

SIDE TALKS.

By Ruth Cameron.

SITTING DOWN VERSUS FALLING DOWN.

Did you ever learn to ski. Reader Friend? It is a queer season to be asking that question, but something brought to my mind a lesson I learned at the same time I learned to ski and I wondered if others had had the same experience.

When I first tried to slide down a hill standing up on those exasperatingly self-willed strips of wood known as skis, I fell down almost before I had started. I practised and practised and still I fell, until I made a great discovery. Most of the time I wasn't really falling down at all. I was simply sitting down through fear that I was going to fall.

I suppose you could write the rest of what I am going to say for yourself but that would deprive me of my feminine privilege of the last word.

Over and over again since I made that discovery in regard to skiing I have made it about other things.

Because I'm Afraid.

I don't fall down because I couldn't keep my balance if I tried hard enough. I just give up and sit down because I am afraid I am going to fall.

If I did not expect to fall, if I tried a little harder, I needn't fall.

If I had been full of the fear-I-can-spirit instead of the spirit of fear, I should have slid that hill long before I did.

There is a technical term lately come into more common use to describe this same state of mind. "Inferiority complex." It means that you are "more stupid than other people and that you can't do things and you hypnotize yourself into stupidity."

I Hit the Ball.

I was playing a game of croquet the other day. My opponent was ahead. I had a hard shot to make. He was a better player than I. I started to hit the ball in a half-hearted way, thinking, "Oh, well, he will beat me anyway. I never can make those long shots." I was only half aiming. Then I gave myself a mental shake, and said, "Why can't you hit the ball. It is just a matter of mental concentration. What's the matter with your mind? If you miss that ball it won't be that you fell down on the job it will be that you sat down." And I hit the ball.

Getting Ready to Sit Down.

I have a friend who has gotten it into her head that she is losing her looks and that her husband is going to fall in love with one of the pretty girls he meets in his particular line of business. She is so hipped with this idea that she has got an inferiority complex and has adopted an almost apologetic ingratiating manner towards him. Did you ever know the man who wouldn't think he deserved an apology if you offered it to him. I never did. Just what that woman fears will happen if she doesn't look out and it will not be because she fell down but because she sat down.

Here's the opposite state of mind, expressed in a letter written to the editor of a love problems page in a woman's magazine. "When my husband came to me with the announcement that he loved another I shrugged my shoulders and replied 'Pine, isn't it a little late to mention it? Here, hold the baby a while.'"

"I'll bet that husband conceived a new respect for his wife on the spot. There may be such bad bumps coming to her on her life journey that that woman will eventually fall down but this is sure—she will never sit down!"

Pithy Pars.

(Saturday Night, Toronto.) The flapper's idea of looking pleasant before the camera is to throw one leg across the other.

State enterprises in North Dakota have lost over a million dollars. That is nothing. Look at us.

"Ghosts won't answer unless summoned," says a "psychist. Perhaps spirit etiquette forbids them to spook until spoken to.

Duff, M.P. of Lunenburg; that man with a hand like a ham, and a voice like a bull, wants the Government to contribute \$5,000 toward the annual Fishermen's Race. We might do worse.

Inhabitants of Genoa, during the conference there, were forbidden to display any washing in public. This is believed to have been in delicate consideration of the feelings of the Soviet delegates.

Russia states that she is prepared to pay her debts when she becomes recognized. That's quite different from those people who don't want to be recognized by those to whom they haven't paid their debts.

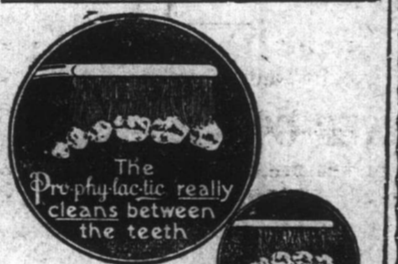
The following telegram, writes an Irish reader, was sent by Western R.I.C. man from an outlying district to his sergeant: "Motor just passed at furious rate in direction of town. Killed heifer, containing four gentlemen and two grey-hounds, one of which was a clergyman."—Exchange.

Irish Stamps and Cromwell.

The new postage stamps of the Irish Government recall the armorial devices of Oliver Cromwell, for one of the new approved designs introduces a quarterly shield of the combined arms of the four provinces—Leinster, Connaught, Ulster, and Munster. In that order, Oliver Cromwell devised a coat of arms for his Great Seal as follows:—Quarterly 1 and 4 St. George (for England), 2 St. Andrew (for Scotland), 3 the harp (for Ireland). In the centre on another escutcheon was placed the coat of arms of the Protector himself—the arms of Williams, not Cromwell, for Williams was his real name. As a matter of fact, the Cromwell of Henry VIII's reign had a nephew named Williams who adopted the name of Cromwell, and was the grandfather or great-grandfather of Oliver Cromwell. His family asserted, though they could never prove, their relationship to the original Lord Cromwell, for whose barony Lady Bewicke-Copley petitioned, her case being heard by the Committee for Privileges only a few weeks ago.—Glasgow Weekly Herald.

A delicious mayonnaise dressing can be made with evaporated milk. Use 4 tablespoonfuls of evaporated milk to ½ cupful of oil and 3 tablespoonfuls of lemon juice.

To clean a raincoat, dip into cold soft water, spread on a table and scrub well with a large nail-brush and sponge on a coat-hanger and dry in open air.



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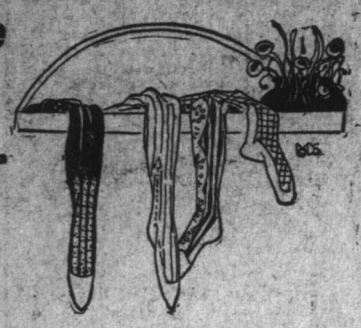
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Antigonus the Giant.

According to a Belgian legend Antigonus was a giant who took up his abode on the River Scheldt, where the ruins of the old castle of Antwerp may still be seen. He extorted heavy tolls from all travellers, and when any unfortunate person could not, or would not pay, Antigonus cut his hands off and flung them into the river. This, it is said, is the origin of the word Antwerp Giantwerpen, or "Handtossing." Hence a castle with three towers, surmounted by two hands, is Antwerp's coat-of-arms. This terrible giant was slain, at the instigation of Prince Brabo, by seven young men from Antwerp. In the procession through the city, which takes place on grand occasions, the figures of Antigonus and Brabo have a part. That of the giant is nearly 50 feet high, and when it is not being paraded it resides in the City Hall of Antwerp. A door in the pedestal on which the figure sits gives access by a staircase to the inside of the giant's body as far as the shoulders, beneath which is a platform. Here, during the procession, sits a man, who by means of a winch waggles the enormous head to and fro. Before this extraordinary object march two men, in citizen's livery, carrying several hands (not real ones) as a trophy.

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