

Quality Is Superb

"SALUDA" TEA



CHARLES EDWARD CHIPPING

Charles Edward Chipping, a master at Brookfield School for 20 years, has never been able to make friends with the boys due to having fallen out with them in his first term. The German master persuades him to accompany him on a walking tour of the Tyrol one summer. He is caught in a mist on the mountain side and is unable to find his way. He is rescued by a young girl, Kathie, who is an English girl. Kathie rescues him and they return to Vienna where Kathie persuades him to dance with her.

CHAPTER VII

"You Kissed Me?" Kathie asked Chipping, his heart beating faster than it had for ages; a feeling of contentment, of happiness, flowed through his veins; even his muscles, unaccustomed to the movements of the dance, limbered; almost it was as if he were floating about in the mist of a mountain top—alone with Kathie.

"Like it?" he asked, with a tentative smile of tenderness.

"Love it!" Kathie answered.

"And more, you're doing splendidly."

Many eyes followed them about the ballroom, for Katherine Ellis was a strikingly beautiful girl and Chipping, in his figure in her hand never put on excess weight.

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TABLE TALKS

By SADIE B. CHAMBERS

CHRISTMAS CAKES

With the late Autumn days and their delightful crisp air, there is suggestion that Christmas is just around the corner. One of the first things to be decided in this time of year is the making of a Christmas cake. To those interested in the culinary art falls the decision of the recipe for this traditional cake. To help solve our problems I am offering to you a list of reliable and simple recipes. The first is quite a rich cake originating in England, but it has been many times tested and is quite the favorite. The second is for the light fruit cake and one of those who have found trouble with this type of cake becoming with the recipe for this cake. I recommend trying the first of these. If making cake for 1 1/2 hours in very slow oven.

WHITE FRUIT CAKE

1 1/2 cups white sugar (fruit sugar)
1/2 cup corn syrup (white)
1 cup butter
3 eggs
1 lb. raisins (sultanas)
1 lb. mixed peel
1/2 cup fine coconut
1 small bottle of cherries
2 teaspoons vanilla
2 teaspoons nutmeg and almond
1/2 teaspoon salt
1/2 teaspoon bicarbonate of soda
1 1/2 cups sifted flour

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ENGLISH CHRISTMAS CAKE

1 lb. flour (browned in oven)
1 lb. sugar
1/2 teaspoon salt
1 teaspoon cloves, cinnamon
1 lb. butter
1 lb. currants (washed and dried)
1 lb. raisins (washed and dried)
1 lb. mixed peel (steep for ten minutes)
1/2 lb. butter
1/2 lb. chopped dates
1/2 lb. mixed glacé fruit
1 lb. blanched almonds
1 lb. chopped pecans
8 eggs
1 cup corn syrup
1/2 teaspoon soda
Mix and sift the browned flour, sugar, spices and salt. Add the currants and nuts, then add prepared fruit and nuts, then add prepared fruit and nuts, then add prepared fruit and nuts.

YODINE IN FOOD

For Hair Health
Oysters, crabs, lobsters, pine apple and cod liver oil are rich in iodine which is important to hair health. Whole barley, wild rice, horse-radish, whole wheat, asparagus, cabbage and lettuce do, according to food experts, contain quantities of silicon, also important to the health of your hair. Add horse-radish, cabbage, radishes, asparagus, turnips, and onions containing sulphur—good for your complexion as well as your hair.

YOUR HOUSEHOLD PROBLEMS

Have you any visitors in your family? Do you have trouble providing a varied and interesting menu? Do your cakes fail? Then write, enclosing a stamped, self-addressed envelope to Miss Sadie B. Chambers, care of this paper, and she will endeavor to solve your problems.

Pack Soldiers' Gifts Carefully

Mrs. Vincent Massey reminds of Penetrating Perfume of Soap in Parcels
Mrs. Vincent Massey, wife of the Canadian high commissioner, to London, tells a story of a parcel soldier during the last war. A cake of soap was carefully packed in the parcel and penetrated the candies so much that even bottles which didn't remove the taste of soap.

Buttons-Front Matron Dress

PATTERN 4089
By Anne Adams
This fresh-faced matron's frock seems to sing out "Home, sweet home!" A style built for ease and comfort, with a speedy in-and-out buttoning down on the front... a generous width to its paneled skirt... and back and front yokes hold action-freedom to the edges of the soft collar, the sleeves and the optional pocket. Choose a colorful printed fabric for Anne Adams' becoming Pattern 4089. And use the Sewing Instructor to speed you up!

NERVES HELPED

One of the best things a woman can take for depression is Dr. Price's Favorite Prescription, prescribed by a physician who specialized in women's ailments. Mrs. James Johnson of 17 Wilton St., Calif., writes: "I had had backache and neuralgia for many months. I could hardly sleep and knew nothing was wrong with me. I could hardly sleep and knew nothing was wrong with me. I could hardly sleep and knew nothing was wrong with me. I could hardly sleep and knew nothing was wrong with me."

Should Brush Hard For Sound Teeth

The soft, highly-refined foam of eat is one of the main reasons for the necessity of regular tooth-cleaning. Sweet, sticky, starchy foods cling round the teeth; hard, fibrous ones not. Brushing removes stray particles and gives the regular massage which requires, but the brushes or the toothbrush should be only comfortably stiff, in other words, it is better to brush hard with a soft-brush than to slip up brush because a hard brush you.



A FLASHING SMILE

...feet' kept bright and attractive with the help of WRIGLEY'S GUM.
WRIGLEY'S SPEARMINT CHEWING GUM
GET SOME TODAY!

Iodine in Food For Hair Health

Oysters, crabs, lobsters, pine apple and cod liver oil are rich in iodine which is important to hair health. Whole barley, wild rice, horse-radish, whole wheat, asparagus, cabbage and lettuce do, according to food experts, contain quantities of silicon, also important to the health of your hair. Add horse-radish, cabbage, radishes, asparagus, turnips, and onions containing sulphur—good for your complexion as well as your hair.



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Manners Just Common Sense

Mrs. Fredericks, newly-crowned queen of etiquette in the United States, declared last week that good manners were merely the application of common sense. "You wouldn't cut meat with a butter knife; it would be awkward," she said. "Combine kindness and courtesy with common sense and you never need to consider whether your manners are good."

ROYAL GUARDS AGAINST BAKING FAILURES

—BECAUSE IT'S ALWAYS PURE, FULL-STRENGTH CAKES IN THE AIR TIGHT WRAPPER

NEWS PARADE

German U-Boat Crew Enjoys Meal On Deck

"After you, Adolf!" "After you, Neville, Edward!" The chiefs of Europe's warring powers were seen doing the Hitler-Gestapo act in the ninth week of conflict. Neither side wanted to drop the first bomb and inaugurate a rain of terror from the air on civilian centres. So the war, as pictured in prophetic horror stories these many years past, had not yet begun.

NO MUNICIPAL ELECTIONS?

London, Ont., will hold a plebiscite on the holding of municipal elections in war-time. If all municipalities do this, it's going to prove a bit embarrassing to the provincial authorities.—St. Thomas Times-Journal.

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ONARIO UDOORS

By VIC BAKER

THEY DO CHANGE COLOUR

Observing that goldfish not only change colour, but also change colour, a well-known specialist in this country has studied recently the rainbow complex of the carp—that most abundant of all fish species.

MICKIE SAYS—

EXTRA! EXTRA! TH' HOME TOWN PAPER! NO MURDERS! NO CRIME! NO SCANDALS! JUST ALL TH' NEWS ABOUT OUR FRIENDS, TH' GOOD OLE HOME TOWN FOLKS

Population of Ottawa 145,183

Ottawa's population increased by 981 in the past year according to figures compiled by Elvyn MacDonald, City Assessment Commissioner.

Canadians Keep Vigilant Patrol of Coastal Waters

Immediately upon the outbreak of war the small but efficient Canadian navy commenced its vigilant patrol of Canadian coastal waters. H.M.C.S. Puny, ABOVE, is one of the minesweepers patrolling Canada's Atlantic coast to keep them clear of enemy mines.

HE REGISTERED 14,000 Lb. TOUCH

Have you a light or a heavy touch at the piano? Scientists say it does not matter how you strike a note, or whether with a finger or an umbrella handle—it will always sound the same.

REG'LAR FELLERS—The High Hat

THAT'S A LOVELY AUTOMOBILE. PINHEAD, YOU OUGHT TO HAVE YOUR COAT-OF-ARMS ON IT. WHAT'S THEM?

OH, YOU REMEMBER THE COAT-OF-ARMS? HISTORY BOOKS, PINHEAD, ARE IN THE MIDDLE AGES HAD THEM.

NOW TO PAINT IT AN' IT'LL BE RICHER IN STYLE.

OH, AGGIE!

VOICE OF THE PRESS

FRANCE'S FRENCH POPULATION

38,500,000, compared with 37,500,000 in 1961. A gain of only 1,000,000 in 78 years.

FEEDING FOR WINTER EGGS

It is common practice with most successful poultrymen to feed a good commercial laying mash in conjunction with grain. One cannot go wrong when feeding for winter eggs if one sees that the laying mash has in good proportion the elements necessary for egg production, then keeps it in plenty before the fowls in shallow troughs so that they may feed at will. Plenty of hopper or trough space should be provided at all times—about four inches for each bird.

Clean Grain Twice A Day

Clean grain should be given twice a day—a light feed at the morning feeding and all the birds will clean up at evening. Just before they go to roost. Grain feeds in some form are necessary and should be made a part of the daily ration. They may be incorporated in the laying mash in the form of alfalfa leaf meal, or clover or soybean leaf meal, or they may be supplied by feeding turnips or legume hay, such as alfalfa, soybean, or clover.

Bicycles and Lights

We again call attention to section 9, sub-section 5 of the Highway Traffic Act, which requires that whenever on the highway between dusk and dawn, a bicycle must carry on the front a white or amber light, and on the rear a red lamp or reflector approved by the department as well as a white or amber light, and on the rear a red lamp or reflector approved by the department as well as a white or amber light, and on the rear a red lamp or reflector approved by the department as well as a white or amber light.

World's Largest Tire Carries 20 Tons

John W. Thomas, President of the Firestone Tire & Rubber Co., beside the largest tire ever produced by the rubber industry. These are now being manufactured by Firestone. Weighing more than 2600 pounds each and capable of carrying a load of more than 55,000 pounds apiece, these tires are in regular and exclusive production by Firestone for use on the latest types of earth moving equipment. They stand more than nine feet in height and have a cross section of close to three feet. Without tires of this size earth moving trailers of the capacity in use today would not be possible and consequently steam shovels with such large capacity would not be advantageous. Pneumatic tires are the only equipment that would float these tremendous loads over rocky, rough ground and wet, soggy terrain.

CONSTIPATION? GARFIELD TEA

Get relief from constipation with Garfield Tea. It's the only tea that helps relieve constipation. Write for generous free sample to Dept. C-1A, 1 Chase Ave., Toronto 2, Canada.

LIFE'S LIKE THAT

By Fred Neher

Should Brush Hard For Sound Teeth

The soft, highly-refined foam of eat is one of the main reasons for the necessity of regular tooth-cleaning. Sweet, sticky, starchy foods cling round the teeth; hard, fibrous ones not. Brushing removes stray particles and gives the regular massage which requires, but the brushes or the toothbrush should be only comfortably stiff, in other words, it is better to brush hard with a soft-brush than to slip up brush because a hard brush you.

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