FOR THE WOMAN READER

BY FLORENCE RIDDICK BOYS

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HOME COMFORT

When all is said and done as to "Better Homes," we might well take a reconnoisance of the home and ask ourselves, "Is it comfortable?" After all, that is the prime necessity. The family will not want to stay there unless it is.

Is it warm enough? Is the light good to read by? Are the chairs easy, the beds soft? Are there convenient places for things? Does it look homey and is there a spirit of welcome and kindliness there? "Modern improvements" are all right, if they do not interfere with the old somforts of home.

CROUP

Croup is distinguished by a hollow, dry, barking extremely hoarse cough and difficult breathing. It usually becomes severely worse suddenly in the night. The experienced mother (and the Mother gains a good deal of experience in just one case of it) can recognize its approach in the early evening, in plenty of time to head it off, so the really careful mother need never suffer the alarm of sudden, violent and uncontrollable croup in her children.

When the experienced mother wakes in the night and finds the child with croup she should call a doctor; since the disease may be serious, though not generally so, although its symptoms are always peculiarly alarming. She should

1. Keep the room warm.

2. Give half teaspoon syrup of ipecac, repeat dose in half an hour if symptoms persist and vomiting is not induced.

3. Apply hot cloths or poultices over the throat.

4. Make air the child inhales moist. This is done by means of the "Croup Tent", which is made by opening an umbrella over the patient, throwing a sheet over this to form a tent and then letting boiling, steaming water evapoate under the tent. The nose of a steaming teakettle will provide the steam.

Some children are "subject" to croup. Others never have it. But any child may have an attack of it following the measles.

The experienced mother, recognizing the approach of croup in the evening, will begin giving syrup of ipecac to the child, a quarter of a teaspoonful each hour or two according to the severity of the case. Keep the child warm and put him to bed. Three doses of ipecac generally suffice and the child is asleep. There will be no croup that night.

Should a croupy cough ring out in the night another dose of ipecac will nip it in the bud.

CANNED FOOD CANNYNESS.

This is the open season for canned goods. The modern housewife could hardly keep house without the can opener. It used to be one of our standing jokes: "They live out of a paper sack and a tin can." But now the joke is on us. Most of us are doing that, buying our bread ready baked and our vegetables and fruits canned.

There are many reasons why this is a desirable way to live. We get a larger variety in the diet and have vegetables with their mineral salts and vitamins in the diet, instead of the stale old time diet which was too heavy and left us bilious and depleted of pep after a season of living on it. We also bring to our tables the products of fields afar in condensed form which we could not manage to transport otherwise. We save time in housekeeping and can do many valuable things otherwise forbidden us.

Factory-canned food is sure to keep while home canned foods may spoil, if we do have "good luck"—and the foods so prepared and ready to serve with the fling of a can opener are offered us at prices as cheap as we can get them and can them ourselves. So why not take the foods the gods provide" and save ourselves sweaty hours in the kitchen, canning for ourselves.

There are some things we should know and practice in the use of canned foods: It is cheaper to buy a case at a time, rather than by single cans. Tin cans should be kept in a dry place where the tin will not rust. Foods should not be allowed to stand in tins after the can's are opened. If cans are bulged or swelled, we should be suspicious of the contents. If we take such a can back to the store, the merchant will give us a new one in its place. Cheaper brands are usually as good in food value as the higher priced larger and more beautiful grades.

It is a wise precaution to boil canned foods for five minutes before serving them.

ATHLETIC CONTESTS HARMFUL FOR GIRLS.

"Play for every girl and woman—but no championships" is a newer ideal in recreation activities. "Play for every 'girl' from six to sixty, but without contests."

In the strain to win, girls will play far beyond their strength; and though they may not feel the evil results at the time, they suffer bad effects later. The ideal physicial training would be play for everybody and not stunt performances for a selected few. The business woman and the housewife need rollicking relaxation and friendly play as much as does the schoolgirl, and outdoor clubs are organized in many places and relay games and relay races, with no strenuous finals, are some of the athletics of some of the organizations.

FASHION NOTES.

More yardage is appearing in dresses. Skirts will be longer and fuller, and sleeves are inclined to puff out widely in Roumanian style, either gathered in at the cuff, or flaring fan-like. Bodices are close fitting, but skirts are circular or flare with pleated godets which permit of even more flare.

The waist line is coming back and is slightly higher than it had been of late, having a notion to desert the hips and really seek the waist. Tailored suits for morning and business are rivalling the one or two piece dress.

FLOOR CUSHIONS.

Floor cushions are popular, though what is the use of them, is hard to figure ut. They will easily get soiled on the floor, would make the feet too hot if they rested on them, and they make the room look cluttered. Still, they look stylish, break up the stiff formality of a room, give a chance to add color note—for they may be gay with color—and the cat or the poodle might lie on them. They are larger than sofa cushions, and are of a wide variety of shapes; round, square, or a roll, and most of them are decorated with tassels.

Sixteen Years Use Of Baby's Own Tablets

Has Shown One Mother There is Nothing to Equal Them.

A constant use of Baby's Own Tablets for their children has proven to thousands of mothers that they are without anequal for babyhood and childhood ailments. One mother, Mrs. C. W. Jackson, R. R. 1, Gilford, Ont., writes:—"We have used Baby's Own Tablets ever since our first baby was born sixteen years ago. We have seven fine healthy children and the Tablets is the only medicine they received in their early years. Our baby is one and a half years old, is walking and talking and weighs 25 pounds. Baby's Own Tablets is the only medicine he has ever had."

Baby's Own Tablets are guaranteed to be absolutely safe for even the newborn babe. They are free from opiates and narcotics; act as a gentle laxative on the stomach and bowels and thus relieve constipation and indigestion; break up colds and simple fevers and make baby healthy and strong.

You can get Baby's Own Tablets from your druggist or direct by mail at 25 cents a box from The Dr. Williams Medicine Co., Brockville, Ont.

Grin's Fairy Tales

A 20th Century Version of Stories You Have Heard Before

CINDERELLA

By GREGORY GRIN

Once upon a time, back in that quaint old age when children still respected heir parents and parents acted their age, there lived a very rich man whose wife died, leaving him with one little girl.

Being a bear for punishment, this man married again. His second ball and chain was a widow with two active charge accounts named Kate and Duplicate.

The widow was as proud and haughty as a hired girl, and the rich man's own little girl was as unhappy as a flapper locked up in a room with a thousand French hats and no mirrors.

Her stepsisters were very jealous of her, for she was so beautiful that she made all the Hollywood Spare-ribs look like something the cat dragged in out of the rain.

They silk-hatted her to a fare-you-well and finally sent her out to the kitchen and made her chief engineer of the fireplace.

Now these stepsisters had a perverted sense of humor. They were the kind that could get a big kick out of soaping the steps to a gallows or putting a bent pin on the electric chair. In fact, their natures were so small that they could go horseback riding on an ant and because our heroine was forced to wear ragged clothes and sit by the cinders in the grate they labeled her "Cinderella."

It so happened that the King of the country had a young crapshooter whom he was more anxious to marry off than a fat woman is to lose ten pounds without exercising or dieting.

So the King decided to throw a big party which was to last three nights unless all the guests went under the table sooner.

Every one was anxious to get an invitation, for it was known that the King had one of the six best cellars in all the world.

Cinderella's sisters received bids to the big shindig and when the great day arrived they started off to the castle in the Family Ford all dressed up like Mrs. Vanastor's Pomeranian poodle on Easter Sunday.

After they had gone Cinderella started to cry. Suddenly she heard a voice calling her name and when she looked up she saw a little old lady who introduced herself as Cinderella's Fairy Godmother.

"Why the leaky face? There are no sheiks around," asked the Old Lady.

"Because I can't go to the Big Jamboree and it's been so long since I've had a real drink that I'm as dry as a fish in a keg of nails," responded Cinderella.

"Shut off the waterworks and go out and get me a tin can, four bolts, a bunch of rattles and squeaks and I'll make you a flivver that will make Henry Ford dive off Brooklyn bridge twice and come up once," said the Fairy Godmother.

After the car was completed she waved her magic wand over Cinderella and her rags changed into a frock which would make those worn by the local Society Queen's look like an empty gas tank forty miles from a filling station. And on her feet were a dear little pair of glass slippers smaller than a wart on a gnat's elbow.

"But get this straight," said the Fairy Godmother, "if you don't do a fade-out promptly at midnight, Old Man Hard Luck will descend on you like an installment collector and you'll look like a straw hat in a snowstorm."

Cinderella promised to obey and left for the castle.

When she arrived she created more excitement than a new arrival in Florida who is not a real estate agent.

When the Prince saw this 18K kid and compared her with the rest of the Dime Store phoneys, he welcomed her like a burglar welcomes sundown.

For the rest of the evening he was right on hand like a finger nail, and while they were Charlestoning he told Cinderella that either she would be his Sweet Mama or he was an orphan for life.

Cinderella, noting that it was only fifteen minutes until midnight, asked the Prince to get her another highball and a fresh package of Lung Destroyers. While he was gone she beat it for home.

The next evening when Cinderella arrived at the party she made 'em all pause, observe and listen, for she was decked out like Jingling's horse on Circus Day.

Again she Charlestoned with the Prince and had him hanging around like a gate. Once more she remembered her Fairy Godmother's warning and got home before the clock struck midnight.

But when the third night came Cinderella forgot to watch the Big Ben.

Suddenly the clock started to strike and Cinderella, feeling as guilty as a poker chip in a missionary offering, did a Nurmi out of the Castle.

The Prince started to pursue her, but he was always behind like the tail of a coat and the best he got for his effort was one of Cinderella's tiny glass slippers which had fallen from her foot as she ran down the Castle steps.

The Prince was disconsolate. After being with Cinderella he couldn't get any more of a thrill out of any other girl than Noah could get out of a spring rain.

Finally he decided he would take the glass slipper and if he could find a Dame in all the Kingdom with a pair of dogs that it would fit he would marry her.

At last the Prince arrived at Cinderella's house. The eldest sister tried on the slipper first. But her feet were so big that she rested easier standing up than sitting down.

As the Prince was about to leave Cinderella stepped timidly forth and asked to try on the slipper.

Her stepmother and sisters gave her the raspberries and asked her how she got that way.

But the Prince was one of those big-hearted guys who would give you his straw hat in December, and he ordered that she be given a chance.

She slipped into it easier than a fat man slips on the top step. Then drawing the other glass slipper from her pocket she put it on and her rags changed to the swell layout she had worn to the party. The Prince was happier than a member of the Tuesday Afternoon Club who has just heard a brand new scandal.

When the stepsisters saw that Cinderella was to be the Prince's sweet patooty they realized that here was a horse from a different garage and they started to "Sister" her.

But Cinderella told them not to slam the gate on their way OUT and she and the Prince were married and lived as happily as two strange Bull Dogs in the same kennel.

She stepped into the glass slipper easier than a fat man slips on the top step

FAVORITE HYMNS AND THEIR WRITERS

By Rev. Archer Wallace

"At Even, Ere The Sun Was Set"

The author of this well-known hymn was Rev. Henry Twells. He was born at Ashted, Birmingham, England, on March 13th, 1823 and was educated there along with a group of boys, some of whom were destined to distinguish themselves in later years. From this group came Archbishop Benson, Bishop Lightfoot, and Bishop Wescott. Henry Twells studied at St. Peter's college, Cambridge and was ordained to the ministry of the Anglican Church in 1849. His first curacy was at Great Berkhamstead, and after three years there he removed to Stratford on Avon where he remained for sixteen years. Later he was appointed Canon of Peterborough but failing health made it necessary for him to retire to Bournemouth where he built, and endowed at his own cost, the handsome church of St. Augustine. In this parish he ministered until his death on January 19th, 1900. He was buried within sight of the church he so loved.

Canon Twells is described by his contemporaries as "A hard working clergyman and an able preacher and writer." He was the author of several hymns, few of which are well-known but perhaps no hymn written in modern times has met with more universal acceptance than this one. It was written for the first edition of **Hymns Ancient and Modern** but it proved so popular that the author was asked to give permission for its insertion in one hundred and forty-seven hymnals.

The circumstances under which the hymn came to be written are thus narrated by Canon Twells: "It was written in 1868, at the request of Sir Henry Baker, who said a new evening hymn was wanted for the first edition of **Hymns Ancient and Modern**, and being at that time headmaster of a large grammar school—the Godolphin School, Hammersmith—I wrote it one afternoon while the boys were at their examination and I was supposed to be seeing "All Fair". I am afraid I could not have been very energetic or lynx-eyed in my duties that day, but I little anticipated the popularity the hymn would attain. I have been asked for leave to insert it in one hundred and forty-seven different hymnals in all parts of the English-speaking world, and many more have taken it without leave. Copies have been kindly sent to me in Greek, Latin, German, French, Welsh and Irish. I like to think it may have brought souls nearer Christ, and if so, I heartily thank God for it."

The Hymn is evidently based on the incident recorded in Matthew 8: 16; Luke 4: 20 and Mark 1: 32-34. The different stanzas take up very tenderly and sympathetically, the various groups that followed Jesus that evening. A very fine verse in the hymn, the fourth, has been widely omitted, no doubt because of the length of the hymn, but in more recent hymnals it has been reinstated. It runs as follows:

And some are pressed with worldly care,
And some are tired with sinful doubt;
And some such grievous passions tear,
That only Thou canst cast out.

EGG LAYING CONTEST

Notes on the P. E. Island Egg Laying Contest for the 22nd week ended April 3, 1826.

The production for the week was 890 eggs, and the total production to date is 11,529.

Pen No. 14 Barred Rock owned by Harold Laird lead for the week with 59.5 points (55 eggs) Pen No 12 Barred Rock owned by Mr. Harry Hyde were second with 59.2 points (53eggs) Pen No. 5, White Leghorns owned by Everett Howatt were third with 58.6 points (53 eggs).

Mr. Everett Howatt's White Leghorns lead the Contest to date with a total of 703.8 points. Mr. Talmage Foster's Barred Rocks are second with 670.5 points. Experimental Station, pen No. 1, White Leghorns are fourth with 630.6 points.

Hen No. 7, in pen 15, a Barred Rock owned by Clifford McEwen leads the Contest to date with 112.4 points (123 eggs) Hen No. 7, in pen 11, a Barred Rock owned by the Experimental Station is second with 110.2 points (121 eggs) Hen No. 3 in pen 14, a Barred Rock owned by Mr. Harold Laird is third with 108.7 points (93 eggs.)

NEW GLASGOW SCHOOL.

The following is the Honor Roll for New Glasgow School for the month of March:

Grade VIII—1. Revel Dickieson.

Grade VII—1. Anna Stevenson 2. Florence Laird 3. Floyd Houston 4. Earl Houston 5. Arthur Houston.

Grade VI—1. Mildred Brown 2. Rhoda Brown 3. Melville Stevenson 4. George Nisbet 5. Winston Smith.

Grade V—1. Elva Stevenson 2. Marion Stevenson 3. Robert Stevenson 4. Richard Smith 5. Charlie Smith 6. Violet Smith.

Grade IV—1. Margaret Stevenson 2. Ethel Dickieson.

Grade III—1. Lynetta Brown 2. Alice Dickieson 3. Sterling Campbell 4. John Morrison.

Grade II—1. Inez Stevenson 2. Wallace Nisbet.

Grade I—1. Roy Dickieson.

Women's Lives

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You obtain it at drug or department stores simply by saying "KOTEX." Women thus ask for it without hesitancy. Costs only a few cents for a package of 12.

KOTEX

No laundry—discard like tissue

Health Literature

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

THAT HEADACHE

It is one of the commonest complaints with which a doctor has to deal, despite the many headaches about which he is not consulted. Some medical books contain more than fifty separate causes of headache, some of them serious complaints of which headache is an early and important sign.

The two commonest headaches are those due respectively to eye-strain and constipation. The eye headache is apt to be made worse by fine needlework, by reading much, or by reading fine print. It is more likely to be worse in the evening, although some early morning headaches are also due to the eyes. The pain is felt in the forehead, behind the eyes. If you suspect your headache of being due to an eye-strain, consult an oculist.

If you are satisfied that your eyes are sound, and that your digestive system is not being abused, and still you get headaches, you should have a medical examination. It is dangerous to endeavour to treat headaches at home with patent medicines; you may abolish the pain, but you leave untouched the disease of which it is trying to warn you.

The number of headache medicines is legion. They go under many names—far more than there are varieties of medicine—but ultimately they all belong to the group of coal-tar derivatives, and all are poisonous more or less in the same sort of way. A characteristic of their use is that while they relieve the pain for the time being, they make the headaches more frequent and so establish themselves as an integral part in a vicious circle of headaches and headache cures.

Remember that a headache may be the warning signal of a disease which treated early can be cured, but if neglected may lead on to a fatal end.

League of Red Cross Societies.

Scientific Miscellany

NEWEST NOTES OF SCIENCE.

The Bank of France has been given a vault that is surrounded by water and with a bomb proof roof.

Passenger airplane lines are planned between Rome and Naples and Tripoli and from Italy to Egypt.

Hinged Prongs that prevent fish escaping feature a fish spearing fork invented by a Louisiana man.

The southermost radio broadcasting station in the world is being established in the Orkney islands.

A tubular holder for an automobile owner's license that can be carried on a key ring has been invented.

Airplanes that can carry 25 persons and travel 900 miles without stopping have been developed in Italy.

Controlled by a foot- lever, a machine has been invented to aid in bunches of flowers or vegetables.

With government assistance two prominent British concerns will develop a new coal and iron field in Kent.

To enable partically deaf persons to use telephones a vacuum tube amplifier for receivers has been invented.

Because of its own increasing consumption of tobacco France is encouraging its greater production in Algeria.

A new mop for dusting and polishing furniture or automobiles is mounted on a gauntlet to protect a user's hands.

An electrically operated mill for spinning cotton yarn and weaving blue denim has begun operations at Saltillo, Mexico.

Detachable extensions made of pipe and chain enable the capacity of an ordinary motor truck trailer to be doubled in length.

Roller skates driven by gasoline or acetylene motors controlled by levers in their wearers' hands have been invented in Germany.

With a new office defice telephone messages are recorded on wax cylinders for reproduction when desired or filing for reference.

The largest factory building in Great Britain has been opened at Slough by French interests for the manufacture of automobiles.

In a new machine for renovating textiles a vacuum attachment draws air through them as a revolving brush moves over their surfaces.

That he has rediscovered the secret of the quality of old violins and has successfully imitated them is claimed by a German scientist.

Two Missouri men have invented an envelope with the flap at one end, so formed that attaching a postage stamp in the usual place seals it.

An expert has been employed by the insular government of Porto Rico to endeavor to develop the island's fishing industry scientifically.

More corn and tomatoes were canned in the United States last year than ever before and the pack of peas was the second largest on record.

A small airplane of German invention can be run along a road by folding its wings and switching its power from the propeller to the wheels.

To keep a smoker's pipe from tipping over when it is laid on a desk a two legged spring bracket to be slipped on its stem has been invented.

Electrical apparatus has been developed by a Japanese scientist to warn of earthquakes by translating their preliminary tremors into sounds.

According to naturalists mice are so light in proportion to their size that they escape injury in long falls that would kill heavier animals.

Ships of more than 36,900,000 gross tons passed through the Sues canal last year, establishing a new high record for tonnage for that waterway.

As a cigarette is drawn from a holder to be mounted at any convenient place on an automobile one end is automatically lighted by electricity.

Special equipment is provided for policemen who patrol London dock districts to aid in the rescue of persons who fall overboard in times of fog.

A jar for dry foods has been invented that is provided with a perforated top lined with a mineral salt that absorbs any moisture entering the jar.

For use over snow in Finland an omnibus has been mounted upon three skis being steered by the one in front, and is run by an airplane propeller.

Turning the central pin in a recently invented hinge adjusts a door in its frame so as to overcome either the expansion or contraction of the wood.

The French government has issued regulations intended to encourage radio broadcasting and the use of equipment by amateurs throughout the country.

Straight sides that enable it to be thoroughly cleansed easily feature a recently patented milk can, which has a lid equipped with an effective lock.

An Englishman has patented a process for distilling 62 per cent of gasoline from crude petroleum residue instead of the 25 per cent usually obtained.

Carrying an easily read indicator, a flexible belt has been invented to measure the chest expansion and the amount of air inhaled by a person wearing it.

A Brazilian radio club that has established a broadcasting machine station near Pernambuco has opened a course of instruction in making operating apparatus.

Equipped with eight points of different thickness and an attachment regulating their angle to the holder, a fountain pen for draftsmen has been invented.

A windshield invented in England for the rear seats of automobiles weighs only a few ounces and is flexible enough to be folded compactly when not in use.

To aid in aiming a revolver sights have been invented that are mounted on slides along the barrel to extend several inches in front of and behind the weapon.

A government survey has indicated that 9,000,000 horsepower can be derived from the water resources of France, more than one fourth of which now is utilized.

Operated from an electric light socket, an implement with which a woman can impart marcel waves to her own hair at home has been invented by a New York man.

The Cuban government is planning to build about 546 new schools on the Isle of Pines, up to date and equipped with modern gymnastic and playground facilities.

To protect a motorist's eyes from glare a two piece shield that can be attached to a hat brim has been invented, either part being raised to afford clear vision.

Stingless mosquitoes have been discovered in Brittany and a French scientist believes they can be made to live among the stinging variety and exterminate them.

With the United States last year leading the world in rayon production with 55,000,000 pounds, England and Italy ranked next with about 30,000,000 pounds apiece.

The Finnish government has taken steps to improve the conditions of agriculture, in which two thirds of the population of that country are directly or indirectly engaged.

The Handy Man's Corner

MAKING A LEAN-TO.

The lean-to is perhaps the easiest of small buildings for the amateur woodworker to attempt. As its name implies it is a structure built up against the wall of a house, garden, or shed, and generally consists of two ends, a front, a roof, with, perhaps the addition of a floor when circumstances render it desirable. A building of this character can easily be constructed at comparatively small cost. It does not present any grave difficulties in the way of erection or in the preparation of flooring and foundations.

Provided the ground is reasonably solid, it should suffice to remove the top soil, ram and consolidate the earth and cover it with concrete, bricks or any other hard material. If the floor of the building is to be of concrete, rough wooden boards should be set round the site a couple of inches beyond the line of the walls, their upper end being about 1 in. above the normal level of the ground. The edges of these boards should be perfectly level. The space within them should then be filled with concrete. If the building is required only for store, or similar purposes, well beaten earth will make a good floor, a row of bricks being laid down to serve as a "footing" for the building.

Suitable proportions for the building itself are 12 ft in length, 7ft. 6ins. deep, 6 ft, 6ins. high at the eaves and 8 ft, 6ins. high at the ridge, or highest part of the roof. Your framework may be of 2x2 in. deal, which can be obtained from any timber yard at small cost. Commence by setting up a post as at B, Fig.2, at the left-hand corner of the building. The wall plate A, about 4x1 in. should be attached to the upper end of this upright and spiked to the wall. Treat both ends in the same way. Next prepare the front post C, Fig .2 and make a halving joint for the plate E, all these sections being of 2x2 in. deal.

The rafter D should be jointed to the back post as shown in Fig. 5 and may be mortised and tenoned to the back face of the front corner upright. Set up these parts in their places and complete the framework as shown in Fig.3. The uprights at the sides and front should be 2x2 in. and spaced about 2 ft apart. They should be nailed to the plate at the top, and to the sill at the bottom, these after being attached to the corner posts about 3ins. above the ground level. The two purlins F and G, Fig.3. should then be nailed in place.

The doorway opening H is made by carrying the uprights down to the ground level and fixing a horizontal member between them at the top. Take care that this is square. Leave openings where necessary for windows, the frames for which should be fixed to

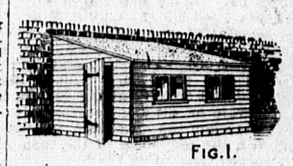

FIG. 1.

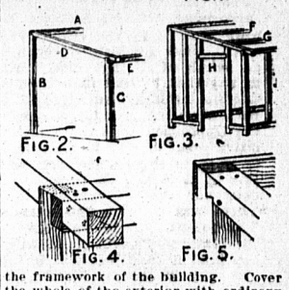

FIG. 2. FIG. 3.

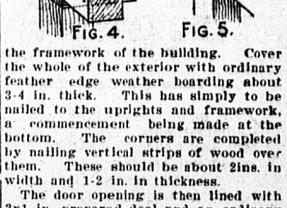

FIG. 4. FIG. 5.

the framework of the building. Cover the whole of the exterior with ordinary feather edge weather boarding about 3-4 in. thick. This has simply to be nailed to the uprights and framework, a commencement being made at the bottom. The corners are completed by nailing vertical strips of wood over them. These should be about 2ins. in width and 1-2 in. in thickness.

The door opening is then lined with 3x1 in. prepared deal and an ordinary ledged and braced door should be hung in the opening on 15 in. cross garnet hinges. The stopping is then nailed around the inside of the opening if the door is to be opened outwards, or on the outside if the door is to open inwards. The lock and key, or padlock and hasp and staple, should then be fitted. The windows should be glazed and one at least provided with a hinge or sash for ventilation. The roof may be of feather edge weather board or (preferably) of tongued and grooved match boarding about 3-4 in. thick. This should be laid vertically and the roof completed by covering with good quality tarred felt or one of the many excellent proprietory brands of bituminous roofing material.

The exterior can be finished by painting or staining. If desired, galvanised iron gutter and rain water pipes may be fitted, thus completing at small cost, a very useful building.

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