The new orange-coloured boxes which have recently been adopted for

### SALADA TEA BAGS

mark the return in tea-bag form to our FINEST ORANGE PEKOE QUALITY at no increase in the list price.

SALADA TEA COMPANY OF CANADA, LIMITEO



Ontario is facing a crisis. How it is met depends upon you and me ... and the rest of the people.

I am referring to the hydro shortage. Yes, a lot depends "upon the rest of the people" and of course the Hydro Commission itself, but still if each one of us would stop worrying about what the other fellow is doing and concentrate on ways and means of saving power in hours would be used as a result. It is so easy to say-"Why should bother to use less power when Soand-So's house is all lit up like a It-does that give us the right to be equally ignorant and inconsider ate? As my niece aptly remarked the other day—"Hydro is one thing must save it."

We are continually being reminded by press and radio to save power-use no more lights than are sary; turn the switch when the kettle starts to sing; be saving h heaters, and so on. That's fine but I think the habits of our own respective families might be studled to good purpose. I know that is so here. For instance, until everylight burning in the hall. As a safety measure we still do but we now ve a 10-watt bulb instead of a 40, and for the bracket light in the dining-room a 71/2 watt bulb. The main cellar light has always been a big waster. The switch is at the from the cellar, forgets to switch off the light, and because it is na-tural to close the cellar door the light is shut off and there is nothing to give any warning that the slwtch has been left on. So we got busy. We rigged up a plug-in light, with a tiny bulb that hooks up on the outside of the cellar door. Since It is plainly visible through the glass panel of the dining room door we always see it and act accordingly, ff by any chance the light should be left on.

Then in our little sitting-room Partner has a 60-watt bulb in the reading lamp by his couch. That's fine-for reading! But most eve-

switch off the bright light and turn on a 15-watt wall lamp specially installed for that purpose. And what about the radio? Where is the family who cannot find some way of using it a little less? How often is the radio turned on and then forgotten, with announcers telling an empty house how to get

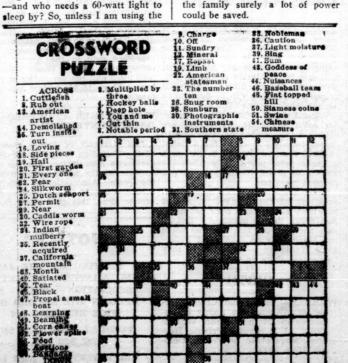
rid of acid indigestion or the kind

of soap to use to make the whitest

And then there are stoves . . cool days are with us once again and it shouldn't be any great hardship to go back to the old cookstove to do our baking. Hydro is such a precious thing and those of us who did without it for so many years, know only to well how much it contributes to the joy and comfort of everyday life. Shouldn't we then be the first to try to conerve it? Not just for ourselves, but for industry. Shortage of power could have far reaching results. I could throw thousands out of work and seriously upset our industrial machinery. Someone may have slipped up on the job but there is little use at this time to berate the government or the H.E.P.C. for any inconvenience we may suffer. We were given fair warning a shortage might occur-a shortage that has

been further aggravated by the late something no one could prevent. Canada depends so much upon generate electricity; natural gas in many parts of the country; oil for so many prposes; and it looks as if our use of these resources is outstripping the supply. It is something to remember-and we might also think twice before we criticize. For instance someone turned in a complaint because a big business pace was ablaze with light and was told that in this particular instance the company had its own generat-

ing plant. Excuse me a minute-Partner i calling. Oh-oh . . . is my face red! Partner was wanting to know why the back cellar light had been left burning. And I was the culprit! See what I mean? If we each make a habit of checking up on the rest of





by Rev. R. Barclay Warren

History in the Old Testament 1 Kings 4:21-29; 11:16, 9-11.

Golden Text:-Blessed is the nation whose God is the Lord.-

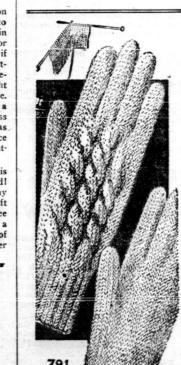
A large portion of the Old Testament is history. It relates in detail the story of Israel, the chosen race. A few years ago a traveller was going from Egypt to Palestine. He went to a book seller to secure a guide book which would enable im to identify the historic landmarks in the country over which he was to travel. The book seller franktold him that if he would study book of Exodus, and related passages, it would be as dependable a guide as he could find. Furthernore, almost every year fresh eviaccuracy of the Old Testament His-

he Kingdom of Israel when its osperity and grandeur was greatforty years. It was the golden age. casioned by war, but a prosperity

of Sheba after visiting the kingdom and viewing its glory exclaimed to olomon, "The half was not told But despite Solomon's wisdon he made a great error. "He loved seven hundred wives, princesses, joined with his wives in their idolarous worship. Because of Solmon's sin God said to him, "I will surely rend the kingdom from

doms of the world.

made possible by peace. The Queen

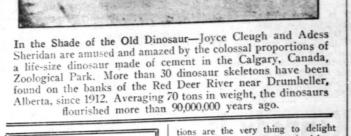


Laura Wheeler TWO needles! Isn't that too imple? You can knit these toastyfingered gloves with their smart cable-decorations ever so easily. Smart gloves for every occasion, tions in small, medium, large. Send TWENTY-FIVE CENTS in coins (stamps cannot be accept-ed) for this pattern to the Needle-

Lawn tennis is a comparatively modern modification of the ancient game of court tennis.

craft Dept., 123-18th Street, New Toronto. Print plainly PATTERN

NUMBER, your NAME and AD-



the heart of every boy and girl on All Hallow's Eve. IT STARTS NEXT WEEK Yum-Yums And You Wor't Want tablespoons sugar tablespoons water squares unsweetened

chocolate

cups sifted cake flour

baking powder

cup butter or other

egg whites, unbeaten

Combine sugar, water and choco-

ate in saucepan and cook over low

flame until thick and smooth, stir-

ring constantly. Stir in soda; cool

Sift flour once, measure, add baking powder and salt; and sift to-

gether three times. Cream butter,

add sugar gradually, and cream to-

gether until light and fluffy. Add

egg whites, one at a time, beating very thoroughly after each. Add flour, alternately with milk, a small

amount at a time, beating after each

addition until smooth. Add vanilla.

Divide batter in two parts; to one

part, add chocolate mixture, stirring

until blended. Put by teaspoons in-

to greased cupcake pans, alternately

light and dark mixtures. Bake in

moderate oven (375 degrees F.) 20

large cupcakes. Top with your fa-

vorite chocolate icing. Garnish with

sliced blanched almonds to make

lack-o'-lantern faces; use slice

ninutes, or until done. Makes 16

teaspoon vanilla

teaspoon salt

shortening

3/4 cup sugar

3/3 cup milk

Miss a Single Word of I Our New Serial Story 4 teaspoon soda teaspoons double-acting

SYLVESTER DIAMOND

BLANCHE ROBERTS

She was young—ret header or oretty—and you first meet her in Los Angeles Department Store in the act of lifting the world amous Sylvester Diamond from woman's handbag. What happens after tha

Vell, that would be telling. SO BE SURE YOU READ THE FIRST INSTALMENT IN NEXT WEEK'S ISSUE

TABLE TALKS

Many Sy clane Andrews

1 package orange-flavored gelatin dried currants 6 halves canned peaches, drained Dissolve gelatin in hot water. Fill full and chill. Press currants into o'-lantern face. When gelatin is firm, place marshmallow in center of each glass and cover with peach half, placing face-side up. Pour remaining slightly thickened gelating over peaches and chill until firm.

Jack-O'-Lanterns

Makes 6 servings. Witches and hobgoblins and ghosts! The thrill of dressing up in long skirts and ringing doorbells around the neighrhood is some thing no child nould miss! And ether you have or expect ome visiting

Hallowe'en Hhere's a recipe for simply "super" cup cakes that would be delicious at any season, but with their Jack-o'-lantern decora-

Which Side? An old grad was belittling the quality of present-day gridiron warriors. "When I was in college," he told the coach, "I helped Varsity trim Western three years in suc-cession." "Zatso," nodded the coach. "Which team did you say you were playing for?"



## How Can 1?

andles that have become soile

A. Wipe them with a piece
absorbent cotton dipped in alc A. It is not well to water

allow the earth to become dry give it a good soaking. The A. By placing a lump of root in the boiler on wash day

ragrance will last even af

Q. How can I with a soft cloth wet with a to keep the keys white. Q.How can I destroy gr veeds on a clay tennis co A. By using a solution to get any of the solution or

A. By using alcohol, the ing with a chamois dippe

PILES

RELIEVE BY RUBBING

354

INDIGESTION



"Do you love me more than anything else in the whole wide world?"

"Why sure, Darling! Except, of famous Grape-Nuis flavor is course, there's honey-golden."

"Hey, wait a minute! I mean honey-golden, malty-rich, oh-so-wonderful Post's Grape-Nuts Flakes!" "Oh, that's different!" "Sure they're different! That | join you!"

"Honey Golden, eh? I knew it—blonde! I'm going home to other!"

"Hey, wait a minute! I mean ney-golden, malty-rich, oh-so-inderful Post's Go

# .... FALL FAIR TIME IN ONTARIO....

Young Fair-Goer Relaxes at Mitchell



with ample amusement. Atop the float with "Elsie" is Ken

Miller, manager of the Mitchell "Co-Op".

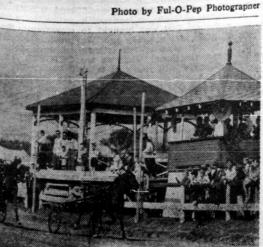
1 Close Match at New Han

burg is shown left, as Jack

nnerman brings his entr

Toung legs tire quickly at a Fall Fair. Your Ful-O-Pep photographer found year-and-a-half nneth Annis, Michell RR 3, taking advantage of the resting qualities of a first prize pumpkin at the Mitchell Fall Fair.





into the home stretch. Photo by Ful-O-Pep Photographe



The Main Building at the Mitchell Fall Fairgrounds has undergone some very extensive re-novations since last year. This year the building and exhibits ranked next to the Western Fair in quality and appointments. The picture shows part of the flower display in the centre of the building that claimed a great deal of interest from the record Fair crowds this year.

#### Fair Time Highlights By the Ful-O-Pep Reporter

In reply to numerous requests we would like to repeat here that the pictures shown on these pages may be obtained from the Ful-O-Pep photographer. His address is 123 Eighteenth Street, New Toronto,

There has been a good deal of interest shown in these pages and a number of questions have been ask-ed, some of which we would like to answer here. The favourite ques-tion seems to be this, "You took our picture at the fair. Why was it not shown in the paper?"

The answer to this is that there have been a good number of pictures taken which could not be used because of the lack of space on the page. We have tried to select the pictures which would be of interest to the greatest number of people, and we have had to leave out some

f you know your picture was taken and you have not seen it here then you can still get a print of it by writing in to the Ful-O-Pep Photo-grapher at the above address. Tell im what fair it was and describe to him what you look like and other details of the picture. He will gladly reply to your letter.

This reporter has had an oppor tunity to see behind the scenes of nearly every Fall Fair in Ontario this season and has been impressed "back stage." The worried-looking men you see going around the grounds with "Official" ribbons on their coats have always good cause to look worried. Sometimes the ex-hibitors are apt to forget that their particular event and their particular part of it must be fitted into the general picture of the fair. Some times it is even necessary to make one person suffer a little so that the fair can be run at all.

Sometimes we think it is a miracle that anyone is pleased but generally speaking the exhibitors and contestants are all in their best Fall Fair humour and manage to see everything in a proper light. The forbearance of the Farmers who exhibit in these shows as well as the responsible for the success of the fairs. When credit is being given both sides of the question should be kept in mind.

Next Week Ful-O-Pep Pictures, Markham, Madoc, and **Grand Valley** 

### Future Ful-O-Pep Champion



Photo by Ful-O-Pep Photographe

Ronald Crawford, Glencoe, is shown with his young bull that won the Glencoe and Melbourne Calf Club Showmanship. This fine young animal is another Ful-O-Pep-fed champion-to-be.



The Normandale Trophy is destined to spend its first year over the fireplace of W. S. Brooks, Paris. Mr. Brooks swept the field in the new Western Fair Guernsey show aided by his son, R. Brooks and nephew Lloyd Brooks who are seen holding the many rosettes captured by the Brooks herd of Guernseys.



"Glen Alpine Mitzie" Grand Champion Female of the New Hamburg Red and White Class proudly poses with her mistress Dorothy Knapp. New Hamburg Fall Fair excelled in all cattle