

A Bad Habit.

LORD DARLING, the distinguished Judge, says that the writer of an illegible signature must be a person of importance. But, that is far from always being the case, and the practice of writing personal signatures illegibly is unfortunately very prevalent. Any one can do it, so why the obvious self-satisfaction of many who claim that their scrawl is indecipherable? If what is intended for John Jones looks like a row of palings uprooted in a storm, why should the harassed recipient be assumed to be possessed of the attribute of clairvoyance? It is suggested that correspondents should avoid affectation and take the trouble to write distinctly. After all, it is only another aspect of the golden rule "Do Unto Others."

Not Too Drastic.

WE often hear people say: "I would diet if I knew what to eat." Here is a fairly comprehensive list of possibilities:

- (1) Clear and vegetable soups.
- (2) White fish, either grilled, boiled, or steamed.
- (3) Chickens, turkeys, and game.
- (4) Lean meats, beef, and mutton.
- (5) All vegetables which grow above the ground, and celery.
- (6) Raw fruits; cooked fruits if not sweetened.
- (7) Rusks, plain biscuits, gluten bread, and a little brown bread.
- (8) Eggs boiled, steamed, or scrambled.
- (9) Black coffee; tea without sugar; still mineral water; lemon juice and water, water.

The following should be avoided:—

- (1) Thick soups and stews.
- (2) Shell fish and oil fish.
- (3) Duck and goose.
- (4) Pork.
- (5) Beetroot, carrots, turnips, potatoes, dried beans.
- (6) Bananas and nuts.
- (7) White bread.
- (8) All sweet drinks; chocolate; cocoa; all alcoholic drinks.
- (9) Pastries, sweets, puddings, sugar, cream, and butter.

One rest day a week with a diet of orange juice is well recommended. A glass every two hours will stave off the pangs of hunger. Before launching into a diet, we must all take our daily occupations into consideration. People who live active lives should allow themselves more latitude. For instance, the busy woman needs that slice of bread and butter and piece of cake with her afternoon tea. But, whatever we may do, we must not rest after eating.

Economical.

THE vogue of the tunic is popular with the woman who simply must use last year's clothes. With a short length of some effectively contrasting material she can turn an old frock into an up-to-the-minute creation. Judicious addition of tabs or bands of the same material as that used for the skirt on the tunic will make for real success in renovation. Many a last year's black satin will see life afresh this season as a modish tunic with a broderie Anglaise slip underneath.

A Note of Colour.

ONE hears all sorts of disparaging remarks about the influx of imitation jewellery and trashy baubles, but fashion very wisely continues to smile on these pretty adjuncts to the toilette. The charm of colour-schemes can be



enhanced by a necklace of crystals in all shades, coral and semi-precious stones, while for sport there is steel, silver, gold, wood, and leather. In this season of ultra-feminine fashions, and with the return of lace, lingerie petticoats, fichus, and flowers, it was a sure thing that the appropriate ornaments would arrive on the scene.

Stark Truth.

IN "Life as We Have Known It," by Co-operative Working Women, is given some insight into the tremendous difficulties which are faced by working-class women. It is well worthy of thoughtful study. It is edited by Margaret Llewelyn Davies, and Virginia Woolf has written an introductory letter in which sympathy is curiously blended with detached bewilderment. The brave deeds so simply described in this book are being repeated day by day, year by year, in a thousand homes

scattered the length and breadth of Britain. These are stories by women who have had little to help them in a lifelong fight against drudgery and poverty. The struggle of a woman who works for a few pence a week from the age of ten years until marriage, who bears three or four children, keeps them and a husband on an income of less than 25/- a week, is surely as heroic as any deed that was ever praised in song or poem. It is heroic for just the reason that it has not those qualities which make it exciting enough to be sung by poets. Nothing of romance, none of the thrill of sudden, daring deeds—only a long, weary struggle against circumstance, a war that has defeat as the penalty for anything but unceasing watchfulness and constant toil. The days when little girls of ten went to work as domestic servants or in factories are happily over, but the trials of women who have

Hints for the Housewife

Your Mincing Machine.

HOW many people make full use of their mincing machine? As a rule, there are two or three cutters, which means you can mince, pulp or chop. Secondly, the machine will grate nuts or baked crusts just as well as meat. Thirdly, if you buy sausage "casings" or skins, you can make your own sausages. Home-made ones are so much better than the bought kinds.

Home-made Smelling Salts.

IT is quite easy to make smelling salts. All that is needed is some powdered sal-ammoniac and unslaked lime (equal quantities of each). Put these two ingredients into a smelling salts bottle and sprinkle over them some oil of lavender. Stopper lightly.

Novel Funnel.

IF a liquid is very objectionable such as paraffin, and there is only the gravy funnel to use when you want to pour some into a bottle, take an empty eggshell and bore a hole in the bottom.

Getting the "Newness" Off.

NEW carpets and rugs "shed" wool when they are newly in use. There is no need for alarm. This always happens for three or four weeks, consequently, for that time, they should only be gently swept with a brush—the way of the pile.

For Winter Salads.

THE following raw vegetables may be added to winter salad dishes: Shredded cabbage, grated carrot and minced onions. If mixed in with other salads in season and dressed in the ordinary way they are both appetising and good for the blood.

Loose Scissors.

THE blades of scissors which have been in use some time often become loose and make cutting difficult. This is due to the rivet wearing loose through constant friction. To tighten them make a poker red-hot and hold it on the rivet for a few minutes. This will expand the metal and tighten up the blades.

Worth Knowing.

If prunes are cut slightly before soaking they will not require to soak so long, and they will cook quickly.

To stop cabbage from boiling over, grease the inside of the saucepan at the top, about an inch down.

New brushes will last longer and the bristles will not come out if they are soaked overnight in a bucket of water.

Discoloured Glass.

STAINS inside glass flower vases or bowls ruin their decorative effect. They are often caused by hard water, in which event they may be removed by putting a little chloride of lime into each vase and adding enough water to cover the stains. Shake the vase, and then leave it standing for about ten minutes, afterwards pouring away the water and rinsing the vase in warm water. If the stains are long-standing or very stubborn repeat the process.

For Card Lovers.

MOST small tables can be quickly and temporarily converted into a card-table in the following way. Get a piece of green baize of the required size (allowing two or three inches for hemming all round), turn up the hem and then thread a piece of elastic through it. This cover can be pulled over the table whenever required.

to bring up families on incomes that represent a bare escape from starvation are still being endured. They are set down here to bring shame and admiration to the hearts of all who read.

Up In An Aeroplane.

AN English correspondent writes:—"Did you have a nice holiday?" I asked Mrs. B— when she came to char on Wednesday. Her face beamed. "I did that, ma'am. I've become a flyer." I probably looked my astonishment, for she hastened to explain. "Yer see, on Easter Monday, Mrs. Smith and I decided to go on t' excursion to Southport. When we got there, if there wasn't a chap telling another up in th' air what to do, and rare capers he cut I can tell you. 'I wouldn't mind having a bit of a fly meself,' I ses to Mrs. Smith, it seems safe enough to watch you. 'Captain Barnard is taking passengers in his famous aeroplane, the Spider,' ses a young toff to his gel just at side o' me. 'We'll ma'am, long and short of it wor' I went and paid me money, and had a rare do. It wor' real homely. Th' engine made such a din you could have shut your eyes and thought yersen in t' mill. I allus have enjoyed going up t' Tower at Blackpool, but going up in that plane beat it holler. Yes, I'm all for flying in future, ma'am. Me and Amy Johnson, both Yorkshire yer see. It must be in t' blood."

The Sport's The Thing.

THIS year will see the fifth season of women's organised cricket, and the development of the game is progressing rapidly, with the help of the Women's Cricket Association. There are some fifty women's clubs in England, to which over fifty of the largest girls' schools are affiliated. Hitherto it has been difficult for a girl to follow the game after leaving school owing to the lack of club facilities and playing grounds; but these deficiencies are gradually being made good. An all-England women's county cricket organisation is the next undertaking. There is a county women's club for Leicestershire and another is being formed for Notts.

Tribute.

NO sentimentalist, but rather an apostle of the macabre and supernatural, yet Edgar Allen Poe could sing thus tenderly:—

*In the heavens above
The angels, whispering to one another,
Can find, amid their burning terms of love,
None so devotional as that of "Mother."*

Work for Women.

THE following paragraph from an English paper is of interest:—The girl fond of outdoor life and gardening, and with capital at her disposal for the necessary three years' training, or a scholarship to a horticultural college, should find it well worth while to go in for this work. Women gardeners are experiencing little difficulty in acquiring posts, many of them responsible ones and highly paid. Some are able to start successful undertakings of their own, such as lavender growing, mushroom cultivation, and bulb farming. Of course, special advantages in soil and situation are needed for success in such enterprises. Another vocation that appeals to many girls is angora wool farming. Only six months to a year is required for training, and the student can then commence to earn money for herself. Dressmaking and cooking—which includes sweet-making—are occupations highly approved by girls to-day, and both are remunerative.