

New Color Names For Fall Clothes

"Guava" For Wine Red and "Zembla" for Plain Brown

The rose may smell as sweet by any other name but women will feel a little smarter during the fall and winter of 1949 and 1950 if they are wearing costumes of "guava" instead of "wine red" or "zembla" instead of plain brown.

PRETTY MUCH SAME
Every year or so the different shades of the good old colors children learned in kindergarten will blossom forth under new names to fascinate the ladies and confound the gentlemen. This year, ordinary red is called "bleeding heart" and "Hindoo" red supplants the "firemen's red" of only yesterday. Green is "froxy pine" and in the blue department are "brooding," "hitch" and "angelica." Maybe you will have a sport coat of "potato skin" brown, or a dinner frock in "regency" purple. Your neutral-colored garments have jumped the fence, to be known as "blue fox."
"It doesn't make sense," one man argued, when he heard the new color names recited. "It is as if the hours on the clock, for instance, weren't good enough to last from year to year, and one year we referred to 10 o'clock as angel's wing time, or 2 o'clock as the hearts of gold hour."

Shorter Skirts For Economy

British Women Also Like The Slick Jackets With Big Pockets

Shorter skirts—a matter of economy and not of fashion—are to be the style for British women. For weeks new styles have been displayed and generally can be summed up briefly as follows:

- (1) Shorter skirts for the daytime. "We must save material," say the designers, so hemlines are 17 or inches above the ground—about two inches shorter than a year ago.
- (2) Slick-fitting jackets for suits with a well-defined waistline, big pockets—four is the ordinary allowance on a coat. Jackets come about four inches below the hipbone.
- (3) Wraparound coats are very loose with a full back, are sometimes belted, or close-fitting to the waist and flare outwards at the hem.
- (4) Fur being on the "luxury" list, its use as trimmings is strictly rationed. The majority of wrap-around coats are plain and collarless; some have a shallow fur collar, and a narrow band of fur outlining the pockets.

Women Proved Jungle Horror

It wasn't the jungle fastness, the heat, the wild animals or the insects that bothered Marcus Tuttle during his sojourn in the wilds of Nicaragua; it was his blond hair. The only trouble he had with the natives, the 22-year-old explorer said upon his return, to New York last week, was "girl trouble."

Health First Aid to Charm

Protective Foods Are Necessary to Good Health

Charm and buoyant health are so intimately related that seldom does one exist without the other. Probably no attribute is more greatly desired by women than charm, that elusive quality defined as "the power of alluring or delighting; fascination, and whatever gives this power."

If a woman has this, she does not need to follow the whims of fashions of a season. She really has something that will stay with her as long as she lives.

HEALTH AND SPIRIT
More potent than beauty alone, charm comes from within, having its roots in physical and mental well-being. It springs from health and vitality and a luring spirit. Without this basic well-being, charm is non-existent or so deeply buried it cannot make itself felt.
YOU ARE WHAT YOU EAT
First objective in acquiring charm, then, is to keep bodily functions in a state of high efficiency. No cosmetics bought over a counter will clear a skin marred by over-indigestion in fats, sugars and starches. What you eat and drink determines your complexion, your figure, the sheen of your hair, even the condition of your fingernails. From the outside you can only cleanse and lubricate, or disguise imperfections.
To meet everyday health needs, contributing to vital charm, plenty of protective foods—vitamins and minerals—are necessary.

DRESS-UP THE PORK CHOPS FOR "COMPANY" DINNERS



If your taste and budget call for pork chops, cram them full of delicious all-bran stuffing and surround them with slices of pineapple and sauteed apple. It's amazing what a wonderful looking platter it makes! Better have a good supply of chops, though, for they taste even better than they look! Here's what the recipe says:

STUFFED CHOPS
4 double thick pork chops
1 recipe all-bran stuffing
Salt, pepper
1 cup all-bran
3 tablespoons minced onion
1/2 cup
Combine bread cubes with all-bran, saute onion in fat and add to bread mixture. Add seasonings and stock which may be made by dissolving 2 bouillon cubes in 1 1/2 cups hot water. Mix well.
Use with poultry, crown roast or press into baking dish and bake in moderately hot oven (400 F.) about 20 minutes.

ALL-BRAN STUFFING
12 cups 3/4 inch bread cubes
1 cup all-bran
3 tablespoons minced onion
1/2 cup
2 teaspoons salt
1/2 teaspoon pepper
1 1/2 cups poultry seasoning
1 1/2 cups stock or water
Fat
Combine bread cubes with all-bran, saute onion in fat and add to bread mixture. Add seasonings and stock which may be made by dissolving 2 bouillon cubes in 1 1/2 cups hot water. Mix well.
Use with poultry, crown roast or press into baking dish and bake in moderately hot oven (400 F.) about 20 minutes.

SERIAL STORY SKI'S THE LIMIT

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BY ADELAIDE HUMPHRIES

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

Last week: Seeing Dan only convinces Sally that she still loves him. Later that day Sally and Corey lose their trail in a storm.

CHAPTER XXIV

If they had missed the trail they might, with one misstep, plunge over the side of the canyon, 5,000 feet in depth. Sally shivered. "And what else can we do?" she asked Corey. She easily could have given up, too; her every breath was an agony to her lungs, her hands and feet were heavy cakes of ice. "We can't stay here all night. We'd freeze to death. They'd dig us out in the spring—and we wouldn't be a pretty sight!"
"Shut up!" Corey snapped. "I mean—don't talk that way. Even in fun." He knew a person could easily die of exposure on such a night. He prided himself on being a good sport, but this was a bit too thick for him.
"I'm going on," Sally said flatly. "You can come with me, or not—suit yourself." She plunged blindly ahead, using the tiny wheel of each ski pole to feel her way and lend support, inching along, floundering and groping.
"Wait! Wait for me!" Corey panted, a few feet behind her. The snow was so heavy now that a few steps took one almost out of the other's sight. They dared not be

come separated for even a few seconds.
Sally waited, but she could not help a slight feeling of contempt. Corey should have been the one to lead the way, to have lent her the courage.
She thought of Dan. If only they had taken his advice. Dan who now knew these mountains so well, who would not have missed the trail. For Sally had learned that Dan had been staying at Lake Placid for several months, instructing, guiding parties, getting in form for the meet.

NO USE THINKING
But there was no use thinking of Dan now, she told herself grimly. Dan, whom she might never see again. Who had asked her not to go up into the mountains today.
"It's hopeless. We can't go on in this storm," Corey said. His voice broke as he spoke.
"We must go on," Sally returned, through lips that were stiff and almost blue. She had fallen down twice, once she had struck a tree. Even her heavy woolen parka and thick ski knickers did not keep out the cold.
Dan would never have given up, she thought. Not until there was absolutely no hope. She had resolved she would not think of him, yet it was this thought that made her struggle on, against all hope as it seemed. Once in a while the storm lifted for a second and then she could see 10 or 12 feet ahead, the tangled underbrush weighted all down with its white burden, the tall pines bent with the wind's wild fury.
She struggled on, panting, sucking great drafts of icy air, automatically striking out, forcing her aching limbs onward. Corey groaned and lunged on beside her, now behind her.
"WE CAN'T GO ON!"
"I tell you we can't go on," he yelled at her once more, and Sally stopped to look at him. Poor Corey, he couldn't take it, after all. For all his smug pride, his arrogance and superiority, he lacked Dan's drive, resourcefulness. She saw him with crystal clearness in this blinding moment. She knew then that she never could have really loved Corey. She never could have married him, though she wore his ring.
"We'll have to find the trail, Corey," she said. "We'll have to keep on—until we drop."
She was so weary now it really did not matter whether they kept on or not. It would have been much easier to have given up, much simpler. But something within Sally Blair would not let her do that. She had been born a fighter. She would have to keep on fighting to the end.
What was that she heard above the storm, the angry wailing of the wind? She lifted her head, throwing back the hood of her parka to listen. She heard it again, a long, high call—could someone else be lost in the storm, too?
A HUMAN VOICE
Corey thought he heard it too.

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They listened together. Again it came. It was a human voice! And it had sounded nearer.
They tried to yell in response, but the wind tore the cry from their lips, smothering it. They waited a moment, then tried again.
"Yoo-hoo! Yoo-hoo... here we are! Hi there!" Hope gave them fresh impetus. They plunged on again, pausing every now and then to lift their voices, to call out, to listen for that answering call that seemed to be drawing nearer and nearer.
"There's a snowshoe track!" Corey cried. He pointed at the ground with trembling fingers. There on the driven whiteness was a wide, web-like print. "Whoever it is must have crossed here a short while ago, for no track could last. We'll turn here," Sally directed. "Try to follow these." There was a curve of tracks, fresher and deeper, although some were already blurred. Sally raised her voice to call out again.
They floundered on, 400 yards or so, through the thick timber. It seemed to Sally that the storm was hitting a bit. There was a break in the leaden sky, a tiny patch of blue smiling through. The snowdrops were larger, they did not fall so fast.

"Look!" Sally gasped. Coming toward them was the figure of a man. A figure that even in this moment was familiar, raising an arm to wave to them. "It's Dan!" Sally gasped. Dan, coming to meet them, to rescue them, Dan who must have braved this storm for their sakes, fearing they would be lost in it.
"IT'S DAN!"
His face was crimson from the cold, his lashes frozen, but his eyes were grave and steady and his blue lips parted in a smile as he came up to them. "Are you all right?" he asked. He spoke to both of them. But his look was just for Sally. "I was afraid I'd never find you, darling," he said.
With a little cry, forgetting Corey, forgetting the storm, forgetting everything, Sally fell into his arms. She buried her face against his big, strong chest. She was no longer weary, ready to drop from exhaustion, weak with fear. Dan had come for her. He had had back to her. He held her now, as though he would never let her go, as though their own special world had been found for them again.
(To Be Concluded)

Fanaticism Tears Families Asunder!
She loves an Anti-Nazi... and as the enemy of Hitler she must die.
"Mortal Storm"
is the powerful story that happens to life in a happy German household when Nazism comes to power.
WATCH FOR IT!

Fall Jewelry More Elegant
Ornaments Are Not So Very Showy as in Recent Seasons—Greater Subtlety Seen
Collections of fall jewelry strike a new high in elegance and subtlety.
"There was a time—and not so long ago either—when women piled on glittering trinkets with reckless abandon," says a well-known designer of smart costume jewelry.
"Today, however, extremes have gone out and extreme good taste has come in. The current mode is one of simplicity, with dresses a lot simpler; hats geared to fit the head; graceful, plain pumps designed to flatter feet and ankles and give them a well-bred look; jewelry created to supply one or two dramatic accents to the costume," the stylist goes on.
Experts at forecasting believe that necklaces will be the most important single jewelry item for fall. And that the flat, collar type of necklaces will prevail. For daytime, gold and silver are equally prominent. Combinations of pearl and of gold are second choice. The new and interesting composition baubles of jet and amber promise to be popular.
High Blousing Balances Style
We have been talking about the bloused silhouette for some time now, and you may have already included in your wardrobe dresses and jacket costumes with bloused backs. There is a newer looking type of bloused back in dresses. This is the high blouse. Sometimes it is manipulated so that at first glance it looks like a cape at the back, or a combination of cape and hood. It is really a blouse, caught under at a high line and in no way detracting from a slim, long and moulded waistline. It is the sort of dress that a slim woman can wear with success, and is often seen in dresses with balanced silhouette—fullness concentrated at the front of the skirt.

TALKS TABLE

By SADIE B. CHAMBERS

More About Peaches

Last year we went into the different canning methods for fruit rather thoroughly, hence I have been saying little about it this year. However since I have received so many letters complaining about fruit not "keeping," I feel duty bound to write a few remarks on the subject, for conserving fruit is of vital importance this year.
I have no desire to sound boastful, but all fruit which I have canned is in perfect condition and once again I will repeat my favourite method. It is true we have had a very wet season; your personal selection of fruit must be done with the utmost care, never buying after heavy rains; this is most important. However, there are other matters very important. Be sure that your jars are all well scrubbed with a soft brush and soap and water, every corner and crevice, rinsed thoroughly and if possible dried in the sun. Then just before placing your fruit in the jar, rinse with boiling water (be sure you know the trick how to protect your jar). These first steps are the most important to obviate all danger of spoiled fruit. Those of you who have filed an article from this column last year "Hints on Canning," refer to it; for those who have not these hints I might say I consider the next most important thing is to be sure the cloth you are using (for wiping your jars top and elsewhere) cloth is sterile.
Having tried kettle boiling and the different "pack methods" I much prefer this type, it is simple, sterilizes and cooks the fruit perfectly but not to a breaking-up stage:

CANNED PEACHES
Choose ripe (not over-ripe) fruit without blemishes. Dip in boiling water, remove peels, dip in cold water and place in jars in this manner. First a layer of sugar, then peaches in proportion—1/2 measure sugar to one of peaches for medium syrup; for heavy syrup 3/4 sugar to one of peaches. 1 tablespoon of corn syrup added greatly enhances the flavor. Fill jar with cold water to point of overflowing. Now place on glass tops, then the screw tops; place in steamer or other arrangement for oven. Now loosen tops 2 turns to the left; steam 20 minutes. Remove from steamer, screw tops tightly, test for leakage. The next day steam for 12 minutes. Follow steps for steaming as for the previous one, and be sure and test for leakage before storing in a cool dry place. Never use a jar or glass tops that is cracked or chipped or damaged any way.
PEACH CONSERVE
15 large ripe peaches
1 lemon, 1 orange and 1 grapefruit
1 teaspoon almond flavoring
1/2 teaspoon nutmeg
1 cup blanched shredded almonds
Sugar equal quantities for peaches.
Peel and slice peaches, add orange, grapefruit and lemon. Cook for 1/2 hour then add sugar and cook for 45 minutes until a marmalade consistency. Add nuts and flavorings; cook 5 minutes. Pour into sterile glasses; when cool seal with paraffin. If desired 1/2 cup chopped maraschino cherries may be added.
CANTALOUPE AND PEACH CONSERVE
4 cups cantaloupe
4 cups peaches
Juice and grated rind of 1 lemon and 1 orange
1 tablespoon chopped citron peel
1/2 cup of blanched and shredded almonds.
Cook all the fruit for 1/2 hour. Add sugar and cook 12 minutes, stirring constantly; add nuts and cook 5 minutes. Pour into hot sterile glasses. When cool seal with paraffin.

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 peaves." Requests for recipes or special menus are in order. Address your letters to "Miss Sadie B. Chambers," 73 West Adelaide Street, Toronto. Send stamped, self-addressed envelope if you wish a reply.
California's Death Valley has a pool fed by a spring, where thousands of fish live. They are a species of killifish—survivors of the Ice Age.

Women Are Urged To Buy Products Of Home Farms

Canada Is Producing, Agriculturally, Enough for its Own Requirements

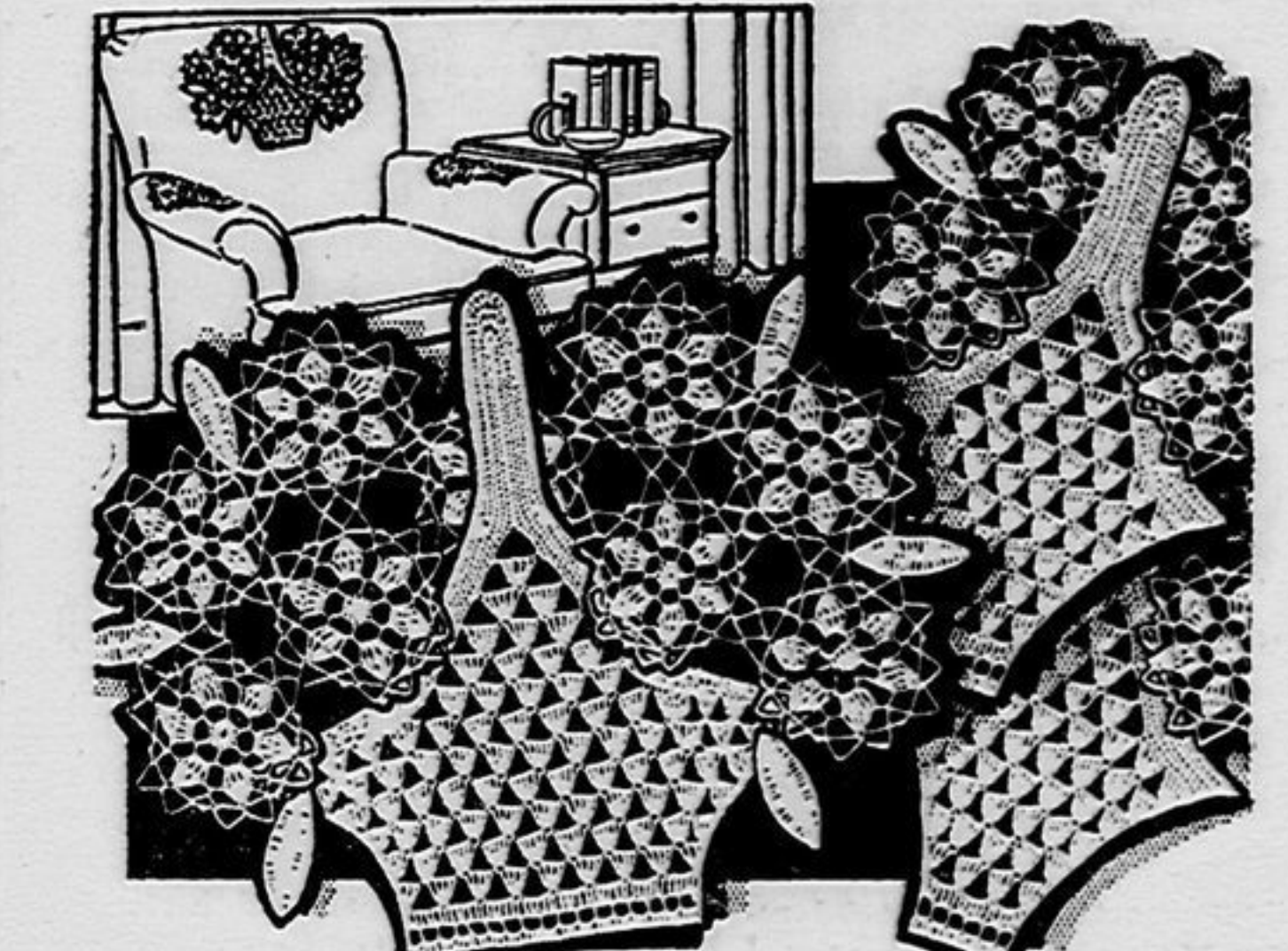
In view of the adverse financial exchange, and aware that Canada as a great agricultural country is producing requirements of this nature, Canadian women are being asked to refrain from buying imported farm products. In a letter from Mrs. Fred Graham Millar, of Hamilton, president of the Provincial Council of Women, the following appeal is made:
"Considering the state of our adverse financial exchange, and the need of strengthening our home market, let us refrain from buying imported farm products."
TO HELP EXCHANGE
Mrs. Millar also states that the latest news received by the special conservation committee appointed at London, is that all last year's pack of fruits and vegetables has been absorbed. The canners now announce that with the co-operation of the women buyers they are prepared to preserve all the coming crop. It is being urged therefore, that women order in advance by the case, and consequently conserve all their strength for other urgent duties which cannot be delegated.

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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.

Banner Year AT THE CANADIAN NATIONAL EXHIBITION

R.C.A.F. SHOW
The Royal Canadian Air Force Manning Depot will remain at its official station in Exhibition Park. See their absorbing Ground Show, and the colorful "Map-levelling" and "changing of the guard" ceremonies.

INDUSTRY
See war vehicles, built for troops of the Empire. See chemical industry doing to help win the war... learn how manufacturers of all kinds are joining the fight to win the war.

FOR WOMEN
Three delightful model homes completely furnished and decorated, Red Cross exhibits, knitting bee, cooking school, music, dancing, entertainment.

ART SHOW
A famous contemporary art show which has been on display at the San Francisco Exposition—"Art of 70 Countries", presented by International Business Machines.

SPORTS
Many World and International athletic titles will be decided at the Exhibition this year. 1940 promises one of the most spectacular sets of sports events in Exhibition history.

GOLDMAN BAND
Featured throughout the world is the Big Goldman Band. This year it will be a feature of the Exhibition—playing slightly from the Band Stand. Sit comfortably under the shade and listen—no charge.

Tickets at Exhibition Ticket Office, 41 Adelaide St. W., WA. 2229; Monday's, 90 King St. W., EL. 1285; Baker's, 15 Bloor St. W., EL. 345.

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