



FAMILY GOOD TIMES

Families miss much of the richness of life by not having more good times together. Father is occupied with business; Mother is in the kitchen or attending committee meetings; the boys have their athletics and the girls their "dates". Everybody is doing what he wants to but they give no time to getting acquainted with one another.

Members of a family usually have kindred tastes and would enjoy

the same things. Father would get a thrill showing daughter a new trick in golf; Son would find it jolly to teach mother a few steps and the whole family would relish a camping trip or vacation journey together.

Family fun need not be expensive nor elaborate. It might consist of gathering around the fireplace for a family meal, or listening to the radio or reading a book together, going to church together once in a

while, inviting in a few friends and entertaining them together, talking together, playing together, talking together.

The trouble is, the parents are rushed doing something they think more important. We are all in too much of a hurry. It would do Dad good to lay off business a few nights a week; Mother would be spruced up if she shortened the hours in the kitchen; and what precious memories and character traits would be knit into the fibre of growing boys and girls if their home years were strewn with family good times.

BUYING HINTS

Good workmanship in readymade garments adds to the length of service which they will give. Notice whether the seams are ample and well finished and whether the whole garment has the appearance of being well made. A well-fitted garment will wear longer as well as making a better appearance while doing it.

When purchasing light colored clothing, think of the dry-cleaning bill. Can you afford to purchase anything so dainty? Think also of how well that goods will clean or launder. Has it frills and furbelows which will make cleaning difficult?

In cutting expenses, do not buy shoddy nor cheap business clothes, which should give much wear. Good quality is economy in service clothing. Save on party clothing which is only rarely worn and will endure as long as it is in style. Novelty shoes are an extravagance. Materials of excellence are usually made in simple patterns while fussiness on cheap materials often hides defects. Conservative styles hold over from season to season, while extremes are conspicuous and the wearer becomes known by them. When out of style, they are embarrassing.

Black kid gloves cost more, become rough readily, and show wear more than gloves of other colors. Wash kid gloves are economical and very fashionable just now.

WALL PAPER

No matter how picturesque it may be, nor how much you fancy it for the moment, one is almost sure to tire of figured wall paper in time. Or, if you like it, it may not appeal to another member of the family or be positively offensive to one of delicate sensibilities.

In rare cases, a figured paper which you like very much may grow increasingly precious to you, for its association with your childhood, or the room of one you love, and the sight of this paper may always induce a happy frame of mind in you. But this is not the rule.

Wall paper with too obvious and too exactly placed figures tempts



one to count and estimate and feel burdened with the mathematical precision. A more vaguely figured paper is less aggressive.

Plain walls are more restful than figured walls and they set off to better advantage the furniture and decorations of a room. They "go" with everything better than walls which themselves are decorative. Walls are backgrounds. The less they assert themselves and confine the view and attention, the better. Neutral tints make the best coverings.

STUFFED MANGOES.

Remove the stem and seeds of each mango, then boil them for five minutes. Drain and stuff with a mixture of one cup each of chopped rice or bread crumbs and tomatoes. Season the mixture with two tablespoons of melted butter, one tablespoon of chopped onion, salt and pepper. Put in a buttered baking dish with a cup of hot water or broth, and bake for a half hour.

HATS

For several years hats have come low over the eyes and ears, casting a mysterious shadow about milady's face. Now she is to have an open and frank appearance, with the hat worn well back on the head. In the case of the younger set, the hat will be little more than a skull cap, a shrinking of the popular beret, and will show a generous amount of hair all around. Many brims fold tightly back on the crown and the hat appears to be slipping back, off the head.

Double brims, each draping differently, are a feature of the new hats. The bonnet style, shirred in at the back of the neck, is another favorite.

Trimming is beginning to appear; bows, rosettes, feathers, and even flowers, usually under the brim. Instead of being plain utility articles of dress, hats are leading into the decorative class again. They are becoming gay, colorful and ornamental. Blue, red, green and orange are favorite colors. Velvet is a leading material, with chenille, felt and fur for variety.

MILADY'S FIGURE.

Some physicians may call it a disease to be fat, as though we were not responsible for it, and that may ease our consciences a trifle; but when all is said and done, it is almost always due to overeating and underexercising.

It is the nibble between meals, the second helping of starchy foods, the riding instead of walking a few blocks, the sleeping too late of a morning, the taking of naps, and the indulgence in sweets, rich gravies and mayonnaise — prolonged over a period of years — which add the pounds it is so hard to get rid of. The only remedy is to eat less and exercise more, but one should be very careful to eat a balanced ration and not those freak diets which call for only one or two foods.

COLOR AND VITAMINS

It is a strange freak of Nature that strong colored foods are often richer in vitamins than the corresponding white varieties. Thus green lettuce is richer in vitamins than white, green asparagus than the bleached, green celery than white, yellow corn than white. Other green and yellow foods rich in vitamins; carrots, cream butter, cheese, beans, green, squash, oranges, lemons, and grapefruit. The red tomato, either cooked or raw, is a storehouse of vitamins.

REMOVING CAKE FROM PAN

The cook is sometimes disturbed because her cake will not slip easily from the pan. There is an art in removing the cake, as there is in every phase of housework. When you have taken the cake from the oven, turn it upside down, propped up slightly on some supports so that the air may pass under it. Leave it thus suspended until cool, then loosen the edges with a knife, tap it lightly on the edge of the table and it should slip out nicely.

MRS. SOLOMON SAYS:

The woman makes the intellectual atmosphere of the home. An educated man is an individual, but an educated woman is an educated household.

COURSE TO START ON NOVEMBER 15

AGRICULTURAL SCHOOL TERM WILL CONTINUE UNTIL 19th OF DECEMBER

November 15 to December 19 have been selected as the dates for the eighth consecutive short course in practical agriculture for boys and young men to be held at the New Brunswick Agricultural School at Fredericton.

This school is located at the Dominion Experimental Station on the outskirts of New Brunswick's capital and it is said to afford farm boys the least expensive agricultural course that can be taken in the Maritime Provinces, the expense for students enrolled being only \$3.50 per week because of the dormitory available for class members at the School.

While the course is brief the instruction is suited in every way to the farm boy who cannot be spared away from home for any long period and it is also preparatory to more advanced courses at colleges of Agriculture. All the facilities possessed at the Experimental Station are used in making the Agricultural School course as practical as possible in every particular. The residence dormitory has accommodation for 25 students and applications for enrolment will be dealt with in the order in which they are received.

The principal of the school is O. C. Hicks, B. S. A., and the committee of management and instrumental staff is comprised of members of the staffs of the Provincial and Federal Departments of Agriculture. Already seven special prizes have been offered for competition during the approaching course, the list being as follows:

Charles E. Neil, Montreal, Vice-President Royal Bank of Canada, offers a silver cup for general proficiency.

The Fredericton Rotary Club offers a prize of \$25.00 to be expended for a visit to the Maritime Winter Fair, Amherst, to the student who stands highest in live stock judging.

The T. Eaton Co., Moncton, offers prizes to the amount of the travelling expenses and board at the school to two boys, or if girls, their expenses and board at the Women's Institute Short Course in Domestic Science at Sussex, one a member of a Golf Club and one a member of a Swine Club. The selection of candidates for these prizes is to be made at the Maritime Winter Fair.

The Poultry Producers of New Brunswick offers a prize for the student having the highest standing in poultry.

The New Brunswick Sheep Breeders' Association offers a prize to the student having the highest standing in sheep judging.

MAIL CONTRACT

SEALED TENDERS, addressed to the Postmaster General, will be received at Ottawa until noon on Friday, the 7th Nov. next for the conveyance of His Majesty's Mails, on a proposed Contract for a period not exceeding four years 12 and 3 times per week on the route:—

Stickney and Railway Station, Stickney Rural Route No. 1, from 1st January 1931.

Printed notices containing further information as to conditions of proposed Contract may be seen and blank forms of Tender may be obtained at the Post Office of Stickney and at the office of the District Superintendent of Postal Service, Saint John.

H. B. PECK, District Supt. of Postal Service, District Superintendent's Office, Sept. 24, 1930. 10-4-3ins.



Daughter Is Stronger Now

"My daughter Catherine is fifteen years old. She was very irregular, often sick at her stomach and had to stay in bed two or three days at a time. One of your booklets was sent to us by mail so I got her a bottle of Vegetable Compound. Catherine has been taking it regularly and she is gaining in weight and every way. I told the neighbors and four other girls are taking it with good results."—Mrs. Clarence Jenkinson, Box 14, Thornloe, Ontario.

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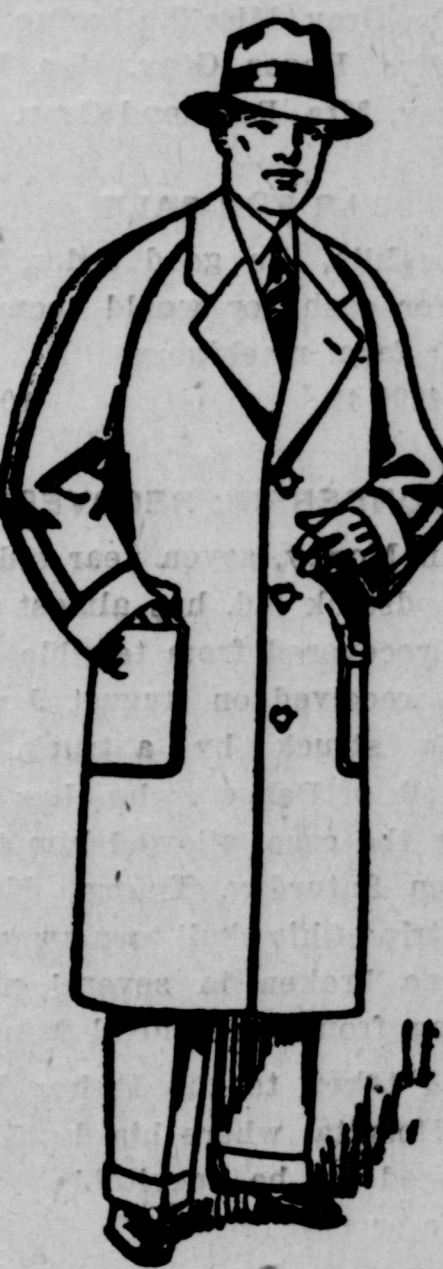
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