Woman's Realm -:- Social and Personal -:- Fashions -:- Literature

The HOUSEWIFE and HER ACTIVITIES

Love that is hoarded, molds at last,
Until we know, some day,
The only thing we ever have
Is what we give away.

And kindness that is never used
But hidden all alone
Will slowly harden, till it is—
As hard as stone.

It is the things we always hold
That we shall lose some day;
The only things—we ever keep
Are what we give away.

FLOWERS WITH PURPLISH CAST FASHION'S CHOICE

"Buttercups and daisies here to please the ladies"—are going to be supplanted by violets, pansies, and lilacs, according to early opinion. The current acceptance of colors in the purple range, sponsored by Schiaparelli, Mainbocher, Lelong, Patou and others have brought these lovely blossoms back into fashion. Already they are being sampled by dress houses, and their use for millinery is considered an equally happy choice.

Late last summer, Paris began using these together with blues, which frequently have a purplish cast, and it is expected that this fashion will gain greater momentum for the spring and summer of 1935. The violets are varied in type, single, double, large small; lilacs come in sprays or clusters, following genuine or artificial effects. Schiaparelli uses a spray of pansies over the shoulder. Mainbocher uses lilacs to trim lavender chiffon, Patou poses a bunch of violets at centre front.

POPULAR MAHARAJAH

In consideration of the approaching diamond jubilee of the Maharajah of Baroda (India), a resolution passed by the heads of the district suggested that he be weighed against silver, as a mark of appreciaton for his benevolent rule.

CLEANING WHITE FUR

Sprinkle fur thickly with dry flour made very hot in the oven. Rub this well in with the hands and then shake and beat to remove all traces.

COOKING TERMS EXPLAINED

DREDGING — Coating lightly, usually with flour or sugar by shaking it lightly and gradually over the food.

BASTING—Dipping fat or liquid over meat or other food while it is cooking to keep it from drying out and to add flavor.

LARDING—Inserting thin strips of salt pork or bacon (called lardoons in meat, fish or poultry. The fat is laid in incisions cut in the meat or drawn through with a larding needle. Oftentimes the strips are wrapped around the meat or placed over the top. The object is to supply fat to cuts which lack it.

PRECOOKING — Cooking the food before it it to be used or cooking it ahead of time. "Pre" means before.

BLANCHING—Dipping in boiling water. Oftentimes the food is then immediately dipped in cold water. This process is used to loosen skins so that they may be easily removed, as in peaches, tomatoes and almonds. It is also used to shrink foods so that they will make a neater pack in canning.

CANDIED or Glaced is a term applied to fruits, saturated with sugar. This is accomplished by boiling them in a sugar syrup followed by cooling in large crocks. This process is repeated a number of times, the final syrup having 20 per cent corn syrup to prevent crystalization of the sugar and to give a glazed appearance.

CRYSTALLIZED—Fruit is prepared in much the same way as candied or glaced except that there is no corn syrup in the last syrup and the sugar consequently crystalizes upon drying.

GLACING—Giving a food a glossy or glazed appearance by covering over with syrup or a preparation for that purpose.

CARMELIZING—Heating sugar until it melts and browns. The sugar is placed in a dry pan over a moderate heat and stirred constantly until a golden brown syrup results.

UNTIL BROWN—A term used to describe the finished appearance of foods usually baked, roasetd, or fried, and means a golden brown color unless specified otherwise, such as "lightly browned."

UNTIL TENDER—A term used to describe the finished consistency of cooked foods,usually vegetables, fruits, and tough meats. When a fork can be inserted and removed easily, the food is said to be cooked until tender. The term should not be confused with the following term.

UNTIL SOFT—When a food is cooked until soft it can be easily mashed or broken into pieces.

DATE NUT SANDWICH

Mix 1 cup chopped dates with 3 tablespoons orange juice, 1 tablespoon lemon juice and 1-2 cup of finely chopped nuts. Spread between slices of whole wheat bread.

DECORATIVE VEGETABLES

A bright young Bloomsbury hostess recently surprised her guests with her table decorations. She had filled a shallow bowl with the new dead-white lettuce—it was filled to the rim with a fine fresh lettuce of the round type. And it looked quite lovely against the pickled wood!

Other vegetables which yield themselves very amiably to decorative purposes are globe artichokes with grey-purple heads. M. Paul Poiret, when engaged upon interior decorations, scattered radishes over his linens, big radishes and little little ones, red radishes and white, radishes with green tufts and radishes without.

Here is a hint for the embroideress—why not substitute for the lilies and rose of conventional designs a few strong-minded pot-herbs?

DOCTOR FORECASTS RACE OF PHYSICAL AND MENTAL GIANTS

A race of physical and mental giants will be descended from the present generation, Dr. Russell Hippensteel, baby specialist of Indianapolis, Ind., predicts.

The isolation of vitamins in foods, the knowledge of their action in prevention of disease and the general building up of health is the most outstanding development in the care of modern babies, he pointed out.

"Though it will take more than a few generations to produce them, future men and women will have better general health, finer teeth and will be free from so-called degenerative diseases," said Dr. Hippensteel.

"This advancement will be the direct result of obstetricians and pediatricians," he added.

Dr. Hippensteel's prediction was sustantiated by Dr. A.M. Mendenhall, also a baby specialist, who said that while it will take years for the improvement in the human race to show in the general population, there is no doubt that the future will bring larger and better adults.

The length of time necessary for the improvement is difficult to predict because it is not known what percentage of babies are getting not only proper food but adequate care and correct vitamins in satisfactory proportions, Dr. Mendenhall pointed out.

"In my opinion," he continued, "there are relatively few babies receiving all that is available in proper baby care."

Grandmother's Quilt Patterns

MILKY WAY

Cut out pieces and sew together as indicated on small block. Either print or plain colors may be used. Set pieced and plain blocks together in arrangement as suggested in quilt diagram. Finish edge of quilt with 6 inch border to match plain blocks.

Allow for all seams when cutting pattern.

Material required
1 2-3 yards material for plain blocks.
1 yard orange material.
1 yard yellow material
2 1-3 yards white material.
2 1-3 yards purple material.
9¼ yards 6 inch binding for border.
Block finishes 12 inches square.
25 pieced blocks.
14 plain blocks.
6 inch border around quilt.

When ordering give Number 97-3.

Send 15c for a book of quilt patterns containing 7 beautiful Grandmother quilt designs — every pattern different.

End Severe Cough Quickly, At One Fourth the Cost

Mix This At Home In 2 Minutes. No Cooking!

You'll never know how quickly you can conquer a bad cough, in young or old, until you try this famous recipe. You not only make your money go four times as far, but you will also have a much better remedy than any you can buy ready-made.

Make a syrup by stirring 2 cups of granulated sugar and one cup of water a few moments, until dissolved. No cooking needed—it's no trouble at all. Then put 2½ ounces of Pinex (obtained from any druggist) into a 16 oz. bottle. Add your syrup, and you have 16 ounces of medicine that will amaze you by its quick action. It never spoils, lasts a family a long time, and tastes fine—children love it.

This simple mixture takes right hold of a stubborn cough. For real results, you've never seen its equal. It loosens the germ-laden phlegm, soothes and heals inflamed membranes and quickly eases chest soreness and difficult breathing.

Pinex is a compound of Norway Pine, in concentrated form, famous as a healing agent for coughs and bronchial irritations. Money refunded if it doesn't please you.

WAKE UP YOUR LIVER BILE— WITHOUT CALOMEL

And You'll Jump Out of Bed in the Morning Rarin' to Go

If you feel sour and sunk and the world looks punk, don't swallow a lot of salts, mineral water, oil, laxative candy or chewing gum and expect them to make you suddenly sweet and buoyant and full of sunshine.

For they can't do it. They only move the bowels and a mere movement doesn't get at the cause. The reason for your down-and-out feeling is your liver. It should pour out two pounds of liquid bile into your bowels daily.

If this bile is not flowing freely, your food doesn't digest. It just decays in the bowels. Gas bloats up your stomach. You have a thick, bad taste and your breath is foul, skin often breaks out in blemishes. Your head aches and you feel down and out. Your whole system is poisoned.

It takes those good, old CARTER'S LITTLE LIVER PILLS to get these two pounds of bile flowing freely and make you feel "up and up." They contain wonderful, harmless, gentle vegetable extracts, amazing when it comes to making the bile flow freely.

But don't ask for liver pills. Ask for Carter's Little Liver Pills. Look for the name Carter's Little Liver Pills on the red label. Resent a substitute. 25c at drug stores. ©1931 C. M. Co.

THE COOK'S CORNER

Three-Minute Meringues

Those of you who have difficulty with meringues will without doubt be interested in a new and simple way to make them. Your problems of watery meringues which fall, and how long and at what temperature to bake them, are all solved in this three-minute meringue. You can be assured of a thick, fluffy meringue, one which will remain as you make it. Best of all, it is as good and tasty as it looks.

Three-Minute Meringue

2 egg whites, uncoeaten
½ cup sugar
Pinch of salt
2 tablespoons water
Few drops vanilla or almond flavoring

Put the egg whites, sugar, salt and water in the upper part of a double boiler. Beat with a rotary egg beater until thoroughly mixed. Place over rapidly boiling water, beat constantly with the rotary beater, and cook three minutes, or until the mixture will stand in peaks. Remove from the fire and add flavoring. Beat well. Spread over the top of pie.

It is not necessary to brown this meringue, but it does add to its attractiveness to put it in a hot oven or under the broiler flame for a very short time until it is delicately browned.

This meringue may be used on any pie calling for a meringue, but an unusually good pie is a butterscotch meringue pie, and below is an unusually good recipe—just the one you have always wanted.

Butterscotch Meringue Pie

1 cup brown sugar
5 tablespoons flour
Few grains salt
1½ cups milk
2 egg yolks
2 tablespoons butter

Mix the brown sugar, flour and salt together. Add a little of the milk gradually and mix to a smooth consistency. Add the remaining milk and cook over hot water for about 15 or 20 minutes, or until the mixture is thick, stirring constantly. Beat he egg yolks slightly and pour the mixture gradually over them. Return to the double boiler and cook two or three minutes longer. Add the butter and mix well. Pour into a baked pie shell. Cover the top with Three-Minute Meringue.

A Child's SIMPLE FEVER Relieved

Teething, indigestion, diarrhoea . . . in fact most baby ailments bring on simple fever. Mrs. Bernard Breen, Enterprise, Ont., says: "My baby's cheeks and hands were so hot I was frightened. I gave him a Baby's Own Tablet at noon and by after supper he was all better." All the simple ailments of childhood including teething, are promptly and *safely* relieved with these sweet little tablets. Doctors recommend them. 25c at all drug stores.

Dr. Williams' 236
BABY'S OWN TABLETS

A Morning Smile

AND SILENCE ENSUED

The family was seated at the table with a guest who was a business acquaintance of Dad's all ready to enjoy the meal when the five-year-old son blurted out: "Why, Mother, this is roast beef."

"Yes," answered the mother. "What of it?"

"Well, Pop said this morning that he was going to bring a big fish home for dinner tonight."

The prosecuting counsel was having a little trouble with a rather difficult witness.

Exasperated by the man's evasive answers, he asked him if he was acquainted with any of the jury.

"Yes, sir, more than half of them," replied the man in the box.

"Are you willing to swear that you know more than half of them?" asked counsel.

"It is comes to that, I'm willing to swear that I know more than all of 'em put together," came defiantly from the witness.

Dorothy Dix's Letter Box

Problem of Doting Grandma vs. Spoiled Child is One Only Solomon Could Solve for Parents—Should Man Give Up Work He Loves to Please Fiancee?

Dear Miss Dix—I have a "problem child," the result of its grandmother's spoiling. My mother lived with us and from the hour of my son's birth she was frantic over him and took possession of him and neglected my every effort to bring him up properly. She upheld him in his childish misbehavior opposed my every way of doing things and made up to him for what discipline I managed to give him. Today he is 12 and shows the marks of the rockings, coddlings, humorihgs which she gave him. Underneath our boy is of a very tender nature, loving and kind, gentle to his pets, but resentful to authority and any suggestion as to behavior.

I knew my boy was being ruined, but what could I do? My mother had no other home than mine. I couldn't put her out and she was so infatuated with the child that she would not leave him for even a week. But must all the rest of his life be spoiled because of a fond and foolish old woman.

A WORRIED MOTHER.

Answer:

There is no problem that a mother confronts that is more difficult to solve than how to protect her children from the cruel kindness of a doting grandmother. The mother, weighted down by her sense of responsibility to her children, educated in the scientific care of children and a student of child psychology, realizes that their grandmother may be wrecking her children physically, mentally and morally, yet she can only save them at the expense of depriving a pitiful old woman of almost the last shred of happiness she has left in the world, and it takes a more ruthless nature than most women possesses to do it.

Old people are very lonely. They have few pleasures. Most of those they have loved have died or left them. Their homes are broken up. Their hands idle. The children that they live with are too busy to pay them much attention. And to them a grandchild comes almost as a resurrection. Life stirs in their sluggish veins again at the feel of another baby in their arms. New interests dawn. There is something to do and think about and feel again, and so they come to worship the grandchild with a passion of devotion greater than any they ever felt for their own children.

And perhaps it is because they do not feel any sense of responsibility to the child, or perhaps it is because they are so near the end of things that nothing seems important but the indulgence of the moment, that they spoil the child without reason. They save it from all discipline, they encourage it in selfishness, they make it a rebel against authority and use entirely different tactics in bringing it up from those they employed with its parents.

The parents are powerless to interfere because you cannot reason with an old woman, or make her change her methods. She is always armored in the self-complacency of age which makes her believe that her ways are the right ways, and that all modern ideas are silly nonsense. "I don't believe in all of this foolishness about baby formulas and feeding them just on the dot. I gave my children whatever I had to eat myself and fed them whenever they cried,' she will say. And the young mother who is trying to feed her child scientifically bites her tongue to keep from reminding Grandma that half of her children died in infancy.

"I never put my babies in a dark room and let them cry themselves to sleep," Grandma will say. "I always rocked them to sleep. I never made them do what they didn't want to do. I always gave them what they wanted and let them do as they pleased." And the young mother thinks sadly of how much happier she would be if Grandma had only taught Tom to control his temper and to be a little less selfish, and that Bob might not be a lazy loafer if Grandma had only held him to his tasks when he was a child.

But what is the woman to do who sees her children being ruined by their grandmothers? I don't know. Of course, the children's rights come first, and in justice to them they should be separated from the evil influence that will be their undoing. They should not have to pay all their lives for the folly of an old woman.

But there is Grandmother, so old, so pitiful, whose whole heart is set upon Janey or Johnny, and who can have the heart to take the child from her that is her Benjamin?

DOROTHY DIX.

* * * * * * *

Dear Miss Dix—I have spent many years preparing myself for a profession in which I have good prospects of success, and for which I feel myself particularly fitted. I feel that it is the only work in which I could be happy and contented. But the girl to whom I am engaged insists upon my giving up my profession and going to work in my father's business in order that we may be married sooner. She says that I am very selfish not to make this sacrifice for her. My father thinks that there is more of a future in my line than in his, and it is with this thought of added success and consequently more leisure for my future wife that I have held on from doing as she wishes. What would you do?

A PERPLEXED FIANCE.

Answer:

If I were a man, I wouldn't let any woman in the world rush me into marriage against my better judgment and before I was ready for it. Nor would I give up my chosen occupation to which I felt that I was called by Nature for any woman.

Because, first, it is only selfishness that makes a girl want to sacrifice a man to her wishes, and, in the second place, because if he does sacrifice himself to her she is never good enough sport to abide by the results of her act.

A girl knows perfectly well that when she makes a boy marry her before he has got on his feet and is financially able to support a family she dooms him to perpetual poverty. She knows that no man on a small salary can save enough to get a start in any business of his own if he has a wife and children hanging around his neck. She knows that she will be a burden that will sink him.

Yet because she is tired of getting up and punching the time clock in some store or office, or because all the other girls are getting married, or because she is afraid she might lose the lad if she didn't have a legal hold on him, she simply forces him into marrying.

And is she satisfied then? Not at all. She reproaches him with their poverty, with her lack of pretty clothes, with her having to do the housework, with all the innumerable hardships that an ill-advised marriage brings about, and thus still further weakens his morale and takes the last bit of courage out of him.

And if a man lets a woman make him give up the work he has fitted himself for and in which alone he can find contentment of spirit, he seals his own doom. He will be a failure because he will try to do something that he is not fitted for. He will be bored by uncongenial work and he will never cease to reproach his wife for having ruined his career.

No woman who is not willing to wait until a man is ready to marry and who is not anxious for him to succeed in his career will make a good wife.

DOROTHY DIX.

60% have Nerve Disorders

Say consulting physicians

It is shown by medical statistics,
That 60% of cases treated by physicians
Are attributable to disordered nerves.
Only those who have suffered
From nervous breakdown
Realize the torments endured
From loss of nerve force.
Health, strength and happiness are measured
By your nerve force.
When nerve force is lacking,
You become irritable, worried, discouraged and blue.
You cannot rest or sleep well,
And there is little chance of regaining health
Without the assistance of a good nerve restorative,
Such as Dr. Chase's Nerve Food,
To create new nerve force in the body.

SUNNY LIVING

starts at the table

How you feel and how you look depend largely on the foods you eat. The balanced menu provides the "bulk" to prevent common constipation — caused by lack of this essential fiber.

Common constipation frequently causes headaches, loss of appetite and energy. Yet, in most cases, it can be overcome pleasantly and safely by eating a delicious cereal.

Kellogg's ALL-BRAN is a natural food for normal individuals. It furnishes "bulk" in convenient and concentrated form. ALL-BRAN also provides vitamin B and iron.

Isn't this sunny way better than taking patent medicines? Two tablespoonfuls of ALL-BRAN daily are usually sufficient. Chronic cases, with each meal. If relief is not obtained, see your doctor.

Serve ALL-BRAN as a cereal, or use in cooking. Get the red-and-green package at your grocer's. Made by Kellogg in London, Ontario.

Keep on the Sunny Side of Life

White Python

By Mark Channing, Author of "King Cobra"

CHAPTER 7

MAGNETIS EYES

Briefly Colin related the history of the Oriental murders, and the papyrus and the underground World of Shadow. As he did so, he occasionally glanced down at his rotund companion.

For a while K. B. was silent.

"Trouble is brewing, Mister Gray," he said suddenly, in his clipped English with its queer singsong intonation. "Hlampo, I may say, has for some time been the axis of my investigations—which, although not subterranean, have been thorough! You will work with Reverend Abbot, sir?"

"Yes," answered Gray, somehow disliking the question.

Like most Bengali Babus, K. B. loved to use English slang and the longest possible words. He never missed an opportunity of bringing in a Latin tag.

"He is, they say, much too strict a master, "went on the Bengali. "I have heard that Chorjieff, also, is a too strict master for the Mongol Tartars, who, sub rosa, want their own prince, Timor Khan, to lead them!"

"Then why doesn't he lead them?" asked Gray.

"Because," said K. B. gravely, "he has cataract, and is therefore blind!"

"What's the news about Chorjieff?" asked Gray.

The Bengali outlined the situation quaintly but clearly.

"He has made much progress sir! His army is daily preponderating. He has persuaded the Khans that there is much gold to be found in Tibet. But he has other plans chiefly dealing with the invasion of India about there I shall shortly learn . . . that reminds me! I have to hand over to you Mister Gray, a document."

K. B. fumbled in his yellow robes and produced the bloodstained piece of paper which Gray has noticed him take from the murdered man's shirt in the caravanserai.

"It is somewhat remarkable," said the Babu, unfolding it, "that you should have had experience with the legend of the papyrus through Samdad Chiemba, and that then I should give you this! Evidently the Abbot is a most learned man. This plan, Mister Gray, has connection with the subterranean matters which Your Honor told me of I refer to certain caves sub aquam."

"How did the man come to have it?" queried Gray, taking it from him.

The Babu scratched his head thoughtfully.

"It should have cost me one hundred repees," he said ruefully. "I had a rendezvous with that man. He was one of my spies. Not quite an A-I at Lloyds man but useful I sent him to Chorjieff's camp. There he found out that Chorjieff had a papyrus. Or some such document. This paper is doubtless a copy of one portion of it. I assume that the late victim of Duty Done abstracted it from Mister Chorjieff and that Mister Chorjieff, discovering the said theft, sent the man who escaped from the caravanseral to kill and get it back . . . I shall remit to his family by money order!"

"Have you had much difficulty in keeping in touch with Chorjiegf's movements?"

The Babu fingered his double chin.

"I have followed Chorjieff Khen from Banjan to Kanla, only this week, for approximately about one hundred and two most devilish miles. As he was riding a Turkoman horse, he could rest at nights. I being on yak, was unable to stop for the nights. I am not a quadruped man, sir. Speaking, however, as a surveyor trained in Darjeeling with honors—not to mention the medico-surgical degree of Calcutta, Mister Gray—a straight line drawn from Banjan to Kanla and prolonged, would pass through Hlampo, respresenting exactly one day's journey from Kanla. Which please note."

"I understand."

"Therefore," continued K. B., "suspecting from such smoke the existence of a considerable fire, I made my deductions. They are, sir, that because beyond Hlampo there are only most fearful mountains, Hlampo must be of paramount importance to our friend that he should go there! That being so what in Hlampo could interest him? Nothing, except the monastery, or what may lie beneath it! Therefore, Q. E. D., he and Reverend Samdad will most certainly one day meet."

"What happened at Kanla?" demanded Gray, studying the Bengali's placid face.

"Sir, owing to obstreperosity on the part of my yak. I most unwillingly dismounted."

"And fell asleep, eh?"

K. B. sighed.

"Yess. Only for two hours exactlee, Mister Gray! But it was too long! When I awoke, our friend had gone. Immediately I sent the brother of my servant to follow him. At any moment he may return with news."

"If Chorjieff is making for Hlampo—and evidently he is—what is his reason?" Gray stopped suddenly, a great light had drawned in his mind. Samdad Chiemba was right! The prophecy which Chorjieff had, was the same as that which the Abbot had discovered so many years before, and memorized!

He told K. B. his thought.

The Bengali acquiesced

"Since it is so, we must countermine! That is as plain as the nose on my face!"

"Countermine?" interrogated Gray.

"One of us must become interamicos, with him, Mister Gray!"

"And then?"

"And then, sir, we shall kidnap him!"

Gray's eyes twinkled.

The sheer audacity of the plan and its succinct enunciation by this pudgy little man—one of a people Nature timid—appealed to him Not even the smallest village through which Gray had passed during the past two weeks, when he urged its inhabitants to be ready to "rise and drive back the army of The Lame Devil when the time comes," but had responded by retorting that another lama "one wearing windows before his eyes," had already urged them.

He dropped a hand upon his companion's arm.

K. B. who had been watching a mountain hare, jumped as if a snake had bitten him.

"Babu-jee," said Gray, quietly, still speaking in English. "What do you think would happen to a Miss-Sahib who was flying . . . alone . . . in an aeroplane . . . over the Pamirs, to Pekin—if she were forced down—say in this part of the world?"

"Sir," said the little Bengali gravely, "verbum sapientis! I would not like that she should be one of my family!"

Gray had expected an answer to that effect. He had asked the question just to be able to talk about Piers. As he looked up at the sheer, jagged and splintered crest-line coated in ice and snow, his heart sank.

"In twenty-four hours we shall reach the habitat of a holee friend of mine, a lama," said K. B. looking at Gray with shrewd eyes. "There I shall certainlee hear when Mister Chorjieff intends to invade Tibet with his raging army of Mongols, Tartars and Buriats."

One important thing K. B. had told him: he had a close friend in the gompa librarian at Lumtse: "A man who is" (the Babu had said) "a benevolent, harmless and most industrious spider, if I may say so. Nothing happens in the Tibetan web that at once he does not know of it."

Late the following afternoon they had reached one of those small and unbelievably beautiful valleys to be found in certain parts of Tibet. At one end of the valley was a cave, outside which were the still-smoking ashes of a wood fire.

As they approached it, K. B. handed the yak's nose-rope to Gray.

"I will go and inform," he said.

Having taken two paces, he turned. "One last sapientis verbum! Hereafter, we comport as holy lamas, speaking only Tibetan!" and Gray, understanding, nodded.

An aged and bent yellow-robed lama, upon whose million-wrinkled face rested the dignity of inward peace, greeted "lama Tsong."

The yak tethered, K. B. proceeded to build up the fire and make tea while Gray rolled flat cakes of tsamba flour on a smooth stone, and set them to bake. The old recluse seemed to be lost in meditation.

. . . . . .

That afternoon Gay walked alone into the forest, and coming to a grassy knoll, sat down and clasped his hands about his knees. He seemed to sense the presence of Samdad Chiemba. Two small points of light glimmering in a patch of dark shadow slowly became the glittering magnetic eyes of the Abbot.

Nearer, and yet nearer they came.

"Greeting, Chela," said far-away tones he know well. The Lord of Death, Sinje Gyalbo, is standing near to you! . . . He who is in charge of the Holy Books in Luntse gompa, will seek to betray you. Therefore, between him and me shall be a striving of unseen force against unseen force. And he shall die! He shall fail to harm you, even as he has thrice failed to steal from the Dalai Lama the plans I drew up for the overthrowing of him we know as 'The Lame Devil'. Search diligently, therefore, in the cell of the Keeper of the Books, Counting nine pigeon-holes from the left-hand corner, and eleven up, bring to me the document written by Chorjieff which you will find there. It says where the gold of the prophecy is concealed. When my messenger comes travel with all speed . . . She who is called Gynia, the Consort of the Serpent" . . . . . The voice faded into the rustling of the leaves overhead.

"Brother!" called out K. B. a voice "We start for Luntse a once! Urgent news has come!"

To be continued)

SMART FROCKS FOR FASHIONABLE PEOPLE

Illustrated Dressmaking Lessons Furnished With Each Pattern

Very gracefully and lovely is this slenderizing model and a dress that suits all day needs most admirably.

It is bottle green pebbly crepe silk. The cascading jabot frill that is part of the collar has slimming influence over the bodice. The stitching on the sleeves is smart and perforations are provided for same. It can be omitted, however, if you please.

Another fascinating idea is black and white scheme with pebbly crepe now so modish Make the collar of the white crepe.

Metal threaded crepe, wool crepe, rayon novelties, etc., would also be lovely for this easily made dress.

Style No. 630 is designed for sizes 36, 38, 40, 42, 44, 46 and 48-inches bust. Size 36 requires 3⅞ yards of 39-inch material.

Price of PATTERN, 15 cents in stamps or coin (coin is preferred). Wrap coin carefully.

No. 630. Size .....
.....
Name
.....
Street Address
.....
City State

"FLU" Is Here In Dead Earnest

Watch your little cold—beware of every one who is coughing or sneezing—avoid crowded places, above all stop your grippy cold at the beginning.

Doctors and nurses who have had long experience in handling grippe cases advocate Catarrhozone Vapor as an effective means of protection.

It is very simple to use Catarrhozone, and the whole family can enjoy its germ-killing protection at the cost of a few cents.

As you breathe this healing vapor, you kill the germs that cause colds, catarrh, flu and grippe. Splendid for children—equally good for the parents. Far better to protect the whole family in this way than to have a houseful of sickness. All druggists sell Catarrhozone in 50c bottles.

NOTICE

After February 6th, Dr. J. De Reddin, Dentist, will be at his office, 145 Great George Street all week until further notice.

L-4051-2-2-3