

Your Eyes Need Very Best Care

A Headache After Reading or Working, May Indicate A Weakness, So See an Oculist

We get a chance to change our teeth once in a lifetime, and the hair is gradually renewed, so the scientists tell us, but where our eyes are concerned, we have no second chance, and it is up to us therefore, to realize that we must take special care of these two precious possessions.

A headache after reading or working may indicate weak eyes, and advice from a specialist will be wise. Eye-glasses are so varied nowadays that it isn't a drawback to have to wear them, and they are no longer considered the sign of a blue-stocking! Glasses, however, may not be essential, and much can be done by more rest, more eye bathing, more attention to the general health. The eyes are often called the "windows of the mind," and they are certainly connected with the health as a whole. If the whites of your eyes are not white, but yellow, or are not clear, it is probable that your liver is out of order. If your eyes are strained and tired, it suggests that you are strained and tired also. Clear, bright eyes are certainly a sign of good health. There is an eye disease which shows itself in the fear of light, and this is treated by attention to the general health, particularly in the form of the addition of Vitamin A in the diet.

If you suffer often from styes, see your doctor. It may be due to lack of Vitamin B.

ME AND MY DAWG



Virginia Weidner and her big red spaniel, "Red." Virginia is currently featured with Frank Morgan and Owen Davis, Jr., in Metro-Goldwyn-Mayer's "Henry Goes Arizona."

Graceful Hands Are Essential

Charming Gestures Have A Subtle Appeal In Even the Plainest Woman

Have you ever seriously thought about your beauty mannerisms? asks Donna Grace, beauty editor. Charming gestures and graceful movements have a subtle appeal that will make even the plainest girl seem fascinating and lovely.

The first one to be considered is hand movements or gestures. The hand and arm movements are distinctive and express our own personality. We all know people whose gestures we remember long after we have forgotten their faces.

KEEP HANDS SUPPLE

The course of hand and arm gestures included in ballet dancing or any of the interpretative dances is the most expressive and graceful of any we know. Professional dancers know the meaning of every gesture and practise them constantly.

The first movement is the flexing of the wrist. That is a kind of flapping of the hands from the wrists. Do a lot of these whenever you can. This will keep the hands supple.

Some of the awkwardness may be avoided by remembering to keep the elbows close to the body. Never extend the thumb out beyond the index finger but keep it drawn under, toward the palm of the hand.

When extending the arm let the wrist lead, and as the hand is finally extended, touch the tip of the middle finger to the end of the thumb. In this position, point the first, fourth and fifth fingers straight with the line of the hand. Hold this position and extend the arms out and back and up and down, with wrist leading always. It will insure grace if practiced several times a day.

First Girl Baby In Ten Generations

The Berti family of Cheshire, Conn., celebrating the birth of the first girl baby in the family for 10 generations. The child is the daughter of Mr. and Mrs. Paul Berti.

THEY'RE "TOPS" WITH ANY SPREAD!



Christie's Graham Wafers

SERIAL STORY SKI'S THE LIMIT

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BY ADELAIDE HUMPHRIES

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

Last week: As Corey dates Sally, she is more and more sure of her love for Dan, that her kisses are alone for him.

CHAPTER X

Sally's father was as good as his word. Before a week had passed, through his lawyer, Dan Reynolds was offered a position in a Boston brokerage house. It was such a good offer, with opportunity for advancement, that no young man would be able to turn it down. Especially a young man who did not have any other prospects.

"I like the lad's spunk," Sam Blair chuckled over the reply his lawyer had received. "He says he accepts, but only because he feels obligated to accept any offer made by his benefactor — and only on condition that he be paid just what he proves to be worth." Not many young men would have put in such a stipulation. There was no doubt about it, this lad in whom Sally had taken such an interest was made of the right stuff.

To say that Sally was thrilled at the thought that she would see Dan again would be putting it much too mildly. After her father told her that Dan was expected the following Monday, Sally scarcely could sleep a wink. Only 48 hours and Dan would be in Boston. Only 24 hours and he would have started on his way. Only 12 hours, only 8 — and at last Monday had arrived and although she had not seen him, Sally could hear the thought to her heart that Dan was living nearby, was working in one of her father's offices.

THE "HITCH" IN IT

However, therein lay the "hitch" as Sally expressed it.

Dan did not know that he was employed by Sally's father. He mustn't find it out, which only served to strengthen the aforementioned "hitch."

And even that was not the worst of it. Now that Sally had Dan so near at hand, how was she going to manage to see him? She puzzled her pretty head over this for several days. Then Corey, who still was quiring her around, collecting his debt, gave her the solution.

"You'll never guess who I ran into today," Corey said. "This was at a gathering of 'the gang' in the big recreation room at Babe Fairchild's house. 'Right here in Boston,' Corey added, 'you could have knocked me over with a feather.'

"I'd like to try that," Pudge said. He doubted his fists and gave Corey a poke in the ribs. They pretended to spar for a minute or so, with Pudge staggering to his corner after Corey administered a knockout blow. Pudge always played a willing "stooge" for Corey's clowning.

"You didn't say who it was you saw," Sally reminded, after she had controlled her laughter. There was no doubt about it, Corey was fun. He always managed to be the life of the party.

COLEMAN HOT PLATES DO BIG-STOVE JOBS



Dept. WO-508 Toronto, Canada

ISSUE NO. 21-'40

Sally put her question in all innocence. It never occurred to her that Corey's answer would make her heart start thumping madly and offer the solution to her problem.

"LIMP AND ALL!"

"It was Reynolds," Corey said. "Limp and all." Corey did not mean to be callous or poke fun. He just merely endeavored to be amusing. "I hardly could believe my eyesight at first. Thought maybe I'd had one snifter too many. Had just left the Mandarin bar. But no, it was old Danny in person. I pulled up at the curb and offered to give him a lift."

"He was the wonder on skis, wasn't he?" Babe asked. "Sort of a Greek god with a Barrymore profile and a touch-me-not air."

"He was the guy who saved Sally's neck," Pudge put in. He made a gesture as though cutting off his own neck with an imaginary and magnificent flourish. "What in the heck is Reynolds doing in our fair city? Thought he hailed from upstate in the backwoods somewhere. He had to drop out of college after his accident, you know."

"Did you give him a lift?" Sally asked. They did not know how their light remarks struck home, bringing the warm color into her cheeks and a sharp pain in her breast.

Corey shook his head. "He wouldn't let me," he said. "Insisted he preferred to hoof it, even though he had a bad leg."

"Do you have to keep harping on that?" Sally broke in. Her dark eyes flashed. She pulled away from Corey, whose arm circled the back of the couch on which they were sitting. She got up and crossed the recreation room to shut off the interminable record machine. "This eternal noise makes my head ache," she explained. "What made a gay dance tune and it made Sally's heart ache, as well."

"Well, I'll be..." Corey muttered. He simply could not understand Sally lately. She must have the fitters over something. Maybe she still felt she was to blame for Reynolds' smashup. Why was Sally so interested in the break some people got. Sally ought to know that.

IT'S HIS BAD LUCK

He pulled himself up from the couch, too, went over to her. "See here, Sally my sweet," he lowered his voice, "you aren't taking this on your slender shoulders, are you? Reynolds' bad luck, I mean. He'd be a heel if he held it against you. And you'd be one if you let him."

"He wouldn't hold that against me," Sally returned. "What Dan held against her went much deeper. But she did not want Corey, or any of the others, to know how much that mattered to her. She picked up a pingpong racket, served a ball neatly over the net. "My shoulders are broad enough to take what's coming to me," she told Corey. "Even though I am just a party gal — on the surface."

It was then the answer to her problem as to how she was to get to see Dan presented itself to her. "Which reminds me," she raised her voice so that the rest of the young people could hear. "I'm throwing a party Saturday night. To round off the spring vacation festivities. Incidentally Saturday also happens to be my birthday, so all of you here are invited." This was greeted with a shout of approval from everyone, during which Sally again lowered her voice, and turned to Corey.

HE WOULD BEAT HER

"I want you to do something for me. As a special favor," she dimpled at him. "I want you to bring Dan Reynolds to my birthday party, Corey."

"I'll do that little thing — since you put it that way," Corey said lightly. But he saw through Sally now. She had taken the blame for Reynolds' accident upon her own shoulders. Unless he missed his guess, which usually came close, there was even more to it than that. "I'll bring Dan along all right my sweet," Corey said. He, too, picked up a pingpong racket. "So come on, I'll beat you at this game."

And he would beat her — or anybody else — at any other. For Corey Porter felt he had no rivalry to fear from Dan Reynolds, who could never amount to a great deal in any place now.

Sure, he'd bring Dan to Sally's party — Dan could hardly refuse, if Corey invited him. Sally would then see that a fellow like Dan couldn't fit in with their gay crowd. She would see that the poor lug was a washout now.

She probably had admired the King of Ski; maybe even imagined she had lost her heart to him. No doubt she mistook pity now for something else. But it should be simple for Corey to set Sally right again.

(To Be Continued)

FRISKY FIDO MAKES A LOVELY QUILT OR PILLOW SAYS LAURA WHEELER



FRISKY FIDO. COPYRIGHT, 1939, NEA SERVICE, INC.

Pattern 2541

Part isn't he, this easily applied pup, Frisky Fido! He's just one patch and his bow can be in the gayest of scraps. Do a block in odd pieces; directions for making quilt; diagram of quilt; yardages; color schemes.

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.

Jacket Dresses Are Essential For Travelling

Whether It's Hot or Cold You Will Feel Well Dressed

Are you planning a wonderful trip this summer? Wherever your trip takes you, if it only takes you to the city and back you'll want one costume in your wardrobe this spring and summer that has chameleon possibilities and that will be good anywhere, anytime.

SAVE PACKING TROUBLE

Redingotes and jacket dresses cover a lot of ground in this direction, and let it blow hot or cold, you'll feel well dressed. One advantage of this type of costume is that it can be worn with or without the coat or jacket, or with other jackets to make an entirely different looking costume. Travelers welcome this idea and save themselves "packing" trouble.

Jackets this year usually follow the long torso line and have 1940 details like huge patch pockets, or large pearl buttons. A new note in redingotes is the blouse back coat. If you're practical you'll choose a material that doesn't wrinkle, in a dark color or print that won't show the earmarks of travel or an all-day session of fun.

SEERSUCKERS IN HOME

Very new in dresses for home wear are the seersuckers and crinkle sheers in bright plaids, as easy to launder as a handkerchief and requiring practically no ironing. These dresses are as gay as a summer morning, trimly tailored with easy flaring skirts and slim, young waistlines.

People and Dress

An emperor in his night-cap would not meet with half the respect as would an emperor with a crown. — Goldsmith.

Beauty gains little, and homeliness loses much, by gaudy attire. — Zimmerman.

Raise Children As Antidote To Hitler

Eminent Child Specialist, Dr. Blatz, of Toronto University, Says Parents Should Train Them By Methods Opposite to Hitler's

Canadian parents should train their children in methods opposite to the direction of teachings of Adolf Hitler, Dr. W. E. Blatz, of the University of Toronto, said in a recent address to the Canadian Progress Club.

"Our job as parents and educationists is to see that our children grow up to be a perfect antidote to Hitler," Dr. Blatz said. "We are not doing it within an efficiency of 10 per cent. Hitler has done a remarkable job with the children of Germany and because of that we must not blame them too much. He knew what his goal was — he knew exactly where he was going. It doesn't do us any good at this point to say he was wrong."

"On the other hand, we have no direction or objective at all. We have only two hazy notions — first, a hope that they will be good and, second, that they will get a job some day. During the last few years the pants about the jobs, and to be merely good is not enough in a world in which Christian principles and Christian practice often are so badly divorced."

TALKS TABLE

By SADIE B. CHAMBERS

Spring Sunday Dinner

Sunday dinners, which require a short preparation, are very popular this time of the year, when all housewives as well as the family yearn to spend as much time as possible out of doors. This dinner should be a popular one as a good deal of the preparation can be done beforehand with only a few moments' work necessary before serving.

Menu
Fresh Pineapple Cocktail
Broiled Lamb Chops
Heated Potato Chips
Egg and Spring Greens Salad
Pecan Tart

Select shoulder lamb chops (young lamb) and cut medium thick. Pre-heat the broiler. In an oven with both the bottom and top units only the top will be required. The oven should be prepared well in advance so that the meat will sear quickly. Place chops on greased wire of a heated broiler pan. Sear on both sides under strong direct heat; season; then lower the heat. Continue cooking, turning the meat as necessary, until chops are done. Those required for rare should have 5 to 7 minutes cooking; medium 7 to 9, well done 9 to 12. Time varies with thickness of chops.

Egg Salad
1 tablespoon gelatine
¼ cup cold water
1 cup thick salad dressing
4 hard cooked eggs (sliced)
¼ cup celery chopped
2 tablespoons green pepper
2 tablespoons chopped sweet pickles
1 tablespoon pimento chopped
1 tablespoon lemon juice
Salt to taste
Soften gelatine in cold water, then place over boiling water until dissolved. Cool and add to thick salad dressing. Add eggs, celery, pepper, pickle, pimento, lemon juice and salt.

Turn into square dish, which has been rinsed in cold water and chilled. When firm, unmold and slice thin, serve on shredded lettuce or watercress and garnish with green onions and radishes, and salad dressing.

Pineapple Cream Tart
¼ cup grated pineapple (or put through the food chopper)
1 cup cream
4 tablespoons powdered sugar
1 teaspoon lemon juice
Maraschino or candied cherries
Baked tart shells
Whip the cream until stiff. Add sugar and lemon juice then stir in grated pineapple. Fill tart shells with the mixture and garnish with a cherry. Serve very cold.

Recouests—
Rhubarb Conserve—
3 lbs. rhubarb
3 ½ cups sugar
½ cup Bee Hive corn syrup
1 lemon
1 orange
1 lb. seeded raisins
½ cup chopped walnuts
Wash and peel rhubarb; cut in 1 inch pieces and put in preserving kettle. Add sugar and syrup, then the raisins, lemon and orange (extract the juice from each and grate the rind). Mix well and cover. Allow to stand ½ hour. Place on heat and bring slowly to boiling point. Allow to simmer 45 minutes until quite thick. Add

There's DOUBLE ENJOYMENT in delicious DOUBLEMINT GUM



Every day millions find real pleasure in the genuine, long-lasting flavor of Doublemint Gum. Cooling, refreshing, satisfying! Enjoy it after every meal! Millions do!



GET SOME TODAY

chopped nuts, simmer a few minutes longer, then pour into sterile glasses. Cool and seal.

Pineapple Waffles
2 egg yolks
1 ½ cups water
2 cups flour
4 teaspoons baking powder
½ cup crushed pineapple
3 tablespoons melted butter
3 tablespoons fruit sugar
½ teaspoon salt
Beat the egg yolks until very light. Add the water. Sift the flour, baking powder, sugar and salt together and stir quickly into the liquid mixture. Add to the pineapple thoroughly drained, melted butter, and fold in stiffly beaten egg whites. Bake immediately. Cook one cup of pineapple with one cup of sugar and serve with waffles.

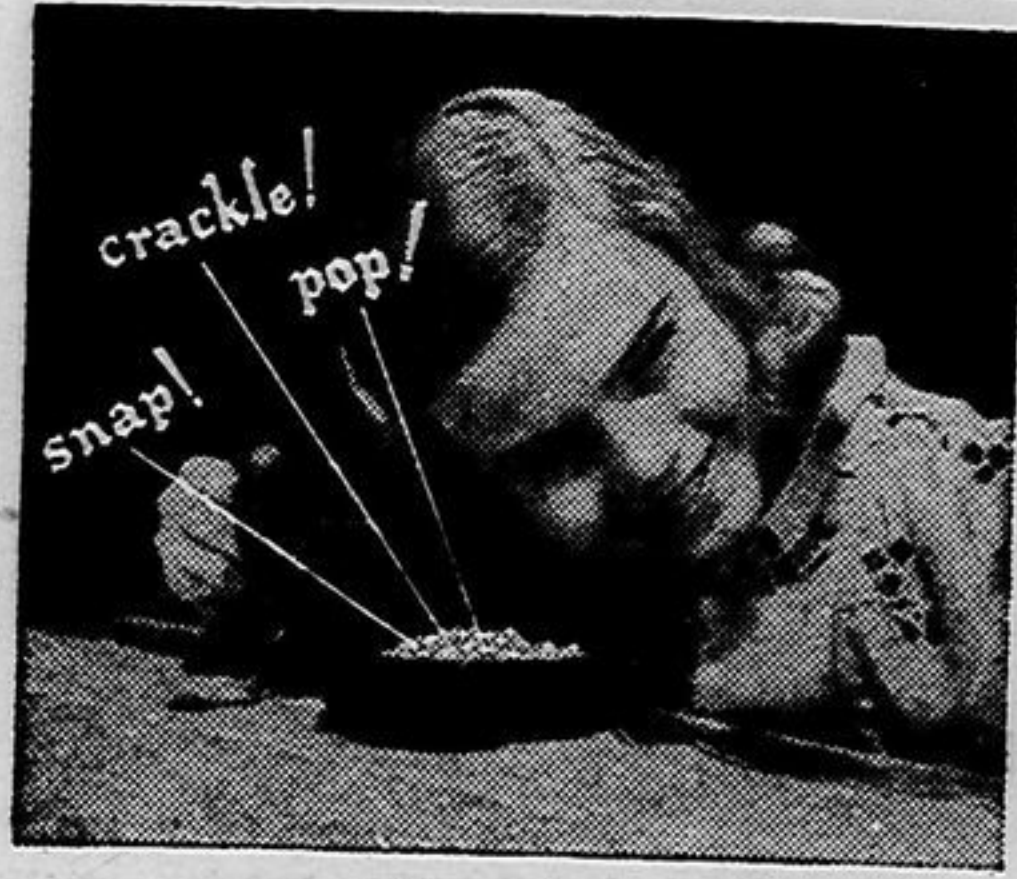
Pecan Tart
2 eggs
1 cup brown sugar
1 tablespoon soft butter
½ teaspoon nutmeg
1 teaspoon cinnamon
½ teaspoon ground cloves
½ tablespoon lemon juice
a pinch of salt
½ cup seeded raisins
¼ cup chopped or rolled pecans
Prepared pie paste.

Beat the yolks of the eggs thoroughly with the sugar and the butter. Stir in the spices, vinegar, salt, raisins and nuts and lastly fold in the stiffly beaten egg whites. Turn into pastry-lined tart pans. Bake in very hot oven until pastry is set, then lower to moderate oven and bake until filling is set. Top with whipped cream sprinkled with grated maple sugar.

Last week I gave you quite a few pineapple recipes and I am sure you are all enjoying to the fullest this delicious and ever popular fruit. Here are one or two recipes more I think you will enjoy for a variation:

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."



Here's a breakfast that ASKS YOU TO EAT IT!

NO COOKING NEEDED! Once upon a time, Clara May used to scowl at her breakfast. But that was before she heard the pop-crackle-snap of Rice Krispies. Now she delightedly digs into a big bowlful of these golden rice bubbles every morning!

Every day thousands tune-in the "crispness chorus"...

As the cream pours on, Rice Krispies crackle and pop every morning in homes from Halifax to Vancouver. They're favourites with children... with their mothers... and with barrel-chested he-men, too! Tests have proved they stay crisp in milk or cream for hours! "Rice Krispies" is a registered trademark of the Kellogg Company of Canada, Limited, for its delicious brand of oven-popped rice. Start brightening your breakfasts with Rice Krispies tomorrow! Made only by Kellogg's in London, Canada.



Candy Is U In Movie

Substituted dows and O Have To Be

Hollywood is babies can lick without ill effect. His shoestrings a step up to become champagne circles. "Candy" probably more things than any other. Darrel Sivera, city department as studio. "It is fast wine glasses that in a comedy as ed as ball fring where a goat is the hangings. If for glass windows broken by hand and les for chewing to strings.

"Candy is fast" rugs, strap, beer plates if necessary are made from a comedy situation. player eat them.

CATSP FOR "Whites of eggs of shampoo stream cause their eyes to player's eyes." "Among other by the movies are blood; corn syrup for comest and mo cream sauce for chocolate syrup. small comers for are to be eaten."

A CUP OF CO SANDWICH



Tom Neal, young lo appearing in "Another invariably has cream bacon and potatoes for M-G-M Commissary.

Two Canadian 34,000-Mile S

Travelled Round Trip Lasted Year

The Alto, a 58-foot postied 11 round-the-weller at Greenwich, had been in set out, including two Canadians and two young. Walter, son of the skip name back exactly one half after sailing out port on a junket over 84,000 miles over seven seas.

The master and Walter of Estonia, said had been in set out, including two Canadians and two young. Walter, son of the skip name back exactly one half after sailing out port on a junket over 84,000 miles over seven seas.

BOYS FROM OAK

Teddy was 14 months his mother, the former Duff, of Greenwich, aboard on November 2 the start of the voyage he is a tall, tanned, wster who treads a heavy firmly as his mariner.

Squaring Acc

A well-known flor ends out half-dozen each overdue bill. This recipient so ashamed tually settles. When consistently slow in accounts it is worth a good tip like that. A London shop touches in a soft spot by sending bills for sums much by the amounts owed. This irate customer roved to in quick time. He is easily mollified and persuaded to pay most is really due.