

HAVE YOU A CANARY?

According to bird shops Canadians are extremely fond of canaries, especially those living in the country. Consequently a little delving into the origin of these little chirpers is not amiss

It seems about the time Columbus was making his important voyages westward across the Atlantic, a coastwise vessel was ant voyages westward across the Atlantit, a coastwise vessel was proceeding through the Mediterranean toward the Egyptian port of Alexandria. It had come up the African coast from the Canary Islands where it had taken aboard a large number of canary songsters. The birds were a cheery lot; their melody made the crew and passengers happy.

All went well on the sailing vessel until it started through

All went well on the sailing vessel until it started through the 100-mile neck of the Mediterranean between northern Africa and Sicily when a severe storm struck. The ship foundered, burst open in places. "As we cannot save ourselves," said one of the sailors, "I will free the birds."

As soon as the kind sailor opened the doors of the cages the canaries zoomed out in a northeastern direction. Where did not sail to the sailors and

canaries zoomed out in a northeastern direction. Where did those canaries go? For some reason they did like Sicily, and they did not relish Italy; but they did stop at Elba, the island which was destined to be the place of banishment for Napoleou Bonaparte. They remained there for a time, then went on to the European mainland and finally selected the Hartz Mountains for their permanent home. Today the bulk of imported can-aries come from these mountains which are covered with dense

forests and thick undergrowth.

The sailor that freed the little yellow birds went down with his ship. All the passengers were lost. However, one sailor managed to seize a heavy timber from the ship, and he clung on till it scraped a beach. He was the only survivor from the ocean tragedy, the only one left to tell this story of his brother sailor's kindness to the canaries.

BUTTER 2,700 YEARS OLD

Hazelnut butter 2,700 years old and still in good condition was the archaeological find recently examined by Professor Dr.

Johannes Gruss of Berlin-Rahndof.

The material, as described by Professor Gruss; consisted of two lumps about the size of plums, found with the remains of a man of the Iron Age, about 800 B.C. in a grave near the town of Butlingen. The body had been cremated before burial, and of Butlingen. The body had been cremated before buria the urn containing the hazelnut butter was in the fire. thoroughly sterilized the earthen vessels and its sealed-in contents, coating the fat with a carbonized layer that constituted a second protective covering.

Consequently in all the centuries bacteria and fungi had been unable to penetrate to the fat and spoil it. It was identified as hazelnut fat by particles of carbonized nutshell embedded in it.

HOME TREATMENT

Visiting a well-known beauty parlor last week I picked up some interesting information regarding the care of the hair. For instance, if you have long hair; nightly brushing helps to pro-

mote a flexible scalp and keep the hair in a healthy condition.

But, if you have short hair; the brush is not especially necessary. It seems that a good massage and a good five-minutes of violent tugs of your hair will do wonders toward a healthy scalp.

Another good hint. Our complexions don't stand much of a chance in this climate of cold winters and hot summers. The reason English women have such lovely complexions is due to the moisture in the air. And that is what we lack. A good-way to overcome this is to apply a good tissue cream just before you step into a bath and let the steam open the pores and allow the cream to do it's work. Afterward, remove all surplus cream and apply an astringent. It seems that applying cream when you retire at night is not especially beneficial, as the circulation is very sluggardly when you are asleep, consequently the pores are not working and do not absorb to the degree when taking Which after all is plain commonsense.

I have tried these home treatments and must admit the results are gratifying.

Overweight A Menace to Good Looks and Good Health

A Balanced Diet Is the Best and Only Safe Way to Reduce-Avoid Overeating

By "Bon Sante"

Health statisticians have prepared tables which state fairly accurately what one's weight should be. Yet how few one meets whose weight conform to these tables! Corpulency is one de ree or another is general, particu larly in men and women past middle age, and such corpulence and shape lessness as one does see!

Life Insurance Companies, doctor and other competent authorities advise against overweight. Superfluous flesh does not represent good health, rather it constitutes a menace to pshysical well-being and greatly detracts from the personal appearance of both sexes.
"What is the best, surest and safest

way to reduce?" is a question which most overweight people are constant ly asking themselves and others. Mos them have tried one method or another, some conscientiously and thoroughly, and others in a haphazard sort of way. Pills, fruit juices diet exercise of one sort or another, etc.,

are the familiar panaceas.

Now let us look the facts squarely in the face! Isn't it overeating which usually produces overweight? In other words, overweight people eat more than their physical habits require That is why people who work hard or take a great deal of exercise do not gain in weight so readily The more sedentary one's habits the easier it is to add weight

Exercise will, of course, keep the weight down, but the battle against overweight by means of exercise is frequently nothing but a system drudgery, particularly if one continues

Other methods may be sure ways o reducing, but, undoubtedly a properly balanced diet is the best and only safe way Therefore if you would be thin you must go easy on the proteins. Wholemeal foods are advisable but eat them sparingly. Eat lots of fruits and vegetables, but meat only once daily. Potatoes in small portiones may be eaten, but baked or boiled only, Avoid all fats, greasy foods, pastry, sweets, icings stimulants and condi-

a tendency towards constipation— and take some form of exercise daily. Eat a little less of everything. It is better to leave the table a trifle 14, 16, 18 years, 36, 38 and 40 inche hungry than that one should feel ever bust. Size 16 requires 2½ yards o

Don't make the mistake of mos overweight people of arguing that you don't cat much. One's weight tells the

tale. wer questions. Simply address "Bon Sante' care of this new 12 per, enclosing self-addressed stamped enve

Famous Village

By Nazi Rulers-Oberammer gau Again Is Ready for Passion Play

Oberammergau,-Nazidom's hectic first year has brushed lightly past Opersumergau, where a 300 year tradition and faith was reconsecrated

The first public presentation of the Jubilee Passion Pia; will mark the end of the third century since Christ's Passion was first played by a village just saved from extinction.
Plague, following close on the neel

of the armies, roll rempant through the Alps in 1632. In Kohlengrub nearby it raised such havoc, the old re cords say that in 1633, "only two mar-ried couples out of the whole com-

munity still were in complete health.'
Oberammergau similarly was
struck. By the middle of 1632, 84 of the village's 600 had succumbed, and many more already bore the stigma of the pest. Then the council, the 'six' village church and solemnly vowed to reenact nce every decade the story Passion. From that instant the deaths eased.

The vow was first fudfilled in 1634, and three centuries of devotion since have raised it from a local to a world tradition.

Oberammergau has voted strongly Nazi for years, and in the interpre-tation of the roles themselves may appear a reflection of the Nazi religious conception—a "heroic" Christ and a

militant gospel. The cast brings together nam which have recurred again and again on the rolls since the vow was made. The Virgin Mary is Anni Rutz; Peter is Hubrt Mayr; Klara Mayr plays Mary Magdalene; Judas is Hans Zwink; Pilate, Melchior Breitsamter; John, Willi Bierling; Calaphas, Hugo Rutz; Annias, Siegfried Lechner. Al together there are 124 speaking parts with more than 600 in the mass scene

The play originally was presented in the church, later in the churchyard but increasing fame made necessary continually larger theatres. The present arched structure, open at the stage end where a simple classic structure serves as background for the action, seats 5,208 spectators.

Summer Silk Frock

By HELEN WILLIAMS Illustrated Dressmaking Lesson Furnished with Every Pattern



It's a gay little frock in white tub silk dotted in nautical -blue. yoke which cuts in one with caped sleeves and jaunty scarf are plain nautical blue crepe. Plain white crepe accents its smart caped shoulders.

Another attractive scheme is carry it out in one material as a soft handkerchief-finish lawn print in candy stripes.

Wrinkle - resistant printed voile handkerchief linen prints, novelty ments. Drink water and pure fruit handkerchief linen prints, novelty jui es, freely, particularly if there is pique and striped and checked seer sucker are other lovely suggestion for summer wear for this model.

Style No 2705 is designed for size bust. Size 16 requires 21/2 yards of so slightly that one has had a heavy 39-inches material with % yards of 39-inch contrasting.

HOW TO ORDER PATTERNS Write your name and address plainly, giving number and size of such patterns as you want. Enclose 15c in stamps or coin (coin preferred wrap it carefully) for each num-afternoon newspaper.
ber, and address your order to Wilson Pattern Service, 73 West Ade-

Woman of Seventy Is Not Bothered Clears Brush Land And Rebuilds Home

Lathing and Plastering of House Done With Mixture Of Her Own Invention

Mrs. Thirza Simmonds. who cele brated her 70th birthday by taking a holiday in North Battleford, Sask has more mannish attributes to her credit than the most modern flapper. In addition to clearing the land for ploughing she has found time to rebuild her home.

Alone on her farm her dexterity with axe, hammer and saw enabled her to clear 33 acres of brush land ready for crop and remodel the farm

Her latest achievement was lathing and plastering of the newly repaired home with a mixture of her wn invention. Unable to secure laths she plucked tiny willow twigs sufficient to completely cover occupied the sum mer months of 1932.

For plaster she unearthed a clay ravine. Quantities of this she carried to the house and applied over the dried she applied a smoother solution made from the same clay, plu: sand and chaff from the bottom of the strawpile. A little paint supplied the color scheme to the room.

Mrs. Simmonds came to Canada from Edinburgh in 1920. She has worked the farm alone since her son left home five years ago. Asked how she learned to use a saw and make plaster she remarked simply "It is strange what one can do when one really has to."

Berry Pudding Fit For a King

This Recipe May be Used for Strawberries, Raspberries, Blueberries

Strawberries are now on the mar et and the smart housewife should have in reserve a few recipes that will make use of them.

If you'd please the fussiest member

of the family, try this recipe for a steamed berry pudding. STEAMED BERRY PUDDING

Sift one and one-half cups flour ith one-half teaspoon of salt, two tablespoons sugar, and three teaspoons baking powder. fingers work in three butter and then add one-half cup of fresh strawberries which have been thoroughly washed, dried and dustec with flour. Be sure the berries them from sticking to the bottom of the pan. Add enough milk to make a soft batter, pour the mixture into a mould and steam in a regular a mould and steam in a regui steamer for one and one-half hours.

If you haven't a steamer, place the mould in a covered ran, half full of water, and let the water boil for the same length of time. When the pudding is cooked, turn it out on a platter and serve at the table. The recipe serves six. Raspberries, black berries, blueberries or currants may be substituted for strawberries.

Poultry Mites

Of all the many varieties of vermin that infest fowl, red mites are the most troublesome. One of the very best disinfectants, to use against mites is made as follows: —Dissolve one pound and a half of concentrated one pound and a half of concentrated lye in as small a quantity of water as possible. (It will be necessary to do this two or three hours before the rye is required as it should be cold when used). Put three quarts of raw linead all little of five will be the cold. linseed oil into a five gallon stone crock and pour in the lye very slow ly, stirring meanwhile. Keeping or ly, stirring meanwhile. Keeping on stirring until a smooth liquid soap is gallons of crude carbolic acid or com mercial creosol, stirring constantly until the resulting fluid is a clear dark brown. Use two or three tablesoonfuls of the mixture to a gallon of water. The disinfectant may be applied with a hand spray pump, or if such is not available, a brush will do, but in either case the fluid should be used liberally after the house and roosts have been thoroughly cleaned out, flooding every crack and crev

Gnashes Teeth

Fire Damages Home of Editor Just After Deadline

Florence Colo-When fire damaged his home recently Milton H. Booth, editor of the Florence Daily Citizen, wrote a front page apology for his readers.

"This writer hangs his head in shame, gnashes his teeth, curses roundly," he wrote.

He dismissed the damage done to his home as relatively unimportant. What angered Editor Booth was the What angered Editor Booth was the mane out fact that his home caught fire ten when you are satisfied that you have fact that his home caught fire ten when you are satisfied that you have minutes after the deadline for his afternoon newspaper.

This does not be the fact of the satisfied that you have a done your best work on them, go ahead and let me see what you can do in sketching a landscape com-

are the three great needs of man."-

Romance of Young Tennis Player; Is to Marry Novelist - Actor Her Triumphs

James

twenty

London-It is understood that an engagement may shortly be announced between Miss Billie Yorke, the lawn tennis player, and Mr. Codfrey Winn, the young novelist and zctor. They were partners in the Mel-bury Club tennis tournament recently, and will probably play together in several coming tournaments. They

Fearnley-Whittingstall.
Mr. Winn is twenty-six. He was a stage and film actor at piceteen, and

met three years ago.

Both declined to say anylling about a possible romance, but neither would deny it.

"I think bits Vishe is a monderful partner on the court," said Mr. Winn, "but as for life partnership, it is rather early to talk." Miss Yorke blushed and laughed.

Breast Feeding

powerful appeal to all young mothers)

"The prevention of death and disease during the first year of life de-pends almost entirely on the skilled supervision of the infant's diet.

Too frequently mothers are told to wean their babies because of some temporary and remedial condition.
The author concludes his articles with the statement: "If there is one question upon which all child spe-cialists have reached a unanimous agreement it is upon the inestimable superlority of breast milk over all other concoctions in the feeding of infants. Human milk is one of Nature's most precious gifts; its value in dollars and cents cannot be estimated unless one can put a mcnetary value on human life."

33-Year Record

"A record in Sunday School attendance has been made in Listowel that has probably not been equalled in the province," says the Banner. Miss Myrtle McLachlan has been honored by the United Sunday School and preby the United Sunday School and presented with a fountain pen for having attended Sunday School every Sunday for thirty-three years. She has already received all diplomas and seals that can be secured and has occasionally received gifts from the school. Miss McLachlan attended Sunday School in Cargill for seven years without a miss and has maintained her record for the past 26 years in Listowel. It is believed that there is no record to equal Miss McLachlan's splendid achievement.

There Are Plenty Just Like Him

Just because a person does not subscribe to this paper is no criterion that he does not read it. The other day a man came into our office who does not take the paper. He was very conversant with the news that had been in the paper and also an advertisement in which he was interested. on clean ground.

He took up our time for some min-utes answering his questions regard-ing the ad.—of course, time does not count for much these days, as that is what we have the most of—but that is not all, we have a phone in the ofis not all, we have a phone in the of-fice, which costs real money, and he wanted us to do some phoning for him, as he "did not like talking on the phone." This took up another lot of our time. It happened to be rain-ing that day, and he took shelter in our office; that is nothing, we always like to be of service when we can-After he had ascertained all the in-After he had ascertained all the in-After he had ascertained all the information he desired, and leaving, it struck us that perhaps here was a new subscriber for the asking, so we said: "You should be a subscriber to our paper." We don't really know our paper." We don't really know what he said for an answer, but we do know that he didn't subscribe. Now this particular man could well afford to take the paper for every member of his family and not miss the money; a dollar to him would represent about a nickel to us. So lock present about a nickel to us. So lack of funds was not his reason. As long as some people can borrow their neighbor's paper it will be a poor lookout for the paper man to enlarge his circulation. Wonder if it ever occurred curred to these people that their neighbor has a broom, a tea kettle, or fly swatter.—(Drayton Advocate).

She is regarded as one of the bead doubles players in Britain.

She represented Britain in the

doubles final at Wimbledon Est year in partnership with Miss Freds

This year she will partner Mrs

his first novel appeared before he was

In 1929 he wrote a newspaper

article, "Why I Won't Marry," which began: "Marriage is a prison house..."

The Hen Will Still Be On The Job!

Natural incubation is still used exensively on the farm, for the hen can do good work if she is properly look-ed after. However, if the hen is to be used for incubation see that she gets a fair chance. Set several at a time in clean nests, preferably in a separate room or colony house. that they are free from lice, put feed and water in the pens, and give them well selected eggs. By testing out the unfertile eggs it may be possible to transfer the remainder from three hens to two and return the third to the laying quarters. When the chicks are hatched it may be that one hen can take care of them all. Keep the mother and her brood away from the rest of the flock, in a sanitary coop

Sketch Club

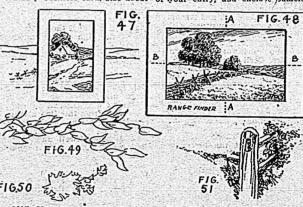
Range Finder in locating an ideal spot from which to make a landscape

LESSON NO. 9

Fig. 47 demonstrates how an artist a personal reply, may have same it a may change a bit of scenery around to make a different view of scene B. Fig. 48 demonstrates how to use a cotor, Our Sketch Club, Room 425, 73

Page Finder in locating an ideal Adelaide St. W., Toronto.

Fill in the required information A Range Finder may be made from listed below, then paste on the back an ordinary business card, size about of your entry, and enclose sufficient



2" x 3½; Sketch a leastage of 3 eights of turned to you. an inch from the edge of the card this rectangle is to be cut out so that the artist may look through the opening to obtain the view to sketch. find it advisable to fasten the Finder on the end of a stick in order to either hold it up or to fasten it up to enable me to find the view.

Note the lines marked AA and those marked BB, the vertical center is at AA, the horizontal center at BB. I use a rubber band around the card to represent the horizon, which should be placed either above or below the actual or horizontal center of the card. This will ensure good balance in the composition.

Figs. 49 and 50 illustrate in outline as suggested in Fig. 51 illustrates a portion of a

fence with foliage around it.
EXERCISE NO. 14.
Should you not be satisfied the results of your still life sketche

Questions will be answered this de- Toronto 2, Ontario.

" x 3½". Sketch a restangle on this postage if you wish the sketch re-

Name Address .

The enclosed sketch was sketched rom nature. The enclosed sketch was made from memory or is an original composition. The enclosed sketch was copied from ... the picture from which the copy was

or copy work will not be eligible. I am not earning my living as a

Signed . Date

All entries must be in this office on or before the First of AUGUST,

Address all entries, together with a 3c stamped, addressed envelope, to The Art Director, Our Sketch Club, Room 425, 73 Adelaide Street West.