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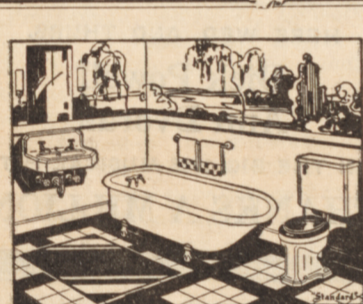
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FASHION PLAYS A LARGE PART
IN FURNITURE WOOD VALUES

What makes one wood more valuable than another in furniture making? At one time there was a vogue for walnut, then it switched to mahogany and now walnut is back into favor again. Good old solid birch seems not to be able to enter the more rarified atmosphere of these other hardwoods although manufacturers consider it very suitable for upholstered furniture as it takes a better finish than many other furniture woods and, in addition, has strength. Possibly one of these days Dame Fashion will deign to smile on the lowly birch and then it will come into its own. In Scotland, apparently, chair manufacturers thoroughly appreciate Canadian birch for 75 per cent of the wood used by one large firm for making chairs is of that variety, according to the Industrial Department of the Canadian National Railways.

Paint Is Used For Bathroom

"I think a bathroom is usually the dullest looking room," remarked a lady who adores to paint up the place. In fact nothing is sacred if there is a drop of paint left in her can. She goes around the house expectantly with a half empty can in one hand and a paint brush in the other, looking for something to paint with the paint left over from another job. But we must confess that she does achieve some delightfully gay fresh effects around that house of hers.

With that remark about bathrooms, we know that she was thinking about color schemes that could be carried out with paint, and sure enough, she was.

"I don't know that I ever saw or heard of a bathroom with walls painted scarlet, but I don't know why I can't have a scarlet bathroom if I want one," she mused. "The fixtures and the floors are white, and maybe I'll have the woodwork and the medicine cabinet white. White curtains at the window and on the shower, but a scarlet bath mat. Towels mostly of white but with some in a very pale powder blue. I'll use flat paint for the whole business, the washable kind. Does it sound too weird to you?"

"Not at all," we replied. "But then don't take our word for it. We always like bigger and brighter colors. Perhaps because we came of age in the era of the taupes and beiges and are still reacting against them. Although we must say even taupes and beiges can be stunning in the right places. But we're off the subject of the scarlet bath room. . . . wouldn't it make a lady feel young! We'd love it for that."

... OF ...

Interest to Women

CABBAGE FITS IN WITH QUICK MEAL

Cooking Standards Aren't What They Used to Be With Two Methods Favored

Among the vegetables which belong on the quick meal list is cabbage about which ideas have certainly changed in the last few years. Perhaps because cabbage was classed among the winter vegetables, it was considered necessary to cook it for hours and hours, so long that color, texture and flavor were entirely changed. No wonder it acquired a bad reputation so far as its digestibility was concerned! Its odor during the long cooking fairly permeated a house.

Today's standards demand that cooked cabbage should retain its color, that its texture should be crisp and that its flavor should be as delicate as that of the raw vegetable. When these results are obtained, there is, praise be, little odor during the cooking. Either of two methods may be used successfully. The shredded cabbage may be cooked uncovered in plenty of boiling salted water or it may be cooked in just enough water to cover the bottom of the pan in a tightly covered utensil. In either case, five to eight minutes should be allowed for the cooking, depending upon the age of the vegetable and the texture which you prefer.

When it is cooked, it may be dressed

with cream, top milk, butter, with a rich white sauce to which you may if you like add a little cheese or minced ham. With a sauce of this sort, you may make cabbage your main dish for an occasional supper.

Raw cabbage may be used with a French dressing, with mayonnaise or with a boiled dressing for old fashioned cole slaw. A few rings of green pepper, sliced radishes, or bits of pimiento add color contrast which makes the dish more appetizing.

Creamed Cabbage with Ham

1 medium head cabbage.
1-4 cup butter.
1-4 cup flour.
1 teaspoon salt.
Pepper.
Nutmeg.
1 teaspoon Worcestershire sauce.
2 cups milk.
1 cup minced ham.

Shred cabbage and boil in salted water five to eight minutes. Melt butter, stir in flour and seasonings and when well blended stir in milk. Stir over a low fire until smooth and thick. Add ham and combine with drained cabbage. Place in greased casserole and set under broiling flame for a few moments, until light brown.

Facial Moles

There is not one woman in ten thousand who knows how to lave or wash her face properly. Of course, the great majority of women use soap and water after a fashion, but soap and water is more than a cleansing agent—it is the corner stone of real skin and complexion improvement.

There are doubtless many at the present moment who will say to them, selves that they have used soap and water all their lives, and have never noticed any improvement in their skin.

Now let me tell you the way to

wash your face, and if you will follow instruction day after day, the results will be almost unbelievable.

First, fill your wash basin with lukewarm water (never begin laving the face with hot water because it relaxes the muscles too rapidly), take a mildly stimulating soap, and thoroughly lather the face and neck. This lathering should be done with a coarse rough washcloth.

After thus laving the face carefully and rather vigorously, rinse it off carefully with warm water, and gradually allow hot water to flow into the bowl until it is as hot as you can bear it.

Then rinsing is done by simply

Foot Trouble Laid To Modern Styles

TORONTO, July 28—Modern shoe styles bring foot trouble to eight women in every ten after the age of twenty-five, believes Leonard Burnett, yesterday elected a director of the Ontario Shoemakers' and Repairers' Association at the convention at the Royal York.

Feet Grow Larger

But with short skirts and other dress trends, the high-heeled shoe is absolutely necessary to the modern girl's appearance. Mr. Burnett, whose business is building correctional footwear, said in an interview yesterday. "Shoes just have to be that way with short skirts," he declared.

"Girls start to wear high-heeled shoes when they are fourteen or fifteen. That tends to atrophy the muscles of the calf. And then, when a woman reaches twenty-five or so, she begins to put on weight, putting an undue strain on an already over-charged foot. The result in most cases is foot trouble."

"And women's feet are bigger every year. Just how much bigger, Mr. Burnett did not know, but he was sure they were getting bigger.

"Why?" he was asked. "More athletics is the real answer," he said. "They play more games like tennis, they walk more, they do a lot of things that tend to develop the foot. The smaller feet of years ago were probably undeveloped," he asserted.

Monogrammed Crepe

Instead of having blanket covers trimmed with lace why not follow a new fashion for Summer and make yours of pastel-tinted crepe with a large 14-inch monogram in the center. The monogram should be of a contrasting color such as pale green on jonquil yellow, cloudy blue on dusty pink, brown on the palest beige or deep violet on pale blue. You have no idea how stunning they are and if you are clever you might be able to make one yourself. It takes five yards of silk, using a single two-and-a-half-yard length for the center and dividing the other two and a half yards into two narrow strips, which are sewed to either end of the center strip.

cupping the two hands and dashing the water over the face and neck. When the face is thoroughly rinsed and relaxed, then turn quickly to cold water and chill the skin as quickly as possible by using the cupped hands. Do not use ice on the face. Dry it well.

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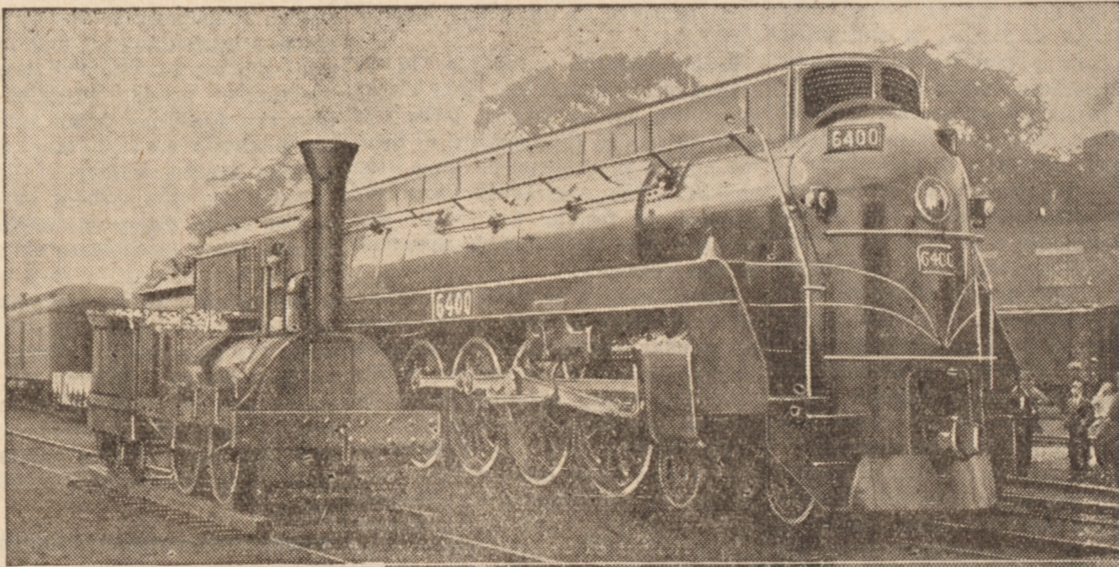
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Canada's First Engine and World's Largest Streamliner Featured at Railway Centenary



Railway Pioneers' Hopes far Exceeded

Speaking at the recent celebration of Canada's railway centenary held at St. Johns, Quebec, the southern terminus of the Champlain and St. Lawrence, the first line in the Dominion, S. J. Hungerford, president of the Canadian National Railways, outlined the tremendous strides that had been made in railroading since he entered the railway business 50 years ago.

"I can say in all truth that which has been accomplished has transcended the vision of the pioneers," Mr. Hungerford said. "Those who planned the Champlain and St. Lawrence and brought it into being no matter how optimistic they might have been, could hardly have foreseen what a mighty instrument of national welfare the railway was to be in Canada. The railway has been, and is the mightiest single force in the welding together of Canada and in the preservation of it as a nation. It is a mighty servant of the people. When this railway was conceived there was likewise brought into being that chain of circumstances which led to the formation of the Canadian National Railways, with its services to every province of the Dominion. It is the aim of the Canadian National Railways, the largest railway system on the North American continent, still to be in the vanguard of progress; to be a worthy instrument in the development of this great nation."



At the ceremony at St. Johns, Quebec, commemorating the one hundredth anniversary of the operation of the first Canadian passenger train, a full-sized model of the "Dorchester", the first Canadian engine, was shown in comparison with one of the new 6400 type of the Canadian National Railways, the largest streamlined locomotive in the world. The "Dorchester", with tender, was 21 feet long; the 6400, with tender, 94 feet 7 1/2 inches. The 6400 is longer than the entire passenger train of 1836.

The lower picture shows (from left to right) Mayor Camillien Houde, C.B.E., of Montreal, George F. Moran, S. J. Hungerford, President, Canadian National System, and A. J. Shapter. Messrs. Moran and Shapter, retired Canadian National Railways engineers with over 50 years of service, impersonated the original crew of the "Dorchester" at the celebration.

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