Finest Quality Tea

"SALADA"

ORANGE PEKOE

Three Minutes of Fiction Fun

SHORT SHORT STORY

Interview

By W. JOHN STEVENS

Miss Alice Davids sat in her office, marking the exercises of her high-school English classes. There was a timid tap on her door. The knob was turned gently and a face peeped in.

"Yes, Miss Hanson?"

Ruthmary Hanson's pretty little-girl's face paled. "Miss Davids." She paused, unhappily. Then, as if her courage had been gathered up, "May I ask you a personal question?"

Alice Davids smiled. "Why yes, Ruthmary, but I can't promise to answer."

The words began bubbling out. "Miss Davids I know you'll think I'm awfully fresh, honestly I'm not, I just have to know. Why didn't you get married instead of being a teacher?"

Alice Davids had had many experiences with students' questions. Now she felt she had underestimated the girl, who stared back miserably, looking like a goldfish as she opened and closed her mouth, trying to say something that wouldn't come.

Quickly her mind ran over what she knew about Ruthmary: Not too bright, just a good passing student. Ruthmary and she were friendly, but then she honestly liked all her students, and they liked her. Boy friends? Yes, there was Jim Townley, nice boy, good brains, fond of Ruthmary, and she seemingly liked him. Ambitious? Yes, that was it! Boy friend, ambitious; that motion-picture magazine that Ruthmary tried, unsuccessfully, to read one day in class. She smiled at Ruthmary, suddenly remembering that this child was just graduating and was eighteen.

Ruthmary, on the verge of tears, smiled back. "I'm sorry, Miss Davids. I guess I shouldn't have . . ."

"Ruthmary," Miss Davids interrupted, "you and I have always been pretty good friends, haven't we?"

"Yes'm," she gulped.

"If I tell you, will you promise to keep it a secret?"

"Oh, yes, Miss Davids, I won't tell a soul, honest I won't. I just had to know for . . ."

"I don't have to be told, Ruthmary. You must have a good reason. It's a rather odd question but I don't mind answering at all. Not to a nice understanding girl like you. I like teaching very much, Ruthmary."

Miss Davids went on, "Yet, I know that if I had my choice, I wouldn't be here. My John and I had such plans together, such exciting plans." Miss Davids sighed, Ruthmary was now on the edge of her seat.

"We were brought up together, went to the same schools, had the same ideas about life. We both liked people and we wanted our home and—but all that is over now, has been over for many years. Yes, dear, I like teaching, but most people aren't made to live alone, and that is especially true of women. No matter how much you like your work, no matter how successful, you still feel the emptiness of knowing that you have no one really close to you."

Miss Davids smiled sadly. "Here's a picture of us just a few months before he left me for her."

Ruthmary looked, through tears, at the handsome man who stood grinning at a much prettier Miss Davids, and then carefully put it down. She left the office without a word.

Alice Davids went back to her desk, and picked up the picture.

"You know," she mused, "you're rather a good-looking fellow at that. Wait till you hear how you broke my heart."

Still grinning she put the picture down. She was about to start looking for stationery. Then she thought —the themes.

"I've got to grade them first ,dear brother, the letter from your broken-hearted sister can wait." Still grinning at her lawyer-brother she resumed grading papers.

THE END

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11—17

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Send TWENTY-FIVE CENTS (25c) in coins (stamps cannot be accepted) for this pattern to Box A, 123-18th Street, New Toronto. Print plainly SIZE, NAME, ADDRESS, STYLE NUMBER.

How Can I?

By Anne Ashley

Q. What is a good tonic for an oily skin?

A. Fresh water containing a little lemon juice is good.

Q. How can I remove scratches from table silver?

A. Buy a small quantity of pumy powder at the drugstore. Put this in a saucer with enough olive oil to make a paste. Rub this on the silver with a soft cloth, then polish with a chamois.

Q. How can I freshen artificial flowers that have been crumpled?

A. Hold them over the steam of a kettle for a few minutes and it will freshen them.

Q. How can I mend broken marble?

A. Make a very stiff paste of Portland cement and water, clean the edges of the marble thoroughly, apply the cement to both broken edges, press the edges together very tightly, and tie securely until the cement has set.

Q. How can I remove blood stains from a garment?

A. Try holding the stained material under cold running water. This will also remove some fruit stains.

Q. How can I keep cheese moist and free from mold?

A. Wrap the cheese in a cloth saturated with vinegar. Another way is to smear butter over cheese to prevent from drying.

Penguins—Flightless Birds of Antarctic

The penguins seen in a zoo, waddle around and have the appearance of little old men. Yet the bird in captivity is, at best, a passive animal as compared to the bird in its natural habitat.

We have all seen penguins, but just how well have we observed these unique birds? They are flightless sea birds forming the family Sphenicidae (short winged), and all of the 17 species inhabit the southern hemisphere.

The flippers, as the wings of the penguins are usually termed, are covered all over with small scales like feathers and are used for swimming. Penguins are stout-bodied, short-necked birds of moderate or large size with short, flat, webbed feet, set very far back, so that when on land they stand upright. Their bills are stout and are covered with several separate horny plates instead of a single sheath on each mandible as in most birds.

Their tails are usually very short, composed of from 12 to 20 feathers, according to the species, and often entirely hidden by the upper tail coverts.

YOUR HANDWRITING and YOU

by Alex S. Arnott

Dear Mr. Arnott: My husband has a number of outstanding business accounts which he has not been able to collect. I understand that there is a method of detecting poor credits from the handwriting of individuals. Could you assist us with this problem?

Answer: Bad debts are a headache to any business and require constant vigilance to keep them under control. Some large department stores have applied an effective method of detecting poor credits with the use of handwriting analysis. It is estimated that in one year $900,000.00 was saved by one department store by the use of this system. The personal data of the applicant is also taken into account before credit is given, being used in conjunction with the analysis.

If you will send an example of an applicant's script, a credit report can be made to determine the stability, consistency, habits of planning, and honesty of the writer.

This method has not been 100 per cent foot-proof, but it has eliminated 79 per cent of the deadbeats that plague business houses and serves as a good supplement to personal data of any individual applying for credit.

For a brief analysis of your character send a sample of handwriting with a stamped, self-addressed envelope, to Alex S. Arnott, 123—18th Street, New Toronto.

The human ear, it is estimated, can distinguish 500,000 different tones.

CROSSWORD PUZZLE

ACROSS
1. Trial
5. Game fish
8. Pear
12. Commotion
13. Dwelling place
14. English queen
15. Washington (See building)
17. Hat sparingly
18. Ordered
19. Contents
21. Corded cloth
22. Pronoun
24. Girl's name
27. Tower block
31. Cream (Ir. Dormounted
32. Ere
33. Article
37. Carnal (Ir. midrift)
39. Control
41. Fourth edit
42. Trust
44. Mountain (pl.)
46. Bolts
48. Tropical vine
52. On the ocean
54. Took away
56. Refreshing (Ir. Gift)
57. Give forth
58. Number
60. For fear that
61. Trigonometrical function
62. Chess piece
63. Shower
1. Harlbinger
2. Arabian seaport
3. Tie
4. Screened
5. Ceiling
6. Hebrew prophet
7. Cotton fabric
8. Constructed
9. Cordial
10. West Saxon king
11. Allow
16. Cylindrical
20. Stain
23. Caress
25. Shift
26. Hoot
28. Hindu deity
29. Jewish month
30. Members of a state
36. Total
37. Kind of acts
38. Cadet
40. Fish river
43. Great
45. Persians
46. Hog bin
47. Half (prefix)
49. Tota
50. Hawaiian
51. Paradise
53. Everybody
55. Discuss
59. Noise

Answer to Last Week's Puzzle

HEM ADOBE DAP
ARE CAL IX ELI
DISTEND AVENE
SORT SOLO
APAR ESTRANGE
LOGISTATSLE
EWE AFORE TOL
RE PROW DRIVE
TREADLES OMER
ACID VEIL
PATEN DEPLETE
OWE EVADE
DEN SESH

Answer to This Puzzle Will Appear Next Week.

Working Their Way Through College—This doesn't look very much like work, but actually they're a few of the hundreds of Canadian girls who secure means for a higher education by working as waitresses at various resorts during the summer. Seen on a diving tower at an Ontario vacation spot are Ruth McLean, Kay Ross, and Evelyn Spracklin together with a guest, Isobel Murphy.

CHRONICLES OF GINGER FARM

by Gwendoline P. Clarke

The most important news this week is what hasn't happened—and it's old news at that. I mean another week has gone by and still no rain. We have never seen things so dry and withered before. The ground is strewn with tired, brown leaves, lacking the vitality to stay on the trees to await that first sharp frost that gives them colour and interest. Wheat ground all over the district is ploughed but little of it worked and, as far as we know, none of it sown. Wheat sown now would merely serve as food for birds.

* * *

Not only has there been no rain but we now have another heat wave —only the "probs" are that it will be of short duration, thank goodness. However, there is one happy aspect to this hot, dry weather—it has produced a bumper crop of tomatoes. We have been swamped with them—and all from four dozen plants. Two weeks ago I bought tomatoes, never expecting to get enough for canning from our own plants—not after the worms had done their work! But every day I have been picking one or more baskets of the fruit—or vegetable—whichever you like to call it—as a result jars and jars have been filled with rich, red juice. Yes, tomatoes and peaches have kept me busy.

* * *

And then there was the "Ex" to go to again, and an Institute meeting, and on Friday niece Joy arrived for a belated holiday. And that's the way it goes.

But Partner and I did have a day at the "Ex" together after all. It was Bob who stayed home to see that the home fires didn't start burning. But he must certainly have had them in mind as while we were away he rigged up an old circular saw which he bought or borrowed. I'm not sure which. Anyway he had quite a pile of cordwood cut up and would have had more only the saw fell apart! At least the platform did. But Bob was quite happy rebuilding it and the next day he and his Dad went at it again and the pile grew higher and higher.

* * *

Partner and I had a good day at the "Ex". One of the highlights of for me was attending the lunch in the Women's Building with Mrs. Kate Aitken as hostess. The success of anything with Mrs. Aitken in charge is a foregone conclusion and this lunch was no exception. She is certainly the perfect hostess. And there are always interesting speakers and one meets old friends and new acquaintances and there is the quiet enjoyment one gets from a well-served meal in an uncrowded and airy dining-room.

After lunch I headed for the Band Shell where I was to meet Partner. I forgot the rest of the people; the noisy crowds going by, as I listened to the Welsh Guards Band playing so many pieces that are among my favorites. One felt the heat, the crowds, and the trip back and forth to the city was well worth enduring as one listened in silent enjoyment to the "Hallelujah Chorus" and "Jesu, Joy of Man's Desiring". I won't say any more because I couldn't possibly tell you what it meant to hear music like that played by such a wonderful band. I was wishing Cicely could have been with us.

* * *

And speaking of Cicely—here is something she wrote en route—I imagine while flying from Malton to Montreal and I think she meant it to be included in my column.

Thoughts on Leaving Canada

"I am no writer and have not the gift of expressing my thoughts and feelings in an attractive way, but I should like, as a visitor, to say, 'Thank you, Canada, very much for a thoroughly enjoyable holiday.' As I sail comfortably through the air, on my flight back to England, I feel I am leaving behind a very warm-hearted, friendly and generous people. Like the vast land they live in, with its huge buildings and rolling landscapes, there is nothing mean or grudging about them and they freely invite the visitor to share and enjoy everything with them.

In conclusion I should like to thank my host and hostess, Mr. and Mrs. L. F. Clarke, for their kind hospitality and for the many friendships I have made in Canada through them."

Real Surprise

A famous author was autographing copies of his new novel in a Montreal department store. One gentleman pleased him by bringing up not only his new book for signature, but reprint editions of his two previous ones as well.

"My wife likes your stuff," he remarked rather apologetically, "so I thought I'd give her these signed copies for a birthday present." "A surprise, eh?" hazarded the author. "I'll say," agreed the customer. "She's expecting a mink coat."

TIRED FEET

Don't Suffer With Your Feet
Try the PED-O-LITE FOOT APPLIANCES they can relieve your foot trouble. You walk as if you are walking on air. Calluses can be relieved instantly. Washable and durable. Can be adjusted to your requirements. Arches will stay by heavy pressure. Light, strong and flexible, therefore develops the muscles of your feet when walking. Makes them strong and healthy. Will not rot with perspiration. This is a New Scientific Method and recommended by Physicians.

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235 Bloofield Rd.,
Toronto, Ont.
Representatives Wanted

TABLE TALKS

by Jane Andrews.

These are the days when thousands of Ontario mothers are faced with the five-times-a-week task of preparing lunch-boxes for the children to take to school with them—and wondering just what combinations will prove not only tasty and tempting, but thoroughly nutritious as well.

I have gathered together from here and there some recipes that I think will help. The first three are for sandwich fillings which I believe not only the youngsters will like, but the grown ups as well. Then there are a couple of cookies that are just the thing to pack in beside the more solid part of the luncheon.

Tasty Sandwich Filling
(Makes 12 to 15 sandwiches)

Put Through The Food Chopper
1 red pimiento
1 yellow pimiento
1 green pepper
2 large dill pickles
½ pound cheese
½ pound bologna
Season to taste with pepper and salt and chill thoroughly before spreading.

Peanut Butter-Apple Filling
(Makes 12 to 15 sandwiches)

Blend Together
1 cup peanut butter
½ cup apple butter
1 3-oz. package cream cheese
Add 1 large apple, finely chopped, with peeling left on. Mix well and store in cool place till time to be used.

Tasty Chicken Filling
(Makes 12 to 15 sandwiches)

Mix Together
2 cups cubed chicken
3 hard-boiled eggs, chopped
½ cup finely chopped parsley
½ cup chopped celery
2 tablespoons ketchup
Moisten With . . . . . .
½ cup mayonnaise or salad dressing. Season to taste with salt and pepper.

And now for those lunch box cookie recipes I spoke about before. Here they are;

Jelly Cookies
(Makes 3 dozen)

Sift
1 cup sifted flower
1 teaspoon baking powdede
½ teaspoon soda
½ teaspoon salt
1 teaspoon nutmeg
½ teaspoon cinnamon
Cream
½ cup shortening
1 cup brown shugar
Stir In
1 egg, well beaten
1 teaspoon vanilla
Add
flour mixture alternately with ½ cup sour milk
Add
3 cups sifted flour, or enough to make soft rolled dough
Chill
roll ½ inch thick; cut
Spoon
1 teaspoon jelly in centre of half the cookies.
Cut Out
centres of remaining cookies.
Fit
these cookies over ones with jelly; seal edges.
Bake
in moderate oven (375 degrees) 12 minutes.

Toasted Oatmeal Cookies
(Makes 4 dozen)

Sift
2½ cups sifted flour
1 teaspoon soda
1 teaspoon baking powder
½ teaspoon salt
1 teaspoon cinnamon
¾ teaspoon nutmeg
½ teaspoon ground cloves
Cream
½ cup shortening
½ cup brown sugar
½ cup white sugar
Blend In
½ cup molasses
Add
1 egg, well beaten
Add
flour mixture alternately with ½ cup prune juice and ½ cup thick sour cream
Add
1 cup toasted raw oatmeal
1 cup chopped nuts
1 cup chopped prunes
1 cup chopped prunes or dates
Drop
By spoonfuls on greased sheet.
Bake
In moderate oven (375 degrees) 12 minutes.

Summer Echoes

School once again, but, oh, do not despair
If those before you seem not to be there.
That boy, with pencil dangling from his hand,
He sees, instead of schoolroom task and view,
A sail spread white against the gleaming blue.
That girl who's heeding not your last remark—
She sees a campfire flicker through the dark.
She sees a sunset, far across a lake,
The months ahead are full of things to do.
Be patient—they will soon come back to you!

J. Lillian Vandevere.
(In the Christian Science Monitor)

DOES INDIGESTION WALLOP YOU BELOW THE BELT?

Help Your Forgotten "25" For The Kind Of Relief That Helps Make You Rarin' To Go

More than half of your digestive tract is down below the belt—in your 25 feet of bowels. So when indigestion strikes, the medicine that gives relief must reach into the stomach AND below the belt.

What you may need is Carter's Little Liver Pills to give needed help to that "forgotten 25 feet" of bowels.

Take one Carter's Little Liver Pill before each meal. Look for the name on the small orange tablets. They help wake up a larger flow of the 3 main digestive juices in your stomach AND bowels—help you digest what you have eaten in Nature's own way.

Then most folks get the kind of relief that makes you feel better from your head to your toes. And to make sure you get the genuine Carter's Little Liver Pills from your druggist—look

THERE'S ONE THING FOR FAST RELIEF FOR SURE RELIEF FOR PROLONGED RELIEF OF PAINS OF RHEUMATISM

The pain of rheumatism is dreadful. But now you can get relief . . . quick relief . . . *prolonged* relief with INSTANTINE!

Yes! INSTANTINE is the thing to take for common pains and aches . . . for headaches . . . for neuritic, neuralgic or rheumatic pain. Or for the aches and pains of colds. INSTANTINE contains three medically proven ingredients that act together to bring relief from pain *fast* and most important . . . the relief *lasts!*

Get INSTANTINE now.

Instantine
12 TABLETS FOR 25¢

YOU WOMEN WHO SUFFER HOT FLASHES then FEEL CHILLY—

Here's Good News!

Are you between the ages of 38 and 52 and going through that trying functional "middle-age" period peculiar to women? Does this make you suffer from hot flashes, feel clammy, so nervous, irritable, weak? Then do try Lydia E. Pinkham's Vegetable Compound to relieve such symptoms! It's famous for that!

Many wise "middle-age" women take Pinkham's Compound regularly to help build up resistance against this distress.

Pinkham's Compound contains no opiates—no habit-forming drugs.

Lydia E. Pinkham's VEGETABLE COMPOUND

. . . . . FALL FAIR TIME IN ONTARIO . . . . .

Fair Time Highlights

By the Ful-O-Pep Reporter

Your Ful-O-Pep reporter regrets lack of space to deal fully with all the interesting and instructive features observed at the fall fairs covered this week.

Milverton—Milverton Fall Fair had the finest baby show we have seen for some time. Registered nurses volunteered to judge the show and over thirty toddlers were entered.

The Little German Band, in attendance, put on a spirited and entertaining show, and an equally spirited performance was put on by the women, who showed fine sportsmanship in the "Cow Calling Contest."

The most interesting of the horse show events this year was the Heavy Class. For once the sturdy "drafters" got their full share of attention.

The main attraction at the cattle show seemed to be the Black and Whites and there were many splendid entries.

Aylmer—In keeping with the records established by other Fairs this year Aylmer Fair, opened by P.C. member, Fletcher Thomas, had several records to be proud of.

Eleven Month Old Entry Tips the Scales

Photo by Ful-O-Pep Photographer

Weighing-in for the Milverton Baby Show, is 11-month-old Billie Miller shown above with his hand on the weights. Billie's mother is a Scottish war bride.

Aristocratic Piglets Meet at Luncheon

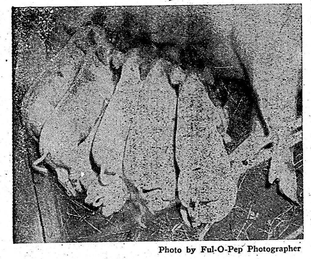

Photo by Ful-O-Pep Photographer

Soups On! This three-week-old litter of thoroughbred Yorkshires are owned by Sidney Humphrey, of Aylmer. Mr. Humphrey is an old country man from Essex.

Jersey Junior Calf Wins Parish Show

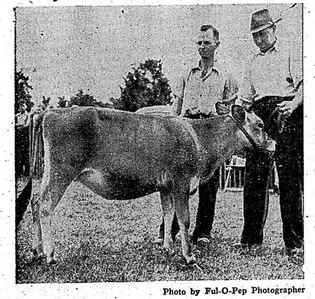

Photo by Ful-O-Pep Photographer

Jersey Junior Calf, winner of his class in the parish show, is shown with his owner Ellsworth Arnott, of Beslau, and one of the judges, Norman Baggs, of Edgeley. This is the first year that The Jersey Parish Cattle Show has been amalgamated with the Elmira Fall Fair.

Heavy Class Winners Watch Fair Proceedings

Photo by Ful-O-Pep Photographer

Standing Aside from the Gaiety of the Fair is this string of stalwart workers. On the right hand side are the two winners, owned by Leonard Lismond and Phillip Meadows.

Woodstock Rider is Finalist in Tough Race

Photo by Ful-O-Pep Photographer

Among the Most Exciting Events at the fair was the knock-down-and-out event. This always supplies plenty of thrills, with the riders taking some dangerous spills. Shown above is Robert McArdle, of Woodstock, qualifying as a finalist in one of the early heats.

Veteran's Band Open Fair with Flourish at Elmira

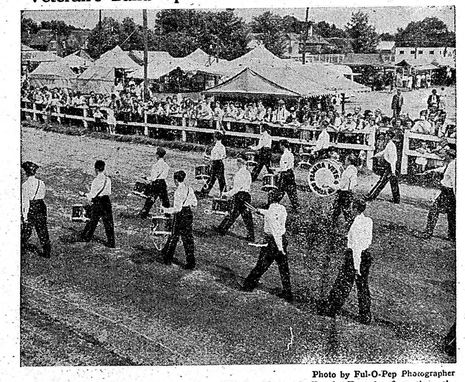

Photo by Ful-O-Pep Photographer

Opening the Fair, at Elmira this year is the Elmira Veteran's Band. For the first time the Fair incorporated the Jersey Cattle Parish Show which had 94 top-notch entries. Altogether this was considered to be the best of any year with record attendance and very fine entertainment supplied by the Conklin-Simmonds Show.

Veteran Rider Wins Heat in 2.28 Class

Photo by Ful-O-Pep Photographer

75-Year-Old Racer, Mr. Alex Belore, of Elmira, is shown with his twenty-first racing horse. He has outlived twenty of them. Best horse of the lot, he says, was his famous Doctor Bee, with whom he started 28 races in 1922. In that year he won 22 and was never out of the money, taking in over $3,000 in prizes. A racing man for thirty years, Mr. Belore is not one to talk about "the good old days". He says that horses are much the same now as then. The records set today are mainly possible, he believes, because of the improved tracks. His experience with the drivers is that they are all good chaps and especially the young ones of today. It is interesting to note that he beat a good many of them in the 2.28 class and won his heat hands down.

Young Contestant Wins Close Decision

Photo by Ful-O-Pep Photographer

First Prize Winner in the 1-year, 18-month-old class, is Dale Foy of Aylmer. With him is his proud mother, Mrs. Karl Foy.

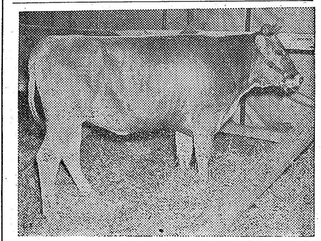

Photo by Ful-O-Pep Photographer

This Fine Brown Swiss is one of a herd owned by Dr. K. M. Penhale of Chicago. Shown by Herdsman Lloyd Mote, it is the first time this breed has been shown in Canada.