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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 leave 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.

During '37 our Friends have been good to us, and we have tried to be good to them.—Thanks, and may '38 bring you increased health and prosperity.

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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)  
It could have served as a model for a lovely still life, that huge plate in the centre of which was a quarter of a honeydew melon filled with other fruits. 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 seeds were used as a garnish.

There was well seasoned French dressing, guaranteed to supply few calories. There was butter of the same type for the rusk and nut bread. A hot vegetable bouillon out of the usual place in the menu came next and after this the dessert of wedges of fresh pineapple and slices of pears naturally without the prickles. With this came a large, thin, very sweet wafer.

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 guarantee that they produce these results, but both men and women who prefer a light lunch find there what they wish in attractive form. My hostess, at her establishment in upper Fifth Avenue, mentioned that among the

regular customers were a number of men, some of whom were lunching there that day.

## Mixed Vegetable Salad

1 cup shredded cabbage  
1 sliced cucumber  
1 cup diced beets or 2 tomatoes  
½ cup French dressing  
Lettuce  
2 hard cooked eggs  
1 bunch radishes

Mix cabbage, cucumber and beets or tomatoes with the salad dressing and let stand in refrigerator half an hour. Arrange lettuce in a salad bowl, and on this place vegetable mixture. Garnish with radishes and sliced hard cooked eggs. Mayonnaise may be passed with this.

## Nut Bread

3 cups whole wheat flour  
1½ cups bread flour  
5 teaspoons baking powder  
1½ teaspoons salt  
1½ cups brown sugar  
1½ cups nuts  
3 cups sour milk or buttermilk  
Mix dry ingredients together. Add nuts and mix well. Add milk and stir well. Pour into two greased loaf pans and bake about an hour in a slow oven, 325 degrees F.

## SHUNNING LIQUOR IS BEAUTY AID

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

(By Antoinette)  
Curiosity sent me recently to ask the manager of one of the smart luncheon and after-theatre places in town about drinking among women today.

He said: "The young women are not doing it at all. They may take a sherry once in a while, but among them right now it's smart not to drink."

"It would be hard on the house," he added, "except that the older women keep at it as before. But I like seeing the young ones staying lovely, gay, live and happy without the use of liquor."

After the above disclosure I asked other men in charge of similar eating and drinking spots, and found the situation not unusual.

And, to a man, these managers, whose business it is to sell liquor, praised the young women who say no.

And, you may be interested to know, they like these young women because they are more effective in looks and manners without the stimulant.

Not long ago a reader asked me to write an article on the ill effect that drinking has on the appearance. We think the above opinion constitutes as good an answer as possible.

But, if more facts were needed, we could cite instance after instance in which looks have been sacrificed very quickly with the established daily drinking habit.

And, mind you, we are not a temperance crank, but we have seen women grow coarse in body and mind who started in a few years ago on what seemed a harmless 'pick-up' habit.

So, it is with a good deal of joy that we pass on the good word that today's debs are pointing the way to a better looking maturity.

## ELIZABETH MASTERS STYLE PROBLEMS

Ingenious Styles Show Plumpish British Queen To Best Advantage

A queen has exactly the same problems about clothes as any woman.

Nearing the end of her first year's reign, Queen Elizabeth of England has had to dress to a degree she never knew as Duchess of York. Social functions, travel, and State receptions have demanded a tremendous wardrobe, and the Queen has presented a difficult problem for dressmakers.

Only five-foot-two and tending to plumpness, she does not have a stately figure, and the attempts of her dressmakers to make her look regal when the occasion demands have produced many ingenious designs.

In the evening she shows up stunningly, thanks to gowns which are simply cut on long, svelte lines to enhance her height. Most of her dresses for evening and state functions are graceful and plain, of rich cream satin or lame, instead of the 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-

nell, who made her coronation wardrobe, her shoes have improved. Now she wears from two to 2½ inch heels.

Whereas Queen Mary stuck to one hat style for 25 years because it seemed to suit her, the present Queen 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 on her clothes, Queen Elizabeth fancies herself in low-crowned hats with feathers which make her look shorter than she is. But she has lately been over-ridden by her milliner and has taken to small, brimmed hats in eccentric designs of the latest style.

Queen Mary never approved of short skirts, but Elizabeth does because they are comfortable. She settled the 'shorts' for sporting women controversy when she said that they are more sensible and modest.

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## DIONNE QUINTUPLETS TO GET ESKIMO DOLLS



These five dolls were made by an Eskimo woman at Narssaq in Greenland for the Dionne quintuplets, and were brought back by Mrs. J. O. B. Petersen to Montreal. The faces and hands are of sealskin, 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 varicolored 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

(By Arthur 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 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 everything the child wishes should be granted. If the child cries for a stick-pin 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 stick-pins away from children, grabs the pin, puts it away and glares at her husband, right before the child.

The father may yell at the child while mother speaks gently. Mother wants to teach the child to eat properly. Meanwhile, daddy is shoving peas into his mouth with a knife. Mother wants Susie to take piano lessons; father says, "Oh, hush!"

Mother remembers when the boys called on her and stayed late and how her father seriously objected. Consequently she makes up her mind that her 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 until she is through college."

This home discord has just the same effect upon the children of the house that discord between two partners has among the sales force in the store. If the bosses are quarrelling business goes to smash.

If parents disagree and quarrel openly, the children are either dismayed or take sides.

How many times we hear of children who seem to know their parents better than the parents know themselves.

We hear them talking to each other and the girl says, "Well, you see it's this way, Jimmie. If you call up at half past five, before papa gets home, I'll have a chance to ask mama if I can go out with you Wednesday night. But if you call up later than that father will want to know what it's all about and he will say 'No' before he even hears the full story."

This is just plain deceit. It puts mother in an embarrassing position; it makes her disloyal to her husband; it puts the daughter in a bad position because she is deceiving with her mother's approval.

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