Finest Quality Tea

"SALADA"

ORANGE PEKOE

ANNE HIRST
Your Family Counselor

ANNE HURST

Perhaps you, too, married one of those inarticulate men who seems to have forgotten how to kiss you, and never, never remembers to tell you he loves you. Read one wife's complaint:

"I am 32, Anne Hirst. My mother died when I was born, and I can't ever remember my father telling me he loved me. I have always felt unwanted, that no one cared for me. Now I've been married 14 years, and have two girls. But I still feel the same way.

"My husband doesn't drink or gamble or run around, and I know I'm lucky that he is good to me. I know he loves me—but I'd still like to hear him say so! I get up at four o'clock to pack his lunch and get his breakfast; does he say 'thank you' and kiss me good-bye? No.

"You work hard all day cleaning the house, taking care of the children, fixing a nice supper. He comes in, picks on the children till they cry, then raises cain because they aren't quiet while he eats. He talks only about his job. Never a word about how nice you look, or how the house shines, or how things went that day!

"You say to yourself, 'Oh well, he'll talk to me after supper! You're only kidding yourself. Then he wants the paper, and the children and I aren't supposed to talk out loud, or laugh, or sing. He reads the paper from front to back (including your column, so please write this; maybe he'll realize how much we all miss his love.)

"You think, after he's through, maybe he'll talk a while, or play you out. You guessed wrong. He goes to bed.

How long can you a woman live like this? I'm not old yet. I like to visit our friends or go to a show. But I could get along without those.

It is the lack of love I feel. Why is a man so dumb that he can't say so? I can wear a new dress for a month before he even notices it! Some day I'm going to forget to clean up the house and the children and see whether he knows the difference. (I doubt it.)

"I guess there' no use in hoping. But at least I feel better to get this off my chest! Thanks a lot for reading it."

(Signed) Loveless

TO "LOVELESS": Women blossom under appreciation. A little word of thanks, a kiss given as though the man means it, an awareness of all you have done during the day—these small things are what keeps a wife young and alive and attractive.

Your husband is selfish, without meaning to be. He takes everything that you do for granted, assumes that the home cleans itself; he pays no attention to his children — those youngsters who would respond with love and confidence if he would only let them know he cares about them. How much such a husband and father misses in life! . . . I hope your husband reads this today, and examines his attitude toward you all. He does love you, but, as you say, why can't he say

* * *

Brief Answers

TO "A LONELY MAN," "J. R., "A. J. E." "T. A. P": I am sorry, but it is never possible to reveal the identity of anyone writing this column.

TO "OBEDIAH": I'm afraid only a lawyer's advice can be really useful now. I am terribly sorry, and I do hope that things will straighten out for you soon.

TO "HEARTBROKEN B": If you haven't done so already, write this lad a nice apology for your rudness, and say that you hope he will forgive you and be friendly again. More than this you cannot sensibly do.

To men readers: How long is it since you told your wife how you appreciate all she is and does? Do you realize that is what she lives for? Think it over—and if you want to know how to cherish a wife, ask Anne Hirst. Address her at Box 1, 123 Eighteenth St. New Toronto, Ont.

Modern Etiquette
by Roberta Lee

Q. How should the forks be arranged at the plate, when setting the table?

A. The fork to be used first is placed at the extreme left of the plate; this is usually for fish or appetizer. Second, towards the plate, place the meat fork; third, nearest the plate, the salad fork.

Q. When writing a brief social letter, may one use the first and fourth pages?

A. Yes, either the first and fourth or the first and third, leaving the other pages blank.

Q. Is it all right for a woman, who is dining in a restaurant, to place her purse on the table?

A. No, never. The purse should be kept in her lap.

Q. When introducing two persons, is it proper to say, "Mr. Brown, I wish to make you acquainted with Mr. Smith?"

A. This phrase could not exactly be called improper, but the prevailing introduction and the zaniest is merely, "Mr. Brown, Mr. Smith."

Q. Is it permissible for a business or professional woman, who marries, to retain her maiden name for business purposes?

A. Yes; this is often done, when the maiden name has become established and has advertising value.

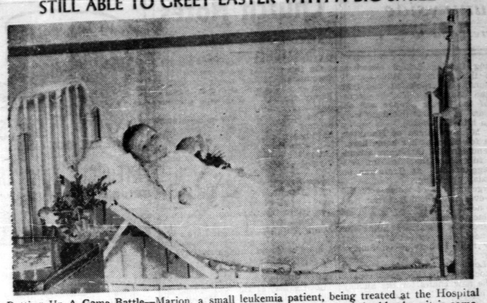
Q. May a woman retain her coat in a restaurant, instead of checking it?

A. Yes; it may be slipped over the back of her chair.

Q. Should all members of the family remain at the table until the meal is finished, even if there are no guests.

A. Yes; this is good training. The person who is not well-bred when at home is likely to display the same manners when in public.

STILL ABLE TO GREET EASTER WITH A BIG SMILE



Putting Up A Game Battle—Marion, a small leukemia patient, being treated at the Hospital for Sick Children. There is no known cure for leukemia, or cancer of the blood as it is sometimes called, but research workers are hoping that — WITH YOUR HELP — eventually substances will be obtained that can control or cure this dread disease.

TABLE TALKS
Jane Andrews.

As I think I may have told you before I'm the sort of person who can take my peanut butter or leave it alone—preferably the latter. However, that by no means indicates that there aren't plenty of others who do like it very much, in fact it seems to become more and more popular every year.

So perhaps you'd like to have this recipe for easily made:

PEANUT BUTTER MUFFINS

2 cup sifted all-purpose flour
or 2¼ cups sifted pastry flour
4 teaspoons baking powder
3 tablespoons sugar
1 teaspoon salt
1 egg
¼ cup peanut butter
2-3 cup milk
½ cup water
1 tablespoon shortening, melted

Mix and sift flour, baking powder, sugar and salt. Beat egg until light then add peanut butter, milk, water and melted shortening. Add liquid to flour mixture all at once, stirring only enough to combine. Fill greased muffin tins 2-3 full and bake in a hot oven over 400 F., for 20 minutes. Yield: 12 muffins.

VARIATIONS: To make a delicious sweet muffin to serve for tea or supper, fill muffin tins 1/3 full with the above mixture. Add ½ teaspoon jam or jelly to each muffin, then add more batter until muffin tins are 2-3 full.

* * *

You've probably heard of the small boy who was taken to a museum where they had an exhibit of many different sorts of fish—stuffed and mounted. Passing before one labelled "SALMON" he said scornfully, "Whoever put that sign up must be goofy; I thought everybody knew that salmon comes in cans."

And although the development of the Frozen Food business has made fresh fish far more easily available, there are still a lot of us, who live inland, who still get most of the fish we eat out of cans. Here's a way of serving it that may be new to some of you.

SALMON ROLL

1 pound can salmon (or any other fish, flaked and boned)
¼ cup mayonnaise
2 tablespoons chopped parsley
¾ teaspoon salt
1 teaspoon lemon juice
1 teaspoon minced onion
dash of pepper
Biscuit dough.

METHOD: Mix all the ingredients together until well blended, then make your favourite biscuit dough. Roll out into a 7x15 inch rectangle and transfer to a lightly greased heavy baking sheet. Spread salmon mixture down centre of dough to within two inches of either end.

Fold over the edges. Roll over so lengtwise seam is underneath. Tuck the ends under the roll. Make slashes along top for steam to escape Bake 12 to 15 minutes at 425 degrees. Place on hot serving dish. Garnish with lemon wedges and parsley. Serve hot with creamed vegetables, such as peas or asparagus. Serves six to eight.

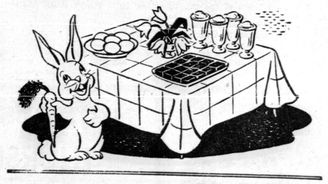
* * *

There are probably hundreds of different types of Cookie Jars, but they all seem to have one thing in common. Especially in homes where there are youngsters around, they all have a way of getting empty in amazingly little time. Next time it happens in your home, try these:

MOLASSES DROP COOKIES

1 cup fat or shortening
1 cup sugar
2 eggs, beaten
1 cup molasses
5 cups all-purpose, flour
1 tablespoon ginger
1 teaspoon salt
1 tablespoon soda.
2 cups chopped raisins or dates.
2 cups chopped nutmeats (optional)
1 cup warm water.

METHOD: Cream fat and sugar; add eggs and molasses. Sift flour with ginger, salt and soda. Alternately add flour and water to the fat, sugar and egg mixture. Mix well. Add raisins and nuts. Drop by teaspoonfuls on lightly greased baking sheet. Bake at 375 degrees for 10 to 15 minutes, or until cookies spring back when lightly touched. When cool put in cookie jar and try and think of new place to hide it.



COCKER SPANIELS

Of all the dogs that are so sweet,
The spaniel is the most complete;
Of all the spaniels, dearest far
The little Cocker spaniels are.

They're always merry, always hale;
Their eyes are like October ale;
They are so loyal and so black;
So unresentful 'neath the whack;

They never sulk, they never tire;
They love the field, they love the fire;
They never criticize their friends;
Their every joy all joy transcends.

The Aberdeen is quaint and sly,
A harvest of the anxious eye;
The Bedlington is blue and true;
The Airedale fights till death for you;

Yet why compare? All dogs on earth
Possess some special charm and worth.
But Cocker spaniels? Every way,
They are the canine angels, they.

Helpful Hints For Homemakers

When baking custard or pumpkin pies, place the empty pie shell in the oven first, then pour the liquid filling into it. Not a drop will be spilled, as might happen in carrying a filled shell to the oven.

*

To get rid of the smell of fish on your hands, wash them in hot, salty water — before using soap. When you rinse off the salt, the fish smell goes with it. Do the same with dishes and pans that have been used for fish.

*

When you carry Baby, wrap a piece of clear plastic material (a small-sized tablecloth would be fine) around the outside of his blankets. This prevents lint from blanket furz from rubbing off onto your clothing.

DOUBLE SHELLCRAFT KIT

Here's a bargain offer—two kits for the price of one. This amazing offer made to get you started on this fascinating hobby of shellcraft. Kit No. 1 contains 1 large cameo, 2 small cameos, pair ear screws, safety clasp, chain, cement, glue and instruction leaflet. Second kit No. 2 contains cube display, brooch and earring, 2 ear screws, pinback and instruction. This is enough for 3 pairs earrings and tie tack. Only $1.00 for both kits, postpaid. Write your name and address on a card and send to Shellcraft Kits, 48 Water St., Kingston, Ont.; 1 Bay Street, Toronto, Ont.; 1 Yonge St., Toronto, Ont.; Centre Ave., Winnipeg.

DOES INDIGESTION WALLOP YOU BELOW THE BELT

Help Your Forgotten "28" For The Finest Relief That Helps Make You Back Up!

More than half of your digestion is below the belt—in your 28 feet of tube. So when indigestion strikes, try something that helps digestion in the stomach before the belt.

What you may need is Carter's Little Liver Pills to give needed help to that "forgotten 28 feet" of bowel.

Take one Carter's Little Liver Pill with food and after meals. Only then according to directions. They help wake up a lazy liver, add 2 main digestive juices to your system. AND bowels—help you digest what you eat. Get Carter's Little Liver Pills.

RICH, SPICY CINNAMON BUNS

Recipe

Measure into large bowl, 1 c. lukewarm water, 2 tsps. granulated sugar; stir until sugar is dissolved. Sprinkle with 2 envelopes Fleischmann's Royal Fast Rising Dry Yeast. Let stand 10 min., THEN stir well. Scald 1 c. milk and stir in ½ c. granulated sugar, 1½ tsps. salt, 6 tbs. shortening; cool to lukewarm. Add to yeast mixture and stir in 2 well-beaten eggs. Stir in 5 c. once-sifted bread flour; beat until smooth. Work in 5 c. more once-sifted bread flour. Knead until smooth and elastic; place in greased bowl and brush top with melted butter or shortening. Cover and set in warm place, free from draught. Let rise until doubled in bulk. While dough is rising, combine 1½ c. brown sugar (lightly pressed down), 2 tsps. ground cinnamon, 1 c. washed and dried seedless raisins. Punch down dough and divide into 3 equal portions; form into smooth balls. Roll each piece into an oblong ½" thick and 18" long; loosen dough. Brush with melted butter or margarine. Sprinkle with raisin mixture. Beginning at a long edge, roll up each piece loosely, like a jelly roll. Cut into 1" slices. Place just touching each other, a cut-side up, in greased 9" round layer-cake pans (or other shallow pans). Grease tops. Cover and let rise until doubled in bulk. Bake in moderate oven, 350°, 30-35 minutes. Serve hot, or reheated.

FLEISCHMANN'S ROYAL FAST RISING DRY YEAST
ACTS FAST! STAYS FRESH!

NEW FAST-ACTING DRY YEAST NEEDS NO REFRIGERATION!

Stays fresh and full-strength on your pantry shelf for weeks! Here's all you do:

1. In a small amount (usually specified) of lukewarm water, dissolve thoroughly 1 teaspoon sugar for each envelope of yeast
2. Sprinkle with dry yeast. Let stand 10 minutes.
3. THEN stir well. (The water used with the yeast counts as part of the total liquid called for in your recipe.)

Get a month's supply!

GENTLE SPRING

Watchmakers have their own sign of spring—the mainspring. When a deluge of watches with broken mainsprings arrives at their shops, they know the vernal season is at hand. Spring thunderstorms and showers bring an abrupt change in temperature and air pressure, and the brittle steel ribbons until they snap.

* * *

An obstetrician should be able to tell the arrival of spring by observing the size of the babies he delivers. Infants born in the spring are taller and heavier, on the average, than those born in other seasons, according to statistical studies made at Johns Hopkins University.

* * *

It's a common belief that many people suffer from extreme fatigue when spring arrives — so-called spring fever. But a biologist at Rensselaer Polytechnic reports that these beliefs are in error. Spring fever is only a mild form of scurvy, he declares, due to vitamin-poor diet in winter months — particularly, vitamin C deficiency.

* * *

Police in White Plains, N.Y., don't bother to watch for a robin. When they begin to receive complaints that baby carriages are interfering with pedestrian traffic on Main Street, they are sure spring has arrived.

CORRECT

Heedless of an impatient queue behind him, a Scotchman at a Grand Central ticket window sounded his change very carefully three times.

The ticketseller watched him sourly. "Well," he said, "are you finally satisfied it's right?"

"Aye, mon," said the Scot angrily, "but only just right."

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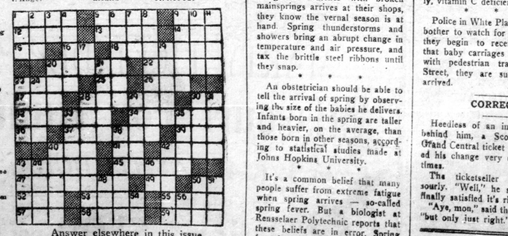
CROSSWORD PUZZLE



ACROSS
1. Sunken fence
4. Bone
9. Opening
12. Hebrew letter
13. Rodent
14. Solid water
15. Pronoun
16. Exists
18. Bend
20. Unerring
22. Inactive
23. Ages
25. And (Lat.)
26. Worthless dog
27. Ground pits
29. Cover with stars
30. Fly
31. "Casual" observation
32. Everlasting (Pl.)
34. Land measure
37. Renew
39. Collection of facts
40. Fly way of
41. European country (ab.)
42. Top cards
44. Net of meat
45. Ancient Greek
47. Mocking leather
48. Negative
49. College degree
52. Moreover
57. East Indian tree
58. Baseball team
59. Tailor's adventure
60. Chamonix is Arverne's legend

DOWN
1. Dried grass
2. Beverage
3. Pronoun
4. Burning
5. Exclamation
6. Military student's
7. Anger
8. Fragile
9. Donor
10. The maples
11. Impudent
17. Thaw
19. Hardan
20. Kind of cheese
24. Looks for
25. Variable star
26. Across
28. Shattering
29. Allayed
30. Egyptian queen
31. Arkansas affairs
33. Pertaining to Arlus
35. Division of mankind
36. Customs
38. Ulna
43. Disincorporates
45. Main door
46. Irish option
46. About
48. By birth
50. Bird of the cuckoo family
51. Garden plot
54. Mountain
55. Ere
56. Not out

Answer elsewhere in this issue

Hold Sooner Have The City Any Time—Snowball, a white Spitz, gets a double hug from his mistresses, eight-year-old Doris Carolyn, left and Marilyn Rogers. Sent to a farm in March, 1948, the dog chewed through his leash after only two days of country life. Just one week short of a year later, he showed up at the door of his home after a 250-mile journey. This time, the twins will keep Snowball.

CHRONICLES OF GINGER FARM
by Gwendoline P. Clarke

Have been busy this last week! But definitely — although the weatherman tried his best to keep us thinking that winter was with us yet. But I said, "No, you can send as much snow as you like; you can drop the temperature down as much as you like; you can blow and blister — but I'm getting ready for spring." So I started in to housecleaning. This is a job which Partner very considerately leaves to me. He says that is only fair when I don't help milk the cows.

And so with jobs of housecleaning and income tax we come to thoughts of spring. Ah, yes . . . spring! The crows are flying all over the place — in fact they were when the snow was inches deep. You can hand it to the crow — he's an optimistic bird. At the barn spring has already arrived — my menfolk have six calves to wrestle with now. Of course with extra cows to milk we are getting quite a bit more cream. More cream but less money. Need I say why? Margarine! . . . of course. We expected that, as you know. What we can't figure out is why butter should go down and milk up. It just doesn't make sense. If farmers are discouraged in selling cream then there should be plenty of milk. Probably just another of those problems to which noe one knows the answer.

IN DARKEST AFRICA

"Butterfly snowstorms" have become a driving hazard through Cape Province. The butterfly swarms envelop the autos.

* * *

A dog show in Southern Rhodesia, was broken up when a large gray rabbit sauntered by. In the midst of the judging, the dogs forgot their pedigrees and took out after the rabbit.

* * *

Dr. J. G. Louw of Capetown, not caring a twitter what Hollywood might think, declared that dark glasses were "a refuge of the neurotic."

* * *

"Grocer's itch" has become an occupational disease in South Africa, caused from handling certain spices.

* * *

Port Elizabeth, South Africa, police have been looking for the thief who stole the teeth from the jaw of the whale in the museum.

* * *

Kailahun, West Africa, natives sent $22.25 to churchmen to combat the "evils of civilization" in Chicago.

* * *

Northern Rhodesia is changing its witchcraft ordinances so that medicine men and witch doctors can be punished only for "black magic," not for "good magic."

* * *

A Harrismith, South Africa, native, finding his new shoes too tight, cut off his little toes.

* * *

A new store has opened in Johannesburg which sells hippopotamus fat for natives who want to flex their enemies by smearing it on their front doors.

Now that I am all set with everything in one place maybe I shall feel more like wrestling with income tax returns — that being one little job which Partner very considerately leaves to me. He says that is only fair when I don't help milk the cows.

And so with jobs of housecleaning and income tax we come to thoughts of spring. Ah, yes . . . spring! The crows are flying all over the place — in fact they were when the snow was inches deep. You can hand it to the crow — he's an optimistic bird. At the barn spring has already arrived — my menfolk have six calves to wrestle with now. Of course with extra cows to milk we are getting quite a bit more cream. More cream but less money. Need I say why? Margarine! . . . of course. We expected that, as you know. What we can't figure out is why butter should go down and milk up. It just doesn't make sense. If farmers are discouraged in selling cream then there should be plenty of milk. Probably just another of those problems to which noe one knows the answer.

The SUNDAY SCHOOL LESSON
By Rev. R. Barclay Warren

The Future of Life

John 5:25; 1 Cor. 15: 20-26; 11 Cor. 4: 16-51.

Golden Text: But now is Christ risen from the dead, and become the first fruits of them that slept. I Cor. 15:20.

While preparing a grave on a point jutting into one of the numerous lakes of the Ottawa valley the workers came upon the skeleton of an Indian who had been buried there many years before. With the bones were arrowheads and other trinkets. There was mute evidence of a belief in a future life. Such a belief is well-nigh universal. Man has an instinctive longing for immortality.

Cicero, the great Roman orator, said, "Yes, oh yes! But if I err in believing that the soul of a man is immortal I willingly err, nor while I live would I have the delightful error extorted from me; and if after death I shall feel nothing, as some philosophers think, I am not afraid that some dead philosopher shall laugh at me for my mistake."

The rising of Jesus Christ from the dead is the most triumphant event of all history. A spear had been thrust into the side of his lifeless body as it hung suspended from the cross. Blood and water gushed forth. The body was laid in a tomb on Friday. A large stone was placed at the cave's mouth, sealed and guarded by Roman soldiers. But Sunday morning all powers, including that of death itself gave way before the mighty conqueror. "He arose, Hallelujah, Christ arose." This is the pledge that we too shall live after death.

This life is very brief in comparison with the life to come. How important that we should lay up treasure in heaven. This life is just the place of preparation for the great eternity beyond. "Sow a thought, reap a word; sow a word, reap and act; sow an act, reap a habit; sow a habit, reap a character; sow a character, reap a destiny." Let us sow wisely.

Not long since, American GI's began hearing Germans greet them with the cry, "Heil U. S. A.!" This seemed very nice, the story goes, until Army Intelligence came up with the news that it meant: "Hail Unser Seliger Adolf!"—Hail Our St. Adolf!

The blouse for Spring or Summer. Very new, with that softshoulder look, tuck-in waistline. Easy crochet; washes beautifully.

So popular! Goes with everything! Pattern 852 has crochet directions in sizes 12-14 and 16-18.

Laura Wheeler's improved pattern makes needlework so simple with its charts, photos and concise directions.

Send **TWENTY-FIVE CENTS** in coins (stamps cannot be accepted) for this pattern to Box 1, 123 Eighteenth St., New Toronto, Ont. Print plainly **PATTERN NUMBER**, your **NAME** and **ADDRESS**.

"We have more telephones in Russia than in any other country in the world," the Soviet trade mission official boasted to an English acquaintance. "Ah," the Englishman replied, "but no doubt they're all party lines."

He Is Risen

But Mary stood without the sepulchre weeping; and as she wept, she stooped down and looked into the sepulchre.

And seeth two angels in white sitting, the one at the head, and the other at the feet, where the body of Jesus had lain.

And they say unto her, Woman, why weepest thou?. She saith unto them, Behold they have taken away my Lord, and I know not where they have laid him.

And when she had said thus, she turned herself back, and saw Jesus standing, and knew not that it was Jesus.

Jesus saith unto her, Woman why weepest thou? whom seekest thou?. She, supposing him to be the gardener, saith unto him, Sir, they have borne Him hence, tell me where thou hast laid him, and I will take Him away.

Jesus saith unto her, Mary. She turned herself and saith unto him, Master.

HIDDEN ANIMALS

In each of the sentences below you will find the hidden name of some animal. Example; Do not criticiZE BRAvado too readily. Answer; ZEBRA. Should you get "stuck" on some of them, you'll find the correct answers—upside down—underneath.

1. Fireproof awnings are safer.
2. Small boys tag after their older brothers.
3. Those who do good may be rewarded.
4. A classic attraction was the art exhibit.
5. The enormous entrance dwarfed him.
6. Hot terrapin soup is relished by many people.
7. The bootleggers would highjack all trucks.
8. Wholesale murder was practiced by the bandits.
9. The British are expected to do their duty.
10. The mother asked the rabbi to come at once.
11. If you would be smart, endure discomforts.
12. No followers of humanitarianism arm others.
13. Tranquil lamaseries still exist in Tibet.
14. With the conquest of Australia the emu learned what hunting meant.
15. Abandon keyed to such a pitch was certain to be disastrous.
16. The old monk eyed the young friar with sadness.
17. Tricirac, cooncan and whist are old card games.
18. Despise all evil.
19. It is well known that musk rates high as a perfume base.
20. Dare we go?
21. Islam began with the teaching of Mohammed.
22. He seemed to be a veritable pig over the plum pudding.

AS OTHERS SEE YOU

Would you like to see yourself as others see you?

A German inventor claims he can arrange this.

He has made a gadget that lets you see yourself as if in a mirror—but the image is the same as that seen by someone looking at you.

In this "mirror" left is left and right is right, not the reverse as in an ordinary looking glass. If you held up printed words to it they would be the right way around instead of backwards.

Franz Muller, the inventor, who lives in Bielefeld, says he has not yet found a name for his gadget.

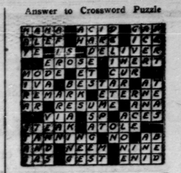
"You can't call it a mirror," he said.

He won't let anybody take photographs of the device, which he says will be exhibited in the German trade exhibition in New York.

Answers To Hidden Animals

1. Frame
2. Sage
3. Doe
4. Lion
5. Ape
6. Otter
7. Jackal
8. Bear
9. Lamb
10. Rabbit
11. Hare
12. Mouse
13. Llama
14. Ostrich
15. Donkey
16. Monkey
17. Mule
18. Scale
19. Musk
20. Dare
21. Islam
22. Beaver

Answer to Crossword Puzzle



And the RELIEF is LASTING

Nobody knows the cause of rheumatism but we do know there's one thing to ease the pain . . . it's INSTANTINE.

And when you take INSTANTINE the relief is prolonged because INSTANTINE contains not one, but three proven medical ingredients. These three ingredients work together to bring you not only fast relief but more prolonged relief.

Take INSTANTINE for fast headache relief too . . . or for the pains of neuritis or neuralgia and the aches and pains that often accompany a cold.

Get INSTANTINE today and always keep it handy

Instantine

12-Tablet Tin 25¢
Economical 48-Tablet Bottle 69¢

ARE YOU DISCOURAGED

because you suffer distress from 'periodic' FEMALE COMPLAINTS

which makes you NERVOUS HIGH-STRUNG on such days?

Are you troubled by distress of female functional monthly disturbances which makes you suffer, feel so nervous, cranky, restless, weak—at such times? Then do try Lydia E. Pinkham's Vegetable Compound to relieve such symptoms!

In a recent test it proved helpful to women troubled this way. Why don't you get smart and try it yourself?

Pinkham's Compound is what is known as a uterine sedative. It has a soothing effect on one of women's most important organs.

For over 70 years thousands of girls and women have reported benefit. Just see if you, too, don't report excellent results. Worth trying!

NOTE: Or you may prefer LYDIA E. PINKHAM'S TABLETS with added iron.

Lydia E. Pinkham's VEGETABLE COMPOUND

"Do People Really Call Me Crabby?"

Do you sometimes feel that people are beginning to think you are high-strung—always tense and nervous—so that you fly off the handle easily?

Your Nerves Can Play Strange Tricks on You!

Many women find it hard to realize their nerves are "bad". Yet it's not unusual for a high-strung woman's delicate nervous system to get off balance—especially during the functional upsets she faces in girlhood, young motherhood and middle life. That's when a good tonic, like Dr. Chase's Nerve Food, can do you so much good by helping to restore your nervous energy. It will help you feel better, look better, rest better at night.

During the last fifty years, thousands of Canadian women of all ages have gone safely and happily through the most trying periods of life—by taking this time-tested tonic containing Vitamin B_1 iron and other needed minerals. Give Dr. Chase's Nerve Food a chance to help you, too, when you feel edgy, upset or a bundle of nerves. Get the large "economy size" today. The name "Dr. Chase" is your assurance.

Dr. Chase's NERVE FOOD

JITTER

By Arthur Pointer