

Eyesight Drill Eases Muscles

Series of Exercises Will Strengthen Optic Muscles - Help Sub-Normal Sight

- Dr. C. C. Reid, Denver, believes that many cases of sub-normal eyesight result from failure of optic muscles to focus automatically. To help relieve such muscular failure, he has worked out a series of 15 eye exercises, which follow: 1-Close both eyes tightly, then more tightly. Open and repeat six times. 2-Open eyes wide, then wider. Close and repeat six times. 3-Lift eyebrows high, relax, and repeat six times. 4-Close one eye tightly, then more tightly. Repeat alternately with each eye three to five times. 5-Repeat all facial muscles with eyes closed for a few minutes. 6-Place thumb fingers of each hand on forehead over eyes and rub vigorously up and down ten times. 7-Place fingers on temples and rub as before. 8-Place thumb fingers on cheek bone and rotate ten times. 9-Pick up skin all around eyes with fingers as if pinching. Do this with each eye three to five times. 10-Close right eye, stare forward and without moving head look at small object as far as possible. 11-Close left eye, look as far as possible to the right. 12-Place forward and without moving head look at small object as far as possible to the left. 13-Repeat exercises 10 and 11 clockwise and counter-clockwise between each focus. 14-Open each eye with palm of hand without touching eyeball, but excluding all light when eyes are opened; then close eyes and rest them with head supported by hands and elbows resting on table until all color disappears and total blackness is registered. Hold this position until eyes feel rested. 15-Look at dot on card 12 inches from eyes with right eye, then left then both eyes. 16-Look across room at dot or small object on wall with right eye with each eye then with both eyes. 17-Repeat exercises 11 and 15 several times, then rest eyes by "seeing black" as in 13.

King's Brother Seeing Canada

Duke of Kent, younger brother of King George, pictured in Ottawa before starting his tour to look over Canadian training camps.

Plenty of Food In Great Britain

British Minister of Agriculture asserts that food supplies in England will be greater than in last year.

Change Quality Of Shortening

Canada Will Use More Important Fats; Less Imported Oils

Leapling Mammal

Answer to Previous Puzzle

Plum Treats For Winter

By Frances Lee Barton

The Whole Family enjoys it!

Heartful, refreshing Spearmint Gum is a treat for young and old.

There's Money In Writing

When you hope to write what editors and publishers want to read, you can make money as you write.

Pop-Fair Exchange

Farmer Brown's compliments, sir, and here's your hurricane lamp.

By J. MILLAR WATT

And would you please return my hat and cage you took?

SUNDAY SCHOOL LESSON

LESSON VII PETER ENCOURAGES SUFFERING CHRISTIANS

Peter 4:12-19; 5:6-11 GOLDEN TEXT: "If a man suffer as a Christian, let him be ashamed; but let him glorify God in his name." Peter 4:16

THE LESSON ITSELF THE LESSON ITSELF

Time. - The First Epistle of Peter was written about A.D. 61.

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12-Open eyes wide, then wider. Close and repeat six times.

13-Open eyes wide, then wider. Close and repeat six times.

14-Open eyes wide, then wider. Close and repeat six times.

15-Open eyes wide, then wider. Close and repeat six times.

NAZI PROPAGANDA HAUL IN HAVANA

Two reekers, a rifle, a German binocular and a copy of Mein Kampf were a few of the articles picked up by Cuban police when they took into custody German-born Fernando Ernesto Blyman Sanchez in Havana.

VOICE OF THE PRESS

Precisions Before crossing a busy street the pedestrian should stop and look.

Contents For PARCELS A new item from London states that the canteen supply of chocolate is short.

Impressive Record Canada has practically eradicated malaria in the Dominion provinces.

Replacements Needed It was predicted that the 40-60 age group will be replaced.

Labor In Wheat The amount of human labor required for raising wheat has fallen.

Unanimous Enlistment The village of Tobemary at the tip of the Peninsula is a patriotic hamlet.

Australian Gas Rigidly Rationed Gasoline is rigidly rationed in the Commonwealth of Australia.

Bandits In Disguise Two little black kittens sat still in their chair.

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Britain Calls Older Workers

Men of Fifty and Women of Forty to be Registered For Essential War Work in Britain

Growing demands for manpower by the armed forces and industry may require mobilization of men of 50 and women of 40 for essential war work.

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Automatic Device Warns Listeners

"Alert Receiver" Developed by Radio Corporation of America Automatically Gives Warning and All-Clear Signals

A radio device which can automatically warn listeners to their sets to hear the broadcast.

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Trail's End

By William McLeod Raine

"I suffered from constipation for some time, and tried all kinds of laxatives, but with no result.

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For Harmonious Picture-Hanging

In the general hanging of pictures three rules must never be broken if one desires a harmonious room arrangement.

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Dry Flowers Now For Winter Table

Larkspur, Honesty and Everlasting Flowers Can Be Dried in Summer and Used For Decorations in Winter

If you are lucky enough to have such things in your garden as larkspur and honesty and everlasting flowers, you have the foundation of a decorative scheme that will last all winter.

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27 of the Latest R.A.F. Photos FREE!

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Bee Hive Syrup

The "broom of the digestive tract." A Few Vegetable Rinses For All The Family

Every day use one yellow vegetable or tomato.

Every day use one leafy vegetable.

Every day use two vegetable rinses.

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World's Largest Potato Farms

Biggest Agricultural Estate in England Supplies "Crisp" For British Army

Two English villages, whose names are recorded in William the Conqueror's Domesday Book, today supply Britain's fighting forces with millions of packets of potato crisps.

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