

Finest Quality Tea

# "SALAH" ORANGE PEKOE

WEST OF THE SUN

A Serial Story by  
JOSEPH LEWIS CHADWICK

The story thus far Virginia Anne receives a letter from Phil Lawrence her fiancé. He is in the West, at the hotel in Seattle. He is in the West, at the hotel in Seattle. He is in the West, at the hotel in Seattle.

CHAPTER V  
"Lawrence!" he called. And got no answer. He moved inside, and Virginia followed him. The adobe had but one all-purpose room. It was low-ceilinged and very long. Three bunks stood against the wall at one end. There was a fireplace at the other. A table and chairs stood close to the fireplace, and on the table a meal was spread. A meal for one person.

CHAPTER VI  
Virginia felt no great surprise when her fiancé, she had anticipated something—and this was what it had been. Phil Lawrence was gone. His ranch was deserted. Something had happened to him.

CHAPTER VII  
Jim took off his campaign hat and tossed it onto the desk. He found a chair and sat down, rolling a cigarette. His eyes were sadder than ever. "You are the only man who had anything against Lawrence," Jim said. "We came from the same place. The place is deserted. I thought you'd know, if anyone did, what happened on there."

751

These filigree doilies are so pretty you'll want to show them off all day! Make a buffet set and centerpiece for dining table. You'll use these doilies proudly when company's coming! Pattern 751: doilies and doily set. 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, 125 Eighth Street, New Toronto, Ont. Print plainly, pattern number, your name and address.

ANNE HIRST  
Your Family Counselor

New Lotion Notion—This comely vacationer was first in line to buy a dime's worth of protection against a bad sunburn. She gets a spray job from the new sun-tan lotion machine set up in a beach surf club. Latest bid in the billion-dollar-a-year slot machine business, it sprays 30 seconds for a dime.

"Dear Anne Hirst: I've been married five years and my husband is overseas. I work, and my mother takes care of my little girl during the day. Now, because I like to stay out late at night, she threatens to stop looking after her. I like a few evenings to myself. So I just don't come home. Sometimes I'm in by midnight, sometimes by four in the morning. My mother says this is not fair to her and Dad, that I'm a married woman and a mother, and if I don't stop going to taverns (I do drink and smoke) she will tell my husband. I loved my husband, dearly when he was here, but now I don't seem to care for him at all.

"Mind of My Own"  
"Now, Anne Hirst, I have a mind of my own. I'm old enough to take care of myself. Don't you think she should mind her own business? I'm home three or four nights a week and every Sunday, yet she and Dad still are not satisfied. I'm only being modern. My life is being ruined by my parents. Please print this. Maybe then they'll understand I am able to run my own life, and get in when I please."

"Can She Bake A Cherry Pie?"  
Cherries are ripening, the red peaches which have color and tang and personality. Now is the time to make cherry jam and cherry pie, if you really want to know how. Cherry jam happens to be one of the best of all confections, but because it requires a cook who is also a connoisseur not a great many people undertake it. No such good fortune prevails with cherry pie. The notion seems to be abroad that anyone with a pie pan and a bowl of cherries can make a cherry pie; and nothing could be further from the truth. It takes an artist to make a cherry pie worth the name. A person able, willing and patient enough to pit the cherries, and discriminating enough to choose the right cherries, deigning for the most part but with just the right amount still tainted with acid. Pitted and cored, their own undiluted juice, they should have just the right amount of sugar, not too much or too little. Then a dash, the most careful dash of nutmeg. Then a bit of flour. Not cornstarch, but honest flour; too much flour and the pie will congeal, too little and it will flow, either of which is fatal.

CROSSWORD PUZZLE

ANSWER elsewhere in this issue

## TABLE TALKS

Jane Andrews.

I'm sure I don't need to tell you of the importance of plenty of vegetables in the diet, and especially in the diet of those still young and growing. But please don't be like so many, and waste half the goodness of the vegetables you cook, pouring precious vitamins down the drain, or by overcooking. If you want to know if your vegetables are properly cooked, look at the color! Those that are nearly the same color when you serve them as they were before cooking have kept the most food value.

But vegetables that have been boiled and boiled in too much water, with the lid off, not only look washed out, but are! The water has washed away minerals, vitamins, and color. Leaf vegetables, such as spinach, beet and turnip tops, should be cooked ONLY IN THE WATER WHICH CLINGS TO THEM AFTER WASHING. Other green and yellow vegetables should be cooked—well covered—in about half an inch of water, and should be steamed and boiling briskly when the vegetables are put in. Cook on high heat until vegetables begin to steam, then finish cooking on low. Strong-flavored vegetables, usually white or yellow in color, need more cooking water—enough to keep the pan (covered) for parsnips and turnips.

Perhaps you've heard that one sort of pan is better than another for cooking to save minerals and vitamins. The really important thing, however, is that if you're going to cook vegetables properly, that is quickly and in a minimum of water, your pan must conduct heat rapidly, and have a tight fitting lid. And, according to the American Medical Association, you can forget any rumors that food cooked in a certain kind of pan is dangerous. DO NOT endanger your family's health by cooking in aluminum pans, or in those made of stainless steel with copper bottoms.

Now, as a handy guide, I'm going to give you the proper time schedule for cooking fresh vegetables. (The minimum time is the maximum for those not so young.)

Vegetable	Minutes
Asparagus	12-15
Beans, green	20-25
Beans, green snap	30-40
Beets	35-40
Beet greens	15-20
Broccoli	12-15
Brussels sprouts	12-15
Cabbage, Chinese	7-10
Cabbage, green	15-25
Carrots	15-25
Cauliflower	12-15
Celery	10-15
Chard (leaves & stalks)	10-15
Collards	10-15
Corn (on cob, kernels)	5-15
Eggplant	10-20
Kale	15-30
Kohlrabi	25-30
Mintard greens	15-30

## APPLE CAKE

Recipe

Measure into bowl, ½ cup lukewarm water, 1 teaspoon granulated sugar, stir until sugar is dissolved. Sprinkle with ½ cup Fleischmann's Royal Fast Rising Dry Yeast. Let stand 10 minutes. THEN stir well. Sift ½ cup milk and stir in ½ cup granulated sugar, ½ teaspoon salt, ½ cup shortening, 1 cup oatmeal, 1 cup oat bran, 1 cup oat flour. Add yeast mixture and 1 beaten egg; beat well. Work in 2½ cups once-sifted bread flour. Knead lightly; place in greased bowl and brush top with melted butter or shortening. Cover and set in warm place, free from draft. Let rise until doubled in bulk. Punch down dough and divide into 2 equal portions; form into smooth balls. Roll each piece into an oblong and fit into greased pans about 7" x 11". Grease tops, cover and let rise until doubled in bulk. Bake, cool and cut 8 slices into thin wedges. Sprinkle tops with ¼ cup granulated sugar and lightly press apple wedges into cake tops, sharp edges down and close together. Bake in 350° oven for 35 minutes. Sprinkle with 1½ cups granulated sugar and 1½ cups cinnamon, sprinkle over apples. Cover and let rise about ½ hour. Bake in moderate oven, 350°, about 1 hour. Serve hot, with butter.

It's so different today

Rebin Hood and his Merrie Men had to score a hit with a bow and arrow or they didn't eat! To score a hit today shoot over to the grocer's for Post's Grape-Nuts Flakes—that convenient, ready-to-eat, easy-to-digest cereal made from one but two grains—wheat and malted barley.

Order a month's supply!

A Warning Ignored—With grim irony, the billboard at left in background warns "Drive Carefully" as Charles Sautinier lies dead on a sidewalk in Brockton, Mass. The pedestrian was struck by a hit-run motorist who fled from the accident car, left on foot, leaving his victim to die.

## CHRONICLES OF GINGER FARM

Gwendoline P. Clarke

Another week gone—and still no rain. Last Thursday, to the north of us they had a grand shower. Friday, about twenty miles south, it rained all morning, but we could literally count the few raindrops that fell on our front doorstep. We thought this must be the driest spot in all Ontario—until yesterday. Yesterday we had visitors from up near Guelph and the first question asked was this: "Where did you get all the rain from?" "Rain," we said. "What rain?"

"Well, you must have had rain—things are looking green here to what they are up our way!" And then we heard all about it. Not only have they had no rain but they had killing frosts—which we missed. Their spring crop is lying flat in the fields with no possibility of heading out. Garden stuff was also nipped so that beans and beets are shriveled and burnt. Pastures, of course, are practically nonexistent. Although our friends painted a pretty grim picture. Today is election day and this morning, almost as soon as the polls were open, Partner and I were on our way to vote as free people in a free country. Bob had to go to Toronto, so his turn came later. As we came away Partner said: "What in the world makes all these election officials look so mournful? You would think it was a funeral instead of an election day!" By the way, we have a suggestion for next voting day. How about having a reading glass supplied in every booth? Partner forgot his glasses. Imagine that! I had a great time to a little while, trying to make him think he didn't see straight and had voted for the wrong party. That little job over, Partner and I did a little sight-seeing along the back concessions and we actually saw crops that were not bad at all. As far as fields that appeared about 50 per cent of average. These farms were not more than five or six miles away from our own but they were in a part of the country that is sheltered, being fairly well wooded. So you see that is another argument in favour of forest conservation. These farms were not more than five or six miles away from our own but they were in a part of the country that is sheltered, being fairly well wooded. So you see that is another argument in favour of forest conservation.

What's New At the C.N.E.  
If you are proud of your meal planning and making a dollar stretch, then this news is certainly for you. One hundred dollars is being offered at this year's C.N.E., to the homemaker who makes out the best weekend menu and shopping list to go with it. The smart homemaker who places second gets \$75, to fill up her purse, and the woman who comes third will get \$50. Just so you can do a bit of practicing between now and Sept. 10, the day of this interesting competition, here are a few pointers. You will be asked to plan your weekend menu for a family of five and specify quantities for Saturday night supper, Sunday breakfast, lunch and dinner. You don't even need to bring a pencil—Mrs. Kate Aitken will have them there for you. She will also give you a list of current food prices. No entry fee for this contest. But send your entry form along now to Women's Director, Canadian National Exhibition, Toronto.

It's so different today

Rebin Hood and his Merrie Men had to score a hit with a bow and arrow or they didn't eat! To score a hit today shoot over to the grocer's for Post's Grape-Nuts Flakes—that convenient, ready-to-eat, easy-to-digest cereal made from one but two grains—wheat and malted barley.

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## New Gadgets and Inventions You'll Probably Be Seeing

Auto Door Handle  
Safety control handle for inside of automobile doors is said to make impossible an accidental opening of door from inside. Said to be simple to install in place of the regular handle. Handle is disengaged from the door lock by turn of a key, making opening of door from inside impossible while it can still be opened from outside at any time.

Porch Shade  
Wood-slatted porch shade insures privacy but has a ventilator section at top which permits escape of summer heat rays as they rise to the enclosed area. Is constructed of light-weight, durable wood slats, firmly secured, and comes in various colors to harmonize with surroundings.

Plastic Luggage  
Matched luggage made of plastic, is said to withstand moisture, cold and mildew, as well as dirt and scuffing. Available in four color combinations—cherry with ivory, green with ivory, blue with ivory, green with red and navy blue with ivory. Mat finished plastic covering may be restored to new-like appearance with damp cloth, making stains.

Electric Sprayer  
Newly designed sprayer offered for household use in spraying of wall paper, varnishes, shellacs, light oils, liquid waxes, disinfectants and insecticides. Resealable plastic container changes from metal to plastic for major parts of the assembly. Appearance is said to be much improved and good-looking sturdy handle and trigger switch simplify operation. A standard Mason-type jar thread is used to fit into base of the housing which makes possible the use of other standard jars. Ease of access for cleaning and repair is made possible by two screws which are exposed when glass jar is detached, and permit removal of base of the housing. Cool operation is another feature.

Matchbook Cover  
Matchbook cover of an acetate plastic, contains a treated soft fabric which can be used to clean spectacles and phone lenses, making stains. Lens cleaner is displayed through a pair of spectacles. Advertising to be displayed in printed reverse side of the transparent cover so that it cannot rub off.

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## JAM and JELLY MAKERS!

For SURE Results... Greater Yield take your choice of CERTO or CERTO Crystals

No fume... no worry... no guesswork in making jam or jelly with Certo Fruit Pectin or "Certo" Crystals. You'll save time and work... get up to 50% MORE jam or jelly from your fruit!

Please specify which you use. Both Certo and "Certo" crystals are fruit pectin, the natural substance in fruit that makes jams "jam" and jellies "jelly"—extracted and concentrated for better, easier jam and jelly making. The word "Certo" is a trade-mark.

Boil ONE MINUTE only for both Jams and Jellies

That's all you need when you use Certo or "Certo" crystals... one minute's full, rolling boil. What a saving of time and energy. This short boil gives you other advantages, too:

- Since very little juice has time to boil away, you get an average yield of 10 glasses when old-fashioned, long-boil recipes would give you only 6.
- Cooking time is so short it cannot spoil the fresh fruit taste or the level, natural color. They stay in your jam or jelly.

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## SUNDAY SCHOOL LESSON

For Sunday, July 24  
By Rev. R. Barclay Warren  
PRAYERS OF CONFESSION  
Psalms 32:1-5; 51:1-2; 7:1-3  
Golden Text: For thou, Lord, art good and ready to forgive, and plentiful in mercy unto all them that call upon thee. Psalm 86:5.  
David who slew Goliath was himself later humiliated by the lust of his own flesh. Viewing a woman as she washed, he yielded to temptation, sent for her and committed adultery. Then to conceal his sin he arranged with his general to have the woman's husband slain in battle. 2 Sam. 11. One wonders how much the laws of heredity had to do with the fact that these two sins of fornication and murder were repeated among three of David's sons. 2 Sam. 13. How, true the saying, "Children come home to roost," and the declaration of Scripture, "Be sure your sin will find you out." Nu. 32:23.

But God is merciful. In today's lesson he has the prayers of confession offered by David when condemned by the prophet of God for his previous sin. He did not lay the blame on anyone else. He did not say, "Children come home to roost," and the declaration of Scripture, "Be sure your sin will find you out." Nu. 32:23.

Answer to Crossword Puzzle

1	DOWN	2	DOWN	3	DOWN	4	DOWN	5	DOWN	6	DOWN	7	DOWN	8	DOWN	9	DOWN	10	DOWN	11	DOWN	12	DOWN	13	DOWN	14	DOWN	15	DOWN	16	DOWN	17	DOWN	18	DOWN	19	DOWN	20	DOWN	21	DOWN	22	DOWN	23	DOWN	24	DOWN	25	DOWN	26	DOWN	27	DOWN	28	DOWN	29	DOWN	30	DOWN	31	DOWN	32	DOWN	33	DOWN	34	DOWN	35	DOWN	36	DOWN	37	DOWN	38	DOWN	39	DOWN	40	DOWN	41	DOWN	42	DOWN	43	DOWN	44	DOWN	45	DOWN	46	DOWN	47	DOWN	48	DOWN	49	DOWN	50	DOWN	51	DOWN	52	DOWN	53	DOWN	54	DOWN	55	DOWN	56	DOWN	57	DOWN	58	DOWN	59	DOWN	60	DOWN	61	DOWN	62	DOWN	63	DOWN	64	DOWN	65	DOWN	66	DOWN	67	DOWN	68	DOWN	69	DOWN	70	DOWN	71	DOWN	72	DOWN	73	DOWN	74	DOWN	75	DOWN	76	DOWN	77	DOWN	78	DOWN	79	DOWN	80	DOWN	81	DOWN	82	DOWN	83	DOWN	84	DOWN	85	DOWN	86	DOWN	87	DOWN	88	DOWN	89	DOWN	90	DOWN	91	DOWN	92	DOWN	93	DOWN	94	DOWN	95	DOWN	96	DOWN	97	DOWN	98	DOWN	99	DOWN	100	DOWN	101	DOWN	102	DOWN	103	DOWN	104	DOWN	105	DOWN	106	DOWN	107	DOWN	108	DOWN	109	DOWN	110	DOWN	111	DOWN	112	DOWN	113	DOWN	114	DOWN	115	DOWN	116	DOWN	117	DOWN	118	DOWN	119	DOWN	120	DOWN	121	DOWN	122	DOWN	123	DOWN	124	DOWN	125	DOWN	126	DOWN	127	DOWN	128	DOWN	129	DOWN	130	DOWN	131	DOWN	132	DOWN	133	DOWN	134	DOWN	135	DOWN	136	DOWN	137	DOWN	138	DOWN	139	DOWN	140	DOWN	141	DOWN	142	DOWN	143	DOWN	144	DOWN	145	DOWN	146	DOWN	147	DOWN	148	DOWN	149	DOWN	150	DOWN	151	DOWN	152	DOWN	153	DOWN	154	DOWN	155	DOWN	156	DOWN	157	DOWN	158	DOWN	159	DOWN	160	DOWN	161	DOWN	162	DOWN	163	DOWN	164	DOWN	165	DOWN	166	DOWN	167	DOWN	168	DOWN	169	DOWN	170	DOWN	171	DOWN	172	DOWN	173	DOWN	174	DOWN	175	DOWN	176	DOWN	177	DOWN	178	DOWN	179	DOWN	180	DOWN	181	DOWN	182	DOWN	183	DOWN	184	DOWN	185	DOWN	186	DOWN	187	DOWN	188	DOWN	189	DOWN	190	DOWN	191	DOWN	192	DOWN	193	DOWN	194	DOWN	195	DOWN	196	DOWN	197	DOWN	198	DOWN	199	DOWN	200	DOWN	201	DOWN	202	DOWN	203	DOWN	204	DOWN	205	DOWN	206	DOWN	207	DOWN	208	DOWN	209	DOWN	210	DOWN	211	DOWN	212	DOWN	213	DOWN	214	DOWN	215	DOWN	216	DOWN	217	DOWN	218	DOWN	219	DOWN	220	DOWN	221	DOWN	222	DOWN	223	DOWN	224	DOWN	225	DOWN	226	DOWN	227	DOWN	228	DOWN	229	DOWN	230	DOWN	231	DOWN	232	DOWN	233	DOWN	234	DOWN	235	DOWN	236	DOWN	237	DOWN	238	DOWN	239	DOWN	240	DOWN	241	DOWN	242	DOWN	243	DOWN	244	DOWN	245	DOWN	246	DOWN	247	DOWN	248	DOWN	249	DOWN	250	DOWN	251	DOWN	252	DOWN	253	DOWN	254	DOWN	255	DOWN	256	DOWN	257	DOWN	258	DOWN	259	DOWN	260	DOWN	261	DOWN	262	DOWN	263	DOWN	264	DOWN	265	DOWN	266	DOWN	267	DOWN	268	DOWN	269	DOWN	270	DOWN	271	DOWN	272	DOWN	273	DOWN	274	DOWN	275	DOWN	276	DOWN	277	DOWN	278	DOWN	279	DOWN	280	DOWN	281	DOWN	282	DOWN	283	DOWN	284	DOWN	285	DOWN	286	DOWN	287	DOWN	288	DOWN	289	DOWN	290	DOWN	291	DOWN	292	DOWN	293	DOWN	294	DOWN	295	DOWN	296	DOWN	297	DOWN	298	DOWN	299	DOWN	300	DOWN	301	DOWN	302	DOWN	303	DOWN	304	DOWN	305	DOWN	306	DOWN	307	DOWN	308	DOWN	309	DOWN	310	DOWN	311	DOWN	312	DOWN	313	DOWN	314	DOWN	315	DOWN	316	DOWN	317	DOWN	318	DOWN	319	DOWN	320	DOWN	321	DOWN	322	DOWN	323	DOWN	324	DOWN	325	DOWN	326	DOWN	327	DOWN	328	DOWN	329	DOWN	330	DOWN	331	DOWN	332	DOWN	333	DOWN	334	DOWN	335	DOWN	336	DOWN	337	DOWN	338	DOWN	339	DOWN	340	DOWN	341	DOWN	342	DOWN	343	DOWN	344	DOWN	345	DOWN	346	DOWN	347	DOWN	348	DOWN	349	DOWN	350	DOWN	351	DOWN	352	DOWN	353	DOWN	354	DOWN	355	DOWN	356	DOWN	357	DOWN	358	DOWN	359	DOWN	360	DOWN	361	DOWN	362	DOWN	363	DOWN	364	DOWN	365	DOWN	366	DOWN	367	DOWN	368	DOWN	369	DOWN	370	DOWN	371	DOWN	372	DOWN	373	DOWN	374	DOWN	375	DOWN	376	DOWN	377	DOWN	378	DOWN	379	DOWN	380	DOWN	381	DOWN	382	DOWN	383	DOWN	384	DOWN	385	DOWN	386	DOWN	387	DOWN	388	DOWN	389	DOWN	390	DOWN	391	DOWN	392	DOWN	393	DOWN	394	DOWN	395	DOWN	396	DOWN	397	DOWN	398	DOWN	399	DOWN	400	DOWN	401	DOWN	402	DOWN	403	DOWN	404	DOWN	405	DOWN	406	DOWN	407	DOWN	408	DOWN	409	DOWN	410	DOWN	411	DOWN	412	DOWN	413	DOWN	414	DOWN	415	DOWN	416	DOWN	417	DOWN	418	DOWN	419	DOWN	420	DOWN	421	DOWN	422	DOWN	423	DOWN	424	DOWN	425	DOWN	426	DOWN	427	DOWN	428	DOWN	429	DOWN	430	DOWN	431	DOWN	432	DOWN	433	DOWN	434	DOWN	435	DOWN	436	DOWN	437	DOWN	438	DOWN	439	DOWN	440	DOWN	441	DOWN	442	DOWN	443	DOWN	444	DOWN	445	DOWN	446	DOWN	447	DOWN	448	DOWN	449	DOWN	450	DOWN	451	DOWN	452	DOWN	453	DOWN	454	DOWN	455	DOWN	456	DOWN	457	DOWN	458	DOWN	459	DOWN	460	DOWN	461	DOWN	462	DOWN	463	DOWN	464	DOWN	465	DOWN	466	DOWN	467	DOWN	468	DOWN	469	DOWN	470
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