

# BE BEAUTIFUL

By **ELSIE PIERCE**  
FAMOUS BEAUTY EXPERT



**MAUREEN O'SULLIVAN**, the charming Metro-Goldwyn-Mayer player uses a rowing machine daily to keep physically fit and in perfect proportion

**FLAT CHESTED ONES A SAD PICTURE IN BATHING SUIT**  
Fashions have for some time been in brassieres and tricky cutting and calling for a beautiful bustline—firm, tailoring in top-clothes have helped well-developed. Undergarments, spec- women to present lovelier lines. But

one can employ little artificial assistance beneath a tight-fitting, form-revealing bathing suit. The flat chested form is a sad picture on the beach, nowadays.

I am often asked "How can I develop my bust, quickly? Will massage help? While many authorities recommend gentle massage with warm cocoa butter, I feel that massage should be undertaken only on approval by a physician. The busts are composed of such delicate glands that these glands are very easily injured.

Exercise, I recommend highly. And there are a few choice exercises which tend to develop the busts. These must be executed with persistence. Improvement cannot be hoped for overnight. If you are the type who expects results in a hurry and is easily discouraged better not start at all. But if you can keep at it day after day, you should be fully compensated in the long run.

**These Exercises Help**

Swimming is a splendid bust developer or reducer; an excellent leveler, in other words, bringing one nearer the normal.

Here is a fine exercise specifically designed to develop the bust. In standing position, bend arms at elbow and raise to shoulder level. Double up fist of left hand and place in open palm of right hand, at centre of the chest. Now push the arms to the right, doing the pushing with the left hand, at the same time resisting with the right as much as possible. Slowly push over to the side until the hands are directly in front of the right shoulder. Back to position. This time place the right fist in palm of left hand, pushing over to the left with the right hand and resisting with the left. Repeat to each side several times slowly. This is one of the finest bust firming and developing exercises and well worth practising several times a day.

Arm circling in front of body and at sides is also good. Deep breathing is splendid and the breast stroke in swimming is definitely developing.



## PALMOLIVE Shave Cream

Made from a secret, scientific blend of olive and palm oils, Palmolive keeps your face soothed, no matter how close you shave. Gives lots of long-lasting lather—quickly.

**25¢ reg. size**

Double size .....40¢

### Spring! Old Thing!

(By request)  
Er—spring!  
You perfectly priceless old thing!  
I'm frightfully bucked at the signs that one sees;  
The jolly old sap in the topping old trees,  
The priceless old lilac, and that sort of rot;  
It jolly well cheers up a chap, does it not?  
It's so fearfully bright,  
So amazingly right,  
And one feels as one feels if one gets rather tight,  
There's a tang in the air, if you know what I mean,  
And the grass, as it were, is so frightfully green.  
We shall soon have the jolly old bee on the wing.  
Er—spring!

## London, England has New Type Lighting

Revolutionary Development Uses Tubes in Place of Present Fixtures. They Achieve High Popularity.

The present system of lighting with bulbs, wall brackets and hanging centre fixtures is now old-fashioned, according to opinion from London, England.

At least, this is the claim of A. F. Chapman, prominent English engineer, whose newest lighting development has been installed in many of England's finest hotels, department stores and homes.

A revolutionary development, tubes from one to four feet in length, glowing with an even, shadowless light, replace the bulbs that up to the present time have been standard equipment in homes all over the world.

"The Tube system of lighting came from experiments which I was making with Neon lighting," Mr. Chapman said in a recent interview. "In the first instance I had not planned to use electricity, feeling that the effect I desired could be achieved with Neon. But as I experimented I found it an impossibility to control a certain flicker. It was then that I turned to electricity."

Months of experimenting followed, until finally Mr. Chapman was able to announce that he had perfected his invention. It meant that he had succeeded in banishing dark corners from the home and in evolving a lighting system that gave adequate light no matter where the occupant was.

"It's an age of reform," Mr. Chapman said. "We've had reform in the lines of automobiles, in the construction of aeroplanes and even the trains have been reformed so that they are now streamlined. What more natural than that the public should welcome this reform in lighting methods."

The effect of the new lighting system is in keeping with modern design in building and home furnishings, Mr.



Give the Children Plenty of this Perfect

Health Food

## Patent's New Milk Loaf

contains all the essential elements for building little bodies into big strong ones. Ask for it at your grocer's to-day. He has it always fresh in the new Blue and Red Wrapper.

**PATENT'S FINEST QUALITY BREAD**

Chapman explained.

"Tubes are not necessarily straight," Mr. Chapman said. "They may be circular, v-shape or any style that the architect desires, to make the lighting harmonize with the general design of the home. Interior decorators have found them a means of expressing their ideas, for present wiring can be adapted to their use. In addition it is possible to use any one of eight harmonizing colours in the lighting scheme."

Adopted by leaders in the shipping industry, the new de luxe liners Queen Mary and Normandy have been equipped with the tube lamps. So also are many of the newer English trains. "The Maison Lyons Corner House at Marble Arch, was one of the first to install the tube style of lighting," Mr. Chapman said. "Here the tubes are installed in a series all around the room and cornices. In the Fortnum and Mason decorating department circular tubes as central figures have been used, with an unusually attractive effect. Particularly good-looking is the lighting plan used by the Strand Palace Hotel in its redecorated Main Winter Garden. Here stepped glass tubes alternate with metal reflectors, giving the effect of rich black and white blocks in series around the whole room. In the Cumberland Hotel the cocktail bar has been fitted with this new style of lighting, while attractive chandeliers have been designed for Grosvenor House, Park Lane."

Among other well-known users of the Tube Lamps are Sir John Burnet, of Tait and Lorne, Architects; Sir Reginald Blomfield, R.A.; the general stores of Selfridge & Co.; Debenhams & Freebody; Galeries Lafayette; Bentalls of Kingston; Government Departments such as the Admiralty; H.M. Office of Works; G. P. O.; Dept. of Overseas Trade; Science Museum, South Kensington; The British Industries Fair; the Ideal Home Exhibition (1933-34); The Advertising Exhibition; The Motor Show; The Commercial Motor Show; The Radio Exhibitions (1933-34); the Building Trades Exhibition; etc., etc. The London Pavilion; Manchester Palace Theatre; Pyramid Theatre, Sale (Manchester); Madame Tussauds; Gaumont British Picture Corporation; Mayfair Hotel; Hotel Metropole; Embassy Club; Ficcaddilly Hotel and New Brasserie; Imperial Hotel, Torquay, etc.

Mr. Chapman also explained some of the advantages of this style of lighting. First, is the fact that the tubes can be made to harmonize with any style of decoration or architecture. Then, in the matter of lighting, they cast an even light to all parts of the room. Dark corners are eliminated and consumption of the lamps themselves is low.

Life of the present lamps in common use today, Mr. Chapman explained, is approximately 1,000 burning hours. The new tube lamps, he said, will last from three to five thousand hours of continuous burning.

**Home Wedding Here Held on Wednesday**  
Miss Theresa DeMille and Chas. Howey United in Marriage Yesterday.

A quiet wedding took place at the home of Mr. and Mrs. A. E. DeMille, 82 Fifth Avenue yesterday afternoon at two o'clock when their eldest daughter, Theresa, became the bride of Charles Howey, son of Mr. and Mrs. George Howey, of Owen Sound.

Rev. Bruce Millar of the Timmins United Church performed the ceremony in the presence of the immediate family Mr. and Mrs. Hartwell de Mille, son and daughter-in-law of Mr. and Mrs. A. E. de Mille were groomsmen and matron of honour respectively.

## Toronto Stars Win from Ottawa Seniors

Montreal Royals Next in Allan Cup Playdowns. Sudbury Looks Good for Junior Eastern Finals.

Toronto Stars completed one more lap in their quest for the Allan Cup last night by defeating Ottawa Canadiens 11-0. Toronto took the first game in Ottawa on Monday night 3-2. Now the Stars meet Montreal Royals, champions of Quebec, in a two game series beginning in Montreal to-morrow night. The second game is to be in Toronto on Tuesday night. The winner meets Halifax in the Eastern finals on April 4th and 6th in Halifax.

The Western Allan Cup final get under way to-night with Port Arthur and North Battleford clashing at Winnipeg. The second game is to be on Saturday and the third, if necessary, on Monday.

**Cub Wolves Look Good**  
Sudbury Cub Wolves look good to make the Eastern finals in the Memorial Cup after taking the Verdun Maple Leafs, Quebec champions, 9-14 Tuesday night in Toronto. To-night the same two teams tangle in Montreal to decide which will meet the Ottawa Rideaus in the Eastern finals.

The Western Memorial Cup finals do not begin until April 2nd, when Winnipeg Monarchs and Saskatoon Westleys meet in Winnipeg. The other two games of the series will be on April 4th and 6th.

At Midland last night St. Michael's Buzzers won their first game of the second series of junior O.H.A. "B" finals 4-3. Another game is scheduled for Toronto on Friday. The last "B" finals played between the two teams resulted in a tie, despite overtime games.

Toronto Telegram:—With the new issue of red, green, yellow, orange and sepia bank notes, there will be a revival of the old phrase, "Let's see the colour of your money"

## READY for SPRING?



You'll welcome the mild weather with open arms if you have sent your suits and coats to

**Miss Betty**  
Cleaning and Pressing Shop  
10 Cedar Street North  
Phone 1120

# .....featuring a large variety of Lenten Foods

To help you serve Nourishing-Tasty-Economical meals

Our store is—a huge pantry of wide shelves just teeming with fine foods, bright with suggestions for Lenten Meals—You can plan as you shop—every article is plainly marked with Eaton good value prices—Here are many things you will need—the majority at special low prices so make a profitable trip to Eaton's this week-end.

- \* LIBBY'S—Tastily Cooked with Tomato Sauce and Cheese  
**SPAGHETTI** large tin **15c**
- \* The Economy Dish—Bulk Ready Cut  
**MACARONI** 2 lbs. **11c**
- \* To go with your Macaroni—Be sure to buy some  
**MILD CHEESE** lb. **14c**
- \* EATON'S Family Brand  
**WHITE RICE** 5 lbs. **25c**
- \* A Fine Low Price on WESTON'S Crispy  
**SODA CRACKERS** "B" Size 9c, 2 for 17c
- \* Clean Meaty Santa Clara California  
**Med. Size Prunes** 2 lbs. **23c**
- \* EATONIA BRAND Small Tender No. 3 Sieve  
**CHOICE PEAS** 2 No. 2 tins **25c**
- \* FRONTIER BRAND—Very Low Priced  
**GREEN BEANS** 2 No. 2 tall tins **21c**

Grade "B" Medium  
**EGGS** per doz. **25c**

Spring Menus Need  
**FRESH FRUITS and VEGETABLES**

Mexican  
**RIPE TOMATOES** 2 lbs. for **35c**

Fresh New  
**CARROTS** 3 large bunches **25c**

**EATON GROCETERIA**  
"Where It Pays to Shop"

Third Ave. Timmins

### BAKER SPECIALS—GILCHRIST'S RICH SULTANA FRUIT CAKE



Why bother to bake when you can get such fine quality cake fresh from the baker for so little.  
Gilchrist's Delicious Fresh  
**Bran Muffins** doz. **15c**  
Weston's—Doughnut Style  
**Shortbread Rings** lb. **15c**

**WESTON'S OVAL ARROWROOT BISCUITS** 1 lb. package **31c**

For Spring Cleaning  
**Sunbrite Javel Water**  
2 large bottles **19c**

A SOAP SPECIAL  
**PEARL WHITE Naptha Laundry SOAP** 7 cakes **25c**

**ROBERTSON'S TOFFEE KISSES**, lb. **19c**

## EATON GROCETERIA "Where It Pays to Shop"

A Value Leader—St. William's Strawberry or Raspberry With added Pectin

**JAM**  
Consider that there is four pounds of delicious Jam in each tin—64 ounces—twice the size of the ordinary 32 oz. jar and then you will realize the great saving you are making.  
**4 lb. tin 49c**

## MEAT SPECIALS FOR FRIDAY AND SATURDAY

- Blue Brand Beef, Govt. Graded
- Blade or Short Rib** lb. **14c**
- Prime Roast English Rib** lb. **19c**
- CHOICE FRESH VEAL**
- LEGS, (half or whole) per lb. **19c**
- LOINS per lb. **17c**
- RUMPS per lb. **17c**
- ROLLED ROAST per lb. **15c**

**Diamond E Brand Smoked Hams** Half or Whole lb. **27c**

**Mealed Back Bacon** 1/2 lb. **16c**

**Fresh Frozen Fillets** lb. **15c**

**Smoked Fillets** lb. **15c**

**Smoked Weiners** 2 lbs. **31c**

Two Beauty Requisites  
**EATON'S Skin Balm** 4 oz. bottle **23c**  
**EATON'S CLEANSING Tissues** 2 boxes **29c**