

## Being Serious About Reducing

Here Are Tips To Help You Lose Weight — Best Tips of Year to Start

If you're really serious about wanting to lose weight, this is a good time of the year to start for you can walk a great deal and get plenty of outdoor exercise and it is also the best season for the kind of food you should have. You don't need much will power to follow these suggestions.

### DO EAT

All green vegetables. They contain practically no fat, yet have enough bulk to satisfy. They should be steamed, boiled or baked—not fried or served with sauce.

All fruit, except watermelon or bananas. Acid fruits are especially good, and fresh fruit salads.

Lean meat—beef, mutton, veal, chicken, but not pork or ham.

Some fish—cod, sole, halibut, haddock, etc. Either grilled or steamed; never fried.

Clear soups, made from boiled lean meat and vegetables.

Thin toast (dry), rusks, unsweetened biscuits.

### DON'T EAT

Anything between meals.

Any fried or highly-seasoned foods. Sausages, bacon and pork should be avoided.

Fat of any kind. Fat meat should be avoided, butter should be taken as sparingly as possible. Nuts, because they contain a high percentage of fat, should be avoided too.

Sugar. Saccharine may be taken in tea or coffee; sweets, or puddings should be cut down to a minimum.

Cakes and pastries. Those tempting cream meringues and chocolate eclairs must be avoided at all costs.

Thick soups, sauces and other foodstuffs containing a high percentage of flour.

## Your Hair's Long? Wear A Chignon

If You Weary of A Long Bob Try This New - Old Arrangement

Six months ago you had an excuse for not changing your coiffure. You were weary of your long bob, but you just couldn't see yourself with your hair up. So you left it long and felt apologetic every time you saw a woman who had dared to make a change and was wearing an up-sweep and pretending to like it whether it was flattering to her or not.

However, the picture has changed considerably. Now there are several smartly new, accepted hair styles from which to pick and choose. Believing that it's still the most becoming arrangement for you, personally, is the only excuse you have for going on with your long bob.

### Season For Long Hair

The chignon has been revived. And if you want to play lady and make believe that you have long hair again, by all means get a chignon and pin it to your hair at the back. You can have a neat bun arrangement and pin it low, of course. Or a softer, loosely twisted chignon which covers the back of your head as well as the nape of your neck. If you have clung to your long hair through the years, this is your season. If the chignon continues to the popular, thousands of women will let their hair grow again — you can safely bet on that.

## Lesson In Charm Taught By Queen

The Royal Visit Shines Forth As An Example To All Canadians In How To Be Gracious

Perhaps we shall never again have the opportunity of observing at first hand such a triumph of personality and of sheer human qualities of kindness, of readiness to entertain and to be entertained of subordination of fatigue, of any weariness of mind or body to duty as we have witnessed on the Royal tour.

The graciousness and charm their Majesties displayed to everyone, humble as well as great, has been shown in many of the little anecdotes the papers have given us, and there are many more that have remained unchronicled. For instance, when they stepped down among the veterans at Ottawa, a voice called, "George, you're certainly some picker," whereupon the King threw back his head and roared with laughter, while the Queen blushed furiously. Another veteran thrust out his hand as the Queen approached him and said, "Pat it there." The Queen laughed and replied, "Right-o," as she did "put it there." Lesser people might have resented the lack of formality that characterizes our democratic Canadian spirit, but there's nothing of the "stuffed shirt" attitude about our King and Queen.

## It Makes a Nicer Cool Drink

# "SALADA" ICED TEA



When Young Dr. Kildare begins reacting badly to the constant criticism of Dr. Gillespie, diagnostician chief in the Blair General Hospital, the latter, to teach him a lesson, removes him from the post of his assistant to duty in a field dispensary. Gillespie plants his prettiest and smartest nurse, Mary Lamont, at the dispensary to report to him on Kildare's work and attitude. His first day there, Kildare is summoned by a street urchin to attend a young boy dying of a bullet. Kildare is surprised by a beautiful red-haired girl. She is the boy's sister. She pleads with him not to report the case until morning because she is afraid of her brother and herself. Kildare performs an emergency transfusion using his own blood. He decided to hold off reporting the case until morning because the boy cannot be removed to the hospital before then. He packs his blood-stained instruments and the extracted bullet in his medical bag. The girl insists on driving him back to the dispensary.

### CHAPTER FIVE

"You saved his life," she said softly.

He turned away abruptly and began collecting his stained instruments. He picked up the bullet he had extracted from Nick's chest and dropped it idly in his bag. I'm getting back to the dispensary now," he said evenly.

"I'll drive you over. My car's around the corner."

"Thanks—but I can walk it—"

"Let me drive you," she pleaded. "You see, Doctor—" She paused and looked deep into his eyes. "You see, my blood didn't match."

And, accepting her offer as her token of gratitude, Dr. Kildare smiled in assent.

**Instinct vs. Reason**  
The girl pointed down the street to the new, shiny, showy coupe parked at the corner.

Kildare appraised the car. "It's a pretty swell car," he observed. "I won't win it in a raffle," she said easily. She climbed in and took her place at the wheel. "I'm taking you back by way of Riverside Drive. It's the longest way I can think of."

He was startled into silence. He'd never encountered a girl like this in his life! No one could complain that her approach was subtle or indirect!

She seemed to read his thoughts. "I just want to give you time to ask me what my name is," she laughed.

"To tell the truth," he replied, "things have been happening so fast, I just noticed you were a redhead."

## Charming Laura Wheeler Juvenile Spread Is Simple To Make



CHILD'S BEDSPREAD PATTERN 1949

A kiddie would love this spread in easy stitching, edged with bunny feet. Pattern 1949 contains a transfer pattern of 1 motif 17½ x 22½ inches and 1 motif 3½ x 11½ inches; chart and directions for edging; illustrations of stitches; materials required; color chart.

Send twenty cents in coins (stamps cannot be accepted) for this pattern to Wilson Needlecraft Dept., 73 West Adelaide St., Toronto. Write plainly Pattern Number, your Name and Address.

Rosalie crushed the paper in her hands. "Mysterious assailant," she whispered. "Nick—" "I don't believe that," Jimmy cried quickly. "I don't think your brother had anything to do with it."

"You found Nick shot—didn't you?" she said, her eyes filling with tears. "Nick told me Footsy wrenched on a gambling bet, Nick went out this morning looking for him."

Jimmy shook his head. "The little instinct I have tells me Nick is not guilty."

"If you'd thought him guilty—would you still have taken him to the hospital—run the risk of jail for him?"

"It's done, isn't it?" Jimmy answered evenly.

She faced him with eyes glowing with challenge and invitation. "I'm still going to pretend you did it for me," she whispered.

He moved back as if to deny her allure, but she brought her face close to his, pleading her unspoken request. Quietly he gathered her in to his arms and kissed her.

"Do you have to go back to the dispensary?" she murmured.

He nodded. "And I have to get back right away."

Mary Lamont watching through the window, saw Jimmy get out of the car. She saw Rosalie's beautiful face and bright red hair and the latter leaned toward him for a parting word. Mary turned quickly from the window as Jimmy made for the door.

"Anybody been in since I left?" he greeted casually, placing his medical bag on his desk.

"One bloody nose."

"Manago all right?"

"Yes, doctor."

Her glance sharpened as she noticed the bloodstains on his white coat. "Looks as though you really had an emergency call, doctor."

He noticed the stains for the first time. "False alarm," he answered evenly. "Just another bloody nose."

"Must be open season for noses around here?"

"Some noses go around looking for trouble," he replied pleasantly. "Yes, don't they?" she observed pointedly.

He passed over her remark without answer. She picked up his medical bag and made for the sterilizer.

"Going to the hospital?" she asked.

He nodded. "I'd look in the mirror first."

He crossed to the mirror and smiled. "Thanks," he said as he wiped Rosalie's lipstick from his face. She took the instruments out of the bag and put them one by one into the sterilizer.

"Weren't you Dr. Gillespie's assistant?" she asked curiously.

"Until yesterday, why?"

She smiled grimly. "We nurses know all about him. There's a story that Gillespie eats a broiled intestine on toast for breakfast every morning."

"Without ketchup," Jimmy amended.

"As bad as this work is, I'll bet it's a picnic after him," she said lightly.

"I'd rather work for Gillespie," he answered slowly, "than own the hospital."

"But I heard you two had a terrific battle."

"We did," he grinned. "But I'm not mad."

"But—" she began, then stopped.

**The Greatest Doctor**  
He stared ahead thoughtfully. "I came to New York to find out what I wanted to be. I found out. I found that Dr. Gillespie meant everything I wanted to be—"

"But he fired you and you had to change your plans?" she asked.

"Nope. Same plans. Only now I'll have to do it the hard way."

She smiled secretly. Whatever reason Gillespie had for planting her in the dispensary, there was one thing she could report with conviction: young Dr. Kildare thought Gillespie was the greatest doctor in the world.

She opened his bag for a final checkup. Something in one of the pockets made her start. She reached in quickly for the bullet he had extracted from Nick. As she dropped it quietly in the pocket of her uniform, she realized the significance of the bullet and his supposed emergency call for a "bloody nose."

(To Be Continued)

## Quick, Easy Attire Best For Children

Quick and easy dressing is a factor in good design for all children's clothes. Too much handling makes the baby fretful, so his clothes should have generous plackets conveniently placed for quick fastening. Clothing for the older child, who is beginning to do things for himself, should have features planned for his rather than the grown-up's convenience. If a dress or suit be put on so that it cannot possibly be put on back to front, if it has plackets in front and easy-to-manage fastenings, a child is encouraged to do his own dressing and undressing.

## Beauty for YOU

The Secrets of Good Looks

by Barbara Lynn

### BEAUTY UNDER THE SUN!

Most of us are sun-worshippers, but, unhappily, Old Sol is less merciful to some than to others. Our skins do not all react alike.

Start your sun-bathing moderately at first, and gradually extend the period. Indiscriminate dawdling in the sun's rays is harmful. You might easily spoil your skin and scorch the nutriment out of your hair.

Don't forget that no matter how nicely the sun treats you, your skin will lose some of its natural oil in the sun-bathing process.

There are two things you must be sure to do to help protect your skin against the drying tendencies of sunny weather: (1) cleanse your skin with palmolive soap, which derives its goodness from olive and palm oils; (2) massage the skin at night with a good tissue cream, paying particular attention to the skin about the eyes, mouth and throat.

It is advisable to wear coloured glasses to protect your eyes. If your eyes are pale grey or blue, wear tinted green glasses, as light eyes are more sensitive to glare than dark ones.

Use non-oily suntan lotion that is screened to prevent the dangerous actinic rays of the sun harming the skin, and at the same time gives you a smooth all-over tan.

Succeeding articles will deal with other important angles of Summer beautifying. In the meantime, write me about your personal beauty problems, enclosing 3c stamp for my reply and detailed leaflet on various beauty subjects.

Address: Miss Barbara Lynn, 73 West Adelaide St., Room 421, Toronto, Ont.

## HOUSEHOLD SCIENCE



By SADIE B. CHAMBERS

### SALAD SHAT

Of salads, of course, there can be no end, now so vast a medley of delectable combinations can be dressed up under the popular name "salad" helping to grace any menu, and at the same time scoring a distinct triumph for the housekeeper. Many people may excel about ideas for the solid of the salad, but may ruin their concoction by the dressings.

Then as warmer weather is approaching and you are eliminating some of the heavy proteins and yet wish to have a well balanced diet, make good use of cottage cheese.

It has so many forms. Probably the simplest is to run it through your potato ricer. Place on crisp lettuce, cover with salad dressing of your choice, sprinkle with chopped nuts, top with red currant jelly or any tart jelly. A sparkle of jelly gives life to a salad and charms the eye. Another treatment for this cheese, which is simple and has smartness too: take your fresh cheese, add seasoning—salt, pepper and dash of paprika. Form the cheese into balls an inch or so in diameter. Have ready some dried currants, which have been thoroughly washed and dried. Roll the cheese balls into the currants, which have been spread in an open array on a piece of waxed paper; this will staid the cheese with the currants instead of coating it too thickly. Arrange one or more on salad plate with

lettuce and serve with your favorite dressing.

This brings me to dressings. I am giving you my favorite cooked dressing, one mayonnaise, a whipped cream dressing for fruit salads, then a Russian one, and last of all, the ever-popular Thousand Island Dressing.

**BOILED DRESSING**  
1 teaspoon mustard  
1 teaspoon salt (small).  
¼ cup brown sugar  
4 eggs.

Mix salt, mustard, sugar with a quarter cup water. Then add four well beaten eggs. Mix all together beating for a few minutes with Dover beater. Place over boiling water in double boiler stirring until thick. It will require about five minutes cooking. Remove from heat beating again until very smooth. Cool, then add whipped cream.

**ONE MINUTE MAYONNAISE**  
1 egg  
½ teaspoon mustard  
½ teaspoon salt  
2 tablespoons lemon juice  
2 speck of cayenne  
1 pint salad oil

Break egg into a bowl. Add mustard, salt, lemon juice and cayenne. Beat together a few seconds. Add oil slowly (which is the secret) beating constantly.

**WHIPPED CREAM DRESSING**  
½ cup white sugar  
2 tablespoons vinegar  
1 lemon (juice)  
2 egg yolks  
2 cups whipped cream  
½ teaspoon salt  
1 tablespoon corn syrup (white)

Mix sugar, flour, vinegar, lemon juice, corn syrup and well beaten egg yolks. Cook in double boiler until thick. Remove from heat, fold in egg whites, which have been beaten stiff. When cool, chill and then add whipped cream.

**RUSSIAN DRESSING**  
To one cup of the boiled dressing add 2 tablespoons chili sauce (drained), 2 tablespoons chopped green pepper, 2 tablespoons chopped pimento, 1 teaspoon fruit

**THOUSAND ISLAND DRESSING**  
Into the Russian dressing fold 4 tablespoons of whipped cream.

## Beauty for YOU

The Secrets of Good Looks

by Barbara Lynn

### BEAUTY UNDER THE SUN!

Most of us are sun-worshippers, but, unhappily, Old Sol is less merciful to some than to others. Our skins do not all react alike.

Start your sun-bathing moderately at first, and gradually extend the period. Indiscriminate dawdling in the sun's rays is harmful. You might easily spoil your skin and scorch the nutriment out of your hair.

Don't forget that no matter how nicely the sun treats you, your skin will lose some of its natural oil in the sun-bathing process.

There are two things you must be sure to do to help protect your skin against the drying tendencies of sunny weather: (1) cleanse your skin with palmolive soap, which derives its goodness from olive and palm oils; (2) massage the skin at night with a good tissue cream, paying particular attention to the skin about the eyes, mouth and throat.

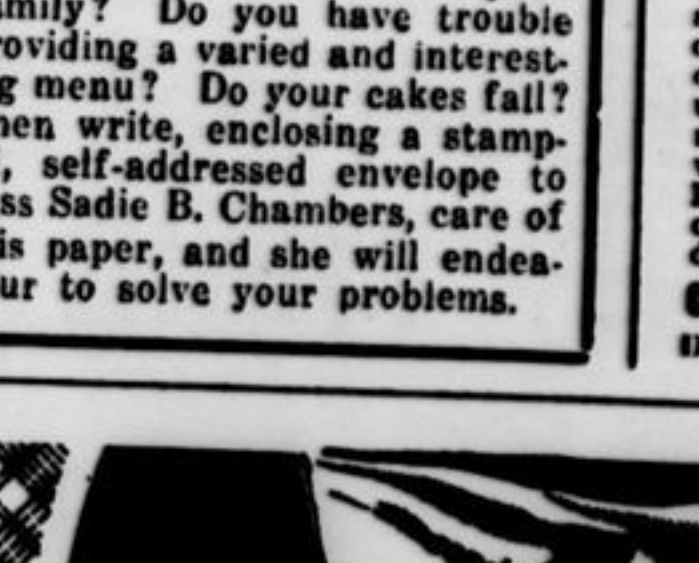
It is advisable to wear coloured glasses to protect your eyes. If your eyes are pale grey or blue, wear tinted green glasses, as light eyes are more sensitive to glare than dark ones.

Use non-oily suntan lotion that is screened to prevent the dangerous actinic rays of the sun harming the skin, and at the same time gives you a smooth all-over tan.

Succeeding articles will deal with other important angles of Summer beautifying. In the meantime, write me about your personal beauty problems, enclosing 3c stamp for my reply and detailed leaflet on various beauty subjects.

Address: Miss Barbara Lynn, 73 West Adelaide St., Room 421, Toronto, Ont.

## HOUSEHOLD SCIENCE



By SADIE B. CHAMBERS

### SALAD SHAT

Of salads, of course, there can be no end, now so vast a medley of delectable combinations can be dressed up under the popular name "salad" helping to grace any menu, and at the same time scoring a distinct triumph for the housekeeper. Many people may excel about ideas for the solid of the salad, but may ruin their concoction by the dressings.

Then as warmer weather is approaching and you are eliminating some of the heavy proteins and yet wish to have a well balanced diet, make good use of cottage cheese.

It has so many forms. Probably the simplest is to run it through your potato ricer. Place on crisp lettuce, cover with salad dressing of your choice, sprinkle with chopped nuts, top with red currant jelly or any tart jelly. A sparkle of jelly gives life to a salad and charms the eye. Another treatment for this cheese, which is simple and has smartness too: take your fresh cheese, add seasoning—salt, pepper and dash of paprika. Form the cheese into balls an inch or so in diameter. Have ready some dried currants, which have been thoroughly washed and dried. Roll the cheese balls into the currants, which have been spread in an open array on a piece of waxed paper; this will staid the cheese with the currants instead of coating it too thickly. Arrange one or more on salad plate with

lettuce and serve with your favorite dressing.

This brings me to dressings. I am giving you my favorite cooked dressing, one mayonnaise, a whipped cream dressing for fruit salads, then a Russian one, and last of all, the ever-popular Thousand Island Dressing.

**BOILED DRESSING**  
1 teaspoon mustard  
1 teaspoon salt (small).  
¼ cup brown sugar  
4 eggs.

Mix salt, mustard, sugar with a quarter cup water. Then add four well beaten eggs. Mix all together beating for a few minutes with Dover beater. Place over boiling water in double boiler stirring until thick. It will require about five minutes cooking. Remove from heat beating again until very smooth. Cool, then add whipped cream.

**ONE MINUTE MAYONNAISE**  
1 egg  
½ teaspoon mustard  
½ teaspoon salt  
2 tablespoons lemon juice  
2 speck of cayenne  
1 pint salad oil

Break egg into a bowl. Add mustard, salt, lemon juice and cayenne. Beat together a few seconds. Add oil slowly (which is the secret) beating constantly.

**WHIPPED CREAM DRESSING**  
½ cup white sugar  
2 tablespoons vinegar  
1 lemon (juice)  
2 egg yolks  
2 cups whipped cream  
½ teaspoon salt  
1 tablespoon corn syrup (white)

Mix sugar, flour, vinegar, lemon juice, corn syrup and well beaten egg yolks. Cook in double boiler until thick. Remove from heat, fold in egg whites, which have been beaten stiff. When cool, chill and then add whipped cream.

**RUSSIAN DRESSING**  
To one cup of the boiled dressing add 2 tablespoons chili sauce (drained), 2 tablespoons chopped green pepper, 2 tablespoons chopped pimento, 1 teaspoon fruit

**THOUSAND ISLAND DRESSING**  
Into the Russian dressing fold 4 tablespoons of whipped cream.

## A FLASHING SMILE



... teeth kept bright and attractive with the help of WRIGLEY'S GUM.



GET SOME TODAY!

## Linguist Aged Two

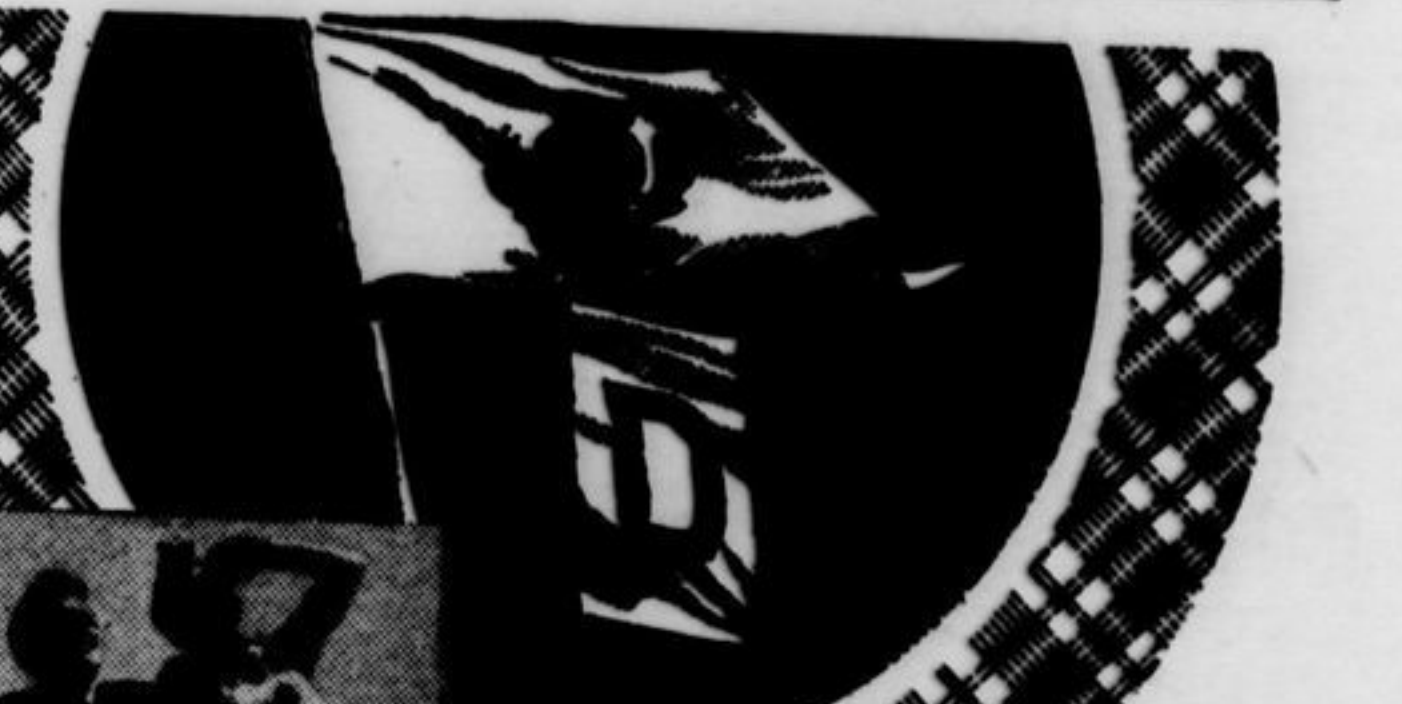
Michael Williams, 2, of Enfield, England, can carry on a conversation in English and French. He began to speak both languages nearly a year ago. His father is English, his mother half-French, half-Italian. His grandmother is French, his grandfather Italian. He hopes soon to speak his grandfather's language.



What a Clever Little Table Stove!  
**Coleman SPEED MASTER**

Makes Its Own Gas Only \$545

Kitchen equipment is not complete without this handy, one-burner table stove. Can be used anywhere—home, camp, or cottage. Makes and burns own gas from gasoline. Lights, regulates instantly. Safe, speedy, economical, attractive. Can be moved while burning. Fuel cannot spill. Has more fine features than any other one-burner stove. At your dealer's or write for FREE literature. **COLEMAN LAMP & STOVE CO., LTD.** Dept. W-361 Toronto, Ontario



A GREAT VALUE FOR YOUR Travel Dollar!

The famous Scottish Liners "LETITIA" and "ATHENIA"

New Features

- Hot and cold running water in all Cabin and Tourist staterooms, and in most Third Class cabins.
- Beds instead of berths.
- Controlled ventilation throughout.
- Enlarged and rebuilt cabin staterooms in "Athenia".
- New rooms with private bath on the "Athenia" following similar improvements made in the "Letitia"

These improved and increased facilities, plus a famous cuisine, personal service and entertainment, represent an outstanding value in ocean travel.

Note these Low Rates  
Cabin from \$132. Tourist \$118. Third \$91.

Weekly sailings from Montreal to Belfast, Liverpool and Glasgow in conjunction with the Canada White Star Liners "Andania" and "Astonia".

Letitia Athenia

**DONALDSON**

Atlantic Line

Cor. Bay and Wellington Streets—(21. 2871) Toronto  
but the man to see is your local Travel Agent.