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FOR THE WOMAN READER

BY FLORENCE RIDDICK BOYS
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PLAY HOURS.

"Work while you work and play while you play", is an adage which has some pretty good sense back of it. It might continue to say, "and play frequently and regularly." Having no whistle blow at six o'clock, the housewife is likely to go on and on, never knowing when to quit. She is not at all like the workman who sued his employer for damages because he crushed his foot in his factory. You see it was like this, he claimed. The whistle blew when he was carrying a heavy piece of iron and, dropping it so hastily, it fell on his foot.

The housewife is ambitious and wants to accomplish so much. But she does not realize that she will accomplish more and do it better and have more happiness doing it, if she works regularly, and then stops regularly and indulges in recreation. Recreation is what it says, re-creation. It rebuilds worn energies. The bow which is always strung loses its elasticity.

The efficient housewife, the master business man, does not keep everlastingly at it, with his nose to the grindstone. His mind is not always on a director's meeting, how he can put over a deal, and how he will answer that business letter. Instead, he stops work at proper hours, perhaps works hard for rather short hours, confines his work and cares to those hours and those alone, and then locks the door and goes out and plays golf. If you are getting nervous and "jumpy" and have an erratic stomach, look out! Time to play more.

NEWSPAPERS AS LABOR SAVERS

If you get the habit of using newspapers to catch unusual clutter, you can save yourself much work. Lay down a newspaper when you are cutting meat, fish or fowl and let it catch the muss. Do the same thing when you are preparing vegetables or peeling fruit or potatoes. The refuse can easily be rolled up in the newspaper and burned in the furnace or incinerator.

Spread newspapers down when you are doing any dirty work, to catch the clutter: under the baby's chair when you give him a piece of bread, or on your lap when peeling grapefruit, or at your feet to catch the threads when you rip up a garment; or under a stove when you remove the ashes. Spread on the floor newspapers to protect the rugs, or the newly cleaned linoleum.

A newspaper lining in the garbage can, removable each time the can is emptied, keeps it clean and odorless. A newspaper spread in the bottom of the waste basket, keeps the metal basket from rust if anything wet is dropped into it. Crumpled newspapers are useful for polishing the nickel on stoves or faucets; and the glass of the windows, auto, or lamp chimney.

Newspapers, wrapped about a head of cabbage or lettuce, or potatoes or onions which have been peeled or cut, celery washed and prepared to serve, will keep them fresh. If you wish to keep a hot dish hot for a long time, or a cold one cold, put it covered tight in a large receptacle, also covered tight, and use newspapers as packing around the inner dish.

ARE WOMEN LAW ABIDING?

Some have said that women are more individualistic than men, that they will not act as a group as well and will not obey laws that each wants to be a law unto herself. We have all heard that women will not keep in line at the bank window, but expect special favors; that they will not keep on their own side of the highway or go around the center light at the corner. As women work together more in community life, they will better accept the rules of the game. But women

are not the sole offenders. The other day at a woman's club convention, a long line of women were waiting for their mail at the post-office window, and in walked a man—Lord of Creation—and stepped past all that long line of ladies and in a loud voice spoke up to the clerk and demanded his mail. He got away with it, too, because there was no woman there so unladylike as to dispute with him.

VITAMINS FROM TOMATOES.

When fruits and vegetables are fresh it is no trouble at all for the homemaker to supply them to her family, but when they are out of season, she must give particular care to it, or the household will live on a diet of life-less food elements and will come to spring weak and "tired" and easy prey to diseases. The Vitamin is the food elements which will prevent this unhappy state of affairs.

Orange juice is well recognized by mothers as a vitamin-rich food, and his orange juice has been on the daily diet of Baby for some time. But oranges are sometimes expensive and hard to get. The juice of canned tomatoes may be used as a substitute.

Tomatoes are one vegetable which do not lose their vitamins by being cooked. Canned tomatoes are rich in vitamins and should be used abundantly by every family at this time of the year. With the addition of salt, they may be served cold, just as they come from the can. Set at each place in dainty sherbet glasses, they may fill the place of cocktail as a certain raiser of the meal. Warmed, they are very welcome with toast for luncheon or supper. A can of tomatoes a day will keep the doctor away.

A BAKING AID.

A wire basket, such as is used in an office for letters, is a useful article in the kitchen. When you bake potatoes, put them in the wire basket and shove the basket into the oven. This saves heat as it requires less time to put the potatoes in, and it may save burned hands, particularly when you take the potatoes out. Pieces of squash may be baked in the wire basket; and if you have cups of custard, they are much more easily put in the oven by means of the basket, and are less likely to be upset if standing in the basket. The wire basket is a convenient receptacle in which to put dough nuts to drain when they are removed from the hot grease. If you wish to re-crisp crackers or warm buns up for a meal, the basket is better than a pan for holding them; it permits the heat to penetrate quickly to all sides.

FITTING OURSELVES

In grandmother's day it was usual for girls to wear shoes of size three and four, while today they wear fives and sixes and larger. This has led some people to believe that women's feet are growing larger. Manufacturers tell us that this is not so much true, as that, in the older day, women used to squeeze their feet into shoes a size or two too small for them, and they paid for it by corns, bunions, bulging bones and ankles. Today they give their toes and feet room to be active and graceful and choose the comfortable shoes.

The same thing has happened to gloves and corsets, if any. We no longer cram ourselves into the small size and then bulge over in unsightly rolls of fat above and below the corset. Nor do we rub our hands into gloves which were never meant to cover hands of our size. We have not appreciably grown, are not really "bigger and better", but merely more comfortable and free.

WOOD BASKET.

The flat woodbaskets, fancy of weave and painted and with high handles, are too expensive for many of those who need something of the kind to serve near the fireplace or stove. An old-fashioned clothes basket, small, and made of strong willow, is an attractive substitute. If one wishes, it may be painted dark green or stained mahogany to harmonize with the furnishings of the room, although the natural color is not unattractive if one makes up his mind to recognize its humble origin.

FOR YOU.

A million people are working for you. All the World around; In drudgery, drear, afar and near, On ship and train, in sun and rain, In the sea, the air and the ground. They sweat and suffer and die that you. May live secure in peace; They tug and strain, they ache in pain. Suffer and weep, They go without sleep, they That you may have joy and ease. —H. O. Spelman.

CANNED GOODS.

When you open a can of fruit, let it stand and air for an hour or two before serving. This will take away the stale taste.

VEGETABLE SOUFFLE.

Mix two cups canned corn, one cup bread crumbs, one cup canned

Lois Stevenson Wins Faculty Scholarship.

Notable Scholastic Record is Claimed by Award To Alton Girl

Question: Why does baby particularly need emulsified cod-liver oil?

Answer: Baby's progress in health, growth and bone-development depends upon vitamins. An abundance of essential vitamins is provided in pure, pleasantly flavoured SCOTT'S EMULSION

tomatoes and two tablespoons melted butter Season with salt, pepper and a teaspoon of sugar. Add three well beaten eggs and bake in a moderate oven until firm in the center, about a half hour.

"Every house is a quotation out of all forests and mines and stone quarries; and every man is a quotation from all his ancestors." —Emerson.

SMILES "Why does he send you only one carnation a day?" He's saying it with flowers, and he stutters."

New Strength For All Weak Girls

COMES FROM THE RICH, RED BLOOD MADE BY DR. WILLIAMS' PINK PILLS.

There must be no guesswork in the treatment of pale, anaemic girls and children. If your daughter is languid, has a pale, sallow complexion, is short of breath after slight exertion or on going up stairs if she has palpitation of the heart, a poor appetite, or a tendency to faint, she has anaemia—the medical name for poverty of the blood. Any delay in treatment may leave her weak and sickly for the rest of her life. When the blood is thin and watery give Dr. Williams' Pink Pills, coupled with nourishing food and gentle outdoor exercise. The new, life-giving blood which comes from a fair use of Dr. Williams' Pink Pills, increases the appetite, stimulates the nerves and brings a glow of health to pale cheeks. Mrs. Robert Jackson, R.R. No. 5, Shelburne, Ont., praises this medicine for restoring her daughter's health. She says: "When my daughter was nine years old she was so weak and thin that we feared we would lose her. She was very nervous, and going to school seemed too much for her. Often she would have to stay at home for days at a time. At times she would have a very high fever, and the doctor's treatment did not help her. I tried several remedies, but with no good results. One day a friend advised me to give her Dr. Williams' Pink Pills, and I did so. It was not very long after she began taking the pills that I could see a change for the better. She kept on taking the pills for several months, and through them grew into a strong, healthy girl. Since then, if a tonic has been needed at any time, it has always been Dr. Williams' Pink Pills."

The pills are sold by all medicine dealers or will be sent by mail at 50 cents a box by The Dr. Williams' Medicine Co., Brockville, Ont.

LETTER OF SYMPATHY

To Mrs. Jas. Kennedy and family. We the members of Murray Harbour North, C. E. Society desire to convey to you our sincere sympathy in the loss of your dear adopted son George. We know how deeply you mourn your loss, and that any words that we may write are of little comfort. We trust therefore that while your hearts are longing for the sound of a voice that is stilled, you may look to Him who has promised that he will never leave them nor forsake them.

LETTER OF SYMPATHY

To Mrs. James Kennedy and family. Dear Friends.—The members of the Murray Harbour North Auxiliary of the Women's Missionary Society wish to convey to you and other members of your family their heartfelt sympathy in the very sad and sudden bereavement. We feel that in extending to you our sincere sympathy, any words of ours would be very poor comfort to unsolve the aching heart, caused by the loss of one whom in former years you have tenderly cared for. "Verily in the midst of life we are in death." He was a young man strong and healthy and what makes the affliction hard to bear is that he died far from home without the tender touch of a mother's hand. May the Heavenly Father who does all things in His infinite wisdom, comfort, help and sustain you in your sad bereavement. It is the earnest hope of every member of our society that you may be given strength to bear this trial.

On behalf of the auxiliary of the Women's Missionary Society,
MRS. WILLIAM KENNEDY
Vice President
MRS. EDWARD HENDERSON
Secretary

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The following item from the Alton, Illinois Evening Telegram, will be of interest here as Miss Stevenson's father, Prof. George N. Stevenson is a New Glasgow, P. E. I. boy, and a brother of Dr. A. B. Stevenson of that place:—

"Lois Alberta Stevenson, daughter of Professor George N. Stevenson, 3005 Leverett avenue yesterday was elected by the faculty of Shurtlett college as its candidate for the University of Illinois scholarship given annually by the state university for the local institution.

In making the announcement to the student body President George M. Potter mentioned that one of the requirements of the university was that the candidate must be one of the highest one-fourth of the graduating class and must also be in the judgment of the faculty be a student capable of doing excellent graduate work. Dr. Potter pointed out that although only one scholarship is offered the college, the school may recommend another student for a scholarship to come from a different fund. Frank Grube of Newark, N. J., editor of the Shurtlett College Pioneer, was so recommended, he said.

Miss Stevenson, winner of the coveted scholarship, has maintained high scholastic averages, not only during the past year and a half, the period used in determining the eligible one-fourth of the senior class; but during her entire school life as well. She has always been one of the leading students in her class, and her brilliant work at Shurtlett has simply been a continuation of the excellent work she did back in the grades and in high school.

A Notable Record Born in Michigan, where Professor Stevenson at that time was in the ministry, she started school when her father was taking graduate work at the University of Syracuse in Syracuse, N. Y. Professor and Mrs. Stevenson removed to Alton and Shurtlett college in 1915, and since that time have resided here. Miss Stevenson was graduated from the Horace Mann school in February, 1922. It was when she was still in the eighth grade that she received notable recognition of a literary ability she was to manifest later to a marked degree. She entered a high school students' contest sponsored by Gen. John J. Pershing and won first prize with her essay on the benefits of enlisting in the army.

Three years later, after cutting high school work, she was graduated from Alton High school, where she had been active in a variety of student affairs, especially of a dramatic nature. Miss Stevenson entered Shurtlett in February, 1925, and by cutting off a semester of her college work will be graduated this June, three and one-half years after entering, having completed eight years of study in six and a half.

She will be graduated at the age of 19. Pretty vivacious—and most actively re-chaired, Miss Stevenson has excelled in a number of things besides her studies themselves. Her piquant personality and engaging manner have frequently aided her in dramatic work of various kinds, and she has also been prominent in other campus activities. In her first year in college she won first prize in the freshman oratorical contest, and attained a place upon the college glee club. It was in that first year also that in collaboration with Charles Dietz she composed the present Alma Mater song of the college.

When Lloyd Lovelace organized the first Press club at Shurtlett Miss Stevenson was its vice president. Since that time she has written a number of things for the college paper, the Pioneer, including several editorials. Last year her journalistic experience was broadened by work upon the "Sunday Morning" talks that appeared for some time.

An Active Student. As secretary of the German club in 1926 and as president of the French club this year she has been active in affairs of two of the modern language organizations upon the campus. Last year her artistic ability won her a place as art editor of the Prospect, the junior annual for which she executed a number of designs which contributed greatly to the success of the Centennial yearbook.

The greatest outside activity Miss Stevenson participated in, however, was dramatics, in which she has been active every year since she has been at Shurtlett. She has been in six of the long plays produced at Shurtlett in that time. In addition she has directed acts for Homecoming stunt shows, and last spring was assistant director of the May Fete and was a solo dancer in the historical pageant given at the Centennial celebration.

In taking up graduate work next year at the University, Miss Stevenson expects to continue in the two fields in which she already has specialized, English literature and French. Although she has taken considerable work also in education and philosophy, her major interest is in literature. In selecting English as her major study in graduate school she will be following Miss Ellen Johnson, holder of the scholarship a year ago, who this year is an instructor, in the English department of the university. The present holder of the scholarship, Margery Fish of Hills-

dale, is specializing in mathematics.

Mothers:

Your babies are too precious to be subjected for any experiment, and it's worse than folly to "try" things on them when you can be sure. Plain, old-fashioned Castoria is making sick, feverish, fretful babies well and happy today just like it has been doing for over fifty years. Physicians recommend it and millions of mothers swear by it. It soothes crying, wakeful babies to sleep quicker than paregoric or any other opiate, and causes no harmful effects. It removes souring material from their little stomachs and intestines quicker than castor oil, and does it without griping or sickening. There's nothing quite like it for colic, constipation, diarrhea, colds, or any of baby's little "upset" spells. Fletcher's Castoria is purely vegetable. Doctors declare it harmless to even the very youngest of infants, so you can use it as often as baby needs it. Its taste is delightful. Take a little yourself and see why "children cry for it." Only one thing to watch. Get genuine Castoria—the bottle bearing Fletcher's signature. "Care and Feeding of Babies," the book worth its weight in gold to every mother and prospective mother, comes with every package.



Children Cry for Fletcher's Castoria

LETTER OF SYMPATHY Resolutions of condolence, on behalf of St. Malachi's Branch, Catholic Women's League, Kinkora. Whereas, God, the Supreme Master of the Universe, has taken from amongst us, our esteemed friend, our Mr. Francis McKenna, husband of our Sister member, thereby bringing sadness to her happy home, and sorrow throughout the Parish of Kinkora. Therefore resolved that we place on record our heartfelt sympathy in her bereavement; also resolved, that we place on record our sincere sympathy for Mr. Jas. P. Farmer and family, in the death of his beloved wife, and we ask Almighty God to comfort them in their hour of affliction. Also to her dear sister, our sympathy is extended.

Our sincere sympathy is also tendered Mrs. John A. Smith, in the death of her little daughter, Erma, and also to Mr. T. P. McCarville, in the death of her baby boy. Expressions of sympathy are also tendered to Mrs. Ezekiel Roberts, in the death of her father, Mr. Philip Smith; and also to Mrs. Thos. McCarville, Mrs. Michael Mulligan, and Mrs. Pat'k. Mulligan, in the death of their brother, William.

Signed
MRS. MICHAEL MCKENNA; MRS. J. E. MCCARVILLE; MRS. F. MCKENNA.

LETTER OF CONDOLENCE Mrs. Richard Smith, Pleasant Valley, P. E. I. Dear Friend:—We, the members of the Pleasant Valley Women's Institute wish to convey to you and your family, our sincere sympathy in the death of a father and grandfather. We have little of this world's consolation to offer you in your loss, but we can assure you that He who looks with infinite

compassion upon the afflicted in the hour of sorrow, will fold the arms of His love and protection around those that put their trust in Him. We commend you to the care of our loving Heavenly Father, who has promised to comfort all those who put their trust in Him. Signed on behalf of the officers, and members of the Pleasant Valley Women's Institute.

IN MEMORIAM MRS. ALICE MACLEOD The death occurred on Tues. Feb. 28, at the home of her son, Emmet MacLeod, French River, of Mrs. Alice MacLeod, widow of the late Capt. Geo. MacLeod, formerly 1st officer of the S. S. Stanley. The deceased had been in failing health for the past fourteen months and gradually sank until the end came. Mrs. MacLeod, who had attained the ripe old age of eighty-four, was a good neighbor, a kind and affectionate wife and mother, and was held in high esteem by all who knew her. She leaves to mourn two sons and two daughters, Everett, at home, George D. of Webb, Sask., and Mrs. R. B. Murray, North Dakota and Mrs. E. Lockhart of Antigonish, N. S. Also two nephews, who were her adopted sons, Herbert L. MacLeod of Brocton, Mass., and J. A. MacLeod, General Manager of the Bank of Nova Scotia.

The funeral, conducted by her pastor, Rev. Geo. Ayers, took place on Thursday, March 2nd. The remains were interred in the Geddie Memorial Cemetery at New London by the side of her husband who predeceased her twenty three years ago.

Demand

ASPIRIN

The whole world knows Aspirin as an effective antidote for pain. But it's just as important to know that there is only one genuine Aspirin. The name Bayer is on every tablet, and on the box. If the name Bayer appears, it's genuine; and if it doesn't, it is not! Headaches are dispelled by Aspirin. So are colds, and the pain that goes with them; even neuralgia, neuritis, and rheumatism promptly relieved. Get Aspirin—at any drugstore—with proven directions.

Physicians prescribe Aspirin; it does NOT affect the heart

IMPORTANT DATES IN ORATORICAL COMPETITION

School contests must be held not later than March 15th.

District Contests to be held not later than April 9th.

Provincial Contest to be held not later than May 1st.

Canadian Contest not later than May 15th.

15¢

A Stylish Blouse

It's color these days, that makes a garment stylish! With a fifteen-cent envelope of Diamond Dyes, you can make an old or faded waist smart as any on display. Keep all your clothes stylish—through the quick magic of home dyeing.

Beautiful dyeing or perfectly gorgeous tinting is easy, if you'll use original Diamond Dyes (true dyes). Brighten the house, too; curtains, spreads, etc., are Diamond dyed in an hour or less; right over other colors.

FREE: Your druggist gives you the Diamond Dye Cyclopedic; valuable suggestions, easy directions, actual piece-goods color samples. Or write for illustrated book Color Craft, post-paid from DIAMOND DYES, Dept. N16, Windsor, Ontario.

Diamond Dyes

Just Dip to TINT, or Boil to DYE

Aspirin is the trade mark (registered in Canada) indicating Bayer Manufacture. While it is well known that Aspirin means Bayer manufacture, to assure the public against imitations, the Tablets will be stamped with their "Bayer Cross" trademark.