fever mask that prerance of pollen into the th by means of electricplanes was recently anr. Joseph B. Biederman,

was completed after five sive research. Dr. Bieida i tests on 40 of the device stopped er cent, of the pollen the sensitive memuse the sneezing and ir to hay fever, asthand similar complaints, not helpful in cases rurhance is caused by but Dr. Biederman berity of hay fever cases

ough inhalation. its snugly over the e. It consists chiefly and two wire screens, charged and the other red. It makes use of ach pollen grain, dust old unit in the air is or negatively charged and that similarly mees repel each other charged substances at-

pollen grain, for examrepelled by the posiscreen. Negative polld be repelled by the

polied by a small, 16c is mask to be to hav

what insulin is to diaederman said. "It is serson who is unable al treks to non-pollen country for relief,"

ummingbird

hieved In Various tle Ways

wonderful airplane is hamminghird with its 7 Those little wings anstantly, yet he can the air-or even go n on what one might

erms with a hummingyears. He has learned s he seeks the nectar s. Indeed, he has even ouse to sip of a homeprepare for him, He rovide his nesting mamow very little about

bill is sharp and the better to dip into or the fougue through of nectar are sipped. once they realize Flends, will meet you formia family has a at by the light on h, which is occupied dently by the humgring it "nector," Use er, or twist a bit of one. Inside of this ic or vial almost filled mar water. Place the art on porch rail or s the hummer, even g shown for red. Al-You can approach con-if you do not on-they will ent a ou. The next step is courself, first in the or mouth. The humits sweet, and may der your offering to

ease Likely

Bureau Official ses Figures

twin or triplet births Province of Quebec, they were three or at they are still far ere in 1926, figures ul Parrot, demograovincial Health Bur-

upon whether there in 1937, for which ot yet available. il statistics shows

sets of triplets, set is not broken in the it 1935 and 1936, with each, showed a teno the old level. The triplets were 1931 ly 7 sets each. ulation at 2,750,000,

the occurrence of or every 28,061 famsons in 1936 and in average was one S25 families. The of seven sets in the 32 was at a rate of for every 56,122 fa-

in at the rate of one families in 1936, eva 1935, and every 376

est ratio in 10 years



LESSON IX. MEASURING A MAN'S WORTH. Mark 5:1-17

Golden Text-How much then is a man of more value than a sheep? Matt. 12:12.

THE LESSON IN ITS SETTING. Time-Autumn, A.D. 28.

Place.—Gersa, located on the eastern shore of the Sea of Galilee, opwild country.

1. And they came to the other side of the sea, into the country of the Gerasenes.

The place is one which our Lord would be likely to visit, having Capernaum in full view to the north, and Galilee "over against it," as Luke says it was.

2. And when he was come out of the boat, straightaway there met him out of the tombs a man with an unclean spirit. The whole subject of demon-possesion is admittedly difficult. Who these evil spirits were, we do not know-whether they were fallen angels, or the spirits of some of the wicked dead, or other creatures, cannot now be determined.

3. Who had his dwelling in the ombs. These were natural or ar ficial excavations in the rocks, frequently cut laterally in the hills and often left uncovered, which, like other caves, would be resorts for wild men and beasts. Amid all the boasted civilization of antiquity there existed no hospitals, no penitentiaries, no asylums,

Powerless to Kestrain Him And no man could any more bind him, no, not with a chain. 4. Because that he had been often bound with fetters and chains, and the chains had been rent asunder by him, and the fetters broken in piees: and no man had strength to tame him. All our laws and prohibitions are to us what his chains were to this wild man of Gadarene. "Thou shalt not," says law to us. All that law seeks to do is to prevent the outbreak of these evil passions into the sinful act and deed. All it does, in a word, is to behind the man. Nothing that man has been able to devise has been able to keep these wild passions of the human heart within bounds.

5. And always, night and day, in the tombs and in the mountains, he was crying out, and cutting himself with stones. Sin is always a destructive force in any man's life, and it especially is manifest in the terrible effects it has upon the human body.

Conflict With Demons 6. And when he saw Jesus from afar, he ran and worshipped him. Why is the man drawn as by a magnet to Jesus? He actually ran to Jesus, and prostrated himself in Oriental fashion before him. It looks in-

deed as if the will and power of Jesus drew the demoniac to his feet. The words of the demon accord with this involuntary approach to Jesus as the supreme master of the demon world whose will and word the demons must obey. 7. And crying out with a loud

voice, he saith, What have I to do with thee, Jesus, thou Son of the Most High God? I adjure thee by God, torment me not. 8. For he said unto him, Come forth, thou unclean spirit, out of the man. Always the spirits know who Jesus is, and in a malicious fashion yell out their mysterious knowledge. So here the demon voice shouts, "Son of God the Highest." The demons are determined to publish the deity of Jesus, as if to spite him, who wanted men to arrive at this knowledge by faith in his words and works.

9. And he asked, What is thy name? And he saith unto him. My name is Legion; for we are many. Jesus, no doubt, asked this poor creature his name that he might bring him for the moment to the place where he was conscious of his own separate personality, and when his attention would be concentrated. not on the demons who possecsed

him, but upon his own self. 10. And he besought him much that he would not send them away out of the country. The person here speaking is one of the demons, not the demon-possessed man himself. "Out of the country," is explained by Luke's "into the abyss."

11. Now there was there on the mountain side a great herd of swine feeding. 12. And they besought him, saying, Send us into the swine, that we may enter into them. Why these demons should ask to be sent into the swine, we do not know, though we have a revelation here, as Archbishop Trench says, "of those mysterious affinities which evermore reveal themselves between the demoniacal and the bestial."

Into the Swine 13. And he gave them leave. And the unclean spirits came out, and entered into the swine: and the herd rushed down the steep into the sea, in number about two thousand; and they were drowned in the sea. is nowhere said that the demons

drove the swine down the steep place into the sea. It is just as easy, and much more natural, to suppose that against their will the swine, when they found themselves seized by this new and strange power, rushed themselves in wild and panic fear to their destruction. But in either case, whether they thus destroyed themselves, or were impelled by the foul posite the plain of Gennesaret; a spirits, there reveals itself here the very essence and truest character of evil, which everywhere outwits and defeats itself.

> 14. And they that fed them fled, and told it in the city, and in the country. And they came to see what it was that had come to pass. 15. And they came to Jesus, and behold him that was possessed with demons sitting, clothed and in his right mind, even him that had the legion: and they were afraid. 16. And they that saw it declared unto them how it befell him that was possessed with demons, and concerning the swine. 17. And they began to beseech him to depart from their borders. The utter hardness of the hearts of these people, in, on the one hand, failing to give any expression of joy and gratitude for deliverance of their fellow citizen and, on the other hand, in asking Jesus to leave their country because they were afraid that more property might be destroyed, even though it meant deliverance of human and eternal souls from the crushing power of evil, is only an indication of the utter perversity of human nature when the standards by which an act is judged are monetary and not humanistic. "They preferred the swine to the Saviour; they thought more of their material loss than of this man's moral gain. In seeking to save their possessions they are losing their souls.

Our Own Ignoble Fear Men do not care to face the awful thought of a divine power among them. It disturbs the easy routine of customary life. We grow accustomed to our average, ordinary self, and we shrink from losing it. We are afraid to be transformed, afraid of the unknown consequences which might follow the claim of a person to the entire possession of our body, soul, and spirit, that he may do what he will with it. No, it is too urgent, too exacting, too disturbing; we beseech it to depart from our borders. It is this ignoble fear, taking a refuge within the citadel of custom, that makes the church so stagnant, so void of power and influence in the world.

For the world as a whole, milk is probably the main source of farming income. In the United Kingdom, states the Imperial Economic Committee, its value exceeds that of any other farm commodity; in the United States, and even in Canada in certain years, the value of the wheat crop is less than that of dairy production.

When some fellows can no longer

(Ed. Note: This is the second of a

fascinating series of articles by this

No matter how well you think you

know yourself; even if you feel there

is not a single possibility within you

that you have not already plumbed;

you will find yourself benefitted by

finding out what your handwriting

Some time ago, a man wrote to

"Frankly, I am a sceptic. I

know myself so well that I re-

fuse to believe you can tell me a

single thing about myself that

will be news to me. Anyway,

even if you do, I won't believe

Hardly an encouraging invitation!

However, I analyzed his writing,

which indicated that he was so self-

centred that he had little thought for

anyone but himself. After telling

him this, among other things I said:

"The cold truth is that you have an

inferiority complex, and instead of

facing it and overcoming it, you are

building a fence around yourself by

feeding your inner ego." I urged

him to pull up the blinds that kept

Shortly afterwards, he replied:

"Thank you for giving me the big-

gest laugh I've ever had. It's a very

rueful laugh, though, for it is on

myself. You were right and I was

wrong. Seriously, your advice was

the light from his mind.

you! Now do your worst!"

well-known writer).

tells about yourself.

me, in part, as follows:

Your Handwriting Tells The

Truth About Your Character!

By LAWRENCE HIBBERT

(Psychologist, Character-Analyst and Lecturer)

Thirteen Were Killed Here When Ammunition Exploded



This villa at Villejuif, in Paris, France, was ruined, and 13 lives lost, when ammunition secreted in an alleged Cagoulard hideaway exploded during a raid on the cache.

Interested Foursome at California Track Take Time Out To Eat



Alfred Gwynne Vanderbilt, left, converses with Barbara Weeks as Cary Grant, next to young Vanderbilt, and Howard Hawks scan the Racing Form, during luncheon at Santa Anita track, Cal.

SO THEY SAY:

"Thinking men should realize that the world needs their help, rather than merely hopes in taking steps to

avoid wars."-Thomas J. Watson. "The sooner we learn that the national future must be builded on the normal enterprise of its people, the better for us and our children."-Glen Frank.

"The question of the education given in the schools, always important, has now become vital."-Lord

"Every one of us can be either the malady or the remedy of our present-day society."-Mme, Chiang Kai-

In California, it is not unusual to afford to take their girls around and see as many as four kinds of fruit manure, nitrogen is escaping all the fairly acid soils are: Potatoes, Tomagrowing on the same tree as a result

erringly on my weakness, but you

have painstakingly outlined the rem-

To know our faults is half the bat-

tle of overcoming them. To realise

the talent and potentialities that lie

dormant within us is a god start to-

wards building them up and capital-

about us than we do ourselves. The

difficulty is to find onlookers who are

This is where a handwriting analy-

stand out like beacon flares, but the

qualities and tendencies that are la-

tent; only partially developed-rich

in promise, like a newly-discovered

gold vein, but requiring to be devel-

A character analysis will unearth

The author of the above interest-

the ore that is lying submerged

ing article can tell your character

from your handwriting. Perhaps,

too, you are eager to learn the truth

about your friends? Send specimens

of the writing you wish to be anal-

ysed, and enclose 10c for each spe-

cimen (coin or postal note prefered).

velope to: Lawrence Hibbert, Room

421, 73 West Adelaide St., Toronto,

really unbiassed and sincere in their

Other people often know more

ising on them.

opinions of us.

oped and utilised

writing.

Farm Problems

PROFESSOR HENRY C. BELL with the co-operation of the various departments of Ontario Agricultural College

Q .- "What do you advise to get the best value from barnyard manure which is taken to the field during the winter months - every if possible, successfully be grown is not as large spreading on the ground, putting in small piles, or in a large pile?" -L.F.B., Well. Co.

A .- There is bound to be loss from ver, Hairy Vetch, Millet, Buckwheat, manure, no matter how it is handled. Rye, Red Top Grass, Bent Grasses. As the ammonia goes off from the while. When brown streams of liquid run away from the pile, a very large amount of soluble nitrogen and potash is being lost. When manure is taken to the field during the winter, if the surface of the field is not too hilly, and if the soil is well supplied with plant fibre or organic matter, very lit tle of this valuable plant food will be lost, since the soil will catch i and hold it.

However, placing the manure small piles means that a larger quantity of it is being exposed to drying and oxidation or slow burning than would be the case if it were kept fairly compact in one large pile. To the degree that the manure dries out and oxidizes, there is loss of organic matter. This, of course, occurs in a large pile if the pile is not fairly well tramped down. Whenever stray ma nure fire-fangs, there is loss of organic matter and ammonia or nitrogen.

Summary of ideas regarding the best handling of manure is that there is least loss in a large pile, provided it is kept well tramped down.

sis comes in usefully. Your charac-Q.-"The writer would like the folter is etched clearly in your handlowing information: (1) Suitable kinds of fertilizers for Not alone the obvious traits, that imestone soils.

> (2) Formula for sour soil, i.e., proper crops that will build this type of soil up. Is a hay crop recommended? (3) Is there such a thing as land lying so long without legume and grass crops that it will not grow them, and if so, how and by what method would one follow to get a catch of alfalfa for example?"-C.M., N. Simcoe

A .- (1) As a rule fertilizers of a neutral or slightly alkaline reaction will be most suitable for use on limestone soils. This would include fertilizers which obtain most of their nitrogen from Sulphate of Ammonia (which is acid in reaction). The idea Enclose with stamped addressed enis not to change the soil to acid reaction, but if lime predominates too much in the soil, there is danger that just the tonic I needed . . . You Ont. Replies will be mailed as quick-have not only placed your finger unphosphates which otherwise would be cent. nitrogen and 70 per cent. hydrat-

tri-calcie or unavailable form. (2) On soils that are sour or acid in reaction, the range of crops that can as that for neutral or alkaline soils A list for slightly sour soils would in clude: Soy beans, Oats, Alsike, Clo

Crops that will do fairly well on toes, Cane Fruits such as Raspberries. Strawberries, Cranberries.

(3) There is such a thing as land being devoid of the correct bacteria to make the growing of certain legumes successful, therefore, our Department of Bacteriology is sending out cultures for alfalfa seed, red clover, soy beans, and the like. This of course is not plantfood. It is simply a culture carrying the bacteria which are found growing on the roots of the legume crops specified. The seed is treated according to specifications, and the growing of the legumes is therefore greatly helped.

Then, too, some soils are so acid that they are not in suitable shape for the growing of legumes. Of course the method of correction here is the application of lime-1/2 ton to 1 ton per acre of ground limestone.

In third place, some of the lighter soils are very low in available potash. Legume crops use a fair amount of potassium, hence for best success, it is desirable to fertilize with such a fertilizer as 0-12-10 or 0-12-15, at the rate of two or three bags per acre in order to put the soil in best shape for the production of the legume crop.

Q .- "Is this Cyanamid method of controlling such annual weeds as Wild Mustard in grain crops a new one?" -R.T., Grey Co.

A .- No. This method has been in use for many years in Germany, Belgium, France and England where large quantities of the material are used annually for the purpose.

Q.-"What is the effect on the grain of the cyanamid application for control of Wild Mustard?"-G. McL., Essex Co.

A .- The tips of the grain are temporarily brown-taking a week or ten days to recover their normal colour. Yield data shows that an increase can be expected due to the nitrogen content of the cyanamid which is 22 per



Claudette Colbert who rushed off to Europe for a long vacation the day she finished Paramount's "Bluebeard's Eighth Wife", revealed some pet economies of her star friends just before she left.

She is extravagant about clothes, to her old shoes. Gary Cooper rolls ful". his own cigarettes. Fredric March always buys two packs of cigarettes at a time because they're a penny cheap-



Claudette Colbert

er that way. Fred MacMurray saves razor blades to be resharpened. Martha Raye wears sturdy, service-weight stockings except on gala occasions. Most thrifty of all is Marlene Diet rich. She is a string saver. Her maid is always wrapping up packages for her to take to the studio and the string comes in handy.

Al Pearce celebrated the beginning of his second year with his present radio sponsor and his eleventh year on the air in his own peculiar fashion. He gave his orchestra leader a rubber baton so there would be no stiffness in his rhythms and presented himself with the most enormous news camera you ever saw.

When Fred Astaire returned from vacation to the R. K. O. studio recently to start work on his next picture with Ginger Rogers, he found the amusement park set of "Damsel in | line is softened by introduction of Distress" still standing. Kindly guy that he is, he arranged to buy all the slides and games and sent them to an orphans' home.

Errol Flynn did not even stop to hear congratulations on his grand performance in "Robin Hood." The minute the preview was over and he was told that no retakes were necessary, he hopped a plane to Boston where he bought a seventy-five foot boat (a ketch if you will be technical about it) in which he sailed off to the Bahamas for some fishing.

Hollywood players are trying to fig ure out some unusual hobby or secret ambition because the current radio craze is to present a film star doing something quite different from their work on the screen. Cecil De Mille started it by having Jack Benny,



Jack Benny

Burns and Allen, and Bob Burns play serious dramatic roles on the air. Paul Whiteman followed that up by presenting Helen Vinson as a concert pianist. Bing Crosby lets Fay Wray blow tunes on a sweet potato and Olivia de Haviland plays chopsticks.

ODDS AND ENDS-Kate Smith has

received an autographed copy of Elea-

nor Roosevelt's newest book from the

Olivia de

Haviland

President's wife herself . . . Louise Fazenda rounds out her twentieth year of motion-picture making with "Swing Your Lady" and just for fun she is dashing around the country, slipping into theatres from New York to Texas and listening to audience comments . . . The cook book which radio's mystery chef sends to listeners has been requested by the wives of 21 United States senators, the widows of two Presidents and stewards of the royal household in England. Edward G. Robinson is so pleased over his success on the radio that he is much more thrilled when fans call "Steve Wilson" than he is when they his other gangster roles . . . The picture Robert Taylor made in England was previewed in a little California

Good Circulation Imparts Beauty To Complexion

Experts agree that the beauty of your skin depends on the purity and richness of your blood and just how perfectly it circulates.

"If the blood stream is toxic, your skin will be dull, blotched and sallow," says Benjamin Gayelord Hauser, important authority on the subject of food as related to beauty.

"If you blood is pale with anemia, your skin will be pale, too. When your circulation is slow, your skin becomes waxy, mottled or bluish. When your blood dances through your system, then your color is fresh and vivid," Mr. Hauser continues in an interestbut her French thrift makes her cling | ing chapter in "Eat and Grow Beauti-

In other words, un'ons your doctor objects, you ought to do regularly some kind of exercise which sends your blood vigorously instead of lazily through your veins.

You can walk a mile a day, for instance, striding along rapidly, holding your stomach in and your chest high and breathing deeply. And if you cannot manage a special walk-forbeauty, you can at least stop taking taxis and street cars every time you have to go a short distance.

You can do your reducing exercises or your limbering and stretching routines a little more rapidly-rapidly enough, in fact, to stimulate sluggish circulation, bring color to your

Do keep in mind that sound health is the foundation of true beauty, You cannot have shiny hair, smooth, clear skin and a supple, youthful body if you do not eat your vegetables and salads, like a good little girl, get enough sleep, do some kind of exercise regularly. You may be tired of hearing it, but it's still true that no amount of cosmetics, even the nicest ones, can make up for faulty diet, lack of sleep and exercise.

Paris Is Featuring "Lady-like" Styles

"Lady-like" afternoon and dinner frocks are a feature of the midseason collection of the Paris couture houses and, discarding the elaborate trims introduced earlier in the season, many of the frocks are severely simple with insets of chiffon, mousseline de soie or tulle the only note of

Bronze mousseline is combined with velvet in a distinctive dinner costume at Jean Patou. Designed with close-fitting, high neckline and simple, floor-length skirt with slight fullness at the front, the severity of filmy mousseline de soie for the back and sleeves. The transparent fabric is set in at the back from a high-cut yoke to the corselet waistline and

forms the shoulders to elbows. Mainbocher puts elbow-length puffed sleeves of pink tulle on a black satin dinner dress and shows a printed net afternoon frock with immense green taffeta sash. Black lace is used for a transparent effect in a

tubular dinner dress at Molyneux. Jenny lines a black lace bodice with flesh chiffon in a romantic lace and tulle gown. Chanel uses black lace insets, and Heim backs cut-out designs with chiffon in black daytime

How to Prevent Onset of Age

If you would avoid premature age, make up your mind to preserve to the utmost limit of Nature the literally elastic tissue, the resilient mind, and the buoyant spirit of youth (writes a General Practitioner in London "Titbits"). This elastic tissue, with which the vital organs-the human engines - are endowed, may be said to be the hall-mark of youth. In virtue largely of this human and living elastic, we are able to breathe air and circulate the blood. It is an important factor in enabling the lungs and heart of youth to meet, withstand, and recover from stress

or strain. Not all the components of the bodily organs are necessarily elastic, but most of them possess the qualities of pliancy or flexibility, softness and plasticity, the attributes of extreme youth, that we sum up in the graphic phrase, "a bouncing baby."

If we would preserve our youth, we must maintain that capacity for physical (as distinguished from mental) "bounce" which is its greatest characteristic.

To maintain youth, and so avoid the premature advance of age, you cannot begin too young. Do not overtax the principal organs of the body by habitual excess of animal food or alcoholic liquor-than which, in my experience, nothing so much "hardens the heart" and robs the circulation of its efficiency.

Do not eat for love of eating, and because things "taste good." Avoid the emotions of anger, rage, jealousy and all uncharitableness, each of hail him as "Little Caesar" or any of | which has an injurious action on one or other of the bodily organs and its

Take plenty of exercise - keep town and people who were there re- moving. Do not let your joints be-