ORANGE PEKOE



THE SYLVESTER

By BLANCHE ROBERTS

son for taking the diamond and

yours," she said simply. "I'm not a thief and never have been." She

steeled herself to go on. "I never loved you. I had a purpose in mind

when I became engaged to you— I wanted to get that diamond, and

through you the path was opened. And so I strung along." She low-

bit of news she wanted to tell him.

"You see, Joe, I love Dan Brew-

ster, and I have for a long time,

"It doesn't matter now who you

love." He spoke just above a whis-

per and Honey had to lean forward

live to marry anyone." His words sounded final, as though he knew

Honey was out of his line o

focus, but she shook her head in de-

nial, not realizing that he could no

"No, I'm not going to die, Jo

I'm not even hurt. The crash shook me up a bit and knocked me out

for a few minutes. But I am all

She could see Art's tall figure pac-

ing to and fro on the highway, impatiently waiting for a motorist to come to their aid.

Joe took up his end of the conver-

sation as if he had not heard her

word of denial about her death.
"There were two things in the

cause I love beauty. The Sylvester

I can take you with me." A gur-

sounded like he was choking. Tears

wrung her hands helplessly as she

. He struggled hard for a breath

and got it. Then with great effort, he moved his body slightly. His

might lie in his eyes at the moment.

As they faced each other there in

the darkness, a silence seemed to

settle over the earth and not

sound came through the night. I

"You are very beautiful, Honey.

But you are going to die," he said

and there was conviction in his tone.
"No, Joe. I'm all right," insisted

close range. She tried to move, but

Honey slumped over in a heap on

(Continued next week)

CROSSWORD

PUZZLE

1. Eloquent speaker

Speaker
7. French
statesman
13. Courteous
14. Church
festival
15. Greek letter
16. Open
18. Land | measure
19. Sodium
(symb.)

40. Spoken
41. Frozen water
43. Since (Scot.)
44. Not any
45. Wild goose
48. Keel-billed

the ground as Art came running

head turned to face her and she was

sat near him, watching.

no longer, Joe spoke.

it for certain.

right now."

catch his words. "You won't

but he didn't know it."

CHAPTER XI (Continued from last week) "Out of circulation," she answered truthfully, and was glad she id not have to tell a lie to a man who was about to die. "It will never tempt anyone else again."

"In the ocean?" His voice was an angry croak and Honey realized hat, had he been able to reach her, he probably would have choked the life from her body. Even knowng that he could not move to harm er, she still had a wild desire to "That's as good an answer as any," she told him.

He gave a rasping laugh that was ugly to hear and she covered her ars for a second to hsut it out. Then he spoke again. "Too bad your friend Brewster

couldn't know that you stole the stone from Mrs. Sylvester. I am world I wanted above all else besorry now I didn't tell him that diamond and you. I can't have the diamond now. You saw to that. But night before I hit him over the "Oh!" Honey sucked in her gling sound escaped his throat. It came faster to Honey's eyes and she

breath painfully as she understood what had happened to Dan in the apartment. Then she said: "He knows. I told him. I went there to give him the diamond." There was pleasure in being able to admit that knowledge to Joe even in his critical condition. There was a gasp from him, both

glad of the darkness that hid what of surprise and pain. He waited to draw a deep breath and she heard him struggle hard to get it. She closed here eyes as bitter tears spilled over her lashes. Joe had a few good points that she rememwas so still that Honey could hear her own heart thumping. When she thought she could stand the quiet bered now as she sat there watching him—sending her beautiful flowers, spending his money freely, taking her to all the nice places of entertainment. And with pangs of reorse, she recalled that she had given him nothing in return, except s few smiles, her company, and be-Honey.
"You're going to die," he repeated ing engaged to him after a fashion. ie started to touch him, to add and his voice was stronger now. And then suddenly he lifted an arm comfort to his last minutes if she back quickly, remembering that Joe and a gun swayed toward her at could; then she jerked her hand was a dangerous man. too late. There was an explosion

"Are you in great pain, Joe?" she and a spurt asked gently. "I am sorry, you know." And she was. "Pain, h-!" he hissed from between closed teeth, gritting back the agony from within. Honey recoiled as if he had struck her, filled with hatred were the words. "I'm done for and you know it. But you're a fool if you think you get away with double-crossing Joe Danburne."

"How did you find out I took the diamond, Joe?"

"By the only clue the police had."

"What was it?" Her heart stood still with fright. If Joe had guessed, the law might do the same thing.

For a long time he did not say anything and Honey was beginning to wonder if he were dead, when he spoke again with new strength in his voice.

"A black button with a chip out of its side. I told you the last time you wore that black suit to lunchcon that one of the buttons had a piece out of it. And you laughed because I noticed such a small de-tail. You lost that, button when you stole the purse from Mrs. Sylvester, Honey. It pays to remember small things when you are dealing in jewels. And all the time I thought you were on the level."
"You won't understand, Joe, bu there is a big difference in my rea-

ISSUE 8 - 10:9 (

NECESTRAL PROPERTY OF THE PROP

Modern Etiquette by Roberta Lee

Q. When a hostess is being intro duced to a man, should she rise:

A. Yes, always. The hostess should rise and also offer her hand, whether it is a man or woman. Q. Should a note or letter congratulation be sent upon received ng an announcement of a birth?

A. Yes, and promptly. Sometime a little gift for the baby can tak

the place of this note.

Q. When setting a dinner table where should the water glass an the wine glass be placed?

A. Place the water glass at the top of the plate, towards the right of the knives, the wine glass to the right and beyond the water glass.

Q. When a weman has been a widow for several years and is go ing to marry again, what colo gown should she wear? A. Almost any color but white

Usually a delicate pastel shade, not too light, is in good taste. Q. How should a man assist a woman in ascending a streetcar

A. By a light touch on her elbow. O. When a person is being in roduced to another, is a courteous acknowledgement necessary, even if the introduction is for any reason not agreeable?

A. Yes, the well-bred person will ment under any circumstances.

HOW? Did you tackle that trouble that With a resolute heart and cheerful? Or hide your face from the light of With a craven soul and fearful?

Oh, a trouble's a ton, or a trouble's or a trouble is what you make it, And it isn't the fact that you're hur that counts,
But only HOW DID YOU TAKE

4734

ANNE ADAMS

Add these beau-collectors to your

has no side-seams.

Pattern 4734 Jr. Miss sizes 11, 13, 15, 17. Siz 13 blouse, 136 yds. 39-in.;

This pattern, easy to use, simple to sew, is tested for fit. Has

complete illustrated instructions.
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10. Luson tribasman 11. Sea nymph 12. Stylish 17. Dutch common 23. Holke 16. Waste allowance 26. Encamps 29. Fruit trees 29. Dry 21. Neckpiece 31. Neckpiece 36. Harangue 29. In the state of the styling and the styling and

1 2 3 4 5 6 7 8 9 10 lt 12 13 14 15 16 17 8 9 10 lt 12

28 29 30 31

32 33

35 36 37 37 38 3

45 46 47

40 41 42 43

Answer elsewhere in this issue

plump appearance indicates that the frost has disappeared. Q. How can I prevent clothes--Edmnud Vance Cook pins from freezing to the clothes when hanging on a cold day?

A. Warm the clothespins in the oven before hanging out the wash. They will not freeeze to the cl thes, nor will they be liable to split. Q. How can I remove dog hair nd lint from woolen clothing? A. Wet a rubber sponge, squeeze almost dry, and rub over the



How Can 1?

By Anne Ashley

Q. How can I relieve an irritat-

A. Prepare a mixture of the juice

of two lemons, one teaspoonful of water, and one tablespoon of granu-

lated sugar. Take a teaspoonful every half hour.

Q. How can I take the frost out

of fruits and vegetables?

A. Put them in cold water and

allow them to remain until their

By Rev. R. Barclay Warren ness.-Matt. 6:33.

Most people will agree that no three successive chapters in all the Bible are as significant and important as Matthew 5-7. Here is the true the successive chapters in all the by degrees. I cannot sleep until she gets home, and I cannot take at much longer. manifesto of the King. He said, "I came not to destroy the law, but to fulfill it." He did not come to fulfill the law as it had been misinter-preted and applied by the Pharisees. They had sought to keep the letter of the law and still violate its true meaning. Here Jesus restores the law to its proper meaning and gives examples to illustrate what He means. Love is the perfect fulfillment of the perfect law. The beatitudes with which the manifesto opens affirm that those who follow God's plan are happy. The Greek word translated "blessseparates wardrobel New plung-ing neckline cardigan with a gored skirt. Both are easy to sew. Skirt ed" is in some versions translated "happy." From the time an indi-

vidual begins to turn away from sin to God, he receives a measure of

happiness. This happiness increases and is characteristic of the Chris-tian's life, sustaining him even when

reviled and falsely accused.

The sermon closes with a parable.

sayings of Jesus is compared to a man who built his house upon a

rock. The house withstands the storm. But the one who hears and fails to do the sayings of Jesus is like the man who built on sand. The

like the man who built on sand. The house collapses in the storm. Knowing the teaching of Jesus is not sufficient. We must obey.

He |who takes the way of the Kingdom is freed from worry. "Seek ye first the kingdom of God, and his cichtosupers and all these things."

ye first the kingdom of God, and his righteousness and all these things shall be added unto you." "These things" are those of which you have need. Among the other precious gens of truth in this sermon on the mount is the golden rule, "Therefore

mount is the golden rule, "Therefore all things whatsoever ye would that

men should do to you, de ye even s

SALLY'S SALLIES

SALUYS SALLIES

POPULATION

APPLICATION

APP

"Where on earth is Junior?"

The person who hears and does the

of other youngsters in all parts of Canada do, Sandra and Edward Drew-children of George Drew M.P., national leader of the Progressive Conservative Party-listen intently as their mother tell them a pre-bedtime tale. ANNE HIRST Your Family Counselor -

"DEAR ANNE HIRST: My | Yours is a harsh decision t daughter, 23, is separated from her husband, and is living with me. She has a sweet little girl of four. I

No Hustle And Bustle Of Politics Here.-It's the Storytime Hour, and just like thousands

don't know how much longer I can stand her conduct!

"She has never had the responsibility of taking care of her child. All

She drinks, and stays out till three or four in the or four in the morning, sometimes does not come home at all. She has even taken the baby with her! "Her husband knows nothing of this. He wants to go back with her, but she won't consider it. She wants to run around with other

By Kev. K. Barclay Warren

The Standards Of The Kingdom
Matt. 5:1-12! 7:24-27.

Golden Text: Seek ye first the singdom of God. and his righteousless—Matt. 6:33

Everyining.

"I've talked to her many times, told her how wrong she is, in a nice way. I've even tried to force her to behave, but to no avail. My husband (her stepfather) doesn't approve and there's a constant quarter.

* anxiety with impunity. The constant with impunity anxiety with impunity. The constant of the standards of the Kingdom of God. and his rightcousless—Matt. 6:33

* anxiety with impunity. The constant of the standard of the stan prove, and there's a constant quar-rel at our house all the time. Betlong run.

"Shall I tell her husband? He is one of the finest men I ever knew. I don't want to hurt my daughter, for in spite of everything, I still "Shall I tell her husband? He is one of the finest men I ever knew.
I don't want to hurt my daughter,
for in spite of everything, I still
love her with all my heart. All I
want is for her to live a good life
and be a good mother.

A WORRIED MOTHER"

dren. For their own sakes, they
form the dulies which life has laid
upon them. If you need courage
in dealing with them, write to Anne
Hirst, at Box 1, 123 Eighteenth St.
New Toronto, Ont.

* deeply.

To tell your daughter that she
can no longer live with you unless
she behaves herself, and that if
she doesn't intend to she must
take her child and live elsewhere,
sounds the epitome of cruelty.
Yet it may come to that. So long * as she knows her child is cared * for, she feels free to live her own * life. Living alone with the baby * may awaken her to her respon-* sibilities, and force her to become * a stable and dependable mothe. No one can know until she tries

through his knowledge of her as
his wife, can help you with any
suggestions, you might talk
things over with him. For him * to approach her, however, in her * present mood, would only alienate to make it as easy as possible for her. She works during the day, and I keep the child, do her laundry, and accept very little money for everything.

"You cannot continue living like this. You are not so young any more that you can stand all this anxiety with impunity. The con-

* firmly, that you will have to make * a change unless she calms down. * It will be hard to do, but it may be the best thing for her in the

WATCHES GIVEN

INDIGESTION WALLOP YOU BELOW THE BELT?

Relief That Helps Make You Rarin' Te Ge
More than half of your digestion is done
below the belt—in your 23 feet of bownle.
So when indigestion strikes, try something
to be a strike to the strike that the strike halps digestion in the stomach AND
below the belt.
What you may need is Carter's Little Livre
Pills to give needed help to that "forgotten
28 feet" of bowels.
Take one Carter's Little Livre Pill before
and one after meals. Take them according to
directions. They help wake up a larger flow
of the 3 main digestive juices in your stomach
AND bowels—belp you digest what you have
esten in Nature's own way.
Then most folks get the kind of relief that
makes you feel better from your head to your
toes. Just be sure you get the genuine Carter's
Little Liver Pills from your dengest —35a.

A MUST THIS SPRING

Canadian National

Sportsmen's Show THE COLISEUM — TORONTO

Fri., March 18 to Sat., March 26

SHARKEY THE SEAL And 13 Other Great Acts In The Terrific Stage And Tank Show In The Arena Twice Daily - 2:15 - 8:15 America's finest springtime exhibi-tion. Four huge floors with hundreds of exhibits plus 10 great free features, including Canada's largest boat show. Buildings open 11 a.m. to 11 p.m.

Mail this coupon NOW Applicatis will be filled in order received. Prices: Evenings and The Coliseum, Toronto, Canada.

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Box Seat Reserved Seat tickets for the Evening ... Enclosed please find All prices—PLUS adcheque money order for \$...... in payment for these tickets. reconstruction of the course

16 (2.3 M. 4 W. 4 W.

FALSE SECURITY

President Trpon says he is going to increase social security. By this he means that a somewhat

larger amount will be withheld from a worker's pay check each week and

that the employer will be asked to match the amount says The New Yorker. Mark Sullivan, in the Tri-

oune, points out that with the value of money dropping the way it is, an increase in social security is only an apparent increase, not a real increase. Mr. Sullivan argues that

the fifty cents that was withheld from your pay check in, say 1937,

would have bought you a square meal at that time, but that when you are sixty-five years old and get

the fifty cents back, it may buy you only a small box of dried raising

He says the way to increase socia

security is to see that the dollar doesn't shrink. The argument is

sound enough. Perhaps the way to manage social security is to forget about dollars and withhold meat in-

stead. Every employer could be required to maintain a deep freeze unit and withhold one square meal each week for each employee. Then

when an employee reaches sixty-five and starts digging around like a squirrel on a winter morning, he

will dig up some frozen meat instead of a shrivelled dollar.

'If security itself were ever to be

come the highest national goal, the citizen would shed his self-reliance as a buck sheds his horns, and the

citizens of the republic would be like privates in the army—each with

a dog tag, and a dull sense of having

Although the above refers to United States conditions, thoughtful

Canadians might very well read

TEST YOUR I. Q. WHO WAS ANN? The name Ass, or one of its women. Try and identify them from women. Ity and scennly line the the descriptions given, then check your results with the answers, printed upside down, underneath. 1. Abraham Lincoln's childhood A movie for which advertisements proclaimed "Garbo Talks."

3. "She's my Annie, I'm her Joe."

4. Henry VIII's second wife, beheaded for infidelity.

5. The aristocratic heroine of a novel by Count Tolstoy.

6. A star in Buffalo Bill's Wild West Show

West Show.
7. Fatima constantly asked her, "Do you see anyone coming?"

8. An orphan adopted by Oliver Warbucks.

9. "In a white petticoat and a red 9. "In a white petition and a red nose; the longer she stands, the shorter she grows."

10. An Englishwoman for whom a style of furniture is named.

11. "For bonnie _______ I'd lay me doon and dee."

12. The ship, in *W. S. Gilbert's recomplied had a single and

yarn, which had a single and cannibalistic survivor.

13. An actress supposed to have bathed daily in milk.

14. The wife of the Bard of Avon.

15. The greatest ballet dancer of

The Answers Orphan Annie; 9. Little Nancy Etucost; 10. Queen Anne; 11. Annie
Nancy Bell; 13. Anna Held; 14.
Anne Hatharavi IS. Anna Pavlora. I. Ann Rutiedge; Z. Anna Christie; J. Annie Rooney; 4. Anne Boleyn; J. Anna Karenina; 6. Annie Boleyu; J. Sistier Anne; 8. Little Anney Bt.



Help Your Forgotten "28" For The Kind Of Relief That Helps Make You Rarin' To Go

96 Dream doilies for that dream feminine touch to any room, with their ruffles and starry shapes! Round doily, 12-inches in No. 30 otton; oval, 101/2 x 16 1/2 inches. Pattern 961; crochet directions. Send TWENTY-FIVE CENTS in coins (stamps cannot be accepted) for this pattern to Box 1, 123 Eighteenth St., New-Toronto, Ontario. Print plainly PATTERN NUMBER, your NAME and AD-192

> safety-circle for Baby while he's at the bobbly stage of learning to sit alone. Wash the talc from the tube inflate to "soft-firm"; lay in around Baby on the bed or in the play pen.

> > WHEN A SLEEPING DOG WANTS YOU ONLY TO LET HIM LIE IN PEACE, IT'S A

PRETTY GOOD SIGN THAT HE IS COMFORTABLE -- BOTH INSIDE AND OUT, CHANCES ARE THAT HE'S HAD

A GOOD MEAL AND IS COMPLETELY

CONTENT. IF YOUR DOG EATS PRE-PARED FOOD TOO FAST FOR HIS OWN GOOD, HERE IS ONE THING YOU CAN DO TO HELP HIM OUT AND MAKE HIM A MORE CONT-

ENTED CANINE: PUT HIS FOOD IN-A FAIRLY DEEP PAN

AND PLACE A SMOOTH ROCK ON TOP OF IT AS SHOWN IN THE ILLUSTRATION ON THE RIGHT. THIS MAKES IT NECESSARY FOR THE

DOG TO TAKE HIS FOOD IN SMALL AMOUNTS AND AT THE SAME TIME PREVENTS THE PAN FROM BEING UPSET.

THEK. TOCK...TICK...TOCK.....THERE IS SOMETHING ALMOST

TOWETOWERS.

what, I believe, is known as a continental bed—one that could be tipped up sideways and fastened to the wall for daytime convenience.

Funny things one remembers. I remains the land-lady.

That is a terrible thing to happen the wall for daytime convenience.

Funny things one remembers. I forget the name of the land-lady, and the other guests who were there and yet I remember these little details in connection with the house tails in connection with the house was born there had been kidney was born there had been kidney complications. She had been put on a strict diet and yet had per-suaded her friends to bring her in suaded her friends to Bring her in some of the very things she wasn't supposed to eat. Nature plays no favourites but has a way of eatghing up with spoilt darlings. But for all that I felt awfully sorry for Lady. Blue Satin. When I was some out of the hospital sine called

at all, but a couch among a bower

o'clock one night waiting for a taxi to take me to the hospital. It didnot come . . . and it didn't come! Finally my landladly phoned again . . . yes, a taxi would be there in a few minutes, they had sent one be-fore but it had got into heavy snow on a side-street and lost a wheel.
Was I glad I was not in the taxi
when the wheel came off! I finally reached the hospital without mishap. It was a small private hospital owned and operated by two sisters; one a nurse and the other a fully qualified dietitian. Everything was very nice, very efficient and the meals and service just grand. I was able to be around the next day and soon discovered there were only a few other patients,

I suppose because they were different from anything I had seen at home. I also remember standing around sin the hall about twelve

some with babies; some waiting. I felt rather friendless and alone

as indeed I was, a stranger in a strange land, just six months out from England and Partner fifty miles away. But what probably contributed most to my lonesomeness was the fact that among the ladies in waiting was a girl who was

BY TOM GREGORY

emogth rock

RESTLESS AND WHINES AND CRIES THE FIRST FEW NIGHTS YOU HAVE

HIM.AT HOME, PUT A SMALL CLOCK

IN HIS BOX, THE TICKING WILL-DOTHE HIM AND MAKE HIM

Why do I think of all this just now? Because this is the eve of Daughter's birthday. It is only natural to look back and think how much we have to be thankful for.

CHRONICLES

OF GINGER FARM

by Grendoline P. Clarke

ger Farm but in memory I am back a good many years, in a board-

ing house in the city of Moose Jaw.

I was staying there alone: . waiting. Partner had brought me

then had to return to our tempor-ary home fifty miles west of the

Actually I am right here at Ginger Farm but in memory I am tack a good many years, in a boarding house in the city of Moose Jaw.

was staying there alone:.. waiting. Partner had brought me here; stayed a couple of days and which didn't look like a hospital bed which look like a ho

And I wonder what happened to Lady Blue Satin! And I wonder, is there a "pull" towards the district where one was born? Both our babies were born out. West: when we came East it was largely on their account-to give them, as we thought, a better chance in life. Now Daughter is in Fort william and when Bob was in the army he thought B.C. was as good a place to live as any he had



Worth A Trial

Horace Greeley once received a letter from a woman stating that her church was in distressing financial straits. They had tried all sorts of devices — fairs, festivals, suppers, mock marriages, and socials. Would he suggest something new to keep the struggling church from disbanding: "Why not try religion?" the editor

Double Decker Omnibus Makes Five Room Home—They have housing problems in England too, and this old double-decker has been turned into a living room, kitchen, toolshed, two bedrooms and a bath. The driver's cab is now a toolshed. On the ground floor there are the living room and kitchen, while sleeping quarters and bath are "up top." The main room is equipped with all the comforts of home, including television.

Double Decker Omnibus Makes Five Room Home-They have



Luscious and Nourishing Lunch Suggestions All through the school year there

All inrough the school year mere any thousands of boys and girls who find it impossible to get home during the daily luncheon period; and I imagine that around now, what with the condition of the roads, this number is greater than we had for many's the long than ever. And for many's the long year the problem of school lunches has bothered countless mothers.

So today I thought you might welcome a few suggestions along this line—most of which have the endorsement of the Saskatchewan Department of Public Health, which made a special study of the subject.

So here goes.

The Lunch Pail What kind? Metal is best because it must be washed—and scalded—regularly. There should be air holes for ventilation and, of course, a. handle for easy carrying. How To Pack

then had to return to our temporary home fifty miles west of the eity.

I can see the boarding house now... piano crosswise in the living-room; big square window with a lovely window seat and lots of magazines. An archway led to the dining-room and a hall-way to the kitchen; behind the curtain was what, I believe, is known as a continental bed—one that could be Line pail with wax paper or paper napkin. Wrap each food separately.
Put the heavier foods on the botom-the easily crushed sort on

What's a Good Lunch? One that contains enough food and the right kind of food. MILK for bones and teeth. A VEGE-TABLE or a FRUIT, preferably both. BREAD - whole grain of Canada Approved. PROTEIN such as meat, fish, cheese, eggs or peanut butter. HOT FOOD— such as soups, eocoa or scalloped hot foods. Every school should have

facilities for reheating food, and these are easy to make. Just a large kettle of hot water-a canner serves the purpose very well. It is necesgoing out of the hospital she called me in and asked to see the baby. sary to have a rack in the bottom to She looked at her and said nothing.
My lady was still wearing blue satin, her room still bedecked with keep the jars off the direct heat. This may be made of wire, or may be just a piece of board, about 3 flowers-but the glamour was gone. I never did know who she was.

The hospital, as I said before, was in it to allow the water, to come up just about tops for efficiency and comfort, and yet, a month after I left it was closed by order of the

around the jars.

Each child carries a jar of food in its lunch kit. If put on the stove to heat during morning recess, the Health authorties. Several mothers had died from blood poisoning, others were seriously ill — and all through infection getting into the hospital from an unsuspected food will be piping hot by noon.

Jars should be taken home to be washed, and refilled for the followwhat Foods for the Jar?

There are plenty that are suitable. Baked beans, milk pudding, shepherd's pie, vegetable stew, creame chicken, vegetable chowder, spaghetti and meat with tomatoes, macaroni and cheese, creamed car-rots or other vegetables, scalloped creamed eggs, soup, cocoa with

Answer to This Week's Puzzle OR A T O R BR I A M P
PO L I T E E A S T E R
ET A S O V E R T A R E
WA S S I D E S E S
ET O N L E T T H I S
D E P O S E S T E A D Y
E V E R I N I E T R A L
ORAL S I C E S Y W E



1. Vegetable milk soup, erackers, peanut butter on whole wheat, oat-meal cookie, apple. Recess snack bran muffin.

2. Meat loaf sandwich, carrot strips, rice and raisin pudding, bran muffin, milk. Recess snack-apple

or orange.
3. Macaroni and cheese, brown bread and butter, turnip strips, rainin biscuit, banana, milk. Recess 4. Tomato soup, cheese on whole wheat bread, cabbage salad, cup cake, orange. Recess snack—cinna-

mon bun or mussin.
Interesting Sandwich Suggestions Peanut butter and crisp bacon Peanut butter and crisp bacon.
Minced meat and grated carrot.
Ground liver and pickle. Cheese and
ehopped nuts. Peanut butter and
celery. Scrambled egges and bacon.
Cottage cheese and marmalade.
Flaked fish and salad dressing.
Grated cheese raw carrots and Grated cheese, raw carrots and

Seems as though I've used u pretty nearly all my space. However, the next time you're having Pork Chops for dinner, perhaps you'd like to try doing them a dif-ferent way. Here's one method they use over in Norway-and very tasty

Norwegian Pork Chops pork chops, 1 tol1/2 inches

teaspoons prepared mustard Salt and pepper

nedium-sized onion, minced tablespoons flour cup canned chicken

consomme
3/2 cup light cream 4 cup chopped cucumber

Spread chops with the mustard and season with salt and pepper.
Brown well on both sides in hot fatin the pan. Add onion and cook for 10 minutes. Remove chops, pour Add consonime and light cream

low heat till well done: ' ,



Helpful Hints For Homemakers

A bright new mussion tin is better than a tray for serving meals to a sick child. Put each food in a separate mussin cup, and there will be no dishes to slide. A small glass of milk or fruit juice may also be to plain stationery, 100.

set in. Make buttons removable from a garment to be cleaned or washed, by converting them into studs. Sew a small pearl buttom on the back of each. Leave a short loop between the large and small button (unless along the bottom. the fancy button has a shank). An chor each oramental button in a small buttonhole, worked on the

underlap of the garment to coincide with the regular buttonholes on the overlap. Removable buttons are now in place. your first row. Baby's old bathinette is useful on washday. Sprinkle clothes on its waterproof top, fold and store in-

side where they won't dry out. Two-inch velvet ribbon wound around the lower handle of the mop, keeps it from marking furniture you are dusting under.

"Jangle-bangles" for a costume party or program may be made in expensively from bottle caps. Flatten caps, remove cork, and punch a hole in each cap for sewing on. Paint aluminum or a bright

Insert a funnel into ham befor baking it, and fill the funnel with pine-apple juice. The juice gives a delicious, new flavor.

When making sweet rolls, work When making sweet rolls, work some dough into a thin rope and wrap it around sterilized, well-greased wooden clothespins. Be sure the ends stick out enough so the pins will be easy to remove after the rolls are baked. When cool, fill holes with jelly, spread, or thinly sliced wieners. They can be served hot or frosted, too. ved hot or frosted, too.

Don't burn 'em up! Cut out the

gerwell-ans save them to decorate phin paper napkins, and caps, and phace cards. You'll receive many a compliment for this special touch. These cutouts give an air

Stick bunion plasters behind the lower corners of large pictures; corn plaster behind small pictures. These hold the frames away from the wall and prevent that hard-to-remove dark streak from forming

Use two knitting reedles when easting on the required number of stitches. Then remove one needle -vou'll find the cast-on stitches





BECAUSE—
Backache is often de an upset kidney co

elever little pictures from old greet-ing cards—holiday, anniversary and ACHES AND PAINS OF

pickle Method

off excess fat and stir in the flour. stirring until sauce is thickened and to 60 minutes, or until well done. Yield, 6 portions. And here's what may be, to lom

of you, a new way of using sausage Ginger Sausage

2 tablespoons minced parsley, tablespoons minced onion, ½ cup chopped pickle. ½ cup bread crumbs, 2 teaspoons ground ginger, and 2 egg yolks. Whip the 2 egg whites until stiff and fold into mixture. Season well with salt and pepper, and form into small balls. Brown in hot fat, then cook over





And the Relief is LASTING

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ache . . . the muscular aches and ingredients. You can depend on its pains that often accompany a cold fast action in getting relief from INSPANTINE, INSTANTINE every day aches and pains, head brings really fast relief from pain ache, rheumatic pain, for neuritic

















