

Now!



MALA COFFEE

VACUUM PACKED - ALWAYS FRESH

WEST OF THE SUN

A Serial Story by JOSEPH LEWIS CHADWICK



The story this far Virginia Ann is aboard the Lamona, stage creating the dusty plains of Arizona in the summer of 1928, bound for Santa Benita where she will meet her fiancé, Phil Lawrence. Phil has written her, pleading frantically that she come to him. A few miles out of Lamona the stage is held up by masked bandits and a woman is addressed as a sister. One of the bandits snatches a camera from the band leader, returns it to her. At Lamona she sees Lt. Jim Randall whom she had known and had been in love with back home in Washington. He is cold and stern and ever her protests indicate that he and his company will escort her through the 20 miles to her country in Sonora.

CHAPTER II
(Continued From Last Week)

"We won't go into that, Barron. I haven't the time." The lieutenant turned to Virginia and took her arm. He helped her almost roughly into the carriage. When she was seated under its top, he said, "I've held up the march for an hour."

Virginia said demurely, "I'm very sorry, lieutenant."

He turned to O'Grady, who climbed into the driver's seat. "Follow me close, driver, I won't be delayed longer."

He walked to his horse and put his foot into the stirrup. Stephen Barron stepped down from the hotel steps.

"Randall, one minute."

Jim Randall faced him impatiently. "What?"

"I'd like to know if you've gotten a line on those bandits who robbed the stage last night?"

"I've investigated and obtained a description of two of them," the army officer said. "I had time for no further investigation. The hold-up shall be reported to Maj. Beason at Fort Winfield."

"Well—thanks," Barron said.

"Don't thank me, Barron," Jim Randall said. "I'd like to arrest those bandits, but not merely to accommodate you. You understand that, I guess."

"I understand that," Stephen Barron smiled lazily. His fingers rolled a cigarette. There was the threat of sharp steel behind his smile; he looked suddenly hard and dangerous without changing at all.

"However, I suffered the only loss. I can't afford losses like that."

Virginia watched the two men; they seemed like duellists. Their eyes measured each other. She could sense their wills clash.

Jim Randall said, "It's not your first loss in a stage hold-up, Barron. Nor likely to be your last. There's something mighty queer that those bandits prey only on you."

Stephen Barron lit his cigarette. He said evenly, "Yes—mighty queer."

CROSSWORD PUZZLE

ACROSS

1. Monetary

2. Wren

3. Girl

4. Surrounding

5. Siberian river

6. Most interesting persons

7. Japanese arch

8. Oriental answer

9. Corridor

10. Take the chief

11. Compass point

12. Second

13. Pension

14. Revolving

15. Car

16. Car

17. Balance

18. Revolving

19. Hindu emblem

20. Good times

21. Dinosaur

22. Above (adv.)

23. Both

24. Vortex

25. Apprehensive

26. Non-ferrous

27. Lament

28. Merchant

29. Lament

30. Down

31. Down

32. Robot

33. Gait

34. Down (adv.)

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Answer elsewhere in this issue



A Real "White Hope"—The hope of the nation lies in the health of its children. But a child's health lies only with its parents. It is up to parents to investigate the conditions under which their young children live and seek betterment of their homes. Proper young children live and healthy thinking pave the way for the good sleep, a good diet and healthy thinking pave the way for the good citizens of tomorrow.

TABLE TALKS

by Jane Andrews

Of course "we are what we eat" is a very old and well-known adage. Yet far too few of us pay any real attention to it. Yet the food we eat—or don't eat—has so much to do with how we feel and the enjoyment we get out of life.

Some time ago a survey was made of some families down in Pennsylvania—average families, very much like yours, who THOUGHT that they were eating well. Yet a year of better meal planning and wise selection of foods proved that a lot of so-called "minor" ailments could be almost done away with; ailments such as colds, fatigue, "nerves" and so on. Eating the wrong foods over a period of years even showed up in poor bones and teeth.

So I thought today I'd give you, just a reminder, a little chart which shows, in handy form, the different food groups and the number of servings each person should get.

| FOOD GROUPS | SERVINGS PER PERSON |
|---|--|
| Leafy, green, and yellow vegetables | 10 to 12 a week |
| Citrus fruit, tomatoes | 7 to 9 a week |
| Potatoes, sweet potatoes | 7 to 9 a week |
| Other vegetables and fruit | 10 to 12 a week |
| Milk (may be as cheese, ice cream) | Children: 4 cups a day Adults: 3 cups a day |
| Meat, poultry, fish | 7 to 8 a week |
| Eggs | 7 eggs a week |
| Dry beans, peas and nuts | 1 to 2 a week |
| Flour, cereals, baked goods (whole grain, enriched, restored) | Every meal |
| Fats, oils, sugar, syrup, preserves | As needed, butter or margarine daily. |

Ever get a notion that you'd like to get busy and whip up some kind of a dessert that was really new and different? Well, here's one that I'd be almost willing to bet you've never tried, and which I think you're going to really snack your lips over.

BAKED BANANAS WITH FOAMY ORANGE SAUCE

3 large, slightly green bananas
1/2 cup honey
3 cups corn flakes

METHOD: Peel bananas; split in halves lengthwise and crosswise. Warm honey. Dip bananas into honey then roll in corn flakes which have been crushed into fine crumbs.

Roll in stiffly beaten egg whites.

"Perhaps you think you've served rhubarb in every possible style or manner—and maybe you're right, never tried, and which I think will be new to you, here's a rhubarb crunch."

RHUBARB CRUNCH

1 c. sifted flour
1 c. oatmeal (uncooked)
1 c. brown sugar firmly packed
1/2 c. melted butter
3 cups corn flakes
4 c. diced rhubarb
1 c. sugar
2 tblsp. corn starch
1 c. water
1 tsp. vanilla



BAKE IN MODERATE OVEN (375 DEGS.), about 15 minutes or until soft. Serve with Foamy Orange Sauce. Yield: 6 servings.

SAUCE

1/2 egg yolks, slightly beaten
1/2 cup sugar
1/2 cup orange juice
1 teaspoon grated orange rind
2 tablespoons lemon juice

METHOD: Combine egg yolks with sugar in top of double boiler; add orange juice, orange rind and lemon juice. Cook mixture over hot water until slightly thickened, stirring constantly. Remove from heat;

ANNE HIRST

Your Family Counselor

A tired mother asks my opinion of her situation.

This mother has been married 28 years. She had only two children, and she lost the son during this last war. She has not got over it. She has always been nervous and in poor health, and a few operations did not tend to calm her nerves.

Now she feels that her daughter, who is a mother too, is demanding of her more than she can hope to perform.

The daughter is married, has two youngsters, and her mother cares for the baby. The two children are with their grandmother every evening, while their mother and father go out.

South of us, a young mother writes, "I don't mind keeping the children one or two nights a week," she writes, "while my daughter and her husband go to a party or over to the city. But I think when they just go to friends' homes, they should be able to take the children along."

"It is quite a job to keep babies all the time, after your own are grown and you're out of practice. Every night after my daughter takes her children home, I am a nervous wreck. I love the children, and I hate myself for quarreling with my daughter. But I never makes a hell after the children's naps, or does their dishes, or picks up after them."

"My husband and my relatives, and sometimes her own husband, feel that I am being imposed upon. Their home is not far off, but she and her babies practically live at my house. I do love the girl very much, and I wish we could get along better together."

"A grown daughter who has babies of her own should assume her proper responsibilities. To park them with her mother, and expect her to look after them every night while she and her

IF BACKACHE'S Holding You Back

When your kidneys get out of balance—get out of balance!—you get a backache. It's the 20-year-old Canadian who writes her letter to Dr. Dods' Kidney Pills. She says she has been suffering from backache for years. She says she has been suffering from backache for years. She says she has been suffering from backache for years.

DOES ADVERTISING PAY?

Bring this Ad and a 10% Reduction will be allowed on Your Room Account

Our Paddock Room serves the kind of food that brings you back again and again

Let us make your stay in Toronto enjoyable. Rates \$2.00 up

COMMERCIAL TRAVELLERS' CARDS HONORED

HOTEL METROPOLE

King & York Sts., Toronto, Ont. Tel. WA. 4-1111

Under the personal supervision of Eleanor N. Brown.

Delicious CRUMB COFFEE CAKE

Recipe

Measure into bowl, 1/2 cup lukewarm water, 1/2 cup brown sugar, 1/2 cup granulated sugar, 1/2 cup oil, 1/2 cup milk, 1/2 cup flour, 1/2 cup oatmeal, 1/2 cup cornstarch, 1/2 cup baking powder, 1/2 cup baking soda, 1/2 cup salt, 1/2 cup vanilla.

METHOD: Mix together until crumbly the flour, oatmeal, brown sugar, melted butter and cinnamon. Then press half these crumbs into a greased 9-inch baking pan and cover with the diced rhubarb. Now combine the corn starch, sugar, thick and clear. Pour over the rhubarb and top with the remaining crumbs. Bake in moderate oven (350 degs.) for one hour. Cut in squares and serve warm either plain or with topping of whipped cream. Serve at once.

1. In a small amount (usually specified) of lukewarm water, dissolve thoroughly 1 teaspoon sugar for each level teaspoon of yeast.

2. THEN stir well. (The water used with the yeast counts as part of the total liquid called for in your recipe.)

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Now They're Skiing On Air—Against a backdrop of clouds and cypress trees, Katy Turner, former national jumping champion, adds the Dixie Jumping title to her laurels with this graceful flight through the air at Cypress Gardens.

CHRONICLES OF GINGER FARM

by Gwendolyn P. Clarke

When you caught napping on the porch over to fast time? We have had our own clocks advanced all over the place. But when it came to getting that was another story. And we had to—not as early as we would have done—but for the first time in 60 fast time seemed early. Yet the clock makes right time for the people. My watch is here for the week-end and chances are I shall have to take her for dinner! But that's right with me—she came for me and she is getting it.

After the men had gone to the morning the first thing I did was to light the furnace. And it wasn't as easy as it sounds, being no more than a few shovels full of coal in the bin, and good winter wood being practically gone, so whenever we need a fire we have to make up our minds, gather up the kinders, use two of our precious chunks of wood—and presto! the house is warm again. It really takes so little coal at this time of year, and yet the little more and how much.

The thing I like about a cool morning is the flowering bulbs that are just coming out. Maybe sometimes I don't understand under what conditions different species of flowers do so well. Last year we had so few bulbs so I concluded that the needed lifting and dividing—was just one of those jobs that I don't do. The vet's instructions to me were to lift and divide—was just one of those jobs that I don't do. The vet's instructions to me were to lift and divide—was just one of those jobs that I don't do.

Many Will Visit Famous Shrines

Heavy passenger traffic to shrines in Quebec and Ontario is forecast for this summer by H. J. Nevin, Canadian National Railways general passenger agent, who said here that present surveys indicate pilgrimages will be on a larger scale than last year.

Plans are now being made to operate CNR special trains from Montreal and Quebec City to the Martyr's Shrine at Midland, Ont., where ceremonies will be held to mark the tricentenary of the martyrdom of the Jesuit missionary.

Another anniversary, the 29th year since the founding of the Shrine of St. Anne de Beaupre in Quebec, will be celebrated this summer and thousands of pilgrims are expected to attend from Canada and the United States.

During July more than 1500 pilgrims will travel from Sherbrooke and Coaticook to the Shrine at Cap-de-la-Madeleine, and many hundreds from Montreal are planning visits to the Gaspé shrine of Our Lady of Mount Carmel during the same month.

Catty Shuff

Miss Gertrude Charney loved birds and decided to do something about it. She organized the Friends of the Birds Inc., and launched a campaign against the predatory cat. Year after year, the elderly Chicago woman stalked the halls of the State House in Springfield, lobbying for a bill which would impose a \$1 fine on cat owners who permitted their pets to run at large.

Last month, Miss Charney smiled like a canary that had swallowed a cat when her anti-feline bill, already passed by the State Senate, came up in the lower house. As each "Aye" was cast, Miss Charney applauded loudly. The tally 87-31 for the birds.

But the legislature thus handed over, Adlai E. Stevenson, an explosive pile of birdseed, Wood he sign the anti-cat bill, or he'd the 250,000 cat owners in Chicago alone and a cat on his Libertyville farm, temporarily ducky the question. Even his pet, pretty refused to comment herself. Asked if Stevenson was as cat-lover or a bird-lover, she said apprehensively: "That's a debate issue. We'd lose either the bird vote or the cat vote." Obviously, Miss Charney's ornithological passion put the governor of Illinois in a real quandary.

Too Much

A good little girl was hurrying to school in a state of extreme agitation.

"Please God, don't let me be late!" she murmured at the school bell began to ring in the distance. At that moment she tripped over a stone and fell flat.

"Please, God," she exclaimed in an injured voice, as she got up and dusted herself, "I didn't say 'push'!"

LITTLE REGGIE

GOT AN ENVELOPE, POP?

WHAT FOR?

I'M MAILING A LETTER TO SANTA CLAUS

OH-ER, I SEE WHAT YOU'RE UP TO

WAIT A MINUTE—I'LL GET IT!

By Margarita

Helpful Hints For Homemakers

Bottles and dabbers from liquid shoe polish make good paint sets for the tiny tots. Wash bottles and dabbers, fill bottles with water color. The dabber is easier to use than a slender brush—less messy than finger painting!

To remove onion odor from your hands, "soap" them well with an unpeeled raw potato, in cold running water.

Pack dishes in damp excelsior for moving. Excelsior expands as it dries, wedging dishes in more snugly.

To remove a light bulb that has been broken in the socket, push a cork against the metal piece and unscrew it.

Protect upholstered furniture from soil, with back and arm mats of tulle or gauze. Mats made of mats are cut with printing shears or pincut, they are almost invisible.

Slice cream cheese with a piece of wire thread. Even thin slices won't crumble.

Favorite vase or bowl cracked? Coat the inside with a thick layer of paraffin, and let harden. Coating lasts indefinitely, and vase won't leak.

A piece of tough carpet, tacked on a block of wood, makes a good floor.

Painting Plaster

The subject of painting plaster, especially new plaster, is one which has received a lot of attention from the paint manufacturer and the painter alike. Of course, it is extremely unwise to paint "green" plaster until it has been properly treated, but even plaster which has been in place for some considerable time may "burn through" a paint job unless the surface is correctly prepared.

The first thing to do then is to neutralize the lime in the plaster. Apply a coat of zinc sulphate solution, made by adding four pounds of zinc sulphate crystals to one gallon of water and stirring until the crystals are all dissolved. Before this solution is applied, however, any rough corners of the plaster should be given a good brushing with a stiff brush or broom to remove all loose sand particles. Let the job stand for two or three days following application of the zinc sulphate solution to give the chemicals sufficient time to neutralize the lime. Then, after the surface has been thoroughly dusted, it will be ready to receive a primer-sealer-coat oil paint.

Two fathers were discussing the upbringing of children.

"Yes," said one, "a great deal depends on the formation of early habits."

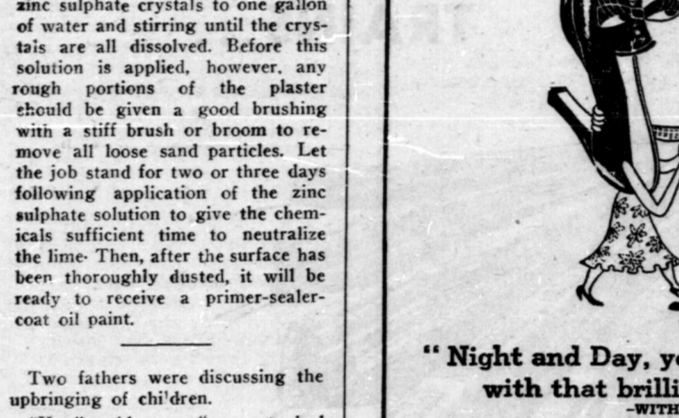
"It does," replied the other. "My mother employed a woman to help me about when I was a baby, and I've been pushed for money ever since."

ARE "NERVES" A SIGN YOU'RE GROWING OLD?

Often as a woman approaches middle life, her nerves get bad, and she accepts this as a sign of age. But why let yourself become edgy, run-down—or so nervous you cry without cause—of any time in life?

For nearly fifty years we women have been meeting this situation helpfully—by getting plenty of rest, fresh air, wholesome food and by taking Dr. Chase's Nerve Food to build them up. For the Vitamin B, iron and other needed minerals in this time-tested tonic help build up your vitality and aid in toning up the entire system—so you can face the future with confidence.

Give Dr. Chase's Nerve Food a chance to help banish nervous fears and doubts. It helps you rest better, and feel better. The name "Dr. Chase" is your assurance to



"Night and Day, you are the one . . . with that brilliant NUGGET shine."

BLACK, OR-RED AND ALL SHADES OF BROWN

DID YOU NUGGET YOUR SHOES MORNING?

It's so different today

In olden times they started the day with a juicy steak and a hunk of fumbling ale! Today the so-called breakfast dish is Post's Grape-Nuts Flakes . . . ready-to-eat, easy-to-digest . . . made not from one but TWO grains—sun-ripened wheat and malted barley.

The famous Grape-Nuts flavor in the form of delicious, honey-golden flakes is scrumptious. Post's Grape-Nuts Flakes are nourishing, too . . . provide useful quantities of carbohydrates and proteins for energy and muscle; phosphorus for teeth, bones; iron for the blood. So easy—so good—so convenient. Ask your grocer.

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Answer to Crossword Puzzle

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|----|----------|----|--------------|
| 1 | ATLANTIC | 11 | ROULETTE |
| 2 | ASBESTOS | 12 | RECENTLY |
| 3 | OSGEOUS | 13 | MAY'S WIFE |
| 4 | OSGEOUS | 14 | ANTICIPATORY |
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| 8 | OSGEOUS | 18 | ANTICIPATORY |
| 9 | OSGEOUS | 19 | ANTICIPATORY |
| 10 | OSGEOUS | 20 | ANTICIPATORY |

After the board of Aldermen of Milwaukee passed the usual ordinance to authorize payment of salaries to city employees, they discovered they had forgotten to include their own in the bill. They at once arranged for a special meeting.

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Getting Even

An old spinster constituted herself censor of morals in a sleepy village. One day she dropped in on Giles, a jobbing gardener noted for his joviality.

"Giles," she said, "I'm ashamed that you should set such an example. Why, yesterday I saw your wheelbarrow outside the 'Fox and Badger' for two hours!"

Giles didn't say a word. That night he left his wheelbarrow outside the spinster's house.

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