SEND IT IN

or a joke that will amuse, send it in.
A story that is trise, an incident that's

"We want to hear from you," send it

Mover mind about your style, If it's only worth the while, send it in Will the story make us laugh? Bend 's Will it make a paragraph? Send it in.

If some good your words can teach, If some distant reader reach, If you have a glowing speech, send it i

#### Menu Hints

Recipes for Now and Novel Pitches: Manufeld Ideas and

> THE FOOD PRIMER By Betty Barclay

cooking and in honeywine (Mead). We use it largely as a tusty spread or as a flavoring for frostings.

HONEY DATE STRIPS

3 eggs, well beaten 1 cup honey

11/2 oups flour I teaspoon baking powder

i teaspoon vanilla 1 cup chopped nuts

I pound chopped dates Mix together honey and well beaten eggs. Add baking powder and flour, sifted together, then chopped dates nuts. Bake in long flat tin; mixture should not be more than is inch high

When baked, will be about 15 Inch high Out in strips 14 inch wide and 3 inches long. Pack away in crock; roll in powdered sugar before serving.

HONEY, APPLE, CHEESE AND

NUT SALAD 4 cups of apples, diced

2 cups cottage cheese 4 cup chopped walnuts

"cup honey w cup mayonnaise

walnuts, honey and mayonnaise. Heap Whatever one does, wherever one goes, given, up hope - but these pictures on beds of lettuce about two tablespoons- one makes contacts and I have yet to brought it closer to me than anything ful to a serving. Top with Maraschino meet the person who is absolutely dull. I have yet seen. There were many there

A POPULAR RADIO BROADCOST

season, this most spectacular of Can- snubbed. This great army of ordinary adian broadcasts will be heard Friday everyday people with whom we come in evenings at 10.00 p.m., E.S.T.

Outstanding commentators, under the guidance of Vernoon Bartlett, will again speak from Europe—an interviewer Canada probing for answers to the questions of the "man in the street."

Lionel Shapiro, Canadian correspondent in New York, will speak from N.B.C. Studios, relaying such latest happenings of the Oay White Way as are of interest to Canadian listeners.

A new technique will be introduced in the talks on Canada to make the very pulse of the nation audible to listeners throughout the country. Mr. Walter Bowles will broadcast from a different locality each week, telling of that district's contribution to Canada's progress and interviewing "national builders" who make that progress possible.

Yet another outstanding feature of the program will be the music-every selection will be specially arranged for the large orchestra and moir that is now in

broadcasts -- to be In aponsoring again produced by Victor George-Imperial Tobacco Company of Canada, Limited, is bringing a new experience to Canadian listeners. These Friday evening programs are live demonstration of the fact that the Canadian broadcasting is equal to the challenge for something new and spectacular

A TOUCH OF SARCASM

Mrs Guppy (thinking of Geneva)-Let me see-what is the name of that place where so much has been done to promote the peace of the world? Cuppy-I suppose you mean Reno?

# THE SAFE, SENSIBLE WAY TO RELIEVE CONSTIPATION

Every one knows the dangers of constipation. Pills and drugs usually bring only temporary relief. That's because common constipa-

Kellogg's ALL-BRAN contains "bulk" that does not break down in the body as does that of many leafy vegetables. ALL-BRAN absorbs twice its weight in water and forms a soft mass that gently sponges the

Kellogg's ALL-BRAN is a foodnot a medicine. In addition to "bulk"-it gives vitamin B to tone up the eystem, and iron for the blood. It is a healthful way to get rid of constipation and all its evils. Eat two tablespoonfuls daily with milk or cream—three times s day in severe cases. Or use it inmaking bran muffins, breads, in salads or soups. Guaranteed by

Kellogg in London.

1.4

Double-broasted square ber coat in plaid west

# Chronicles of Ginger Farm

Written Specially for The Acton Pres Press GWENDOLINE P. CLARKE

Is it ever possible, I wonder, for farmer's wife to leave home with any degree of comfort—that is, if there is no other woman to feave in charge? day I was on the run-naturally I want- I got it. ed to leave the place tidy and enough . There may be bigger pictures, possibly Honey is not a complete food but it in the house to keep the family from better ones professionally, but nothing I misgivings I finally took my leave.

gance. On and on I walked, through the Flower Show. There were also glimpses main streets, out of the city lights. My of dear old London streets-a sight inover-night grip, once a feather's weight, finitely precious to the heart of the now felt as if it were loaded with rock. person who has not seen them for years the time of eating, had been anything Churchyard, Constitution Hill, and, of feather-weight class. The way was all Green Park. Pictures taken in the sunsetti's poem, "And does the road wind of the two, the latter seemed far more up-hill all the way?" Physical hunger home-like!

good worrying, so I set about combining he reached home. Mix apples and cheese together. Add few occasions when this is not possible. home in England again-I have almost It was announced to-day that the to kindle the flame. If we find people memories of his trip. radio series "Canada 1937," which scor- unresponsive I believe the fault lies Next week I hope to attend the Book ed such success last season, is to be with ourselves. No one is going to vol- Pair in Toronto-and then I shall have renewed, starting November 5th. This unteer confidence at the risk of being something to tell you again!

all have their life story, which we should probably find very interesting, if it were written in a book. Even from my short trio I could give you surprising enameter sketches, if it were not for divulging Wiltshire, England, who is coming to the jump at 7 feet 4 inches. confidences. .

To wind up my business-pleasure trip I went to see "100 Men and a Girl"-Deanna Durbin's latest picture. Don' mirr it if you want to see a good show and enjoy good music. And don't be suprised if you find yourself with a catch in your throat-it's that kind, too.

Thursday night Daughter went Toronto to see "Twelfth Night," with the rest of her Porm. Priday, both the youngsters went to a Hallowe'en dance at the school, and I went to see Corons-Last week I planned to go away for a tion pictures, taken by a fermer resident couple of days, and then did not make of this district-a doctor. Partner had it. This week I tried again-a now or already seen them and was so impressed never attempt and managed to get away with them that I was just longing to on Monday on the six o'clock train. All see them too. I expected a treat, and

contains vitamins and small portions of starvation. To depend on the youngsters am likely to see in a theatre will give practically every element used by the was unthinkable between school hours me the thrill that I got from the doctor's human body. As far as food value is and home-work there is but a breathing Kodak film. I felt as if I were standconcerned, it supplies almost 1500 space—no time for anything but to feed ing right there in the London streets calories to the pound—thus ranking very chickens and get supper. Partner was with him while the pictures were being busy ploughing -lost time would mean a taken. There was a delightfully intim-Durope uses this food extensively in lot to him.' And so it was with many ate touch—one saw people in the film whom one knew-there was the doctor's The place where I was going was a family on board ship, all mixed up with long way out of the town, and the bus Mr. Mackenzie King and other potenleft the station five minutes before my tates. There was the doctor and his little daughter in Court dress and there I looked longingly at the taxis, but, not they were again in the garden of a house having lost the use of my legs, to take a where they were staying. And again

taxi appeared to me as sheer extrava- at-the Zoo, Kew Gardens and Chelsea By contrast, my supper, which, even at -Trafaigar Square, Picadilly, St. Paul's but substantial, was itself reduced to the course, Buckingham Palace, taken from up-hill. I thought of Christina Ros- shine, pictures taken in the rain-and

and wearmess echoed most emphatically. The Coronation procession itself was marvellous, as also were later pictures Of course I finally finished my walk, of a trip which the doctor took through otherwise I wouldn't be writing this now. Germany and Switzerland. And then Later I discovered, to my dismay, it again the trip back to Canada, up the would be impossible for me to get home St. Lawrence River and finally the docas soon as I expected. But it was no tor's own garden, as it appeared when

business with pleasure. There are very It may be that I shall never visit my Why, there are people whose very dull- watching them and if everyone derived ness is intriguing-one feels there must as much pleasure from them as I did be something that he or she is interest - then the doctor was doing a wonderful ed in if only one knew the right spirk thing in sharing with us the pictured

outact-and of which we are one-they Benito Mussolini.

TITLED ENGLISH HORSEWOMAN FOR MOYAL HORSE SHOW.

Lady Wright M.P.H. of Royal Winter Fair Horse Show, Toronto, November 16th to 24th, has achieved out- Durley, a prominent member of high jumping of remarkable daring and Great Britain. skill. Within the past three years she! Lady Wright is bringing four of her modernism in equitation.

leading English shows, and last spring at the big Olympia Horse Show in Lon-Burtonge, don, she established a record for a lady's

She is the wife of Baron Wright of standing repute in the world of horse- British judiciary and now one of the manship where she has specialised in Lords of Appeal in the High Court of

One hundred and twenty years ago there

were only seven of us working on the

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discount clerk, a second bookkeeper, and

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three English ladies who act as Master of Pox Hounds, having been joint "Master" of the Tedworth Hunt in the south of England since 1935. Her riding school and training place is the last word of

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# PLAIDS, TWEEDS, WARM AND CHIC

For Walk Wear Wool Coat, Suit



Warm coats for school; business or clubs are the particular interest of every woman since the cooler weather has been with us. Fur coats, sports coats, suits with top coats that will stand the wear and tear of everyday activities and keep us warm and look smart are the ticket. For a walk in Central Park, New York, or any jolly park on any happy morning. the new double-breasted square box coats in plaid wool in rust, brown and beige, is good. The turned-up felt hat is the

correct thing to wear with this coat. Off for the club convention might well be the young woman wearing the smartis tailored suit. It is a tweed with the new hairy surface. The coat has that new straight-line back. It comes in brown, green or rust, with collar either of pole welf or raccon, or in black tweed with platinum walf collar

Two-piece tweed suits with contrasting jackets continue to be favorites with well dressed women at smart outdoor events The hat made of the suit material is an individual style that intrigues women who like their clothes that way

And, speaking of tweeds, next spring's coats and suits of that justly famous material are going to be pretty lively as to color, especially in sports wear. Rich mixtures combining from four to nine colors are going to be popular, say stylista

Brightly olored woollens in rough finish are an indispensable part of the wardrage, and as women feel they can have dress clothes, and everyday garments taince the days of the depression when we had to make one set dor, it is more practical and economical to buy some cologful rough woollen garments to wear for motoring, in the country, for bu-tness shopping and general wear.

These need not be expensive. A smart little two-piece, short jacketed suit with a rough-and-ready type of topcout, will nuke not too much of a dent in your tudget, if you choose them carefully,

## NEST BUILT OF STEEL

Built of steel from watch aprings and other metallic oddments, a nest has just been presented to the Natural History Museum of Soleure, Switzerland, The donor a watchmaker, had thrown fragout of his window as he worked. Wagtails carried away the pieces one by one and built the nest entirely of metal and a family of birds was reared in it.



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strong and efficient-by pursuing a policy

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ing safety and banking assistance of

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Dominion itself, yet young as the latest

sound business enterprise of Canada, we

are working as usual on our 120th

-Courtesy Good Housekeeping Hairy twood three-place suit in brown, green or rust, with pole welf

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x-Through to London

s-Except Sun. and Hol.; b-Sun. and Hol; o-Set; d. except Set. Sun, and Hol.; .- Bat., Bun. and Hol.