"Fresh from the Gardens



LOVE IS BLIND!

A controversial subject was raised at a luncheon table the other day. An Englishman asked a question which started it all. (One must remember, of course that puns our rampant in the English character, so perhaps we had better discount his state-ment at least fifty per cent.) He was discussing the amazing fact that a young husband who is head over heels in love with his charming wife, when questioned as to the color of her eyes, spluttered a confused "Uh-ah-grey, hazel-no, I think they're To say that we were all amazed is to say the least. The Englishman grinned and dubbed the whole affair with the trite saying "Love is Blind!" Check up on this—it's lots

A TIE SAVER

I learnt a lesson in bow saving last week. You'll soon ruin the little separate bow ties on your spring blouses if you keep tying them anew each day. An excellent way of reserving their crispiness is to split the tie in the centre of the back under your collar. Put a button hole on one end and a button on the other. The tie can thus be removed easily without touching the bow

WOMAN'S DEMANDS SATISFIED

ahead with their ever-increasing demands for labor-saving devices in the home. The latest is square wash tubs. A housewife be unquestionably bright and alert. Fointed out to the manufacturer that the square of the latest is square with the square to be unquestionably bright and alert. pointed cut to the manufacturer that the square shape is the inost practical, as tubs are usually used in pairs for rinsing, blueing, etc. When two round tubs are set together they only touch at one point whereas square tubs fit snugly together thus leaving no room for the water to drip down between the tubs. Then too, women complained that, with round tubs, the clothes coming out of the wringer often pile up and fall between the wringer and the tub unless carefully watched. Be it mere shape or a mechanical gadget, women are always wanting some thing new and we must admit the men are right up to the moment in meeting our ever-increasing wants!

REACH UPWARD

The secret of all exercises for good results is the advice given by a noted specialist and that is "Stretch upward." By doing this you give your cramped stomach organs room to move around-your lungs expend, yaur carriage becomes straighter This specialist is a living example of just what striking results can be attained by a system of self-discipline. For instance, her motto is: "Reach for the stars instead of the earth!" Her method is one of stretching in order to counteract the effect of gravity. Since everything we do—eating, picking up articles, reaching for the telephone, sitting at desk, even combing our hairrequires the use of muscles of the front of the body, which tends to shorten them, there should be exercises to counteract this condition—in order to lengthen the muscles of the front of the length of the should be the should be the should be sho

body and shorten those of the back of the body. Food does not make you fat. Lack of scientific exercise does Five exercises during six minutes each morning of a system founded on rhythym-appreciating the length of the muscle, timing the exercises accordingly—and concentrating on the heaving part of the body to begin with are important factors. One exercise, "the frog kick" does wonders to reduce the thighs. Watch the frog in the Summer—hasn't he graceful, narrow hips? Correct breathing and posture are vital to perfect health and The facial expression changes from a disagreeable crossness to a smiling cheerfulness. "Reach for the stars!"

BOOKS

If you liked Earl Derr Biggers famous Chinese character Charlie Chan you can now get the whole series in one volume published under the title "Celebrated Cases of Charlie Chan'." For an intimate study of a queenfi lovers of biographies will find "Marie Antoinette" by Stefan Zweig magnificently satisfying.

will find beauty.

such things as fear, worry and emo-

American Neurological Ass'n. Dr.

Washington.—New evidence that reciple "think" with their muscles as value as their brains, and that therefore complete relaxation helps relieve such things as fear, worry and emolicial straight.

IN BED WITH RACK OVER HER

To Keep Off Weight of Bedding

Triumph Over Rheumatism It seems almost incredible that a woman could be in such a condition bedridden with rheumatism, so full of pain that the weight of the bedclothes was too much for her—and yet live to walk as well as anyone else.

Euc this is her own account of her recovery—just as she wrote it herself:
I was so bad with rheumatism. I ould not walk; in fact. I was in bec with a rack built over me, as I could not bear the weight of the bedding. My system scemed just full of some kind of poison. I read about Kruschen Salts in an English paper which a friend loaned me. I somehow could not get that advertisement out of my nind, so I got a bottle of Kruschen, and from the first few doses I felt beter. So I kept on. That was about sight years ago. But for years now I up these deposits of painful crystals and no rheumatism, and can and converts them into a harmless walk with anyone. Still I am never without Kruschen. I take my daily lose, and never need anything else. My complexion is as clear as a babe's. Lam 46 years old, but feel about 20

The cause of rheumatism is a dence to form again.

The cause of rheumatism is a dence to form again.

Kruschen Salts is obtainable at all Drug Stores at 45c, and 75c, per bottle.

years, thanks to Kruschen."-(Mrs.)



and converts them into a harmless solution. Then it assures the prompt removal of these dissolved crysta along with other waste products. And because Kruschen keeps the inside so regular — so free from fermenting

Mysterious Masquerade

By J. R. WILMOT

SYNOPSIS.

Roger Earling, dining at ub in London, meets Mol she is wanted by her aunt Mr. and Mrs. Paul Silver.

CHAPTER III. Superintendent Hetherington looked into the amazed eyes of Molly Car-

stairs and began to wonder. He was, as Constable Matthews had described him, a kindly, fatherly man in the middle fifties. He had perused the newspaper clipping presented to him by his subordinate and had listened to the constable's account of his

meeting with the girl.

The superintendent was surprised.

He was not surprised at the event. He difficult to find a set of circumstances in or convincing, don't you think?

Was surprised at the astuteness of But Molly felt herself utterly in
But Molly felt herself utterly in-Tonstable Matthews. The man was undoubtedly smart. Some day, he told

solve was a difficult one. Miss Molly Carstairs who had entered the station with Constable Matthews was, with-out doubt, the same girl whose portrait had appeared in the morning newspaper. There was no denying that. Even the girl herself admitted

that. Even the girl hersels admitted it. That, to Superintendent Hether irgtons mind was odd, distinctly odd. For it had been suggested that Miss had the same name combination as h rself. of memory. That, of course, was pos-He had had cases before of com-

lete amnesia, but in those cases the victims had been rather queer he had always thought. He had noted a blank or vacant patch in the eyes. But here this girl, who resolutely denied that she was missing, or that her memory bered the photograph perfectly. Now, argued the superintendent, if she can remember that so clearly and so posi tively, how is it that she denies the people, behind whom towered the blue emainder of the allegation?

The superintendent was seated at his desk in the station office. On the opposite side of the table sat Molly arstairs.

"Now, Miss Carstairs," began the Super, "I want to get this quite clear. You say that you are not the person claimed in this announcement, yet you admit that this photograph which appears here is undeniably that of burself. How do you explain the

"I can't explain it," said Molly. "I only wish I could. But it must be quite obvious to you, Superintendent, that I'm not missing, and that my

memory is perfectly clear."

The superintendent sighed. "That's just it," he admitted, "it's far from being clear to me. You say that you are lodging in Chelsea. Now tell me,

noment and sudden fear leapt into her heart. Yet it would be futile to disguise the truth.

"Since last Friday," intimated the girl, fearfully, and she watched the superintendent make a note on a pad. "And where were you staying be fore that?"

"I was staying in Bayswater with Mrs. Rickardsen-but she won't be able to help you. She's gone to Aus-

tralia."
"What boat did she travel by, Miss Carstairs?"

went there on the day you are sup-cosed to have left the Silvers in

Hampstead." The more Molly thought about it the more bewildering and inexplicable it became. She had no friends in London—except Roger Barling. But what use would Roger Barling be? He had only met her last night. She needne who knew her before she ed someone who knew her before she moved to Chelsa, and there was no

ie—no one reliable.

Meanwhile the superintendent was meanwhite the superfiction meanwhite the superfiction beginning to convince himself, somewhat against his will, be it said, that Miss Carstairs had, indeed, lost her memory. Against that argument was the fact that she certainly didn't look as if she had, but there again, the superintendent was not a recognized authority on the subject or forgetful-

He selt that it would avail them litcall in the police surgeon. Dr. Trotter was better on post morten than on mind analysis. He liked to see what he was working on. Then he could understand it.

"I have, of course, notified Mr. and Mrs. Silver,' the superintendent told

her casually. "That was my duty, and I must be guided by what they can prove—and, naturally, they must prove it to my satisfaction. You may 370,123.

go now, Matthews," turning to the still rigid constable.

"But I tell you t is all some hil-eous mistake," protested Moliy. "I have no more lost my memory than you have, Superintendent. Merely because I am unforturate enough not to be able to bring anyone who can identify me before last Friday, I am to be . . . Oh, Superintendent, what is to become of me!

The Superintendent shook his grey-ing head.

"That, Miss Carstairs, I cannot tell

you," he said, awkwardly. "You see everything seems to suggest that you are the young lady mentioned in the announcement. You yourself admit that this is your portrait, and you are

capable of thought just then. She felt undoabtedly smart. Some day, he told companie to thought just the fixibility of even trying to persunatheres. The young man deserved add the police that a mistake had been watching.

But the problem he was now set to been different. But she had recognized the policy of the problem he was now set to be that photograph, it would have been different. But she had recognized the problem he was now set to be the problem he was now nized the frock. In that, and in that alone, there was no mistake.

Try as she would she could not bring herself to understand what the episode could mean. It might be that she possessed a double, but she told hersel, that it would be straining coin-cidence too far to find that that double

ed a constable with the information that Mr. and Mrs. Silver had just

That announcement intrigued Molly Carstairs, their niece—the girl in the newspaper photograph who was her-

"Bring them in," intimated the superintendent, enthusiastically. The norning was wearing on and there

in astonishment at Mrs. Paul Silver— a small, rather florid woman of fifty or thereabouts, with a wisp of fair hair peeping from beneath her small blue hat. "My dear," she cried with quite

"My dear," she cried with quite touching fervor, "thank God they have found you again," and before Molly realized what had happened, she found herself crushed to the woman's heaving bosom.

Behind her hovered her husband—

mall, heavily-built man, rather grey. "I am greatly indebted to you, Superintendent," he exclaimed with a note of unmistakable gratitude in his voice "My wife and I have had scarcely a wink of sleep for a week since the girl's disappearance. At first we thought that the had suddenly changed her plans and had decided to stay with friends, but when we discovered that no one had seen her our anguis has been almost intolerable."

"This yourg lady repudiates the suggestion that she is any relation either to yourself or to Mrs. Silver " the superintendent told him. : ust, of course, be quite clear on that

point."
"It is just as I—as we suspected,
Superintendent. Molly must have had sudden lapse of memory. She had "I—I can't tell you," faltered Molly.

"I—I can't tell you," faltered Molly.

"a similar lapse five years ago when we were staying in Paris and I had her treated by a Parisien specialist. "I—I can't tell you," faltered Molly.
"I don't know. She was not a communicative woman at all."
"Then I take it there is no one who can identify you beyord Mrs. Dawlish and her daughter in Chelsea, and you must see that their evidence won't carry much weight, seeing as you only went there on the day you are sun-

The superintendent looked across at Molly and noted how white-faced she lo ked, with Mrs. Silver still holding the girls unresisting hands. Suddenly the girls tongue was unleashed. "I tell you, Superintendent, I don't

k is w these people. I have never seen them before in my life, and I demand that you allow me to leave here at and harvested directly from there.

"There, my dear, you musn't excit

"There, my dear, you musn't excite yourself," purred Mrs. Silver, tightening her grip of Molly's hands. "Everything will be all right soon."

The superintendent looked squarely into the deep grey eyes of Paul Silver who nodded his head sympathetically. "My advice to you is to return with your uncle and aunt, Miss Carstafts. I am sure they will see that you are well levied after and that you will

well locked after, and that you will soon be restored to health." Molly tried to speal again, but her tongue was parthed and there was a queer choking sensation in her throat. Then something snapped in her brain. A curtain of darkness was rung down

on her consciousness. (To be continued.)

Japan has 768 trade unions, 101 of which are in the transport industry. The total number of trad; unionists is

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Note For Dietitians



Three point two in the balance. Charlotte Mayo, 18. Washington debutante, will drink 8 bottle of America's new beverage daily to find if it's fattening.

University of Toronto

School of Nursing Young women who are thinking of nursing as a career will be interest ed in the new School of Nursing. In its three-year course the School ed in the new School of Nursing. In list three-year course the School plans to give a thorough general training in nursing, one that will en-able the graduate, if she so wishes to proceed easily to post-graduate work in any branch of nursing. This three-year course preparts the nursi-for both hospital nursing and public "Bring them in," intimated the superintendent, enthusiastically. The norning was wearing on and there was a great deal of routine work still who wish to enter public health nursing and thus saves a year in the time of preparation for those year in the time of preparation for those was a great deal of routine work still who wish to enter public health nursing spent rather longer on this strange case than he had anticipated.

The door opened againto admit two people, behind whom towered the blue bulk of one of the station constables.

It was the woman who advanced first into the room with outstretched arms and a cry of welcome relief on her red lips.

Molly had risen in her chair gazing is acterishment at Mrs. Paul Silver—

Molly had risen in her chair gazing may be obtained from the Secretary.

may be obtained from the Secretary School of Nursing, University o Toronto, Toronto, Ontario.

Shoplifters' Rendezvous

in Montreal Cathedral Montreal.—Detectives, who finally got on the trail of three women shoplifters, discovered they made a prac-tice of sorting out the "loot" in the quietness of Christ Church Cathedral. As the goods taken were trivial, they were let go with a warning.

"Congratulate me on not having to stay in this fool world much lenger. -Clarence Darrow.

What's Your Bogy?

This is the age of Science But Superstition Still

Lives on If people believed half the superati If people believed half the supersti-tions still current there would be noth-ing in life that could be done with safety. Yet few of us are without at least one weakness of this kind.

Strangely enough, airmen and spee specially dangerous lives, are mo superstitions than those who lead quieter lives.

Sir Henry Segrave carried a rabbit's paw during his record-beaking speed bursts, but forgot to take it with him on the day he was drowned. Bert Hink ler, about whom nothing has been heard since he set out to fly to Australia has as his mascot a three-legged black cat. He left it at home when he set out on his flight.

Amy Johnson carried a mascot on the dashboard of her plane throughout her record-breaking trip to the Cape

The late Tear of Russia had a ring which contained a piece of the true Cross. He attached great importance to the ring, but on the day he was assassinated he forgot to wear it.

Friday Was Unlucky The steel-curved film stunt men crash aeroplanes, dive from high bridges, and grapple with wild beasts believe that someone is doomed to leath if a bottle is broken.

During a recent film a bottle had to be smashed in the presence of the stunt men. They knew the incident was coming, and their faces turned deadly white.

The producer was more than satis fled with the "shot," for the expres sions of real fear on their faces were better than could have been produced by ordinary acting.

Sailors' fears of sailing from port on a Friday became so strong at one time that the British Admiralty determined to scotch the superstition once for all.

A ship's keel was laid on a Friday. The vesse' was named Friday, launch ed on a Friday, sailed on a Friday, and captained by a man named Friday. It was never seen again once it had sailed from port.

The Tramp Ship A tramp ship from the fog-boun northern sea.

Blin ling a course through sleet and angry foam, Swung into berth beside the shivering . uay, That winter's dawn to bring my

lover home The dock-hands stirred, and cursed themselves awake, Mocking the grimy tramp, all bent

By murderous waves and fierce ice pointed flake-And yet to me, whose pra ers were

for that morn, More wonderful than purple Tyrian ships, Of golden galleons coming home to

Spain. When he carressed and comforted my lips, Seemed the poor hulk that gave me

him agrin. __Laurence Powys.

-Gordon Lindsay Smith-

After the second set of leaves has developed these things should be thinned out so that they have at least half an window-frame. It is usually stained inch space each way. The soil be tween should be stirred a little and, match the other wood work. Holes tween should be stirred a little and, of course, regularly watered. On warm days expose by lifting the window a few inches, gradually extending the process in height and time as the season advances. When the plants are a couple of inches high it is well to transplant once into colder quarters where they should remain a couple of weeks, at least, before being put outside. Any space left in the hothed may be planted with raddish, cress. lettuce and other short seasoned crops planted to box.

favorites as Coreopsis, Gaillardia, Delphenium. Hardy Perennial Aster tus in the perennial part, and Aster, Phlox Drummondi, Zinnias, Verbenas, Petunias, Cosmos, Nasturtiums and Marigolds for immediate returns. Avoid planting perennials that are unsightly when the bloom is gone, un less the space will allow for placing annuals to hide them.

window boxes which can be set out after danger of frost is over. One must remember that a window box is simply a very intensive form of after danger of frost is over. One must remember that a window box is simply a very intensive form of gardening, producing about ten times the amount of growth for the same area in the ordinary garden. On account of this it is essential that the soil used in the box be very rich, containing plenty of fertilizer, and that it be kept damp by daly waterings. As they are exposed to the sun and wind on nearly all sides evaporation is very rapid, hence artificial moisture every day is importalize.

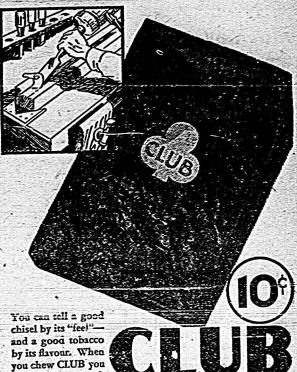
Window boxes should be set out the same of a delicate Baby there is nothing better than BABY'S OWN TABLETS, writes Mrs. Harry Baker, Lumenburg, NS. "My advice to every Mother of delicate children is to give them BABY'S OWN TABLETS, and to thow quickly the Babies will gain." Mrs. Baker, like many other Mothers, has found that BABY'S OWN TABLETS, sweeten children's stomachs, correct intestinal disorders and make teething easy. These Tablets are of guaranteed safety—as proven by the certificate of analysis in each 25-cent package.

window boxes should be as long as BABY'S OWN TABLETS the sill, about eight inches wide at the

Seedling flowers and vegetables in the hot bed or in flats in a sunny window will be requiring some attention. inside with iron straps and make sure the box is strongly attached to the window-frame. It is usually stained before filling up with rich soil. Plant trailing vines such as nasturtiums and German ivy along the front and also Shade-Loving Flowers

It is often considered quite a difficult problem to brighten up shady fled with fewer varieties of flowers. It corners, particularly in those smaller is much wiser to grow five plants each of ten varieties than one each of fity.

Plan for broad masses of color to create an impression of spaciousness. In other words, avoid making a botanical museum of the call museum of cal museum of the ordinary small gar-den. For the bulk of the planting, one is well advised to stick to such old the control of the planting one is well advised to stick to such old to be the planting one is shady corners, such as under tree tollage. Among those flowers which are recommended for partial shade are Verbena, Phlox, Nicotine, Pansy Marvel of Peru, Nemophila, Lupine, Larkspur, Godetia, Clarkia, Alyssum and Candyfult. Practically all annuals will hold their bloom longer and also their depth of color i tle light shade, particularly around noon hour when the sun's rays are strongest



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Isn't it charming? It's so youth fully smart and easy to wear.

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Plain and printed silks of variou white crinkly crepe made the orig

inal model.
Plaided taffeta is a cute idea. Style No. 2540 is designed for size 12, 14, 16, 18, 20 years, 36, 38, and 40

nches bust. Size 16 requires 1% yards 35-incl with 14 yard 35-inch co

HOW TO ORDER PATTERNS. Write your name and address plain y, giving number and size of such patterns as you want. Enclose 15c in stamps or coin (coin preferred; wrap it carefully) for each number, and address your order to Wilson Pattern Service, 73 West Adelaide St., Toronto.

Asking For It

the footman, called his mas ter up by telephone.
"I regret to inform you, sir, that

across the 'phone. "What a terrible misfortune! But my wife—is she safe?" queried his

"Quite safe, sir; she got out among the first."
"And my daughters—are they all right?

"All right, sir; they were with their "And what about my mother-in-law?" "That's what I want to spenit to you about, sir. Your mother-in-law is asleep on the third floor, and knowing

your regard for her comfort, I wasn't sure whether I ought to disturb her o Stains on clothing due to egg, milk, or meat must not be immersed in too hot water, or they become immovabl

"We do not propose t. work for the judgment of the moment, but for the verdict of centuries to come."—Adolf Hitler.



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Like President's Wife New York.—Mrr. Franklin D. Roosevelt, in New York after a week's motor trip about the state, told this

On the outskirts of Binghampton several days ago, driving her blue roadster, she stopped to buy some gasoline.

gasoline.

The attendant, as the purchase was completed, gazed at her for a moment and said: "Did anyone ever tell you that you look just like Mrs. Franklin D. Roosevelt?" "Oh, lots of times," Mrs. Roosevelt replied.



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—ISSUE No. 20—'33