His Majesty King George Visits Fusilier Recruits

King George looks on as a recruit does maintenance work on a Bren gun carrier. The King inspected the camp of the Royal Fusiliers, situated near the London area, recently. The men attached to this division have had only a few weeks training, but are ready for any eventuality.

HEALTH TOPICS

Take It Easy; Save Your Nerves

We want to be energetic and peppy all of the time, and never feel lazy or tired. We have a notion that healthy and happy people never become fatigued. The truth is that they do get tired periodically, but know how to rest and recuperate. They experience normal, not chronic fatigue.

Normal fatigue is good. It is part of normal, healthful living. It may be recognized by a general tiredness of the body, which is not unpleasant and which may be dispelled by rest and sleep, and by increased nourishment. Everyone who has known the joy of hard work has known the joy of normal fatigue.

If men and women would only accept normal fatigue as an accompaniment of work or effort, and would get the necessary recuperation through rest, more serious forms of fatigue would never develop. Life would then be balanced.

BREAKS IN ACTIVITY

Plan for at least two breaks in activity during the day. During each break, just stop doing everything for five minutes. Don't talk. Don't think. Just sit with your head drooping forward toward your knees. Or, better yet, lie on the floor with your feet propped up on a chair.

Modern Etiquette

BY ROBERTA LEE

1. Should one make any kind of explanation when refusing a drink?

2. How should one introduce a girl stenographer, who is a new employee, to an executive of the company?

3. When a man takes a girl to a public dining place, is it all right for him to suggest something on the menu, that he knows is good?

4. Isn't it poor form for salespeople to address customers as "honey," "dear," "girlie," "doctor," "captain," "brother," "boss," etc.?

5. When a formal dinner begins at eight, at what time should a guest depart?

6. Should a man comb his hair in public?

Answers

1. "No, thank you" is sufficient. It is not at all necessary to explain or apologize. 2. "Miss Moore, this is Mr. Carter, our President." 3. Yes. 4. Yes, and it often means loss of business. A well-bred person resents such familiarity from a stranger. 5. Eleven, or a little before, unless dancing or some other form of entertainment follows. 6. No; this is considered effeminate.

Beef cattle exports to the United States for the first half of 1940 amounted to only five-eighths of the number shipped to the end of June last year. However shipments of dairy cattle held level and calves were down only one-seventh.

South Africa's Dog Detectives

Thrilling stories of the exploits of police dogs in the detection of crime are given in the annual report of the South African Commissioner of Police, Colonel I. P. de Villiers, of Cape Town, in his annual report.

In one case a dog called "Echo" tracked down a thief who subsequently admitted that he had wrapped his feet in sacking to escape detection. In another instance a dog followed a trail one and a half miles to a hut in the middle of a compound of 38 huts with 135 inhabitants and pointed out the native.

Golf Gives Him Exercise

John Carroll picks the game of golf as a hobby because it gives him the needed exercise. Here we find him spending a day on the golf links.

Bamboo Useful Tropical Tree

Makes House-building Simple —People of the East Eat It, Too

The bamboo tree is one of the most useful trees in the tropics. It grows as much as sixteen inches in twenty-four hours, and attains a height of more than one hundred feet.

The tree is hollow, but at each of the many joints the cavity is closed. Saw off one complete section of the thick stem and you have a perfect pail, or cooking vessel. Smaller sections form ready-made bottles.

Bamboo makes house-building simple. The stems are used as scaffolding, walls and roofs can be all made from it, and split sections form the floors. Masts for ships and rods for fishermen are other uses.

People of the East eat it, too. The grains of bamboo seed are regarded by the Chinese as a food delicacy, while the Hindus mix them with honey to form a succulent dish.

In China the bamboo is cultivated with as much care as other crops. Introduced in Europe in 1730, the bamboo is hardy everywhere in sheltered positions in rich loam.

- HAVE - YOU HEARD?

There were only three people left in the bus; an old lady and two men. Suddenly one of the men said "25," and the other immediately burst into laughter. When he had ceased chuckling he called out "121," and the other man now roared with laugher. This went on for some time. No sooner would one call a number than the other would laugh.

The old lady, doubting the mentality of her two companions, turned to them and said, "Excuse me, but I don't see anything funny in shouting a number."

"It's all right, madam," one replied, "we are commercial travellers and we know all our jokes by numbers."

—o—

Hotel Guest (phoning down at 2 a.m. for third time): "Say, are you the night clerk?"

Clerk: "Yes; what's biting you now?"

Guest: "Tha's what I'd like to know."

—o—

The science-master was demonstrating the reaction on lime-water of carbon dioxide. The presence of this gas gives to the clear lime-water a milky appearance.

Holding a beaker of the liquid in his hand, he breathed into it and held it up to show the change.

Up went a hand.

"Please, sir," asked one of the class in an awed voice, "will anybody's breath do that?"

—o—

"Why are you suddenly taking French lessons?"

"Well, we've adopted a French baby and we're eager to know what he says when he begins to talk."

—o—

Little Renfrew was generally in trouble. Finding that words had but little effect upon his child, his father resorted to sterner measures.

A neighbor, watching him chastise the boy, noticed with admiration that Renfrew gave no outward indication of pain.

"Don't you ever cry when you're beaten, Renfrew?" he asked.

"What's the use?" retorted the small boy. "The old man's deaf!"

—o—

Jones: Very polished woman, Mrs. Brown, don't you think?"

Smith: "Yes, very polished indeed. Everything she says casts a reflection on someone."

—o—

A film producer was going round the studios one day when he saw a face he didn't know.

"Are you on our staff?" he asked.

"Yes, sir. Your brother engaged me."

"Is that so? What do you do?"

"I'm a writer."

"A writer, did you say?" he asked suspiciously.

"Yes, sir."

"All right—spell something!"

Chantecler
Slow Burning
CIGARETTE PAPERS
NONE FINER MADE
DOUBLE AUTOMATIC BOOKLET

What Science Is Doing

COMBATS HIGH BLOOD PRESSURE

A possible antidote for high blood pressure in animals has been found at the University of Illinois School of Medicine.

It is an antiserum, that is, made like an antitoxin, a substance formed in living tissues which neutralizes the poisonous products of germs.

This discovery is a new approach to the mystery of human high blood pressure. The animals were dogs with forms of high pressure closely resembling the widespread and highly fatal human malady.

—o—

SUNSET ON VENUS

Four young scientists have returned from a mountain-top camp with 1,500 photographs of sunsets on the planet Venus.

They said probably not more than a dozen astronomers had observed the phenomenon during the last 200 years. They described the photographs as the first successful series of pictures of the sunsets ever made.

They saw Venus as a thin silver crescent, the horns of which bent toward each other until the planet was visible as a delicate ring of light. Astronomers picture Venus as a gigantic "dust bowl."

—o—

FINDS SHIP POSITIONS

A combination sound and radio buoy which will enable ships to determine their location accurately with respect to the buoy, has been developed by the United States Coast and Geodetic Survey for use in ocean surveys. In operation, a ship explodes a small TNT bomb. The current that explodes it makes a mark on a rapidly moving tape. The sound of the explosion is picked up by the distant buoy, which immediately sends out a signal. This is received by the ship and causes a second mark to be made on the moving tape. From the distance between the two marks the distance of ship to buoy can be calculated.

Identity Game

Here is an amusing game. Before the time of playing arrives, make a slip of paper for each guest. Write on each slip the name of a famous person, an historical figure, a movie star, or a present-day hero.

Without letting the guest see the name, pin the slip on his back, telling him to discover who he is by asking anyone in the room any question he likes which he thinks will help him to identify himself.

"Am I alive?" "Am I a man?" "Am I a woman?" "Do I live in Europe?" "Am I a singer, actor, politician, soldier?"

Polonium, which costs about $2,000,000 an ounce, is mined in Northern Canada, only 1,600 miles from the North Pole.

WHAT CHEW HAS THE MOST FLAVOUR?

THAT'S EASY -BIG BEN!

BIG BEN
The PERFECT Chewing Tobacco

How Can I?

BY ANNE ASHLEY

Q. How can I clear up water which has a milky appearance?

A. Dissolve a piece of rock alum about the size of a lima bean in a pint of boiling water. This much will purify one tub of water.

Q. How can I clean used paraffin so that it can be re-used?

A. Heat the paraffin to the boiling point and strain through three thicknesses of cheesecloth over a funnel. Repeat if necessary. If not too dirty, it can sometimes be cleaned with a brush and warm water.

Q. How can I restore cut flowers that are slightly withered?

A. Pour a weak solution of camphor into the water in which the flowers stand.

Q. How can I clean brushes in which paint has been allowed to dry?

A. Soak in turpentine, gasoline, or hot vinegar for about an hour. Then wash thoroughly in strong soapsuds.

Q. How can I make a good dish of macaroni and cheese?

A. Take 8 cups of boiling water, ½ teaspoon of salt, 2 cups of broken macaroni. Add salt to water. Add macaroni. Boil for 20 minutes. Strain and rinse in hot water. Drain and add to the sauce.

Q. How can I clean patent leather shoes and handbags?

A. They can be made to look like new by means of a milk bath. Merely dampen a cloth with milk and rub over the shoes or bag; dry with another clean cloth. This treatment is also very good for the leather.

STOP the ITCH of Insect Bites—Heat Rash

For quick relief from itching of insect bites, heat rash, athlete's foot, eczema and other externally caused skin troubles, use world-famous, cooling, antiseptic, liquid D. D. D. Prescription. Greaseless, stainless. Soothes irritation and quickly stops intense itching. 35c trial bottle proves it, or money back. Ask your druggist today for D. D. D. PRESCRIPTION.

Your Breadbox In The Hot Weather

Hot, sticky weather induces rapid growth of mold, so keep bread and cake boxes spotless. Immediately dispose of any cake or bread that shows the slightest bit of mold, then scald and wash the box with hot, soapy, water, rinse, and dry, and air thoroughly. Ordinarily a thorough cleansing once a week should be sufficient; during summer months more frequent washing may be necessary.

Only about 25,000 of the farm orchards in Ontario are sprayed regularly, leaving about 170,000 which are neglected. P. W. Hodgetts of the Fruit Branch, Toronto, declares that these unsprayed orchards are hotbeds of disease.

BRINGS INSTANT EASE from PAINS, SPRAINS BRUISES, BURNS RHEUMATIC ACHES

MINARD'S GREAT CANADIAN RUBBING LINIMENT

MINARD'S "KING OF PAIN" LINIMENT

WOMEN WANTED

38 to 52 years old. Women who are restless, moody, NERVOUS—who fear hot flashes, dizzy spells—to take Lydia E. Pinkham's Vegetable Compound. Pinkham's is famous for helping women during these "trying times" due to functional irregularities. Get a bottle today from your druggist! WORTH TRYING!

...CLASSIFIED ADVERTISEMENTS...

AGENTS WANTED

AGENTS WANTED TO SOLICIT orders for fish. Write the manager. 5181 St. Lawrence Blvd., Montreal, Quebec.

BAKERY EQUIPMENT

BAKERS' OVENS AND MACHINERY, also rebuilt equipment always on hand. Terms arranged. Correspondence invited. Hubbard Portable Oven Co., 103 Bathurst St., Toronto.

CAMERA OWNERS

CAMERA OWNERS DEVELOP AND print your own pictures. Complete 16-piece outfit. $2.50 postpaid. Simple instructions. C.O.D. 23c extra. Prices on request. Empress Agencies, Box 585, Montreal.

BUSINESS OPPORTUNITY

BUTCHER AND GROCERY BUSINESS for sale; stock at invoice; fixtures at half price. J. Lanter, Market Square, Tillsonburg, Ont.

STARTED CHICKS

GET YOUR SHARE OF THESE started chick bargains before they all go. Two week old Grade "A" two weeks old. New Hampshires, White Rocks $10.45, 90 per cent. Pullets $14.45. Cockerels $8.95. Leghorn pullets $17.40. Three week old add three cents. Extra Profit add one cent. Four week old Barred Rock cockerels $13.95. Free range Pullets, 4 weeks to 24 weeks. Free catalogue. Prompt delivery. Tweddle Chick Hatcheries Limited, Fergus, Ontario.

SAVE MONEY ON THESE HIGH quality started chicks from blood-tested breeders. Ten day old Barred Rocks, New Hamps $8.45, 90 per cent Pullets $10.95, Cockerels $7.95. Leghorn pullets $13.90, two week old add one cent, three week old add four cents. Large Egg Quality add one cent. Four to five week old Barred Rock cockerels $14.25. Older free range pullets. Top Notch Chickeries, Guelph, Ont.

POULTRYKEEPERS — NO EXCUSE for not having paying stock this fall and winter. Bray started chicks, pullets, up to 5 weeks, immediate shipment. Also some Turkeys and capons. Day old chicks to order. Write for daily special list. Bray Hatchery, 130 John N., Hamilton, Ontario.

HIGH QUALITY STARTED CHICKS from Government Approved blood-tested breeders Standard Quality two weeks old, New Hampshies, Barred Rocks $10.45, 90 per cent. Pullets $13.85, cockerels $8.95, Leghorn pullets $16.90, three week old add three cents. Big Egg Quality add one cent. Free range pullets all ages. Baden Electric Chick Hatchery Limited, Baden, Ont.

ELECTRIC MOTORS

CENTURY ELECTRIC MOTORS are best suited for rural work. Jones & Moore Electric, 296 Adelaide West, Toronto.

DOGS FOR SALE

HUNTERS — CROSS BETWEEN registered pointer and setter. Short hair—black and white, liver and white. Males and females, inoculated for distemper by Duncan-Laidlaw method. Six to nine mths. old. Males $9.00. Females $6.00. Tobacco Road Farm, R.R. No. 1, Harrow, Ontario.

ELECTROLYSIS

SUPERFLUOUS HAIR, MOLES AND warts permanently and painlessly removed by electrolysis. 17 years' experience. Anne Graham Logan, 140 Carlton Street, Suite Two, Toronto. Branches in Hamilton, London, Sudbury, Timmins, St. Catharines.

FIRST CLASS WOOL RABBITS

ANGORAS, FINEST QUALITY, first class wool producers. Does $5.00, Bucks $3.00 each. R. Faber, R.R. 1, Hensall, Ont.

MEN AND WOMEN WANTED

A FEW SCHOOL TEACHERS MALE or Female to make $25.00 weekly, selling our FAMILEX PRODUCTS which are actual household necessities guaranteed quality; wanted in every home. Write: FAMILEX PRODUCTS CO., 570 St. Clement, Montreal.

Barn Roofing—Granary Lining

SUPERTITE STEEL SHEETS COST less, cover more, last longer, lay faster, save sheathing. Buy now before war advances prices, direct from factory. Superior Products Limited, 15 Nelson Street, Sarnia, Ontario.

BELTING BARGAINS

BELTING FOR THRESHERMEN. Endless rubber thresher belts, suction hose, feeder canvas, pulleys, hangers, shafting, motors at very low prices. Send for price list. The York Belting Co., 88 York Street, Toronto.

PHOTO FINISHING

FREE! You Can Now Own complete set of beautiful silverware absolutely without cost, manufactured and guaranteed by International Silver Company. You may have this complete set absolutely free by sending your films to Imperial. Send an order now and receive complete particulars of this amazing offer. Six or eight exposure films developed and printed 25c, or 8 reprints 25c, plus your choice of a free enlargement in easel mount or free silverware. To get the best in quality and service send your films to Imperial Photo Service, Station J., Toronto.

PUPS FOR SALE

LONGEARED, CROSSBRED, BLOOD Fox Beagle puppies, 7 weeks, finest breeding. Males $6.00, Females $4.00 (Snaps). Harold Lindsay, Nanticoke, Ontario.

SALE OF PACIFIC SEAL COATS

SPECIAL VALUE IN PACIFIC SEAL coats; full swagger style; black only; coat and lining guaranteed two years; sizes 12 to 42; 110 coats only; while they last only $39.50. 10 per cent. reduction for relatives of ex-service and service men; will send for examination on receipt of $5.00. Many other bargains. Munro Fur Store, Vancouver, B.C.

WATCH REPAIRS

$1.25 REPAIRS YOUR WATCH, NO matter how badly broken. One year guarantee. Watch Repair Co., 84 Lippincott St., Toronto.

Guaranteed CAR AND TRUCK PARTS Used — New

SPECIALIZING IN REBUILT MOTORS, POWER-UNITS. Hydraulic Hoists, Winches, Generators, Starters, Magnetos, Carburetors, Radiators — Exchange Service, Glass — Satisfaction or refund. Levy Auto Parts, Dept. J., Toronto.

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