

and instead of being a day of rest, everyone is more exhausted next morning than if they had stayed quietly at home.

I don't want to give folks the idea that I am a crank. I can assure Home Clubbers that I see no harm in a short motor ride on Sunday, so long as that ride contributes to the mental and physical well being. When the car is used on Sunday to the extent, however, when it makes the day anything else than a day of rest and worship, then I say it is time to call a halt. For my part I am very sorry that the gasoline scarcity has been solved, involving as it does a return to the restless rush of motor cars all day Sunday.—"Nephew Frank."

A Clothes Bar That is Different

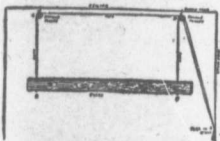
F. M. Christianson, Welland Co., Ont.

THIS novel clothes bar which I am about to describe, and of which I am enclosing a diagram, was made by a handy man and is in operation in the kitchen of his home where it has done excellent service for a number of years. It hangs from a 10-foot ceiling, and will work well in rooms with lower ceilings.

The points which predispose us in favor of this clothes bar are:

(1) The clothes can be run up to the ceiling and left hanging to air after ironing and at the same time be wholly out of the way.

(2) It does not take up any space which could be otherwise used.



(3) It is strong and never sags.

(4) It can be made by anyone who can drive a nail.

(5) A child can operate it.

(6) Its cost is only 50 cents.

The materials required to make this clothes bar consist of two large hooks to screw into the ceiling; one single pulley two inches in diameter and one double pulley of the same size, these costing 25 cents; 25 feet of rope, costing 15 cents and one board five or six feet long and two or three inches wide, which will cost about 10 cents.

To install this clothes bar, place the middle of the rope around pegs in wall,

designated as "E" in the diagram. Bring one end over one double pulley, bore a hole through the board at "B" and slip rope through, fastening rope at end in a good sized knot in order that it will not pull through. Bring the other end of the rope over the other double pulley and on over the single pulley at "G", then down and through board at "A", similar to "B". The bar may be raised or lowered by winding up the rope on its pegs in the side wall at "E".

This bar works admirably and is so strong, simple and indestructible that it commends itself to anyone who sees it. It is simply grand in a farm kitchen and lends itself to many uses.

Save the Second Spoonful

IN a statement on the sugar distribution difficulty, the Chairman of the Canada Food Board, Mr. Henry B. Thomson, says:

Since last May, when the use of sugar in Canada was rigidly cut down by manufacturers, candy makers, public eating places and large users have played the game fairly, and have aided by the rulings of the Canada Food Board.

Approximately 300,000 tons of sugar will be required in Canada for 1918. Only 12,000 tons of this will be used in the confectionery industry. If the Food Board issued an order absolutely closing down the factories we should disorganize the industry and throw hundreds of people out of work.

If the people in the homes would not put the "second spoonful" of sugar in their tea and coffee it would save 50,000 tons of sugar a year. This amount is more than four times the sugar allotment to the confectionery manufacturers. It could be done with a little good will.

Notwithstanding the order issued on September 15th, there is reason to believe that a large number of people hoard sugar in the homes. It is only a little possibly, in some cases, but when multiplied by the number of homes in Canada, it is a huge quantity in the aggregate. There is possibly also a good deal of waste which, if checked by everyone, would make the situation easier.

It is for the consumer to get in behind the Food Board now as the manufacturers have done. There will then be an ample supply of sugar for all.

There is nothing better for removing spots from a rug than the use of ammonia.



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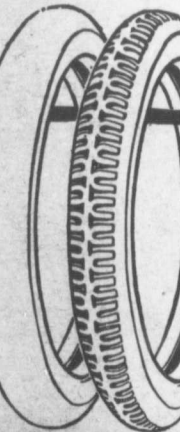
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