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

framed photo that had been standing on the piano, and was crooking it to her lips.

The whole story was now complete to him.

"I was pretty sure there was a man in your life," he said slowly. "The man you love is Thomas Crandell, isn't it?"

She covered her face with her hands and wept anew.

"Had you no suspicion of the truth?" he asked sternly.

"No, no," she sobbed. "Mr. Crandell and my brother were the best of friends—"

"You knew no reason why Crandell would kill Garson — why he would want your brother dead."

She shook her head, dumb with grief.

The door bell rang.

"That's Jimmy!" she whispered fearfully. "Don't let him in."

"We have to," Gillespie answered gently. "Grab hold of yourself, my dear — and open the door."

"Are you going to tell him?"

He shook his head. "No, I am not going to tell him. You are."

She pleaded with her eyes then bowed to his silent, stern command. She opened the door. Jimmy took one look at the tell-tale grief and tears on her face, and turned furiously upon Gillespie.

"What have you been saying to this girl?" he demanded.

"Sit down, Jimmy," Gillespie said kindly.

Kildare took Rosalie in his arms. "Everything's all right now, darling."

"Jimmy," said Gillespie, "I am going in a minute. I just want to stay long enough to settle something. If Rosalie wants to tell you about it, that'll save me the trouble."

"Don't let him upset you, Rosalie," Jimmy soothed.

You Know Tom Crandell?

She found her voice with terrific effort. "I'd — I'd be foolish if I did not want to tell you the decent part first, Jimmy. You see — I secretly believed Nick was guilty of murdering Garson. So he well — everything I did was to save him."

"I never doubted that," he answered.

"But I had to have somebody to help me — and it turned out to be you Jimmy—" She paused unable to go on. She glanced at Gillespie, but his face forced her to speak. "Jimmy! I did everything — everything — just to keep you in line—"

"In line?" he asked, still not understanding her.

She nodded. "Yes, Jimmy. And now comes the part that's not so nice. I knew I'd have to tell you sooner or later — you see — well— Jimmy I know a man named Tom Crandell."

"You?" he cried. "You know Tom Crandell."

She turned and pointed to the elaborately framed photo of Crandell; Jimmy followed her gesture. For a moment he was stunned, incredulous. Then stark reality hit him with full force.

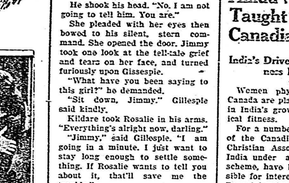
"I didn't know anything about the killing until you phoned," she said desperately.

"You didn't care anything about me at all!" he answered dully.

"No, Jimmy. There were times when I wished you had a couple of million dollars. But that's all."

His stared at her hard. In her face he read the truth at last. And without another word he turned and walked out of the apartment.

(To Be Concluded)



SYNOPSIS

Young Dr. James Kildare faces disgrace and imprisonment for shielding sixteen-year-old Nick Lewett after treating him for a bullet wound. Nick is wanted by the police for the murder of Gambler Garson. Instinct tells Kildare that Nick is innocent. He falls madly in love with Nick's glamorously beautiful sister Rosalie. Dr. Gillespie, hospital diagnostician chief who is sponsoring Kildare's career, and lovely young nurse Mary Lamont work together to save Kildare. Kildare also learns that Nick wanted to kill Garson because of the bitter disparaging remarks about Rosalie in their mutual friend Tom Crandell. Nick swears he was shot down before he could fire at Garson. Kildare seeks out Crandell. By shrewd questioning he establishes the false truth: Crandell shot Nick and killed Garson. He calls upon his friend, burly ambulance attendant Max Wyman, to help him force Tom Crandell to confess.

CHAPTER ELEVEN

Gillespie Plays His Trump

Head Nurse Molly Byrd rushed into Dr. Gillespie's office. "Did you hear about Kildare?" she cried. "He has caught the real murderer. Wyman made him confess—and the whole mess is cleared up."

Gillespie threw down his stethoscope. "How did you hear this before I did?" he bellowed.

"I've got my stooges, too," she answered.

"Where's Kildare?" he asked quickly.

"They've still got him down at headquarters," she snapped. She paused, "Now aren't you happy? That was a great scheme you had wasn't it?"

"He's a stubborn, bull-headed, self-opinionated young—"

"Sure," she interrupted. "He is just like you. That's why your plan to help him didn't work; that is why you're worried, now he's out of the woods, that he won't come back to you."

Gillespie nodded. "That's right, Molly," he said quietly.

"I'm not worried," she comforted. "You'll think of something." She motioned Mary Lamont to enter the office. "Your spy's here," she said tartly. "Operative B17 wants to report." And with a cheery laugh, she hurried out of the room.

"Come in, Mary," Gillespie said wearily. "Well—Kildare's in the clear—"

"You mean his troubles are just beginning," Mary answered.

"Don't be a fool," growled Gillespie. "If the Lewett boy is innocent, everything else can be fixed. I still have a few friends."

"Then you'd better have one of them marry Nick Lewett's sister right away," Mary said quietly.

"Oh, no," laughed Gillespie.

"I overheard him talking to her on the phone." Mary went on quietly. "I heard him say: 'Good-bye, darling. I love you.'"

Gillespie paled. "Why didn't you tell me that before?" he demanded. Her eyes fell before his glowering look. "I knew. You couldn't make up your mind whether you were on his side — or mine — or — or your own."

"We're both on his side now, are we not?" she asked evenly.

"But she is serious!" Gillespie cried. "That hot-headed young fool Kildare—" he stopped short. "Mary push my wheel-chair out of here—"

"I'm going to take a look at the red head with the green coupe," he roared.

A Visitor

In short order Gillespie was at the door of Rosalie's apartment.

"Good afternoon," he said pleasantly as she opened the door in answer to his ring. Without waiting for an invitation, he wheeled himself into the center of he living room.

She stared after him in surprise. "You must be Dr. Gillespie," she offered. "Why did you come here?"

He smiled with great charm. "To ask a lot of questions that are none of my business." He stared about the elegantly appointed room. "My, my! What a lovely place you have here. I guess you and your brother are very comfortable."

"Yes," she answered hesitantly. "We are."

Her hesitation gave him the information he wanted. This was definitely her apartment. He doubted that Nick even knew that the place existed.

"Now that everybody knows that Nicky's your brother, he can do with some clean linen — I'd be glad to take his things back to the hospital with me—"

"Dr. Gillespie," she interrupted. "It's very nice of you to come all the way over here just to get the clothes for Nick—"

"I didn't," he answered bravely. "I came to take a look at you."

"And—what have you found out?"

"A couple of interesting things, Miss Lewett. Jimmy Kildare is very fond of you. I'm very fond of Jimmy Kildare. Why don't you sit right down and tell me all about yourself —"

The Truth

The ringing of the phone prevented her reply. She crossed the room to answer it. "Hello." She smiled triumphantly at Gillespie. "Why, hello, Jimmy . . . what? Nick is innocent and you have proven it." Tears of happiness filled her eyes. "Oh, Jimmy! Are you sure you have the murderer? . . . He has confessed?" Her face was radiant with joy. "Who is he?" As she listened, she blanched. "Who?" she whispered. "Crandell? Thomas Crandell? A friend—he escaped! She swayed, all but fainting. the tears flooding her eyes. She half collapsed into a chair and began to sobbing in racking, hysterical grief.

Gillespie wheeled his chair to the phone. "Kildare," he said sharply. "This is Dr. Gillespie. You had better come up right away."

He hung up the phone and turned to Rosalie. The girl had seized a

It's Knitted All In One Piece

By LAURA WHEELER

KNITTED CHAIR SET: PATTERN 2208

A simple stitch made on two needles results in this lovely chair set that's just straight ahead knitting. Pattern 2208 contains directions for making; illustrations of it and of stitches; photograph of pattern stitch; materials required.

Send twenty cents in coins (stamps cannot be accepted) for this pattern to the Wilson Needlecraft Dept., 73 West Adelaide St., Toronto. Write plainly pattern number, your name and address.

SHADOWED!

That was the haunting experience of Priscilla Pierce almost from the moment that Amy Kerr met strange death on their apartment house roof. Thereafter, Priscilla slept herself. She shadowed her shadower. Resolved one of the most amazing crime disclosures ever made. Follow her daring trail in the outstanding newspaper mystery serial of the year

Lieutenant-Governor Attends Baptist Convention

Ontario's Lieutenant-Governor Albert Mathews and Mrs. Mathews attended the Baptist World Alliance which was held in Atlanta, Ga. They are shown here, CENTRE, with Mrs. Ed. Rivers, wife of the governor of Georgia, LEFT, and Dr. N. Nordstrom, vice-president of the B.W.A. Governor Rivers is pictured at RIGHT. The picture was made in the governor's home, where the Mathews and Dr. Nordstrom were guests during the convention.

Hindu Women Taught By Canadians

India's Drive For Physical 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.

Rapid Progress

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 impportant 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 Colbert, who has been given instruction at Y. W. C. A. headquarters in Quebec, London, Winnipeg, Montreal and Toronto.

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

Fancy Woollens For Fall Wear

All the new collections of woollens in fancy weaves emphasize stripes, bars and multi-colored lines.

Rodier features a soft, handwoven Shetland in two-toned mauve and turquoise, or-two-toned blue and chestnut.

Another new woollen which comes in black, gray or chestnut is decorated with cross-bars of natural wool so early as on the sheep's back.

Meyer's woollens, made up into coats, are sometimes diagonally striped, sometimes fluted to give the effect of regular pleats. This house shows a velvet wool with stripes underlined by thin stripes of white rayon embroidery.

Outstanding in this collection is a black cheviot covered at regular intervals with cameo motifs in yellow and rose, or turquoise and beige.

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. Then next 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. This is 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 and 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: Pectin results 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 fail? Then write, enclosing a stamped, self-addressed envelope to Miss Sadie M. Chambers, care of this paper, and she will endeavour to solve your problems.

Good Hostess Helps Guests

She Should Aid Her Forgetful Visitors By Providing Extra Equipment

Everyone abhors the house guest who forgets her bathing suit or cold cream or toothbrush. If she even dares to borrow a little bath powder, she's supposed to be an ogre of bad taste.

But what about the week-end hostess—she who, presumably, invites people to her home because she wants to see them? Is it really so dreadful for a guest to ask for some suntan lotion or a spare comb?

Helpful Little Items

In the first place, there ought to be a spare comb in the house—any house. And if the purpose of having guests is so that everybody may relax and be hostess—can have fun, there are several other little items which should be part of regular household equipment. They make for relaxation and ease—even if she did forget to pack several things?

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.

Do You Know How To Play With Your Child?

It Is Important For Parents To Be Acceptable Playmates

In a recent book a child says, "It is so much fun to play with you, Mommie, because when you play with me you're never grown up."

An adult who knows how to play with a child has mastered a technique or an art that is valuable, says the Christian Science Monitor.

Helpful Little Items

It is not always only a parent who can enter the child's world with ease and understanding, for many a man or woman has the gift of the play spirit who never had a child, but it doubly important for a parent to achieve this happy state and become an acceptable playmate on demand.

If a chair is an elephant to Bobby, for the time being it must be so to Bobby's mother, and will be if she knows how to do the play spirit as if it were a gay and graceful gown.

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. Greasless, stainless, soothing. Delightfully refreshing. Stops the itching in most cases, or money back. Ask your druggist today for D. D. D. PRESCRIPTION.

"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 finances, 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 needs 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.

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 tallowed, they are draped. They are worn straight, back on the head, or tip-tilted, profile-fashion. Molyneux dresses 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.

Soap Saving

Keep a tin beside the sink and throw any old cooking fat into it. Keep a tin in the kitchen or toilet—into it; when the tin is almost full, place it in a warm oven until it melts—add the soap, not the tin! Then stand it in a very cold place or put it in the refrigerator until quite cold. Run a knife round and bang out the cake of soap which you can use for scrubbing or anything else you like.

Drive out ACHES

JUST RUB IN MINARD'S KING OF PAINS LINIMENT

35¢

Britain's Air Might Displayed For Dictators

Although this picture was not made while the British planes were flying over France, it was snapped for the express purpose of showing the planes and formations used. The planes are Wellington bombers of the very latest issue. On July 14th, during the French national celebrations, five squadrons of these bombers and fighters, flew to the southwest of France and back, on normal training flights. Inasmuch as the distance was the same as it would be to leading industrial centres of Germany, the parade of England's air might became an impressive factor in the present European game of "power politics." The flights were concluded without the slightest mishap.

Have You Heard

Civility costs nothing; it might even be a good investment later on, and is a good insurance.

This type of insurance was carried rather far by a man who altered his tone of low obeisance whenever our Lord's name or Satan was mentioned during the church service. A new minister, struck by the oddity of this and anxious to correct him, inquired after the service why he bowed when the devil was mentioned. He immediately replied: "Well, ye see, I be very, very old, and civility costs nothing," and after a pause, "and ye never know."

:-)

Boss (storming): "You're fired!"

Typist: "Fired! I like that. I thought they sold slaves!"

Possibly apocryphal, but good, is the remark said to have been made in India recently by Schacht, Hitlerdomh economic czar.

"What is it like being a German," they asked him, "after Austria, after Czecho-Slovakia, after Memel?"

"It doesn't make much difference," he said. "It's like a man who's in jail for life and hears they've added a new wing to the building."

:-)

Overheard on an English bus: "I can't stand this 'ere Hitler... He's such a fidget."

:-)

Easily Settled

The farmer was in an unusually pensive mood, and his wife offered him a penny for his thoughts. "I was wondering, my dear," he said, "whether I should put on your tombstone."

"As his wife was in excellent health she was somewhat taken aback by the unduc thoughtfulness. "Oh, that's easy," she replied. "Simply put 'Wife of the Above'."

A poultry farmer had been being chickens from his coops, and displayed the following notice:—

"Anyone found near my chicken house at night will be found there next morning."

No more chickens have been missed.

Formula For Success

Einstein Gives His Story In Algebraic Symbols

Being a scientist first, last and always, Professor Albert Einstein likes to bring everything to terms of equations. He deals in "x" and "y" and makes the algebraic symbols tell his stories.

So many think of the Einstein formula for success. When the brilliant scientist was asked if he could give any recipe for succeeding, he nodded his shaggy head and indicated that he thought he could.

He "ALA" stands for success, then his formula was:

A equals X plus Y plus Z.

Explaining the formula, Dr. Einstein said that "X" stood for work, and "Y" was for play.

Then he paused, while someone asked him what "Z" might stand for.

"That is for keeping your mouth shut," he emphasized the word.

So, work plus play plus keeping your mouth shut is the scientist's formula for success.

Beautiful Blue Danube

Stream Will Soon Be Part Of 2,400 Mile Waterway Across Europe

The Danube, destined for increasing importance as part of a new 2,400-mile waterway across Europe, was brought into the news again by the recent meeting between the Foreign ministers of Rumania and Yugoslavia, on a barge in the stream.

New German Canal

This mighty highway of commerce from Southern Germany across the Balkans to the Black Sea also forms parts of three international boundaries, between Slovakia and Hungary, Yugoslavia and Rumania, and the latter country and Bulgaria, a bulletin of the National Geographic Magazine recalls. Germany is constructing a canal which will connect the upper Danube and the Main River in Bavaria, which in turn flows into the Rhine. Canal Will Link North Sea and Black Sea

"Completion of the new waterway, scheduled for 1945, will make Germany and other lands by rail, water without transfer, all the way across Europe, from the North Sea at the mouth of the Rhine to the Black Sea at the mouth of the Danube," the bulletin continues.

Feeding Lambs When On Pasture

Lambs do much better if allowed access to grain as well as their mother's milk. So long as the sheep are housed this is an easy proposition as a creep can be very easily rigged up for the lambs. When they are on grass a trough placed in the field in a creep with a covered top to keep rain from striking it can be used very advantageously. If salt is kept beside this trough the ewes will form the habit of coming to it and the lambs can eat, at least, once a day. For the growing lambs, oats with an increasing ration of bran makes a very good ration. The lambs should be weaned around five months of age.

Modern Etiquette

BY ROBERTA LEE

1.—Is it good taste for a woman employed in an office to wear eye shadow or mascara?

2.—Is it all right for a bride to wear a veil if her wedding is to be very small?

3.—Is it proper to say, "Mrs. Hudson, meet Mrs. Gibson"?

4.—Is it proper for a person to overcome self-consciousness?

5.—May fried chicken be eten with the fingers?

6.—What would be suitable for a girl to wear to a club dance, during July or August?

Answers:

1.—No. It she considers these artificialities to be alluring, she should reserve them for her social engagements. 2.—Yes; a veil may be worn at any wedding unless it is a civil or a second marriage. 3.—No. Say "Mrs. Hudson, this is Mrs. Gibson." 4.—Yes. It has been done by thousands of people. The only way is to forget about one's self. The self-conscious person is always thinking about how his hands are placed, whether his tie is straight, whether people are looking at him. "Forget yourself" is the only solution. 5.—This is all right at a picnic, but at the dinner table the knife and fork should be used. 6.—A semi-formal frock of organdie, cotton-lace, or print.

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 tallowed, they are draped. They are worn straight, back on the head, or tip-tilted, profile-fashion. Molyneux dresses 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.

Hot Weather Health Habits

A Few Suggestions To Add To Our Comfort When Mercury Hits High

Now that the hot weather is here at last, it might be well for us to heed a few of the suggestions which the National Safety Council has issued for the care of our health during the torrid weather:

Keep your body clean by frequent bathing.

Wear light and loose clothing.

Do not overeat, but do eat more vegetables and less meat.

Drink lemonade, orangeade and other citrus fruit drinks.

Keep your elimination habits regular.

Do not use strong alcoholic drinks.

Get plenty of sleep and rest; avoid over-fatigue.

Cool water is best for drinking. If a little table salt is added, in the proportion of one level teaspoon of salt to one gallon of water, it will assist in body elimination, and will replace the normal salts lost in perspiration.

Cotton King

Gingham and Chambray, Batiste and Pique Popular

Ranking high for summer wear are ginghams in plaids and checks.

Gingham jacket costumes are conspicuous in fashions worn, little easily fitted jackets, also boleros, with skirts reflecting fullness, times pleated, and stitched, sometimes gored. Two-piece ginghams are also noted, an especially attractive one having its top in jacket type, buttoning down the front, the jacket shirred in the same fashion that chiffons are shirred, the plaid of the skirt undistributed.

Multi-Colored

Plaids are seen more frequently than checks, with black, gray and white, brown and blue and green and orchid combinations seen, while in checks several in green and white are observed.

Besides gingham, there are also seen a few chambray fashions with striped chambray looking new, in gray and white, in one instance in a coat type of dress and again in a jacket costume.

Cottons include both sheer and heavier versions, with eyelet embroidered batiste, and plain and printed organdie cited in sheers, with pique treated with eyelet embroideries and with colorful embroideries, the latter introduced in free appliques, listed among the heavier cottons.

White A Big Favorite

White is the big favorite in cottons, although the printed organdies are a modest exception. These printed organdies are often ribbon trimmed—the ribbon picking up one of the colors in the print and used for shoulder straps, headings of ruffles, belts.

What Science is Doing

QUANTITIES OF VITAMIN K

In one of the greatest scientific feats ever recorded, four groups of chemists working independently, reported simultaneously the synthesis of vitamin K, the new vitamin that stops internal bleeding.

This means thousands of lives will be saved annually, for the synthesis makes the vitamin, which has been difficult to extract from natural substance, available in unlimited quantities.

The vitamin previously was extracted from alfalfa. The chemists made it from coal tar. The artificial vitamin has four times the potency of natural vitamin K. Hardly ever is a synthetic chemical so much better than the natural one.

FLU CLUE FOUND

An editorial in the Journal of the American Medical Association announced recently that medical science is near success in its great search for the cause of great human influenza epidemics. The search, the journal stated, has led to hogs and earthworms.

The journal's editorial told of research — with surprising results — done by Dr. R. E. Shope, of Rockefeller Institute. Dr. Shope's observations were so astounding that, if they are confirmed, much of the medical literature on virus diseases such as poliomyelitis or infantile paralysis "will have to be rewritten," the journal said.

ROLE OF WORM

Dr. Shope concluded that earthworms were "carriers" of swine influenza virus. He found that earthworms swallow the egg of swine lungworms, that the larvae of these parasites develop in the earthworm and re-enter hogs when they eat earthworms.

This suggested the possibility of a transformation of the virus in the lungworms or a complex life cycle in the earthworm, which the medical journal indicated might throw new light on the whole subject of virus diseases.

"Lungworm larvae from pigs with swine influenza harbor swine influenza virus throughout their development," Dr. Shope reported. He said the virus apparently lies latent much of the time.

"Whether the swine influenza is an aberrant type of the human influenza is still controversial," the journal commented.

Synthetic Blush Aids Hard-boiled

Hystamine Injection Produces Delicate Pink Suffusion In Cheeks Of Those Who Have Forgotten How

Admirers of the Victorian era, when ladies fainted "prettily" at the slightest provocation, have at last obtained the aid of medical science which now claims the ability of creating an unmistakable blush in the most world-hardened and sophisticated individual.

The injection of an infinitesimal amount of histamine, a powerful organic substance, into the veins is followed by a delicate blush.

The clinical production of blushes may have cleared up the old mystery of what actually took place within the body when a person blushed. One theory, as a result of the production of clinical blushes, is that the reaction of the nervous system accompanying a normal blush results in the production of a small amount of histamine which in turn dilates the capillaries of the face. Hence the blush.

How Can I?

BY ANNE ASHLEY

Q.—How can I wash lace properly?

A.—Fill a Mason jar with hot soap suds and one teaspoonful of ammonia. Put the lace into the jar, screw on lid and shake it from time to time. Let it remain overnight. Mix a new solution if necessary. Then rinse in the jar in same manner. Now spread a Turkish towel on ironboard, place lace on it, cover with another towel, and absorb the moisture. Do not iron.

Q.—How can I prevent food burning on the bottom when baking?

A.—A piece of door or window screen placed on the bottom of the oven is often a remedy for food burning on the bottom.

Q.—How can I remove iodine stains from an article of clothing?

A.—Soak the article in lime water.

Q.—What is a remedy for excessive perspiration under the arms?

A.—Bathe under the arms daily, and apply a lotion consisting of two teaspoonfuls of powdered alum and one pint of water. Follow by dusting with a powder made of one ounce boric acid and ten grain of salicylic acid.

Q.—How can I easily pull basting threads?

A.—Try using either a nut pick or a crochet hook to pull basting threads and see how easily it is accomplished.

Q.—How can I make cream whip more easily?

A.—By adding a few drops of lemon juice or the white of an egg.

Poverty and Greatness

Rembrandt

At the time of his death Rembrandt's personal property consisted of his painting materials and a few linen and woollen garments. In recent years so much as one-half million dollars has been paid for one of his pictures.

Napoleon

In his youthful days Napoleon lived chiefly on dry bread and wore shoes with pasteboard soles.

Berlin

At 14 Berlin sang songs for pennies in a Bowery saloon, always hoping that he would take in at least the cost of a bed only for a room to sleep in for the night.

SCOUTING

A letter from Mayor Ralph Day of Toronto to Mayor LaGuardia of New York inviting the latter to visit the Canadian National Exhibition in September was taken to New York by a group of 24 Scouts of the 124th Toronto Troop (Eaton Memorial Church) Troop, on their way to the World's Fair. During their stay the Toronto Scouts were guests of Queen's Borough Council of the Boy Scouts of America. For the occasion they wore a special white shirt with their troop crest. Mayor Day was himself formerly a Scout of the 21st Toronto Troop.

—o—

The entire 1st Bracebridge, Ont., Scout Troop were guests of the Bracebridge Rotary Club at an evening dinner.

—o—

A fine new "land ship" headquarters, the "Valiant," constructed by Sarnia Sea Scouts of two old boxcars secured from the Canadian National Railways, was "launched" by a banquet to sponsoring members of the Sarnia Yacht Club. The banquet was served aboard "Valiant" by Sea Scout "sea cooks."

Furnishings of the S.S.S. "Valiant" include the ship's bell of the old ferryboat "Pappoose," which operated between Windsor and Detroit in 1872. On the fireplace mantel is a model lighthouse, with realistic "winker" light, placed there as a memorial to the late Dr. A. G Campbell, for a number of years skipper of the Sarnia Rover Sea Scouts. Another prized possession, within a glass frame above the fireplace, is an ensign that flew on H.M.S. "Valiant" at the battle of Jutland, in which ship Sea Scoutmaster Charles Gray served as a signaller.

—o—

Scouts of St. Mark's Troop of Port Hope, attired in firemen's raincoats and rubber boots, enjoyed a practical lesson in fire fighting and rescue work given by Fire Chief Record and a small crew of his men recently.

—o—

An appeal to the Boy Scouts of the United States to help clean up "the real public enemies, the corrupt politicians," who he said were responsible or the army of nearly 5,000,000 criminals in the country, was made by J. Edgar Hoover, director of the Federal Bureau of Investigation, before a great gathering of Scouts at the New York World's Fair. "Every boy you teach to hate crime," he said, "is a victory for our side. Keep in clear in your minds that good politics is a great and beneficial thing, but that corrupt politics is a criminal thing. There should be nothing but scorn and disgrace for anyone who betrays this greatest of vocations."

Tobacco Worm Control

Growers of flue-cured tobacco in southwestern Ontario have been warned that the tobacco worm is likely to be plentiful this season, and are advised by the Dominion Entomological Laboratory at Chatham, Ont., that the most successful control measure is to spray with arsenate of lead, three to four pounds in 40 gallons of water. A second application is occasionally necessary. No more than the recommended amount of poison should be used, and rapid driving through the rows is deprecated because complete coverage of the plants is essential for efficient control.

Dishes? Dusting? Or A Child's Trust

Your Children Are Most Important

Sometimes interruptions that seem to delay and obstruct the housemaker's work are more important than the work itself. A little boy has made a discovery which seems wonderful to him, the wise mother will stop work and receive his confidence with understanding, because to retain a child's trust, to keep open the channel between them, is more important than dishes or dusting.

She Wants Re-assurance

Sometimes a little girl is greatly puzzled over some careless remark, or her natural fearlessness is in danger of damage by some unfortunate circumstance. When she wants an explanation or re-assurance before she can go back to her work or play happily, the mother will realize the need and gladly give her attention to the child no matter what household duty is interrupted or put aside. A day full of interruptions and setbacks nevertheless may be a day of creative achievement.

George VI Coins Displayed

Among Permanent Exhibit of Moneys of the World

A display of new British coins bearing the likeness of King George VI was opened to the public a fortnight ago at the Chase National Bank's permanent exhibit of moneys of the world. Included in the display are coins used by Canada, Newfoundland, Australia, New Zealand, British East Africa, Ceylon, Hong Kong, Jamaica and British Guiana.

Commemorative Canadian Dollar

Also in the exhibit of 50,000 specimens is a commemorative Canadian dollar, issued in honor of the recent visit of King George and Queen Elizabeth to North America. The King's portrait appears on one side of the coin and on the other is the Parliament Buildings at Ottawa, with the inscription, 'Fide suorum regnat' (his rule is based on the loyalty of his people). The display is open to visitors daily during banking hours.

A Green Garden Simple Retreat In Hot Months

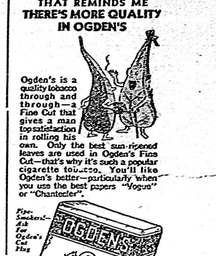
Should Be Used As Restful Outdoor Living Room

The green garden is a type of plot which has much to recommend it. As it is composed largely of evergreens, it is beautiful at all seasons, and during the hot summer months it is particularly cool and restful. The little care required by a green garden gives one time to sit and enjoy it as an outdoor living room. Trees and shrubs require watering during dry periods; also pruning and spraying or dusting for protection against insect pests and diseases. However, the garden does not require the constant care of a flower border.

Evergreens and Shrubs

Although the green garden planting is largely of evergreens, color need not be entirely lacking. Many of the broad-leaved evergreens give a gorgeous display of spring or summer blooms. An occasional choice flowering tree or shrub, well placed against the green background, may be a point of interest.

THAT REMINDS ME THERE'S MORE QUALITY IN OGDEN'S



Solar Heater For Southern Homes

A New Experiment In Heating Water

Old Man Sol is being put to work to supply hot water for residents of houses being projected, built with U. S. Housing Authority loans.

The money-saving experiment is to be tried out first at Silcron Courts, in Miami, Fla., where "solar heaters" are being installed on the roof of each building.

Method of Heating

The heaters are shallow, glass-covered boxes, through which run a series of copper pipes. Water therein will be heated to a temperature of 150 degrees Fahrenheit within a few hours. The hot water will be drawn off and stored in an insulated tank, on the roof.

Although the initial cost of the solar heaters is somewhat greater than the cost of conventional types, maintenance expenses are practically nil. The expected life of each heater is about 20 years.

Herschel's House

Steps are being taken to preserve Observatory House, Slough, near Windsor, once the residence