

"SILADA" TEA

Outstanding Quality • Delicious Flavour

WEST OF THE SUN

A Serial Story
By
JOSEPH LEWIS CHADWICK



The story then flew Virginia Ameron to the wild frontier west by rail and sea to a remote spot in the West. Phil Lawrence's dog, the left hand of the law, was with her when she was taken to the stage on which she was to be sold. She was taken to a rooming house for Steve Barrow. Steve Barrow was a man of many guises. He had a soft heart but he was a hard man. He had a soft heart but he was a hard man. He had a soft heart but he was a hard man.

"I'll have to see you back to town," he said. "It's dangerous for you to ride alone. I've seen Apache signs about." He met her eyes. And said gently, "I'll not forget what you did, Virginia." Her impatience was uncontrollable. "Please, Phil—ride!" "It's all right. I had to be some time." Virginia turned tortured eyes on him. "Phil, you're eager for this," she said. "And I know what's in your mind. Steve Barrow stands between you and Lanya. That's what you're thinking."

She turned quickly and looked out across the bright desert. She saw hardly what Phil had minutes ago noted. A rider was bearing toward the ranch. Her lips felt suddenly dry and cold. "He's come alone," Phil said. "It's all right. I had to be some time." Virginia turned tortured eyes on him. "Phil, you're eager for this," she said. "And I know what's in your mind. Steve Barrow stands between you and Lanya. That's what you're thinking." The rider was very close. He was slow-walking his big black horse. Phil's eyes never left him. "Virginia, go inside." Despair swept over her. "Phil—" She tried the only argument she would listen to. "If you love that girl—" "Go into the house," he ordered again. (Continued Next Week)

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Now you can have a modern water toilet at low cost in your farm, house or cottage. No electricity or running water required. Hygeon Sanitary Toilet gives you new comfort and convenience—helps rid your home of disease-breeding insects—protects your water supply from contamination. Installation cost is very low. No upkeep expense. We install anywhere in Ontario. Write for complete details on this modern toilet. Immediate delivery.

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Roll your own with



Simply great to relieve 'PERIODIC' FEMALE PAINS

with uncomfortable fullness
Are you troubled by distress of female functional monthly disturbances? Does this make you suffer from pain, feel nervous, restless, cranky, weak—as usual? Then do try Lydia E. Pinkham's Vegetable Compound to relieve such symptoms. Pinkham's Compound has proved remarkably helpful to women troubled in this way. You use it to yourself to try it. Pinkham's Compound is a very effective natural medicine. It has a good soothing effect on one of woman's most important organs.
Lydia E. Pinkham's VEGETABLE COMPOUND

CROSSWORD PUZZLE

Crossword puzzle grid with clues. Clues include: 1 Across: a. Dotted grass, b. New works, c. Wicked, d. Plural ending, e. Sailor's main, f. Source, g. Post office, h. Wickets, i. Small lake, j. Cry, k. Edward to his wife, l. Meaning, m. Continuum (ab.), n. Counter, o. Senior (adj.), p. Cause (noun), q. Opposite edge, r. Poem, s. French, t. Italian family, u. If, v. More, w. Dark brown, x. The able wife, y. Concentrate, z. Quadrilateral, aa. Inch weight, ab. Girth, ac. Gavel, ad. Confession, ae. Letter of a book.

HOW CAN I?

By Anne Ahlby

Q. What is a substitute for castor oil?
A. Prune juice is a good substitute for castor oil. Boak the prunes overnight and steep them in the same water. When tender, place them with a fork to let out the juice. Do not sweeten.

Q. How can I remove insects from vegetables?
A. When washing vegetables, put a little vinegar or a pinch of borax in the water. This will bring the live insects to the surface of the water almost immediately.

Q. How can I clean a sponge?
A. Place the sponge in milk, allow it to remain for at least 12 hours, then rinse in cold water.

Q. How can I bake better pie crusts?
A. Pie crust, in which a half-teaspoonful of baking powder is added to every cup of flour, will be unusually light and fluffy.

SUNDAY SCHOOL LESSON

By Rev. R. Barclay Warren.

The Call of Isaiah, Isaiah 6:1-10.

Golden Text—Also I heard the voice of the Lord, saying, Whom shall I send, and who will go for us? Then said I, Here am I; send me. Isa. 6:8.

During the last quarter we study "The prophets speak" with selected passages from Isaiah and Jeremiah. Isaiah was a man of great talent, whose variety of eloquence was such that it exceeded the average even after being translated into a language that did not exist in his day. It is said the Daniel Webster would read extensively in the Book of Isaiah to saturate himself with its spirit of eloquence on the night before he was to give some epoch-making speech.

Isaiah gives an account of his call. The king had died. Uzziah had raised the sun; and there was in Minard's to make those muscles cool, relaxed, ready for the fairway. For sprains, muscular aches and pains. Greaseless, quick drying, no unpleasant odor.

... that keep your same in the "rough". Rub in Minard's to make those muscles cool, relaxed, ready for the fairway. For sprains, muscular aches and pains. Greaseless, quick drying, no unpleasant odor.



Less Meat - More Flavor

MAGIC'S MEAT 'N' BISCUIT LOAF

Mix and sift into bowl, 2 c. uno-sifted pastry flour (or 1 1/4 c. uno-sifted hard-wheat flour), 4 tsp. Magic Baking Powder, 1/2 tsp. salt. Cut in finely, 4 the shortening. Mix 1 beaten egg and sufficient milk to make 1/4 c. liquid; mix in 1 c. minced cooked meat, 1 finely-chopped small onion and 1 chopped chili pickle or 1/2 c. well-drained pickle relish. Make a well in dry ingredients, pour in meat mixture and mix lightly with a fork. Turn into greased loaf pan (4 1/2 x 9 1/2). Bake in hot oven, 400°, 30-35 min. Serve with tomato or brown sauce.

APPETIZING APPLE CAKE

For Sore Muscles

MINARD'S LINIMENT

... that keep your same in the "rough". Rub in Minard's to make those muscles cool, relaxed, ready for the fairway. For sprains, muscular aches and pains. Greaseless, quick drying, no unpleasant odor.

Recipe
Measure into bowl, 1/2 cup lukewarm water, 1 teaspoon granulated sugar, 1/2 teaspoon salt, 1/2 cup cold water. Sprinkle with 1 envelope Fleischmann's Royal Fast Rising Yeast. Let stand 10 minutes. THEN stir well. Scald 1/2 cup milk and stir in 1 cup granulated sugar, 1/2 teaspoon salt, 3 tablespoons lard, 1 egg, 1 1/2 cups uno-sifted bread flour, 1 1/2 cups uno-sifted flour. Add yeast mixture and 1 beaten egg, beat well. Work in 2 1/4 cups uno-sifted bread flour. Knead lightly; place in greased bowl and brush top with molasses butter or shortening. Cover and set in warm place, from dough. Let rise until doubled in bulk, about 1 hour. Double in bulk again, about 1 1/2 hours. Roll into smooth balls. Roll each piece into an oblong and fit into greased pan about 7" x 11". Grease top, cover and let rise until doubled in bulk. Peel, core and cut 8 apples into thin wedges. Sprinkle risen dough with 1/2 cup granulated sugar and lightly press apple wedges into cake tops, sharp side down and close together. Mix 1 cup granulated sugar and 1 1/2 teaspoons cinnamon; sprinkle over apples. Cover and let rise about 1/2 hour. Bake in moderate oven, 350°, about 1 hour. Serve hot, with butter.

New Fast-Acting Dry Yeast
Dry Yeast
Needs NO Refrigeration!
Stays fresh and full-strength on your pantry shelf for weeks!
Here's all you do:
1 In a small amount (usually specified) of lukewarm water, dissolve thoroughly 1 teaspoon sugar for each envelope of yeast.
2 Sprinkle with dry yeast. Let stand 10 minutes.
3 THEN stir well. (The water used with the yeast counts as part of the total liquid called for in your recipe.)

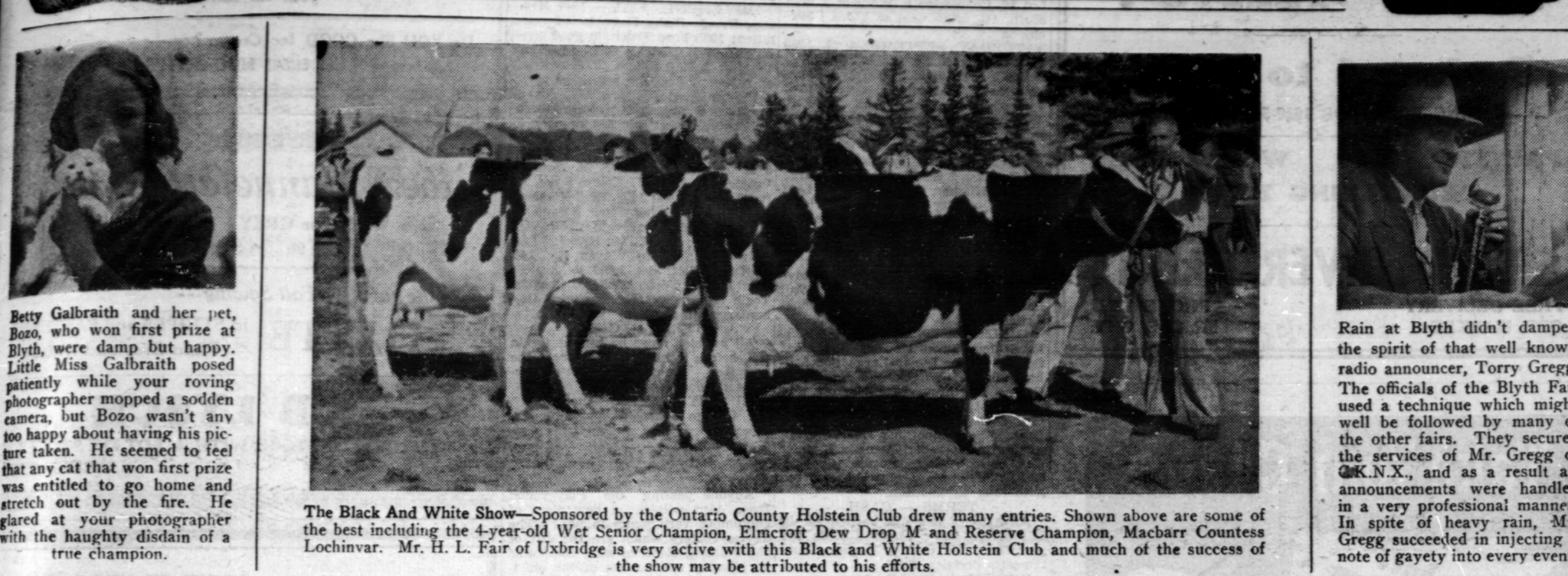
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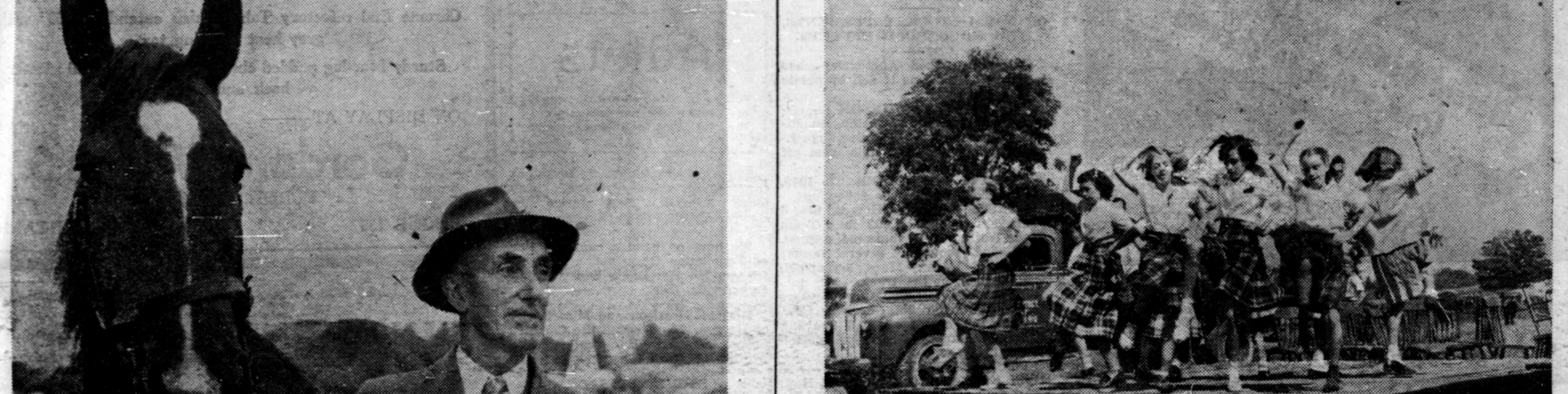
"CHILDREN should be seen but not heard" is a popular saying in grandfathers' time. But today the youngsters hail with noisy delight that scrumptious, TWO-GRAIN cereal, POST'S GRAPE-NUTS FLAKES. They love its crisp, sweet-pleasant flavor... its tasty goodness of sun-ripened wheat and malted barley.

Easy to get — easy to serve — easy to digest — POST'S GRAPE-NUTS FLAKES are wholesome and good for all the family. They supply nourishment both young and old need daily... useful quantities of carbohydrates, protein, minerals and other food essentials. Ask your grocer for POST'S GRAPE-NUTS FLAKES today.

...Fall Fair Time In Ontario...



The Black and White Show—Sponsored by the Ontario County Holstein Club drew many entries. Shown above are some of the best including the 4-year-old Wet Senior Champion, Elmcroft Dew Drop M and Reserve Champion, Macbarr Countess Lochinvar. Mr. H. L. Fair of Uxbridge is very active with this Black and White Holstein Club and much of the success of the show may be attributed to his efforts.

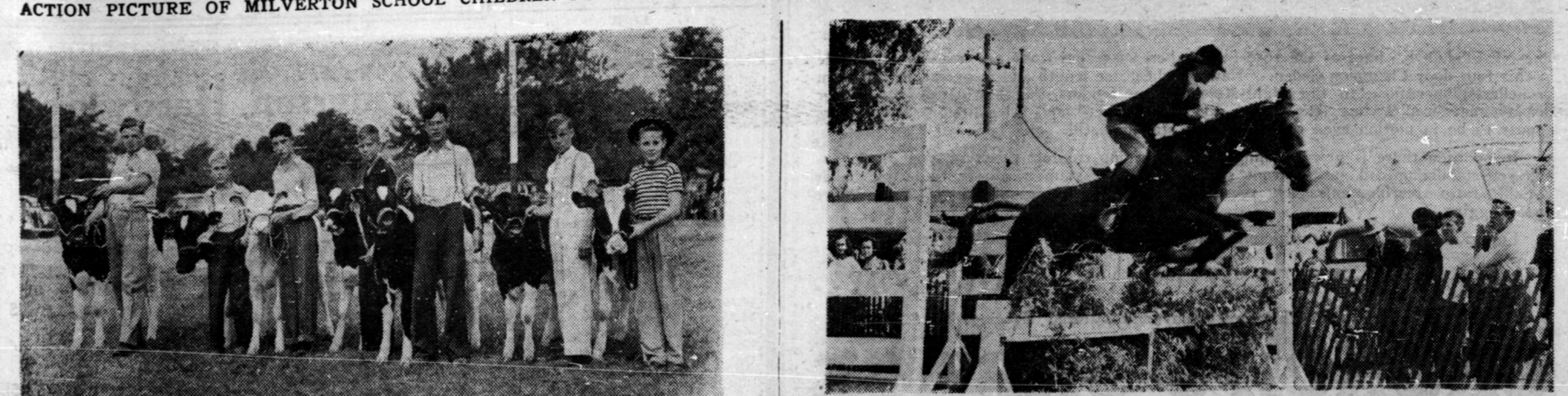


School Children at Orono lent a festive air to the occasion when they presented a variety of colorful programs in front of the grandstand. The youngsters put on a show that lasted for some forty-five minutes. The juniors made a great hit with a group of songs including selections from Gilbert and Sullivan.

The Winner at Milverton—The 3-year-old filly, Queen, owned by Mr. William Bannerman of Monkton is shown above. Queen placed first in the Agricultural Class against very keen competition. Mr. Bannerman plans to enter Queen in a number of other Fall Fairs during the coming season.



ACTION PICTURE OF MILVERTON SCHOOL CHILDREN AS THEY PARADED INTO FAIR GROUNDS TO BAND MUSIC.



The Winners—Walter Schultz of Tavistock and Glen Sippel of Shakespeare are shown with other members of the Tavistock Calf Club. Above from right to left are Walter, Glen, Ron, Wilker of R.R. 6 Woodstock; David Stock of R.R. 6 Woodstock, Ken Brunk of R.R. 6 Woodstock, Lester Wilker of Tavistock and Carl Sippel of Shakespeare.

One of the Highlights of the Tavistock Fair was the jumping. The jumping events were a great crowd-pleaser. Above is Rockette, winner of the Green-Hunter Class, ridden by Margaret Sears of London, Ontario. The Green Hunter Class proved more than popular with both entrants and spectators. There were eleven entrants in this class alone.

By
Tory
Gregg
The
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used a
technique
which
might
well be
followed
by many
of the
other fairs.
They secured
the services
of Mr. Gregg
of G.M.N.X., and
as a result
all announcements
were handled
in a very
professional
manner.
In spite of
heavy rain,
Mr. Gregg
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into every
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