

"Of Special Interest to Women Readers"

'SALADA' TEA

is delicious

SKY GIRL

By NELLIE GRAF

CHAPTER XII
 "A murder! Leola, what do you mean?" Jack exclaimed.
 "Francine Bayless," Leola declared. "She didn't give my wire to Norm for several hours after she sent it. If she had, we would have reached Chicago in time to keep you from going—that is, from taking Valmirz. She told all kinds of lies about Elinor and inveigled Norm into a sort of admission which she turned over to the papers as an engagement. She went into a rage when Norm finally found my wire. He left her cold. If she sues for breach of promise, I'm going to murder her. And I'll love doing it!"

After Valmirz had signed his confession, nurses had insisted upon putting Elinor to bed and administering a sedative, despite her protest. She fell into a sleep of utter exhaustion. She was awakened early the next morning.
 "There's a young man to see you," the nurse smiled.
 "It's Jack," Elinor thought. She got up and dressed hurriedly. "I do hope he has news of Norm's plane."
 There was a knock on the door. "Come," she called without turning as she dusted a bit more powder on her nose, and then stared in her mirror incredulously.

Norm was standing there. Behind her, Norm!
 She wanted to run into his arms, bury her head on his shoulder. But Norm was engaged to Francine. And he must not know how much she cared. He had probably come to tell her about Leola.
 "Norm, I'm so sorry about Leola. I—"
 "She's all right." Then he explained.

"Oh, that's wonderful! We thought—"
 "She shivered. "It was wonderful of you, Norm. Coming to warn us."
 She hated the way her voice shook when she wanted to be casual. She didn't dare to meet his eyes for fear he would see—
 "Elinor, if anything had happened to you!"

She looked then. And miraculously, she was the girl standing in the hospital hall, a diploma in her hand, her eyes unmasked, worshipping the young interne. And he was bending his dark head over her gold one. They were back where they started from.
 "Elinor, I have been an unspeakable cad. If you can forgive—"
 "Norm—!"

They were in each other's arms, quivering with the emotion of love, breathless, tempestuous, thrilling love, lips meeting hungrily, eagerly.
 It was hard going.
 And then Elinor remembered.
 "Francine!" she sobbed the word.
 "I read that you were engaged—"
 "No—it was Francine who sent that announcement to the papers. It wasn't true."
 "But Norm, your mother—"
 "She's disgusted with Frant now. Elinor, do you suppose—we can be married right away? I've a wire from Dr. Peck saying I'm needed at once. Won't you go back with me, as my wife? We'll fly back together."
 "Norm—my job—"
 "I've talked to Jack. It's all right."
 While Elinor was getting her things together, she asked, "How did you happen to take up flying, Norm? Your maneuvers yesterday were equal to those of a veteran."

"When you became a stewardess," he explained, "I felt as though you were flying away from me. Dr. Peck is called on sudden long distance calls. We thought the plane might serve us well."
 "You've been awfully successful, haven't you?" Elinor said proudly. "I knew you would, I—"
 "In a way. But it was hard going without you. The loneliness and the—yes, Elinor, disappointment when I thought—"
 "You should have had faith," Elinor said softly. After all, he needed to be punished.
 "As you have," Norm said regretfully. "Elinor can't you teach me?"

Their lips met again.
 Clear Weather Ahead
 After a license had been secured and a minister had spoken the magic words, they taxied to the airport. And there, they climbed into the silver airplane. Elinor sat down in the seat that was built for an extra pilot.
 "I've been in your plane before," she said.
 "Why Elinor, you haven't!"
 "Yes, I have." She told him about his coat with the announcement.
 "I've been such a— as Leola says—saw," he groaned.
 The plane roared down the field, soared into the air. It was a lovely autumn day. Clear, blue sky. White, fleecy clouds playing about them. Below, a world tinged with autumnal beauty—reds and gold russets and purples.
 "What are you thinking about, my sweetheart?" Norm asked after a long silence.
 "Of nights on the transport. I used to sit, so alone, thinking of you."
 "Elinor, do you want me to forget I'm at the controls?"
 They kissed. After all; the traffic was light. Love takes chances.
 They flew on after that in the silence of perfect understanding, their plane winging and singing through the sky. Ceiling unlimited. Teletypes at all stations chattering. "Clear weather ahead."

THE END
 NEXT WEEK
"Powder"
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JIMMY CHEW

A Story for Boys and Girls

This story is about your Teeth and you will find it interesting to read as well as creating a further interest in the importance of taking care of your teeth.

(By Good Teeth Council for Children, Inc.)

Jimmy Chew belongs to a boy named Fred. Jimmy Chew is a Sixth-Year Molar and came to Fred when Fred was six years old. He was the very first of Fred's grown-up teeth. Fred was so proud of having a grown-up tooth that he gave it this special name. Best of all, he learned just how to take care of it.

One day a dentist in a white coat came to Fred's school. He looked in all the children's mouths. He said, "Oo-oo!" in a deep sad voice to some of them, and he said, "Ah, ha!" in a pleased voice to other teeth.
 Fred showed him Jimmy Chew. "Ah, ha!" said the dentist, "fine-looking sixth-year molar! Take good care of it."
 "How?" said Fred.
 "It is an interesting story," said the dentist.
 "I recommend 4 Big Helps," said the dentist. "I shall tell you about each one. These 4 Big Helps are:
 Four Big Helps
 No. 1, Right Food. No. 2, Chewing Exercise. No. 3, Tooth Brush. No. 4, Your Dentist.

"Right foods are milk, green vegetables, fruit, eggs, whole grain cereals, bread and butter, meat and fish. Right food is very necessary when you are growing because your teeth are being built. Now think about all the things that not only your Jimmy Chew requires but all the other teeth in your mouth. And also remember it is essential to play out of doors in the fresh air and sunshine so that Right Food will do the best work for you."
 Chewing Exercise
 Big Help No. 2 is Chewing Exercise. Boys and girls like to jump rope, play tag, skate and run. These things give our bodies exercise. Now our teeth and our gums need exercise to keep healthy also. And they get their exercise by chewing. At each meal, teeth want to chew some coarse foods like dry toast, bread crusts, meat or such raw vegetables as carrots and cabbage. Raw apples also give teeth exercise. Jimmy Chew finds it is hard to get enough chewing exercise at mealtime, because so much of our food is soft. Because Nature says chew for exercise, I suggest chewing gum. Chewing gum 10 to 15 minutes after meals, or between meals, helps keep gums and teeth strong. Then, too, it cleans and brightens teeth. Your teeth think it is great fun to jump up and down and exercise on the things it chews. Actually a tooth's fun is having plenty of chewing to do.

Right Way to Brush
 Big Help No. 3 is the Tooth Brush. Let the tooth brush go marching up and down your teeth after meals, especially after breakfast and just before going to bed. These bristles have a job to do for you, Jimmy Chew, when kept nice and clean, has little trouble to tell you about when he goes to the dentist. Brush your teeth the way they grow—upward over the gums and teeth when cleaning the lower teeth—downward over the gums and teeth when cleaning the upper teeth. Thoroughly brush the chewing surfaces—this is very important because food that is left on these surfaces may cause your teeth to decay. When you finish brushing your teeth, brush your tongue gently. Then rinse your mouth with water and put your brush by itself to dry.
 Your Friend
 Big Help No. 4 is Your Dentist. Remember, the dentist is your friend. Visit him regularly—he can discover little troubles before they get to be big ones. For grown-ups, going to the dentist twice a year may be enough but decay attacks children's teeth more often than grown-ups' teeth. It's hope you have enjoyed this little story about Jimmy Chew and, if you have, would be grateful if you will clip it carefully from this record and pass it along to your mother, father and school teacher. If parents or school teachers would like to have a copy of the complete Jimmy Chew booklet, please write direct to Wm. Wrigley Jr. Co. Ltd., 235 Carlaw Ave., Toronto, Ont., and it will be mailed promptly.

THE LORD'S PRAYER
 PATTERN 1690.
 More beautiful words than the Lord's Prayer have never been uttered. This panel—lovely in old English letters in cross stitch—is handwork that will add beauty to any home. Pattern 1690 contains a transfer pattern of a panel 14 x 19 1/2 inches; color suggestions; material requirements; illustrations of stitches used.
 Send 20 cents in coins (stamps cannot be accepted) for this pattern to Wilson Needlecraft Dept., 73 West Adelaide St., Toronto. Write plainly Pattern Number, your name and address.

ach, Reich Youth leader, born of an American mother, when he established the "Faith and Beauty Division of the League of German Girls," which was charged with organizing courses in dancing and modern physical culture for all German girls between 17 and 21 years of age.
 "The more beautiful German girls become the more proud and self-respecting they will be," said Herr von Schirach.
 Rules Still to Come
 Rules and regulations for the new beauty and elegance are still to be issued. But so far as general German fashion is concerned it may be said that it still follows, if at some distance, international fashion made in Paris, except, perhaps, for two features.
 One is that silk and wool have become particularly fashionable because of their scarcity, although the new synthetic "cell wool" dresses are a riot of gorgeous colors. The second is the deep decollete evening gowns.

The Nazis Recant On Woman's Place

Beauty and Elegance Cultivated And Girls Go Out to Work in Germany Now
 The National Socialist powers that have been called off another revolution—the revolution, namely, which decreed that German women must go back to the ex-Kaiser's famous three K's, "kueche, kinder, kirche" meaning kitchen, children, church, which, moreover, emphasized the concomitant implication that dowdiness was a sign of respectability and that heftily marching feet were proof of National Socialist devotion.
 "Right About Face"
 Now not only has the revolution been stopped but the command "quads right about face" has been issued though German women are still expected to do their duty to "kueche" and "kinder." They are being ordered not only to go back to work in offices, factories and professions but also to be beautiful and elegant.
 Courses in Dancing
 The first positive step in that direction was taken by Rudolf von Soltik

Church or Club Suppers

Supper for six is one thing and a supper for sixty quite another! You have probably found that out if you have ever been on the supper committee for your church or club. There are lots of problems connected with serving such a large meal, dishes and silver to borrow and return, decorations to arrange, and above all, the menu. Here are some suggestions which will help when you come to plan a community meal.

When there are only a few helpers, a cafeteria supper is especially practical because three or four women behind the counter can serve a large number of guests. It is best to place the hot plates on a long table or shelf that can be set up between the kitchen and the dining room. The guests can file past and help themselves. It simplifies serving if one menu is decided upon and cooked entirely at the church or club, though it can be cooked by different members in their own homes. Here are two menus which are practical and tasty for such occasions.
 Meat leaves are ideal for large meals because they are good hot or cold, they slice beautifully and can be transported without any difficulty.

Menu 1
 Quick-cooking tapioca beef loaf
 Tomato Sauce
 Scalloped Potatoes
 Apple Pie
 Cold Slaw
 Cheese
 Coffee

Menu 2
 Ham and Veal Loaf
 Baked Macaroni and Cheese
 Mixed Pickles
 Hot Rolls
 Waldorf Salad
 Chocolate Bread Pudding
 Hard Sauce
 Coffee

Beef Loaf
 (5 loaves or 60 servings)
 10 ounces fat salt pork
 5 ounces onion, chopped
 10 pounds round beef, ground
 1 pound quick-cooking tapioca
 2 1/2 quarts canned tomatoes, strained
 2 1/2 ounces of salt
 2 1/2 quarts pepper
 Try out salt pork until golden brown. Add onions and saute until slightly browned. Add to other ingredients and mix thoroughly. Bake in 5 greased loaf pan, 9 x 5 x 3 inches, in hot oven (450 degrees F.) 15 minutes, then decrease heat to moderate (350 degrees F.) 30 minutes longer. Serve hot or cold with Tomato Sauce.

Tomato Sauce
 (2 1/2 gallons sauce)
 1 1/2 pounds onions, chopped
 12 ounces butter
 9 ounces quick cooking tapioca
 4 quarts canned tomato juice, drained from pulp and heated
 6 quarts canned tomato pulp
 6 ounces sugar
 2 1/2 ounces salt
 1 1/2 teaspoons pepper

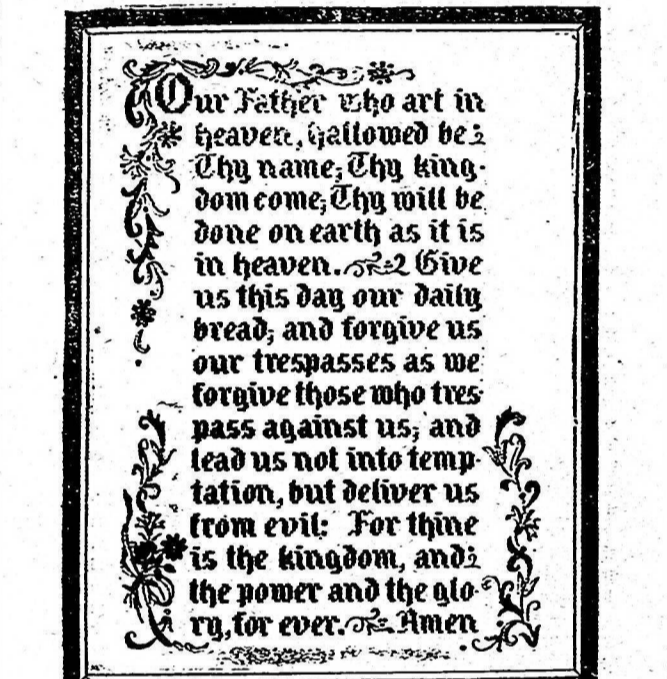
Saute onions in butter until slightly browned. Add tapioca to tomato juice in double boiler and cook for 15 minutes, or until tapioca is clear, stirring frequently. Add onions, tomato pulp, sugar and seasonings. Cook until

thoroughly heated. Stir as little as possible to keep tomato pulp whole.

Ham and Veal Loaf
 (5 loaves or 60 servings)
 5 pounds lean uncooked ham, ground
 5 pounds lean uncooked shoulder veal, ground
 2 1/2 quarts milk
 3 1/3 cups quick-cooking tapioca
 1 1/3 cup onion juice
 2 teaspoons salt
 5-8 teaspoon pepper
 3 1-3 tablespoons Worcestershire sauce.
 Combine ingredients and mix thoroughly. Bake in greased loaf pan, in hot oven (450 degrees F.) 20 minutes; then decrease heat to moderate (375 degrees F.) and bake 45 minutes longer. Serve hot or cold.

The Waldorf Salad is made by combining diced apples celery and walnut meats mixed with cooked salad dressing. Serve it on crisp lettuce.
 The bread puddings will have to be made individually to preserve the flavor and the following recipes serve six.
 Chocolate Bread Pudding
 1 1/2 squares unsweetened chocolate cut in pieces
 3 cups milk
 1/2 cup sugar
 1/4 teaspoon salt
 2 eggs, slightly beaten
 1 teaspoon vanilla
 2 cups stale bread, cut in 1/4 inch cubes
 Add chocolate to milk in double boiler and heat. When chocolate is melted, beat with rotary egg beater until blended. Combine sugar, salt, and eggs. Add chocolate mixture gradually, stirring vigorously. Add vanilla. Place bread in greased baking dish. Pour mixture over it; let stand 10 minutes, then mix well. Place dish in pan of hot water and bake in moderate oven (350 degrees F.) 1 hour, or until firm. Serve with Butterscotch Hard Sauce.

Laura Wheeler Designs Lord's Prayer in Cross Stitch



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Bigamy Increasing Throughout Britain

Judge Says "It's An Epidemic As Bad As Hoof and Mouth Disease"
 Bigamy apparently is increasing throughout Britain.
 According to Mr. Justice Charles, judge of the King's bench division since 1928, bigamy this year is "an epidemic as bad as hoof-and-mouth disease."
 Statistics show that except for the war and post-war periods, bigamy is more common now than at any other time in history. Nearly every one of the 29 country Assizes had at least one bigamy case during the autumn session, while the Old Bailey alone listed nine cases for the previous period.
 Men Outnumber Women
 Several cases of bigamy in rural districts came to light when guilty women presented themselves to the court for the purpose of confessing. Percentages indicate that there are nearly three men to every woman bigamist.
 Figures for 1935, the last completed record, showed 265 cases, compared with 256 for 1934 and 229 for 1933. Figures since those published in 1935 are expected to show a steady increase both for 1936 and 1937.
 Today bigamy cases can be generally divided into two groups. First, men who make marriages a "racket," and second, those who cannot afford the cost of divorce, and who therefore take a chance on not being detected.

Would Imprison Nagging Women

KOKOMO, Ind.—Every nagging woman ought to be in prison, Mrs. Marian Gallup, superintendent of the Indiana woman's prison, told a Y.W.C.A. meeting here.
 "I'd put every nagging woman in prison," she said, "because such a person typifies selfishness, and if we could do away with selfishness we could solve all the problems of the world."
 Let no one, therefore, place a bar "twixt us and all the Law's resources."
 Tip us the wink, O Registrar, And tell us all about divorce!
 —Lucio in the Manchester Guardian.

Appetite gone? BUILD UP YOUR NERVES

PHOSFERINE THE GREAT NERVE TONIC
 Issue No. 8—'38

30 MINUTES AFTER Eating-Drinking ALKALIZE

After A HEAVY MEAL...
 The fastest way to "alkalize" is to carry your alkaliizer with you. That's what thousands do now that genuine Phillips' comes in tiny, peppermint flavored tablets—in a flat tin for pocket or purse. Then you are always ready.
 Use it this way. Take 2 Phillips' tablets—equal in "alkalizing" effect to 2 teaspoonsful of liquid Phillips'—at once you feel "gas," nausea, "over-crowding" from hyper-acidity begin to ease; "acid breath," "acid breath," over-acid stomach are corrected at the source. This is the quick way to ease your own distress—avoid offense to others.

Find Milk Impedes Effect of Caffein
 Tests Indicate Less Harmful Effect on Coffee - Drinker Through Action of Albumen
 To all of us black coffee is strong coffee. Hence the vogue of the demitasse. But why does milk impede the effect of the caffeine? Rarely is enough added to dilute an ordinary cup of coffee markedly.
 The problem thus presented was studied by Drs. Emil Starkenstein and Edith Winternitz. Their conclusions, presented in the Schweizerische Medizinische Wochenschrift leave no doubt that milk has a chemical action which has been suspected but not determined.
 Tested With Egg Yolk
 It has been assumed that the effect of coffee was weakened not by the albumen but by the fats in milk (lipoids to the chemist). Accordingly, Drs. Starkenstein and Winternitz made two mixtures of coffee, one with milk of egg and the other with milk, this for the reason that egg yolk is much richer in fats than milk. If the generally held assumption is correct, the mixture of coffee and egg yolk should be less harmful than the mixture of milk and coffee. But the opposite proved to be true. The fats heightened the toxic effect of coffee.
 Comparisons also were made of coffee diluted with water and coffee diluted with milk. A measured amount of coffee, which proved fatal to experimental animals when mixed with water, proved to be either harmless when mixed with milk or only slightly harmful.
 "Half and Half" Best
 Drs. Starkenstein and Winternitz decided that the albumen of milk in some way combines with the ferments produced by coffee to lower the resorbability, and hence the toxicity of coffee.
 Now we have the chemical reason for saying "half milk and half coffee" to the waitress in the arm-chair restaurant.

FROM GIRL TO WOMAN
 CROWING girls are often sufferers from female irregularities, headache, backache or nervousness. Dr. Pierce's Favorite Prescription is the vegetable tonic to give your daughter a such times. Mrs. Gladys Stevens, 16 Alexandra St., St. Catharines, Ont., said: "I felt terribly weak and nervous. I hardly ate anything and was underweight—I was miserable. Dr. Pierce's Favorite Prescription was the medicine that put me back in shape. After using it I gained several pounds, due I suppose to the fine appetite it gave me. I became much stronger and my nerves caused me very little trouble." Buy now of your druggist. New size, tablets 50c. Liquid \$1.00 and \$1.35.

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