

Household Scrapbook

By Roberta Lee

Homemade Painting
Here's an easy way to make your own "oil painting." Take any picture with plenty of color that appeals to you (such as a magazine cover), cover it loosely with coarse cheesecloth and tack both picture and cheesecloth on a board. Cover picture and cheesecloth with shellac, and when dry, trim and frame without glass. The result gives the effect of a beautiful oil painting.

Prevent Freezing
Water pipes will not freeze if old newspapers are wound and tied around them.

Modern Etiquette

By Roberta Lee

Q. If a bride is going on a honeymoon trip that is to last several weeks, how soon should she write her notes of acknowledgement for her gifts?
A. These really should be written as each is received, and before she leaves—but never later than a week after she leaves.
Q. If a man and a woman are walking together during a rain, and both have umbrellas, should each one use his own umbrella?
A. This might prove awkward. It would be much better if both were to walk under the man's larger umbrella.

That Body Of Yours

By James W. Barton, M.D.

TREATMENT FOR THE COMMON TYPE OF RHEUMATISM

One of the encouraging things in life is the various organizations in which the members give their time and money to help suffering humanity. On every side we see voluntary organizations to help the blind, the deaf, the crippled and other sufferers.

One such organization is the rheumatoid and arthritis society with branches practically everywhere. A most valuable pamphlet, or handbook, has been produced by the Canadian Arthritis and Rheumatism Society for distribution by physicians to their patients suffering from rheumatoid arthritis or rheumatoid spondylitis (where rheumatoid process attacks the spine).

"Of all forms of rheumatism, rheumatoid arthritis is capable, if neglected, of producing the greatest crippling and disability. A disease of the body as a whole as well as of its joints, it usually affects young adults, particularly women. Gradually increasing fatigue, pain and stiffness over a period of months and years is a common pattern of its development. It may involve any or all of the patient's joints, but most usually affects fingers, wrists, elbows, knees and feet. It usually affects these joints on both sides. Not only do joints become swollen and painful, but the patient is actually ill—may run a low fever, become excessively tired, anemic and underweight."

In some cases, for some unknown reason, the patient may improve for a time so that whatever treatment is being used at the time receives the credit for the improvement. Despite all the research on rheumatism, covering hundreds of

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How Can I!!!

By Anne Ashley

Q. How can I remove white marks from furniture, caused by hot dishes?
A. One method is to rub with finely powdered rottenstone or pumice, mixed to a light paste with lemon oil or linseed oil. If you do not have rottenstone or pumice on hand, try clear ash. Rub lightly in one direction of the grain, wipe with a cloth dipped in plain linseed oil, then polish.

Q. How can I prevent lime from collecting on the inside of my teakettle?
A. One way is to place a few common marbles in the kettle, and the lime will collect on them and leave the inside of the kettle clean.

Q. How can I remove rust from wrought iron fixtures?
A. It can usually be removed with steel wool and kerosene. If very badly rusted, soak it for a time in kerosene, then rub with steel wool.



Cook's Corner

NUT CAKE
1 cup white sugar
1/2 cup butter
2 eggs
1 1/2 cups flour
1/2 cup walnuts
3 teaspoons baking powder
1 teaspoon vanilla
Salt
1/2 cup milk
Cream butter, add sugar gradually, add unbeaten egg yolks and beat thoroughly, add flavouring. Combine flour, baking powder and salt and sift. Add flour mixture to creamed mixture, alternating with two additions of milk, beating lightly after each addition. Add beaten egg whites to mixture. Beat thoroughly. Then add nuts and beat lightly.

—Bessie Johnston
Springvale W. I.

The Stars Say -

By Genevieve Kemble

For Tomorrow
WITH the Moon in Scorpio, this day favors "odd jobs." It is a good day for the householder to clear out trunks, clean closets, and so forth. Where business is concerned, the day favors tax adjustments, correspondence and insurance matters of every type.

For best results in all activities, stick to established procedures. New ventures should await a more propitious period. Personally, if it should be a pleasant day, especially if you can devote some time to pursuits which stimulate you mentally.

For the Birthday
If tomorrow is your birthday, you should find the year ahead a most satisfactory one. Long-pending business transactions should be concluded happily and, at this time next year, you should find yourself closer to achieving your ambitions than you believe possible at this time. There is a possibility that some unforeseen benefits may accrue through travel, a new invention or the favor of some influential person.

There are also stimulating aspects for social and romantic relationships, and domestic matters should prosper, too. Prestige and power can indeed be yours this year!

A child born on this day will be ambitious and determined but inclined toward bluntness and sarcasm.

ELLEN'S DIARY

By An Island Farmer's Wife

"What a day this has been!" a housewife we visited not long ago exclaimed settling down in her chair with a sigh of relief, obviously grateful that evening, and moments of leisure, had come. From a table close by, she picked up an unfinished stocking and a neat ball of yarn. Pink, it was, and we fell to wondering for the moment what babe of autumn was to be thus gifted: a potential brunette, brown-eyed and dark lashed, who should one day be some nice lad's dream, or despair; or a blonde, with appealing eyes of blue, a lovely miss, of fair curls, and shell-pink complexion to be quite as engaging a sweetheart; or perhaps a red-head, eyes fetchingly flecked to hazel shades, freckles—love-spots of sun such as Granddaughter has, spread along a neat nose; piquant of face, an altogether charming maid to be someone's best loved.

"This," our hostess chuckled, "was Agent's Day at this place! I'm afraid I was a little brusque with the last one—he was selling subscriptions to magazines, and there's more about now than I get time to read. Dear me, what a nuisance such salesmen are!"

"But," we offered, "they're interesting. One can learn something from them, if it's only to be thankful one's lines have fallen about one's own door-step! They tell us their troubles too, and . . ."

"Troubles!" she laughed, "as if I didn't have enough of my own, without listening to others! Every time I open the door today its to meet the like of you, I said to one of them, this afternoon, not too graciously . . . he was an insurance man. 'I bet my blood pressure's touching 300 right now.' 'All the more reason,' he grinned, 'why you should buy yourself a policy—that is, if you haven't left it too late, as it is.'"

So do these farms receive a share of such patronage. Today, it was one of a different line—a sober-faced man, well dressed, polite, a stranger. He vended, or perhaps, gave away, religious tracts.

"We teach . . ." He went into an explanation of things spiritual, which in its extent left us bewildered. . . . The afternoon was gray, quiet, lifeless; the farmhands enshrouded with mist. We counted the drops of silver on the bare twig of poplar beyond the window. The lane was muddy, the yard little better.

"Let's not discuss serious subjects today," we smiled. "Let's talk about less solemn things. . . . Now where do you hail from?"

"The West," he replied in some surprise.

And so entrusting for the time—and always, our respective creeds to the keeping of One, Who takes and gives and "doeth all things well" and in His own time and season, we chatted briefly there.

"Well, Goodbye," he said presently, rising. He went out then closing gently the door behind him. But reopened it to offer with a smile: "At least, it's nice to meet

Better English

By D. G. Williams

1. What is wrong with this sentence? "You didn't used to go there, until your stocks depreciated in value."
2. What is the correct pronunciation of "chiro-podist"?
3. Which one of these words is misspelled? Au revoir, audacity, auditorium, audacious.
4. What does the word "auroral" mean?
5. What is a word beginning with pro that means "reproducing freely"?

ANSWERS

1. Say, "You didn't go there formerly, until your stocks depreciated (omit 'in value')." 2. Pronounce ki-ro-p-o-dist, first i as in kite, first o as in on, accent second syllable. 3. Auditorium. 4. Pertaining to or like the dawn; roseate. "His painting depicted an auroral scene." 5. Prolific.

someone who is pleasant! So many times we are 'greeted' with frowns." It was an unexpected compliment—we should keep it to tell James.

"Thanks!" we returned, and Good Luck to you!"

"That agent, Ellen, did you buy anything from him?" James in bed now takes time to review his day.

"No."
"Not a thing?" he ejaculates, "that's queer!"
"But he gave us something," we call, "just wait 'till you hear!"
Until tomorrow Diary
--- Good-night

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