

"It DOES taste good in a pipe!"

HANDY SEALING POUCH - 1 1/2 LB. "LOCK-TOP" TIN - 6 1/2 LB. also packed in Pocket Tins

Cocoba

GROWN IN SUNNY SOUTHERN ONTARIO

Moving Mountains

That the Alps are moving rapidly to the north along a 300-mile front, causing the plains in front to sink into the earth under their irresistible weight, is the opinion of an eminent scientist. The same thing is happening to the Himalayas, which are creeping south. But although in geological time they are moving swiftly, the actual rate is only a few feet each year. All the time, the world is undergoing change. The Thames was an underground river 10,000 years ago, for a former bed has been discovered sixty feet below the present one. So a million years hence inhabitants of this planet will not be able to recognize their territory by looking at maps of to-day. Everything will be different, for a river like the Mississippi shifts enough sediment into the Gulf of Mexico each year to cover the cities of Manchester and Liverpool in a three-foot layer.

Joint U.S.-Canadian Commission Studies Routes

ALCOHOL AND ANGINA

An injection of pure ethyl alcohol into the neck to cure the pain of angina pectoris, one of the serious forms of heart disease, was described by Dr. Samuel Perlow of Chicago.

It gave complete relief in 40 per cent of the cases tried, and the relief in the other 60 per cent. Angina is a painful heart trouble.

Influenza Control

A discovery by three Australian researchers has shown that a nose mucus secretes a substance which may be certain disease viruses harmless to the nose. The researchers have developed a method of using a feeble medical control of influenza. The three scientists found that chemically purified secretion of the normal human nose inactivated every kind of influenza virus obtainable there for testing.

Ontario's Prison Population Down

Rapid Reduction Experienced in Province Both in Commitments and Sentences

Ontario's prison population, which rose to an all-time high during the year preceding the first Great War and shows a rapid reduction in both commitments and sentences, was reported by the Deputy Provincial Secretary, stated in his annual report.

Have You Heard?

When Sir George Reid, a man prominent in Australian politics, was made knight commander of the St. Michael and St. George, he was rather embarrassed by his new dignity, for he had never been referred to as plain George Reid. At one of his meetings someone called out "Sir George, what does K. C. M. G. mean?" Without a moment's hesitation the knight answered, "Keep calling me George."

Hospitals Facing Doctor Shortage

Due to Absorption into War Services Toronto Medical Society Nurses Are Performing Intern Duties

Canadian hospitals are faced with a shortage of doctors caused by the demands of the services. Dr. Harvey Agnew, of Toronto, told the British Columbia Hospital Association at its annual meeting.

White-haired Lady

"Al, my dear, always wear a hat when you go out. It's the only time a modern mother puts her feet down in when the traffic light turns green."

Throughout the night her husband had been muttering "Florie," and at breakfast she tackled him. "Florie," he echoed. "Oh, that's the horse I backed yesterday. A day or two later a letter arrived and wife opened it. When hubby came home that night she handed it over to him. "Your horse has written to you," was all she said.

Menstrual cramps, backache, nervousness, headache, indigestion, etc. are relieved by the use of **MENTHOLATUM**.

It is a natural, safe, and effective remedy for all these ailments. It is available in sachets and tablets.

How Can I?

Q. How can I salt peanuts in the shell?

A. Boil the peanuts in salt water. Allow to dry and then roast.

Q. How can I make a good hair polish?

A. Dissolve 1 ounce of powdered borax in 1/2-pint boiling water. When cold, add 4 ounces of precipitated chalk and beat until smooth; then add 1 gill of alcohol. Bottle for use. Shake thoroughly before using.

Q. How can I renew old hair?

A. Squeeze the old hair in hot, soapy water, then in cold water, then in milk to stiffen it. Press it on the wrong side.

Q. How can I take the fire out of a burn?

A. Make and apply a paste of honey and water.

Q. How can I care for garden furniture before storing it away for the winter?

A. Rub the furniture well with boiled linseed oil; this will keep the color of the wood and prevent its rotting.

Q. How can I soften a paint brush?

A. To soften a paint brush, boil it in vinegar. If the brush is very full of paint, boil it the second time.

Rebuilds Arteries

A major discovery in surgery, that of rebuilding arteries by using sections of the spare parts, was reported last month by Dr. Gordon Murray, of the University of Toronto.

It is the use of an internal piping, long sought by surgeons, is made possible by a new drug, heparin, which triples the length of time that human blood takes to coagulate.

Heparin, an extract of liver, was developed by a group of Canadian physicians headed by Dr. C. H. Best of Toronto, co-discoverer of insulin.

Modern Etiquette

BY ROBERTA LEE

1. If a young man sends a girl a box of candy or flowers, but she is not in the least interested in him, it is necessary for her to write and thank him.

2. When a woman has a hard dinner partner at the table, must they devote all their thoughts to the man? No. She should be interested in the conversation of the other guests.

3. What is the most becoming color for a blonde woman with a fair complexion and light hair?

4. When a girl is with her escort, and wishes to leave the table to go to the rest room, what should she do?

5. When a girl wears a man's fraternity pin, does it imply that she is engaged to him?

6. Should a widow, upon a second marriage, wear white?

Fisherman Picks Up "Athenia" Life-belt

A life-belt in good condition, marked "Athenia - London" was picked up by fisherman James Sherry off Cape Ray, Newfoundland, last month.

Cape Ray is at the southwest corner of Newfoundland, flanking Cabot Strait where part of the St. Lawrence flows out to sea.

The Athenia was torpedoed by an unidentified submarine on the second day of the war, September 3, shortly after sailing from a British port for America.

King Rallies Greeks

John Gunther, world-renowned historian, lists these "ten most interesting people whom I have come to know in the past year." He lists: Archibald Leitch, poet and Librarian of Congress; Winston Churchill, Prime Minister of Great Britain; Sinclair Lewis, author and playwright; Dr. Wilhelm Stekel, psychotherapist of London, formerly of Vienna; Madame Chiang Kai-shek, wife of the Chinese Generalissimo; Mahatma Gandhi, leader of the Indian independence movement; Leon Trotsky, Russian statesman; Eamon De Valera, Irish statesman; and H. G. Wells, British statesman.

Farm Boys, Girls Learn By Doing

Junior Farmers Developing By Clubs Throughout All Canada

In agricultural fairs and exhibitions held throughout the Dominion in recent years no feature has been more outstanding than the work of the Boys' and Girls' Farm Clubs, says the Director of the Dominion Extension Service, the provincial and district farm, potato, calf, poultry and other clubs are coordinated through the medium of the Canadian Council on Boys' and Girls' Farm Work.

Feathers On Hats Menace Bird Life

Pillions From More Than 40 Species of Wild Birds Are Being Offered Illegally For Sale—Used in Women's Millinery

North American bird life faces its worst threat in the last few decades because of the illegal feather trade. The men and women who sell feathers on hats are giving a new leadership to Canadian agriculture.

There are many projects embodied in the program of these clubs, such as livestock, field crops, horticulture and home economics. As a result of this work, potato production in one area has been re-organized. In other districts, livestock and grain have been raised to a high standard.

181,765 From U. S. Live in Canada

A count by the United States Foreign Service last week revealed there are 181,765 citizens of the United States residing permanently in Canada and Newfoundland. They are spread out as follows:

Ontario	46,440
Quebec	41,994
Manitoba	20,000
Alberta	27,220
Saskatchewan	16,464
British Columbia	15,610
New Brunswick	9,719
Newfoundland	2,343

MIDDLE-AGE WOMEN

Guaranteed CAR AND TRUCK PARTS

See and inspect the quality of our parts. We have a complete stock of all makes of cars and trucks. We are located at 1234 Main Street, Toronto.

IN LIGHTER VEIN: Music From The Spheres.

"It's my own invention. It doesn't scream, it doesn't whistle—it just plays. 'There'll Always be an England'"

Health Topics

Prevention of Throat Infection

Thymol, a substance allied to phenol (carbolic), but with 25 times the antiseptic strength of the latter, is strongly advocated as a gargle and mouth wash in the prevention of raw sore throats and of tonsillitis. It is also used in the treatment of persons subject to these ailments.

In every mouth left undisturbed for some hours, for example during sleep—a varying amount of white substance grows on the tongue and other moist surfaces and accumulates around the teeth. This consists of a thread-like plant called leprothrix, in the meshes of which may be numerous germs and cells. This, if not removed, will grow rapidly and form a hard tartar on the teeth which can be removed only by a dentist's sharp instrument. Such removal is necessary, otherwise the teeth and gums will suffer.

People otherwise meticulously clean in their habits habitually neglect their teeth. If a toothbrush is used in a perfunctory way, it is allowed to become filthy and possibly smokes particularly if cigarettes are used; in these individuals a systematic use of a saturated solution of thymol in water as a mouth wash and gargle, is a most effective preventive.

Canadian National Railways Revenues

The gross revenues of the all-Canadian National Railways System for the week ending October 21, 1940, were: \$5,200,000 as compared with \$4,192,463 for the corresponding period of 1939, an increase of 24.3 per cent.

Mexicans Original Juice Drinkers

While Canadians are now becoming great juice drinkers—tomato juice, pineapple juice, orange juice, apple juice, grapefruit juice, etc.—the Mexicans have been doing this for centuries.

Delicious refreshments are made and drunk by the entire population, by the simple process of mashing in a pulp the most of fruits in season, adding a little food water and sugar to taste. Such refreshments are made of watermelon, cantaloupe, peaches, apricots, pineapples, and plums, papaya, apples, oranges, tamarind and dozens of other fruits.

There's A Trick To Using Perfume

And what's more Ann Rutherford knows what it is. Never does she apply a drop of perfume on her hair. She puts it right on her face. In this way the perfume reaches the skin and just a whiff across her lips. In this way the perfume reaches the skin and just a whiff across her lips.

Art of Selling

"Selling is an art not always practiced on strictly ethical basis. Some years ago, a newspaper carried an advertisement for a 'Milkmaid' brand of milk. The advertisement stated: 'Milkmaid, young, good looking, wishes to meet with a view to marriage, a girl like heroine in M's novel.' Within twenty-four hours the 'Milkmaid' brand of milk was sold out. The advertisement was a masterpiece of salesmanship. It was a masterpiece of salesmanship. It was a masterpiece of salesmanship.

Should Build Up Flocks of Sheep

Canadian Farmers Are Called Upon to Meet Increased War Needs

Stressing the responsibility of farmers in building up their sheep flocks to meet the needs of the country in war time, Dr. S. Archibald, Director Dominion Experimental Farms Service, addressed the Ottawa Valley Sheep Breeders' Association at the opening of the third annual sale of rams and ewes at the Dominion Experimental Farm, Ottawa, recently.

Egyptians Used Wedding Rings

Various Explanations of Origin of Ceremony Have Been Offered. Gold Ring Introduced in Second Century.

Various explanations have been given to account for the use of a ring in connection with marriage. It was an ancient Egyptian custom at the betrothal ceremony for the bridegroom to pass his four fingers and palm through a large ring to receive the hand of the bride.

Saving Ontario's Natural Resources

KEEP OUR LAKE TROUT

Fish, like other creatures, must be adjusted to their habitat or their race will not survive. In warm water kind cannot long exist in cold water and one that is used to a shallow lake will not thrive if placed in a stagnant pool. Our lake trout is a good example of this. It is a cold water fish and must be acclimated for normal life but as it lives in our lakes, which season considerably at the surface in summer, it has had to go down into the depths for part of the year. Often the deep waters lack oxygen so we find that the trout live at a medium depth where the water is cool and yet above the stagnant bottom waters.

Yukon's Many Wild Flowers

Variety of Species Yet There is Astonishing—Pink, Blue and Magenta Are Chief Colors

There are orchids in the Yukon—the Siberian, a large purple pink bloom with white spots and a rare White Orchid. One of the most beautiful flowers to be found in great variety beneath the "alpine" near Dawson. Our state's most beautiful flower, the Yukon Wild Flower, has just been published. Co-starring with her in its preparation are the Yukon Wild Flowers, has just been published. Co-starring with her in its preparation are the Yukon Wild Flowers, has just been published.

What Happens When R.A.F. Raids Nazi Capital

Narrowly missing an important Berlin railway station, a R.A.F. bomb created this crater in the capital of the Reich.

Stain-Regulates Heat of the Body

The skin regulates the heat of the body. It is the only organ that can do this. It is the only organ that can do this. It is the only organ that can do this.

REG-LAR FELLERS — Free Demonstration

By GENE BYRNES

WHAT'S THAT ROPE FOR, MISTER? IS THAT A GENE BYRNES? BEHOLD! WHAT TIME DO YOU GET UP? HOW ABOUT A NEW MICHIGAN? YOU MAKE A WEEK!

VOICE OF THE PRESS

NO SIGN OF APPEASEMENT

By the way, has any reader seen a picture of Winston Churchill with an umbrella?

—London Free Press.

THE WAR-WEEK—Commentary on Current Events

MAIN BATTLE DEVELOPS IN THE MEDITERRANEAN

The "Battle of the Mediterranean" has been called the "Battle of the World's Newspapers" because of the intense interest which has been shown in it. It is the most important battle of the war. It is the most important battle of the war.

Both Not Uncommon

A traffic officer, says that speed exceeding 72 miles an hour is not uncommon on the Queen Elizabeth Way. For his own safety, he says, he would not advise motorists to exceed this speed.

Church Anniversaries

This is the season of church anniversaries and it is interesting to note that despite the war which has furnished many new avenues of service to the church is not being forgotten. And it is right that this should be so. In fact, never was the ministry of the Christian needed more than it is today.

Scouting

To Boy Scouts fell the honour of providing a guard of honour for His Excellency the Governor-General, the Earl of Athlone.

Londoners Who Were Victims of Nazi Bombs

Head bandaged, a victim of Nazi bombs, LEFT, sadly reads over a pile of tattered papers belonging to his London home. With a leprous dressing around his head, another air raid victim who managed to get into a crevice of wreckage and more or less escape injury. He was rescued with his master.

Life's Like That

By Fred Neher

YOUR FORTUNE AND WEALTH

BEE HIVE SYRUP

A Great Energy Food

Exclusive Pouring Spout

upon his first official visit to Montreal, October 7th. The study, smartly uniformed party of 150 First Class and King's Scouts made a fine impression as they lined up in the Windsor station concourse to receive the Chief Scout for Canada. His Excellency formally inspected them, and complimented District Commissioner Robby Mackay upon their appearance.

Scouts Representing Fort William and Port Arthur Troops

were hosts to a party of American Boy Scouts from Duluth and Superior at the annual Lakeland International Labour Day week-end get-together. The camp of 13 tents was erected in the Department of Highways Park at Little Falls. The programme comprised a Sunday Scouts' Own service, led by points of interest, boating and fishing, and finally a big campfire. The Canadian Scouts were under District Commissioner H. W. Ellard and the American Scouts under Scout Executive Sig Klender of Duluth.

Because most of the wood for tobacco pipes comes from the Mediterranean countries, manufacturers may try to revive the popularity of the old-time clay pipe.

Scouting

To Boy Scouts fell the honour of providing a guard of honour for His Excellency the Governor-General, the Earl of Athlone.

Londoners Who Were Victims of Nazi Bombs

Head bandaged, a victim of Nazi bombs, LEFT, sadly reads over a pile of tattered papers belonging to his London home. With a leprous dressing around his head, another air raid victim who managed to get into a crevice of wreckage and more or less escape injury. He was rescued with his master.

Life's Like That

By Fred Neher

YOUR FORTUNE AND WEALTH

BEE HIVE SYRUP

A Great Energy Food

Exclusive Pouring Spout

VOICE OF THE PRESS

NO SIGN OF APPEASEMENT

By the way, has any reader seen a picture of Winston Churchill with an umbrella?

—London Free Press.

BEE HIVE SYRUP

A Great Energy Food

Exclusive Pouring Spout

Scouts Representing Fort William and Port Arthur Troops

were hosts to a party of American Boy Scouts from Duluth and Superior at the annual Lakeland International Labour Day week-end get-together. The camp of 13 tents was erected in the Department of Highways Park at Little Falls. The programme comprised a Sunday Scouts' Own service, led by points of interest, boating and fishing, and finally a big campfire. The Canadian Scouts were under District Commissioner H. W. Ellard and the American Scouts under Scout Executive Sig Klender of Duluth.

Because most of the wood for tobacco pipes comes from the Mediterranean countries, manufacturers may try to revive the popularity of the old-time clay pipe.

Scouting

To Boy Scouts fell the honour of providing a guard of honour for His Excellency the Governor-General, the Earl of Athlone.

Londoners Who Were Victims of Nazi Bombs

Head bandaged, a victim of Nazi bombs, LEFT, sadly reads over a pile of tattered papers belonging to his London home. With a leprous dressing around his head, another air raid victim who managed to get into a crevice of wreckage and more or less escape injury. He was rescued with his master.

Life's Like That

By Fred Neher

YOUR FORTUNE AND WEALTH

BEE HIVE SYRUP

A Great Energy Food

Exclusive Pouring Spout