

Caring For Your Skin In Winter

Dry Heat, Too Much Soap and Water Are Detrimental — Avoid Chapped Lips and Limbs

The glands of the skin do not function as actively in cold as in warm weather. Both dry heat in our homes and exposure in the cold outdoors may be detrimental to the skin in winter. The problem of caring for the skin in winter is quite different from that in summer.

In a recent issue of Hygiene, Dr. Eugene F. Traub emphasizes the fact that the customary bath taken with soap in the winter will dry the skin. Sealing and cracking will result. This is a warning sign that protective steps should be taken. All parts of the body do not chap with equal ease. The legs, arms, hands, face and trunk are parts most likely to be affected.

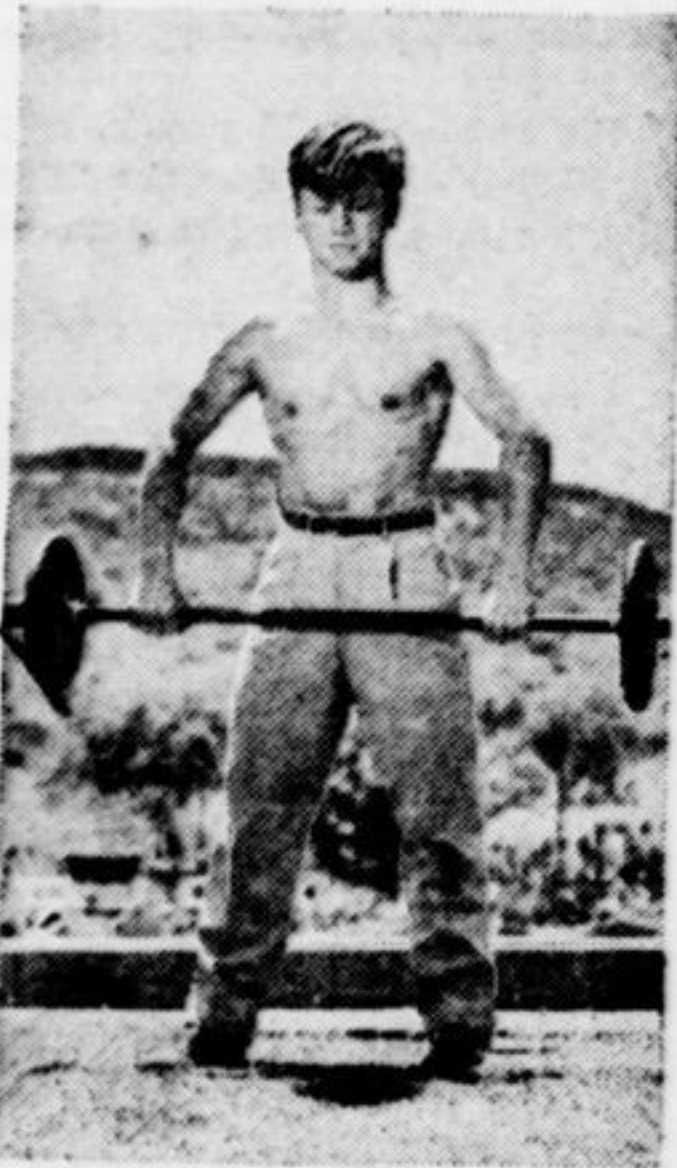
Artificial Lubrication

The use of soap and water on the skin removes the natural lubricant. It may be necessary, therefore, to provide artificial lubrication for the skin.

For chapped lips, it is important to avoid irritating mouth washes, soap, tobacco and chewing gum. Any oily preparation like cold cream, petroleum, or lanolin will serve to lubricate the skin until the chapping is healed.

If eczema occurs, the condition is certainly serious enough to demand medical attention.

Gentleman Farmer



Mickey Rooney recently purchased a large ranch and home in California's popular San Fernando valley, and is putting much of his own time into making it one of the valley's top ranches. Well built Mickey keeps in good shape and builds muscles by daily weight lifting exercises.

Doctors Approve Tea "Stimulation"

Montreal Physicians Announce Result of Study of Tea-Drinking

Two Montreal doctors have completed a study of the effects of tea drinking and they find that tea brewed a reasonable length of time is a perfectly harmless drink, producing "mild and pleasant stimulation."

The study was conducted by Dr. G. W. Halpenny and Dr. H. E. MacDermot and the results of the investigation are made known to other physicians through the medium of the Canadian Medical Association Journal.

Good, Brewed Five Minutes
The findings in brief are: "Good tea, brewed for five minutes, produces mild and pleasant stimulation, in no sense corresponding to the violent, unpleasant action of its main components, caffeine and tannin, when these are given separately or in combination."

"Strong tea, brewed 10 minutes, may produce some mild discomfort, but the addition of milk nullifies this."

Does Not Increase Acidity
"Cheap tea, weak, may suit some palates, and has no objectionable effects, but in strong infusion is apt to be unpleasant."

"The effects of tea on gastric acidity and peptic activity are slight and variable. Tea does not increase acidity. Tea does not seem to alter the basal metabolic rate."

Night

Night wears a cloak
Quiet as silence,
Deep as the sea,
Black as velvet wings would be,
Night knows the stars.
He measures out their light
And keeps them sharp and bright.
Night walks the world,
And where he goes
A wind of darkness blows.
Night sings a song
Melodious and deep... we sleep,
And as he sings... we sleep.
—Sara Van Alstyne Allen.

Quality Gives Flavour

"SALADA" TEA

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

Yesterday, Sergeant Dolan staggered Cilly when he revealed that out in Bluefields, Utah, Jim's father is serving 10 years in prison for theft.

CHAPTER XVI

Cilly grasped the arm of her chair; she leaned forward, her eyes dilated with horror.
"What did you say, sergeant?"
"You heard me, Miss Pierce. I said that Kerrigan's father—and incidentally his name isn't Kerrigan—is serving a 10-year sentence out in Bluefields, Utah, for the theft of \$50,000 worth of bank securities."

"I don't believe it!"
Sergeant Dolan's eyes softened. He felt a little sorry for the girl. It was obvious that her surprise was genuine. Pretty tough for her, to have her best friend killed by her sweetheart.
"I'm sorry, Miss Pierce," he said. "It's the truth. We've checked pretty thoroughly today with Bluefields."

"You've made a terrible mistake somewhere, Sergeant Dolan," Cilly persisted, her voice trembling. "You've been misled by that timetable in Amy's bag. Jim doesn't come from Utah—he's from Chicago."

"That's what he told you."
Cilly realized that Jim had never actually told her where he came from; she had merely assumed that Chicago was his native city. "It didn't matter where he came from..." she murmured absently. "Of course not. It was all right for him to lead you to believe that he came from Chicago. He probably considered the fact that his father was in jail reason enough to deceive you. You might not have liked him so well if he told you the truth."

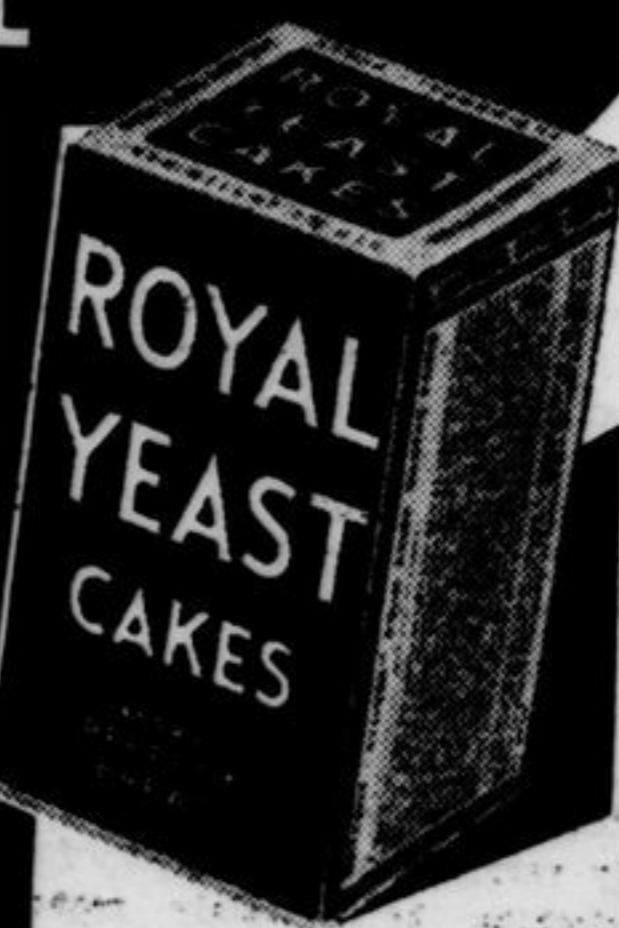
"I would have understood... but it's all so wrong. You've been checking on the wrong man. I'm sure you have, sergeant."

"No Matter What Happens"
She tried to make her words forceful, but she slumped back in her chair, a look of defeat in her eyes. It couldn't be true, it simply couldn't! Yet there was so much she didn't understand. Jim's hasty trip to Utah, for example. And his oft-repeated cry: "Oh, Cilly, if I could only marry you now! You'll wait for me, won't you? You'll believe in me, no matter what?"
Cilly sat up tall in her chair; she squared her shoulders. She did believe in Jim, no matter



MAKE BETTER BREAD WITH ROYAL

- FINER FLAVORED
- LIGHTER TEXTURED
- MORE DIGESTIBLE



Mend Damaged Home Articles

The Handy Woman Armed With Glue, Plaster and Patience Takes Care of Her Household "Invalids"

How many invalids have you at home? Probably dozens! Treasures damaged in accidents. That favorite vase in fragments. The chair with the broken leg. Don't mourn their sad state. Just mend them!

China, Furniture

Broken China — Clean all the pieces thoroughly. Be sure to get a good glue or cement. Carefully dry the broken pieces and select two that fit together. Apply a fine coating of glue to the edge of each, leave the glue to become nearly dry, and then press them firmly together. Let that first joint set completely before sticking the next in its place, and add pieces by pieces leaving each to set before doing the next.

Broken Furniture — Clean the wood thoroughly and warm it before applying the glue. Apply the glue thinly, and don't let it get too dry. While it is still tacky bring the broken pieces firmly together and bind them tightly with string, leaving them bound for a whole day. Needless to say, be sure exactly how they fit together before you stick them together!

With glue, plaster and patience, it is surprising how many treasures you can mend.

Penguin's Parade

A penguin is a funny bird. He cannot sing at all. I've heard. Although he has a great big bill. He does not warble, chirp, or trill. His wings will never carry him Above the ground, but he can swim.

And use a wing, much like an oar. To paddle him from shore to shore. When penguins walk, they always waddle.

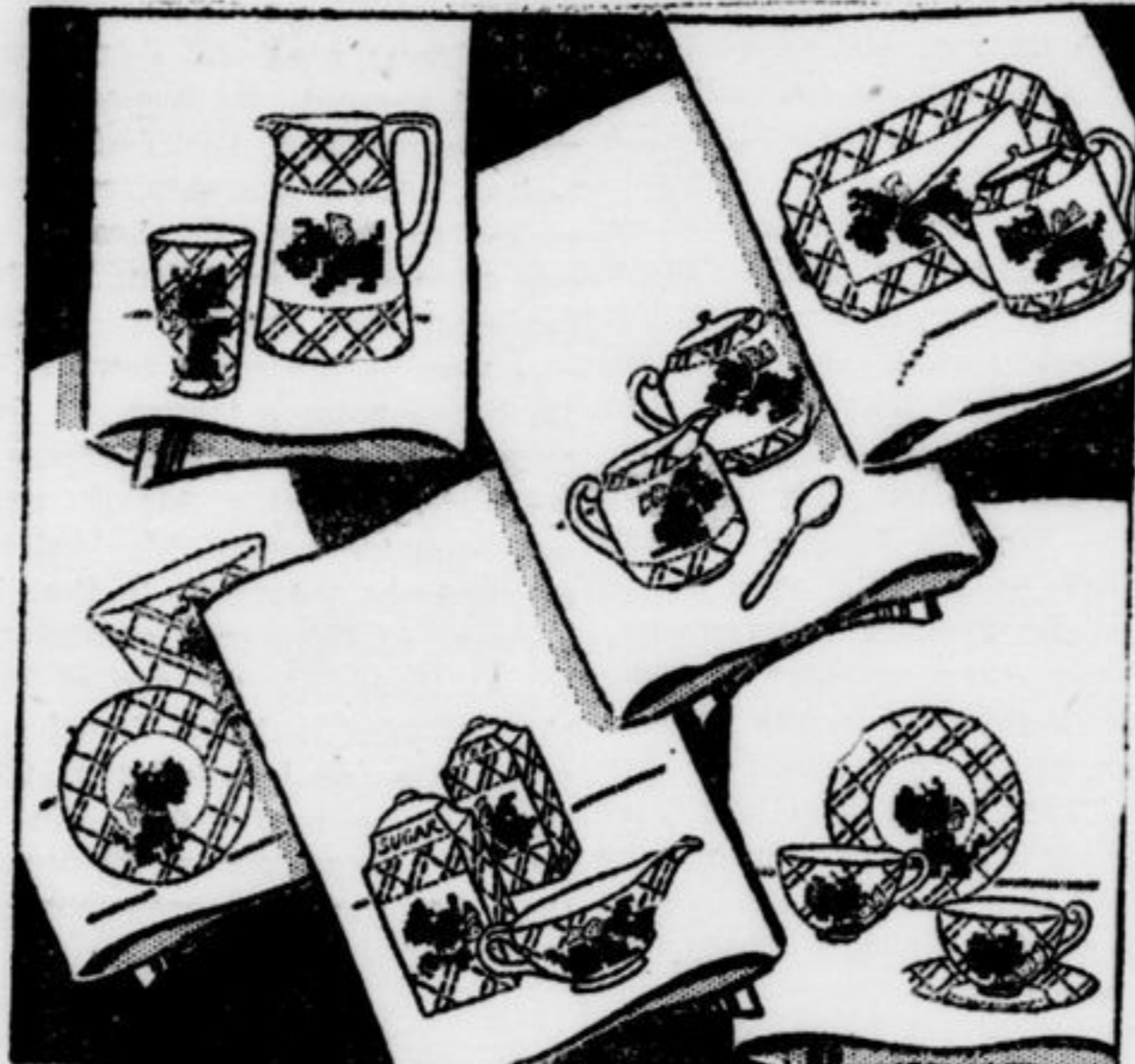
They look like midget men who toddle Across a stage, all neatly dressed in evening suit and formal vest. Why should they wear their party clothes In lands of storm and ice and snows?
—Rowena Bennett

One Bite From Pie Too Much For Thief

Police of Branford, Ont., last week were seeking a burglar who prefers cigarettes to pie. E. Bayley, of that city reported one morning that his home had been entered some time after midnight, the burglar cutting away the glass from a basement window and unfasting the catch.

A purse was stolen from the dining room. In the purse were \$11 in cash, a compact, a driver's license, and some receipts. A pie was removed from the refrigerator, but only one bite was missing. A large package of cigarettes also disappeared.

Laura Wheeler Scotties in Cross Stitch with Outline Stitch



KITCHEN TOWELS PATTERN 2055

Color and gaiety join to make these scottie towels an attractive addition to any kitchen. Make sets in different colors for Christmas gifts. Pattern 2055 contains a transfer pattern of 6 towels averaging 5 1/2 x 7 inches; illustrations of stitches; materials required; color schemes. 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.

depression and he was hit hard. Lost his home, I understand, and most of his stock holdings. What bothered him most, it seems, was that the future looked so dark for his son. Apparently he idolized the boy. At any rate, an opportunity came along to pick up \$30,000 in negotiable bank securities, and he took them. He was tried and convicted. They never found the securities, but shortly after the old man went to jail, young Kerr—or Kerrigan—disappeared. The police in Utah believe that he has the money, and they're still looking for him."

A Catch Somewhere

Cilly shook her head dully. "The story isn't true," she insisted. "There's a catch somewhere. Granted all you say is true—that this Mr. Kerr is Jim's father—it wouldn't be the Jim Kerrigan I know to run away and leave him. I'd never believe that!"

"He did, nevertheless. Oh, what's the use, Miss Pierce? I admire your loyalty to the fellow, but you've got to face the facts. And the fact is that he skipped with \$50,000 which his father stole."

"That may be a fact to you," Cilly said firmly. "We'll grant that this Allan Kerr did just that. But you haven't proved that Jim Kerrigan is Allan Kerr—not by any means."

"I may be wrong, Miss Pierce. But I don't think so. It all fits together too perfectly. Kerrigan knew Amy Kerr, or he wouldn't have asked her to meet him alone on the roof. You can understand that. If it were just a case of his meeting her for the first time and being attracted to her, there were a dozen ways he could have arranged to meet her again. It wasn't that. They knew each other. They were pretty close to each other."

The Father Identified
"Amy's parents, by the way, died some years ago. Aunt Harriet raised her. When the old lady died, Amy went west to live with her uncle and this young cousin. I guess Kerr—or Kerrigan—was mighty glad to see her. She was his only link with Bluefields, and he wanted to hear what had happened since his departure. It was a natural gesture for him to suggest a meeting up on the roof

where they could talk privately. What happened later may have been the madness of a moment. The young man, according to reports, has a pretty violent temper. He flew into rages at his father's trial—had to be removed bodily from the courtroom on more than one occasion.

"I'm convinced Kerrigan is young Kerr. Even the similarity in names is striking. He registered at his hotel as James A. Kerrigan. That's an easy change from James A. Kerr, isn't it?"

"A mere coincidence," Cilly said doggedly. "It doesn't prove that they are the same."
Dolan reached for the telephone. "Give me Higgins," he ordered. Then: "Say, Higgins, have you got those photographs yet—those Kerr pictures they were rushing from Utah? O. K. Send me down a proof, will you?"

Ten minutes later, he was handing them over the desk to Cilly. "Here are the pictures of James Allan Kerr and his son," he said. "Is this your Jim Kerrigan?"

Cilly held out a trembling hand for them. She stared at the picture of the younger man, and as she did so, her heart contracted. The picture in her hand was a perfect likeness of Jim Kerrigan! And the older man, his father, was the one whose photo Amy had carried in her locker!
(To Be Continued)



By SADIE B. CHAMBERS

THE SMALL CAKE IS TRUMP

The things I should like to write about for this approaching holiday season are legion. My column has not sufficient space to discuss with you suggestions for all your holiday cooking. However, the small cake has become a staple article in almost any stock of goodies and has become a social leader in this modern world with its lovely hospitality. This sweet little morsel can always appear with grace before the unexpected visitor. It is splendid with fruit, custard or frozen desserts, and will also fill the bill very well for an evening lunch preceded by the inevitable sandwich.

I am giving you my four favorites to help fill your cookie jar or the hidden box to be ready for the jolly times before and after the arrival of Santa Claus.

FRUIT MACAROONS

2 egg whites
2 1/2 teaspoon salt
2/3 cup fruit sugar
1/2 teaspoon almond extract
1 cup shredded coconut (very fine)
1/2 cup chopped filberts
3/4 cup candied cherries (chopped)
1/4 cup chopped dates chopped fine

Beat whites of eggs very stiff but not dry; add salt. Beat the sugar in very slowly, beating after each addition until very stiff. Add flavouring coconut, nuts and fruits. Drop with a teaspoon on a floured pan preferably dusted with cornstarch. Bake in slow oven (300° F.) until a light brown.

BUTTERSCOTCH DREAMS

1/3 cup butter
1 cup brown sugar
1 egg
3/4 cup flour
1/2 teaspoon salt
1 teaspoon baking powder
3/4 cup rolled pecans (or walnuts)
1 teaspoon vanilla
Melt butter. Mix in the brown sugar, cool to about lukewarm. Add egg, slightly beaten; mix thoroughly. Sift the required amount of flour, salt and baking powder; sift three times. Combine the mixtures well. Add nuts and vanilla. Grease pan (10x10) and bake in moderate oven (350°) about 15 minutes until browned nicely and drawing slightly away from side of pan. Cut in squares while still warm.

SHORT BREAD

1 cup butter
1/2 cup fruit sugar
2 cups flour
Cream butter until very light. Gradually blend in the sugar. Beat until very light and fluffy. Measure flour and sift three times. Turn mixture on a lightly floured board mixing in the flour (kneading) until the mixture cracks. Place in a pan (ungreased). Cut according to your preference, either in squares or with fancy cookie cutters, decorating the top with nuts or cherries. Red and green cherries help your color scheme for Christmas.

DREAM FINGERS

1/2 cup butter
1/2 cup sugar (white)
2 egg yolks
1 1/2 cups flour
2 egg whites
1/2 teaspoon salt
2 cups brown sugar
1 teaspoon vanilla
1 cup chopped pecans.
Cream butter thoroughly. Blend in sugar well. Beat egg yolks well and add to butter and sugar mixture. Sift measured flour twice and fold into mixture. For the second mixture beat egg whites stiff but not dry, adding the salt. Beat in the brown sugar gradually and beat well. Add vanilla and pecans. Grease and flour a shallow pan and press first mixture

into it firmly. Over this spread the second mixture (egg-white). Bake in slow oven (275°) for 60 minutes. Cut in fingers or squares while still warm.

YOUR HOUSEHOLD PROBLEMS

Have you fussy eaters in your family? Do you have a varied and interesting menu? Do your cakes fail? 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.

Send, Don't Take Child To Dentist

Solo Visits Work Out Much Better, Dentists Declare

The parent who takes his child to the dentist's office with the assurance "This dentist won't hurt you one little bit," is probably doing more to harm the dentist's approach to the child than the parent realizes.

Local dentists, said the Stratford Beacon-Herald agreed that parents would be well advised to let their children make solo visits to the dental office when those visits are necessary. The general feeling is that it's a lot easier to approach a child when he or she is alone than if there is a sympathizing parent in the background to listen to any outcry. The outcry probably would never come if the parent was not there to hear it.

Alone, Or With Friend
If a child realizes that he or she has to go to the dentist alone, then that child will back up and face the music without a bit of fuss.

If a friend accompanies the child instead of the parent the patient is a lot easier to handle. Dr. H. W. Baker said, "I find in one hundred per cent of the cases that if the child comes alone, or with a playmate, there is less likely to be a scene than if the parent comes along," he added.

Auburn, Ont., farmers sighted for days gone by when George Rutledge, celebrating his 96th birthday told of the price he once got for wheat—\$2.12 a bushel.

3 Simple Steps SPEED UP SAFE COLD RELIEF

Get this safest Fast Relief. Avoid long hours of painful discomfort

Follow Directions in Pictures



1. To quickly relieve colds, flu, headache, toothache, neuralgia, rheumatism, and other pains, Aspirin Tablets and drink a full glass of water. Repeat treatment in 2 hours.

2. For sore throat from cold, dissolve 3 Aspirin Tablets in a glass of water and gargle. Pain, soothes so fast. Pain soothes so fast. Pain soothes so fast.

3. Check temperature. If you have a fever, Aspirin Tablets in hot water will bring temperature down—so fast—so fast—so fast.

Quick-Acting "Aspirin" "takes hold" in minutes. Don't accept anything else in minutes. Follow the directions in the pictures above—the safe way millions use to relieve colds amazingly fast. It entirely avoids the dangers of taking strong drugs. So quickly does Aspirin act—both internally and as a gargle, you'll feel wonderful relief start often in a few minutes. Try this way. Doctors recommend Aspirin because even when taken frequently they know it does not harm the heart.

WARNING! Aspirin is always marked with this Bayer Cross **"ASPIRIN" DOES NOT HARM THE HEART**

ISSUE NO. 48—'39

British Food Supply Amp

For Whole Year—Ship Br More Wheat and Other Cereals

Great Britain does not have a ration in the present war, owing to government economic policies.

Secret purchases and other foodstuffs during the last period have been an asset. It was said, that even if, in the ships were unable to reach the nation could be fed for more than 12 months—reserves after another harvest was added in.

Britain's Own Harvest
The full extent of the wheat stocks has not been revealed in ports where wheat is stored in silos and granaries. It is known to exceed 100,000,000 bushels. This is 25 per cent higher than a year ago. Holdings of wheat flour are 10 per cent, barley, 10 per cent, and oats, 10 per cent.

In addition, there is a harvest of 20,000,000 bushels, which is more than the harvest of 1937-38.

Quantities of frozen wheat, large quantities of frozen wheat from Australia, New Zealand, Chile, Uruguay and the Argentine, stored in London, Manchester, Birmingham, Liverpool, Cardiff, Nottingham, apart from stocks which have been placed in reserve by leading manufacturers.

On British farms the total stock is greater than at any time in many years.

Will Voyage to Antarctica



The U.S.S. Bear, commanded by the U. S. Navy, is shown in a trial sail, using her 600-horsepower Diesel motors, as she steamed up before being formally accepted by the navy. The Bear is a 10,000-ton icebreaker, built at the U.S. Navy Yard, Groton, Conn.

Record Storage Fleet Carries Grain Cargoes

A record storage fleet is being used to hold grain cargoes at the lake ports this season, due to congestion in elevators. The week in November Port Wind and Port Arthur elevators are holding 76,728,889 bushels of wheat and 2,582,859 bushels of barley, well as 218,000 bushels of flaxseed and 714,182 bushels of rye.

Approximately 25 freighters have been engaged to load grain early this month and other to charter additional tonnage to prove futile. A majority of the vessels already under charter were lined up to load at upper lake ports to hold at Buffalo at six cents a bushel.

In lower lake ports, carriers are not ready to report for work and they've fulfilled one contract and Buffalo, Erie, Toledo, Cleveland harbors will house storage grain fleet and if weather becomes unfavorable some vessels may load grain and winter at the per lake ports.

Since American women entered the business world 100 years ago, occupations open to them have increased from seven to 70 that that number, Carrie Chapman Catt led the League of Business and Professional Women.