

**Only Girl Pipe Major**



19-year-old Edith Turnbull, whose fame has spread beyond her native shores of England, is the only girl pipe major in the world. She will shortly visit this continent to fill engagements in the United States and Canada. She is head of the famous Degenham girl pipers, and with them may make an appearance at New York's World's Fair.

**Housewife Can Outwit Fatigue**

**Six Suggestions For Combating Onset of Tiredness in The Home**

There is one class of individuals whose fatigue or tiredness is due mostly to being constantly on the feet. We refer to the wife, mother, housekeeper, of the home. Some idea of the physical and mental work in a day is outlined by Lou Trengling in an article entitled "Outwitting Housemaker's Fatigue" in *Hygeia*. Overfatigue is one of the housemaker's worst enemies.

**Follow A "System"**

After outlining the work to be done each day, as "system" prevents confusion and confusion brings on fatigue sooner, some of the suggestions to outwit fatigue are:

1. Rest an hour or at least half an hour each day depending on the number of members in the family and your general health.
2. Are you of normal weight? If underweight and tire easily, eat a light lunch between meals and a hot food at this time when doing heavier work.
3. Remember that stair climbing uses up fifteen times as much energy as walking.
4. Too much light (glare) and too little light (eyestrain) can bring on fatigue early.
5. Have good shoes and a good bed; you are in one or the other twenty-four hours a day.
6. Good daily bowel movements will help outwit fatigue. Establish a daily habit. Include two vegetables and two fruits in the day's diet.

**Shun Poor Shoes That Don't Fit**

More Fire Lines In The Face Can Be Traced To Uncomfortable Feet Than To Anything Else.

Mrs. Bea Wain, pretty songstress with a well-known dance orchestra, thinks that more fire lines in the face can be traced to aching, uncomfortable feet than to any other one source.

"I think it's a very silly, poorly thought-out budget which allows for frequent facials and other elaborate beauty treatments but keeps one from buying really good shoes," says the little singer. "The ideal situation would be to have the facials and other treatments and the good shoes, too. But if economy must be practiced, how about fewer facials and better shoes?"

"When your feet are particularly tired and aching, try this simple treatment:

"Simply soak feet in a pan of very hot water to which a pinch of salt has been added. Then soak them in very cold water for a few minutes. The hot water will draw out the pain and the cold water will alleviate the slightly swollen condition caused by the hot. Afterward, apply foot powder and put on fresh stockings."

**HEART ON HER SLEEVE**  
by ALMA SIOUX SCARBERRY

**CHAPTER II**  
When the coffee was ready, Jed brought cups and saucers and set the bag of doughnuts beside Moleen on the couch. Then he pulled his chair closer to the fireplace and sat down.

"Feel drier?" He put sugar in her coffee.

Moleen felt tears stinging her eyes. She swallowed.  
"I feel—like a queen with all this service. You're so good."  
There was no mistaking the childish catch in her voice. Jed thought she had looked deeply troubled and in need. Seeing the hungry way she bit into the doughnut, he knew she must be famished. She looked so small and weary. Jed wondered who she was and where she came from, and would have liked to ask, but he was too well-bred to pry.

Warned by the coffee, Moleen began to talk. He learned that she had spent months looking for a job and that nowhere in the city did there seem to be a place in an office for a nineteen-year-old girl without experience. Finally, she had decided the only sensible thing to do was get a job in a restaurant. At least you were sure of eating. But it seemed too many other girls had the same idea. And there were no vacancies.

**Trying To Make Broadway**  
Jed told very much the same story. How he had saved money from his farm for a year after graduating from a small Kentucky college, and determined to batter at the portals of Broadway until he got a chance to sing for someone who would give him an opportunity. But aside from an odd job for a night or two with an unknown band, he had had no luck.

The terrible importance of money had entered their discussion and Jed wondered at the bitter look that crossed the face of the young girl as she leaned on an elbow and stared into the fire.

"If you haven't got money," Moleen said tensely, "there isn't much use. There isn't much to live for. My mother would not have died last year if we'd had money to take care of her."

Her father, Jed learned, had died when she was small. There was a younger brother Pat, who was away on a trip, and no one else. Except the uncle in Brooklyn that Moleen had invented, so that Jed wouldn't think she was entirely alone, or might be making a play for sympathy.

Jed, too, was used to poverty; but he accepted it philosophically. After having given vent to her

bitterness, and enjoyed the usual experiences of unloading a few of her troubles by confiding them to a sympathetic listener, Moleen relaxed. Jed was glad when she stopped staring into the dying embers and smiled.

"Would you sing for me, Jed?" she yawned sleepily.

"You bet!" he accepted the invitation with alacrity. "What would you like to hear?"

"Oh, anything. Something you like."

**A Wonderful Voice**  
Curled up in the blanket, with her hair drying in a riot of curls, and her small pinched face faintly pink from the warmth and the coffee, Moleen looked like a sleepy child. Jed lifted his banjo and, strumming softly, began to sing. First, "Sleep Kentucky Babe." Then, "Mah Curly-headed Baby." Moleen, who knew little about music, knew that it was not just a voice, a mellow soothing baritone that went straight to the heart-strings. Jed's long, lean fingers brought such melody from the old banjo as she had never heard.

In a little while the blue eyes closed. Suddenly, from her measured breathing, Jed realized his unfortunate little guest had fallen asleep. For a time he went on strumming softly. Then he laid Tillie down and scratched his head uncertainly.

It seemed heartless to awaken the sleeping Moleen. Suppose, he thought unphilosophically, the girl had nowhere to go. At least he'd let her have a good nap before he roused her. Jed turned out the centre light and pulled his chair over the Help Wanted ads of the evening paper. And in a few moments, he, too, fell asleep.

The morning sun streamed in the window when Moleen opened her eyes. For a few seconds she could not remember where she was. Then she sat up in alarm. A ruffled Jed smiled uncertainly at her from his chair.

"I just woke up myself. The top of the mornin' to you, Miss O'Dare."

"Oh!" Moleen jumped up from the couch. "Why, I stayed all night!"

"I'm afraid so," Jed yawned and ran long, lean fingers through his hair. "But don't let it worry you. I meant to waken you after you'd had a little nap."

Moleen looked down at her wrinkled old print dress with distaste.

"Don't I look a fright! I'd

never get a job looking as though a steam-roller had run over me." Jed got up to put on the coffee pot.

"There are a couple more doughnuts left. We might as well have breakfast before you go."

"Oh, no, Jed." Moleen shook her head. "You've been too good. I can't impose on you any more."

"I'm adopting you for my mascot," Jed grinned. "And all mascots have to be fed. Don't think me. I've been lonesome for my kid sister, and you remind me a lot of her. By the way, I've got five sisters and four brothers."

"That's nice." Moleen went over to the sink to wash her hands and face. "And I'll bet you have a lovely mother, too."

"The best little mom in the world! She's big as a minute—like you."

"So—was mine," Moleen's blue eyes clouded. "I always wondered how she ever went out by the day and worked to bring up Pat and me. Scrubbing and washing. It was awful!"

"My mom has worked mighty hard, too," Jed nodded, "bringing up ten children on a farm. But Tillie and I are going to make a lot of money, and some of these days she's going to live like a queen."

Moleen smiled softly.

"You're a good son. You'd nev-

**IT'S A CRACKIN' FINE BISCUIT FOR A HUNGRY MAN**

**Christie's PREMIUM SODA CRACKERS**

"You've got a nerve, Missie! What kind of a house do you think this is?"

Moleen got up slowly, her eyes wide with alarm. But before she could reply Jed broke in.

"You can say whatever you want to me, Mrs. Loomis, but don't insult this girl. She hasn't done anything wrong. I can explain."

"No explanations are necessary," Mrs. Loomis sniffed haughtily. "I'm no fool! Pack your things and leave them here until

"To my uncle's," she lied bravely.

"Listen," Jed looked worried. "Are you doing anything on the Fourth of July?"

Moleen shook her head, smiling faintly.

"I've an engagement to play at Coney Island in the afternoon. I'm going to make twenty-five dollars. Will you have dinner with me and we'll celebrate?"

"Oh, yes!" Moleen said happily. "Where shall I call for you?"

Moleen thought quickly.

"Meet me right up the street here, in our doorway."

"It's a date," Jed held out his hand. "Eight o'clock, July Fourth. So long, Mascot. I believe you'll bring me luck!"

As they parted, neither had the faintest idea where he or she was going. Around the corner Moleen stopped uncertainly, feeling completely lost.

the pads of cotton-wool and gently squeeze out the blackheads. Change the wool pads often, because they become infected. Sterilize the pads with a lotion of peroxide and hot water.

Write for confidential advice in your personal beauty problems. You can get any of the following interesting leaflets by sending a 2c stamp for each one required: Facial Care; Bust Development; Superfluous Hair; Hand Beauty; Underweight; Feet Care; Reducing In Spots; Slimming; Fascinating Eyes; Glamorous Hair.

Please address your letters to: Barbara Lynn, Room 421, 73 West Adelaide St., Toronto, Ont.

**Express Hospitality With Laura Wheeler Sampler**



CROSS STITCH SAMPLER PATTERN 1712

It's surprising how just a little stitchery can make so expressive a sampler. Use colorful threads! Pattern 1712 contains a transfer pattern of a sampler 12 x 15 inches; a color chart and key; materials required; illustrations of stitches.

Send twenty cents in coins (stamps cannot be accepted) for this pattern to Wilson Needlecraft Dept., 75 West Adelaide St., Toronto. Write plainly Pattern Number, your Name and Address.

er bring any unhappiness to your parents. I can't say as much for my brother Pat. He was always getting into some kind of mess, and poor mother never knew what was going to happen next. The kid didn't mean any harm. But he had to run the streets while mother worked."

Jed nodded.

**Fairy Godfather**  
"That's the trouble in big cities. But listen, little lady, it's not going to do you any good to go over all that. It's past. So you just drink some coffee and let's forget it."

"Yes, Fairy Godfather," Moleen sat down obediently. "Funny, it seems as though I'd known you all my life. I ought to be terribly embarrassed because I went to sleep and stayed here all night. But it seems—all right."

"It is all right," Jed assured her. "But you mustn't take any other man at his face value. Sometimes it doesn't work."

"Don't I know it!" Moleen said grimly. "I could write a book."

They were dunking their doughnuts silently when the knock came on the door. Moleen's hand went to her mouth nervously. Jed jumped up and turned the knob.

A large red-faced woman greeted him with a burst of indignation.

"Now, pardon me, Mrs. Loomis, while I explain," Jed began quietly. But Mrs. Loomis pushed him aside and strode into the room.

"You've got a nerve, Missie! What kind of a house do you think this is?"

Moleen got up slowly, her eyes wide with alarm. But before she could reply Jed broke in.

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**Beauty for YOU**

The Secrets of Good Looks by Barbara Lynn.

TO AVOID SKIN BLEMISHES

Skin blemishes are a tragedy to women. In addition to spoiling our beauty, they create a feeling of inferiority. Yet, in most cases, they can be avoided, or at least quickly eradicated.

Cleanliness is the basic remedy—both internal and external. Internal cleanliness is essential to a clear skin. If the system is disorganized, it quickly makes its mark on the skin, so don't neglect the simple precautions that ensure internal cleanliness. Make it a habit to take a dash of fruit salt in a glass of water every morning.

External cleanliness calls for frequent washings. Sounds simple, yet so many women misconstrue it. Cream cleansing is not a substitute for washing. It is necessary to cleanse the skin with cream quite often, but soap and water should be used frequently, too.

Washing the face tends to remove some of the oils that are inherent in the skin, so I advise the use of a palmolive soap, because it contains lubricating oils and thus actually helps the skin.

Readers constantly write for advice about removing blackheads, so I am repeating the treatment. First wash the affected parts thoroughly with palmolive soap and water, then cover the area with a towel wrung out in hot water, or steam the face over a basin of hot water, to open the pores.

Soften your finger-tips with li-

you've paid me the three weeks' room rent you owe me. And take your girl friend and find another place to stay!"

Jed's face whitened slowly.

"Very well," he said quietly. "Will you let me take my banjo?"

**The Rent Money**  
"I suppose so," Mrs. Loomis sniffed again. "It's your living. I'll never get my money if you don't have it."

She went out and banged the door until the chandelier shook. Quick tears came to Moleen's eyes.

"Oh, Jed, I've gotten you into trouble! And you're broke too. I'm—so sorry."

Jed crossed and tilted her chin with his hand.

"Don't worry about me. But I could kick myself for being so stupid as to let this happen to a kid like you."

She smiled through her tears.

"As if it matters! I'm nobody. She'll never see me again."

Moleen helped him pack his few belongings. Out on the street Jed stood looking down at her uncertainly, Tillie under his arm.

"Now where are you going, Moleen?"

**YOUR BABY at Teething Time?**

Oh Boy! Mom lets me sweeten my cereal with BEE HIVE Syrup.

**DR. STEEDMAN'S Teething Tablets**

Look for the double EE symbol on each package.

Issue No. 6-'39

**Get Up at Night?**

If your sleep is disturbed by getting up several times at night, if you experience burning and soreness, if your back is lame and sore, you may get relief by taking Dr. Pierce's A-muric, Mrs. T. Higham, 532 Hill St., London, Ont.

Dr. Pierce's A-muric Tablets gave me quick relief from backache and kidney irritation. My kidneys caused me so much anxiety, the excursions passed too frequently and often frustrated and bored. My back would be so lame and sore at times I could hardly get up or down. After using 'A-muric' I was entirely relieved of all the discomforts. Ask your druggist for Dr. Pierce's A-muric today.

**RAW THROAT**

If Your Sore, Scratchy Throat Comes from a Cold—You Can Usually Get Fast Relief by this Simple Method

1. To ease pain and 2. If throat is raw, discomfort and reduce fever, take 2 "Aspirin" Tablets—dissolve in 1/2 glass of water. Repeat in 1/2 glass 2 hours.

Often Eases Pain and Discomfort in a Few Minutes When "Aspirin" is Used

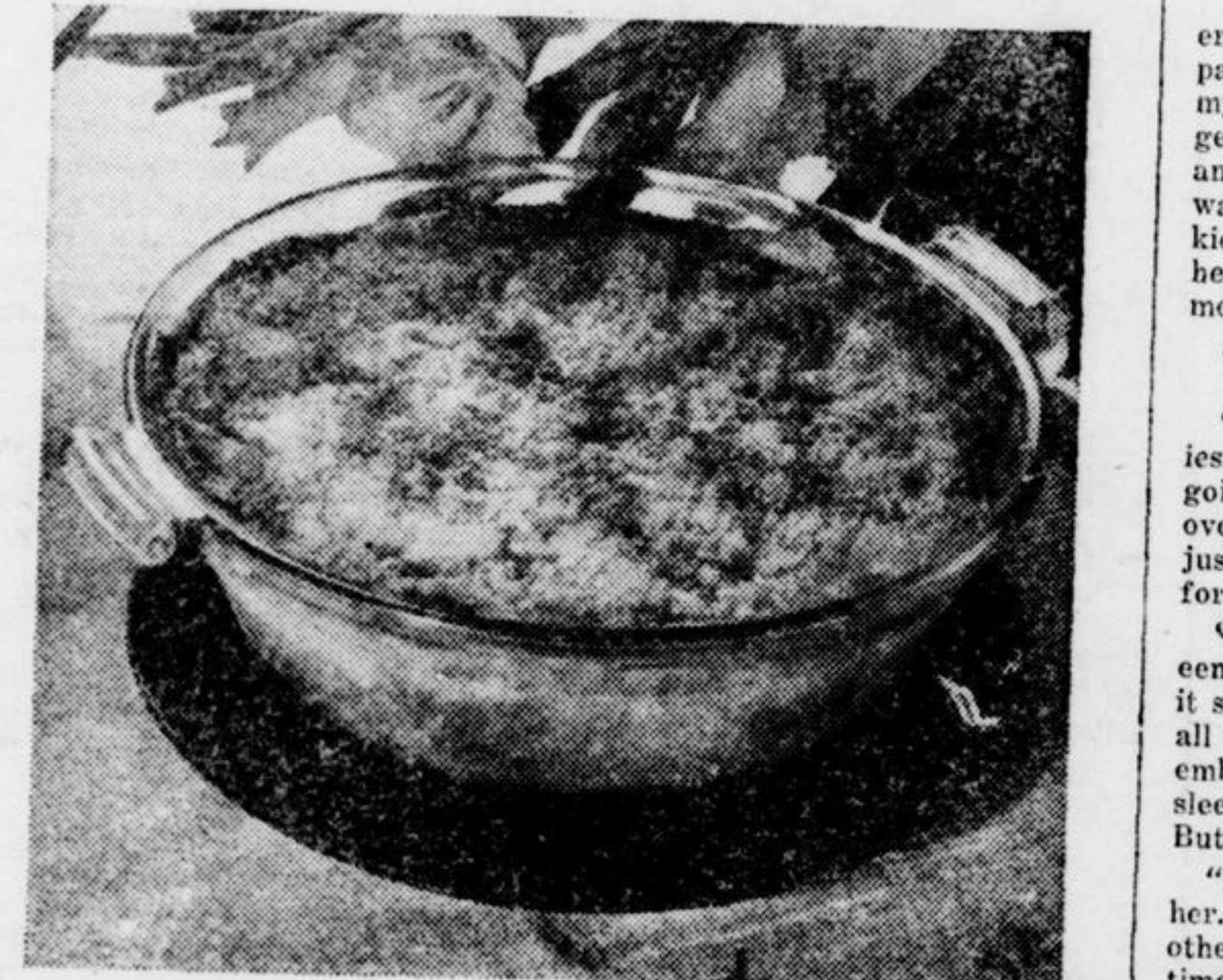
The simple way pictured above often brings amazingly fast relief from discomfort and sore throat accompanying colds.

Try it. Then—see your doctor. He probably will tell you to continue with "Aspirin" because it acts so fast to relieve discomforts of a cold. And to reduce fever.

This simple way, backed by scientific authority, has largely supplanted the use of strong medicines in easing cold symptoms. Perhaps the easiest, most effective way yet discovered.

Demand and Get "ASPIRIN"

**Of INTEREST to WOMEN READERS**



**SCALLOPED CANADA COD Hits the Spot on Cold Days**

Take one breeze, to put it mildly, from the cold north, add a flurry of snow and a sudden drop in the temperature and you have all the makings for a grumpy appetite. So along comes this Scalloped Canada Cod to make your menu making easy, and to keep the family jolly and well fed.

- SCALLOPED CANADA COD**
- 2 cups cooked Canada Cod
  - 1 cup grated cheese
  - 1/2 cup buttered bread crumbs
  - 2 cups hot milk
  - 2 tablespoons butter
  - 2 tablespoons flour
- Seasonings
- Melt the butter, blend in the flour and add the milk, stirring gradually until well blended. Add the grated cheese. Place half the cod in a buttered glass baking dish, cover with half the cheese sauce, then a second layer of fish and the rest of the sauce. Cover with the buttered bread crumbs and bake in a moderate oven 350 to 400 deg. F., for 20 minutes or until golden brown on top, and bubbling hot.
- Try varying this recipe by using Chicken Haddie, that inexpensive

canned fish, packed in Canada. Or Salmon, that adds a touch of colour as well as an individual flavour.

Instead of making a white sauce, on days you're rushed, use a tin of thick prepared tomato soup. Other flavours can be introduced by using cream, of celery, pea, or any other cream style soup.

Send for "100 Tempting Fish Recipes." The Department of Fisheries, Ottawa, will send you a copy for your own use free of charge. All you have to do is write and ask, and state whether you would like the booklet in French or English.

**How You May Reduce Varicose or Swollen Veins—Heal Ulcers**

**A Simple Home Treatment**

The world progresses. Today many minor ailments that took weeks to overcome can be helped much more quickly. If you have varicose veins or bunions, start today to bring them back to normal size and if you are wise you will do so.

Just get an original bottle of Moore's Emerald Oil at any dispensing pharmacist and apply it night and morning to the enlarged veins. In a short time the veins should begin to grow smaller and by regular use soon approach normal size.

People who want to reduce varicose veins should not hesitate to try a bottle at once. It is so penetrating and economical that a small bottle lasts a long time.

**Do This If You're NERVOUS**

Don't take chances on harmful opiates and products which you know nothing about. Use common sense. Get more fresh air, more sleep and take a reliable, time-proven medicine like **Dr. E. F. Pinkham's Vegetable Compound**—made especially for women from whole-some herbs and roots—let it help Nature tone up your system and thus calm your nerves, lessen distress from female functional disorders and make life worth living.

For over 60 years one woman has told another how to go "smiling thru" with Pinkham's Compound—let it help YOU.

**Photography Art**

Architectural Take Up Develop A

The craze of photography which try in recent making the most serious. Haste art students during an ill Mr. Sise with the National Appreciation with certain ing a continer awaken interest tribution of the famous milder Photography for form which tial for all the He urged that photography ing their taking Form, color harmonize both as to please the true sense ever is repro main essential, the speaker

**King Geo**



During a visit land, this King Duchesse of Kent memorials to the V and Queen's ture shows Sir John, sculptor work on the London studio.

**Need Seed For G**

No Matter Growing Seed Must Of Producing

Yields of a considerable climatic conditions how favourable conditions, if the seed is of good qualities. Seedlings of plants, and solely suitable to der which it variety, purity, diseases are and seeds studied and tory methods.

Testing removed The final product is to determine seed for planting has been developed mer in avoiding ards of crop produ ing all possible Seed testing strides in Canada centenary. The tory in the D time laboratories lished at Sackville P.Q.; Toronto, Man.; Saskatoon, Alta.; and Vancouver. The seed research has Ottawa, and the Progress has been

Huge lake through the ice the skating from trout swim fra Chased exhausted water near shore, caught by choppier ice.