Serial Story

A Page of Interest to Women

Fashions Recipes

Green tea at its best

"SALADA" 520 GREEN TEA

SHAM DEBUTANTE

BY Sharon Wynne

When Gay Needham, whose home is a Western ranch, inherits a large sum of money, her mother takes her to New York to break into society. A contract is signed with Bernal Van Gordon, an agent, who arranges for Gay to have a joint debut with Irene Stromley—Gay to supply the money, and the Stromleys the social prestige. Rodney Sinclair, wealthy socialite, falls in love with Gay, but Van Gordon instructs her to encourage a certain Marvin Ploame, threatening to expose her false position unless she does. When she defies Van Gordon, he and Ploame and Irene hatch a plot. Meanwhile, Irene, for reasons of her own, has been leading Gay's brother Jock a mad chase. But the man she really wants is Rodney.

"That's what I'd like," Rodney answered ruefully, "but I had to give in to Mother on some points. She insists on a big wedding. But what do we care? We won't even know it. There will be only you, dear, and me."

Their lips met again.

"A thousand pardons, folks." It was Bernal Van Gordon. Back again! "So it is congratulations? Nice."

Irene was with him, a sneering smile on her face. And Marvin Ploame stood just behind her, cool amusement in his slate-gray eyes.

The fear which Gay was sure, a second ago, had gone forever, came back and crystallized into ice as Van Gordon continued.

"I'm terribly sorry to interrupt, but I must speak to Miss Needham alone—just for a moment."

Contract Must Be Kept

He led her apart from the others. His face was expressionless as he said:

"A contract is a contract. Until your contract with me expires, there must be no wedding. If you insist, all the nice scandal of the Needham society scheme will rock the social world. And you know, well enough, that Mrs. Sinclair would never forgive that. If you are wise, you will forget plans for a wedding, and be a little kinder to my friend, Marvin Ploame. If an old feud should be fanned into flame . . . anything might happen."

Gay couldn't speak. She could only stare at him. She finally managed to say:

"But I don't understand . . ."

"Oh, yes, you do," Van Gordon said smoothly. "You understand perfectly. Come now. We'll rejoin the others."

Gay saw Rodney looking at her queerly. She couldn't meet his look. She would have to tell him the wedding must be postponed — tell him that, with some sort of feeble excuse.

It was not until that evening, when she and Rodney went driving, that she summoned the courage to speak. She stammered something about not being ready for an early wedding.

Rodney was inclined to laugh about it. "What an idea!" he teased. "It doesn't take so long to prepare for even a big wedding. You didn't talk like that this morning."

"Ye-es, but something has happened. I can't—can't just tell you. We'll plan to be married . . ." Gay stopped to count up the months before the contract with Van Gordon would expire. "In about three months," she finished.

"If you insist," Rodney agreed, "but I don't like it."

Good For Hush Money

It was after Rodney and the others had gone back to the city that both Gay and her mother realized that something strange was happening. People began to snub them, secretively at first, and then a bit more openly.

"It's those rumors that started in New York," Mrs. Needham said uneasily. "That whispering campaign that Van Gordon was so concerned about."

Gay didn't reply. She felt uneasy and dispirited.

She would have been even more worried if she could have seen into a room in the Stromley apartment on upper Fifth Avenue. Irene Stromley, Bernal Van Gordon and Marvin Ploame were busy hatching a plot.

Finally, Van Gordon rose.

"That will put Gay in the proper frame of mind for your proposal, Ploame. And when the Dowager Sinclair realizes how close her idolized son is to scandal—a scandal involving his fiancee and a Ploame—she'll be good for plenty of hush money!"

Irene, eyes glittering, commented, "Our little Gay is getting plenty of snubs nowadays. I'm taking care of that. But this . . ." she laughed maliciously. "My first step is to make up my last quarrel with darling Jock."

CHAPTER IX

The next day, Irene phoned the Needhams to invite herself out to Southampton again for a few days. Looking as sweet and meek as possible, she arrived early in the afternoon, ready to "make up her quarrel with Jock."

As soon as she was settled, she walked down the hall to his room, knocked softly, then opened the door. Jock, who had slept all morning, and so had not been told that she was coming, was startled.

"Where did you come from?" he said gruffly. Then: "Get out of here! I don't want to see you again!"

Tears filled dark, imploring eyes. "Jock, don't be angry—please. I'm sorry I was so nasty that last time. Look—I have brought you something . . ."

She fumbled in her purse, brought out a little box, opened it and held out an expensive-looking wrist watch. Jock was too amazed to speak.

"My engagement present to you, Jock. Now you'll forgive me, won't you?" She clasped the watch about his wrist.

As Jock clasped her in his arms, he did not see the slow, sly smile on her face.

"I'm planning a house party at Stromdale, our lodge on the other side of the island, over the week-end," Irene cooed. "We'll announce our engagement then. There'll be Rod and Gay, Marvin Ploame and Beth Allen—you've met her—and some others from New York."

(TO BE CONTINUED)

British Remedy for SCIATIC PAINS

There is little doubt nowadays that the best way to tackle Sciatica, Lumbago, Rheumatic Pains, etc., is from within. You can't rub out Uric Acid, you must rinse it out.

Fynnon Salt is an ideal internal rinse. A half teaspoonful in water makes a pleasant, non-fizzy saline, laden with Sodium, Potassium, Lithium and other remedial elements that gently rinse the system of the clogging deposits formed by Uric Acid. It is these deposits that set up those agonizing twinges of penetrating pain that rack the body and sear the soul. They'll soon go when you have cleaned the system with Fynnon Salt for a few successive mornings. There's nothing drastic about Fynnon Salt, nothing harsh or harmful. Its effect is similar to Mineral Spa water with this important advantage, that a half teaspoonful of Fynnon Salt in a glass of water is equal in medicinal value to three glasses of Spa Water. Try Fynnon Salt, the famous British remedy, for your Sciatica, Lumbago, Rheumatic Pains. At all drug stores, 75c a large package. If you have any difficulty getting supplies, write Laurentian Agencies, St. Gabriel Street, Montreal. 8

Myth Exploded About Exercise

Noted British Physician Criticises Physical Fitness Campaign

"Immunity from disease cannot be attributed to any kind of fitness produced by exercise," said Sir Farquhar Buzzard, distinguished physician, in a speech containing searching criticisms of the British Government's physical fitness campaign.

Sir Farquhar, physician-in-ordinary to the King and a leading authority on nervous diseases, said if the Government had spent on genetic research half the amount it proposed to spend on physical fitness it would be making a really profitable investment.

Heredity Should Be Studied

"Heredity and hygiene" were the two main factors in physical well-being, said Sir Farquhar.

He assailed the modern tendency to promote survival of the unfit, to discourage fertility among the fit and to destroy in warfare the greater part of the best breeding stock. But he saw two encouraging points, despite the gloomy outlook. The younger generation was showing greater interest in heredity problems. Also, he said, "In the next war there is every reason to hope that people will be destroyed indiscriminately, so that a reasonable proportion of the best stock may survive the incredibly stupid carnage."

Sir Farquhar conceded the physical fitness campaign might result in a valuable contribution eventually.

Demure Frock With "Swing" Skirt Will Delight Growing Daughters

PATTERN 4604

By ANNE ADAMS

Anne Adams plans a gay Spring for growing-up daughters, with this peppy young frock that will swing into the new-season style parade as a real fashion leader! Very flared skirts are in high favor with today's Juniors—and Pattern 4604 wears the fullest skirt ever, with twelve gores contributing to its graceful "swing"! Pointed collar, and puffed-at-the-shoulder sleeves will delight our young Miss. Making this frock is the most pleasant "job" mother can undertake, for this pattern is very easy to cut and stitch. Ideal in flowered challis or crepe. Contrast your buttons.

Pattern 4604 is available in girl's and junior sizes 6, 8, 10, 12 and 14. Size 10 takes 2⅞ yards 36 inch fabric and 1¾ yards ½ inch lace edging. Illustrated step-by-step sewing instructions included.

Send Twenty Cents (20c) in coins (stamps cannot be accepted) for this Anne Adams pattern. Write plainly Size, Name, Address and Style Number.

Send your order to Anne Adams, Room 425, Wilson Buildings, Toronto.

LUNCHEON & SUPPER MENUS

Simple menus and easily prepared dishes are something every housewife is looking for. There are times when you want to fuss up and spend time on meals but that is only occasionally. For day in and day out purposes, unadorned, but tasty and nourishing meals are what the family needs and the cook wants.

Here are some selected luncheon and supper menus, which fill the bill perfectly. They are chosen for their simplicity, tastiness and variety.

On Fridays when, just for a change you want something that's neither meat nor fish, you'll be glad to have a choice of these three menus which are built around one delicious salad.

I
Buttered Asparagus on Toast
Stewed Tomatoes
Layered Cheese and Apple Salad
Prune Whip

II
Tomato Soup
Whole Bran Muffins
Layered Cheese and Apple Salad
Pineapple Ginger Snaps

III
Spanish Omelette
Baking Powder Biscuits
Layered Cheese and Apple Salad
Grapefruit

Layered Cheese and Apple Salad

1 package quick setting lemon jelly powder
1 pint warm water
2 tablespoons lemon juice
1 teaspoon salt
1 red apple, cut in ¼-inch dice
1 teaspoon sugar
1 package (3 oz.) cream cheese
½ cup walnut meats, broken.

Dissolve jelly powder in warm water. Add 1 tablespoon lemon juice and salt. Chill. Combine apples, sugar, dash of salt, and remaining 1 tablespoon lemon juice. When jelly is slightly thickened, fold apples into ½ of jelly mixture. Turn into mold. Chill until firm. Beat remaining jelly with rotary egg beater until of consistency of whipped cream. Fold in cheese and nuts. Pour over firm first layer. Chill until firm. Serve in squares on crisp lettuce. Garnish with mayonnaise. Serves 8.

Here are some ideas for Sunday night tea, for suppers, pick-up luncheons and bridge luncheons.

I
India Relish Supper Plate
Hot Rolls Coffee
Cake

India Relish Supper Plate

1 package lemon flavoured jelly powder
1 pint warm water
1 teaspoon salt
1½ cups cabbage, finely chopped
2/3 cup India Relish

Dissolve jelly powder in warm water. Chill. Add salt to cabbage. When jelly is slightly thickened, fold in cabbage and India Relish. Turn into individual molds. Chill until firm. Makes 8 molds.

II
Salami and Pickel Combination Plate
Coffee Apple Sauce Cookies

Salami and Pickle Combination Plate

1 package lemon flavoured jelly powder
1 pint warm water
1 tablespoon vinegar
½ teaspoon salt
¾ cup cabbage, finely chopped
¾ cup sour pickles, finely chopped
1 tablespoon red pepper or pimiento, finely diced
1 teaspoon prepared horse-radish

Dissolve jelly powder in warm water. Add vinegar. Chill. Add salt to cabbage. When jelly is slightly thickened, fold in cabbage, pickles, red pepper and horse-radish. Turn into individual molds. Chill until firm. Makes 8 molds. Prepare luncheon plate of thin slices of salami, rye bread and butter sandwiches and jelly salad unmolded on crisp lettuce.

III
Spicy Beet and Bacon Grill
Toasted Rolls Coffee
Baked Apples with Cream

Spicy Beet With Bacon Grill

1 package lemon flavoured jelly powder
1 pint warm water
½ cup prepared horse-radish
¾ cup raw apple, finely diced
½ cup raisins
1 tablespoon vinegar
½ teaspoon onion juice
1 teaspoon salt
¼ teaspoon caraway seed
1 cup cooked beets, finely diced

Dissolve jelly powder in boiling water. Cool. Add horse-radish, apple, and raisins. Chill. Combine vinegar, onion juice, salt, caraway seed and beets. When jelly is slightly thickened, fold in beet mixture. Turn into individual molds. Chill until firm. Makes 8 molds.

Prepare luncheon plate of broiled bacon, toast points, and jelly mold, unmolded on crisp lettuce.

NERVES

STOP THEM SCREAMING!

If you worry—with that queer taut feeling in your stomach—take PHOSFERINE. A few tiny, economical drops each day will help steady those ragged nerves, improve your appetite, build up your strength. At druggists, 50c, $1.00 and $1.50. 68

PHOSFERINE THE GREAT NERVE TONIC

Issue No. 5—'38

C

Defeat Planned Of Poliomyelitis

Stanford Expert Tells of Improving Nose Spray System

Hope that "practical measures for control of poliomyelitis (infantile paralysis) will soon be available" was held out by Dr. E. W. Schultz, Stanford University professor bacteriology.

"Enough Now Known"

Dr. Schultz, stating "enough is now known to justify" such hope, said he and Dr. L. P. Gebhardt, his assistant, would await the next outbreak of poliomyelitis to make a decisive test in their experiments in the use of zinc sulphate as a preventive against infection.

They discovered effectiveness of zinc sulphate as a preventive against poliomyelitis last spring in experiments on monkeys. Tests were made by Toronto physicians last summer during the poliomyelitis epidemic in Ontario.

Application Improved

An improved method of applying the solution to the olfactory area was not discovered until near the end of that epidemic. Since then four Stanford Hospital research men have found a simple way of applying the solution so the effectiveness in covering the olfactory area is more definitely assured.

Dr. Schultz pointed out, however, that it remains for tests during the next epidemic to show if zinc sulphate applied so thoroughly as to deprive a child of its sense of smell would also make the nervous system impervious to entry of the virus. Such results have been obtained in experiments on monkeys, Dr. Schultz said.

Believe It Enters Through Nose

The conclusion of Dr. Schultz and other poliomyelitis researchers that the virus enters the body only through the olfactory area upset previous belief that vaccines and serums would prove to be the principal weapons in the war against the disease.

The Night Is Black

The night is black as coal; the wind
Howls like a panther in the rocks;
Far in the canyons the shepherd boy
Is calling to his flocks.

And now the sheep are bedded.
The lambs
Let fall by the ewes of last Spring
Have tucked in deep their fleecy
heads—
They are not afraid of anything!

Over the heads of the sheep and the
boy
The shadows of the great cliffs weave
Like wrestlers spent among gnarled
stumps of trees
The winds through the cactus grieve.

—Mary Siegrist in the New York Times.

The sunny side of a house is the north side in New Zealand.

2-WAY RELIEF FOR THE MISERY OF COLDS

The speed with which "Aspirin" tablets act in relieving the distressing symptoms of colds and accompanying sore throat is utterly amazing . . . and the treatment is simple and pleasant. This is all you do. Crush and dissolve three "Aspirin" tablets in one-third glass of water. Then gargle with this mixture twice, holding your head well back.

This medicinal gargle will act almost like a local anesthetic on the sore, irritated membrane of your throat. Pain eases promptly; rawness is relieved.

You will say it is remarkable. And the few cents it costs effects a big saving over expensive "throat gargles" and strong medicines.

• "Aspirin" tablets are made in Canada. "Aspirin" is the registered trademark of the Bayer Company, Limited, of Windsor, Ontario. Look for the name Bayer in the form of a cross on every tablet.

Demand and Get "ASPIRIN" MADE IN CANADA

Vitamin Candy Improves Teeth

Confection of Three Vitamins Is Invented In Finland

Professor George von Wendt, of Helsingfors, Finland, has invented a sweet—containing vitamins A, C and D . . . and calcium—that does your teeth good instead of harm.

These three vitamins have never before been combined in a manufactured food, and C is a newcomer to the confectionery world. Made from green pepper, it is a remedy for sleeplessness.

But because these sweets contain so many vitamins it does not mean that they are not nice to eat.

They are tasty, and a small tin of them has a good value equal to one half pound of fresh butter, five eggs laid by cod-liver-oil-fed hens and four sun-ripened tomatoes.

WATCH OUT FOR YOUR LIVER!

And You'll Always Feel Great

Do you often say, "I feel rotten,"—tired out, no pep, hate to get up mornings, grouchy headachy, nervous, constipated. The reason is a sick liver. A healthy liver does four things. It supplies the body's natural laxative, puts proper nourishment in your blood, helps the kidneys, intestines and stomach, supplies the body with energy. If it is unhealthy your system is poisoned and out of order. "Fruit-a-tives", made from fruit and herbal extracts, are the quickest, safest and most natural way of restoring your liver to health. A celebrated doctor's formulae. Soon you feel like a new person. Try Fruit-a-tives. 25c., 50c. all druggists.

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