Pretty Teeth Beauty Item

Sait Water Mouthwash Keeps Gums Firm and Healthy

One of the beauty rites that no girl with innate charm and refinement will ever neglect is proper care of the teeth. Bad or neglected teeth detract so much from even a beautiful face, and we believe every girl can have nice teeth if she will give them the attention neces-

The teeth must be thoroughly cleansed before going to bed, every morning and always after eating. Tooth powder, paste or a liquid dentrifice can be used and a mouth wash should follow each cleansing.

CLEAN BEFORE RETIRING A salt water mouthwash will keep the gums firm and clean and help to neutralize the acid that may form about the teeth. Lemon juice is an ideal bleach for the teeth. It is a good cleanser as well as a bleach and can be made by mixing together a few drops of strained lemon juice with equal parts of baking soda and salt.

The teeth seem to reflect our physical condition and the general rules of good health apply to the teeth as well as the rest of the

THE SOFTNESS OF WHITE CHIFFON



Diana Lewis's evening gown shows a very full gathered skirt featuring a harem draped hemline. The bodice is snug fitting with a heart shaped decolletage. Miss Lewis perches a diamond butterfly at the V of her

No Monotony **About Beauty**

Every Woman Has Her Own Definite Type to Develop

There is nothing monotonous at all about beauty. Each season introduces new hair styles and flattering make up combinations that are usually worth a trial, writes Donna Grace, beauty editor. There are, however, some fundamentals in the rules of beauty that should never be changed. For example, changing one's type is a mistake.

Each of us has a definite style and type of our own. Characteristics such as coloring, speech, movements and manner all combine to make perfect harmony. We cannot change from one personality to another without losing our innate charm.

BEING ONESELF

The thing to do then is to bring out our natural beauty, because the most charming and beautiful women are the ones who are themselves.

There are so many little changes that make a marvellous improvement in one's appearance. The careful selection of color in make-up and costume is one of the most important. For instance, suppose you are wearing some of the warm browns, beige or woodland tones, These colors call for the nasturtjum or geranium shades in nail polish and lipstick. Wearing a bluered or parplish tone in the makeup would rain the whole effect.

FOR WHITE HAIR Shades of blue and soft rose tone flatter the delicate loveliness of white hair and call for a matching warmth in make-up. Brown or yellow tones are seldom attractive with white hair and are best suited for the girl with golden bronze or titiac hair.

Quality Counts Most

TEA

SERIAL STORY

SKI'S THE LIMIT NEA SERVICE. INC.

BY ADELAIDE HUMPHRIES

made her of Dan.

of steps, day after day."

"Whatever makes him do that?"

Sally asked. If only her father

knew how his words of praise

warmed her heart, how proud they

"It seems," Mr. Blair explained

"that Doctor Hartford told the boy

it was entirely up to him whether

his leg ever got as good as it was

again. Hartford told the lad he

would lose that limp in time if he

made up his mind to it. And it also

seems," Sam Blair chuckled, "that

the boy is bound to prove the great

surgeon's words. He's out to get

the best of that - and, unless I do

miss my guess, the lad will do it!"

GOOD NEWS ABOUT DAN

had heard in all her life. That one

day Dan's leg might be the same

as it had been, that he might also

walk as he had before. That would

mean that one day Dan might ski

again, too! This thought was so

tremendous, so wonderful that Sal-

ly was almost afraid to allow her-

self to think about it. Though may-

be if she believed it hard enough,

maybe if she borrowed some of

Dan's high courage and faith, this

"By the way," her father added.

prayer would be answered.

That was the best thing Sally

CAST OF CHARACTERS the beginning. It seems that in-SALLY BLAIR - heroine. She stead of taking the elevator Reyhad everything that popularity nolds climbs those seven flights 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 en

with the story.

on a dare.

Yesterday: Dan comes to Sally's party and Sally sees hope of winning him back. As they talk, Corey steps up behind them, reminds Sally that the next dance is his

CHAPTER XII

Sally was furious with Corev for coming out to interrupt her talk with Dan just then. She knew he had done it purposely. She was furious with him for referring to the dare before Dan.

But it did not seem to bother Dan. When Sally said quickly, "Oh, but I just asked Dan to be my partner!" Dan smiled and said, "That's all right, Corey. Sally can be your partner-especially if she owes it to you in payment for some dare. I was just telling her that I feel I must leave. I only came for a little while tonight. I'm going to call a cab."

Sally was so disappointed she could have cried. "You're not going to do anything of the sort!" she said, "Please don't go, Dan." Her birthday party would indeed have proved a failure if Dan did

"I really must," Dan returned quietly. His gray eyes smiled into hers. Perhaps he meant that he knew he did not belong in her world yet. But perhaps that smile meant that in time he might. For he added in his same grave manner that somehow said more than the words themselves, "You are forgetting a lot of things, Sally. As Corey told you. You're forgetting now that we are friends I'm going to come soon again."

"In that case," Sally returned, as gravely as he, "I'll let you go, if you really feel you must," Long after he had gone she remembered what he had said-"now that we are friends." She knew that Dan did not give friendship lightly. She knew he would not have said that unless he really had meant it. He had said, too, that he would come to see ber soon again.

Oh! hugging these thoughts to her heart, Sally could afford to be Corey's partner for the grand march, during the birthday dinner. She could well be gay and lighthearted, bubbling over with fun and laughter.

> . . . COREY THE VICTOR?

It was Corey now who wore his stubborn look. Sally was paying up her debt-he had her for his partner-but somehow Corey knew that he had not come off victor,

Could it possibly be that Sally really imagined herself interested in Reynolds just because she felt sorry for him? Hadn't she realized that Dan did not fit in? Hadn't she seen how different he was from all their friends?

Had Corey only realized that very difference was what drew Sally to Dan. It was far more than just pity for remorse. It was something that lay within this odd boy himself, his fine courage, his high principles, his simple hon-

Sally was to hear her father praise Dan for much those same qualities a few days after her

birthday party. "This young Reynolds is getting along very well," Sam Blair informed his daughter, during their twilight stroll. "I talked with Frank Devons today and he said the lad certainly is a worker. Steady, conscientious, ambitious, He is bound to make good. Just to show you the sort of stuff the lad has, Devons says that Dan walks back and forth to work every day-and it's a hike of several good miles, too! -- but that's only

ASTHMA SUFFERERS

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ASSOCIATED DRUG PRODUCTS 1277 Queen Street West,

Terente, Ontario

thoughts and plans. They had got very close these past few months, from the time Sally had insisted she was not going back to school, that she wanted to remain at home with him. From the time of her skiing accident, as a matter of record. Had that made the change in Sally? That - and this new boy. Dan

think his daughter was wrapped up

in only her own young frivolous

O. TO BE IN LOVE Tomorrow night Dan was coming out again. Already Sally's pretty head began to spin with ideas. She would ask Dan to stay for dinner. She would insist upon it. He could not refuse now that they were both friends. Since he had promised on her birthday night, that he would come again.

Reynolds?

This time there would be no Corey to interrupt. Spring vacations was over. Corey, and most of the rest of their friends, had gone back to College. She would not see Corey again until graduation. Before he left he had insisted that Sally promise that she would come up to Dartmouth for that.

This time, tomorrow evening, Sally would have Dan all to herself again. He would not feel out of place as he had with her friends. He would fit in very well at a quiet dinner with her father and herself. He would see that with them people who understood him and admired and liked him just for what he was - that he did belong.

Oh, the world was a wonderful place! It was wonderful to be alive. to care for someone as she did for Dan. Even when Dan didn't know it, or if he did, would not accept it. It was wonderful to be in love!

(To Be Continued)

Stone Mirrors

Long before glass mirrors were invented, natives of Central America admired the selves in stone looking glasses. They were made of hematite, a red, lustrous stone which has a smooth surface that takes a wonderful polish.

Make "Pot-Luck" Good Luck With Beans And All-Bran Brown Bread!



Baked beans right out of the pot with steaming All-Bran brown bread and melting butter - that's a meal that satisfies! In the States it's a Saturday night standby - actually it's a treat for any night of the week.

An old favorite with a new-found flavor, All-Bran brown bread adds zest to sandwiches, too. Try thick slices with cream cheese filling, for an afternoon snack.

ALL-BRAN BROWN BREAD

1 cup All-Bran ½ cup sugar 1 cup sour milk or buttermilk 1 teaspoon soda

2 cup raisins tablespoon molasses

1/4 teaspoon salt Combine All-Bran, milk, raisins, molasses and sugar. Sift flour with soda and salt. Add to first mixture, stirring until flour disappears. Pour batter into greased can; cover tightly and steam for three hours. Yield: 2 loaves (3 inches in diameter x 5 inches).

as they went indoors, "I asked Devons to send young Reynolds out to-morrow night with some papers for me. I thought when the lad came you might want to be here." There was a twinkle in her father's fond look at this. A twinkle that deepened as he saw the lovely color flooding Sally's face, the tell-tale delight that brightened her dark

"Sometimes," Sally said, "I do think you're the best Dad that ever lived." She stood on tiptoe to give him a fierce squeeze, a warm caress. "I shouldn't tell you that." she added, dimpling. "You know I have been spoiling you dreadfully

lately." She fluffed up the pillow in his big chair, pulled up a stool, sat down to unlace his heavy shoes, to hand him his slippers, now that their walk was finished. This was a loving little service she performed each evening.

"Turn about is fair enough," her father declared. How he enjoyed being spoiled! And he used to men."

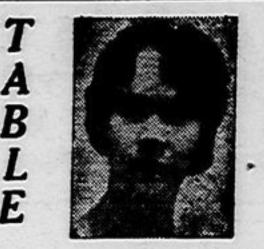
Good Quality Price of Article Is Secondary,

Women Prefer

Advertising Club Told

Quality, and not price, is the chief concern of the women in the United States, according to Mrs. Eleanor M. Winslow, retail publicity manager of the Ladies' Home Journal, who recently addressed the Advertising and Sales Execu-

tive Club of Montreal. She commented on this as a tremendous swing from the attitude during the depression, when price was the all-important thing. "Women will always get what they want," she declared, stressing the importance of honesty in advertising, and the need for education of the people who actually make the sales across the counter. Her subject was "Merchandising to Wo-



By SADIE B. CHAMBERS Strawberry Recipes And Requests

It is hard to realize the fact that strawberry time is just around the corner. But in spite of much inclement weather the fruits seem to appear about the same time of the year. I had intended writing entirely different recipes for this week's column, but as I have had several requests for last year's strawberry shortcake (also the mint pie) I am repeating some, with the hope that those who have filed them will bear with me in the repetition.

STRAWBERRY SHORTCAKE 2 cups flour (pastry) a little less

of bread flour 4 teaspoons baking powder 1/2 teaspoon salt 2 teaspoons sugar 1/2 cup shortening a cup milk

1 or 2 eggs (optional) Mix dry ingredients, cut in butter (or other shortening) and add milk (also the egg if used) adding all gradually. Toss on floured board and divide in two parts. Pat, roll out to fit round pan, spread one layer with soft butter and place the other layer on top and bake in hot oven for 20 minutes (Temp. of 425). Split, spread with softened butter and place sweetened berries generously between layers and on

top. Serves 6. STRAWBERRY MINT PIE 3 cups strawberries halved

11/2 cups granulated sugar 11/2 cups water One-eighth teaspoon sait

1/2 teaspoon peppermint flavoring 1½ tablespoon gelatin 14 cup cold water

Wash and hull the berries, combine the sugar, water and salt. And bring to boil; simmer ten minutes. Pour over gelatine, which has been soaked in cold water. Stir until gelatine dissolves, add flavoring, cool, pour over berries. When commencing to set (be sure to stir thoroughly) pour into baked shell. Chill it thoroughly. Before serving cover with whipped cream and garnish with whole berries.

STRAWBERRY MOUSSE 1/2 tablespoon gelatine 2 tablespoons cold water 1/2 cup fresh strawberries

Two-thirds cup sugar 2 cups whipped cream Two-thirds cup sliced strawber-

ries. Soften the gelatine in cold water and crush the berries and stir and cook to boiling point with the sugar. Dissolve the gelatine completely in the hot liquid. Chill with occasional stirring until the mixture reaches a honey-like consistency. Beat until frothy. Fold in the cream and the sliced berries. Turn into a tray of the mechanical refrigerator and freeze until firm.

STRAWBERRY CONSERVE 1 quart of ripe strawberries

1/2 lb. seeded raisins 2 oranges

1/2 lb. chopped walnuts (or pecans) 1 quart sugar

Wash and drain the berries, then place in preserving kettle, with the raisins, sugar, grated rinds and the pulp of the oranges and lemons. Cook slowly for 30 minutes, then add the walnuts and cook for ten minutes longer. Place in glasses and cover with paraffin.

STRAWBERRY MAYONNAISE 1/2 cup mayonnaise 1/4 cup fresh crushed strawberries

2 tablespoons fruit sugar 1 tablespoon lemon juice % cup cream whipped

Combine mayonnaise, berries, sugar and lemon juice and fold in whipped cream. Makes about 34 cup dressing. Delicious for fruit salads.

NUT SALAD DRESSING This should give a variation to your dinner salad for fruit. 6 tablespoons salad oil 2 tablespoons lemon juice

1 teaspoon sait 2 teaspoons fruit sugar teaspoon paprika 2 tablespoons chopped nuts Measure the oil into a bowl; add the lemon juice, salt, sugar and pa-

prika. Beat thoroughly, then add chopped nutmeats. Serve at once. SPICED RAISINS For your sweets either for the end of the meal or for party use or for the candy jar, try these.

1 cup sugar % cup water 1 teaspoon powdered cinnamon

One-eighth teaspoon ground nut-14 teaspoon ground clove

14 teaspoon ground ginger 1 cup raisins Cook sugar, water, cinnamon and

other spices together until the soft



LAURA WHEELER'S CHOICE OF VARIED BASKETS IN EASY STITCHERY



BASKET MOTIFS

PATTERN 2542

Here's fun for the needle-woman-baskets of different typesdifferent sizes - varied stitchery-just the thing for that quick touch of decoration! Pattern 2542 contains a transfer pattern of 18 motifs ranging from 61/2 x 81/2 inches to 11/2 x 21/4 inches; materials required; ill. of stitches; 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.

Home Hints

When doing knitting with both sides of the work alike, like mossstitch, you will find it a great help to use needles of different color, say one red and one green. Increasing and decreasing can then be checked much more easily. Here is another hint. When knitting a child's sweater, dress or coat, line it with soft silk as it makes the garment considerably warmer, and the cold wind doesn't penetrate.

Glass ventilators have an important place in every room in the house, bringing comfort and tending to preserve health of the occupants. These inconspicuous protectors are readily attached and reasonably priced. They permit the passage of sufficient air without drafts, save wear and tear on curtains as well as reducing laundry expense.

A little cayenne added to cheese straws and a touch of anchovy essence in the paste, will improve the flavour.

Knit this device for your kettle. With pieces of wool left over from knitting sweaters, and so on, knit a cover to fit the handle of your kettle. Cast on twelve stitches and knit in garter stitch until the strip is about nine inches long. Cast off and sew the strip to the kettle handle. This saves continually burning your fingers.

Manners

Good manners are made up by petty sacrifices - Emerson. Striking manners are bad man-

ners. - Robert Hall. We cannot always oblige, but we can always speak obligingly. -Voltaire.

I don't believe in the goodness of disagreeable people. - Wewey. Civility costs nothing, but buys everything. - Lady Montague.

Good breeding shows itself most where, to an ordinary eye, it appears least. - Addison. Nothing so much prevents our

being natural as the desire of appearing so. - Le Rochefoucauld. Coolness, and absence of heat and haste, indicate fine qualities. A gentleman makes no noise; a lady is serene. - Emerson.

To be always thinking about your manners is not the way to make them good: the very perfection of manners is not to think about yourself. - Whately.

Hail! ye small sweet courtesies of life, for smooth do ye make the road of it, like the grace and beauty which beget inclinations to love at first sight; 'tis ye who open the door and let the stranger in. -Sterne.

No manners are finer than even the most awkward manifestation of good will to others. - Anon. Always behave as if nothing had happened no matter what has happened. - Arnold Bennett.

ball stage. Add raisins and cook over low heat for 5 min. Stir gently. Remove a few raisins at a time from the syrup and drain. Roll in granulated sugar until well covered. Place on waxed paper or a greased platter to cool. If the sugar syrup crystallizes, add a few drops of water.

READERS, WRITE IN! 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."

To Spank - Or Not To Spank

That Is The Question in Families Where Young Children Are Misbehaving

Some parents whip their children. Others don't. Which is

A. Whipping? B. Not whipping? C. Just the boys? D. Only the rough and tumble child? Looking carefully over "A," '3," "C" and "D", I am going to agree to "A," writes Olive Roberts Barton. Once in a while. And then it must be done with some very important things in mind

Sometimes Good Medicine First, are you simply raving mad when you turn Johnny over your knee, and want to get even with him? Or have you decided that a warm hand poltice is really what he needs to make him heed and listen and obey? There is a differ-

Second, is the child you are about to punish so constructed that he will never hold up his head again from sheer shame and indignity? If that is the kind your Johnny is, maybe a sober second thought is best. There are children who can take it, and others who can't. Weigh the effect on brooding emotions before applying.

Not A Sure Cure Third, why pick on boys? I know a family where the brother gets a periodic whacking. He is more sensitive and better behaved than his sister, who is a trouble maker, but who gets off scot free. Maybe on the whole, boys do accept corporal punishment more complacently than girls as a matter of tradition and heritage, but this does not clinch it. It doesn't seem

quite fair. Fourth, such punishment is not a sure cure. As a rule children misbehave for certain reasons. Find those reasons and you will have a better answer than whipping

Arab Proverbs

The crown of a good disposition is humility. No religion without courage.

A rose sometimes falls to the lot of a monkey. Where the mind inclines, the feet lead.

The chameleon does not leave one tree until he is sure of another. Occasions, like clouds, pass

It is of little use to hammer cold iron. Advice given in the midst of the crowd is loathsome. A tyrannical suitan is to be

away.

preferred to constant quarrel-The riches of Egypt are for the foreigners therein. Live with him who prays and

thou prayest; live with the singer and thou singest. The tongue of the wise is in his heart; the tongue of the foolish is in his mouth.



ISSUE NO. 23—'40

Jekyll-H Not Und

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in two worlds independent of ported before chiatric Associa This Jokyll-H ists without th and resemble two brains ins ton Erickson, clared. The co mon, he added ber of cases searching for t it is not uncom-

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section of animal peace. Seals have a on the Pribilofs archipelago of four ti named after Gerasium a Russian explorer. I now belong to the States, who have ext them; this spected by internation No tourist is allowed Pribilofs, the only hou those of Government and scientists who si habits of the seal. complete immunity, which was in danger of ing extinct in these wa how incrased in num