THE WORLD'S MOST FAMOUS FLAVOR
WRIGLEY'S SPEARMINT
1st PERFECT GUM
SWEETENS THE BREATH
THE QUALITY CHEWING GUM

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.

"But she likes her way, doesn't she, Mrs. Denby."

"Yes, but she always was sweet-tempered, even as a child. And she's had advantages like, as the others haven't. Miss La Fontaine, sir, she's done as much for Joany as any mortal woman could. I was in service with her, you see, sir, before I married Denby. Such a clever, taking little thing Joany was when she was a child!"

"And what is your enthusiasm in life?" Piers Hannen asked Jimmy. Jimmy, when this was translated to him by Mrs. Denby, replied hoarsely:

"Wi'les!"

"Wireless? That's good fun, isn't it?"

"But I hain't got a set," said Jimmy. "Joe Canning down the street, he's got one."

"That's Jimmy's one wish—a wireless," said Mrs. Denby. "But he isn't going to get a wireless act this year, I'm thinking."

Then Mr. Denby came in, already mystified by the car outside the house he stopped short, as thought shot, at the sight of Hannen.

Fear, as well as nervousness came into his face. He thought that something was wrong at the factory—thought that the boss, the seldom-seen giant behind the whole great organization, should descend upon him personally to blow him up seemed a little incredible.

"Father, this is Mr. Hannen," said Joan, introducing them.

"Yes, I know, miss, I know Sir." Mr. Denby touched his forelock. "Pleased to see you, sir!"

"I've brought him to have dinner with us, father."

"Eh?"

Joan smiled at her father, but he hardly looked more credulous of this aspect of the matter. Collecting his scattered wits he stammered that they were honored, and a dozen different notions as to how this had happened chased themselves through his mind. If the moon had dropped out of the sky into his kitchen he would not have been more surprised.

The awkward moment was filled by Mrs. Denby's flurried announcement that dinner was ready, and they all sat down at the table.

Dinner began in silence and Joan refused to open her mouth to relieve the awkwardness; anything that made the evening more embarrassing to Piers Hannen was to be welcomed. She was amused by Ben, who settled down to eat his bread and margarine, enormous mouthfuls of it, while he kept his gaze fixed on Hannen's face. Round and blue his eyes never shifted, while his jaw worked steadily below them.

The margarine, Joan noticed as soon as she tasted it, was rancid. She was pleased, and she pushed the plate towards Hannen, wondering as she did so whether he had ever before in his life eaten margarine".

"Thanks." His face imperturbable, he helped himself to it.

Jimmy, meanwhile, began a sort of shove-halfpenny game with his own and Ben's plates. Mrs. Denby fold him to be quiet, and as though to stifle himself he crammed his mouth with considerably more bread and butter than it could hold.

"Haven't I seen you at the works, Mr. Denby?" said Piers Hannen, breaking the awkward silence.

"Number twenty-two shop, sir, I'm foreman!" said Mr. Denby, beaming.

"I thought I knew your face. Miss Denby didn't mention that you were at the work."

She was "Miss Denby" again Joan noticed.

They were all startled by Jimmy, who suddenly spewed out his mouthful of bread and butter.

"Nah! You dirty little—Jimmy, behave yourself!" finished Mr. Denby lamely.

"This marg's rancid!! protested Jimmy violently, and was only silenced by his mother passing him one of the valuable bananas which were to make up the rest of the meal after the kippers.

Mr. Denby began to talk to Piers Hannen about the works; about some new machinery which had been installed recently. Piers Hannen asked Mr. Denby his opinion of it, and listened attentively to his reply.

The meal was soon eaten, for there was not a great deal of it, and Piers Hannen and Mr. Denby sat down by the fire to talk, while Joan and her mother cleared the table. Joan's amusement at the situation, her pleasure in bringing Hannen here in order to confound him, had all vanished away. She felt tired. There really was no pleasure in knowing that if a man knew you as you really were, he would not want you; even though that man was Piers Hannen. For he represented other men whom one might not dislike so much.

The two small boys began to fight in the small space of floor that was clear of furniture, and a few minutes later Joan's sister Maude came in.

She was a precocious girl of seventeen, who worked in a confectioner's shop, and like to have a good time. She was pretty in a bold way, and spent most of her money on clothes. She was rather reluctant in her contributions to the housekeeping, and the boys she went about with made Mrs. Denby afraid for her, as Mrs. Denby often said.

She bounced in now with a pert face and a pert reply ready for any comments on her lateness, and stopped short at the sight of Hannen.

"This is my girl, Maudie," said Mr. Denby, forestalling Joan's introduction.

"How do you do?" said Hannen.

(To be Continued.)

GOLDEN VIRGINIA
Modern Blend
CIGARETTE TOBACCO
15¢ 25¢ 15¢ PER OZ.
Manufactured by The Royal Cash Sales Co. Montreal Canada
Enjoy a really fine hand-made cigarette by rolling your own with GOLDEN VIRGINIA
ALSO MADE UP IN PIPE TOBACCO

Holyrood Palace Has Special Interest For Duchess Of Kent

The Duchess of Kent is the first descendant of Mary Queen of Scots to stay at Holyrood Palace as wife of the Lord High Commissioner to the General Assembly of the Church of Scotland.

An ancestor of the former Princess Marina of Greece was Frederick of Bohemia. He married a daughter of James VI of Scotland, that son of Queen Mary who became the first King of Britain in 1603.

The last weeks of May saw brilliant scenes in the Scottish capital. Recognizing the Duchess as a leader of fashion, women attended the various functions at which the Royal couple was present attired in ultra-smart outfits. Costumiers and dressmakers reported a rush of business.

Vancouver Island Has Highest Falls

Victoria. — Vancouver Island boasts the highest falls in the world, the Della Falls, 1,580 feet. Now the Island Publicity Bureau wants to know how to capitalize on the tourist attraction. The falls are almost inaccessible, involving a boat trip and a 13-mile trek through difficult country.

"The devotion of thought to an honest achiement makes the achievement possible. Exception only confirms this rule, proving that failure is occasioned by a too feeble faith."

—Mary Baker Eddy.

Your Handwriting Reveals Your Character!

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Geoffrey St. Clair
Graphologist

(Editor's Note: Since this series of articles commenced, the author has replied to thousands of readers, who wrote asking either for a character analysis or for guidance in personal problems. Mr. St. Clair can help YOU, too. See his invitation to you following this week's article.)

* * *

Can a girl love two men at once? That is the interesting poser that I put to me in a letter just to hand. I am giving you part of this young lady's letter to me, as I have no doubt that there are other readers of this column, which appears in papers throughout the Dominion, who are in a similar predicament.

"Some time ago, about two years ago, to be exact, I met a young man wolle in Toronto for a holiday, and fell in love with him. I have seen him at different times since, and feel quite sure that my feeling for him is sincere and deep. About six months ago, we had a little tiff, not very important perhaps, but whilst we were in the middle of it, I met a young man nearer home, and have since seen quite a lot of him. There is no doubt that we have learned to care a good deal for each other.

I intended, in the early stages, to break it off with No. 2 young man when my first friend and I became reconciled, but I failed to do so, and now I have both young men caring a good deal for me, and the first young man doesn't know anything about the other one, and vice versa.

I realized that I haven't entirely played the game with either of these young men, particularly the first one, but what do you think I should do now? Do you think I would be better to carry on with No. 1 and let the other go? They both are very anxious to marry me, and it appears that I will be forced to make a decision one way or the other before very long. Your advice would be eagerly received".

I quite agree with you that you "haven't played the game" with these young men, but I can readily appreciate the reasons for your drifting into this impasse. However, I have examined the different writings, and will deal with your own first of all.

You are of a type that is very ready to show affection, and must really have affectionate companionship. Indeed, you are what I call the type that "falls in love with love". My own personal feeling about you is that you don't love either of these young men. It seems to me that you would soon realize it if you were in love with one of them.

No.1 young man is affectionate, loyal, straightforward, rather dignified and not the type to "wear his heart on his sleeve". The second young man is more expressive of his feelings, more spontaneous. He is also straightforward, as is the first one.

There isn't a great deal to choose between either of them. There is some difference in temperaments, but you could, I believe, get along quite well with both of them.

The No. 2 youth has this advantage—he is living nearer to you and can see more of you than is possible for the first young man. And, all things being equal, there can be no doubt that propinquity adds to the possibilities for mutual association, and for falling in love.

However, I cannot advise you to marry either of these young men. You are not in love really earnestly with either of them. It seems to me that you should take the first opportunity of breaking off your association with No. 1 young man, and trust to the future to decide whether you really love the other friend sufficiently to marry him.

* * *

Have YOU any problem that Mr. St. Clair can help you with? He will be quite frank, unbiassed, sympathetic and friendly. Perhaps you would like to know what your own real character is—or that of your friends? Remember that handwriting tells the real story of one's temperament, character and potentialities. Send specimens of the handwritings you wish to be analysed, stating birth date in each case. Send 10c coin for each specimen and enclose with 3c stamped addressed envelope, to: Geoffrey St. Clair, Room 421, 73 Adelaide Street West, Toronto, Ont. Your letter will be treated in confidence and replies will be forwarded as quickly as possible.

Royal Bride's Good Taste Displayed in House Furnishings

Since she returned from her honeymoon, the latest royal bride has been as happily engrossed as any other young married woman in the choice of furnishings for her new home.

The Duchess of Kent, like the Duke, has extremely good taste, and she has been careful to see that her new curtains, chair covers and wall decorations were such as would make the ideal background for the lovely furniture which is one of the beauties of the house.

GOOD COTRASTS.

An ivory satin has been selected for the Duchess's bedroom, and there is an interesting difference between the curtains and chair coverings, for while the former have a thin diagonal self-stripe, the latter are scattered with stars similarly woven in the material so that the effect carries out that suggestion of a Regency atmosphere which somehow pervades the whole house.

Rough-cast materials are used both in the Duke's study and in his bedroom. The Duke is obviously fond of dark blue, for in the former room the curtains are white with an edging of navy blue braid, while the chairs are entirely covered in navy blue.

LOVELY LINEN.

In the bedroom the rough fabric of the curtains is dyed a each color, which contrasts delightfully with the blue-green of the satin bed cover, over which is laid a peach-beige quilt.

As an artist herself, the Duchess appreciates lovely handwork and characteristic of her exquisite taste is the bed linen she has purchased.

Sheets and pillow-cases of the finest white linen appliqued with a pale blue satin edge and sprays of flowers comprise one set; another is in pale pink linen with leaves scattered over it. Equally charming are the sets in fine crepe de chine with the same irregular edge and flower trimmings carried out in matching or contrasting satin.

Diagnosis Of Disease By 'Waves' Forseen

Winnipeg. — Admiral E. A. S. Hayward of London, Eng., predicted here that doctors soon will be able to diagnose diseases before they normally make their appearance by noticing variation in the electrical wave-lengths given off by the human body. The widely known student in psychic research returned to Winnipeg after a two-year absence.

Winnipeg Goldeye

We hasten to join with our contemporary, the Winnipeg Tribune, in viewing with alarm the threatened disappearance of that unique and succulent fish, the Winnipeg goldeye. Rightly, the goldeye is the pride of the prairie, — perhaps even "Manitoba's only distinctive contribution to the world's gustatory delights." Many are its merits. To begin with, it is smoked and therefore can be carried far, bringing joy to Montreal and New York no less than to Brandon. Then it is a "secretive" fish and does not too loudly announce its presence in the kitchen while being cooked. This is a trick it might well teach the kipper. Its appearance, on the first meeting, is perhaps startling — its bright rose-gold suggesting an origin in the aquarium or in the oriental print room of the museum. But once understood, this brilliance only lends enchantment. It is accommodating in the matter of bone structure, a virtue which we wish the delicate shad would imitate. And, last, but first in importance, its mild flavour is superb.

The Tribune's figures tell the sad story: —

The catch of goldeye in Manitoba waters in 1926 was 1,162,000 pounds. In 1929 it was 1,110,500 pounds. In 1930 it was 574,000 pounds. In 1933 it was 280,000 pounds, and in 1934 it was 325,000 pounds. — Montreal Star.

"Failures always overtake those who have the power to do, without the will to act."

—James Ellis

WEAK WOMEN

ARE you tired, nervous, run-down? No pep? No ambition? Take Lydia E. Pinkham's Vegetable Compound. It quiets quivering nerves—improves the appetite—makes life seem worth living again.

Mrs. James Martin of 227½ Main Street E., Hamilton, Ontario, says—"Your Vegetable Compound built me up wonderfully. I have gained pep, my nerves are better and I have a good appetite. I feel much stronger."

Try Lydia E. Pinkham's VEGETABLE COMPOUND

Issue No. 26 — '35

Enjoy the Best Tea
"SALADA" TEA

EXTINCTION FACES THE GOLDEYE AND MANITOBA IS TAKING ALARM

(From the Winnipeg Tribune)

Significant figures! The catch of goldeye in Manitoba waters in 1926 was 1,162,000 ounds. In 1929 it was 1,110,500 pounds. In 1930 it was 574,000 pounds. In 1933 it was 280,000 pounds, and in 1934 it was 325,000 pounds. The price has been rising steadily, and the fishermen have redoubled their efforts, naturally, to catch a fish worth up to 25 cents a pound.

The figures simply mean the goldeye is disappearing, and that is serious.

The practical disappearance of the once-flourishing whitefish industry is bad enough, but that was simply a case of greedy men destroying a valuable industry for their own profit. But the disappearance of the goldeye is something else.

It is not merely a money loss, important though that may be. It is the loss of Manitoba's only distinctive contribution to the world's gastatory delight—something that has made the name of Winnipeg to be spoken with reverence in all the shrines to the palate.

The really distinctive contributions to the world's dining tables are few, and Canada has been responsible for only perhaps half a dozen all told. Most of our good products — maple syrup is an example—we share with other countries. The Montreal melon is one of Canada's prime products, and the goldeye ranks with it at the top of the list.

Unfortunately the goldeye has not its sway with too conspicuous success. It is doomed to extinction unless something is done about it.

It is not too late to do something, and the best of experts should be called in to decide what measures of conservation should be adopted. A catch of 325,000 pounds last season suggests that the breeding stock is still available. The experts should be given the task of studying the ways of this fish, and working out plans under which supply can be conserved with reasonable market production. Wonders have been worked by patient scientists in the propagation of fish of the trout, bass and other game varieties.

Here is an opportunity to perpetuate a fish which has become a greater advertising value for Winnipeg and Manitoba than any other product.

No Proof The Scots Invented Golf Game

Ask ninety-nine golfers out of a hundred the origin of golf and they will say unhesitatingly that the game was first played in Scotland. But, according to Major W. G. Tucker, secretary of the Royal Blackheath Golf Club in England, which claims to be the oldest existing golf club with a continuous history, the exact origin of golf is lost in the mists of antiquity.

"Literary researches into the subject," he writes in the current Rotarian Magazine, "have led to the conclusion that the name golf was probably derived from the Teutonic kolbe, a club (kolf in low Dutch is a game). By a Scotch Act of Parliament in 1424, prohibiting games that interfered with archery and other military sports, football is prohibited, and no mention is made of golf. By another Act of Parliament in 1457, football and golf are prohibited, so that it seems likely the game was introduced between those dates or perhaps became popular after football But items in the accounts of the

"In 1491, King James IV of Scotland decreed: 'Futeball and Golfe' forbidden. Item, it is statut and ordainit that in na place of the realme there be usit fute-ball, golfe, or uther sik unprofitabills portis. . . . "The lord high treasurer (1503-6) show that King James, himself, yielded tot he lure of this 'unprofitabill sportis.' The Edinburgh council, in 1529, proclaimed "threw this burgh' that na inhabitants of the samyn be seen at ony pastymes within or without that toun, upon the Sabboth day, sic as golfe, etc." A year later the proclamation was repeated and the prohibition was modified to read 'in tyme of sermone.'

"Be this as it may," he continues, "local tradition maintains that King James I of England and VI of Scotland disported himself at golf on Blackheath when he held court at Greenwich, subsequently sanctioning the formation of a Society of Golfers in 1608."

Old Scotch records reveal that other kings were among the early devotees of the game in Scotland and England. And so the reason is apparent why golf often is referred to as a "royal sport."

Think Out New Daily Problems

Chapel Hill, N.C.—New graduates of the University of North Carolina left the campus with the advice of Mrs. Franklin D. Roosevelt to "think out new ways of doing things."

"These are difficult times," Mrs. Roosevelt said. "We are more prosperous and hopeful than a few years ago. But we who look at realities—and you graduates must look at realities—we cannot say we are satisfied with our country or things as they exist today."

She said that while "we would like to see everyone with a minimum income," the question of the hour is "how to start."

Appealing for courage, initiative and imagination "to try, in this strongest of nations "to solve its problems, she declared:

"We in this nation do not produce enough today to give every individual an income sufficient for a decent standard of living. We must think out new ways of doing things. This machine age has grown up so rapidly we don't know how to handle it."

Pine-Fed Pigs

In the Middle Ages millions of porkers picked up a precarious living in the great forests, grubbing for acorns and roots. To-day they are regaled on quick-fattening oil-cake, which makes better bacon. But such fare is dear, and Germans have been enjoined to observe economy in pig-feeding. Now a German chemist has come to their aid with an extract from pine-wood, of which commodity Germany has millions of acres. It is claimed that this extract is capable of fattening pigs rapidly and satisfactorily. The experimental results have proved so encouraging that a factory has been set up at Mannheim to produce the extract.

LIVE Yeast Ends Indigestion

"I have been been taking Phillips Pure LIVE Yeast regularly for the last three weeks, and I have at last got rid of a nasty form of indigestion." — Extract from original letter.

If your stomach "sets up" after eating you will find Phillips Pure LIVE Yeast a great boon.

In its preparation a way has been found to preserve **in a high state of** activity the important B Vitamins, Enzymes and Nucleic which make yeast so good for you. These important ingredients combine to: (1) Correct digestion and put an end to pains, gas, and nausea after eating. (2) Make your food do you good by insuring complete assimilation; thus building you up. (3) Fortify your blood and enable it to drive out poisons which are responsible for boils, pimples, rheumatic aches and similar troubles.

This 3-Fold action of Phillips Yeast will make meals once more enjoyable for you. And it will give you new strength and vitality. You will like Phillips Yeast, too, and it is not expensive. 15 days' supply (in granules of pleasing taste) for 50c; 45 days' supply, $1.00 at your druggist's.

Woman's World

By Mair M. Morgan

TEMPTING SOUFFLES

Souffle for main course or dessert is a good company luncheon dish, even when you are merely using up left-overs, it sets you off as a clever cook. A souffle's not so hard to achieve, either, once you get the idea.

Try a potato souffle, done with cheese. We had it one evening with boiled lamb chops, stewed tomatoes, and cottage pudding with maple sauce.

* * *

Bake Long and Slowly

For a souffle, whites and yolks of eggs must be beaten separately, the yolks with a rotary beater until thick and lemon colored and the whites on a platter with a wire whisk until stiff.

It's just as necessary to beat the yolks thoroughly, as the whites.

Be sure to fold the whites into the yolk mixture carefully. The fluffy texture of the finished souffle depends upon this folding which prevents the breaking of the air bubbles in the egg whites.

Long slow baking is one of the secrets of souffle making, too. Forty to fifty minutes in an average baking dish should be allowed for baking at a temperature of 350 degrees F. When firm to the touch the souffle is done.

* * *

Potato Cheese Souffle

Two cups mashed potatoes, 1 cup grated cheese, 2 tablespoons melted butter, 1-3 cup milks, 2 eggs, ½ teaspoon salt, — teaspoon white pepper, ¼ teaspoon mustard.

Mix grated cheese thoroughly with potato. Add milk and melted butter and seasonings and bake with a slotted spoon until smooth. Add yolks of eggs well beaten (until thick and lemon colored) and fold in whites beaten until stiff. Turn into a well buttered baking dish and bake forty minutes in a moderate oven (350 degrees F.) Serve from baking dish.

This fish souffle makes a delicious luncheon served with a creamed vegetable or Hollandaise sauce.

* * *

Fish Souffle

One cup flaked fish, 6 eggs, 1 cup soft stale bred crumbs, ½ cup cream, ½ teaspoon salt, 1 tablespoon minced parsley, 1 teaspoon lemon juice, ¼ teaspoon pepper.

Force fish through a coarse sieve or rice Combine cream and crumbs and cook, stirring constantly for five minutes. Add salt, pepper and parsley. Sprinkle lemon juice over fish and add to cooked crumbs. Add well beaten yolks of eggs and fold in whites beaten until stiff. Turn into a buttered baking dish and bake forty minutes in a moderate oven. Serve from baking dish.

Corn Flake Date Cookies

½ pound dates (1½ cups chopped)
½ cup sugar
2 tablespoons water
2 tablespoons orange juice
1 tablespoon grated orange peel

Remove the seeds from the dates and boil dates, sugar, water, orange juice and grated orange peel until soft paste is formed.

1 cup shortening
1 cup brown sugar
3½ cups flour
¼ teaspoon salt
½ cup water
2 cups corn flakes
2 teaspoons baking powder

Cream the shortening, add the sugar and beat thoroughly. Add the flour, which has been sifted with the baking powder and salt, then the water and last the corn flakes. Roll the cookie dough thin (about 3-16 inches thick) and cut into rounds. Spread one round with the date mixture and put a second round on top, pressing the edges together. Bake on greased baking sheet in a moderate oven (375 degrees F.) for 15 to 20 minutes. Yields 36-2½" cookies.

Bran Butterscotch Refrigerator Cookies

1 cup butter (½ pound)
2 cups brown sugar
2 eggs
1 cup bran
3 cups flour
2 teaspoons baking powder

Cream butter and sugar, add eggs and beat together. Add bran. Sift flour and baking powder and add to first mixture. Shape into roll and store in refrigerator. When needed, slice in about 3-8" slices and bake on cookies sheet in hot oven (425 degrees F.) for about 10 minutes. Yields 7½ dozen cookies 22 inches in diameter.

* * *

Corn Flake Macaroons

2 eggs whites
1 cup sugar
2 cups corn flakes
½ cup nutmeats
1 cup coconut
½ teaspoon vanilla extract

Beat eggs whites until they are stiff enough to hold their shape, but not until they lose their shiny appearance. Fold in sugar carefully. Fold in corn flakes, nutmeats and coconut. Add vanilla. Drop on a well greased baking sheet. Bake in a moderate oven (350 degrees F.) about 15 to 20 minutes. Remove pans from oven, place a damp towel and remove macaroons immediately with a spatula or sharp knife. If macaroons become hardened to pan, they may be put in the oven for a few minutes to soften. A standard measuring tablespoon which has a round bowl may be used for shaping the macaroons.

MAKING COFFEE

One needs no particular charm, words or fussy gadgets to make a good cup of coffee, but one must use freshly roasted, freshly ground coffee of a pleasing blend and have an immaculately clean pot in which to make it.

It is advisable to purchase coffee in small quantities, such as a week's supply at a time. And once it is in the home it should be kept in a tightly covered container to exclude air and retain the flavor.

There are three methods by which coffee may be made: Drip or filtered, percolated; and boiled, and with each use enough coffee to make it sufficiently strong.

The drip method is preferred by many because there is not the possibility of "over-cooking" what with the boiling water only coming in contact with the measured coffee once. The beans are finely ground for the drip method, and the water used must be madly boiling. Best results are generally obtained if at least 3 cups are being made at a time; then one tablespoon per cup should be sufficient for the average strength cup of coffee.

When using a percolator use a well-rounded tablespoon of coffee for each cup. In a bell shaped percolator with either hot or cold water, or in the pump style percolator with boiling water, it will take 7 minutes "perking" for the first four cups and then one additional minute for each additional cup. Allow to stand 2 to 3 minutes before pouring and a beautifully clear cup should be the result. If cold water is used in the pump style of percolator, it will take 15 minutes for the first four cups and the one additional minute for each cup.

Boiled coffee requires a coarser grind than does percolated. Mix the ground coffee with a little cold water, put in the pot and measure in the remainder of the water. Bring to a vigorous boil and cook for two minutes. Allow to settle, add 2 tablespoons cold water and strain. Many people like to add a little egg white or egg-shell.

TRY THESE

Corn flakes and other ready-to-eat cereals are familiar to every housewife, for they have become the most distinctive feature of the breakfast table. The fact that they can play a welcome and appetizing part in both the other two meals of the day is not, however, so widely recognized as it should be.

During the dog days, few luncheon dishes will be found more refreshing than a bowl of corn flakes and milk with sliced fresh fruits—and none is more easily or quickly prepared. The same combination makes an ideal supper dish for the children, supplying an abundance of essential vitamins and mineral salts.

The prepared cereals are also invaluable as an ingredient for many delicious cakes, cookies and other delicacies. To them, the crispy flavor of the cereals give an appeal that proves irresistable to family and guests.

Cool Sports Chic

3368

This season it doesn't seem to matter much whether you have a sleeve or not. Pretty capelets with plaits shoulder the responsibility charmingly for you in this model, don't you think?

Easy to make! Just glance at the miniature diagram.

It can be fashioned of almost any summer cotton in sheer or sports weave, besides linens, tub silks, etc.

Style No. 3368 is designed for sizes 14, 16, 18 years, 36, 38 and 40-inches bust. Size 16 requires 3⅝ yards of 39-inch material with ⅝ yard of 35-inch contrasting.

Cake Baking

When one finds that there is not sufficient milk for the baking of a cake, merely add water until the required amount is reached. This is one instance where "watered milk" will make no difference. Sometimes it even makes the cake a little lighter.

Winter Quilts

Winter blankets and quilts will be kept in good condition if they are rolled up with a quantity of camphor flakes and placed in the paper bag in which clothes come from the cleaner. Fold in the ends of the bag, tie with a string and it is then ready to be stored away.

Blue Eggs Make Hen Famous

Just because she lays blue eggs, Henrietta, a modest Irish hen, has become famous throughout Europe. Henrietta began life in the humble way on a farm in the neighborhood of Dublin. But a bird of her ability was bound to get on, and now she is a favored inmate at the Ross Island Agricultural College, Dublin. Henrietta looks like a Rhode Island Red, but, as they say at the college, you can't tell a book by its cover. However, shortly they will know more, for then some of the mysterious eggs are going to hatch. Cynics remark that in Clifty there is a breed of hen which lays blue eggs as a matter of course without getting any of the limelight attaching to Henrietta. But Henrietta merely answers "Cut! Cut!"

Grain Exports to U.S. are Revealed

Ottawa. — More than 1,000,000 bushels of Canadian wheat were shipped from Western Canada to the United States during the 13 months ended April 30, 1934, according to a return tabled recently in the House of Commons.

Manitoba and Saskatchewan were the heaviest exporters of barley, rye, wheat, oats, hay and straw to the United States in that period, with Alberta and British Columbia sharing to a small extent.

Figures were as follows: Barley, 265,87 bushels; rye, 1,136 bushels; wheat, 1,061,504 bushels; oats, 50,942 bushels; hay, 41,109 tons, and straw, 56,220 tons.

FARM FLASHES

Three hundred chicks have been hatched and successfully reared at Eure, France, from the Canadian Record of Performance stock imported in 1934. As a consequence, representatives from France are to visit Canada this year to make more purchases of Canadian R.O.P. stock.

* * *

The number of inspected shipments of poultry from Canada from January 1 to May 31, 1935 comprised 4,487 boxes of turkeys; 23,154 boxes of chickens; 323 boxes of fowl; 25 boxes of geese; 995 boxes of ducks, and one box of pigeons—in all approximately 2,280,000 pounds. During the corresponding period of 1934 the total amount exported was 11,841 boxes.

* * *

Canadian cattle exported to the United States from January 1 to June 6, 1935, totalled 79,295, together with 1,630 calves. The number of cattle thus exported to the United States during this time is approximately 8,000 more than the total export of cattle from Canada during the whole if 1934 to all countries.

* * *

Shipments of Canadian beef to the United States during the month of April, 1935, amounted to 955,900 pounds as against none a year ago. The April beef exports to Great Britain amounted to 3,300 pounds as against 100,700 in April, 1934. The total exports of Canadian beef for the first four months of 1935 were 6,988,700 pounds, as compared with 2,831,600 pounds for the first four months of 1934.

SUNDAY SCHOOL LESSON

LESSON 1.—JULY 7.

MOSES (LEADER AND LAWGIVER)

—Exodus 24: 3-8, 12-18.

GOLDEN TEXT—Blessed is the nation whose God is the Lord.—Psalm 33: 12a.

THE LESSON IN ITS SETTING

TIME—Moses, born in 1571 B.C., lived to be one hundred and twenty years of age, and died, consequently, in 1451 B.C. The particular passage of this lesson falls in the year 1491 B.C.

PLACE—On Mt. Sinai, probably on Jebel Mousa.

"And Moses came and told the people all the words of Jehovah, and all the ordinances; and all the people answered with one voice, and said, All the words which Jehovah hath spoken will we do." How easy it was to take such a vow as this in the midst of the awful majestic splendor that had accompanied the giving of the law on Sinai! When the tremendous emotions of this occasion had passed away, Israel became guilty of breaking all the commandments.

"And Moses wrote all the words of Jehovah." The origin of the first portion of Holy Scripture that ever existed as such, whatever earlier writings may now or afterwards have been incorporated in the Pentateuch. "And rose up early in the morning, and builded an altar under the mount, and twelve pillars, according to the twelve tribes of Israel. Cf. 17: 15; 29: 24.

"And he sent young men of the children of Israel, who offered burnt-offerings, and sacrificed peace-offerings of oxen unto Jehovah." There were yet no priests and there was as yet no provision for a sin offering.

"And Moses took half of the blood, and put it in basins; and half of the blood he sprinkled on the altar." Blood represents the life of an animal and wherever it is offered in sacrifice in the Old Testament, it is so offered as a substitute for the life of man, which life man has forfeited by his sin, sin always being, in God's sight, punishable by death.

"And he took the book of the covenant." Apparently the laws recorded in the previous four chapters. "And read in the audience of the people: and they said, All that Jehovah hath spoken will we do, and be obedient. And Moses took the blood and sprinkled it on the people, and said, Behold the blood of the covenant, which Jehovah hath made with you concerning all these words." A covenant is a compact entered into by two parties, the validity of which is dependent upon both parties keeping their vows. The blood, being sprinkled on the altar and on the people, bound together a holy God and a separated nation.

"And Jehovah said unto Moses, Come up to me into the mount, and be there: and I will give thee the tables of stone, and the law and the commandment, which I have written, that thou mayest teach them. And Moses rose up, and Joshua, his minister; and Moses went up into the Mount of God. And he said unto the elders, Tarry ye here for us, until we come again unto you; and behold, Aaron and Hur are with you; whosoever hath a cause, let him come near unto them. From these words, what would seem to be the thought of Moses as he began his ascent of the mountain? Why did not the invitation extend to all of the seventy elders? Does God speak with greater intimacy to some servants of his than to others, and if so, why?

"And Moses went up into the mount and the cloud covered the mount. Clouds first appear in God's covenant concerning the rainbow (Gen. 9: 13-15). The next time we hear of a cloud is when God leads the children of Israel by a pillar of cloud by day (Ex. 13: 21, 22; 14: 10, 20, 24). Later, a cloud rested, as it were, in the holy of holies (I. Kings 8: 10, 11). The Lord Jesus was received up into heaven in a cloud (Acts 1: 9), and will return in the clouds of heaven (Matt. 24: 30; 26: 64).

"And the glory of Jehovah abode upon Mount Sinai, and the cloud covered it six days; and the seventh day he called unto Moses out of the midst of the cloud.

"And the appearance of the glory of Jehovah was like devouring fire on the top of the mount in the eyes of the children of Israel." The glory that was centred in that innermost shrine was perceived by the people; we may suppose much softened to their vision by the envelope of cloud as the shining face of the reflection of it was afterwards covered with a veil.

"And Moses entered into the midst of the cloud, and went up into the mount; and Moses was in the mount forty days and forty nights." Moses is called the lawgiver to the very close of his life (Deut. 43: 24), and a prophet, many centuries later, by Hosea (12: 13). No lawgiver of any age or any nation ever communicated to a people such a code of fundamental legislation as did Moses to Israel during the days that followed his communion with God on Mount Sinai.

The Oriole's Nest

(Calgary Herald)

The oriole's nest is among the most interesting in avian architecture. As it is a job of work where "needle and thread" play a prominent part, its fabrication is left to the drab-colored hen. Hers is a workaday life, and she seems content to allow her gorgeous spouse to carry off the social honors in his gorgeous raiment of gold and black, while she confines herself to domestic duties.

And so she weaves with exquisite skill, using her beak as a needle, a pouch nearly seven inches deep swung from the topmost tips of a cottonwood tree, and lashed so securely that rarely can the strongest winds dislodge it.

Fashioned of string, horsehair, bits of cotton and wool, the whole forms a felt-like bag that is rain-proof and secure, and the brooding bird sitting on her clutch of eggs has little to fear from the elements. With a wisdom learned of experience, she makes an even deeper nest, sometimes partially roofed over to hide her from the prying eyes of hawks and crows when she builds far from the protection which human habitations provide, for it is remarkable how quickly some birds respond to the protection that contact with civilization affords them.

Sitting sentinel while the eggs are being hatched and jealously guarding his young family, the male oriole is equally striking in plumage or timbre of song. A cloak and cap of glossy black falls from head to tail while white spots and edgings trim his black wings.

SALUT D'AMOUR

Loved one, as each blue day with twilight flies,
Here you will find me waiting as before,
Through night with its deep, dream shadows,
You will hear me call . . "You are ever within my heart". . .

Years may pass between, still the the memory of my dream
I will keep with lonely heart yearning,
Years may pass between, unforgotten is my dream,
For I know you will be returning.

Then, Loved One, I offer you my faithful heart,
No one but you shall ever call its own,
It beats with a love no words can tell,
and its dreaming is yours, alone.

Francis Smith, Toronto.

FU MANCHU By Sax Rohmer

THE ZYAT KISS—On Guard Against Death