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that Lacq can easily be applied by anyone; that Lacq dries to the touch in five minutes and is completely dry in less than one-half hour; that Lacq produces the most beautiful, durable, and wear-resisting finish in any color or clear, transparent effects on any surface about the house; that Lacq has revolutionized household finishing!

By actual use Lacq has fully demonstrated its wonderful qualities on furniture, floors and woodwork in thousands of homes throughout the country. Lacq never fades, never is harmed by hot dishes, spilled liquid, or repeated scrubbing. There never before was a finish like Lacq—never a finish so long, liked half so well.

There is only one *Lacq*—made in America.
Made in all solid and transparent colors.

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But if your dealer does not yet have Lacq, you may order direct. Use the coupon opposite. Lacq is made in the following solid colors:

Old Ivory, India Buff, Mist Blue, Shantung Blue, Rich Blue, Mandarin Red, Bright Red, Golden Yellow, French Gray, Lettuce Green, Jade Green, Apple Green, Dark Green, Golden Brown, Buff, Drab, Green, French Yellow, Oak, Light Gray, Slate, Black and White; Transparent Colors: Clear, Light Oak, Dark Oak, Walnut and Dark Mahogany.

Be sure you get Lacq.

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USE THIS COUPON

THE GLIDDEN COMPANIES
National Headquarters
Cleveland

☐ Please send me, free, a copy of your new book, "A Garden of Color" and the Lacq color chart.

☐ Please send me, C. O. D., at your regular retail price, the following Lacq.

Quantity _____ Color _____

Name _____

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City _____ State _____

Dealer's Name _____

W.H.C. 6-26



"I used to dread getting weighed"



"Now I can laugh when I see a weighing machine, for I never expect to have a dumpy figure again. No more counting calories or hunting for clothes that hide the pounds. Walking keeps me slim. You see I wear shoes that make walking a pleasure, nice looking shoes, too—don't you think? They're called Cantilever Shoes."

Do you dislike walking? Then just try this. Slip your feet into a pair of flexible Cantilever Shoes, open the front door, take a deep breath and swing down the street briskly. In less than a hundred yards you will realize that you are wearing unusually comfortable and helpful shoes. Your feet are supported buoyantly, yet they are free. Your step is springier, easier, more tireless. Each step seems to invite you to take another.

The Cantilever Shoe encourages you to enjoy the natural exercise of walking, because it is natural itself. It is lightweight and flexible from toe to heel, like the foot, and is modeled along the normal lines of the foot. "A delightfully comfortable shoe," you will say, when you feel how smoothly it fits from its trimly rounded toe to its snug fitting heel. The "sprung-up," flexible arch of the shoe gives you gentle, springy arch support without restricting the natural exercise of the muscles upon which arch strength depends.

This spring would be a finetime to learn the joy of walking in comfortable Cantilever Shoes. The new Cantilevers for spring and summer are better looking than ever before and are being shown in greater variety. Nicely tailored oxfords, in beautiful leathers, and tastefully designed pumps to harmonize attractively with your spring costume.

Cantilever Shoes are sold from coast to coast and are within shopping distance of practically all readers of this magazine. If you do not know where you can conveniently buy Cantilever Shoes write the Cantilever Corporation, 420 Willoughby Ave., Brooklyn, N.Y. They will send you the address of a local Cantilever store and a new, free booklet showing photos of the latest Cantilever models.



Cantilever
Shoe



Supports the arch, with flexibility

The Small-Town Woman Speaks

[CONTINUED FROM PAGE 58]

Here is a message from a former nurse: "I am interested in your article in the March Woman's Home Companion about what women want in their homes. As a nurse in private homes for five years I was in close contact with the rich and poor, the careless and the thrifty, and I found in all of them conditions that were appalling. Tired mothers with many children and no conveniences; unhappy and poorly nourished little children who seldom had a warm, substantial, well-balanced meal. One mother I remember particularly with nine young children, just too tired and too dispirited to try to get the work done. The children were being brought up on canned soup and baker's stuff, soft white bread as a steady diet. They did acquire a rattlesnake car that would hold them all. It was the only recreation they knew, and I confess to being glad that they could get away in it. Now as I look at my own home with its power-driven washing machine and other labor-saving devices, even though our family is small, I can see why these homes were so poorly kept. There was neither time nor strength to do the work, to keep the temper sweet, nor to think of balanced meals. From such homes come our youthful criminals, so it seems to me that it is up to every city official to be interested in public utilities with services to houses of the poor at a minimum rate. Let the club women help. It would help in law observance."

"WE ARE anxiously awaiting the complete tabulated reports," writes an important personage in the state of Minnesota. "We wish to know how we compare with others, and incidentally and purposefully let me commend you for having called the attention of the nation to the importance of the vocation of homemaking, than which there is none greater." And this from another magazine editor: "We hope to be let in on some of this good material. Nothing has so stirred the interest of the country."

You would never dream of anyone being inspired to rhyme over anything so prosaic as water-main connections and kitchen sinks, but here comes one at the close of a perfect day penned by a club woman who had been trying to find out something about the old home town:

Said a damsel quite fetching and fair,
"I have filled out that questionnaire.
If the men had to do it
They'd never live through it;
They'd just see all those questions and stare."

"If we women so wise and so witty
Had the credit for building a city
We'd have figures in columns,
And facts by the volumes,
But the men never do, more's the pity!"

And this from a cheerful reader who hopes to have modern equipment in her home some day:

System
Little drops of water,
Little grains of sense,
Make a mighty washing.
Look like thirty cents?
Just press a little button

And go and bake a pie.
Then do a little resting
While the clothes are getting dry.

Long after the survey is concluded, its influence will be felt among clubs whose interest in civic welfare has been roused by the articles which are appearing on this subject. Not only are club women discussing the results, but heads of companies which are building up public utilities, manufacturers of labor-saving devices and government officials are using the returns for correcting abuses in public service, reducing the cost of labor-saving devices and taking a census of conditions in American homes.

THE questionnaires which we sent out contained many questions pertaining to intimate civic affairs, but there are two questions with subdivisions that are put directly to club women and these are:

1. Has your club as a whole, or in any of its sections, had meetings during the current year devoted to any of the following or kindred subjects?
 - a. The relation of public utilities to efficient and economical housekeeping
 - Family health
 - Eyesight
 - Home comfort and content
 - b. The homekeeping influence on the sons and daughters exerted
 - By good color effects in furnishings and decorations
 - By cheerful and adequate lighting methods
 - By increased provision of entertainment in the home rather than in public places
2. If such subjects have been discussed not by your club as a whole but in certain sections, how many members belong to these sections?
3. Will you cover these subjects next year?

These inquiries were placed last on the questionnaires in order that the relation between the practical and the spiritual might be easily seen. They were meant to suggest a big field of study to the club women. The reaction has been splendid. Women are beginning to feel more and more that the community is their home and that until it is nearer what it should be the individual home cannot hope to have the peace and the spiritual uplift that is its rightful due.

Any club can make a distinct contribution to community and individual home life if it will include the subjects mentioned above in its 1926-27 program. At this time you are all busy outlining your work for next year. Some of you will give most of your time to civic and welfare work. You can develop these topics to great advantage. Other clubs still feature cultural programs which fill a need in the lives of their members. It is not necessary to abandon your studies in art, literature or music, but you will enjoy refreshing change, perhaps wholesome stimulation, if you appoint a committee on current events in your own town and give an occasional program on civic problems. Variety is indeed the spice of life, even in our clubs.

Low-Cost Menus

WE SOMETIMES wonder if every COMPANION bride in the country hasn't written to Miss Bradley at some stage in her career to ask for help on menu planning for two—and more especially, menu planning with an eye to the budget. So Miss Bradley has written a new booklet, planned for small, budget-keeping families and adaptable to larger ones.

Her method has been to select a market order for two people for a week, costing about \$8.00, and, first, to show the percentages of the necessary weekly total of proteins, fats, mineral matter and energy contained in each item and,

second, to build a balanced diet for a week around such a market order. After a careful study of the percentage table and the day-by-day menus which Miss Bradley has worked out, you will know just how to go about working out your own problems. A list of helpful books and bulletins is also included.

In addition to these practical discussions the booklet contains three low-cost party menus for large and small affairs.

The price of Low-Cost Menus is 15 cents, ordered from Woman's Home Companion, Service Department, 250 Park Avenue, New York.