

atic story of how Lord... founder of the Boy... ment—used the science... in selecting a wife, is... famous Scoutmaster (in... "Lessons of a Life... Powell did not marry... well over 50 and out of... Army. In fact, he was... a "confirmed old bachelor... his best friend once... when the subject crop...

it in the neck one day... expect it, old boy!"... chuckles B-P (as he... is known).

of following up the... peking I had practised... using people's charac... footprints and gestalt... the world over read the... well as the actions or... the footprinter, e.g.,... imply a liar, outside... means adventurous...

erch I came to the... instance, that about... women were very ad... one leg and hesitant... able to act on... I came to an ex... my attention.

anted where a girl... to me and whose... een — trod in a way... to be possessed of... pose and common... of the spirit of ad... pended to notice that... led with her. This was... in the Army and I... Knightsbridge Bar... at the time. I thought...

ater, on board my... at India, I recogniz... in a fellow-passen... need I charged her... London. Wrong. My... fault; she lived in... not a brown and... registered.)... in London? Near... barracks?"... ago."

married," adds B-P... ever after."
ily expect to find a... in the tobacco busi... It is a fact, how... Frankan founded a... in the tobacco trade... el, "Peter Jackson... upon the firm early... garettes that help... Jackson's fortune... ular brand. Frank... also a well-known... obably counts for... one best sel... name "Frank Dan...

ult thing in writ... ing, the initial... sasin Gorky, noted... and most writers... gives the tone to... tion," he adds... for it for a long... essantly while at... ver been able to... of writing with... e that the type... influence upon the... After a manu... correct it two... elmen eliminating... enes. When it... it is only with... ead it over, and... with a sense of...

man, an English... ghthman, joyous... adventurous and... journey over the... one of them—... station in a... northwest India... American wo... Merrick—who... tical story of the... "World's Little"—... ters she wanted... tion. So she... an—Sandy for... them for me... "I'll post them."... ing, for, says...

With the remorseless... memories of Fu Manchu's... murders harrowing my mind... I reached the house of his... latest victim. The shadow... of that giant evil seemed to... lie upon it like palpable... cloud. I ran up the steps... and rang the bell...

Woman's World

By Mair M. Morgan

IMPORTANT MEAL TOO OFTEN OVERLOOKED
Thinking up variations year in and year out for three square meals a day—it's a career all by itself. even if the census makers and other statisticians do persist in putting the housewife down as one with no occupation.

Kinds of Breakfast
The very light breakfast includes fruit, some sort of bread—such as toast or rolls, and a beverage—milk, cocoa or coffee. This type of meal is suitable for adults whose habits are sedentary and who eat adequate noon meals.

The slightly heavier, though still light breakfast adds cereal to the above. This meal is convenient because it provides the essentials of the children's breakfast and takes care of adults who are moderately active physically.

The medium breakfast consists of fruit, cereal, eggs or their equivalent, bread and beverage. It is suitable for school children, adults who are very physically and those who take very little luncheon at noon.

The heavy breakfast adds an extra-hot dish to the medium breakfast menu. Persons who are engaged in strenuous muscular work and those whose total food requirements for the day are high need this kind of meal.

For Inactive Persons
Keeping these classifications in mind, it is simple to plan one breakfast menu which will meet the needs of all members of a family no matter how diversified their interests. The inactive person may merely refuse the extra dishes and concentrate on the light or medium items.

The child's breakfast should furnish every necessary element for proper nourishment. His stomach has been without food for the longest period during the twenty-four hours, and is ready for a meal which will supply food for energy since an active child uses up a vast amount of nervous and muscular energy during the day. Fruit or fruit juice, hot or cold cereal with cream or top milk, milk or cocoa made with milk, toast and a soft cooked egg makes a full-balanced breakfast for a growing child.

VALUABLE USES OF ICE AND ICE WATER
To a great many people, ice has become simply a means of making summer drinks refreshingly cold. We're apt to overlook the many valuable uses of ice and ice water, as well as cold, in the household, laundry and sickroom.

Here are a few suggestions:
A chilled knife will cut meringues, cakes and pies in neat, even slices, without sticking. Simply dip the knife in cold water each time before cutting a slice in a meringue-covered pie, and you will have evenly cut slices.

Ice water is used to thaw out frozen fish before it is cooked. Several minutes' standing in cold or ice water makes hard-cooked eggs easy to shell.

Ice water washes the salt from butter that is to be used in making pastry.
Cold makes cream whip better and easier. Place cream, bowl, and whipper in the refrigerator a while before whipping cream.
Ice water and chilled utensils make pastry more tender and flaky.
Cold makes bread that is too fresh, "firm" for sandwich cutting. Place bread in electric refrigerator an hour and it will resemble day-old bread when cut. Angel-food cake also cuts

easier after placing a while in the refrigerator.
Cold sets the flavor in dishes such as soups and stews. Store these dishes in the refrigerator and re-heat for second serving.
Chilling makes cookie dough easier to roll, and permits using less flour.
Ice cubes folded into a dampened soft muslin or cheese cloth make an excellent face pack to stimulate the skin.

Cold storage in the refrigerator makes facial cold cream go farther. Ice water applied to face and hands is first aid in fainting.
Ice water compresses are the best bandage for an eye which has been injured or cut by a foreign particle until the doctor comes.
Ice water baths and ice packs are used to reduce the patient's temperature in case of sunstroke.

Soaking a new toothbrush in cold water overnight will prevent the bristles from loosening until the brush is ready to be discarded.
Cold or ice water helps remove grass stains. Moisten stain with cold water and cover it with soda, let stand for two hours, and then rinse out in warm water.
Cold water removes egg stains on dishes or cloths. Dishes which have contained eggs should always be rinsed in cold water before putting in hot soap suds.

Cold water loosens the dirt in clothes. Make a suds of cold water to soak clothes before laundering.
Cold water poured over frozen plants may save them. Cover the plants with newspapers and set in a dark place several days.
Chilled air sometimes offers quick relief to a headache. Temporary relief may be had by putting the head inside a refrigerator which holds relief to hay-fever sufferers. In an temperatures well below 50 degrees.

EGGS IN MANY GUISES
ENRICH VEGETABLE MEALS
Eggs are always good as a substitute for meat. Only, when you feature eggs in the meal proper, be careful not to serve an egg-y desert such as a custard or souffle. All vegetables combine deliciously with eggs, and scrambled or poached eggs and a crisp salad make a fine luncheon.

Unless many vegetables are included to furnish bulk, eggs are good on a toasted foundation.
Eggs, Chilean style, are piquant and appetizing. Try them for dinner some evening.
Eggs Chilean Style
Two cups chopped fresh tomatoes, 1/2 cup grated cheese, 1/2 cup chipped dried beef, 1 teaspoon grated onion, 2 tablespoons shredded green pepper, 1 teaspoon paprika, 1 tablespoon butter, 4 eggs, 4 squares hot buttered toast, fresh cress.

Press tomatoes through a coarse sieve to remove seeds. Add cheese, dried beef, finely chopped onion, pepper and paprika. Cook over a slow fire until cheese is melted. Add butter and eggs slightly beaten. Stir and cook until eggs are just set. Serve on hot buttered toast and surround with water cress. The tang of the cress is perfect with the egg and cheese combination.
Egg and ham timbales are economical but are so "dresy" in appearance that you could serve them at a guest luncheon.

Egg and Ham Timbales
Four eggs, 1/2 teaspoon salt, few grains pepper, 1/2 teaspoon onion juice, 1 cup finely chopped ham, 1 cup milk, six rounds of toast.
Beat eggs until light. Add remaining ingredients and mix thoroughly. Turn into individual, well buttered timbale molds and place on many thicknesses of paper in a pan of hot water. Bake in a moderate



The Right Hon. David Lloyd George, famous British statesman, and his wife and daughter. Miss Megan Lloyd George, who recently was initiated as a bard, attended the National Eisteddfod, Wales' age-old annual festival of poetry and music, which was held this year at Caernarvon. This photo shows Megan Lloyd George and Sir Michael Assheton Smith, Mayor of Caernarvon.

Sunday School Lesson

LESSON XII — September 22
JAMES (A GREAT CHRISTIAN LEADER)—Acts 15 : 1-21;
James 1 : 1-17.

GOLDEN TEXT—Blessed is the man that endureth temptation; for when he hath been approved, he shall receive the crown of life, which the Lord promised to them that love him. James 1 : 12.

THE LESSON IN ITS SETTING
Time—The council at Jerusalem took place at some time between A. D. 47 and A. D. 52, the date being determined by the particular chronological scheme the student chooses to follow. It fell between the first and second missionary journeys. The date of the Epistle of James cannot definitely be determined. It was no doubt written before the council at Jerusalem. Some place it as early as 45 A. D.

Place—The council of Jerusalem took place in the Holy City. No doubt James wrote his Epistle from this city also.
"James, a servant of God and of the Lord Jesus Christ." It is significant that the author does not speak of himself as the brother of the Lord. It was more to be bond-servant of God and of the Lord Jesus Christ than to be brother of the Lord after the flesh. "To the twelve tribes which are of the Dispersion." "Greeting." The literal meaning of the word is to rejoice, and here it would mean, "I wish you joy."

"Count it all joy, my brethren." Brother is a form of approach to a member of the Jewish or Christian brotherhood who address to other members whom he recognizes as equals.
"When ye fall into manifold temptations." It should be noticed that the word temptations in the margin is translated trials. It is a word used, in a general sense, of proving and testing, and thus also of adversity, of affliction sent to prove or test a man's character.

"Knowing that the proving of your faith worketh patience." Patience here implies not only mere passive submission, but the perseverance which does not falter under suffering, in the midst of the trials and temptations of which James is here speaking.
"And let patience have its perfect work, that ye may be perfect and entire, lacking in nothing." The form of the counsel implies that the work might be hindered unless the will of those who were called to suffer cooperate with the divine purpose.

"But if any of you lacketh wisdom, let him ask of God, who giveth to all liberally and upbraideth not; and it shall be given him." Wisdom is more than knowledge and is better. Man may have extensive and accurate knowledge, and, at the same time, be anything but wise.
"But let him ask in faith, nothing doubting : for he that doubteth is like the surge of the sea driven by

the wind and tossed." Lack of faith is virtually making God a liar.
"For let not that man think that he shall receive anything of the Lord." Whether the word Lord here refers to the Father or to the Son, is difficult to determine. Possibly, the thought of a distinction between the divine persons.

"A double-minded man, unstable in all his ways." Double-minded is a most expressive word, as if the man had two souls; one for and the other doubting; one for and the other against. The double-minded man whom St. James has in mind is the man whose moral nature is enfeebled by the vacillation and double-hearted condition of his own soul.
"But let the brother of low degree glory in his high estate." The brother of low estate is, of course, the poor, or without prominent place in a community or in the life of the Church. He is a child of God through Christ, heir of eternal blessedness; instead of resenting his poverty and being discontented with his obscurity, let him remember that he is a prince and glory in it.
"And the rich, in that he is made low : because as the flower of the grass he shall pass away." How many rich men have, in the last four years, since the terrible depression which has come upon our land, known what it is to be made low! In this one is also to rejoice, because it compels him to see that he may lose everything, and that he is just as dependent upon God as the poorest of his children.

"For the sun ariseth with the scorching wind, and withereth the grass; and the flower thereof falleth, and the grace of the fashion of it perisheth : so also shall the rich man fade away in his goings." It is amazing how many truths the writer of this Epistle illustrates from the scenes of nature. The love of nature which runs through them was, no doubt, remembered and cherished in the village home at Nazareth, and it forms another link between St. James and his divine Brother.

"Blessed is the man that endureth temptation; for when he hath been approved." Approved here means tested and found genuine, as metals are tested to prove their worth. "He shall receive the crown of life, which the Lord promised to them that love him." A crown is given to the victor, and, in many cases, is worn by those who are truly kings. Thus a crown speaks of both triumph and sovereignty.
"Let no man say when he is tempted, I am tempted of God." Thus did Adam insinuate that he fell because of God's gift to him of Eve (Gen. 3 : 12); cf. Prov. 19 : 3; 30 : 8, 9. "For God cannot be tempted with evil, and he himself tempteth no man." He who was absolutely righteous could not be the originator of sin. He tried men, but does not tempt them.
"But each man is tempted, when he is drawn away by his own lust, and enticed." Lust, or rather, desire, in its widest sense, includes desire for safety, riches, ease, as well as

NEWSPRINT EXPORTS

Exports to countries other than the United States are becoming a matter of increasing importance to the Canadian newsprint industry. Where, as such Canadian production in 1927, they amounted to eighteen per cent of the increased production of 1924. In the interval between 1922 and 1924 there was a major recovery in the volume of newsprint production. Where Canadian production had fallen to 1,914,000 tons in 1922, by 1924 it had reached 2,599,000 tons. Or this increase, one-third was sold in overseas markets. If this expansion in new markets were merely an outlet for some of Canada's surplus capacity during the depression, it would be regarded as a welcome relief, but as of temporary importance. In point of fact, however, the careful study of the situation found in "Newsprint in the World Market", a pamphlet published by Mr. R. K. Martin, Secretary of the Newsprint Export Association, suggests the probability of a steadily increasing overseas demand for Canadian newsprint.

Scandinavian output of newsprint seems to be approaching the maximum which can be economically produced in that area. A like report is made concerning Newfoundland. While it is said that the United States could greatly increase production by developing mills in Oregon or Alaska or by a new process, making use of the pines in the south, such developments would involve large investments, which seem improbable unless newsprint prices rule much higher than in recent years. It is possible that there may be an increase in the amount available from Russia, but in that country there has been a steady increase in home demand and it may even prove difficult for Russia to keep abreast of her own requirements. In these circumstances a study of the trend of consumption in foreign markets must be of peculiar interest to Canada.

Between 1927 and 1924 newsprint consumption in Great Britain increased from 844,000 to 1,291,000 tons; that in France from 235,000 to 400,000 tons; that in Russia from 85,000 to 182,000 tons, and total overseas consumption showed an increase of more than 1,300,000 tons.

Canada, with forty per cent of the world's newsprint capacity, producing two-thirds of the new-print which enters into international trade and with an excess capacity as compared with 1924 production greater than that of the whole of the rest of the world, has been the chief sufferer from under-consumption and low prices. With the trend toward recovery well established, and with indications that newsprint consumption is likely to show a large per capita increase in many overseas markets, Canada stands to receive the chief benefits from such improvement in world demand.

In 1927, per capita newsprint consumption in the United States amounted to 58 pounds; at the peak in 1929 it was 62 pounds. In 1927 per capita consumption in the United Kingdom was 27.5 pounds and that in Australia and New Zealand was 43.5 pounds. There was no other overseas market in which consumption had reached one-third of the per capita figure in the United Kingdom. At that time there was a general assumption that the per capita consumption in the United States was so high as to be unattainable in any other country. In 1934, however, British consumption reached 67.5 pounds per capita; that in the United States was 48 pounds, and that in Australia and New Zealand was 43.9.

In this seven year interval, per capita consumption in Argentina was more than doubled, increasing by 12.5 pounds; and that in France and Holland increased by more than 7 pounds, while consumption in Japan and Scandinavia increased by more than 4 pounds per capita. In the countries mentioned in the last sentence, the gain in total volume consumed has amounted to more than 75 per cent. The gains in Argentina, France, Japan, Holland, and Scandinavia have amounted to 489,000 tons; the gains in the United Kingdom to 447,000 and the gains in other overseas markets to 351,000 tons. The United States consumption in 1934 was 214,000 tons less than in 1927. In the following table will be found the figures of per capita consumption in 1934, together with gains and losses as compared with 1927. In spite of the gains mentioned, the per capita consumption is still at a low level, leaving a wide margin for expansion as the populations of these countries begin to take a wider interest in news and advertisers begin to utilize this approach to their public on a more adequate scale.

Per Capita Newsprint Consumption

	1924	1934	Gain in lbs. as comp. 1927
United Kingdom	27.5	67.5	×20.
United States	58.0	48.0	—10.
Australia	43.5	43.9	× .4
New Zealand	43.5	43.9	×13.9
Argentina	27.0	24.9	× 7.4
Holland	24.9	19.9	× 7.7
France	19.9	18.0	× 4.5
Scandinavia	18.0	11.7	× 4.1
Japan	11.7	11.6	× 0.7
Germany	11.6	3.6	× 1.1
Italy	3.6	2.4	× 1.2
Russia	2.4		

Darling School Wear



For wear in school, here is a darling dress of warm rust novelty woolen.

If, however, it is not school wear which is required, other materials will render the model suitable for various occasions. For instance, black wool-like silk with gay accent in velveteen bow and buttons, would be most attractive.
Style No. 3256 is designed for sizes 11, 13, 15, 17 and 19 years. Size 15 requires 3 1/2 yards of 39-inch material.
HOW TO ORDER PATTERNS
Write your name and address plainly, giving number and size of pattern wanted. Enclose 15c in stamps or coin (coin preferred; wrap it carefully), and address your order to Wilson Pattern Service, 73 West Adelaide Street, Toronto.

FU MANCHU

By Sax Rohmer



"Oh the poor, brave lady!" she murmured.

THE SEVERED FINGER—Cadby's Visitor.



I told the old lady what I considered necessary about Cadby's death, and promptly, to my astonishment, her grief was lost in embarrassment. Then the truth came out! She pointed shakily up the stairs, and stammered: "There's a young lady—in his room, sir!"