A Page of Interest to Women

Promenade Deck

by Ishbel Ross

and Ish 24th of May. Some may be just glother theoruphly, add sugar gradually, and place the follow, a swallow, and tragic ...

"Ith would be fun to tease her a little, "flut you can't passibly go round did in the sun and enjoy the wear can be can be can be captured to be care of passengers for a atway in human actions which unconsciously bare their souls . . . These characters are asked by Ish and the place of the best of passengers for a atway in human actions and reactions which unconsciously bare their souls . . . These characters are asked by Ish and the companion, not quite sure what folded nervously under her shawl. The character are a state of the best of th

His attention wandered over the dancing couples. He wasn't interestand she shivered with joy.

The this attention wandered over the dancing couples. He wasn't interestand she shivered with joy.

The this attention wandered over the plenic wasn't interestand she shivered with joy. he supposed he had to dance with someone. Men were so scarce. His glance came to rest on the little about with an elated air.

"What will you have to drink?" sitting by herself in a corner, enveloped in a Spanish shawl, with poppies too large for her size.

"What will you have to drink?" asked Dick, disentangling himself whice place?"

"Nice place?" "Very. I teach there, but I'm havepoppies too large for her size.

Spying her pink chiffon dress.

The handsome officer she had seen Miss Mudge blushed. "Thank world."

Very. I teach there, but I in have be tablespoon smayour ing a sabbatical year to see the world."

tablespoon vinegar to the world." about the boat was moving in her you," she said, "but I never drink." World."

Thank world." Those you won't be disappoint-

CASA LOMA

RIGHT THIS VERY MINUTE How Do You Feel?



BABY Teething Time?

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CORN SALVE

PATTERN 4591 By ANNE ADAMS You see, I'm a White Ribboner."
"A what?" echoed Dick.
"A White Ribboner—teetotaller,

"Oh, I see. Band of Hope."

"Ohonto, Wisconsin- the place come from." She seemed to be say- 2 tab

"Nice place?"
"Very. I teach there, but I'm hav-

Straps That Stay In Place!

e smiled down at her as if she were ped chives. Serves 6. the only woman in the glittering salon. He took her back to her seat and made his adieux, covering her embarrassment with his protective air. Should she go on sitting where 2/3 cup butter or other shortening he had left her, or should she slip back to her quiet place by the wall? The chief officer was dancing now with Miss Foster. Her lovely arms 1/3 cup milk were twined around his neck. Nev-

You're looking tired." His voice was solicitous. She was suddenly ravaged under her make-up. "I am, rather. Dancing at sea

"Yes, but I feel those things, Lovat

just when you're busiest. If you have sooth her period costume. She took off through the curtain that flapped as the ship rode noisily on her way. make yourself aprons from this Anne Adams pattern you will have no further trouble, for the back is built up to prevent slipping. Now, before the preserving season begins, is a good time to whip up a couple of these aprons on your sewing machine. Make one with ruffles and one with ric-rac braid. Each of these smoothfitting styles has big handy pockets, and will give your dresses fine protection.

Her powdered wig, but it was scarce-ly whiter than the smooth hair between the ship rode noisily on her way.

Two dark eyes caught his jubiton the loveliest of the shaft of light. Angela turned to the wall and burning tears rolled slowly down her cheeks.

(CONTINUED NEXT WEEK) without you," he assured her.

and will give your dresses fine protection.

Pattern 4591 is available in sizes small, medium and large. Small size, view A, takes 2¼ yards 36 inch fabric, and 2 7/8 yards ric-rac; B, 2¼ yards 36 inch fabric and 1½ yards ruffling. Illustrated step-bystep sewing instructions are included to simplify the task of making these aprons.

"I shall simply be lost without you," he assured her.

"Ah, Iovat," Angela's voice was a sigh. "How I shall miss you! Besides, I shall be five months older when I come back."

"You'll always be the same to me," he said, and stooped to kiss her hand. She leaned over his head and her lips brushed the dark lacquer of his hair. The mirror revealed these aprons.

Send twenty cents (20c) in coins (stamps cannot be accepted) for this Anne Adams pattern. Write plainly the sight of his youth. "Whatever the sight of his youth."

Anne Adams pattern. Write plainly the signt of his youth. "Whatever happens, I shall still adore you," she said.

Send your order to Anne Adams,

Lovat studied her as she lay or Send your order to Anne Adams,
Room 425, 73 West Adelaide St., Toronto.

Lovat studied her as she lay on
the pillow—the tenderness of her
mouth, her sensitive nose, the way
her hair swept back from her ears; but the mask of age was set as she but the mask of age was set as she lay in the semblance of sleep.

He slipped into his dressing-gown and sat with a book under the shaded light. Half an hour passed and he scarcely moved. At last he was sure of her regular breathing and the relaxed look of her face. She the relaxed look of her face. She

He looked at her with a rising gleam of interest. She was really unique—her spirit twinkled brightly the 24th of May. Some may be just together three times. Cream butter that the 24th of May. Some may be just together three times. Cream butter that the control of the 24th of May.

Bolivia Potato Salad 1/2-inch cubes

Filled Jam Cookies
3 cups sifted flour 3 teaspoons baking powder

1/2 cup brown sugar, firmly packed 1 teaspoon vanilla

rtheless, he remembered Miss Sift flour once, measure, add baking Miudge, sitting alone in her corner, and tossed her a scarlet balloon. She held it at a for a moment and smiled at him. Then she let out the air and put the deflated bauble in the black satin bag that Agatha had given her for evening wear. Her first souvenir!

Silt Hour once, measure, add baking powder and salt, and sift again. Cream butter thoroughly, add sugar gradually, and cream together until light and fluffy. Add egg and vanilla; then add flour, alternately with milk, a small amount at a time. Beat after each addition until smooth. Chill until firm enough to well. til firm enough to roll. Roll 1/8 inch Clare, an enticing Cleopatra, was thick on slightly floured board. Cut still dancing with Lovat, a Spanish with 21/2 inch cooky cutter. Place 1 grandee. Angela watched them over teaspoon jam on a circle, and place her creme de menthe frappe. She another circle on top, pressing edges

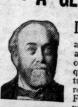
Gingerbread Cup Cakes 2 teaspoons baking powder 2 teaspoons ginger "I am, rather. Dancing at sea makes one very tired—the strong air, I think, and the bumpy deck."
"But you've scarcely danced at all, Angela," said Lovat, a little 2/3 cup sugar 1 egg, well beaten 2/3 cup molasses

You know how disturbing it is to have shoulder straps that slide down

She went below and unhooked the light, stole to the door and

Pin Worms vailable. Send two dollars to CONNECTICUT REMEDY CO. Room 421, 73 Adelaide St. West,

· · A GENIUS · ·



DR. R. V. Pierce, whose picture appears here, was a profound student of the medicinal qualities of Nature's remedies—roots and herbs. For nearly 70 years Dr. Pierce's Discovery has been sold in the drug stores of the United States and Canada. If you wish to have vim, vigor and vitality, try this "Discovery" It eliminates poisons from the intestines, aids digestion, acts as a tonic. Buy now! New size, tablets 50c., liquid \$1.00 and \$1.35.

For the Out-of-Doors Meal

1/4 teaspoon nutmeg

4 teaspoon salt 2 cup butter or other shortenin cup brown sugar, firmly packed 1 cup raisins, chopped

Live Garter

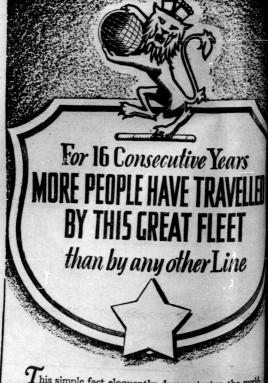
Mrs. Hopkin Lewis, of River St., Ogmore Vale, S. Wales, got out of Your inside is thus kept de sed and reached for what she thought impurities which, when all was her garter. It was a 20-in. adder cumulate, lower the who



Travel Made! Constipate

sman Says Krusche Him "On His Too" writes a correspondent.

Kruschen Salts is an en



This simple fact eloquently demonstrates the world-wide confidence in the splendid traditions of British seamanship, service and discipline which continue to distinguish Cunard White Star after nearly a centwo the Canadian Service fleet, sailing weekly via the short, scenic St. Lawrence route to Europe, play their part in upholding Cunard White Star's eminence in the

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their dainties, and the wine that th

EFFICIENCY

his companions over the wise men st Epistle to the church stood they before the king. 20. And

prince of the eunuchs that income days he was a learned man actually defined the meaning, and son that we should carefully But we cannot find that it telligent than the common people of

may call it squeamished it to receive a corruptible crown; do it to receive a corruptible. Cf. 2 Tim. Taking as an example a woman suffering from arteriosclerosis, a hard-ening of the walls of the 2:10; 3:11. The crown that these contenders received if they won was

the prince of the eunuchs forth, but it is not brought fully, fair-Daniel, I fear my lord the hath appointed your food sin to be destroyed. drink: for why should he faces worse looking than the 27. But I buffet my body, and bring

the strength of it we ought to live unprince of the eunuchs had over Daniel, Hananiah, nd Azariah: 12. Prove thy beseech thee, ten days; them give us pulse to eat, and to drink. 13. Then let our counbe looked upon before the countenance of the youths of the king's dainties; and as st, deal with thy servants.

s determination here speaks
the home in which he was

up. Some one must have in niel most faithfully in th the Hebrew faith, and probnother and father lived virtu-before him, the beauty and of which would never pass heart and mind.

Flants growing on impoverished soil, said Dr. Fred Miller, president of the rich food which the king ed set as'de for him and the ee Jewish youths who had cted with him to live in the sy should give him what is the pulse present the pulse present the right of folditional ingredients. se but vegetables, as far as we

The word tracks, as far as we

The word tracks, as far as we

These Open Air Players Celebrate Shakespeare's Birthday



Unhappiness Is

was exceedingly strict. One day's deof this meat and drink
table of the king Daniel
be violating the laws of his
question consequently was,
should consult his consciappetite and comfort. The
may call it squeamishof self-restraint have won. Now they
do it to receive a corruntible crown:

"What there's modern and drink
was exceedingly strict. One day's debauch was enough to undo the results
of weeks during which the athlete had of the night of the meetflow and nutritive qualities of milk
are dependent on an abundant supply
of the patient effects, figured, there's one
was exceedingly strict. One day's debauch was enough to undo the results
of weeks during which the athlete had of the meetflow and nutritive qualities of milk
are dependent on an abundant supply
of this element.

"My wind was good all the way. My
legs started to feel heavy around Oaklegs started to

Perkins said that in such a case the doctor must not limit his treatment to the patient alone.

The children or relatives," he added, "must receive equal attention.

They must be informed of the exact nature of the illness and be told of the proper attitude to be taken toward the patient; not to discuss her symptoms that way and now this, making all manner of loops upon his path, of making a suitable environment in sallow tones which most skins seem to sallow tones which most skins to the patient alone.

The children or relatives," he addoctor must not limit his treatment to the patient alone.

centration upon an aim which is clearly and always before us. So fight I, as not beating the air. A great part of our spiritual strength is great in

Need Phosphorus Where Cr. ping Is Contine Without Using Fertilizers, Deficiency Results

that are of your own age? so it into bondage. It was probably by sheer strength of will and by the grace of Christ that Paul subdued his body. Lest by any means, after that I have preached to others, I myself should be rejected. The word here translated youths would be handicapped "rejected" means, literally "not standexamination before the king. ing the test, not approved". We do ief of the eunuchs first appeals self-interest of the youths bem, but as that does not move he next tells them that his own uld be endangered.

The self-interest of the youths bem, but as that does not move he next tells them that his own uld be endangered.

The self-interest to obtain salvation in Jesus Christ. Salvation is not given to us at the end of the race because of our fine running. It is given to us at the beginning of the race, and in the strength of it we ought to live un-

Soil Erosion Helps Keep Dentists Busy Modern Refining of Food Haster Tooth Decay

Delegates to the annual conven-tion of the Pennsylvania Dental So-ciety were told that soil erosion was indirectly responsible for increased tooth decay among the American

ces appeared fairer, and fatter in flesh, than all the A-C

A-C

This is definitely the result of eating foods which have been demineralized either through soil erosion or by refining, as in the case of white sugar and white bread."

ppiness Is

Mental Illness

ing higher percentages of this important plant food substance are increasingly in demand, says B. Leslie Emslie, well-known chemist-agronomist.

The subject is referred to in the lat-

son that we should carefully
But we cannot find that it
constant abstinence from wine
than it teaches constant abfrom meat. That is not the
Daniel's determination. The
then, must be asked, Why
the refuse to eat the meat and
the wine brought from the king's
Professor S. R. Driver brings
the principal reasons togethse comment: "The meat might
of animals not slaughtered in
ar anee. The race and puglifistic
contests were not merely exhibitions
of bodily strength, but solemn trials of
the state prohibited to the Jews
(Lev. II: 4-7, 12, 13-20), while
the offering of portions to
sacrifice, so that to partake
would be tantamount to the
on of a heathen deity (I Cor.
2019. There was no security

"The was no man far more intenstant abstinence from wine
than it teaches constant abthe constant abstinence from wine
than it teaches constant abthe constant abstinence from wine
that the kingdom. The word here transthe constant abstinence from wine
that is not the
Daniel's determination. The
whisper, and indicates that these men
"practiced their incantations by movements of the breath."

Anybody who is unhappy is "mentald wine brought from the king's
Professor S. R. Driver brings
the principal reasons togethso comment: "The meat might
of animals not slaughtered in
the armanner (Deut. 12:23, 24),
thing prohibited to the Jews
(Lev. II: 4-7, 12, 13-20), while
that the wine might have
so that to partake
would be tantamount to the
on of a heathen deity (I Cor.

229. There was no security

"The winder in a race. The not blow or
whisper, and indicates that these men
"practiced their incantations by movements of the breath."

Says Brooklyn Neurologist.
The subject is referred to in the latsea annual report of the Ontario Research Foundation, as follows:
"Whilst it strue that almost any land
will in time suffer from deficiency if
croophigs is continued without the use
of fertilizer, it is equally true that
collegates of the Medical Society of
the State New York last week,
since happiness "is the real indication
of t

A Planned Diet Conquers That "Tired Feeling"

od made Daniel to find
d compassion in the sight
of the eunuchs. One canking in reading this pasnilar experience of Issenh

have at the end of winter is to plan a new kind of health schedule.

The very day you find it difficult to concentrate on your work or feel pretty unhappy about your face, not to mention your figure, you might go to a fresh vegetable, salad and fruit diet, for three days. This means that you face to five residues the writing of a friend of mine. He is nearly 40, but I am very fond of health schedule.

He is nearly 40, but I am very fond of change and variety. Are he is fond of change and variety. Are he is nearly 40, but I am very fond of you sure that YOU are not to blame for the time he spends outside the home, without you? Your writing shows that you are less fond of change and variety. Are he is nearly 40, but I am very fond of you sure that YOU are not to blame for the time he spends outside the home, without you? Your writing shows that you are somewhat domesticated; are not very fond of gaiety.

I advise you to meet your husband the affairs of their children particular.

whether you feel like doing them or not, walking at least half a mile a day. Try to get eight hours of sleep every night, eat lightly, drink quantities of fru! juice. Such a routine will make your skin clear and love!y at the same time that it eliminates th worn-out feeling.

No "Chips Off The Old Block" sychiatrist Says Theory of Child Like Parent Old-Fashioned

It may be a sad blow to proud pa nts, but New York State's Menta Hygiene Department is convinced that there's no such thing as "a chip off the old block." Dr. Donald W. Cohen, chief guidance psychiatrist, says the theory a child is just like his parent is as old-fashioned as the belief of "spare the rod and spoil the child."
"It's true," concedes Dr. Cohen, "that the child often inherits physical characteristics of his parents. But that doesn't mean that the menal at itudes are the same.
"The child, no matter how much he

King George VI addresses the large crowd attending the Empire Exhibition, at the Ibrox Stadium, Clasgow, Scotland. Queen Elizabeth, himself and not follow out the pareat's scotlish-born, attended the opening

That Saves Lives

Finds Death Ray

rican Scientist Invents Method That Kills Germs, Not People

A death ray that saves lives by de-stroying it has been invented by an American scientist. The lives that it saves are the lives of human beings. The lives that it destroys are those of

infection in wounds as easily as it will kill a common cold. And it kills a cold in one second. Kills Cold in One Second Even the most virulent germs shriv-

el up when the ray is turned on them incalculable. When the operation is carried on under the ray there is no danger of infection. After a six months' test surgeons stated that never free from germs. The ray ren-ders them absolutely pure, and also

Running Record germs, is harmless against human beings. The process of using the ray is called "rentschlerisation," from the

A Meeting Held Over The 'Phone

ed as official?" "Then I'll run it again. It's not my fault the others dropped out and it's not my fault there was no one there to meet me." "Then I'll run it ing, just as if they were all assembled, instead of being scattered over Northern Transvaal. Every speech came through 100 per cent. clear.

Is Your Problem Among Those Dealt With Here?

By LAWRENCE HIBBERT

for three days. This means that you may have fresh fruit juice and a bowl of stewed fruit for breakfast, a large, crisp, green salad and an orange, apple, grapefruit, or tangerine for lunch, a couple of cooked vegetables, another salad and more fruit for dinner.

Throws Off Lethargy
You may have a glass of milk between each health meal, and you ought to drink six to eight glasses of water a day. You are not necessarily trying the first from their views. But in your case, your parents are quite right. You are too young to be seriously in love, especially with a man so much your senior. Go out with him more than you do. After all, marriage is a matter of give-and-take in which both partners must do their share. Don't allow yourself to get jealous and show it. Nothing can so quickly wreck a happy marriage as continual jealousy.

Do YOU want to know what your handwriting shows of your character? Have you a sweetheart, friends or relatives you would like to know the real

tween each health meal, and you ought to drink six to eight glasses of water a day. You are not necessarily trying to lose weight. You're trying to throw off the feeling of letharsy that has caught up with you.

For the next two weeks, try being a bit of a Spartan, doing setting-up exercises for ten minutes each morning, whether he is getting tired of me."

Eventually you will meet someone more suited to you.

A young married woman writes: "Is my husband faithful to me? He spends a lot of time outside, and I am wondering shows of your character? Have you a sweetheart, friends or relatives you would like to know the real truth about? Send specimens of the writings you want analysed, enclosing the dering whether he is getting tired of me."

St., Toronto, Ont.

Designated First President In Ireland



