

HOME - MAKING HELPS

BY WANDA BARTON

To obtain a peaceful atmosphere in the "homey" room is worth more than a passing thought. It is not easy to create this atmosphere in a room, but when we succeed it is beyond price. It is not wealth, nor ornate things, but a peculiar sense of fitness that makes a harmonious whole, which not only invites but urges you to enter. An open fire is often the compelling point in a room of this sort, but not always, for a room without a fire-place can be made quite as charming if handled in a knowing way.

One such room has three deep windows looking in as many directions on roadway, orchard and garden. The walls are a deep soft tan, the wood-work a soft cream white. The well-polished butternut-colored floor was nearly covered with an old blue and brown soft rug. The soft filmy curtains were outlined by straight draperies of old blue sunfast material, having a polka dot or glinty silk.

The furniture was upholstered in butternut brown and where the wood did not show it was of fumed oak, while all the cushions were of the blue material like the draperies. Nothing unusual or expensive in the furnishings to attract people to the room, but it was in the secret of its arrangement that the charm lay.

In one corner were book shelves, and in the rectangular space was a standing reading-light, softly shaded, and a smokers' stand. Across the front of the room a chaise longue, piled high with comfy cushions; was just an invitation for a cozy, restful evening. In another corner stood an open desk, inviting and well-lighted; and above it attractive book shelves. In easy reach for inspiration or assistance if need be to the writer. A third corner held an upright piano, also well-lighted, with a handy music cabinet. The fourth corner held a good sized round table, with a student light shining down on the new magazines and

latest books.

The last touch of hominess was a work-basket, with a bright bit of work peeping out of it. Of course there were flowers here and there but the presence of a fireplace was not missed. A group of comfortable chairs in the center which invited those not drawn to the special corners.

A most attractive addition to a real living room is a Chesterfield couch—long, deep and softly upholstered, placed before an open fire place, back by a table on which there is a reading lamp that throws plenty of light. It is far more inviting than the ordinary sofa, couch or day bed. These are not cheap pieces of furniture but if well made they can be reupholstered when the need arises and in emergency make a most comfortable bed. They are usually covered with a soft plush.

If a room is so shaped as to offer long wall spaces unbroken by door or window there are many ways of treating them so that they add to the cozy appearance of the room. A long reading table with a lamp at either end, placed against the wall and an upholstered chair at either end, is a happy arrangement which looks and is cozy. The trouble with so many tables is that they are so cluttered with ornaments there is no place to lay a book down, or for a cigar or cigarette box; but where the books are a few well chosen ones held at the back of the table between attractive bookends, there is always a space for other uses.

An attractive prayer rug in good coloring, hung flat against the wall often makes a background for table and chairs that is colorful and homely in appearance, especially if the paper is in single soft tone that accentuates the colors in the rug. Wall treatment has much to do with the successful room, and it can not be considered too carefully in color, paper, paint or the material with which it may be covered.

YOUR HEALTH

What You Should Do When Anything Gets in Your Eye.

When the Prince of Wales was attending a polo game he was the unfortunate victim of a painful accident. A piece of turf, kicked up by one of the horses struck the royal visitor in the eye.

The Prince gave a good example of what should be done under such a circumstance. Instead of trusting to luck or his handkerchief, he took his damaged eye to a doctor.

If you had seen the bad results I have observed you would never neglect to give careful attention, to any injury to the eye. I cannot under stand why people are so neglectful of this precious possession. A twenty dollar watch is better looked after than a million-dollar eye.

Would you take a million dollars and give up an eye? I suppose there are a few persons in the world who would sell an eye or a soul for a million dollars. Yet the average individual will treat his eye as if it were worth about thirty cents.

In nearly every shop and office there is an employee who is "eye doctor" to tell the rest of the workers. He has acquired some degree of skill and a tremendous reputation. With a sharp match or a toothpick he will undertake to scrape a foreign body off the front of the eyeball. He may succeed in taking out the cinder, but he is quite likely to remove a considerable area of the eye covering, as well as to insert a couple of million germs.

Everyone knows how it hurts to have a hot cinder burn its way into

the eye, but then escape the lining of the lid every time it winks. It is so painful that the victim will trust his safety to any volunteer who says: "I'll have it out in a jiffy."

My advice is to tie your handkerchief over the closed eye and hurry to your family physician or to an eye specialist. The doctor will drop in a little cocaine and in five minutes the foreign substance is removed without pain or danger of infection.

Of course, there are times when it is impossible to get a doctor. Then you must trust the most dependable friend. In this case wash your face with soap and water. Have the operator scrub his hands with soap and water. The dull end of a needle sterilized in the flame of a lamp or match, or, better still, a clean splinter of wood is wrapped with sterilized cotton.

With this carefully prepared instrument the foreign body should be carefully and gently brushed off—not taken out crowbar fashion.

Sometimes—generally indeed—you may float out the offending material. Fill a basin brimful of water. Several vigorous openings and shuttings will carry away the pain-producing substance.

RED ROSE
TEA is good tea
and extra good is the
ORANGE PEKOE QUALITY

New Health For Suffering Women

Obtained Through Enriching the Blood Supply.

Many women endure with silent patience suffering that casts a shadow over half her life. But an aching back, tired limbs, sideaches, attacks of faintness and splitting headaches need to be the part of a woman's life. Such trials indicate plainly that her blood is thin and impure; that to drive away these troubles her system requires the new, rich blood supplied by Dr. Williams' Pink Pills. These pills are valued by suffering women, who have used them, above all other medicines because they make the rich red blood that makes women feel well and at their best. Proof of these statements is given by Mrs. Eugene Deslauriers, Richot, Man. who says:—"A few years ago my health completely failed. I was subject to those troubles that afflict so many of my sex. Added to these I suffered from constipation, loss of appetite, dizziness, a ringing in my head and nervous prostration. I consulted several doctors, but their medicines failed to give me relief. After much persuasion I began to take Dr. Williams' Pink Pills, but without much hope as I believed that no medicine would help me. To my great joy, however, I found these pills were just what I needed and I can honestly say they have made me a well woman. I can now do with ease, all my own housework, and I strongly urge other weak, ailing women to give this medicine a fair trial, feeling that what it has done for me it will do for others."

You can get these pills from your druggist or by mail at 50 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

INSURE EMPLOYEES UNDER GROUP PLAN

Twenty-seven R. R. Lines Have Adopted System.

Group life insurance is coming to play an important part on American railroads. According to a survey recently made by Railway Age, group life insurance was in force on at least twenty-seven railroads, of the United States, not counting subsidiary companies. Since the survey was made the names of nine railroads have been added to the list, in which many of the outstanding systems of the country are included. The policies represent upward of \$260,000,000 and more than 250,000 employees share the benefits.

The greater part of this development has transpired within the last two years. Although in the industrial world the first group life insurance policies date back to 1910 the railroads are much slower in taking up the idea; yet there the need has been no less urgent. It is estimated that 30 per cent of the workers in all industries have no life insurance whatsoever, and the same proportion have no more than \$500 life insurance each. There is a particular need for the group scheme, as by this plan whereby insurance may be had

PILES
Do not let another day pass with itching, bleeding, or protruding piles. No surgical operation required.

without medical examination. This feature has a special meaning for that estimated one-fifth of the employees of large institutions who are unable to get insurance of any kind except at excessive premiums.

In 1917 the first move toward group insurance was made by the Union Pacific, which now has in force \$60,000,000 worth of life insurance under this plan. It was two years before another railroad followed its lead. In the year 1920 a third was added and in 1921 a fourth. Five more joined the movement in 1922. Since then the list has lengthened rapidly 1923 and 1924 having contributed heavily to the growing total. Policies on several roads in these years have been increased and sometimes doubled.

Every conceivable plan of group insurance has been adopted. There is simple life insurance, life insurance that provides as well for total disablement and life insurance combined with accident insurance. Amounts, conditions of admittance to benefits and employers' share of costs differ in various cases. But the saving in agent's fees effected where the group plan prevails makes it possible for all rates to be low. The employer usually bears enough of the cost for the insurance to appear in the light of a gift. Sometimes he bears it all or a certain minimum, with the provision that the employee will contribute to any taken out in addition.

In recent years it has become the practice for employees to take more part in insurance schemes. Employers formerly found it too much trouble to get 75 per cent of their employees to agree to contribute. It was discovered though, that interest lapsed in cases where the insurance was a free gift. Also the objection of paternalism was raised. As a result on some railroads the employees practically carry the insurance themselves.

AMOUNT DEPENDS ON SERVICE
The amount of insurance may be limited by wages received or by length of service. On the International Great Northern, for instance, employees who earn \$150 a month less are limited to \$1000 life insurance, \$1000 accident and disablement insurance and \$10 weekly benefits for thirteen weeks in case of disability. For those earning more than \$150 the limit is doubled and the weekly benefit is raised to \$15. On the Pere Marquette the \$1000 policies go to men who have served from one to three years, the \$1500 policies to those who have served from three to five years, and \$2000 policies to those who have served five years or more. In any case, the insured pays half the premium. On the Union Pacific the death benefit is a year's salary, to a maximum of \$2,500 and none is admitted to the benefits whose salary is \$4000 or more. In case of permanent disability before the age of 70, the full amount of the benefit may be paid in five equal annual installments.

The contract on the Northern Pacific, contingent upon the acceptance of the insurance scheme by 75 per cent. of those employees eligible, represents a gross amount of \$50,000,000. Two hundred and fifty dollars was given free to employees six months in the service and \$500 to those of one year's standing. For the latter class, additional insurance may be written at the rate of about 70 or 80 cents a month per \$1,000 the company paying for a part of this additional insurance.

The first year's experience with the plan on the Great Northern the insurance company reported, was so satisfactory that dividends were returned. An employee who had paid \$19.30 for twelve months' insurance received a dividend of \$3.60. Here the contract was drawn up for the shopmen by joint action of the insurance company, the rail

"Eczema on My Face Completely Relieved"

Miss Winifred Ernest, Box 46, Blockhouse, N. S.

writes: "Ever since I was a little child, I suffered with eczema on my face. At times my face was completely covered with large sores, and I tried nearly every kind of medicine that I heard of with no results. This lasted for over twenty years, until one day I asked the advice of my druggist, who bade me give Dr. Chase's Ointment a trial. After using the Ointment for a few days, the sores began to heal, and soon I was completely relieved of the disease."

Dr. Chase's Ointment
60 cts. a box, all dealers, or Edmondson, Bates & Co., Ltd., Toronto

road and the associated organizations of the employees. Six million dollars was taken out. Recently the insurance company has offered an increase in policies to \$2,000 for accidents, \$2000 for loss of, both hands, \$1000 for permanent loss of sight of one eye and other casualties of like magnitude; \$20 weekly sick benefits and \$20 weekly non-occupational accident benefits.

Group life insurance is said to foster better feeling wherever it has become established. Especially when the money limit is advanced with length of service, it becomes a tangible expression to the employee of his employer's appreciation. Some employers look upon it as a means for stabilizing their forces, but it has not always proved a reducer of turnover. Still, according to a report from the United States Chamber of Commerce, the insurance companies claim that the small number of lapses on the policies and the rapid growth of the service afford evidence of the stabilizing influence of such insurance.

LARGE POTATO SHIPMENTS

During the past week over 50,000 sacks of potatoes, about 150,000 bushels, were loaded on steamers at Charlottetown and left for different markets. Of this quantity the Canadian Beaver took 23,000 sacks of seed bound for Brooklyn, N. Y. the S.S. Broughton, took 15,000 sacks of table stock bound for London, England; Gunter Hilbert took 11,300 sacks and 550 barrels table stock bound for Cuba. Of the above quantity all was supplied by the Potato Growers' Association with the exception of six or seven thousand sacks. Besides the above, four carloads of seed potatoes were shipped by rail to southern points. Since October 20th the Potato Growers' Association has moved from the province one hundred thousand and four hundred sacks of potatoes two thirds of which was seed.

ROYAL YEAST CAKES
Make Wonderful Home Made Bread



Here and There

"Moose are plentiful in the Chaplains' Ont., district, and hunters can secure a good bag of deer and bear," says J. W. McVey. Experienced guides can be obtained and hunters are assured they will get their limit.

"One of the things for which Canada is most to be congratulated is that she has established a system of education that compares favorably with any in the world. Canada is a nation of literates, she has a remarkably small proportion of illiterates," stated the Right Hon. H. A. L. Fisher, former Minister of Education in the British government, when disembarking at Montreal.

One of the many gifts offered by enthusiastic individuals to the Prince of Wales on his visit, the majority of which he could not for obvious reasons accept, was a package of French-Canadian tobacco grown on a farm at St. Roch l'Acadie, situated near the boundaries of Montcalm and Assomption counties. In a letter from the Alberta ranch the Prince through his secretary thanked the donor for the gift.

A cablegram from London, England, quotes an article in the "Financial News" dealing with the British Empire Exhibition. It stresses the exceptionally fine exhibit staged by Canada and the unquestionable benefit to trade relations it has effected. The article pays a high tribute to the Canadian Pacific Railway exhibit, describing the railway's gorgeously illuminated map of Canada, with its 1,000,000,000 lights as probably the most brilliant spectacle of the exhibition or elsewhere.

It has been announced that H. J. Logan, M.P. for Cumberland, will accompany the Minister of Trade and Commerce to the West Indies to negotiate a new reciprocal treaty with those islands. The general purpose of the visit is to admit West Indian commodities free in return for Canadian manufacturers receiving similar treatment, the products of the two countries being entirely dissimilar. It is also hoped to build up a direct system of importations through Canadian ports instead of through the United States, by which route a great proportion of West Indian products now come to Canada.

The Canadian Pacific Railway has appointed F. A. Cox, general agent, to be assistant Oriental manager, at Shanghai, and E. F. L. Sturdee, acting general passenger agent for the Orient, to be general passenger agent for the Orient, with headquarters at Hongkong. Leo Solloway, recently appointed assistant freight agent, with offices at Montreal, and supervision over Oriental and Australasian traffic via Pacific ports, has the distinction of being the youngest official in the Canadian Pacific Service. He was born in Vancouver, in 1895, and has been in the steamship freight service 14 years.

The winners of the Canadian Pacific Railway's Ontario bungalow camps fishing trophy competitions for 1924 were announced recently. The French River competition resulted in two competitors turning in fish almost identically alike. In this contest a tie was declared. The successful anglers were Dr. W. L. Hawkins, New York City, and H. H. Champ, Hamilton, Ontario, each entering a small mouth bass weighing exactly 4 pounds. The winning fish at Nipigon River Camp was a 6 pound, 16 ounce trout, caught by William Metzger, Detroit, Michigan. The Devil's Gap (Lake of the Woods) trophy was won by J. A. Furlong, Winnipeg, Manitoba, who entered a muskellunge weighing 30 pounds, 2 ounces.