

Handy, thrifty, delicious!

"SALAD" TEA BAGS

ANNE HIRST

Your Family Counselor

"Dear Anne Hirst: I've heard that only the perfect man is a woman's first husband, but I married a widow 10 years younger. She is forever praising her deceased husband, how wonderful he was and how much more he did for her than I do. It is getting me down.

"She has reason to complain. I lost my health, and I cannot provide for her as I hoped to do; I feel I'm a burden, and had better get out. I am sure she doesn't love me at all, but though she is so unkind I still care a good deal for her.

"Do you think we should divorce? Or what advice can you give?"

DISTRESSED?

During the years when you want security and domestic peace, you are depressed by ill health and the knowledge that you are inadequate as a provider. The victim of a nagging woman who descends to a

cheap trick to keep you under her thumb, you live in turmoil. I do not wonder you feel like walking out.

Divorce is naturally your first thought; but that is not easy to obtain and it is costly. You could probably prove mental cruelty but that alone would not be sufficient.

Would you wife rather you leave her, or stay? She is disappointed in her marriage; she thought she was to be taken care of for the rest of her life. Instead, she finds herself in the supporting end, more or less, and she resents it. She may be deliberately driving you to desperation so you will leave; on the other hand, she may be one of those creatures who finds her one satisfaction in berating and belittling you. If you are married to a happy living alone, you would not be better off.

You will feel up to it, suggest that she might be more contented without you, and tell her that her continual making you so miserable you would be glad to go. I think she will not hesitate to speak the truth. From all you write, it does seem that she has lost what affection she once had; yet one would think she could find some tenderness for a sick man who has done the best he could.

Wouldn't you be happier living with a congenial family? Since you still have a small income, that might be arranged. Put her to the test, stilling the future, and end this worrying uncertainty.

One marriage is better or for worse. If you are disappointed in your husband, remember your vows and try to keep them. Then, whatever happens, you need not reproach yourself.

In time of indecision, write to Anne Hirst, R. F. 1, 123 Eighteenth St., New Toronto, Ont.

WHAT A GIFT!

"I'm afraid, doctor," said Mrs. Brown, "that my husband has some terrible mental affliction. Sometimes I talk to him for hours and then discover that he hasn't heard a word."

"That isn't an affliction at all," said the weary reply. "That's a gift."

Flaky COFFEE CAKES

These toothsome Flaky Coffee Cakes are a sample of the expert results you get with our new shortening, FLEISCHMANN'S. No more anxiety about yeast cakes that sink and weevil FLEISCHMANN'S Active Dry Yeast keeps full strength, air-retaining without refrigeration — get a month's supply!



FLEISCHMANN'S ACTIVE DRY YEAST

FLAKY COFFEE CAKES

1 cup sifted flour
1/2 cup granulated sugar
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1/2 cup granulated sugar
1/2 cup granulated sugar
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This Mary Really Started Something

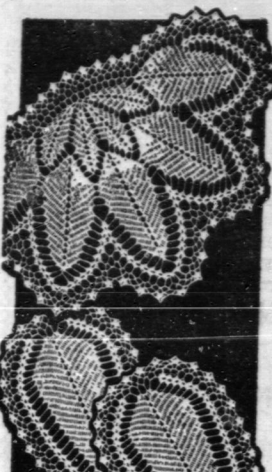
After Billy's first day at school his mother asked him how he got on.

"Fine," said Billy, "but I don't think very much of our teacher."

"Why?" asked his mother.

"Well, she asked me what one and one made and I had to tell her."

Beginner-Easy!



Chance Of A Lifetime

A small island off the coast of Mexico, San Benedicto, last year suffered a volcanic eruption that wiped out almost every vestige of life. But it has given botanists the chance of more than a lifetime.

In 1925 the University of California had made a full study of the vegetation on San Benedicto. Then there were eleven different species plants covering the whole of the island including five-foot tall grasses. After the volcanic eruption, only two hundred plants in all were still living on the three-mile long island. In the eleven years since the eruption, the island has regained only five of the eleven previous 'thriving' species.

Now the natural process of re-vegetation can be studied. Will the shores be the first part of the island to grow green? If so, it will mean that seeds washed in by the sea are the main factor in bringing plant life to the island.

But if higher land on hills and above the cliffs become green again first, it will mean that wind and birds bring seeds more readily than the waves.

One Way To Soften Old Sam's Punches

Old Sam Langford was one of the hardest hitting heavyweights in the business. The "Boston Tar Baby" had just as much respect for his own punch as he had for the man, too. The first time he signed to fight in England, he showed up before the bout at the National Sporting Club in London. The promoter began to discuss the coming engagement with Belting Sambo. Among other things he told Sam that he could have his choice of any of three referees.

Langford shrugged his powerful shoulders and broke into a wide grin. "Oh, uh," he said, "That won't be necessary. I carry my own referee."

"Old Sam raised his ponderous arm and doubled his ham-like fist under the promoter's nose. "Boss," he said, "this is my referee!"

And it was Langford knocked out his opponent in big time that night. But there was another occasion when his "referee" failed him.

In 1911, Langford was matched with Bill Lang. Before the fight, Langford was approached by a proposition, namely, to throw the fight. Sam refused. He was too confident of achieving an easy victory over his opponent.

"Hot Dogs" Now On Sale In Spain

American air power continues to grow. At the moment it occupies well over a thousand air bases. In Europe alone, G.I. airplanes strung out from East Anglia to Greece, muster a force 380,000 strong. In Saudi Arabia, bases lie strategically close to Russia's precious oilfields fringing Batum and Baku.

The latest country to admit G.I. bomber crews and maintenance staffs in return for valuable trading concessions, is Spain. Here G.I.s are moving into four major bases and some subsidiary airfields.

STRAWBERRY PIE

1 quart strawberries
3/4 cup granulated sugar
1/4 teaspoon salt
1/2 cup vanilla
1 baked 9-inch pie shell
Whipped Cream

WASH, drain and hull strawberries; cut in half.

COMBINE sugar, BENSONS' or CANADA Corn Starch and salt in top of double boiler.

ADD water slowly; mix until smooth.

ADD 1/2 the strawberries.

PLACE over boiling water and cook until thick (about 3 minutes); stir constantly.

COVER, cook 10 minutes; stir occasionally.

REMOVE from heat, cool.

FOUR in remaining strawberries.

POUR into pastry shell.

CHILL, garnish with sweetened whipped cream.

THE Calvert SPORTS COLUMN

by Elmer Ferguson

Koger Bannister, slim British medical student, performed the individual athletic feat of the century when he ran a mile in less than four minutes. The ink was scarcely dry on the newspaper reports of Bannister's achievement when the individual athletic feat of the century was performed by a 16-pound boy hurdling through the air for 60 feet, 5 inches, leaving the fabled 60-foot mark shattered.

And so there is added to the record more evidence that man is steadily improving athletically, despite the supposedly softening effects of the automobile and the other luxuries of which our grandparents never even dreamed. Man runs faster, jumps higher and farther, huris weights greater distances than ever before.

Take the most basic of all athletic endeavors — running. In the mile, which is reckoned to be the blue ribbon of all distances, athletes today are running nearly ten per cent faster than a century ago. Times which won titles in the first years of one-mile championships are now commonplace with high school boys.

In the second half of the last century a 4:30 mile was a rarity. In fact, England's Walter G. George was the only really outstanding one. His amateur record of 4:21.4 stood from 1892 until 1898, and it was not until 1918 that his professional record of 4:12.3 was bettered by Norman Taber of the U.S. When George set the record, the news was received on this side of the Atlantic with grave doubts. The feeling you glean from periodicals of the time is that it was then held impossible for anyone to run that fast.

But when, a few weeks ago, Bannister's flying feet carried him through the "impossible" 4-minute barrier, the world marvelled at the performance. No one expressed the slightest doubt of the timing accuracy.

The smashing of athletic records has become almost monotonous in recent years, and there exists no doubt as to the authenticity of each new human feat of speed, endurance or performance.

Your comments and suggestions for this column will be welcomed by Elmer Ferguson, c/o Calvert House, 431 Yonge St., Toronto.

Calvert DISTILLERS LIMITED

AMHERSTBURG, ONTARIO

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Knotty Knot

According to ancient legends the people of Phytia, an ancient country of Asia Minor, were advised by their gods to choose as the first man they met on the way to Jupiter's temple. The peasant Gordius passed by driving a wagon, and hailed a king to his great amazement, he consecrated his wagon to the god Jupiter.

'We Are Not Amused'

There may not seem to be much connection between a slot machine and an atom bomb, but a New York manufacturer's announcement that gallery contraptions have produced a variation of the "try your skill" slot machines that grossly enough, makes the connection. The idea is to score points by aiming an "atom bomb" on a moving target—a city shown on a color film strip.

Try my favorite recipe for the month

1 quart strawberries
3/4 cup granulated sugar
1/4 teaspoon salt
1/2 cup vanilla
1 baked 9-inch pie shell
Whipped Cream

Flaky COFFEE CAKES

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BROSLOP Cigarettes — for maximum profit...
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DOUBLES your income writing household...
PATENTS
AN OFFER to invest over \$1000...
TEACHERS WANTED
A FIRST class Commercial teacher...
BEAR CUBS
WANTED! 1844 bear cub...

Turnabout's Fair Play — Big girls who want that "littie girl" look can find it in creations like the design at left. The large swing bow and square neckline, fashioned into a dress of pink-and-blue checked gingham with pallon-lane skirt, makes a fashionable late-in-the-day costume. Gail Holme, at right, shows what eight-year-olds can wear if their big sisters take up little-girl-styles. Vest is imported suede and slacks are in the sophisticated "Tweed" style.

managed to stagger around the ring under Sam's hammering fist. And then, as Sam let loose a terrific haymaker, Lang waved of the way and Langford missed. So strong was Sam's follow-through on the attempted punch that he went sprawling on his hands and knees on the mat. Before he could get up Bill Langman tapped the head Negro on the top of the head. Immediately, referee Eugene Carr stopped the bout, awarding the fight to Langford on a foul. There was many a sigh of relief from the sporting gentry around the ring who had now saved their wagers by the nature of the decision.

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For best protection all summer long against mosquitoes, blackflies and other insect pests. Insect on genuine FLY-TOX. PROVEN BEST BY EVERY TEST!

IT MAY BE YOUR LIVER

It may be worth living! It's a fact! It takes up to two days of liver trouble to keep your liver in top shape! If your liver is not doing freely your food may not be as good as you think it is. You feel sluggish and all the things that you love to eat don't seem to do you any good. That's the way your liver feels. It's a fact! It takes up to two days of liver trouble to keep your liver in top shape! If your liver is not doing freely your food may not be as good as you think it is. You feel sluggish and all the things that you love to eat don't seem to do you any good. That's the way your liver feels.

SAFES

Protect your savings with a safe. The safe is a fact. It's a fact. It takes up to two days of liver trouble to keep your liver in top shape! If your liver is not doing freely your food may not be as good as you think it is. You feel sluggish and all the things that you love to eat don't seem to do you any good. That's the way your liver feels.

MACDONALD'S ROBER

Canada's Standard Smoke