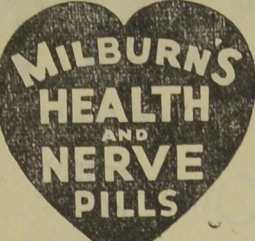


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The T. Milburn Co. Limited, Toronto, Ont.



for Weak and Nervous People

HOT DOGS AND RUSSIA, FROM MONTREAL STANDARD

If the right eye offend thee wink without doubt a well-bred dog and very with the left one—or words to that effect. The United States refuses to do business with Russia, except on a cash basis; but does Russia resent this affront to the Brotherhood of Man?

The answer is she does not. She welcomes the Hot Dog with open arms. We read that five thousand of these toothsome viands are being sold in Moscow daily.

Here are a few facts about the Hot Dog which may enable Commissar Stalin and his associates to make a better success of it than they do of their Five-Year-Plans.

The Hot Dog is a thoroughly domesticated animal. It is house broken. It neither barks nor bites even when trodden on.

It is quiet and tame, and yet it has a nip to it, if you know what we mean.

The Hot Dog resembles the dachshund in form—minus legs—and the pink chow in color. It is smooth coated and it has been known to suffer from mildew when kept in a damp place.

It is not subject to distemper, has a liking for mustard, and is frequently seen in company of the Dill Pickle.

Some vendors of the Hot Dog proclaim loudly that everyone of their pets has a pedigree but what it is, from that strains it derives and with what Kennel Club it is registered are matters which are not disclosed, though full information may be had privately on request.

Suffice it to say, that there is plenty of good stuff in him. The Hot Dog, as becomes democracy, is a free-for-all dog; he wears no man's collar and sniffs at tags and licenses.

He is, as we said before, a quiet dog, but he has a spirit of his own. Also he is playful. He is never without his roll, so to speak and being first cousin to the sandwich he is

While the Hot Dog shares with man, in a faithful spirit, the woes of the depression and is body and soul with him for five cents there is no reason to suppose that he is too proud to overlook the benefits of a rising market.

When times pick up again he will be full of flour, and priced ten cents as of yore. This is not greed in the Hot Dog—he has a mind above that—but just good business sense.

It may surprise the Soviet Government to learn that the Hot Dog is not an American institution, as they had thought. On the contrary, he comes from Vienna—the wiener wurst is his remote ancestor—and, consequently, he is of German extraction.

However, this need cause no dismay, because many of best brains in Russia have come from Germany, including Catherine the Great, and may do so again if Herr Hitler has his own way.

It has been urged against the Hot Dog, that he has a streak of pork in him; but as Russia has no religion at the present moment, this need not upset anybody's digestion.

CANADA AS A DWELLING PLACE

The Following Paper was Given at a Recent Meeting of the New Richmond Branch of the W. I. by Mrs. E. S. Willett, Convener of Canadianization and National Events.

When you consider that I have lived my life in Canada, by experience knowing nothing of any other country, you will not be surprised if my remarks have no international bearing.

Canada. How we love the name! Canada is our own land, the country where our ancestors cut down the forests, hewing homes for themselves, and began nation building. They have bequeathed this country to us and it may not be amiss to ask our selves, how are we fulfilling the trust? The years of depression, which struck so hard all over the world did not pass us by, and yet, bitter though the experience of many has been, it has not been as hard as in many other countries. Our banking system has stood the test; while banks were toppling across the line, ours remained firm and on the whole our people have maintained a brave, sane outlook.

We have great forests, rich mineral deposits of lead, zinc, copper, nickel and radium, as yet unexploited. Even in our own Gaspe Peninsula nature has been kind and stored in her highlands and river valleys are uncounted, because undeveloped treasures.

Take Canada as a whole, we have fertile farms, where we are assured of a crop every season. If the market is poor at least we do not go hungry. Where can our scenery be ex-

celled? It is estimated that the tourist trade from the United States to Canada during the year 1934 netted Canada many, many millions.

Our mountains, valleys, rivers, good roads are assets which are being exploited and with the opening of the Perron Boulevard, along which so many thousands thronged to be present at the Earlier celebration, Gaspe is coming into her own. People of many nationalities, live together in peace. Even to the new Canadian Canada is home where freedom and British fair play are the rights of all.

We have good schools, high schools, colleges and universities, training schools for teachers and nurses, hospitals staffed with the best specialists. We have churches and clergy-men for the various denominations, and home workers who care for the needy along civil, social and religious lines.

Our ways of transportation are many and comfortable. If we have tired of Dobbin and the buggy, there is the automobile, the autobus, the railway, the aeroplane, or we can walk which by the way, like punctuation is a lost art. If we prefer to travel by water, there are canoes, yachts and steamboats, in short, what-ever any other nation has, we also have in Canada in the line of comfort and con-

HAD NO IDEA HE WAS HEIR TO \$100,000

News of Windfall Was a Big Surprise For This School Principal

CUMBERLAND, B. C., April 5.—Claude Young, principal at Minto public school just outside the city of Cumberland, has fallen heir to a fortune, estimated at \$100,000, through the death of his mother, which took place in England early this year.

Mr. Young who is about 42 years of age, left home at the age of 16 and had practically no communication with his family since leaving. He has been in various parts of this Dominion, working at different occupations. He put himself through for a teacher and has been at Minto for three years. He was unaware of any money in the family and the windfall has come as a very big surprise to him.

He is a bachelor and lives in a small house by himself in the Minto Valley.

Mr. Young worked his way through the University of Toronto and took his degree. He earned money as a fire ranger in Northern Ontario in the early days of Calbot and took a movie machine through Ontario when movie machines were very primitive. The war found him in Calgary where he enlisted in 1915. After the war he came west. He immediately resigned from the school on receiving word of his good fortune.

Mr. Young says he will stay in Western Canada where he has made his home. "Canada has been very good to me," he said. "It has always found me a job and a friend who would help me when I was hard up."

This community is delighted over the good fortune which has come to a man who is regarded as a friend of all, one whom residents here have known for years as principal of the Minto Valley high school, earning a salary of considerably less than \$2,000.00 a year.

When he received the welcome surprise letter he at first believed his imagination was playing him tricks, but numerous perusals of the communication convinced him of its meaning and its genuineness. It stated that he and a sister had been willed £42,000 (roughly \$201,000.00) to be divided equally between them and asked Young whether he would rather have the legacy in cash or bonds. Most of the inheritance is in Dominion of Canada bonds.

A short time before he had received the sad news that his mother had died. News of the inheritance followed as a matter of course, after the estate had been settled.

Mr. Young was given \$400 when he was 15 years of age, sent to Canada and told to shift for himself. In the

venience not forgetting the telephone, the telegraph, the radio.

We have our own manufacturing—True, there are many things to too many to enumerate even if I knew them—but a very important one in this land of forests is the pulp-mill. regret, the tendency to forget essentials and go pleasure-mad; and alas! our liquor traffic, the curse of every country where it is permitted.

Of course every effort is made to enforce law and order, so that our people may live in peace and safety. Ours is a land of which to be proud; it is our native land.

Well with the poet may we say: "Breathes there a man with soul so dead

Who never to himself hath said
This is my own, my native land."

Ours is a land to love, not only its land and waters, its mountains and valleys, but its people, our Canadian brothers and sisters, of a common ancestry, with a common outlook and I trust with many a united determination to do our part to make our Canada a nation, progressive, sober, law-abiding, upright in character and God fearing in principal; a land fit for the boys and girls to live in, a land to love.

(Mrs.) M. F. WILLETT,
Convener of Canadianization and National Events.

35 years, between them and now, he has been in touch with his family only a few times.

"I don't know there was any great amount of money in the family", he declared.

On arriving in Canada Canada he worked on a farm for \$15 a month and later was fire warden at Temagami, northern Ontario. He saved his money and kept the \$400 intact.

In later years he operated a moving picture show, one of the early type machines, and at times drove a taxicab. In fact, he did anything which would give him means of livelihood.

With the money thus earned, he put himself through the University of Toronto and obtained his degree.

He has been teaching school 12 years, following the war. He taught at Cranbrook for three years before coming to Minto Valley.

Mr. Young taught in Minto Valley for three years, and in vacation times established and worked his small farm at Royston, four miles east of here.

During the school term he has lived in a small house in Minto Valley, alone.

When he received the stumping news he at first considered keeping on at his work, but decided that one less fortune should have it. He purchased an automobile and decided to take a holiday.

He says he may take up farming on a more extensive scale at his Royston place, or may decide to live in a larger centre, elsewhere in the province. He's "not quite sure yet."

"Why should I go back to the Old Country? Canada has always been good to me and given me a living. I have always had good friends from whom I could get help and sympathy and a five or dollar bill to tide me over when times were hard", he said to a reporter.

Mr. Young realizes he will be pestered by all sorts of people who will ask him to buy this and that, or invest in an "oil" well or some other form of gamble. But, his friends say his worst worry at present is "How much will I have left after the government takes a share, if it does?"

He left no doubt, however, that it is his intention to remain in Western Canada.

WANT CANADA ABLE TO FLY FLAG OF OWN

ABBOTSFORD, British Columbia, April 5.—That the next governor-general of Canada be a Canadian was the demand of the Southwestern B. R. District Council, Native Sons of Canada, in a resolution passed at a largely attended meeting here. It was declared that the Statute of Westminster clothed the prime minister of Canada with full authority to make future appointments; that two of the independent nations included in our so-called Commonwealth of Nations had already adopted this principle; that we have native-born men who are of high standing and distinguished ability as statesmen and leaders, men who have earned international recognition, and to these men we should pay becoming tribute by the selection from time to time of one of their number to hold the elevated position of first citizen.

The council also urged that active steps be taken to educate our citizens in the value and great necessity of having a distinctly Canadian flag, a symbol of our distinctive nationality to be recognized as such when carried on the high seas to all corners of the world; to be flown in our school yards, on our public buildings, on all our offices in foreign lands; something to remind us that we are Canadians with a country and people who stand second to none in the respect and esteem of other nations.

Attention was called to the fact that although the Muir version of our national anthem is now recognized as the true Canadian spirit and is being used from coast to coast, yet we still observe from time to time that some local societies have not recognized it, and continue to create discord and lack of unity by the use of other versions. The council decided that steps should be taken to correct this unfortunate misunderstanding.

Of Interest to Women

MAKING USE OF PINEAPPLE

Do you wonder, sometimes, how we got along without pineapple, back when we used to depend almost completely on the fresh fruit (which had a limited season) or on the products of our own careful and somewhat laborious planning? Nowadays we can turn to our pantry shelves and select from cans of juice, crushed pineapple whole slices of the diced pineapple, or tidbits. Here we have the very best way of using the fruit, for each particular dish we may have in mind.

We say "reach to the pantry shelf for the one you want," because the thrifty housekeeper keeps all of these types on hand. There is a difference in price, naturally; for instance, a tin containing beautiful unbroken slices of even size and thickness costs more than a tin of tidbits or crushed pineapple—for whilst the quality of the fruit may be exactly the same, it does not require the same time and careful handling to prepare, and every bit of edible fruit can be used.

The recipes that follow do not necessarily call for all these types—nor do they give examples of each kind of use we have for canned pineapple. But nevertheless, they do go quite a distance in providing you with very delicious pineapple dishes—and in illustrating the best ways of using the fruit.

Pineapple Cake

In this recipe, you really can use whichever type of pineapple you prefer, so long as you drain the fruit thoroughly from its syrup. Of course slices make the handsomest finish, when they show, but here is a case where the frosting covers the fruit anyway, and so well-drained crushed pineapple, or a pineapple marmalade or a conserve will answer beautifully.

2 cups sifted cake or pastry flour
Or 1 3/4 cups bread or all-purpose flour.

2 1/2 teaspoons baking powder.
Half teaspoon salt

Half cup butter or butter and shortening.
1 cup sugar
2/3 cup milk.
Half teaspoon vanilla
Half teaspoon lemon extract
3 egg whites, stiffly beaten.

Sift flour once, measure, add baking powder and salt. Sift three times. Cream fat thoroughly and gradually add sugar. Cream thoroughly after each addition. Add dry ingredients and milk alternately to creamed mixture, a small amount at a time. Begin and end with dry ingredients and combine after each addition. Add flavoring and fold in egg whites. Bake in a greased and floured 8-inch square pan, 50 to 55 minutes at 350 degrees F., moderate oven. Cover the square with drained pineapple or pineapple marmalade or conserve, then frost all over with soft boiled icing.

Pineapple Pudding

This is a very simple custard-like dish, with pineapple to give it great freshness, and enough gelatine to help the custard in achieving a de-

licate firmness. We suggest this appealing dish for the convalescent—because it is nourishing, as well as for a treat for well folks.

1 tablespoon gelatine
1 1/2 cups milk
2 egg yolks
Half cup sugar
1 1/2 cups drained crushed pineapple, well drained
1/3 teaspoon salt.

Heat one cup milk in double boiler, stir into the egg yolks which have been beaten with the sugar, 1/4 cup cold milk and sold. Return to double boiler and stir and cook over gently boiling water until the mixture thickens so that it will coat the spoon. Soak gelatine in 1/4 cup cold milk, add to cooked mixture and stir until gelatine dissolves. Strain into wet bowl and chill with frequent stirring until the mixture begins to set. Add pineapple. Turn into wet moulds and chill until firm.

Serve with whipped cream and cover with finely crushed macaroons.

Pineapple Mounds

Here is a very simple and particularly delicious jellied dessert—for a short-cut, we use lemon-flavored jelly powder; the blend of flavors is excellent.

1 package lemon-flavored prepared jelly powder

1 cup boiling water
1 cup pineapple juice
8 slices canned pineapple

Dissolve prepared jelly powder in boiling water. Add pineapple juice. Pour into wet individual moulds and chill until firm.

Unmould each mould on slice of pineapple. Top with whipped cream if desired.

Pineapple Ice Box Cake

Everyone is fond of that very delicate dessert which we have come to call "Ice Box Cake." There is no nicer version of it than the one which uses pineapple.

2 tablespoons gelatine
Half cup cold water

1 can No. 2 size crushed pineapple
1/4 teaspoon salt
Half cup sugar
1 tablespoon lemon juice
1 1/2 cups heavy cream
Split lady fingers or stale sponge cake.

Soak gelatine in cold water. Dissolve over hot water and add pineapple with its juice, sugar, salt and lemon juice. Stir until sugar has dissolved. Chill with occasional stirring until the mixture begins to thicken. Beat frothy, then fold in cream whipped stiff.

Line sides and bottom of large square or round mould with lady fingers. Cover with pineapple cream mixture, then alternate split lady fingers or strips of sponge cake and cream mixture until mould is full. Place in refrigerator and let chill for 3 or 4 hours. Unmould on a large serving plate and garnish with whipped cream and fruit in season.

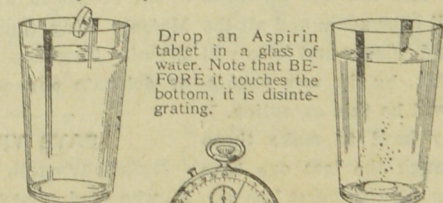
Here's Way Science Now Relieves Pain in Minutes

BAD HEADACHES, NEURITIS AND RHEUMATIC PAINS
EASED ALMOST AT ONCE

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When in Pain Remember These Pictures

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