

## Some Hot Weather Hints

If you are fond of drinking ice water and other iced drinks now is the time to break off this pernicious habit. Although hot food is cooled and cold food is heated in their passage to the stomach, nevertheless, when you eat or drink anything cold you not only shock the gastric nerves but you also retard digestion until the food or drink is warmed to the temperature of the stomach.

Iced drinks and food also hinder the excretion of saliva and so interfere with the digestion of starchy food. Very cold starchy foods, such as potato salad and cold oatmeal porridge, are hard to digest for the same reason, and so should be avoided by all who have not strong digestions.

Ice cream is often most grateful to invalids, and is quite nutritious. If it is eaten slowly and allowed to melt in the mouth and become warm before it is swallowed it can do no harm.

We do not need as much meat in hot weather as we do in cold.

Hot baths make a person cooler than cold baths.

Electric fans give a grateful current of air and make the room more comfortable, but the temperature is not lowered perceptibly by their use.

When you are thirsty very weak tea is better than cold water. Oatmeal water, either uncooked or made into a thin gruel, is more sustaining than plain water and makes a pleasant drink.

Never take a long walk and never do any hard work before breakfast. Vitality is at a low ebb in the early morning, and it is always better to take a cup of coffee before going outdoors when you first get up. The body is not entirely able to withstand fatigue and disease until breakfast of some sort has been taken.

Strength is supposed to increase as the sun rises, and in general one is strongest in the middle of the forenoon or just before noon.

More sleep is necessary in summer than in cold weather.

Unripe fruit is generally indigestible, and some kinds, such as cherries and peaches, are quite harmful.

Buttermilk agrees particularly well with those who cannot easily digest fats. Cream is one of the most easily digested of fats.

The average amount of water that should be taken daily is from two to four pints, or from four to eight glasses. More is needed in hot weather than in cold, and more when a person is working hard and breathing deeply than when making no physical exertion. By running hard in hot weather you may lose several pounds through the perspiration that is thrown off.

Be careful when you drink. Remember that not much water should be taken with meals.

## School Citizenship

By Martha J. Nichols

The beginning of good citizenship is in the home. If the child is trained there to obedience, courtesy, co-operation, he bids fair to stand in right relations to community, state and nation when comes to years of maturity. Yet because so much of the developing child's time is spent in school, it seems almost necessary to seize upon its conditions as a factor of help in training the prospective citizen.

In some schools the civic spirit is cultivated by means of a system of self-government by the pupils. Because this system can be very helpful, the wise parent whose children enjoy its benefits, treats it with great respect, helps the child to get the most out of it. So many schools, however, do not use any form of pupil government that if children are to have the benefit of practising citizenship in miniature while going to school, they need suggestion, inspiration, instruction from outside. Without in the least laying hands on school management, it is possible to give both son and daughter ideas that will help them see themselves as members of the school community and as therefore having citizenship obligations and opportunities.

It is not beyond the ability of a child above the primary grades to learn that if he submits to some restrictions in school others must do the same, and that if all submit willingly they become a strong body and can accomplish the work set before them. To this may be added the truth that not only in school but all his life everyone is to be associated with others in citizenship, in business, in social relations, and that as he learns to do his part fairly and gracefully, he smooths his own path, helps others, accomplishes far more than if he tried to assert himself as an individual who acknowledges no relationship with his neighbors.

Many children are prone to think that if they choose to break a law of the school, then take the penalty without protest, the law is fully kept and justified. Far better if everyone can be helped to see that his own obedience to the regulations of his little community, his own ready compliance with the teachers' requirements uphold law, stand for order as nothing else can do. The child can perhaps be inspired with a citizen's sense of honor in school, so that he takes pride, not in violating laws on the sly, but in maintaining what he can see as just and reasonable laws.

At one time in the history of France, men counted "Citizen" a title of honor, called one another "Citizen This" and "Citizen That." Using this as a hint, a certain mother's son was, after a little "course" in explanations and instruction at home, sent to school as "Citizen Arthur." This mother tried to avoid making a prig of her, citizen cadet simply encouraged him to look upon the school as a community and himself as a member of that community having duties he could not honorably escape. He was

often asked to report his successes in that role. These reports showed that he had some very interesting experiences in trying to live up to his title, and that he utilized some rather original ideas under this sense of responsibility. He said one day that he had no more trouble with laws at school than a bird does with fences, for when he came to know the meaning of the laws the only common-sense way to do was to obey them. They simply were a list of right things to do.

It is worth remembering that children like responsibility, like to think they are doing real things. They will always do better if they can see clearly, or have definite ideals than if they are "made" to do what others say ought to be done. Thought and time and effort spent in giving them right views about community life is never wasted.

## New Kettles

These often give a decided taste of iron to the water boiled in them.

To prevent this boil a handful of hay in them, repeating the process if necessary.

In Ireland this is quite a common custom; everything used for milk is scalded out in this way.

## To Keep Flowers

Chrysanthemums will keep for several weeks if the ends are cut off (about half an inch) and are first plunged into hot water for a few seconds and then into cold as usual.

It is a splendid way of reviving them, too.

## Ironing

Whatever ironing you are doing, always remember that the small parts, such as cuffs, tapes, etc., should be attended to first.

It is much the easier way, and quicker, too, to work with a method.

## For Baby

The best way to keep small children warm during the cold weather when you take them out in the go-cart, is to make a bag large enough to slip the child into, of eiderdown, fur or tweed, with a drawstring to fit it securely round the waist.

The wind may blow as hard as it can, but it cannot come undone, and the child will be snug and comfortable.

## A Memory

Down dropped the sun upon the sea,  
The gradual darkness filled the land.  
And 'mid the twilight, silently,  
I felt the pressure of a hand.

And a low voice: "Have courage, friend,  
Be of good cheer, 'tis not for long,  
He conquers who awaits the end,  
And dares to suffer and be strong."

I have seen many a land since then,  
Known many a joy and many a pain,  
Victor in many a strife of men,  
Vanquished again and yet again.

Still, where the ruddy flame of gold  
Fades into grey on sea and land,  
I hear the low, sweet voice of old,  
I feel the pressure of a hand.

The Range  
that Lasts  
a LifetimeKootenay Steel  
RangeThe Range  
that Lasts  
a LifetimeA Household  
Guide and Recipe  
Book FREE—

A reliable source of information on domestic questions, with a mass of tested recipes that will make the KOOTENAY still more valuable to its users, has just been compiled for us from all the best available sources. We will gladly send a copy of this book (as long as the edition lasts), to ALL who fill in and mail coupon below.

This is the Range with a  
Dust-Proof Washable Oven

Invariably you dust your oven before baking. Isn't this the case? If you are a KOOTENAY user this duty is unnecessary—with old-style ranges it is almost essential. Did you ever wonder where this dust came from? Ovens that need constant dusting are made with seams and rivets in the top—over which smoke and ash-dust pass—heat loosens the rivets, and dust drops through whenever the stove is shaken. THE KOOTENAY OVEN HAS A SEAMLESS TOP. This is not all—THE KOOTENAY OVEN CAN BE WASHED LIKE A CHINA DISH.

This Oven is made of Nickelled American Ingot Iron, that may be easily and thoroughly washed with soap and water WITHOUT THE SLIGHTEST DANGER OF RUST. The VENTILATED OVEN carries off all odors that arise from cooking or baking. The KOOTENAY OVEN is SQUARE, DEEP AND ROOMY. The ALUMINIZED CENTRE RACK adds greatly to baking space, as the baking is done equally as well on the rack as on the oven bottom. This BOTTOM IS REINFORCED to prevent buckling, and protected by asbestos. So the KOOTENAY Oven will wear easily five times as long as the incorrectly designed one of ordinary iron. THE NICKEL PLATED OVEN MEANS GREATEST RADIATION; therefore is most economical and radiation is even, thus giving best baking results.

You might easily overlook all these good points in the KOOTENAY Oven, because there are so many others in the rest of this range.

The FIRE BOX linings are made in nine pieces of heavy-weight Semi-Steel, which is practically indestructible. The HEAVY DUPLEX ROLLER GRATES have two faces—one for wood, one for coal—instantly interchangeable.

The KOOTENAY has a DUPLEX DRAFT that ENSURES AN EVEN FIRE.

The POLISHED TOP is a bright, smooth, easily cleaned surface (no black lead necessary).

And there is NO REACHING for Dampers, because the DAMPERS ARE IN THEIR PROPER PLACE.

Look at the picture and note the general "dress" of the KOOTENAY. Then ask your dealer to "show" you and tell you the rest. You'll soon be as great a KOOTENAY enthusiast as we are.

Remember—The KOOTENAY is guaranteed

2

McClary's

WINNIPEG, CALGARY, SASKATOON, EDMONTON, VANCOUVER,  
Ottawa, Ont., Toronto, Montreal, Hamilton, St. John, N.B.

My Name .....  
Address .....  
My Dealer's Name .....  
To the McClary Mfg. Co., Winnipeg  
Gentlemen—Send me FREE  
Copy of "Household  
W.H.M.