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—people in swimming pools and at beaches seem happy; and why does a man sing while bathing?

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... OF ...
Interest to Women**A WORD ABOUT OVERHEATING**

Inspired by a Discussion of Cereals and the Question of Avoiding Them in Summer

(By Edith M. Barber)
"Are cereals heating? Should they be avoided in the summer?" Questions like this, when they arrive each year, signal that hot weather is at hand. The answer is always the same. There is no such thing as a heating food in the sense that the word is used by the questioners.

All foods provide calories; some of them to a larger extent than others. Pure fats give the largest number in reference to measurement and weight. Proteins and starches are less than half as high in caloric value. Most foods contain varying proportions of protein and fat, and, of course, such foods as meats and eggs are starch free. Most cereals are high in starch and low in protein and fat.

In the summer we depend largely upon the ready-to-eat cereals which are so light that it takes about a cup more or less to furnish a hundred calories. Although you may not believe it we need just about as many calories to furnish us with energy during the summer as we do in winter, sometimes more if we go in for active sports. Of course, over-eating should be avoided both in the winter and summer, but especially in hot weather because during the intense heat many people are more sensitive to digestive disturbances. Most of us find what are known as lighter foods more appetizing than heavier dishes during the summer.

Breakfast cereals and bread, however, are all the year around foods.
Rice Cream1 cup rice
3 to 3½ cups hot milk
1 teaspoon salt
1 cup cream, whipped
½ teaspoon vanilla
1 cup drained shredded pineapple or other fruit.
Add salt to milk. Steam rice in milk over boiling water 30 to 45 minutes until tender. Cool. Add vanilla. Fold in half of whipped cream, add fruit and pour into pudding dish. Chill and garnish with remaining whipped cream.**Bran Corn Bread with Bacon**
2 eggs, well beaten
1 tablespoon melted shortening
2 cups sour milk
½ cup bran
2 cups cornmeal
1-3 cup flour
1 teaspoon salt
1 teaspoon soda
1 teaspoon baking powder
1 tablespoon sugar
¼ pound bacon, diced
Combine beaten eggs, melted shortening and milk. Add bran and cornmeal. Sift remaining dry ingredients and add to first mixture. Pour into greased pan, 9x12 inches is suitable size, and sprinkle bacon over top. Bake in a hot oven, 425 degrees F. for about 25 minutes, then slip under broiler for about two minutes to brown the crust and crisp the bacon. Yield: 16 servings.**SMALL DEN BECOMES A BRIGHT BED-ROOM WITH BATH FOR INVALID**

The story of the conversion of a den into a combination bedroom and bathroom is told in the following prize-winning essay in the Winnipeg Tribune's Home Improvement Contest. This essay, submitted by Mrs. W. Sadler of Winnipeg, tied for the fourth prize.

"This is the story of the conversion of a ten-by-seven foot den into a bedroom-bathroom at a cost of \$250, borrowed under the Government's Home Improvement Plan. As a result of the change, an arthritic patient who was confined to an upstairs bedroom all winter through inability to climb stairs, can now enjoy the sunny living room, veranda and garden.

"The installation of bathroom facilities constituted the chief problem of expense. In the northeast corner of the room, a cabinet was built (30 inches square), to hold a toilet, the upper part to be used as a cupboard. Alongside this cabinet on the east wall, a small wash basin was installed, with medicine cabinet above and a high bathroom stool in front, so that ablutions can be performed sitting down.

"The bath problem was met by the purchase of a four-foot portable bath which is filled from the taps of the wash basin by a hose attachment. This bath is emptied by means of a siphon hose passing through a hole in the baseboard to the catch-basin in the basement.

"As the only window in the room faced the glassed-in veranda on the west, a small casement window was made in the north wall, to ensure thorough ventilation.

The room was next re-decorated in lighter colors, more suited to a bedroom. The dark oak woodwork was given three coats of ivory paint and the dull blue paint on the walls

was covered with two coats of primrose yellow.

"A large single bed across the west wall and small dressing table and stool on the south wall were all that the available floor space would accommodate, so we decided to utilize space under the bed for stowing away portable diathermy machine, electric heater and bath. For this purpose, the bed was raised four inches by means of special rubber tired castors.

"To give the room brightness without decreasing the apparent size, overdrapes were made from hollyhock chintz with a background the same shade as the walls; and the dressing table and stools were given covers of the same chintz.

"The heavy three-light electricolier was replaced by a semi-indirect ceiling fixture of primrose yellow, the same color appearing in the shade over the bedlight. The bed and the dressing table will appear smaller when changed from green to yellow to match the walls and meantime the apparent size of the bed is decreased by the use of an organdy bedspread.

"A mirror (3½x1) was placed vertically under the casement window and facing the door giving an impression of space as one enters the room. Another mirror of similar size was placed horizontally above the bed on the south wall; and all the walls are bright with gay flower pictures, mostly taken from art magazines and framed at the special prices available in stores this spring.

"Upstairs, the den furniture—desk tables, bookcases and shelves—fit snugly into the little south room, which now welcomes the student to hours of quiet labour."

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**PEOPLE IN AFFLICTION
EXAMPLES OF COURAGE**(By Ruth Cameron)
I had an odd experience the other night when I was trying to get to sleep.

I am not a person who has much trouble as a rule, but this night for some reason I was tense. It was one of those times when one turns on the right side and settles down feeling, "Oh, now I am really going off. Now I'm really comfortable," lies there for about five minutes, begins to squirm and think the other side would be more comfortable; flops over and repeats the process.

I had been doing this for half an hour and only getting more and more jittery.

Thoughts were racing through my head at the accelerated pace they always take at such times, and in the course of them some train of thought led to a woman with whom for awhile I came into contact but haven't seen for several years.

I began to think about her. Of her gallant courage in the face of an impending affliction that most of us fear more than any physical affliction in the world—the loss of sight. Of her serenity, her cheerfulness, her gaiety as the darkness gathered about her. No one knew just how little she could see, because she never complained and did her best not to show it in any way. One left her presence feeling as if one had received a benediction of courage and serenity.

I lay thinking of these things. I saw in the darkness her lovely smile and presently I realized that my nerves were relaxing, the jitteriness was going, I was no longer tense; I slept.

I waked a few minutes later to realize the blessed miracle; I turned over and slept again, utterly relaxed. And just the memory of that woman had done it for me. Or was it more than that? Was it an aura from her personality?

Are there mystic waves like this, that personalities send out?

She has won the strength of him who overcometh; it blesses her, and not only those close to her but also those who have known her. Is that blessing just a mental thing or is it some actual wave-length that goes out from courage and serenity as warmth goes out from the sun? Perhaps some day we shall know

more about all such things. Perhaps the missing wave-lengths between those we already know about, the long gaps that lie, for instance, between the highest wavelength that carries sound and the lowest one that carries light, shall some day give up their secret and we shall find that stores of courage and love for humanity also radiate wave-lengths as a piece of radium radiates its emanations.

**EARNING MONEY
HELPS THE CHILD
TO VALUE IT**(By Vida Hurst)
"I need some money," the 15-year-old said to his father, "Our class at school is having a party which will cost us a dollar and a half apiece." "Have you considered," the father asked gravely, "what you can do to earn that much?"

"Gee, Dad, I have to have it, I tell you."

"How about answering my question?" his father insisted.

"Well, I could mow the yard and wash the car."

"And clean up the basement for your mother," the older man added. "It takes time to make that much money, no matter how worthy the cause."

"Okay! If I've got to do all that for it I'd better get going."

"Why didn't you give it to him?" his mother said when he was gone. "You know they have to do these things. It's all part of his education."

"I'm not questioning that, but he will have a better time if he earns that money himself. It's easy to ask someone else to pay for our pleasures and another thing altogether if we're spending what we've labored to obtain."

"I want him to have the satisfaction that comes from feeling independent, as well as knowledge whether or not it was worth it. If he works for his spending money, he'll think twice before he wastes it."

**STREET NO. CAN
BE PAINTED ON
ELEC. LANTERNS**

The proper illumination of the outside of a house at night can take the place of a watchdog and a hand-shake. That statement may sound like a riddle, but it is quite true.

Nothing seems quite so welcoming to the guest searching for a strange house as the street number and the entrance lighted for identification.

And prowlers are not likely to lurk around the home when the grounds are lighted.

Lanterns with the street number painted on the side are both decorative and practical. Permanently installed electric wiring is eligible under the Home Improvement Plan.

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* Insurance is no exception.

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Pork & Beans** 29c
Two Tins**LIBBY'S TOMATO
CATSUP** 15c
BOTTLE**CERTO** 25c
BOTTLE**OLD DUTCH
Cleanser** 19c
Two Tins**Kipp'd Snacks** 5c
TIN**NORTH STAR
MATCHES** 25c
3 boxes**BRUNSWICK BRAND
SARDINES** 5c
Oil or Mustard Tin**Kelloggs
Rice
Krispies** 29c
Two Pkgs.**BENSON
Corn Starch** 12c
Package**GANONG'S PEPPERMINT
PATTIES** 29c
Per Pound**MONTERRAT
LIME JUICE** 49c
Bottle**Kelloggs
Cornflakes** 25c
(shopping bag) 3 Pkgs.**HIRES ROOT
Beer Extract** 35c
Bottle**CHRISTIE'S GRAHAM
WAFERS** 25c
1's Package**SHAW & ELLIS
CLAMS** 15c
TIN**CALAY** 13c
Two Cakes**KRAFT
Miracle Whip** 23c
8½-oz. Bottle**KRAFT
Cheese** 18c
½-lb. Pkg.