

Woman's Realm Social and Personal Fashions Literature

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Commodore Norah

By ANGUS MACVICAR

"She was half daft when she heard about the Silver Spray last night. 'What do I care for danger?' she says. 'David's out there. We must save him. If that doesn't mean she's keen on him—what does?'"

"Very interesting," said Donald. "Isn't it strange how things turn out?" "Deed ay," agreed Jock, his eyes twinkling. "Love is a wonderful thing."

While these two confirmed bachelors discussed wisely on love, Miss McGregor was sitting in Granny Thomson's cottage, smiling at the ease of happiness of the old woman. "I told them of the teapot and the little boat thundering against the teeth of the Black Rock, where my beloved lies low beneath the cruel water. And I told Miss Norah that she would go to the aid of the black-haired man with the mark of the circle on his left wrist."

She rocked gently in her chair, her eyes fixed on the red coals. "Well," replied Miss McGregor, "I don't know how you managed to make a forecast like that, but any time you come to thank you for your help in helping David and Norah together. I think they'll make a match of it—thank heavens—and village now David's like a hen on a hot griddle this morning. Wants to rush on and see Norah, but the poor fellow lacks courage. I must prod him into action after lunch."

The old lady in the chair smiled and hummed a Celtic tune. "It is a very pleasant thing to have neighbors in the neighborhood. And bring them bread and cherry jam."

On our best porcelain; And find a single daffodil And set it candle-wise; A cheerful, unexpected thought, A fresh and glad surprise!

Tea and cocoa growers of Ceylon are not seeking large war orders because they say they do not wish to disturb their regular business.

The submarine is regarded as a modern invention, but the first one was built in England in 1620. It was a wooden shell, covered with leather and navigated by 12 rowers.

Tomato ketchup varies the flavor of codfish cakes. Mix one or two table-spoons with the batter, depending on the quantity of cakes.

Air filters on furnaces sift out dust and dirt from the air entering the furnace and often save extra cleaning and dusting for housewives.

Creoles are not mulettes, as many people imagine. They are descendants of white families, long settled in tropical climates.

Spin out your meat budget by buying cheap cuts, marinate them in vinegar for some hours and they will taste as good as the best. Keep your kettles and saucepans as clean as pins outside and save gas; sooty deposits mean that more gas is required to heat the contents. Wash the soles of the children's shoes to make them last longer, and get them into the habit of changing into house slippers when they come home. Sugar the teapots, and you'll be surprised at the difference it will make to the color. The addition of the lemon juice has a particularly good effect on old potatoes.

Unsalted fats are best for greasing cake pans, since salt tends to make the mixture stick. Or if you prefer to use butter because of better flavor, melt the butter and paint the pan. The salt in the butter will sink to the bottom.

The well-cooked potato is white and floury—a result you'll find far easier to attain if you take this tip. Just boil a slice of lemon with the potatoes, and you'll be surprised at the difference it will make to the color. The addition of the lemon juice has a particularly good effect on old potatoes.

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The food we eat should serve three purposes: 1—It should give energy to the body. 2—It should protect the body from disease. 3—It should build up the body.

The energy-giving foods, or carbohydrates, are—bread, sugar, honey, cereals, potatoes, etc. In addition to these, fats such as butter, bacon, dripping, etc., provide energy as well as fulfilling other functions.

Vitamins A, B, C, and D, which give protection against disease are to be found in many foodstuffs. Vitamin A is present in milk, yolk of egg, butter, liver, etc. Vitamin B is in pulse foods, milk, cheese, etc. and so on, but in order to get full protection fresh fruit and green

day and thank her. What a creature to bear the name of McGregor!" He walked towards Norah's house, feeling as he had done before his first flight in an aeroplane, both fascinated and terrified. He could not analyse his emotions, but his mind reiterated the warning that when he saw her he must not make a fool of himself. She was a Grant, he was a McGregor; and though he wanted her more than anything else on earth he must not allow her to suspect his feelings. He couldn't depend on the fact that she had gone to his rescue; that didn't mean she cared for him; she had done the same for Jock, for old Donald Brown, for Menzies, etc.

David had literally been pushed forth to inquire after the health of his rescuer. His aunt had been compelled to use her most scathing speech, and in the end she had bundled him forcibly into the street. Her words rang in his ears. "Call yourself a man! Good gracious—there was that poor girl, risking her life for you last night, and you haven't the courage to go to—"

Stimulating! As Mountain Air KING COLE Tea

A Morning Smile Ship's Officer: "Oh, there goes eight bells. Excuse me, it's my watch below." Old Lady: "Gracious! Fancy your watch striking as loud as that!" ABOUT TURN "The other way down, please," called out the lady tram conductor, as the very portly charwoman was descending at the driver's end. "You're mighty sure now there's a war on," snapped the erring one. And she turned round and started down backwards!

Helpful Hints For The Women Folk

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vegetables should be included in the daily diet if possible. The principal body-building foods, or proteins, are meat, cheese, milk, eggs, fish, pulse foods. TIMELY HINTS So much for the different groups. Now a few hints applicable to the times we live in. A great many adults eat far more than is either necessary or good for them, and vegetable proteins (dried lentils, haricot beans, etc.) can be substituted for meat and provide most excellent meals. The cheaper cuts of meat often contain as much if not more nourishment than the expensive ones, and if combined with plenty of vegetables in a stew make a most appetizing dish. HERRINGS are particularly rich in nourishment as are milk and cheese. As regards the latter, the cheaper kinds contain just as much nourishment as the more expensive varieties, and the great advantage of these is that it can be eaten raw. Anyone who can digest meat should be able to digest cheese, but it is made more digestible by grating it and mixing it with a starch food. When cooking these beware of overcooking it, as it then becomes stringy and indigestible, and be certain to season the dish well.

Handbags generally match the costume color or contrast in bright shade.

NEW TEACHING TECHNIQUE Almost every child has some capacity for musical expression. In the opinion of child education expert Whether or not his innate talent is developed depends upon the kind of music instruction he receives, and the attitude his parents take toward his lessons. The old methods of piano instruction that called for endless practicing of scales, playing dull pieces to the beat of a metronome, and the making of the backs of the hands are likely to destroy the child's natural love for music, the experts say. Instead, parents should see to it that their children are taught according to the modern methods that emphasize the fun in learning to play. Here the emphasis for the beginner is on melody rather than scales. From among simple tunes that he is playing simple tunes that can be sung and hummed as well as played. At no time in the learning process is the beginner allowed to feel that he is making no progress, or to become discouraged. Rather he is constantly conscious of his increasing ability by the progression of pieces given him to play. Many of these include scales in their composition, so that he is mastering them in a painless fashion. In addition to the great happiness that the child gets from discovering the pleasure in music, there are many other advantages. A self-conscious child acquires poise and confidence at the piano. A nervous child learns rhythm and coordination which he carries over into his other activities. An introverted child finds a way to express his thoughts and emotions.

KISS YOUR TIRED FEELING GOODBYE! Painless Many Suffer Low Blood Count—And Don't Know It. The baffling thing about low blood count is that you can weigh about as much as you ever did, even look healthy and strong, yet you can feel as if you had lead in your veins. You feel tired, nervous, and you must have plenty of oxygen to explode the energy in your body and give you going power. Get Dr. Williams' Pink Pills today. They are world famous for their help in increasing the number and strength of red corpuscles. Then with your blood count up, you'll feel bounding up the stairs as if you were floating on air. Ask your druggist for Dr. Williams' Pink Pills today.

YOUR BEST COSMETIC You will scarcely believe that your towel is your best cosmetic—but it's true! Towels are something more than a good way to get dry—they are a first-aid service to health and beauty. The correct use of a towel is something essential to good looks and an immaculate appearance. When you step straight from your tub, wrap your towel around your body, rub, rub, rub every inch of your skin with such gusto that it will off itself. You'll find that the towel makes the blood circulating in your veins isn't necessary to rub the skin off itself—just a brisk rub will really work wonders. Bring beauty to those elbows of yours, by kneading them well with a rough towel and then massage them with a little olive oil. Why not remember to try "the towel way" to beauty.

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FURNITURE DESIGN IS INFLUENCED BY HISTORY More than in any Spring in a score of years Canada is conscious of the glory of her homes, as the second quarter of 1940 gets under way. As soft Spring colors come into their own, gay outdoor tones and tones will be reflected to the interiors. Canada, proud of her homes, will do well by them this year. Merchants home from their tours to the great home furnishings markets bring with them news that motion picture influences will be felt in the home furnishings of 40. "Gone With the Wind" will reflect the delightfully languorous old South. Colonial New England will be reflected in the forthcoming "Northwest Passage." The many drawing room dramas of the penthouse school will mirror modern furnishings. While "Gone With the Wind" has not actually created any new style of furniture, it has revived interest in Victorian styles. Love seats upholstered in green and white stripes, and the old-fashioned rocking chair with button tufted seat and back will be seen here and there. Local furniture merchants have sampled this type of furniture generously, but the bulk of their purchases for 1940 will be of a type more generally accepted in this community; 18th Century mahogany; modern walnut; Early Canadian maple; with some influx of French styles noticeable. Outdoor furniture, gayer and brighter than ever, suitable for lawn and porch, is making its Spring debut. Gliders, portable hammocks, love seats, and wrought iron chairs will augment the tea carts, umbrellas, and glass-top tables. Covering fabrics are now available in water and sun repellent finishes. One interesting development is the fact that 18th Century English or Colonial furniture which formerly was available only in the higher priced brackets, is now within the range of all. Modern styles are still holding their own in public fancy. Smooth lines and rounded corners are combined with compartments and convenience features which make for more efficient living, particularly in metropolitan apartment centres. Early Canadian maple has moved from sum-burred finishes to richer tans. More and more young people are finding this tailored style well suited to the smaller, simpler home.

Expressing THE Scarlett O'Hara INFLUENCE Ligne LeLONG FOUNDATIONS After you've seen the slim, lithe loveliness of the charming heroine in "Gone With the Wind," you, too, will want to enjoy that delightfully feminine grace... you can, comfortable in a Ligne LeLong foundation Manufactured in Canada exclusively by DOMINION CORSET CO. LIMITED - QUEBEC, P.Q. UNDER CANADIAN PATENT 27,327 L.H.4

FORTUNE FROM ILLICIT VOYAGES ATLANTIC CAPTAIN'S CONCEALED WEALTH In the days when the sale of liquor was forbidden in the United States, big money was made by those who took the risks of smuggling. What became of those fortunes? There is an old belief, backed by many examples, that money obtained by illicit means never does its recipients any good, and that unappetizing will be the lot of those who become interested in it as heirs. What, then, was the fate of the fortune made by Tom Salter, master of South Atlantic ships, who ran many a big cargo of contraband into the States in the days when money was easy and those engaged in the liquor traffic paid handsomely for supplies? It was a tidy fortune, and Salter, who had decided to settle in Cuba in preference to his native Britain, was reluctant to put the money into the bank or even to make a will. He professed to dislike the Cuban death duties. But money must be deposited somewhere, and no one but his own knew where Salter had deposited it. He had no brother and a niece away in England. The captain had an affection for his niece, Diana, and so it came about that she became involved in his ill-gotten gains. This is the situation with which Sydney Parkman deals in his remarkable story "South Atlantic Legacy." It is a story in line with the finest of Mr. Parkman's work. And what grand stories of romance and adventure at sea are lined up on the shelves under Sydney Parkman's name—"Plunder Bar," "Sunk without Trace," "The Passing of Tony Blunder" among them. The Guardian has secured "South Atlantic Legacy" for its readers, and serialisation will begin next Monday. You'll enjoy "South Atlantic Legacy," no matter what kind of story you prefer. It is that kind of tale. Order your copy now.