



### TORONTO WELCOMES MARY

Mary Pickford, who was born at No. 211 University Avenue, Toronto, and left the home town to become America's Sweetheart; returned to pay a visit in this, Toronto's centennial year.

An undemonstrative crowd greeted her, but there was no doubt that everyone was cordially and sincerely pleased to see the famous star. Her welcome to the city of her birth was in extreme good taste. No wild outbursts—only a quiet murmur—"There she is" as her car drove through the streets, the sidewalks packed with her fans and friends.

Toronto may be congratulated on the restraint shown and Miss Pickford must have found it a pleasant change from the wild scramblings of the crowds and persistent questions of the newspapermen of other cities.

### CONSIDERATE

Here is an idea that might be copied the world over. The British Post Office, in a campaign to popularize the telegraph service, has brought into use the night telegraph letter with bright green envelopes so that recipients of such letters will know at once they do not contain bad news.

I think that is one way of overcoming the feeling we all have, don't you? How many times have we all experienced that awful thumping of the heart while we stare at an unopened telegram, expecting direful tidings. And when we tremblingly scan the message "we find mother has left her 'diamond ring on the shelf in the bathroom, will we please put it in safe keeping?"

### JOLLY MOURNERS

Last week two hundred friends of one Peter D. Post, of Bad Axe, Michigan, who died a year ago; met at a banquet.

It seems Mr. Frost was an optimist and asked his friends not to mourn his death.

In his will he made provisions for the banquet, stating in the document "I do this for the boys to have a good time in my memory, desiring that they leave their long, sober faces at home and be sociable and jolly."

### HOW WOULD YOU FEEL?

James Kemper, widely known character actor, who specializes in the portrayal of sinister roles, is undergoing treatment from two psychiatrists in New York because of a growing tendency to live the parts he plays!

I have often wondered that there were not more cases of this nature. Acting an intense role night after night, it seems to me, would eventually have an effect.

Kemper, when interviewed, was reluctant to discuss the matter as he feels people might be inclined to think him crazy.

It seems two weeks ago he was doing a gunman skit in which he killed his girl and is cornered by the law. When he finished he went to his dressing-room and continued the act. He attacked his dressing-table and went into alternate fits of ferociousness and fright.

About twenty minutes later he was found cringing in a corner, still apparently believing the law had him trapped. He soon recovered his normal senses but the two nerve specialists are watching that he does not have another relapse.

### Tennis Rig

By HELEN WILLIAMS  
Illustrated Dressmaking  
Lesson Furnished with  
Every Pattern



The shirt is yellow cotton broadcloth. And of a smart change make another outfit with plaited shorts and shirt of checked red and white seersucker.

Style No. 3247 is designed for sizes 12, 14, 16, 18 years, 36 38 and 4 inches busts. Size 16 requires 1 1/2 yards of 10-inch material for blouse with 1 1/2 yards of 39-inch material for shorts.

### Curious Facts

Throughout the world today, more rice is consumed than any other kind of food.

The largest underground "city" in the world is the Witwatersrand Gold Mine, near Johannesburg, South Africa, which has more than 4,000 miles of subterranean shafts, streets, and avenues, and employs, under normal conditions, about 190,000 workers.

Japan believes that it has preserved for 10,000 years a complete record of its 1923 earthquake. The documents are enclosed in fused-quartz bottles filled with argon gas and encased in thick coverings of asbestos, lead, and carbundrum.

Musk, the world's strongest and most penetrating odour, is so powerful that when a man opens a musk gland it frequently causes his nose to bleed.

During a radio conversation across the Atlantic, the voice has to be amplified ten million billion times by the station that receives it.

Max Mannison, of Denver, snapped his fingers and said: "When I die I want to go just like that." Thereupon he died.

Medical history records more than 200 cases of reversed body construction in which from one to nearly all of the vital organs—such as the heart, liver, and stomach—were on the wrong side. The condition did not interfere with the health of the individuals.

The world's record for the fastest top speed of an aeroplane propeller is 1,500 feet a second, or a mile in less than four seconds.

Criminologists have developed a new method of identification through

the analysis of human hair, which they have divided into more than 21,000 classifications.

The only domestic animal that is bred profitably in the Arctic regions is the reindeer, because it requires neither hay for food nor shelter. There are more than 125,000,000 of them, and it is not uncommon for single breeders in Arctic Siberia to own herds of 10,000 at a time.

### How to Prevent Nose And Throat Affections

"Much may be done to prevent those nose and throat affections that are so troublesome in the spring months, especially amongst indoor workers, writes Sir W. Arbuthnot Lane, in the New Health Magazine. The first point is correct breathing. Remembering that the nose is a most efficient filter to dirt and germs we should breathe deeply for the deeper we expand our lungs the more oxygen our blood receives and the more able it is to resist germ infections. A few deep breathing exercises every morning in front of an open window will do a great deal for the health of the air passages and of the body generally.

How to blow the nose is also important. During a cold or windy spell some secretion gathers normally in the nose and it should be got rid of in a proper manner, thus: breathe deeply, sniff forcibly and then compress one nostril expel all the air through one passage and repeat this process for the other side. There is a useful hint which may help to prevent nasal catarrh. In some people the nasal round the nostril which entangles dirt and germs is thin or absent. By daily application of a little vaseline containing menthol around the nostrils it is possible to stimulate this growth of hair which is undoubtedly a valuable check to germ infections of the nose and throat."

### Shape of Face Governs Coiffure

If you're planning a new coiffure, carefully consider the shape of your face.

A round face is flattered by the new windblown arrangements but the forehead line should be exposed to give length to the profile. Waves should be wide and soft, but distinctly slanted to eliminate the broad effect.

The girl with a square jaw can easily wear curls about the back of her necks and her waves should be soft and feminine. For evening, she may be a little more extreme and tuck her fair locks behind her ears.

The pointed face usually needs width and the woman who has one ought to wear her hair quite fluffy about her face. If the hair is bobbed, that makes it simple. If not, try letting the waves fall free about the cheeks instead of pinning them in place.

Of course, the very first essential for a becoming coiffure is clean, shiny, healthy hair that is easy to arrange and which will still be attractive even after your perfect coiffure has become slightly disarranged. Shampoo at least once every two weeks unless you have a special reason for not doing so and always put a towel or bathing cap over your hair when you apply or remove make-up.

### Taking Snuff New Fashion in London

The elegant manner of our forefathers in taking snuff promises to become the newest fashion of tomorrow.

And it will not be a fashion among men only. English women, old and young, are taking to the habit—not coyly and secretly as our grandmothers and great-grandmothers did, but openly and on level terms with men, in the same way as they have taken to smoking cigarettes.

One London West End tobacco dealer told a reporter he had 50 or 60 customers a week for snuff where he used to have three or four.

This experience was confirmed by another tobacconist.

"I have plenty of women among my customers," he said, "but women have always been snuff takers. Our books show that we used to supply it to George IV., Queen Charlotte, and many of the royal princesses.

"Since those days its use has fallen away very much, largely, so it is said, because of the introduction of the white handkerchiefs. In the old days, coloured handkerchiefs were invariably used.

"The steady growth of the snuff habit can be attributed to the belief that it is a specific against colds and influenza. A doctor told me of a case where the whole of a hotel staff, threatened with an influenza epidemic, were offered snuff. Those who took it escaped and almost without exception the others caught it."

### A SMILE

Mrs. Poe—How are you, Mrs. Perkinson?

Mrs. Perkinson—Oh, I've nothing to grumble at.

Mrs. Poe—Mr. Perkinson away, then?

### When Your Bridge Club Comes to Lunch

Serve a Fruit Salad—Recipe Given Below

What a problem it is to think up something different in the way of refreshments when it's your turn to have the bridge club for lunch! Every member has served chicken—a la king has had a good run for its money, too. The delicious winter concoctions simply won't do at all in the springtime and it's not warm enough to start planning on paper-thin sandwiches and iced drinks.

What, then, is a hostess to do? Well, she can always fall back on that old favourite, fruit salad, but if the guests are to show one solitary speck of interest for the dish, it must be dressed up and served in some new and interesting manner. Why not put the fresh fruit into the skins of bananas that have been sliced lengthwise and call them Dream Boats?

Here is an novel recipe for fruit salad: Allow one banana for each person to be served. Cut them lengthwise, remove pulp and arrange the skins on crisp lettuce on huge platter.

Mix one-half cup of grapefruit pulp and one-half cup of white grapes with one-half cup of diced orange pulp. Add a few chopped nut meats and fill each boat with it. Garnish scooped out to make the boats. Moisten the mixture with French dressing and fill each boat with it. Garnish with maraschino cherries and serve with toasted cheese crackers.

### Wants To Marry

Debutante Sister of Mrs. Kaye Don Wants to Marry Man Listed as Hairdresser

Greenwich, Conn., — Miss Sylvia B. Martin 18, Greenwich and New York City debutante and sister-in-law of Kaye Don, the British speed pilot, and Robert E. Ezequiel 25, who gave his business as insurance, took out a license to wed yesterday.

Miss Martin, one of nine daughters of Leonard J. Martin, who was reported to have made \$120,000,000 after the Great War, while he was a resident of England, by buying up airplane linen from the British Government and selling it, was told she would have to have her parents' consent to marry.

Town Clerk Howard W. Allen, who issued the license said Miss Martin is under age (Connecticut law requires a girl to be 21 years old to wed), but he filed the license, pending Miss Martin's consulting with her parents.

Although Ezequiel, who works in Greenwich, said he was an insurance man, he is listed in the city directory for Stamford, where he lives, as a hairdresser.

At the age of 21, Sylvia's sister, Eileen, married Kaye Don, September 15, 1932.

### Finnish Couple Surprise Nurses

Girl Calling on Fiance in Hospital Brings Minister and is Married in Public Ward

Sudbury, Ont. What sisters and nurses of St. Joseph's hospital thought was purely a social visit proved to be a wedding as J. Victor Jutila and his fiancee, Senja Amanda Kytola, of Worthington were married in the public ward by Rev. V.J. Hanninen of Copper Cliff. The groom sat up in bed during the ceremony. Attending hospital officials did not even know a wedding was going on.

Asked if that was the first wedding in the hospital, Sister Secretary Aldegonde looked startled and then exclaimed: "This is news to me. It is the first I have heard of it. They must have just had a short ceremony and talked in Finnish so we didn't understand what they were saying. I think it is the first wedding of that nature we have ever had."

Jutila was admitted to the hospital with both his legs fractured after an automobile hit a sleigh he was driving. Some time before the accident he had asked Mr. Hanninen to marry him but he was told he would have to obtain a license and then wait for three days, and he did.

Mr. and Mrs. Victor Salo of Copper Cliff were called as witnesses and the ceremony was performed during the regular visiting hours.

### More Marriages Show Business Is Better

MERCER, Pa.—Sure signs of recovery—smashing an all-time record of 130 years, 525 marriage licenses have been granted at the county court house since January 1. Of this number 113 have been issued in the last 13 days.

"Marrying" Squires are springing up throughout the county and "business" competition is so keen that advertising is being used.

### FOR SOUND HEALTH WATCH YOUR DAILY DIET CAREFULLY

A Properly Balanced Diet Will Keep Disease Away—There Is No Happiness Without Good Health.

By "Bon Sante"

Health! In that small word is embodied most of the joy and happiness of this world, and most of its miseries. With good health there are no heights of peaceful and joyous achievement, while the whole record of human history is strewn with the wrecks of promising lives broken and ruined through ill-health and disease. As it was in the past, so it is today.

Is there a remedy? If so, what is it? There is a main remedy, and that remedy is diet. All other measures, important though they may be in keeping the body strong and healthy, are subsidiary and complementary to the one main factor, what we eat. If we are eating properly our chances of enjoying good health are fairly sure, but if we fail to observe sound dietetic laws illness and disease are sure to follow. No amount of exercise, fresh air, domestic sanitation and health laws can withstand a persistently faulty diet.

There is no gainsaying—the truth of the above. Our hospitals are filled to overflowing with victims of faulty diet, as practically the whole gamut of human disease can be traced directly or indirectly to a wrong diet. When it comes to incorrect eating the strong are bowled over the weak, and it is only the timeliness of medical action and the perfection of modern medical science which is saving thousands of people annually from an early grave. Many there are who cannot be saved since the extent of their dietetic indiscretions are too much for medical science to cope with.

So, it behooves all of us to look into the question of our diet and to correct our dietetic errors, such as they may be.

The subject is a very broad one, which many books have failed to cover completely, but is worthy of the

closest study.

Bread, for instance, has been known all down through the ages as the staff of life. But, bread is only a baked mass of grain, so we must understand that grains of various kinds, mainly wheat, are the principal foods with which life is sustained. All other foods are only supplementary in providing the body with the minerals, salts and sugars required to keep the body in complete working order. Since grain is such an important item in our daily food we make no unsupported statement when we suggest that we should eat the whole grain, not a refined product such as is represented in white flour. Therefore, for sound health eat wholemeal bread and wholemeal products. The indications of the broadened viewpoint on whole wheat is seen in the great number of whole wheat products which have come on the market recently.

But, if we stick to wholemeal and ate nothing else we would be rather ponderous individuals. We would be strong in bone and tissue, but we would lack the litheness and buoyancy of body and spirit which goes with sound health. So, to have balance to our diet we must add fruits and vegetables. They are absolutely essential and should be eaten lavishly. Never a day should pass without them.

Milk, butter and eggs should also occupy a place and there need be no ban on the great variety of other wholesome foods in general use, but all such foods should be eaten in the greatest moderation, particularly meat, fish, nuts, etc., otherwise the organs of the body would be overworked in trying to digest a greater quantity of food than is required to sustain life.

"Bon Sante" will be pleased to answer questions. Simply address "Bon Sante" care of this newspaper, enclosing self-addressed stamped envelope.

### Students Report the World News

World news is served up with dinner every evening now at Abbot Academy, the girls' academy at Andover, Mass. But the method is not the usual one of tuning in a favorite radio station. The students take turns at giving their own resumes based on their selection of the most significant events of the day. The young speakers rarely use notes while on their feet.

The custom fits into the policy of making the girls citizens of the world, while living on the tranquil, century-old campus. This is a policy of relating happenings of importance to their academic subjects and to the life outside the classroom. For example, the struggles of many nations today for financial and political stability come up for discussion in the history, language and even in the mathematics classes; and news of writers, artists, musicians, scientists, and others give opportunity to mention their achievements.

The "dinner current events" talks

have proved valuable in a number of ways, according to Miss Bertha Baier, the principal. The students pay close attention, generally, not only because of an interest in the news but because those in certain classes each year know that they will be expected to speak several times, as part of their training, and are observant of the methods of others.

The preparation of these news reports is proving valuable for the practice it affords in scanning newspapers intelligently, in learning to read quickly and receptively, and in making the most efficient use of the time allotted for study.

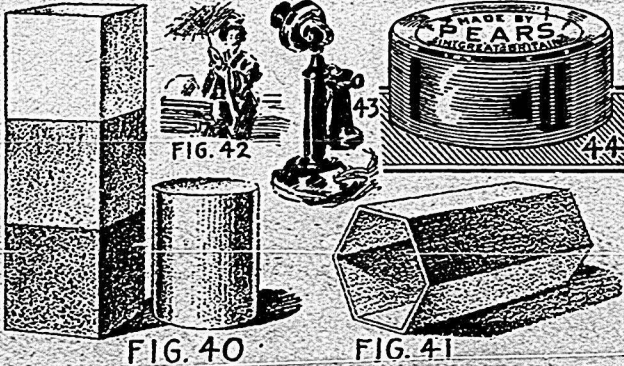
### Crowded

SAN RAFAEL, Calif.—Though Ed. Baier was locked in a telephone booth by a robber, who looted his pool hall, he couldn't reach the receiver to notify police. Eight of Baier's customers were locked in the five-foot square booth with him and it was too crowded.

### Our Sketch Club

Lesson No. 7  
In lesson 4, Exercise 6, we suggested drawing three cubes on top of one another placed at the left side of a cylinder. The top cube to be white, the second cube to be gray and the third cube to be the darkest. Fig. 40 illustrates that problem. Compare the results with your own sketch.

Fig. 41, is an illustration of a hollow hexagon, and exemplifies the effect of reflected light and cast



shadows. The upper side is illuminated by direct light and the darkest side is next to the light side. You will see that this tone is not uniform, but that it is darker at the end nearest the eye and along the edges, gradually becoming lighter as it recedes.

The third side is strongly illuminated by reflected light from the white ground and is joined by the cast shadow; the extreme dark is along the line of conjunction. The edges of shadows are the strongest near the eye and decrease in strength and intensity as they go away from the eye.

Most of the illustrations used in these lessons are known as "Still Life" subjects. Figs. 42 and 43 are still life objects used in story illustrations, and Fig. 44 was used in an advertising design, note the use of the spread lines.

You will find many objects around the home from which excellent still life drawings may be made.

After making some real good studies from still life objects you should

be ready to sketch from nature, a subject which will be taken up in our next lesson.

Ex. No. 12. If the weather permits, go out of doors and make at least three still life sketches, if not, you may make three sketches in the home.

Watch for a special announcement with the next lesson.

Questions will be answered in this department. Anyone wishing to receive a personal reply, may have same if a 3c stamped addressed envelope is enclosed with the request. The Art Director Our Sketch Club, Room 425, 73 Adelaide St. West, Toronto.

Sporting days are here again! You'll be needing a smart little tennis rig like this.

Why not have it? It's remarkably simple to make it. And won't you be surprised when you find out how utterly inexpensive it is as the original.

The shirts are brown linen cr.-h.