Ottawa.--Far up the Peace River, in to be practically two feet square and with the fresh start many of us set British Columbia, among the foothills sunk into the rock about seven inches. a pace we have not maintained. of the Rocky Mountains, C. M. Stern- Although the whole district was, berg, Canadian Government palaeon-hunted thoroughly, no dinosaur eggs of dinosaurs, huge reptiles that roam- man Andrews unearthed in Mongolia our attention from past mistakes and ed over larts of the North American some time ago. continent millions of years ago. It is . The spot where the discovery was the most northerly point in the world made was close to the Hudson Hope considerable new light on the life line. habits of these prehistoric animals. species of dinosaurs. They range from Strangely enough, although there are largest tracks were made by an animal has been discovered. at least 35 feet long and the smallest by a creature about 12 feet long. Mr. taining some of the more perfect thing if you take it philosophically,

tologist, has discovered the footprints were discovered, such as Roy Chap-

where dinosaurs are known to have on the Peace River, about 475 miles existed and their discovery throws north of the international boundary we imagine.

The greatest deposit of dinosaur ence. Over 400 tracks were found in the bones and skeletons in Canada is near goals it we so determine. Many of rocks, made by at least five distinct the Red Deer River in Alberta, us have not made good because we six inches in length to 25 inches. The plenty of bones there only one track our play. Let life be serious, cer-

Mr. Sternberg removed the rock con-Stornberg prepared moulds of some of tracks for preservation in the Nationthe tracks and these show the largest al Museum in Ottawa.

Iron Theory To Be King and Queen

To Ascertain Value of Deposits on Bank of Mattagami River, Known for the Last 25 Years

highly

ed that

ultures

1° njako

nake it.

es bust.

shiny

plain

printed

32-men

RNS.

Toronto: - Immediate commencement of diamond-drilling operations apartments of King George at Buckat Grand Rapids, on the Mattagami River, 60 miles north of Cochrane, to prove or disprave the value of the of the palace.

Occurrence of iron, ore at Grand' Rapids has been known for the past phone," the official said, "but he car25 years, and while reports on it have ries on much state and personal busibeen made to the department at dit ness ty phere and frequently calls for Dr. 21. E. Hurst of the Provincial's On the other hand, the Queen dis-Gradogists' staff, through the informa-likes using the telephone and only.

tion he collected in a survey of the does so once in a while to communideposit last summer, to advise the cale with other parts of the palace.

show only in the bed of the river and handful of person can "ring up" along the banks. The surrounding! Britain's rulers. How they get their country is covered by glacial drift to calls past the giant switchboard of a depth of 50 feet or more and the Buck ugham Palace is one of the only way in which the value of the most closely 'guarded of all royal deposit can be ascertained is by drill- secrets. ing. The ore is a siderite with some | The ew telephones which have been limonite, of exceptionally good grade, installed in the King's apartments and especially suitable for the mak and other parts of the palace are scribes some extraordinary experi-ing of sponge iron. A shipment of noted for their clearness. They are means that have been carried put with branched golden candlestick. Outside, 300 pounds, taken out by Dr. Hurst, said to have a sixteen-mile "range crabs." and forwarded to the Ontario Re- advantage" over other types, which

gami River. The drill, to do the work, will be moved from the Gov- go through the general switchboard. ernment's lignite fields, which are only some 16 miles downstream.

Dr. Hurst, who will be in charge of Firemen Mend Toys the "proving" work, is firmly of the opinion that the iron will be of great economic importance if any cousiderable body is proved up.

Appeal is Sent to Ontario

to create an immediate improvement fer. In the demand for fresh fish was for- The toys arrived in two enormous warded recently by Dr. Richard Ham- boxes, a motley mass of detached er. Secretary of the United Maritime parts. They were placed on four long . Pishermen. . "It seems to me that tables in the gymnasium with an overpossibly you could assist in some way flow of two small piles on the floor. in educating the consuming public Then, like working out the puzzle of of intario and Quebec to ask not only a dissected map, the firemen, during

tish that can be caught," the proken toys and joined their parts tothe sige stated. Anything you can gether, sometimes using two to make do to relieve the present depression one, and by Christmas they had in our Canadian markets for resh changed the confusion into an orderly has a present would help to improve assortment of toys ready for service. badistons for the winter in the nomes of several thousand Maritime poor children and filled boxes for each

Argentine Railroad

Lines Face Crisis Buenos Aires, Aug.-The railroads of Argentina are experiencing one of the most acute crisqs in their history, for nearly every woman who has one F. D. Guerrico, attorney for the Buenos Aires Great Southern Railway, stated Dec. 4, in response to recommendations by the Minister of Agriculture that the railroads lower reight rates by rubbing it with steel wool and on agricultural priducts. .

Reduction of rates under the present circumstances, Mr. Guerrico declared, would be a grave economic error, affecting the stability of the railroads besides preventing development of the communication lines and the zones served by them.



Willia: "Mainma, which would you rather have for a Christmas gift, an automobile or a sealskin

Mamma: "A sealskin sack, dear." Willie: "Well, I've got 7 cents. I'll shop around and see what I

Receiver, but Former Has French Type in Office

London.-New telephones of the during the year. London.—New telephones of the first ling the year.

French "all-in-cne" type have just ing the year.

hedn installed in the study and private Every year should be better and ingham Palace. The phon s are connected with the general switchboard

ricon indications at trat point, was an-nounced here on Dec. 12th by Hon. divergence of opinion in the royal The new telephones have revealed a loave for the North shortly to super- what is more, an official of the palace vise, personally, the reginning of the stated, she does not want the new ones under any circumstances. . . .

"King Ceorge dislikes the tele-

proving operations about to be Although the apartments of the

King and Quee are connected with this year may be the best you have The iron outcrops as Grand Rapids, the outside world b, telephone, only a

bearch Foundation, gave 48 per cent. makes them par calarly suitable for pincers, but most of us think of him thrown the incense upon the coal irons. In gradistance calls. In as nipping rather than nippy. You would ten to pray. This was the most of us think of him thrown the incense upon the coal as nipping rather than nippy. You

call, internal as well as external, must

During Idle Hours Boise, Ida.—Toys-mended toyshundreds of them, spread out on the floor the length of a bare gynasium. The place is the central fire station, and here is the story.

To Eat More Maritime Fish large department store inquired of the In the summer the proprietor of a Halifax-A message to R. W. E. firemen if they would care to mend Burnaby, Maritime Trade Commis- the broken toys from his store and sioner at Toronto, requesting the good give them to children having few playoffices of his department in helping things. The firemen accepted the of-

I'm more fish, but also for the fresh- their spare hours, segregated the

The firemen procured the names of family, and at Christmas time delivered them personally.

Wooden Drainboard

How to keep a wooden drainboard clean and nice looking is a problem in her kitchen. Here is the way one woman solved it most successfully. The drainboard, of pine wood, was first made spotlessly white and clean scouring powder. When absolutely dry, it was polished with a little boiled linseed oil, and after this had soaked in well, was dried with a clean cloth. Next, four coats of heavy durable varnish were applied, each coat being allowed to become entire-

ly dry before the next was put on. The result was a truly beautiful drainboard. Its hard surface, looking almost like glass, was impervious o hot water, and not kettles could be set on it without the slightest injury. so I pass them on. If the writer suc-It required no cleaning other than a quick washing off.

New London Well Pumps 2,200,000 Gals. In Day

London, Ont. - London's amazing new water well on the 4th concession continues to far out-distance even the optimistic 1,600,000 gallons per day Dec. 9th. On Dec. 10th, from 2 p.m. the and more light. well was pumping more than 2,200,000 gallons per day, or about 1,528 gallons per minute, with no sign of any diminution in the supply.

Kind Old Gentleman, "Are you in pain, my little man?" Boy-"No-o! quires double time to recuperate, I to read, and keep up with the world. barley will keep in a good fire all day your hand? She-"I think it would be The pain's in me."

Happy New Year

A happy New Year to you all. nilestone passed; another eaf turned over in this book of life! Fresh resolutions made and determinations registered—how often in the past have we done these things and declared that we would learn

We might have done so much bet ter had we not been so clumsy. Still, if we are to do better, we must switch centre it upon the present, looking! hopefully ahead.

It is, too, our happy privilege to be scorers much more frequently than We are just starting a fresh game in the league of our exist-. We can both head and kick did not take sufficient pleasure in tainly; but it is always well to leaven it with humour. Living is a grand always remembering that "the best is

If, then, our resolutions this year are to be improvements upon previous ones, wo must remember that the Probed by Province Differ Over Phone and that every other man has a much righ to live as we have—perhaps more so! To put it another way, we Latter Insists on Old Style must ban sh the impression that we are always right, and the other fellow wrong. It would be a fine thing to resolve that we will practise this

> better for us, and if we have not found the past year so, then we must look within our own lives; the explanation of errors will be found there.

This year, then, may you all be

and face the future with a smile. Let's

Very heartily I wish for you that

Interesting Tests

A recent government Blue Book derabs.

Everyone knows that the crab has in stent worship. Zacharias, having

The department plans to put down a series of shallow holes, vertically at distances of 75 feet apart and effice buildings and hotels in that about 100 feet back from the Matta, there is we have the first plant and the people will be supported by the colline of During recent experiments crass realized that a great religious experi-

were removed from their original ence had overtaken him. home to a place where there was far they all started for home. And in a religious experience in which God has surprisingly short time the majority of them had walked, or sidled, the 78 miles back again. Each of the walkers carried his own

identification disc, for he was marked by means of a label attached to his It higgest claw.-From it-Bits.



Mrs. A.: "Do you ever give your husband Christmas hints?" Mrs. B.: "Of course I do."

Mrs. A : "Do you! Why the least hint makes my husband so mad." Mrs. B.: "Poor dear, you don't know the combination. I tell my husband I don't want what I want and then I get it."

Sambo: "Didn't you tell me that" procrastinate means to 'put off?'"

Professor: "Dat am the signification of the word—yes, sir!"

Sambo: "Den why did that street jah would come back to earth again, 'procrastinate' means to 'put off?'" tion of the word—yes, sir!" Sambo: "Den why did that street car conductor laugh when I says: the children, and of the children to the

In any case, the matter of in

came, but what the message o

13. We are given to understant

there was something miraculous

wickedness and unbelief has

portance is, not how the message

about the birth of John. Zacharias had long prayed for a son, but had

ovah is gracious."

v/as.

This letter came a bit late, but even | for a disgruntled mother often makes resolutions are better late than never, a disgruntled family. ceeds in following these resolutions through to December, 1931, she will undoubtedly be a better mother, manage a better home, and be healthier ing my family with a more balanced and happier.

Resolved by One Homemaker

For the new year of 1931 I resolve Have a window cut in the west end more with less work and worry. of my kitchen (even if I have to do capacity estimated by engineers on it myself) to give better ventilation

Have my work table raised three inches higher to forestall the round shoulders that are becoming evident. keeping. My family needs a cheerful Take more time for reading and spirit, guidance, and interest more will plan for daily rest and recreation, -Mrs. B. F.

in the morning, and be mistress of ware.

myself as well as my household. Plan the meals a week in advance, hus having myself worry and provid-

Plan my housework at least a week Keep a reminder pad handy to jo down needed supplies and things to attend to, and not tax my memory with these items.

Put home-keeping ahead of house

healing the divisions, and reconciling the differences in Israel, that Israel might be ready and fit to be recognized as the Lord's people in the great Day. dawning of the kingdom of God. One of the theories about Jesus, in his life-John the Baptist-Luke 1: 8-17, 80 Golden Text-Thou shalt go before the face of the Lord to prepare his

A Merry Christmas To All

Sunday School

Lesson

s.-Luke 1: 76.

Verses 8-10. The worship in the

live in the sunshine of happy things. We cannot afford to neglect happi. Morning Service was the offering of ness; we must possess it and pass it the incense for the ascending incense on the incense for the ascending incense on the incense for the prayers of Israel. It is the incense for the prayers of Israel in the incense gossip and and miserable gossip and Zacharias would have to choose two and miserable gossip and Triphils to assist him. One of these receives the probing the probing the probing the sunshine of a sincerity their probing the sunshine of happy things. The most solemn part of the most solemn part of the probing the sunshine of happy things. The most solemn part of the probing the sunshine of happy things. The most solemn part of the sunshine of happy things in the life of Zachara ness before his proble ministry of the sunshine of happy things to defend the problem part of the problem in the and miserable gossip and living shall not be yours, eyes and neart to the light and win.

The previous day's offering; he would then worship and retire backwards. The other would spread upon the altar of incense the glowing coals which had been brought up from the alt r. of burnt offering, which was outsile the Holy Place. He, also, would worship and retire. Then, we are old, the organ or "magrephah" ings, developing self-restraint, love. old, the organ or "magrephah" I sound and Zacharias would be Made With Crabs would sound and Zacharias would be thoughtfulness, foresight justice and left alone censer, in hand within the responsibility. Children help us reto our youth, and give us high mo-tive for living and working." Place. Before him would glow the coals on the altar of incense, on his right would be the table of shew-

Stamp Collection

cottage of a priest in the Savoy Alm . 11, 12, "Angel" means messenn ore food for them and where it was ger. I is as difficult to describe a the walls, but since church property thought they would settle down quite religious experience as it is to describe belongs to the French Government, happily. But they did not., No sooner the scent of ex mown grass. When the stamps must remain pasted up unhad they been turned not the sea than the Jews sought to describe a great til they are spoiled by time.

til they are spoiled by time.

The collection was started half a tons or 12 per cent. more in the first century ago by a young priest who 11 months of 1930 than in 1929, and in the progress in different second tons or 12 per cent. The following summary of lines century ago by a young priest who 11 months of 1930 than in 1929, and in the progress in different second priests of Ontario: spoken to a man's heart, they were accustomed to use pictorial language. had no other distraction in the moun-They said, either that the heavens tain village. The Community is an were spened and a voice was heard speaking, or that God sent his angel hour's walk and climb from the nearest road. But the priest received a essenger who appeared and spoke. probable, ough not quite cer-that when the Jews spoke of great quantity of mail, and friends sent him stamps to add to his collecangelic visitations, they recognized tion.

language to be pictorial, not lit-He started pasting stamps on the bare walls in place of wall paper. And then, as the collection grow, he pasted more on top, making Greek designs ing a combined total of 72,190 tors, out of the issues of various countries. There are nearly 250,000 old postage age production. stamps on the four walls of the salon. many of them now rare issues much long prayed for a son, but had on up hope. The name John, as

sought after by collectors. following verse indicates, means The French collection is particularly rich, with copies even of the famous 14. John's message was good balloon stamps issued for air mail by because he announced to all who gasbag, when Paris was being besiegrighteous and penitent that the ed by the Germans in the war of 1870.

years of waiting were near an There is a rare triangular stamp from the Cape of Good Hope, some flourished long enough; at last God was about to manifest his glory and rare vatican stamps of the first, issue before Italy took over the pontificial his righteousness and to inaugurate Alsaco and Lorraine, the first issues 15. Some have thought that John was to be brought up as a Nazirite of Norway, the famous Greek mercury (Num., chap. 6), but if this had been series, and countless others. so, we should probably have been told that his hair was to be allowed to

grow long Probably we are to understand that John's inspiration and extend that John's inspiration and exent is to come, not from strong **Cotton From Iron** drink, but from the Spirit of God, which will fill him.

New Orleans, La. - Carleton Ellis, of Engineers here callec. 9th of a new holiday. Procrastinate, me at Twenty-First fathers." The task of the returned from iron. Except is the color, which street?" "Northern Messenger". Elijah, it seems, was to be that of like cotton and will been about as German process for making cotton easily as cotton. Mr. Ellis also told of the Cerman

process for producing urea, made from mixture of ammonia and carbon dioxide gasses. Urea, he explained. Press attractively every day, even for manufacture of unbreakable china

Motorists may look for further improvement of gasoline and lubricants from the hydrogenation process, said H. E. Howe, editor of Industrial and of Tracy, is the second of its kind to rival in quantity and artistic and his-Engineering Chemistry, who predicted! it could be made to convert crude n advance to be able to accomplish petroleum completely into gasoline of high quality.

Farmers Use Barley as Fuel

Roland, Man.-Farmers in this district are using their barley for fuel instead of coal or wood. They consider the grain cheaper than either community activities that I may be a than they need perfect cleanliness and although it will not retain fire all better companion for my two girls. fancy cooking. I will take daily rest, night, it is found quite satisfactory Remembering that overwork re and recreation, and somehow find time for daytime firing. One bushel of in a small heater.

Farm Problems

Conducted by Prof. Henry G. Bell, Dept. of Chemistry, Ontario Agricultural College, Guelph

THREE FOR ONE

It Paid to Feed Tomatoes Tomatoes have become a very important and staple article of diet. vitamin C, which has great influence 1928 and 1929 tests. on growth and health. It is almost . Not only is the concil of attention.

istry, Ontario Agricultural College! in the vicinity of St. Catharines, Bloomfield, Port Hope and Collingwood, the cutty of the spores of discusse. Suitable medium to light loam soits When disease develops it causes seriwere chosen for the growth of the cus toss. While tiplen to was precrops. Good preparation was given cut in pragacally all of the tenuto In Jesus' time, therefore, the second to the soil and the fertility of the needs yet it was observed, and coming of Elijah was expected and soil was supplemented by an avery yields confirm the conclusion that this coming was to be a sign of the age application of about 750 lbs. of fertilizer at that time healthy vigor-supplied with an abandance of sort ous tomato stock was set out last time, was that he was Elijah come again, Mark 6: 15 John was not Elisabeth and the analyses of fertilizers produced a maximum of sound trust again, Mark 6: 15. John was not Eli-jah, though he seems to have been a man of Elijahs spirit, and Jesus him-

self seems to have regarded John's special needs of the tomato crop. The to growers since they provide a national mission of repentance and five tests showed an average yield of means of testing out theory under pre-The new telephones have revealed a nounced here on Dec. 12th by Hon. Charles McCrea, Minister of Mines.

The new telephones have revealed a nounced here on Dec. 12th by Hon. Charles McCrea, Minister of Mines.

The new telephones have revealed a nounced here on Dec. 12th by Hon. Charles McCrea, Minister of Mines.

The new telephones have revealed a nounced here on Dec. 12th by Hon. Chirches McCrea, Minister of Mines.

The new telephones have revealed a nounced here on Dec. 12th by Hon. Chirches McCrea, Minister of Mines.

The new telephones have revealed a nounced here on Dec. 12th by Hon. Chirches McCrea, Minister of Mines.

The new telephones have revealed a nounced here on Dec. 12th by Hon. Chirches McCrea, Minister of Mines.

The new telephones have revealed a nounced here on Dec. 12th by Hon. Chirches McCrea, Minister of Mines.

The new telephones have revealed a nounced here on Dec. 12th by Hon. Chirches McCrea, Minister of Mines.

The new telephones have revealed a nounced here on Dec. 12th by Hon. Chirches McCrea, Minister of Mines.

The new telephones have revealed a nounced here on Dec. 12th by Hon. Chirches McCrea, Minister of Mines.

The new telephones have revealed a nounced here on Dec. 12th by Hon. Chirches McCrea, Minister of Mines.

The new telephone in the nounce of opinion in the royal filled with a joy that will increase: Temple at Jerusalem was conducted this must inevitably be so if you per to this must inevitably be so if you per to the North hop and conducted this must inevitably be so if you per to the North hop and conducted this must inevitably be so if you per to the North hop and conducted this must inevitably be so if you per to the North hop and conducted this must inevitable was conducted to the tests in the test in you to come to the took the lead in turn. But he part this must inevitable was applied So let's forge, the things behind ly no priest could twice perform. This, that wice John was grown to hand the fetture with a smile. Let's been a great day in the life of Zachar ness being the future with a smile let's been a great day in the life of Zachar ness before his public ministry organ.

The sound, even ness before his public ministry organ. Valuing the increase in tomato yield maturing at an early date a negrand at 50c per bus, the gross return was ed by theh the basket to de \$59;60. Investment in feetlizers cannots

was \$14.60, honce the net return was \$45.00 per acre or the tomato growers made over three for one on thele

investment in fortilizes. Time was when cietitians measured favorable for tomato growing, yet an The summer of 1930 was rather unprote is and carbo-hydrates only, in average of these five field tests show comparing the value of foods. Food ed a return of three for one on investstudies have taken a great step for ment in fertility. On one test the ward, however, since the formulation return was almost four for one. It of the vitamin theory. It is with is interesting to note that although reference to vitamin content that to 1930 summer was: unfavorable, yet natoes are especially valuable, since the average return was 2.24 bus, per they constitute a valuable source of acre greater than har obtained for

impossible to get definite figures as to soil fortility shown in the increasto the consumption of tomatoes in ed yield, but Scart Erothers and the Canada, but scudy, of the subject other experimenters report a marked quickly reveals the important basic improvement in the regularity of size position hold by this crop, not only and uniformity of meeting All tomaduring the growing season, but to growers were troubled more or throughout fall, winter and early less this year with theend rot. The spring when delicious canned toma general theory as to the cause of this oes form an important part of the is that when a severe drough follows a farbrable early growing season, Au Five field fests, were conducted last processes of growth are abruptly upsummer by the Department of Chem set The tip of the expanding fruit where rapid growth is being made is injured and the fruit is exposed to where the growing tonatoes were

able available plantfood, the cros

Newsprint Output | Plan 1,850 Miles 67.6 P.C. of Capacity

Canadian Mills Produced 40,-1

372 Tons in November . Montreal.-Production of newsprint n Canada during November, 4930, amounted to 201,703 tons and shipments to 213,673 tons. Production in United States was \$2,337 tons, 7 and sion to build more than 1.850 unite, of shipments 93,631 tons, making a total primary lines during 1931, to address United States and Canadian newsprint production of 294,000 tons and ship ments of 307,304 tons. During November 24 208 tons and ship additional time to the 1,100 miles already constructed officials of the continission acnounced recently. It is estimated the Oreca additional times are all the Oreca additional times. On Cottage Walls ber 24.208 tons of newsprint, were 2.709 furnal consumers and 66 approximate in Newfoundland and 1.268 tons in Mexico, so that the total North proximately \$1.380,000. Paris.—The most freakish and one American production for the month directly by the expansion, it is stated Paris.—The most freakish and one amounted to 319,516 tons, according to the most valuable stamp collections amounted to 319,516 tons, according to the most begins the most ending November to the newsprint Service, New York.

The Canadian mills produced 182.—

T cottage of a priest in the Savoy Alps.
Collectors who have found the stamps have bid fabulous prices for the right to steam the collection from the walls, but since church property belongs to the French Government, 1930 than in the first 11 months of 1929, which was a decrease of 7 per tent. The United States output was belongs to the French Government, 1935 to so or 7 per cent. Less than 1935 to so or 7 per cent. Less tha for the first 11 months of 1929. Production in Newfoundland was 29,234 by \$203,000.

Mexico 4,483 tons less, making a total decrease of 249,212 tons or 6 per cent. During November the Canadian mills operated at 67.6 per cent, of Nothern ... 1,051 rated capacity. United States mills at Negtuern 68.0 per cent, and Newfoundland mills at 105.1 per cent. Stocks of newsprint paper at Canadian mills totalled 40.372 tons at the end of November, and at United States mills 31,818 tons, mak. Doctors Praise Walking which was equivalent to 4.2 days' aver-

New Animal Bill To Be

Ameterdam, Holland.-The different organizations for the protection of antmals and the prevention of cruelty to animals in the Netherlands have recently given practical proof of their judicial committee from their number, act more wisely if they were to culterritory, war stamps from 1870 from to draft a bill for the protection of animals.

The names of several eminent lawvers and scholars appear on the committee and the assistance of a large number of experts will be available to consider the possibility of basing the ew law on modern conditions, giving lefinite rights to animals.

These rights comprise that of proection against ill-use and ill-treatment, of good treatment and care and New York, told the anual convention working day with reasonable animal of the American In: itute of Chemical the right of not more than a 10-hour

> Second Albino Otter prevention of fatigue."—In "Public Trapped in Canada Orlinion".

Fredericton-The rarest of North American fur-bearing animals, an Pompeii Vields ago on the northwest branch of the Oromocto River near Tracy, Sunbury not only is suitable for fertilizer but County, and is in the possession of a Frederiction fur dealer. It will be A.D., when an eruption of Mount Vomounted and sold to one of the railways for exhibition purposes. .! So far as is known, the animal, which was taken by George A. Nason,

> be caught in Canada. The animal was caught just 10 miles from where the first one reported in covered at Poscoreale in 1895. This Canada was caught by Locke Phillips, of Tracy, four years ago. The first was bought by the same dealer, was mounted and sold to the province of New Brunswick, and has been exhibited at sportsmen's shows.

Cora-"So Frank is engaged, in he? And is Clara the bride-to-be?" Dulcie-"No; she is the tried-to-be."

He-"Would it be very wrong to kiss

New Hydro Lines

Additions to Serve 9,700 Rural Consumers and

> Cost \$4,380,000 Totolio. Plans have been here b the Ontario Hydro-Electric Commi-

Farmers of the province we bench

Program Progress for . - Mor vear - 1931 to-data

As All Round Exercise loctors will tell you that man is quire obviously intended by nature to use his legs a great deal, otherwise they would not be provided with the, Passed In Holland very powerful museles which give strongth and shapeliness, Sunday News.

who, being ild longer young, spend willingness to ro-operate in humani- their weed-end, in playing victors tarian aims by appointing a mixed games. Most of these people would tive, o the habit of quiet walking. "For it must not be supposed that walking employs only the muscles of the legs. If the walker has been taught to carry himself correctly he

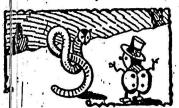
exercises muscles in his back, his

"There are a great man, people

neck, his chest, and his abdomen, and on going up hill he gives a gentle stimulus to his breathing and circul-Walking is so easy that people find it difficult to believe that it ought o count as exercise, and yet walking offers not only wholesome action of many muscles but by the variations on the flat, uphill, and, downhill, the muscles are continually being used in different ways, which is a great

Rich Treasure Pompeli, Italy .- A rich store of gold and silver vessels 1. om the days of 79 surius buried this c'r, was found recently by Government reavitors who luncovered a large hou.....

Archaeologists said the find would: to le value the famous irensure onis now in the Louvre Museum in Paris.



Worm: "Christmas shopping