

## 1940 Kitchen Is A Bright Spot

All Wall Space Used To Best Advantage For Saving Steps

It hasn't been many years since the average kitchen was a makeshift affair . . . just a room with a cook stove, sink, icebox and a "catch-all" closet or two were placed at random, without thought of appearance, convenience or efficiency . . . just a dreary workshop where the over-burdened housewife spent the greater part of her time. And guests were seldom admitted to this unattractive room.

**REMARKABLY CONVENIENT**  
But the kitchen of today presents an entirely different picture. The cook stove is now a striking white range; the sink, a sparkling built-in unit, with all pipes and unfinished parts concealed; the icebox, a gracefully designed refrigerator. Most important of all, the room itself is beautiful and remarkably convenient.

Every inch of wall space is now used to best advantage . . . for cupboards, cabinet bases, utility bases and broad expanses of continuous counter top or work surfaces. Everything is carefully planned to eliminate hundreds of needless steps and make kitchen work flow smoothly throughout the day.

All units are correctly placed for maximum efficiency . . . readily accessible, convenient to use. In fact, kitchen cabinets now give the housewife everything she wants and needs. They enable her to do all her work systematically, in much shorter time.

## AN AFTERNOON ENSEMBLE



Cross fox blends into the gold medley for Joan Crawford's afternoon ensemble which is of sheer wool jersey. The star wears a collar necklace of gold studded with jewels and matching clip in the straight slit to the round neckline. The dress cut on soft falling lines is of honey beige with a girle of deep gold and brown. Suede pumps are also in honey beige. Miss Crawford completes her ensemble with muff and toonie of cross fox.

## Beauty Found In Vegetables

Beauty For You — Not For The Vegetables

Have you ever stopped to think that there is a veritable mine of beauty to be obtained from various vegetables? If you doubt it, just read on!

For your complexion, eat asparagus, it purifies the blood.

To whet your appetite, eat beetroots.

To keep your nerves in order and avoid rheumatism, eat plenty of celery.

If your blood is overheated and you do not sleep at night, eat cool, green lettuce.

If your digestion and circulation need improving, eat garlic, leeks, shallots, olives and onions.

If your kidneys are weak, eat spinach and dandelions.

For dyspepsia and digestive troubles, tomatoes are fine.

If your chest is weak, try turnips.

If you suffer from anaemia, watercress is the thing to eat.

If there is a tendency to asthma, eat carrots.

If you want to be slim, eat salad.

## A Delicious Blend

# "SALADA" GREEN TEA

## SERIAL STORY SKI'S THE LIMIT

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BY ADELAIDE HUMPHRIES

**CAST OF CHARACTERS**  
**SALLY BLAIR** — heroine. She had everything that popularity could win her, except . . .  
**DAN REYNOLDS** — hero. He might have had Sally but while he was king on skis . . .  
**COREY PORTER** was king of the social whirl. So . . . But go on with the story.

Last week: Dan offers to take Sally skiing at 6 in the morning and Sally accepts Corey's dare to do it. But she is none too confident.

### CHAPTER III

That night the carnival was held and Sally officially was crowned Queen. A magic wand must have been waved to have produced such a brilliant pageant, the huge floats of ice carved into all manner of objects. On either side of the throne raised at the top of the long silver stairway, stood two majestic lions, made from snow. Hidden lights, in rainbow colors, turned the crystal world into rose, then lavender, then gold. Last of all in the solemn procession came the Queen in the magnificence of regal robes, an ermine cloak with a train that spread for yards like a peacock's tail, a glittering tiara crowning her dark curls.

There were sighs and whispers and then a mighty thunder of applause and acclamation.

The carnival continued long into the night, until the last tiny star was entwined in a cloud and put to bed, and the last song had died on the clear, crisp air and the Queen and her ladies in waiting found that their eyes were dream-lidded and their dancing slippers stilled. Nevertheless Sally Blair, her short reign ended, slipped out of bed before 6 o'clock the next morning, re-sumed the ordinary clothing of mortal maid, and crept out to meet the dawn.

Or, rather, to meet Dan Reynolds who was waiting, true to his word, at the foot of practice hill.

### "I KEEP MY WORD"

"I didn't think you'd make it," he said. He had not put any stars to bed. It was too important that he be in form for the last important events of the meet.

"I always keep my word," Sally returned. She looked as fresh as if she had had her regular beauty sleep; perhaps her dark eyes were a little brighter, her cheeks a bit more flushed. "I wasn't at all sure you'd keep yours," she challenged, swinging into step.

"Thanks." His mouth set in a grim line. It was a very nice mouth, even though it was so stern. He was not smooth and shining and fair like Corey. But there was a ruggedness, a strength about this boy that matched the mountains he set out to conquer.

He said, "Shall we use the tow-pully to get to the top? It will save time. The tow-pully was long loop of rope, that fastened about one's waist, saved hours of laborious climbing.

Sally shook her head stubbornly. "I've plenty of time," she said, even though he had none for her, except this snugly extracted bit, of which she would make the most, or die in the attempt.

He helped her adjust her skis into the toe-plates, tightened the bindings with one firm pull. They herringboned up the hill, breaking the virgin snow that had fallen during the night.

"Want to rest?" Dank asked at the halfway mark. She had matched his silence with hers. She would show him that she could share the companionship and stillness of a new day that was like a sanctuary in its stark purity.

**LAUGHING UP HER SLEEVE**  
She shook her head. They trudged on, side by side. It was glorious, the clear air washing against her face, filling her lungs, beckoning her on and on, up and up. But not so glorious as the down-trail, the hushed moment of the Schuss! when the ground would drop away beneath your feet, the wind hum in your ears as, like a feathered creature on the wing, you took the forest-bound run.

"Do you know anything about skiing?" Sally's instructor demanded sternly, the summit reached.  
"A little," she admitted, with her dimpled smile. She should be better than she had been last year, after a month's vacation in Switzerland last spring, perfecting real Alpine technique.

Wouldn't Corey laugh if he could see her now, listening so attentively while Dan explained so earnestly the importance of relaxation, of keeping the skis together, the weight balanced!

"Better begin with a few basic stems and snow plows first," he suggested, proceeding to put her through the easiest maneuvers.

"I think I can try it now," Sally said. She had endeavored to give a good demonstration of windmill gyrations, holding her body with ramlike stiffness. It would never do to let this serious boy know she was laughing up her sleeve at him.

**TAKE IT SERIOUSLY**  
Or was she? Before this first lesson was over, Sally was not so sure.

He had been so patient, so painstakingly careful, so earnest and eager, when he finally accepted the idea that his pupil seemed in earnest, too. Sally, after a warm word of praise when she swung a telemark that was almost too agile for such a beginner as she, had the grace to feel a trifle ashamed.

Still, he had asked for it, she told herself fiercely, the lesson over, as he knelt before her to unsnap her skis.

"You did pretty swell for a girl," His direct gray eyes looked up into hers. "You'd make a real skier. If you could take it seriously enough."

"What makes you think I could not?" Sally asked.

She liked the way his hair was ruffling in the breeze. No hat or masks or sun-goggles for Dan Reynolds. He was of the wind and sky, the clear, swift air of mountain tops.

"Oh, I don't know," he hesitated, the warm color creeping up into his face. "It's the kind of girl you are."

That was what Corey had said! "What kind of girl do you think I am? How can you be sure?" Her laughing eyes mocked him.

"I've known your kind before." His answer, like his eyes, was direct. "Or rather I've always sworn I'd never let myself in for knowing them. Party pretties, Prom trotters and Glamour girls."

**"I THINK YOU'RE O.K."**  
"That's not very kind — or fair!" The hot color flooded Sally's lovely face now. Just because she was so popular, because she could have worn a half dozen fraternity pins and had another dozen broken hearts to her credit, because she had been chosen Queen of the carnival. "You ought," she added, "at least to give a girl a chance."

"I told you I haven't time," he answered, almost roughly. He then straightened to his tall, lean height and said: "I don't belong in your crowd, Miss Blair, in your world. I am working my way through school."

Sally slung haphazardly through school. Corey told her that? Only got spiked into the fraternity because I may make the Olympics. I'm just a poor scrub."

"I don't care what you are," Sally replied, and her dark eyes were shining, not dangerously, but softly now. "I think you're okay Dan Reynolds." And the amazing part of it was that she meant it! "And

I hope you'll have time for another lesson. Tomorrow morning at this same hour?"

She would show him that she could take it! Besides there were not many mornings left. She must make the most of every one of them. Especially if she was to show Corey — and the gang — that she could win her dare.

But somehow Sally felt a little bit ashamed, now, when she was thinking of that. Was that because of this new boy, who claimed he had no part in the world of a carnival Queen?

## Fashion Flashes

Bengaline jacket-suits featuring the short or wrist-length fitted jacket, are sometimes shown with the contrast skirts, as in alliance of the brown with gold.

Tailored dresses with big pockets smartly illustrated in flannel, linen or a lightweight shetland. This lightweight shetland is also accented for dresses with contrast grosgrain edges to pockets.

Mexican themes developed in beachwear and sportswear, as seen in Mexican printed linen jackets worn with pleated shorts, in linen sports skirt with leather fringing and bold plaid linen blouse, or rayon suiting slacks with embroidery worked around pockets.

Spun rayon play suits with skirts in small figure prints are featured for women, or more youthful models for girls in white pique with red grosgrain trimming or brown plaid cotton with fresh, white plique accents.

Cedric of Paris advocates pumps copied from men's evening pumps for cocktail or dinner wear, in black crepe or satin or suede with tailored grosgrain bow.

Full-length, long-sleeved and long-waisted dinner frocks have gathered bodices. Many of these dinner types are in plain pastel crepes.

Persian lamb is shown in Paris in long wraps inspired by the cape of the Moroccan Spahi. Fullness is accented either in loose coats with wide back fullness often mounted in folds, or in Cossack belted styles.

Danielle Darrieux, the French film star, endorses the long-jacketed classic tailleur in a Façon model of gray and rose checked woolen with a flared skirt.

## Carriage Can Be Improved

Part of Reconditioning For Spring; Brisk Morning Walk Is Ideal

Your spring reconditioning program should begin with a light breakfast and brisk walk, writes Donna Grace, beauty editor. Remember every step in your carriage counts for style so be sure to make these walks ring up dividends for you in grace and distinction.

**TWO EXERCISES**  
Now here are two exercises: First, sit on the floor, clasp arms about knees and draw close to the body. Lie back, then rock forward so feet touch the floor. Do ten of these for spine massage.

Next, stand with palms of hands against the wall and kick backward as far as possible but keep straight knee and swing from the hips. Do five for each leg.

These are two of the best exercises for all ages and should be done frequently.

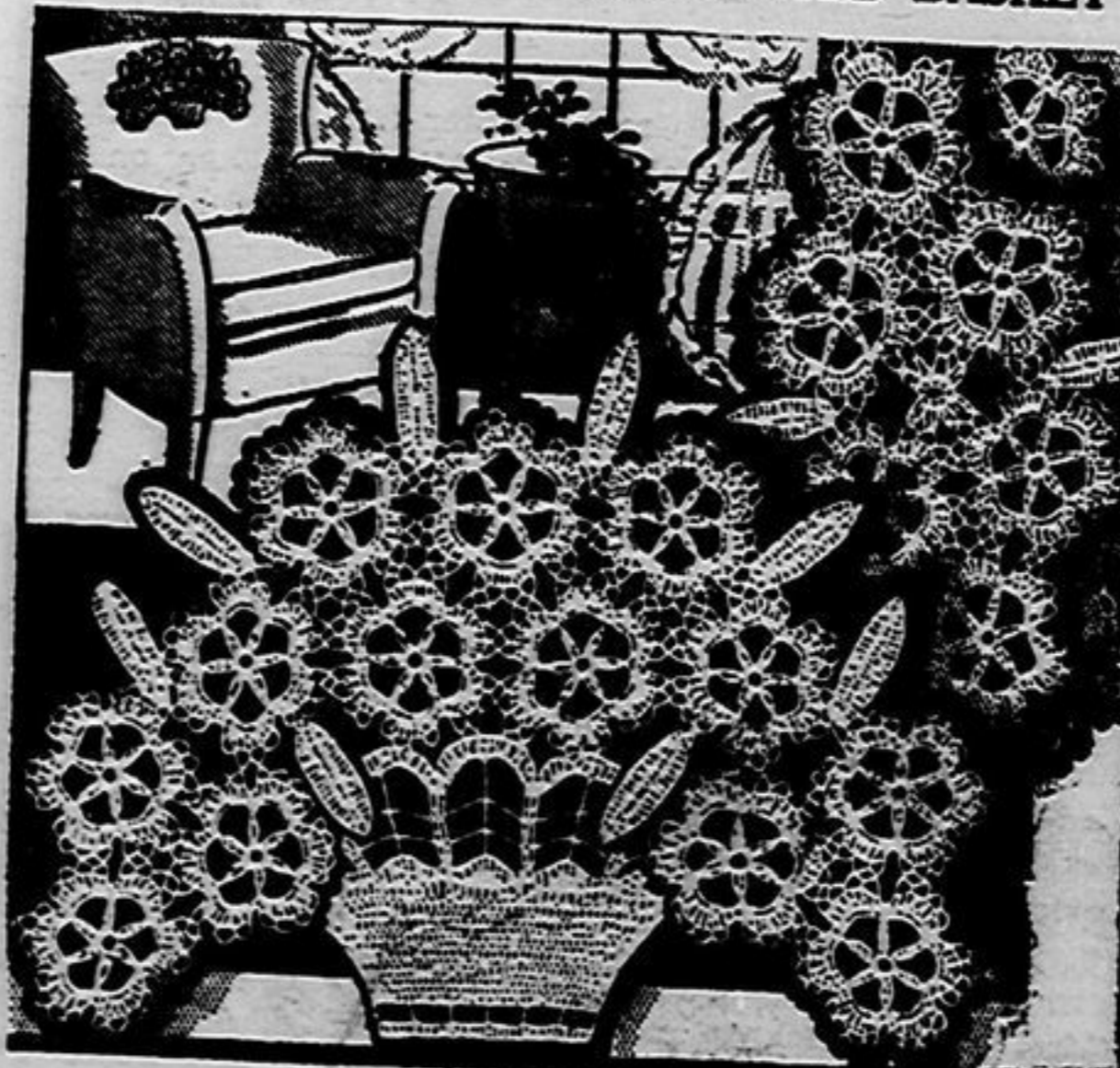
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(To Be Continued)

## LAURA WHEELER CROCHETED BASKET



CROCHETED CHAIR SET PATTERN 2506.

Get started on crochet that you'll love — repeat this easy flower medallion and fill the quickly crocheted basket. You'll have a chair set or scarf ends that will dress up your room! Pattern 2506 contains directions for making set; illustration of it and sketches; 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.

## Don't "Pretty Up" For The Dentist

If He's Going to X-ray Your Teeth — You Risk Facial Burns

Women are advised not to "pretty up" for the dentist — if he's going to X-ray their teeth. They risk facial "burns" by Roentgen rays if they do, Dr. Walter S. Thompson, of Los Angeles, told the Roentgenology section of the American Dental Association.

Heavy elements such as lead, mercury and others mineral salts in cosmetics, lotions and ointments absorb more Roentgen rays than light elements, he explained. In effect, they form "a layer of mineral substance on the skin, which absorbs the rays to such an extent that they cause a burn much more quickly than if the skin were free of these heavy elements."

## The Thimble

Like a little silver bee  
Or a shining motif  
My mother's thimble fits and flies  
Above the rosy cloth;

My mother is a gardener  
Who doesn't mind the bee  
Who wears the sunshine on her hair  
And makes a dress for me.  
Miriam Clark Potter.

## TALENTED TAILORING



Hedy Lamarr wears a three piece suit of wool. The skirt is slightly flared and is topped by a jacket, amusingly accented by three large rings down the front. A metallic scarf and full length cape complete the ensemble.

## Dizzy Hat May Scare Him Off

New York Fashion Editor Declares "When Hats Are Extreme, Few Men Propose"

Hats affect masculine hearts, proposals and the marriage rate, says one of America's leading hat designers. So give special thought to your Leap Year Easter bonnet, for it may help you to get your man.

"A young man matrimonially inclined can be attracted by a pretty hat," says Howard Hodge, New York millinery expert. "But he can be frightened away by a flighty, crazy one that veers off at a dizzy angle. Reason: He is apt to think the girl is as dizzy as her hats and not the one to found the best home and happiness. When hats are extreme and eccentric, fewer men propose."

**FRAME FACE BECOMINGLY**  
For your information, mesdemoiselles, statistics don't quarrel with him. In New York the year after the crazy-hat epidemic, the marriage rate fell several per cent. So did it the year after the Empress Eugenie episode — though a few other things, like the depression, may have had something to do with it, too.

For your further information these are the things we've learned men like in hats: Brims (both large and small), color (not too loud), flowers, simplicity and designs that make a becoming frame for your face.

## Ginger For War

In the Middle Ages sweet ginger was a favourite delicacy of kings, who took with them good supplies when they went to war.

# LOWEST PRICE IN HISTORY!



## Grape-Nuts

COST LESS THAN ONE CENT A SERVING!

TALKS



By SADIE B. CHAMBERS

**A Spring Medley**  
So many different things come to my mind, that I wish to write about to you, but I would like also to answer some spring requests. There was a time, when it would be much too early now to ask for asparagus, rhubarb, and many of the spring products for which our mouths water. However, today it is much different, with frozen fruits and vegetables on the market, and other products provided by modern hothouse facilities. Almost anything we desire, we may have.

This week let us commence in real Southern style by serving the salad first. I wanted to give you this salad last week but lacked the space so here we are.

**Asparagus Salad**  
20 stalks asparagus  
Rings cut from green pepper and pimento  
1 tablespoon finely chopped onion

**Lettuce**  
Plain boiled dressing  
Arrange four stalks of asparagus of either freshly cooked asparagus, or canned, or shredded lettuce. Slip over the stalks a ring of green pepper. Serve with salad dressing into which has been mixed the chopped onion and pimento. See if the family or guests do not say "it tastes like some more."

**Banana Jam**  
Have you still some empty jars after making marmalade and conserves? Do you still want to appease an appetite longing for that something different? Then try this:

1 dozen bananas  
Equal quantity of granulated sugar  
2 tablespoons lemon juice  
1 teaspoon grated nutmeg

The ripest bananas must be used; mash to pulp. Put the crushed fruit into kettle; add the sugar, butter and lemon juice. Mix and bring to a boil, stirring constantly. Add pectin, keep stirring, and bring to a rolling boil. Remove from fire, cool a few moments. Stir again and pour into jelly glasses. Cover with paraffin in the usual way.

A perfect boon is that lovely pink hot-house rhubarb, which is on the market, satisfying our palates now and giving promise of more to follow.

**Rhubarb Shortcake**  
If you never tried a shortcake of this delicious spring fruit, by all means do so. Make a rich shortcake dough (for those who have filed these recipes you will have just the one you wish). Cook the rhubarb in the same proportions as in the trifle. Cool the rhubarb and place between layers of shortcake. Serve either with whipped cream or custard as above recipe.

**Maple Syrup Cream Pie**  
Everyone is watching now for the announcement the sap is running and the glad news that Maple Syrup is on the market. After you have relished that first taste of syrup and homemade bread or rolls, try this dessert and I am sure you will agree it is truly Canadian:

1½ cups rich milk  
½ cup maple syrup  
2½ tablespoons Benson's cornstarch (again watch level measuring)  
3 egg yolks  
¼ teaspoon salt  
½ cup rolled pecans  
1 tablespoon butter

Place milk, salt, maple syrup and butter in double boiler. Add cornstarch mixed with two tablespoons cold milk (kept out of the double boiler). Stir into mixture very thoroughly and give a few turns with egg beater to be sure an even texture

will be the result. When thickening, add the egg yolks, and cook for three minutes, stirring constantly. Remove from heat. When cool add the nuts. Pour into baked pie shell. Cover with meringue made by heating the three egg yolks, 4 tablespoons fruit sugar and tablespoon of cornstarch (mixed very thoroughly and spread evenly on pie.) Place in a slow oven for 15 minutes until a delicate brown.

**Beet Salad**  
6 beets  
Salad dressing  
½ cup chopped celery  
2 teaspoons chopped onion  
½ cup lima beans  
Cook and steam beets until tender, scoop out the heart and mix with celery, beans, onion and french salad dressing. Put the mixture into the beet cups and serve with boiled dressing.

**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."

## War Influences London Styles

"Siren Suits" and "Battle Dress" Styles Seen Likely to Last

Wars change fashions in curious ways and this one promises to prove no exception.

So far in London, England, it has popularized clothes that can be quickly put on. "Siren suits" loose trousers and matching blouses cut on the style of windbreakers — are an example. The need for their use in air raids has not arisen, but women are finding them comfortable and useful for house wear.

**QUICK-CHANGE OUTFITS**  
It is quite possible the army's simplified battle dress will outlive the war to be taken up by civilians. It would be suitable for sports wear, golf and hiking, for instance, if not for everyday business wear.

Air raids in the last war were not sufficiently widespread to produce a fashion, but the need for a quick change after a day's work away from home led women in the Services to take up the slip-on frock. The fashion developed and stayed. Hair bobbing was another child of the last war.

Many other present day fashions had their origins in wars. Jack-boots, for instance, were first designed to guard cavalrymen's feet from swamps. Napoleon's Egyptian campaign brought the turban and other Oriental styles to Paris and later to the rest of the civilized world.

## Eggs: Brain Food

Hens' eggs are brain food. In the yolk of the egg there is a fat-like substance known as lecithin which contains, in the most readily assimilable form, phosphorus which it is said is essential to brain development and activity. Food containing phosphorus, such as an egg, is required to repair waste tissues when rest is needed from over-work.



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