

"Hang on to your hat, Ginnis—I've been waiting for a chance like this for years!"

How Can?

BY ANNE ASHLEY

Q. How can I make good metal polish?

A. Mix one cup of car ashes with two tablespoons of carbonate of soda. Bring to smooth paste with water. Use a clean cloth, rubbing vigorously.

Q. How can I make delicious fruit sandwich?

A. On one slice of bread put some mayonnaise; on a second slice place a slice of pineapple, drained, and on the next lay strips of canned pinto. Then press the slices of bread together.

Q. How can I remove the sediment from a stained vinegar cruet?

A. Pour a little ammonia into the stained cruet and give it a few shakes. Then a little hot water and some more shaking will remove all traces of sediment.

Q. How can I make a rose jar, or potpourri?

A. Select a large-mouthed jar, and put in a layer of rose leaves one inch thick. Sprinkle with salt, and add one or two cloves. Repeat this process until the jar is full. Let stand for about 10 days, then remove to permanent jar, and if desired, add one ounce essence of roses. Jar should be kept tightly closed, opening for a few minutes each day, as fragrance is desired.

Q. How can I remove the white lining on oranges with the skin?

A. This white lining will come off with the skin if the orange is soaked in boiling water for five minutes before peeling.

WET TO KINGSVILLE

Prospective shortage of crude oil will not affect propane gas production for a year or more. The Dominion company has signed a contract with a Montreal firm for 200,000 gallons of liquid propane. The company has sufficient on hand to fill the order.

No solution to the heating problem in Hamilton has been found as yet, Mr. Crozier said, and "a very serious situation" is expected in that city this winter. He said steps have been taken to meet peak loads in the Windsor-Chatham area.

Vitamin D Is "Sunshine"

Vitamin D, the "sunshine vitamin" which is manufactured in the skin on direct exposure to the sun's ultra-violet rays, is something of a puzzler. Science does not yet know exactly how much you need, and you have no way of knowing exactly how much you get. But one thing is very clear; it is indispensable.

Vitamin D is so important during growth that some foods, particularly milk, have had this vitamin added to them. Milk is now enriched with D by several methods. One is by exposing a thin layer of milk to strong ultra-violet light which activates sterols in the milk just as sunshine activates the sterols in the skin. Milk is also fortified by the direct addition of D concentrates. Still another method is to add the vitamin to the feed given cows and chickens so that the milk, butter and eggs will be high in Vitamin D.

You can't always depend on getting your share of Vitamin D from these ultra-violet rays. In the early spring and late fall they are weak—and in the winter, weaker still. In winter, they're only about one-twelfth as strong as in summer. So you have to store up enough in summer to last through the winter.

The ultra-violet light cannot pass through ordinary glass. Fog, smoke and dust are further hindrances. Clothing makes a difference, too. Even the strong ultra-violet light of summer can get through only one layer of light clothing. If you depend upon a sun lamp, keep in mind that it deteriorates and should be checked regularly.

Those summer...
hard on the bow...
knock-kneed boys...
army. — Brockville Record and Times.

Paying a surprise visit to her husband's office, Mrs. Smith crept up behind him and put her hands over his eyes.
"Guess who, darling!" she whispered coyly.
"Stop fooling and get on with your typing," was his absent-minded reply.

"An M.P. is supposed to be familiar with all public questions, isn't he?" asked a friend.
"Yes," replied the M.P. "but not necessarily the answers."

"Did you hear about the delicate hint Mr. Staylate got last night?"
"No; what was it?"

"Well, Edith found that looking at the clock and other familiar devices were of no avail; so she asked for some refreshments, and her mother sent in a dish of breakfast food."

A commercial traveler asked an Aberdeen draper for a repeat order for elastic.
"Na, na," said the Aberdonian. "I'm for nae mair o' your elastic. I couldna measure a yaird o' your last consignment wi'oot the stuff snapping."

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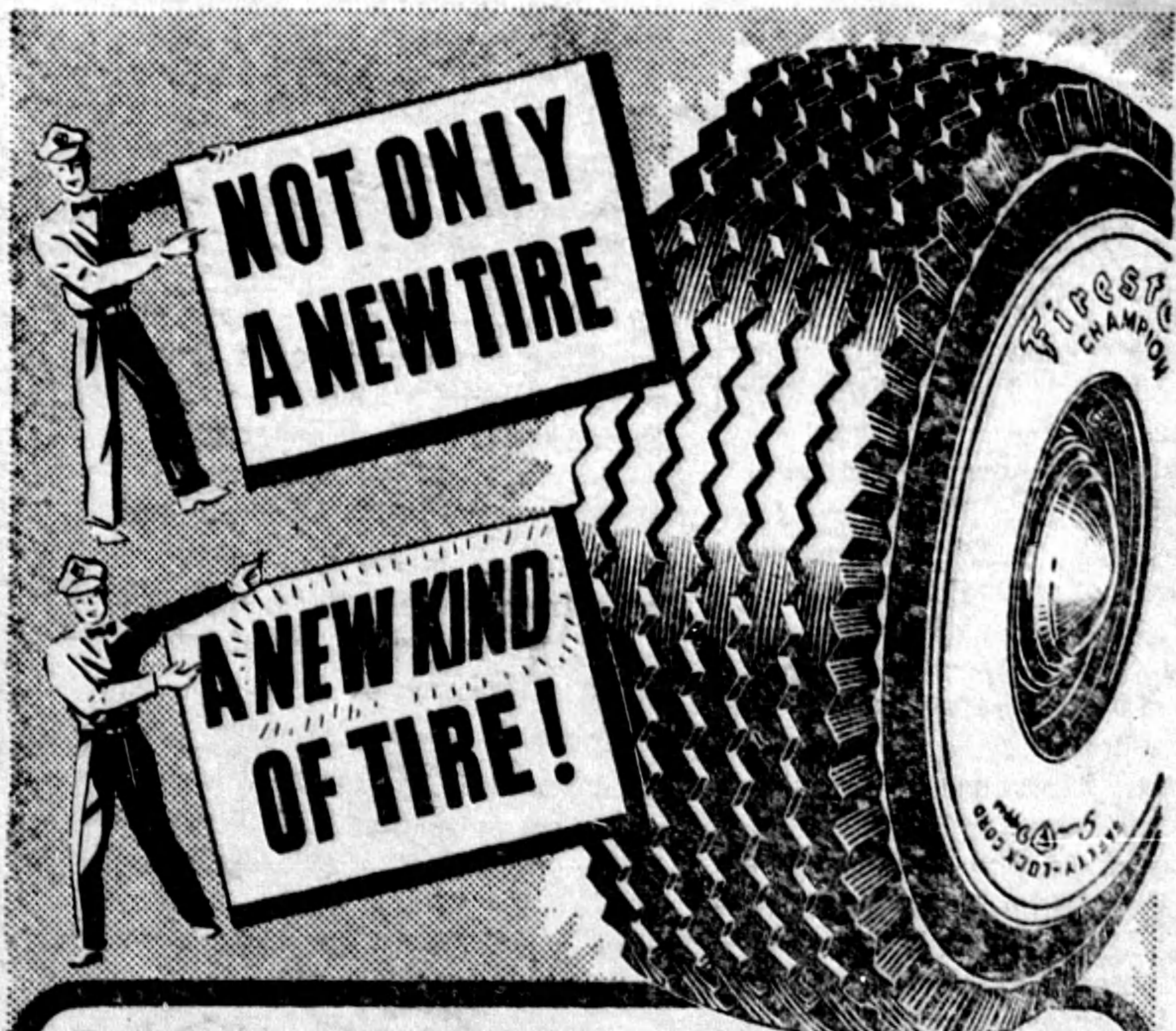
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