

Spring Shoes Feature Color

Footwear Designers Are Concentrating on Heels — With Startling Results

A preview last week in Chicago of spring styles in footwear indicated that the heels will get the attention in the Easter Parade, for shoe designers have concentrated on heels with interesting — and startling — results.

There are new variations of wedge heels, platform heels, double platform heels, heels extra high and almost no heels. Also there are heels that lace up in back, in corset fashion.

There were but few shoe styles with heels entirely open. Toes, however, are still exposed, but more modestly. For late spring and summer there will be many patterns with perforations.

Red, White and Blue
Black will be the leading spring color. Next will be a deep navy, dubbed blue jacket. Other colors include beige, some gray, moss green, rust and lots of red. Very striking will be combinations of red, white and blue.

Many toes will be squared. Moroccan effects will be good. The leader will probably be the "slip-on" style, close fitting at the instep. Sandals will go places in the evening. Play shoes will be made in a variety of fabrics, including seersucker.

Lastly, prices were reported to be from five to 10 per cent higher.

A NEW CREATION



A Highland derivation is this black felt cap worn jauntily to the right, with front rosette of chartreuse velvet and black grosgrain streamers. Designed by Howard Hodge and worn by Virginia Bruce, Metro-Goldwyn-Mayer player.

Many Hours' Sleep Needed By Child

Unbroken Rest Is A Great Builder — Tiny Infant Requires 20 Hours

A great deal is being said and written about sleep these days, because rest — unbroken sleep — is a great builder in children and a great restorer of energy in adults. The fact that infants sleep nearly all the time is Nature's method of preserving the energy for growth and development. The kicking and squirming of infants for the short time they are awake seems to give them all the exercise they need.

Scale of Required Sleep
Just how long should children sleep? The Ontario Department of Health in one of their series for mental clinics gives these figures:
Birth to 6 months — 18 to 20 hrs.
6 months to 1 year — 15 hours.
1 year to 2 years — 12 hours.
2 years to 4 years — 10 1/2 hrs.
4 years to 6 years — 10 hrs.
6 years to 8 years — 9 1/2 hrs.
8 years to 10 years — 9 hrs.
Regarding the first two years of life, the most important rule in developing healthy sleeping habits is to leave the child alone.
As children grow older, a definite hour for going to bed is advisable and he should go to bed the same hour every night. This is habit-building.

War May Abolish Corsets and Corsets

London Museum Keeper Predicts Disappearance of "Frills" in Wartime

Corsets and corsets will disappear if the war goes on for another year or two, James Laver, assistant keeper of the Victoria and Albert Museum (London, England) prophesies.

"Women have always thrown their corsets away and cut their hair in wartime," Mr. Laver said. "We shall probably see three fashion ghosts of the last war come back: beige (the ghost of khaki), the cloche (ghost of the steel helmet) and the tubular costume (ghost of the field gun). He also predicts that bad manners (the "ghost of the sergeant-major's bel-lows") will be coming back as well.

A Delicious Blend

"SALADA" GREEN 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.

CHAPTER XXIV
Cilly looked around her living room curiously. It was exactly as she had left it that morning, yet there was some subtle difference. Then she saw it. The copy of "The Last Puritan" on her end table. The book had a blue outside front cover and red of the living room cover, which clashed with the green and red of the living room. It was a silly thing to do, but she always turned the book upside down, so that the yellow back cover showed. Yellow blends much more harmoniously with green and red. Someone had been in this apartment and picked up that book. Someone who had been very careful. The book was in exactly the same position she had left it, but it had been turned right side up. Probably not another person in a hundred would have noticed the change. It was just that Cilly had a sixth sense of color, much more intense than the average.

She stepped back toward the foyer, a little nervous at first, and then flooded the kitchen with light. And then she walked to the bedroom, lighting the way before her. Nobody was in the apartment now, that was certain. But somebody had been there. She was sure of it. Somebody had searched the place very thoroughly. She could tell it now, the way boxes in her bureau had been shifted just a trifle, and where a lamp was turned a fraction to the right. Insignificant details, all of them. She would never have realized it if it weren't for the blue and yellow book.

She recalled the pleasant way Sergeant Dolan had ended the interview that morning.
"See here, Miss Pierce," he had said, "you've been worrying too much about this case. You need a little relaxation. So do I, for that matter." Tell you what, I am going to take you over to the St. George for lunch and then you're going to a movie."

Quite unsuspecting
So that was it. How nicely he had put it over! Quite unsuspecting, and not a little pleased to have company at lunch, she had agreed to his plan. She had spent three hours at the theatre (Sergeant Dolan had left her there alone because he had some important work) while the police very thoroughly and very painstakingly had searched her apartment.

She smiled, nevertheless. The sergeant hadn't gained anything through his pleasant little ruse. There was nothing here for him to discover now. She congratulated herself on having brushed Jim's postcard and the newspaper clipping Amy had clutched.
The front doorbell rang at that moment and Cilly went to answer it, wondering who could be calling on such an afternoon. It was Harry Hutchins.

"Hello, Priscilla!" he beamed, brightly. "Thought it was such a

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Telephone Voice Said Revealing

It Betrays Your True Character

The Bell Telephone Company recently conducted a contest to find the operator with the nicest voice technique. Has it ever occurred to you to give any thought to your own telephone voice and what it conveys to the listener at the other end of the wire? asks a letter to the Montreal Star.

There is the voice whose "Hello" says "Oh, D — the telephone for interrupting me!" It is annoyed, turned down at the corners, short and grumpy. You wish you hadn't called the person who owns it and you will not do it again unless you just have to.

There is the "sorry-for-itself" voice and you know you caught the owner in a fit of selfpity which may even be chronic. After you've talked a minute it begins to perk up as long as you do not ask it "How are you feeling?" when it goes back to its former whining, dragging tones.

Full of Human Sympathy
There is a doctor I have occasion to call now and then and his voice is always the same: "If you hadn't been in trouble you would not have called me and whatever it is keep your shirt on, it may not be as bad as you think" — always calm, patient, soothing and never exasperated. Its owner is full of human sympathy and understanding and used to dealing with all types of people. It takes practice to get a voice like that.

There is the voice which stings out "hello" as though it hadn't a care in the world and hopes you are the same.
There is the "in a hurry" voice of the owner, who was just going out or in the midst of a dozen things. It is quick and decisive and tells you to state your business, as quickly and concisely as possible because it hasn't time to gossip or soliloquize but will give polite attention to anything of importance.

There is the voice which is saying one thing and thinking another — it doesn't ring true. It is just making an excuse.
"Oh, yes! Your telephone tells a great deal more by its tones than by what it says — it tells the kind of person you are."

TALKS

By SADIE B. CHAMBERS

DRESS UP YOUR VEGETABLES

Several conversations to which I have been a party recently have given me the thought, that at this time of year everyone is looking for a change in vegetables. All vegetables from the store room which were carefully brought in from the garden in the Autumn, have had their turn; the canned vegetables have been partly consumed, so a change is the order of the day. If you have developed this mood, give your vegetables a new attire and be ready for the applause of your family.

BAKED CAULIFLOWER WITH CHEESE SAUCE

1 head of cauliflower
1 1/2 cups cream sauce mixed with 1/2 cup grated cheese
1 cup buttered bread crumbs
Salt and pepper to taste.
Wash cauliflower, separate into florets. Soak in salt water 1/2 hour. Drain. Cook in boiling water for 15 minutes. Place alternate layers of cauliflower and buttered crumbs in casserole; pour the cream sauce and cheese over the cauliflower. Sprinkle the remainder of buttered crumbs on the top, as well as a sprinkle of grated cheese. Heat for 20 minutes in a moderate oven.

SCALLOPED TOMATOES

Butter a baking dish; in the bottom place a layer of buttered breadcrumbs. Have ready the canned tomatoes, the number being served governing the quantity. Add a little lemon juice and sugar to tomatoes, then place in prepared casserole. Place on the top a layer of buttered breadcrumbs and grated cheese. Bake in a slow oven for 15 minutes.

TURNPUP FLUFF

Boil or steam the turnip in the usual way, then mash. Add to the amount, (which would be a serving for four): 2 tablespoons of

ADD CHARM TO LINENS WITH LAURA WHEELER STITCHERY AND CROCHET



HOUSEHOLD LINENS PATTERN 2424
This rose design in cross stitch with tiny crocheted edge makes luxurious sheets, pillow cases, towels and scarfs. Pattern 2424 contains a transfer pattern of a 6 1/2 x 21 inch, two 6 1/2 x 13 1/2 inch and eight 2 1/4 x 2 1/4 inch motifs; directions for crochet; ill. 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.

Cilly stood up. "I'm not in the least interested in your thoughts about anything," she said haughtily. "Neither do I intend to sit here and listen to your malicious gossip concerning the two people in the world who meant most to me. Now if you will be so kind as to excuse me..."

"I'm very sorry, Priscilla," he offered graciously.
She turned her back on him and walked over to the window, waiting for him to go. He stepped out into the tiny foyer and picked up his hat and umbrella. At the same moment, the outside front doorbell rang. Cilly made a move to answer it.

A Sultor Rejected
"Don't bother!" Hutchins told her. "I believe that's the taxi for me. I ordered a cab, thinking you might join me."

He crossed the foyer and pressed the front door buzzer.
"Well, good evening, Priscilla," he said in parting, "Sorry about all this."
"Goodby," Cilly corrected icily. She stood there for a moment after he had left, her brows knit together in puzzled consideration. Suddenly her eyes gleamed with a bright eagerness; she went swiftly into the bedroom and began to rummage through her lower bureau drawer.
(To Be Continued)

melted butter, 1/4 cup brown sugar, 1 egg (beating the yellow and white separately). First add the butter and sugar, then egg yolk, beaten well, and lastly add the white, also well beaten. Place in a well buttered baking dish, adding buttered bread crumbs to the top. Cook in a moderate oven for 15 minutes.

LIMA BEANS AU GRATIN

4 cups cooked dried lima beans
1 1/2 cups white sauce (medium)
1 cup grated cheese
1 cup buttered crumbs
1/2 teaspoon salt (or more to taste)

Arrange beans, sauce and cheese in alternate layers in baking dish. Cover the top with crumbs and bake in moderate oven for 20 minutes.

WAX BEAN SALAD

2 cups canned waxed beans cut in strips
2 teaspoons finely chopped onion

1/4 teaspoon salt
one eighth teaspoon pepper
Dash of paprika.
Combine beans and onion, salt and pepper. Marinate with enough salad dressing to cover. Allow to stand in refrigerator or cold place for one hour. Drain. Serve on crisp lettuce leaves, sprinkled with paprika. If served with ripe olives or tiny bits of celery filled with cheese, it gives a very appetizing finished touch and is a splendid protein concoction, high in calories, for those who consider these points carefully in preparing the daily menu.

A FEW HINTS IN COOKING VEGETABLES

Always use boiling water if boiling or steaming vegetables. Add salt and pepper when the vegetable is almost cooked, never in the beginning.
Always cook the strong-flavored vegetables in a large amount of water and the mild ones in a small amount. Always save the water from the latter for soup or cream sauce.
When convenient, steam vegetables rather than boil. This retains all the food value.

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 B. Chambers, 73 West Adelaide Street, Toronto."

To Lure Back A Stray Mate

Here Are Ten Rules Cited By A Well-Known Psychologist — Solve Your "Triangle Trouble"

Following "Ten Commandments" for winning back a straying mate, are used by Dr. S. L. Katzoff, marital expert, in solving "eternal triangle" cases in Hollywood:

1. Pretend to know nothing of the infatuation or new love affair.
2. Do not criticize or condemn the mate.
3. Take an inventory of your own emotional assets and liabilities.
4. Begin to do the things one has neglected to do and shun things which should have been left undone or unsaid.
5. Try to remember that the greatest mischief maker is the human tongue.
6. Begin a campaign of undermining a man's resistance by being unusually kind and attentive.
7. Give him merited praise, more than ever before. (Feed him mostly through his ears.)
8. Compete with your competitor in every way — in dress, praise, attention, interest and service.
9. Remember that a mate worth having is worth working for, fighting for and being patient with. Keep on visualizing the goal — that of winning him, and do everything in your power to accomplish that aim. Give particular attention to: tactfulness, praise, and making him feel important.

Start On Rug In Room Plan

With the correct rug for a start, the building up of the room is interestingly illustrated in professionally decorated rooms now on display in New York. From a wide variety of weaves and colors either the decorator chooses the rug which exactly fits his scheme or given a rug beautiful and important enough, he creates a setting for it.

FOR WOMEN ONLY!

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Modern Cooking Kills Vitamins

Toronto Physicians Hear Expert Denounce Present-day Culinary Methods

Under present-day conditions not one person in ten million absorbs enough vitamins into their system, according to Dr. H. E. Dublin of New York, who has for the last twenty-two years been a partner to Dr. Casimir Funk, first discoverer of the vitamin.

Dr. Dublin, who lectured recently to a group of Toronto physicians, declared that modern cooking methods and the habit of throwing away the water in which food is cooked, makes it necessary for every one to supplement their diet with some form of vitamin concentrate.
The doctor, a dark, wiry man, said that since Dr. Funk discovered the first vitamin concentrate business had grown into a hundred million dollar a year industry.
Not one in 10,000,000

"I hope this business expands, because it is a sign that people are taking steps to keep healthy as they can in no other way. The Health Committee of the League of Nations in a published report in 1935 said that the greatest deficiency in the diet of the world was the lack of vitamins and minerals. The two substances are inseparable and work on the human body together," he said.
Fruit, dairy products and vegetables are the great protective foods, said Dr. Dublin, but even to these vitamin-containing vitamins, modern cooking is almost fatal.

R.C.A.F. Rejects Brantford Girl

They Say the Air Force Is For Men Fliers Only

With 57 hours solo in the air, Miss Connie Culver, of Brantford, Ont., uses a field on her father's farm a mile east of Simco as an airport and is ready, if ever a real chance comes her way, to add the Royal Canadian Air Force.
Miss Culver is 20, is a colony girl filer of the Brant-Norfolk Aero Club, who is seeking her commercial pilot's license.
"But there's no chance for a girl. At least, not yet," she laments. "I have already written to the department and they tell me they haven't any call for the weaker sex."

She Owns Half A Plane
Miss Culver wants to try anything in the line of flying for war service, but regretfully believes there's little opportunity for a girl with wings in this man's war.
Miss Culver owns a plane, with her 31-year-old brother, George. They've got one of the "oddest airports" in Ontario. It's a small field next to the barn on the farm of their father, Ernest L. Culver, and, in lieu of a hangar, they run the plane up beside the barn for protection in bad weather.

TOUGH, HANG-ON COUGHS DUE TO COLDS

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