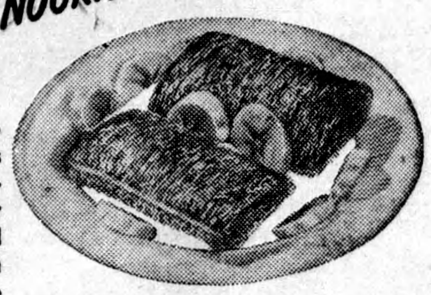
HELP CANADA KEEP FIT

YOU NEED A NOURISHING BREAKFAST



Health authorities agree that whole grain cereals are an essential "protective" food in peace or war. Nabisco Shredded Wheat is a whole grain cereal, — *100% whole wheat*, in which all the bran, *wheat germ* and minerals are retained. For general fitness, keep well nourished. Enjoy Nabisco Shredded Wheat with milk at breakfast every day.

THE CANADIAN SHREDDED WHEAT COMPANY, LTD., Niagara Falls, Canada.

NABISCO SHREDDED WHEAT

Hitler's Wars

"Hitler has overrun and occupied most of Europe, says The N.Y. Times. He has disarmed its garrisons, subdued its peoples, dispersed its governments, robbed its banks and eaten up its food. He has not conquered a single country. He cannot leave unguarded a single door he has burst open. Until now he has gained nothing by his enormous efforts but new enemies. He has only to look at Yugoslavia after a year of 'subjugation' to see that the business of conquest is always unfinished business. Hitler's wars never end."

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33 Buick Cabriolet, 6 whls.	$295
34 Buick Coach	345
34 Buick Sedan	345
36 Buick Sedan	495
37 Buick Sedan	645
38 Buick Coupe, 5 Pass.	745
38 Buick Sedan	745
39 Buick Sedan	845
40 Buick Sedan	995
41 Buick Super Sedan	1495
CHEVROLET	
37 Chevrolet Coach	575
39 Chevrolet Coach	725
39 Chevrolet Sedan	745
40 Chevrolet Sedan	895
40 Chevrolet Coach	845
41 Chevrolet Coach	995
CHRYSLER — DESOTO	
34 Chrysler 6 Sedan	395
39 Chrysler Sedan	825
37 Desoto Sedan	545
DODGE — PLYMOUTH	
37 Dodge Sedan	545
38 Dodge Coach	665
39 Plymouth Coach	695
40 Plymouth Coach	845
40 Plymouth Sedan	895
FORD — MERCURY	
36 Ford Coupe	445
38 Ford Sedan	625
38 Ford Coach	585
37 Ford Coach	475
39 Mercury Sedan	745
40 Ford Coach	845
HUDSON — TERREPLANE	
34 Hud. 6 Ter. Sedan	195
37 Ter. 6 Sedan	545
40 Hud. 6 Sedan	865
NASH	
36 Nash 6 Sedan	495
40 Nash 6 Sedan	895
OLDS	
35 Olds Sedan	295
36 Olds Sedan	395
37 Olds Sedan	545
38 Olds Sedan	695
40 Olds Sedan	945
PACKARD	
32 Packard Cab.	285
37 Packard Sedan	645
38 Packard Sedan	745
PONTIAC	
35 Pontiac Sedan	295
36 Pontiac Coupe	395
38 Pontiac Sedan	675
39 Pontiac Coach	725
39 Pontiac Sedan	765
40 Pontiac Coach	895
40 Pontiac Sedan	945
41 Pontiac Coach	1045
41 Pontiac Sedan	1095
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37 Studebaker Sedan	565
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Have You Heard?

The court trial was proceeding very smoothly until the lawyer attempted to bring out the important points of a conversation that Pat had had with the defendant.

"Now, then," said the lawyer encouragingly, "please tell the jury what you and the defendant talked about."

"That I'll do," replied Pat. "We talked about ten minutes."

"No, no!" interrupted the lawyer. "I mean what did you and the defendant talk over?"

"Oh, that!" replied Pat calmly. "Sure, and we talked over the tiliphone, sir."

Farmer's wife (to druggist)—"Now be sure and write plain on the bottles which is for Hank and which is for the horse. Wouldn't want nothing to happen to that horse before spring seeding."

Stepping out of a luxurious car, a middle-aged woman, dressed in expensive furs, approached the sentry and asked if she could speak to her soldier son.

"He is a tall young man," she explained, "rather good-looking, with blue eyes, and called Clarence Montmorency."

The sentry stopped her. "I know," he said. Then, putting his head around the guard-room door, he shouted, "Hi, Stinkes, you're wanted."

The movie usher was in the dentist's chair.

Dentist—Now, Miss, which tooth is giving you all the trouble?

Usher — Second from the left in the balcony, she replied.

An elderly farmer often drives into a central Michigan village with his horse and buggy. Some of the boys like to "hitch on" behind the buggy with their wagons. When the driver wishes his horse to speed up, he simply shakes his buggy whip over the equine's back.

One boy, who was breathlessly telling his father about the fun, exclaimed — "and Daddy, when Mr. Brown wants old Dobbin to 'step on it' he just shakes the aerial over his back."

"I hope, dear, that you get up when you're called," wrote the fond mother to her boy in the Army, "and don't keep the regiment waiting breakfast for you."

"Do you know who I am?" shouted the irate general to the Australian who had neglected to salute him.

"Do you know who I am?" he persisted, as the soldier looked blankly at him.

"Here, boys," said the Australian, turning to his friends. "Here's something good. A general who doesn't know his own name."

Sergeant (on rifle range): "And remember, the new bullet will penetrate two feet of solid wood, so remember to keep your 'eads down!"

World production in 1940 was 22,000,000 tons of cane sugar and 12,000,000 tons of beet sugar.

WAR WORKERS find relief from painful corns with CRESS CORN SALVE

Keeps you "on your feet" at the toughest jobs. Cress Corn Salve gets results if directions are carefully followed. Should corn or callous not disappear within a reasonable time, money will be refunded on return of jar to dealer. What could be fairer? Buy it, try it. At all druggists.

HOW CAN I?

Q. How can I make a violet talcum powder?

A. By mixing 14 ounces of powdered talc, 2 ounces of powdered orris root, ½-ounce extract of cassia, ½ ounce extract of jasmine.

Q. How can I test the grade of gasoline?

A. Pour a little gasoline into the palm of the hand; if it evaporates quickly and leaves the hand dry and clean, it is high grade. If it evaporates slowly and leaves a greasy deposit, it is poor grade.

Q. How can I keep the pie crust from getting too brown before the filling is quite done?

A. If the crust is browned sufficiently before the filling is done, merely cover the pie plate with a pan, or another inverted pie plate, and continue cooking.

Q. How can I make a polish for black or tan shoes?

A. A few drops of lemon juice dropped on the shoes followed by a brisk rubbing with a soft cloth will give a splendid polish.

Q. How can I make rag rugs last longer when they start to fray at the edges?

A. Take ordinary wrapping string, and, after cutting off the fringe on the rug, crochet an edge on the rug about one and one-half inches wide. This adds to the appearance and the rug will last much longer.

What Science Is Doing

BERYLLIUM

As Germany's metal stock piles dwindled under the drain of months of war, urgent and mysterious requests for beryllium were received in the United States, states an article in National Geographic Magazine. These rush orders came ostensibly from Swiss watchmakers. They wanted the metal, many pounds of it, shipped at once to Europe by Clipper.

* * *

Now, beryllium is a modern miracle metal and one of the increasingly important if least-known sinews of mechanical war. Less than two percent of it by weight, if alloyed with copper, will make that soft red metal so hard it will cut steel. Used in springs and in diaphragms of delicate instruments, heat-treated beryllium alloys stick to their job even under fiercely corrosive conditions. In tests made under a salt spray, springs of beryllium copper have gone on functioning long after their spring-steel rivals have broken.

"Hope springs eternal and so does beryllium," might be this metal's slogan.

Such Spartan refusal to quit in the pinches has given beryllium a small but crucial part in the vitals of today's mechanical armies, air fleets, and navies. It serves in the sensitive fire control apparatus which aims big guns and in other military equipment so secret that details cannot be given here.

* * *

But beryllium's biggest use now is in airplanes, for parts whose failure would mean disaster. The metal plays its life-or-death role in the motor and instrument panel of every American warplane and those of every other major power —provided they can get it.

Hence the sudden urgent needs of "Swiss watchmakers" aroused a healthy suspicion in the United States, particularly since a few pounds of beryllium, alloyed as it is with 96 or 98 percent of copper, would make enough watch-springs to supply the whole world.

P.S. They didn't get their beryllium.

10,000 Eyes

The Ministry of Pensions has supplied 10,000 artificial eyes since the war began, W. Paling, parliamentary secretary to the Ministry, said in an interview. This includes replacements.

SOLDIERS RUB OUT TIRED ACHES with MINARD'S "KING OF PAIN" LINIMENT 35¢

You GIRLS WHO SUFFER DYSMENORRHEA

If you suffer monthly cramps, backache, distress of "irregularities," nervousness—due to functional monthly disturbances—try Lydia E. Pinkham's Vegetable Compound Tablets (with added iron). Made *especially for women*. They also help build up red blood. Made in Canada.

C.P.R. HEAD RESIGNS

Resignation of Sir Edward Beatty as president of the Canadian Pacific Railway is announced. Sir Edward remains chairman of the Board.

Modern Etiquette

1. What is the most popular trend in weddings of today?
2. When a girl has been dining in a public place with a man, and is leaving the table, should she begin to put on her wraps?
3. How should friends and relatives respond to an announcement of a birth?
4. When a bride has no family, near relatives, nor guardian, who should pay her part of the wedding expenses?
5. Is it proper when eating to lay a whole slice of bread in the palm of the hand to butter it?
6. Is it ever permissible to bring a guest when invited to an affair?

Answers

1. Outdoor weddings are becoming more and more popular. They are much more picturesque and easily managed than indoor weddings. The weather should, of course, be taken into consideration when planning an outdoor wedding so that it will be possible to get everything quickly under cover at the first hint of rain. 2. No; she should wait for her escort or the waiter to assist her. 3. By writing notes of congratulation, by calling on the mother, or by sending flowers to the mother or a gift to the baby. 4. In this case the bride should meet these expenses herself. 5. No. Break off a small piece of the bread and butter it with the butter knife, and if there is no butter knife, butter it with the other knife. The whole piece of bread should never be buttered all at once. 6. Only when the permission of the hostess has been asked in advance.

Toothpaste Tubes

Sixty used toothpaste tubes contain enough tin to solder all the electrical connections in a medium sized bomber, according to Wide World.

New Regulations Regarding Tires

Order Tightens Control Over New Tires and New Tubes

Retreaded and used tires, used tubes, and retreading services, as well as new tires and new tubes, are now under rigid control, according to an announcement by Hon. C. D. Howe, Minister of Munitions and Supply.

Effective May 15, the new order is designed to conserve Canada's rubber supplies for war purposes, to prevent hoarding, and to keep essential vehicles, including farm trucks and implements, in operation as long as possible.

The order tightens the previous control over new tires and new tubes. It sets up three classes of eligible vehicles, "A," "B," and "C," on a sliding scale gauged according to the usefulness of the vehicle to a country at war, and it rules out the 1,000,000 or more motorists who are no longer able to buy even a used tube.

When a dealer has two or more orders for a similar tire or tube, and he cannot fill both orders, he must give preference to the owner of a vehicle in a higher class.

Owners of vehicles in Class "A" are permitted to buy new tires, new tubes, retreaded tires, retreading services, used tires or used tubes. In this class are such vehicles as cars used by physicians, cars belonging to clergymen who serve two or more congregations more than three miles apart, cars used by clergymen in sparsely settled districts, trucks for road repairs, trucks for carrying farm products and foods, fire fighters' vehicles, police vehicles, and farm tractors and harvester combines, other than automobiles and trucks, for the operation of which tires and tubes are essential.

Owners of vehicles in Class "B" are permitted to buy retreaded tires, retreading services, used tires and used tubes. In this class are rural mail carriers, passenger cars or trailers used principally for the transportation of produce and supplies to and from his farm by a person whose principal occupation is farming, and who owns no truck, and others.

Owners of vehicles in Class "C" may purchase only used tires and used tubes. Included in this class are vehicles used principally in the course of their duties by the following: Farm or food products inspectors, dentists or optometrists who serve more than one community, scrap buyers, sheriffs or other law enforcement officer, servicemen who repair farm machinery, rural school teachers, rural undertakers, and newspaper reporters. Also covered in this class are horse-drawn vehicles and farm implements for the operation of which tires are essential.

Britain Depends On Rubber From Ceylon

It's true Britain didn't build important stockpiles and has few facilities for reclaiming rubber but, if Ceylon is held, Britain's rubber situation won't be too dire, says Newsweek. London estimates wartime rubber requirements at about 150,000 tons a year, and rubber exports from Ceylon alone last year totalled 88,937 tons. Experts say that, with heavier tapping, the island's output could be considerably increased—perhaps enough to meet curtailed requirements.

Brazil is the only South American country that declared war on Germany during the Great War.

...CLASSIFIED ADVERTISEMENTS...

BABY CHICKS

STARTED CAPONS READY FOR early delivery. There's seldom enough of these choice birds for the markets. Late May pullets, and started pullets for June. Let's have your orders for these, or summer chicks, now. Bray Hatchery, 130 John, Hamilton, Ont.

NOTE THE TWEDDLE CHICKS wherever you go. No one knows Tweddle chicks quite as well as the one who purchases them. They know their profit making ability. One million and a quarter Tweddle Chicks were sold in 1941. More are being sold this year. We have 19 purebreeds, 9 hybrid crosses, 4 breeds of turkeys and 1 hybrid breed of turkey to choose from. FREE catalogue. Tweddle Chick Hatcheries, Limited, Fergus, Ontario.

BAKERY EQUIPMENT

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

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WRITE FOR FREE CATALOGUE, Latest Sensational Books. De-Luxe Book Company, 57 Queen St. West, Room 21, Toronto, Ont.

BUTCHERS' SLICING MACHINES

FACTORY REBUILTS, ALL MAKES, prices low, easy terms. Write for full particulars. Berkel Products Co. Ltd., 533-535 College Street, Toronto.

HELP WANTED

WANTED AT MUSKOKA HOSpital, Gravenhurst, a married couple to work together in diet kitchen. Good wages and permanent position if satisfactory. Experience not necessary. Apply J. T. Murray.

GLADIOLII BULBS

GLADIOLII—RAINBOW MIXTURE —70 blooming size, including Picardy, $1.00 postpaid. R. Corman, Harriston, Ontario.

HELP WANTED

WAITRESSES AND COUNTER girls for immediate employment and for Summer. Experience not necessary. Applications from schoolgirls accepted. Address, Sloan's Restaurant, Gravenhurst, Muskoka.

ISSUE 21—'42

ECZEMA SUFFERERS

ECZEMA AND ALMOST ANY itchy conditions, quick relief, guaranteed with Arthur Eczema Ointment. City Hall Drugs, 70 Queen West, Toronto.

HELP WANTED

WANTED — WARD AIDES FOR Muskoka Hospital, Gravenhurst. Apply to The Superintendent of Nurses.

WANTED AT MUSKOKA HOSpital, Gravenhurst, housemaid-waitresses. Experience not necessary. Apply to J. T. Murray.

CARS — USED AND NEW

MOUNT PLEASANT MOTORS Ltd., Toronto's oldest Chrysler, Plymouth dealers; three locations, 682 Mt. Pleasant Road 2040 Yonge St. and 1650 Danforth Avenue. Our Used Cars make us many friends. Write for our Free Booklet on pedigreed renewed and analyzed used cars.

MEDICAL

FOR STOMACH TROUBLES, heartburn, acidity, nausea, ulcers, furred white tongue, upset stomach from wrong eating, use Elik's "No. 2" prescription of eminent stomach specialist, 55c, $1.00, $2.00. Elik's Medicine Co., Dept. WN Saskatoon.

WANTED — EVERY SUFFERER of Rheumatic Pains or Neuritis to try Dixon's Remedy. Munro's Drug Store, 335 Elgin, Postpaid $1.00.

DYEING & CLEANING

HAVE YOU ANYTHING NEEDS dyeing or cleaning? Write to us for information. We are glad to answer your questions. Department H, Parker's Dye Works Limited, 791 Yonge Street, Toronto.

PLACARDS, STICKERS

PATRIOTIC GUM STICKERS FOR envelopes and letterheads, 30 for 15c. Placards for doors, windows, automobiles, halls, and homes, 10 for 30c. Harvie's Flag Store, 238 King East, Toronto.

MEN WANTED

CANADIAN ENTERPRISE WITH large personnel has a few choice territories for men exempt from war activities — over 200 guaranteed products—mostly necessities. Present supplies adequate. Fascinating A. B. C. Book brings valuable information. No risk. For details, FAMILEX PRODUCTS, 579 St. Clement, Montreal.

SUMMER SCHOOL

MIDLAND SUMMER SCHOOL — Eighth annual session, July sixth-August seventh. Courses for teachers include: (1) Refresher work in new upper school mathematics and science; (2) tuition in upper school English and biology; (3) tuition in the Normal School subjects; (4) classes in handicrafts, choral reading, and folk-dancing. Enjoy a profitable Summer in this glorious Thirty Thousand Island Vacationland. For information write the Secretary, Midland Summer School, Midland, Ontario, or in Toronto phone Hyland 2584.

OUTBOARD MOTOR

NEW 6 H.P. NEPTUNE. BARGAIN $150.00. Write Advertiser, 18 Glenwood Avenue, Toronto.

PATENTS

FETHERSTONHAUGH & COMPANY Patent Solicitors. Established 1890; 14 King West, Toronto. Booklet of information on request.

RHEUMATIC PAINS

FRUIT JUICES—THE PRINCIPAL ingredients in Dixon's Remedy for Rheumatic Pains, Neuritis. Sold only Munro's Drug Store, 335 Elgin, Ottawa. Postpaid $1.00.

OLD RUGS REWOVEN NEW

RUGS, NEW RUGS MADE FROM old. Dominion Rug Weaving Company, 964 Queen St. W., Toronto. Write for booklet.

WANTED

MALE TANNERY LABOURERS, age 45 to 55 years or younger, if you have discharge papers. Good wages to good workers. Donnell & Mudge Limited, New Toronto.

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The word "sniper" which dates from the American War of Independence, means one who shoots from under cover as when shooting snipe.