

Green tea drinkers will find a sheer delight in the exquisite flavour of Salada Japan tea. Try a package.

**"SALADA"**  
JAPAN TEA

THE REMARKABLE ROMANCE OF AN INDUSTRIAL DICTATOR

**Velvet and Steel**

By PEARL BELLAIRS

**SYNOPSIS**

Joan Denby of humble origin, is introduced as a social equal of Miss Georgina La Fontaine, rather than as her secretary. She meets Piers Hannen, millionaire, who forces his attentions on her. Lord Edwards proposes to Joan.

Joan leaves Miss La Fontaine to become a maid in the Salon Celeste. Piers Hannen takes Joan and her family for a cruise aboard his yacht.

They went out on the terrace, from which they could see the harbour and the lights of the town; the moonlight shone on the white walls of the close-built houses of the town but a bank of cloud showed on the horizon of the sea in a line of dark.

Joan wandered away from Piers afraid of talking any more to Captain Annett, though she was ashamed of owing to the will of Hannen. Hannen came to her side.

He seemed quite at ease again explaining to her, casually, the meaning of the great door, studded with brass nails, which they could see in the house below.

"When you see a door like that you know that a rich man lives in the house. The rest of it may look like a broken-down prison—the door always indicates the status of the owner. The more elaborate the door is, the wealthier the owner must be. They never seem to open those doors, either. I often wonder if one got behind one of them, whether one would ever come out!"

"How horrid!" said Joan, with a laugh and a shudder.

"How frightened you are of captivity!" he said, mockingly.

Glancing round she saw, with a start of surprise, that the others had left them; the terrace was empty.

"Where is Maude—and Captain Annett?" she asked anxiously.

"He has taken her back to the yacht. He had to go—we can't leave the Corsair for the men to manage with the wind getting up like this. Your sister was anxious to get back to the ship before the harbour gets any choppy, and so she went with him."

"But how—how will we get back?" Joan enquired, faintly.

"Annett is sending the launch back with one of the hands."

Then as the mitter of the launch engine came from the harbour:

"There they go, now!" he said, gleaming faintly in the moonlight they saw the launch shoot out from the quay with the wake streaming silvery behind it.

"I'M HARMLESS"

Joan would have felt inclined to laugh at the consummate ease with which he had got rid of Maude and Captain Annett in the two or three minutes she had spent in looking over the end of the terrace, had it not been for her nervousness at being left alone on shore with him.

**"Some" Record**

He's Been Married 5 Times  
—She's Had 4 Husbands

Mr. and Mrs. William Wilding, of Spring Gardens, Preston, Eng., have—between them—a total of nine marriages.

He is 79, has had five wives. She is a year younger, and has been married four times.

They live on \$5 a week—their old-age pensions. Neither has ever been divorced.

Mr. Wilding said to a Sunday Express representative: "I first married when I was 21."

"That was Marjory. She died four years later."

"Then came Margaret, followed by Elizabeth and Mary, and now I have Caroline."

"When my fourth wife was living, a friend asked me: 'Which wife has been the best?'"

"I replied, 'The first was a good one, the second was a good one, and the third was a good one. This is my fourth, and she is the best because she is still here.'"

"If they asked me that now I would answer in the same way."

Mrs. Wilding said she had had good husbands and bad husbands, but she never had to leave one of them.

She added: "Once, when I was young, a fortune-teller read my hand and said I would be married four or five times. I laughed, but she wasn't far wrong."

Between them Mr. and Mrs. Wilding have had 16 children.

**EVERY DAY LIVING**

A WEEKLY TONIC  
by Dr. M. M. Lappin

**HOW MUCH SLEEP?**

A correspondent is afflicted with that terrible affliction of insomnia. She is a victim of nerves, she tells me, and only gets on an average about four hours sleep nightly. For a time she took something to produce sleep each night, but now the drug seems to have lost its effect. She is wondering whether she can get some drug that will be permanently effective, or if she should just try to carry on with what little sleep she can get without the use of drugs.

Well, I question very much if the amount of sleep one gets is just as important as we have sometimes been led to believe it is. I am certainly not in favor of the use of drugs or sleeping powders unless these have definitely been prescribed for the individual by the doctor. And here, I must remind my readers again that my field is psychology and not medicine. I cannot undertake to give medical advice, nor am I qualified so to do. I can only deal with physical disorder when it is evident that such physical disorder is the outcome of mental disorganization. Of course mind and body are closely interrelated, and it is surprising how many physical disorders are due to the lack of straight, positive, and constructive thinking. There are really very few people who have been trained to think properly, and it is this fact that gives rise for the need of the psychologist and what service he can render.

Now, then, to come back to this matter of sleep. There are some folks who can get along nicely on much less sleep than others. Of course, there is nothing, perhaps, that is more troublesome and annoying than to lie awake for hours in the night with the mind running riot. Someone has aptly called those hours of wakefulness "The Cruel Hours."

Let it be remembered, however, that the mind is only half awake during those hours. One should therefore not be unduly disturbed by the wild thoughts which rush through the mind in quick succession during such sleepless hours. If when morning comes we go forth to the day with the thoughts of our sleepless hours haunting us then they will most certainly produce fear and terror and they will rob us of the vim and vitality necessary to a successful day's work. So, if you cannot sleep, don't lie worrying. Do not deliberately review mentally everything that has happened during the day. Do not allow the mind to contemplate the things of tomorrow or the following days. Dismiss instantly every dull and drab thought that enters the mind. Think only of the pleasantries of life.

I believe sleep can be invoked, in fact, I know it can. One should be active enough during the day to be just tired enough at night to sleep. Over-tiredness is likely to produce restlessness. Go to bed, then, before you are over-tired. The bedroom should be airy and it should, if at all possible, be in the quietest part of the house. It is better not to have the sheets and blankets tightly tucked around oneself. They should rather be oversized so that they can be loose enough to allow the sleeper to move unhampered in his sleep. It's foolish to imagine that you do not move in your sleep. Everyone does—and a great many times too!

When you get into bed relax every nerve and every muscle. Get into a comfortable position. As far as you can, rid the mind of everything. Try to imagine yourself enjoying a most pleasant and refreshing sleep. Suggest to yourself the need of sleep and the ability to sleep. And, if you do these things with a little determination, you will probably be surprised at the results. The chances are that you will get enough sleep to carry you through from day to day. So, whatever else you do, DON'T WORRY.

NOTE: The writer of this column is a trained psychologist and an author of several works. He is willing to deal with your problem and give you the benefit of his wide experience. Questions regarding problems of EVERYDAY LIVING should be addressed to: Dr. M. M. Lappin, Room 421, 73 Adelaide Street, West, Toronto, Ontario. Enclose a 3c stamped, addressed envelope for reply.

**British Midget  
Plane Reaches U. S.**

NEW YORK.—Sydney Arram, a British Great War flier, brought with him a One-man plane which he said weighs 350 pounds, costs \$350 and will fly 45 miles on a gallon of gasoline.

The midget has a 19½-foot wingspread and can be built by the purchaser from a knocked-down set of parts, Arram said. He plans to exhibit the craft here.

Its maximum speed is 75 miles an hour. It was designed by Henri Mignet of France.

Issue No. 51 — '35

**"BEST IN EVERY WAY—THE DOUBLE AUTOMATIC BOOKLET"**  
ONLY 5¢  
**Chantecler CIGARETTE PAPERS**

**The Book Shelf**  
BY MAIR M. MORGAN

"MAN SCENT", Samuel Alexander White's new book, set in the scene of the historic building of the C.P.R. through the wilds of Algoma along Lake Superior's North Shore is being published in four countries: In England by Country Life Books, London; in United States by Scribner's, New York; in Australia by Angus and Robertson, Sydney; in Canada by Copp, Clark Company, Toronto. It is a volume of animal fiction showing the creatures of the forest coming in touch for the first time with the bringers of the steel who carry forward the first transcontinental road through Canada, and animal characters mingle with the human ones in the persons of the surveyors, engineers, construction gangs who invade the rugged wilderness.

"THUNDER OVER THE BRONX" by Arthur Kober (Musson's, Toronto) brilliantly illustrated by that well-known artist Mr. Hoff will appeal to those sophisticated who read the New Yorker.

"THE CLUE OF THE RISING MOON" by Valentine Williams (Musson's, Toronto) is a mystery thriller which will appeal to all who like their fiction exciting and a logical reason why so-and-so was "bumped" off.

adventures that one feels the material should fill three books.

adventures that one feels the material should fill three books.

adventures that one feels the material should fill three books.

For Christmas gifts you could do no better than give one of the following—there is a book to meet every reader's demand. For instance "Mary Queen of Scotland and the Isles by Stefan Zweig; (Macmillan's, Toronto) would be the ideal book for those who like their history in biographical form, told in this author's best style.

MAN, The Unknown by Alexis Carrel (Musson's, Toronto) will satisfy the more thoughtful of your friends.

SALAMINA by Rockwell Kent (Geo. J. McLeod, Ltd., Toronto) profusely illustrated by the author will thrill all those who love adventure.

YOUTH UNCHARTED by Stephen Lawford (Macmillan's, Toronto) is another real-life adventure containing so many extraordinary

**The Turkey**

Some Helpful Hints In Choosing and Carving the Festive Bird

One could scarcely expect to find a different kind of turkey to grace the festive board on Christmas Day, but perhaps the family will appreciate a change in the stuffing. The experienced housewife has learned that there is a difference in turkeys as far as being palatable, and many points need to be considered in the selection of the bird. It is well to choose the turkey at least a week before it is needed for consumption.

It is easy to pick out the young bird by its smooth, black legs, moist and supple feet and eyes that are clear and free of scaly surroundings. The hen bird is, as a rule, more plump and tender than the male bird. On a young bird the spurs are short and stumpy. On an old bird they are long and gain in sharpness as the age increases.

Perhaps the Christmas host whose privilege it will be to carve the turkey needs his memory freshened up a bit. It's surely an art any man may be proud of to neatly and skillfully carve a roasted bird.

The placing of the turkey on the table is important. The head should be toward the left hand of the carver. This brings the drumsticks to the right and the side of the bird directly in front of the carver.

Insert the fork firmly over the breast bone at the highest point. Do not remove the fork until the carving is done.

First remove the whole leg, thigh and drumstick in one piece. To do this make a circular cut around the joint close to the body. With the blade of the knife press the leg back and cut through the ligaments holding the thigh bone to the back.

A quick twist of the knife easily severs the joint. However, if you want to, it's perfectly "proper" to hold the end of the drumstick covered with a paper frill firmly with the fingers of the left hand. Then a quick gash of the skin between the body and thigh, a little tweek with the finger and a downward cut with the knife and the leg is neatly and expeditiously carved. The two joints of the leg repose on the platter while the wing is severed, and the breast carved.

Next remove the wing by making a circular cut around the joint, and pressing back with the knife just as the leg was done. However, the fingers cannot be used for the wing. Care should be taken not to cut any of the white meat of the breast with the wing. Place the wing on the platter.

Now, with the fork still in position, cut thin slices lengthwise from the breast, beginning close to the place from which the wing was removed and working up the ridge of the breast bone. Now remove the fork and separate the drumstick from the second joint. The dark meat on the thigh and drumstick should be divided into small inviting portions. The wing is divided in two parts. The stuffing is taken out from the tail end of the bird with a large serving spoon.

**Woman of Eighty-Nine  
Played Part of  
Village Doctor**

Three years ago, advancing age forced Mrs. Stewart Ballantyne, widow of one of the oldest residents of Ballantyne's Cove, N.S., to retire from the important role she had held in the life of the community for almost three generations.

Playing parts of both doctor and nurse in the days before Ballantyne's Cove could boast of either, Mrs. Ballantyne as midwife had up to her retirement helped more than 200 of this village's babies into the world.

Some of the children were sons and daughters of babies she had assisted at birth years before; a few were grandchildren.

A short time ago an urgent call for Mrs. Ballantyne came from Cape George. Hesitant at first, the 89-year-old woman hustled off on the errand of mercy when she learned a doctor and nurse summoned to the Cape George home from Antigonish, several miles away, had been delayed.

When the doctor and nurse did arrive, the old lady held the safely-delivered ten-pound boy in her arms.

**Canada Will Send U. S.  
4 Million Yule Trees**

OTTAWA.—Canada will ship 4,000,000 Christmas trees to the United States this month to decorate the homes of American families and gladden the hearts of thousands of children. Most of the trees come from Ontario, Quebec and New Brunswick. The New York market alone will take 200 to 250 carloads, representing 700,000 to 800,000 trees.

**Safe**  
TO BUY THIS  
TRADE-MARKED FUEL

Millions of people have confidence in the blue colour that assures safe, economical, satisfactory heating.

**blue coal**  
EVEN HEAT WITH NO FORCED DRAFT

**For a Bright New Year  
Give Your Family a  
Northern Electric**

**BATTERY OPERATED**  
New standards of radio entertainment. Amazing brilliance of tone. Unusual cabinet beauty. New airplane type dial. Operates with air cell, storage or dry cell. Mantel and console models. \$56.50 From . . . . .

**HYDRO OPERATED**  
The most revolutionary set of the year . . . the only sets with the new Centromatic Unit which banishes 104 trouble sources found in ordinary radio. . . Controlled Selectivity and the new \$114.50 Metal Tubes. From . . . . .

**Only Northern Electric Has All These Features**  
See your Dealer

brought up like that, Joan, wants to get his own back on the world. He'll damn well take what he wants when he finds himself strong enough to do it. So if you find me less amenable to reason than most people, put it down to the hard heart of my poor old Uncle Charles. Hannen!"

"Perhaps you were rather a difficult child to handle!" suggested Joan with a smile, as they drove on through gusts of rising wind which raised swirls of dust on the road.

"He pre-supposed difficulties," said Hannen. "Presupposed 'em with a dog whip, regularly on Monday mornings."

"Not a dog whip!"

"Certainly a dog whip."

"But you can't—you're not allowed to use a dog whip on a child," protested Joan, painfully moved, and reluctant to believe him.

TO BE CONTINUED