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Goodbye — Hello!

Here we are, all of us, ready to wave "Goodbye" to Old Year 1937-Smile "Hello" to Young Year 1938.

Before we lease the one and turn to the other, let's pause a minute or so — '38 shows this: People are now living longer than ever before, their health is better, their "pep" greater.

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... OF ...

Interest to Women

SALADS FOR HEALTH AND BEAUTY

Men Like Them as Well as Women, Says Dietitian

(By Edith M. Barber) a lovely still life, that huge plate in there that day. the centre of which was a quarter of a honeydew melon filled with other cruits. Around this in cups of crisp curly lettuce were radishes, carrots and cabbage, cut so fine that it must have been a meticulous hand which had prepared them. Pomegranate seed's were used as a garnish.

There was well seasoned French dressing, guaranteed to supply few or tomatoes with the salad dressing calories. There was butter of the and let stand in refrigerator half an same type for the rusk and nut bread. hour. Arrange lettuce in a salad A hot vegetable bouillon out of the bowl, and on this place vegetable usual place in the menu came next mixture. Garnish with radishes and and after this the dessert of wedges sliced hard cooked eggs. Mayonnaise of fresh pineapple and slices of pears may be passed with this. naturally without the prickles. With this came a large, thin, very sweet

Luncheons of this type are served every day at this restaurant which is merely an accessory to other aids for beauty and health. I cannot guaranee that they produce these results, but both men and women who prefer Avenue, mentioned that among the oven, 325 degrees F.

| regular customers were a number of It could have served as a model for men, some of whom were lunching

Mixed Vegetable Salad 1 cup shredded cabbage

1 sliced cucumber 1 cup diced beets or 2 tomatoes

1/2 cup French dressing Lettuce

2 hard cooked eggs 1 bunch radishes

Mix cabbage, cucumber and beets

Nut Bread

3 cups whole wheat flour 11/2 cups bread flour

5 teaspoons baking powder 1½ teaspoons salt

11/2 cups brown sugar

11/2 loups nuts 3 cups sour milk or buttermilk

Mix dry ingredients together. Add

light lunch find there what they nuts and mix well. Add milk and stir wish in attractive form. My hostess, well. Pour into two greased loaf pans at her establishment in upper Fifth and bake about an hour in a slow

SHUNNING LIQUOR IS BEAUTY AID

Girls Who Say "No" to Drinks Find That Doing So Preserves Looks

luncheon and after-theatre places in manners without the stimulant. town about drinking among women

sherry once in a while, but among as good an answer as possible. them right now it's smart not to

keep at it as before. But I like seeing drinking habit. he young ones staying lovely, gay, And, mind you, we are not a tem-

and drinking spots, and found the habit, situation not unusual.

praised the young women who say no. a better looking maturity.

Curiosity sent me recently to ask | they like these young women because ne manager of one of the smart they are more effective in looks and

Not long ago a reader asked me to write an article on the ill effect that husband, right before the child. He said: "The young women are drinking has on the appearance. We not doing it at all. They may take a think the above opinion constitutes

But, if more facts were needed, we could cite instance after instance in "It would be hard on the house," he which looks have been sacrificed very added, "except that the older women quickly with the established daily

ive and happy without the use of perahce crank, but we have seen women grow coarse in body and mind After the above disclosure I asked who started in a few years ago on other men in charge of similar eating what seemed a harmless 'pickup'

And, to a man, these managers, that we pass on the good word that those business it is to sell liquor, today's debs are pointing the way to until she is through college.

So, it is with a good deal of joy

Ingenious Styles Show Plumpish British Queen To Best Advantage

ELIZABETH MASTERS STYLE PROBLEMS

ems about clothes as any woman. Nearing the end of her first year's she wears from two to 21/2 inch heels. eign, Queen Elizabeth of England has had to dress to a degree she never knew as Duchess of York. Social functions, travel, and State receptions robe, and the Queen has presented a difficult problem for dressmakers.

Only five-foot-two and tending to plumpness, she does not have a state- on her clothes, Queen Elizabeth fanly figure, and the attempts of her cies herself in low-crowned hats with dressmakers to make her look regal feathers which make her look shortwhen the occasion demands have er than she is. But she has lately produced many ingenious designs.

In the evening she shows up stun- eccentric designs of the latest style. ningly, thanks to gowns which are simply cut on long, syelte lines to

velvet she once favored. When she was Duchess of York, Elizabeth was never fastidious about clothes or shoes, and she habitually wore one-inch heels of solid breadth. Under the tutelage of Norman Hart-

Excuse Me a Minute

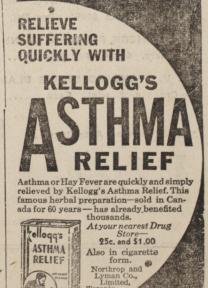
Excuse me! There's a friend of mine! Isn't her sequin coat divine? I'll have to run across and greet her! And say how swell it is to meet her. (I'll wave across. Yoo-hoo, my dear!) Won't she be stunned to find me here. I've got to go and tell her that Her molded coiffure knocks me flat! And we must have a word or two About the things we used to do At school. I'm dying to explain How thrilled I am to meet again, I think I'll ask her if she'll lunch On Saturday and meet the bunch. She's just the sweetest thing! So gay And cute and smart-and, anyway, She's with that striking Romeo I've simply been agog to know. -Nora Smaridge.

A queen has exactly the same problinell, who made her coronation wardrobe, her shoes have improved. Now

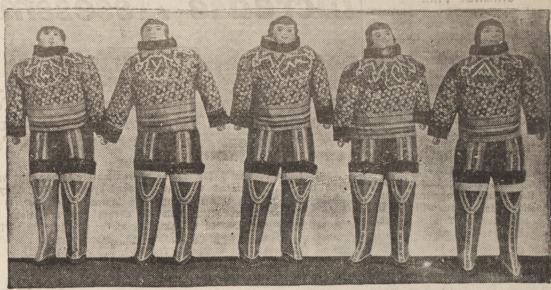
Whereas Queen Mary stuck to one hat style for 25 years because it seemed to suit her, the present Queen have demarded a tremendous ward- apparently is experimenting with her millinery with the hope of evolving a hat that will set her off becomingly.

> Just as she has a penchant for fur been over-ridden by her mililner and has taken to small, brimmed hats in

Queen Mary never approved of enhance her height. Most of her short skirts, but Elizabeth does bedresses for evening and state func- cause they are comfortable. She settions are graceful and plain, of rich, tled the 'shorts for sponting women' cream satin or lame, instead of the controversy when she said that they are more sensible and modest.'



DIONNE QUINTUPLETS TO GET ESKIMO DOLLS



These five dolls were made by an Eskimo woman at Narssaq in Greenland for the Dionne quintup lets, and were brought back by Mrs. J. O. B. Petersen to Montreal. The faces and hands are of sealskim, as are also the high red boots, while the trimmings are of seal fur, with some dog fur edging the embroidery on the trousers. The blouses are of blue and white store calico, and each doll wears a vari-colored bead necklace in the centre of which is the initial of the Dionne baby to whom it belongs. From left to right they are: Emile, Yvonne, Marie, Cecile and Annette. Mrs. Petersen, whose husband is engaged on prospecting survey work in Greenland, was forced by storms to spend the winter of 1936-37 at Narssaq, and is now visiting her mother, Mrs. C. W. Trenholme in Montreal.

LET PARENTS AGREE ABOUT CHILDREN

goes to smash.

(By Anthur Dean, Sc.D.)

No man can serve two masters and neither can a child serve parents whose ideas clash in the matter of raising youngsters.

If father and mother must quarrel over the way their children are to be brought up, let them quarrel in private. If they have the welfare of their mayed or take sides. children at heart let them agree on certain fundamental principles. If they can't agree hold a family election and give one the job of doing the talking and disciplining.

The father may believe that every thing the child wishes should be granted. If the child cries for a stickpin daddy may say out loud within the child's hearing, "Oh, there's not one chance in a thousand of the kid swallowing it. Let him have it."

The mother, believing that it is the business of a parent to keep stickpins away from children, grabs the pin, puts it away and glares at her The father may yell at the child

while mother speaks gently. Mother wants to teach the child to eat pro perly. Meanwhile, daddy is shoving peas into his mouth with a knife Mother wants Susie to take piano lessons; father says, "Oh, bosh!"

Mother remembers when the boys called on her and stayed late and how her father seriously objected. Conse quently she makes up her mind that ner 14 year old daughter is going to have several boy callers.

Fathers, who know little about girls think all boys are bad and says, 'Marie is not to have any boy friends

and the girl says, "Well, you see it's his way, Jimmie. If you call up at half past five, before papa gets home, This home discord has just the same I'll have a chance to ask mama if I effect upon the children of the house can go out with you Wednesday night that discord between two partners But if you call up later than that has among the sales force in the store father will want to know what it's all If the bosses are quarrelling business about and he will say 'No' before he even hears the full story.'

If parents disagree and quarrel This is just plain deceit. It puts openly, the children are either dis-mother in an embarrassing position; it makes her disloyal to her husband; How many times we hear of children it puts the daughter in a bad position who seem to know their parents bet- beacuse she is deceiving with her ter than the parents know themselves. mother's approval.



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