

How To Start A Writing Career

Beginners Must Be Willing To Take Any Job For Experience

Beginners must be willing to accept for their first jobs anything that will provide experience, according to Helen M. Patterson, professor of journalism at the University of Wisconsin. Women succeed best in placing themselves in those jobs which do not interest men or for which men do not qualify, Miss Patterson said. She also pointed out the need for organized groups of writers to interest the schools of journalism in offering courses of practical value to women writers.

What Journalism Schools Do
At present journalism schools centre their activities around technical training for newspaper reporting. Yet the demand for women writers in the newspaper field is decidedly meagre compared to the great demand for women journalists in the magazine, editorial, and the promotional fields. Reporting and publicizing within the food, cosmetic, and apparel industries is largely woman's exclusive field, as is writing on such specialized topics as home decoration, child care, public welfare, and certain phases of education. Although women students make up a large part of the student body of the journalism schools, recognition of the special opportunities open to women, or a survey of the field in which they may work, is not generally included in the service of the schools.

The Proper Time To Take Exercise

Is in the Late Afternoon A Half Hour or So Before the Evening Meal

What is the ideal time for the average business or professional man to take exercise?
If he has (as most do) eaten a light breakfast and a light lunch he should eat a piece of candy or an orange or a banana, or bread or biscuit at 4 or 5 o'clock, and then take his exercise—golf, riding, gymnasium, walking, tennis (if young). He should have his exercise finished a half to an hour before his evening meal so that his appetite and digestive forces will be at their best. Eating the large evening meal when tired is the cause of many stomach and intestinal upsets.
Light exercise—stretching and bending—is helpful before retiring as it draws the blood away from the brain.

Germany Wants Them



Germany has made it clear to France and England that the Reich's colonial empire will have to be restored before a general European peace can be guaranteed. Of the former German possessions in Africa, shown in black, France holds a mandate over Togoland (1) and Camerons (2) with a minor interest allowed to Britain in both; South Africa (3) holds a mandate for Southwest Africa (3) and Britain a mandate for Tanganyika (4).

Quints Were Born In Canada Before

Professor of Biology at Toronto University Cites A Case of Quintuplet Birth Here in 1880

Although Yvonne, Annette, Cecile, Emilie and Marie Dionne are the only living quintuplets they are not the first quintuplets born in Canada. Dr. Norma Ford, assistant professor in human biology, at the University of Toronto, claims.

Knows 47 Cases

Dr. Ford has for some months been investigating record of multiple births and has added two authenticated cases of quintuplet births to the 45 cases already known. Of these two new cases, the Canadian quintuplets were born Feb. 15, 1880, to Mrs. Adam Murray at Egypt, N.S., near New Glasgow. The babies, three girls and two boys, did not long survive. The other case was in Italy in 1814.

"Sportsman Flies High"

by Lawrence Keating

Synopsis
Detective Dan Colwell of the Graber-Vael private detective agency is assigned the job of shadowing lawyer Arthur McDonald whose wife fears gangster enemies are plotting to murder him. McDonald is murdered in spite of Colwell's watchfulness. Dan is hot on their trail and suspects a sinister plot. . . .

Neither Quillen nor Bradshaw was in the lobby. Colwell turned back the way he had come and slowly became aware that people hurried past him with an air of excitement and curiosity. Then a squad car siren whined and the vehicle twisted in a sharp right angle to plunge down the alley. Dan moved faster.

Sure enough, deep in the alley was a close-packed knot of people. By standing on tiptoe Colwell could see over the heads of his neighbors two uniformed men who rose and stood aside for the squadmen.

"Soup Catterby," one growled. "Somebody jammed a knife right through that pretty striped tie. Say, that's the niftiest tie I seen today, and it's my birthday. Thirty-nine. I got two swell ties from Clara, and from—"

"How come Soup went out from a knife? Who did it?"
One of the policemen shrugged. "Where's the quick? I told Sarg to shoot over one of them doctors. Not that he could do much: Soup was plenty dead when we found him."

Another Knife
Straining to see better, Colwell did at last attain a partial view. Bradshaw, alias Soup Catterby, huddled grotesquely in alley filth, his shoulders against the brick wall of a skyscraper. A look of unspeakable agony etched lines from his twisted nose to his mouth, from the corners of his mouth downward, and in parallel grooves in his gaunt cheeks. He had the same terrible expression McDonald had worn.

A knife, its handle slimy with blood, was sunk to the very hilt in his chest.

"Betcha it's his own!" one of the policemen exclaimed. "Look, he's wearing the scabbard under his pants, and it's empty!"
Colwell threaded his way out of the crowd. It appeared that Quillen thought his pal had tried to doublecross him—that he figured Bradshaw, alias Catterby, had obtained that package from the newsstand by the magic name Sweeney, and had sent it to some hiding place by a confederate.

Dan felt genuinely sorry for Soup Catterby. It was his fault that he had been murdered by the revengeful Quillen jumping at conclusions. Although the dead man himself had participated in a murder an hour or so ago; he was a rat.

"I am very sorry, Mrs. McDonald," Dan reported over the telephone later. "I have some very bad news and I don't know how to tell you. Brace yourself, Mrs. McDonald. It's very bad indeed."

"If you want it straight out then, something has happened to your husband. I thought perhaps the police had been there? Something very serious. I'm sorry, Mrs. McDonald, but your husband was murdered an hour or so ago."

He waited. Several gasps came to his ears and a wailing "Oh dear! Oh dear!" She went through her act, but it did not strike Colwell as a very good act. She never could earn a living in the smallest stage part that required emotion. Of course, when one poses as the wife of a man who lived and died a bachelor. . . .

No "Mrs. McDonald"
There was no Mrs. McDonald and never had been. Colwell had been aware of that from the first.

He listened attentively, putting in a word here and there. Gradually the lawyer's imposter wife calmed her tumultuous grief that should, to be convincing, have been a trifle less tumultuous and a bit more hysterical.

"I know who the murderers are, Mrs. McDonald."

That stirred her! Colwell had thought it would. She was breathless an instant. "You do?"

"Yes. But I haven't informed the police yet. We'll have to, soon, of course, but your instructions in Mr. Graber's office— Yes, there were two. It was with a knife, in a taxi-cab during a traffic tie-up. Corner of Broadway and Alton.

"What's that? No, but I'd know them. Later, one killed the other with his own knife. Both desperate characters." Dan's eyes roved to the corners. That jarred her too! "I thought there might be some little thing, unimportant, of course, which you might not care to have get out?"

Mrs. McDonald was very disturbed that he knew the remaining killer. . . . Colwell had the

impression she paused to confer with someone at her elbow, although he could not be certain. "I have your phone number but haven't looked up Mr. McDonald's home address yet; will you give it to me? Oh, I see," Colwell nodded to the mouthpiece.

Dan hung up and stepped out of the booth. He fished a cigarette from his pack and lighted it. The thing grew more complicated. But thinking back he could detect no error on his part. He had that package, and that was okay! Colwell thought it was working all right. This case ought to be profitable.

His taxicab drew up to the somewhat tattered canvas canopy whose begrimed white letters spelled Kennebec Hotel. Dan paid off the dri-

the way, has a Mr. Quillen, a man in a dark suit, rather wide mouth, big shoulders, come in to see her?"
"No, sir, not today, sir, that I noticed."

It's Urgent!
Lefty was known here, then. Had been giving the girl a play, Dan happened to know. The clerk looked in surprise at the five-spot Colwell passed him. "Say, did you ever visit people and wish you had an excuse to leave? Do a favour for me. You ring me up in 707 just thirty minutes from now. I'll do the talking; the point is, you are a friend who knew I'd be there, and you insist on seeing me. It's very urgent."

He strove for a Don Juan grin. "You know how it is when a man can't break away from a woman?" Chuckling, he poked a square fist into the clerk's chest.

His chuckle was infectious. The young fellow's black pompadour twitched forward as he grinned. He folded the five-spot and tucked it safely away. "I'll do that, mister. Who should I ask for?"

(CONTINUED NEXT ISSUE)

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Women's Paradise

The island of Zanzibar, off the coast of Africa, must be a paradise for women, because the official report reveals that men not only rock the cradle, but also do all the housework—even the weekly family wash.

Approximately 62,000, or 5 per cent. of the telephones in Canada, are operated by rural co-operative systems, in which there is a total investment of \$19,193,394.

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Of Interest to Women Readers

PREPARING FOR WINTER ILLS

Sick-Room Diets Should Include Custards

We don't like to be pessimistic—but we do like to be prepared. Winter seems to bring with it an increase in illness and various physical disorders which make double trouble for the housewife. Besides all the nursing that has to be done, there are special diets that have to be prepared. Meals which would be eaten with gusto at any other time, make an invalid shudder with disgust. A patient's appetite is a delicate one and food suitable to the occasion is one of the best roads to recovery. Pamper a patient's appetite but try to include, subtly of course, all the nourishing foods which they need to build up health. Eggs and milk come high in this category and there is no better way of insinuating them into a diet than in desserts. These custard recipes will find a place in almost any sick-room diet.

COCONUT CUP CUSTARD

3 eggs, or 6 egg yolks, slightly beaten
6 tablespoons sugar
1/4 teaspoon salt

3 cups milk, scalded
1/2 cup coconut, premium shred
1/8 teaspoon nutmeg
Combine eggs, sugar, salt, nutmeg, and coconut. Add milk gradually, stirring vigorously. Pour into custard cups, place in pan of hot water, and bake in slow oven (325° F.) 35 to 40 minutes, or until knife inserted comes out clean. Chill. Serves 6.

GOLDEN RIVER CUSTARD

4 eggs or 8 egg yolks, slightly beaten
1/2 cup sugar
1/4 teaspoon salt
4 cups milk, scalded
1/2 cup maple-flavoured syrup
Combine eggs, sugar, and salt. Add milk gradually, stirring vigorously. Place 1 tablespoon syrup in bottom of each well-greased custard cup. Fill cups carefully with milk and egg mixture, pouring slowly against a spoon held over syrup to avoid its mixing with syrup. Place custard cups in pan of hot

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water and bake in slow oven (350° F.) 35 to 40 minutes, or until knife inserted comes out clean. Custard should hold its shape, while syrup spreads over and around it. Serves 8.

KOMOL In the event of a struggle for life, everything depends on the age you appear to be; but don't be discouraged. KOMOL, with its 19 natural hair oils, will help you to get back to hair its lost youth. Sold at all drug stores and beauty parlors.

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THE AWFUL PRICE YOU PAY FOR BEING NERVOUS

Quivering nerves can make you old and haggard looking, cranky and hard to live with—can keep you awake nights and rob you of good health, good times and jobs.

What you should try is a particularly good women's tonic—and could you ask for anything whose benefits are better proved than that world-famous Lydia E. Pinkham's Vegetable Compound? Let its wholesome herbs and roots help Nature calm your stricking nerves, tone up your system, give more energy and make life worth living again.

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