Tea At Its Best

"SALADA" TEA

OUT of the NIGHT

BY MARION WHITE

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CAST OF CHARACTERS
PRISCILLA PIERCE — heroine, young woman attorney.
AMY KERR—Cilly's roommate and murderer's victim.
JIM KERRIGAN—Cilly's fiance.
HARRY HUTCHINS — Amy's strange visitor.
SERGEANT DOLAN — officer assigned to solve the murder of Amy Kerr.

* * *

Last week: Harry Hutchins calls on Priscilla and is rebuffed when he intimates Kerrigan was behind the murder. Then as he leaves, Cilly turns suddenly to her bedroom, begins rummaging through her lower bureau drawer.

CHAPAER XXV

"This is a surprise," Cilly said to the stalwart figure in the doorway. "I didn't expect to see you again today."

Sergeant Dolan peeled himself out of his dripping raincoat and hung it over the kitchen door.

"I didn't expect to be here," he commented. "Enjoy the picture?"

"Very much, thank you. Except that I missed some visitors by being out this afternoon."

Dolan looked at her shrewdly. "So they muffed it, eh? Well, I might have known . . ."

He walked into the living room, looked around.

Cilly went about lighting the different table lamps. It was growing dark quickly.

"So your afternoon was wasted?" she asked.

"As far as your apartment is concerned, yes. But we had much better luck in other quarters."

"Where?"

"At the Ralston."

Cilly started. The Ralston Hotel was where Jim lived.

"Did Jim leave a forwarding address at the Ralston?"

"No. He wasn't quite so considerate."

Cilly straightened a chair, sat down, a little fearful. "What did you discover then?" she inquired hesitantly.

Stolen Bonds Found

Dolan leaned forward.

"Remember what I told you about the bonds stolen by Kerr's father from the Bluefields National Bank? That they were still missing? Well, we got a thousand dollars' worth of them this afternoon in young Kerr's room at the Ralston. Funny thing about it — Martin searched that room thoroughly on Monday afternoon but you know the old saying: if you want to hide something thoroughly, stick it right out where anybody can see it. That is what Kerr did. The bonds were put on a table, carelessly slipped into a magazine. Martin looked all through every crack and crevice of that room, into bureau drawers and between the sheets. But he never thought of going through the magazine; that was too obvious."

"A little too obvious, it seems to me," Cilly retorted. "I'll bet someone put them there."

"Who? Kerr, Senior, stole them; his son is here to dispose of them. I don't know what miracle of fiction you saw this afternoon, but don't ask me to believe that a vindictive, vicious cleaning-woman slipped those bonds into the magazine."

"I won't ask you to believe anything. You're determined to accuse Jim Kerrigan, and you've a one-track mind, sergeant."

"Out at all. But when all the evidence points to one man, we can not overlook him because a certain young lady has responded to his personality."

"All the evidence does not point to Jim."

"Ninety per cent. of it does. Kerr's been travelling outside the law these past several months. Nancy Allen didn't want you to know that, so to bargain with the girl not to tell he asked her to meet him up on the roof where he probably hoped, if she didn't come to terms, that she'd accidentally fall off."

"You told me she was strangled first . . . ."

He Has A Wild Temper

"So she was. I didn't say he took her up there deliberately to kill her. They were pretty close to each other; perhaps he thought he could reason with her. Then suddenly he lost his head. The first thing he grabbed was a piece of clothesline. Then, frightened at what he had done, he threw her off the roof, hoping it would look like an accident. I told you it's no new thing for this young man to run amuck. In his trial out in Bluefields they had several demonstrations of his wild temper. I've got the complete file on the Kerr case. If you want to come down and check up on it for yourself."

Recognize The Belt?

Cilly was staring out of the window, watching the rain beat against the glass. She turned, and looked Dolan calmly in the eye.

"Perhaps I will, some day," she said with deliberation. "If you ever indict Jim Kerrigan for this murder, I'll defend him. And I'll save him, Sergeant Dolan, in spite of you. There's nothing I won't do to free Jim . . ."

Dolan frowned, surprised at the fierce promise in her words.

"It's not a question of what you can or will do, Miss Pierce," he reminded her. "A jury usually decides whether a man's guilty or not. And with the evidence I've got . . . Wait! There's something else we found this afternoon at the Ralston."

He dug into his coat pocket, and drew forth something wrapped in paper. He handed it to Cilly — a blue belt, a belt from a woman's chiffon dress.

Cilly stifled the cry that came to her lips, her eyes staring hypnotically at this new piece of evidence. The belt belonged to Amy Kerr's blue chiffon dress . . . the one she had taken up on the roof to die!

"You recognize it?"

Cilly did not, could not, answer. This was the last straw, she was thinking. This was the last link in the chain that was slowly, surely binding Jim to the murder . . .

Her head spun madly; there was a wild throbbing in her temples, a choking in her throat. She tried to think of an explanation, but her thoughts were a whirlpool of horror and despair . . .

She was dimly conscious that Dolan was still speaking; she was hearing his voice, relentlessly pursuing: " . . . found it in the pocket of one of his jackets . . . probably wore it here. We have the dress down at headquarters. You remember the girl was holding it in her hand . . ." But the words did not register in her mind.

The Telephone Rings

Suddenly the throbbing in her temples gave way to a sharp, insistent ringing. Habit, more than understanding, forced her to her feet and propelled her to the telephone. Like a sleepwalker, she picked up the receiver, mumbled a mechanical "Hello."

"Hello! Hello, Cilly, darling!"

Her heart stopped.

It was Jim's voice which came over the wire to her!

Jim was home again! Everything would be all right now . . .

But would it? There was Sergeant Dolan, seated not six feet away, watching her like a cat . . . Dolan who believed Jim guilty in spite of everything . . .

Why, Jim would not have a slim chance even! Not now, with all this new evidence piling up . . . .

"Hello!" Cilly said again, mechanically, just to hold the connection. She was afraid to say more. Here was Jim, whose voice she had prayed to hear every minute of the past few days, and she could not speak to him! All she could think of was that Jim mustn't come back yet. He couldn't be found till she could disprove some of the damning evidence against him . . .

"Hello! Cilly, what's the matter? Can't you hear me?"

"Hello," She said it a third time, stupidly, tonelessly. Dolan would think it was a wrong number . . . If only her knees wouldn't shake so!"

"Keep Away, Jim!"

"Cilly!" Jim's voice again. "I just got in from Newark Airport. I am at the Pennsylvania. I'll come right over . . ."

Instantly, Cilly found her voice. The words tumbled from her pliant and decisive, before Dolan could get their full meaning: "You mustn't do that. They're waiting to get you here in my apartment." She slammed the receiver back on its hook.

Dolan was on his feet immediately, fire in his eye.

"Who was that?" he demanded.

Cilly did not answer.

"So!" he shouted. "You have no idea where the fellow is, but he is near enough to keep in touch with you by telephone. Well, we'll take care of that, young lady. You are coming with me, as a material witness, and I'll put someone else in your apartment to take future messages."

Cilly paid no attention to his words. Let him arrest her. What did it matter? If only Jim would understand and keep away . . .

(To Be Continued)

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THE CANADA STARCH COMPANY LIMITED

ISSUE NO. 5—'40

Ski-ing Dates Back to Legends Of Scandinavia

New It's One of the Fastest-Growing Sports in North America

One of the fastest growing sports in North America over the past decade has been skiing, a sport that goes back centuries, but that only now is reaching towards its possible peak as an entertainment and exercise.

LEGENDARY TALES

Unlike many sports, the origin of which has been dug out of some ancient Egyptian or Persian tomb, skiing, by its very nature, is a sport of the northern hemisphere, and began centuries ago in the Scandinavian countries, still leaders in producing masters at the intricacies of the sport.

That skiing is an old sport is indicated in Norwegian legends. According to an ancient tale the Germanic race reached the Scandinavian peninsula on skis. There are also stories of Norwegians of 1,000 years ago who knew the art of jumping from mountain ledges without falling, continuing down the mountainside on their wooden runners.

YOUNG CANADA LIKES IT

The enthusiasm of Canadian youth — and of those not so youthful — has found a great outlet of recent years in this ancient pastime and as soon as there's snow in any hilly district in the Dominion it doesn't take long for the different slopes to become covered with enthusiasts.

12th Century Moors Knew Their Fruit

V. P. Sokoloff, University of California chemist, refers citrus growers to the 12th century Moors for a few lessons.

He reported that Arab orchardists made oranges and lemons grow into "fantastic shapes by enclosing them in wooden or clay molds.

"Artificial flavoring, coloring and scenting of fruit on the tree also were practiced. Grafting of fruit trees on others of the same or different species was often performed for the sake of improving the fruit or more often still, to obtain arresting or bizarre results."

Things Making For Happiness

Noted Dramatist and Philosopher Declares Happiness Is Something to be Earned — And Knowledge of How to Live Needed

Happiness is not a natural right but something that has to be earned, Dr. Louis K. Anspacher, dramatist and philosopher, asserted in an address last week to the Montreal Women's Club. His subject was "The Achievement of Happiness." This was not a target to be aimed at but a by-product of other activities.

BY-PRODUCT OF OTHER ACTIVITIES

In chasing the means of living people lost sight of the purpose of life, and many have lost the faculty of relaxation and of co-operation in amusement. This, the speaker suggested, accounted for passive indulgence in mechanized pleasures and movies and the radio, which he considered a poor substitute for taking part in entertainment. Conversation was becoming a lost art, and instead of conversing, people "wise crack."

Scientific progress gives means for happiness but not happiness itself, Dr. Anspacher commented. Western civilization was suffering from the disparity between "things" and our knowledge of how to live. "Modern man redoubles his efforts because he has lost his aim."

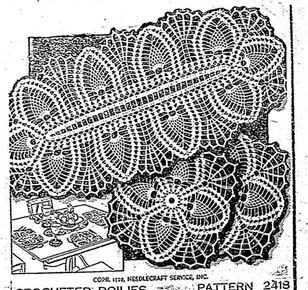
EVERY AGE HAS COMPENSATION

Among attributes making for happiness were mentioned ability to do without things; security, the best form of which was self-reliance; the conquest of fears through facing them; elimination of worry; acceptance of one's limitations; exercising one's faculties in self-expressive activities; a disciplined will; sustained personal relations. Every age of life, the speaker noted, has its compensations.

Denied Santa, Teacher Fined

A French schoolmaster who told a pupil there was no such person as Santa Claus was sued by the boy's father and fined. The money was given to charity.

PINEAPPLE DESIGN FEATURE OF USEFUL LAURA WHEELER DOILIES



CROCHETED DOILIES PATTERN 2418

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Want lovely necessities to make your home different? Try these crocheted doilies in the popular pineapple design—two practical sizes for sets or incidental doilies. Pattern 2418 contains directions for making doilies; illustrations of them and stitches; materials required.

Send twenty cents in coins (stamps cannot be accepted) for this pattern to Wilson Needlecraft Dept., 73 West Adelaide St., Toronto. Write plainly PATTERN NUMBER, your NAME and ADDRESS.

Design No. 664

White Versus Brown Sugar

Former Did Not Appear On Our Tables Till the Nineties — There Are Advocates of Both Types

Is white sugar healthier than brown sugar?

If you believe the lay propagandists, you will have an array of ideas, which will either prove that white sugar is harmful, that white sugar is the only healthy sugar or that brown sugar is the only healthy sugar.

White sugar did not appear upon our tables before the 1890's, when the process of refining sugar was developed. It is said by manufacturers that white sugar is purer than brown sugar. It is said by the advocates of brown sugar that it is natural and, therefore, retains the natural virtues of any food of that kind. Neither statement has any meaning. Both white sugar and the brown sugar are of about the same chemical character, the only difference being that brown sugar has certain natural coloring matters that neither help nor hinder its usefulness.

MOST LIKE WHITE SUGAR

Another piece of propaganda was that brown sugar contained germs that were refined out by the process by which white sugar is obtained.

People, in general, like white sugar better. Before the refining process the people in the United States used about 30 pounds of brown sugar per person per annum. Now the average is more than 150 pounds.

WINTER PICTURE

A cardinal on a bare, black stem,
A blue-bird poised at garden's hem,
A tawny cat; an ebony dog,
Gray squirrels twinkling on a log,
A flock of ruffled chickadees
Minarets of dusty trees,
Diamonds from Mars crusted in snow,
Billows of wind and one black crow—
This landscape done by "Winter Day"
Is very handsome, I should say.

—Ella H. Eckel.

FEMALE PAIN

Women who suffer painful, irregular periods with nervous moody spells due to functional cause, should try Lydia E. Pinkham's Vegetable Compound, made especially to help weak, rundown women feeling such "trying times." Try it!

FRESH AND FLAKY! EXTRA TASTY!

Christie's PREMIUM SODA CRACKERS

TABLE TALKS

By SADIE B. CHAMBERS

"YOUR SUNDAY DINNER"

Many week-ends the homemaker faces the problem of what she is to have for Sunday dinner. Something nourishing, something different, with an appetizing appeal and then with a memory, that lingers.

I suggest an Old English dinner, which should answer all of the above requirements. For this of course Roast Beef is the chief course. This meat is one of the easiest dishes to prepare and with the new methods of roasting, it requires little watching and no basting or searing. In selecting the roast, you will have a choice of a rib roast with the bones left in or one which has been boned or rolled. If a real large roast you may find the standing rib type preferable. It needs only one garnish and that of spiced apples or other fruit. There is no difference in flavor but the one with the bone retained will cook a little faster as the bone acts as a conductor of heat.

Sprinkle the meat with salt and pepper. Place a rolled roast fat side up on a rack in the pan. A standing rib roast needs no rack. Place roast in a slow oven (300 F). Do not add water and do not cover pan. Allow 18 to 20 minutes to the pound for a rare roast and 22 to 25 for medium and 27 to 30 per lb. for a well done.

To have the perfect combination, you must serve Yorkshire pudding and horseradish with Roast Beef dinner. Then a perfect ending is the plum pudding or a simple steamed one. In case you may think it a bit too soon after Christmas for the real Plum pudding I am giving you a very simple steamed pudding, easy to make and very economical.

Yorkshire Pudding

1 cup flour
½ teaspoon salt
1 cup milk
2 eggs
Beef drippings

Combine flour and salt and add milk gradually, stirring to form a smooth paste. Then add eggs and beat for two minutes with an egg beater. Pour into beef drippings to a depth of about ¼ of an inch. Put in a hot oven (450) and bake for 20 to 30 minutes; decrease the heat as the baking is done. Cut into squares and serve with roast beef. The secret: be sure there is plenty of drippings.

HORSERADISH TRIFLE

In equal measurements add whipped cream to the horseradish prepared in the usual way with finger and seasoning. Serve at once light. If any of your family think they do not relish horseradish I guarantee after tasting this relish, they will be real addicts to the concoction.

CARROT PUDDING

1 cup each of sugar, raisins, currants, suet, grated carrot and grated potato; also ½ cup chopped dates.
1 egg
½ teaspoon salt
1 teaspoon soda
1½ cups flour
½ teaspoon ginger and nutmeg

Beat the egg, add the sugar, beat well; then add the suet, grated carrot and potato; next the fruit. Mix thoroughly, adding the flour into which has been sifted the soda, salt and spices.

Turn into a buttered mould or individual ones. Steam for three hours. Serve with the following sauce:—

Vanilla Sauce

1 cup brown sugar
3 tablespoons flour
1 cup boiling water
1 tablespoon butter
½ teaspoon vanilla

Mix flour and sugar thoroughly. Add boiling water and cook until there is no taste of raw starch. Remove from fire, add butter and vanilla and 1 tablespoon of Beehive corn syrup.

I would suggest you serve as vegetables, creamed mashed potatoes and wax beans (canned if necessary).

READERS, WRITE IN!

Miss Chambers welcomes personal letters from interested readers. She is pleased to receive suggestions on topics for her column, and is even ready to listen to your "pet peeves." Requests for recipes or special menus are in order. Address your letters to "Miss Sadie B. Chambers, 73 West Adelaide Street, Toronto."

Silk Garments Require Care

Follow These Rules When Washing And Ironing Fine Fabrics

Silk should never be washed in hot water. Luke-warm water in which mild soapflakes have been thoroughly dissolved, will clean any silk or satin satisfactorily. Rinse in cold water until water is absolutely clear.

Roll silk in a thick towel to dry. Do not hang in the open air. After about 12 hours, unroll and iron with a warm iron on the wrong side. Satin, especially, must be ironed on the wrong side to avoid unpleasant shine and the possibility of scorching.

Remember that heat will turn white silk yellow. Spend a little more time ironing with a warm iron rather than resort to a hot iron if you wish to keep that attractive whiteness in your silks and satins.

SUGAR TAKES AWAY THE LIMPNESS

Shantung or tussore silk must be completely dry before ironing. Do not attempt to iron before they are bone dry you will get a patchy effect which is far from attractive.

If your silk is "limp" in the wash add a few lumps of sugar to the final rinsing water. This will give it that necessary amount of stiffness to give "body" to the material.

If you like your undies perfumed, try adding your favorite perfume to the final rinsing water — much more delicate and "allover" than dabbing the perfume on in patches.

Women Don't Go For Wasp Waists

Corsets For the Next Six Months of 1940 At Least Will Follow Normal Lines Instead of Hour-Glass Contortions

A group of corsetiers agreed at New York last week that the American woman crossed them up on what the female form should look like this year.

A spokesman for the industry told an interested audience (which was really there to watch a parade of models):

"We all make mistakes. Our shelves are just as full of waspwaist models as yours are.

"The American women, we found out, has spent years getting those hips of hers where they are today and she is not going to let them go haywire overnight.

"I can promise you that for the next six months at least, corsets are going to follow normal lines."

WHAT, NO LACING?

The models who came forth upon runways among the gaping spectators, to the accompaniment of a swing band, illustrated what he meant.

While they pirouetted, a woman designer told the assemblage:

"Nevertheless, the wasp waist corset has left its mark: it is a mark which cannot be erased overnight."

She explained that the corset of to-morrow is still likely to show up with lacings but that it will not be necessary for the husband to tie one string to the bed-post while "bruising his wife's ribs with whalebone stays."

Magic Mistletoe

We know that the Druids valued mistletoe because of its medicinal properties, but doctors to-day are finding uses for its healing properties. Dr. Ferdinand Mattausch uses it successfully in cases of high blood pressure, and like the Druids he finds that only mistletoe growing on apple trees is of use. Even in fairly advanced cases his mistletoe medicine is usually effective in from four to six weeks, but in all cases there is reduced pressure, slower rate of pulse, and improved arterial circulation.

EXIT MR. CAFFEINE-NERVES!

• Many people can safely drink tea and coffee. Many others—and all children—should never drink them. If you are one of these, try Postum's 30-day test. Buy Postum and drink it instead of tea and coffee for *one month*. Then, *if you do not feel better*, return the container top to General Foods, Limited, Cobourg, Ontario, and we'll gladly refund full purchase price, plus postage. Postum is delicious, economical, easy to prepare, and contains no caffeine.

ASTHMA BRONCHITIS AND TOUGH, HANG-ON COUGHS DUE TO COLDS YIELD FASTER TO BUCKLEY'S MIXTURE

POSTUM

Sunday School Lesson

LESSON V
HOLDING LIFE SACRED. (A Principle of Temperate Living)
Genesis 1:27-31; 1 Corinthians 6:19 20; 2 Corinthians 6:16—7:1.
GOLDEN TEXT: "Ye were bought with a price: glorify God therefore in your body." 1 Cor. 6:20.

THE LESSON IN ITS SETTING

Time — The First Epistle of Paul to the Corinthians was written in A.D. 57, and it is generally believed that the Second Epistle was written not many months later, probably in the same year.

Place — The First Epistle of Paul to the Corinthians was written from Ephesus. The Second was written in Macedonia, possibly from the city of Thessalonica.

27. And God created man in his own image, in the image of God created he him; male and female created he them. We gather from the present chapter that God is a spirit, that he thinks, speaks, wills, and acts. The great points of conformity to God that man possesses are reason, speech, will and power. In the reason is evolved the distinction of good and evil. In the will is unfolded that freedom of action which chooses the good and refuses the evil. God formed the body of man in such a way as to make it a suitable habitation and instrument for its rational tenant. The mind and body were compatible and complementary, the sensitiveness of the mind of man that was created in the divine image; God is spirit and our spirit, intelligence, and so is man's mind or soul.

Be Fruitful and Multiply

28 And God blessed them, and God said unto them, Be fruitful, and multiply, and replenish the earth, and subdue it: and have dominion over the fish of the sea, and over the birds of the heavens, and over every living thing that moveth upon the earth. 29. And God said, Behold, I have given you every herb yielding seed which is upon the face of all the earth, and every tree, in which is the fruit of a tree yielding seed; to you it shall be for food: 30. and to every beast of the earth, and to every bird of the heavens, and to everything that creepeth upon the earth, wherein there is life, I have given every green herb for food; and it was so. The words spoken by God to our first parents are in the form of a command; man is to bear children; he is to subdue the earth, he is to have dominion over all living creatures; he is to live physically by the herbs and fruits and cereals which are planted in the earth. Some day the whole creation will be again in perfect subjection to man, as it was ordained to be at the time of his creation (see Romans 8:19-23).

Temple of the Holy Spirit

1 Cor. 6:19. Or know ye not that your body is a temple of the Holy Spirit which is in you, which ye have from God? and ye are not your own. Man has two natures, one flesh, and also spirit. Deeper down than where the soul with its consciousness can enter, there is a spirit-nature linking man with God. In some people it is nothing more than a dormant power, a possibility waiting for the quickening of the Holy Spirit. 20 We are family far with the division of the temple into three parts: there was its exterior with the outer court, seen by all men; the holy place, into which alone the priest might enter; God dwelt in the holiest of holies, where none might venture nigh.)

20. For ye were bought with a price; glorify God therefore in your body. The price or ransom which Christ, our purchaser, paid for our redemption from slavery was his own soul, and our bodies be God's so that through our eyes shall flash the light of his love. From this lesson we should realize anew the sanctity of the physical body in which we live, the high purpose of physical life as such.

The Separated Life

2 Cor. 6:16. And what agreement hath a temple of God with idols? for we are a temple of the living God; even as God said, I will dwell in them, and walk in them; and I will be their God, and they shall be my people. The city of Corinth was full of temples which were an insult to God. Their idols spoke of and demanded uncleanness on the part of their worshippers. Paul reminded the Corinthians of their holiness on the part of those who approach him. 17. Wherefore, come ye out from among them, and be ye separate, saith the Lord, and touch no unclean thing; and I will receive you, and will be to you a Father, and ye shall be to me sons and daughters, saith the Lord Almighty. This separation from the world was not to be physical and local and social, but moral and spiritual. Those Corinthians were not to refuse to other cities, but to keep free from the intimacies and fellowships which might allure them with idolatry, and today the Christians are to live in the world, while they are not of the world. 7: 1 Having therefore these promises, beloved, let us cleanse ourselves from all defilement of flesh and spirit, perfecting holiness in the fear of God. As the source of all defilement of the flesh is self-gratification, so self-seeking is at the root of all defilement of the spirit.

Havana, the Cuban capital, which recently celebrated its 425th anniversary, stood as a city 100 years before the first houses were built in what was to become New York.

Ensol Treatment For Cancer Gets Government Aid

Special Grant Made To Assist Research in Dr. Henry Connell Foundation at Kingston, Ontario

In order to insure a continued supply of "Ensol", the cancer treatment developed and produced by Dr. Henry Connell Foundation at Kingston, the Ontario Government made a special grant of from $2,000 to $1,000 to the foundation for the month of January.

At the same time, the government's own clinic which is making additional researches into the treatment is being continued. It is understood that the Connell Foundation has been short of funds to carry on the production of "Ensol" which still is being distributed free. If the foundation was forced by financial reasons to discontinue the work, the Ontario Government clinic would have to close down for lack of supplies.

OTHER MEANS OF FINANCING

Therefore Hon. Harold Kirby, Ontario minister of health, agreed, not only to continue the work of the government clinic but to assist the foundation itself in a financial way for the month of January at least.

It was hoped that before the end of the month the foundation would find other means of financing. Some time ago it was indicated that the dufront interests in the United States had agreed to advance the foundation $100,000. It is said, however, that this support was dependent upon the foundation securing from the federal government a permit to manufacture "Ensol" for sale. This permit has not been forthcoming.

DOCTORS SUPPLIED FREE

Some 500 doctors throughout the province are said to have been supplied with "Ensol" free by the foundation. They, of course, collect fees from their patients but the Connell Foundation is unable to accept payment without a federal permit.

FARM NOTES

USE BETTER SEED

Opposition to ploughing poor marginal land to provide more tame hay and crop production to meet wartime needs, was expressed by W. R. Reek, deputy minister of agriculture, at a meeting of the agriculture committee of the Ontario Legislature. "The only way we can capitalize on hogs and dairy products is to produce more barley, oats, and mixed grains," said Mr. Reek.

"We know definitely that by use of better seed, farmers in Ontario can step up their crop production appreciably," said Mr. Reek.

THREE-GRAIN DIET

J. E. Bergey, extension specialist of the poultry department of the Ontario Agricultural College at Guelph, suggests that a single grain diet is not satisfactory for laying hens. The Ontario farmer has wheat, oats, barley, corn and buckwheat, any three of which should be used, but oats is the best single grain and should be one of the three used in a feed mixture. Milk is the most outstanding protein food, he said. Others may be meat, fish or liver meal. Minerals, he outlined, may include oyster shell or bone meal and for vitamins, cod liver oil, greens or yellow corn.

Toward Practical Public Speaking

Mrs. Franklin D. Roosevelt Lays Down Six Cardinal Principles For Platform Success

Mrs. Franklin D. Roosevelt has been giving a few tips to wives of men in public office in her land. Speaking at the opening of a school for "practical platform speaking," at Washington, she laid down six cardinal principles. They are:

1. Never make a speech unless you have something worthwhile to say.

2. Be conciliatory, never antagonistic, toward your audience.

3. When you are a novice, write out the first and last parts of your speech.

4. Never read your speech; refer to notes.

5. Learn to think on your feet.

6. If you have to dodge a question, be frank, and say "I don't know," or "I haven't formed a definite opinion."

There they are, six points which every woman who speaks in public — and every man as well — could profitably memorize and set to work, writes Ann Rutherford. They might be extended into a dozen points by the addition of the following, which Mrs. Roosevelt did not mention:

7. Be brief and beware of bypaths leading away from the main point.

8. Be plain in dress, without unnecessary ornaments to attract attention of listeners away from your words.

9. Be equally plain of words, never using a foreign term when there is a good English equivalent.

10. Speak slowly and clearly, trying to reach the people in the back rows rather than those in front.

11. Get away from the habit of binding sentences to one another with the word "and." Let the sentences do their own uniting.

12. Remember that the audience is probably just as intelligent and well read as you are, though it may not agree with your ideas in the least.

Useful Weed Aids Tobacco

Humble Ragweed Puts Something Into the Soil That Enables Tobacco Plant To Grow Faster

Weeds are not entirely useless. Even the lowly ragweed, the enemy of hay fever sufferers, has been found to possess some qualities that justify its existence; it helps the tobacco plant.

Scientists in the United States Department of Agriculture have discovered that the ragweed puts something in the soil that enables the tobacco plant to grow faster, mature more quickly and possess the desirable qualities of tobacco grown on virgin soil.

HORSEWEED HELPS, TOO

The nature of this factor has not been determined as yet, but it has been found in several weeds, including horseweed. Other weeds have been found to exert a retarding effect on the tobacco plant, among them the smooth known as lamb's quarter.

Swollen Beans Scuttle Vessel

They Get Wet and Swell After Danish Ship Damaged by Mine —Sink It

A cargo of soy beans and not a mine which badly damaged it was the reason the 11,000-ton Danish liner Canada sank off the coast of England.

Captain Carl Knudsen, who was in command of the Canada when it struck a mine near Hull, England, last November, has revealed that chances of taking the Canada into port for repairs were good until 8,000 tons of soya beans were swelled three times their size by sea water.

Even the steel sides of the vessel couldn't stop the swelling.

The plates burst and the Canada sank in shallow water, where later it was cut in two when another ship rammed it.

Canadian Couple Have Military Wedding in England

Lieut. H. Z. Palmer, of the Canadian Field Artillery, son of Mrs. A. Z. and the late Col. Palmer, of Ottawa, Canada, is pictured with his bride, the former Peggy Crerar, daughter of Brig.-Gen. H. D. G. Crerar, chief of staff at the Canadian military headquarters in England, as they left St. George's, Aldershot Garrison church, after they were married. Trumpeters of the Royal Military College of Music, Kellier Hall, stand behind them.

RADIO NOTES AND NEWS

By MADGE ARCHER

"MUSIQUIZ" CONTINUES

In response to an overwhelming popular demand, expressed in hundreds of letters, telephone calls, etc., Ted Cott's unique Sunday afternoon musiquiz "So You Think You Know Music" has been restored to its former spot on the Columbia network, Sundays at 2:30 p.m. (CFRB). Most amusing of the letters from younger listeners was one from a Toronto girl, who wrote:

"I have got the mumps. I am eight years old and I love your program. I hope you will get enough letters so you can be on the air again as I am not taking piano lessons or anything about music so you see I am learning a lot over the radio, so I hope you will be on the air, and so does my mother and friends."

MARCHING PAST

The Regimental March-past of the old 65th — "Les Fusiliers de Mont-Royal" will be featured by the Band of the Canadian Grenadier Guards and the Five Singing Guardsmen "On Parade" on Thursday night February 8th, at 8:30 p.m., over CBL. Founded on the 18th of June, 1869, in Montreal, it is one of the oldest French-Canadian regiments in the Province of Quebec.

WILL SING AND ACT

Don Ameche, former m.c. and singing star of the Chase and Sanborn Hour, has been signed to head a half-hour variety and dramatic program which will go on the air as soon as one of the networks can supply a suitable spot. As on the Chase and Sanborn Hour, Ameche will both sing and act on the program.

TO BE HEARD

Feb. 2, CBF, Acropolis, Mendelssohn Choir and Toronto Symphony Orchestra . . . 10:30, CBL, the War and the Canadian Farmer . . . 11:30 p.m., CBL, The Northern Messenger . . . Feb. 3, 2:00 p.m., CBL, Metropolitan Opera Company . . . 10 p.m., CBL, CBY, Hernandino Molinari conducts NBC Symphony . . . Feb. 4, CFRB, 2:30 p.m., "So You Think You Know Music"? . . . 3 p.m., CFRB, N. Y. Phil. Orchestra . . . 6:30 p.m., CBL, Chase and Sanborn Hour . . . 8:30 p.m., CBL, One Man's Family . . . 9 p.m., CBL, Your Government and the War . . . Feb. 5, 12:30 p.m., Ontario and Quebec region Farm Broadcast . . . 8:00 p.m., CFRB, Tuno Up Time . . . 8:30 p.m., CBL, With the Troops in England . . . 10:00 p.m., NBC-blue to South Ont., Little Old Hollywood . . . Feb. 6, 8:30, CBL, Information Please . . . 9:00 p.m., CBL, Reginald Stewart, pianist . . . 10:00 p.m., CBL, Toronto Symphony Orch. . . . 9:30 p.m., CBL, Music is by Faith . . . 10:00 p.m., Musical Tribute to Edward MacDowell . . . Feb. 8, 8:30, CBL, On Parade . . . 9:00 p.m., CBY and S. Ont., Eastman School of Music . . . 10:30 p.m., NBC - CBS - MBS, President Roosevelt addresses Boy Scouts of America.

Sees Improved Fruit Outlook

Federal Farm Economist Encourages Growers of Niagara

All factors considered, Canadian growers of tender fruits can look forward to 1940 with "a reasonable degree of optimism," W. C. Hopper, chief agricultural economist for the federal department of agriculture told the annual convention of the Niagara Peninsula Fruit Growers' Association.

"A general rise in the level of commodity prices would have a tendency to push up the prices of tender fruit," he said "If we have a long war and a large number of men are taken into service, there is likely to be a significant rise in the prices of all agricultural products."

TRAINING IN FRUIT HARVESTING?

The association adopted a resolution asking the department of labor to organize a national service program for enrolling and training young women to assist in fruit harvesting. Another resolution asked the government to establish a research station in the Niagara district to find ways and means for fullest utilization of fruit products.

Change Alphabet Into "Phonobet"?

An American Has Now Invented A System He Hopes to Make A Common Language

Symbols for Sounds

The late Frank H. Vizetelly, the famed lexicographer, once said the English-speaking people need a new alphabet, and John S. Leavitt of Cinciinati believes he has it in his "phonobet."

Leavitt, a retired carpenter, machinist and shoe designer, defines the "phonobet" as a "scientific arrangement of letters in a logical sequence according to their sound values and the vocal mechanics of their utterance."

40 CHARACTERS ARRANGED LOGICALLY

Believing that a common language — particularly a phonetic one — would be the greatest single factor in establishing and maintaining perpetual peace throughout the world, Leavitt has offered his invention to the League of Nations.

Leavitt prefers English because more than one-quarter of the people of the world use it. But he says foreigners could not master the language until its vagaries of spelling and pronunciation are standardized.

WITH SPELLING AUTOMATIC

The "phonobet" includes symbols adopted to represent the "orphan sounds" that have no characters in the present English language. It has 40 characters instead of the 26 now in use.

The additional characters, Leavitt says, permit each letter to have its own sound and each sound its own letter in the "phonobet," making all pronunciation and spelling 100 per cent. automatic.

Twin Brothers Share Troubles

Though Half a Continent Apart They Always Feel Ill at Same Time

It was 25 years since William Gegear and his twin brother, Roderick, last saw each other. Now they are having a grand visit at Roderick's home in Toronto where William rushed from his Washington home when he heard that his twin was ill.

Last October the brothers celebrated their 74th birthday and although Roderick has been ill, he has recovered and both he and his twin are in good health and surprisingly spry for their years.

William travelled to Toronto several times in the past on receiving word that Rod was ill. He says that Rod never gets sick but that he gets ill also "in the same place."

They believe that their troubles come in pairs. Many years ago fire destroyed Roderick's lumber business in Northern Ontario, with a loss of $60,000. Five miles away, a blaze destroyed $10,000 worth of William's property.

Wise Bird Lays A Breakfast Egg

A hen which prefers a warm kitchen chair to a cold nest saves N. J. Detweiler, of Middlefield, O., a shivering trip to the henhouse for his breakfast eggs.

"Every morning about dawn," says Detweiler, who insists this is no yarn, "this hen scratches on the kitchen door. When I let her in she climbs on a cushioned chair and a few minutes later cackles to announce that she has laid her egg."

Tummy Ache For Burglar

Police of Montebello, Calif., hunting a schoolhouse burglar last week, wondered if they wouldn't find him with a stomach ache. The loot:

Ice cream, valued at $2.70.
Four bottles of milk.
Four jars of cookies.
Candy, valued at $7.
Nine bottles of orange juice.

Barefoot prints indicated the intruder was a small boy.

Fill Empty Seats, Reward In Heaven

Rev. Arthur M. Butterfield, 59, pastor, of Lawrence, Mass., inserted the following want-ad in the local paper last week:

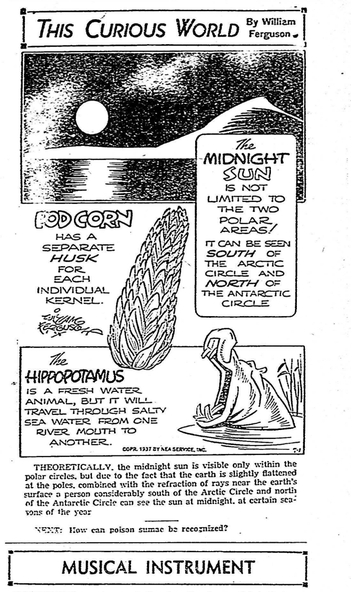
"Men and women who were or are members of the Salem Street F.M. Church to occupy some of the empty seats and to take positions of trust and responsibility in the church. Reward in heaven.

"Board of Trustees."

The Rev. Mr. Butterfield said the church had 179 members but that the Sunday attendance was only 50 in the morning and 20 at night.

THIS CURIOUS WORLD

By William Ferguson

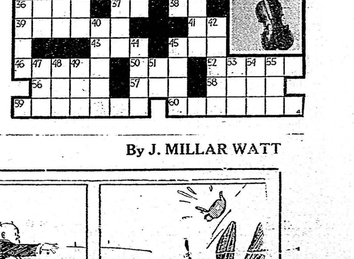


THEORETICALLY, the midnight sun is visible only within the polar circles, but due to the fact that the earth is slightly flattened at the poles, combined with the refraction of rays near the earth's surface a person considerably south of the Arctic Circle and north of the Antarctic Circle can see the sun at midnight, at certain seasons of the year

NEXT: How can poison sumac be recognized?

MUSICAL INSTRUMENT

Answer to Previous Puzzle



HORIZONTAL
1 Pictured musical instrument.
7 It is a ——— instrument of the viol class.
11 Monkey.
12 Enemy of the gods.
15 Gazelle.
16 Hops kilns.
17 Treacherous.
18 Measure.
20 To regret.
21 Small stones.
23 To lubricate.
24 To burn incense.
26 To observe.
27 It has a rich ——— quality.
28 Blemish.
30 Southeast.
31 Surrounding conditions.
36 Earth.
37 Go on (music).
38 Pronoun.
39 Surgeon's instrument case.
41 Dye.
43 Silkworm.
45 To add to.
46 In advance.
50 M