

Handy, thrifty, delicious! "SHAM" TEA BAGS

ANNE HIRST Your Family Counselor

The cry for help that one mother voices today is magnified by thousands of parents of girls. How can they explain the danger of indiscriminate petting, and not be thought spoil-sport?

I quote:

"My 18-year-old girl goes to dances and dances and s o m e boy spoils her."

"I've always encouraged her to go to dances and she starts her petting. The boys seldom date her long. When they do, they want to take her to open-air theatres."

"I've tried to talk to her. She only says, 'You find fault with everything I do.' And then days, even weeks, pass with her hardly speaking. I've had her Dad reason with her. She gives him a smart answer, and then doesn't talk to him either."

"WHAT CAN WE DO?"

"We are both heart-broken, but we don't know of a thing to do."

"I will show her your answer, so she will know what other people think — and you don't have to pull any punches when you give it either. What opinion have these boys of her?"

"I read your articles every week, and I can't tell this over with my friends. I don't want anyone to know what we're going through."

"It is normal that young boys and girls are attracted to each other. If they're fortunate, most have plenty of inhibitions to steer them straight; and wise parents have taught them that certain things just are not done by nice people. But the emotional, headstrong girl is apt to go overboard. She becomes a little prairie flower, hourly a lily, and boys have a well timed with her; she is a GOOD SPORT spelled in capital letters. She won't get mixed up."

Transfer Designs
In Color

836

by Laura Wheeler

VALUE: You get 16 sparkling new designs — in many colors and blue — in gay red and blue! No embroidery, just iron on in seconds! Washable! Iron on aprons, potholders, tablecloths, curtains, towels. Add glamour to your kitchen as practically no cost! Pattern 536 has 16 motifs from 1x12 to 3 1/2x20 inches. Send TWENTY-FIVE CENTS in coins (patterns cannot be accepted) for this pattern to Box 1, 123 Eighteenth St., New Toronto, Ont. Print plainly. FIVE TEEN NUMBER, your NAME and ADDRESS.

Such a colourful roundup of handwork ideas! Send twenty-five cents now for our Laura Wheeler Needlecraft Catalogue. Choose your patterns from our gaily illustrated toys, dolls, household and personal accessories. A pattern for a handbag is printed right in the book.

Any girl can offer petting to a new boy friend. Why not be different? It does not pay to chaperon oneself, as many a fool-girl has found out. . . . If this problem troubles you, write to Hirst at once. Address her at: BOX 1, 123 EIGHTEENTH STREET, NEW TORONTO, ONTARIO.

CASUAL LABOR

Cape Codders are a hardy lot. Old Job Sawyer of Eastport, for instance, was still working eight hours a day at the fishing wharf when he reached his hundredth birthday. The company thought it high time he retired on a pension, but Sawyer didn't like the idea at all. "Ding bust it," he exclaimed, "when I took this job in 1870 the manager gave me his solemn word that it was PERMANENT!"

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Chronicles of a Ginger Farm

Anyone who wanted cows might have bought them cheap around here last week—we were so fed up. Before the first sick cow was better every cow in the stable developed digestive trouble. We think it was some kind of worm that got hold of the back pasture, as the young cattle, on different pasture, were not affected. The vet came along and gave each animal an injection in the shoulder, to be followed by tablets to drench every four hours. For fourteen cows I remember what I was saying about this drenching business last week. We struggled with five for one dose. By that time Partner was played out. Thinking that living cows and possibly a dead farmer wouldn't go as very far we decided to give up the fight. So, instead of giving the medicine as a drench we crushed up the tablets and mixed them in with the chop and bran, hoping the trick would work. It did. In three days the trouble was cleaned up. But we didn't take a chance on letting the cows out to pasture. However, the cows had other ideas when they were left to themselves. We had been invited to mid-day duck-dinner at a neighbour's. It happened on Sunday. We were in the barnyard, bawling lustily at being kept in. We were away less than two hours but that was long enough for the cows to somehow loosen the chain on the gate and get the alfalfa. How they ever got that gate open we shall never know — must be regular bovine boys. However, they couldn't have been out very long when we came home, so their freedom was short-lived. They were protesting noisily from the barnyard. I have said more than once that I would like to see a cow protesting noisily from the barnyard. I have said more than once that I would like to see a cow protesting noisily from the barnyard. I have said more than once that I would like to see a cow protesting noisily from the barnyard.

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School Lunches Need Extra Care

As much care and planning should be given to the lunch youngsters take to school as a mother gives to the dinner. Miss Margaret E. Smith, director of the dining room table, contends that the lunch should be as appealing as well as high food value. The noonday lunch should provide one-third of the energy-producing, body-building foods, proteins, minerals and vitamins for growth and repair of body tissues; and carbohydrates, starches, fats and proteins to yield energy for work and play.

In ordinary grocery store parlance, the nutritionist's suggestions boil down to these, which are based on Canada's Food Rules:

Include about eight ounces of pasteurized whole milk, varying in this occasionally with butter-milk or pure fruit juices.

Use whole grain bread for sandwiches, and see that the fillings provide proteins—meat, fish, cheese, eggs or cottage cheese. Use at least one fresh vegetable—raw carrot strips, celery, a whole tomato, or a little salad made with cabbage, parsley, green peppers or cooked green beans.

For dessert use fresh fruit in place of sweets.

ACHES AND PAINS OF COLDS

HERE'S QUICK COMFORT!

Instantine

There's one thing for the headache, the muscular aches and pains that often accompany a cold. . . . INSTANTINE. INSTANTINE brings relief from pain and the relief is prolonged!

Get INSTANTINE and get quick comfort. INSTANTINE is compounded with a prescription of three proven medical ingredients. You can depend on its fast action in getting relief from every aches and pains, headache, rheumatic pain, for neuritic or neuralgic pain.

An Ideal Food

Mild flavor, delicate texture and high nutritional value combine to make both our fresh water and salt water fish one of Canada's best menu items, points out Home Economist Edith Elliot of the Federal Department of Fisheries, writing for the nutrition committee of the Health League of Canada.

"Too few Canadians fully appreciate the possibilities of fish and shell-fish in the diet or enjoy it as often as they might," declares Miss Elliot.

She goes on to divide fish into two broad classes, the non-oily or "dry" fish and the oily species. The latter, which include salmon, herring, shad, tuna and mackerel, supply about three times as much energy as the non-oily fish. The non-oily group includes bass, catfish, trout, pick-

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Calvert Sports Column

by Elmer Ferguson

It is only fair and right that those who should get the greatest credit in the game should be the players, not the coaches. The water content of the tissues is high, but the water in the blood contains soluble protein and minerals — phosphorus, iron, copper, manganese, fluoride and other minerals are present in small amounts; and in the case of oysters, sardines, sprats and cod, the iron and copper are in good supply.

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