

Happy Marriage: 9 Rules For It

Myrna Loy, Movie Actress, Herself A Successful Wife, Suggests Pointers

In a recent interview Myrna Loy, red-haired screen siren, herself successfully married, gives a little advice to other wives:

"When I first married, four years ago, I mentioned nine points to be happily married and stay happily married. They were:

1. Maintain your good appearance.
2. Study cooking.
3. Don't be too certain of him—let him be of you.
4. Never baffle over money.
5. If he smokes, have plenty of ashtrays.
6. Keep abreast with current affairs.
7. Don't make dates for him without consulting him first.
8. Don't ring him up at the office unless necessary.
9. Above all, don't nag.

"I still stand by those nine points.

"A good appearance, naturally, doesn't mean spending all your housekeeping allowance on Schiaparelli clothes, or doing your best to outshine Mrs. Smith. It is quite possible to be well dressed on a modest income, with just a little thought and style, and care."

GIVE YOURSELF A MANICURE



Following the removal of old polish, the nails should be cleaned in warm, soapy water with medium stiff nail brush. This picture is posed by Virginia Grey, Metro-Goldwyn-Mayer actress.

Pointers For The Hostess

Give Guests Chance To Shine; Don't Try To Dazzle Them

A woman who shines in the role of hostess says that she had to learn to entertain after she was married just as she had to learn to cook. Her advice will be valuable to brides.

Here are the things she has now found important:

To plan her parties carefully, even to the point of anticipating "bitches."

Never to overbid her hand. That is, not plan anything, from food to entertainment, so elaborate as to get her into a state of the jitter.

To make her parties distinctly her own. (She decided long ago to build her parties around "good talk.")

To keep out of her eyes the far-away look that means the hostess is thinking of the party instead of the guest to whom she is supposed to be listening.

To make each guest feel she is tickled to death to see him. That now that he is present, things can really start.

Not to be neglectful of her guests' comfort in her determination not to fuss over them.

To give her guests a chance to shine instead of trying to dazzle them.

To let her husband appear to be giving the party just as much as she, instead of treating him like an overlooked guest.

And to arrange things so that she really does have some time to enjoy the people she asked to her house, presumably because she finds them company pleasant.

Too Much Candy Bad For Children

Dr. John J. Torres, health department dentist of Tampa, believes that excessive sale of sweets in school lunchrooms is one of the principal causes of tooth decay in children.

He has recommended to school authorities that the sale of candy in school lunchrooms be curtailed or eliminated altogether.

"It is unfortunate that with but a few exceptions, the lunch rooms in the schools throughout the country have a great assortment of sweets," he said. "Too often have we seen the children buying 10 or 15 cents worth of candy for their lunch."

"It DOES taste good in a pipe!"

HANDY SEAL-TIGHT POUCH - 15¢
1/2-LB. "LOK-TOP" TIN - 60¢
also packed in Pocket Tins

Picobac
GROWN IN SUNNY SOUTHERN ONTARIO

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 fiancé.
HARRY HUTCHINS — Amy's strange visitor.
SERGEANT DOLAN — officer assigned to solve the murder of Amy Kerr.

Last week: The web of circumstantial evidence tightens around Kerrigan when Dolan points out a call down to headquarters, a madman hidden afterward in Cilly's apartment until the confusion died down!

CHAPTER X

"We're not holding anybody as yet," Sergeant Dolan told Cilly as he and Martin were leaving. "I'm telling you, and I'm telling everyone else in the house, to be on hand for a call down to headquarters. I will be honest with you, Miss Pierce, the one I'm most interested in is your friend Kerrigan. I'd like to know the reason he asked that girl up on the roof with him. When I find that out... well, we'll be seeing you."

As soon as they were gone, Cilly went back into the living room and looked into the Cloisonne vase and looked into the newspaper clipping. She took it into the kitchen and held it over the flame on the gas stove until it disappeared into a fragment of black ash. Then she took Jim's postcard from underneath her pillow and did the same thing with that. The words on the card danced before her eyes as the flames spread around them. "Taking the first plane I can make, Love, Jim."

The hot gas flame scorched her fingers, but she held on until the card was nothing more than a mystifying memory.

She breathed a great deal easier when both tasks had been done. It was 11:30 by the banjo clock in the living room when Cilly was ready to leave the apartment. Only

Ask for

EDWARDSBURG CROWN BRAND PURE CORN SYRUP

The CANADA STARCH COMPANY Limited

7 OUT OF 8 CANADIAN HOUSEWIVES WHO USE DRY YEAST—USE ROYAL BECAUSE IT'S ALWAYS DEPENDABLE

ROYAL YEAST CAKES

It was after one o'clock when Cilly left the funeral parlors. And each time a shoulder brushed hers in the crowded streets, she started so violently that her own pounding heart-beats threatened to choke her.

She was in no mood to put her mind on the work at the office that awaited her. She would have to turn the Harvey brief over to someone else. It was a disappointment, not to be able to finish it herself; Mr. Crowell had given it to her especially.

Under the circumstances, however, there was nothing else to do. Tomorrow she would have to be out for Amy's funeral. And during the next few days, there would inevitably be many more conferences with Sergeant Dolan, or summons from him to appear at police headquarters. It would be much better if she forgot the Harvey brief, and adjusted her work at the office so that it would not require any immediate attention on her part.

As she entered the Cannon Building, she was surprised to see Harvey Ames directly ahead of her. He stopped at the news-stand to buy a paper; Cilly noticed that it was the early afternoon edition. She wondered if any news of the death of Amy had appeared as yet.

Mr. Ames turned toward the elevators and saw her.

"Hello, Miss Pierce," he greeted pleasantly. "Where's my worthy

It's Knitted All In One Piece—This Easy Laura Wheeler Set



KNITTED CHAIR SET PATTERN 2208

A simple stitch made on two needles results in this lovely chair set that's just straight ahead knitting. Pattern 2208 contains directions for making set; illustrations of it and of stitches; photograph of pattern stitch; 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.

TALKS

By SADIE B. CHAMBERS

A CHEESE CHAT

As cooler days arrive there is something homey and appetizing about these dishes. Then, too, cheese is one of the high protein foods and should hold an important part in weekly menus. There are two forms of cheese—the soft and hard. Cheese made from skim milk is the hard; the soft type is made from milk and cream. The composition of cheese is one-third protein, one-third fat and one-third water. A gentle heat melts cheese and makes it easier to digest. Intense heat makes cheese tough and difficult of digestion. A little soda is sometimes added to milk and water used in cooking the cheese, which renders it more soluble and easier of digestion. Whilst cheese is very nutritious, it is wise not to feed it to children. It is best kept in a cool place and not tightly covered. Wrapping in waxed paper or cellophane it will keep several days. If it becomes hard and dry, grate and keep covered until ready for use. It may be added to soups (sprinkling on top before serving) or added to any of the starchy foods. A soft crumbly cheese is always best for cooking. I hope these recipes of old favorites will help simplify your menu problems.

WELSH RAREBIT

1/2 lb. cheese (grated digestion.)
1/2 or 1 teaspoon mustard
1/2 teaspoon salt
Cayenne
2 teaspoons butter
3/4 cup milk
1 egg
Dry Toast

Place cheese in double boiler or chafing dish, sprinkle over mixed seasonings. Add butter in pieces, then add the milk. When cheese is melted, stir in well-beaten eggs, cook for a moment. Serve on toast or on salt wafers.

COTTAGE CHEESE

Heat sour milk or buttermilk until the whey is quite clear; drain

secretary keeping herself today?" Evidently Sergeant Dolan hadn't seen him yet.

"You haven't heard?" Cilly asked hesitantly.

"Heard what?"

"Amy was killed last night, Mr. Ames."

"What?"

"She fell from the roof of our apartment house." Let the police, she decided, tell him that it was a murder.

A Man Stricken

Mr. Ames gasped. He stared at Cilly open-mouthed.

"You don't mean—she wasn't—that girl?" His words were jerky, nervous.

"What girl, Mr. Ames?"

"That girl—in Brooklyn, St. Ann's Avenue?"

Cilly nodded. She was not prepared for the manner in which Harvey Ames took the news of the death of Amy Kerr. That he would be surprised, or even a little stunned, she well expected. But he acted like a man suddenly stricken.

His face blanched, he leaned up against the wall as if to support himself. His dark eyes bulged. His collar choked him; he slipped one long finger underneath to loosen it. Harvey Ames was more than surprised at the death of his secretary. He was terrified.

"How did you know, Mr. Ames?" Cilly asked him.

"How did I know?" he repeated stupidly. "Why, I saw it in the pa-

per. In this morning's paper, of course."

That was a lie, and Cilly knew it. There had been nothing about Amy's death in the morning papers. They were already printed and on the news-stands by midnight. If Mr. Ames had not been so surprisingly shaken, then he would have realized that, at the very earliest, he in the afternoon edition of the evening papers. And that edition Harvey Ames was holding in his hand. He had not opened it yet.

(To Be Continued)

Christian Science Thanksgiving Day

Christian Science churches the world over hold Thanksgiving Day services, and the one held in First Church of Christ, Scientist, Toronto, is typical of them all.

The service opened with the congregation singing the hymn "This is the day the Lord hath made."

The Thanksgiving Proclamation by the Governor-General of Canada was then read by Mr. John Carleton, the First Reader.

The Scriptural selection was from Psalms and was read by the First Reader. After the Spiritual selection the congregation united in silent prayer which was followed by the audible repetition of the Lord's Prayer with its spiritual interpretation from the Christian Science textbook, "Science and Health with Key to the Scriptures" by Mary Baker Eddy.

The Lesson-Sermon for Thanksgiving Day given in the Christian Science Quarterly and read in all Christian Science churches in Canada and many other parts of the world followed the second hymn. The subject of this Lesson-Sermon was "Thanksgiving" and had for the Golden Text: "Rejoice evermore. Pray without ceasing. In every thing give thanks: for this is the will of God in Christ Jesus concerning you." (1 Thessalonians 5: 16-18).

Sweater Blouse Beautifies Suit

Simple High Neckline Is Background for Elaborate Jewelry

The perfect basic blouse for fall suits is introduced in the form of a new sweater blouse with simple high untrimmed neckline on which may be worn wide necklaces or elaborate costume clips. Casual and informal, they may gain beauty and formality for dressier suits.

Sleeve Interest, Too

Tailored blouses with the new "bishop sleeves," are popular in all the dark fall colors.

New fitted cocktail and dinner blouses are shown in luscious metal and woven silks. Shirrings and darts give them the feminine softness popular this season, and high necklines make these, too, perfect backgrounds for jewels. Sleeves may have the new Gibson Girl top, or may be simple and sleek fitting.

Wool Shortage Held Up

Major-General A. G. L. Ton, former chief of Canada's militia, has been by Ottawa to command-in-chief's first overseas duty.

Textile Man Says 50 Cent. of Present Canadian Suitable forms

There will be enough cloth for some time, but the man informed Star last week that about 25 per cent of 500 pounds of wool now in the hands of Co-operative Wool Co. other big dealers can be military uniforms.

It was added that prices of fall and winter because manufacturers out cloth on orders in April and May, based on the wool they had. Some are even taking up next spring based on supply of wool.

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A FLASHING SMILE



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

WRIGLEY'S SPEARMINT CHEWING GUM

AFTER EVERY MEAL

GET SOME TODAY!

Cotton Wool Sandwiches

Jean Agnes Galloway, six, of West Hampstead, England, died last week from pneumonia following an operation for the removal of a safety pin which she had accidentally swallowed.

Dr. Foster stated at the inquest that the child was given cotton wool sandwiches to eat in the hope that the pin point would be covered.

Death by misadventure was the verdict.

TAKES OFF GRIME WITHOUT SCOURING

NO need for hard rubbing and scrubbing when you use a solution of Gillett's Pure Flake Lye. It cuts right through grease, clears clogged drains, keeps out-houses sanitary and odorless, scours pots and pans, takes the hard work out of heavy cleaning. Keep a tin always handy.

FREE BOOKLET—The Gillett's Lye Booklet tells how this powerful cleaner dissolves clogged drains, keeps out-houses clean and odorless by destroying the contents of the closets. How it performs dozens of tasks. Send for the copy to Standard Brands Ltd., Fraser Ave. and Liberty Street, Toronto, Ont.



Never dissolve lye in hot water. The action of the lye itself heats the water.

Your Children's Eternal "Why?"

Wise Parents Feel Sensible Questions Demand a Reply

Gone are the days when a child's search for knowledge was met with a sharp "Curiosity killed the cat" or "You'll understand all when you are older."

Nowadays wise parents feel that sensible questions demand a reply giving sufficient information to be grasped by the young intelligence.

Admittedly one must build up knowledge step by step, but once the child has shown any desire to have his knowledge satisfied in a certain direction, he should be guided on to the path which will lead to full knowledge later and should never be headed off on to side-tracks.

But the problem of the "eternal why?" is a real one, as these questions often require carefully considered replies from parents.

WOW! BIG NEWS!

Coleman

Now Makes a New NON-PRESSURE LAMP

Now you can get real, brilliant, Coleman light in this new non-pressure lamp. It burns coal oil—5¢ per gal. Has wide variety of shades. Coleman's a real lamp with similar-type shades, which are only 5¢ a doz.

SEE YOUR DEALER or write to us for details

COLEMAN LAMP & STOVE CO., LTD.
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Toronto, Ont.

ARREST DISTRESSING HEAD COLDS

Nose running... eyes streaming... head aching... miserable! There's no sense in such sufferings! TRY MENTHOLATUM for RELIEF—at once! Its soothing vapors penetrate infected nasal areas—help mucus gathering. Treat that head cold NOW—with Mentholum—guaranteed to bring relief or money back.

At all drug stores—also in tubes 5¢.

MENTHOLATUM Gives COMFORT Daily

Issue No. 42 — '39

Nervousness Headache

Time, Rest and Aspirin Cure For St. Pierre, A

The commonest cause of headache is just plain stress. This conclusion is borne out by the report of the British Medical Association at Aberdeen. The conclusion was that stress causes headache, rather than physical distress causes listed various prospect of unwelcome side-effects of other pills, and mentions the fact that the nervous is to be described as a "like a cap pressing on the head, a steady pressure. In treatment the patient is not to waste money on pills—only the health is to be kept at ease—time and rest.

Low Cost Me And Good

They Can Be High Value and Well Through Inexpensive

Low cost... adventure. Study good buys, search out, take an imaginative, meals good cooks in the hood serve.

These special meals low in cost although not and interest: (1) chopped beef, mixed buttered beans, bread, apple sauce, (2) apple cream, (3) with onions, baked or slow, bread and butter loaf cake, (4) Stewed fried potatoes, chopped head and butter, steamed dining.

Commands First Division

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Albino Porcupine

An Albino porcupine eyes, a rarity in the animal kingdom, has been found near...

C. L. Patch, chief and herpetologist of the Museum at Ottawa, had seen only two Albinos in his experience, mounted at the museum.