

SIMPLICITY IS EFFECTIVE

THE "page-boy" coiffure is charming for the woman of small features. Straight, blonde and shining, this longer-at-back, rolled-under style is perfect accompaniment for the youthful piquancy of the silhouette.

More than for the massed-curls vogue of last year is hair-feeding necessary. To get the smooth gleam of these deep waves your scalp must be absolutely healthy as well as your hair. Pure olive oil some hours before your shampoo and long and careful brushing will get quick results.

—M.L.



Your Child and Money

SINCE money cannot be ignored in adult life, it is obviously kinder and wiser to assist your child in his quite early years to realise the value of it. Saving towards an object is one thing. Hoarding, for no definite reason, is another. Earning, on the other hand, is important.

There are small things which we like to think our children would do for us, impulsively and without reward. Of course. But there are bigger, more responsible and regular tasks which should be made the means of his earning. These, if they are carried through to the letter and "pay" is prompt and ungrudging, are going to form a sound basis for living later.

It is the child who is constantly receiving "something for nothing" who will find endless bewildering difficulties later in a bargain-driving world.

—KAY

Of Peace

Peace waits among the hills;
I have drunk peace, here, where the blue
air fills

The great cup of the hills, and fills with
peace.

Light fills the hills with God,
Wind with his breath, and here, in His
abode,

Light, wind, and air praise God—and
this poor breath.

—Arthur Symonds

THE BREAKFAST EGG

EGGS are cheaper, so it's up to you to work out the many varieties of serving them. We all know about boiled, poached, fried, scrambled, baked, steamed, and curried. And most of us know the accessories that go to make an omelette interesting—finely chopped onion, fine herbs, cheese, celery, ham, potato, tomato, gherkin pickle, sauce or mayonnaise. Any of these added, or appetisingly combined, can make just that difference in the appetite of your family.

The problem is, often, how to give the necessary or "doctor's orders" egg to a person—often a child—who loathes them. Here are a few ideas to experiment with.

Custard (that usually is distinctly "eggy" in flavour) can be made as thin cornflour, into which—when it has thickened and been removed from the stove—an egg or so can be beaten. The heat of the cornflour alone is sufficient to partly cook the egg so that the mixture thickens further, and smoothly, into "custard." A very little real (not synthetic) essence of vanilla completes the job. Cold, it tastes extraordinarily like ice-cream, and most children love it.

Cornflour also assists in the making of a kind of milder Welsh rarebit for children who like cheese dishes. Into a very little thin sauce drop your finely grated cheese and stir over a mild heat until smooth. Then remove and stir or beat in an egg. The result resembles a soufflé, and is hard to resist.

If you have the kind of apples that "break down" in the stewing, pour off the juice and beat in the white of egg till the mixture becomes light and foamy.

Real essence of vanilla added discreetly to a well beaten egg and warm milk and sugar can often transform it into a "Milk Shake" for the young child who refuses egg on principle!

"A Ring Round the Moon . . ."

Do you know enough about weather to gaze up at the ring round a wintry moon and assert, "Ah! We'll have rain or snow to-morrow"? And—would you be right?

Well, it may comfort you to know that science backs you up. The halo round the moon results from the presence of high cirrus clouds, composed of minute snow crystals, in the path of the moonlight. These clouds mean unsettled weather.

—E.L.D.

WHILE THE KETTLE BOILS

Dear Friends,

In these troubled days it is difficult to settle one's mind on any one thing, so let's talk to-day on things grave and gay. The hour is grave for us all, but the only way to meet it is by a brave and cheerful spirit.

Last week we spoke of "Keeping on with our job." That means, too, not to forget that there is still gayness left in the world; a promise and a hope for us all—if we will only believe it. The world is full of fears, big fears and little fears, and women are the main offenders.

The other day I read a very interesting theory about fear, written by a well-known psychologist. He said that fear is merely the mental hazard of "crossing your bridges before you come to them." Once you realise this you can no longer know fear. This seemed to me to be perfectly reasonable.

Next time you are scared of something that may happen, say to yourself—"Don't be foolish—you are merely crossing your bridge before you come to it. You are being frightened of something that doesn't yet exist." You will be surprised how this will help you. I've tried it out. And it works.

A recent visitor to London commented on the amazing calmness of the British people. The phlegmatic manner in which they received the declaration of war was magnificent. To quote his words—"They were as cool as cucumbers."

France, too, is showing the same wonderful spirit. Here is a typical example. In Paris numbers of shops are shut owing to the evacuation of the city. One shop bore the sporting sign—GONE HUNTING. WILL RETURN AT THE END OF THE SEASON!

This war has jolted people out of their ruts. It seems a good opportunity to step out of our own individual little ruts. There are a dozen ways of making life more interesting. Little things that, collectively, achieve for us a fresh slant on life. If you are in the habit of doing things in the old monotonous way, change your method. "Change" is a very important word. It means new ideas, new viewpoints, new ambitions. Change your hair dressing—change to a new type of hat—or a different style of frock. You will find a strange and interesting personality has stepped into your shoes. If you are accustomed to reading the one type of book—change over to another kind. Change the order of your day—even if it comes out the same, you will be doing it in a different way. If you are in the custom of taking your holidays by the sea, make a change to the country, or vice versa.

I must tell you of a really fascinating book I read recently—"Animal Life," by Ivan T. Sanderson. The review describes the author as a Fellow of the Zoological Society and of the Royal Geographical Society—which sounded to me pretty grim; suggestive of a long grey beard, horn-rimmed spectacles and what-not. But the author is merely enjoying a masquerade. He is in reality a young Scottish naturalist, gifted with an inexhaustible fund of humour—and with a delightfully intimate way of taking you into his confidence. He takes you with him on a scientific expedition into the African jungle. Once there you join with him in a thrilling hunt for strange creatures of the jungle, and share with him hair-breadth escapes and his triumph when he succeeds in capturing some prized specimen of animal or insect life. His style is vivid, effortless, touched in places with real beauty. No one should miss reading this fascinating story. It will appeal to all nature lovers—and convert those who are not. Make a note of this book!

Yours cordially,

Synthia