Andtheir Semplines le

Called the Christ-Thorn The buckthorn is one of a very large family whose members grow all over the world. Some of them have long and interesting histories, but only a few of them live up to the family name by producing thorns, says a writer in the Chicago Tribarea Probably the most famous varicty is the Asia Minor and Europeen buckthorn, which is sometimes called the Christ-thorn. It got its name from the legend that the crown of thorns which Christ was forced to wear was made from

this shrub. English writings in the Eleventh century mention the backthorn (also known as waythorn or Hartshorn) and its uses in medicine. Welsh physicians in the Thirteenth century used to advise that the juice of the buckthorn berry be mixed with honey and taken as an aperient drink

One of the most interesting relatives of the common buckthorn is the species which grows in the western states. The Indians like the dark berries of the western buckthorn, which is unique in that it is said to color the body of anyone who eats the berries. Soldiers fighting Apaches in the early days reported they found Indians whose bodies were red from gorging on the buckthorn berries.

The buckthorn's use in medicine is not its only recommendation. Its small greenish yellow flowers are especially favored by the bees; goats, sheep, and horses like to eat the berries, although cows refuse to touch them. Gethered before they are ripe, the berries make a yellow dye used for staining papers and maps. A different shade of yellow dye is prepared from the bark of the buckthorn, and the ripe berries make a green pigment when mixed with other ingredients. To the landowner, farmer and outdoor fan the buckthorn is a decerative shrub which bears an at-

## Outlying Territories of

very late in the season.

U. S. and How Acquired The outlying territories of the United States are the following: Alaska, purchased from Russia in 1867 for \$7,200,000.

Hawaii, annexed in 1898 at the request of the people of Hawaii. Porto Rico, ceded by Spain at the conclusion of the Spanish-American

Virgin Islands of the United States, consisting of the more westerly of the Virgin Islands group in the West Indies, the others being British. These islands were formerly known as the Danish West Indies, and were purchased from Denmark in 1917 for \$25,000,000.

The Philippines, taken from Spain by the Spanish-American war, \$20,-609,000 being paid Spain in settle-

Guam, an island of the Mariana Archipelago in the Pacific, also ceded by Spain in 1898.

American Samoa, consisting of four islands of the Samoa group in the south Pacific. From 1889 to 1906 the United States, Germany and Great Britain exercised a kind of joint protectorate over Samoa. In 1900, following the overthrow of the native king, the islands were divided between this country and Germany, by agreement among the

Grass 200 Foot Tall A If you saw grass 200 feet tall, you would be surprised; but a species of grass does attain that height. Only it does not look like grass, and we call it bamboo. It grows as much as a foot a day. The bamboo has a hundred uses. In the East, says London Tit-Bits Magazine, the tender shoots are cut with care, curried and eaten, and the dish is regarded as a great delicacy. But the uncooked shoot must never be allowed to touch the bare skin, for tiny hairs on it cause intense irritation to human beings. Among the articles into which bamboo is fashioned are poles, rugs, screens, milk containers, water buckets, gramophone needles, flutes and other musical instruments, water pipes, pipes for smoking, cigarette holders, sweets, kites, canes, swords, pens, fences, lances and scores of other things.

Marriage of Two Kimenes One of the most famous weddings in Japan in many years was the marriage of two kimonos, solemnized in a Shinto ceremony in Kyoto in 1934. The bride was a celebrated, 222-year-old hand-painted silk garment, says Collier's Weekly, while the groom was a renowned, 110year-old hand-embroidered cotton robe. This marriage was such an important event, in fact, that those ewning copies of the wedding invitation will not sell them at any

Lighthouse Built About 311 B. C. The light emitted from the ancient Highthouse at Alexandria, one of the even wonders of the world, came from a buge wood fire which was ! hopt burning at the summit continfor a distance of 60 miles but modern knowledge disputes this: The lighthouse was built about \$21

## TESTED RECIPE

--- By Frances Lee Barton-ONE of the easiest guest suppers to serve, when you are trying to combine the roles of cook and hostess, is a

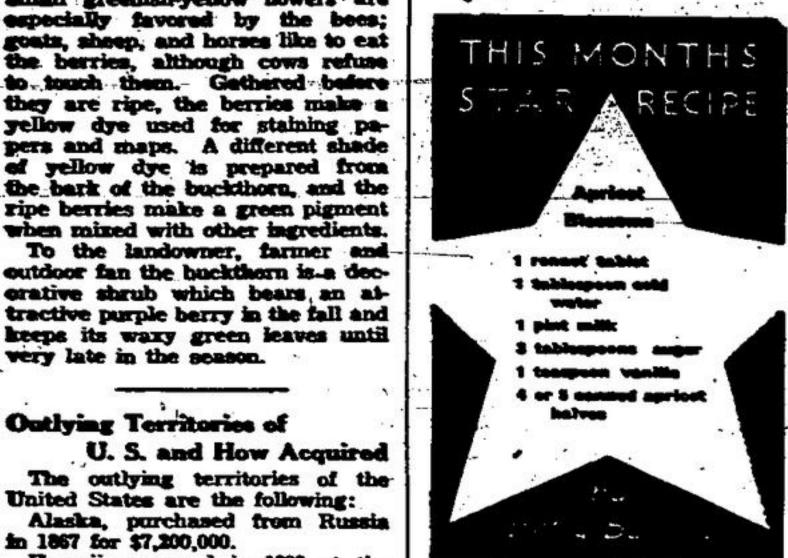


single plate meal of cold cuts flanked by a salad. Your choice of a salad will make all the difference in the world to the appeal of your

supper plate. Here is a refreshing tangy salad --a perfect supper partner for cold meet. Flanked by a plate of hot biscuits and a dessert of cake and coffee, you'll have a meal your greats will enjoy, and one which can be prepared well shead of their arrival.

Cranberry and Orange Salad 1 package orange-flavored gelatin: 1% cups hot water; 1 medium orange, unpealed and seeded: 2 caps raw cranberries; 3 tablespoons

Dissolve gelatin in hot water. Chill until alightly thickened. Put orange and cranberries through food chopper: add sugar. Fold into walightly thickened gelatin. Turn into individual molds. Chill until firm. Unmold on crisp lettuce. Serve with mayonnaise. Serves &.



METHOD

Make remet-custard according to directions in package. Chill in refrigerator. Just before serving top each dish of respet-custard with one of the canned apricot halves with the rounded side up. Here is my second "STAR" recipe. It will appeal particularly to those readers who have children -although this tasty dish will de-

light the adults as well. I call it "Apricot Blossoms" and children simply love it. No boiling. no baking, no expensive ingredients - but here is a luscious, wholesome dish that is certainly entitled to this month's star. I submit it for

Clip the Star Recipes for Your File

sults you desire. Try an ad next week. service.

## HEARTBURN KEPT HIM AWAKE

Afraid to Eat Square Meal

What a worry he must have been td his wife ! No food agreed with him Acid indigestion made him positively wretched. In this letter, his wife tells how he got welcome relief:--

"My husband developed a wretched form of gastric acidity," she writes Meals were a misery to him. He often could not sleep for heartburn Business kept him from home a great deal, but when he did get a spell at home, I gave him Kruschen Galts.' I was amaged at the results. That weary look left his face, and his indigestion gradually disappeared. It is a treat to hear him say, Tim hungry.' It seems too good to be true."

-(Mrs.) KMK The numerous salts in Kruschen help to promote a natural flow the digestive and other vital fuices the body. Soon after you will find that you are able to enjoy your food without distressing after-effects. And as you presevere with the "little daily dose," you will see 'that Kruschen brings glorious relief.

A STREAMLINED RURAL MAIL

The average rural mail box is a good deal easier for the patron to handle than it is for the rural mail courier, says the Seaforth Expositor.

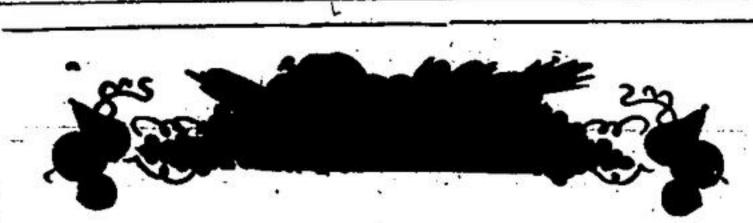
That does not bother the man who sales. is getting his mail. He only has one . No one craft is suitable for every box to open. With the courier, how- woman. An older woman with conseseveral miles of them to open and a craft such as cabinetmaking at a close, and in wet and wintry weather studio, while a very busy young moth-

end it all. At least, we notice the entirely self-taught. its approval.

entire cover swings up and back. in Canada, are living in a pretty fast age, so the next thing we know we will be streamlining our rural mail please? boxes too.

## DOG GOES TO CHURCH

Juno, an Alsatian, guides her mistress, Miss Johnson, two miles to church at Aintree, England, every Sunday. Miss Johnson lost her cight five years ago, and for a long time was a prisoner at home until the dog was found to guide her. Juno looks up and down each road before crossing, and on reaching the chapel walks sedately down the aisle, taking her Herald advertising brings the re- place at her mistress' feet during the



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CANADA SEEN AS LAND OF PROME

Canadian Newspaperwoman Travelling Through Caechesiovakia is Asked all Serie of Questions About the

Commenting on her experiences in Central Europe, a Canadian newspaperwoman writes: "In travelling in Czechoslovakia certain questions and exclamations greeted me over and over again when I was identified as Canadian.

"The most frequent was, what are the regulations for getting into Canada? Is it easy? It must be wonderful to live in a country like Canada where you are never in danger of

Then there was the young man in the train in northern Maravia. When he heard us speaking English it soon became eviednt that he was dying with a desire to speak. He consulted with two friends who quite obviously egged him on. Finally he took courage and said, "Please, how are you -please?" and he was overloyed when he realised he had been understood. The tradition that Canada is the Promised Land still exists — and if we compare it with the unenviable situation of many a European nation -it is evident the tradition is not far

HOBBY SOURCE OF PLEASURE May Cost Little or Much, But It's

Always Fun

Before embarking on a new hobby There are some perfect one, of course, it is necessary to have some prebut we are talking about the average, liminary information - something of and the door one the average mail the character of the craft, the initial box is something that won't stay shut; cost of the equipment, good books of that won't stay open; that breaks off; instruction, other methods of learnthat sticks, and that always squeaks, ing. practical uses, and outlets for

ever, it is something else. He has uctive hours of freedom could study that is some job when he has to use er might weave in the evening. Some a different technique on almost every hobbies such as photography, woodwork,-and sketching, a husband and Apparently the rural mail couriers wife can share; others are exclusively across the line have experienced simi- feminine. Some cost little or nothing: lar troubles with the boxes of their some can be worked at for 10 minutes patrons. But now they are going to and then dropped; and some can be

other day that at the thirty-fifth an- There is nothing new to be said nual convention of the United States about the pleasures of having a real rural mail couriers, that body passed hobby, but most people do not realize a very considered judgment upon a how constructive these pleasures are new streamlined mail box, and the or how they enrich every aspect of Post Office Department is likely to give the hobbyist's life. 'The instinct for sound craftsmanship carries over in-The new streamlined mail box has to humdrum daily duties; studios, no door at all. Nothing to open or workshops, exhibitions, libraries, muclose, or stick, or anything else. All seums all suddenly develop to deep the mail man has to do is to press a and lively interest; and best of all finger on the rear of the box and the there is a generous welcome from the fascinating, international and histori-Simple and easy; isn't it? We, cal brotherhood of fellow craftsmen.

Nephew-Uncle, will you sing,

Uncle-Certainly, Tommy; but why? Nephew-Well, Fred and I are play- them rock. ng at ships and we want a foghorn.

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Cora-"I never knew Jones had what twins." Dora- My dear! He married Bright Student-The wind makes telephone girl, and, of course, she gave him the wrong number."

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