

Domestic Job Held Serious

Women's Institutes of Canada Are Urged Not To Forget the Needs of Our Own Country

Canadian women have a serious job to do in war time — putting food supplies to the best use possible. Mrs. Alfred Watt, O.B.E., the president of the Associated Country Women of the World, said in a recent address at Ottawa of the Eastern Ontario Women's Institutes.

Mrs. Watt said she had been told that the best thing Canada could do was to make its war efforts supplementary to its normal economy.

Don't Forget Normal Responsibilities

The normal responsibilities and work of the institutes should not be submerged in wartime efforts, she urged. It was no act of patriotism to forget the needs of one's own country in eagerness to save civilization somewhere else.

GREY WOOL SUIT



No greater satisfaction is to be found in a woman's wardrobe than her suits and Norma Shearer chooses this classic two-piece in grey wool. The jacket has wide lapels, double-button fastening and tiny pockets with crescent flaps. The trousers rest on a white silk jersey. The skirt has circular fullness. Miss Shearer wears a vari-colored jeweled flower in her lapel.

Girl Athletes: Be Lady-like

Physical, Emotional and Character Strains Are Dangers to Women of Commercialized Sport

Substitution of lady-like grace in amateur play for the emphasis on sex in commercialized girls' athletics is demanded by two women recreation leaders.

"We want to make girls more attractive, more feminine," declared Miss Dora Dodge, director of the Worcester Girls' Club, at a forum conducted by the 24th United States recreation congress. "We prefer to see girls in archery, tennis and badminton costumes, rather than in flannel baseball suits with catch 'em and mask."

Deplored the practice of putting young girls in "skin-tight, red-satin" uniforms and of encouraging them to play "high-pressure," commercialized sport. Miss Ethel Bowers of New York declared in an interview that form of sport "might not harm a hard-boiled, husky factory girl."

Deplored "High-Pressure" Play "But," she added, "we feel—and I speak for hundreds of women all over the country—that that girl is an exceptional girl that can't be hurt by commercialized athletics, and that a recreation program should be substituted to encourage all girls and women to play for fun and for health."

Miss Bowers listed physical, emotional and character strain as among the "dangers" of commercialized feminine sport.

Debutante dinner dresses are wide-skirted, fitted bodice types, with tiny sleeves, halter necklines, fichu scarfs, in silver threaded rayon lace, rayon net, metal cloth and starched chiffon.



OUT of the NIGHT

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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: Harry Hutchins intimates that Amy had a past she wanted hidden. Cilly resents this but nevertheless decides to check further into Amy's life through letters, etc. she had left.

CHAPTER XII

Methodically and systematically Cilly went through Amy's effects. For the second time that day, she looked over the contents of the bureau.

In the lower drawer, Amy kept a fairly large box filled with odd bits of jewelry. There was a tocket—an old gold locket—which Cilly picked out particularly. It was the only article she did not remember seeing before. But that was not surprising. Nobody wore lockets this season. There was a tiny diamond ring on one side, on the other the initials "A.M.K." Cilly then slipped her thumb-nail between the two sections of gold and opened it. There were the usual sections for pictures which all old lockets contained. One was empty, in the other there was the picture of a very young man—an attractive young man, apparently in his late 30's.

Cilly looked more closely at the picture. Where had she seen that face before? It did not resemble Amy particularly. Amy was fair and golden, her features aquiline. This man was chubby, almost rotund, his eyes and hair were dark. It might have been a brother, or even her father; yet there was no definite family resemblance. Was this the man to whom Harry Hutchins referred? She doubted it, because she did not believe Harry's story about another man.

Next, she went through Amy's section of the desk. There were, as she had told Sergeant Dolan, nothing but a few unusual recipes—an elderberry chutney, a lemon custard pie, a chocolate frosting guaranteed to remain soft. There was initialed note-paper, but Cilly had never seen Amy write a letter. There were advertisements of fur coats; Amy had been saving up for a squirrel swaggar. No, it looked as

if Harry Hutchins' intimation just so much idle chatter, and Cilly put it out of her mind.

Dinner. That was something to be considered. She could not subsist indefinitely on black coffee. Tonight she had better eat something.

Cilly changed the black dress for a thin cotton wrap-around, and began her preparations for dinner.

One by one she broke four eggs into a mixing bowl.

Cooking, she realized suddenly, was a splendid tonic.

The monotonous, mechanical detail of it was soothing and restful. She whirled the egg-beater efficiently. It was easier to think now.

She tried to analyze the situation calmly.

Amy had kept a secret hidden in her heart... someone feared lest that secret become known. He had feared it so terribly that he was prepared to kill her to prevent it.

Whose secret was it? Surely Amy had no connection with the type of underworld racketeer who stoops to murder casually. In the few months she had been living in New York, where could she have come in contact with such a type? Not at the comparatively respectable residences... Not at the conservatively correct offices of Ames & Wakefield.

Yet there was Harvey Ames, Cilly reconsidered his startling reaction to the news of Amy's death. How could he have known of the tragic death of a girl in Brooklyn, when he lived in a Park Avenue apartment in Manhattan? Why had he deliberately lied about reading it in the morning paper?

If someone had said to him: "I live in Brooklyn, and last night a girl in the neighborhood was killed by a fall from the roof," that would have been commonplace. He would have said to Cilly then: "Yes, I heard that a girl was killed last night in Brooklyn." But he would not have lost his head and said: "I read it in the morning paper."

And what was there in the occurrence which had terrified him? Why did he lie?

Cilly poured a little milk into the eggs and continued beating.

Did Amy's secret, she wondered, concern Harvey Ames in some way and did he suspect that she was in danger of her life? That would account for his terror-stricken behavior on hearing the news. Yet he had not been surprised at the tragedy... he had been surprised to learn that the girl was Amy Kerr, his own secretary. If he had learned about the occurrence through some source other than the morning paper, as he had indicated, why had he not also learned who the girl was?

Cilly buttered the skillet and poured the egg mixture into it.

It all came back to the same starting point. What was the secret Amy was hiding? Discover that, and you would discover what people it concerned, and which ones would benefit by Amy's death. But Amy's lips were closed in death now, and who else was there to throw any light on the matter? None whom Cilly knew.

Cilly gathered the egg shells and put them into a brown paper bag and she scooped up some canteen seeds also. She picked up the brown paper bag and went out into the hallway.

Dr. Bernardo's Boys Are Enlisting Again

Since 1882, thousands of boys of Dr. Bernardo's Homes have left the Motherland for Canada and other parts of the Empire. These lads, who received their start in life through the homes, have made good in the overseas dominions.

In the dark days of 1914-1918 no less than 6,211 Bernardo boys enlisted in the Canadian Expeditionary Force; 531 of them did not return. "Canada in Flanders" records that one of these Bernardo lads was recommended for the V. C. before he died.

Once again they have heard the call of the Motherland, and many of them are enlisting to aid her in this dark hour, just as they did in 1914.

The management of the Homes, 538 Jarvis Street, Toronto, are particularly anxious to compile a complete honor roll of those who have enlisted for the present war, and shall be glad to have their names and regimental addresses.

A Good Pasture

The secret of a good pasture is: (1) Good soil fertility. (2) A mixture of grasses and clovers suitable to the soil type and district. (3) Good management, which means do not over-graze or under-graze. Mow weeds and tall unweaten grasses and harrow in June and October in order to spread droppings and encourage uniform grazing.

President Roosevelt Views Gift from King George VI



The Rev. Frank R. Wilson, LEFT, holds the handsome St. James version of the Bible presented to St. James Episcopal church, Hyde Park, N.Y., by Their Majesties King George and Queen Elizabeth, while President Franklin D. Roosevelt, who attended the special service at which the book was dedicated, casts his eyes upon it. The book was dedicated in memory of their majesties' worship at the Hyde Park church last June 11. The Rev. Mr. Wilson prayed that King George be given divine strength so "the may vanquish and overcome all his enemies."

The incinerator door was stuck. Ordinarily it opened out quite easily like a mail-box slot. You threw the refuse into the slot, from there it fell into the incinerator shaft. The shaft rose directly through the house, between apartments A and B on each floor, and emptied into a fiery pit in the basement where all refuse was burned. Cilly had never found the door stuck before.

She pulled at it firmly. It bulged a trifle. She could tell that something was caught in it. Something thrown from above, probably which had in some way landed on this side-chute. She tugged harder. And gradually the slot widened, and she could look inside and see what caused the sticking. She hoped it would not be garbage. No... it was a newspaper. An enormous pile of newspapers rather, and they had become wedge into the slot as they fell down the shaft. Why did someone have to throw such a bunch at one time? Anyone could realize that it would get stuck.

She tried to dislocate them, one at a time. Finally she managed to work most of the pack either down the shaft or out on the floor at her feet. She picked up her own brown paper bag and threw it down. And then she stooped to rather up the remaining sections of newspaper. As she did so, she glanced at one of the sheets. She stopped, clutching the paper in her hand.

It was headed: "Bluefields, Utah."

Quickly Cilly picked up all of the remaining sections and carried them into her own apartment.

So there was someone in the house who knew about Bluefields. Someone upstairs who had been keeping track of developments at that place through the out-of-town newspapers, but who refused to keep the paper in his apartment



By SADIE B. CHAMBERS

EGG RECIPES AND REMARKS

Eggs form a typical food, containing all the elements proportionately for the support of the body. No doubt the price of eggs will rise along with the prices of other foodstuffs due to war conditions and profiteering, but remember one way in which we may do our part in this war is to see that our families and ourselves have balanced diets. These cannot be properly balanced if we neglect the daily egg. We are told that nine eggs (total weight, one pound) is equivalent in nutritive value to a pound of beef steak. The highly concentrated nutritive value of eggs renders it necessary to use them in combination with other foods rich in starch.

Here are a few general rules about eggs, which are well to remember: Eggs are fresh, if rough and dull in appearance. They should be washed as soon as they are brought in from the store and kept in a cool place. The unbroken yolk of an egg may be kept from hardening by covering it with cold water. If not used in a couple of days, change the water.

Laura Wheeler Crocheted Master Piece In Simple Filet Crochet



THE LAST SUPPER PATTERN 2318

The subject of the Last Supper inspired many of the old masters. In this panel, the painting by Champaigne has been transposed into filet crochet. Use it in your home or for an art cloth. Pattern 2318 contains chart and directions for panel; illustration of it and 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.

Keep white of an egg covered in a cool place. For results, never cook eggs at a high temperature, for they will rebel. There is a wide and delightful variety of cooking eggs. Eggs need not always be boiled or scrambled for breakfast.

FOAMY OMELET

4 eggs (allow 1 egg for each adult).
1/4 teaspoon of salt and pepper.
1/4 tablespoon of butter
1 tablespoon of water for each egg.
Beat the yolks and whites of the eggs separately. Beat the yolks until creamy and add the salt and pepper and water. Beat the whites until dry; cut and fold into the first mixture. Butter sides and bottom of a skillet and turn in the mixture smooth, evenly. Cook slowly until well puffed up. With a thin silver knife, keep loosening the omelet from the pan. When the omelet is a delicate brown underneath, set in oven until it feels firm to the touch. The temperature of the oven should be medium. This can be varied by serving with a white sauce.

If you want something different add some mushrooms fresh, if possible, but canned will do, to the white sauce. Some grated cheese added to the white sauce also is a welcome addition for variety and palatability.

CREAMED EGGS AND MUSHROOMS

To serve six people. Have ready six hard cooked eggs. Slice the eggs or run them through the food chopper. To the eggs add 2 cups of cooked mushrooms. Make a white sauce of 2 cups of cream or rich milk, 2 tablespoons of cornstarch. If milk is used, add 1 tablespoon of butter. Add the egg and mushroom mixture and serve on slices of toast, the toast to be browned delicately and evenly.

SPANISH OMELET

4 eggs
4 tablespoons milk
1/2 teaspoon salt
1/2 teaspoon pepper
2 tablespoons butter
Beat eggs slightly, just enough to blend yolks and whites; add the milk and seasonings. Put butter in hot omelet pan and when melted and hot turn in the mixture. As it cooks, prick and pick up with a fork, until the whole is of a creamy consistency. When the omelet is an even brown on the bottom, fold and turn on hot platter, pouring tomato sauce (which has been ready and kept hot) around the edges.

TOMATO SAUCE

Cook two tablespoons of butter

Don't Suffer From HEAD COLD MISERY!

Who suffers a slight attack of head cold? Get Mentholatum. It's the only remedy that relieves you for aches, sore throat, croup, cough, cold, influenza, and all the ailments that come with it. It's the only remedy that relieves you for aches, sore throat, croup, cough, cold, influenza, and all the ailments that come with it.

MENTHOLATUM
Gives COMFORT Daily

Issue No. 44 — '39

BACKACHE, HEADACHE

HAMILTON, Ont. — Mrs. Earl Johnston of 150 1/2 Locke St. N. says: "I suffered from headaches and pains across my back and through my side periodically, and I was so weak and nervous. Dr. Pierce's Favorite Prescription helped to relieve me of those awful pains and headaches and to build me up so that I felt just fine." Dr. Pierce's Favorite Prescription is that of a famous physician, usually experienced in the treatment of women's peculiar ailments. It aids the nutrition so that you gain strength. It calms the nerves and lessens the discomforts of the menstrual period. Get Dr. Pierce's Favorite Prescription from your druggist today.

with one tablespoon of chopped onion until yellow. Add 1 1/2 cups of tomatoes and cook ten minutes; add a quarter teaspoon salt and a few grains of cayenne. To improve this tomato sauce, add a little chopped green pepper to the onion and butter when cooking. Or for a different flavor add a tablespoon of sliced mushrooms and one tablespoon of capers. But peppers, mushrooms and capers are all optional and tomato sauce may be used plain.

YOUR HOUSEHOLD PROBLEMS

Have you varied eaters in your family? Do you have trouble providing a tasty and interesting menu? Do your cakes fall? Then write, enclosing a stamped, self-addressed envelope to Miss Sadie B. Chambers, care of this paper, and she will endeavor to solve your problems.

Why You Prefer A Certain Color

Colors Have Meaning Emotionally

Each of us has a preference for some particular color, but not all of us know why. A slight knowledge of the meaning of color will help us analyze our likes and dislikes.

It is wise to consider the characteristic properties of individual colors before we proceed to change the color combinations in our own homes. Red, for instance, symbolizes vitality, energy, power. It is highly stimulating. Blue signifies tranquility. Psychologically its influence is quieting. Yellow symbolizes light, cheerfulness. Green does soothe, yet exhilarates.

Outside Closets KEPT CLEAN this EASY way

To banish offensive outdoor odors... just sprinkle half a tin of Gillett's Pure Flake Lye over contents of the closet—once a week. No need to remove the contents... Gillett's does it for you.

Gillett's Lye will save your time... save your energy in heavy cleaning. It scours dirty pots and pans... clears clogged drains... cuts through grease. Keep a tin handy.

FREE BOOKLET — The Gillett's Lye Booklet tells how this powerful cleaner clears clogged drains... keeps outdoor closets clean and odorless by destroying the contents of the closet... how it frees cots from Standard Brands Ltd., Fraser Ave. and Liberty Street, Toronto, Ont.

GILLETT'S LYE

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

Time To Buy Seed

Do Not Leave It To Agricultural Officers Ontario Farmer

In view of the price in Europe, it is felt that every effort should be made to produce more crop products. The Ontario Department of Agriculture is engaged in the purchase of seed, says J. D. Seeda and W. J. Seeda, Ontario Department of Agriculture.

Ontario farmers perform, that of an effort to produce more here than has been the past. It is important without increasing the cost of seed, and building up the seed and library of the Department of Agriculture and the Ontario Department of Agriculture.

Farmer are urged that they have their requirements on hand, and a sufficient stock for your own use. Do not let the important work wait. If you have not a suitable seed, you can get it as high as you can. While prices are rising, there is a good chance.

20 Geese Are Sent to

Shipment Goes From Miner in Kingsville, Jew

Jack Miner has shipped 20 geese to the United States. The geese were sent to the United States for the purpose of being used for food. The geese were sent to the United States for the purpose of being used for food.

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We Must Combat Menace of

Dr. Arthur Gibson, the eminent physician, says that the common brown or black mold still is regarded as a menace in the summer months. The mold is a menace because it is a menace to the health of the people. It is a menace because it is a menace to the health of the people.

It invades houses, stores, houses and markets, and destroys fabrics and goods, attacks all kinds of grains, meats, cruciferous vegetables, and in short, attacks the poultry, the eggs, and chickens. Extensive operations of buildings, engaged by its activities, spread disease, and it is a menace to the health of the people.

The monetary value of the damage done by mold is enormous. To prevent this damage, it is necessary to take steps to prevent mold. It is necessary to take steps to prevent mold.

Use Honey And Vary Your

All sorts of medicinal qualities have been claimed for honey, often without much fact. It is not especially taken in ordinary amounts, not any easier to digest than sugars. It is no better for the stomach than other sugars.

Honey should therefore be seen as a delicacy because of its taste and appearance, and it becomes possible by varying the diet and thus to the appetite. Unquestionably, appetite may frequently be varied by variations in the appearance of food.

Honey also contains other substances which give it the quality which comes to the table in small quantities of gums and quite small quantities of certain minerals like calcium and phosphorus.