

"SALADA" COFFEE is now available in most grocery stores. It is of extra fine quality, and we believe that you will consider it the best coffee you have ever tasted. Ask for **"SALADA" COFFEE**.

SALADA TEA COMPANY OF CANADA, LIMITED

WEST OF THE SUN
A Serial Story
By **JOSEPH LEWIS CHADWICK**



The story thus far Virginia Anne across the wild frontier west by rail and stage to return to a letter from Phil Lawrence, her fiancé, who left Washington to make his fortune in Arizona. Jim Barrett, takes charge of the investigation and soon learns that Phil Lawrence was the honest lawyer. Chief Lane in the robbery is Steve Barron, Steve Barron's partner Lawrence ever possible doubt and their mutual love of Lana Correy, dance-hall girl in the other robbery. Virginia Anne the two men shoot it out. But now are arrested but there is a side to ride off. Going to fetch water in a cave near the house, Virginia is seized by Apaches.

CHAPTER XI

"Yes. Two of them. I saw them clearly. They seized her and took her into the brush. I was scared. I waited until Hank Muldane came to the cabin. He said that one of the horses was gone—her horse. We left the hills at once for Santa Bonita. I came on here."
"Jim looked questioningly at Maj. Benson. 'You sent for me, sir?'"
"Lt. Randall, something serious has happened. Miss Ames has been taken captive by Apaches."
"Jim drew a sharp breath. He looked as though he had been struck."
"Taken captive, sir?"
"According to this young woman's eyes."
"Jim turned to the girl. 'Tell me, Lanya, he said.'
His face was grim as he listened to the girl tell of what had happened at Phil Lawrence's Red Butte house. Of the ride across the desert to the cabin in the rock hills. Fear came alive in him as she told how Virginia had gone to the stream for water and had been seized by two Indians. When her breathless voice stopped he faced the commanding officer.
"I'm to pursue and overtake the Apaches, sir?"
"Yes. Take 30 men. And Lt. Barrett and Mel Scarlett. Take rations for a week. Stay out as long as your judgment suggests. Be careful you're not led into a trap."
"Yes, sir," Jim said sharply. "But there'll be no trap. Natchi is behind this. He'll bargain for the release of his son."
Benson showed surprise. "Well—bargain with him. But effect the return of Miss Ames."
"Jim saluted and swung to the door. Lanya Correy's voice halted him. He faced her impatiently.
"Lieutenant, Phil Lawrence told me to give you a message," she said. "He says you should know that it is Steve Barron who has been supplying Natchi with guns and ammunition."
"Barron? Why?"
"I don't know why," the girl said. "Jim did not say more. He turned out of the door and called to Lt.

METIVIER'S

WOOL SUITS \$12.95



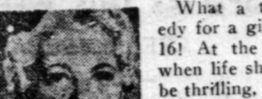
Beautiful new 1949 all wool fabric material— for street wear now and later under your coat. Receptionally well tailored. Shades— wine, green, black, navy, and grey. For misses or women, sizes 12 to 44. Mail Order \$6 Extra

Metivier's
725 Yonge St. East Side South of Bloor

ISSUE 48 — 1949

ANNE HIRST
Your Family Counsellor

"Last month my school opened, but I wasn't there. Instead, I'm going to have a baby, and I'm not married."



What a tragedy for a girl of 16! At the age when life should be thrilling, with each tomorrow offering a unknown joys, she sits alone with her memories, wondering how she could ever have yielded to a moment's desire, the result of which must change the rest of her life.
Remorse comes too late. When she was first moved by natural passion, she should have clung to her standards against all temptation, realizing that the girl who succumbs is the girl who loses.

PLENTY OF WARNING

In these modern days of frank talk about sex, there seems little reason for any nice girl to go astray. She knows, at 16, far more than her mother did at that age. She reads the newspapers, she cannot escape the stories of suicides and wrecked lives that come on their pages. She may even know of girls who were too weak to be good—
• Yet when she herself is tempted, she falls.
• She was brought up, I expect, by fond parents who tried to instill the idea that marriage is sacred, and that a girl who defiles it sins against herself and others.
• Even indulgence in petting cheapens her, sometimes beyond redemption, and can spoil her chances for marriage. Not for long can she date nice boys who have marriage in their minds. The word got around, and her name is bandied about without mercy.
• Soon the girl finds she had fallen off one by one, and she is left alone, to sink low and lower, her ideals of conduct gone in the dust, and her whole nature contaminated by experiences that have left their ugly scars on her soul.
• To love a nice lad is natural and right. To yield to the emotions which that love arouses is weak and wrong. No matter what pleases the young man makes, a girl with the right instincts knows they are based on his own selfish desires. If he loves her truly, he will protect her even from her own inclinations, knowing full well the remorse she will suffer if she yields.
• Old-fashioned goodness may sound dull to many a modern girl. But that way lies real love and a true marriage.
• TO "RED": I know how sick at heart you are. Keep your thoughts on this child you will bring into the world, and determine to make yourself worthy to be its mother. Your family will stand by, and help you through.
• This young man is responsible for the future of his baby, and I

(Continued Next Week)

A Biscuit Meat Roll That's Budget Wise
Delicious... made with MAGIC

Mix and sift into bowl, 2 c. one-alfed pastry flour (or 1 1/2 c. one-alfed hard wheat flour), 4 tsp. Magic Baking Powder, 1/4 tsp. salt. Cut in finely 3 the shortening. Make a well in mixture, pour in 1/2 c. milk and mix lightly with a fork. Roll out dough to a 1/4 thick rectangle, 8 1/2" wide. Mix a lb. minced lean beef with 1 tsp. salt, 1/4 tsp. pepper, 1 finely-chopped small onion. Spread meat mixture over dough to within 1/2" of edges, beginning at one end, roll up like a jelly roll. Place in greased loaf pan (4 1/2" x 8 1/2") Bake in moderately hot oven, 275° about 1 hour. Serve with heated chili sauce or brown gravy. Yield—4 or 6 servings.



Modern Etiquette
By Roberta Lee

Q. Is it correct to eat shortcake with the fork, or should a spoon be used?
A. The fork should be used.
Q. Should the parents of a child reprimand him if he misbehaves at the table when guests are present?
A. No; either the father or mother should quietly take the child away. He should not be scolded or punished in the presence of guests, but neither should the misbehavior be ignored.
Q. Is it all right to use the type-writer for writing a note to a hostess, thanking her for a week-end?
A. It would be better to write it by hand on personal letter paper.
Q. When one has finished eating, should the spoon be left in the cereal bowl?
A. No.
Q. If a toast is proposed to a person, should this person drink from his glass too?
A. No; he does not rise from his chair, nor does he drink the toast.
Q. Who should precede when a man and a woman are entering a restaurant, and no waiter is around?
A. The man should precede and choose the table. If a waiter is present to assign the table, the woman should follow the waiter, the man last.
Q. In what way may a bride-elect show appreciation to a group of girl friends who have given a shower for her?
A. She may give a luncheon, tea, or bridge party for them.
Q. When writing a social letter, is it proper to close the letter with "Respectfully yours?"
A. No. This form is used only when writing business letters, or when an employee is writing to his employer. If the person is of equal social position, it would be better to close the letter with "Sincerely yours."

There's one certain way of making your wife listen to you—whisper to somebody else.



Spinning HEADACHE
BELIEVED IN A JIFFY!
And the RELIEF IS LASTING
For fast, prolonged relief from headache get INSTANTINE. This prescription-like tablet contains not just one, but three proven medicinal ingredients that ease the pain fast. And the relief is, in most cases, lasting.
Try INSTANTINE just once for pain relief and you'll say as thousands do that there's one thing for headache... IT'S INSTANTINE.
And try INSTANTINE for other aches, too... for neuritic or neuralgic pain... or for the pain and ache that accompany a cold. A single tablet usually brings prompt relief.
Get INSTANTINE today and always have it handy!
12-Tablets Tin 25¢
Economic 48-Tablet Bottle 69¢

Her first grown-up outfit! For a young Fashion Expert, this is everything she wants, "Smart jumper with collarette and whirly skirt; blouse is favorite fashion!"

Pattern 4577 girls' sizes 6, 8, 10, 12, 14. Size 10 jumper, 2 yds. 39-inch; blouse, 1 1/2 yds. 35-inch.

Sent TWENTY-FIVE CENTS (25c) in coins (stamps cannot be accepted) for this pattern. Print plainly SIZE, NAME, ADDRESS, STYLE NUMBER. Send your order to BOX 1, 123 EIGHTEENTH ST., NEW TORONTO, ONT.

Sweet Swedish Tea Ring

Recipe
Measure into large bowl, 1/2 c. lukewarm water, 1 the granulated sugar; stir until sugar is dissolved. Sprinkle with 3 envelopes Fleischmann's Royal Fast Rising Dry Yeast. Let stand 10 minutes. THEN stir well. Scald 1/2 c. milk and stir in 1/2 c. granulated sugar, 1/4 tsp. salt, 1/2 the shortening; cool to lukewarm. Add to yeast mixture and stir in 2 well-beaten eggs. Stir in 1 c. one-alfed bread flour; beat well. Work in 3 c. more 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, from from draught. Let rise until doubled in bulk. Punch down dough and divide into 2 equal portions; form into smooth balls. Roll each piece into a 1/2" thick oblong; loosen dough. Cream 1/2 c. butter or margarine and mix in 1 c. brown sugar (lightly pressed down), 2 eggs, 1/2 c. cream. Spread this mixture on dough and sprinkle with 1 c. raisins or currants. Beginning at a long side, roll each piece up like a jelly roll; place each roll on a greased large baking sheet and shape into a ring, sealing ends together. Bake 20-25 min. If desired, spread tops with a pale icing. Serve hot, with butter.

The Mayo Clinic sent questionnaires to 600 mothers as to what habits their babies had of which they didn't approve. Two out of three replied that their babies needed no improvement.

"It was horrible, I dreamed you and Gregory Peck were fighting over me—and you won!"

Temptation lurks in every friendship between a boy and a girl. Be good. It pays. Annie Hirst will help if you write her at Box 1, 123 Eighteenth St., New Toronto, Ont.

Come Out from Under the Shadow of PAIN

Try DOLCIN Tablets for prompt relief from ARTHRITIC and RHEUMATIC pain... Try DOLCIN... get a bottle of 100 or 500 tablets from your druggist TODAY and join the thousands of relieved sufferers who by taking DOLCIN have come out from under the shadow of Pain... Most druggists carry DOLCIN. If yours does not, write direct to



DOLCIN—DOLCIN LIMITED
Toronto 10
Ontario

Get a month's supply!

It's so different today



PIRACY on the High Seas was, no doubt, exciting until it came to breakfasting on salt pork and ship's biscuit. Nowadays that delicious cereal, Post's Grape-Nuts Flakes, is eaten joyfully on both sea and land. It's made from not one but TWO grains—sun-ripened wheat and malted barley.

Bold businessmen of today come aboard with Post's Grape-Nuts Flakes in the ship. And a good thing, too, because these honey-golden flakes provide nourishment they need... useful quantities of carbohydrates, protein, phosphorus, iron and other food essentials. Say "Aho, Mr. Crocker's Grape-Nuts Flakes, please!"



...Fall Fair Time In Ontario...



At Madoc young Master Lessard of Bannockburn helped entertain the crowd.



A Pretty Picture was made at Mount Brydges by Lorraine Seaton holding some of the prize dahlias.



The Main Attraction at Mount Brydges for young Eddie Jarman seemed to be the prize cat shown above.



Man's best friend in the form of a friendly black spaniel entered at the Mount Brydges Fair was a favorite of the youngsters.



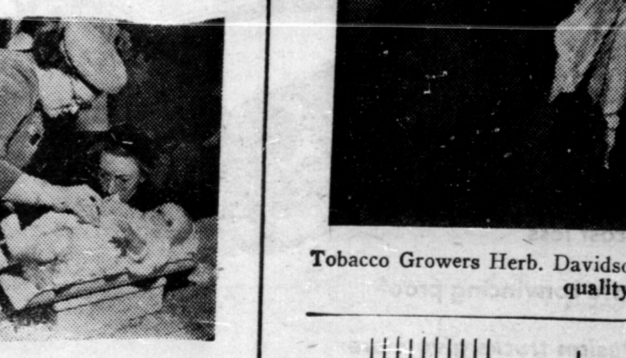
At Madoc Ken Holme, M.C., Leonard Ward and Wilfrid Forestell pose with the winners of the Cowboy Singing Contest, Lela Wright, John Simpson, Wayne McCann and Wally Jackson.



The team drawing contest at Madoc was a great crowd pleaser. The team shown above made a striking photo when they failed to budge the load.

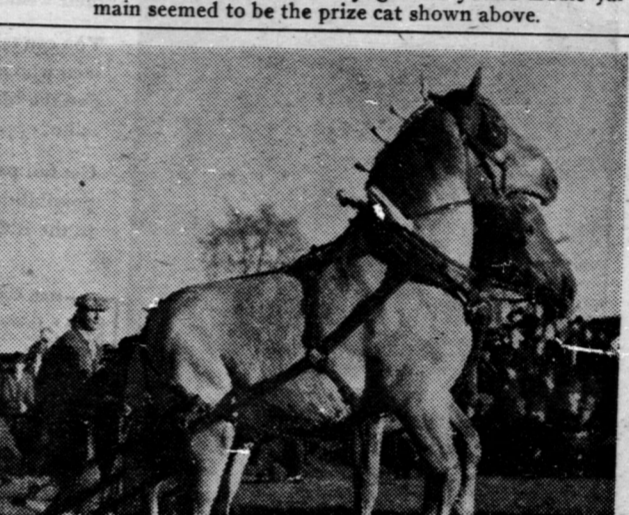


Tobacco Growers Herb Davidson and Clayton Brandow of Mount Brydges comment on the quality of prize winning tobacco leaf.



The Baby Contest at Grand Valley was one of the big drawing cards. Shown above is Wanda Gordon going through the necessary weighing during the contest.

The Pictures Shown On This Page Were Taken By The **Molson's** Photographer As A Public Service



Senior Grand Champion "Paul Textal Rag Apple," owned by Sheffield Farm, is shown above with herdsman Walter Quanz.



Senior Grand Champion "Paul Textal Rag Apple," owned by Sheffield Farm, is shown above with herdsman Walter Quanz.