Help The + Red Cross

"SALADA" TEA

ANNE HIRST
Your Family Counselor

"Dear Anne Hirst: I am deeply in love with a young man who comes from a fine family. His background is all that mine is not.

"My mother never was married. She had three children, each with a different father. For the past 10 years, she has lived with a lazy, no-good man who drinks and mistreats her. When she runs out of money, she calls on me.

"I was the only girl. I was pushed around so much that at 16 I ran away, and lived with a family I worked for. Now, by hard work and saving, I have put myself through school with no help from anybody. I now have a good job and a good home. I have bettered myself, and have benefitted by my mother's mistakes.

"I am so ashamed! I am afraid to tell this boy. What should I do

Discouraged."

* * *

Truth Is Best

If this fine young man has already told you he loves you and wants to marry you, that was the moment to tell him the truth. If you did not, then tell him when he does propose.

If he is a man of character, he will understand that the disgrace you feel so deeply is not your own, but your mother's. If he has the right stuff in him, he can only admire you more for the struggle you have made to rise above your inheritance. He will love you even better because you have suffered so much, and he will do all a husband can to protect you from any unhappiness in the future.

It is a high tribute to your innate decency and standards of thinking and living that you have arrived where you are today. In spite of your mother's loose living, you have made yourself a person whom any right-thinking man or woman should proudly welcome into the family.

"There are no illegitimate children; there are only illegitimate parents!" Remember that. Father up your courage, and tell this young man the whole story. No matter what happens, you will have the consolation of knowing you could not stoop to deceit.

* * *

To "Jean": I think the time has come to tell your husband that unless he stays home more, and takes you out regularly, you will leave him again. And this time you will not come back until he has found a place for you two to live alone.

When you consented to live with his mother, he made all sorts of promises. You two would be alone together most of the time; she would mind her own affairs and never interfere, etc. The opposite, you have found, is the rule. He is almost never at home, and his mother not only criticizes everything you do, she is entirely too curious about how you spend your money, and she has driven away almost all your friends.

What is your life now? Working in an office all day, coming home to do housework alone, waiting for your husband to wander in late at night. And you have been married less than a year!

If you two took a small apartment and furnished it, you would be content to wait for a house—so long as you were alone. If all your words have not convinced your husband of the justice of such a plan, then he will have to be shocked into complying with it.

If there is a skeleton in your family closet, keep it to yourself until there is a reason to reveal it. Then tell the truth. Anne Hirst will help you find the courage, if you write her at Box 123, Eighteenth Street, New Toronto, Ont.

For Sale—1 Stomach

An enterprising Japanese wants to sell his stomach for $2,000. He declares it is three times normal size and that he can swallow rat poison, broken glass, nails and needles.

He'll have to give better value than that for the money, I'm afraid. A soldier who joined a Guards regiment in London swalled a 10½-inch-long table knife, two boot studs, two collar studs, 16 trouser buttons, one 3-inch bodkin, two large needles and a tooth brush. All were removed during a 40-minute operation.

A French medical journal tells of a man who swallows corks. While being attended at a Paris hotel, he stole the doctor's watch, chain and seals—and swallowed them!

Brunel, the scientist, inhaled a half sovereign while playing with children. After doctors had failed to extract it with specially made forceps, Brunel had himself whirled around on a centrifugal table built to his own design. The spinning produced convulsive coughing—and up came the coin.

"Yes Sir, That's My Baby"—A 3-month-old bear cub, Brumas, is fondled by his mother, Ivy, during daily sunning at the London, England, Zoo. The cub's name was coined from the names of his keepers, Bruce and Sam.

CHRONICLES OF GINGER FARM
by Gwendoline D Clarke

Some weeks go by as quiet and uneventful as drifting clouds on a summer day. But not last week—anything but! There was plenty going both at home and abroad—the British election, our belated Canadian winter; installation of a milking machine and my one-woman quilting bee.

Dealing with these events by virtue of their importance rather than their natural sequence, we come first to the British election—because what happens in Britain, either politically or economically, certainly affects Ginger Farm and the rest of Ontario. Like most people we went to bed Thursday night expecting the British Labour party would be returned to power with a good majority. And we were a little fearful—fearful that the Socialist Government, in its headlong nationalization plans would be taking the people too far out on a limb, in a way so far removed from British traditions it was hard to imagine that it could be a success. But first thing Friday morning the trend showed signs of a change, and by noon—well, you know the story. When Partner came in to dinner, I turned on the radio. "Listen," I said, "listen to the news!" Partner listened —with growing incredulity. "But what happened—I thought Labour was in with a big majority?"

And what did happen? That is what everyone would like to know. And the end of the story is not yet. In fact, for quite a while, the rest of the world will be watching the British political crisis with increasing interest.

Well, while the British Isles were getting "hot," Canada was getting cold, with its first prolonged spell of winter weather. It snowed and it snowed; the wind blew and the mercury almost lost itself at the base of the thermometer. Highways were blocked; side roads impassable, and most farm lanes plugged as tight as could be. Then as we started watching our coal bins, the news of the coal miners' strike in the U.S. did not make us feel any warmer. Our bins filled in, along with the rest, and Bob was obliged to leave the car at the road. But when the wind dropped, he borrowed a snow plow—that is a tractor with a blade attached to the front of it—and it did a real good job of plowing out the lane. Now we can drive in and out with the greatest of ease—at least you can if you want to be out driving—which I don't. And it's thankful I am to have someone at home who can get the bread, pick up the groceries and bring in the mail.

Last week was also eventful at the barn. Another chapter written into the history of Ginger Farm—the installation of a milking machine, no less! This, of course, is entirely Bob's venture and only after plenty of consideration, pro and con. We heard all kinds of stories about milking machine products mastitis; if the cows are left on too long, they draw blood; some cows won't let their milk down at all, and we also heard of several farmers who had bought milking machines and after a while, gone back to hand milking. Granted all these instances were true, Bob figured they were in the minority; there were, on the other hand, hundreds of farmers, even some in this district, where milking machines were used to advantage, and without injury to the cows.

Came the night when the milker was used for the first time. I was just itching to go down to the barn, but concluded the less there were around the better. So I stayed in the house, waiting and wondering. Since not one of our cows had ever seen one of these mechanical contraptions, there was no telling what their reaction would be and I knew the nervous tension would be hard on Partner. At long last, the men came in for supper, including the agent from whom Bob bought the machine. And everything was wonderful! Not one of the cows offered to kick at all, and one cow which had always done plenty of stepping around stood as quiet as a lamb and gave more milk than usual. I thought everything was fine. But during the evening, Partner got deathly white. He was cold and his stomach became upset. I was alarmed until Bob figured out that it was a case of mild shock. Partner had been more keyed up than he or any of us realized; watching the cows, ready to deal with them should they become obstreperous. And then nothing happened! It was a complete letdown and the reaction produced the condition I have described. Bob said he had seen the same thing happen dozens of times during the war.

So Partner went to bed and in the morning, he was his usual self. Since then, everything has been all right. Of course, it is Bob who runs the milker, but I suppose the time will come when Partner will want to have a go at it, too.

Space all gone—guess my quilt story must wait until next week.

Easter Food Drive Launched by UEFB

Following urgent and repeated requests from its British Advisory Council, the United Emergency Food Fund for Britain is conducting a campaign through the Ontario committee, under the joint chairmanship of Mrs. J. A. R. Mason and Charles E. Rea, M.P.P., to meet the demands for food and clothing for the needy in Great Britain. The Easter drive is continuing to the end of March with a concerted collection effort in Toronto, set for Wednesday, March 22.

All Ontario citizens are being asked to contribute tinned foods. Clothing is also being sought, but it is urged that apparel donated be clean and in condition to wear. Most municipal councils have agreed to co-operate with local committees so that contributions may be left at fire halls. Otherwise, citizens are requested to forward their parcels direct to the Ontario headquarters of the U.E.F.B. in Toronto, at Melita and Rains Ave.

A large number of parcels have been received at the warehouse in Toronto where the tinned food shipments coming in are broken down and re-packed in eight-pound cartons. When these arrive overseas at the London depot, they will be dispatched to families in genuine need from a list of the most worthy, compiled by the impartial British Advisory Council, of which H.R.H. Princess Alice is president.

The British continue to subsist on a marginal and monotonous diet that works particular hardships on the infirm and aged pensioners, U.E.F.B. officials declare. It is expected that through the generosity of Canadians, in this land of plenty, those in more unfortunate circumstances in Britain will enjoy this Easter gift, one that will do much to bind more closely the ties between the people of these two countries.

COME OUT FROM UNDER THE SHADOW OF PAIN

Try DOLCIN Tablets for prompt relief from ARTHRITIC and RHEUMATIC pain ... get a bottle of DOLCIN today and join the thousands of relieved sufferers who by taking DOLCIN have come out from under the shadow of pain. DOLCIN is available at all drug stores—100 tablets for $2.39—200 tablets for $3.95—also available in bottles of 500 tablets. DOLCIN LIMITED, Toronto 10, Canada.

DOLCIN TABLETS

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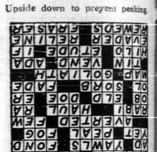
Upside down to prevent peeking



By the year A.D. 410 Britain was a Christian country.

Can't think of anything but CROWN BRAND n' Waffles

Jane Ashley's Crown Brand Recipes FREE
Write Jane Ashley, The Canada Starch Company Limited, P.O. Box 129, Montreal, P.Q.

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 so nervous, restless, cranky, weak—at such times? Then do try famous Lydia E. Pinkham's Vegetable Compound to relieve such symptoms!

Pinkham's Compound has proved remarkably helpful to women troubled this way. You owe it to yourself to try it.

Pinkham's Compound is a very effective uterine sedative. It has a grand soothing effect on one of women's most important organs.

Taken regularly — Pinkham's Compound helps build up resistance against such distress. Also a great stomachic tonic!

NOTE: Or you may prefer Lydia E. Pinkham's TABLETS with added iron.

Lydia E. Pinkham's VEGETABLE COMPOUND

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Anne Adams

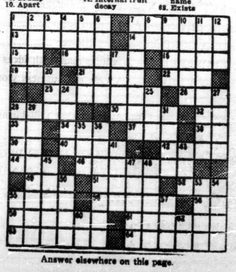
Most versatile dress you can find! Use it as your prettiest house-and-go-to-market dress, or, depending on your fabric, it can be a handsome spectator sport!

Pattern 4523 comes in sizes 12, 14, 16, 18, 20. Size 16 takes 3⅝ yards 39-inch fabric.

This pattern, easy to use, simple to sew, is tested for fit. Has complete illustrated instructions.

Send twenty-five cents (25c) in coins (stamps cannot be accepted) for this pattern. Print plainly size, name, address, style number. Send order to Box 1, 123 Eighteenth St., New Toronto, Ont.

CROSSWORD PUZZLE



ACROSS
1. Girl
4. Mental state
10. Theater district
14. Starchlike substance
15. Public notice
16. Light sailing vessels
17. Affectionate
19. Still
21. Resound
22. Dance mist
23. Warded off
24. Not many
26. Past Indian harvest
30. Draw
32. Sun god
33. Siberian river
34. Tore
37. Female deer
39. Son of Judah
40. Off (surfer)
42. Rowan tree
43. Lose luster
44. Chart
46. Biblical giant
49. Metal
51. Sell
52. Alaska mountain
55. Town in Hawaii
56. Musical study
57. Supporting
58. One who espouses actively
61. Recover the inside
62. Marries again
64. Rubber

DOWN
1. Heavy wagon
2. Staff officer
3. Mother
4. Crafty
5. Storehouse
6. Let down
7. Delude
8. Supported by
9. Trump
10. Apart
11. Remained
12. Finish
13. Plaster sup-port
20. Count
24. Contends
25. Instrumental duet
27. Merchandise
28. Space
29. Grammatical case
31. Went away
35. Lumber source
36. Cattle dealers
41. Internal fruit decay
43. Exclamation
45. Oriental dish
47. Harden
48. Serpent
50. Vibrationless point
52. Take dinner
53. Southwest wind
55. Pronoun
57. Old musical note
60. Man's nickname
62. Exists

Answer elsewhere on this page.

WHY SUFFER PILES

Grateful users praise quick results. Relief from Pain—and soothing comfort—from Mecca Pile Remedies. Two kinds—Number 1 for protruding Piles. Sold in tube with perforated pipe for internal application, 75c. Number 2 for external Piles. Sold in Jar, 75c. Order by number from your Druggist.

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The liver should pour out about 2 pints of bile juice into your digestive tract every day. If this bile is not flowing freely, your food may not digest. It may just decay in the digestive tract. Then gas bloats up your stomach. You get constipated. You feel sick and the world looks punk.

It takes those mild, gentle Carter's Little Liver Pills to get those 2 pints of bile flowing freely to make you feel "up and up." Get a package today. Effective in making bile flow freely. Ask for Carter's Little Liver Pills. 35¢ at any druggist.

THE SUNDAY SCHOOL LESSON

By Rev. R. Barclay Warren

The Faith That Sustained The Church

Acts 26:19-23; Rom. 5:1-8; Heb. 12:1-2.

Golden Text: I know whom I have believed, and am persuaded that He is able to keep that which I have committed unto Him against that day.—2 Tim. 1:12b.

There are a number of circumstances which indicate that within the next couple of years there may be a definite turning to the faith. There is an undertone of eagerness for reality which all the giddy pleasures of the world are not affording. The public press is giving more space to articles concerning the spiritual need of the people. There is a tendency to be more attentive to the ministry of those who are fearless in their denunciation of sin and who proclaim Jesus Christ as One who can save from all sin.

Paul was a Gospel preachher. He showed to the Gentiles "that they should repent and turn to God, and do works meet for repentance." Far from propagating something novel, he was "saying none other things than those which the prophets and Moses did say should come: that Christ should suffer, and that He should rise from the dead, and should show light unto the people, and to the Gentiles." Being justified by faith, we have peace with God." Possessors of this peace can glory in tribulations for "tribulation worketh patience." The Christian can commute the apparent disaster into a blessing for faith knows "that all things work together for good to them that love God."

In the passage from Hebrews we are reminded of the many witnesses to the faith and of Jesus Christ, the Author and Finisher of our faith. It is by faith in Him that we can run the race successfully. Faith in a creed or a church will not suffice. We must have faith in a person. That person must be Christ who died for the ungodly. In Him we see God's love. With faith in Him we can say triumphantly with Paul, "I know whom I have believed, and am persuaded that He is able to keep that which I have committed unto Him against that day."

Too Risky

A woman had called on the vicar with a distressing tale about her daughter who was very ill. She was anxious for the vicar to visit the sick girl.

"I'll certainly call on her," said the vicar. "But I don't remember ever having seen you in my church. Do you attend often?"

"No," she replied. "We happen to be chapel people."

The vicar looked surprised. "Then why didn't you send for your own minister?"

"Oh, it wouldn't be fair," was the reply. "You see, it's scarlet fever my daughter's got."

"Twinkle, Twinkle, Little Star . . ."—Some folk thought it was a miracle when a star-shaped object hovered above the steeple of this new church, during opening services. But freckled, six-year-old Billy Strong (inset) had the explanation. He was flying his home-made kite near the church when a gust of wind broke the string and sailed it over the church where its wires were entangled in telephone wires.

TABLE TALKS
Jane Andrews

Almost everywhere I visit, or hear from, the popularity of "chocolate chips" as a cookery help seems to be increasing. And no wonder, if you've tried, for example, chocolate chip cookies, you already know how delightful they can be.

* * *

There seems to be no end of the interesting things you can do with these little nuggets of firm chocolate. They're good for cakes and cookies, and extra handy for dressing up desserts, folding into puddings, and giving an extra delicious flavor to sweet sauces. Here are a few recipes you'll find well worth trying.

* * *

CHOCOLATE CHIP MACAROONS

1 package (6 ozs.) Bakers chocolate chips
2 cups shredded cocoanut
½ teaspoon baking powder
¼ teaspoon salt
1 teaspoon vanilla
⅔ cup sweetened condensed milk

Method — Combine chocolate chips, coconut, baking powder and salt. Add vanilla and condensed milk and mix well. Drop from teaspoon on lightly greased baking sheet and bake in slow oven (325 degrees F.) about 12 minutes. Makes about 2 dozen macaroons.

* * *

CHOCOLATE CHIP KISSES

2 egg whites
⅛ teaspoon salt
⅛ teaspoon cream of tartar
¾ cup sugar
1 package (6 ozs.) Bakers chocolate chips
½ teaspoon vanilla

Method — Beat egg whites until foamy throughout; then add salt and cream of tartar and continue beating until eggs are stiff enough to hold up in peaks, but not dry. Add sugar, 2 tablespoons at a time, beating thoroughly after each addition. Fold in chocolate chips and vanilla. Drop from teaspoon on ungreased heavy paper. Bake in slow oven (300 degrees F.) about 25 minutes. Remove from paper while slightly warm using a spatula. Makes about 20 chocolate kisses.

CHOCOLATE CHIP BREAD PUDDING

2 tablespoons butter or margarine
½ cup brown sugar, firmly packed
2 cups hot milk
2 eggs, slightly beaten
1 teaspoon vanilla
⅛ teaspoon salt
2 cups cubed bread
½ package (3 ozs.) Bakers chocolate chips

Method — Heat butter and sugar in frying pan over low heat until sugar is melted, stirring constantly. Add milk gradually; stir to blend. Cool. Add eggs, vanilla, and salt. Arrange alternate layers of bread cubes and chocolate chips in greased 1-quart baking dish. Pour milk mixture over top. Place in pan of hot water and bake in moderate oven (350 degrees F.) about 45 minutes. Serve warm with cream. Makes 6 servings.

CHOCOLATE CHIP COOKIES

½ to ⅔ cup shortening
½ cup granulated sugar
¼ cup brown sugar, firmly packed
1 egg, well beaten
1 cup sifted flour
½ teaspoon salt
½ teaspoon baking soda
1 package (6 ozs.) Bakers chocolate chips
½ cup chopped nut meats
1 teaspoon vanilla

Method — Cream shortening, add sugars gradually and cream together, until light and fluffy. Add egg and mix thoroughly. Sift flour once, measure, add salt and soda, and sift again. Add flour in two parts and mix well. Add chocolate chips, nuts, and vanilla and mix thoroughly. Drop from teaspoon on ungreased baking sheet about 2 inches apart. Bake in moderate oven (375 degrees F.) 10 to 12 minutes. Makes about 50 delicious, tasty cookies.

Miracle Drug May Become Cheaper

Compound E is magic by applying three dozen successive chemical processes to a complex material extracted from ox bile. But it takes over 12,000 tons of beef cattle to make enough to keep one person free from rheumatism for a year! That is why it is so costly.

But there's hope that it may soon be cheaper. It has been found that the same substance can be produced by applying only twenty processes to a material found in the seeds of a tropical African vine. American scientists are hoping eventually to cultivate this vine in America. Meanwhile, similar vegetable sources may be found. Now that scientists know what to look for, they may well discover a cheaper source somewhere in the plant kingdom. Nothing that might make this miracle drug generally available will be left untried.

Penicillin, for example, now costs a hundred times less than it did originally. It's cheaper than the packing and labelling materials used to market it. That surely looks well for Compound E. We can at least hope that it will not remain so costly.

Smart Elk!

A rancher in Wyoming's Star Valley hung a lighted lantern in his stock yard in the belief it would keep elk away from his haystack. E. Von Almen said he looked out late at night to see if the light was still burning. It was moving around the stock yard.

"I discovered," he said, 'that an elk bull had the lighted lantern hanging from one of his antlers and was showing the elk cows where the best hay was."

Spitting HEADACHE

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For fast, prolonged relief from headache get INSTANTINE. This prescription-like tablet contains not just one, but three proven medical 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!

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Instantine

12-Tablet Tin 25¢ Economical 48-Tablet Bottle 69¢

They're amazing good
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FLEISCHMANN'S ROYAL FAST RISING DRY YEAST ACTS FAST! STAYS FRESH!

JELLY BUNS

Measure into small bowl, 1 c. lukewarm water, 2 tsps. granulated sugar; stir until sugar is dissolved. Sprinkle with 2 envelopes Fleischmann's Royal Fast Rising Dry Yeast. Let stand 10 min., THEN stir well. Cream ¼ c. shortening; gradually blend in 1 c. granulated sugar, 2 tsps. salt, 1 tsp. grated nutmeg. Gradually beat in 2 well-beaten eggs. Stir in ½ tsp. lemon extract, ½ c. milk which has been scalded and cooled to lukewarm, and yeast mixture. Stir in 3 c. once-sifted bread flour; beat until smooth. Work in 3 c. more once-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, free from draught. Let rise until doubled in bulk. Punch down dough and cut into 36 equal portions; knead into smooth balls. Brush with melted butter or margarine, roll in fine granulated sugar and arrange ½" apart on greased baking pans. Cover and let rise until doubled in bulk. Twist the handle of a knife in the top of each roll to form an indentation; fill with jelly. Cover and let rise 15 min. longer. Bake in moderately hot oven, 375°, about 18 min.

• No more disappointments because the yeast has spoiled! Fleischmann's Fast DRY Yeast replaces old-fashioned perishable yeast because it keeps fresh and full strength — right in your cupboard! For fast-rising dough and grand oven results get Fleischmann's Fast DRY Yeast to-day!

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The Canadian Family owes much to . . . Ukraine

A Tribute from Calvert to Canadians of Ukrainian Descent

CANADA OWES MUCH of its strength, vitality and the rich quality of its democracy to the blending of racial and cultural heritages from many lands.

No one appreciates more the true significance of the words freedom and democracy than those who have suffered oppression.

Although Ukrainians have felt the heel of the oppressor for six hundred years they have never lost their love of freedom. The first Ukrainians came to Canada in 1892 and were followed by a steady stream of these hardy and resourceful people until today there are over 300,000 in Canada.

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