The fact that when a man buys a suit his wife generally goes along or else gives advice as to what type to buy would be fine and dandy if Mama knew what she was talking about, But she usually doesn't according to Norman Block, prominent New York stylist.

"To begin with," he says, "women should stop expecting men's clothes to fit the way their own do.

FIT OF COAT, TROUSERS "In order for the collar to stay put when a man moves his arms, there must be some drape in the back of the coat. The vertical wrinkles are there for a purposethey are not a misfit," Mr. Block wants women to know.

As for trousers, they shouldn't fit tight around the hips the way a woman wants a dress to fit. Unless they are a bit baggy, and sink in like riding breeches, they will not hang right - nor will they be comfortable.

STRAINING FOR EFFECT One thing Mama should not do is encourage Pop to match up his accessories, as she does. It gives an impression of straining for a sartorial effect.

Additional clothes - commandfor men are, according to Mr. Block "The width of the trousers should be about three-fourths the length of the man's feet. The trousers also should be long enough to "break" on the instep. The socks shouldn't

"An inch of shirt cuff should also show beneath the coat sleeve."

Underweight? Eat Calory-Rich Diet

Drink A Pint of Cream Per Day - Rest a Lot and Don't Worry

The first thing for a woman to do, if she is underweight and wants to gain a few pounds, is to see the family doctor, have a complete physical examination and find out whether there exists some condition which is keeping her too thin. If not, and unless your doctor advises otherwise, immediately plan a calory-rich diet and stick to it.

Drink a pint of cream per day, mixed with milk or some soft drink and see what happens. If you ordinarily, have no appetite for breakfast, get up half an hour earlier, take a brisk walk before breakfast. in order to make yourself want a bowl of cereal with cream, toast with plenty of butter and jam or even some ham and eggs.

NINE HOURS AT NIGHT For lunch order cream soup instead of a clear variety, meat and vegetables instead of a light salad, Have a glass of milk in the middle of the afternoon. And try to get into the habit of eating man-sized portions of everything on the dinner menu, including rich dessert, of

In addition, realize the importance of getting plenty of sleep and rest. If you are serious about gaining a few pounds, you'll sleep at least nine hours every night. And most important, too, you'll try not

Too Much Oil In The System?

Get A Good General Tonic First Off - Hair and Skin Need Special Treatment

First thing if you seem to nave too much oil in your system, get a good general tonic. There are plenty of first-class tonics on the market, and your doctor will always recommend one.

Brush your hair through with starch when you cannot get a shampoo, and brush it as often as you can. Use an anti-greasy tonic, adopt affreasy hair style, and have your hair properly cut and thinned. The shorter hair is the vogue, and it's easier to keep in order.

WASH WITH OATMEAL Wash your skin with an oatmeal pad. This is not difficult. Keep a jar of oatmeal by the wash-basin, put by it several little squares of muslin which take but a moment to cut up. Put a couple of teaspoonfuls into a piece of muslin, roll into a ball, and use this as a sponge for your face; let the film dry on, and then wash away.

Use a face pack at least every five days and keep a good astringent handy. The astringent is the best friend of the mil with a very greesy skill Neger, never make up without applying it first; if you do. it is so much wasted time, for the grease and work, right, through gainered time took and and

Use a liquid nowder or a "cake" toundation and it a powder cream for those high spots where the grease will persist in coming right

Finest You Can Buy

GREEN TEA

SERIAL STORY

SKI'S THE LIMIT

COPYRIGHT, 1938 NEA SERVICE, INC. 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 PORIER was king of the social whirl. So . . . But go on with the story.

Last week: Sally is shocked by the seriousness of Dan's injury. In remorse, she asks his forgiveness, kisses him goodby. Is it forever, she wonders?

CHAPTER VIII The white world of the winter carnival had turned into a fresh new one with a gauzy scarf of ten-

der green covering the hillside, the birds flying north to begin searching for bits of string and straw to build their nests, crocuses heroically thrusting up bright brave golden Corey Porter, home for spring vacation, lost no time in heading his long low sports roadster toward the

suburb, near Boston, where Sally Blair lived. Corey was a very important young man these days, in a few months he would graduate, the head man of his class. He would be taken into his father's firm, start a new life. But Corey's handsome young face did not wear the important, satisfied look it should have. His nice mouth was a bit grim; his blue eyes wore a perplexed expres-

He was going to have a showdown with Sally, or else, Never, in all his experience - and he had had a few, as he prided himself - had any girl treated him as had Sally. Not one word from her since the houseparty, unless you wanted to count the stiff little bread-and-butter note required from formal courtesy, which Corey did not, Never in all his life had Corey been given the "go-by" by any member of the opposite sex. It was an entirely new experience. Had Sally known it - and maybe she did since she was an experienced young lady, too - it had proved the best possible means of bringing Corey to heel.

For if he had imagined himself taken with Sally before - that last moonlight night of the house-party. for instance - now Corey knew he was sunk.

HE MEANT BUSINESS Now he meant business, as he'd shown Sally by the way he turned into the long driveway that led to her home, swept up under the big port cochere, ground on the car brakes. He took the flight of steps on to the broad piazza of the big white colonial house three at a time, sounded the old-fashioned knocker emphatically and impatiently.

It seemed to him much too long before the heavy door finally was unlatched, swung gently open. Then when he saw that it was Sally who had opened it to 1 im, impatience was well repaid. He had forgotten she was so lovely, that her dark eyes were so soft and shining, her mouth so temptingly sweet. He had gotten any girl could make him feel as he did now, just looking at

Sally again. "Why, Corey!" She held out a hand, her face breaking into a nice smile. She drew him on inside, and made him welcome. "How nice, to see you again! When did you get home? Come in and make yourself

at home. It's good to see you." "You'd never guess it!" Corey returned. His grin was rueful, but his spirits soared. Sally must be glad to see him, after all! "What have you been doing with yourself that you never had time to drop a



Kitchen equipment is not complete without this handy, one-burner table. stove. Can be used anywhere—home, camp, or cottage. Makes and burgs own gas from gasoline. Lights peginates instantly. Safe, speedy, economical, attractive. Can be moved while burning. Fuel cannot spill.
Has more fine features than any
other one-burner steer. dealer's or write for FREE litera-

Coleman Lamp & Stove Co., Ltd.

fellow a line? What did I do to deserve such treatment?"

"I did write - once," Sally reminded. She led the way on into the big living room that was so cheerful with its open fire, gay chintzes and profusion of flowers. Sally was proud of the fact that she had made it so home-like now that she had taken over the task of running her father's house. "I have been busy," she admitted. "I am sorry if you feel I've neglected you, Corey."

"Rumor has it," Corey said, as he flung his long length down into a deep chair, "that you didn't go back to school, my sweet. How come? Did the grind get you down? I suppose you've been busy flirting and dancing and playing havoc generaly from dawn until dawn with all the masculine population within reach."

There was something about Sally that he had not noticed before. He could not put his finger on it, call it by name. She was prettier than ever, if possible, her dark curls drawn back with a narrow pink ribbon, her dainty frock matching the slight flush in her cheeks. Yet he felt that, somehow, she had chang-

Sally laughed, shook her head. No, she had not been busy in that way. But Corey would not understand, or believe her if she denied it. She told him she had not gone back to finish out the term because she had decided to stay at home with her father. "I never realized," Sally said, "how Daddy missed me, how all alone he was. I decided to

me, I'm going to be such a different guy! I've got my mind all set on a certain goal. And you know when I set out to do something I won't give up till I make the grade."

He put a subtle implication behind his light words. For the goal Corey had set his mind on winning was Sally herself. "By the way," he added, not giving her a chance to say whether she was going to have time for him, or not, "have you forgotten you owe me payment on that dare we made? Check, Sally, my sweet? About Dan Reynolds, I mean. That was one man you failed to tame and get to eat out of your pretty hand." Corey was so preoccupied in lighting a cigaret that he did not notice the swift flash of pain in Sally's bright eyes, or the color ebb from her cheeks. "That's one reason for this visit. I came to collect."

"How is Dan?" Sally asked. This was the reason she had welcomed Corey so heartily, had been glad to see him. This was the question she had been waiting to ask him. She wondered how she could ask it now so quietly, when it meant so much to her, when during these long terrible months that had been the only question weighing on her

She had had reports, of course, from Doctor Barnes through her from Doctor Barnes through her father's lawyer, who had handled the doctor's bills and hospital expenses. But she wanted to hear from someone who knew Dan, who had seen him just recently, talked with him.

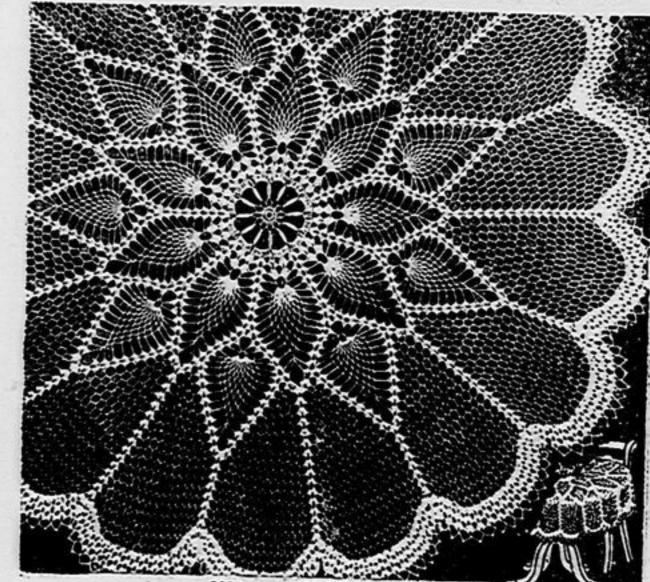
"He's coming along," Corey now glanced up at Sally. There had been something in her voice. That new note of quietness, of stability that somehow seemed to be what marked the difference in her that he had sensed. "As well as can be expected. He hobbled about on crutches, after more than a month lying flat. He's walking now again."

"Walking?" Sally's eyes shone her breath came with a little rush of relief and joyousness. "Oh, Cc. ey, I'm so glad. I was afraid he might never walk - the same. I mean - as he had. Maybe, before

long, he will be able to ski again." "I hardly think so." Corey would not have answered quite so bluntly had he known what a blow it would be to Sally, "He'll hardly take up ski-ing in a hurry. He's walking, Sally. But he probably will always walk with a bad limp."

(To Be Continued)

PINEAPPLE DESIGN MAKES STRIKING LAURA WHEELER CROCHETED CLOTH



CROCHETED CLOTH

PATTERN 2530

This useful 65-inch crocheted cloth in pineapple design can be made two other sizes. Pattern 2530 contains instructions for making cloth in varied sizes; illustration of it and stitches; materials required; photograph of cloth.

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.

stay here with him; this is a big house you know for one person.' Sally's mother had died when she was a child. "Daddy never complained. But I know now how glad he is to have me with him." She knew now, too, how much she had missed the companionship she had never before taken time to share' with the father who had given her

so much. "I don't expect you find much time to be with him now!". Corey laughed at this idea. He knew how full the life was of a popular girl like Sally, one party after another, a date for every waking moment, a round of places every night, a few hours' sleep squeezed in each morning. Pretty hectic, but fearfully exciting and gay. No time to spare beside the homefires, or to waste in solitude or thought. Never a dull

"I hope," Corey added, "that you are going to have some time for me, Sally, my pet. We'll do all the hot-spots, paint the town crimson. if you say the word. This will be my last play-time for a spell. After graduation I'm going-to settle right down for keeps. You won't know

NONE SINER MADE DOUBLE AUTOMATIC 5

Cotto Comment Contract

Jewelled Locket Fashion Revived

Dangling on a Siender Chain About Milady's Neck

The wearing of small jewelled lockets on slender chains is a new fashion. Single strand necklaces of beads are also being seen. Pearls, rose quartz, amber, lapis lazuli and jade are the favourites. These colored, less expensive gem stones make beautiful accent notes for spring. There are rings and also bracelets to match these necklaces

and also earrings. Topaz, zircon and amethyst are also popular, and set, with gold, have added color depth. Moonstone flowers set with rubies or emeralds in gold are lovely.

The locket fashion, however, is new. It is in the feminine manner and has a sentimental value that has again come to be noticed by women of fashion,

'Glamour" Defined

Dr. Paul Popenoe, internationally known founder and director of the Los Angeles Institute of Family Relations, has at last been able to formulate a definition for "glamour." "Whenever the value of. the package exceeds that of the contents—that's glamour," he told a local audience.

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was to street to

By SADIE B. CHAMBERS

GREENS FOR HEALTH

Now that spring seems to be really here, the main topics of the day are "housecleaning" and "spring tonics", both very closely related to the homemaker. If you desire real zip, try increasing your green vegetables and salads and reduce the starch diet as much as possible. At least two cooked vegetables and one raw vegetable every day should be the inviolable rule of every homemaker. One can always lure the family

into eating plenty of vegetables, if one has attractive ways in which to serve them, and lots of variety. New spinach will be on the market in a few days and while it is very wholesome just plain boiled with as little water as possible (do you remember?), try mixing with a little butter and cream and seasoning. This makes it a very appetizing dish. For variety, sprinkle the above with hard boiled eggs chopped fine. Then another method (after boiling the spinach and then draining) is to place in a baking dish alternately with a rich cream sauce, which has been previously made. Sprinkle the top with buttered crumbs and powdered hard boiled eggs. Piace in a slow oven for about 20 minutes. This too is very satisfying.

If you would take grandmother's advice try this:

Dandelion and Spinach Greens Gather freshly grown dandelions, when the dew is still on them. Use equal amount of dandelion and spinach. Pick carefully, throw into cold water and wash in several waters previously salted. Plunge the dandelions into boiling water, cook one-half hour before adding the spinach. Continue the cooking until tender, then drain and add butter, salt and pepper. Mix welle turn into warm dish and serve with hard boiled egg. The addition of the spinach prevents the bitterness of the dandelion from predominating the combination will be found to be very pleasing.

Spinach Loaf 2 cups boiled spinach 2 eggs

1 teaspoon chopped onion 11/2 cups bread crumbs 1 teaspoon salt

1/4 teaspoon pepper 11/2 cups milk Chop cooked spinach fine, add crumbs, eggs slightly beaten, onions, seasoning and milk. Turn into a buttered mould, place in pan of

water and cook in a moderate oven until firm. Spinach Timbales 21/2 cups canned spinach 2 tablespoons butter

14 teaspoon salt Few grains pepper 2 teaspoons lemon juice 2 eggs

Drain spinach and chop fine. Heat; add butter, salt, pepper and lemon juice. Add the eggs slightly beaten and mix well. Place in custard cups set in a pan of water and bake in a moderate oven until firm. Serve with white sauce. Garnish with hard cooked eggs. Time in the oven 25 minutes. Temperature 325 degrees.

Spinach Mexican Style 1 tablespoon butter 2 tablespoons flour 14 teaspoon salt

1/2 teaspoon curry powder One-eighth teaspoon pepper 1 cup milk 2 cups cooked spinach

2 hard-cooked eggs Melt the fat and add flour, seasonings; stir in the milk. Bring to the boiling point, stirring constantly. Arrange the hot spinach in a serving dish and slice the eggs over the top. Pour on the hot sauce

and serve at once. Serves 4. Stuffed Onions 6 large onions % cup chopped beef 1/4 teaspoon salt

One-eighth teaspoon pepper 2 tablespoons melted butter 2 tablespoors tomato catsup 1/2 .qup grated cheese 1/4 cup fine bread crumbs.

Parboil onions 15 min., drain. Mix meat, seasoning, shortening and catsup. Remove center of onions and fill with meat mixture. Arrange in baking dish and cover. Bake in moderate oven I hour. Remove cover, sprinkle top with crumbs and butter and bake until crumbs are brown.

Mr. Caffeine-Nerves Foiled Again!

FATHER: Stop that infernal racket! How do you expect me to work all day and come home and listen to that! My nerves can't stand

MR. CAFFEINE-NERVES: Bravo! That child needs to be carbed!



MOTHER: One of the club girls claims that too much tea and coffee can make people neryous and out of sorts. Maybe it isn't Junior at all. Let's try drinking only Postum for while and see!

MR. CAFFEINE-NERVES: To hear her you'd think you lived on tea and coffee!

30 DAYS LATER FATHER: Whoever told you about Postum certainly deserves a medal.



MR. CAFFEINE-NERVES: Postum again! It chases me every time!

Instant

POSTUN

 Many people can safely drink tea and coffee. Many others - and all children should never drink them. If you are one of these, try Postum's 30-day test. Buy Postum and drink it instead of tea and coffee for one month. Then, if you do not feel better, return the container top to General Foods, Limited, Cobourg, Ontario, and we'll gladly refund full purchase price, plus postage. Postum is delicious, economical, easy to prepare, and contains no caffeine.

POSTUM

Scalloped Cabbage 2 cups cooked shredded cabbage 2 cups white sauce 2 cups soft bread crumbs

2 cup grated cheese Mix cabbage and white sauce together. Put a layer of cabbage in a greased baking dish, add a layer of crumbs. Repeat until all the ingredients are used. Sprinkle with cheese. Bake in hot oven until brown (about 20 min.).

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."

Mothers Can Be Aid To Democracy

Should Pledge Themselves to Help Children Grow Up In Understanding of All That Democracy Means

To give expression to appreciation is the duty of sons and daughters on Mother's Day but on that day also to many intelligent women will come the recognition of the fact that it is not natural to mothers just to sit silent and receive bouquets. Active, beneficial service is part of the very nature of motherhood and on this their day, with the world at war, we may ask that all give yet another gift to their children,

the gift of democracy. Cherish Freedom, Liberty It is an example that the mothers of all democratic countries may well emulate, for the declaration they are being asked to uphold is significant—a pledge to help children to understand, cherish and guard freedom of speech, press, assembly, worship and petition; and also to teach children by example that they should respect the rights and opinions of

SWEET WORD: "MOTHER"

I do not know why one word is more fair

That mother word grow sweeter, tenderer,

Or, all the kind and swift endearing terms

That mothers know are gently passing by!

My Mother Alf the foveliness I know

With sunlight on it, and the purple way

Arifilac buthisones grew beside a door.

of the transfer of the second

A prayer begin, a chanted lullabye;

Than other words, but voices when they say

As though they swing soft light upon the way. And there is rhythm in it—I can hear

is report and as the state waster! The contract of the way of the state of the stat

others if they would defend their own, and thus preserve their heritage of liberty against any and all doctrines opposed to the traditions of the nation. Participating In Democracy

Keeping such a pledge will take tolerance, judgment, forebearance. It will mean participating in democracy-instead of sitting back waiting for someone else "to do something about that," writes Ruth Millett.

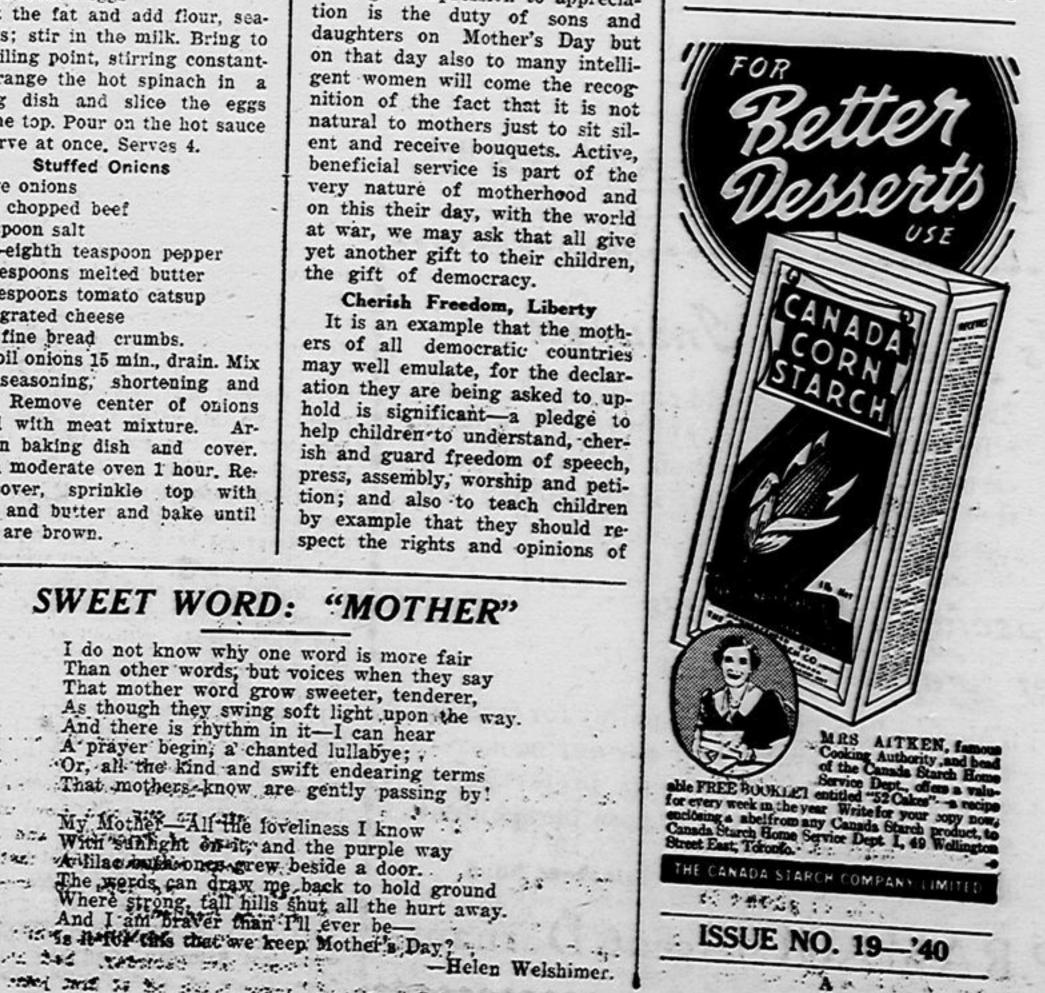
It will mean voting intelligently- and abiding by laws. It will mean being able to see the faults in government, the things to be done-without condemning demo-

It will mean teaching children to be self-reliant and "proud" in the old-fashioned sense - too "proud" to want or expect something for nothing.

It will mean foregoing the smug little remarks that can damn a whole group of people. It won't be easy. But it never was easy to leave children a fine heritage.

Secret study, silent thought, is, after all, the mightiest agent in human affairs.

-Channing



Largest

Hidden und Ontario are i those of Swed in the world fi The fields w A. A. Brant, f the Universit party of scien magnetic, elec al devices, t the field and tiality at 250.0 Assays of or equal the fines

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Her Hobby

Mary Howard, Me Mayer starlet, demons her favorite hobbies, a sport is fast becoming popular pastimes of colony. We know Mary

"bull's eye." Don't you

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HOLD FOR EUROPE.

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Heated Sand B On Icy High

Ontario's new system ing the hazard of icy was explained to an inf cial conference on highw ed by the Canadian Go association by Hon. T. B. ten, minister of highway and sand combinations. I use of steam, and then while still hot on the high penetrates the ky surfa provides a safe surface f mobiles.

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