

ANNE HIRST Your Family Counselor

* you had better hesitate to marry

* would be glad to take the chance

* Knowing him a year and a

half - dating other men mean-

Give these angles your best

* decision you will ever make.

Difference in ages between a man

and a girl contemplating marriage depends upon the individuals. If

you want the benefit of Anne Hirst's

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plete illustrated instructions.

STYLE NUMBER.

accepted) for this pattern. Print plainly SIZE, NAME, ADDRESS,

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tiny waistline;

Eighteenth St., New Toronto.

* while-is he still the only one you

* ever want to marry?

* Don't rush it.

* him at all. Most girls in love

"Dear Anne Hirst: I am 20 years old, and have a good job teaching in a small country school. I am very much in love with a man twice my age, whom I've been dating for a year and a

"He is an ideal gentleman, and he doesn't act over 30. He likes to go places-

the beaches. He wants to do anything that pleases me, and e is always so thoughtfui! He ne, but I enjoy dating others-

"I'd marry him tomorrow it i

were not for his age. If we ever have a family he would probably die much sooner than I, and leave me with the children. "He says the difference in ages

does not matter, that a person is as old as he acts. What shall I do? "A READER"

* Ordinarily, a match between a * girl and a man 20 years older would bring forth shocked com-* ments and raised eyebrows, * "Why, in 30 years she'll be 50, * and he'll be an old man!" folks * will cry. If you can honestly answer, "Well, what of it?" you * need think no further.

* Your marriage will present * more difficulties than most unions. * if you face them unafraid, and * prepare yourself for them as the years pass, there is little reason * why you both should not find * happiness together.

* / On the other hand, you know you will not be dating other men * after you marry. Can you be * content with him alone? When he no longer cares to go places, will * you be satisfied to stay home and * care for him-and love doing it? He seems, indeed, to be almost * ideal. He thinks only of your * happiness. Most men would object to the girl they love dating * younger men, for they are in-the clined to be jealous and fearful of holding her affection. Yet this * man loves you enough to want you to have pleasures without his * sharing them. Quite a test. * As for having to raise any * children that may come to you, * that should not present too great * a problem. He has his own busi-* ness, and probably life insurance. * You have made a good record as * a teacher, and could probably get a similar job if you needed it. * However, if you fear that angle,

Beach Magic



Vonnie Hoffman, an encha miss herself, is enchanted by the palms at St. Petersburg, Fla



Sign Of The Times, Perhaps?—The French Communist women are trying to make it clear that they did not raise their sons for war-at least for war against the Soviet Union. The sign on the rostrum reads "The mothers of France will never give their sons to make war on the Soviet Union.

is settled by diet.

Queen bees and worker bees

come from exactly the same kind

of eggs. When the grubs hatch out,

they are all fed for four days on

what is known as royal jelly; after

these first four days most of the

of pollen and honey and they all

become worker bees, but a limited

number of grubs are kept on royal

ielly and these develop into queen

bees. But what a difference there is

All Done By Diet

That is as far as this work has

gone. Considering how young is this

new science of studying age, it must

And very hopeful progress, too!

regarded as excellent progress.

That the secret of the bees has

far helped only a few hundred

mice and fruit flies to live longer.

and fit longer, is not a thing the

human race should feel sore about

The benefits to man may come in

fare get most of the headlines, bu

gerontology is orthodox research

spend many hundreds per cent more

on research in destruction than we

spend on research in these comple

problems of length of life and eas

ing the burden of old age. Why

It is for the world to decide which

kinds off scientific offerings to l

manity make the most progress.

New Song

"Speed Bonny Boat like a bird or

the wing, Over the sea to Skye."

runs the old Scots song, telling o

that most romantic island of the

Bonnie Prince Charlie's flight

"normal" lifetime of many of us

New scientific methods of war-

it is not a "crank" project. We

and presumably to remain active

LIVE MUCH LONGER WITHOUT OLD AGE

If you hear something about | so well known is that this difference gerontology, don't assume that it has nothing to do with you. If you * thought. This is the most vital are under forty-five or so now, it might one day have a lot to do with you. It is a new branch of science, the study of old age and senility. Progress in medical science in the past century has added many years grubs are switched over to a diet the average person's' expectation f life. Couple this fact with the observations, write her at 123 falling birth-rate in many countries and it is clear that, as time goes on, the proportion of over-seventies must steadily increase.

in their respective lengths of life-a few months or five years! Problem of the Elderly Even to-day the elderly people What is the difference in the diet are finding it difficult to get young--between royal jelly and pollen er people to look after them. But and honey? Royal jelly is rich in we could get old without also nucleic acid for one thing. For anbecoming inactive, this problem other, it is rich in vitamin B, or would be enormously eased. That is what scientists now know to be the one of the aims of gerontology. vitamin B group, for this is not one In the past we have accepted vitamin but quite a collection. the fact that age means a decline Next in this research, fruit flies n mental and physical coacity were fed on the different chemical It has been something inevitable, substances that were found in royal something that must happen to the jelly. When all the substances were human body. That it must happen added to the flies' diet, their aver to everybody at some time is ob age life was increased by nearly vious, but at least we should try to fifty per cent; but adding the subdelay it as long as possible. stances separately gave rather smaller increases.

One approach to the subject i the detailed study of all those ef fects that we lump together as "get ting old," and in recent years dis tinguished scientists have investi gated this as a kind of spare-time job. They are making notes on their own experiences as they get olde In time a mass of evidence will be available as a basis for research. Another approach is the study of age and length of life in animals and insects. With man's Bibical expectation of three-score years and tenstatistically it is a few years less than this-the study of man him self is obviously a long business. Gerontologists want quicker results So they are studying forms of life whose normal expectation can b

measured in days or months. Learning from Mice One gerontologist has gone a long way towards proving that food is life. There is a complex organic subpocket, new with a square neckline, stance called nucleic acid that is known to be an essential part in the Pattern 4799 comes in sizes 12, make-up of all living cells. He has 14, 16, 18, 20; 40. Size 16 takes added this substance to the diet of mice - an ounce of it would be This pattern, easy to use, simple enough to give 20,000 mice their to sew, is tested for fit. Has comdaily dose! But this tiny quantity regularly given to mice increased Send TWENTY-FIVE CENTS | their average lives by over eight (25c) in coins (stamps cannot be per cent for males and over seven

tained another clue to the importance of nucleic aid by studing bees. Eighteenth St., New Toronto, Ont. It is known that queen bees live for about five years but worker bees

> for being punctual by guessing correctly how late the other party is going to be. MAKE SHELLCRAFT JEWELRY LIKE THE EXPERTS DO! a everything for shellcraft, now assembly

By Rev. R. Barclay Warren little children, ye shall as into the kingdom of heave IESUS' PEREAN MINISTRY soever therefore, shall hunderself as this little child, the sa Mark 10:13-16, 35-40. GOLDEN TEXT: For even the greatest in the kingdom of

Son of man came not to be ministered unto but to minister, and to give his life a ransom for many. Mark 10:45. Jesus loves the children. It is true that He was the Man of Sorrows, but the Psalmist exclaimed also, "God, thy God hath anointed thee with the oil of gladness above thy fellows". Ps. 45:7. The children with their fond mother were attracted to him. The song writer has expressed the sentiment

"I wish that His hands had been plac'd on my head; That His arms had been thrown

around me. And that I might have seen His kind look when He said, 'Let the little ones come unto me'."
Jesus set forth the child as an example of humility and trust and

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And the

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relief and you'll say as thou

that there's one thing for h

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MAIL ORDERS GIVEN PROMPT ATTENTION

Recipe

Measure into bowl, ½ c. lukevar water, I tsp. granulated sugar, st until sugar is dissolved. Sprinks sh I envelope Floischmann's Royal Fa Rising Dry Yeast, Let stand 19 m. THEN stir well. Scald ½ c. m²a and stir in ¼ c. granulated sugar, tsp. salt, 3 tbs. shortening; cod b lukewarm. Add to vesst mixture si

get grand results from this

New Fast-Acting Dry Yeast

aches, too . . . for neuritic or me

pain . . . or for the pains a

that accompany a cold. A sing usually brings

prompt relief.

. . . it's INSTANTINE!

"Of such is the kingdom of God". In striking contrast to this incident is another one in Perea, east of Jordan, concerning James and John, the sons of thunder. Their ambitious mother wanted them to have positions of eminence in Christ's kingdom. To them Jesus pointed out that the path to his own glory was one of suffering. "Would they drink of his cup and be baptized with his baptism?" They replied, "Yes". They did not know that one of them would be the first apostle to be put to death by th sword. The other, John, would live through much persecution and die in banishment. Yet Jesus did no mise that they would sit, the one on his right and the other on his left in his kingdom.

True greatness is not in self-seeking but in service. Jesus was the great example of this truth. The way up is down. Jesus said, "Ex-

Gwynne, aged six, was left in her aunt's care recently. She had no sooner arrived than she was out making friends with the neighborhood children. She told her newfound playmate, Martin, that she was born in her own home.

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TABLE TALKS dane Andrews

tto, and it never does any t least listen to other folks' , for one, got some new the subject when I heard known restaurant con-

all, according to this exnary roasting tablesutes to a pound-are tisfactory. This is betions in oven temperaon of fat and lean, much or how little the een ripened.
says, should be cooked

in a shallow, uncovered rack is to allow the heat rneath and-with itt need to put any water ature should be not degrees F., which results kage and expenditure han if the old-fashioned

owed. This involved ntense heat, then roast-And it makes little whether salt and pepper efore, after, or during



33

tap. salt, 3 the shortening; cool b lukewarm. Add to yeast mixture sistir in I well-beaten egg. Stir in It once-sifted bread flour; beat us smooth. Work in 2½ c. once-sifted bread flour, the simple side of the simple side of the side our darling happy with ious bluebird pinafore! She r it as a sundress in sum-it's doubly useful! sew, opens flat to iron; y simple too. Pattern 716; cutting chart. Wheeler's improved patneedlework so simple rts, photos and concise ENTY-FIVE CENTS this pattern to Box 1,

> AMBEP

nth St., New Toronto,

plainly PATTERN your NAME and AD-

Aluminum, as you probably know, is an excellent conductor of heat and can help meat—poultry too—to cook more quickly and with less wastage. It is recommended that you insert aluminum skewers into the center of the roast—one for each pound in weight is about for each pound in weight is about right-and they should be long enough to leave three or four inches meat far more quickly than it is ordinarily transferred; and an eightpound roast, which would have taken around three hours at 300

degrees, was done IN AN HOUR LESS WHEN SKEWERED. Instead of going by the so-manyminutes-to-the-pound system, he advises the use of one of those handy little gadgets-a meat thermometer. You insert the bulb into the center of the roast, and the easily-read dial registers the degree of heat. If you want your beef rare you cook till the thermometer reads 140 degrees; for medium, 160 degrees; and for well-done, 170. Perhaps this sounds like a lot of bother-but it's actually very easy; and I'm sure you'll agree with me, should you try this method, that it's well worth while, both for the

provement in flavor and tenderness. Now for a couple of recipes which hope you like. . Although spring s on the way there are probably still going to be plenty of cold, stormy days when a soup of the good old "stick-to-the-ribs" variety

savings it makes and for the im-

will be highly acceptable. This one CREOLE BEAN SOUP 2 cups dried beans 2 quarts water 1 ham bone 2 cups shredded carrots 2 onions, chopped cup chopped celery and

leaves

3 tablespoons chopped green 2 cups canned tomatoes Salt and pepper to taste Add ham hone and cook till bea hours on top of stove or about 30 minutes at 15 pounds in a pressure cooker. (If the latter is used to reduce the water to three pints). Remove ham bone and cut off the meat in small pieces. Rub the beans through a sieve and return to broth. Add the other ingredients and simmer, covered, until vege-tables are tender-30 minutes on top of stove or 10 minutes at 15

to eight servings. If your family ever gets tired of eggs cooked in the regular ways -fried, boiled, scrambled, etc.egg dish for a change. It's called EGGS A LA GOLDENROD

pounds in pressure cooker. Add

chopped ham and serve. Makes six

4 tablespoons butter
4 tablespoons flour
2 cups milk
3/4 teaspoon salt
6 hard-cooked eggs

6 slices toast
Parsley
Method: Melt the butter, add flour and salt, then blend. Gradually add the milk, stirring over medium heat until consistency very thick cream. Remove the yolks from the whites and mash. Chop the whites and add to the sauce. Arrange toast on a platter and cover with sauce. Sprinkle with mashed egg yolks, garnish with parsley.

Everybody's willing these da Some are willing to work. The others are willing to let them.





was that just a rumour- From the | wait until the hot weather comes way it looks and feels outside 1. and people find that margarine has would say — yes, spring CAN be very poor keeping qualities. It is far behind. There has been so much easy to understand why housewives snow the last few days our lane is just about plugged full. Bob are buying it now-it is the only appreciable way in which they can got out this morning all right and cut down the cost of living. Late has gone to Hamilton, but since he left it has been blowing and drifton, when there is a price drop on other foods, butter will probably ing so much that I hardly think come back in full force. anything short of a snowplough could possibly get through the lane. Personally, I see nothing agains margarine as a food. When I was in England during World War I, we used it all the time. Since mar-Too bad-it began to look as it this was one winter that we could garine went on sale in Canada we

Not that the storm causes me much inconvenience-the worst I We don't find it objectionable, but am likely to do is go for the mail. But I feel sorry for people—espe-cially the women—who are looking garine toast is a far cry from but-tered toast. But for those who after chickens at this time. It is no fun trailing back and forth When there is a noticeable downthrough the snow to the brooder house. I have done plenty of it, so I know. And somehow the more for a butter substitute.

In the meantime, if farmers "go it storms the more necessary it seems to make frequent trips-even to getting up through the night. Sometimes brooder stoves have a very windy. Even if you are sure

way of getting too hot when it is yours will be all right you still hav it on your mind. Stoves are hard to regulate unless one has a pen that is absolutely windproof. One young farmer said to me the other day—"There is more work to raising baby chicks than I ever realized!" I laughed. I imagine that is what a lot of people find the first tme they tackle the job by themselves. But then it has its compensations. There is nothing quite so fascinating as working with little

chicks. But because they are a lot of worry, and take up so much time -and because we are not getting any younger-we are doing things the easy way—buying our chicks half grown. But yet every time I hear someone talking about baby chicks I wish I had some! Sounds as if I am hard to please, doesn't ? However, a few days of this kind of weather and I shall be quite content to let anyone who wants them have my share of chickens as

well as their own.

By the way, here is a tip for Q. How can I prevent ice-cube trays from sticking?

A. Slip a one-half inch rubber anyone using an electric brooder. If you have trouble in getting red band over the outer end of the tray light bulbs just take an ordinary 15 or 25 watt bulb, hold it by the and it will help prevent this trouble. The band raises the tray so that the screw part and twirl it around in a can of red paint of enamel. Hang bottom does not come into ful. contact with the freezing chamber it up to dry and presto! you have a red bulb as good as, and cheaper

for eggs?

A. One teaspoonful of gelatine dissolved in hot milk is a good subthan, any you can buy. Well, it looks as if margarine is becoming the \$64 question, doesn't stitute for two eggs when making it? And yet I have a feeling it

Quits 70 - Year - Old Mate .---

After five years of married life

with Harry Ford, 70, Mrs. Eleanor Ford, 20, was awarded

a divorce in Chicago on the

grounds of cruelty. She testi-fied that he struck her during

a quarrel resulting from his

jealousy. The two were mar-

Q. How can I thin ink that has A. If the ink in the bottle has beome thick, add a little vinegar to Q. How can I make a cleaning compound for washing painted

have tried it in the house-just t

we do find it very tasteless. Mar-

want it-well, let them have it

ward trend in the cost of living

there will not be the same deman

broke" over the margarine issue

the storekeepers will soon know it.

buying power is reduced to essen-

tials. This is reflected by sales

dropping off all along the line in

manufactured and non-perishable goods. Industry begins to feel the

pinch and the spectre of unemploy-ment rears its ugly head. But when

farmers prosper the whole country prospers. So, dear town-folk, if you think the farmer is making a for-

tune - which he isn't - don't be-

grudge him his taste of prosperity.

His welfare is your welfare. Buy margarine when you feel you must,

but come back to butter when you

can afford it. We need to give and

take-this poor old world could do

with a lot more give and take than it gets at present. We are all de-

pendent, one upon the other, town folk and country folk alike—and it

is poor policy to bite the hand that

HOW CAN I?

By Anne Ashley

When farmers are hard-up their

of turpentine. Stir the mixture rapidly and apply with a brush or Q. How can I make better gravy?

A. A tablespoon of cream added to the roast beef or lamb gravy makes it a delicious brown. Q. How can I avoid having a A. To prevent starch from stick-

ing, add one teaspoonful of lard to each quart of starch and boil it one minute before using.

Q. How can I make sandpaper?

A. Sandpaper can be made by coating stout paper with glue and then sifting fine sand over its surface before the glue sets. Emery paper can be made in the same

manner, only powdered emery is used instead of sand. Q. How can I soften water?

A. Ammonia should be used to soften the water in which woolens and knitted garments are washed. Only a little is needed.

Q. How can I avoid having Scratches on tables?

A. Many scratches on table tops can be avoided if pieces of felt are glued on the backs of the pottery, ashtrays, vases, etc.

as man named Leveret, and soon they were going at it hammer and tongs.

In under ten minutes she gave him such a tanning that he, too,



serpents or mammoth things rising out of the sea. So this sight caused Fort Lauderdale residents to blink their eyes. Then they learned it was only Henry, an educated Brahma show steer and his trainer Jack Andrews taking a dip in the surf.

Boxer's Wife Shows Him How

today. In 1857, when the law laid a heavy hand on boxing, special trains bursting with a howling, fighting mob groaned out of Frenchurch Street Station for Southend at three, one morning. All knew

the journey would be exciting. At every halt police appeared on the platforms to search the carriages for the two "pugs" who were to fight that day for the champion ship at some secretly arrandged rendezvous: Tom Sayers and William Perry. But who would have thought of looking for the brawny muscles of a prize-fighter beneath the skirts and flounces of a "comely

When the train stopped at Tilbury a dock laborer, carrying his mid-day meal in a red-and-white handkerchief, managed to squeeze between two of the watchful "peelers" and board the train. True, he was a big man, his nose was flat, his ears lumpy and disfigured, but mos dock laborers were like that, "Make room for this workman," they cried, prising him into a compartment. Thus the two fighters were en-

Truncheons and Stampede Over the rim of the hill came a posse in their white trousers, blue coats and glazed top-hats. There was a wild, headlong stampede. Sayers and Perry were hauled off in a boat under the very truncheons

of the irate police. Ostensibly heading back to the opposite shore - to outwit the

police—the ships cruised down river to effect another landing where friendly farmer loaned a meado sheltered by a row of sheds. Within half an hour the ring was erected and the terrific fight began.

It lasted one hour, forty flakes in 16 ounces (one pint) of water, and add about three ounces his eyes were nearly closed. Savere had made pugilistic history. A little over the welter-weight limit, he had thrashed a fourteen-stoner, and for the first time in the English prize ring a man under eleven stone

became heavyweight champion. Mr. James Brady writes vividly of these and other famous fighters -from Jem Belcher and Tom Cribb to Langham and Heenan - in "Strange Encounters." Some of the fights were even between women bruisers. At one in London, in 1795 which lasted one hour, twenty

minutes, with "Gentleman" John Jackson and Dan Mendoza as seconds, Mary Ann Fielding, of Whitechapel, floored her opponent, a Jewess, more than seventy times. When two porters, Wigmore and Johnson, fought near Camden Town in 1805, Wigmore's wife seconding him, was so annoyed at his giving in after fifteen minutes that she at once challenged Johnson's second, a man named Leveret, and soon

Arranging a prize-fight was not always the business matter it is Johnson himself, but he thought chivalry the better part of valour and declined.

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and Worried and drag around each day, unable to do the work—cranky with the children—feeling miserable, don't blame it on 'nerves'. Your kidneys may be out of order—for when kidneys fail the system clogs with impurities—and headaches, backache, disturbed rest, frequently follow. To help keep your kidneys working properly—use Dodd's Kidney Pills—and see for yourself if that 'all-in' feeling is not soon replaced by clear-headed energy and pep. Get and use Dodd's Kidney Pills today.

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