TEETH ARE A GREAT INVENTION *BUT*
YOUR OWN AS LONG AS YOU CAN

ven the whitest teeth e prey of PYORRHEA

matter how flashing white your teeth may be, even now pyorrhea at work in your mouth.
this insidious disease of the gums down the roots, between teeth and without warning of its vicious pres- It comes to four out of five people age of forty—but years may pass tender bleeding gums tell you that is destroying the health of your

t wait for warning; protection now!

der or bleeding gums you warning of pyorrhea, your dentist for treatment using Forhan's twice daily with- delay. If pyorrhea has not yet fastened upon you, keep yourself on the safe by making a regular habit of Forhan's.

gamble with your dentifrice

an's is unique among dentifrices. In ion to cleaning the teeth and bringing their natur beauty and whiteness, it will: protec you health by keep- germs inf ctions from your mouth. y ur teeth w thout danger to the en- , as Forhan's is free from dangerous ves. Stimulate the tissues of the mouth, the gums, reduce inflammation, or it, and bring back the coral glow lth to the gums. It also causes loose to tighten by its astringent action on tissue.

Forhan's. It is the formula of R. J. D.D.S., who for 26 years special- in the treatment of pyorrhea. It con- Forhan's Astringent, widely used by s in the treatment of this dread Forhan's Limited, Montreal.

False teeth often follow pyorrhea, which comes to four people out of five past the age of 40

Forhan's
FOR THE GUMS

Dorothy Dix Letter Box

Continued from page 8

Dear Dorothy Dix—I am a married man with two children, have n married ten years and have everything in my home, wife and child- that I could wish for. Lately I have been stepping out with a young who has fired my fancy. She has not always been a 'good girl," but s with my help she could reform. My wife has discovered my af- r with this girl and is very bitter over it and says she will never for- e me, although I know she loves me. Now, here is the question: Shall o with this girl and take a chance on her to stay with my family? n I ever make my wife think the same of me again? Will this girl form? There is no comparison between the two women. Don't you ink that if my wife loved me she would forgive me?

UNWORTHY.

swer:

Why should your wife forgive you when, without any cause at all, cept your poor, weak, unstable nature, you have betrayed her? If the e was on the other foot and she had been faithless to you and having affair with some good-looking rounder, would you forgive her? I w not.

The reason your wife finds it so hard to forgive you is because she es love you. If she didn't care for you it wouldn't make any differ- ce to her how many lady friends you had. When a wife turns a blind e on her husband's philandering he may be very sure it is because he s killed whatever affection she ever had for him and she is indifferent what he does.

As for giving up your fine, true, clean, high-minded wife for a little t of the street, what sort of trade is that? Would you swap off a mler white-water diamond for a bit of glass? Would you exchange a utiful home for a filthy hovel? Would you swap a bunch of gilt- ed gold bonds for a share of wild-cat stock?

My advice to you is to use your head a little. Recognize how idiotic have been and turn back and get on the right road again. Humble rself before your wife. Go straight and try to win her back again.

DOROTHY DIX.

IN MEMORIAM

MRS. ANNIE MACKINNON

On September the first 1931, at Glenaladale farm, Tracadie, Prince Edward Island, an aged and respected Christian woman passed to her eternal reward.

We refer to the departure by death of Mrs. Annie MacKinnon widow of the late John MacKinnon. Deceased was in her 99th, year and was a daughter of the late John MacKinnon and his wife Isabel Campbell of De Sable. Her husband predeceased her twenty-one year ago. She lived with her son Arthur at Tracadie and since his death a few years ago with his widow and family at the same place where she was tenderly cared for.

She leaves a family of four sons and five daughters, namely, C. R. MacKinnon of Charlottetown, John MacKinnon of Conway, Prince County; Charles MacKinnon of San Francisco, Cal.; P. D. MacKinnon of Bangor Maine; Flora wife of William Gamble, Ellis River P. E. I.; Mary, wife of Alex MacKinnon of Toronto, Ont.; Elizabeth, wife of E. Irving, Lewiston, Maine Annie, widow of the late John Cousins, Medford Hillside, Mass., and Miss Margaret, of Medford, Mass. The last named has been with her mother since the beginning of the year.

Mrs. MacKinnon was a woman of true Christian character and experience and her life was consistent with her profession. When a girl of seventeen she was brought to a knowledge of the Love of God in Christ Jesus her Lord, under the ministry of the late Rev. Donald MacDonald, and during the years of her long life, she never wavered from the faith and hope and love in which she was rooted and grounded. She was greatly comforted in her own sorrows and afflictions, and was able to comfort those about her by her testimony of the unfailing mercy of God. Her passing away was peaceful. She had been ill last winter, but regained her strength to a remarkable degree, and was bright and clear in intellect unti the end.

The funeral was held on Friday September 4th. A short service was held in the home by Rev. Mr. Charman of the United Church, Mount Stewart. The remains were taken to the Kirk at Canoe Cove where a large number of people gathered. The services in the Kirk and at the grave were conducted by Rev. Ewen MacDougall, assisted by Rev. J. W. S. Lowry of Cambridge Mass. Surely God's will is done and His word honoured in those in whom Christ dwells, giving to them the Hope of Glory and making their pilgrimage a journey homeward.

RODERICK MacPHERSON

Roderick MacLean MacPherson was born at Bellevue, P. E. I., forty two years ago. He died at Wheatley River on August 14, 1931, after a lingering illness due to injuries received while serving in the late war. He was a son of Mr. and Mrs. William MacPherson of Bellevue. As a child he was carefully trained by parents who taught him that his first duty was toward God, nurtured in a home where truth and honor were held before him as essentials in daily living, he early manifested his love for all that was highest and noblest in life; and throughout his school days his influence over his companions was such as to inspire them with an admiration for his high ideals. Hearing the all of his country in the hour of her need he responded and served for three years with the 105th Battalion.

Roderick MacPherson was one who approached very near to ideal manhood. Of splendid physique, his appearance and his physical strength won the admiration of his friends. He was strong in intellect. He was a logical thinker and as such his judgments were sound and his decisions were wise.

As a friend he was sincere and loyal. As a neighbor, he was considerate and obliging. In the home he was all that man could be as a son and as brother, and later on as husband and as father.

In the spiritual realm, he manifested in his daily life the spirit of the Great Master who always thought clean thoughts, spoke kind words and "went about doing good." In religious life, he was a Presbyterian and as such he was true to the faith of his fathers and charitable toward those whose religious views were different from his own. A warm friendship existed between him and Rev. Wallace MacWalker, Minister of the Baptist Church. Mr. MacWalker visited him several times during his last illness and together they talked of things dearest to their hearts, especialy the things of God.

In one of those conversations, Mr MacPherson gave expression to his faith in words early taugh both him and his friend by their mothers:

"Is e dia fein a's buachaill dhomh
Cha bhi mi ann an dith,
Bheir e fa' near gu'n lnidhinn sios
Air cinainibh glas le sith."

Salm 23.

The funeral service on the afternoon of August 16 was conducted by Mr. MacWalker who spoke words of comfort to the bereaved, basing his remarks on the words: "He giveth His beloved sleep." A very large funeral procession followed the body to its resting place in the beautiful cemetery overlooking the Gulf of St. Lawrence. Besides his wife (Miss Barbara Matheson of Wheatley River) and three children he is survived by three sisters.

Mrs. James Muiread of Belmont, Mass.; Mrs. H. F. Parsons of Brooklyn, Mass., and Mrs. C. A. MacDonald of Lodi, California, and one brother, Norman MacPherson of Oakland, California.

Women Say It's Wonderful

Poor complexions and old looking skins lack protection. Preserve your skin with the new wonderful Face Powder MELLO-GLO used by so many beautiful women. Its special tint and finish are so youthful. MELLO-GLO stays on longer, prevents large pores, and spreads so smoothly. Purest powder made and does not irritate your skin.

Sold through all Druggists and at Toilet Goods Counters.

Tiny Ladies

WHAT YOUNG MISS MUST HAVE IN WARDROBE

It isn't just the grown-ups that come in on the style openings. The tiny tots have their innings in the big game right along with the veteran players.

Little Miss Kindergarten Age must pay as much attention to her wardrobe requirements and changes as her fashionable mother, Mme. Maturity. For the early September school term she must have plaids and flannels and soft wool tweeds made into clever frocks on the same lines of the day for all ages. She must have at least one dress made of the new Rodier Morocan plaid in brown, yellow, white and green combined with a natural colored wool tweed. The plaid box pleated skirt should have a deep V-shaped yoke of the natural wool and the coat that completes the ensemble ought to reverse the importance of plaid and tweed. Plaid is used for the collar and large lapels and the natural wool for the coat. Three cute buttons near the top keep the coat closed.

And the party dresses! Ruffles and shirred yolkes and bodices, varieties of blue, pink, white, peach, short and long dresses in so many cream, yellow, green and the rest of the pastels on up and down the line that choosing one is just too hard!

Headache often relieved without "dosing"
VICKS VAPORUB
OVER 17 MILLION JARS USED YEARLY

Muffins Work Magic At Breakfast

TASTY DISHES FOR MORNING MEAL ARE EASILY PREPARED

Morning hardly seems to be the proper time to perform magic, does it? Usually wonders of the mystic are accomplished in the middle of the night by the dim light of the fire flies, the moon and the stars. But muffin magic works better when inquisitive morning glories peep in at your kitchen window to see what you are making for breakfast.

Muffin magic is very easy! The batter is taken from the refrigerator where the cool temperatures have retarded the action of the leavenings during the night. With a few deft turns of the hand, the batter is placed in buttered muffin pans. Then into the oven they go. The best part of magic, however, is not the preliminary performance of the artist, but what comes out of the hat" Sometimes it is a fluffy white bunny, sometimes it is a squealing pig. In this case when the oven door is opened, a pan of golden brown muffins greets the hungry audience.

The art is very simple when you have a refrigerator and the results will make you famous as the perfect breakfast hostess. A plate of hot crusty muffins will complete any breakfast which you are planning, whether it be one in the sun outside of your cottage by the lake or breakfast luncheon for your late rising guests or just a breakfast for the family.

1-4 cup sugar
1-4 cup shortening
1 egg
2 cups flour
1-2 teaspoon saalt
4 teaspoons baking powder
1 cup milk

Cream the sugar and the shortening and add the well beaten egg Sift the dry ingredients together add to the first mixture alternative ly with the milk. Bake in well greased muffin pans in a hot oven (125 degrees F.) for fifteen to 20 minutes.

Yield, 9 muffins.

Banana Muffins

2 tablespoons shortening
1-4 cup sugar
1 egg (well beaten)
1 cup milk
1 1-4 cups bran flakes
1 1-4 cups flour
2 teaspoons baking powder
1-2 teaspoon salt
1-2 cup chopped banana

Cream the shortening and sugar and add egg, milk and bran flakes Sift flour with baking powder and salt and add the banana. Add to first mixture and stir only until flour diappears. Bake in greased muffin tins in a moderate oven (400 degrees F.) for 20-25 minutes

Yield, 16 small muffins of 8 very large muffins.

Bran Muffins

2 tablespoons shortening
1-4 cup sugar
1 egg well beaten
1 cup sour milk
1 cup all bran
1 cup flour
1 teaspoon baking powder
1-2 teaspoon soda
1-2 teaspoon salt

Cream the sugar and shortening add egg and sour milk. Add all bran and let soak until most of the moisture is taken up. Sift the flour with baking powder, soda and salt and add to the first mixture. Stir only until flour disappears. Fill greased muffin tins two thirds full and bake in a moderate oven (400 degrees F.) for 20 to 25 minutes.

Yield, 8 large or 12 small muffins

Note—if sweet milk is used instead of sour milk, omit the 1-2 teaspoon soda and use 3 teaspoons baking powder. Raisins or dates may be added if desired. A small slice of apple sprinkled with cinnamon and sugar, placed on top of the muffin batter before baking, makes a delicious variation of the recipe.

Cleanliness

CURTAINS NEAR THE WINDOWS MUST BE WASHABLE

Glass curtains are those nearest the window.

Washability is the most important factor in the purchase of glass curtaining. If the shopper is in doubt she should get a sample of the curtaining she intends to buy and wash it at home. Appreciable shrinkage would be noted.

Cotton curtains are apt to give better service than rayon or silk, which are bought more for style. Good cotton materials are made of fine yarn, with several twists, while the cheaper cottons have single- ply yarn. If the material has dots or figures pick at them. The dots in cheap material will come right off.

Fineness of weave and lack of imperfections characterize the better grades of rayon and silk curtains. Badly woven silk and rayon gauze will be streaky when held to the light.

BYNG REPORTS INCREASE IN CRIME

LONDON, Sept 14. (United Press —Viscount Byng of Vimy, Commissoner of Police of London, reports an ncrease of crime during 1930.

Last year the number of indictable offences was 20,553 as compared with 17,664 in 129.

Whereas in 1929 the number of murders in London was only ten, it rose in 1930 to 21—the average number for the last 20 years. There were 41 cases of manslaughter four more than the previous year.

Forty eight cases of blackmail were reported, three times the annual average for the last 12 years.

"Don't grow old"
WARNS JOHN BOLES, *Universal Star*

JOHN BOLES

"Nowadays no woman need be afraid of birthdays," John Boles, Universal singing star says. "Charm isn't by any means measured by years!

"These days not only stage and screen stars but hundreds of other women have learned a very important secret of allure. YOUTH is recognized for the priceless thing it is . . . complexions are kept glowing."

How amazingly the famous stars keep youth!

"To keep youth, guard complexion beauty," they will tell you. "Keep your skin temptingly smooth, alluringly aglow!"

The actresses famous for their charm the world over use Lux Toilet Soap, and have for years.

Guard complexion beauty as 9 out of 10 lovely screen stars do

Because they are so dependent on it, Lux Toilet Soap is found in theatres everywhere—is the *official* soap in the dressing rooms of all the great film studios.

Your skin will respond to it, too!

Lever Brothers Limited, Toronto

Lux Toilet Soap..10¢

The caress of dollar-a-cake French soap

1677

Does your menu Signal Green or Red?

FAR ahead in the darkness, green signals indicate to the locomotive engineer that the track is clear. He proceeds with confidence. Full steam ahead.

How far ahead can you see into the darkness of your future? Is an "open track" clearly marked? Can you see the green lights that say: "full steam ahead to success and happiness"?

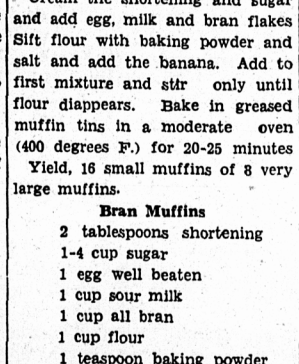
The green and red signals are your daily diet. What you eat can indicate what you'll be. Right food can open a clear track to success and happiness ... and bring you joy along the way.

Grape-Nuts is abundantly a "right food". It gives your body a wealth of the precious varied nourishment it needs. It helps you to beautiful teeth and good digestion by tempting you to chew its crisp, golden kernels. But best of all ... it possesses a down-right goodness of flavour that brings a really new thrill to breakfast.

Buy a package of Grape-Nuts at your grocer's. Serve it tomorrow. It costs less because there are nineteen servings in each package. And Grape-Nuts is made in Canada from Canadian wheat.

"There's a Reason"

Grape-Nuts



Jimmie Jingle Says :

Summer
At every meal it makes appeal
A satisfying food that's real.
—*Stewart's Bread*

Here's your opportunity to enjoy
Canadian Grapes

Ontario Big O Brand
O
CANADIAN GRAPES
Sun-Ripened
Enjoy them Fresh on the Table, in Preserves, Jams, Jellies, Frozen Desserts, Grape Juice and Homemade Wines.
A Few Recipe Suggestions on Reverse Side.

Each basket of government inspected Canadian Grapes bears this enclosure with selected recipes.

The Canadian Horticultural Council in co-operation with Ontario Growers' Markets Council

5,000,000
Baskets of the finest Canadian-Grown Grapes at lowest prices in years

Look for the grade mark!

Enjoy them now *Buy them today*

To the Fruit Branch, Department of Agriculture, Ottawa, Canada.
Dear Sirs:
Please send me one of your free booklets of Grape Recipes