#### Hats of 1914 **Due To Return**

Stuffed Birds Then Used as Decorations; A Cruel Fashion

In the 1914 pre-war era there was a popular song about a saucy little bird in Nellie's hat which told some naughty tales about what Nellie did or did not do. To the present generation that would seem nonsense but ladies did wear stuffed birds in their hats at that time, says the St. Thomas Times-Journal, usually small birds of bright plumage. We read, however, that the use of birds as hat adornments is coming back.

HUMMINGBIRD VICTIMS Almost anything is justifiable to put an end to the crazy contraptions that the milliners decree that ladies must wear nowadays, but if the return of stuffed birds is one of the means, we are strongly against it. These birds are not picked up dead. They have to be trapped and killed, and of course, the killing is mostly done among the most beautiful of the species. The humming birds, and the innumerable small birds in tropical countries were mostly the victims, and "hunters" made a great deal of money out of this fashion which lasted for a number of years. Rich women paid high prices for birds which were both rare and beautiful and much cruelty was involved in the





## Easterners Should Love Westerners

pose for the cameraman.

Women of All Parts of Canada Should Be Mutually Tolerant of One Another, Declares Madame Casgrain

In development of Canadian nationhood, women should maintain a spirit of tolerance between the east and west and between the provinces, Madame Pierre F. Casgrain, President of the Quebec Women's Franchise Club and wife of the speaker of the last House of Commons, said in a recent address at Brantford, Ontario.

Madame Casgrain said there always should be a feeling of loyalty between Ontario and Quebec and women should pause sometimes to think about these matters.

INTERPROVINCIAL LOYALTY She appealed to women to instill in the hearts of their children a keen appreciation of their rights so that they could best preserve Canadian democratic institutions. Women should be vigilant, understanding and tolerant and by these qualities be able to create a truly patriotic Canadian spirit.

#### Where Jay Walkers Pay 50-Cent Fine

You can "jay-walk" in Edmonton, just ilke pedestrians in other Canadian cities-but there you run the risk of paying a fine of 50 cents.

Edmonton, believed to be the only city in the Dominion enforcing a jay-walking ban, put a bylaw into effect Dec. 1 last after 11 persons, mostly pedestrians, had been fatally injured in city traffic accidents in less than a year.

Sergeant-Major Alex Riddell, Chief of the Edmonton Police traffic squad, said the by-law has resulted in "tremendous improvement" in walking habits in the downtown district. His department and the city council were jointly responsible for the antijay-walking by-law.

SERIAL STORY

## SKI'S THE LIMIT

COPYRIGHT, 1938 NEA SERVICE, ING.

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 POR ER was kir.g of the social whirl. So . . . But go on with the story.

Last week: Sally is injured, Dan even more seriously. And Sally wonders whether he will accept help from her since she caused the accident.

CHAPTER VII

Sally recovered from the shock of her tumble much more quickly than Doctor Barnes had anticipated. He did not know that her very speedy recovery was due to her determination that she must get betfer so that she could see Dan.

She would not go away withou: seeing with her own bright eyes how Dan was without hearing him say that he had forgiven her. Sally's father had talked with Doctor Barnes about the boy. They had agreed upon a consultation with a famous surgeon from Boston. Nothing was to be spared for the lad who had done so much for Sally, Sam Blair maintained.

Upon Sally's insistence, Dan's benefactor's name was kept secret. She was afraid he would refuse any assistance - even to see the surgeon from Boston - if he knew who had offered to send for him. Sally knew Dan Reynolds' stubborn pride. He was to be told that some unknown person, a gentleman who had taken an interest in him because of his ski-ing ability and possibilities for Olympic entry, had offered to stand all expenses. Dan must never know that this man was Sally's father and that Sally herself, was behind all this.

VISIT TO DAN At last the day came when she was allowed to pay Dan a visit. She had looked forward to it so eagerly, so hopefully, that she was not prepared for the shock of her first glimpse of him. Could this be Dan, this thin, weak, white person, head swathed in bandages, gray eyes staring straight and stiff before

him, in its cruel, cumbersome cast! "You must not stay too long or get him excited," the nurse cautioned before she closed the docr. Sally had an impulse to call her back. She was not sure she wanted to be left alone with Dan. Not sure she had the courage to face

She had waited so long for this moment and now she did not know what to do, what to say. There seemed to be only one thing, and so she said it as simply, as quickly as possible.

"Dan . . . can you ever forgive me? I'm so dreadfully sorry." ~> sorry that her heart was wrung with despair, that she could have knelt down beside him, giving way to an abandon of grief and remorse. If only he would not look at her like that! Without any expression in his grave eyes, any hope in his white face. He lifted one hand, let it fall weakly onto the cover again. He made an attempt at a smile, an attempt that brought tears to her

His voice was little more than a whisper. "That's okey," he said. "I don't blame you. For the acci-

"I DON'T BLAME YOU" Sally knew that he meant it, for Dan was not one to say anything he did not mean. Yet, she knew that there were other things, unspoken, sharp barriers between them, that he could not forgive. Her deceit. The fact that she had laughed at him. The dare that had been the beginning of their odd friendship. He was too big, too fine, to blame her for what she had done to him physically. But now he never would believe in her again.

"You're going ', be all right in a little while," Sally said. She wished her voice sounded more convincing. "Doctor Hartford" - he was the Boston surgeon - "says you'll be as right as ever - in time."

Dan nodded slowly. His expression still blank . His grave eyes seemed to echo that "in time." What would he do until then, this boy who had been so swift, so sure on his feet?

"You mustn't worry about anything," Sally said. Oh, if only she could tell him that she would like to spend the rest of her life making this up to him!

He did not attempt to answer that. It was as though he felt there were no answer. After a moment of silence he said in the same low tone, "And you - are you okey,

Sally Blair?" Sally nodded; her throat was so tight she was not sure she could trust herself to speak. Yes, she



BY ADELAIDE HUMPHRIES was all right. That was the worst of it. Gladly she would have exchanged places with this boy, if only she could have.

"You . . . you haven't forgiven me - for the other?" She could not go away, say goodby, without asking that. Her dark eyes pleaded with him to be merciful in his answer. "For deceiving you. Dan. For being such a blind, stupid, little idiot."

'That doesn't matter now." Dan said. His look met hers, but then he turned away. Sally knew what he meant. He felt that their worlds were farther apart than ever.

"I'M SORRY" "I meant - everything that y said. About liking you, Dan." Sally's voice faltered. It was no use; nothing she could say could break down the barriers between them. "I'm sorry I called you a coward."

He raised his hand again, in an erasing gesture. He made another attempt to smile. "Please," he murmured. "It doesn't matter, really it doesn't." Then just for a flash this boy, whose pride was so stubborn, whose courage was so great, let her glimpse the bitterness in his heart. "Nothing matters a great deal. You see, I don't believe that I shall ever ski again." "You mustn't say that!"

Sally did kneel down by his bed, a swift, impulsive movement. She caught one of his hands in hers, clung to it. 'Of course you'll ski again! Doctor Hartford has promised that you will! Not right away, of course. Not for years, perhaps

"Years!" Dan said. And his voice sounded strong, but only because of the bitterness it contained, the awful despair. He even managed a little laugh. "Years . . . That will be too late," he said. GALLANT GOOD-BYE

"You mustn't say that," Sally said again. But she knew that he was right. The years could slip by so quickly. There would be other boys to win points for their college, to carry off honors of the meet. Others to become champions, be hailed for the Olympics.

The nurse stood in the doorway. Sally's time was up. She raised Dan's hand to let it rest a moment against her cheek, reluctantly let it go. "Good-by. Dan," For a little while, her heart said. It could not be forever; she could not have endured it, if it had. "You'll see some day - that I'm right." You'll believe in me. I'll make it up to you,

100

BUBBLE GIRL TOWELS

Women Told To

Strenuous Exercise

Physical Educationist Cau-

tions Them Agaismt Very

Women should "take it easy"

when exercising, Dean E. Hermann,

of Boston University's Sargent Col-

lege of Physical Education warns.

"The trouble today," he says, "is

that women seem to do nothing in

the way of exercise or else try to

kill themselves. They don't exer-

cise at all, or if they do, they don't

bother to warm up — they jump

right into violent physical activity."

LIGHT EXERCISE

Such habits may lead to serious

physical injury, Hermann says. He

suggests that women do light set-

ting-up exercises and engage in dif-

ferent sports such as golf, rowing,

canoeing, fishing, hunting, tennis,

bowling and croquet.

"Take It Easy"

LAURA WHEELER BUBBLE GIRL

It's easy to have these colorful towels - just two easy patches,

Send twenty cents in coins (stamps cannot be accepted) for this

and a little embroidery! Pattern 2522 contains a transfer pattern of 7

motifs averaging 5 x 7% inches; applique pattern pieces, illustration

pattern to Wilson Needlecraft Dept., 73 West Adelaide St., Toronto.

Write plainly PATTERN NUMBER, your NAME and ADDRESS.

she wanted to add. But she knew there was no use in saying such

gray eyes looked at her. She was so lovely, so youthfully sweet. He turned his head away, as though he could not look at her any longer. "Goodby, Sally Blair," he said. "It's been nice — knowing you." A smile trembled on his lips. That was the way to say goodby, lightly, gaily, gallantly — as Corey, or the boys of Sally's bright glamorous world would have. .

Small Alkaline Sips Increase Ability to Do Physical Work

of drinking citrates.

by John A. Killian and Charles Oclassen, of New York. Small alkaline drinks of either sodium citrate or of citrate with sodium bicarbonate were given seven times a day. A little aspirin was added when it was discovered that it reduced the muscular pain. UP 34 PER CENT.

"The "guinea pigs" were six men and two women who pedalled bicycles until exhausted. The average gain for all was 34 per cent. The woman, who went up to 68 per cent., had been accustomed to complete leisure from physical work.

things yet. Maybe the years would take care of that, too. "And good luck," she added softly. "You're going?" Dan asked. His

But it was not Sally's way now. She bent swiftly, before she turned to leave, kissed Dan Reynolds goodby, her fresh soft lips brushing lightly, yet lingeringly, against

(To Be Continued)

### Citrate Drinks Impart Strength

One young woman last week described to the American chemical society her ability to do physical work rose 68 per cent. in a week's trial

The experiments were reported

#### Love Not Enuogh In Any Marriage

A Simmons College (Boston) Institute on successful marriage has agreed that romance at best is only a flimsy basis of matrimony. Secretary James C. Janney said, "young men and women should have their own standards of life in terms of finances and social surroundings . . . This is much better than starting only on the romantic side and saying, 'He's a chauffeur's son and his background is nothing like mine, but I love him." EVEN THE YOUNGSTERS LOVE TO DO THIS

PATTERN 2522

Spring

Today the world is wide and fair

And waters dancing everywhere,

The noon is builded high with

And over heaven's liquid height,

Is steady fleets serene and white,

I feel the tumult of new birth;

I waken with the wakening earth;

I match the bluebird in her mirth;

roam the glorious world with

The hillside and the woodland

Beds of tidal rivers belong to

the Crown, but all others belong

to the owner of the land through

-Archibald Lampman.

And wild with wind and sun,

A treasure of immortal days

Till earth and I are one.

which the river flows.

praise.

Ways

With sunny fields of lucid air

The snow is almost gone;

The happy clouds go by.

A Charming Commander-In-Chief Inspects Her Regiment



Visiting their training quarters in England, Queen Elizabeth inspected the Toronto Scottish Regiment, C.A.S.F., of which she is commander-in-chief. Members of this unit were selected for the honor of mounting guard at Buckingham Palace the latter part of April.

### Fashion Flashes

Printed silks are being used for shirt blouses.

. . . The "gathered neckline" gypsy blouse is again popular.

Pique is smart for the tailored

Beige gowns in heavy sheers are new for evening.

Bowl Bretons in black felt are suggested for wear with suits.

Printed pique is being shown for summer evening dresses.

Pastel flannel jackets will be worn with crepe dresses.

A brief hipbone length fitted black wool jacket over a slim matching frock is worn with white straw "plate" covered with multicolor flowers.

Jackets buttoned throat-high with small Peter Pan collars, register among tweed suit fashions. One notable sponsor wore one in stone mixture tweed over a plain brown skirt, the costume completed by brown accessories.

Black sports dresses in silk or linen are being shown for summer with white pique jackets.

Gayly-trimmed coats are seen for juniors. Bright soutache or embroidery and applique on white mohair, rayon and cotton suiting, in reefer styles are most popular.

Back buttons, always in good standing, are particularly so this summer. Only the bodice is buttoned at back or the buttons run full-length. The latter is seen in quite a few sunback dresses, youthfully flared. This back-closing idea is stimulated this year by the importance of back-buttoned and wrapped pinafores.

Hellow metal curved-in graceful scrolls makes shoe heels with a spring motion for new Paris shoes. Other heels and soles are elaborately carved from wood.

## Prepare Locks For Summertime

Forethought and Care Now Will Pay Dividends

A little forethought and preparation will assure a more tranquil enjoyment of the season ahead, writes Donna Grace, beauty editor. It will not be so long before we will be out in the sun, either on the golf course or on the beaches. The hair like the rest of the

body, needs nourishment to preserve its vigor and beauty. A good method is to comb the hair thoroughly, then place the hands at the back of the neck, and with a pulling-up stroke, draw the

hands up over the crown. With the fingers spread in this way, push the scalp from side to side. DO THOROUGH BRUSHING Repeat this several times and finish with circular manipulations around the head at the edge of the hairline. The circular manipulations are done with the first three fing-

ers of each hand pressed close to the head. A thorough brushing several times a week will help to keep the scalp loose and healthy. The circular ccrubbing strokes beginning at the back of the neck and working upward are best for this.

# Golden Sausage

A wedding ring, lost two years ago by a Danish packer, has been found by a woman in an imported sausage at Richmond, Virginia.

FOR WOMEN ONLY If fidgety nerves, restless nights and dis-tress from female functional "irregular-ities" keep you from having fun in life— take Lydia E. Pinkham's Vegetable Com-pound, made especially to help such run-down, weak, ailing women. Tour iff.

By SADIE B. CHAMBERS Milk and Eggs

As Health Foods A finished product which should bring much satisfaction and praise is the dish compounded of milk and eggs. These two foods probably should be classed as the two most essential to health. It has been said by an eminent health authority, that milk lacks only one thing and that is bulk - but it is frequently spoken of as "the perfect food." Then again, milk and eggs are perfect foods for children, containing high quality proteins, the food substances required for building the muscles and other tissues. Considering the minerals, milk is one of the best sources we have for calcium and phosphorus Eggs, while containing an approciable amount of these, are more valuable for their iron content. And both are rich in vitamins and are therefore classed as "protective foods". Milk is economical and at present, eggs are also in that class. Here are a few favorite recipes containing these ideal foods:

ORANGE OMELET

4 tablespoons orange juice 1 teaspoon grated orange rind 1/2 teaspoon salt. Separate eggs and beat well. To

the well beaten yolks, add the orange juice, rind and salt. Fold in the whites beaten until stiff. Cook slowly in a well buttered frying pan. Loosen around the edges with a spatula or thin knife until cooked on bottom. Place in a medium hot oven until dry and slightly brown on top. Serve on platter with prepared orange sections an dorange

Orange Sauce 34 cup orange juice 3 tablespoons water

1 tablespoon lemon juice 1 tablespoon grated orange rind. 1 egg yolk 2 tablespoons butter 21/2 tablespoons cornstarch

2 tablespoons butter. Mix cornstarch and sugar all but 1 tablespoon. Put in double boiler, adding water, orange juice, and lemon juice. Stir constant' and cook until thickened. Add egg yolk and cook 3 minuter, add butter and

CREAMED EGGS AND MUSHROOMS 2 tablespoons chopped green pepper 1 cup sliced mushrooms 4 tablespoons butter

4 tablespoons flour 2 cups milk 2 tablespoons chopped pimento 6 hard cooked eggs salt, pepper and paprika

Cook mushrooms and green pepper in butter for five minutes. Blend in flour and gradually add milk. Cook, stirring constantly, until mixture thickens. Cook 3 minutes. Add pimento and eggs chopped or cut in uniform pieces. Serve on buttered toast or freshly made biscuits buttered. Some prefer not to use the pimento and pepper.

CREAMED EGGS ON TOAST 6 eggs 5 tablespoons butter

1 and one-third cup milk dash salt and pepper 6 slices of breakfast bacoa cooked very crisp.

Beat eggs slightly, add butter, seasonings and milk. Cook in double boiler. Stir constantly and as mixture begins to coagulate, stir very thoroughly and remove from heat. Have bacon cooked and chopped; add to egg mixture, stirring. Serve on buttered toast. Sprinkle with a little paprika.

DATE CUSTARD PIE Two-thirds cup chopped dates 2 cups milk

3 eggs 1/4 teaspoon salt 1 teaspoon vanilla or maple flav-

cup chopped pecans. Cook dates, which have been very

thoroughly cleaned, in the double boiler with the milk. When dates are soft, rub through a sieve. Combine with well beaten eggs, salt and vanilla, nuts. Pour into pie plate, lined with pastry, and bake as custard pie.

CREAM PIE 1/2 cup sugar.

One-third cup flour One-eighth teaspoon salt 1/2 cup cold milk

11/2 cup milk and cream mixed (hot) 3 egg yolks

1 tablespoon buter 1 teaspoon vanilla 3 egg whites

3 tablespoons fruit sugar pinch salt pinch salt.

Mix the sugar, flour and salt all well together. Add the cold milk and mix very thoroughly. Add the hot milk very gradually and cook in double boiler, stirring constantly until the mixture thickens (about ten minutes). Beat egg yolks; pour one-half of milk mixture over the eggs, beating very thoroughly. Return to double boiler, mixing with the rest of the milk. Beat with a few turns of the egg beater and stir, cook three minutes. Remove from heat and add flavoring. When partly cool pour into pie shell (previously baked). Beat egg whites until very stiff, add the sugar and cornstarch very gradually. Pour over the pie and place in slow oven until light brown.

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."

## Women Face New Responsibilities

President of Toronto Council of Women Surveys Urgencies With Which Women of Dom-

"In our zeal for war work let us not lose sight of the ultimate goal for which we are sacrificing and suffering. We must maintain our well-established social agencies so that our men will not come back to a disorganized Canada." Such was the theme of an inspiring address of Mrs. J. R. Marshall, president of the Toronto Council of Women, to the Hamilton Women's Civic Club last week. Mrs. Marshall gave a broad survey of the urgencies that have arisen in Canada since the outbreak of the war and the fundamental problems which remain to be dealt with and which demand the intelligent thought and unselfish contribution of responsible women,

CITES PROBLEMS Canadian women were not, she thought, to be called upon to do spectacular things in the war. But they had much to do at home. Mrs. Marshall cited the problems of Canada with which women must

concern themselves. They included training of youth, housing, nutrition, public health and hospitalization and leisure time occupation. Gems now held by dealers in the West End of London are valu-

ed at \$120,000,000.



ISSUE NO. 18—'40

Hybrid Resists

Certain The growl hybrid corn the corn bon the increase

the provinc ly by Prof. Guelph, speaking a of the Wes Prof. Cas porer scour The newe ment of ag corn borer experiments get strains sistant. Th

yet been car large scale conclusions NEW S At least 5 tested durin and it has b of Wiscons most likely borer-resista in bringing hybrid corn each year,

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Rev. Dr. W