FOR THE WOMAN READER

BY FLORENCE RIDDICK BOYS

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HOUSECLEANING

Housecleaning is a very ancient custom. It seems to be a primitive instinct in the human female which breaks out annually with greatest virulence, along about in April. Entomologists tell us that even the insects clean their bodies and their nests in the spring when the sap begins to flow.

There are three delightful, but busy, tasks which confront us in the spring time: housecleaning, sewing, and gardening. It is well to take turns with each, and not wear ourselves out by trying to do all three too strenuously. Work awhile each pleasant day in the garden, clean house in moderation in fine weather, and sew on rainy days.

Begin the housecleaning by looking over the things in the bureau drawers. Sort out everything which is no longer needed, and do not yield to the temptation to hold on to questionable articles on the chance that you may need them sometime. If you haven't used them for months, the probability is that their day of usefulness to you is past. Bundle them off to the rummage sale and let someone else have a chance at them. While working at the bureaus, of course you will leave them clean throughout all their inside parts.

Get after the closet in the same way, taking everything down from each shelf and hook, cleaning the walls and putting back only what deserves to be put back. Nobody can do this work but the housemother herself. With some time spent on these preliminaries, an outsider can come in and help with the heavier work.

When you are sorting over the family raiment, you will find numerous pieces which need some repair. Pile them in a back room and mend them in stormy weather, or, if you cannot get around to it before, such work can be done pleasantly as you sit on the porch in summer.

Look over your supply of kitchen utensils and dishes, and replenish those which have given out. Do not make the mistake of keeping the broken can opener or loose-jointed egg beater. Discard them and buy new and save your temper and be efficient. You will be surprised how much more respect you will have for yourself when your working equipment is in repair.

This is a good season to paint those dingy spots and freshen up several places by a new coat of varnish. Now is the time, too, to get that shelf and the other little devices you have long been wanting. If you would be really in shipshape, get glass containers, all of a size, for holding pantry supplies. Buy shelf paper made to fit your shelves, and dress your cupboards in real style.

Can the climax of your housecleaning by making a raid on your cellar. Dump out all the debris and rubbish which accumulates there, and make it so clean you will hardly recognize it. Those salad dressing bottles and dried beef glasses you couldn't bear to throw away, will be useful to some farm woman with codles of jellies and preserves to can. Pack them in the auto and take them out to her, and do yourself as well as her, a favor. You will have more by the time you might happen to need them.

Housecleaning is valuable, not only for the sanitary condition it creates, but for the new zest and impetus it arouses in the whole household. They feel almost as though they had moved into thrilling new quarters.

CANDY HINTS

In spite of the fact that we know it adds ounces to our weight, the sweet tooth will occasionally get an irresistable ache. When it does, make delicious home-made candy—as good as you know how—and then eat what you crave taking care to deny yourself all other sugar and starch foods for a meal or a day. To counteract the evil effects of too much candy, eat lavishly of oranges, lemons, coarse vegetables, fruits, and bran.

When making candy, let it cool before beating it. Keep it covered while it is cooking. This holds the steam in and dissolves the sugar crystals as they form around the edges of the kettle. Have the fire low under it or it will boil over. A little more butter and a little less cooking will make the candy more waxy and less granular. If you want to keep candy from drying out, seal it in a tin can away from the light and atmosphere.

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FASHIONS, FADS, FOIBLES.

If brevity is the soul of wit, our clothing are at its dunniest. Some say that skirts are coming down a peg. They will still be high above the dust and germs of the street, but not so far above, by an inch.

Materials are softer and filmier than ever. Crepes are very popular, and wools have the gauziness of chiffon. The lace gown is as stylish as ever and a comfort to the woman who travels, as it does not muss.

This is to be a color season: canary yellow, rose pink, sky blue and grass green. As the athletic girl continues, sport clothes are to be in vogue. The incoming shoes march along in gay shades, from rosebush to "parchment." Shoes match gowns, with tan a favorite.

We are still "high-heeling it", with very little rim, if any. Hats come to a peak a top, formed by novel dents.

A few suits are appearing for business. They look smart and their color is black or navy blue. The one-piece dress is holding its own; but the two piece dress, of skirt and overblouse, is also popular. Colors for dress and evening continue to be neutral.

Style is not so much in the clothes, but how you wear em. Chicness consists in having stockings fattened up neatly wheels not run over; the slim silhouette, a plainness approaching severity, dress short enough, but not bizarrely over-short; shiningly clean, light-colored gloves; hat pulled far down over the head; and an air of confidence.

EGGS

Eggs are one of our cheapest sources of body building materials. They contain no waste, are easily cooked and are completely digested. They are best when cooked below the boiling temperature—coddled or soft boiled.

Though eggs come in their own sealed package, the shell, they should be chosen from a clean yard, as the filth and germs of unclean surroundings will be passed into the egg.

Fresh eggs may be preserved in water glass, using one quart of the commercial liquid to eighteen quarts of boiled water. Pour this into two 6-gallon jars and it will preserve thirty dozen eggs. Eggs may be added daily. The top layer should be covered by two inches of the liquid, and a cover kept over the jars to prevent evaporation.

Spring eggs, infertile, will keep better than fall eggs. Pack only clean eggs, but do not wash them, as the egg has a slime upon it which helps to seal it, and washing removes this protection.

BILIOUSNESS

Old fashioned biliousness, or spring fever, is less prevalent now than in the good old days. This is probably due to the fact that part of the so-called biliousness, was really malaria or ague, which disappeared when swamp lands were better drained. Another reason for less biliousness is that we have learned to choose better balanced diets and to eat more fresh fruits and green vegetables and not a diet composed of overdoses of pork, pancakes, bread potatoes and pastry. Better refrigeration and transportation have made oranges, lemons, spinach, tomatoes and many formerly summer foods available all the year round. If you are troubled with biliousness these eight remedies will help:

Lemonade before breakfast; eat lightly; exercise in the open air; drink an abundance of water; eat vegetables and fruit; do not eat between meals; chew slowly and thoroughly; fast absolutely when you feel bilious attacks coming on.

SIGNS OF SPRING

Pussy willows, face veils, robins, eczema, rain, seed catalogue, urge to housecleaning, colored garments, dandelion greens, new autos.

Instead of sulphur and molasses, try onions, fresh eggs, radishes, rhubarb, water cress, green lettuce, turnips, oranges, spinach and dandelion greens. Cook your greens in only a little bit of water. Save the liquid in which they were cooked. Chill it by setting it away in the ice-box, then add lemon juice and drink it. It is a most valuable medicine, rich in vitamins and mineral salts. This is the drink which puts the dandy in dandelion.

Put your screens up early, before there is even a suggestion of a fly. This is the way to have a flyless house.

CONVENIENCES FOR BIRDS

One woman, who loves birds, does many pleasant little things to make life jolly for the birds in her yard. For example she places boards in the water troughs and water tank. The birds come almost hourly for a drink and a plunge. Their own weight submerges the light boards just enough to make their bath thrilling.

Another woman partly buried a big, deep turkey platter beside her pump. She keeps it full of water for the bird's. Many women have the habit of throwing out crumbs for the birds, perhaps leaving a little extra on the table cloth when they shake it.

Bird houses can be purchased for moderate prices in the department stores.

REPORTS OF WOMEN'S INSTITUTES OF P. E. ISLAND

ST. CATHERINE'S—Eight members and three visitors met at the home of Mrs. James Lamont for the monthly meeting. Meeting opened by repeating Creed. Roll Call was answered by games to be played in social hour following. The material for work towards Bazaar was distributed. Sick Committee reported sending fruit to homes for patients. A bill for flowers was presented, but it was decided to hold it over until next meeting. A vote of thanks was sent to Bonshaw Institute for their entertainment of St. Catherine's Institute at a Valentine Party. One new member enrolled. Next meeting to be held in the School-house.

EGMONT BAY—The members of this Institute met at the home of Mrs. Azade Bernard. 12 members and 4 visitors were present. Meeting was opened by the President. Minutes of last meeting were read and adopted. Committees were appointed to visit the schools. It was decided to hold a Whist Party and Tea Social at the home of Miss Alice McNally on Monday, April 18th, for Institute funds. Two new members enrolled. Next meeting at the home of Mrs. John F. Arsenault.

FREELAND, LOT 11—The members of this Institute met at the home of Mrs. Fred Boyle. 7 members and 6 visitors were present. Meeting opened with the "Ode" followed by the reading and adoption of minutes of the previous meeting. In the absence of the president, the Vice-President presided. It was moved and seconded that the Secretary send for a Map of Canada and spring roller for the school, to cost $7.25. The April meeting is to be held in the School-house, and be a social one, collection to be taken to purchase flower and flower seeds. The meeting closed with the National Anthem.

MORELL—The monthly meeting of this Institute was held at the home of Mrs. H. H. Cox. 21 member and 2 visitors were present. Roll Call was answered by each member giving her "Pet Superstition". A demonstration on "boiled frosting" was given by Mrs Ed. Rossiter, which was much appreciated by all. The Fair planned at last meeting took place February 15th, proceeds amounting to $64.54, expenses $12.01. A 'Drive' to sell Lottery tickets for quilt undertaken next month. A number of Gramaphone Selections were played during the evening which were much enjoyed by all. Next meeting at the home of Mrs. Wallace Anderson.

SPRINGHILL—Seven members and seven visitors met at the school-house for the monthly meeting. Meeting opened by repeating the Ode and singing the Island Hymn. It was decided to buy fruit for sick members. Dishes were bought for serving lunch Planned to hold social evening in April to raise funds to buy pain for porch inside. Next meeting to be held in the School-house.

ELMIRA—The members of this Institute met at the home of Mrs. Malcolm Campbell for the monthly meeting. 11 members and 8 visitors were present. A 'Hope Chest' was completed for Lottery. Members decided to get lumber for erection of hall at Elmira. Night for holding meeting has been changed from first Friday of month to first Wednesday. Programme followed consisting of Harmonica selections by Miss Hilda Mellick, Recitation by Miss Laura Campbell. Next meeting to be held at the home of Mrs. Stephen Mellick.

ALMA—The members of this Institute met at the home of Mrs. Allen Clark, for the monthly meeting 12 members and 4 visitors were present. Meeting opened with the President in the chair. Minutes of last meeting were read and adopted. Secretary reported quilt for Nurse's Home cost $6.70. It was decided to purchase a copy of "Old Favorite Songs" for use of Institute. Mrs. W. Donald and Mrs. Joseph Dunbar read interesting papers. Collection amounted to $1.55 Next meeting at the home of Mrs. James Dunbar.

CENTRAL BEDEQUE— Twelve members and four visitors met at the home of Mrs. Albert Wright. Meeting opened by singing the Institute "Ode" followed by Roll Call each member answering with a Current event. The minutes of previous meeting were then read and reports. It was decided to buy a new water pail for school, also have the school cleaned. A number of "Household Discoveries" were then read by each member. The meeting closed with the National Anthem. Next meeting at the home of Mrs. John Frizzell.

ST. PATRICK'S ROAD—The monthly meeting of this Institute met at the home of Mrs. Owen Trainor. 8 members and three visitors were present. Meeting opened by singing "My Old Kentucky Home." Roll Call was answered with "Jokes". Minutes of the previous meeting were read and adopted. A report of the concert and dance was given by the Secretary, and it was decided to get two new maps for the school. The rearranging of the school-room, to more modern conveniences as suggested by Mr. H. J. Hynes was discussed and the Institute hopes to undertake this work before the beginning of the next school term. Lunch was served by the hostess and the meeting closed by singing the National Anthem. Next meeting at the home of Miss Lily McLaughlin.

EAST BIDEFORD—The monthly meeting of this Institute met at the home of Mrs. A. G. MacKinnon. 6 members and 7 visitors were present. Meeting opened by singing Institute "Ode". Minutes of last meeting were read and adopted. Roll Call answered by "short stories." It was decided to have a new floor put in school during Easter holidays. Lunch was served and a social hour enjoyed by all. Next meeting to be held in the school-room.

SEA VIEW—The monthly meeting of this Institute was held at the home of Mrs. James Duggan. 21 members and 3 visitors were present. Meeting opened with Institute "Ode" ad "Creed." Roll Call was responded to by a "Labor Saving Device". Minutes of last meeting were read and adopted. Bills were ordered paid. School and sick committees reported. General rules for conducting meeting was read by the President. Arrangements were made to hold a concert and sale of candy in the month of March. Programme followed consisting of "Cupid" contest, solo Miss Hunter, Reading Mrs. MacKay. Secretary reported $8.50 amount of special collections for the past three months.

ST. FELIX—This Institute met at the home of Mrs. Sylvain Desroches for the monthly meeting. 15 members were present. Meeting opened with "Creed". Roll Call was responded to with Jokes. Committees gave their reports and a bucket was ordered to be bought for the school. Letters from the Department were read, also one from Hyndman & Co. saying they had sent scribblers to the junior school pupils, with literature on tuberculosis. A letter of thanks was sent to same. A letter of thanks was read from Mrs. Jean Murphy, thanking the members for the linen shower tendered her. It was proposed to buy some articles to be lotteried along with the quilt in the spring. Next meeting at the home of Miss A. Mosher.

GARND RIVER WEST— Eight members and three visitors attended the monthly meeting of this institute. Meeting was opened by singing the "Ode" followed by Roll Call answered with "Jokes." New committees were appointed. Papers were read from the Department. After the business part of the meeting was completed a Bean-throwing contest followed which was much enjoyed by all. The meeting closed by singing the National Anthem. Next meeting at the home of Miss Florence Thompson.

NORTH RIVER—The monthly meeting of this Institute was held at the home of Mrs. Everett Stevenson. 8 members and 1 visitor were present. Meeting opened with Institute "Ode" followed by Roll Call answered by "my birthday month and stone." Minutes of last meeting were read and adopted. It was decided to paint North River Hall sometime in April. A motion was made by Mrs. B. C. Webster, seconded by Mrs. Stevenson that the Institute ask the name of any offender of the Prohibition law to be published, it was decided that a letter to that effect be sent to the authorities. Roll Call next month will be answered with "my most embarassing moment".Next meeting at the home of Mrs. Harry Scott.

GLEN VALLEY—This Institute met at the home of Mrs. S. A. Blondon for the monthly meeting. 7 members and 4 visitors were present. Meeting opened by singing the Institute "Ode". Roll Call was answered with a nickel. Minutes of last meeting were read and adopted. It was decided that the quilt recently made be sent to Mr. Mal. MacPherson as a token of sympathy in the loss of his home. Committees were re-appointed. Roll Call next month to be answered by riddles. Meeting closed with the National Anthem.

NEW DOMINION—Six members and six visitors met at the home of Mrs. E. D. Doull for the monthly meeting. Meeting opened by singing "It's a Good Time to get Acquainted. The minutes of last meeting were read and approved. Roll Call was answered with "Recipes for making fudge", samples of which were supplied by the members and which were much enjoyed. A programme followed and a pleasant evening spent.

BORDEN—The monthly meeting of this Institute was held in the School-house. Eight members and one visitor were present. Meeting opened by reading "A Club Woman's Creed." Minutes of last meeting were read and adopted. Albany Dramatic Club staged a very interesting play in Borden Union Hall. Institute share of proceeds amounted to $55.69. One new member enrolled.

RINGWOOD—The members of this Institute met at the home of Mrs. Ernest Currie. 9 members and nine visitors were present. Meeting opened in the usual way. Committees reported from the school and from the sick. The buying committee also gave their report. Bills were presented and ordered paid. Letter of sympathy was sent to Mrs. Doiron on the occasion of the death of her sister. One new member was enrolled.

HARMONY—This Institute met at the home of Mrs. Alex F. Murphy. 13 members and 6 visitors were present. Meeting opened with the Ode and the Creed. Committees gave their reports and the same commitees were appointed for next month. A debate was held on which is best "City or Country Life", the latter winning. It was decided that the school would be cleaned next month and a committee was appointed to do the work. Roll Call next month to be answered by a nickel. A vote of thanks was tendered the Hostess and the meeting closed with the National Anthem. Next meeting at the home of Mrs. Howard Yeo.

MURRAY HARBOR NORTH—14 members and 4 visitors met at the home of Miss Blanche McNair. Meeting opened with the Ode Minutes of the last meeting were read and adopted. 4 women were appointed to cut blocks for a quilt. Mrs. George MacLure invited a committee to meet at her home. Roll Call to be answered next moth "If I could have one more Labor Saving Device, it would be ——". Next meeting at the home of Mrs. James B. Clow. Collection $1.35.

STANCHEL—The members of this Institute met at the home of Mrs. J. F. Kelly. 11 members and 9 visitors were present Meeting opened with the President presiding and the singing of the Ode. It was moved and carried that our meeting hereafter be opened promptly at the hour appointed, and that better order be maintained during the business part of the meeting. Secretary reported $29.41 being realized at candy social. $16.00 was spent for maps. Programme followed. A solo by Miss Katie White and Miss Ruth Dunsford was enjoyed by all. One new member was enrolled. Lunch was served and the meeting closed with the National Anthem. Next meeting at the home of Mrs. William Halliwell.

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By ELLEN J. BUCKLAND
Registered Nurse

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When Mr. M. Willcott Used Dodd's Kidney Pills

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Dodd's Kidney Pills are sold by all druggists, or The Dodds Medicine Co., Ltd., Toronto 2, Ont.

Scientific Facts

NEWEST NOTES OF SCIENCE

There are only 2000 women among England's 42,000 physicians.

An inventor has inserted a fountain pen in an umbrella handle.

Argentina is producing alcohol from molasses at 25 distilleries.

The handle of a new lead pencil can be extended to form a foot rule.

Telephone operators in Bombay are required to speak at least six languages.

The only eclipse of the moon visible in this country this year will occur June 15.

A British railway has got a new speed record for express trains of 92 miles an hour.

Experimenters in California are trying to make artificial silk from the bark of redwood trees.

Each wheel is independently mounted on a new French automobile, saving the weight of long axles.

A New York inventor's boat that carries two persons can be packed and carried on one man's back.

Of English invention is a phonograph record so flexible that it can be bent double without injury.

A metal clip has been invented to hold check book stubs out of the way when new checks are written.

The Rumanian government has decided to allow the use of radio receiving sets by private individuals.

A chemical preparation has been invented to be mixed with oils used in paints to make them fireproof.

A giant strawberry has been discovered in China, growing on trees that produce several crops each year.

Goggles that afford telescopic vision have been invented for aviators by a resident of Washington, D. C.

A refinery in England is making a motor fuel from benzol and refined spirit from Mexican crude petroleum.

Electricity taken from a light socket warms water in a new portable heater that can be attached to any faucet.

Paper is being made on a commercial scale from cornstalks in Iowa by a process developed by a college professor.

An eclipse of the sun that will be visible in England in June will be the first one seen there in two centuries.

A built in pressure gauge, protected by a transparent cover, forms part of the stem of a new automobile tube valve.

openers, a knife sharpener and a screwdriver are combined in a new kitchen implement.

The use of electricity for heating is making rapid strides in the French city of Strasbourg and the surrounding region.

School blackboards have been invented that can be tilted to eliminate the glare from reflected light and save pupils' eyes.

The government of the Brazilian state of Soa Paulo proposes to establish an institute of biology for agricultural defense.

A metal car for airships has been designed that can be detached and used as a boat, utilizing its motor and aerial propeller.

For dressing the hair a Swiss woman has invented a cap made of fine mesh netting to be fastened over a woman's head with straps.

One of the dummy smokestacks on a Pacific passenger ship building at Philadelphia will house a motion picture projection booth.

The invention of a French fashion expert, a new multiple mirror shows a person reflections of himself from many angles at one time.

Architects have designed a system of bracing for frame houses to enable them to resist hurricanes without adding greatly to their cost.

A hydroelectric power station that may be expanded to 50,000 horsepower has been built about eight miles from Tiflis, in the Caucasus.

A combined micrometer has been invented to detect irregularities in motor cyclinders as slight and one one thousandth of an inch.

By the use of ultraviolet rays in connection with certain gases a French scientist claims to have produced starch and sugar from the air.

A new lead pencil resembling a fountain pen is equipped with a small electric light supplied with current from a battery inside its holder.

The Japanese long distance telephone service in South Manchuria is to be considerably extended to reach a number of important railway stations.

A study of the work done by a locomotive crew on an eastern railroad showed that in a 200 mile run the two men performed individual operations.

The British telephone company operating at Buenos Aires within a year has installed about 13,000 new lines in the city and 8,000 more in the suburbs.

Two knife blades mounted in a handle to form a fork make up a new implement for removing grape fruit seeds and cutting their pulp into pieces for salad.

A cave 26 miles long that has been discovered in the Ural mountains in Russia is lined with icicles tha it geologists believe were formed 150,000 years ago.

Six different degrees of heat are available with a new electric oven than also can be used as a fireless cooker, while a plate on top provides for surface cooking.

A French builder of a racing automobile has designed a three wheeled pleasure car along the same lines having a speed of 85 mils an hour though economical of fuel.

Because the resistance to current varies with the salt content of water an electrical device has been invented for testing the saltiness of the ocean on shipboard.

Russian scientists are developing a device to keep the blood of a person in circulation an thus prolong his life after his heart and lungs have ceased to function.

A silent piano has been invented for students to use in practicing, the action responding in the usual way when the keys are touched but without producing any sounds.

Norway is experimenting with motor fuels having a sulphite spirit base, large amounts of that material being available as a byproduct of wood pulp and paper industries.

According to an expert it will be about ten years before the radio transmission of the actual image of a distant person or event reaches the useful public service stage.

To cure freshly cut hay an Englishman has invented apparatus with which a farm tractor is used to blow currents of air heated by kerosene flares through the cut stacks.

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