Every careful housewife knows it is the best.

"SALADA" TEA

'Fresh from the gardens'

Helpful Hints

HOW TO WASH SILK.

The life of silk depends upon how it is washed. Wash silk garments in lukewarm water, never in hot. Do not rub hard or twist the fabric. Rinse thoroughly in water the same temperature as that of the washing and remove the water by squeezing and patting the silk between dry towels. Never dry silk in the sun. To keep pongee silk from spotting, iron it dry. Silk hose should never be ironed.

TO WHITEN PIANO KEYS.

Yellowed piano keys may be restored to their original whiteness with a solution made by pouring one ounce of nitric acid, slowly, into twelve ounces of soft water. Do not reverse this; for nitric acid is destructive to skin and clothing and may safely be handled only in this way, to avoid boiling and spattering. Never pour acid close to the eyes.

Apply the solution with a brush, carefully avoiding contact with woodwork. Wash it off with clean flannel dipped in water, and wipe with a dry cloth. The same mixture sufficiently dilute [illegible] the handles of cutlery.

[illegible] shower, prior to coming in varnished water. This makes cut the [illegible] If the water is salted the [illegible] but remains in the varnish.

[illegible] Another excellent mode [illegible] the [illegible] of those that are too large [illegible] and also across the checkers from being [illegible] by the leather.

[illegible] another method [illegible] lukewarm water with a good [illegible] And add one tablespoonful of ammonia to the tub of water, then soak and squeeze and turn until clean. Rinse in clean water and hang the tops in the sun to dry.

RUG KNITTING.

All ends and ends of wool, strips of colored flannels, dress materials, wools and odd lengths of braid can be used up in this rug-knitting. When various kind of materials are used, it is well to have a small colored diagram prepared as a guide where one color should end and another commence, but this pattern should be of the very simplest kind, consisting only of a centre formed of stripes with a plain dark border. Use knitting cotton for very fine twine with suitable needles; cut the thick materials into three-inch lengths and lay them out in separate heaps; cast on sufficient stitches to cover a surface of sixteen inches and work in black or other dark pieces for a length of four inches, in each side leaving in the ten-inch centre all the lighter and brighter pieces of wool and material. The rug should be thirty inches in length and finished with a dark border similar to the one described.

[illegible] of sufficient length and width to form bedroom and other mats. A heartbeat made in the same materials must have the foundation of strong twine, and is seventy inches long by thirty-one wide.

HOME NURSING.

Fomentations are rarely as hot as they should be, owing to the difficulty of wringing out the superfluous hot water, which takes time, during which the heat escapes. A good plan is to place the cloths on top of a steamer, where they will get hot but not too wet. If too much moisture does accumulate, it can easily be wrung out by one person; whereas if a cloth is plunged into boiling water, two pairs of hands are needed to manage it.

Home Made Bath Salts

Here is a good and simple recipe for making bath salts: To four pounds of pounded soda crystals add half ounce essence of verbena, mix well together and pound again. For coloring, add a few drops of cochineal or a little washing blue well pounded.

What is the difference between a wet day and a lion with violent toothache?—One is pouring with rain, and the other is roaring with pain.

You Must Have Sugar

Sugar is one of the much needed elements in a balanced diet.

WRIGLEY'S supplies sugar in a convenient way. The flavor is an extra delight.

Then too—you know you aren't adding weight. Sugar is a fuel that burns up needless fat.

WRIGLEY'S JUICY FRUIT CHEWING GUM

When tired or hungry, pep yourself with WRIGLEY'S

CJ46

ISSUE No. 41—'29

[illegible] cap and [illegible] applied [illegible] around neck and [illegible] at front, long dart-fitted sleeves [illegible] back collar, two-piece skirt, [illegible] plaited across front and back, joined to two-piece yoke, shirred at centre front. For ladies and misses 16, 18, 20 years, 34, 36, 38, 40, 42 inches bust.

HOW TO ORDER PATTERNS

Write your name and address plainly, giving number and size of each pattern as you want. Enclose 20c in stamps or coin (coin preferred; wrap it carefully) for each number, and address your order to Women's Pattern Service, 73 West Adelaide St., Toronto. Patterns sent by return mail.

Have You Got These in Your Recipe Book?

GREEN TOMATO PICKLES.

15 lemons
1 pt. water
4 qts. green tomatoes
3 cups sugar

Wash lemons but do not peel. Slice very thin. Simmer in water until rinds are tender. Add tomatoes that have been washed and sliced and simmer until translucent. Add sugar, cook until thick and rich and pour into sterilized jars, filling them full. Adjust rubbers and caps and sterilize ten minutes in a hot water bath outfit.

CREAM PUFFS.

Put a cup of boiling water in a small saucepan and set it on the stove. Add half cup butter, and when the two are boiling hard together add a level cupful of flour and stir very quickly to a thick paste. Set this away to cool. When it is cool break in 3 eggs, one at a time, without beating them at all. Mix each one in well before the next is added. Now drop the batter in little rough heaps on a greased pan and bake in a rather hot oven about 25 minutes. This should make about a dozen good puffs. When done there will be a hole in the middle of each. Slit each side open, and fill with flavored custard or whipped cream.—A. G. M.

COCOANUT ICING FOR CAKES.

Two cups of sugar and milk from one medium-sized cocoanut. Boil until it hairs, then stir in the well-beaten whites of two eggs. Beat with egg-beater until cool. Have the cocoanut prepared by peeling off all the brown and grating the white on a fine grater. Spread layers with frosting and sprinkle with grated cocoanut while still wet. If desired, serve with boiled custard made with yolks of eggs flavored with vanilla.—M. J.

APPLE MALLOWS.

Take six medium sized apples, twelve marshmallows, three-quarter cup boiling water, one tablespoonful of butter. Wipe and core apples, but skin half way down each apple to form points. Cut in pieces six of the marshmallows and fill centres of apples; dot with bits of butter. Place apples in a baking pan, and pour water around them. Bake in hot oven, basting frequently. When soft, place a whole marshmallow on each apple, return to oven and brown lightly. Remove to serving dish and surround with the syrup.

FRUIT CAKE.

Take 1 cup butter, 4 cups flour, 1½ cups sugar, 1 cup molasses, 1 cup milk, 4 eggs, 4 teaspoons cloves, 4 teaspoons cinnamon, 1 teaspoon allspice, 1 teaspoon nutmeg. Dissolve 1 teaspoon soda in molasses to foam. Mix butter and sugar together and cream. Add eggs, milk, spices, then the molasses, soda and citron, 1½ lbs. raisins, 1 cup strawberries. Cook for two hours in a slow oven.—M. V., Que.

POOR YEAR FOR TREE SEED.

The season of 1928 was a poor one for the collection of forest tree seed throughout the western provinces, and orders received by the Forest Service of the Department of the Interior, Ottawa, for seed could be filled only in part.

THE ISLE OF RETRIBUTION

BY EDISON MARSHALL

ILLUSTRATED BY R.W. SATTERFIELD

BEGIN HERE TODAY

Ned Cornet, Lenore Hardenworth and Bess Gilbert are shipwrecked. Together they take refuge on an island. Lenore and Ned are engaged to be married. The island on which the three find themselves is inhabited by a brute named Doomsdorf and his Indian wife.

Doomsdorf promptly takes Ned and the girls prisoners and tells them he means to use them as his slaves. The prisoners are told to build a cabin for themselves and, when it is completed, the master of the island says he wants Ned and Bess to do all his winter trapping.

Lenore is allowed to remain with the squaw. Different trapping routes are given to Bess and Ned. Together they plan to escape from the island and send Lenore to call Doomsdorf to their cabin.

NOW GO ON WITH THE STORY.

The man regarded her with quickening interest, yet without the slightest trace of suspicion.

He got up at once. Lenore stared at him as if in a nightmare. She had hoped in her deepest heart that he would refuse to come, that the great test of her soul could be avoided, but already he was starting out the door. She had done her part; she could wait here, if she liked, till the thing was settled. In a few seconds more she would know her fate.

Yet she couldn't stay here and wait. To Doomsdorf's surprise she followed him through the door, into the glare of the Northern Lights. She did not know what impulse moved her; she was only aware of the growing cold of terror. Not only Ned and Bess would pay if the plan failed. She must pay, too. The thought haunted her; every step, every wild beat of her heart.

Doomsdorf was walking swiftly; already he was halfway from the door. The desperate fight for freedom was almost at hand. But what was freedom compared to that fear and darkness that is death?

There were no depths of despair beyond her now. She closed out shakily and inchoately, then stumbling through the snow, caught Doomsdorf's arm. "No, no," she cried, fastening her lips and hands. "Don't go! I'm going to try to kill you. I didn't have anything to do with it, I swear I didn't—and I don't care if I've saved you—"

The chief [illegible] at her [illegible] set her [illegible] had ceased and the [illegible] deadened beneath his hard gaze.

"You say—they've got a trap laid for me?" he demanded.

Her hands clasped before him. "Yes, but—say I'm not guilty—"

He pushed her contemptuously from him, and she fell in the snow. Then, with a half-animal snarl that revealed all too plainly his murderous rage, he drew his pistol from his holster and started to [illegible]

CHAPTER XXIX.

Hearing through the crack in the door Ned saw the girl's act, and her treason was immediately evident to him. Whatever darkness engrossed him at the sight of the ignoble girl, begging for her little life even at the cost of her lover's, showed not at all in his white, set face. Whatever unspeakable despair came upon him at the ruin of his ideals, this destruction of all his hopes, it was evidenced neither in his actions nor in the clear, cool quality of his thought.

No other crisis had ever found him better disciplined. His mind seemed to encompass the whole, dread situation in an instant. He turned, met Bess' straightforward gaze, saw her half smile of complete understanding. He leaped toward him, he snatched their two hooded outer coats, and, his arm half encircling her, he guided her through the door.

Whether or not she realized what had occurred he did not know, but there was no time to tell her now. Nor were explanations necessary, trusting him to the last she would follow where he led. "We'll have to run for it," he whispered simply. "Fast as you can."

Ned had taken in the situation, made his decision, seized the packs, and guided Bess through the door all in one breath: the drama of Lenore's tragic dishonor was still in progress in the glare of the Northern Lights. Doomsdorf, standing back to them, did not see the two slip out the door, snatch up their snowshoes and fly. Otherwise his pistol would have been quick to halt them. Almost at once they were concealed, except for their strange flickering shadows in the snow, behind the first fringe of stunted spruce.

Ned led her straight toward the ice-bound sea. He realized at once that their least shadow of hope lay in fast flight that might take them to some inhabited island before Doomsdorf could overtake them; never in giving him a chase across his own domain.

They halted a single instant in the shelter of the thickets, slipped on their snowshoes, then mushed as fast as they could on to the beach. In scarcely a moment they were venturing out on the ice-bound wastes.

Doomsdorf encountered their tracks as he reached the cabin door, and guessing their intent, raced for the higher ground just above the cabin. But when he caught sight of the fugitives, they were already out of effective pistol range. He fired impotently until the hammer clicked down against an empty breach, and then, still senseless with fury, darted down to the cabin for his rifle.

But he halted before he reached the door. After all, there was no particular hurry. He knew how many miles of ice—some of it almost impassable—lay between his island and Tzar Island, far to the east. It was not the journey for a man and a woman, traveling without supplies. There was no need of sending his singing lead after them. Cold and hunger, if he gave them play, would stop them soon enough.

He had, however, other plans. He turned through the cabin door, spoke to the sullen squaw, then began to make preparations for a journey. He took a cold-proof wolf-hide robe, wrapped in it a great sack of pemmican, and made it into a convenient pack for his back. Then he reloaded his pistol, took the rifle down from the

Ned broke trail [illegible] a few feet behind.

wall, and started down the trail that Ned and Bess had made.

Tired though Bess was from the day's toil, she moved freshly and easily at first. Ned broke trail, she mushed a few feet behind. She had no sensation of cold; hardened to steel, her muscles moved like the sliding parts of a wonderful machine. The ice was wonderfully smooth as yet, almost like the first, thin, icy lice frozen to the depth of safety. But already the sliding pace had began to tell. She couldn't keep it up forever without food and rest. And the brute behind her was pitiless, remorseless as death itself.

The Northern Lights died at last in the sky, and the two hastened on in the wan light of a little moon that was already falling toward the west. And now she was made aware that the night was bitter cold. It was getting to her, in spite of her furs. But as yet she gave no sign of distress to Ned. Out of her love for him a new strength was born—that sublime and unmanable strength of women that is nearest to divinity of anything upon this lowly earth—and she knew that it would hold her up beyond the last limits of physical exhaustion. She would not give way to unconsciousness, thus causing Ned to stop and what beside her till she died. None of these things would she do. Her spirit poured with the wings of her resolve. Instead, her plan was simply to hasten on—to keep up the pace—until she toopled forward, lifeless on the ice. She would master herself until death mastered her. Then Ned, halting but an instant to learn the truth, could speed on alone. Thus he would have no cause to wait for her.

On and on through the night they sped, over that wonderfully smooth ice, never daring to halt: strange, wand ring figures in the moonlit snow. But Bess was not to carry her brave intent through to the end. She had not counted on Ned's power of observation. He suddenly halted, turned and looked into her face.

It was wan and dim in the pale light; and yet something about its deepening lines quickened his interest. She saw him start, and with a single syllable of an oath, reached his hand under her hood to the track of the artery at her throat. He needed to listen but an instant to the fevered pulse to know the truth.

"We're going too fast," he told her shortly.

"No—no!" Her tone was desperate, and his eyes narrowed with suspicion. Wrenching back her self-control, she tried to speak casually. "I can keep up easily," she told him. "I don't feel it yet—I'll tell you when I do. We can't ever make it if we slow up."

He shook his head, wholly unconvinced. "I don't know what's got into you, Bess. You can't fool me. I know I feel it, good and plenty, and you're just running yourself to death. Doomsdorf himself can't do any more than kill us—"

"But he can—"

"We're going to hit an easier pace. Believe me, he's not running his heart out. He's planning on endurance, rather than speed. I was a fool not to think about you until it began to get me."

It was true that the killing pace had been using up the vital nervous forces of both their bodies. Ned was suffering scarcely not at all as yet, but he had caught the first danger signals. Bess was already approaching the danger point of fatigue. When Ned started on again he took a quick but fairly easy walking pace.

They mushed on in silence, not even glancing back to keep track of Doomsdorf. And it came about, in the last hours of the night, that the rest both of them so direly needed was forced upon them by the powers of nature. The moon set; and generally smooth though the ice was, they could not go on by starlight. There was nothing to do but rest till down.

"Lie down on the ice," Ned advised, "and don't worry about waking up." His voice moved her and thrilled her in the darkness. "I'll set myself to wake up at the first ray; that's one thing I can always do." She let her tired body sdip down on the snow, relying only on her warm fur garments to protect her from it. Ned quickly settled beside her. "And you'd better lie as close to me as you can."

(To be continued)

Deferred Fortune

London Woman to Get Jewels Hidden by Father in Corea

Tokio.—Five hundred thousand yen and seventy trunks full of jewels and antiques were the treasures for an heiress, in a veritable fairy tale, the first scene of which was enacted at the old guard's quarters near the great Seidamon Gate of ancient Seoul, the Corean capital.

The next scene probably will be in some lawyer's office in London, where the long-lost fortune will be placed in the hands of Miss Mary Brown, of that city. Her father, Sir John MacLeavy Brown, was a customs commissioner to the old Corean government. The treasures were packed, labeled and hidden in an underground vault in the old guard's quarters when to left Corea upon [illegible] in the [illegible]

In the absence of [illegible] plans to the old building the trunks were found by Japanese officials, who have turned the time back to its beginning.

As Sir John is dead, the seventy trunks of treasures and the 500,000 yen which has accumulated from interest on the original 500,000 yen deposit made by him at the Seoul branch of the Peoples Bank will be sent to his daughter.

Night Life Makes Daylight Robbers

Police Records Show Thieves Busy at Siesta Time

Madrid.—Burglars in Spain and their victims are too sleepy in the afternoon and so wide awake at night, that the best time for their stealthy operations comes in broad daylight. Police records show that the favorite hours for house-breaking are from 3 to 5 p.m.

It is the custom here to stay up most of the night, start business next day around 10 or 11 o'clock in the morning, close up everything about 1.30 or 2 o'clock and pass the next three hours in eating and sleeping. It is around 5 o'clock in the afternoon before business houses re open.

Theatres commence the night performances at 11 o'clock. Matinees are at 6 p.m. No other hours for theatres are possible under the Spanish scheme of life.

The Danger of High Heels

By S. Elizabeth Van Dayne

Young women are loath to accept evidence that shoes are the cause of most of their foot troubles. Corns, callouses, warts and bunions are undoubtedly nature's protest against shoe insult.

Most girls and women, in spite of ridicule and warnings, look on high heels and even spike heels as things of beauty ardently to be desired. A surgeon of note is said to have fastened long corks to his shoes to demonstrate how impossible it is to walk with spike heels and use the muscles properly. Probably when slicked calves begin to dwindle dame fashion will call a halt, but meanwhile feet can be permanently damaged that might be saved for a youthful old age.

Dr. Joel E. Goldthwait in "Body Mechanics and Health," says: "High heels have always received well-merited censure." He warns of interference in circulation and nutrition in the muscles of legs and feet, of bad effects on spine and pelvis, and of flattening of the anterior arches of the feet.

It seems to be difficult for women to find good-looking safe dress shoes. Because of this fact chiropodists and others who treat feet must be making fortunes. A well-known weekly recently gave space to the following: "Do you want a new business profession of your own with all the trade you can attend to? Then become a foot correctionist and in a few weeks earn a big income in service fees. Easy terms for home training."—Hygeia.

New French Destroyer Seeks Laurels as Fastest Warship

Toulon.—In the destroyer Fougueux the French navy again claims to have the fastest warship. The craft, which is 330 feet long and of 30 feet beam, made 36.33 knots on her trial runs. She is armed with four 5-inch guns, two anti-aircraft guns and six torpedo tubes.

"What is the difference between an author and a grandfather clock." "One tells a story and the other tells the time."

When is a cup of tea not a cup of tea?—When it is a little sweet.

Your Canary Needs a Well Balanced Diet

You will be well repaid in his cheery song of grateful thanks if you see to it that the seed you give him is "Brock's"—a selection of the world's choicest seeds in well balanced proportions.

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BROCK'S BIRD SEED

Preserving the Teeth

A good set of teeth is a great point of beauty, if they belong by gift of Nature to the person who wears them.

If a girl has good teeth to commence with, it is not difficult to retain their beauty. But this cannot be done by means of the tooth-brush alone. If the health begins to deteriorate or get below par, the teeth will suffer, and if one little tick of caries, not bigger than a needle's point, gets an opening through the enamel, it will soon follow out and decay the whole. Then one bad tooth affects the others. Beware therefore of the first beginnings of decay. Find out a good dentist, and have it remedied.

Dyspepsia has much to do with the decay of teeth, so of course have a great many constitutional and inherited disorders. You must be in perfect health to have beautiful teeth, and no amount of brushing and cleaning will do any good if the blood be impure. Indigestion renders it acid and creates mischief, not in teeth and gums only, but all throughout the body. One of the biggest mistakes anyone can make lies in imagining that external applications, or scrubbings with brush and power, are all that is needed to preserve the appearance of the teeth. If this brush is too hard and the powder of a gritty nature it may do much more harm than good.

Mother and Daughter

One result of the independence of the girls of the present day is that the match-making mother so beloved by novelists and playwrights of twenty years ago, must have almost ceased to exist (says a writer in a Scottish exchange.) Mothers can do little now to influence their daughters' marriages. Only with great tact can they gently hint that Mr So-and-So does not seem very desirable, and hope for the best. But the wise mothers have fostered between their daughters and themselves a very real friendship and comaraderie, which is infinitely better than any amount of [illegible] control and is very [illegible]

According to Professor Pierce Fitchet, love is a disease. Which reminds us that there are thousands of young couples who seem to be careless whether they become invalids for life or not.

Lynn Knees to Vanish Of Owners Face Law

Lynn, Mass.—Knees, covered or otherwise, will hence forth be prohibited in this city as the result of an order issued by Mayor [illegible]

The Mayor instructed the police to take the names and addresses of all girls, over twelve years of age, whose legs are exposed from ankle above the knee; and in the event of a offender refuses to give her name and address, the officer is under orders to take her to the police station.

MOST people [illegible] Aspirin to make short work of their headaches, but did you know it's just as effective in the pains from neuralgia or rheumatic pains, too. Don't suffer when Aspirin can bring you complete comfort without delay and without harm; it does not affect the heart. In every package of Aspirin you will find proven directions with which everyone should be familiar, for they can spare you suffering.

BAYER ASPIRIN

Aspirin is the trade mark [illegible]

Would you rob your children?

It is not fair to your children if they are compelled to support you in old age. It is [illegible] to you. Avoid the possibility. Take advantage of the Canadian Government Annuities System, and at 65 you will face the future in your years self-respecting and secure with a definite income for life.

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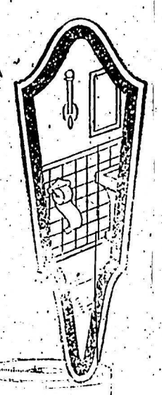

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Make a practice of buying your Tissue by name. Say "Eddy's Tissue" and you are certain to get safe, sanitary paper of value and [illegible]

Eddy's Tissue is [illegible] soft, always clean, always up to [illegible] and which makes an Eddy's roll worth [illegible] the yell appointed [illegible] room.

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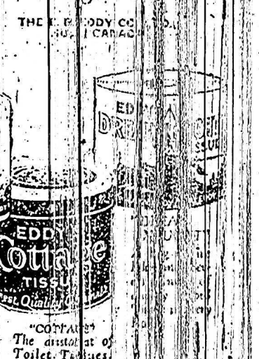

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