them up at the fount. Perhaps they were not so far wrong.

Science tells us today that hate acts like a halter which strangles the flow of digestive juices all the way along through the throat and alimentary canal. Love,"the milk of human kindness", the sauce of good cheer is the best seasoning for meat. "Better is a dinner of herbs, where love is, than a stalled ox and hatred therewith."

Don't make a clearing house of the family faults at mealtime. If you must tell Dad or Johnny,, do it "after taking" rather than "before taking" meals. To heavy and serious discussions and news of murders and earthquakes had better not be mingled with the bread and butter. The world is so full of a number of things, there is no reason why we cannot all be as "happy as kings,,— especially at meal time.

And then, should we get the habit of being sweet tempered at mealtimes, why not forget where the meal ends and keep on keeping it up?

Feeding Children Right Foods.

The problem of teaching children to like the foods which are good for them is one which is a great perplexity to many mothers. When we were young there were fewer knicknacks and food was not so easy of access. The result was that we ate heartily at mealtime and had an appetite for the wholesome foods. Today's child has a pampered appetite and does not like his cereal and milk and even spurns an apple or an orange.

The way to teach children right food habits is to begin at the beginning and accustom them to such foods and not allow their tastes to be spoiled by "piecing" or by giving fancy foods.

When the child has grown older he will have to be re-educated, if food habits are wrong. In this work some other agent than the home is more successful: such as the school, a Scout troop, a Camp Fire organization, or the athletic team.

"An appetite means being chums
With every friendly food that comes
And being ready for it, quite.
Whether it's morning noon or night."

Home Made Shower Bath.

"If the boys want a shower bath, let them make one ", says a Nebraska college bulletin. It then tells them that they will need a pail which holds four or more gallons of water, a funnel, a piece of hose, a piece of rope, a pulley, a clamp or clothespin and a shower bath nozzle. They will probably have to have a tinner cut a hole and fasten the funnel in the bottom of the pail. Over the funnel they slip the hose. A clamp or clothespin serves as a faucet. They put the shower bath nozzle on the end of the hose.

On a beam somewhere over their heads in the barn or garage they fasten the pulley. When they fill the pail with warm water, they draw it up and can have fun as long as the water lasts.

Sugar On Oatmeal.

Oatmeal is rich in fat and sugar content, and does not call for sugar used with it. To add sugar to oatmeal, is likely to cause undue fermentation, or sour stomach. The use of sugar on oatmeal is largely a habit. Fond mothers are apt to cultivate the taste for sugar on it in their little children, in the effort to coax this valuable food down them. A better way is to let them get good and hungry and then offer oatmeal and milk, and that only, as the first portion of the meal.

Left Over Bread.

Pieces of bread left in the bottom of the bread box will mold and contaminate the fresh bread. A bread box of tin or enamel is easier to keep clean than one of wood. When you have remnants of bread, dry them in the oven and then chop or roll them into crumbs. Keep these covered and in a dry place. But do not cover them too tight or they will mold. They need some air. Dried bread crumbs are good for escalloped dishes, for puddings or added to soups. Try them in escalloped salmon, codfish, corn or tomatoes.

Machine Day.

Have you a regular time for giving needed care to your household machinery? To oil the sewing machine or the carpet sweeper thing we constantly neglect. A thrifty housewife should set a regular time to overhaul her labor saving devices—oil everything which needs oiling, cleaning efficiency. While using the oil can, don't forget the hinges on the doors and the casters on the beds.

Larger Towel Rack.

You can now purchase towel racks with three rods going from end to end, instead of the old-time two-rod rack. These hold more towels and wash clothes and take up no extra wall space in the bathroom. They are convenient in the kitchen for dish towels.

Sand-Paper Holder

A convenient accessory to be hung near to the sink or in the bath room is a sand paper holder. Use a wire holder, such as we formerly used to hold photographs on the wall. In it put assorted grades of sand-paper, to be used on porcelains or wood work or in other cleaning.

Glue On Cloth

When using liquid glue on fabrics always let it get very thick by exposure to the air before applying it. In this way you are certain to get the mosst permanent joint, and also there is no danger of the glue soaking through and marring the finished side of the fabric.

A Whipping Hint

When whipping cream, making salad dressing or beating egg, if your arm threatens to give out from exhaustion and you must not stop, change the bowl to a different level. This change is almost as good as a rest and you can take a fresh start and go ahead.

The Lady Clerk

A thought for the lady clerk is this: "A soft answer turneth away wrath; and a gruff answer turneth away customers."

What A Child Gets from a Normal Home

Child Specialists tell us that a child should get from a normal home, not only food, shelter and cleanly care, but some training in conduct, some idea of control, religious training, affection, some of the culture of the group to which he belongs, an opportunity to express himself in play or simple duties, and a chance to mingle with other children. How does your home measure up to these standards? Is it "normal"?

A Kitchen Convenience

Extra table room is always a convenience in the kitchen, but it is not always convenient to have so many tables around. To solve this problem, use the drop-leaf attached to the wall. It may be merely a shelf or table-top fastened to the wall with hinges. When not in use, it may be folded down. Porcelain table-tops may be used in this way. The housewife who had an ordinary table, may buy a separate porcelain tabletop and use with her table.

Hundred Percent School

Every pupil in Hickory Grove School, Grundy County, Missouri, measures up to proper weight. As weight is one of the best indications of health this school has accomplished a feat probably unequalled anywhere else on the globe.

That Accounts for It.

"Yes", said the happy Mother,
when the Health Nurse came to call,
"From out my brood of children,
Jane's healthiest of all".
"No, I really could not say just how
this came to be,
Unless it is because our Jane is
the sixth child, you see.
We'd exhausted all the theories,
and had to just commence
A-bringing up our little Jane on
merely common sense."

Grins' Fairy Tales

A 20th Century Version of Stories You Have Heard Before

THE PIED PIPER OF HAMELIN.

By GREGORY GRIN

Take another slant at the title of this yarn. Note in particular the second word— "Pied." Pied is a word of one sylloble, and the first wise cracker who pronounced it "pieeyed," will be sent from the room and put to bed.

And now —as they say in all the thirty-five cent magazines— go on with the story.

In Germany, land of the Frau and home of the Bock, there is a quiet little village called Hamelin. To say that Hamelin is a quiet village is like saying that Broadway is lighted with six incandecents. Hamelin is one of those train-stops-only-on-signal hamlets where, if there is a light burning after 8.30, the eighbors slip on their overalls and come over to find out who is sick. If you were to mention Night Club, the natives would think you were talking about one of those cute little shillalahs which are being carried this year by all the leading yeggs.

A few hundred years ago the inhabitants were all smoked up like a Scotchman's stogie by a plague of rats. There were more rats in Hamelin than grease spots on a fat man's vest. They were as bold as Chicago bootleggers. They ran over the doorsills on the village, over the cribs of sleeping babies and over the grocer's books to see who had ordered cheese the day before.

Finally the housewives' Local No. 1 held an indignation meeting, agreed that it was all the fault of the City Adminstration and decided to take the council members out for a gallop, and ride 'em hard.

A committee of Iron-Jaw Sisters was appointed, and if there is anything that these babies didn't tell the city fathers it was because the it hadn't been translated into German. They laid 'em like a carpet and hinted that unless rats became as scarce around Hamelin as ice fields in the Sahara there would be a sudden addition to the population of Heaven, or Gehenna, as the case might be.

When the committe had finished the members of the Council were as happy as a flock of cats in the Atlantic.

Being an average city Council, this crew of lard heads hadn't had an honest -to-goodness thought since the last time the century plant bloomed. Producing an idea was a harder trick for them than getting the landlord to re-paper the room.

Consequently after an hour of chin exercise, they hadn't gotten any closer to the solution of their problem than a congressional investigating committee after a six months' session.

They were just about to call it a day when there came a rap at the door, and in walked a Hombre with a get-up that was entitled to a fourteen-gun salute.

He wore tights to his waist, a long coat of bright red and yellow, and a hat that would make Buffalo Bill bite his fingernails in envy. He was tall, and as thin as an 1804 dime.

"Where's the masquerade?" wisecracked the Mayor.

"Listen, Half-baked." said the sstranger, as he advanced to the table. "As a comedian you're a perfect stymie. You and these other Comic Valentines don't want to get merry with me, for I scramble tougher eggs than you are every morning for breakfast.

"I've come to give you Hard-heads an idea— and that's someyou haven't had since Methuselah was ten years old. I can clear this Jerk-Water of rats quicker than an announcemet that a collection is about to be taken will clear a Scotch Auditorium."

"Wait a minute, fella," came back His Honor, "slap on your four-wheel brakes. Getting rid of these Cheese eaters is about just as easy as enforcing prohibition. They train on strychnine and clean up rat poison like a flapper cleans up ice cream sodas. Houndin' hasn't a thing on them when it comes to getting out of traps. Even bear traps are oats to those babies."

But the stranger just handed the Council. With that the Pied them that he would strut his stuff for a thousand blue chips.

"How do we know you can do your stuff?" they asked. "We have heard ducks quack before."

"Say, only last week I cleared Tatary of all the vampire bats,and week after next I got a date to free Florido of real estate agents," answered the Stranger. "And," he continued, "if I don't make this one-street burg as free from rats as Iowa is from good roads, you don't owe me nothin' but abuse."

"Hop to it; it's a bet," chorused the Council. With that the Pied Piper, and indeed as Laura Jean Libbey says in some of her zippy little stories, it was none other than he, opened the door and passed out into the street.

From under his cloak he drew a pipe that looked like it had been sired by Saxophone and damed by Piccolo. Placing it to his lips, he started to yank out some mean jazz. That boy could get more notes out of his pipe than there are on the family flivver.

Swinging down the street, he started to dish out "Cheese,Cheese, the Gang's All Here." Big rats and little rat came Charlestoning out of the houses and buildings like 12 o' clock noon in Wall Street.

Down the main stem of the village and to the banks of the river he led them. Here he executed an About Face that would have satisfied even a hard-boiled Drill Sergant. But, the rats having neglected to put on their chains, skidded on into the river.

When the people of Hamelin found that the rats were really gone they were all for throwing a big party for the Piper. But the Piper told them to count him out because he hadn't got rid of the headache from the last party. His job done he hunted up the Mayor to collect.

The Bozo who spanked his son for buying an All-Day Sucker at 4 o'clock in the afternoon was a big-hearted, open-handed philanthropist in comparison with the Mayor. He was one of those birds who makes his wife fry bacon in Lux to keep it from shrinking; and whenever he went out of the house he crawled through a window in order to save the door hinges.

He didn't care any more for a nickel than a man who has had his right eye punched out through a keyhole cares for the left one. The thought of paying the Piper a thousand smackers was just about as popular with him as the neighbar's children are wit the Old Maid Next Door.

So when the Piper presented his bill for this important money, the Mayor told him to send it to some humorous magazine along with the rest of the jokes.

The Piper put up a stronger argument than an installment collector, but the Mayor told him that he could take his choice between fifty bucks or the bum's rush.

"So that is the way you play marbles, is it?" sneered the Piper.

And he gave the Mayor a tongue-lashing which even a wife of twenty-five years' experience couldn't have improved upon. He wound up by telling His Honor that if he didn't come through with a thousand berries in the proverbial two minutes, Old Lady Hard-luck would throw her arms around his neck, kiss him and settle down for a long visit.

The Mayor had been a politican for twenty-five years: consequently, breaking a promise didn't bother him any more than a rheumatic old flea bothers an iron stag in a public park.

With a few well-chosen words he informed the Piper that he would pay him the thousand about the same time that Hell's business men reported a run on snow shovels and ice skates.

Once more the Piper went out into the street and drew forth his Jazzmaker. If the music was not hot before, now it was boiling over. And, instead of the rats, this time all the children, from the tiniest to those who had just reached rolled-hose age, congregated about him.

"Big rats and little rats came Charlestoning out of the houses like 12 o'clock noon in Wall street"

When he had assembled more kids than an ice-cream-cone wagon on a summer's night he again started down the streets. In spite of the frantic efforts of their parents to stop them, the children, followed the Piper like insurance men follow birth announcements.

Straight to the largest mountain walked the Piper; and just as he came up to it, a portion swung open. After the Piper and all the children had entered , it closed again.

When the villagers discovered that the old double-crossing Mayor was the cause of the loss of their children they cuffed him cuckoo. They offered a reward of ten thousand kopecks for the return of the children; but even to this day no one has ever claimed it.

When the people of Hamelin gave up all hope of ever seeing their children again, they used the money to erect two tablets, placing one at each entrance to the village. On them was inscribed in six-foot letters, so that all who passed could read: " DON'T BE A HEEL FOR A THOUSAND DOLLARS."

FAVORITE HYMNS AND THEIR WRITERS

By Rev. Archer Wallace

"I Heard The Voice of Jesus Say".

Dr. Horatius Bonar, the author of this hymn was born at Edinburgh, on December 19th, 1808. He died in 1889, and his life must ever be remembered as outstanding, even in that little land which has produced so many men of eminent spiritual and intellectual qualities.

Bonar entered the ministry of the established church of Scotland and was inducted to the parish if Kelso where he remained until 1866. He was one of those ministers who at the time of the disruption formed the "Free Church of Scotland". He was singularly humble and unassuming and whatever fame came to him was unsought and, indeed as far as he went, unrecognized. Many calls to bigger churches came to him but he remained in his obscure country parish until, in 1866, the call came for him to commence a new church in his native city.

The long quiet years at Kelso had done much for his spiritual enrichment, but he lived with a peculiar sense of detachment from the present world, and in most of his hymns there is a note of homesickness for heaven. As one distinguished critic writes, "Bonar's hymns are like those that came out of the seculsion and other worldliness of the medieval monastries where the monks sang of the growing evil of the outside world, of the absent Bridegroom and of the glories of Jerusalem the Golden. Several other hymns by Dr. Bonar indicate much the same trend. Among the best known of these are: "A few more years shall roll", "Thy way not mine O Lord". "Here, O Lord, I see thee face to face"; "I was a Wandering Sheep" and "When the Weary seeking rest".

Previous to his ordination Bonar served as superintendant of a Sunday School. He was much distressed because the children showed so little interest in the singing. He realized that the fault was not altogether their's as only the Scottish Psalms and a few Lifeless hymns were used. He determined to improve matters by setting to tunes that the children already knew, hymns suited to their intelligence and experience. It was for these children that Bonar wrote. "I lay my sins on Jesus", a hymn which is now sung by children the world over.

There was a distinct purpose behind nearly every hymn which Bonar composed, He wrote " "Go labor, on, spend and be spent" in order to encourage a group of disheartened mission workers at Leath. Hymn-writing became a habit with him and he maintained a wonderfully high standard considering his large output. "I heard the voiceof Jesus say" first appeared in 1846. The same tender and pensive longing is manifest here as elsewhere in his work. There is lese tendency to-day than there was eighty years ago for Christians to emphasize this note, yet it is difficult to believe that so beautiful a hymn will ever lose its charm and appeal.

Indigestion Banished

Through the Timely Use of Dr. Williams' Pink Pills.

The urgent need of all who suffer from indigestion is a tonic to build up the blood. Pain and distress after eating is the way the stomach shows it is too weak to perform the work nature intended it to do. New strength is given weak stomachs by Dr. Williams' Pink Pills, because these pills enrich and purify the blood. This is the natural process of giving strength and tone to the stomach and accounts for the speedy relief in stomach disorders that follow the use of these pills. Proof of this is given by Mr. Wm. H. Kelly, 216 Earl St., Kingston, Ont., who says:—"I cannot recommend Dr. Williams' Pink Pills too highly. I had been bothered with indigestion in a chronic form for almost ten years. Everything I would eat would turn sour. I felt as though there was a big ball in my stomach all the time. I felt tired and weak and would often turn dizzy. I doctored and tried many medicines, spending many, many dollars, but praising Dr. Williams' Pink Pills to no avail. One day I heard a lady and I decided to try them. I am more than glad I did, for soon I found relief, and after taking the pills for a couple of months the trouble disappeared, and now I can eat all kinds of food, and have again my old-time health and strength."

If you will send your name and address to The Dr. Williams Medicine Co., Brockville, Ont., a little book, "What to Eat and How to Eat," will be mailed to you prepaid. This book contains many useful health hints.

You can get these pills through any medicine dealer or by mail at 50 cents a box from The Dr. Williams Medicine Co., Brockville, Ont.

It's no good suffering in silence if you're going to talk a lot about it afterward.

NOTHING FOR NOTHING

Barton—What makes your next-door neighbor so unpopular?

Borrows—He's fixed h's lawn-mower so you have to drop a nickel in the slot to make it go.

Health Literature

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

BURN THAT COMFORTER:

"That child has been screaming for half an hour, I declare:" says the weary mother, looking up from her washtub.

"Why don't you give him a comforter? My children never made so much noise.,, replies the helpful neighbor.

If the mother remembers that her neighbor's eldest boy has adenoids, that her baby is constantly having ulcers inside the mouth and that the nurse has told her that these are caused by the comforter habit, she may reply that she would rather have the noise than let her baby have a comforter, and patiently continue her work. Presently the cries will cease and the baby will be sleeping peacefully.

But alas; for many babies, it is more likely that the harrassed mother will jump at the suggestion and will restore to her noisy offspring the beloved comforter which has been temporarily removed, at the visiting nurses insistence,but which still hangs by its grimy string from the kitchen dresser.

There is only one remedy,- burn all comforters: The comforter (with its aliases "dummy" and "pacifier") is a source of dirt, disease and deformity. Hundreds of healthy, happy babies grow up without ever having seen a comforter; their tempers are none the worse and their health is certainly much better.

Germs are frequently introduced into the body through the mouth, so that anything that is placed in the mouth is a possble source of infection. The comforter's career does not bear inspection. If it drops on the floor it is generally restored dust and all, to the babys mouth; or, worse still, it may be wiped a couple of times across the nurse's sleeve, in the false belief that it is being cleand by this process. Sometimes the mother is in the habit of moistening it herself before she places it in her baby's mouth. Often it dangles around the baby's neck when not in use, thus offering a pleasing bait for flies, for has it not first been smeared with sugar to make it attractive? On other occasions it lies hidden in the depths of the cot or in the dust beneath the table until triumphantly retrieved by a useful small brother or sister. I have even known philanthropically minded infants who have consented to share their comforter with their neighbours in the park prams, and so it has been passed from mouth to mouth.

Besides the danger of the transmissios of infectious diseaaes, such as tuberculosis, syphilis, or summer diarrhoea, through the use of a comforter, it has been denounced by doctors as a frequent source of adenoids and other malformations. The bones of a baby are soft and easily moulded, and the pressure exerted by the comforter forces the soft palate back against the throat, irritating the latter and in time leading to the development of adenoids. The nasal obstruction thus formed blocks up the air passages and the child becomes a mouth breather. The constant sucking motion also causes a narrowing and misshaping of the jaws so that the front teeth, when they come in, will bulge outwards in very unsightly fashion.

Even then the crimes of the comforter are not all enumerated. It may be noted that the baby who sucks the comforter is always a dribbler. The sucking excites a constant flow of saliva between feeds and this is likely to interfere with the process of digestion.

In spite of what Shakespeare would have us believe to the contrary, a good deal of the trouble caused by the comforter, we are inclined to believe, arises from its soothing name. Let it be re-christened the "discomforter" and its career of crime will speedily end in ashes.

Red Cross Publications
Ontario Health Almanac

THE BIG DRAWBACK

Alice: "Gladys has a position as detective in a big department store"

Grace: "Well, I don't envy her. Imagine being a plain-clothes woman."—

Used Them For Swollen Feet And Legs

Nova Scotia Man Praises Dodd's Kidney Pills

Mr. J. Flinn Also Had Rheumatism But Was Relieved After a Short Course of Dodd's Kidney Pills.

Halifax, N. S., May 28.—(Special)—That dropsy and rheumatism are caused by weak kidneys and that the right way to treat them is to use Dodd's Kidney Pills, is again shown by the experience of Mr. J. Flinn who resides at 1 Seed Street. He states: "I suffered with swollen feet and legs also rheumatism. Dodd's Kidney Pills relieved me of these troubles. I took about three boxes and have felt no pain since, neither do my limbs swell any more. I feel fine. I would not be without Dodd's Kidney Pills and advise anyone suffering from the same complaint to use them."

Mr. Finn's ailments were caused by weak kidneys failing to do their work of straining the impurities out of the blood. With pure blood there is good health all over the body.

Dodd's Kidney Pills have restored sound health to thousands of troubled women and men. Give them a trial at once.

The Handy Man's Corner

MAKING LOOSE COVERS

Whoever invented loose covers deserves our warmest thanks for there is no other means so economical or practical for the renovation of shabby furniture. Loose covers are simply removable coverings slipped over ordinary upholstered furniture. The coverings can be made from any desired material. Stout chintz, or cretonne is most commonly used, but such materials as casement cloth are quite effective.

There is a wonderful choice of colourings and patterns and if it is desired to alter the colour scheme of a room, loose covers for the furniture offer one of the most economical ways of gaining the desired effects.

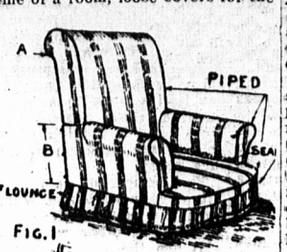

FIG. 1

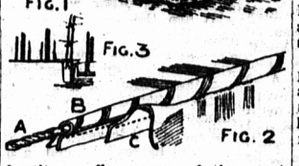

FIG. 2

The work involved in making loose covers is not difficult but calls for the exercise of common sense. All seams and stitchery too must be thoroughly well done to counteract the "pull" on the material when the furniture is in use.

Naturally every piece of furniture will have to be covered in a different order, but a typical example is shown in Fig 1 and forms the subject of these notes.

All the joins may be made in one of two ways; either by ordinary seaming, or by the more decorative "piped" joins.

Most of the seams can be machined, though some may have to be hand sewn; It will save time however to use the machine as much as possible.

The best way for the novice to set about the work is to prepare a set of paper patterns; these can be made from newspapers pasted together to make sufficiently large pieces. Commence at the back of the chair at the spot indicated by the letter A (Fig 1) turn the paper over and bring it down to the seat at the junction between it and the back. Turn the paper sideways, to cover the sides of the shair-back above the arms, pin the paper to the chair to prevent it moving and cut it to shape with scissors. Now make a pattern for the arm, starting the paper from well down between the seat and the arm, turn it over the top of the arm, and bring it down to the lower end of the chair frame. Turn a piece of the paper over and shape it to the front end of the arm, and pin in place as before. . Take another piece of paper and fit it to the seat, allowing sufficient to reach well down between the seat and the arms and back of the chair.

Now join up sufficient of the material if it is not wide enough and place the patterns on it with the pattern of the material in the desired position, and cut to shape allowing about ½ inch for turnings. Remember to cut two pieces for the arm coverings, but turn the paper over when using it for the second arm, as one has to be right handed and the the other left handed. Tack all the pieces of material together while they are in their places on the chair. Remove the whole of the material and sewer pipe the joins in the usual way, turning the cover inside out to do this.

It will be wise to try on the er to make sure that all is co necessary to leave the part at B (Fig 1) unfastened. The of the material at these should be hemmed or piped this is best done at the second ting stage. Prepare a flounc the correct depth and length p n it in its place before rem the cover from the chair.

If the seams are to be the best method is shown in The piping cord (A) is fi ered with a strip of the cut on the cross and stitch round the cord as shown at 2). The covered cord is then between the two pieces of al to be joined, the stitching taken through all three thic es.

After all the pieces have sewn together the cover is t placed in position and the material at the corners be the seat and the arms and of the chair pushed well Some amount of coaxing and mouring may be needed to ge cover to set nicely and it may be necessary to take up a here or there. When the cove about correct, the tapes are to the opening edges as at (Fig 1) and also shown in placing them to the best ad age so that when tied they draw the whole cover ly to the chair and the result neat and workmanlike job.

SYMBOL OF DEATH TE WITH LIFE.

Earth to earth, symbol and of death—but in a mere tea full of earth there is more life the population of the entire U States; the bacteria of th This mere pinch of earth co from 45,000,000 to 22,500,00 teria, a fluctuating populatio ducing a new generation e fifteen minutes.

The famous English experi station at Rothamstead some ago undertook to take a censu the soil ppulation and the a figures are the estimate. It found that the weight of these ute organisms upon which growth of plants and indirectl human beings as well depends estimated, from 50 to 25 lbs. acre.

Among the most important of t minute organisms are the a bacteria, the independent nitro forming bacteria. We have h much of the nitrogen-forming teria that live on the roots of h clovers, peas, and other legu and from the nodules on the ro These are a different type. T live only on these roots. They not parasitic because they a In supporting the plants and known to science as symbion symbiotic bacteria, organisms co-exist with another and ca live without it.

We give the soil fertilizer to the bacteria, particularly the a bacteria. They all in break down organic matter such as ble manure, commercial fertili vegetable refuse and similar stances, feeding upon easily dized carbon. When we put fer izer into the soil the azotobacte converts it into nitrogen for plant and he is breathing off carbonic acid gas for his life a human being. According to late Dr. Cyril G. Hopkins of the iversity of Illinois, one pound azotobacterial exhale 1.27 lbs carbonic acid gas in 24 hours, a man weighing 150 lbs, and d hard manual labor exhales onl 74 lbs. This carbon dioxide abs ed in the soil mixture dissol food elements into form suita for plants.

Fertilizer is necessary to k the soil bacteria at work. T must be fed.

HIGH FINANCE

"I've just been to the bank."

"Draw out any money or some in?"

"No."

"Well, what did you do?"

"I filled my fountain pen."

Speaking of jazz-bands, the who put the din in dinner took rest out of restaurant.

MAYFLOWERS IN SPRING

I wandered o'er the bridge one day
Across the fields to pick the flow-
ers of May,
The weight of winter did annoy
But now my heart is filled with
cheer and joy.

The crows were cawing in the
fields;
And from the ponds and on their
lily-shields,
The frogs redundant chorus sang
From laughing brooks, a rippling
music rang.

And all the world was gay with
spring.
The robin did his joyous welcome
sing;
The cock defiant challenge crowed
And farmer lads went whistling
down the road.

The birds were singing in the
trees,
And drowsy hum of many housing
bees
Was heard, now from their leaves
peeped forth
Like pearls so pure or snow-flakes
of the north.

The Mayflowers, white and pink,
strewn round
'Mid moss, a rug from heaven
spread o'er the ground
Of these I gathered many and
Set out for home across the fallow
land.

The twilight air was touched with
gold
As hand in hand a youth and maid-
en strolled
Along a rustic path they went
And dreamed, a world of love, a
world content.

Down by the river shell-ducks dive
And fish, glad, in their way, that
they're alive.
This iron bridge leads not to Rome
Yet well it leads me on, till I am
Home.

"W. A. R."

Charlottetown, May 24th, 1926.

CARRIED WIFE TO BE

Suffered So She Could Walk. Restored to Hea by Lydia E. Pinkham's Vegetable Compound

Minesing, Ontario.—"I am a tical nurse and I recommend L E. Pinkham's Vegetable Compoun suffering women. For three mo I was almost helpless and could sit at the table long enough to a cup of tea. Many a time my band carried me to bed, I was so weak. Then he read in the of a woman suffering as I did got better after taking the Vege Compound, so he went and got it me. When I had taken three bo I was just like a new woman have had splendid health ever When I feel any bearing-down I always take it; sometimes a bottle or whatever I need. It is only medicine and I have told one about it. Any one wantin know more about Lydia E. Pinkh Vegetable Compound, I will gl write to her. I do all I can to ommend it for I feel I owe my and strength to it." — Mrs. BOWSER, R. R. 1, Minesing, Ont

Do you feel broken-down, ner and weak sometimes? Do you this horrid feeling of fear which times comes to women when they not well? Lydia E. Pinkham's V etable Compound is excellent to at such a time. It always helps, if taken regularly and persisten will relieve this condition.