

## Falling Hair Requires Care

Stimulation of Scalp is Important; Calcium in Diet

Although the tendency to lose more than the normal amount of hair may not mean more than a temporary arrested growth through some physical disturbance, it will always be an alarming experience for anyone, writes Donna Grace, beauty editor.

The obvious cause of falling hair is illness, nervousness and lack of care and proper foods, but we can't tell you why the root should stop its natural function when one is in normal health.

**THOROUGH CLEANLINESS**  
There are treatments to restore the health of the hair, and, in many cases, a fine normal growth will be the result. The first step is thorough cleanliness and general stimulation of the scalp. Then one also should have enough calcium in the diet to promote growth. Milk is the food for this and the fresh leafy salads will improve digestion.

It is a fact that nervousness and lack of rest may affect the roots of the hair, and for this reason one should be sure to have periods of relaxation away from mental work. Head massage and the application of hot oil will frequently correct the trouble.

## Canadian Girl Composer



Phyllis Gunner, 21-year-old student at Queen's University, Kingston, who was awarded an annual scholarship for musical composition sponsored by the Canadian Performing Rights Society. The scholarship (\$750) provides a year tuition at the Toronto Conservatory of Music.

## Another Woman House Member

With Miss Agnes Macphail Missing Feminine Interest in Canadian Parliament Will Be Provided by New North Battleford M. P.

Canada's next House of Commons again will have a woman member although the two women members at dissolution will not be in the next house.

Mrs. D. W. Neilson of North Battleford, Saskatchewan, will have the honor of being the lone woman parliamentarian. She will have also another distinction—the only Unity member in the Commons.

**ON UNITY TICKET**  
Mrs. Neilson will succeed Miss Agnes Macphail veteran U. F. O. Labor member, who met defeat in the March 26 balloting in Grey-Bruce, and Mrs. George Black of Yukon who did not seek reelection.

Mrs. Neilson's victory was at the expense of C. R. McIntosh, Liberal, her only opponent. Other unsuccessful women candidates were Miss R. E. J. Adams, Verdun; Miss Mary Crawford, Edmonton West; Mrs. Borah Drummond, Toronto-Rosedale; Mrs. L. Lucas, Melville; Mrs. Margaret MacNab, Kamloops; Mrs. R. R. McEneaney, Macleod; and Mrs. Rosa Wilkinson, Calgary West.

## Education

Education has for its object the formation of character.

—Herbert Spencer  
Instruction increases inborn strength and right discipline strengthens the heart.

—Horace  
We understand the best is that which begins in ourselves and by education brightens into birth.

—Mary Baker Eddy  
Enlighten the people generally and tyranny and oppressions of both mind and body will vanish like evil spirits at the dawn of day.

—Thomas Jefferson  
Real knowledge, in its progress, is the forerunner of liberality and enlightened toleration.

—Lord Brougham  
Mere knowledge is comparatively worthless unless digested into practical wisdom and common sense as applied to the affairs of life.

—Tyron Edwards

# LOWEST PRICE IN HISTORY!



**Grape-Nuts**  
COST LESS THAN ONE CENT A SERVING!

## SERIAL STORY SKI'S THE LIMIT

COPYRIGHT, 1938  
NEA SERVICE, INC.

BY ADELAIDE HUMPHRIES

**CAST OF CHARACTERS**  
**SALLY BLAIR**—heroine. She has 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 gone with the story.

Last week Corey proposes to Sally but she doubts herself, is torn between her triumph and her fear of losing Dan.

**CHAPTER V**  
At Sally's insistence, that next morning of her last lesson, Dan agreed to let her try a steeper hill. "But when you come to the intermediate sign," he cautioned, "bear to the left. The rest of this trail is dangerous—there's a sheer drop of forty-five degrees at one point, some wicked turns and more than one obstacle, an open brook for one thing; near the ravine, a barbed wire fence."

Sally had taken that trail more than once, clearing its obstacles, mastering its turns. But of course she could not tell that to Dan. Or should she confess to him, on this last morning—this last day that they might have together—that she had deceived him? Would he forgive her, understand, if she did?

Looking at his grave face, into his honest gray eyes, she had her doubts. He would think she had been laughing at him, pretending to be a novice, as indeed, at the start, she had. He would not realize she had chosen the only way she could contrive in her subtle feminine fashion, to make him take notice of her.

"It has been fun, hasn't it?" she asked, impulsively, eagerly. "These early morning lessons. You've enjoyed them too, haven't you, Dan? You'll be a little bit sorry to have them end." Sorry that this is our last time together, she meant. Sorry to have me go away. Perhaps never to see me again. It was funny, and yet not at all funny, either, the ache that this last thought could bring.

"Yes, it's been fun," Dan's answer was brief, his gray eyes unsmiling. "Do you think I'm the sort of girl you thought I was?" Sally persisted. "From trotter, party girl—not good for anything else?" Maybe it was not quite fair to ask him that. But she had to know.

"I LIKE YOU—A LOT!" He climbed steadily on, not turning his head to look at her. Maybe because he knew how lovely she looked, her cheeks flushed from the clean, sweet air, her dark eyes shining; lovely and unattainable—for him.

"Don't you like me—a little bit?" Sally persisted, her heart hammering hard beneath her plaid jacket, and not just from the long climb; she knew how to conserve

her breath for that. "I like you, Dan—a lot," she added softly, and frankly, without any coquetry or guile.

She had forgotten that this conquest had been begun on a dare. That their worlds lay miles apart. The only thing that mattered in this beautiful white world on this crystal morning was the answer he would give.

He turned toward her now, almost roughly. They had reached the mountain top. It was above the timber line; they could look down on a layer of whipped-cream clouds, nestling low over the dark forest; the long clean sweep of deep powder snow. This was a world apart, belonging just to them.

"You know you shouldn't ask me that," Dan said. His tone was very rough, almost angry. "Why not?" Sally said. Her look held his.

"Because you know I do. I like you too much, Sally Blair. More than I've any right to, more than I should."

**HOOR OF TRIUMPH**  
If her heart had hammered hard before, now its beating was almost suffocating, a dizzy, throbbing song of joy. For this was Sally's moment, her hour of triumph. He liked her—more than he should. He felt toward her as she did toward him.

As she had, as she knew now, from that first time when she had stopped to see him poised, high above her head, to watch the incredibly swift grace of his flight, to know that she must find out who he was, what he was, somehow to get to know him.

"What if I give you the right?" Sally asked. Time was so fleeting, this lovely moment would break to drift away like the clouds below. Everything had to come to an end, as she had said to Corey only last night. Though it was not of Corey she thought now.

"You couldn't," Dan answered, still gruffly. "You don't know what you're saying. It might seem right—here and now—but, as I told you, I can't allow myself to have time for girls like you. I don't dare believe in you, Sally Blair."

"Then you are a coward!" Sally returned. The high color flamed in her cheeks; her dark eyes wore their dangerous look. She had offered him her heart—the, Sally Blair, Queen of the central, most popular girl of them all. She had offered him her heart, and he had refused it. He had taken her moment of triumph, the song in her heart, and broken it between his strong, hard hands.

**A COWARD AT HEART**  
"You think you're so fine and brave," Sally said. "Because you're king on skis. But you're a coward at heart, Dan Reynolds. You're afraid of your own self, of the real things in the world. I knew that—from the first. I told the others, Corey and all the gang. I only bothered with you, let you teach me what I already knew about skiing, to show you up, put you in your place, have the last laugh. It was all in fun—a dare."

"You mean that?" Dan took a step toward her, caught her two wrists in his strong clasp. His gray eyes were black with fury; the high spots of color stood out on his smoothly tanned skin.

"Of course I mean it!" Sally cried. Because she didn't at all. Because she did not know what had made her say such things, now that they were no longer true. Because her heart was crying out. Because she loved him—and hated him—at the same time. "I never meant anything so much before. I'll prove it to you—if you like."

lashing against her face, the white world skimming past like a lantern-slide run off at top speed. Thirty-five or forty miles an hour, with the wind urging her on. Now she would pass the Caution sign of the Intermediate run. But she would not bear to the left. She would show Dan Reynolds that she could telemark as expertly as he, geland sprung an open brook, break her speed with a series of linked "christies" and miss the barbed wire fence.

**GLORY OF DANGER**  
She thought she heard Dan's own voice again, raised in shrill warning, or perhaps in a cry of appeal. But now Sally was driven on by a stronger force than anger, or hatred or love. She was filled with the sheer exultation of speed, the mad glory of danger.

She knew that soon Dan would catch up with her, although she had got off to such a head start. She could not keep the lead all the way. Now she cleared the brook with one wide clean sweep—that would make Dan catch his breath, open his eyes! She could not see the fence at the foot of the hill—perhaps a snow drift concealed it from this distance.

Once more she heard Dan's voice—he must be almost up to her. This time she heard him call her name, repeatedly, urgently.

Then, throwing her weight on the outside ski to check control in the first "christie," preparing to vortage for the forward lean, the wind caught the tips of Sally's skis, she plunged forward, crumpling into a tangled heap, was hurled on down the steep pitch toward the barbed wire fence that loomed now, ominously near.

The last thing she remembered was Dan's cry, calling her name again, ringing faintly, persistently, in her ears.

(To Be Continued)

T  
A  
B  
L  
E



T  
A  
L  
K  
S

By SADIE B. CHAMBERS

## IRON IN YOUR DIET

This week I am again writing in answer to requests. A few weeks ago I wrote about Molasses and its iron properties and following that I have been asked to plan a few meals high in iron. This is a vastly important subject,—when we are told that about one-half of our population are suffering from anemia. A sufficient cause for this condition is found in the fact, that the average diet is deficient in iron. The human body has a storage of 43 grains of iron, and loses daily one 250 thousandths of a grain (1/4 gr.). This normally must be made up and the anemic should as well as making up, increase the iron content daily. Foods high in iron in the order given are,—peas, beans and lentils, whole wheat cereals and breads, nuts (especially almonds and pecans). Then come dried fruits with dates having the highest iron contents. Following this we have meat, with liver the highest, then the eggs, fresh fruit and vegetables, and lastly the dairy products. In the sugars, the brown sugar and molasses are the most important. The beverages of these planned meals I am leaving to your choice, but always keep in mind, that the substitutes for tea and coffee are usually rich in whole grain products, therefore valuable for their iron. Something else: do not forget wheat germ; sprinkle it in soups and on cereals freely.

**MENU NO. 1**  
Breakfast  
Stewed Prunes  
Cracked Wheat Porridge  
Poached Eggs, Graham Bread Toast  
Strawberry jelly.  
Luncheon or Supper  
Baked Beans  
Boston Brown Bread  
Lettuce and Tomato salad  
Red currant jelly (jelly powder)  
Bran cookies

Dinner  
Cream of asparagus soup  
Roast Beef Baked potatoes  
Beet and lettuce salad  
Whole wheat bread  
Raisin Pie.

**MENU NO. 2**  
Breakfast  
Grape juice  
Oatmeal porridge  
Breakfast bacon rye bread toast  
Orange marmalade  
Luncheon or Supper  
Poany Omelette  
Whole wheat muffins  
Waldorf Salad (use either dates or raisins)  
Caramel junket  
Dinner  
Grape juice cocktail  
Liver and bacon  
Scalloped potatoes  
Buttered spinach  
Cottage cheese served on watercress  
Ginger bread brown sugar icing

ISSUE NO. 16—'40

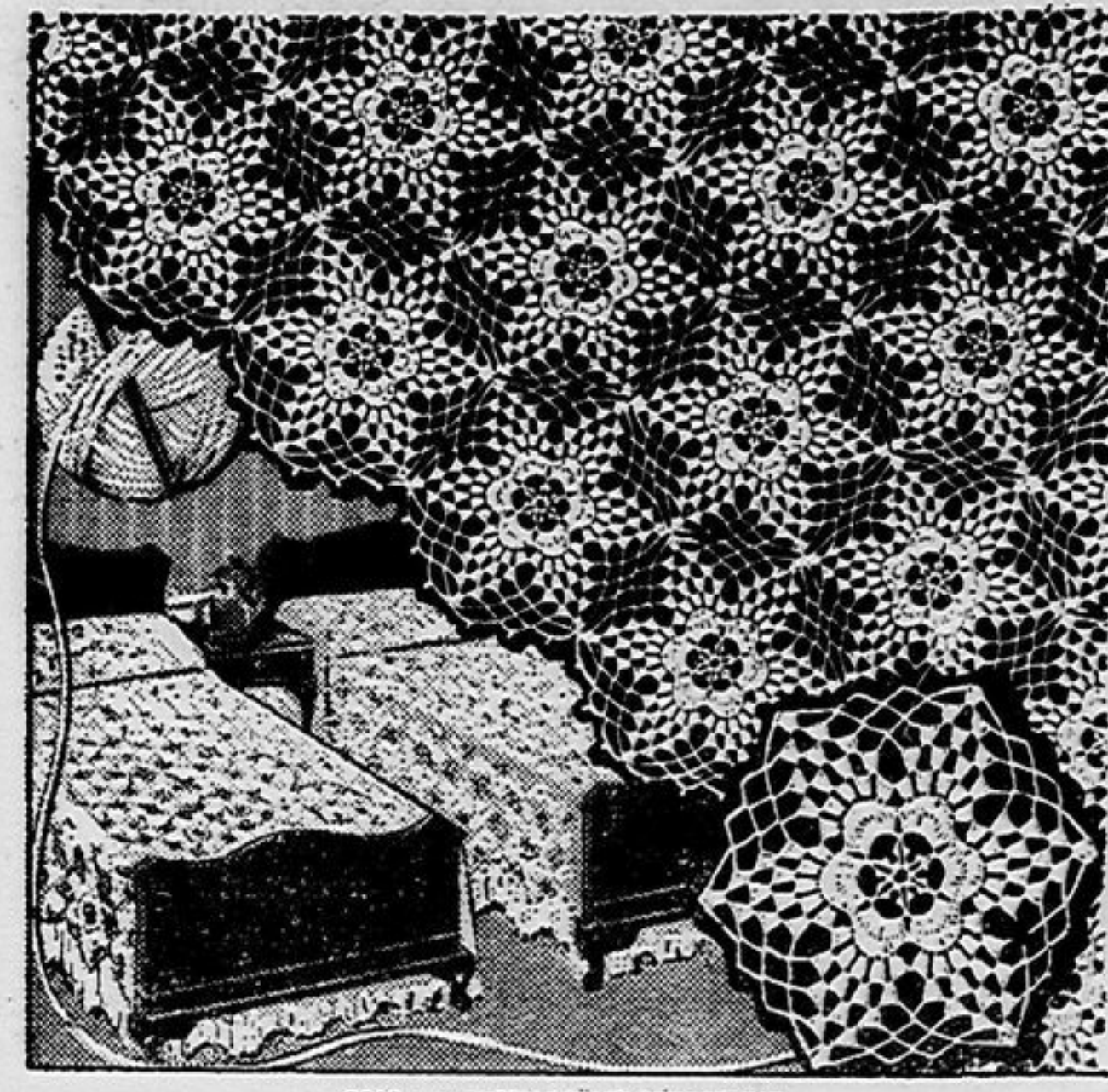
**MENU NO. 3**  
Breakfast  
Tomato juice  
Bran cereal  
Coddled eggs Eye Bread toast  
Stewed figs  
Luncheon  
Lima beans and corn casserole  
Raw carrot salad served on watercress  
Grape jelly (made with grape juice and gelatine)  
Oatmeal and date cookies

Dinner  
Jellied Beef Bouillon  
Liver patties Creamed potatoes  
Green peas and carrots mixed  
Date loaf and canned strawberries (or fresh)

**MENU NO. 4**  
Breakfast  
Orange juice  
Rolled wheat porridge  
Whole wheat bread toast  
Scrambled eggs  
Luncheon  
Stewed rhubarb bran muffins

Dinner  
Tomato Soup  
Crackers and cheese

## ATTENTION BEGINNERS! — LAURA WHEFLER DESIGNED THIS FOR YOU



COPY, 1940, NEEDLECRAFT SERVICE, INC.

CROCHETED MEDALLION PATTERN 2443.

It's fun to be just a beginner and yet turn out a crocheted medallion that you can proudly claim as your work. That's what you'll do with this medallion, Morning Star, Pattern 2443 contains directions for medallion; 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.

# \*They Make Delicious Tea "SALADA" TEA BAGS

Salad spring greens (dandelions and watercress etc.)  
Rice pudding with dates

Dinner  
Cream of Pea Soup  
Hamburg Steak Riced potatoes  
String beans Buttered beets  
Prune and orange on lettuce  
Ginger cookies Spanish cream  
Most of these recipes in menus have been given from time to

time during the year, but requests are always welcome or advice on these special health menus.

**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."

## Music Leaves Dog Unmoved

Stokowski's Experiment Fails to Make Wolf of Hound

If it's true that music can soothe the wild beast, then some thing is wrong with the technique of Leopold Stokowski and the Philadelphia Orchestra. The blond maestro led a Norwegian elk-hound onto the Academy of Music stage at a children's concert in Philadelphia, to impersonate a wolf during a rendition of Prokofiev's "Peter and the Wolf."

**JUST A YELP**  
The orchestra played, but the hound wouldn't. He just tugged at his leash, looking bewildered. Finally—right in the middle of a flute solo—he let out a lusty yelp. That ended the impersonation.

## Forty-Eight Great-Grandchildren

A Japanese centenarian, Hachiroemon Hattori, and his wife Tobe, 90, have 48 great-grandchildren. None of his children, grandchildren or great-grandchildren has died in the last 50 years.

# DON'T MISS THIS!

## GET THIS COLOURFUL GLASS BOWL

in Orange or Green

### FREE WITH EACH PURCHASE OF TWO PACKAGES OF KELLOGG'S ALL-WHEAT SUPPLY LIMITED—ACT TODAY!

**BRIGHTLY COLOURED,** handsome, this bowl will be an ornament to any table. Comes in orange or green. Useful, too, for many purposes. Handy size—1 1/2 inches deep by 4 1/2 inches wide. But get yours while they last!

**SEE YOUR GROCER TODAY!** He does not have many glass bowls, and you will want a complete set.

**Your children need the extra nourishment in ALL-WHEAT**

Active, growing children burn up vital energy much faster than grown-ups. That's why they need the important vitamins, body-building proteins, energizing carbohydrates, and valuable minerals contained in Kellogg's ALL-WHEAT. And they love its delicious flavour. Ask your grocer for two packages of Kellogg's ALL-WHEAT today and get your first bowl now—in either a rich orange or lustrous green, as you choose. You'll want a whole set!

## ALL-WHEAT BUILDS BIG MEN!

## Many His Sites Mar

In Canada Tablets and Erected to Personality

OTTAWA—A personalities and with Canada's marked in 1935 a port on historic Mines and...  
Marking and monuments including historic the country. Per with tablets d...  
the 11 Fathers of educationists, a scientist, soldier...  
FATHERS OF

In Charlotte were created to the Coler, Colonel J... Thomas Heath... Archibald Mac... mer, William H... ward Wheelan, F... stion who repre... ward Island, Edw... er, Robert Har...  
McCall and S... Fathers of Cont... berline county... Amherst, N.S.  
At St. John, N... placed in the P... to the memory of Professor of Eng... ristic at Dalh... and George M... educationalist an...  
AT KING

A cut stone table was erected of the Royal Mill... ston, Ont., to com... vice of Sir James... derin-Chief of f... forces on the W... of the War of 1812... ment was placed... in Winnipeg, in... services of Thom... action with the... Arctic coast of A...

## MICKIE S

WELL, TOLA A SORTA T ASSIGNME TH SUBJECT SERMON-IT AT SOME SHOULD BE TO US IF YO THIS NEWS KEEP COME

## Ten Cana Are Inter

Ottawa, Lem... in Germany... gium

Prisoners of Canada Bureau of word receipt of word Canadians, memb... ty's forces, who... ed in Germany, on... five Cana... terned in Germa... dian civilians res... but not interned... Prisoners of a... Pilot Officer Rob... Royal Air Force... Geer A. E. Thomp... tanginens, Ont... ker on H.M.S. R... was sunk by Ge... and Philip Tomp... in a German hosp... Canadian adre... Tompleman were... information receiv... Pilot Officer R... F. of St. Thom... as interned in B...

**SOME MERE**  
Charles Grant, Zymunt Sedzjak, were listed as camp. Others with radian addresses able were Thom... Seliger and Joseph Canadian resi... but not interned... Heimers and M... land, all of Colga... Lincke, of Vanco... man, of Regina;... Schwinghammer... Huebsch, and Canadian address