## QUICKEST METHOD TO RELIEVE A COLD



1 Take 2 Aspirin Tablets.

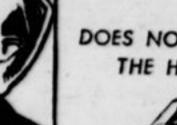
Follow Directions to Ease Pain and Discomfort Almost Instantly

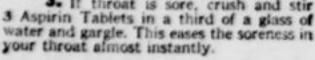
When you have a cold, remember the simple treatment pictured here . . . prescribed by doctors everywhere to-

Because of Aspirin's quick-disintegrating property, Aspirin "takes

of water . . . every 2 to 4 hours the first day-less often afterward . . . If throat is sore, use the Aspirin gargle.

s made in Canada and all druggists have it. Look for the name Bayer in the form of a cross on every Aspirin Tablet. Aspirin is the trade mark of the Bayer Company, Limited.





Drink full glass of water

THE HEART



FIVE CROOKED

CHAIRS

ner table, absorbed in some problem

but unsuccessful attempt to thwart three thieves in a bag-snatching raid

watches the door. Suddenly he hears waiting patiently for his meal and

employer-Corville Perkin. dam, in his private hours experiments with short-wave wireless. Walking homeward, Adam is run down by a large swift car. He calls on Priscilla Norval.

up." Once he had delivered himself he himself was the only person prefence. But he did think so. He even

invention. All day he had to guard | ing." a heavy suitcase full of apparatus, his honeymoon, and came dangerous. I get the rabble started." ly near insistence on an examination of the wardrobe they assumed him to be carrying. The fear of their good-natured interference haunted him all day. Valves are such delicate things, and if this valve were busied themselves with microscopes broken he was by no means sure that and Bunsen burners, and the Profeshe could reproduce the features that sor signalled surreptiously to Adam might be responsible for his extraor- with his eyebrows aand went out. A

method of approach to the Professor. Professor's private room. It seemed to him to be essential to | "Needn't have bothered to bring the baby was born, the mother, engage his interest before his official all this," grumbled the old fellow. Mrs Sheridan became critically duties commenced for the evening. "Plenty of apparatus here to choose and died in General Hospital at 3:45 tween our Governments."—Sir Ronin the habit of snatching a meal between lectures in a little student's sir, just as I used it. You see I do tea-shop opposite the college. Gen- not know how far some of the acerally he would sit solitary at a cor- cessories may be concerned in the



Issue No. 3—'35

day as the quick, safe way.

hold"- almost instantly. Just take Aspirin and drink plenty

But be sure you get ASPIRIN. It

DOES NOT HARM



By FAREMAN WELLS 

Adam Meriston, a farmer's son, so much that the chatter of the stu- Health Goes Long articled to a solicitor, makes a brave dents flowed over him unnoticed. To break in on his solitude required The bag was torn from the hands of a considerable termerity for he possessgirl who afterwards explains to Adam ed a biting tongue when annoyed by that it contains the day's takings of her the least hint of an impertinence. When Adam arrived at the tea-

Her father recounts the history

on one and seated himself on the other. The man of science did not five antique chairs he possesses, so much as look up, though an immediate and ominous silence fell It was as if it required an intense over the whole room at the sight of this unprecedented liberty. Adam politely said, 'Good evenof this word he made a continual stupid reiteration of it that caused Mr. "Good evening," answered the Pro-Perkin to glance at Adam with an fessor without raising his eyes. "I nearly as good as walking half a almost comical expression of hope- ordered two eggs on toast and a pot lessness It seemed to Adam that of tea, thank you." "It's Meriston, sir, I wanted to sent to feel that there might be some. speak to you please." thing more than usual in this insis-

tence on what is so frequently the Professor now looked up blindly. in the beauty game. A bad disposi-"How's your mother?" Now as the man had assuredly thought that the poor tongue-tied fel- never so much as heard of Adam's low might be endeavoring to state the mother he decided wisely to ignore the question. "I've something ex-The case sufficed to keep Adam tremely important to ask your advice interested until the arrival of the on if I may. I've been making a evening, when he had plotted to ap- short-wave wireless valve and I've proach Professor Starling about his hit on something that looks interest-

An Expert Opinion,

"You take your stuff over to my the outer clerk in his "luggage" would room," said Professor Starling, after lead to horseplay. They pretended Adam had outlined his discovery, too. But you can refrain from outto believe that Adam was going on "We'll have a go at it as soon as bursts of temper and "sulking"

There was a remarkable short lecture at the institute that evening, and laboratory work started a full quarter of an hour before the sched- New Year's Baby Brings uled time. The students obediently

"I thought I'd better bring the lot, results as yet."

"No, no. Very good idea, You've got the scientific outlook, I'm glad to see, Meriston."

Adam thrilled with pride as he continued to wire up his circuit. "We haven't yet decided whom we shall test it on," he remarked pres-

"Oh, that's all right. Try it on me, try it on me, . Takes a lot to make me frightened, young man. More than you'd think, I daresay." Of course in spite of his unfeigned interest, the man was sceptical, and realizing this, Adam himself be ban to feel considerable doubt whether, after all, the phenomena that had appeared so infallibly in all his stable experiments would repeat themselves among these new surroundings. At length, having arranged the earthshield so that the slit faced the Pro-

fessor, he switched on. They waited a long minute in silence while an ironical smile gathered about the firm old mouth. "I don't seem to experience anything out of the ordinary so far," he said in tones 50 of a resigned irony.

Completely abashed, Adam turned Italian Women the shield so that the slit came round to his own side. He too felt none of the mysterious excitement. The experiment was a fiasco. He felt bitterly ashamed

"It looks to me as if you have not been sufficiently careful to eliminate outside causes for your alleged phenomena. Sure there's no ghost in your stables?" the Professor remarked acidly. There are things besides extremely short waves that may act on the nerve centres of young men like yourself. When you get to my age things like you have described simply don't happen

"But there was the cat, sir. I go the same reaction from him," objected Adam, still fumbling.

A moment later he felt once again a shiver of apprehension. The circuit was now working. He had made a bad connection in his nervous haste. Without a word he turned the shield so that the rays were once more directed towards the old man

"All you young men are alike," the Professor was saying tolerantly. "You are in too much of a hurry always. ran round to support him,

"Good Lord above!" he murmured Starling sat down, or rather slumped. weekly. or longer period scales, Adam at first seriously alarmed for be reduced proportionately to him, was relieved to find the recov- reduced working schedule. Collective ery as rapid as the attack had been wage agreements in which In a few minutes he was sitting up number of workers determines wage and talking rationally once more, scale will not be affected by "This is a very remarkable phenomenon, Meriston," he said. "Very remarkable. I presume you had made a bad connection."

(To be Continued)

Way Toward Beauty

indicate that you are beautiful but one and a half million in agriculture. it does mean that you have a certain room his man was already seated, verve and dash about you that is crease of women in industry over the fashion; the fragile Victorian akin to beauty. Fortunately, modstaring short-sightedly at the pages erns judge a girl by her charm and of a scientific periodical. Adam went personality more than by her looks boldly up to the table. It possessed and the one sure way to a more three chairs of which, of course, two pleasing personality is physical well only were vacant. He put his bag being.

Remember that regularity is the password to health. Try to sleep the same number of hours each night, eat your meals at the same times every day and take a reasonable amount of exercise. Omitting exercise all week and then playing several sets of tennis on Saturday isn't

Remember, too, that a healthy person is likely to have a pleasant disposition and an amiable person-The ality-both of which are real assets tion puts wrinkles across your forehead and around your eyes and makes the corners of the mouth turn down instead of up. No one minds laugh lines but there is nothing to be said in favor of frown lines. Besides, people who have unpleasant, that you have to be a veritable Polly- surviving products of the industry, matron was inspired to substitute anna and go around making every which was well-established in Bed- them with sugar buns. These buns effort to be sweet. That's tiresome, fordshire in the 18th century. spells and in their place substitute tolerance and graciousness.

Death to Mother

Hamilton, Ont .- Hamilton's first New Year's baby arrived one hour of Hob Green, Yorkshire, and his few minutes later they were unpack- and five minutes after midnight to family still live in the district. He had carefully thought out his ing the apparatus together in the bring both joy and sorrow to Mr Edward P. Sheridan. Shortly after o'clock in the morning.

• During the season of the year when

friends delight to drop in unexpectedly is

a time you'll appreciate the great all-pur-

does it make delicious shortbread—always

a favorite with the unexpected guest-but

it is truly the flour which is best for all

your baking. Whether you are making

light, tasty cakes, delicious flaky pastries, or

more staple baking, such as bread or rolls,

you'll find the uniformly high quality of

PURITY an asset in your kitchen. Each

bag maintained at the same high level,

through careful selection of hard spring

wheat in Western Canada by our repre-

sentatives. Buy a bag of PURITY FLOUR

at your grocer's. You'll find one brand-

and that PURITY—all you need to keep in

BEST FOR ALL YOUR BAKING

your kitchen for all kinds of baking.

pose value of PURITY FLOUR. Not only

# Replaced by Men

This Coincides with Mussolini's Plan For More Marriages and Babies.

The 40-hour week is in operation in industry in Italy. Women gradually are being replaced by men which coincides with Mussolini's plan for more marriages and babies. "Social Justice" was the new slogan of Mussolini's program for his

13th year of power. Practical application of "Social Justice" 'akes the form in ments made between the Employer and Employes Confederation with the sole aim of increasing employment in all branches of industry, banking and insurance by means of abolition of overtime, restriction t the 40-hour week and gradual elimination of women workers.

OVERTIME

Overtime can only be authorized on special occasions when both You never stop to verify ...... Oh, parties (employers and employes) Lord, Oh, Lord!" His face had gone agree that it is necessary within a nasty grey. His mouth dropped specified reasonableness. Under n open to display an infamous set of condition must it become habitual artificial teeth. His hands went If work in any branch be developed shoulder high, the thin old fingers so as to demand overtime being prostiffening as if with cramp. Then he longed or habitual an increase in the though few of us know the source staggered. Adam switched off and number of workers must be instigat- from which these customs are de-

With the introduction of the 40distractedly. Tottering to a chair, hour week wages based on daily, increase of workers. Insurance and banking confederation employes who receive 600 lire a month in officer: and employes' positions, and 400 lire a month in subordinate positions will be cut off the payroll. No on person can hold two jobs.

WOMEN IN INDUSTRY Of 21,000,000 women in Italy, which 4,000,000 are over nearly 4,000,000 are engaged Being healthy doesn't necessarily gainful occupation including the In the past decade a marked inagriculture can be observed in the comparison of statistic table. Com- painful, stinging rice. panies having more than 20 employes must not exceed 12 per cent. of their number in women in banks and other similar institutions. 15 per cent. in women in insurance; in cases where this does not exist yet, actual replacement must place within the period specified according to individual agreements.

> Bridal Dress Of Two Hundred Years Ago Given Museum

A bridal dress of nearly 200 years ago has been presented to the Victoria and Albert Museum, Lon-

The bride treasured the dress, which has been handed down through | churchyard gate, on which they | from "Ima Bear," describing her her family, until it came into the possession of Lieut.-Colonel Robert bridegroom's trade. A carpenter ready to wed; the other from a

its billowing flounces and "sack" cers and horseshoes. back, was worn a bright red cloak. sour dispositions generally have foundation of plaited straw, and it with raw grain, it later took the equally obnoxious personalities. Not is believed to be one of the earliest form of baked biscuits until a Tudor

and freshness.

a long time for a perfect example of that period. The bride for whom it was made was Mary Horner, of Sunderland-

wick. Yorkshire. Her husband was William Reyard,

"I have never thought that Anglo-American co-operation must depend ald Lindsay.

Salada Orange Pekoe Blend will prove a sheer delight to lovers of fine tea.

**Marriage Customs** 

Tying of Old Shoes Mainly versal.

It is a well-known saying tha "all the world loves a lover," it is equally true that all the world loves a bride. Also most of us all the delightfu' customs and cessories which make a modern wedding such an enjoyable affair, al

Why do we pelt the happy pair is the origin of the wedding cake?

A wedding breakfast in Anglo-Saxon days could hardly have been any fun at all, even for the bride. there was an awkward pause. No tulle or orange blossom for her, quantity of wheat was poured over her head. After this uncomfortable grain. an unpalatable and dry meal, belonged to the male sex. as hospitality did not run to drink of any kind

Gradually corn - the emblem of plenty-was superseded by rice, but it was not until the last century that rose petals and confetti became brides objecting to the showers of

THE CHIEF GIFT While rice-throwing at weddings is practically universal, the tying of old shoes is mainly practised in those parts of the world inhabited by the Dionne quintuplets. the British.

At one time the staple gift of bridegroom to bride was a pair of shoes. It was a essential as the engagement ring. These were presented to the bride on her wedding morning and were treasured by her with the utmost care, as her husband was not supposed to beat her Ky., made an offer to marry any people,

until they were worn out. The triumphal arch was originally a week and is going begging. erected in honor of the bridegroom. lagers would build an arch at the which Jack regarded as a burlesque,

The evolution of the wedding cake The wide-brimmed hat has a has a romance all its own. Starting were spiced and coated with almond The dress still retains its charm paste and were rich with comfits. They were provided, not by the Lieut.-Col. Key said he had pre- bride's mother, but by the guests. sented the dress to the museum be- | They were not eaten at the breakcause they had been searching for fast, but were piled in a heap before

Are You Rundown, Tired?



strength, and my weight fell off 20 pounds. Before I had finished the first bottle of Dr. Pierce's Favorite Prescription I felt much better, had more strength and better digestion."

New size, tablets 50 cents, liquid \$1.00.

Large size, tablets or liquid \$1.25 Large size, tablets or liquid, \$1.35.

Illustrated is shortbread recipe number on the new PURITY COOK BOOK. Contains 743 tested recipes, with numerous hou

the bride and afterwards distributed Blair while she was teaching three among the poor.

in the wedding cake. His culinary day. Practised by Those of Brit and artistic tastes were offerded by ish Extraction - Rice the unsightly mound of sticky buns, ed. so he covered the ugly mass with a Throwing Practically Uni- clean, white coating of sugar. Since then the wedding cake has here," the child answered,

developed considerably, but it is not

She Smokes

Hamilton-It was the first meetwith rose petals and confetti? Why ing of the board of control this Leaf Clover," which has since been do we tie an ald shoe on the back year, and Controler Nora-Frances produced by innumerable rural comof the car, to the consternation and Henderson was sitting with her feet embarrassment of the inmates? What | under the big table in the city hall for the first time.

The controlers filled their pipes, the mayor drew out a cigarette and was started with the proceeds and a but no her head she wore a chaplet the table, produced a "fag" also. In leisure time programs were not of corn, while at the church door a a few moments there were five realized asked for help and suggesspirals of smoke ascending to the tions. An editor suggested the Comceiling and business proceeded just | munity Welfare Council might be inperformance the guests ate the as it used to when all the controlers | terested

London's First 1935 Baby

1935 baby arrived here at 10.19 o'- Since taking the position, Miss newcomer is the daughter of Mr. and verse and a novel, has been swampthe Salvation Army Hospital here. for assistance, some coming from as The father is a distant relation to far west as Saskatchewan, others Dr. A. R. Dafoe, famed physician of from Quebec and Northern Ontario,

Ima Bear Says She's Willing And

woman who could earn at least \$18

Publication of the offer so far Until quite recently, in Kent the vil- has brought only two replies. One, hung implements belonging to the self as an elderly female willing and would have a saw, plane and foot fatherly person advising him not to Over the yellow silk dress. with rule. A blacksmith a hammer, pin- "surrender," because women are "still physically and intellectually



APPLY HINDS Velvety Softness



### Young People Needed Guidance

Little Girl's Question Started Jessie Beattie on New Line Of Public Service

Toronto.-As a result of a spark ignited by a 10-year-old girl one year ago, Miss Jessie L. Beattie today is director of rural recreation for the Community Welfare Council of Ontario.

The trail that led Miss Beattie to the position began in the village of girls privately.

It was a pastry cook of Stuart | "You don't live here, do you?" days who wrought the final change one of the children asked her one "Why, Mary?" Miss Beattie ask-

"Of course, I know you eat and sleep here but you don't really live

Miss Beattie looked at her for a often that such magnificence is to moment and then replied, "I don't be seen as in the cakes for the re- believe I do." She realized she cent Royal wedding. One weighed wasn't taking any part in commun-800 pounds and was surmounted by ity activities and decided to enquire a silver vase filled with white roses, about them. She found the young the Duchess of Kent's favorite people wanted something to occupy their leisure time.

A firm believer in the amateur play as one of the best means of development and entertainment combined, Miss Beattie wrote the "Four munnity dramatic groups. She called the young people together and rehearsals soon began.

The play was a success. A library dramatic club was formed. Organ-Miss Henderson groped geneath izations in other communities where

Miss Beattie went to council officials who told her they had been looking for almost two years for someone of rural extraction and Kin to Famous Doctor with a keen interest in promoting cultural recreation. She was ap-London, Ont. - London's first pointed almost immediately.

clock Jan. 1 morning. The little Beattie, author of two books of Mrs. Lewis Dafoe, and was born in ed with requests from rural clubs and hasn't an open date until the end of March. The Community Welfare Council,

which is financed by subscriptions, will send Miss Beattie to any community in Ontario that desires her services for organization or develop-Jack Louis Brown of Louisville, ment of leisure time of young

## Liquid Diet

please forget that old "feed a cold and starve a fever" adage before it does harm to your small sufferers.

The moment your child begins to sniffle, take his temperature. This definitely informs you juts how "hard" his cold is and you can choose his diet with all the facts in hand If the thermometer registers above normal keep the child in bed and give a liquid diet. It might be better to call the doctor, for the first symptoms of many children's diseases seem to be "just a cold."

VARY LIQUID DIET A liquid diet may be fun if you take a little pains with the broths and soups, cereal gruels, raw eggs combined with milk and fruit juices, and cocoa.

If there is no temperature try a light, easily digested diet. Children of school age need nourishing food but no meat when in bed and little sugar. Vegetables, fruits, eggs an milk will do for a day or two. When there is a cough, avoid dry foods. In this case, all the semi

solid foods that "slip down" easily are suitable. Finally, when the cold is broken a diet of higher-than-ordinary caloric value should be supplied to help the body repair the ravages. This means

easily digested fats-butter, cream bacon and olive oil-with generous use of eggs, milk and fruit. Keep them on building-up diet until all traces of the cold are gone. MENU SUGGESTIONS The following light menu for a day may help you in planning others. Breakfast: Orange juice or to-

mato juice, well cooked cereal, cream, crisp toast, milk. Supper: Lamb broth with barley, shredded lettuce with French dressing, whole wheat bread and butter sandwiches, baked apple with cream,

Items: Be sure the bread is cut thin and toasted slowly for the breakfast toast; the French dressing for the lettuce salad should be made with lemon juice and olive oil; fruit sherbets, ice cream, custards, gelatines and whips belong on the easily digested diet.

Some districts of England and Wales have not been officially sur



The housewife with a g for that old-fashioned day loaf, is always ready for t school lunch box. Here loaf recipe upon which you

Old-fashioned Nut L 2 cups sifted cake flour 2 teaspoons double-actin teaspoon salt 2-3 cup butter or other s

I cup sugar 3 eggs. unbeaten 1 cup finely cut nut m

ther three times. Crean oughly, add sugar grads blend, Add flour, alternate Add vanilla. Bake ate oven (350 degrees F.) and 15 minutes, or until dor

FRUITED BRAN BRE By Betty Barclay It is very popular at pro

Fruited bran breads may be in good running order.

Bran Fig Honey Brea

14 cup brown sugar 22 cup honey 1 tablespoon melted short

1 cup bran 21/2 cups flour % teaspoon soda

2 tenspoons baking powde l teaspoon salt

22 cup chopped pecans I cup chonned figs

hour and 15 minutes. Prov

Bran Prune Bread 1 cup bran 1 cup sour milk 12 cup prunes (soaked

hours, stoned, drained chopped) 1 tablespoon molasses % cup sugar 1 cup flour

teaspoon soda 1 teaspoon baking powder 14 teaspoon salt Mix together the bran, soul

can. Cover tightly and steam hours. Yield: I loaf. 8 servings.

Here's an idea that comes d from one of the most famou chens in New York. To give a new and different ness of flavor to your meats

COOKING HINTS

not the syrup in which ripe apples are packed. The pineapple juice has the a to intensify the flavors of me

and 1/2 pineapple juice. Be st

use the natural unsweetened j

MUTT AND JEFF, THE ESKIM

