

IS GOOD
NUMBER OF
DIFFERENT WAYS

anked Chops Or A
Roast Followed By
my Peach Mousse.

Like preparing meals
cause there's some sub-
things they like. And
they don't bother about
dinner with men cen-
thick mutton chops,
these, you need loin
roasting lamb.
to take out the
and put strips of
lamb kidneys in the
meat and roll it up,
with small skew-
one and one-half
ap each slice with
lard pork.
for each person to

ANK CHOPS
to boil the chops on
a hot, well-oiled
meantime heat the
and rub it with but-
Place chops, cook-
the plank and ar-
tomatoes or stuffed
around the chops
thing into a very
ish cooking. Serve
seasoning the chops
with sprigs of
are good for serve
fish. If you use
and peppers, stuff
succatah and the
mixture of celery

of lamb is a good
with fresh vege-
of lamb is decor-
Usually the
is suitable for a
With its filling it
ten persons gen-
The ribs are sep-
one and then
as for French
circle, having the
be firmly. Trim
ones evenly, care
they are not too
one with a thin
to prevent the

OPPED MEAT
is finely chopped—
from the roast—
veal mixed with
flavor. Add a
six thorough-
up, letting it
of the tops
Roast two and
in a moder-
salt pork and
up frills before

USSE
cream, I treated,
2 table-
tablespoons hot
1 1/2 cups peach
and water and
Add sugar,
each pulp and
stand until
am which has
m. Turn into
and freeze.
r, pack in six
cream salt
bring.

Window
ains all shut-
shines coming
with a glimpse
of flowers, a
window, with
when the
ugh!

mine a nod.
or to trace
pearls be-
when the
d glory and
through!

and wien
shadows,
all;
with try-
of pain,
delicah

CANADA GAINS

Writes the Toronto Mail and Empire—"The Dominion Bureau of Statistics publishes a table showing 'Net Imports and Domestic Exports of Thirty-Five Leading Countries of the World for the Calendar Year 1934 Compared With the Year 1933.'"

Thirty-one of the countries listed showed increases in imports, and thirty-two increases in exports. Canada, amongst the thirty-five chief trading countries of the world in imports occupied eleventh place in 1933, and ninth in 1934, and in exports, sixth place in 1933, and fifth place in 1934. The countries in 1934 having a larger import trade than Canada were Belgium-Luxemburg, France, Germany, Italy, Japan, the Netherlands, the United Kingdom and the United States; and a larger export trade, France, Germany, the United Kingdom and the United States.

In percentage of increase amongst the thirty-five countries Canada occupied eleventh place in both imports and exports.

Canada, in trade recovery in the calendar year 1934 compared with 1933, and 1933 compared with 1932, improved her position amongst the thirty-five principal commercial countries of the world. In comparing trade for different periods, it is important to bear in mind that values are not necessarily a true measure of the quantity or volume of merchandise involved. Changes in the nominal values of imports and exports over a given period may be caused by variations in quantity, fluctuations in price, or by a combination of these factors. A preliminary compilation has been made comparing the value and volume of Canada's trade for the fiscal year 1934-35 with that for 1933-34.

The declared values by main groups are shown in tables for 1933-34 and 1934-35, together with the values obtained by re-valuing the quantities of 1934-35 at the average import and export prices prevailing in 1933-34. This eliminates the element of price fluctuation and permits a comparison of the volume of trade in the two years. The declared value of imports increased from \$133,799,000 in 1933-34 to \$532,431,000 in 1934-35. If prices had not risen from the 1933-34 level, the value of imports would have increased nevertheless, to \$494,247,000, an increase of \$60,448,000, indicating an expansion in the volume of imports of 13.9 per cent.

Exports increased substantially both in value and volume, rising from \$579,343,000 to \$650,900,000 in declared value, and to \$630,836,000 after allowance for the element of rising prices, representing increases of 13.9 per cent. in value, and 8.9 per cent. in volume. This improvement has continued during the present year.

All of which provides cumulative evidence that this Dominion is forging out of the depression both abso- lutely and in comparison with other countries.

SO THEY SAY

"History does not solve present problems but sometime it helps with their solution."
—Emperor Haile Selassie.

"If you are seventy-nine you'll not want to discuss the fact."
—George Bernard Shaw.

"I do not think mankind is in the mood for another war."
—General Jan C. Smuts.

"Talk of my quitting is absurd. I like the excitement too much."
—Helen Wills Moody.

"The development of moving pictures has saved more than one gov- ernment by offering imaginary ad- ventures to those who lack the real thing."
—Andre Maurois.

"The late depression turned out so far as the theatre was concerned, to be a blessing in disguise."
—George Jean Nathan.

"If tipping were made a penal of- fence, the habit of it would die out, and in a very short time we should wonder that it had ever existed."
—A. A. Milne.

"One of the few sure things in life is that the right idea will eventually prevail, however much ridicule it may arouse in the initial stages."
—Bruce Barton.

"A fellow can't be tops in his ca- reer unless he is physically able to stand the gaff, and mentally clear, as well."
—Rudy Vallee.

"I am a looker-on now and after a very full and busy life I find it not an altogether unpleasant occupation."
—Queen Marie.

"The man who is mobbed for do- ing something generally deserves it— for doing something else."
—G. K. Chesterton.

"Science is a continuous struggle against ignorance."

HAVE YOU HEARD

The 13th of the month falls on Friday more often than on any day.

Man—How's your hay fever?
Friend—So much better that I now feel safe in starting out with only three handkerchiefs instead of the dozen I usually take while it is going strong.

It is just about this time of the year the child figures how he is going to keep out of college, while dad figures how to keep him there.

Pat—When are you going to pay me that \$10 for pasturing your cow?
I've been keeping her now for ten weeks.

Mike—Why, Pat, she ain't worth ten dollars.
Pat—Well, suppose I keep her for what you owe me then?
Mike—No, indeed, Pat, but I'll tell you what I'll do. You just keep her two more weeks and then you can have her.

Getting rich is easy. Just hold on to vacant lots and let other people build a city around you.

Jewel—I asked Cleveland if the grapefruit was very juicy.
Helen—And did he tell you.
Jewel—No, but I read the answer in his eyes.

Nature's Signs

When you see sweet juicy apples hanging low upon the trees, and you hear a kind of yawning in the mid September breeze, when the bees all start to act like they'd got drone-blood in their veins, and you feel a growing coolness in the slanting autumn rains— When you find the monthly roses don't have near so many blooms, and the folks drift off the porches to the family setting rooms. Get a plate of cakes and cider and pull up your rocking chair, you can bet your bottom dollar Old King Winter's in the air!

Joe MacTash while walking along the street met Sandy McToom carrying a new piano on his back.
Joe—Sandy, are you economiz- ing again?
Sandy—No, I digna wish to wear out the wheels.

If you tell the wife you would marry again, she is peeved—if you tell her you wouldn't on a bet, she is also peeved. Queer critters, women.

Bride—What can I do to save steps in preparing a meal?
Married Friend—Move next door to a delicatessen.

SEPTEMBER BREEZES—A hay fever cure is not unlike religion, helps come but doesn't take with others. . . . The best way to feel in the pocket. . . . Two dimples go well with the fat of the land. . . . Peace at any price is cheaper than war at all prices. . . . He who hesitates is bossed. . . . Slogans do not have to make sense to be catching. . . . A pound of pluck is worth a ton of luck. . . . A slighted woman knows no bounds. . . . Laugh and grow fat. . . . If business is worth any of your time, it is worth all of it. . . . There is no substitute for work. . . . An important factor in all business is promptness. . . . Even a mule will develop horse sense if you treat him like a gentleman. . . . But he is never afraid of the boss if he knows he is doing first class work. . . . Our idea of a soft job is a feather renovating business. . . . Probably a man becomes a grave digger so he will be prepared for any undertaking. . . . If a criminal hasn't a scar by which they can catch him, they are hopeful he has a woman. . . . The prayer meeting is the only attraction that isn't discouraged by empty seats. . . . The best way to break a bad habit is to drop it.

Salt Money

Salt is so precious in Tibet that it is used for money. Stamp it with the Prince's mark for it will exchange gold for it! Windsor Salt, uniformly pure, will surely be high standard in gold value!

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SCOUTING Here There Everywhere

A brother to every other Scout, without regard to race or creed

A troop of Polish-Canadian Scouts is one of Toronto's newest Scout Groups. The Group is sponsored by the local Polish Alliance.

Camp food donations to the 1st Pro- vost, Alta. Scout Troop this summer included a whole sheep, which it was thought would "keep the Scouts for a couple of days."

Members of the local Rotary and Gyo clubs did the work on the ceiling of the new Scout hall at Nelson, B.C., as a way of practically backing the local Scouts.

On behalf of the Knights of Col- umbus, Grand Knight R. A. Cannon presented a troop flag to the new Catholic Scout troop of the Redempto- rist Fathers' Rectory at Calgary.

A Boy Scout Troop Class was a feature of Bicycle Day," an innova- tion this year at the Canadian Na- tional Exhibition. Cyclists of the 20th Toronto Group took first place, fol- lowed closely by the 43rd and 49th.

Several hundred Scouts from vari- ous points in Canada and the United States occupied the Scout Camp at the Toronto Fair this year. The camp was located directly north of the Do- minion Government building, and was in charge of Scoutmaster Allan Fraser of the 105th Toronto Troop.

EVERY DAY LIVING

A WEEKLY TONIC by Dr. M. M. Lappin

"IT'S NEVER TOO LATE"

Everybody is familiar with the old adage "It's never too late to mend." It is an adage with truth in it. A letter has just come to me from Miss A. K., and after reading it, I deeply sympathize with her for she has certainly had a tough time. Physically, she has had a great deal of illness, and her physical condition has undoubtedly had a mental reac- tion. Try to take your mind off your troubles, Miss A. K. It is not always easy to do that, but you will never achieve much until you do. With a little effort it can be done. In your capacity as supervisor in a children's home you should be able to find some things to interest you and take your attention away from yourself and your condition. You want to find something to occupy your attention in your spare time also and perhaps the best way to do that is to follow some definite line of study. You speak of taking up the study of French or of Elocution and ask if

you are too far advanced in life to do that. Of course not. "It's never too late to mend" and we never reach a time when mental development is be- yond us if we are prepared to go about it in the right way. Men and women have started out on new ven- tures and have made success. You are and have made success. I can cite a great many instances which demonstrate that. My advice to you is to set a definite objective be- fore yourself, and steer a straight, clear course toward that.

There is much more that I would like to say to you, but it is hardly ap- propriate to say it in this column, so I am writing to you personally and, if after receiving my letter you think I can be of further service, I will be glad to have you write to me again. Please do not hesitate.

Another letter has come to me from a reader in Zurich. Here is a young man with a definite ability and a good type of mind. He has musical ability and has played in orchestras at different times. He tells me he is that he suffers from bronchitis. He has not been in very steady employ- ment and he would like me to get him a job in the city. Well, that is one thing that I can hardly undertake to do. But why my reader wants to come to the city, I don't know. I think he would be well advised to remain in the country where he has all the advantages of the pure, clean, fresh air which folks in the congest- ed city areas would sometimes be willing to give a great deal to have.

After all, there are opportunities in the country and I am sure if my reader friend will look around him and use the talent that he so obvious- ly possesses, he will find that he can make as great a success of life, and perhaps greater, in the country than he will ever be able to make of it in the city. I think this young man should map out a course of reading for himself as a means of further preparing himself for whatever op- ening may occur. The main thing in life is to be ready to seize the op- portunity when it presents itself. I would advise him to fix his mind on some definite subject and then read all he can lay his hands on which per- tains to that subject. He should also read some good magazines. Why not, for example, subscribe for some good musical magazine and go in wholeheartedly for the study of music?

Sharp Winter Ahead Warns Indian Chief

Winnipeg—Old Jeremiah Rundle, chief of the swampy Cree Indians, came down from his Norway House reservation last week to tell the white folks a cool, open Fall was antici- pated in the north country. Coal bins will need filling shortly, he said.

Chief Jeremiah was born more than 70 years ago—he doesn't re- member just how much more — at Norway House, 150 miles north of here. He has just retired as leader of his tribe and at present is enjoy- ing a little holiday in the city.

One indication of a sharp winter in the offing, he said, was that ducks are very lean this season and mus- rats are also scarce in the north.

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SOW THE WIND BY BEING TOO UNSELFISH AND REAP TORNADO

Mother Discovers That Spoiled Child Won't Reform In An Instant.

Mrs. Wilson sat looking at the sea. She was alone because she was on a rest cure, but oh, how soothing it was, the friendly sea, to which she could talk and not have to listen to an answer. She marshalled the facts that had tumbled out of the blue in the past week. They were these. She was tired and ill; the doctor said she would have to have a change; there was little money. All the surplus they had was to be spent on Burk's M.A. course so he could teach. It had been hard getting Burk through college, and now it seemed he needed more "letters" to get him a school. But when Jerry, her husband, heard what the doctor had to say, he went off and bought her a ticket and gave her enough to pay her board at the little resort for a month. Burk had been pretty silent. He had not said anything, but she could not forget his blank look when he heard the news.

UNEXPECTED TIDINGS

In her hand now, fluttered a night letter. She had read it over fifty times, but still she clung to it as one would hold a snake that would strike if released. Burk was married. He had brought his young wife home and that was all there was to it. She was 18, did not know a thing about house- work, and they had no money. Jerry would be frantic. She could picture the place with her away and Jerry making scenes.

Her heart fluttered and she held her side. It was all her fault. If she had taken a stand and refused to leave it would not have happened. What did Burk mean? He hadn't said anything about a girl; she hadn't known he was in love. He nev- er told her anything about his affairs, but she put that down to his being sensitive and shy, although his father had another name for it.

She tried to think back over the years. She had shielded him and sheltered him, had gone shabby time and again to get him the best of clothes, had taken few summer trips; so he got older, increased her at- tention to keep a grip on his affec- tion that she felt was slipping. Cruel little economies to keep him in pos- session; silence to his father over some of his boyish escapades. Extra desserts, perpetual laundering, light left on, bed turned down just so.

MARRIAGE FOR SPITE

And without a word to her, her boy had done this. He knew it would bring her home, too, at once. The telegram almost seemed to say: "Well, you shelled me this time, so I'll show you." No, she shrank from the thought; it wasn't true — Burk couldn't be like that.

In her heart she knew it was the truth. The boy had lost sight of everything but himself. Gratitude? She had supposed all children par- tially grateful for what their parents did. But the scales had fallen. Pa- rents meant nothing to children now- adays. Only a source of supply. And it had been her fault. They would be expecting her now by next train. Suddenly she sat up and threw the telegram through the rail. She walked down to the office and sent this message, "Congratulations Burk, but tell him he is stronger than I am. Will not come home. Rent the house furnished if you can and join me here. Burk can support Mary if he takes that job at Meyer's." When Burk got the word he exclaimed: "She couldn't take it, eh? My own mother. Come on, Mary, we'll get out and stay out if we starve. I thought she was my friend. Well, this ends it. She'll never see me again."

Fake British Employment Agencies To Be Closed

Fake employment agencies are to be put out of business in Britain. The Ministry of Labor is consid- ering establishing a special Labor Exchange in London which will de- vote its whole attention to finding domestic employment.

This bureau will serve the double purpose of finding employment for girls from the distressed areas, and checking the activities of agencies which exploit girls.

There is a certain type of agency in London which brings girls from the North-East and from South Wales on the promise of finding them domestic employment.

After extracting a fee from the girls these agencies send them to situations which the girls cannot tolerate.

The proposed domestic exchange charging no fees to either mistress or maid, will carefully investigate the bona-fide of all employers.

Dominion Notes Largely Reduced

Bank Of Canada Has With- drawn \$87,000,000 In Six Months

Ottawa.—The Bank of Canada has now been functioning for six months. It commenced activities March 11.

In the period elapsed, a total of \$87,000,000 of the old Dominion notes have been withdrawn from circulation and replaced by the smaller Bank of Canada notes. When the central bank opened there was \$98,000,000 of Dominion notes outstanding. Now there is about \$11,000,000. The total of both Bank of Canada and Dominion notes out- standing August 28 was \$80,000,000. On January 1 next the chartered banks of Canada will be required to reduce circulation of their own notes five percent, the first of the cuts under the new Bank Act which over a period of years will see char- tered bank notes in circulation grad- ually reduced to a minimum. Al- ready the chartered banks are tak- ing steps to be ready for this five percent contraction.

No Limitation To Size or Cost Of New Houses

May Borrow Up To .80 Per Cent. For Homes Costing \$10,000 Or More.

Ottawa.—Under the new Domi- nion Housing Act there will not be any limitation on the size and cost of any house a person availing him- self of the terms of the act wishes to build. There already have been inquiries from persons wishing to borrow to build homes costing \$10,000 and more.

In this regard it is pointed out that the purpose of the act is to as- sist in the building of more homes and while the hope is that it will mean a large increase in the type of homes suitable for the greater mass of the people, there is the conclusion that the building of higher-class homes will also con- tribute to more employment and greater use of Canadian building materials.

Interpretations of the act are be- ing made as points arise. For in- stance, it has been ruled that while the act permits borrowing of 80 per- cent of the cost of a home, it is not necessary to borrow that much if a prospective builder has an equity higher than 20 percent. Further, it has definitely been laid down that no second-hand or shoddy materials shall be used in homes constructed with money borrowed under the act.

Mexican Customs Please Canadians

Ontario Woman Records Her Impressions Of Visit

No need to go to Alaska to be cool or to Egypt to see the pyramids, according to Mrs. E. B. Flint, of London, Ont., who with her husband, attended the Rotary International Convention in Mexico City. It's never too hot and never too cool down there and the Aztec pyramids are almost as interesting as the famous ones on the banks of the storied Nile.

Mexico, situated 7,500 feet above sea level, has an even temperature, never above 78 and never below 60, the visitors were told. It has re- tained many quaint customs and as yet has no large stores and few tourists, owing to the lack of good motor roads.

In a city of more than 1,000,000 inhabitants there are only two ma- chine laundries, Mrs. Flint said, for the women still adhere to the primi- tive method of washing their clothes in the streams with a flat rock to rub on. The fruit and flower mar- kets were a sight.

The pyramids built by the Aztecs several hundred years ago, were of great interest, Mrs. Flint said, and not the least amazing feature was a primitive but effective shower in- stalled in a niche in the wall. The delegates had a Mexican dinner in a restaurant made in a cave below the pyramids.

The Floating Gardens, where land is so valuable that no houses are built on it, was also another place of interest. It is possible to raise seven crops of corn a year on this land, and if a man sells a strip he merely digs another canal instead of building a fence to define the bound- ary.

Edmonton.—Undaunted by the prospect of a long cold winter in the northern mining camp of Lake Athabasca, Mrs. C. Shearing is plan- ning to return to Goldfield, Sask., with her husband who is working a claim. Mrs. Shearing will be the only woman in the far northern camp.



There's No Tobacco like Ogden's

"That's why 'roll-your-owners' everywhere are getting back to Ogden's Fine Cut—the one tobacco that assures cigarette satisfaction. And Ogden's costs so little that it doesn't pay to deny yourself the best tobacco. You'll toll Ogden's best with 'Chanticleer' or 'Vogue' cigarette papers.

52 Poker Hands, any number, now accepted as a complete set.

OGDEN'S FINE CUT Your Pipe Knows Ogden's Cut Plug

New Light Aids Dentists

Rays Of The Mercury-Vapor Arc A Help In Diagnos- ing Defects

The blue-green rays of the mer- cury-vapor arc, under which the skin appears dead and the veins look like dark rivers, has its dental uses. Gums turn purple—almost black; teeth fluoresce and stand out brilliantly white. All this makes diagnosis easier.

According to information supplied by A. B. McKenna, Westinghouse engineer, we distinguish a red only when red rays are present in the illuminating rays. Reduces the num- ber of colors in light and the appear- ance of an object changes. It turns black, gray or the color of the rays that shine upon it. Hence the con- trasts are sharpened.

Apply this to the mercury-vapor arc. It is predominantly blue, green, yellow. Flood the mouth with light of these hues only and the gums, tongue and tissues, having no red light to reflect, turn dark purple. On the other hand, diseased or affected tis- sues do not change in aspect simi- larly. Hence there is a sharp contrast between sound and unsound portions of gum. The course of the blood ves- sels is more easily traced. Abscesses and inflamed areas are accentuated. With the teeth it is the same. Tar- tar and film deposit do not fluoresce, but healthy enamel does. Enamel de- fects betray themselves by differences in density. Ragged fillings and superfi- cial decay reveal themselves at once.

"The truth is that in modern con- ditions nations can no more live alone than individuals."
—Viscount Cecil.

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