TRY IT THE "SALADA" WAY

Infuse 6 heaping teaspoons of Salada Black Tea in a pint of fresh, boiling water. After 6 minutes strain liquid into 2-quart container; while hot, add 1 to 1½ cups of sugar and juice of 2 lemons, strained; stir until sugar is dissolved; fill container with cold water. Do not allow tea to cool before adding cold water or liquid will become cloudy. Serve with chipped ice. The above makes 7 tall glasses.

"SALADA" ICED TEA

● SERIAL STORY

INTERNE TROUBLE

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By Elinore Gowan Stone

CAST OF CHARACTERS

TRAN DEARBORN—heroine, student nurse. She ran into love and trouble when she met

DR. BOB BENCHLEY — hero, handsome young interne. He had trouble, too, keeping up with brilliant

DR. STEPHEN SARGENT—head surgeon. Dr. Sargent's problem was something else again.

Last Week—Miss Armstrong lectures to Tran but, unfortunately, the unpredictable seemed fated to happen.

CHAPTER IV

For the three months that followed Tran continued to be generally known as "Utility."

Which means that, by misfortune of being the junior probationer in the training school—if only by three days—she contined to be at the beck and call of every one.

But after her talk with Miss Armstrong, she ran errards and did chores with the glowing enthusiasm of a religious fanatic. It is true that at times she lightened her labors with visions of a radiant future—the day when Dr. Stephen Sargent, entering his operating room — white-capped and gowned and rubber-gloved for action—would look about him and demand in that lord-of-creation tone which one of the older nurses had told Tran simply made you shake in your shoes, "But where is Miss Dearborn? I specifically asked for Miss Dearborn for this operation, did I not? Find Miss Dearborn for me at once."

On those rare occasions when she passed him in the corridors—striding along with that way he had of knowing that the world was his oyster, and looking, as always, almost spectacularly fresh and scrubbed and vital and efficient—Tran, mindful of Miss Armstrong's advice, made herself as inconspicuous as possible.

Not that life for Tran was all made up of running errands. There were classes: anatomy, chemistry, biology, psychology.

Tran took these courses in her stride, although scholarship here was a much more exacting business than during her earlier school days—at Miss Brand's, or during those later years when Aunt Clara had left her casually a year at school in Germany or in France or in Italy . . . . "To ground you in languages, my dear. No gentlewoman is really educated unless she speaks at least three foreign tongues."

But learning from books had always been easy for Tran. . . . If it were not for remembering not to notice things that were funny, for instance.

Glorified Hours

It was the demonstration class with Miss Philbin that she liked best.

The demonstration room was a complete ward in miniature, with cubicle bed, sterilizer. cabinets full of all the necessary paraphernalia of nursing . . . Even a patient—the long-suffering dummy, whom probationers of former years had named "Griselda" because of the Spartan fortitude with which she underwent the most harrowing ordeals. Griselda's eyes were blue and staring in her pink wooden face, and she met clumsy student assaults upon her padded person with a set smirk of forgiveness.

In the demonstration class you learned to make a bed so that the sheets lay smooth and tight, with neatly mitered corners, the closed end of the pillows turned toward the door, and the castors parallel with the head and boot of the bed. With the stolid co-operation of Griselda, you learned to move and bathe a patient in bed. You learned how to prepare a patient for various types of medical examination, how to give a hypodermic, how to prepare trays for the most exacting physicion.

You learned everything, in fact, that you would later be required to do for living patients. . . . . Above all, you learned the meaning or surgical cleanliness—which is as much beyond ordinary cleanliness as the heavens are above the earth.

Then there were the glorified hours when—under the supervision of a graduate nurse, you were allowed to go into the wards and help in little humble probationary ways — like getting beds ready for ether patients, for instance. or carrying trays to convalescents. Once or twice Tran was allowed to help one of the graduate nurses prepare a patient for pre-operative examination. This was standing on the threshold of the great adventure—as near as she could hope to get for months. Not until the end of a student nurse's first year did Saint Vincent's permit her to go into an operating room.

Make Believe

On such occasions Tran walked on air —and almost burst with unspoken questions; for asking questions in the presence of patients was not tolerated. And there were some of the senior nurses who did not encourage it at any time. Tran wondered sometimes if that was because even they did not know quite all the answers. . . . Miss Miller did, of course; but "the icicle" was one who believed that probationers should be seen and not heard.

And how, Tran wondered, was a girl to get along in this strange world unless she could as questions? Needless to say she did—to such an extent that before long the nickname of "Utility" began to give way to "The Elephant's Child."

Once or twice she managed to slip into one of the rooms where the cases of shining, wicked-looking surgical instruments stood. . . . This was one of the few things no one had thought of telling her she must not do without permission. . . . Standing before the glass doors, she would try calling off as many of the names as she could remember. She would even practice operating room procedure with the scissors every nurse wore tucked into the back of her belt—slapping them smartly from one hand to the other, the way Miss Miller, in one of her more communicative moments, had told her you slapped instruments into the surgeon's hand when you were on duty in the operating room—calling them off in turn as she did so, in a kind of antiphonal chant in which she sang both parts.

"Scalpel" . . . That was supposed to be Dr. Sargent's clipped, peremptory voice requesting a nige. . . . "Scalpel" . . . That was Nurse Dearborn's crisp confirmatory echo as she slapped the desired instrument into his rubber-gloxed hand. . . . "Retractor"—Slap—"Retractor" . . . "Haemostat"—Slap—"Haemostat" . . . "Sponge"—Slap"Sponge" . . . . "Forceps"—Slap—"Forcepts."

Caught!

One day, when she had progressed triumphantly from "Scalpel" through a miscellaneous list of freshly learned terms to "Suture," her eyes as gravely intent in her pale face as if life and death hung upon her efficiency, a faint noice made her whirl. The noise had a familiar sound—like a cross between a sneeze and a sob.

Leaning against the door-frame behind her, his hands in the pockets of his white coat. was young Dr. Benchley.

"Might I ask—" he spoke with exaggerated respect, his dark eyes dancing in his ugly, charming face —"whether this is a tonsilectomy, an appendectomy, or an amputation? Because from the wicked assortment of weapons you seem to be using, I should say it must be nothing short of mayhem."

Abruptly Tran's gift of seeing herself in quite as ludicrous a light as the rest of the funny world got the better of her; and she began to laugh.

With a wary glance into the hall behind him, he caught her shoulders and shook her warningly; but as she continued to giggle in helpless mirth, he caught the infection, and they stood, clinging together and rocking with stifled laughter. . . . Until, for no reason at all, they were looking at each other with startled, sobered eyes. And then he had her in his arms, crushing her to him.

After a moment Tran cried, her palms against his chest. "No! No! I—we mustn't!"

"Why not?" he demanded, his lips close to hers. "You know I've been wanting to do this ever since that first day—when you burst into Emergency — remember? . . . You were so little and funny and scared and sweet . . . Why not, Agility?"

" 'It is contrary to the policy of this instution'," Tran quoted from the House Rules — a little shakily, because his face asparkle with tender mischief, was still close to hers—" 'for student nurses to have any but professional relations with house physicians'."

" 'Student nurses—' " young Dr. Benchley countered with another quotation from the same source—" 'are urged to be constantly alert to co-operate with phsyicians in any way—' "

At sight of her suddenly whitening face he turned sharply. For it was Tran who first saw the door into the corridor open, and a tall linen-clad figure halt in the doorway. . . . She tore herself free and ran—through the other door into Central Supplies, and on, blindly, down the corridor. For the white-clad figure in the doorway was none other than that of the terrible Dr. Stephen Sargent.

(To Be Continued)

A Perky Princess Frock

PATTERN 4175

By ANNE ADAMS

Young and fresh as a frilly-edged corsage is this adorable junior miss frock by Anne Adams. Nicest of all, you can stitch up Pattern 4175 all by yourself in a jiffy. The princess lines that so gracefully outline young curves are easy to sew, for they eliminate waistline seaming. The unusual yoke and the long centre panel may be cut on the bias. Or, you might bias-cut the front and back side-panels that give such extra swishy fullness to the skirt. Make the sleeves with wide slashed openings or seamed up, and leave the neckline round and simple. But go gay on ruffle trim for the dressier version—use it lavishly at yoke, sleeves and peek-a-boo hemline.

Pattern 4175 is available in junior and misses' sizes 10-18; bust, 28-36. Size 14 takes 4 yards 39 inch fabric and 7 yards lace edging.

Send twenty cents (20c) in coins (stamps cannot be accepted) for this Anne Adams pattern. Write plainly pattern number, size name and address. Send your order to Anne Adams, Room 425, 73 West Adelaide St., Toronto.

Berets Regain Fashion Favor

New Headgear For Autumn Has Knack of Being Both Formal and Informal

New York—Berets are putting on a new act. It seems incredible, but here they are in a return engagement that is bound to bring them a round of applause. They are high, they are tailored, they are draped. They are worn straight, back on the head, or tip-tilted, profile-fashion. Molyneux shirrs them in velvet; Suzy hangs a curtaining fringe from one side of felts. The beret has a happy knack of being both formal and informal.

Worn At Various Angles

Among the very dressy berets is a model made of three tiers of shirred velvet in three shades of the same color. The lower is the darkest, the lightest is on the top. We've seen it in greenish blue and it is a thing of beauty. This model like many another is carried in a low point at the back, a fact which anchors it tightly to the head.

Classic Woollen Coats Reversible

Paris Collections For Fall Are Stressing Garments That Can Be Worn Either Side Out

Woollen coats for the coming fall season are warm, comfortable and handsome enough to substitute for furs. All the Paris collections are stressing classic reversibles.

Rodier features a finely-woven corduroy whose reverse side is silky velvet. Another Rodier coat is of velvet with the reverse in black angora.

Meyer shows a downy wool coat with a grainy texture on the other side. One Meyer coat is of heavy jersey on one side, and soft velvet on the other.

Camel's Hair Popular

Cashmere and serge coats play a prominent role in most of the fall shows.

Chatillon-Mouly-Roussel has designed a coat one side of which is soft wool in solid or checked colors. The reverse a white fabric looking like lamb. The coat, apparently heavy, is actually lightweight.

Camel's hair coats and the newer "teddy-bear" type are sure to be popular. They come in natural tones, beiges and browns.

Attends Convention

Mrs. Mary Baird of Sarnia, Dominion supervisor of the Women's Benefit Association, is pictured here in New York where she will attend the association's convention.

New Hobby In Old Cook Books

Wingham, Ont., Girl Uncovers Unique Recipes In Old Files —She Makes Profit Out of Selling Them

Oddities for the oven bring profitable returns, Nell Hays attractive young university graduate of Wingham, Ont., has discovered. It all started when she read a caustic recipe submitted to a country magazine by an eccentric food fancier and repeated it to a friend who used it for an advertisement and rewarded her for her idea.

Te lucky piece read: "To dress beefsteak in the proper (?) way: Cut the steak about a half-inch thick, wash it in a tub of water as you would an old dish-rag, wringing it out from time to time to take whatever flavor the meat might have out of it. Then put at least a pound of fresh unsalted butter or hag's dripping, and when the grease is spluttering and about to burst into flame from heat, dump the steak into it. Keep perpetually turning and fussing with it and drowning it in salt and pepper. Then put it into a tureen and pour the grease over it until it is quite seaworthy and will float."

What People Used To Eat

Since then she has been burrowing in old cook books and manuals in book-shops and odd places, discovering what people used to eat and how they used to cook in the olden days; then selling her information to advertising firms. Her files contain rules for hundreds of things used by pioneer women of Canada and the United States and recipes for cooking game which is now foreign to the average palate.

Travel Aids For Grooming

Aids to good grooming should go along on the vacation trip. Do not forget to pack brushes for clothes, shoes and hand bag, an efficient mending kit, pins, a small bottle of cleaning fluid for emergencies. And do provide adequate cases for cosmetics and toilet articles. And even though you select uncrushable materials for most of your wardrobe, you will find a small folding electric iron practically invaluable.

Hindu Women Taught By Canadians

India's Drive For Physicial Fitness Is Growing

Women physical experts from Canada are playing a valuable part in India's growing drive for physical fitness.

For a number of years members of the Canadian Young Women's Christian Association, working in India under a world fellowship scheme, have been largely responsible for interesting the women of Bengal in physical education. Promising pupils they trained have become teachers in government schools.

Beginning of Physical Training

Fifteen years ago a modest beginning was made. At first progress was slow. Indian girls of the higher classes had no background of games or strenuous physical exercises and, long accustomed to a sheltered, comfortable life, they found difficulty in performing even the simplest movements. Teaching them to teach others was an even more arduous task, the Canadian women found.

Later the Government of Bengal and the Calcutta Y. W. C. A. arranged to share a director who would supervise the physical education, games and athletics of the girls in the province, train teachers for schools and supervise the work done in these schools. In July 1936 a physical training college was opened in Calcutta, under the auspices of the Y. W. C. A., out of money raised by Canadians.

Today, large numbers of Indian girls hold positions as instructors in government schools in Bengal and many others are rapidly qualifying in the new profession. So important has this branch of education become that the government education department will take over the training of the teachers for Indian schools from next year.

Much work, however, will remain in the hands of the Calcutta Y. W. C. A., which has just secured a new director of physical training from Canada, Miss Marjorie Culbert, who has given instruction at Y. W. C. A. headquarters in Quebec, London, Winnipeg, Montreal and Toronto.

"Good Manager" Pinches Pennies With Skill

Don't Talk About Your Economizing

Economy should neither be seen nor heard. Women do a good job of handling the first, and then fall down heavily on the second.

A "good manager" economizes so expertly that no one would ever know she had to pinch pennies. But others do know—because she can't refrain from boasting.

She puts a delicious meal on the table and when her family starts praising it, she says, "Well, it certainly didn't cost much."

Her husband admires a new dress —and she tells him how she picked it up at a bargain sale. He never again is quite so sure that she looks grand in it.

Boasting of Bargains

Everyone who admires the lovely old corner cupboard in her dining room hears how she got it for half of what the antique dealer wanted. The beauty of the old piece is marred just a little by the picture of the haggling that went on over its price.

She is as boastful about how little she spends as is the woman who likes to tell how much everything costs. Because she is mentioning small figures, she doesn't realize that she is bragging.

A good manager would be more charming and her possessions would be more attractive to others if she didn't feel she had to point out her economy, after working hard to keep it from being self-evident.

Jewel Settings Invisible

Invisible settings are being used for much of the new jewelry. Large flowers in two-color designs are formed of precious stones set so that the leaves and petals look as though they were carved out of a solid block of blue or green crystal.

Pale sapphires and aquamarines are attractive shaped like tiny blue gentians or anemones in a cluster forming a brooch.

Some jewelers choose exceptionally large settings, making them almost part of the design. Beautifully shaped crescents and curves are composed of diamonds set in large claws of platinum or gold.

STOP the ITCH of Insect Bites—Heat Rash

For quick relief from itching of insect bites, heat rash, athlete's foot, eczema and other externally caused skin troubles, use world-famous, cooling, antiseptic, liquid D. D. D. Prescription. Greaseless, stainless. Soothes irritation and quickly stops intense itching. 35c trial bottle proves it, or money back. Ask your druggist today for D. D. D. PRESCRIPTION.

TABLE TALKS

By SADIE B. CHAMBERS

THE FRUIT SEASON IS HERE

These are the days when our local fruits are ripening each day and when we should take advantage of their deliciousness by canning some for the winter months which are to come. The subject of canning is such a broad one that it is impossible to treat each method properly in such a small space. Briefly the following are the best methods:

Preparation: All fruit should be picked carefully and then prepared according to type. Large fruits should be cut in pieces and if dry and pulpy such as apples and pears should be covered with water before simmering until tender. Small juicy fruits require no water.

Open Kettle Canning: If fruit is moderately acid and very juicy use no water but cover with sugar and let stand over night. In the morning cook until tender with as little stirring as possible. Fruits less juicy should be covered with a sugar syrup and cooked until tender.

Hot Pack: Fruit is prepared as above but cooked for a shorter length of time. Pour into hot sterilized jars to within about ½ inch of the top. Adjust rubber rings (dipped in boiling water), cover with sterilized top seal and leave jar ring partly screwed (if spring top is used do not adjust second spring). Place jars in rack in the kettle; cover well with water at same temperature as jars and bring to a boil. Boil for required time and be sure that the jars do not touch each other. If this process is done in the oven have a carefully controlled temperature of 275 degrees. Remove from water bath, tighten and seal. Invert jars while cooling to test leaks. If using steam pressure cooker follow directions given by manufacturer.

Cold Pack Canning: Pack fruit into jars (sterilized) to within one inch of the top. Place fruit and sugar in alternate layers in proportion to the desired syrup. Thin the syrup ½ cup sugar to 1 of fruit and heavy syrup 1 cup sugar to 1 of fruit. Cover with cold water until overflowing. Adjust rubbers and tops as for hot pack. Place on rack and cook slowly as in the hot pack method.

Jams and Conserves: Measure fruit and cover with enough water to simmer until tender. Add warmed sugar providing ¾ cup to one cup of fruit. Continue to simmer until thick stirring frequently. Skim. Turn into sterilized jars and cover at once with a thin layer of hot paraffin. When cool apply another layer of paraffin to assure perfect sealing.

Jellies: Select fruits that are not dead ripe. Clean and cook until very tender. Pour into a scalded jelly bag and allow to drip into a scalded container. Do not squeeze the bag. Heat juice to boiling point and simmer ten to twenty minutes. Add warmed sugar allowing ¾ cup of sugar to one of juice. Stir over heat until sugar dissolves. Boil gently (skimming as necessary) until a few drops of the solution "sets" when tested in cold water.

Jellies With Pectin: Fruits such as blueberries and raspberries require the addition of pectin to make them jell. The best advice for these fruits is to adhere strictly to directions given with Pectin or any similar commercial preparations.

Your Household Problems

Have you fussy eaters in your family? Do you have trouble providing a varied and interesting menu? Do your cakes fall? Then write, enclosing a stamped, self-addressed envelope to Miss Sadie B. Chambers, care of this paper, and she will endeavour to solve your problems.