

New Silhouette "Hourglass" Type

New Styles Make Corsets A Must — Exercises Trim The Contours

NEW YORK. — Most women who go in for the new "hourglass" silhouette that makes the hips "spring out" and pinches in the waist, will have to wear corsets. That's going to make a lot of women pretty uncomfortable, especially if they've been wearing girdles that have been holding the hips to a minimum and have shoved excess fat into the "spare tire" area.

Contour artists, in fact, long have recognized the need of exercise to overcome that spare tire waistline. And they have devised exercises meant to pull the ribs away from the hips — and make way for the slender waistline most young women naturally have.

Here are some of those exercises: First, there's that old-timer, the "airplane." Stand as tall as possible, stretch your arms sideways, at shoulder height, palms down. Now bend over and touch your right toes with your left hand, then touch your left toes with your right hand. The secret of this exercise is in the stretch. You must stretch from the waistline.

Second: Lie on your back, arms stretched above you, your whole body tightened to the floor. Now swing both your arms and your legs to the right — so your body looks like a half-moon.

Third: Stand with your feet apart. Clasp your hands together over your head. Now swing your arms in a circle around your head. Bend as far as you can in every direction. After you've done this 10 times or so reverse and swing your arms in the other direction.

THE ART OF USING PERFUME



... is illustrated by Joan Fontaine, avoid using perfume on clothes. For the ear with the bottle stopper for a fresh note.

Braids Are Worn By Small Girls

Bangs Are Definitely Out — Long Hair For Youngsters Favored

You personally may not approve of artificial waves for little girls. Your straight-haired youngest daughter, however, may be marked for life if she resents the compliments paid her big sister's curls. You may like bangs, but an expert in a department store which specializes in children's fashions says they're out.

Much as one personally disapproves of keeping up with the Joneses, it's just as well to know that the urge to conform with the neighbors, or their young, is very important to children. Long hair, with adorable braids, is being also worn and certainly no adult charmer can ever hope to compete with a very small girl when her hair is plinned up on top with curly tendrils gracing the nape of her neck.

For children, as for adults, the secret of beautiful hair is brushing, brushing. It is, of course, most desirable to teach a little girl to do this for herself.

Dye Your White Shoes At Home

Now that the holidays are over, probably your children have some white or light-colored shoes that are a bit shabby about the uppers, but plenty of wear is left in the soles. Make a strong solution of permanganate of potash, stain the shoes with it, allow to dry and then stain again. Polish with brown shoe polish and those discarded summer shoes will look like a brand-new pair of dark brown ones.

Industrial employment in Canada continued to show improvement at the beginning of August, when 11,843 firms reported 1,444,685 persons at work. At the beginning of August last year 10,829 firms reported an aggregate payroll of 1,073,302 workers.

FOR UNIFORM RESULTS

USE ROYAL! ROYAL YEAST CAKES

ITS AIRTIGHT WRAPPER KEEPS IT PURE, FULL-STRENGTH

OUT of the NIGHT

BY MARION WHITE Copyright, 1937, NEA Service, Inc.

CAST OF CHARACTERS
PRISCILLA PIERCE — heroine, young woman attorney.
AMY KERR—Cilly's roommate and murderer's victim.
JIM KERRIGAN—Cilly's fiance.
HARRY HUTCHINS — Amy's strange visitor.
SERGEANT DOLAN—officer assigned to solve the murder of Amy Kerr.

Last week: Dolan checks up on Hutchins, finds he put in a call from his hotel at 12:20 on the very night of the murder. That was just before the time Amy was killed. Earlier Dolan finds Aunt Harriet of Interlaken has been dead for four years.

CHAPTER VIII
 Sergeant Dolan looked at the telephone number he had jotted down, the one which Harry Hutchins called the night before at 12:20.

"Buckminster 11434. That's in Brooklyn. Not your number, by any chance?"

Cilly shook her head. "The Buckminster exchange is in Flatbush," she reminded him. She had an idea whose number it was.

Dolan dialed "information." He inquired the name of the party at Buckminster 11434 and wrote the name down in his little book.

"Party named A. G. Harmon," he remarked to Cilly.

It was as she had thought, Harry had hurried home to call Gloria Harmon. She was glad that she had made it quite definite that Amy was not in love with him.

The sergeant was busy dialing another number. He waited a minute or two for an answer.

"Hello," he said finally. "Buckminster 11434 This is Sergeant Dolan, special police investigator. There's been an accident and we're checking all angles. Can you tell me if Mr. Hutchins called your number last night? He did? . . . Thanks very much."

He put up the phone and leaned back in the chair, well pleased with himself.

"Well," he remarked, "that takes care of Mr. Hutchins. He phoned Miss Gloria Harmon a little after twelve. She was expecting his call. Say, who are these Harmones of Flatbush? They sport a butler to answer the phone."

"Miss Harmon's father established a group of chain stores," Cilly answered. "The Harmony Shops. Harry was very friendly with them."

"Harmony Shops, eh? Sure I do know them. Your friend Harry steps in high society . . . old Harmon must have left a couple of million."

Personal effects
 Sergeant Dolan stood up. He looked toward the bed room. Cilly stood up too, and watched him nervously. "He's going to look around," she thought. "He'll find the postcard under my pillow. He will surely find it."

But he didn't go into the bedroom. To Cilly he said:

"I wonder if the young lady left any personal information . . . any letters, or example Or an address book. Might find some relatives or friends in that whom you 'on't know about."

Cilly went over to the bureau. "Amy kept her things all in here," she offered. "I'll look through it."

She opened the right drawer.

"Who kept score?" he asked in a careless tone.
 "Harry Hutchins. Why?"
 "Cheated his opponents out of two hundred. Should be 1440 here instead of 1240." He grinned.

Even as Cilly considered the pettiness of Harry Hutchins, she marvelled at Sergeant Dolan's quickness in catching the error. Nothing would escape the man. Not the slightest thing.

The bridge-table had been set up against the divan, with three smaller chairs at the other sides. Amy had been sitting on the divan. Dolan pulled the table out. He then picked up one of the cushions from the divan.

"Who sat here?" he asked.
 "Amy sat there. She and I were partners. I sat over here."

Dolan reached down and picked something up, something which had been tucked under the cushion.

"She did, eh? What's this little note? More cheating?"

It was just a scrap of paper torn from the score-pad. Probably the top sheet with some old scores on it. Cilly thought, which they had neglected to remove.

Then she saw that it was nothing so casual to Sergeant Dolan. He frowned darkly as he read it. He looked at Cilly sharply as he held the note out to her.

"Who wrote this?" he demanded.
 Cilly read it. As she did so, the color left her face. She felt as if she had been struck a surprising blow. Her knees trembled. A sudden nausea overcame her. The hastily scribbled words on the paper said: "Meet me up on the roof after we break up here." And they had definitely, undeniably been written by Jim Kerrigan.

"Who wrote it?" Sergeant Dolan repeated.
 He looked at the scorepad again, as Cilly hesitated.

"It wasn't Hutchins because this is his writing here. So it must have been the other young man. Your friend Kerrigan. Isn't that so, Miss Pierce?"

"It would seem so," Cilly admitted weakly. She sat down in a big chair. Her legs refused to support her any longer. She was frightened — wildly frightened.

"So that's it!" Sergeant Dolan went on brutally. "Mr. Kerrigan was up on the roof with the young lady. Now the question is, what were they doing up there? Was it a friendly visit — or did they have a quarrel? Doesn't look so good does it, Miss Pierce?"

Cilly did not answer.
 "You're quite sure," Sergeant Dolan asked, "that last night was the first time Kerrigan and Miss Kerr met? Sure they didn't know each other before?"

"I'm sure they didn't," Cilly replied. Yet even as the words left her lips, she remembered the sudden light that had dawned in the eyes of Amy Kerr when she met Jim . . .

(To Be Continued)

With the Coming Of Apple Weather

Cloudless and blue the night's warm hours drift
 With never breeze of strength
 enough to lift
 A single orchard leaf or stir the wonder
 Of moonlight on the apples ripening under.

An owl is hooting somewhere in the hills
 His eyes are troubled by the glow that fills
 Pine-shadowed pastures and the cool brook hollows.
 He makes a farther flight; no echo follows.

A cowbell tinkles once. The moonlight flows
 Mellow and deep among the haycock rows.
 The farmyards sleep, with now and then the sound
 Of taut green apples going to the ground.

—Charles Malan.

Helping A Girl Across The Street

There's no need to grab your girl by the arm and shove her across the street.

Helping a girl across the street still is done in the politest circles. But there are good ways and bad ways to do it.

To begin with, it's best for you to let the girl slip her hand through the crook of your elbow. That puts you in the position of leading—not following—her. But if she hesitates to take the cue, you may slip your hand under her elbow—a signal for her to bend it so you can help her.

There's one thing she shouldn't do—and that is ignore your signal.

"Tell her to make it easy for us, won't you?" pleads one Manhattan beau. "A man feels awfully foolish when he tries to help a girl—and she simply lets her arm dangle like a piece of dead flesh."

"Ask her to bend her elbow—so we won't have to grab her by the arm."

"It is time that we got together and compared notes on what we think about democracy and how it can be made to work."—Lord Eustace Percy.

Table Talks

By SADIE B. CHAMBERS

THANKSGIVING DINNER

Thanksgiving again. Even the cynics should find much for which to be thankful. With anxiety and sadness in our hearts we should be thankful for the freedom to give thanks, for our homes and for a Country and Empire determined to stand for freedom for all. Let us be truly thankful.

Here is your Thanksgiving dinner with an attempt at economy in your festivity:

- Roast Chicken
- Tomato Juice Cocktail
- Mushroom Dressing
- Riced Potatoes
- Baked Vegetable Marrow
- Giblet Gravy
- Salad—Half ripe raw pears filled with cottage cheese served with boiled dressing topped with grated carrot.
- Dessert—Pumpkin Pie

- Grapes
- Coffee
- Mushroom Dressing
- Pumpkin Pie

- 1 can of mushroom soup
- 1 egg
- 1 cup bread crumbs
- 2 tablespoons celery (chopped)
- 2 tablespoons butter (melted)
- 2 tablespoons parsley (chopped)
- ¼ teaspoon salt
- ¼ teaspoon sage
- 1 teaspoon grated onion.

- Heat mushroom soup. Add the milk, remove from heat. Add the beaten egg, breadcrumbs and other ingredients, lastly the seasonings. Mix all lightly together.

- Baked Vegetable Marrow**
 Prepare marrow peeling, removing seeds, then cut into cubes. Place in baking dish in alternate layers with marrow; then bread crumbs, and butter the top layer. Have the bread crumbs and butter sprinkled with a little grated cheese. The baking requires from 30 to 40 minutes in a moderate oven. Be sure to grease the pan or casserole well, leaving a little butter in the bottom.

- Scald the milk, add the egg and sugar, then the pumpkin and spices; last of all the nuts, mixing thoroughly. Pour into lined pie plate. Bake in hot oven for ten or 15 minutes, then decrease heat (if possible) to moderate oven. If not an oven in which heat can be changed, put in moderate oven and bake for one-half hour. When cool add whipped cream to top and sprinkle with extra chopped nuts.

- Pastry 9 inch pie (Flaky Pastry)
- Filling:
- 2 cups mashed pumpkin
- 1 cup brown sugar
- ½ teaspoon mace
- ½ teaspoon cinnamon
- teaspoon allspice
- 1 cup whipped cream
- 3 tablespoons melted butter.
- 3 eggs well beaten
- 2 cups whole milk scalded
- ¼ cup chopped pecans
- 1 tablespoon extra chopped pecans

- Scald the milk, add the egg and sugar, then the pumpkin and spices; last of all the nuts, mixing thoroughly. Pour into lined pie plate. Bake in hot oven for ten or 15 minutes, then decrease heat (if possible) to moderate oven. If not an oven in which heat can be changed, put in moderate oven and bake for one-half hour. When cool add whipped cream to top and sprinkle with extra chopped nuts.

Laura Wheeler Offers You Towels That Are Different



KITCHEN TOWELS

Do the dishes in black, the flowers and cloth in gay colors and you'll have a set of towels that will brighten your kitchen. They make a welcome gift. Pattern 2301 contains a transfer pattern of 6 motifs averaging 5½ x 10 inches; illustrations of stitches; materials required. 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.

Queen Anne Was Allergic To Roses

Queen Anne is said to have suffered much inconvenience from roses. The fragrance of these flowers, so grateful and comfortable to most people, was so objectionable to her that she banished all blooms of the species from her palace.

The odor of the rose inevitably caused her a bad attack of biliousness.

One of the kings of France also had an antipathy of this sort, for the odor of a rose would cause him to be seized with violent attacks of vertigo.

It was thought that this was merely an affectation and some of the courtiers introduced roses into his Majesty's apartment without his knowledge. The King nearly fainted away before he had seen the flowers.

"The good is always beautiful, the beautiful is good!" —Whittier

Stormy Days Seen In Newest Shades

Colors In Winter Fashion News Are Dark Gray, Mist Blue and Sea-storm Greens

NEW YORK.—War in Europe seems to have cast its shadows before in the colors that make up the winter fashion news.

Storm grays, thick-mist blues, sea-storm greens and exceedingly dark grays "winter blues" are among them. They are newest looking of the 1940 shades which smart women will wear. The grayish cast of many of the browns

and greens likewise give them a restrained and subdued look.

Vivid Hues To Contrast
 Crowding black, which is widely used, is a whole fleet of new near black colors — purplish "black tulip," ruby-black, sapphire black, and emerald-black—so dark they are close to that sable hue. They are used in rich fabrics for evening wear.

In contrast to all these sober hues is a vivid Revolutionary red (inspired by the 150th anniversary of the French Revolution and used to spike black) and a gay Robin Hood red worn with a dark forest green. Added to the list of reds, which are important, are dark dahlia, beetroot, brownish and violet-tinted tones. Mauve, pink, and bois-de-rose are also in the list. Mustard yellow and gold are novelty hues.

IT'S ACTUALLY SO MUCH BRIGHTER

COLEMAN LAMPS

Thanksgiving Day Ancient Ceremony

The Custom of Thanksgiving Is As Old as Recorded History — Moses Celebrated It

"Three times thou shalt keep a feast unto Me in the year. Thou shalt keep the feast of unleavened bread: (seven days) . . . And the feast of harvest, the first fruits of thy labours, which thou hast sown in the field; and the feast of ingathering, which is in the end of the year, when thou hast gathered in thy labours out of the field." Exodus Chapter 23, verses 14-16.

Thus was Moses commanded to appoint and proclaim the days of thanksgiving among the ancient Israelites. The custom of Thanksgiving is as old as recorded history.

Indians Gave Thanks
 The aboriginal inhabitants of North America, like the Israelites of old, did not confine their public thanksgiving for bounteous crops within the limits of one day. While the Israelites observed three obligatory festivals, the Indians of North America held many public ceremonies in connection with the fruits of the earth.

Besides the main thanksgiving in the late fall or early winter, there were ceremonies of gratitude for the rising of the maple sap, the ripening of fruits and berries, and for the planting and reaping of corn, culminating in the one general grateful appeal to the Almighty. The Huron and Iroquoian nations had at least six major thanksgiving ceremonies throughout the year — seven days when the corn was planted; seven days when the corn was harvested and the great mid-winter festival of general thanksgiving, and the earlier maple sap and the strawberry festival.

White Man Continued It
 With the coming of the white man to Canada, the unbroken chain of thanksgiving was continued by the early French colonists according to Christian observance and principles. In later years, with the increase of the population and the Confederation of the provinces, the Dominion parliament set aside a certain day in each year for the thanksgiving festival of the people of Canada. This year the date is the 9th of October.

Gold and Nickel Accrue
 98% of Value — Year's Production Reached \$300,000 to \$116,811

Mineral production in the first six months of 1937 showed an increase of more than \$7,000,000 from the first six months of 1936, when the total value of production was \$116,811,000. The increase was due to a rise in the price of nickel from 1936 to 1937.

Top's Peak Year
 The value of metals rose \$7,400,000 to \$143,000,000, 6.3 per cent. Non-metallicals improved their position, amounting to \$5,834,335, while the value of minerals and clay products were estimated as improving 10 per cent. over 1936.

Gold mining and the nickel group, accounting for 75 per cent. of the total value, showed steady growth while the silver-cobalt sector showed a decline. A decline in the price of silver, which came later in the year, curtailed the output of from this old field.

How To Treat A Pet Rabbit

This is what an expert has to say on the subject of pet rabbits. Rabbits are very fond of and easy to care for. They are clean, docile, and make excellent pets.

Always nibbling. Have a dish of fresh water the butch where the rabbits easily reach it. It is true they considerable moisture from green food they eat, but they need to have fresh water at times. See that the hutch is clean.

Never lift a grown rabbit by ears. The ears are very sensitive and it is a mistake when the does not hurt the animal to be lifted in this way. A baby rabbit should be supported when it is handled. It is cruel to lift a grown rabbit by its ears, just as it is cruel to lift a grown cat by back of its neck.

The depression is responsible for an increasing death among victims of acute appendicitis according to two Cleveland doctors.

Buyers Are Not Wise Like

Salesman In West Tradeable Customers With Plane-Covered Article

Scores of Saskatchewan pilots are waiting for a persuasive travelling salesman who passed through the province recently, selling an ordinary new fly-killing device. With a smile he explained it worked. Covered with lint paper the article hung in the house of four days, he explained, chemicals it contained create fumes deadly to flies.

Flies Stay Healthy. Those who bought the device hung them in their houses, waited. Four days went by, the flies still buzzed about, deadly contraption unharmed. Oblivious to the deadly device, many of the customers sent their packages, to see if wrong with the "chemicals."

Inside the cellulose paper a plain block of wood.

New Record Made By Ontario

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Minister Of Peace

In a major Cabinet reshuffle Ottawa Hon. Ian Mackenzie has replaced his portfolio of Minister of Defence to become Minister of Pensions and National Health.

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Issue No. 40 — '39

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