

NEWS PARADE

REPERCUSSION: One of the first things the new Canadian constitution did was to give Japan the flitters, turning the Rising Sun nation against its former triangle-partner, Germany. Immediately Japan began to look for favor with the new Britain. Within three days of the signing of the new pact, Japanese army men left off stripping British subjects in China, began to make the German nationals suffer the various indignities instead.

'TIS AN ILL WIND: Wars and rumors of wars and appreciative crises in Europe don't help business much. They bring trade to certain countries to a standstill. They have with the stock market, chase customers away from every mercantile door, throw the youth of the land into a frame of mind where they think a hand-to-mouth existence is the only possible one. But... it's an ill wind that blows nobody good. Europe hanging on the brink of catastrophe has accomplished one thing: it has succeeded in bringing Ontario's Mr. Hepburn to Ottawa, to confer with federal officials...

ALL FEELS FORGOTTEN: Have not heard much talk of the election this Fall, eh, since the Dr. Strangelove crisis started? Ears drifting to...

Hockey Star Drowns
Albert "Eddie" Sliemers, star of the Montreal Canadiens hockey team for many years, and recently appointed coach of the Flying Frenchmen, was drowned in Lake Huron while attempting to restrain a wild dog that had gotten from his little daughter.



catch the dropping of a pin in the Polish Corridor, have been wearing bangs and crabs on our own political floor.

POLAND'S HISTORY: In 565 under the reign of Mieszko, whose great-grandfather had wrested its beginnings—a province extending from the Carpathian mountains to the Dan River and the history of Poland as a kingdom began. She gradually grew, at one time extending over part of what is now Western Russia and the Russian Ukraine, as far south as what formerly was Czechoslovakia, and as far north as what is now Latvia on the Baltic, and with a western frontier approximately the same as her present border.

Poland has been partitioned four times. She appeared as an independent state under treaties concluded in 1765, partitioned her between Russia, Prussia and Austria. Not until 1919 did she appear as a nation, carved into the world maps by the Treaty of Versailles.

THE WEEK'S QUESTION: How does the new Xianxianan, the old China? Answer: Japan's amount of energy is already halved after 20 years of expensive undeclared war in China. But Japan has all along been counting heavily on Germany remaining an enemy of Russia. Now Russia is in a position to concentrate new strength on the Siberian-Manchoukuo border, focal point of Russian-Japanese hostilities, and give all her attention to defeating the Japanese.

EXPORT TRADE'S Huge Increase
Ottawa Records Large Gain In First Six Months—Canadian Trade Expands Generally

Canada's export trade during the month of July was valued at \$20,197,050, an increase of \$2,581,333 over July, 1938, according to a statement issued by Hon. W. D. Barrett.

This increase is in keeping with a general expansion of trade in recent months. For the three months ended with July total exports were valued at \$52,049,915, as compared with \$20,347,165 for the same three months in 1938.

Outstanding features of the July trade were the continued large increases in the exports to the United States and the United Kingdom. To the former, the amount was \$41,596,027, compared with \$21,645,560, a gain of \$20,950,467, or 93 per cent, and to the latter, Kingdom \$31,285,593, compared with \$25,736,576, a gain of \$5,549,017 or almost 22 per cent.

Seven Fuels For The Human Body

Whether Weather Hot or Cold A Little Seven Food Varieties Necessary

There are seven varieties of foods which we all need to keep in health, says a doctor. Whether the weather is hot or cold, and whether we are lazy or energetic, we must have some of each of these kinds of food. No one variety can replace another, but we eat too much of one, and too little of another, the balance of digestion and nutrition is upset and may become ill. Here are the seven pillars of a healthy diet:

- (1) Proteins. These have been compared to building stones, because in the process of digestion and assimilation they are converted into actual body tissue. Animal proteins (meat, milk, fish and eggs) are easily built into body tissues, but vegetable proteins (such as peas and butter, eggs, oat, fat of meat, and oils (especially fish oils).
- (2) Carbohydrates, which give energy and are derived from sugar and starch, including cereals, bread, root vegetables, and many fruits.
- (3) Vitamins, found with minerals in the above classes of food and in fish oils, they are necessary for health, growth, and protection from disease.
- (4) Minerals. These are found in whole cereals and from vegetables—particularly green vegetables and fruits.
- (5) Vitamins, found with minerals in the above classes of food and in fish oils, they are necessary for health, growth, and protection from disease.
- (6) Extractives. Flavoring essences which make food palatable, smell and to taste, and which help us to digest our food. They are found in meat, fish, and stock, soups, gravies and the water used for cooking meat and vegetable dishes (in stews, soups, and gravies).
- (7) Water—in its purest form, it gives energy, the digestion of the food produces heat and so maintains the temperature of the body. In summer, therefore, we have to limit the body's protection of heat by eating of the heat-producing foods, such as sugar, fat and the starch, replacing them with more fruit and vegetables.

Canadian Troops Are On Guard Against Sabotage In Dominion



In face of European events, the Dominion government has taken steps to prevent sabotage of important public buildings, transport and communication lines. At the RIGHT, a contingent of the London and Welland Regiment is shown standing guard on a bridge over the Welland canal, while a Lewis gun crew is seen, LOWER LEFT, keeping a watchful eye on the canal itself. In camp at Thorold, Ont., these soldiers are seen in the background as they receive a shave from the company barber, prior to taking up entry duty.

VOICE of the PRESS
EXCAVATION
Ont. Alberta they dig up dinosaurs, but in Ontario, barely old estates. — Toronto Star.

FORGOTTEN MEN
Rural mail carriers are to have special markers to put on their cars. But they have not had their pay raised. — Ottawa Times.

LAND OF ABUNDANCE
Andrew Murray, of Wilton Grove, Ont., planted one barrel of Erban oats and harvested 53 bushels. There are many things wrong in the world but there appears to be nothing wrong with an earth which can yield such an abundance. — Peterborough Examiner.

NOT TO BE COUNTED ON
An English industrialist visiting Toronto predicted a boom for Canadian industry in the event of war. It is explained that a full 100 bushels per seed acre. On that basis the present outlook is for an average of 12 1/2 bushels.

ABOLISH ROADSIDE WEEDS
One argument used by the advocates of reforestation is that a beautiful landscape will attract tourists, yet we cannot recall hearing it said that we should weed, teazel and blue devil along the roadside and in the fields while the standards of farm practice in the communities through which they pass. — The Farmer's Advocate.

Pasture For The Fall
Here is a suggestion from the Forage Division, Dominion Experimental Farms, about providing good pasture in the fall. Fall rye, sown at the rate of two bushels to the acre from August 10 to September 15, depending on district and season, will usually supply good feeding for cattle until well on towards winter. Early plowing helps in preparing the seed bed, and once rye has made its first start, cattle may be turned into the fields, but not cheap because they nibble too closely. If not pastured too closely, the rye will winter well and there will be early pasture next spring lasting till the end of June. Then it may be ploughed under and the plants make excellent green manure.

REG'LAR FELLERS—Practical Farmer
However, Chief Walking Eagle was obliged to have seen the Royal couple twice. The Chief said his wife refused to accompany him unless she could have a permanent job for her hair, a new shawl and a 'White woman's shoes.' Outstanding features of the Permanent Trade Show for Permanent Trade were the continued large increases in the exports to the United States and the United Kingdom. To the former, the amount was \$41,596,027, compared with \$21,645,560, a gain of \$20,950,467, or 93 per cent, and to the latter, Kingdom \$31,285,593, compared with \$25,736,576, a gain of \$5,549,017 or almost 22 per cent.

Popularity Of Wool Increases

New Textures and Color Range Are Partly Responsible

It may seem early to talk about wool, but now that wool is so definitely a year-round fabric, we can discuss it reasonably. New textures and fascinating color ranges have a lot to do with wool's popularity. Also, wools are now easier and even trends are lighter in weight. Wonderful imported knitted fabrics are combined with hand knits. Circular or ribbed skirts in the better houses are not too short and the sheer wool fabrics, some of them combined with pure silk, are very thin and flattering.

How Weather Affects Mail
Three Elements — Temperature, Humidity and Air Moisture — All Influence Our Moods

James Osmun, the United States Government's meteorologist has confessed that he and fellow forecasters are puzzled by their pronouncements were baffling many people and they've concluded that the trouble lies with the meteorological terminology — words that mean one thing to the weather man and something else to the man on the street.

Tests New Fighters
Pilot Leigh Cupper who has been putting through their initial tests at Malton Airport, 28 new West-coast fighters, built in Canada.

Twice Champ Beard Grower
The arena at Vernon, B. C., was packed to its brim again this year for the grand finals carnival, 1939 when Bert Lamont, for the second year in a row, was awarded the palm for having grown the bushiest beard.

Books And You
BY ELIZABETH EDDY
"UNCLE LAWRENCE"
This small book is the fine story of a young Englishman's short summer visit to an uncle known only through letters who lived on the island of Pelee in Lake Erie, the southernmost point of Canada.

Life's Like That
By Fred Neher
Martha Hunt is careful to keep her hands from withering and shaking hand lotion Hubbed gently into the hair of her young nephew's associate, white hands. The actress is currently in "These Glamour Girls" which features Lew Ayres and Lillian Gish.

Huge Telephone System In Russia
Six Thousand Miles of Equipment Sent From Britain
A British firm has just shipped to Russia the last consignment of equipment for the world's longest carrier telephone system, which will run for nearly 6,000 kilometres (about 6,000 miles) crossing Siberia and covering practically the entire breadth of the U.S.S.R.

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ONTARIO UDOORS

By VIC BAKER
ONTARIO SKEET TEAM WINS DOMINION TITLE
Feeling the heaviest individual score among the finalists in the national skeet championship, which were held simultaneously with the trap competition, Fred, Elder led Toronto's York Skeet Club to the successful defence of its Dominion title.

Travel Sickness: How To Avoid It
Suggestions For Those Who Suffer When Travelling
At this time of year there are always inquiries regarding that boggy of travelling, car or train sickness. The following suggestions should prove helpful when dealing with this problem either in children or adults.

Sunday School Lesson
HEZEKIAH, A KING WHO REMEMBERED GOD
Printed Text, Chron. 30:13-22. Golden Text—"Turn us again, O God; and cause thy face to shine, and we shall be saved." Ps. 80:2. THE LESSON IN ITS SETTING
Time.—Hezekiah was the eighth king of Judah in 715 B.C., and it was not long after this when he began making preparations for the great passover feast of which our lesson speaks.

Beauty Hint
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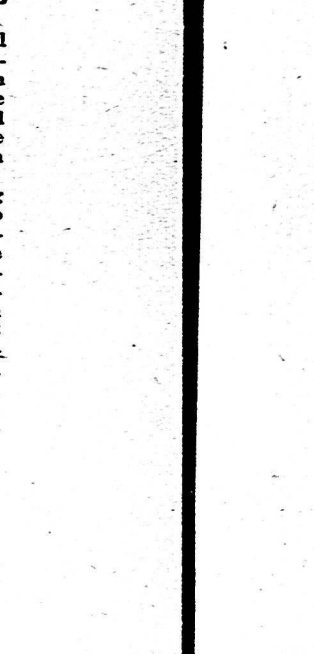
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"Shuttle Bombing" Can Be Done By These British Planes



Picture in flight here are a few of the type bombing planes which can be used in Great Britain to bomb German military plants in the event of aggression on Poland. The planes can take off from French bases, loaded with bombs which they can drop on Germany, fly on to Poland where they can refuel and load, and again bomb Germany on the way home. These planes have a flying radius with full bombing load of more than 5,000 miles.

Wake Up Right In The Morning
Stretch and Yawn For Five Minutes Every Morning
Whether you manage to look and feel your best during the summer months, it will be in large measure due to the way you sleep and how you wake up. You are about starting each day in a reasonably unexcited and wide-awake fashion.

Teach Children To Enjoy Music
Children Will Respond to Stories Behind Compositions
Rayad Jamieson, music critic for the Vancouver Daily Province, suggests a way to teach the music-loving children to enjoy music more readily from baseball fields to the concert hall.

Canada's Maple Crop Down In Value
1939 Maple Sugar and Syrup Short of 1938 Bumper Crop
Canada's 1939 crop of maple sugar and syrup was slightly above the average for the past few years, says the Dominion Bureau of Statistics reported recently. It was short of the bumper crop taken from the maple trees in the Spring of 1938.

Radio Notes
THEATRE ON THE RADIO
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