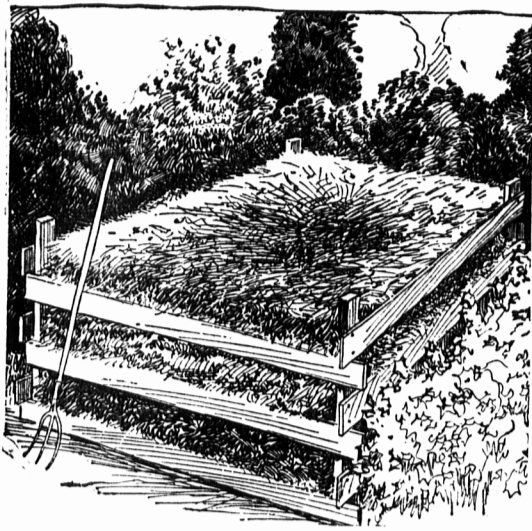


Just Pile Up Leaves To Make Precious Leaf-Mould



A Trim Pile of Dead Leaves Will Become Leaf-Mould in Two Years Without Special Treatment.

All you need to do to make leaves turn into humus, is let them alone. For the sake of neatness, it is well to rake them up, and pile them in a corner where they will not be unsightly. But nature will do the rest in due time. Two years from now you will have a precious store of leaf-mould without any further trouble. And once the annual practice is established, then every year a crop of humus, thoroughly decayed, is available for spreading on your garden.

Methods of management, which may seem elaborate, are justified on two points, first, they can speed up the rate of decay, so that compost is available in one year instead of two; and second, where room is at a premium, they confine the compost pile in reduced space, and improve its appearance.

To speed decay, the growth of the bacteria which cause decay is stimulated. There are two methods of doing this. These bacteria are present in decaying manure, so that when a small quantity of manure is spread through the compost pile, their number is increased and their activity hastened.

They consume nitrogen, so if they are fed with nitrogen they will increase in number and decay will be hastened. If manure is lacking or there is objection to using it, commercial cultures of these bacteria are now available, and can be used instead. Nitrogen can be supplied by mixing chemical fertilizer with the compost material.

Any organic matter can be used in a compost heap; and this means table refuse from the house. But it is not practical to use it except in a managed pile, where it can be covered with earth to kill odor.

The simplest way of creating a managed compost pile is to set aside a suitable location, out of the way, and preferably screened by planting, or a fence; 10 x 10 feet would be an average size. Clean off all vegetation, and harden the surface by rolling. Pile evenly over this area all dead leaves and other waste plant and even animal material, from your garden, and from kitchen wastes. But carefully exclude, if you would avoid trouble, all wood, branches, twigs and metal objects. When the layer, well tramped down, is six inches thick, sprinkle it with a balanced fertilizer mixture, about one ounce to a square yard. Wood ashes, and limestone are also beneficial, each in three or more times this quantity. Then wet it down.

Build up the heap, layer by layer, with similar applications between the layers; and keep it moist. If bad odors develop an inch of soil thrown on top of the pile will prevent them.

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HOSIERY OF DISTINCTION

Nylotrust

EXTRA ELASTICITY FOR DURABILITY

ELLEN'S DIARY

By An Island Farmer's Wife

And she—or may be it was the Father-pigeon was telling the young ones to “move your wings like this—up an’ down” until you get the feel of the flying!” Gage came in to breakfast this morning bursting with his news. “And what do you know! One of them flew the whole length of the barn-loft!” “The young ones must have heeded what the parents were saying!” we said with suggestion. He smiled showing new front teeth.

“I don’t know,” he smiled whimsically. “There’s this much certain: the old ones can’t fly for them!”

Out of the mouth of a “babe” again we had learned wisdom. It was a truth which we and many a parent and guardian too zealous over their children’s learning often overlook. We cannot fly for them; they themselves must master life’s intricacies.

The morning brought a temporary lull in the field-work for to the delight of Mack our one care-free child and Gage, whose vacation from school now wanes were there not outings for the trucks to the city?

“I guess,” the former smiled when on the way a favorite stopping-place hove in sight, “we’ll stop here for refreshments.”

“And I guess,” his Dad replied firmly, “we’ll not stop here for refreshments! Haven’t we to hurry home to thresh? What kind of a farmer are you anyway!”

“But” the little lad reported to us later with a giggle that was merry and warm, “whatever kind of a farmer I am, we did stop on the way home—but barely long enough to buy us ice cream. There was no time today for candy!”

There was time however to see the last of the threshing at the quiet of “the other farm.” Time too to move gear and “chick and child” and housewife to the familiar scenes of Alderlea to thresh there a stack of sheaves that was waiting.

“Where did that stack go?” Mack eyed to the other children later, laced over the mystery of its sudden disappearance. “It was there . . . and now there’s no sign of it—nothing but a big heap of straw!”

Beautiful was the afternoon upon the hills about there as the sun bathed the surroundings with melow golden beams. Wide stretched the woodlands on the slopes, the sturdy dark of the evergreens relieved here and there by the bright shades of maple and birch, the amber of those poplars not yet gone into their rest. The mill stood gray and pretty against a fetching background of color; the millpond reflected the white of cloud-wreath, or Public Bridge, in its mirroring waters; and as well our friend the crane who “as silent as a painter’s ship upon painted ocean” waited there in the shallows to break the laws of the land, should the opportunity arise.

“And listen, Ellen!” James smiled, as together we stood a moment regarding those near and far scenes we well knew. It was to hear an old song. The seasonal music of the over-flow through “the gates” in the dam, to us an everlasting melody, was again in our ears.

And a new moon followed us a piece over the fields at Alderlea when returning. We lost it then behind the woodlands but picked it up here, later, above a dusky hill. But it was not quite the same for that which had accompanied us that little distance was the Moon of Home.

Until tomorrow Diary Good-night

Household Scrapbook

By Roberta Lee

Hole in Glass

Here is one way to make a perfect hole in glass. First, cover the area where the hole is to be with putty and make a hole the size desired in the putty. Then pour into this hole or “well” a little melted lead, and unless the glass is exceptionally thick, a perfect hole will result.

Mending Marble

Broken marble may be mended by sticking the pieces together with a mixture of Portland cement and water in a very stiff paste.

Ostrich Feathers

Ostrich feathers can be curled by sprinkling them with salt and shaking them in front of a hot fire or over a radiator.

Better English

By D. G. Williams

1. What is wrong with this sentence? “That’s an awfully nice vase, and you may sit it on the table.”
2. What is the correct pronunciation of “incomparable?”
3. Which one of these words is misspelled? Obituary, oblique, obse, obivious.
4. What does the word “lamentable” mean?
5. What is a word beginning with nu that means “to make void, especially legally?”

ANSWERS:

1. It is better to say, “That’s a very fine vase, and you may set it on the table.”
2. Accent second syllable, not the third.
3. Obseous.
4. Pitiabie; deplorabie. (Accent first syllable). “That was a lamentable experience.”
5. Nullify.

U. K., Ottawa Girls In International Show



Pat Smythe (above), Britain’s No. 1 woman jumper, shows the skill which won her a place on the British Equestrian team which will compete at the International Horse Show during Toronto’s Royal Winter Fair. The British rider and Shirley Thomas (left) of Ottawa, a member of the Canadian team, are the only women who will ride in the big show in November.

That Body Of Yours

By James W. Barton, M.D.

IMPORTANCE OF THE SCHOOL-ROOM TO THE CHILD’S ALL-ROUND DEVELOPMENT

Many years ago I wrote a small textbook for use of school teachers outlining the latest information on the health needs of pupils and the need of proper ventilation of the schoolroom, but will be unable to find it now. The proper type of seats to insure good posture, proper lighting, proper acoustics, and other necessary features.

After all these years, it is gratifying to know that most of these needs have been filled, together with many other needs.

Some months ago I received some valuable literature from the American Optometric Association, Department of Public Information, prepared by Elmer M. Soles, O. D., Director, in the interest of the Visual Welfare of the American People.

Among the suggestions given by Dr. James D. MacConnell, assistant dean of the School of Education, Stanford University, we learn that:

1. School buildings should be constructed, furnished, lighted and decorated to fit the scientifically determined “needs” of the whole child.
2. The visual environment of the classroom may have far-reaching effect on a child’s growth, development and opportunity to realize his full capacities.
3. Scientifically controlled light to avoid the sharp contrasts common in old-fashioned buildings.
4. Materials of building to be soundproof to reduce the inefficiencies caused by noise.
5. Movable partitions for more efficient use of space.
6. Air-conditioning for proper ventilation and control of temperature.

Dr. MacConnell said there was much yet to be learned about the effects of light and color and of noise in the schoolroom environment. He emphasized the importance of applying to new building projects the principles which have been discovered and proved by experience.

Four days were spent by the delegates to this, the fifty-fifth annual convention of the American Optometric Association on reports of research in the prevention and correction of sight problems in school children.

A youngster handicapped by poor eyesight is not only going to fall behind his fellow students in the classroom, but will be unable to do his best in play in the schoolyard. Thus he may likely develop an inferiority complex that he may carry into his adulthood and be a possible candidate for a mental institution.

Modern Etiquette

By Roberta Lee

Q. When the double-ring service is to be used at a wedding, who should buy the two rings?

A. The bridegroom, of course, buys the ring for his bride, and the bride should buy the one for the bridegroom.

Q. Should a woman walk on a short distance, or should she wait with her escort while he is paying the taxi fare?

A. She should wait with her escort.

Q. What is the proper time for the host and hostess to take their seats at the dinner table?

A. The hostess always seats herself first, this being the signal for the guests to seat themselves. The host is always the last one to take his seat.



MAYONNAISE WITHOUT OIL

- 2 eggs
 - 1 teaspoon mustard
 - 1/2 teaspoon salt
 - 3 tablespoons vinegar
 - 3 tablespoons sugar
- Beat eggs, add mustard, salt, sugar and vinegar. Add butter. Cook ‘til thick. Add 1 cup whipped cream when cold.

This is lovely for fruit or potato salad, or use it without cream on canned pickles or salmon.

—Mrs. Wesley Campbell
Whim Road W. I.

How Can I . . .

By Anne Ashley

Q. How can I prolong the life of a broom?

A. Dip the broom into hot soapy water or hot salt water about once a week, and always hang it up or stand it on its handle, never on the bristles.

Q. How can I repair deep scratches on dark furniture?

A. Select some sealing wax that matches the color of the finish, melt it, and smooth it down with a palette knife. As soon as the sealing wax hardens, polish it.

Q. How can I drill a hole in the bottom of a china vase to make a lamp?

A. This is very risky business for an amateur, but if you’d still like to try it, you’ll need some turpentine, a small three-sided file and lots of patience. Set the vase upside down on a soft surface, and put a few drops of turpentine on the spot where the hole is to be. Stick the pointed end of the file on the spot, and rotate the file slowly between the palms of your hands. Add more turpentine at intervals and keep rotating the file—with much caution.

Q. How can I test for fit. Has complete illustrated instructions.

Send Thirty-five cents (35c) in coins (stamps cannot be accepted) for this pattern. Print plainly Name, Address, Style Number. Send order to ANNE ADAMS, c/o The Guardian, 60 Front Street West, Toronto, Canada.

Anne Adams Patterns

HALF-SIZE STYLE

For the short, fuller figure — a dress that’s both slimming and youthful! The bodice is beautifully detailed with rows of tucks beneath a convertible collar. The skirt has a graceful flare and neat hip pockets. Proportioned to fit — no alteration problems.

Pattern 4775: Half Sizes 14½, 16½, 18½, 20½, 22½, 24½. Size 16½ takes 3¾ yards 39-inch. This pattern easy to use, simple to sew, is tested for fit. Has complete illustrated instructions.

My best recipes taste better made with **MAGIC!**

CHEESE CORNMEAL FINGERS

Mix and sift into bowl, 1½ c. once-sifted pastry flour (or 1¼ c. once-sifted hard-wheat flour), 3 tsp. Magic Baking Powder, ¾ tsp. salt. Cut in finely 3 lbs. chilled shortening and mix in ¼ c. yellow cornmeal, ¼ c. shredded cheese and 2 lbs. chopped parsley. Make a well in centre, pour in ¾ c. milk and mix lightly with a fork. Knead for 10 seconds on a lightly-floured board and roll out to ¾" thick rectangle; cut into 12 fingers and arrange, slightly apart, on greased baking sheet. Bake in hot oven, 425°, about 15 mins. Serve hot with butter or margarine. Yield—1 dozen fingers.

Potatoes Aren't Fattening Points Out W.I. Booklet

By The Canadian Press Tasty Soup

That feminine and practical branch of the Ontario department of agriculture, the Women’s Institute branch, has brought out a booklet called “Potatoes Every Day.” It has good-sized print on glossy paper and some appetizing pictures.

The booklet stresses what nutritionists have been saying for some years without too much success: “Potatoes are not fattening.” Most persons on diets still shun potatoes but a potato is not more fattening than one slice of bread, or one large apple, or one large orange. It is about one-third as fattening as one piece of oak, or a slice of pie.

If you wish to preserve food value in potatoes, bake, boil or steam them in their jackets. Prepare them just before mealtime, cook just until done and serve immediately. They lose some of their vitamin content if they stand. Cook in only a small amount of boiling water and keep covered.

- Here are two potato recipes:
- Cream of potato soup:** 2 cups scalded milk; one onion, sliced; 4 tablespoons fat; 2 cups diced potatoes; one half cup diced carrots; one half cup diced celery; 2 cups boiling water; one tablespoon flour and one teaspoon salt.
- Brown onion in 2 tablespoons fat.** Add potatoes, carrots, celery, boiling water. Cover. Boil until vegetables are tender. Cream flour, salt and remaining 2 tablespoons fat together. Add to milk in double boiler. Cook and stir until smooth. Combine sauce with vegetables mixture. Serves six.
- Chantilly potatoes:** 3 cups of mashed potatoes; one half cup of heavy cream, stiffly beaten; one half cup grated cheese.
- Pile mashed potatoes on baking dish.** Spread cream over potatoes, sprinkle with cheese. Bake in slow oven 325 degrees F. until delicately brown. Serves six.

DOROTHY DIX'S COLUMN

HER FATHER'S ANGER

Beau, Returning Late With Girl From Dance, Arouses Dad's Ire

DEAR MISS DIX: About a year ago I began writing to a hospitalized soldier, at the request of his mother, who is a friend of our family. I had met the boy once or twice. When he left the hospital he came to call, and was liked by all my family. After his release from service we went out quite a bit. Then one night we went to a dance, and came home later than usual. My father met us at the door and bawled out the young man in no uncertain terms. Since then, I haven't heard from the boy. I have written him, apologizing for Dad's behavior, but have received no answer. I like him very much and really hate to lose him.

ANSWER: Naturally the young man feels he is no longer welcome in your home, and apparently he is too honorable to suggest meeting you outside. You can't blame him for not wanting to risk another demonstration of your father's wrath. Dad, of course, has his side of the story, too. It's a great worry to a conscientious parent when a girl fails to arrive home at the expected hour. If you knew you were to be delayed, you should have telephoned home. However, since your father had met the boy, liking him, and the hour wasn't too out of line, he should have saved his scolding until the edge had worn off his wrath. Young people can be very sensitive, especially when going through the throes of adolescent self-consciousness. A tactful rebuke is usually all they need to remind them of their obligations.

Continued from page 2

Alice Brooks Designs

FOR CHILD'S P. J.'S

Into the happy clown's tummy go the children's pajamas every morning! Such fun! Such a clever way to teach youngsters to pick up, put clothes away.

Use scraps—the gayer the better! Pattern 7239; pattern prices directions for making.

Send Twenty-five Cents in coins for this pattern (stamps cannot be accepted) to ALICE BROOKS Designs c/o The Guardian, 60 Front Street West, Toronto, Ontario. Please print plainly Name, Address and Pattern Number.

Morning Smile

Diner: “Look here, waiter! This is supposed to be oyster stew, and I haven't found a single oyster yet!”

Waiter: “Sir, if you had Irish stew, would you expect to find an Irishman in it?”

WHAT ABOUT OTHER FRUITS?

Fresh or frozen strawberries, black currants, blueberries and cantaloupes are excellent sources of vitamin C. Vitaminized apple juice (apple juice with added vitamin C) is an excellent source. Dried apricots and prunes are good sources of iron. Fruits add variety, and interest to meals.

Let **AYLMER** “SUNSHINE” brighten up meals!

... says Mr. Sunshine, the Aylmer hired man.

“Try the catsup that’s born of Sunshine for Richer Flavour,” invites Mr. Sunshine. “I put wonderful flavor and lots of vitamins in these red-ripe tomatoes on the vine. The Aylmer makes them into pure catsup within 24 hours after picking. That’s why Aylmer Catsup tastes so good. Children love it.”

YOUR FAMILY DESERVES AYLMEER QUALITY