

## INTERESTING THINGS FOR LADY READERS

Home and Other Helps with the Latest Notions  
from the Near-by Metropolis

### Care of the Feet

The majority of people little know how much one's feet effect one's general health.

In the case of singers and speakers the care of the feet is nearly important as the care of the throat, as they have almost a direct influence upon the throat.

Keeping the feet boxed, up in tight leather shoes, is needless for me to say, injurious in many ways. Only those nations who go barefooted, or wear sandals, have beautiful, perfectly formed feet. Tight shoes retard the circulation and compress the foot of shape.

High-heels are an abomination; they throw the whole body out of poise. They have a very bad effect on the nervous system. A leading physician told me that we had little idea what a vast amount of harm was caused by the wearing of high heels. He said that they were the cause of many ills.

For a number of years I have made it a rule to change my stockings every day. When fatigued, no change of garments refreshes me more quickly than a fresh pair of stockings.

In cold weather, the feet should be oiled, this is a great protection not only against chills, but against cool feet, and corns also. In the warm weather, if the feet have a tendency to perspire, nothing is better than some good antiseptic talcum powder. Corn starch is a good substitute for powder and is very soothing for tired feet.

Every one should wear rubber heel pads; they prevent headaches and jars to the spine. Woman would not be such sufferers from nervous headaches, if they adopted these simple appliances.

### WELL TRIED RECEIPTS

The readers of "THE OBSERVER," who last week were interested in the receipts, must have wondered at sweet milk gems, in which there was no milk. The printer made a mistake in both receipts for graham gems, and left out sour milk in the first receipt and sweet milk in the second receipt.

### Brown Bread

2 cups of sour milk, ½ cup of sugar, ½ cup of molasses, 2 cups of graham flour, 1 cup white flour, 1 teaspoon soda, 1 teaspoon salt. Bake two hours.

### Beef Croquettes

1 cup of beef chopped fine, ½ cup of bread, or soda biscuit rolled fine, 1 egg, a little mustard, and a few shakes of celery salt. Mix well with hot water and fry in lard like fish balls.

### Stewed Kidney

Put a kidney on to boil early in the afternoon let it simmer till bedtime. Allow it to remain in the same water all night. Next morning cut into small pieces and let it boil for an hour or more. Make a brown gravy, and just before serving add two hard boiled eggs sliced.

### Citron Preserves

Cut the citron into slices, take out the seeds, peel it and cut it into small thin pieces, about half an inch long. Put a pound of sugar to each pound of fruit, and let it stand over night, and then boil until clear. To flavor, add lemon juice. This to my tastes makes the most delicious preserve. However, some people prefer ginger for flavoring. Candied ginger cut into dice, is far nicer than root ginger. Put it in and boil with the citron.

I made two lots, and in the second, I only put three pounds of sugar to four pounds of fruit. But most people prefer the pound for pound preserve with citron.

### Paris Styles

The other day, I had the pleasure of dining with a friend who had just returned from a summer abroad. She spent some time in Paris shortly before her return and of course she brought herself a genuine Paris hat, for who goes to Paris and does not buy a hat?

I was surprised to learn from her that the large hats which are so fashionable on this side of the water, were no longer the vogue in Paris. She said that the large hats had come and gone

and now were no longer considered good form.

She said that the most popular hats of the moment with the Parisians, were a fairly large sailor, with a rather flat crown, with no other trimming than a simple rose, placed right in the front. The beauty of the whole hat lies entirely in that rose, for it is in itself a thing of art. It is very large in size, so large in fact as to cover the entire front of the hat, and nearly the whole of both sides. These roses are usually made of silk or velvet, and are shaded, light at the outer edges, and dark towards the centre. One particularly lovely rose that my friend noticed was a dark red, shading to a black centre.

### TWO SIMPLE DESSERTS

I am always trying to find the easiest way of getting through the daily round of work. The desserts make me the most trouble, I think. I will pass on two of my very easiest rules.

Choose a very cold night for making this dessert, and when the evening meal is well out of the way, take some cream and whip it until it stiffens somewhat; then add sugar and flavoring "to taste," turn into a common tin pail, cover, and put it out-of-doors to freeze. I find it freezes nicely to set it on the piazza. Do not look at it until you serve it at the next day's dinner. The family all like it, and while it is not so nice as ice-cream made in the orthodox manner, it is a very good substitute.

Another easy dessert is to save the coffee left from breakfast, and an hour before dinner heat it up, and when hot stir into it a cup of minute tapioca. Set it in a double boiler and cook until clear. Shortly before serving, add to it a cup of sugar and a good-sized lump of butter. Serve hot with cream.

### Peeps at Paris Hats

There are new looking metal buckles on some hats, in which colors such as old blue and dull green are combined with gold. A pendant on a link is used with good effect on some of the large flat ornaments. Ties, usually of fairly wide silk ribbon, are attached to the picture hats, and they are joined so that they can be allowed to fall forward over the left shoulder.

Maline is used about the bands and sometimes as a trimming to relieve the furry effect of some of the feather bandeaux. Some beaded net effects are used as applique to velvet. Laces are shown by some modistes especially light effects, as a drapery for velvet, being generally black over a color, but there is a little colored lace to be seen, too.

The feather trimmings continue as profuse as ever, the idea being to combine several effects in one piece—for instance, wings at the end of bandeaux, paradise sprouting from wings, quills in connection with brute ostrich, owl heads with pheasant tail effects, owl heads with wings, ostrich, and marabout in more elaborate designs than ever, and so on.

The Tam O'Shanter crown is a factor. It is often made of beaver or plain felt, which can be obtained in hoops or plateaux. The newest plateaux are square, measuring about 30 inches each way. Where brims are of felt, heavily ribbed silk, peau de sole or velvet is likely to be employed for the tam crowns.

### Oyster Recipes

Oysters are much to the fore these days, and so a few hints on serving them may not come amiss. To broil oysters takes a pint of large oysters, dip in melted butter, then in bread-crumbs with a little salt and pepper, broil ten minutes. Serve with Maitre d'Hotel sauce. This sauce is made by mixing two tablespoonfuls of lemon-juice, one of chopped parsley, dash of salt, pepper and cayenne, with four tablespoonfuls of creamed butter.

For Creamed Oysters for pates or

ramekin dishes take a pint of oysters parboiled or a cup of oysters and a cup of cooked macaroni; cook thoroughly two tablespoonfuls of butter and three of flour, slightly browned, one cup of hot milk or cream, half a cup strained oyster liquor, dash of salt, celery salt, cayenne, and nutmeg, or half a teaspoonful of anchovy paste, one teaspoon lemon juice and one of chopped parsley. Mix this with the oysters, fill the dishes, crumb and bake five minutes or fill the pate cases and serve without crumbing. If the macaroni is used add two tablespoonfuls of grated cheese.

### SENSE TRAINING

An Article Contributed by Miss Ruth F. Wisdom of Dartmouth, N. S.

CONCLUDED

We endeavor to lay such a foundation that each one of the five gateways of knowledge shall be open to the Creator's works and to information found in books.

Teachers of Science complain, that boys and girls do not examine natural objects with definiteness and accuracy, because of lack of sense training.

Teachers of English Literature complain that their pupils do not understand or appreciate the most beautiful as well as the most simple passages, because of the lack of sense training.

Our greatest writers used definite images from every sense. They describe none, neither taste nor smell. "Milton's Paradise Lost" is especially prolific in order images. Just in eight consecutive lines I notice the following:

"Native perfumes," "Balmy spoils," "Sabeian orders," "Spicy shore," "Grateful smell."

Shakespeare speaks of "Perfumed winds," "Balmy smells," "The sweet smell that breathes upon a bank of violets," "Groves as sweet as damask roses." In order to thoroughly appreciate such images the sense of smell must not be neglected in early childhood.

Images which appeal to the sense of taste abound in the greatest writers, while those which bring up auditory and visual images, or in other words appeal to the sight and hearing, are found on every page.

If any special sense fails to do its duty because of the lack of training, knowledge must to that extent be imperfect. The time will come when it will seem as stupid, nay as criminal to neglect the proper training of all a child's senses, as to fail to teach him to read.

In our kindergarten for quick recognition of color, we have series of white cards with different shapes of colored papers pasted on. These we show the children one at a time, they being expected to tell what they saw. We study pictures and afterwards the children tell what they have seen, or, we show a picture and have some child tell what he saw.

We sometimes have a small number of objects on a table such as follows: Shells, fruits and stones; after the children look at them, one child closes his eyes while we remove one of the objects. The child then looks and tries to discover what has been removed.

The sense of hearing is trained by such games as "Bell Ringer" and "The pebble Game," when the child is obliged to listen to the music.

In all the work we do in our "Morning Circle Talks," in our lessons, in our busy work, in our games, sense training is kept foremost. Our aim is to put the children on the road to get as Whitier so beautifully puts it:

"Knowledge never learned of school,  
Of the wild bee's morning chase,  
Of the wild flower's time and place,  
Flight of fowl and habitude  
Of the tenants of the wood:  
How the tortoise bears his shell,  
How the woodchuck digs his cell,  
And the ground mole sinks his well:  
How the Ojicle's net is hung,  
Where the whitest lilies blow,  
Where the freshest berries grow,  
Where the groundnut trails its vine,  
Where the wood grape clusters shine,  
Of the black wasps cunning way,  
Mason of his walls of clay,  
And the architectural plans  
Of the gray hornet artisans."

Heflick, professor of Psychology in Yale says:

"If the child's knowledge reaches to a solid foundation of sense training like this, the floods of time will beat in vain upon that knowledge. Other things may pass away, but that remains while the brain lasts."

As this century goes on, it will probably see a marked reformation in Education, especially in teaching the child more from the book of nature than the printed page.

### "THE NIGGER IN THE WOOD-PILE"

Thousands of people go through life feeling more or less miserable without ever knowing the reason. They suffer from headaches, indigestion, pains in the back, and at the slightest chill get rheumatism or neuralgia.

They try to cure these separate outbreaks, never suspecting that the root of the whole trouble is the failure of the bowels to move regularly, and in many cases the sluggish action of kidneys and skin. The result, of course, is that the whole system gets clogged with impurities, which soon turn to poison, and show their presence in various ways.

"Fruit-a-lives"—or fruit juice tablets—promptly stir up the sluggish liver, regulate the bowels, and stimulate the kidneys and skin to do their work properly. Thus they cure all these troubles by removing the cause, and make it possible to really enjoy life. See a box of boxes for \$2.50. Trial size 25c. Fruit-a-lives Limited, Ottawa.

### HOUSEHOLD HINTS

Satin slippers may be cleaned by rubbing them with stale bread or soft India rubber. If this fails try white flannel moistened with spirits of wine.

Fresh eggs may be tested by making a solution of one quart of water and two tablespoonfuls of salt. If the egg is fresh it will sink in this, while stale eggs will float.

A few slices of raw onion, left in saucers about a room are recommended for taking away the odor of fresh paint. The onion should be renewed each day for two days or so.

A pound of meat to a quart of water, is the correct proportion to use in making a good broth, a large measure of success depending on the slowness with which it is allowed to come to the boil, and the care which is devoted to skimming.

Canton flannel gloves are useful to save the hands when doing housework, and do not become unpleasantly hard like rubber. If several pairs of the Canton flannel are kept there may be clean ones each day.

A tempting luncheon dish recommended by Mrs. Rorer is as follows:—Boiled rice mixed with an equal quantity of chopped nuts, a hard-boiled egg chopped fine and a very little seasoning, salt and onion juice. Mix and put into baking dish, cover with cream sauce, sprinkle grated cheese over the top, and bake.

Another new and nourishing luncheon dish is made by covering the bottom of a baking dish with squares of toast, over this put a layer of tomatoes, peeled and cut up, then a layer of pecan nuts, after this a layer of rice, then a mixture of nuts, rice and, tomatoes and finally bits of toast. Bake and serve hot.

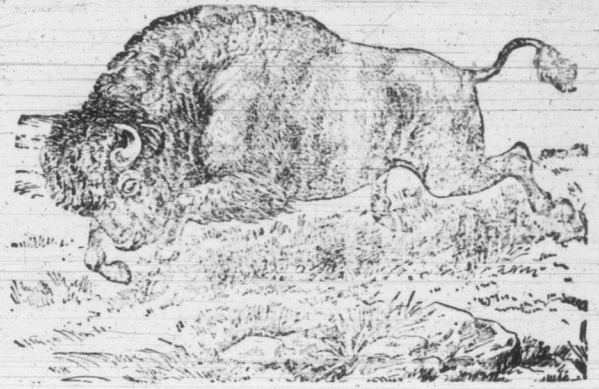
### The Fall Hats

It is time to say another word or two about the shockingly ugly and offensive hats of the supposedly well-dressed women. The fall hats are worse than ever. They have greatly increased the pains and penalties of metropolitan life, as they not only offend the vision, but they interfere with "personal liberty." When the woman who wears one of the incredible hats to the theatre, and reluctantly removes it as the curtain is rising, she places it in her lap, but it covers also the laps of the persons on either side of her; if one of these happens to be a solitary man, and there is another woman with the same kind of a hat on the other side of him, he soon feels that he might as well have been born a turtle.

Some of the hats are so large that the wearers of two of them are apt to jostle each other on the sidewalk to the peril of their millinery. They are sometimes so large that the doors of the street and subway cars are too narrow for their wearers to enter comfortably. A short woman wearing one of the biggi hats in a street car can cause enough annoyance to unoffending men to make her forget the staid dignity of manhood. Indeed, a woman who wears a fashionable hat of the Autumn of 1908, in public place, renders herself liable to insult.

The hats are not handsome; their shapes are abominable, especially those of the inverted football form. No woman looks well in one. In fact, they lend the effect of immodesty, if not indecency, to the most innocent countenance. In order to set them off properly the wearer must stick huge quantities of false hair on her poll. The most sophisticated man knows that the hair is false, and dislikes the effect. Why do supposedly self-respecting, well-bred women so disgrace themselves, offend the artistic eye, and make a nuisance of themselves in public places?—Editorial in New York Times.

## "OXOL" FOR CATTLE



### FEEDS FATTENS CURES

S. K. & T. C. Windsor, St. Paul street, Montreal  
(WHOLESALE ONLY)

### PSALMS.

#### Psalms 18

18 They prevented me in the day of my calamity; but the Lord was my stay.

19 He brought me forth also into a large place: he delivered me, because he delighted in me.

20 The Lord rewarded me according to my righteousness: according to the cleanness of my hands hath he recompensed me.

21 For I have kept the ways of the Lord, and have not wickedly departed from my God.

22 For all his judgments were before me, and I did not put away his statutes from me.

23 I was also upright before him, and I kept myself from mine iniquity.

24 Therefore hath the Lord recompensed me according to my righteousness, according to the cleanness of my hands in his eyesight.

### PROVERBS.

#### CHAPTER 8.

8 Reprove not a scorner, lest he hate thee: rebuke a wise man, and he will love thee.

9 Give instruction to a wise man, and he will be yet wiser: teach a just man, and he will increase in learning.

10 The fear of the Lord is the beginning of wisdom; and the knowledge of the Holy is understanding.

11 For by me thy days shall be multiplied, and the years of thy life shall be increased.

12 If thou be wise, thou shalt be wise for thyself; but if thou scornest, thou alone shalt bear it.

13 A foolish woman is clamorous; she is simple, and knoweth nothing.

14 For she sitteth at the door of her house, on a seat in the high places of the city.

15 To call passengers who go right on their ways:

TO BE CONTINUED.

## HERE'S A SNAP

### THE OBSERVER

And the

### FAMILY HERALD AND WEEKLY STAR

From Now till Jan. 1st  
for only

## 35 CENTS

THE OBSERVER and FAMILY HERALD AND WEEKLY STAR of Montreal, from now till January 1st for only 35 cents.