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# ANNE HIRST your Family Counselor -

last few years, my husband Now he does so regularly. He doesn't get really drunk, just takes enough to make him hateful, and hard to get along with, it seems to change his

tirely. He ways hated drinking and all it stands ing us apart.

and if it continues it will end our marriage. "Last winter I left him for four months. He begged me to come home, promised everything. I gave in. Within a few weeks, it was the same story. I don't want to be around him. can't stand his breath; when he kisses me, I could scream. to him, and I can't help it. can't pretend. He wonders what is wrong; he will not see it is just his drinking that is ruin-

ing my life and his. 'He says that I can't leave him, that I'll always come back -and if I do go, he will kill me. NOTHING LEFT

"I know he can quit drinking if he wants to. He stopped smoking when his doctor told him to. "I don't nag, Anne Hirst. enjoy going out with him, but I don't now, I never know what to expect! It makes him mad. "I was never like this before he started drinking. How can I make him see that I'm about to crack up? Unless I can respect him and love him again, it will be too late. As he is now, I can't

do either. MRS. L. E. H." · I do not wonder you are \* frantic. You have lost faith in your husband - and why \* not? After giving you his word to stop drinking, you \* find quarts of liquor around the house. That makes him \* furious, of course. He cannot \* see that he fooling nobody \* but himself.



And the RELIEF IS LASTING For fast relief from headache get INSTANTINE. For real relief

INSTANTINE. For real relief get Instantine. For prolonged relief get Instantine! Yes, more people every day are finding that Instantine is one thing to ease pain fast. For headache, for rheumatic pain, aches and pains of colds, for neuritic or neuralgic pain you can depend on Instantine to being you can depend on Instantine to bring you quick comfort. INSTANTINE is made like a prescription of three proven medical



joying his caresses, they makeyou ill. (They have the same effect on many another sensitive wife who is too timid to man became a changeling not the one you loved and desired, but a stranger with traits you never saw in your husband. He is captious and eritical, arrogant, even abusive. He ridicules you to his \* own advantage, and your spir-• it is so crushed that you are

Drinking can do this dread-\* ful thing to the gentlest of \* men. I have seen it. If he \* could only see himself as he \* it at such times! For if you \* told him, of cours he would \* never believe he was guilty \* of all the offenses he commits. "It is almost driving me crazy, Your husband, however, has \* seen its effect on you. That \* should be enough to convince him that he cannot go on

drinking, and expect to find

you there to suffer over and

over again. You have come to

\* the end - as would any other

 gently reared woman. · You say he reads this column. If he happens to miss this one, put the paper where \* he will see it. I hope, with you, that he will wake up to the crisis his marriage faces. If he laughs it off, as he has done before, he will find out how wrong he is. For this time, tell him you will not

come back. The evils of drinking are etched deep in the hearts of thousands of wives. Finally the man must decide which he wants most-alcohol, or his wife . . . If this problem faces you, ask Anne Hirst what to do. Write her at Box I, 123 Eighteenth St.,

Srb-Teen Classic



by Anne Adams

For your smart little Sub-Teen daughter, this smart little dress. There's style aplenty in that wing collar, those jaunty pockets. Add interest aplenty with plaid bow, pockets and bands on sleeves. Sensible for school and play, pretty enough for dress-up!
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STOP WITH THE plainly SIZE, NAME, ADDRESS STYLE NUMBER. TOBACCO ELIMINATOR Send order to Box 1, 123 Eighteenth St., New Toronto.



were just sitting with that same

hopeless expression, not even curious as to who the unknown

person might be when I walked in. Many of them were in the

same age group as the old lady

who came here yesterday. Yet she is seldom idle, reads a lot

and takes an active interest in church work. Wherein lies the

I may be wrong but it seems

housed in the most modern and

built yet they will never be

who cares; someone belonging

to them who can make them feel they are still necessary —

still able to contribute in some way to the happiness of others,

even by living, or, if they can,

by knitting or making little

things. Grandpa, with time on

derful toys, just by whittling.

And grandma should be en-couraged to knit, or sew, even

if she makes nothing more than

Marching Snails

About one hundred years ago

then it has ranged all over the

tropics, destroying, breeding,

spreading, and causing countless

millions of pounds' worth of

In Africa the giant snail popu-

by the natives, who prized them

took some snails to India and

let them loose near Calcutta.

The Indians did not take to

lation had been kept in check

expect.

damage.

his hands, can often make won-

year-old Adele Poindexter, ill with polio, won her reward for a walking-recovery and went the wedding of the former Miss Shirley Ludwig, now Mrs. Neil Benford, physical therapist. Seen above, Adele is looking at the bride's prayer book with the new Mrs. Benford after the ceremony. She was promised she could attend if able to walk then.

# CHRONICLES GINGER FARM

Thanksgiving week-end and what perfect veather! The only nice holiday week-end we have had this year. It gave many people a chance to drive through the country and see the autumn colouring at its best. Red maples everywhere - but they show to much better advantage where there are also evergreens and maybe a background limestone rock. In this district we have them all. Even from here the view is perfect so we don't have to travel the highways in search of beauty. Well, while this was definitely a thanksgiving season at Ginger Farm, it wasn't exactly a holi-day week-end. Our family from

Toronto was here and we had been told to line up any jobs for which we need help. We did just that. Apples and pears were picked, and then Daughter helped can pears to take home with her. Art helped Partner put up a fence and with various British traveller, W. H. Benson, other jobs. And then we moved in the pen and caught them while the other three carried them away to new quarters quite a distance. One hen got away and then followed an argument as to who was respon-sible for its escape. Biddy, naturally, didn't stop to liste.n. She went on her way rejoicing,

ment for the winter. She is loved and considered and yet

says she is often lonely. I looked at her, and my thoughts went

back once again to a home I visited last week where I saw

many old people — our newly opened home for the aged. It

is a marvellous place, absolutely modern in every detail. Fur-

nishings artistic and comfort-

them as a delicacy, and they began to spread. By 1900 they had reached Ceylon, Malaya, Borneo, Sumatra, and Java. To give an idea of how prolific these creatures are, a pair of them were taken to Hawaii hunting for late worms and savoury grubs. Neither did we by a woman who had holidayed in Formosa. In a fev yers they waste our energy chasing her were completely out of control. Every single snail is an egg producer. One scientist estimated that a single snail, in five could shelter for the night. Of course we had callers while we were busy — I have years, could give rise to eleven no idea what they thought of thousand million others, weighdishevelled appearance. ing up to a pound each. Catching hens and climbing apple trees doesn't improve one's appearance. However, they only stopped long enough to

The snails travel in batches, and are not fussy about what they eat. They strip the country bare of practically all vegetasay hullo and goodbye, after leaving some perennial roots tion as they pass over it. which had been promised for | So far, the travels of the giant snail have inclined to the east. These friends had an old lady From Africa it has already with them — mother and grandmother too. They were worked its way round the Pacific, and has made a few abortaking her for a drive and then out for Thanksgiving dinner, away from her apartment where she lives alone. This old lady tive attempts to establish itself in the United States. Once it has reached that far one more step would bring a plague of giant has five children and about fif-teen grandchldren. She visits among them during the summer and comes back to her apart-

WHY YOU SHOULD NOT TAKE SODA

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# CANADA SAVINGS

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Q. Is it considered proper to use bread for sopping up the A home for the aged may be the very best place for grand-pa and grandma to receive gravy in one's dinner plate?

A. Yes, if done in the right proper care but they still need "folks" and a sense of belongway-by putting a small piece ing. No home can take the place of filial love and respect. And then eating it with the fork as though it were any other helpsurely that is not too much to ing on your plate. O. How should gifts and

flowers received during an illness be acknowledged? A. If the patient is too ill to acknowledge the gifts promptly, notes of thanks should be written as soon as possible afa species of large snails broke Q. When the wedding is to loose from its native Africa and went on the rampage. Since

be a double-ring ceremony, does the bridegroom buy his own ring as well as that of his bride? A. No; the bride buys his ring. Q. If a man is forced by cirwho he has been escorting home in a taxi, is he supposed to pay the taxi fare? A. He most certainly is! He

ances to send a woman some eating place. should inquire of the driver the approximate amount the fare will be, and then pay him, adding everythe for a first own of the state of

in a traveling costume and pre Modern Etiquette fers not to carry an arm bou

A. She may wear a corsage of orchids, gardenias, or any other flower that suits her fancy Q. Is a person obliged to give vitation? A. While not exactly obli

gated, it still is the gracious thing to offer some reason. that you do not care to prolong Q. Is it obligatory that re freshments of some kind be fur-

A. While not obligatory it is customary and a very nice thing to do. The refreshments are sal at the home of the bride or the bridegroom invites the little party of attendants to Q. If a person asks you how old you are, or what your salary

tion,, what should you do? will be, and then pay him, adding enough for a tip.

Q. What kind of flowers should a bride wear if she is married ill-bred tactless person who ask a bride wear if she is married such questions.

CINNAMON BUNS

Measure into large bowl, 1 c

kewarm water, 2 tsps. granu-

ated sugar; stir until sugar

s dissolved. Sprinkle with

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## THE Calvert SPORTS COLUMN



#### by Elmer Ferguson

• This is the story of the little girl who swimmer from the suburbs of Montreal, youngest athlete ever to make a Canadian Olympic team, for Gladys was only 14

years old when she was named Canada's colors into the Helsinki tank. She didn't win anything there, but Olympic officials will recall for a long time the calm approach of this pretty miss to the Olympic selections.

It was the hight the Canadian Olympic selection committee was making the final choices for the Olympic teams. The swimmers and track field athletes paced their hotel corridors or drank coffee in order to stay awake and hear the choices. But leannie went home and fell fast asleep.

Shortly after three o'clock in the morning, results of the swimming committees meeting were announced, with Jeannie winning a berth of the four member girls team. Coach Malcolm Ross thought she would be overjoyed to hear the news. He awakened her, but Jeannie merely murmured sleepily: "Izzat so?" and fell back into slumber.

One of the youngest swimmers ever to compete in the Olympic was Jeannie. Though she had turned 14 only a few days before the three-day title meet at Toronto from which Olympic selections emerged, she splashed to four junior Canadian records in three free-style events. In the 200-yard free style she set a new National mark in the afternoon heats and then broke that record again in the finals at night. Her times in the 100-yards free style and 300-yards free style were faster than the Senior records. Since returning, she has

smashed several Quebec provincial tank marks, and won the Canadian National Exhibition 100-yards free style, defeating Joan Campbell who was right up with the leaders of the women's 3-mile professional swim shortly before. The youngest daughter of Verdun police captain Ray Priestly is a swim natural since she was paddling in the water by herself at one year old and while competing in a tots meet at the age of ten she was spotted by Malcolm Ross who asked her parents if he could train her.

Train her he did but aquatic students will tell you that rain her he did, but aquatic students will tell you that 10 years is a ripe old age to start on a swimming career. By then, say experts, the swimmer has missed the championship boat. A little girl from India, named Saha, competed at the Olympics and she was only 12. Barbara Stark of Berkeley, Cal., was the youngest American at the Olympics and she had reached the ripe old age of 15.

Calvert DISTILLERS LIMITED

From a recent issue of the Toronto Globe & Mail we lift a couple of items which seem to tie in very well with one another. The first is a dispatch from Fort William, which reads, in part, as

Fort William, Oct. 20.-A 27year-old Fort William man, Mel-vin (Bud) Barnwell, was shot dead before his bride's eyes in the bush, 20 miles east of here ay evening, when he was mistaken for a deer.

Provincial police said Robert have taken a nice bag of ducks from each expedition, but they incial police said Bo took Barnwell, who was wearng a dark brown windbreaker, or a deer, as Barnwell walked an old bush road toward im. He fired with a .300 rifle, and the bullet struck Barnwell in the shoulder, piercing both

Our second piece of borrowing or, if you prefer, thievery, is from Bob Turnbull's widely-read Outdoor Trail" column. Bob is Mr. Turnbull's tale reads like

On the past two weekends three Toronto men—Dr. William Dewar, Hank Lamport and Cec also have had the none too pleasant experience of being shot at -deliberately. Not just once,

individual who arms himself with a gun and an outdoor outfit and, probably on the strength of that. puts himself away to all who will listen as a worthy descendant of Nimrod, the son of Cush, that mighty hunter before the Lord.

Forsyth—have gone duck shooting near Honey Harbor. They

First weekend the trio was settled in their blind when along . came a boatload of hunters sail-Our second piece of borrowing if you prefer, thievery, is m Bob Turnbull's widely-read atdoor Trail" column. Bob is writing about the type of let fly at the blind. A bullet large-type dictionary lar

#### I AM A JAYWALKER When I am injured or killed, please send me to one

of the following Hospitals: (check one) GOOD SAMARITAN CHRIST ST. MARY'S DEACONESS GENERAL EWISH MERCY COUNTY MORGUE

Grim Reminder-Citizens of Cincinnati are reminded of the tragic consequences of jaywalking by this grim little identification card, thousands of which have been distributed throughout the city. Those who fail to heed the reminder to use the crosswalks, have the small comfort of knowing they'll be indentified in case of

zinged between two of the men. The gunboat then sped away. Later, back at their nearby cottage, the trio's peace was shattered by another shot waipping past the window.

Last weekend came a third incident. Five well-armed buckos came tramping down the point on which the cottage is located. The Toronto men, a bit peeved by now, traipsed out to tell the trespassers they were on private property. So what happened? A cocky young punk levelled his gun at Bill Dewar, and with finger on the trigger, demanded with not a few oaths just what he was going to do about it. After a couple of ugly minutes of this impasse the ugly quintet

Little wonder they have scant regard for so-called sportsmen

from the city and are in no mood to differentiate between the hon-

est citizen and the gangster. It's

a serious situation and I'm will-

ing to wager the upcoming pheasant shoot will be a dilly

for mayhem. Yet what do we, or

the authorities, do about it? Nothing much. The hooligan is winning, and his victory eventu-

ally will be the defeat of the

true sportsman-more posted

. . .

shooters up on a charge of man-slaughter or murder — and make

it stick - it wouldn't be more

Bob Turnbull has put the

land and less hunting.

shouldered arms and swaggered You can't blame the Toronto men for being fighting mad at this sort of thing. They are positive that in all three instances the gunmen were not local people, but parties from the city. Nor were they all ignorant

youngsters, but mostly mature

Things have come to a pretty pass when decent sportsmen have to fear death or injury from deliberate gunplay. Makes one wonder if some of these hunting deaths are really accidental. Getting back to the boat-blind incident, what was a hunter doing out on the water with a loaded rifle, anyway?

Farmers have suffered from this sort of hooliganism for years. Little wonder they have scant regard for so-called sportsmen quickly disappear.

Q. How can I stop the squeaks

Q. How can I stop the squeaks in shoes?

A. Take a darning needle and insert it several places betweeen the layers of leather in the soles. Then with a small oil can, drop a little oil into these holes.

Q. How can I make a lemon milk shake.

A. Beat together 2 eggs, add

DRANK THREE GALS.

½ cup ice water, 6 tablespoons lemon juice, and ½ cup sugar; mix thoroughly. Add this mix-ture slowly to 3 cups cold milk, stirring constantly. Serve at once. This will afford about four Bob Turnbull has put the whole thing so much better and Q. How can I make a decorawhole thing so much better and more clearly than we could ever hope to do that we have little

O. How can I make a decorative salad?

A. By cutting some hard-boil
A. By cutting some hard-boil-

hope to do that we have little ed eggs in six lengthwise slices capacity of German drinkers, for in the past such an effort would to add. Except this. About 90 per cent of the folks who talk of themselves as "SPORTSMEN" couldn't even find the word in a large-type dictionary let alone define it. And if they were to bring a few of these careless shooters up on a charge of mansleaughter or mayden. have aroused the contempt of those who could really drink. In 1602, a Frenchman, Mare-chal de Bassompierre, drank 13 bottles of wine from his ridingboot without a pause while toast-ing the 13 cantons of Switzersqueezed nearly dry, and then rubbed on a bar of soap. Q. How can I loosen grease in land, and history tells us that Novellus Torquatus drank 3 gallons of wine at a single draught without pausing to take a breath. The act was witnesed by the Em-peror Tiberius. Wine was, of

cooking utensils?

A. If the pan to be washed is very greasy, heat it slightly be-fore putting it into the dish pan. It will loosen the grease and cause it to wash more readily.

## MYSTERY OF THE ROARING

In the Kalahari Desert, near the south-east corner, the traveller may stop bewildered at a roaring that meets his ears. The sand roars in this area, and at certain times of the day can be likened to thunder in the

A very foud roar can be produced by heaping the sand, sitting on the slope and sliding down in a series of slow jerks. By moving the sand slowly down the slope a hum is heard. The hum ceases when the sand stops Some time ago samples of the

sand were taken in bags to Pre-toria for examination. As the bags were tilted and the sand ran out a roar filled the room. The roar was lost after a few

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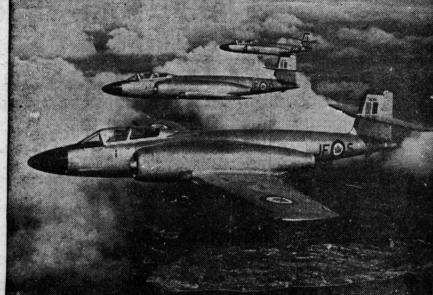
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Hying Canucks—Three CF-100 Canucks of the RCAF are seen here in flight near their home base at North Bay, Ont. These aircraft, destined to play a key role in Canada's air defence scheme, will be used to train jet pilots and navigators who will eventually serve with squadrons fully-equipped with the Canadian designed and built all-weather interceptor. This conversion training will be carried out by the RCAF's Operational Training Unit at North Bay.

HOW CAN 1? A. Cover the stained marble with a paste consisting of two spoon each of salt and powdered pumice, and some cold water. After this paste has dried on the marble, rub it off with a cloth, and wash the marble well with soap and water. If necessary, repeat this process.

Q. How can I preserve left-

over paint?

A. Paint can be kept in open cans if the paint is stirred thor-oughly, then the can filled to the top with water. When needed again, pour off the water carefully.

Q. How can I pull stamps apart when they have become stuck together?

A. Place them under a thin piece of paper and run a hot iron over the paper very lightly.

iron over the paper very lightly. They will then come apart readily. What is a good treatment for

the dust cloth?

A. Pour about two tablespoon-

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