

Of Interest to Women

KEEPING COOL

A Few Hints Just In Case

Our climate is generally acknowledged to be a boon in that it furnishes by its variety an invariable topic for conversation. But it has its drawbacks, and not only for farmers. As a journalist I resent having to reflect that, whereas I write this article at a moment when it seems that comfort is only to be found by sitting in a stream, you may read it huddled over a roaring fire a few days hence. However, one must take risks—and I can only suggest that, if you are prompted to throw this article in the fire after a glance at the title, you should stay your hand and cut it out instead, to be referred to in the next heat wave.

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One of the worst features of a heat-wave is that it makes any ordinary house seem uninhabitable—you long to knock down the walls in order to breathe. But short of this drastic action, there are many quite feasible dodges for securing a feeling of coolness even in a small modern house.

The chief requirements are space, air, colour, and glass. Space alone conveys a sense of coolness, and even small rooms can look twice their size if properly treated. Put away all unnecessary furniture and ornaments—even if you have to turn the spare bedroom into a "glory hole." If your floor boards are decent enough to take stain and polish, then roll up the carpets and stain the floors—this itself gives a splendid "summery" air to the house and eliminates much of the stuffy feeling.

Then for air. Most people in summer make the mistake of thinking that it is best to have all the windows open all day. If this is done the result is to fill the house with sun-scorched air, which remains indoors, stagnant and stifling, even when in the evening coolness prevails outside. Instead, you should shut the hot air out. Keep windows wide open till the sun comes round to that par-

THIS WEEK'S RECIPE

DUCHESS POTATOES

Mash some cold, cooked potatoes with a little milk, salt and pepper. Add sufficient flour to make a stiff paste. Work the paste into a dough and roll out on a pastry board to about 1/4-inch thick. Cut into small rounds, about 3 inches across, with a pastry cutter. Heat some fat in a deep fat fryer. When it is smoking hot put the potato rounds in and fry quickly until nicely browned. They should swell up into balls. Drain thoroughly and serve at once.

Next Week: Strawberry Meringues.

particular side of the house, then close them and lower the sunblinds. If you do not possess sunblinds it is well worth while to enquire about the cost of buying and fitting them. The best I have encountered are made of pinoleum, a substance with a heat-resisting basis of wood; they are arranged in narrow rounded slats which admit plenty of air when the window is open, but break up the light very gratefully. These blinds are in a great variety of sizes, and can be used, too, on verandahs or to form one or two sides to a garden shelter. The difference in coolness between blinds that let air circulate through them and linen blinds that keep air out has to be felt to be believed.

It is, of course, necessary to have some draught, and this can be secured even with windows shut on one side of the house if windows and doors are open on the other side and you use an electric fan. The fan is not really an extravagance, as if it is run for fifteen to twenty minutes it is enough to keep the air fresh.

NOW FOR COLOURS

Now for colour. America may be the home of many "phobias," but it is very far ahead of us in the scientific study of colour. One example will show the tremendous importance of colour in securing a sense of coolness or warmth. A factory owner had his staff dining-hall redecorated in two shades of blue. The staff complained of the cold and began to don overcoats before coming in for a meal. The engineer in charge of the heating apparatus assured the owner that exactly the same amount of heating was being distributed as before, so the owner called in a colour expert, who advised the introduction of strong orange paint in the blue scheme. When the paint appeared on the woodwork the overcoats and complaints disappeared! And the moral of this is that blue, and also green, are "cool" colours, while yellows and reds are "hot." It is also worth remembering that patterns on wallpaper, hangings or upholstery tend to create a stuffy feeling if overdone, and, actually, heavy unpatterned inner curtains (provided they are of a cool colour) are better than light patterned ones for summer.

USE GLASS

Then there is glass to help create a sense of space and coolness. Glass vases and bowls for flowers are much cooler-looking than any other kinds. Use glass wherever you can—cut glass ornaments, glass on the table, glass for book-ends, ash trays and so on. But give particular thought to mirrors—very few people use these as they can be used in summer to create coolness. Big mirrors, of course, are usually distracting, especially to people who have no particular desire to see themselves duplicated all day long! But small, decorative mirrors can be cunningly placed so as to reflect a bowl of flowers, a cool picture, or, best of all, a tree outside. Nearly everyone feels cooler for these arrangements without realising the association of ideas—glass, ice, reflections, water.

And that reminds me—if you can rise to a small electric fountain (they can be found self-contained, requiring no tubing or fitting), you will have a constant source of delight for ear and eye.

AILEEN.