

# Serial Story

## A Page of Interest to Women

### Green tea at its best

# "SHAM" GREEN TEA

BY Sharon Wynne

## DEBUTANTE

When Gay Needham, whose home is a Western ranch, inherits a large sum of money, her mother takes her to New York to break into society. A contract is signed with Bernal Van Gordon, an agent who arranges for Stromeley-Gay to supply the money, and the Stromeleys the social prestige. Rodney Sinclair, wealthy scion, falls in love with Gay, but Van Gordon instructs her to encourage a certain Marvin Plome, threatening to expose her false position unless she does. When she defies Van Gordon, he and Plome and Irene hatch a plot. Meanwhile, Irene, for reasons of her own, has been raising Gay's brother Jack a mad chase. But the man she really wants is Rodney.

"That's what I'd like," Rodney answered ruefully. "But I had to give in to Mother on that point. She insists on a big wedding. But what do we care? We won't even know it. There will be only you, dear, and me."

"Her lips only, dear," he said.

"A thousand pardons, folks." It was Bernal Van Gordon. Back again! "So it is congratulations? Nice."

Irene was with him, a sneering smile on her face. And Marvin Plome stood just behind her, cool amusement in his slaty-grey eyes.

The fear which Gay was sure, a second ago, had gone forever, came back and crystallized into ice as Van Gordon continued.

"I'm terribly sorry to interrupt, but I must speak to Miss Needham alone—just for a moment."

Contract Must Be Kept

He led her apart from the others. His face was expressionless as he said:

"A contract is a contract. Until your contract with me expires, there must be no wedding. If you insist, all the nice scandals of the Needham society scheme will rock the social world. And you know, well enough, that Mrs. Sinclair would never forgive that. If you are wise, you will forget plans for a wedding, and be a little kinder to my friend, Marvin Plome. If an untoward event should befall me, my last wish should be that you marry my last quarrel with darling Jack."

CHAPTER IX

The next day, Irene phoned the Needhams to invite herself out to Southampton again for a few days. Looking as sweet and meek as possible, she arrived early in the afternoon, ready to "make up her quarrel with Jack."

As soon as she was settled, she walked down the hall to his room, knocked softly, then opened the door. Jack, who had slept all morning, and so had not been told that she was coming, was startled.

"Where did you come from?" he said gruffly. Then: "Get out of here! I don't want to see you again!"

Tears filled dark, imploring eyes. "Jack, don't be angry—please. I'm sorry I was so nasty that last time. Look—I have brought you something."

She fumbled in her purse, brought out a little box, opened it and held out an expensive-looking wrist watch. Jack was too amazed to speak.

"My engagement present to you, Jack. Now you'll forgive me, won't you?" She clasped the watch about his wrist.

As Jack clasped her in his arms, he did not see the slow, shy smile on her face.

"I'm planning a house party at Stromeley, our place on the other side of the island, over the week-end," Irene cooed. "We'll announce our en-

### British Remedy for SCIATIC PAINS

There is little doubt nowadays that the best way to tackle rheumatism, lumbago, rheumatoid arthritis, or any other form of chronic pain is to use the most powerful medicine available. This is the reason why so many people who suffer from sciatic pains, or any other form of chronic pain, are turning to the most powerful medicine available. This is the reason why so many people who suffer from sciatic pains, or any other form of chronic pain, are turning to the most powerful medicine available.

### HOT AHEAD!

Send Twenty Cents (20c) in coins (stamps cannot be accepted) for this Anne Adams pattern. Write plainly Name, Address and Style Number.

Send your order to Anne Adams, Room 425, Wilson Buildings, Toronto.

## Myth Exploded About Exercise

### Noted British Physician Criticizes Physical Fitness Campaign

"Immunity from disease cannot be attributed to any kind of fitness produced by exercise," said Sir Farquhar Burnard, distinguished physician, in a speech containing searching criticisms of the British Government's physical fitness campaign.

Sir Farquhar, physician-in-ordinary to the King and a leading authority on venereal diseases, said if the Government had spent on genetic research half the amount it proposed to spend on physical fitness it would be making a really profitable investment.

Heredity Should Be Studied

"Heredity and hygiene" were the two main factors in physical well-being, said Sir Farquhar.

He assailed the modern tendency to promote survival of the unfit, to discourage breeding among the fit and to destroy in warfare the greater part of the best breeding stock. But he saw two encouraging points, despite the gloomy outlook. The younger generation was showing greater interest in heredity problems. Also, he said, "in the next war there is every reason to hope that people will be doing sturdily, so that a reasonable proportion of the best stock may survive the infernally stupid carnage."

Sir Farquhar conceded the physical fitness campaign might result in a valuable contribution eventually.

engagement then. There'll be Rod and Gay, Marvin Plome and Bert Allen—you've met her—and some others from New York."

(TO BE CONTINUED)

## LUNCHEON & SUPPER MENUS

- Simple menus and easily prepared dishes are something every housewife is looking for. There are times when you want to fuss up and spend time on meals but that is only occasional. For day and day out purposes, unadorned, but tasty and nourishing meals are what the family needs and the cook wants.
- Here are some selected luncheon and supper menus, which fill the bill perfectly. They are chosen for their simplicity, tastiness and variety.
- On Fridays when, just for a change you want something that's neither meat nor fish, you'll be glad to have a choice of these three menus which are built around one delicious salad.
- I  
Buttered Asparagus on Toast  
Stewed Tomatoes  
Layered Cheese and Apple Salad  
Fruite Whip
- Tomato Soup  
Whole Brain Muffins  
Layered Cheese and Apple Salad  
Pineapple  
Ginger Snaps
- III  
Baking Powder Biscuits  
Layered Cheese and Apple Salad  
Grapefruit
- Layered Cheese and Apple Salad  
1 package quick setting lemon jelly powder  
1 pint warm water  
1 cup cottage cheese  
1 teaspoon salt  
1 red apple, cut in 1/4-inch dice  
1/4 cup sugar  
1 package (2 oz.) cream cheese  
1 cup walnut meats, broken.
- Dissolve jelly powder in warm water. Add 1 tablespoon lemon juice and 1/2 cup cottage cheese, apples, apples, sugar, dash of salt, and remaining 1/4 cup sugar. Turn into mold. When jelly is slightly thickened, fold apples in. Chill until firm. Beat remaining jelly with rotary egg beater until consistency of whipped cream. Fold in cheese and nuts. Turn over first layer. Chill until firm. Serve in squares on crisp lettuce.
- II  
Grapefruit  
Grapefruit  
Grapefruit  
Grapefruit

## Defeat Planned Of Poliomyelitis

### Stanford Expert Tells of Improving Nose Spray System

Hope that "practical measures for control of poliomyelitis (infantile paralysis) will soon be available" was the message given by Dr. E. W. Schultz, Stanford University professor bacteriology, "Enough Now Known"

Dr. Schultz, stating "enough is now known to justify" such hope, said he had Dr. L. P. Gebhardt, his assistant, would "wait the next outbreak of poliomyelitis to make a decisive test in his experiments in the use of zinc sulphate as a preventive against infection."

He discovered effectiveness of zinc sulphate as a preventive against poliomyelitis last spring in experiments on monkeys. Tests were made by Tommie Johnson, his assistant, during the poliomyelitis epidemic in Ontario.

Application Improved

An improved method of applying the solution to the olfactory area was not discovered until near the end of that epidemic. Since then four Stanford Hospital research men have worked out a simple way of applying the solution so the effectiveness in covering the olfactory area is more definitely assured.

Dr. Schultz pointed out, however, that it remains for tests during the next epidemic to show if zinc sulphate applied so thoroughly as to deprive a child of its sense of smell would also make the nervous system impervious to the entry of the virus. Such results have been obtained in experiments on monkeys, Dr. Schultz said.

Believe It Enters Through Nose

The link between the virus and the olfactory area of the nose, he said, is the fact that the virus enters the body only through the olfactory area upon previous belief that vaccines and serums would prove to be the principal weapons in the war against the disease.

### Denure Frock With "Swing" Skirt Will Light Growing Daughters

India Relish Supper Plate  
Hot Rolls  
Cup Coffee

India Relish Supper Plate  
1 package lemon flavoured jelly powder  
1 pint warm water  
1 teaspoon salt  
1/2 cup cottage cheese, finely chopped  
2/3 cup India Relish  
Dissolve jelly powder in warm water. Add salt to cabbage. When jelly is slightly thickened, fold in cabbage and India Relish. Turn into individual molds. Chill until firm. Makes 8 molds.

Salami and Pickle Combination Plate  
Coffee  
Apple Sauce  
Cookies

Salami and Pickle Combination Plate  
1 package lemon flavoured jelly powder  
1 pint warm water  
1 tablespoon vinegar  
1/2 teaspoon salt  
1/2 cup cabbage, finely chopped  
1/2 cup apple pickles, finely chopped  
1 tablespoon red pepper or paprika, to finely dice  
1 teaspoon prepared horseradish  
Dissolve jelly powder in warm water. Add vinegar. Chill. Add salt to cabbage. When jelly is slightly thickened, fold in cabbage, pickles, red pepper and horseradish. Turn into individual molds. Chill until firm. Makes 8 molds. Prepare luncheon plate of thin slices of salami, bread and butter sandwiches and jelly salad unmixed on crisp lettuce.

### The Night Is Black

The night is black as coal; the wind howls like a panther in the rocks; far in the canyons the shepherd boy is calling to his dogs.

And now the sheep are bedded. Let fall by the eaves of Spring Have tucked in deep their fleecy heads— They're not afraid of anything! Over the heads of the sheep and the boy Like wretches upon gnarled stumps of trees The winds through the cactus grove. —Mary Sigrest in the New York Times.

### WATCH YOUR LIFE FOR YOUR LIFE

Do you often say, "I feel rotten" or "I'm not myself" or "I'm a little off" or "I'm a little out of sorts" or "I'm a little under the weather" or "I'm a little out of kilter" or "I'm a little out of whack" or "I'm a little out of sync" or "I'm a little out of phase" or "I'm a little out of tune" or "I'm a little out of step" or "I'm a little out of line" or "I'm a little out of order" or "I'm a little out of place" or "I'm a little out of context" or "I'm a little out of focus" or "I'm a little out of perspective" or "I'm a little out of proportion" or "I'm a little out of balance" or "I'm a little out of harmony" or "I'm a little out of rhythm" or "I'm a little out of tempo" or "I'm a little out of beat" or "I'm a little out of sync" or "I'm a little out of phase" or "I'm a little out of tune" or "I'm a little out of step" or "I'm a little out of line" or "I'm a little out of order" or "I'm a little out of place" or "I'm a little out of context" or "I'm a little out of focus" or "I'm 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