Finest Quality—
Easy to Use
"SALADA"
TEA BAGS

TABLE TALKS

Jane Andrews

Bernard Shaw was once asked why he—a professed hater of the Scots — had a housekeeper who hailed from the 'land of Cakes.' His answer was typical of the man. "Because," he said, "the Scots are the only people in the world who really understand oatmeal."

Whether Shaw is right or not about that, it isn't for me to say. However, I think that a lot of you will realize the delightful possibilities of oatmeal—I really should say 'rolled oats' — after you've tried these.

OATMEAL PANCAKES

2 cups quick cooking oats
2 cups scalded milk
2 eggs
⅓ cup melted shortening (or salad oil)
½ cup sifted flour
2 teaspoons double-action baking powder (or 2½ teaspoons any other type)
1 tablespoon sugar
½ teaspoon salt

Method

Pour 2 cups scalded milk over 2 cups quick-cooking oats, stir, and let stand till cool. Then beat in 2 egg yolks and the ⅓ cup melted shortening. Sift together ½ cup sifted flour, the baking powder, sugar and salt. Add to oats mixture. Fold in the two egg whites, stiffly beaten. Drop by spoonfuls on hot griddle (greased, if necessary) and brown on both sides. Yield: eighteen pancakes. (Private note—especially good with honey.)

* * *

With the hens starting to lay more plentifully, (I hope) maybe you'll feel that you can spare enough to make a Chiffon Pie for some festive occasion—or just to top off a Sunday dinner, for that matter. And here I'm going to take time out for a few seconds to speak once again about the convenience of what are known as "crumb" crusts.

You can make these crumb crusts from vanilla or chocolate cookies, graham crackers, or corn flakes—to mention just a few of the possibilities. They're all made the same way except the corn flakes, which uses brown sugar as well as the melted butter.

Roll about 2 dozen crackers — enough to make a cup-and-a-half of crumbs. Pour in ⅓ cup melted butter. Toss with a fork to mix well. Press into a 9-inch pie pan. Chill and fill. That's all. (Chilling crust before filling makes it cut better).

For the corn flakes crust you roll enough corn flakes to make 1½ cups crumbs. Mash a quarter of a cup of brown sugar into a half-cup melted butter with a wooden spoon, only a minute over a low heat so butter and sugar won't separate. Pour over the crumbs as before. Press into a 9-inch pan. Chill and fill.

Now, at long last, we come to that filling. Lemon Chiffon is the general favorite, but there are dozens of variations.

LEMON CHIFFON FILLING

1 envelope gelatin
¼ cup cold water
4 eggs
¾ cup sugar
¼ teaspoon salt
¼ cup lemon juice
¼ teaspoon grated lemon rind

Method

Soak 1 envelope gelatin in a quarter-cup cold water. Beat together 4 egg yolks, half-cup of sugar, and a quarter-teaspoon salt. Add the lemon juice and lemon rind. Cook over boiling water, stirring constantly until thickened. Stir in gelatin. Chill until thick and syrupy. Beat the four egg whites with a quarter-cup sugar and fold into egg yolk mixture. Turn into crumb crust. Chill until firm, about three hours.

After that? Serve—and watch it disappear.

ARE YOU ASKING FOR ACCIDENTS?

How good are the brakes and lights on your car? If they are only average, you may be asking for trouble.

Suppose you're driving at night under good conditions — clear weather, dry paved road. And suppose your brakes, lights and eyesight are "average good."

If a dark obstacle is on the road ahead, says a Department of Public Safety, you can't possibly get your car stopped until you're 50 to 75 feet beyond it.

The result. You have to hit the obstacle or swerve to miss it. Either way, you'll be lucky to avoid a smash-up.

The solution: Check your lights and brakes. And slow down at night.

HURRY

The insurance office was rung by an excited woman.

"I want to insure my house," she said. "Can I do it over the phone?"

"I'm afraid not. Perhaps we'd better send a man along."

"I've got to do it immediately, I tell you," came the frantic voice. "The place is on fire!"

They Want Some Changes Made

In the April issue of the Farm Journal, published in Philadelphia, there is a column devoted to suggestions from readers regarding things they would like to see invented, designed, changed, and so on. Those sending these suggestions in are, of course, residents of the United States. We are wondering how many of them will appeal to Canadian men and women.

Put Button Loops on the underside of necklies so they can be kept out of the soup.—Mrs. W. C. Fischer, Los Angeles, Calif.

Make Lawn Mower handles adjustable for persons of different heights. — Mrs. H. R. Ziegler, Kenton, Ohio.

Maintain A Self-serve "remnant" counter at lumber dealers, where one could shop for single boards, or odd pieces of material.—Mrs. Edna Hale, Dugger, Ind.

Make Exposed Gears for farm machinery from some heat-treated alloy tough enough to resist dust abrasion.—Albert M. Wolf, River Forest, Ill.

Mary Had a Little Lamb—Really!—Mary had a little lamb . . . it followed her to school one day . . . Seven-year-old Mary Shoemaker was followed to her Trenton, N.J., school one day by her two-year-old pet lamb, who got something the nursery rhyme gamboler didn't get—a bottle of milk. Here, Mary feeds "Frisky" as her classmates look on.

ANNE HIRST
Your Family Counselor

"Dear Anne Hirst:

When I was 19, I married a man I'd known only three weeks. It ended in divorce. Now I am afraid my son is going to make the same mistake.

"He is 19, and entered the military service right from high school.

He writes me, asking that I sign legal papers to let him marry a girl he has known only a short time. I have refused, telling him he should wait until he is out of the service and 21. If he still wants her then, he has my blessing.

"He has no way of making a living, and since I have two young children by my second husband, I cannot help him.

Was He Indulged?

"My present husband, to whom I've been married 11 years, has done everything he could for the boy. My son wanted farm life, and I made my husband give up a good position four years ago to buy a farm. But the boy didn't like farming, and we had to move back here.

"I wonder whether we did too much for him? I'm worried, Anne Hirst. We both wonder where we failed as parents, that he should want to do such a thing as this.

"A BEWILDERED MOTHER"

In refusing to give your consent to this marriage, you did the only thing you could do.

You brought up your son, you say, to have "the best of everything." It is natural for a mother to do that, but it is not always best for the boy. For him at 15 to have demanded a farm, and gotten it at the sacrifice of his stepfather's position, gave him a wrong sense of his own importance. He became accustomed to asking for what he wanted, and getting it. It is no wonder that now, having fallen in love, he thinks he has the right to his own way, giving no thought as to how he could support a wife, nor the possibility that marriage itself might be a fatal mistake.

He will be angry and resentful that you refuse to countenance this marriage. Now, at 19, he will have to learn the painful way that his own desires are not preeminent. He will have to practise patience and restraint, and the lesson will not be easy.

For their own sakes, each child should learn early in life that he is but one member of the family group, and that he cannot have everything he wants at the expense of the others.

Keep in constant touch with him through your letters, explaining that you have only his happiness at heart, and telling him that when he returns from overseas you hope he will bring the girl home so you can all get to know her.

When a child has been indulged from infancy, the day comes when he must learn self-discipline alone. That makes it hard for all who love him. Bring your problems to Anne Hirst, addressing her at Box 1, 123 Eighteenth St., New Toronto, Ont.

How'd You Like Some Whale Meat?

Hundreds of millions of dollars worth of red-blooded meat, as tender and flavorsome as prime beef, are being wasted every year in the Antarctic. Such is the claim made here by Dr. Harry E. Lillie, noted Scottish surgeon and whaling authority, in a report prepared for the Canadian Geographical Society on the international whaling industry.

Dr. Lillie, who in 1946-47 was in the Antarctic as surgeon to a Scottish fleet and who has since been engaged in surgical research work in Canada, contends that enough whale meat is being wasted each season to feed Europe for more than three months on pressent rations.

In his report, Dr. Lillie traces the history of the whaling industry from its earliest times. Known best, perhaps, as a source of valuable oil, used both industrially and in food processing, whales, he believes, have equally as great a role to play as a source of meat.

Dr. Lillie is opposed, however, to the present method used for killing whales — the explosive harpoon. This he describes as the most cruel and wasteful weapon possible. He believes universal adoption of a more humane method of killing, such as electrocution, is immediately essential.

A whale hit by an explosive harpoon may fake anywhere up to three hours to die, and even than additional harpooning may be necessary to end the painful struggle. During this time putrefaction organisms spread rapidly throughout the entire animal. These organisms in time give the meat a fishy, oily flavour which detracts from its appeal as food for humans.

Dr. Lillie believes that if all countries engaged in whaling in the Antarctic were to kill be means of electrocution it would be possible to make huge quantities of "this nutritious, tasty meat" available to many countries. He is convinced that the use of whale meat would help materially in relieving the present world food shortage.

At the present time, five countries—Norway, United Kingdom, the Netherlands U.S.S.R. and Japan—are engaged in whaling in the Antarctic regions. Canada although a signatory to the International Whaling Convention is not engaged in the Antarctic operation although last year experimental whaling was carried on off the coast of British Columbia.

HOW CAN I?

By Anne Ashley

Q. How can I make cold cream?

A. Take two ounces of oil of sweet almonds, one ounce of pure glycerine, ½-ounce of spermaceti, 20 grains of white wax, and six drops of oil of rose. Melt all this together, setting the cup over boiling water; then beat until perfectly cold and snowy white. Put up in glass or china.

Q. How can I remove paint from cloth?

A. Equal parts of ammonia and turpentine will remove paint from cloth, and for removing stains from bathroom fixtures use a cloth dampened with peroxene.

Q. How can I sour milk when needed in recipes?

A. Two tablespoons of lemon juice added to one cup of sweet milk sours it to the acidity desired for sour milk recipes.

Q. How can I make a dish of noodles look more appetizing?

A. A noodle cheese ring filled with creamed shrimps makes a delicious dish. This, combined with an attractive fruit or vegetable salad, light dessert, and plenty of coffee, will afford an ample luncheon menu, not hard to prepare.

Q. How can I purify a sponge?

A. If the household sponge has acquired a sour smell, it can be sweetened by merely rubbing a lemon into it thoroughly; then rinse three or four times.

Q. How can I remove perfume stains from linen?

A. Try an application of peroxide of hydrogen.

Q. How can I avoid the strong taste of onions?

A. By pouring boiling water over them after they have been sliced, and then draining and pouring cold water over them.

Helpful Hints For Homemakers

Make washable shoulder pads out of a rubber sponge cut to the desired shape and thickness. These pads dry quickly and don't become lumpy. Cover and sew in place.

* * *

When airing clothes, fold rubber jar rings over the line, and hook the hangers into these double loops. Clothes won't slide or fly off the line.

* * *

When mending a large hole in a sweater, reinforce the hole with net. This forms a good foundation for darning, and will prevent puckering.

* * *

When you wash Baby's bonnet, fit it over an inverted bowl to dry. Helps the bonnet hold its shape.

* * *

Use pinking shears to cut patches for work or play clothes, then don't bother to turn under the edges. Patches don't fray.

* * *

Make your baby a bib from a wash cloth. Fold wash cloth lengthwise through center. Cut out the corner made by the fold, to make a circle that will just fit Baby's neck. Bind neck-edge with bias tape, leaving enough tape at each end for ties.

* * *

Roast wieners in an old-fashioned corn popper instead of on a stick. They'll keep their juices better, and you can cook several at once without danger of their falling into the fire.

* * *

Make frosted "angel food" from plain day-old bread. Trim off crusts, cut the bread into strips. Glaze strips on all sides with sweetened condensed milk. Roll in shredded cocoanut and brown under a low flame.

* * *

Melt chocolate on a large piece of waxed paper, placed in a saucepan. When chocolate is melted it will slide off the paper easily, leaving a clean pan.

* * *

For a few drops of lemon juice, stick a fork into one end of the lemon and squeeze through the perforations. Lemon can still be kept for future juice need.

* * *

Use a tiny funnel for separating the yolks from the whites of eggs. The white slips through the hole easily, leaving yolk in top of funnel.

* * *

Try washing fresh garden peas and cooking them in their pods. Shells rise to the top and can be skimmed off in a few seconds. The peas have an extra fresh flavor.

* * *

Sprinkle clothes right on dry if you have a garden hose (using fine spray). Roll clothes up with them down. Take down clothes don't need sprinkling before you turn on the spray.

* * *

Use new galvanized garbage cans for storing out-of-season clothes and blankets in the attic. The tight lids are light and have handle.

SEQUIN JEWELRY CO.
If you can use a needle and thread, you can make pretty jewelry. No experience or capital is required. Certain sequin assortments, complete with needle and instructions. Write today for latest catalog. Make matching chatelaine bag, or any other design you like, with the gilt mesh sequins. Write for kit today. Send today to your nearest store. Don't wait, write today. Lemon Sequin Co., Dept. Hmsh, 400 Sherbrooke St. West, P.Q. 645 Yonge St., Toronto 5, Ontario. Winnipeg.

SPLITTING HEADACHE
RELIEVED IN A JIFFY!
And the RELIEF IS LASTING
For remarkably fast relief from headache get INSTANTINE. For real relief get INSTANTINE. For prolonged relief get INSTANTINE.
Yes, more people every day are finding that INSTANTINE is one to ease pain fast. For headache, rheumatic pain, aches and pains, colds, for neuritic or neuralgic pains you can depend on Instantine to bring you quick comfort.
INSTANTINE is made like a doctor's prescription of three proven ingredients. A single tablet usually brings fast relief.
Get instantine today and always keep it handy
Instantine
12-Tablet Tin 25¢
Economical 48-Tablet Bottle 85¢

SMART BIRD

The landlord of a tavern had a parrot which could talk about anything from horse-racing to dice.

One day a stranger entered and said his parrot could talk better.

After an argument a match was arranged for $10, the parrot which said the most in ten minutes to be the winner.

When the stranger's bird arrived, both parrots were put on a table. The local parrot did not speak at all, and the landlord had to pay his $10 to the stranger.

When he was putting his parrot back the landlord said to the bird: "You're a smart one, you are!"

The parrot whispered in his ear: "Listen, you make a return match for fifty bucks and I'll talk the so-and-so's head off."

PARKER HOUSE Rolls

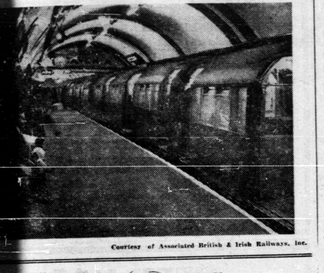
Better Bake Plenty
Measure into large bowl, ½ cup lukewarm water, 1 tsp. granulated sugar; stir until sugar is dissolved. Sprinkle with 1 envelope Fleischmann's Royal Fast Rising Dry Yeast. Let stand 10 min., THEN stir well. Scald 1 c. milk and stir in 5 tbs. granulated sugar, 2½ tsps. salt; cool to lukewarm. Add to yeast mixture and stir in ½ c. lukewarm water. Beat in 2 c. once-sifted bread flour; beat well. Beat in 4 tbs. melted shortening. Work in 3 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 ⅓ bulk. Punch down dough in bowl, grease top and let rise again until nearly doubled. Punch down dough and roll out to ½" thickness. Cut into rounds with 3" cutter; brush with melted butter or shortening. Crease rounds deeply with dull side of knife, a little to one side of centre; fold larger half over smaller half and press along the fold. Place, touching each other, on greased pans. Grease tops. Cover and let rise until doubled in bulk. Bake in hot oven, 400°, about 15 min.

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

New Fast-Acting Dry Yeast Needs NO Refrigeration!
Thousands of women every week are switching to the new Fleischmann's Royal Fast Rising Dry Yeast. It's fast—it's active—keeps for ages in the cupboard. Perfect results in rolls, buns, breads!
Get a month's supply!

"Oh, To Be In England"

Now that Britain's lights—after a 10-year blackout—are "on" it comes as welcome tidings to the thousands of Canadians who are planning to visit the Old Country this coming summer, as evidence that things are rapidly coming back to normal. The pictures show two very familiar London scenes, the first being a view of beautiful St. James Park in London. The lower view is, of course, a train on the Underground—"subway" as we would call it on this side of the big pond.



Courtesy of Associated British & Irish Railways, Inc.

CHRONICLES OF GINGER FARM

by Gwendoline P. Clarke

Today I heard a robin sing—in fact not only did I hear one, I saw this one. A big, fat fellow with a scarlet red breast, perched on the branch of an elm tree near the house.

As I passed by he said to me "Do you know it's nearly spring?" "Why, sure," I said, "it's bound to be."

Now I've heard a robin sing.

And then I looked upon the ground, And up above the wintered earth Green shoots of daffodil I found—New life, new hope; new birth.

* * *

Yes, that's the way it goes—the hint of the snow has no sooner melted under the influence of warm rain and strong winds than we see Mother Nature ready to start the cycle of growth all over again—and we perforce must cooperate. Most of us are willing to do just that. Of course there are times when you can't be too sure of the Old Dame—sometimes she tucks a few tricks up her sleeve. I remember known to send a blizzard in April before now. For instance from my Ginger Farm diary, I discovered that on April 15, one year—We have had a blizzard, then fog and slippery roads, followed by strong east winds and lashing rain." On June 10 of the same year I find this—"Another week has passed and still no end in the ground!" Apparently we did get our oats sown about June 15, just a week before the wheat started coming into head. And yet we got a crop of sorts that year in spite of the late spring seeding.

Today there was quite a bit of thunder rumbling around and Partner remarked—"Thunder in March, empty barn in the fall". But don't think me pessimistic. Quite the reverse is true. It is just meant as a reminder that if we should have a dawdling spring we need not be too worried about it. Just imagine—in that season of '43 we had the cows out on pasture before the spring seeding was even started!

My little robin is hopping around on the lawn now—quite happy, in spite of the high wind. That same wind should dry the ground up a bit. We certainly hope so as we are expecting a truck to come along for some cattle. That means two of our cows will be gone. We need to get some of them away as we have had two more calves within the last twelve hours—and they were not twins either.

Now here is something that may start an argument among the women-folk—at least where there is electricity.

Three years ago I bought a vacuum cleaner. Since I had never used one of any kind I had no idea which was the better type to buy—tank or upright. I sought advice from my friends. One said—"Oh, the upright is so much handier—it is a lot easier to push along the floor." Another said—"Don't get anything but the tank type." Another advised—"Tank or upright, I don't think it makes much difference. Any NEW vacuum will do a good job." That sounded logical to me—so when an upright was offered to me, I took it. You remember one didn't have much choice at that time. For awhile I was thrilled with it. The attachments seemed quite satisfactory, too, and because of the novelty of working with them I did not realize what a chore it actually was changing from sweeper to attachments. But after the novelty wore off I found myself going back to mop and duster rather than bother with them. I also found that using the sweeper created a certain amount of dust and made me cough. It wasn't long before I decided that when I got a chance I was going to trade in my upright for a tank type. I did not mention it to Partner because I can't see the point of grumbling about anything unless you can see a way to change it. But last week when the agent called for the fourth time I told Partner what I wanted to do. Then the agent gave a pretty good demonstration and that finished it. Now I have a tank-type vacuum—and I would not change it for anything. There is no dust, less noise and you can get under anything and everything without moving it if you so desire.

I thought this little experience of nine nights ago would help to others who might be just as undecided as I was when I bought my first vacuum cleaner.

Merry Menagerie—By Walt Disney

"Don't tell a soul, but I hear that Pick-up Maltese in the next block has fleas!"

EASY TO CONTOUR IF YOU KNOW HOW

Whether you have long, gentle slopes, or short, steep ones, contouring is one of the first steps toward working out a good soil conservation program. It helps hold fertility, and boosts yields. It helps stop soil and water loss.

To the man who has never grown corn on the contour, it looks like a bad job. At first, it's hard to figure out just where the rows are going.

But, as one farmer said after he'd contoured for a few years: "I wouldn't give a man his dinner to help me contour. It's easy once you know how."

Equipment is simple and inexpensive. Actually, you can make an outfit from a small level, a pocket mirror, a clothes-pin and a couple of boards.

If you want to contour your row crops, you should plow and disk that way. And don't worry about short rows. You'll have some. But you may have plenty of real long rows to even things out.

Start just below the brow of the hill—about where you can just see the skyline over the hill.

Some farmers dont use lath to mark guide lines. They prefer old newspapers at each point on the contour. Pile a little dirt on them and you can plow them under and don't have to run ahead to get the lath out of the way.

The idea in making a contour line is to find a series of points, about 100 feet apart, which are on the same level around the hill.

The man with the target goes about 30 steps ahead of the man with the level. He moves up or down the hill until the target is at the same height as the level. Then that position is marked.

Then the man with the level goes on past the target and sights back until he is again level with the target. That point is marked. And on around the hill you go.

Extreme accuracy such as is needed for a terrace isn't necessary. But you shouldn't let the contour line sag, for that collects water in the low spots—allows it to break over the row—and wash down the hill.

Once the line is plowed, keep plowing until the slope changes. Then run a new guide line and work both ways from it. Fill in with short rows where necessary.

Two words of caution: Don't plant the end rows up and down the hill. The contoured rows dump water in them and you breed a gully in a hurry.

And leave good, wide water-ways. Most of the water-ways you've seen are too narrow. Leave them plenty wide.

If you are contouring down a long hog-back, and the rows make a fairly sharp "V," leave a turn-row right down the top of the ridge. Leave it wide enough for a hay loader and rake. You can use it for a turn-row and for a lane.

ALUMINUM AS A BUILDING MATERIAL

Aluminum makes a satisfactory roofing and siding material for farm buildings—if it's properly used.

That's the report of Alvin Dale and Henry Giese, agricultural engineers.

They list these advantages for the light metal: It's long-lasting and requires no paint. It has good insulating qualities—is somewhat cooler in summer than most roofing materials.

But, say the engineers, aluminum may give poor service if not properly installed.

Brace buildings properly from within and use plenty of sheathing under the aluminum — the metal itself hasn't much strength.

Use plenty of nails And be sure they are screw or ring-shank aluminum nails—preferably with synthetic rubber washers. They should be at least an inch and a half long. Bend and nail down over gable ends of roof.

Don't apply aluminum over old roofs or shingles. Start roofing and siding away from prevailing wind, so wind can't get under the laps. Give sheets ample overlap.

Aluminum will corrode through contact with fertilizers, alkalis (including wet concrete), livestock manure and urine, copper and ungalvanized steel.

"Daddy," said an eight-year-old student of a progressive school, Ronald said a very naughty word to the teacher today."

"Is that so?" asked the curious patient. "What did he say?"

"Oh, we aren't encouraged to use such language," she answered, "but if you want to say all the bad words you know, I'll tell you when you come to it."

TEST YOUR I. Q.

Here are some questions about Medicine and Hygiene which you should find fairly easy. Try and answer them all, anyway, before taking a peek at the correct answers printed, upside down, underneath.

1. About how much of the weight of the human body is made up of muscle?
2. How many hours out of the twenty-four does a new-born infant usually sleep?
3. Does the sugar content of the blood: (a) increase; (b) decrease; (c) remain static, under stress of strong emotion?
4. Why does the flow of blood from a wound serve as a disinfectant?
5. What do medical authorities consider the least harmful form of tobacco smoking?
6. Are all babies born with blue eyes?
7. Can poison ivy be spread from one person to another?
8. By what name is pollinosis popularly known?
9. What causes hiccoughs?
10. What is the most prevalent disease of mankind?
11. Who have decidedly superior teeth, Canadians or Asiatics?
12. Which is the longest bone in the body?
13. Is cancer a comparatively modern disease?
14. Does hair grow faster at night than during the day?
15. When blood pressure is low, is the pulse more or less rapid than normal?
16. What causes shock after an accident?
17. At what time of day or night is normal body temperature lowest?
18. Does the pulse remain the same throughout life?
19. Why is the clinical thermometer made oval instead of round?
20. What is the transparent outside coat of the eyeball called?

Answers To Medical Quiz

1. One half.
2. Twenty-two.
3. (a) Increase it warps arteries in order to increase the secretion of blood in the skin so that it may act as a magnifying glass, thus making it easier to read.
4. Because it washes away germs.
5. Cigarette smoking.
6. No.
7. Yes.
8. Hay fever.
9. Spasmodic contractions of the diaphragm.
10. Dental caries (tooth decay).
11. The people of Hindus, Japanese and Chinese are almost without dental caries (tooth decay). Noted dentists have been found in every Egyptian mummies.
12. The femur or thighbone.
13. No, cancer is almost as old as the human race.
14. No.
15. Higher.
16. Stagnation of blood in the skin and exception superior in those suffer from shock.
17. During sleep, in the early morning.
18. No, it slows down as age advances.
19. So that it may act as a magnifying glass, thus making it easier to read.
20. The cornea.

BUILD WITH STRAW

A process for making insulating building boards from wheat straw is announced by the United States Bureau of Agricultural and Industrial Chemistry. This new product promises to compete with sugar cane bagasse and wood pulp as a raw material for insulating boards. About 40,000,000 tons of wheat straw alone are now burned or wasted every year on American farms. The new method for making straw into building board was developed by Drs. E. C. Lathrop and T. F. Naffziger. Their procedure consists essentially in blending ordinary straw pulp, now used to make strawboard for boxes and packing materials, with a new type of pulp which is inexpensive and which contributes increased strength and other desirable qualities to the finished product.

The nice old lady smiled at the little girl who had been left in charge of the cake shop.

"Don't you sometimes feel tempted to eat one of the cream puffs, my dear?" she said.

The little girl was quite shocked. "Of course not," she replied. "That would be stealing. I only lick them."

The SUNDAY SCHOOL LESSON

By Rev. R. Barclay Warren

The Disciplines of Discipleship
Luke 12:16-21; 14:27-22.

Golden Text—And whosoever doth not bear his cross, and come after me, cannot be my disciple.—Luke 14:27.

One of the most tragic stories that Jesus ever told is that of the foolish rich man. This man thought his soul could be satisfied with things. When he had harvested his bumper crops in bigger barns he would say, "Soul, thou hast much goods laid up for many years; take thine ease, eat, drink, and be merry." But it is not only the rich who are in danger of this misplaced emphasis. It is a common error to slave for the needs and pleasures of this life and forget the soul. The rich man received the death summons in the midst of his planning. How much did he leave? He left it all. The tragedy is that he appeared before God a pauper. He had lived for self and was not rich toward God.

In this day when the number of bankruptcies is increasing it is easy to get the point of the second story in the lesson. We, too, may have stood by the foundation and commenced, "This man began to build, and was not able to finish. "The main reason for failure in Christ's kingdom is the failure to count the cost and prepare to pay it. It must be an all-out effort. There are no half-hearted disciples "Whosoever he be of you that forsaketh not all that he hath, he cannot be my disciple." The individual who will not give Christ the pre-eminence in his life is left out of the Divine program. Playing with religion and giving God the left-overs is being done by many. But only he who disciplines himself and strives to enter in at the strait gate will find an entry. He who takes the way finds to his pleasure that Christ's yoke is easy and his burden is light.

Answer to Crossword Puzzle

M	A	N	A	A	C	I	D		C	A	P	
A		A		R		N			A		A	
L	E	F		W	A	R	E		C	L	A	P
E		I		S		D	E	L	I	V	E	R
	E	R	O	S	E		I	N	E	R	T	
M	O	D	E		E	T		C	O	R		
F	U	A		D	E	S	T	R	A	Y		
S	E	W	A	R		E	T	R	E	N	E	
A	R	E		R	E	S	U	M	E		A	N	A
		V		I	A		S	P	A	C	E	S
S	T	E	A	K		A	T	O	O	T		
P	A	N	T	S		W	A	D	D		A	D
A	N	D		N	E	E	D		N	A	M	E
A	S		G	E	S	T		E	W	I	D	

PILES Don't suffer any longer. For quick relief—treat painful piles with medicated Dr. Chase's Ointment. Soothes as it heals. A safe home treatment for over 50 years. 85
DR. CHASE'S Antiseptic OINTMENT

DOES INDIGESTION WALLOP YOU BELOW THE BELT?
Help Your Forgotten "28" For The Kind Of Relief That Helps Make You Rarin' To Go
More than half of your digestion is done below the belt—in your 28 feet of bowels. So when indigestion strikes, try something that helps digestion in the stomach AND below the belt.
What you may need is Carter's Little Liver Pills to give needed help to that "Forgotten 28 feet" of bowels.
Take one Carter's Little Liver Pill before and one after meals. Take them according to directions. They help wake up a larger flow of the 2 main digestive juices in your stomach AND bowels—help you digest what you have eaten in Nature's own way.
Then most folks get the kind of relief that makes you feel better from your head to your toes. Just be sure you get the genuine Carter's Little Liver Pills from your druggist—35c.

For RHEUMATIC PAIN rub in.. MINARD'S "KING OF PAIN" LINIMENT
35¢ LARGE ECONOMICAL SIZE 65¢

It's so different today

Raiding the store-room was not encouraged in stern pioneer days. But today raids on the pantry for delicious Post's Grape-Nuts Flakes should bring no reproof. You need never run short of this healthful, ready-to-eat, easy-to-digest cereal. It's perfect for the between-meal snack.

Post's Grape-Nuts Flakes have that unbeatable Grape-Nuts flavor in popular, honey-golden flake form. They provide nourishment everyone needs—useful quantities of carbohydrates proteins, minerals and other food essentials. So quickly served; so truly good. Your grocer has Post's Grape-Nuts Flakes.

CROSSWORD PUZZLE

ACROSS
1. Sunken fence
5. Sour
9. Opening
12. Hebrew letter
13. Rodent
14. Solid water
15. Pronoun
16. Exists
18. Send
20. Uneven
22. Inactive
24. Stop
25. And (Lat.)
26. Worthless dog
27. Ground pies
28. Cover with stars
30. Fly
32. Casual conversation
34. Everlasting
35. Ere
36. Land measure
37. Heave
39. Collection of facts
42. By way of
44. European country (abb.)
46. Top cards
48. Out of sight
49. Medium fish
50. Making
51. Mistake
52. Negative
53. College degree
54. Moreover
56. East Indian tree
58. Baseball team
60. Vapor
61. Tale of adventure
62. Charge or accusation
63. Whether
64. Legend

DOWN
1. Dried grass
2. Beverage
3. Pronoun
4. Burning
5. Exclamation
6. Military shadow
7. Anger
8. Prattle
9. Donor
10. The maples
11. Impudent
17. Thus
19. Hardon
20. Kind of cheese
21. Looks for
23. Variable star
24. Across
26. Shattering
29. Affare
30. English queen
31. Afternoon affairs
33. Pertaining to Arles
34. Division of mankind
36. Customs
38. Stalls
40. Unscompose (Abb.)
43. Make deer
44. Irish opine
46. About
47. By birth
50. Bird of the cuckoo family
53. Garden plot
55. Mountain (Abb.)
56. Not out

Answer elsewhere in this issue