After all is said and done, how does it taste in the cup? That is what counts!

"SALADA" TEA BAGS

yield the perfect flavour.

ANNE HIRST
Your Family Counselor

"Dear Anne Hirst: My main trouble is that I can't talk with my mother about this. I'm 16, in high school—and I am in love! The boy is nearly 20.

"My mother doesn't know the the way we feel so I can't just come right out and tell her that we want to marry in two years. She wants to send me to another school next fall and to college afterwards, for four whole years!

"What's the sense in spending that money—when I want to get married? The boy leaves this fall for two years in college.

"He and I are both satisfied with one another, and we do not think there will ever be anyone else.—But something could happen. Will you please help me decide?

PUZZLED'"

NOT FOR CHILDREN

Marriage is not for children. It is a job which many mature persons find exceedingly difficult. The way for a girl to prepare herself for this great adventure is to develop her mind and body and spirit by every means she can, so she becomes a well-balanced individual competent to meet the multitudinous problems which attack every marriage.

If you do not go to college, how will you spend the next two years? Yearning for your sweetheart? Floundering from one inconsequential interest to another in your effort to kill time? Stimulating those emotions so recently aroused?

The boy you love is finishing his education, to fit him for the career that will provide for a wife and family. It is likely he cannot marry anybody for two years after he graduates, until he has launched himself properly in his life work.

Can you do less?

Your years in college will not only help you accumulate knowledge, they will teach you discipline, and train your mind.

Daily association with the student body and teachers will help you learn to get along with different temperaments. Your taste will be educated. You will learn the value of loyalty and good sportsmanship, and other spiritual traits which you will need to be a good wife and mother. When you graduate, you will be able to meet your sweetheart on his own ground, and feel yourself a real partner in this most demanding of all partnerships. And how proud he will be of you!

You seem to be a smart girl for your age. Now prove it.

Tell your mother how you feel about each other. You will find her more understanding than you think. Assure her you know you are too young to feel entirely certain of each other, and you have no idea of allowing your emotions to override your common sense.

Tell her you will go on with your education as she plans, and give these years all your best energies and application.

And don't be formally engaged until you are of age, at least. By that time you will know whether you two are really "meant for each other." As you say, many things can happen between now and then.

* * *

Confide your secrets to your mother. She was once in love, too, and she hasn't forgotten it. Anne Hirst understands, and will help you find the courage. Address her at Box 1, 123 Eighteenth St., New Toronto, Ont.

If your wife described you as a man of rare gifts, just what would she mean?

4984 SIZES 12—20

Anne Adams

So smart! So simple! This new shirtwaister has an upstanding little Chinese collar, outstanding pockets, winged cuffs. You need an important fashion like this—for important events. Sew it now!

Pattern 4984 sizes 12, 14, 16, 18, 20. Size 16 takes 4 ½yds. 35-in.

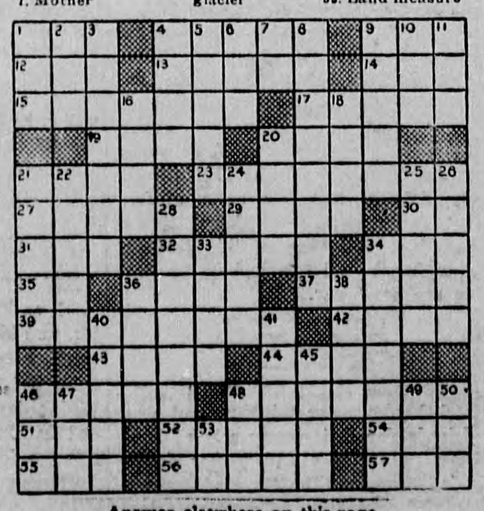
This pattern, easy to use, simple to sew, is tested for fit. Has complete illustrated instructions.

Send **TWENTY-FIVE CENTS** (25c) in coins (stamps cannot be accepted) for this pattern to Box 1, 123 Eighteenth St., New Toronto, Ont. Print plainly **SIZE, NAME, ADDRESS, STYLE NUMBER.**

CROSSWORD PUZZLE

ACROSS
1. Scotchcap
4. Lizard
9. The girl
12. Northwestern State (ab.)
13. Heathen
14. Equality
15. Grieve with another
17. Turkish decree
19. Antic
20. Skip
21. Former emperor
23. Marchers
27. Regarded
29. Appointment
30. Near
31. Palm leaf
32. Aftersong
34. Self
35. You and I
36. Mark of an injury
37. Round roofs
39. Device for scattering
42. Frees
43. Finishes
44. Man's name
46. Malice
48. Triangle with unequal angles
51. Weight
52. Scruffs
54. Negative
55. Affirmative
56. Meeting
57. Malayan coin

DOWN
1. Twitching
2. Fuss
3. Order
4. Footless animal
5. Fast dance
6. Epoch
7. Mother
8. Vivacious
9. Flood
10. Owned
11. Before
16. Terrible
18. Be carried
20. Toward the mouth
21. Thinks (archaic)
22. Orchid meal
24. Worship
25. Stormed
26. Facing upstream on a glacier
28. Deteriorating
33. Cushions
34. Famous
36. Made to go
38. Spoken
40. Lines
41. Speed contests
45. Final
46. Pigpen
47. American author
48. Watch from cover
49. And not
50. Greek letter
53. Land measure



Answer elsewhere on this page.

Teaching The Young Idea How To—Swim—At Thunder Bay, on the sandy shores of Lake Erie, a Red Cross swimming instructor is shown with his youthful class intently listening to his instructions. —Photo by George S. Butt.

CHRONICLES OF GINGER FARM
by Gwendoline P Clarke

Between painting and entertaining; canning and writing, I have done a little reading—that is over and above the papers and magazines that come to the house—and overflow onto tables, chairs and chesterfield. I never can keep our reading material in order. I have been trying to read Louis Bromfield's books—"Pleasant Valley" and "Malabar Farm." And when I say "trying" that is no reflection on the author—quite the opposite. It was this way. I brought home "Malabar Farm" from the library—ostensibly to read it myself. But when I had read about ten pages Partner got hold of it. When he was through it was time for the book to go back. Because it was new I could not get it renewed. So I brought back "Pleasant Valley" instead and am halfway through it. Both books are too meaty to hurry over. Read carefully a lot can be learnt from Louis Bromfield's writting, both as regards farming and life in general. His philosophy is pretty good.

Mr. Bromfield's pet subject is soil conservation. He thinks that soil conservation—or the lack of it—has a much greater effect upon farming, and the welfare of a people, than is generally realised. Lack of soil conservation is already threating the world's food supply. Mr. Bromfield claims their never has been a world surplus of food but always a scarcity—uneven distribution is the only factor making surpluses in some countries. Scarcity is likely to increase unless still more is done to prevent further soil erosion, which, L. B. contends, is mainly the result of poor farming—that is, farmers taking all they can out of the soil and putting nothing back. This practise dates back to the early settlement days in the United States when the fertile land was cleared indiscriminately and cropped so intensely that in two or three generations the top soil was worn out. Then farmers moved further west, took up more virgin land and continued the process of soil erosion. He likens these early immigrants to "a plague of locusts moving across the continent"—the main exceptions being the Pennsylvania Dutch who settled on the iand and enriched it by their good farming.

Eventually agriculturists realised that something was happening to what had been their good earth. No longer was it producing the hountiful crops to which they previously had been accustomed. An intensive reseach programme was carried out and as a result, twenty-five years ago, a movement was started to systemize farming, reclaiam the impoverished land and stop further soil erosion. But what has been done is apparently still not enough and Mr. Bromfield contends that unless wasteful farming methods are changed there will eventually be a shortage of food in the U. S. A. He admits that such a condition sounds fantastic but he also reminds his readers that a few generations ago such a theory was also fantastic to the people of India and China. Yet now, half the people in those countries live their lives out without ever having had enough to eat. Soil erosion not only means poor financial returns for the farmer but the loss of minerals in the soil also affects the health of a nation, since it is impossible for any man to be better than the food he eats. Incidentally Louis Bromfield's theory for world distribution of food is much the same as that of Canada's H. H. Hannam.

"Pleasant Valley" has one chapter devoted entitely to the building of "The Big House" and was quite amusing. Every member of the family was given the privilege of decorating his or her own room. Tastes were vastly different so the result was unusual, to say the least. In one respect all rooms were alike—windows so low that anyone could sit in a chair or lie in bed and still look out the window. That would suit me. Our windows are high set and I always wish I could lower them about a foot.

But back to soil erosion. In his books Louis Bromfield is referring mainly to the United States, but much of what he says is equally true of Canada. From our own experience on the prairie we know only too well the effect of soil erosion. Much of the prairie land should never have been farmed at all. We also have a sample right near here. Two years ago the Department of Highways made a new piece of road past our place. They got "fill" from a nearby hill. Steam shovels scooped up the good earth, trucks carried it away until the "hill" was lower than the road. Now that piece of land is like a desert—the subsoil is gone, in places there is nothing growing, not even a weed. Yet that piece of land is government property—and no doubt there are other such patches. The government spends thousands of dollars in conservation propaganda—wouldn't it be more to the point to give a practical demonstration on restoring fertilty to soil on waste land so that trees at least could be planted and encouraged to grow? Farmers are not the only sinners.

Clover — And Bees

Roadsides are sweet now with honeysuckle and clover, the warm, sweet fragrance of summer at its peak. Honeysuckle begins to pass its prime, though there will be blossom and lesser sweetness till the asters bloom. But clover blooms all summer long, a delight to bees, a friend of the soil and a pleasure to anyone who pauses to look.

One thing about clover: it takes the soil as it finds it, sends down eager roots, spends the whole season at a complex chemical job and gives a new supply of fresh nitrates to the soil it occupies. Clover rebuilds the soil, and is constantly reaching out for new soil to reclaim. Give it half a chance and it will take over a gravelly roadside or a worn-out field where few other plants will grow, and in a few seasons the clover has given it new life. And all the while the clover will cloak that soil in cool green, brighten the landscape with its miniature sweet pea blossoms, and feed every bee within range.

The one thing clover needs to thrive is cooperation of the bees. Take away the bees and the clover won't outlast the season, as Australia learned long ago. For the bees fertilize the clover blooms and thus enable it to reseed itself. On the other hand, take away the clover and the bees would be hard put to fill their hives. Clover honey outweighs all other varieties, year after year.

It would be a dull and less fragrant summer without the cooperation of bees and clover. Together they help keep the planet green and sweet, with no thanks asked.

Mystery Of The Mighty Midgets

One of the northland's most fascinating puzzles is the mystery of the "Little Men"—the dwarfs who are said to haunt the barren stretch beyond the Arctic Circle where because of the winds and sudden storms, no other human could survive.

From generation to generation Eskimos have handed down the story to their children, as parents in other lands relate the adventures of "Alice in Wonderland" or "Jack and the Beanstalk."

Legend says that these dwarfs are mighty men. Even though they are short they are supposed to be able to carry the largest caribou (deer) on their backs. It is only the huge caribou they hunt—not the timid seal which is highly valued by almost all other Eskimos.

For many years white men discounted such stories as a fanciful bit of folk lore. Then Dr. D. Jenness, a Canadian explorer, made several quick reconnaissances into the uninhabitable land and found evidence that the "little men" may exist.

Do They Exist?

He reported finding dwellings only eight feet long by four feet wide and from twelve to eighteen inches high, made of dolomite, a kind of white marble. Points from small hunting arrows were also found, though no one had hunted there within the memory of the Eskimos.

Civilization's gradual, but irresistible advance into the northland race in those snowbound diminu- wastes may soon give us the answer.

STOP the ITCH *of Insect Bites—Heat Rash*

Quick! Stop itching of insect bites, heat rash, eczema, hives, pimples, scales, scabies, athlete's foot and other externally caused skin troubles. Use quick-acting, soothing, antiseptic **D. D. D. PRESCRIPTION.** Greaseless, stainless. Itch stops or your money back. Your druggist stocks **D. D. D. PRESCRIPTION.**

Nobody knows the cause of rheumatism but we do know there's one thing to ease the pain . . . it's INSTANTINE.

And when you take INSTANTINE the relief is prolonged because INSTANTINE contains not one, but three proven medical ingredients. These three ingredients work together to bring you not only fast relief but more prolonged relief.

Take INSTANTINE for fast headache relief too . . . or for the pains of neuritis or neuralgia and the aches and pains that often accompany a cold.

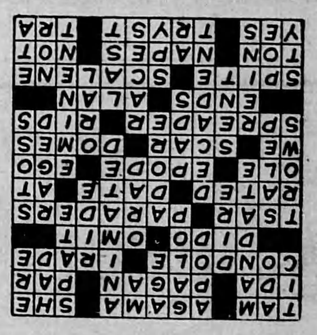
Get Instantine today and always keep it handy

Instantine

12-Tablet Tin 25¢

Economical 48-Tablet Bottle 69¢

Upside down to prevent peeking.



for those who KNOW! **DEVIL'S FOOD CAKE**

⅔ Cup Shortening
1 Cup Sifted All-purpose Flour
½ Cup Canada Corn Starch
1¼ Cups Sugar
½ Cup Cocoa
1 Teaspoon Soda
¼ Teaspoon Cream of Tartar
½ Teaspoon Salt
1 Cup Milk
1½ Teaspoons Vanilla
2 Eggs, Unbeaten

Cream shortening in mixing bowl until light and fluffy. Sift dry ingredients over creamed shortening. Add milk and vanilla. Stir until all flour is dampened, then beat 200 strokes (about 1½ minutes). Scrape bowl and spoon often throughout entire mixing. Add unbeaten eggs and beat 250 strokes. Bake in two 9-inch greased layer cake pans in moderate oven (350° F.) 30 to 40 minutes. Frost with your favourite boiled frosting.

CANADA CORN STARCH

FREE: Jane Ashley's Tested Recipes—Send postcard to Home Service Department CC22, The Canada Starch Company Limited, P.O. Box 129, Montreal.