

### Tell Girls How To Lose Jobs

Talk Too Much, Argue, Be Hyper-Sensitive, Lackadaisical

How to lose a job: "Talk too much, argue, be sensitive to any and all slights, be lackadaisical, tell the boss why things can't be done, be late and waste time, never see anything through."

These were among some "life easy ways," listed by Clara Belle Thompson and Margaret Lukes Wise in "The Independent Woman."

"Getting a job," they said, "is the hardest. Keeping it is like marriage. You have to keep working it to make it a success."

Adaptability Needed: The greatest asset toward keeping a job is adaptability. How can you tell if you are not adaptable?

"Listen to yourself talk," said the article. "Here are some key words: 'I can't do this', 'I don't know', 'I'm just plain and old-fashioned', and they'll have to take me as I am."

"I never was one for... 'That's not in my department', 'I don't claim to know everything about the business, Mr. M... but nobody can say I don't know things'."

Make Yourself Alert: Further advice: "Make yourself alert. Make your voice sound glad. When the chief comes into your office, make your face look alive. If he gets a big order, make it a cause for rejoicing."

### CORNFLOWER BLUE CHIFFON



### Wedding Customs Frequently Odd

Bride-elect Has Trying Time in Some Countries

Prospective brides seem to have a very trying time of it in some parts of the world, judging from what Miss Dorothy M. Clarke, tells us in the British Family Herald.

In Corsica, for example, a bride-elect must keep her fiancé supplied every week during the engagement with the clean silk handkerchiefs. At dances they only dance with each other.

Unlucky To Return Home: On the Easter Monday following the betrothal she is taken outside, and "watered like a baby's baptism."

This begins early in the day, when small boys call at the house and throw water over the girl about to be married, rebuffing for their trumps a small coin, wine, and a colored egg.

Immediately they have gone the bridegroom appears with his sister-in-law, who "kisses her firmly" hold the maidens while they lounge about with a pair of water, once she has been, it is considered unlucky to enter her parents' home.

Among certain primitive tribes it is the custom to keep the bride's eyes closed until the wedding day. Her eyes are sealed on the wedding morning.

Don't Like Third Marriage: Certain Hindus believe that it is unlucky for a man to marry for the third time. When he wishes to do so, says the author, he is first wedded to a tree, so that the tree is really the fourth. During the ceremony the usual solemn vows are exchanged between the "bride" and groom; the usual bridal necklace is then worn; a bunch of flowers is then placed on the bride's head.

## Quality Counts Most "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.

Last week: Mrs. Downey testified that she heard a man running down the stairs right after the murder and then in tense, dramatic fashion she went on: "But that isn't all, sergeant; that isn't all!"

CHAPTER XXI: A breathless silence fell upon the room. Every eye was fastened upon Mrs. Downey; every ear awaited her disclosure. Cilly wondered if other hearts beat as furiously as her own. She moved her chair a little to the left in order not to be so directly behind the woman. She dread missing a word of her story.

"Yes, Mrs. Downey?" Sergeant Dolan urged.

"That isn't all I know, sergeant," Mrs. Downey repeated. She was sure of herself now; her words carried a ring of conviction. Lucille glared at her mother's back.

"This is what Lucille doesn't want me to tell you," Mrs. Downey went on, with maddening complacency.

"It was about 4 o'clock in the morning. I was so upset, I tell you, that I couldn't sleep much more that night. I kept hearing that poor girl's scream over and over again. Lucille was up, too, until after 2 o'clock, but I gave her one of my sleeping powders — she had to go to school in the morning — and she fell asleep."

"I stayed awake. I was afraid to take a powder myself for fear something else might happen. I hid the faintest feeling, sergeant. I kept thinking if I fell asleep that I might walk in my sleep and fall out the window just as that poor girl had fallen. I tell you, I'll never forget it."

She gasped for breath. Eleven tense individuals hung on her words. The suspense could almost be felt. Mrs. Downey was enjoying her moment in the limelight.

Sergeant Dolan tapped impatiently on the desk with his pencil.

A Low Voice in the Hall: "I guess, I must have been about 4 o'clock," she went on. "I know I looked at the clock at 20 minutes to 4, and this was some time after that. I was out in the kitchen getting a drink of water, and the water is always colder there than in the bathroom — and I heard the door of the next apartment — that's 4-B — slightly opening. I always tell you I don't recall the door opening a little."

"What I thought it was a faint sound," Mrs. Downey continued. "Even if she were sick or something, the drugstore would be closed. I was a little worried about her. Living there all alone like she does, I know how frightened she must have been. Just like the rest of us, I tell you. If I didn't have Lucille, I wouldn't have stayed in that apartment since that night. No, sir, I'd rather have slept in the subway. So I thought if Mrs. Wheeler were awake, she might just as well come in and see the state of the night with us and sleep on the couch. I went to the drugstore to tell her so."

"And then, just as I was about to unlock the door, I heard a low voice in the hall. It was only a very faint whisper, but it was a man's voice — you know how loud a man usually whispers. So I just opened that little door a crack to see if the man was really coming out of Mrs. Wheeler's. He was, all right. I could see him plain as day, with the hall light shining right in his face. He was still whispering. I told you, sergeant, everything will be all right. He's nobody."

Sergeant Dolan straightened, his head bowed in a nod.

"You're sure you heard that Mrs. Downey? You're sure those were the exact words?"

"I saw his face plain as day," Mrs. Downey pressed her lips together positively. "I'm absolutely certain, sergeant. He said just what I told you. I didn't just speak up out of a sound sleep like I do sometimes. I didn't wake up in a panic, and I saw that man plain as day, and I heard those exact words. Everything will be all right, Helen," he says, "nobody suspect... I tell you, I wish I

### Daily Care, And Correct Diet For Good Teeth

Rules For Teeth Hygiene For Children Are Simple

Rules for teeth hygiene for children are simple; use the brush, go to the dentist every three months, keep the food still as hard as possible, and make sure the diet contains plenty of lime salts and Vitamin D.

A small teaspoon of cod-liver oil daily will supply the vitamins needed and will promote beautiful teeth and develop the sound bone structure your child needs.

Cod Liver Oil Helps: The daily diet sheet for a child of seven years recommended by a Nutrition Committee is as follows:

The protective foods are milk, eggs, meat, fish, liver or cheese, green leafy vegetables, 3 1/2 oz. potato (and other root vegetables), cod liver oil, fruit or vegetables (as a source of vitamin C).

The supplementary energy-yielding foods are: Fat (butter if possible) cereals (calculated as bread).

### To Make Knitted Gloves Fit Better

In order to make hand-knitted gloves and mittens fit well at the wrist, the following method is worth trying. After knitting the wrist, change on to needles two sizes finer and knit one or two inches before beginning to increase for the thumb. In this way a close-fitting wrist is obtained without altering the number of stitches.

### A TOWN DRESS



Ann Rutherford's town dress is of crinkly grey crepe, accented with brown and fish pink. The one-piece dress, designed by Dolly Tree for the actress, has wide bands of pink and brown velvet tying at the waist with a pink jabot of mousseline de soie at the neckline. Her felt tricorn lies under her curls with matching velvet bands which end in bows of pink and brown as crown trim. Suede gloves in pink with brown open heel and toe pumps complete the ensemble.

### Be A Pedestrian Of Some Caution

Everybody Ought to Obey The Ten Rules If They Would Stay Out of Accidents

For pedestrians certain rules have been developed which everyone ought to obey:

1. The safe walker does not step out carelessly from behind parked cars or obstructions.
2. He does not try to weave his way through traffic.
3. He crosses streets at right angles.
4. He does not get in getting on and off vehicles in traffic.
5. He looks left and right when crossing a street.
6. He obeys traffic signals.
7. He holds his conferences on sidewalks, not in the middle of the streets.
8. Children do not play with on the streets.
9. The pedestrian walks toward traffic, not with it, on open highways.
10. He uses particular precautions when walking at night.

NERVOUS RESTLESS WOMEN: Lydia E. Pinkham's Vegetable Compound helps calm jumpy nerves due to female functional disorder. Made especially for women. Try it!

### Record for Twins Set In Vancouver

Coast Woman Has Had Four Consecutive Sets Boy-Girl Babies — Medical Phenomenon

A medical phenomenon was disclosed at Vancouver early in December when it became known that Mrs. Jack Dye, 32, gave birth this autumn to her fourth consecutive set of twins.

All the twins, born in a period of five years, are alive and well. Dr. R. Elder, who attended Mrs. Dye when her fourth set of twins was born August 31 last, said, "I can find no other case in Canada of such a record as Mrs. Dye has established."

All Normal Children: Mr. and Mrs. Dye came to Canada from Yorkshire, England, where they were married. They said that there is no history of twins being born to ancestors on either side.

Each pair of twins is composed of a boy and a girl. In each case the girl was born first. In each case doctors held little hope, the boy would live but all gained strength rapidly and soon were normal children.

Exceedingly Rare Case: The newest arrivals are Edna and Edward. Frances and Frank are now a year and five months old; John and Joan two years and five months, and the next oldest are Donald and Dorothy.

Dr. Elder said he has found no record of a similar phenomenon. He said, "There are about one set of twins to every 100 births, but consecutive girl-boy twin births are exceedingly rare."

### Fashion Flashes

Scarf hats are Paris' latest interest. Not snoods, though these new ones are an outgrowth of the snood. These scarfs which are waist-length ends of draped turbans, or crowns of brimmed hats (Schiaparelli does the latter), are meant to warm the throat and ears, or to keep coiffures in order.

Small black-and-white checked smooth woolsens, the classic shepherd checks that women love to wear, are a revival to check seriously for spring.

Raglan shoulders of natural proportions, for resort and country wear, are another manifestation of the casual side of life in new coat styles.

A fine black wool frock has the lower part of the bodice and sleeves covered with gold sequins and crystal drops, leaving the yoke plain.

Hooded fashions are good in daytime and evening dresses, and approved also on gowns of the dinner-at-home — we-may-go-out-later type.

The bell-shaped cape in fur adds another Victorian fashion to this season's list of charming feminine styles.

### Quints Using Typewriters

They Are Learning to Run Specially Constructed Machines With French Keyboard

The Dionne quintts already have served notice that they intend to be "career girls."

Every day the five sisters, now in their sixth year have a workout on five specially constructed typewriters given them by James Rand, United States industrialist.

Write Letters To Parents: The typewriters have a keyboard for French, complete with accents, and in addition have signs for the multiplication, addition, subtraction and division.

The five youngsters are gaining daily in proficiency. They write letters to Papa and Mama Dionne, Dr. Allan Roy, Judge, their physician-guardian, Dr. J. A. Vallin, member of the board of guardians and others.

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By SADIE E. CHAMBERS

### "LET'S GO ORIENTAL"

After the holiday season we all feel sort of "fed up" on holiday menus and yet do not feel as if we wish to go back to routine. For those who are of this opinion I offer my recipes for Chop Suey and Chow Mein. I hope you will find these menus appetizing for your own or for party suppers.

If any of you are interested in new ideas for church suppers the Chinese supper serving Chop Suey is a novelty menu, which is always very popular. If any of you wish some suggestions on this I should be happy to give them to you if you write me your details.

### CHOP SUEY

The basic ingredients of this Oriental dish are onions, celery, and the different Chinese sauces which now can be purchased at almost any grocery store. The onions and celery should be fried in peanut or olive oil, or butter will do. Chop Suey should always be served with rice. You may add chicken, pork beef in strips or shrimps, lobsters or oysters. For the finest flavor an addition of sliced water chestnuts, bamboo shoots, mushrooms or almonds toasted will satisfy any palate.

### CHINESE CHOP SUEY

2 cups diced raw chicken  
2 cups fried pork  
1 large onion  
1 cup celery  
1 cup mushrooms  
2 cups bamboo sprouts  
1 cup water chestnuts  
3 cups water  
2 tablespoons Soy bean sauce  
Cook chicken and pork in frying pan until slightly brown. Add the vegetables, cut in thin slices (lengthwise), the water, and soy bean sauce. Cook until tender. I serve with rice and Soy Bean sauce. Time for cooking 2 hours. Serves eight.

### CHOW MEIN

Prepare egg noodle dough according to your own recipe. Cut in thin strips and fry in deep fat, as you would doughnuts and remove when crisp.

Cut a small pork chop and fry with 1/2 cup chopped onion until partly brown. Add Soy Bean sauce and thicken as gravy. Pour over noodles, when hot. Garnish the top with shreds of white meat of chicken and cold ham cut in tooth pick lengths. Pepper steak is made by cooked green peppers instead of celery and beef steak instead of the chicken and in combination used for Chop Suey, also adding mushrooms and water chestnuts.

For a dessert for any of these menus, individual pies made of mince-meat, apple or pumpkin is usually used. For the beverage members the correct cups, not forgetting the chop sticks, all help to make these suppers a complete success.

### CHICKEN CROQUETTES

This recipe seems to fit in between the holiday festivities and your Chop Suey and as it has been requested I give it here.

1 cup well seasoned cooked fowl. Use as seasoning salt, pepper, celery salt, cayenne and onion juice—a little lemon added

### TALKS

gives quite a distinctive flavor. Moisten with white sauce and cool. Parboil 1 pint of oysters; drain and cover each oyster with chicken mixture. Dip in rolled cracker crumbs and egg; fry in deep fat and drain.

1 1/2 tablespoons butter, 3 tablespoons flour and gradually one-third cup of oyster liquor and two tablespoons cream. Season with salt and cayenne.

### READERS, WRITE IN!

Miss Chambers welcomes personal letters from interested readers. She is pleased to receive suggestions on topics for her column, and is even ready to listen to your "pet peeves." Requests for recipes or special menus are in order. Address your letters to "Miss Sadie E. Chambers, 73 West Adelaide Street, Toronto."

### Dates Are Good Value As Food

The food value of dates should not be overlooked in these unappetizing days. Like prunes and figs, the date is a concentrated food, and there is comparatively little waste after the stone has been accounted for. Ordinary dates contain little moisture—only about 20 per cent and sometimes less. Fully two-thirds and even as much as three-quarters of the date by weight consist of pure food material, the great bulk of it being fruit sugar. Anything from 45 per cent to 50 per cent of the date consists of pure sugar, which is easily digested and assimilated by the blood and quickly yields energy in the form of warmth and muscular activity. Another good point in favor of dates is the fact that they contain more than a trace of protein, or building material. There are also present various salts as well as vitamins.

### Follow Daily Beauty Routine

Among the beauty routines of which a well-known actress approves are: Ice water rinses to close the pores after soap and water cleansing; applying face powder lavishly, letting it set, then whisking off the excess with a soft brush using rubbing alcohol on shoulders and arms after a bath; whenever possible, washing her face and neck with soap and water during the day as well as at night and morning.



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