### Please Pass The Spinach

Green Luncheons Are The Thing For Streamline Figures

Please pass the spinach-parsley juice cocktails, a deep green of hue, very healthful, and the uncooked vegetable plate after a cup of "potassium broth"-a combination of fruit juices being served in New York.

Away with your planked steaks, ringed with sizzling potatoes, and your creamed chicken patty followed by a nice big butterscotch sundae.

The girls are going back to the garden for luncheon.

What do they eat? Fresh beet greens, grated carrots. Big salads. Celery. Plates of assorted fruit

and maybe peppermint tea. A number of the girls say they aren't interested in losing weight, and eat celery stalks, raw greens and carrots because they like them. Several said, "good for the skin, and one marmared "vitality".

### KEEP THAT SCHOOL GIRL FIGURE



No better way is found than outdoor bleyeling. So declares Mary Beth Hughes, Why not try some brisk pedaling, for it exercises the leg mus-cles, strengthens the ankles and in-vigorates the entire body.

### The Alphabet Of Spring Cleaning

These Practical Reminders Will Help Along The Good Work

AMMONIA - Steep discolored brass in this to make it look like new. Rinse well and polish. BEESWAX-Treat all edges of

wardrobe doors and drawers with this, and they will not splinter or

CEDARWOOD OIL - Paint the edges of drawers and the undersides of shelves; the oil gets into the wood, giving protection against moths.

DAMP-Have walls treated with damp-proof solution before re-papering. Place small box of lime in

ELECTRIC CORDS - Examine all cords near open windows, as the constant swaying makes them

fray and fuse. FURNITURE-Gets greasy with handling. Wash in cloth wrung out in hot water, then dry, before

polishing. GRATES - Heat-proof enamels are available in all shades, to fit into any color scheme.

HIDE-A few drops of castor oil on a soft cloth, rubbed well in. prevents leather cracking. INEXPENSIVE garden gadgets.

Bird-baths, flower-holders can be made successfully from cement and red sand.

JUGS which are stained should be rubbed hard with dry salt on a damp cloth. KNIFE handles can be refixed

firmly with powdered resin. The heated steel stem of the knife is slipped into the handle cavity filled with the resin. LINOLEUM will wear far better

if cleaned with paraffin, instead of being washed.

### Removing Stains

To remove candle grease scrape egrefully with a blunt knife, then cover with blotting paper and iron over lightly with a warm iron. Repeat the process till the grease is all absorbed.

Oil-Remove with a dry cleaner. Another method is to cover with a paste of Fuller's earth, allow to dry, then brush off, repeat-

ing if necessary. Ink-Soak up immediately with blotting paper, then treat with a cut lemon if it is a carpet. For a table cloth or something of a similar nature, soak in warm skim or sour milk, then wash in clean tepid water and dry. Obstinate stains on white material can be removed with a solution of salts of lemon.



SYNOPSIS

job-hunting, her last dime gone for

coffee and rolls that morning,

seeks shelter from a sudden June

storm in a Broadway doorway in

the upper Forties. Lightning and

thunder make the bedraggled girl

cringe and Jed Patrick speaks re-

assuringly in his southern drawl.

When she lies, saying she lives

with an uncle in Brooklyn, he sug-

gests she get her clothes dry in

his room a block or so away. She

feels she can trust this tall lean

brown young man. He makes cof-

fee on a hot plate, serving it with

doughnuts, and, wrapped in a

blanket, she learns that he came

from a Kentucky farm determined

to make Broadway like his singing

and banjo playing. His luck has

been poor. She says her parents

are dead and she is alone except

for her young brothe Pat who is

out of the city. Weary, she falls

asleep and he sings and plays and

he nods off waiting for her rest-

ful nap to end; it is morning when

they awake. Jed's landlady ord-

ers him to move, leaving his be-

longings until he pays her three

weeks' room rent. As they part,

neither knowing where he or she

is going, he makes a dinner date

for the Fourth of July as an after-

noon engagement with a band at

Coney Island will pay him \$25. As

Moreen stumbles from a path into

a Central Park roadway Mignon

Laine's car knocks her down. The

wealthy district attorney's daugh-

ter takes her home. Moleen is not

badly hurt but Dr. Meade says she

CHAPTER XII

when an assistant announced just

before noon that his daughter was

waiting in the front office and she

wanted to see him on an important

He got up and strode in furiously

"How dare you come down here

and get mixed up in this thing?"

The distress in his daughter's

"Father," she said quietly, "I had

"Suppose the newspapers find

out you're interested in that O'-

Dare girl - that she's been living

in our home, making a fool out of

Mignon waved him aside wearily.

"What does that matter? I think

you're being very melodramatic."

Laine was amazed at his daugh-

"Melodramatic! Because I'm try-

ing to protect your name? Trying

to keep you from getting mixed up

"She'll Tell The Truth"

hand on her father's arm, "will

you let me talk to Molly - just a

few minutes. I know if you do, she

"Truth!" the district attorney

snorted. "We've spent hours try-

ing to get her to admit the truth

- that she knew Farro was the

brains behind the Rafetti gang. She

"She's probably scared to death,

poor child." Tears gathered in Mig-

non's eyes. "But I know she'll tell

Laine, who had seldom seen his

"Very well," he said shortly. "I

He turned on his heel and then

strode out, in a moment Moleen

opened the door. Mignon held out

her arms. The younger girl ran in-

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plainly Pattern Number, your Name and Address.

daughter cry, was stopped by the

"Dad," Mignon put an urgent

with gaugsters and convicts?"

to come. Please don't be angry."

mission that couldn't wait.

to meet Mignon.

he began heatedly.

face stopped him

me. Using you!"

ter's impertinence.

will tell me the truth."

is as hard as a rock."

distress in her eyes.

will give you ten minutes."

Tom Laine was greatly provoked

has not eaten for several days.

Moleen O'Dare tired out from

to them with a strangled little cry. "Oh, Mignon!" she choked childishly, "I didn't thin' - you'd ever want to see me again after what I have done to you." Mignon took her by the hand and

led her over to a bench in the cor-

"Now," she fought to control her own emotions, "we've only a little time, father says. Start from the beginning and tell me all about it. I'm going to 'alp you."

Moleen leaned against the wall, her face a deathly white. She said hopelessly, "I've told the truth to them Minnie. But they won't believe me - they won't believe

"What have you told them? Tell

"I had no more idea that Farro was the head of the Rafetti gang than you had, I swear it. I've never liked him, and I've always been afraid of him - in a way. But I didn't know he was a crook. You - you believe that I was really sick when your car struck me, don't you?"

"Oh, yes." Mignon nodded. "Nothing could convince me you framed an accident to get into our own house. I know how ill and weak you were when I picked you up." - I'm glad that you don't doubt that." Moleen smiled crook-

edly. "Your father is so sure it was all planned." "Dad has a nasty job. He is so anxious to prove Farro's connection with Rafetti that he would go to any lengths to do it. What else did you tell him, dear?"

"That - that Charlie threatened me - I was afraid not to introduce him to you." Moleen dropped her head, biting her lip, "That's what makes me so ashamed Minnie. So -- terribly ashamed. You'd been so good. But when he said he'd tell you about my brother Pat 1 - I couldn't bear it."

Moleen's hand with her own." "I thought," the younger girl went on, "that after you knew me better, I'd have a chance to help Pat. I planned to tell you all about it and then we would try to get your father to investigate Pat's

'I understand." Mignon covered

case. I was - so sure he was innocent. I still am, in spite of all they have told me." It seemed very logical to Mignon and looking into Moleen's anxious face she could not doubt that she was telling the truth. But convincing her father was another matter.

Moleen sighed heavily. "If - only I hadn't been such a coward! It would have been so much better if I'd told you how I felt about Charlie that first night, But I didn't think he meant any harm. I - just thought he wanted to know you because you are rich and in society. He said it would help his business. I thought that he

meant his law business." Mignon said grimly, "He tried all last evening to get me to elope with him. I can see why now. But I don't blame you, Molly. Please believe I don't."

"A fine way I've paid you back for all the nice things you've done for me! I'd probably be dead by now if you hadn't taken care of me.

I — I hate myself!" "Don't say that." Mignon put an arm around her. "You mustn't be bitter. No matter what happens, I will always be your friend. If I'd been in your place and you in mine I probably would have been just as afraid to tell the truth as you

Moleen said wonderingly, "I do not see why you are so good to me - atfer what I've done."

1000, HEEDLECRAFT SERVICE, INC.

PATTERN 1933

) MOTIFS

FOR CHURCH LINENS

# Four doctors from the Ontario

Dental College examined the teeth of the Dionne Quintuplets last month and reported to Dr. A. R. Dafoe, their personal physician, that the molars of Yvonne, Annette, Marie, Emilie and Cecile remain

> perfect. "The Toronto dental experts come up to give the teeth of the girls a complete check-up and to see that they at the hospital are doing a good job," Dr. Dafoe said after

the examination. He said the examination showed the girls' teeth were without cavities and were stainless, and remarked it was "most unusual" for children nearing their fifth birth-

Quints Expect

No Toothaches

Four Dentists Report They All

Have Perfect Teeth

day to have such faultless teeth. Making the examination were Dr. Arnold Mason, dean of the college; Dr. C. A. Corrigan, chief of staff; Dr. Allan R. McCay, of Melbourne, Australia, and Dr. J. Benson, Sydney, Australia.

The Secrets Good Looks

FACE UP TO SPRING! After our long winter, with over-heated houses and stuffy atmosphere, our faces need rejuvenating. Here are a few timely hints to help you freshen up your skin and give it a petal-like smooth-

The first essential is to keep the skin immaculately clean. Wash with gentle Palmolive soap to cleanse and smooth the skin, then rinse with cold water.

The face and neck should be creamed daily. Never stretch the skin, because stretching paves the way for wrinkles. Pat the cream

Pretty Tagger Holds up "Bob" Manion



This combination of pretty girl and handsome dog proved irresistible to Conservative leader Manion during Toronto's recent Humane Society

"It so happens," Mignon smiled sadly, "that I love you very dearly, honey. It's as though I had a much younger sister, and she were in great trouble."

Tears came to Moleen's eyes and rolled down her cheeks - the very first ones she had been able to

"If - if I can only make it up to you! C-can I do something to undo all the wrong I've done."

"You haven't done any harm to me," Mignon said quickly. "You must get that silly idea out of your mind. Oh, I wish I knew how we could find proof that you're telling the truth, so we could convince my father."

The door opened and Tom Laine strode in, followed by a stout man with a red face. Both Mignon and Moleen got up. Mignon placed an arm around the younger girl and faced her father.

"Well," Laine said briskly, "what did you find out, Mignon?"

"That she is telling the truth," Mignon was very pale, "You've got to believe her." The district attorney did no

look quite so stern, as he had a few moments before. He turned to the red-faced stranger.

"Is this the girl, Corrigan?" asked Laine.

The man nodded "Absolutely. I'd know her anywhere. And her voice too. It's the same voice.

Mignon sat down weakly. "What - is it Dad? Who is this Moleen kept her bearings, but

her heart was thumping. "Detective Corrigan from the Police Department, He's been just watching Farro for two weeks -

everywhere he went." Mignon jumped up. "You've seen us together?" Every Word Overheard

"Every step you've taken," the detective said proudly. "That first night out at the Wayside Inn when Charlie was introduced to you I was sitting at the next table." "Then," Mignon's face brightened, "you must know something that

will clear Molly? That will help her at least." The detective shifted bis rank cigar to the other side of his mouth and stuck his hands in his poc-

"It's all right to tell-fler how. 1 guess," Laine suggested.

Corrigan grinned at Moleen. "Remember the night you looked up and saw Charlie Farro trying to catch your eye at the Wayside

Moleen's eyes opened wide.

"Well, remember you went down the walk and met him and you two went and sat on a bench and talk-

"Why, of course. I remember every word." Laine broke in.

"Tell me a little of what was

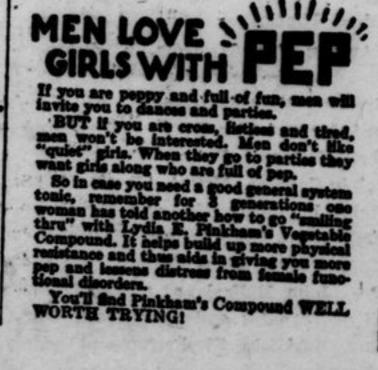
Moleen repeated, almost word for word, the conversation she had with Farro. How she had refused at first to present him to Mignon, and how he had accused her of having a millionaire boy friend and she had been compelled to tell him she was Mignon's secretary. When she had finished Corrigan

"What did I tell you, Mr. Laine?" "How," Mignon said wondering-

ly, "did you know all this?" Corrigan seemed to grow two inches in height.

"Me?" he asked proudly. "When I tail a guy I stick to him like a plaster. I was right behind a tree not three feet away, and heard every word of 'em said." (To Be Continued)

When swans flying over Clarecastle, Ireland, struck a high tension wire and fell in the main street, children coming from school formed a cordon around the injured birds, stopped all approaching cars, and guided the feathered visitors to the River Fergus.





gently over the skin with the fin-

Incidentally, there is a delightful new three-purpose cream that is very good. It cleanses thoroughly; then it acts as a foundation cream, and finally it is a tissue cream.

Use this cream, and leave it on over-night, unless you have an oily

The third vital step in our Spring-time beautifying treatment is to have a face mask once a week. Here is another excellent face mask to add to those I've given in recent articles: take two tablespoonfuls of cooked oatmeal four tablespoonfuls of glycerine and two tablespoonfuls of rose water. Mix these to a thin paste, then apply to the face and neck evenly with an up-and-out stroke. Allow the mask to harden, and when thoroughly dry, rinse it off with tepid water.

Write to me about your personal beauty problems. And detailed leaflets on the following subjects are available for a 3c stamp each: Face, eyes, hair, hands, bust, feet. :educing in spots, slimming, superfluous hair, underweight.

Please write direct to: Miss Barbara Lynn, 73 West Adelaide St., Room 421, Toronto, Ont.

## Of Interest to Women Readers

It may seem a large task when you start on an ambitious baking program but what a satisfaction and joy it is when these treats are cooling on the racks and are smelling so good! There's a common-sense way to take care of fresh-baked goods. Som. cool in the pan, some come out of the pan. Always use cake racks for proper cooling. Then allow circulation of the air and prevent steaming of crusts.

Here are the recipes for the Bran Molasses Gems, Apricot Nut Loaf and Vanilla Nut Ice Box Cookies.

BRAN MOLASSES GEMS

2/3 cup water or milk 1 cup whole bran shred 1 cup sifted flour

3 teaspoons double-acting baking powder teaspoon salt

1 egg, well beaten

4 cup molasses 3 tablespoons melted butter or other shortening. Pour water over bran and let

stand 5 minutes. Sift flour once, measure, add baking powder and salt, and sift again. Combine egg, molasses, and shortening; add to bran mixture and mix well. Add flour, beating only enough to dampen all flour. Bake in greased muffin or gem pans in hot oven (425°F.) 25 to 30 minutes. Makes 12 muffins. NOTE: Add 1 cup of raisins or finely chopped dates to flour mixture to make Fruited Bran Gems.

APRICOT NUT LOAF 3 cups sifted flour

3 teaspoons double-acting baking powder 4 teaspoon salt

1/2 cup brown sugar, firmly packed 1/2 cup finely broken walnut meats 1 cup finely cut, dried apricots l egg, well beaten

1 cup milk 4 tablespoons melted butter other shortening

Sift flour once, measure, add baking powder and salt, and sift again. Add sugar and mix well; then add walnut meats and apricots. Combine egg, milk, and shortening; add to flour mixture and blend. Bake in greased loaf pan, 8x4x3 inches, in moderate oven (350°F.) 1 hour, or until

# **Stomach Distress?**



you are troubled with stomach dis-Medical Discovery

t gave me fine relief from the etomach distress. I felt ever so much better." Buy it in liquid or

done. Black walnut or pecan nut meats may be used instead of English walnut meats.

VANILLA NUT ICE BOX COOKIES 4 cups sifted flour 3 teaspoons double-acting baking

4 teaspoon salt 1 cup butter or other shortening 2 cups granulated sugar 1/2 cup brown sugar, firmly packed 2 eggs. well beaten

1 cup chopped nut meats 1 tablespoon vanilla Sift flour once, measure, add baking powder and salt, and sift again. Cream butter and add sugars gradually, creaming thoroughly; add eggs, nuts and vanilla, and beat well. Add flour gradually, mixing after each addition. Shape into rolls, 11/2 inches in diameter, and roll in waxed paper. Chill overnight or until firm enough to slice. Cut in 1/8-inch slices; bake on ungreased baking sheet in hot oven (425°F.) 5 minutes, or until done. Makes about 7 dozen cookies.

### Nurse Serves Isolated Post

In Charge Cf Hospital Off Vancouver Island, Looks After Trappers And Fisher-

Miss R. A. McPhee, Regina graduate nurse, minister to the medical needs of the handful of whites and 200 Indians who form the population of the isolated west coast Vancouver Island outpost of Kyuquot, B.C. In charge of the Canadian Red Cross Society hospital there, the

former Vancouver girl faces a varjety of cases almost every day. Trappers and fishehmen, as well as Indians, come to her for advice in time of illness. The nearest doctor is at Zeballos

south and six hours from Kyuquo; by gasboat. Only recently established here. Miss McPhee already has been credited with saving several lives by administering emergency treatment. In serious cases she gives first aid, then calls a plane by radio telephone to take the patient

to the nearest hospital.

the new gold camp town 45 miles



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Entering

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