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300 egg	39 1/2"	38"	130 lbs.	30.00
450 egg	39 1/2"	57"	185 lbs.	36.00
600 egg	52"	54 1/2"	220 lbs.	46.50

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## Interest to Women

### VALENTINE GAMES ARE NOW IN ORDER

**Cynthia Proctor Gives Many Gay Suggestions;  
There is a New Stock Market Game Out  
Called "Bulls and Bears"**

(By Cynthia Proctor)

There's just no stopping these Wall  
street brokers—or former Wall street  
brokers—once they're started!

Now comes Charles Darrow, whom  
you no doubt remember as the gifted  
broker who in a moment of inspira-  
tion during a dull period, cleverly  
'throw together' that record-smashing  
game called 'Monopoly,' with a new  
stock market game guaranteed to  
keep you from your tating.

'Bulls and Bears' is the name of  
this new and exciting pastime.

You'll find yourself in plenty of  
financial snarls—and if you've ever  
been 'on the street'—you'll be right  
at home with such lingo as 'right to  
buy,' 'rigged' the market, 'switch'  
holdings, buying and selling and  
what not.

To make things realistic, there's  
even a 'depression period' for the  
player unfortunate enough to draw  
that card. All the pitfalls that harass  
real life speculators are incorporated  
in 'Bulls and Bears.' Don't let little  
Nell get her hands on the six small  
metal chairs, for exchange seats—arm  
chairs, mind you—for use in her doll  
house!

Three to six players start out on an  
equal stake which includes 'make-  
believe' money plus imaginary lots of  
stock from Boston and Maine Rail-  
road, U. S. Steel, Du Pont, General  
Motors and other gilt-edged invest-  
ments. Dice throws determine the  
moves and fluctuations, profits and  
losses. Purchases, pools, penalties,  
dividends and taxes are negotiated,  
and lucky manipulations may net the  
players a seat on the exchange!

With stock quotations rising, with  
that constant itch to get rich quick,  
in the blood of us born gamblers, it  
looks as though 'Bulls and Bears' is  
sure fire. Get in on the ground floor  
because we feel that 'Bulls and Bears'  
is on its way to be runner-up for the  
glory and success that came to Mon-  
opoly.

Valentine Party Games

Place a low scrap basket in the  
centre of the room and arrange the  
guests in opposing teams, forming  
two half circles around the basket.  
Cardboard hearts in two different  
colors are given out, an equal number  
to each side. Players then try to  
throw the hearts into the basket—  
and although they endeavor to do so,  
they'll find the hearts have a tantal-  
izing way of landing on the floor.

When the cards are exhausted,  
those in the basket are counted and  
the side having the larger number of  
its own color wins the game.

Choosing Partners

Give the men numbers. Write the  
names of the girls on slips of paper  
and roll the papers in clay in little  
pellets. Then drop the pellets into a  
bowl of water; the one to rise first  
belongs to the young man numbered  
one, and so on until each has his  
'valentine.'

Good Luck Supper

Directly over the dining room table  
suspend a floral horseshoe from the  
chandelier. In the centre of the table  
and at each end are cupid candle-  
sticks or lamps surrounded by small  
or horseshoes. Guest cards are square  
envelopes, at one side a painted horse  
shoe, and below, 'When Good Luck  
knocks at the door, let him in and  
keep him there.' Favors are clover  
leaf stickpins, and everything con-  
nected with the supper bears a sym-  
bol of good luck, the bonbons, cakes  
and sandwiches taking the forms of  
either a horseshoe or clover leaf.

Inside the envelope are amusing  
valentines illustrated with pen and  
ink sketches. After supper, a tray  
containing as many numbers as there  
are guests, is passed and each takes  
a heart with a corresponding number  
from the decorations on the wall. The  
fortune found there is read aloud.

### AN OLD-FASHIONED BOILED DINNER

"The boiled dinner," says Della T.  
Lutes in the Country Kitchen, "was a  
standby of our winters, and one, to  
my mind, still to be recommended,  
even in these days when temperature  
control, furnaces and air condi-  
tioned houses so temper the wind to  
the lamb that such heartening food is  
less essential.

"The boiled dinner demands a piece  
of lean, firm corned beef and a lesser  
chunk of salt pork. The combined  
flavors of these two meats lend to the  
vegetables, marinating in their juices  
a succulence that I have found in no  
other. The end of a smoked ham  
bone offers a fairly satisfactory vari-  
ety in my own family, but in my  
father's home a boiled dinner meant  
corned beef and cabbage, with the  
salt pork for flavor, and potato and  
turnip for body.

"To get the full flavor of the meats  
the corned beef should be put in cold  
water and set on the back of the  
stove, or, if again hampered by mod-  
ern devices, over the lowest possible  
heat, to simmer. It should never be  
brought to a high, rolling boil.

"A three and a half to four pound  
piece of beef should be allowed to  
cook slowly for three hours; the pork  
of which one pound will be plenty,  
for half that time. Excess fat or scum  
should be skimmed off as it rises.

Now, the manner in which my  
mother cooked her cabbage was ap-  
parently all wrong, according to pre-  
sent nutritive standards, although  
there is something, perhaps to be

said for the cabbage. It is now pos-  
sible to get new cabbage before the  
old has felt its age. But when we  
made a boiled dinner in February or  
March—we had to use the old cab-  
bage—cabbage that was buried out in  
the root pit. Maybe it needed to be  
cooked longer than the younger; but  
at any rate, it was cut into quarters  
and simmered along with the meats  
for an hour or more. And I should  
like to make an interpolation right  
here to the effect that cabbage taken  
out of the root pit had a flavor to it  
that no new or other cabbage fresh  
from its stalk ever had. And this is  
no illusory sentiment, or memory  
complex either, as I am sure any one  
will testify who has poked the snow  
and straw away from the pit to haul  
forth the cold, hard, firm and earth-  
flavored potatoes, turnips, celery,  
cabbage or carrots so preserved. And  
there is a nutty flavor to them, a sort  
of aged in the earth flavor that the  
freshly picked vegetables do not have.

The turnip, or beggie, a yellow and  
more delicately flavored member of  
the turnip family, which we preferred  
and properly known as rutabaga, was  
sliced to a thickness of about one-  
half inch or less and put in with the  
cabbage. Yellow turnips are a little  
slower to cook than white. Potatoes  
were put in last.

Onions my mother considered sup-  
erfluous to a boiled dinner, and so do  
I. They lose their own individuality  
in the lushness of other and more  
legitimate ingredients, and contribute  
nothing of value to the plate. Person-  
ally, I like to add a couple of pars-  
nips, but this must be a matter of in-  
dividual inclination, for both odor  
and taste of this vegetable are of-  
fensive to some. To me it adds slight  
sweetness and special flavor which  
are pleasing.

"In serving, the boiled dinner was  
placed all together on a huge platter,  
cabbage in the middle, garlanded by  
the other vegetables, the whole gar-  
nished by slices of beef and pork al-  
ternating.

"With this dinner was served a  
dish of mixed mustard pickles or  
horseradish. Bread and butter, of  
course, ubiquitous, omnipresent, sup-  
ported the vegetable content, and a  
light dessert followed—apple dumplings,  
perhaps, brown-betty, or a cus-  
tard."

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## STAND HIGH AND LOOK OVER FENCES FOR POSTURE, NOT GREENER GRASS

Simple Suggestions From an Osteopathic Author-  
ity Including a Foot Exercise Done  
With Imagination

(By Victorine Howard)

"Stand high—as if you were look-  
ing over a fence at eye level." That  
is one of the first posture rules of a  
leading New York osteopath. And in  
these days when mufflers, furs and  
fur coat collars are doing everything  
they can to push necks forward in a  
strained position, it's a very import-  
ant rule to remember, and try to  
carry out.

We were one of the judges at the  
Fashion Show and Tea Dance for the  
benefit of the Women's Auxiliary of  
the New York Osteopathic Clinic at  
the Park Lane Hotel last Saturday to  
select not only the best gowns, but  
the girls who walked best in them.  
After the show was over, and the  
amateur society models (they walked  
pretty well, too) had taken their  
prizes and departed, we started pick-  
ing the professional bones of the not-  
ed doctor who happened to sit next  
to us sipping tea with lemon.

One thing he'd found out with pa-  
tients in bad posture cases, he said,  
was 'not to give them a lot of com-  
plicated things to do' in the way of  
homework. 'If you tell them too many  
things to do at once, people are likely  
to get discouraged and not do any  
of them.' That's why his posture  
rules are boiled down to the simplest  
denominator.

Standing high as though looking  
over an imaginary eye-high fence, for  
instance, means you will automatic-  
ally hold your shoulders back and down  
square, straight, head up and back. An-  
other of this posture rules is for sit-  
ting. 'Always sit in a chair so that  
the lower part of the back is pressed  
hard against the back of the chair.'  
If you sit that way it 'gives you a  
base,' and the 'rest of your sitting  
posture will take care of itself.

'Poise,' he believes, is largely a  
matter of 'keeping yourself in a close  
unit.' Don't let your arms swing  
awkwardly out to the sides, or stand  
disjointedly on one hip. Think of  
yourself as a close unit. And move  
that way.

A frequent sufferer from faulty pos-  
ture is the very young girl with an  
over-developed bust. She is the one,  
according to the doctor, who often  
rounds her shoulders and caves in  
her chest in an effort to hide the size  
of her bust. Instead of hiding it she  
calls attention to her curved back.  
And the eye that takes in her back  
takes in the front also. As a matter  
of fact, if the 'busty' young girl will  
only 'stand high with chin up and  
keep looking over that imaginary eye  
level fence, she'd lengthen the line  
from head to toe, get a longer line  
down through the bust and make its  
size far less obvious.'

Tall girls came in for a posture  
scolding, too. It's no use for them to  
slouch and try to build themselves  
down. From the point of view of looks  
it alone health, slouching only calls  
attention to their bad figures. Where-  
as if they stand straight with a con-  
tinuity of line, nobody thinks about  
how tall they are.

Shoes, the doctor thinks, should be  
considered like your diet. They're  
just as important to your general  
health. It should be a 'personal mat-  
ter between you and the shoe.' If a  
pair of shoes hurts, don't wear them.  
Get another pair. Even if you have to  
try several brands of shoes. You  
wouldn't continue eating a food that  
gave you indigestion.

His two simplest and best foot  
exercises for strengthening the  
arches are rising on the toes and  
walking around the room without  
shoes on the outside of the foot. That  
walking on the outer sides of the feet

### The Australian Scout Corroboree

Some 4,000 Boy Scouts from all  
parts of Australia, and contingents  
from New Zealand, South Africa, Rhod-  
esia, Japan and the United States,  
took part in the "Corroboree" Decem-  
ber 28-January 4 which comprised  
the Scout celebration of South Aus-  
tralia's centenary. The Chief Scout,  
Lord Baden-Powell, was represented  
by the Deputy Chief Commissioner,  
Sir Percy Everett.

Any Canadian housewife can ob-  
tain a free fish cookery booklet by  
writing to the Department of Fish-  
eries, Ottawa. The cook book, avail-  
able in either English or French, is  
called "Any Day is Fish Day."

is good to strengthen the ankles also  
Both should be practiced daily for  
several minutes.

And if you like to do your foot ex-  
ercises sitting down, here's a new  
one. It's original with him. More  
than one of his patients have prac-  
ticed it on a table in his office.

Sit on a solid table and let your  
feet dangle. Imagine you're sitting on  
a lakeside dock. There's a log float-  
ing in the water. Press the log down  
into the water as far as you can with  
your toes (both feet). Let the log  
come up and press it down again  
several times. Then make believe you  
are lifting the log by placing your  
toes under it and raising them slowly.  
Lift the log with resistance. It's a  
fairly heavy log. Lift it several times  
letting it fall back in imagination  
each time you get it out of the water.

The imaginary game of a lake and  
a log to lift is sort of fun. It doesn't  
do a bit of harm to put a little im-  
agination into your exercises. We think  
the doctor's idea is swell. And the ex-  
ercise is a fine one for arches, an-  
kles and the long muscles at the back  
of the legs.

## WAR IS NOT INEVITABLE, SAYS NEWSPAPERMAN

TORONTO, Jan. 31—"War in Eu-  
rope is far, far from inevitable." So  
spoke Count Robert W. de Keyser-  
lingk, young White Russian, news-  
paperman, world traveller and broad-  
minded cosmopolite if ever there was  
one, during a flying visit to Toronto.

"War is far from inevitable," he  
repeated, "even when one considers  
the two great dangers over there—  
fear and the smallness of the loaf to  
be distributed. For all the talk and  
the armament building, no nation in  
Europe really has war in its plan."

"There is still a very persistent ef-  
fort by the great powers to get to-  
gether," he declared. "The possibil-  
ity still feared in many quarters, of  
one of them striking a first blow, in  
other words, of trying to get the  
jump on an enemy by getting in the  
first blow, is after all, an outside  
possibility."

The talk shifted to England's po-  
sition and policy. About these the  
Count was even more hopeful.

"England is arming, yes, but she is  
arming, not for attack, not even for  
defense altogether, but because she  
realize she must in order to add  
the necessary weight to her stand  
against aggression and in favor of  
mediation.

Count de Keyserlingk had a quite  
simple answer to the suggestion that  
despatches from the Spanish war  
fronts often appeared to be conflict-  
ing, if not exaggerated.

"What type of news from Canada  
and the United States is 'played up'  
in European newspapers?" he asked.

"Yes, you guessed right. Mostly  
over there they know about our  
quintuplets, about a Mr. Somebody or  
other winning a silver cup for the  
world's best wheat, about Chicago  
gangsters, New York kidnapers and  
Ohio flood disasters.

"And so in Spain, when the war is  
comparatively quiet, the correspond-  
ents, knowing the world is not much  
interested in quiet and usual things,  
are forced to dig up unusual and  
thrilling happenings. Add to that the  
fact that we have reporters on both  
sides of the fighting on six different  
fronts, each subject to censors, each  
forced to sins of omission rather than  
commission, and you get some idea  
of the difficulties of gathering a true  
composite picture of Spanish events.

"Lots of good men have cracked up  
under it," he added.

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