"We met in that halcyon year of

1940, and our hearts were high with ambition and childlike dreams —only to be shattered by fate— until the day he walked back into

my mother's living room, an aged war veteran. He is 30 now, and I am 26. We have two sons by this

union.
"I started out to give you some

opinions. But now I am crying

* In writing this letter to me.

reviewing the circumstances

which led to your present sad

state, you have seen yourself

more objectively than you have

for a long while. The shame

you feel is the first step toward

hope.

If, through your mutual respect for each other, you have not succeeded in lifting your selves from this slough into

* of Alchoholics Anonymous. * You will find them a group

of people just like yourselves.
who know every step of the
heartbreaking path you have trod.
They can help you find the

* strength to become once more * the fine, upstanding citizens you

* used to be.

* They are non-sectarian, and
* ask only that you admit your
* need for encouragement. Write

nearest large city or town.

* That information will come to
you in a plain white envelope.
And you two can go on from
yourselves and in each other.

yourselves and in each other.

If you are honest in your appeal (and I believe you are) you
will do this not only for your
own sakes, but because of these

* three sons you have brought into * the world. Whatever you two do

lowers or raises their ideals, and

coming the good, right-thinking

.. If you have been weak, do some-

thing about it. There is hope for all who are sincere. Tell your

troubles to Anne Hirst, and see

how she can help. Address her at Box 1, 123 Eighteenth Street, New Toronto, Ont.

HOW CAN 1?

O. How can I remove feathers

and then wrap in a thick cloth. The

short order, and the "pins" will give

.. Q. How can I remove rust stains

A. The best remedies for rus

stains on white materials are lemon

juice, salt, and strong sunlight

very little or no trouble.

By Anne Ashley

men you want them to be.

It is never too late.

must retard or forward their be-

HOPELESS"

for advice.

ANNE HIRST Your Family Counselot.

"Dear Anne flirst: I am a wo-man with a past," and as such, I feel qualified to give you some "Is there any possible hope for opinions. Please preach. Think twice before

My very im-pulsiveness has brought me to where I am-gutter of alco-holism. And do you know that I have reached the stage where I no longer care

which have not been success I am living with my second hus-band, who is a 'good loe' in every sense, except one: He is a mother's darling boy. I was rather a spoiled brat myself, so I can only pity him. (His first wife has caused us con-

"But lately we have indulged ourselves in drink and self-pity and 'confessions', until we are about to lose the respect and love of both our families.

"Oddly enough, that fact dosen't really bother us. We love each other deeply (is adopted my son)



ANNE ADAMS feathers are steamed loose in very It's smart to have : French Acplunge collar, the wing-cuffs, the French-type cuffed pockets! Skirt fulness controlled by pleat!
Pattern 4736 comes in sizes 12, 14, 16, 18, 20; 40. Size 16 takes 4% yards 39-inch fabric.

Q. What causes pie meringue to This pattern, easy to use, simple so sew, is tested for fit. Has combecome tough? A. Meringue will be tough and plete illustrated instructions.
Send TWENTY-FIVE CENTS will shrink when set away to cool i baked in an oven that is too ho (25c) in coins (stamps cannot b accepted) for this pattern. Print plainly SIZE, NAME, ADDRESS, STYLE NUMBER. Send your order to Box 1, 123 Eighteenth St., New Toronto, Ont. -Q. How can I remove whitewash from a ceiling?

A. Dissolve one pound of alum in one gallon of strong vinegar. Apply with a brush, allow to soak in well, and then scrape and wash in the usual way.

Q. How can I make a cleaning Upside down to prevent peeking

solution for unglazed stone door A. Use one gallon of good soft soap, one pint of clear ammonia and two pounds of finely-powdered numice stone. First, clean the stone thoroughly of soot and dust, apply the mixture, and allow to stand for a half-hour or more. Then sorub well into the surface of the stone with a stiff brush or broom. Risse off thoroughly with clear water. necessary, repeat the treatment.

Q. How can I add flavor to a

broiled steak?

A. Rub a little lemon juice iuto the steak before broiling.

CHRONICLES GINGER FARM

COOKING

SPECIAL RECIPES

A SE FIVE ROSES THESE

Modern Etiquette

By Roberta Lee

been announced, should the bride-elect's family call at once upon the

A. No; it is the duty of the man's family to make the first call, and as

as his best man?

A. It is his privilege to choose whomever he wishes, and usually it is his brother or best friend. If

he has no other preserence, he may

suffix
suffix
DOWN
L American
Indian
Shelter
Adult boy

family of the man?

FIVE ROSES FLOUR

Did you hear this little item in Did you hear this little item in the news last week? An old gentleman, celebrating his 109th birth-day was asked what he thought had been the most wonderful invention during his lifetime. His answer was—the refrigerator! "Because," he said, "you can buy any food you like and can take care of it after you've got it." That amused me because some women have to be pretty good at the art of convincing before the average man will admit the advantages of a refrigerator make it worth the refrigerator make it worth the money it costs. And that is under-standable, too, because it isn't the man of the house who has to run and down the cellar stairs with little bit of meat which you hope will keep all right until tomorrow. But wouldn't it be too bad if the average man had to live to be over a hundred before attaining that much wisdom? Fortunately the light usually dawns a little earlier than that . . . and then again, sometimes it doesn't dawn at all!

A. No; it is the duty of the man's family to make the first call, and as soon as possible.

Q. When asked to be a godparent to a child, is it necessary to give a gift on the day of the christening?

A. Yes.

Q. When leaving the dinner table to dance, what should one do with one's napkin?

A. Place the napkin unfolded beside the plate.

Q. If one has just moved into a new neighborhood and some of the neighbors have paid calls, how soon should one return these calls?

A. These calls should be returned within two weeks. Failure to do soo is a strong indication that the fermiendships are not desired.

Q. Is a bridegroom ever obligated to have his bride's brother serve as his best man?

A. It is his privilege to choose A. It is a contained the first call, and as a soon a soon also hear of the cooperative enterprise among a group of hone-builders who have become a title less independent.

Did you also hear of the cooperative enterprise among a group of hone-builders who have become a title less not of construction and have decided to form a little company of their own number of own and have decided to form a little company of their own number of own handle and person's ordinary line of work or hire a person's ordinary line of work or hire a person to do it was outside a person's ordinary line of work or hire a person to do it was outside a person's ordinary line of work or hire a person to do it was outside a person's ordinary line of work or hire a person to do it was outside a person's ordinary line of work or hire a person to do it was outside a person's ordinary line of work or hire a person to do it was outside a person's o Did you also hear of the copotential good customers have learned to do quite a lot of this extra work for themselves.

A few years ago a discussion often arose as to whether it was

| CROSSWORD PUZZLE | | | | | | 9. Symbol 19. Helper 11. Perusa 15. Southwestera cora meal 20. Sandpipers 21. Onit | | | | | -32. Spoken 33. Poem 41. Sloping water channel 45. Bitter 44. Pack 45. Simple | | | |
|--|---|----|----|-------------|---|--|----|----------|-----|--|---|----|----|--|
| ACROSS L. Gifts for the poor Thrust Rolling vehicle L. Vehamence L. Edible fern of | 4. Pilot 5. Let it stand 5. Browns in the sun 7. Knack 8. Founded | | | | 22. Cone-bearing tree for tree for 23. Voice 24. Metal 27. Force 25. Fars 39. Tremp 31. Metal sources | | | | | 45. Leave out 47. Yare 59. Piece of ground 51. Painting medium 52. Employ 53. Stitch | | | | |
| New Zealand 14. Hurry 15. Slum dwellings | F | 2 | 3 | 4 | | 5 | 5 | 17 | 3 | | 19 | Ю | H | |
| 17. Girl's name 18. Devours 19. Sinned | 12 | 广 | T | | | 3 | Ϊ | \vdash | i – | | 14 | | Τ | |
| 1. Incentives 14. Notion | 15 | T | | T | :5 | Г | Ϊ | 1 | | | 17 | Γ | | |
| 5. Mr. Carson 6. Jewish month 9. Resound | | | | 13 | | | İ | | !9 | 20) | İΤ | 1 | İ | |
| 2. To an inside spot H. Artificia! | 21 | 22 | 23 | | 100 | | | 24 | İ | Г | 1 | | W | |
| language 5. Move | 25 | Г | Ī | | 26 | 27 | 28 | | | 29 | | 30 | 34 | |
| 8. Equal 7. Not any 9. Piece out | 32 | | | 33 | | 34 | | | | 35 | | | Г | |
|). Float L. Peels L. Little | 36 | | | | | 37 | 1, | | 38 | | 39 | | | |
| 5. Of the ear 8. Numeral | | W | 40 | 7.5 | 41 | -9 | | | 42 | 43 | | | Ī | |
| Like an elm L Killer whale L Drudgery | 14 | 45 | | | SA. | | 16 | 47 | | | | | | |
| Increase | 48 | | | **** | 49. | 50 | | | | E. 10 | 51 | 52 | 53 | |

Answer elsewhere on this rage.

B. Hy. Hand

Courageous Scout-Scout Don Lee, 18, who has had no legs since he was nine months old, beams with pride as his foster mother pins an Eagle Scout badge on his chest. The youth, who lost both legs in an accident 17 years ago, completed all the tough physical requirements for the badge, including a 14-mile hike. Don is saving his money for the trip to the next

minutes? Or a woman do her own paper-hanging when there are axperts for the job? But that isn't the way our pioneers worked. In those days, necessity drove a man to be a jack-of-all-trades and the only time he called for help was when a job was too big for him to handle alone. Then a community bee was the obvious answer.

But we have lost that indepen dence, and now we are paying the price. On every side the hue and cry goes up—"We can't do this or that because we can't get help, there isn't a carpenter or plasterer available for months ahead. Sure, they promise to come but that's as far

so I was glad when I heard that significant little news item about these men getting together to build their own homes; and I was glad when Partner and Bob took over this deliver when ich themselves. this driving shed job themselves Actually, for that, this grand mild fall is responsible. Until the field work was done big repair jobs had to wait. So it was the time element that made our men' feel a carpen ter was necessary—not unwilling-ness or lack of initiative. And I suppose that is true of many farms, and the main reason why a lot of farm buildings are in need of repair. The field work has to be attended to first. However, I am still not anxious to see my menfolk put

eavestroughing on the barn. A bro-ken neck would be more expensive than a plumber's bill. The same applies to women and paper-hanging — or at least for those who have lost the agility to balance themselves on a step-ladder while wrestling with a contrary piece of ceiling paper. There are limitations—and there are also other jobs to do that help keep down the high cost of living. You don't

A minister was very tond of cherry brandy, and one of his elders thought he would play a joke on him.

"I'll give you a bottle of cherry brandy," he said, "if you will promise to acknowledge it in the ehurch magazine."

The minister undertook to do this and soon a paragraph appeared in

and soon a paragraph appeared in the magazine, thanking the donor for his gift of fruit and the spirit n which it was given.

The male half of a new dance team was pleading with a producer.

"You never saw anything so seasational," he raved. "To finish our act. I take my partner by the hair and whirl her round for exactly twenty spins. Then I wind up by heaving her through an open win-

The producer paled.

"Heave her through an open window!" he exclaimed, incredulously. "Do you do that at every performance?"

The young man shrugged. "Nobody's perfect," he admitted.
"Sometimes I miss!"

Give a pig what it wante when it grunts, and a child when it cries.
and you will have a fine pig and a
bad child.

Helpful Hints For Housewives

To shave chocolate finely, use a potato peeler — it's quicker and better than a knife or grater. Use a meet cleaver and wooden

shopping board for dividing frozen food packages. Just chop off what you need. Handy when cooking for . . . Whip cream ahead of time. It will not separate if you add a touch of unflavored gelatin. The gelatin also speeds up whipping.

Bake cookie dough scraps along with the cookies. Saves re-rolling the dough (which toughens it). Children delight in the queer shapes of scrap cookies.

Cover recipe cards with transpa ant shellac. Greasy fingermarks and food stains can then we wiped off

After washing dark-colored sox, roll them up and put them in a large muffin pan — a pair to a section — to carry them to the line. Then they can't fade on the other aundry.

Put a strong rubber band lengthwise around your paint can when painting — so the band will make a "bridge" across the top. Use the band to wipe excess paint off the brush as you work. Sides and top Cabbage odor is practically slice

inated if you add a piece of celery when you put it in to cook. Use outside stalk; discard colory when

Pipe cleaners make good hair ouriers. Soft to sleep on; make soft ourie; will not split ends of

Skipping ropes make gay tiebacks for the curtains of your child's oom. Tie rope in a perky bow with

Use worn-out leather gloves to make patches to reinforce knees and elbows in snowsuits. These tches make the suit wear longer and they're decorative, too.

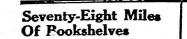


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DOLCIN TABLETS

Resented 1949, DOLCEN to the registered tradeork of this product.





A century ago, Harvard Univer-sity's library required 6,000 feet of shelf-length. Today the shelf-length needed is 78 miles! The ever-growing space-needs of libraries is a perpetual headache for educational and public authorities. The time may come when books as we know them now, disappear from the shelves and are replaced by small cards, about 5 inches by 3 inches, filed in cabinets. On these cards between 50 and 100 pages of a book will be filmed the reader will insert the card in an instrument called a microreader and read the enlarged image of the pages on a screen.

The microcard books in a library will take up no more space than the present reference cards in its cata-logue index. The cost of publishing a book in this new form is less than normal printing and binding, pro-vided that enough microcards are ordered—somewhere between a 50 per cent and 90 er cent saving. Or the other hand, frequent use of a "book," in microcard form will require more replacement than is the case with a normal volume; cards soon get grubby.

It is possible to get twenty pages of a full-size newspaper filmed on one card, and a number of American newspapers are already using this new system for storing their back issues. Just think of the space needed by a daily paper to keep just one or two copies of each day's issue year after year! There are al-ready ten firms in the United States publishing books in this microcard form. In Germany a photographic process has been developed which puts 140 pages of a book on one colors, and there is a wide variety of flavours. Yet they all have this in common

mall negative.

All the same, the idea is not as modern as many people might sup-pose. In the 1870 siege of Paris a French scientist started a pigeon post service carrying minute micro-photographed messages. Once again the urgent necessities of war gave birth to an invention of peacetime

Power in Tablet Form

By fitting to roller-skates a tiny motor no bigger than a matchbox, a Dutch inventor claims to have produced a new form of quick and ally oust the bicycle.

The fuel is solid gasoline in tablet

form. Each tablet costs ten cents and is said to provide sufficient fuel for a two-hour journey at a speed of 20 miles an hour.

It is claimed that the motor can e fixed to any pair of roller-skates in a few moments. The motor costs about \$5 to buy. How it works is a secret, but the inventor, who has been demonstrating his invention on Dutch roads, describes it as 'simple.' He wonders why other inventors ave not thought of it before now. He is now exp imenting with a gadget which would make it pos-sible to fix a seat to roller-skates to fix a seat to roller-skates, so that skaters could cruise along e roads in a sitting position.

A young woman, discovering he husband was a murderer, turned him over to the police in Fort Wayne, Ind. She thus became eligible for a \$16,000 reward.

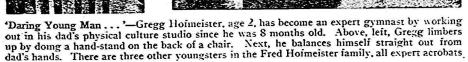


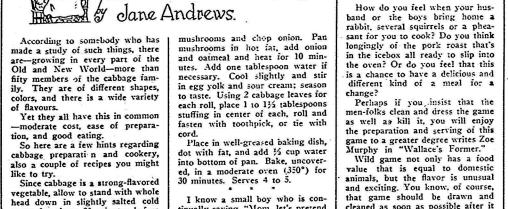
Laura Wheeler Flowers that bloom all year round! Crochet each little medallion separately — wonderfully handy

pick-up work. You'll never tire of this gay chair set! Simple to crochet. Pattern 912 has directions. Laura Wheeler's improved pattern makes needlework so simple

with its charts, photos and concise

Send TWENTY-FIVE CENTS lemon juice 1 in coins (stamps cannot be accept-ed) for this pattern to Box 1, 123 sage to taste Eighteenth St., N. w Toronto, Ont. Print plainly PATTERN NUMboiling salted water and let stand for 5 minutes rinse and drain. Slice BER, your NAME & ADDRESS.





Place in well-greased baking dish, dot with fat, and add ½ cup water into bottom of pan. Bake, uncovered, in a moderate oven (350°) for 30 minutes. Serves 4 to 5.

I know a small boy who is continually saying, "Mom, let's pretend it's Easter so you'll have to make Hot Cross Buns". (I also know some grown-ups who are pretty fond of fresh buns, any time of the year, and with or without the

so here's a recipe which I feel sure YOUR folks will like as well as MINE do. And that's a whole

METHOD: Place first three in-

gredients in a saucepan; bring to a boil over medium heat and boil

1 minute. Pour into 9-inch square cake pan. Mix and sift flour, bak-

ing powder, and salt; cut in short-

ening with pastry blender or two knives. Add milk to make soft

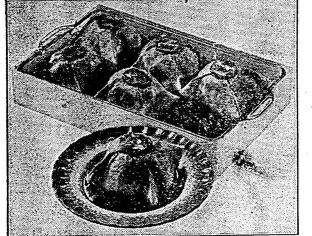
roll into rectangle 34 inch thick.
Cut into 1-inch slices and place

cut side up in syrup. Bake in moderate oven (370 deg. F.) 45 minutes.

Let stand in pan about 2 minutes.

SALLY'S SALLIES

and size of pieces). Drain, if necessary, blend with butter or bacon fat, and season to taste with salt 14 cup butter or margarine 14 cup brown sugar 14 cup Crown Brand Corn Syrup cabbage cooking a secret and avoid the usual kitchen smells, is to place 3 cups sifted all-purpose flour 4 teaspoons baking powder 2 or 3 slices of stale bread on top 11/4 teaspoons salt of cabbage before the cover lid goes I cup milk



Cabbage Goulash l medium head green or white

-moderate cost, ease of prepara-tion, and good eating. So here are a few hints regarding

cabbage preparati n and cookery, also a couple of recipes you might like to try. Since cabbage is a strong-flavored

vegetable, allow to stand with whole head down in slightly salted cold

water for about 3° minutes before

cooking.

To cook, remove outer leaves if

necessary, then quarter, lice, shred, or chop the cabbage according to

your own preference and variety used. Add a small amount of water

and ½ teaspoon salt; cover and simmer until tender (8 to 18 min-utes depending on kind of cabbage

1/2 cup kernel corn, cooked fresh

1 teaspoon chopped caraway seeds 1 bay leaf Salt and paprika to taste

2 tablespoons sour cream, if
desired

METHOD: Cut cabbage coarse pieces; dip tomatoes and peppers into boiling water; peel tomatoes and quarter, remove seeds of peppers and cut into thin strip lengthwise; drain canned corn.
Heat fat in saucepan, add veget ables and caraway; cover and sin mer over low flame for 15 minute Add bay leaf, season with salt and paprika, and simmer for another 10 minutes; remove bay leaf. Add cream, if desired, and let come to juick boil'once. Serves 4 to 5.

Stuffed Cabbage Rolls 8 to 10 large outer leaves of cabbage, green or white small onion 3 tablespoons fat

o tablespoons fat

l egg yolk

l cup oatmeal

l tablespoon sour cream or
evaporated milk soured with Salt, red pepper, marjoram or METHOD: Cover cabbage with

"No more spinach, Willie. Look what it has done to your father!"

1

Some Hints On

Cooking Wild Game How do you feel when your husband or the boys bring home a rabbit, several squirrels or a phea-sant for you to cook? Do you think longingly of the pork roast that's in the icebox all ready to slip into the oven? Or do you feel that this

of predicting the doom of Jerus-lem. He was suspected as a traitor and thrust into prison. But such harsh treatment did not deter him from being a faithful spokesman of God. When brought before the King, he said, "Thou shalt be de-livered into the hand of the King of Relyston." of Babylon."

O for more of the spirit of Jeremiah in the ministry of today; me heart; men who do not seek popu-larity, but who seek God and His message and then faithfully deliver it to the people.

cleaned as soon as possible after it is shot. Game should be kept at a one sprig parsley and one cup light cool temperature-32 to 45 degrees until it is to be cooke. All game is better if allowed to hang for 2 pieces for serving. Dredge in sea couple of days to season.

If your hubsand brings home a soned flour and brown in the drip-pings in the dutch oven. Scatter the pheasant as soon as the season opens, how are you going to cook it? Young birds can be cooked successfully by any recipe that is onion and minced parsley over the pieces and add the cream. Cover tightly and simmer over low heat

good for chicken.

But if there is any doubt in your mind about the age of the bird, why not try baking it? Here is a recipe that brings out the best flavor in any pheasant.

Baked Pheasant

Cut a rabbit into serving pieces and soak in equal parts of vinegar and soak in equal parts of vinegar and water for twelve hours before cooking. Sprinkle with salt and pepper, and dredge with flower and sprinkle well with salt and pepper, and dredge with flower and pepper. sprinkle well with salt and pepper.

Put enough sweet or sour cream
in the pan to make a depth of one quickly in a frying-pan.

Add water to cover and simmer slowly in a covered pot for one and one-half hours. Add two onions, two carrots and two or three pota-toes, all cut into pieces. Cook until at 300 degrees for about two hours. Make a gravy in the drippings and cover the bird before serving. the vegetables are done.

Thicken the stew with flour. Put in a greased baking dish and cover If you like your pheasants roasted, you will find it's a good top with pie crust or biscuit dough. Return to oven and bake until the dough is done. idea to add extra fat in the form of bacon, salt pork or fresh side-meat. To keep the breast from dry-ing out, you can roast the birds with the breast-side down. Be sure Roast Wild Duck Perhaps no other game meat i more tempting than roast wild duck. First, clean and wipe the ducks

to baste often. dry. Sprinkle generously with flour, salt, and pepper. Place a whole peeled onion inside each duck and Place a cleaned pheasant in a roasting pan and pour one quart of boiling water over it and into the cavity. Place a cup of chopped celery and one chopped onion in strips of bacon across each bird.
Or you can stuff ducks with a wild-rice dressing, made by boiling the bird. Or you can use a favorite -

dressing if you like.

Rub generously with salt and pepper. Lay four strips of bacon or salt pork over the breast and roast

Cover the bottom of the roaster the bird in a 350-degree oven for two hours or until it's tender. Baste

Broiled Squirrel Place a cleaned pheasant in a roasting pan and pour one quart of boiling water over it and into the cavity. Place a cup of chopped celery and one chopped onion in the bird. Or you can use a favorite

dressing if you like.

Rub generously with salt and pepper. Lay four strips of bacon or salt pork over the breast and roast the bird in a 350-degree oven for nvert pan to remove buns. Makes Raisin Nut Filling Combine 1/4 cup Crown Brand Corn syrup, 2 tablespoons melted two hours or until it's tender. Baste butter or margarine; spread over surface of dough. Sprinkle with 1/4 Broiled Squirrel If the boys don't bring home cup brown sugar, 2 teaspoons pheasants, they are pretty sure to present you with some rabbits or namon, 1/2 cup raisins and 1/4 cup chopped nutmeats.

squirrels before the season is over. Squirrels are among the finest and most tender of all small game animals. They also have a mild game flavor. Broiled squirrel is particularly delicious. It's best to split the carcass in half, brush the pieces with but-ter, and season with salt and

papper.

Broil at moderate heat in a broiler. Brown both sides and baste
frequently with drippings for onehalf to one hour. Meat should be
well done. Remove to a heated
platter, season again with butter and serve at once. Smothered Rabbit or Squirrel

Have at hand two rabbits or squire rele, one teaspoon sait, one-eighth tenspoon pepper, a dash of paprika, one-half cup flour, one-fourth cup drippings, one-half cup sliced onion,

Golden Text: "Woe unto him that

buildeth his house by unrighteous-ness, and his chambers by wrong; that useth his neighbor's service

for his work" Jer. 22:13.

Jeremiah has been called "the weeping prophet." Supporting this view are his own words, "Oh that my head were waters, and mine eyes

tears as the sign of weakness. The

were the expression of his grea

ments as contained in the memory

verse and "Execute ye judgmen

and righteousness, and deliver the spoiled out of the hand of the op-

pressor; and do no wrong, do no violence to the stranger, the father-less, nor the widow, neither shed

innocent blood in this place."

Jeremiah had the unpleasant task
of predicting the doom of Jerusa-

cream. Cut the rabbits or squirrels in

for one and one-half hours, or until the meat is tender. Remove the pieces to a heated platter, pours

Rabbit Pie

put them in a self-basting roaster. With toothpicks, fasten two or three

Cover the bottom of the roaste

with water. Cover the ducks tightly

and roast at 350 degrees for on and one-half to two hours, depend-ing on the size of the ducks. Re-

move the cover of the roaster the last 15 minutes, so the birds can

gravy over meat and lightly with paprika.

Toronto - Field Marshall Lord Wavell has accepted an invitation from John McKee, President of the Royal Agricultural Winter Fair and By Rev. R. Barelay Warren will visit the Toronto fair on No-"Jeremiah, A Spokesman of God" Jer. 1.9-10, 18-19; 22-1-3, 12-14; 37:15-17

sember 22.
Lord Wavell, who became Vieeroy of India after leading the Brit-ish Army in North Africa, will attend a reunion in Montreal of the Royal Highland Regiment (Black Watch). While he is at the Royal the Field Marshall will be provided with a guard of honor from Tor-onto's 48th Highlanders. The guard will parade in prewar white shell ackets and the pipe band in full

Important Guests

At Royal Winter Fair

Other important guests of the Royal will be His Excellency, the Governor-General, who will attend on Monday, November 21st, and the Lieutenant-Governor of Ontario, the Hon. Ray Lawson on November 16th.

Dr. Dannis' amazing's fast miss'—D. D. Dr. Prescription—did the trick Book popular this pre-cooks, Junio medication steed peece and coming from errol inching caused by ecoson, Junios, makes, athlists' soo and other inch truthes. This books, Print application cheeks even the most affect from application cheeks even the most application of the prescription of contrary or earn summer; book.

WAKE UP YOUR LIVER BILE-

How I Subdued

Wild Fiery Itch-

Without Caloma! — And You'll Jump Out of Bed in the Marning Rario' is Ge The liver should poor out about 2 pints of the hyden into your diseaster trant every days in this bile is not flowing freely your food may not direct. It may just deary in the dispative pract. Then gas bloats up your storasch. You get constipated. You feel soon, such and the world books puril.

It takes those midt, gentle Carter's Little Liver Pills to get these 2 pints of bile flows for roots you have you feel "up and up." dot a package today. Effective in making bits flow freely, Ask for Carter's Little Liver Pills, 35¢ at any drupstore.



RICH, CINNAMON BUNS



NEW FAST-ACTING DRY YEAST NEEDS NO REFRIGERATION! Stays fresh and full-strength on your pantry shelf for weeks! Here's all you do:

In a small amount (usually specified) of lukewarm water, dissolve thoroughly 1 teaspoon sugar for each envelope of yeast.

Sprinkle with dry yeast. Let stand 10 minutes.

THEN stir well. (The water used with the yeast counts as part of the total liquid called for in your recipe.)

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