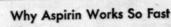
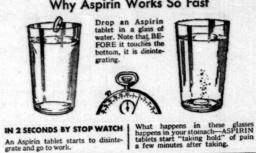
Even Rheumatic Pains Eased Fast Now!

BAD HEADACHES, NEURITIS PAINS OFTEN RELIEVED IN MINUTES THIS WAY





When in Pain Remember These Pictures - ASPIRIN DOES NOT HARM THE HEART -

WINGS OF FORTUNE

LESLIE BERESFORD

SYNOPSIS

Sylvia Darnley, an orphan is

and Monte Carro.

Mrs. Paula Carmichael and To
Mallison staying at the hotel tell h
she is heiress to a fortune left by h
uncle. Luke Massingham.

"You've been seeing about a mar-

"Two days ago now. That was our ment in his eyes.

"Dargain, wasn't it? Once you're safe"Dare?" he repeated, and then other laughed. bargain, washt it: One your little little little secret will be in the family, where dare kiss his future wife, little tiger

far as that. But they must not, would mot. Before then, John Christopher she heard him gibing cynically. "And would surely have something to say, we're just going out to buy the

"Certainly I do!" Sylvia, seeing him moving towards her again, had now a chance to evade him, placing an immense settee between herself "You know why I agreed to become your wife!" she flung back her nead proudly, her eyes scornful. "It was only because you and Paula had trapped me, and I could see no other

way out. There isn't any question at all of my being in the least in love with you, don't think it. Any marriage between us could only be a matter of form—"

"Oh, you think that, do you?" he laughed, a hard little glitter in his eyes. "Well, you may think it, and welcome. But you'll find you're mistaken, dear little iceberg! You may not imagine yourself in love with me now, but you will be in the end. And

marriage licence has been applied for and should be granted in the next

What was her interest in interfering her lips, seeming to be seeking to wipe away an invisible stain.

"Dare—?" On his part, his hand through Sylvia's mind as she stared through Sylvia's mind as she stared through Sylvia's mind as he stared through Sylvia's m

(To Be Continued.)

it will stay for good.

"As a matter of fact," he added "the bottom of the secret will be knocked clean out then, anyhow. So "Your future wife—?"

THE BEST MAN

THE BEST MAN

THE BEST MAN

The office of "best man" at wed-ling originated in far off days when knocked clean out then, anyhow. So "Your future wife—?"

Sat weeping on a log, wed-ling originated in far off days when knocked clean out then, anyhow. So "House Full" at B.B.C.

As there are now sufficient names. As there are now sufficient names. There was a sound his face!

The office of "best man" at wed-ling originated in far off days when knocked clean out then, anyhow. So "Your future wife—?"

The office of "best man" at wed-ling originated in far off days when knocked clean out then, anyhow. So "Your future wife—?"

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There was a sound his face!

The true was "As a matter of fact," he added "the bottom of the secret will be knocked clean out then, anyhow. So soon as you and I are man and wife, loveliest, down I go to the bank again, collect that troublesome document you're going to see this morning, burn it to ashes, and—well, then nobody in the world can accuse you of not being properly entitled to old Luke Massingham's money."

The office of "best man" at wed ling originated in far off days when men literally stole their wives, says bed Wolfe in "Wby We Do it" The old timer, not being able to gain the partial consent staged a raid. He and his closet friend sneaked up on the girl usually a willing victim—and away any they went. If irate father or broad the friend fought them off while the couple made their escape.

The office of "best man" at wed ling originated in far off days when ling originated in far off days when ling originated in far off days when men literally stole their wives, says bed with the waiting list—some 100,000 in the waiting list

"That was the bargain, wasn't it?"

WE ALL DO IT

There is, too behind the practice of jay walking, the instinctive spirit of adventure which animates all of us, the urge to range high wide and handsome everywhere. We like to cross the uncharted street estate the uncharted street estate to core.

What, it is claimed, will be the world's finest road is being planned to cover the 2,204 miles be ween British Columbia and Alaska, at a cost of \$14,000.090. Alreay 1,000 miles of this mighty thoroughfare has been by doing right."—Mary Baking in Brockton Mass, urned a been by doing right."—Mary Baking in Eddy.

CAUTION IN THE KICH

The moral comes first: Don' your maid, for she may want in you some day. One working for a beaven by doing right."—Mary Baking in Eddy. the uncharted street as Liet son of Eric, and Vasco da Gama crossed the uncharted seas. We cross diagonally sense of irresponsibility as that with which Bucaneer Morgan or Captain Kidd disregarded the established lane of the ocean.-Victoria Times.

"Milleniums may be condensed into what we do about war in our day. We are at the fork of the road. One day now is as a thousand years." — Harry Emerson Fosdick.

"If we are to go forward we mus

Distinctive Quality

TEA

Fresh from the Gardens

SO THEY SAY "Leisure can be a blessing or irse."—August Heckscher.

meantime—"

Once more Sylvia edged away from London, Ont.,—Little Miss Con- below to Many the Show business."—S. L. Rothafel (Roxy.)

Western Fall

Once more Sylvia edged away from him, as he began to move round the settee. She need not have troubled. He was making for the door, laughing ironically.

"You needn't look so alarmed!" he shrugged. "I am in no hurry, Sylvia. Love is always the sweeter for waiting and—a little fighting. But we won't fight—yet. So long as we quite understand each other, that's good enough for me.

"Til be waiting for you down blow in the car, sweetheart," he added the door open. "Don't try my patience too much, will you?"

Sylvia, watching the door close behind him, felt a wave of relief at this unexpected respite. She turned, her fingers still lightly trying to remove the stain of assault from those bruised lips of hers.

If only it had been John Christopher—for whose sake partly she had to suffer Tony Malliison—

SURIOUS FACTS

Western Fall London, Ont.,—Little Miss Constance is stored baby rider, rid, states Bristow blond became so driminal jurisprudence which shall seek not only to punish criminals seek not only to punish criminal seek not only to punish crim

"Mare—?" On his part, his hand through Sylvia's mind as she stared was lifted to that cheek on which the sting of her palm had left a scarlet patch. There was blank astonishment in his eyes.

"What on earth do you mean, Florment in his eyes.

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"What on earth do you mean, Florment in h

intense brutality, and sordidness. itself can make a heaven of hell, a What, it is claimed, will be the hell of heaven."-Milton.

"It Helps Me!"

That's what 98 out of 100 women say after taking this medicine. It quiets quivering nerves, gives them more strength before and after childbirth, tides them over Change of Life:::makes life seem worth living again.

LYDIA E. PINKHAM'S VEGETABLE COMPOUND

WITH MACARONI

s two hard-boiled eggs and

sweetbreads, remove al

"There is no greater pu

The particular loathsome moments, Sylvia before she joint became suddenly warned. She had just vaguely noticed Paula leaving the room, thrusting away her cheque into a subdeadily warned. She had just vaguely noticed Paula leaving the room, thrusting away her cheque into a subdeadily harden and in the particular loathsome moments, Sylvia had better at all she can be able to find Florrie, the maid, standight the most at all she can be able to find Florrie, the maid, standight the most at all she can be able to find Florrie, the maid, standight the most at all she can be able to find Florrie, the maid, should be there at all she can be able to find Florrie, the maid, should be there at all she can be able to find Florrie, the maid, should be there at all she can be able to find Florrie, the maid, should be there at all she can be able to find Florrie, the maid, should be there at all she can be able to find Florrie, the maid, should be there at all she can be able to find Florrie, the maid, should be there at all she can be able to find Florrie, the maid, should be there at all she can be able to find Florrie, the maid, should be there at all she can be able to find Florrie, the maid, should be there at all she can be able to find Florrie, the maid, should be able to find Florrie to the altered habits of where are all should be able to find Florrie to the altered able to find florrie the specific time showing the difficulties. The room is dained to their time showing the difficulties the floure time showing the difficulties the floure time showing the difficulties the floure time showing the difficulti

When struck by lightning during a recent thunderstorm, Captain A. V. West, skipper of the Ramsgate boat Stourgate, suffered no physical harm,

"The mind is its own place, and in

be an Austrian countess and Ma \$1,0000,000 estate. —Louisville "No hell will frighten men away ald Post.

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THIRTY-NINE LEE AVENUE, TORONTO



Woman's World

couple of onions, a dozen cloves, a quarter of an ounce of ground mace they are dry, pound them very finely and cork them up in small botties.

> HOUSEHOLD HINTS When you boil a fowl add a pinch of bicarbonate of soda to the water. This makes it exceptionally tender

When frying fillets of fish, alway ing dish and place in a put them into the frying-pan with the skin uppermost. You will find them less likely to break if cooke this way.

A narrow shelf over the sink to

pieces, cook in a pint of boil- hold dishwashing supplies saves ark with a chopped onion and many steps. Paring knives and other all hay leaf, until all the stock utensils used at the sink may be hung

four ounces of chopped, cooked and few people know the difference. swinging towards the front. Round-Do not keep the dishrag after mixture. Bake in a moderate leave tangled strands in the drain

membrane and chop them.

pairs of calves' sweethreads

on a liquid diet, place a little lime water in each glass of milk served. pairs of calves' sweetbreads It is an aid to digestion and sweet-

on the way to Monte Carlo. together with the large and Sylvia is unset the large results that frow recease the Real possible of the mail, stand of Sylvia and Sylvia towers the large results that frow recease the Real possible that the possible that frow recease the Real possible that the mail stands of women, not because suddenly warned. She had because suddenly warned. She had because suddenly warned she had because suddenly warned she had been the mail stands of women, not because suddenly warned she had been the mail stands of women, not because suddenly warned she had and the will be the read at a make skin handled by the mail stands of women, not because suddenly warned she had and the will be the read at a make skin handled by warned the read of the will be the mail stands of women, not be the mail stands of women, not be the warned that the word of the will be the read of the will be the mail stands of women, not the will good any the possible that the constitute of the will she had and the will be the store that the completely stiffing all parts the store to protect against the violent that had been the word of the will be a good idea, Tany? the agreed, on the pure of the moment, rising to her seed that I don't your word about the will, But I want something to do, and the drive would do my good."

"Splendid" he lupped. "And the drive word and will be the were a subtained by the were all the stands and the will be a good idea, Tany? the agreed, on the pure of the moment, rising to her seed that the word of the

that of the fresh ones. Wipe
rooms well, and dry than

Prince George Joins Fiancee's Family

for cakes expensives. Ground peanuts are often used by professional cooks, and few neonle know the difference.

With the cooks are until tender, then mix are often used by professional cooks, swinging towards the front. Round-wing the features, and few neonle know the difference. Less Heavy Food Fourth-Stand and look at your

Add seasonings and a little has reached the raveling stage. It is self full-length in a mirror to see onion and fill tomato shells poor economy, because its lint will that your hat and head are in proper Gluttony Was Once Rife—

Should anyone in the family be put on a liquid diet, place a little line water in each glass of milk served. It is an aid to digestion and sweetens the stomach.

Lemons that have been kept too long and have hardened can be softened by covering with boiling water and standing on the back of the stove for a few minutes.

MUFFS WITH DRESSES

Fur bands used skifully help to improve the slimones of the slithoutette. A long coat of gun-metal cloth is trimmed with bands of dark grey broadtail. Possibly there will be a hat of the cloth trimmed with fur, and shaped after the turban idea. As small muft to match may also be ingo made to bring back the must as part of the dress-scheme.

MUFFS WITH DRESSES

Fur bands used skifully help to improve the slimones of the slithoutette. A long coat of gun-metal cloth is trimmed with bands of dark grey broadtail. Possibly there will be a hat of the cloth trimmed with fur, and shaped after the turban idea. As small muff to match may also be ingo made to bring back the muff as part of the dress-scheme.

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MUFFS WITH DRESSES

Fur bands used skifully help to improve the slimones of the slithoute entities on between old-time and modern methods of eating is made by V. H. Mottram, Professor of Physiology in the University of London, England. He says:—It is a commonplace as mong dietitians that our food habits are being revolutionized, and we have to ask ourselves whether this is for our good or not, for "nutrition is the foundation of the public health."

We all know that our grandfathers, or perhaps our great-grandfathers, are with their activities, the most colossal meals and fing the match of the

If elaboration of the costume be desired, this vogue may gain sway, but sired, this vogue may gain sway, but sired, this vogue may gain sway, but or perhaps our great-grandfathers, or perhaps

APPROACHING CALLERS This is a moment I could gloat Over a drawbridge And a moat. Not only foe But friend as well Would have to swim To reach my bell! Instead of which

I hide behind This ineffectual Window-blind: The castled folk small faces and heads, and the days of olden days featured woman of this type should have fulness in the crown.

DRIED OR POWERED

ied Mushrooms are also weeful

ied mushrooms are also w Of olden days

paper to dry in a cool oven, them up in a dry place in its. They will regain nearly original shape, if you heat lually through in stock or means and proportion the brim to it. Chinless, receding faces can't take drooping brims as they shorten a means a savory makes a savory make is short, don't buy a wide hat that sits on your shoulders. You must balance the neckline to wear the "spirit of true entertainment," for it is absolutely hostile to particular. It is absolutely hostile to the "spirit of true entertainment," for it is offers the listener, not what is a hat stravagance.

MOTOR PICNICS

The motor-car, too, has had its influence on our food habits. The influence on our food habits. The

GLUTTONY A SIN

ould be accused of gluttony. less per head only statistics can tell is, and the habit of collecting sta-

about 33 per cent, of the money which

large proportion of cereal products in our diet makes for poor bones and teeth. For example, it was possible almost completely to check the deca of teeth in children in a Sheffiel sanatorium by replacing the cereal On the other hand, that the con

ables should increase relatively the rest of the diet is all to the good It is a question of getting vitamins beverages to consider. Some dieti-tians look upon the great increase of sugar consumption with disfavor. Others point to the fact that sugar is a convenient and cheap way of supplying the body with energy. After all, the foods which a man takes are body building material, for vitamins and mineral matter suppl at the most only about one-third his energy intake and output, so tha to go upon. We eat about one-third of a pound a day.

Theoretically we could that one pound of sugar per head per day without endangering our supply of other food stuffs. Remember, too, the craving for sugar of Polar plorers and of the members of the various Everest expeditions.

As regards tea and coffee it see a matter of indifference to the dietitian whether the consumption

naps, ready cooked, or patronize the roadhouse restaurant.

We can feel sure from all this evidence that our food habits have changed qualitatively, and the question is: Have they changed quantitatively?

If we turn to statistics we can see that they have a specific that they have specified that

by the first of th

Daily Diet Practically Rethat they have. Speaking roughly, we can say that the consumption of meat, bread, coffee, and alcoholic available it appears that the revolu-

Summing up the evidence we can our fathers and mothers were young. Earlier in the history of the world gluttony was so rife that it was placed in the list of the Deadly Sin- by the Church. Nowadays not one person in a million, in Great Britain at least negelected the fruits and vegetable and probably in the civilized world, we are changing over towards a diet with a larger proportion of the dairy whether we are actually eating and garden produce.

MEAT AND MILK

The old-fashioned view that me us, and the habit of collecting statistics is still very young. So that we can judge of the change of habits only over our own generation.

That they have changed qualitatively most of us know. For example, tively most of us know. For example, of university studies years ago in the we know that only recently have tomatoes, bananas, and grapefruit formed a part of our daily menu. Not so long ago fresh fruit and vegetables in the winter were an unheard tables in the winter were were an unheard tables in the winter were an unheard tables in the winte United States-maintain that no

Mushrooms are also useful, easily be resuscitated, leir flavor cannot be comhat of the fresh ones. Wipe fooms well, and dry them. le brown part and take off her lay them out on sheets aper to dry in a cool oven.

By Anne Campbell.

its blue. shredded silver foam I gaze upon the sea and think of

It may be beautiful, but it isn' The splendid city flings its bui The stars are all alight

Stop shirkin'. f you have a task to do, And would like to get it through-Keep workin'.

By BUD FISHER





KEEN'S ITING CONTEST