

THE REMARKABLE ROMANCE OF AN INDUSTRIAL DICTATOR
Velvet and Steel
 By **PEARL BELLAIRS**

RECAPITULATION
 Joan Denby of humble origin is introduced as a social equal to Mrs. Gordon, la Fontaine, rather than her secretary, she meets Piers Hamilton on her Lord Edwards' cruise to the coast. Joan leaves Mrs. Gordon's party and goes to the home of Piers Hamilton, who is the cousin of Lord Edwards. Piers Hamilton is a man who has made his fortune in the industrial world. He is a man of power and influence. Joan is a woman of refinement and culture. They are attracted to each other from the first moment they meet. Their romance is a remarkable one. It is a story of love, power, and sacrifice.

There was nothing to be said to that, and Hamilton went to suggest that when they had finished admiring the sunset, they might all go ashore and have dinner. Joan, catching the changed note in Moore's voice, wondered what had happened. His old manner, harsh, overbearing and real, had returned. "What do you say, Senorita?" he asked Joan, with a challenge in his voice. He had never called her "Senorita" before. She reflected, a little of a sudden, the ballerina of the Buenos Aires Opera House. "Was that spirit that awakened in him which was reminding him of that distant day? She was vaguely frightened of him again, and determined if they did go ashore."

EVERYBODY LIKES SHORTBREAD
 ... and especially when it's Christie's Lorna Doone Shortbread. Deliciously crisp and crunchy, baked as only Christie's Bakers know how. It brings back sweet memories of the Old Land.

Christie's Biscuits
 "There's a Christie Biscuit for every taste"

EVERY DAY LIVING
 A WEEKLY TONIC
 By Dr. M. M. Lappin

THOSE FITS OF DEPRESSION
 I want to deal with a letter which I have received from a man who is suffering from depression. It is a letter which is full of interest and of the industrial and economic depression about which it was so popular to talk, but of which we are not hearing quite so much, perhaps, today. That may be a good sign for many of us. Let us be thankful. My friend seems to be suffering from that sort of depression which settles upon everybody at some time or other. The difference between him and some other people is just that the others are able to rise above it, but he allows it to overcome him. "I am naturally an optimist," he writes. "I have held my present position for eighteen years. My salary has always enabled me to live in a modicum of comfort. I never thought the sun would darken in my sky. But it has. Two years ago my mother died and I have been living since then in a state of almost unutterable loneliness. I have kept on the old home. I go on to the bank and I meet my friends and despite the estrangement of my friends, I feel I cannot drag myself out to a show or a party. All old feet have gone. Nothing but that awful feeling of depression. It is with me constantly. I take it to bed with me and it gets up with me in the morning. Is there anything I can do to get rid of it and to regain my former cheerful spirit?"

CHAPTER XIV (Continued)
"HOW WILL WE GET BACK?"
 When the port officials had been

SOUND SLEEP FOR YOU
 Stop counting sheep. Don't toss and turn and worry away the sleepless hours another night.
 Take PHOSFERINE, the great British Tonic. You'll sleep—like a top. And when you wake up life will look much more pleasant.
 PHOSFERINE is concentrated food—more energy, more health, more nerve and body stimulation packed in a few economical daily drops. Its breeding building effect is rapid. Almost from the first day you feel brighter in both mind and body. Your appetite starts to enjoy your meals.
 Start with PHOSFERINE and keep at it... and your reward will be nights of sound sleep and days of sound health.
 PHOSFERINE has been a boon to thousands.
 PHOSFERINE is splendidly effective at all ages for combating fatigue, apoplexy, general debility, retarded convalescence, nervous excitement, indigestion, rheumatism, grippe, neuritis, arthritis and loss of appetite.
 Get PHOSFERINE from your druggist now—in liquid or tablet form—at the following reduced prices—12 sizes, 50¢, \$1.00, \$1.50. The \$1.00 size is nearly four times the 50¢ size, and the \$1.50 size is twice the \$1.00 size.

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 EVERY DAY LIVING should be addressed to: Dr. M. M. Lappin, Room 421, 73 Adelaide Street, West, Toronto, Ontario. Enclose a 2¢ stamped, addressed envelope for reply.

Those Leisure Hours
 Why Not Employ Them Profitably? Specialized Training leads to increased efficiency. Overcome Inferiority Complex, develop mental power, and acquire "know-how" in the quiet of your own home. Write for particulars of fascinating correspondence courses. The Institute of Practical and Applied Psychology, 810 Confederation Building, 407 SPADINA, TORONTO.

Omega Oil
 Then treat pain as authorities advise—with Omega Oil. Far better than internal heat. It works down deep to correct the cause. Three times faster than ordinary liniments for end nerve. At all drug stores, 35 cents.

HINDS CREAM
 Hinds Honey & Almond Cream

"Quads" Cost Great Britain \$75 A Day
 Being Looked After Much As Dionne Babies Were

LONDON—Great Britain is making almost as much fuss over its "quads"—quadruplets born to Mrs. Walter Edward Miles, wife of a truck driver in St. Neots, Huntingdonshire—as Canada did over its celebrated Dionne "quints."

The Book Shelf
 BY MAIR M. MORGAN

"WHO SAID MURDER" by Charles W. Bell, K.C., (Macmillan, Toronto) is a good, fat volume of an amazing chronicle of a magnetic, genial, capable man pitting his personality and capabilities against the steel of Canada's two railways. Mr. Bell is a reporter; he has never done a case of murder. The statement is legally true of course, for the twenty-one persons charged with murder and defended by Mr. Bell were acquitted. So of course they were not murderers.

"Supreme in Sound"
 SHONZA IJIMOTO was born in Japan during the transition from feudalism to modernism. Her childhood was that of the age-old aristocracy of the nation, while her father went to his office each day in cutaway and bowler hat. Accompanied by maids and ricksha men, with the family coat-of-arms embroidered on her silk school uniform, she attended the Peers' School under the personal supervision of the Empress.

"BATTERY OPERATED SETS"
 Amazing tone. Unusual cabinet beauty. New airplane type dial. Operate with air cell, storage or dry cell. Mantel and Console models. As low as \$56.50

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THE TRAGEDY OF HENRY

WANT QUICK RELIEF?
 Then treat pain as authorities advise—with Omega Oil. Far better than internal heat. It works down deep to correct the cause. Three times faster than ordinary liniments for end nerve. At all drug stores, 35 cents.

Northern Electric Radio
 HINDS CREAM
 Hinds Honey & Almond Cream
 Issue No. 50 — '35

Woman's World
 By Mair M. Morgan

NO "MACHINE TOUCH"
 In this machine age, home-made candies carry a greeting of individuality and thought. They can't be bought but made personally, and consideration given to the favor. An assortment of each friend. And every hostess is delighted to have something "different" to offer her guests during the holiday season.

Cocunut Apricot Candy
 1/2 cup desiccated apricot
 1/2 cup premium shred coconut
 3/4 cup nut meats
 1/2 teaspoon grated orange rind
 1 tablespoon lemon juice
 Wash apricots, and stem 5 minutes. Put apricots, coconut, and nut meats through food chopper. Add orange and lemon rind and lemon juice and knead until mixture is blended. If candy is sticky, add enough orange juice to moisten. If too moist, work in small amount of confectioner's sugar. Shape into balls about 3/4 inches in diameter. Roll in granulated sugar. Makes 20 balls.

New English Yeast Clears up the Skin
 A newer & cheaper & a better form of yeast—a live yeast—has been discovered in England. This yeast does not have to be kept in a cool place. It may be purchased cheaply in quantities to suit several weeks. It proves to have a beneficial effect in clearing up poor complexion—pimples, a skin blemish of all kinds, and particularly rich in vitamins B1 and B2—the vitamins which have to do with metabolism. It is the changing of dead food into living matter.

"FACING TWO WAYS"
 Baroness Ishimoto (Oxford Press, Toronto) illustrated with photographs. Shionza Ishimoto was born in Japan during the transition from feudalism to modernism. Her childhood was that of the age-old aristocracy of the nation, while her father went to his office each day in cutaway and bowler hat. Accompanied by maids and ricksha men, with the family coat-of-arms embroidered on her silk school uniform, she attended the Peers' School under the personal supervision of the Empress.

FU MANCHU
 By Sax Rohmer

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Joyously looking forward to action in Ethiopia, members of a division of Italian veterans, all of whom received wounds in World War, leave Rome enroute to East Africa.

Wounded Division Sails For More Action
 Cream butter thoroughly, add sugar gradually, creaming until light and fluffy; then add egg and beat thoroughly. Add flour, alternately with cream, mixing well after each addition. Chill. Roll 1/8 inch thick on slightly floured board. Cut with floured fancy cookie cutter and decorate with remaining 1 1/2 cups coconut. Sprinkle on top of each cookie. Additional decoration bits of candied pineapple, cherries, or small cinnamon candies may also be added. Bake in hot oven (400 degrees F.) 12 to 14 minutes, or until delicately browned, and are delicious.

Sunday School Lesson
LESSON XII—December 22
MALACH FORETELLS A NEW DAY—Malachi 1: 1-4: 6
GOLDEN TEXT—Behold, I send my messenger, and he shall prepare the way before me.—Malachi 3: 1

Dash and Utility
 Exciting news! Cut it out and hey, presto! It's finished! Back and front sections—sleeves cut in one with shoulders ribbon on "self" fabric inserted through casing at neck. Dark ground cotton in Dubont pattern is exceedingly smart and new looking with green accent in ribbon and buttons. For lounging, it has loads of dash and warmth in emerald green and navy velveteen. Style No. 2847 is designed for sizes 11, 13, 15, 17 and 19 years. Size 15 requires 3 1/2 yards of 2 1/4-inch ribbon for neck tie. Write your name and address plainly, giving number and size of pattern wanted. Enclose 15¢ in stamps or coin (cash preferred); wrap it carefully, and address your order to Wilson Pattern Service, 73 West Adelaide Street, Toronto.

THE SEVERED FINGERS—In Shen Yan's Den.

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A Country Doctor's Wife

one hand, and Judah (Jesus), on the present of offense. In the fire, he will have to submit to a full in the court also; on the other hand, through his covenant and promise to be the God of Jacob still stands, and Jacob, though chastised, is not destroyed.

"From the days of your fathers we have turned aside from mine ordinances, and have not kept them. Return unto me, and I will return unto you, saith Jehovah of hosts." (Of Zechar. 1: 3: 4; Dan. 9: 7; Jer. 3: 12; Eze. 14: 6; Heb. 10: 26.)

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