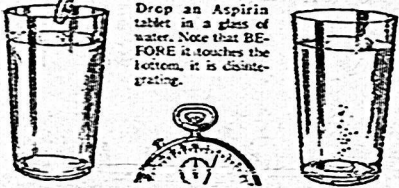


Even Rheumatic Pains Eased Fast Now!

BAD HEADACHES, NEURITIS PAINS OFTEN RELIEVED IN MINUTES THIS WAY

Remember the pictures below when you want fast relief from pain. Demand and get the method doctors prescribe—Aspirin. Millions have found that Aspirin eases even a bad headache, neuritis or rheumatic pain often in a few minutes! In the stomach as in the glass, an Aspirin tablet starts to dissolve, or disintegrate, almost the instant it touches moisture. It begins "taking hold" of your pain practically as soon as you swallow it. Equally important, Aspirin is safe. For scientific tests show this: Aspirin does not harm the heart. Remember these two points: Aspirin Speed and Aspirin Safety. And, see that you get ASPIRIN. It is made in Canada, and all druggists have it. Look for the name Bayer in the form of a cross on every Aspirin tablet. Get tin of 12 tablets or economical bottle of 24 or 100 at any druggist's.

Why Aspirin Works So Fast



Drop an Aspirin tablet in a glass of water. Note that BEFORE it touches the liquid, it is disintegrating.

IN 2 SECONDS BY STOP WATCH An Aspirin tablet starts to disintegrate and go to work. What happens in these glasses happens in your stomach—ASPIRIN tablets start "taking hold" of pain a few minutes after taking.

When in Pain Remember These Pictures
—ASPIRIN DOES NOT HARM THE HEART—

TIDES of YOUTH

By the Author of "Pencarrow"
By NELLE M. SCANLAN

Synopsis of Pivotal Chapters

The principal character in the story is Kelly Pencarrow. Kelly is the son of Sir Miles Pencarrow, a lawyer whose father had another emigrated to New Zealand and brought up a family who are now the parents of the young people with whom the story is concerned. Sir Miles Pencarrow wished Kelly to become a lawyer and to enter his father's practice, Kelly insists on becoming a farmer. He joins an uncle, Michael Pencarrow, who owns a Dunfield farm. His uncle has a daughter, Ella, who falls in love with an Englishman, Geoffrey. Ella's father offers Geoffrey a half-share in the Dunfield farm. This infuriates Kelly. Kelly's quarrels with Geoffrey, assaults him and leaves Dunfield to work elsewhere. Kelly received a summons to the bedside of his dying grandmother, the mother of Sir Miles Pencarrow. Arrived at the bedside, he is asked if he will apologise to Geoffrey and thus give her the assurance that the family is a hope of reconciliation. By the will, Kelly inherits two thousand pounds, and purchases some land at Tapuwai. In his second season he invites his sister Genevieve, his sailor-brother Pat, and his cousins Hobbs, Herrick and Jessie Macdonald to come to Tapuwai. While they are with him, Kelly starts a bush fire out of clearing operations. The fire, aided by winds, gets out of control.

Michael had telegraphed immediately the rescue party brought the young Pencarrows to hospital, and the good news was rapidly spread through the scattered family. Kitty and Nora admitted to each other that they had practically given up hope, and now wept in happy abandon.

After a night's rest, and having their burns and injuries attended to in hospital, and their poor and blind eyes treated, the refugees left for Wellington with Michael, Kelly, whose injuries were the most severe, was eager to get home. Home!

The days of suspense had left their mark on Miles. He had learnt to pray with a new humility. Oh God, spare my children and give them back to me!

Tomorrow they were coming home. Michael had telegraphed that they were all much better, and had endured the ordeal with extraordinary courage. Miles had relayed the message on to Hester in the Sounds. Kitty had come in each day, a tragic figure, but calm in her anxiety. Her father was now bedridden, so she returned each evening to the Hut.

Tomorrow that gay quartet they had so recently said good-bye to would return, and with them three others—Kelly, Potty Barker and Fabian's baby.

They must be very gentle and loving, Miles agreed. Pride would be a small sacrifice to offer in reparation. And he meant it. They would begin again, and perhaps out of this trial might come for all of them a more serene happiness. They would try again. After all, they were close, by knit, and it should be possible to find a common ground on which to express their affection and ideals. The tragedy had shown them more clearly in what relation they stood to each other. Unspoken pledges, like unshed tears, are no less potent be-

was on these lines he had urged Michael to run Dunfield.

Something of his old enthusiasm returned, and Morgan enjoyed the flash of pride in Kelly's face when something bred on the farm won a high place in show or market.

Kelly worked with the other men and Morgan's younger son, a lad of seventeen. Morgan took off his coat and did a day's work with the rest of them, but with the difference of superior knowledge. He could give them a lead in most things, and the fact that the Boss could and would take his turn at the hardest task was an incentive. Much of his time, however, was spent in the oversight of his many interests.

Kelly had regained some of his old good humor, Morgan, with Michael's confidence to guide him, understood something of Kelly's turbulent moods. He did not press the boy unduly, but endeavored to make him join easily in the family's social life. At first Kelly kept to himself, but Morgan made a point of joining him at his work, and talking over it as with an equal, and Kelly's interest immediately caught fire and he responded. He brought a keener intelligence to bear on his work, and was the only companionable person whom Morgan had to confide in, and with whom he could talk things over.

Morgan was not Michael—not by any means; but he provided Kelly with the elements of reinstating himself, and afforded a measure of opportunity. Morgan was a tall, dark man, with a greying beard which he kept neatly trimmed. An educated man, but simple in his tastes, he was much ahead of his wife. She was a kindly, capable woman, the daughter of a neighboring farmer, who had never progressed beyond the limits of her rural environment. In her own home she was the soul of hospitality—an easy, unconscious hospitality that embraced everyone with small distinction. But when Morgan was invited to pay a return visit he went alone.

One of Kelly's greatest joys at this period was Michael's weekly letter. There had been no communication between them during his life at Tapuwai. But now they had resumed the old intimate interchange of ideas. Kelly had much to write about. He told of his work, of the progress of show sheep and cattle, of experiments they were making, of tests and improvements. Michael had Dunfield real again before his eyes. He wrote of the trees Kelly had planted and how they had grown; of new buildings he had put up, of ideas Kelly had suggested long ago that he was now carrying out. He never mentioned carrying out.

Pat had completed his necessary sea service, and obtained his second mate's certificate before the Examiner of Mates and Masters in Wellington. His parents were eager to see him more frequently than was possible when his ship was trading between New Zealand and London, so he joined the Union Steamship Company as fourth officer on the "Rotomahana," and sailed under the golden greyhound between Lyttelton and Wellington. It had always been his ambition to serve in her, for she was the loveliest ship afloat and the greyhound of the Pacific. On this ferry service he would have plenty of time at home. No one appreciated the change more than Genevieve.

The future of Fabian's baby had been temporarily decided. Kelly and Genevieve agreed that it would not be fair to disrupt the family by thrusting a strange infant into their midst. "They've had their share of squalling brats with us," said Genevieve. (To Be Continued.)

Little Girl Steals Show

London Child Awarded Special Prize at Western Fair

London, Ont.—Little Miss Constance Bristow, blond baby rider, riding her Shetland pony Sweetheart, stole the spotlight of the Western Fair Horse Show recently and became so popular that Director William Robinson created a special prize on the spur of the moment and the little lady proudly carried a red ribbon on her pony's bridle. Constance is the seven year old daughter of Mr. and Mrs. Frank Bristow of this city, and the prize was awarded for her "exceptional skill—in handling her mount." She had entered the children's saddle class and Sweetheart persisted in walking when the announcer called a trot, trotting when it should have been a canter and then breaking into a canter for a walk. The crowd which filled the arena and all but a few hundred of the reserved sections, cheered and applauded and were mightily pleased when the plucky child got her reward.

CAUTION IN THE KITCHEN
The moral comes first: Don't sass your maid, for she may want to hire you some day. One working for a family in Brockton Mass., turned out to be an Austrian countess and heir to a \$1,000,000 estate.—Louisville Herald Post.

Puppy Love
A very small and lonely lad sat weeping on a log. His little heart was broken, for he'd lost a friend—his dog. There was a sound his face felt wet. He turned with tear-dimmed eyes and saw a pup—a spotted pup—about eight inches high. "Go away!" the little lad said. "You're not a bit like 'Bill'." Brown pleading eyes looked into his—Then everything was still. For chubby little arms held tight, A warm and wriggly pup, A little laddie smiled again, A heart had been patched up.

Actress Must Live Like a Jockey

Misinguett, The Dancer, Whose Youthful Appearance Belies Her Sixty Years, Corroborates Statement.

How to keep young and fit like Cecil Sorel and Misinguett—is no easy job, according to the Dame Aux Camelias, and owner of the most beautiful pair of legs in the world.

Both of these celebrated exponents of the theatre, more particularly of the drama, and the dance, are past 60 and going strong on the vaudeville stage.

Madame Sorel who in private life is the Countess de Segur, says, "An artist must live like a jockey, if she puts on weight she cannot set. Every morning when I get up I go through a series of physical culture exercises for the body must be sculptured before it can be dressed.

"After that I dance a few minutes to make my muscles limber and then I am thoroughly massaged." And here she explained, in where the rub (literally) comes in. "This is painful but it has to be done. Deep breathing and abdominal exercises require great care for if they are badly performed they do more harm than good."

After being sufficiently battered about by her masseuse Madame Sorel is brought to life by a quick cold shower which brings her immediate relief and puts her in form for the day.

"Then I lie down and read a book," she adds, "I never eat bread. My meal consists of grilled meats, a glass of high-grade Bordeaux wine and fruit. When I dine out I admit that I am tempted by all the appetizing dishes I see, but if I indulge the next day I have to punish myself by a diet that consists of drinking only a little warm water with a squeeze or two of lemon juice in it."

And the Follies Bergeres headline attraction Misinguett, corroborates these bitter facts.

"An actress' life is nothing but pure hard labor. When my muscles begin to get stiff after dancing I have to go through veritable torture."

But those million dollar legs must be preserved at any price in cash or pain. Her leg insurance amounts to so much that it has to be distributed amongst several well-known companies.

Royal Lovers Cut Expenses

Prince George and Princess Marina Travel Second Class—Must Economize, They Say.

Paris — The Princess Marina and fiance, Prince George, arrived second class from Munich to buy her gown for their wedding, this autumn.

Nearly everyone at the station was surprised to see the son of the King and Queen and the Grecian Princess arrive second class.

"We must economize now," she explained, laughing in the excitement and confusion of their arrival. "We are about to set up a home."

She was the centre of attraction, and the handsome, tall English prince, shy in the crowd, was almost neglected by the photographers. They took shot after shot of the princess, her blue eyes sparkling beneath her crown of blonde hair.

"I am delighted," said the prince, during a moment while the flash-lights boomed, "to be both a groom-to-be and neglected."

"It is quite an experience—I am glad. I enjoy it."

A LOVE MATCH
Both he and the princess a moment later spoke of their coming wedding in England as a love match. They said they were profoundly happy and looked it.

"I knew people in love were happy," the princess said, "but I never knew how happy they could be until now."

"If it would not sound silly, I would say the same thing I suppose every engaged girl says—that I am the happiest girl in the world."

"Prior to going on to England, I will buy part of my trousseau, but I intend to purchase most of my wedding clothes in England because England is going to be my future home."

The young couple were sunbathed after a summer vacation with the princess's mother, the Grand Duchess Helen, and her father, Prince Nicholas, in Yugoslavia.

Marina was dressed in a brown travelling suit, with a fox fur scarf, a brown beret with a bright pin in the left side. The prince lived up to his reputation as the most handsome of the four. English princes, not excepting the Prince of Wales, looking dapper in a grey suit with a tiny white strip, brown suede shoes, and hatless.

Their wedding on Nov. 29 will be one of the most brilliant in England since Prince George's elder brother, the Duke of York, was married, and both were eager to "get on with it."

"SALADA" TEA

Distinctive Quality Fresh from the Gardens

Brain Vitamin Is Now Discounted

DEPRIVATION RESULTS FINALLY IN GENERAL PARALYSIS.

CLEVELAND.—A brain vitamin, one of the essential nutrient factors of life, recently discovered and under experimental tests, was described to the American Chemical Society at its annual convention. The discovery was made by a group of scientists working in the laboratories of the University of Wisconsin, and described in a paper presented by Prof. E. B. Hart and Drs. O. L. Kline and C. A. Elvehjem.

This brain vitamin, which the scientists describe as B4, is declared to be responsible for the building up of the brain tissues and their maintenance in full functioning capacity and when lacking in food supplies causes the deterioration of the cerebellum, particularly the motor areas of the brain, and results in general paralysis. Tests have been conducted on chickens. When deprived of B4 they developed general paralysis in from three to four weeks. The B4 vitamin concentrates in the brain the discoverers reported. Much smaller amounts have been found in other organs, but the brain is believed to be the organ in which it is first concentrated and from there distributed generally throughout the body.

FOUND WITH 'CARRIER'

When this paralysis factor was first discovered, it was believed to be a simple vitamin body of the water soluble type. When further experiments led to the discovery of its greater concentration in the brain, and some extensive tests of the concentrated variety were made, it was found to be fat-soluble as well.

Further inquiry led to the conclusion that what had been labelled Vitamin B4 was not a simple vitamin, but a complex substance, part of which was the carrier of the vitamin. The vitamin and its carrier substance, their experiments indicated, were dependent upon each other, the vitamin being responsible for the production of this substance in the brain, and this substance as produced became an integral part of the brain structure.

CONTROLS BRAIN GROWTH

The combination of vitamin and its carrier, said Dr. Elvehjem, is apparently "a definite structure in the brain that produces brain tissues, of catalyzes the formation of brain tissue."

Vitamin can be removed to some extent from substances containing it by water, and it is completely destroyed by aeration at the temperature of boiling water. The vitamin B4 content of food substances is not large, and as the vitamin is quite labile, said Dr. Elvehjem, it may be decreased in amount if the foods are not properly handled.

CURIOS FACTS

Thanks to a car smash, Miss Alice Murphy, a nineteen-year-old dumb Brisbane girl, has had her speech miraculously restored. Picking herself up from the wreckage, she was astounded at her own sudden flow of language.

Cruising liner Ordua left Liverpool recently on a Welsh League of Youth cruise to North Africa with 102 Jones, 68 Williamses and 53 Thomases aboard.

The human flea population has fallen considerably in recent years. German writers attribute this decline to the altered habits of women, notably the disappearance of heavy woollen clothing and stockings, which were ideal hiding places for fleas.

The old custom of strewing the bridal path with sand, recently revived at Krusford, owes its origin to the pagan belief which held sand to be a life-giving substance and healer of sickness.

Queen of Human Ostriches is Miss Mabel L. Wolf, aged forty. Operating on her, a New York surgeon recovered 584 fine uphoistery tacks, 144 carpet tacks, 46 small screws, 6 medium-sized screws, 80 large screws, 3 small bolts, 4 large bolts, 3 picture frame hooks, 3 nuts, 3 safety pins, 56 assorted beads, 3 brass nails, and a collection of pins and needles.

A dying patient's chart, kept by a native assistant in a Japanese hospital, read thus: 11 a.m., patient in bed; 12 noon, patient on the floor; 12.5 p.m., patient flut.

A man's first wife left him forty years ago because the union had

"It Helps Me!"

That's what 98 out of 100 women say after taking this medicine. It quiets quivering nerves, gives them more strength before and after childbirth, cures them over Change of Life; it makes life seem worth living again:

LYDIA E. PINKHAM'S VEGETABLE COMPOUND

Issue No 39-'34

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SO THEY SAY

"Leisure can be a blessing or a curse."—August Heckscher.

"Every government needs intelligent criticism."—Alfred P. Sloan.

"Good taste is the thing that we lack tremendously today in the show business."—S. L. Rothafel (Roxy).

"There should be a new basis of criminal jurisprudence which shall seek not only to punish criminals but to restore them to society."—Franklin D. Roosevelt.

"If life consisted wholly in telling the truth, in its most rigid form, much of the pleasure of life would be eliminated."—Bruce Barton.

"Enforced idleness is a criminal waste which government should not permit and a free people cannot endure."—Robert M. La Follette.

"Life can be a grand affair, but for me it has been grand."—Mary Pickford.

"The answer of science to phenomena that it cannot explain is to seek diligently for their explanations."—Henry L. Mencken.

"Movies seem to spend most of their time showing the difficulties some young men experience in trying to get a girl. In real life it isn't such a difficult feat."—King Vidor.

"In order to have democracy, we must practice it."—Frances Perkins.

Everyday Suggestions

Cheerful is your day all through if started with a smile or two. Clean and keen go well together. Keep you fit for any weather. Diligent at play or work. You can never be a shirk. Fair is everything you do. Makes your friends all proud of you. Consider how others feel. That's the only way to deal. Unselfish in your thoughts and deeds. Helping others meet their needs. Obedient at the daily tasks. Quick to serve when someone asks. Truthful always and sincere. Keeps you free and conscience clear.

WE ALL DO IT

There is, too behind the practice of Jay walking, the instinctive spirit of adventure which animates all of us, the urge to range high wide and handsome everywhere. We like to cross the uncharted street as Lief son of Eric, and Vasco da Gama crossed the uncharted seas. We cross diagonally from corner to corner with the same sense of irresponsibility as that which Buccaneer Morgan or Captain Kidd disregarded the established lane of the ocean.—Victoria Times.

THE BEST MAN

The office of "best man" at a wedding originated in far off days when men literally stole their wives, says Ed Wolfe in "Why We Do It." The old timer, not being able to gain the parental consent staged a raid. He and his closest friend sneaked up on the girl usually a willing victim—and away they went. If irate father or brothers followed the friend fought them off while the couple made their escape. Hence the "best man."

Gem's from Life's Scrapbook

CREATON

"It became Him who created it to set it in order; and if he did it is unphilosophical to seek for any other origin of the world, or to pretend that it might arise out of a chaos by the mere laws of nature."—Newton.

"Principle and its idea is one and this one is God, omniscient and omnipresent Being, and His reflection is man and the universe."—Mary Baker Eddy.

"A wonder it must be, that there should be any man found so stupid as to persuade himself that this most beautiful world could be produced by the fortuitous concurrence of atoms."—John Ray.

"One God, one law, one element. And one far-off divine event, To which the whole creation moves."—Tennyson.

HELL

"Self-love and the love of the world constitute hell."—Swedenborg.

"The mind is its own place, and in itself can make a heaven of hell, a hell of heaven."—Milton.

"The sinner makes his own hell by doing evil, and the saint his own heaven by doing right."—Mary Baker Eddy.

"No hell will frighten men away from sin; no dread of prospective misery; only goodness can cast hell out of any man, and set up the kingdom of heaven within."—Hugh R. Haweis.

"There is no greater punishment of wickedness than that it is dissatisfied with itself and its deeds."—Seneca.

"There is no harder work in the world than sin."—South.

"Pain is the outcome of sin."—Buddha.

Easy As A, B, C

Illustrated Dressmaking Lesson Furnished with Every Pattern



3377 If you want an attractive little blouse, that's smart and easy to make—here's your number! In the silk print, was the model carried out, so practical and well-liked for general wear.

Another fascinating scheme for it is plaided taffeta, so youthfully modish. Bright red crepe silk is another young and flattering choice. Satin crepe in black, white and off-pastels are dusty peach and aqua-metal striped or checked taffeta, metal striped velvet, etc., are exquisitely lovely fabrics for more formal occasions.

Style No. 3377 is designed for sizes 14, 16, 18 years, 36, 38 and 40 inches bust. Size 16 requires 1 1/2 yards of 39-inch material.

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Write your name and address plainly, 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.

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