**Eyesight Drill Eases Muscles** 

> Series of Exercises Wil Strengthen Optic Muscles -Help Sub-Normal Sight

Dr. C. C. Reid, Denver, believe that many cases of sub-normal eye-sight result from failure of optic mrscles to focus automatically To help relieve such musculi failure, he has worked out a series of 16 eye exercises, which follow: 1—Close both eyes tightly, then more tightly. Open and repeat si

mes. 2—Open eyes wide, then wider. Close and repeat sir 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 eyes closed for a few minutes. 6-Place three fingers of each rub vigorously up and down ten

-Place fingers on temples and rub as before. S—Place fingers firmly on cheek one and revolve ten times. 9-Pick up skin all around eyes

with fingers as if pinching. 10--Close right eye, Face forward and without moving head look at can be seen. 11-Close left eye. Look as far as possible to left with right eye.

12-Face forward and without moving head look with both eyes alternately at objects located at 10 and 11 o'clock winking eyes be-13-Cover each eye with palm of hand without touching eyeball, but excluding all light when eyes are

opened; then close eves 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. 14-Look at dot on card 13 thes from eyes with first right, then left then both eyes 15-Look across room at dot or small object on white background

with each eve then with both eves 16-Repeat exercises 14 and 15 several times, then rest eves by "seeing black" as in 13.

King's Brother Seeing Canada



Duke of Kent, Joinger prother of King George, pictured in Ottawa before starting trip to look over Canadian training

### Plenty of Food In Great Britain

British Minister of Agriculture Asserts That Food Supplies in England Will Be Greater Than In Last Year

Britain during the third year of the war will have as much food as in peace time and "quite-pos-sibly" even more, Minister of Agriculture Robert S. Hudson announced recently to a cheering. House of Commons in England. He explained, however, that this would be accomplished largely by substituting vegetable proteins for animal proteins. He admitted that during the second year, now drawing to a close, food supplies were substantially less than in peace time. This was because of heavy shipping losses. The brighter outlook for next year was based on greatly increased home agricul-

HOME PRODUCTION INCREASED "Assuming ordinary reasonable September, I think we can count on the farmers of the country pro-ducing a greater output of food

than in any previous year of this 'Although the general picture is definitely reassuring, it does not mean we can relax our efforts increased home production. We will have to strain every nerve still to increase production against the possibility, or probability, of further shipping losses." He forecast a slight milk shortage next winter, but said women

fected as "this year in England and Wales we are drinking \$80,-000,000 gallons of milk as compared to 760,000,000 gallons dur-ing the last pre-war years." told the Apostle Peter, that after he was converted, he was

### SUNDAY SCHOOL LESSON

LESSON VII PETER ENCOURAGES SUFFERING CHRISTIANS I Peter 4:12-19; 5:6-11

suffer as a Christian, let him not be ashamed; but let him glorify God in His name.- I Peter 4:10 THE LESSON IN ITS SETTING Time. - The First Epistle of Peter was written about A.D. 6-Place.—The epistle states (5: 13) that it was written from ing of the Babylon as used here, commentators greatly disagree. It probably refers to Babylon in the Mesopotamia Valley. The author of this and the

Epistle which immediately follows it is the very familiar member of the apostolic company, Simon Peter, a native of Galilee and, by occupation a fisherman. He stands out pre-eminently as the principal figure in the first twelve chapters of the book of Acts. "12. Beloved, think it not

strange concerning the fiery trial among you, which cometh upon you to prove you as though a strange thing happened unto you." When we realize that through suffering God's hand is weaving us from the world and making us ready for going home, then out of the midst of sorrow, we will see God's designs justified. "13. But inasmuch as ye are

partakers of Christ's sufferings rejoice; that at the revelation of his glory also ye may rejoice with There are two exceeding joy." There are two rejoicings in this verse, one for the present and one for the fu-ture, We may rejoice now, knowing that we are thus entering into Christ's suffering, and He knows all about our anguish; and we will surely rejoice when all the sufferings of life are over; when having remained faithful, we find ourselves in the presence of the Lord forever. "14. If ye are reproached is

the name of Christ, blessed are ye, because the Spirit of glory and the Spirit of God resteth upon you. 15. For let none of you suffer as a murderer, or a thief, or an evil-doer, or as a meddler in other men's matters." Even if a man is a Christian, and he takes a piece of property which does not belong to him, and for this he is put into prison, there i eally nothing to rejoice over, but a great deal to be ashamed of. S. that they should beware of doing anything which would cause suf ring on their part because of a

justified punishment at the hand "16. But if a man suffer a Christian, let him not be shamed; but let him glorify God in this name. 17. For the time is come for judgment to begin at the house of God; and if it pegin first at us, what shall be the end of them that obey not the gospel of God?" Whatever our sufferings may be, because we are believers, there is a sure end to them, namely, the conclusion of this life. With the ur believer and the sinner, it will be the reverse. Here he may not suffer at all, but in the life to come his punishment and suffering will continue forever. "18. And if the righteous is scarcely saved, where shall the ungodly ore let them also that suffer faithful Creator.

according to the will of God comnit their souls in well-doing unto ore under the mighty hand of God; that he may exalt you in casting all anxiety upon him, because he careth for you." God recists the proud because they are not obedient to his laws. God does not work with the proud, he works against them." Treat cares as you do sins. Hand them over Jesus one by one as they occur

There is no surer path to rest

than to pass on to Jesus all the

anxieties of life.

"8. Be sober, be watchful. Your adversary the devil, as a roaring lion, walketh about, seeking whom he may destroy." Chris tian people to-day who are con-scious of being fiercely assailed by evil ought not to be alarmed but should realize that this ex perience of theirs is general everywhere, of true believers and that there is sufficient grace for every need in such dreadful time as these. "9. Whom withstand stedfast in your faith, knowing that the same sufferings are ac-complished in your brethren who are in the world." Resist the beginnings of evil; a mere remedy is all too late. If you have not resisted at the stage of though then summon every power of your soul to resist at the stag

each stage of a losing battle is more perilous, more difficult that 10. And the God of all grace. Who called you into his eternal glory in Christ. After that ye have suffered a little while, shall himself perfect. 11. To him be the dommion for ever and ever. Amen." The glory of anything is its visible resplendence and majesty — the outshining o its inner character. The glory which will be ours is the very opposite of the shame and suffer ing that now is endured on earth Things are imperfect here; they will be perfect there. Our Lord



NAZI PROPAGANDA HAUL IN HAVANA

Mein Kampf were a few of the articles picked up by Cuban police when they took into custody German-born Fernando Ernesto Bluhme Sanches in Havana.

God who will make them perfect: he can for he is the might for ever and ever. The Christian may well say his "Amen" with thankful and adoring heart.

### Bandits in Disguise

Two little black kittens sat still in their chair With never a sign of their mis-

chievous flair: Their tiny green eyes gave no hint To stir up a rumpus as little cats can.

angling green vine hung a few feet away, But these little kittens were harmless today; Then all of a sudden without fus-

One little black kitten was off in a bound. quick sword-like thrust and there on the floor Lay part of the vine which was

hanging before: The lady in anger gazed straight at their chair. But two little kittens were now sitting there.

ADMIRAL

COPR 1938 BY WEA SERVICE, INC.

MADE A TRIP AROUND

THE WORLD ALONE

AT THE AGE OF TEN.

### Australian Gas Rigidly Rationed

Average Motorist in Australia Allowed Nine Gallons o Gasoline a Month For Pleasure Driving

Gasoline is rigidly rationed i the Commonwealth of Australia. it was learned a short time ago High Commissioner to Canada The average motorist "down under" who uses his automobile for pleasure, and to go to and from his business in a city, is ala month. Other arrangements are made in special cases and for con

Rationing of all liquid fuels has been in force in Australia for many months, and the legislation governing it has been amended to meet changing circumstances. Australia has no large oil de-

posits, but much research work has been carried on there in extracting oil from shale. As vet point of production in commercial quantities. The great bulk of Australia's oil supply comes from The Netherlands East Indies.

AMONG THE MANY

NITTES OF AFRICAN

APPROACHING

WITCH DOCTORS IS THAT

OF SCARING AWAY

HAIL CLOUDS.

The

SINCE the dawn of man, hail has taken its yearly toll despit

man's efforts to combat it. Today this annual hail loss through out the entire world is estimated at \$200,000,000. Ancient Greek

NEXT: What is the most widely used food?

POP-Fair Exchange

FARMER BROWN'S

COMPLIMENTS, SIR

AND HERE'S YOUR

HURRICANE LAMP

WOT YOU LEFT ROUND

THERE LAST NIGHT

many parts of the world, various charms are worked to aver-

ENTRANCE / 1/3

HOLE YOUSE

HOULD BETHE SIZE OF A

25-CENT PIECE:

THIS CURIOUS WORLD By William Ferguson

### wick Deeping . . . McClelland & Stewart Limited, Toronto . . . Change Quality Of Shortening

pleasant entertainment.

Canada Will Use More Ani mal Fats. Less Imported

The Wartime Prices and Trade Board announced the other day that an agreement had been reached whereby a percentage of imported oils in shortening would be replaced by domestic animal fats. CONSERVE EXCHANGE tical application" of import rest tions imposed under the War Exchange Conservation Act and was worked out by Canadian manufac turers in co-operation with Di Ceorge Hilton, oils admini under the prices and trade board "Prior to the outbreak of war." said the board announcement. "75

percent of Canada's vegetable oil

mports came from within the En

"Now that situation is reversed FROM FAR EAST "Almost all these oils come from non-British countries, and many of them from the far distant Nether-lands East Indies, Brazil and China, necessitating not only use of valuable exchange but placir a severe strain on restricted shipping facilities." Replacing a percentage of in ported oils with animal fats av ailable in Canada would help to ease this situation, the board said.

It added that shortening manu

table oils and animal fats has been

sold in Canada for some time

### Britain Calls Older Workers

VOICE

OF THE

PRESS

PRECAUTIONS

Before crossing a busy street t

pedestrian should stop and look And before venturing into unknown

water the swimmer should wade and see.—Kitchener Record.

CONTENTS FOR PARCELS

A news item from London states

that the canteen supply of choco-late, sugar and candy for the fighting services has been cut in

you know what to put in parcels.

IMPRESSIVE RECORD

Canada has practically eradicat

of Canada no deaths from small

only 11 cases. Even more impre-

sive is the record for 87 Canadia

cities, in which there was not even

a case reported.—Metropolitar

LABOR IN WHEAT

The amount of human labor re-quired for raising wheat has within

cently by a member of the Ithac

State Agricultural College. It was shown that today there can be

grown in 100 minutes the same

48 minutes 25 years ago .- Toronte

UNANIMOUS ENLISTMENT

The village of Tobermory at the

tip of the Bruce Peninsula is a pat

riotic hamlet—peopled by native born Canadians of English, Irish

and Scottish ancestry. In the last war the village was well represent-

ed in the 160th Bruce Battalion

Today the sons of the 160th vet

erans at Tobermory have signed

up to a degree not equalled perhaps in any other community. There are about sixty houses in the vil-

age. So far sixty-five Tobermory

including the reeve and the mu-

nicipal clerk.—St. Marys Journal-

The Book Shelf

"THE DARK HOUSE"

By Warwick Deeping
The announcement of a new nov

el by Warwick Deoping will at once arouse interest in fiction

readers. Mr. Desping is one of

English novelists. In thirty-seven years of writing he has produced more than fifty novels and has lost none of his skill and vigor

in the telling of a story.

From the beginning of "The

Dark House" we are interested in

We enter into their problems and

feel with them the romance and tragedy of their lives.

This well planned story reads

and suspense and we acknowledge

that Warwick Deeping still has the power to give us a few hours of

"The Dark House" . . . by Wa

ites have offered their services,

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

Growing demands for man-power by the armed forces and industry may require mobiliza-tion of men of 50 and women

The prediction was made as the British Labor Ministry disclosed plans for registering, between Aug-ust 2 and December 6, men of the 1897, 1896 and 1895 classes, estimated to total 900,000 and about 2,100,600 women of the 1915 and

910 classes, inclusive.
REPLACEMENTS NEEDED gistrations may not stop even with men of 50 and women of 40 because replacements are needed in the growing industrial army for younger men called up for the trmed forces.

The women are needed not only

### Saving Ontario's Natural Resources

By G. C. Toner (Ontario Federation of Anglers and Hunters) No. 53

AGES OF OUR ROCKS Over the top of the pre-Cam-brian formations, the great min-ing area of the north, are the various sedimentary rocks that cover great areas in southern On-tario. The Pre-Cambrian shield is well known, and around its edges, and lying partly over it. are the unchanged limestones, sandstone and shales, usually in flat-lying layers but sometimes ments of the earth. Many of the top layers have been removed by glacial action in places but by travelling across the country we can get a fairly complete picture

of each formation. Oldest of these sedimentary rocks are the Potsdam sandstone of the Cambrian period. They can be seen in the vicinity of Brockville and Ottawa, partly covering the Laurentian rocks. These sandstones were formed in the bays of a sea that stretched up the St. Lawrence valley many millions of years ago. They are so old that they have been almost

HORIZONTAL.

1 Pictured

young in a

13 Made of wood

16 Poker stake

19 Small hotels

29 To pierce the

skull. 33 Watching

secretly 36 Altar screen

38 Coin. 39 Stupid and

41 Wood nymphs.

43 Frosting.

AND WOULD YOU PLEASE

AND CAGE

WOT YOU

TOOK

24 Scythe handle, 47 Exclamation

paragraphs
57 Grazed.

21 Consumers

23 Grain.

17 Fearful.

14 Dog.

LEAPING MAMMAL

Answer to Previous Puzzle

JOH

AZUDZ .

JOHN DHILLID SOUSA
WEE ATONE SADE
WEE ATONE SADE
WEE ATONE SADE
WELT MEDITOR DIAMI
15 MS SPREAD SSST
15 MS SPREAD SSST
20 Diging
22 Digging
LESSINE MN DAR 27
24 To drink
LINSTIAD

VERTICAL

6 To rot flax.

333

By J. MILLAR WATT

8 Pique. 49 Hindusta 9 Italian river. 51 Pronoun.

### Automatic Device Warns Listeners

"Alert Receiver" Develope by Radio Corporation of America Automatically Gives Warning and All-Clear 8ig-

A radio device by which a cenair raid or other emergency warnings has been tested and endorsed by Mayor La Guardia of New York as "a great servant to cir-ilain defence in America." Army officers at Mitchel Pield. Long Island, telephoned a mock air raid warning to La Guardia, nationnotified police officials in the R. C. A. building, temporary alarm

headquarters.
Explaining the function of the "alert receiver" developed by the Radio Corporation of America, David Sarnoff, R.C.A. president, said it turned on automatically when it received a special insudible signal from a broadcasting station. Sarnoff said the receiver rang

a bell to summon listeners and shut itself off when an all-clear signal was flashed. It functions 24 hours a day.

He said the device is the size of a portable radio, could be attach ed to standard radio sets, and manufactured in quantity for "somewhere around \$25 or perhaps

worn away and only remnants are

Four Rock Age Periods

Above the Cambrian sandstones are various limestones of the Ordovician period. These rocks cover southeastern Ontario and the surface, crossing the St. Law-rence in the vicinity of Gananoque. They reach as far west as the Hamilton escarpment and con-tain many fossile of the lower animals. Sponges, corals, echino-derms, crustaceans and other creatures have left their remains in these rocks but there are few plants and no higher animals. Millions of years were still to pass before the animals left the water. The next period, the Silurica, forms an important series of rocks of these formations starts at Niagara and runs northwestward as the Hamilton Escarpment, the Blue Mountains of Collingwood, the Bruce Peninsula, and Mani-toulin island. Silurian rocks were lalid down in shallow seas and consist of sandstones limestones and shales of varying hardness

16 It is found

28 Postscript (abbr.).

Pig sty.

42 Ram.

element

48 Chain of rocks

in water.

When Carl Rogers, editor of the "Powder Horn Sentinel," is killed from ambush in the land-grant feud by Russell Mosely's Hat T riders, Anne Eliot, of Masthe paper. As she steps from the whisked from his red head, but the editor who succeeded Rogers recovers it before running to a doorway. Buck Sneve, a Hat T rider, levels his gun again but he drops dead as a door closes behind Silcott. This fatal gun play had followed Sneve's appearance in the Trail's End with Jud Prentiss, his foreman, and other Hat T riders, Jud dragging Jesse Lam-prey after him. Jud accused Jesse of double-crossing Mosely in the feud, Jesse's younger brother Phil refused to leave without Jesse and when Jud started to hit Phil, Silcott, waiting for a game of poker, asked if Mosely's orders included beating up the boy. Angrily, Jud warned Jim he was on described he was on dangerous ground, plied his quirt on Jesse till he fell writhing to the floor, and left with the Hat T men. It was then that they lay in wait for Jim. Jelks takes Anne to the "Sentinel" office and Jud and his men shouts that Anne is inside. Jim refuses to quit, saying he can't let Mosely drive him out. Sheriff

SYNOPSIS

a lot. Fair-minded people would see you are an editor not biased by your personal viewpoint." Anne Writes The Story "They would think I was afraid to tell what I thought." "Not if your policy about local issues is firm. It doesn't matter what you think about this killing. All that matters in a news story is just what happened." He glanced through what she had written. "You say here, 'Jud Lawson comes to arrest Jim but Anne says she will cover the town with posters that tell the truth. Mosely offers to buy the "Sentinel" but Anne tells him she will into Blanco with lawlessness and murder in their hearts.' We don't know that. Anyhow, it's only an run it herself. Anne had been engaged to Jesse Lamprey in Mas-"I suppose it's only an opinion sillon. She thanks Phil for asking that they flogged Jesse Lamprey and tried to kill you and came down here and shot into this building with me in it."

"FEEL EVER SO MECH

BETTER SINCE I'VE BEEN

EATING KELLOGG'S ALL-BRAN'

ALL BRAN, and I amever so much better since eating this delicious creal every morning," writes H.

Misson, St. Fainstin Village, Que.
KELLOGGS 'ALL' BRAN 'tellage, Que.
KELLOGGS 'ALL' BRAN 'tellage, you'get at the cause of constipation due to lack of the right kind

Kellogg's in London, Canada.

TRAIL'S END

by WILLIAM MASLEOD RAINE

of Thulk" in the fiet. Eat this de-licious cereil (or try it in minfins) every day and drink plenty of water. But remember, it doesn't work like harsh purgatives. ALL-BRAN takes time. At your grocers, in two convenient size

at all," he told her. "You've

at all," he told her. "You've turned a news story into an editorial. Just tell what took place, Don't scold the Hat T boys. Be very brief and impartial. The only names you need to mention are Sneve's and mine. I think your story is much too indignant and much too long."

"But why?" Anne demanded hotly. "You had me write nearly half a column about the school entertainment. There isn't much more than that here. Or isn't murder big news here?"

Jim's eyebrows lifted whimsically. "Murder?" he said. Then, "If this story had nothing to do with the 'Sentinel' I would say

with the 'Sentinel' I would say

everything to do with us. Folks will be expecting you to lambaste the Hat T riders, and if you do

they will discount all you say

your side of the story. My idea

would be to write a short imper-

sonal account, giving nothing but facts. This would be a complete

"Let me write the story," he

suggested. "You don't have to use

it. But it will give you a line on

what I mean. It's important folks

going to show them a real editor.

She liked what she had written

as most young writers do. But her judgment told her Jim was

right. She ran the story exactly

a good deal of fault with what it

left out. "You don't even say they lay in wait to try to kill

you," she complained. "You speak about an unfortunate shoot

ing affray. That's a nice way

A Reformed Character "Everybody in the county knows just what took place," Jim said. "We're not giving any-

Plum Treats For

Winter

A CROSS the foam 'twixt me

A Red Bavarian!

-By Frances Lee Barton

Anne surrendered reluctantly

"I suffered from constitution for some time, and tried all kinds of necicine, but relief lasted only a short time. Finally I tried ALL-BRAN, and I americ somuch

### CHAPTER 16

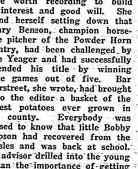
liked working on a paper. Sil-cott had stayed on the job as her mentor. He taught her how to give a friendly gossipy tone to the "Sentinel" news and impressed on her that even trivial events were worth recording to build up interest and good will. She found herself setting down that Hilary Benson, champion horse-shoe pitcher of the Powder Horn country, had been challenged by Pete Yeager and had successfully defended his title by winning three games out of five. Bar Overstreet, she wrote, had brought in to the editor a basket of the largest potatoes ever grown in the county. Everybody was pleased to know that little Bobby measles and was back at school. Her advisor drilled into the young woman the importance of getting as many names into the columns She decided she should write the story of the Sneve killing and the subsequent attack on the



# The whole

Spearmint Gum is a treat for young and old. And the chewing helps keep your teeth clean, bright and attractive. The delicious flavo sweetens your breath, freshens you up. Join the millions of happy families who enjoy Spearmint after every meal.



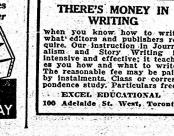


"Sentinel" building, and took it to Silcott for criticism. After

reading it, he slanted a warm friendly grin at her, white teeth lashing in the tanned face. "My, my, lady, this won't do

# family enjoys it!

· Healthful, refreshing



# "Oh My!" We think of bombs dropped from the sky. But over here— God bless our land

Bavarians may be taboo.

Red Plum Bayarian is grand.
Why not prepare a batch today? This recipe explains the way: Red Plum Bavarian 8 red plums, cooked; 1½ cups plum juice; 1 package strawberry-flavored gelatin; dash of salt; 1

flavored gelatin; dash of salt; 1 cup heavy cream.

To cook plums, combine plums, 4 cup sugar, and 1 cup water, cover, and simmer until just tender. Drain, reserving juice; measure 14 cups. Cut plums in large pleces. Dissolve gelatin in hot plum juice; add salt. Chill until cold and syrupy. Fold in cream, whipped only until thick and shiny, but not stiff. Fold in cooked plums. Chill. When slightly thickened, pile in sherbet glasses or large bowl. Serves 6.

WRITING when you know how to writ what editors and publishers re united our instruction in Journ alism and Story Writing in intensive and effective; it teach you how and what to reasonable fee may instalments. EXCEL EDUCATIONAL

### ing on record as leaning over backward to be more than fair." "It's funny about you," Anne said, almost vindictively. "From For Harmonious all I can learn, you are as wild "Used to be," he corrected "I'm a reformed character." Later in the week Rufe Jelks

tures three rules must never be broken if one desires a harmonidrifted into the office, a copy of the "Sentinel" in his hand. "I dropped in with a news tem, Miss Eliot," he said. "That fine young character, Rufe Jelks, has bought the Longhorn Corral

from old man Monk. He has done paid a dollar down and will settle Second: Pieturés should be hung at eye-level, so that they can be the balance at some future date inknown afte the mazuma begins to roll in." "Good for you, Rufe," Silcott said. "I didn't know you were a capitalist." "I wasn't till this morning. had a run of luck at the Jumbo

playing roulette. Couldn't pick 'em wrong. When I walked out in the gray dawn there was thir-teen hundred and forty-two dol-lars of Mr. Russ Mosely's dough Third: Pictures must be properly packed away in my jeans. He won't like that when he finds it out. Since I'm figuring on set-tling down soon" — he smiled blandly at Anne—"I decided to be a respectable business man who would be a catch for some

"So you bought the Long-horn." "I bought the Longhorn. And

nice girl."

Ernest Sjoblom bought a pound

I want a nice little ad pat in yore paper, Miss Eliot, about how all the friends of Rufe Jelks will Clipper, came to \$15.

### hung flat against the wall. Anything is preferable to a picture tilited forward at an angle so that If you are lucky enough to have t seems to be falling off the wall

ous room arrangement.

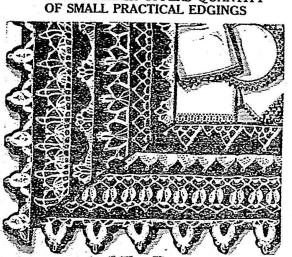
First. Pictures should always b AT EYE LEVEL

properly seen. In a nursery, "eye-level" means hanging the pictures low, so that the chilren may see them easily—even though, to the adult, it may seen ridiculous when the pictures come somewhere around his waist-level, and he has to stoop almost double to see them. In other rooms, explevel means from six to seven feet from the floor, depending on their size.

Birthday Coffee Extravagant Gift

of coffee as a birthday present for his father, then had to call on brothers Einer and Otto to chip in. Father Sjoblom, who'll be 80 on August 12, lives in

LAURA WHEELER OFFERS QUANTITY



CROCHETED EDGINGS PATTERN 2913 Want to crochet a narrow edging on handkerchiefs, baby things, or lingerie? Here's a collection of ten of them—some for straight—some for round edges and for corners. Pattern 2913 contains directions for making 10 edgings; illustrations of them and stitches; materials required; photograph of edgings.

Send twenty cents in coins (stamps cannot be accepted) for this pattern to Wilson Needlecraft Dept., Room 421, 73 Adelaide St. West, Toronto. Write plainly pattern number, your name and address.

be greeted hearty when they come to my wagon yard."
"Newspaper advertising is the life of trade, Mr. Jelks," Anne said gravely.

"Sure enough? Well, trade is what I want. My crazy kid days

should not think you are just an impulsive girl." Again he gave her his cheerful smilel. "We're are over."

A Spade is a Spade "Mr. Silcott has reformed too expect you'll both be pillars of the church soon." "Jim, he needs a lot more re

forming than I co," Rufe said.
"Why, I just been reading in the 'Sentinel' how he got into an unfortunate shooting affair only this week. He's sure a wild coot." ficial organ of the Health League of "I didn't get into it because I wanted to," Silcott justified him-"I'd never know it from read ing what it says in the 'Sentinel' Jelks replied dryly. "I hear Russ

Mosely was figuring on buying the paper. Maybe he has done bought it allready." Anne agreed with him warmly. "That's what I told Mr. Silcott. I wrote an article that called a spade a spade, but he talked me into running this milk-and-water one he cooked up. Now I wish

I hadn't listened to him." "Oh, I reckon Jim is right," Rufe conceded. "Russ won't know why you held back. He'll mill it over in his mind, and he'll know that if ever you get riled at him you can blast loose with the whole story."
"Would Mr. Mosely care much

"Considerable. He's bullheaded, and he's going his own way regardless. But he likes folks to think-he's a good citizen, the way the Big Mogul in the district ought to be. Kinda funny too. You wouldn't expect the boss of a hell-roaring outfit like the Hat T to be thin-skinned. But Russ isn't any Jud Prentiss. Whon he pulls off his dirty work he likes it to be all nicely covered

Anne smiled. "You don't like him much, do you?"
"Not so you could notice it. "Not so you could notice it. How about you, Miss Eliot?" "He's very good-looking," she said judicially. "And he told me himself he was a good citizen." (Continued next week)

CHANTECIA NONE FINER MADE

## Young Children

and milk products contain a very special substance necessary to growth and health. By experi-Parents Are Warned to Keep Medicines, Dangerous House menting in the feeding of animals it was found that, when deprived hold Preparations, Matches of those health-giving substances growth was relarded or stopped Away From Little Children

"Everything from plain dirt t brass polish has been consumed by young children during that inquisi-tive 'taste everything' period which comes between one and five years." says Dr. J. Harry Ebbs, writing in the curernt issue of "Health." of-

Taste Everything

Canada, on the incidence of poison-ing among children under five years of age.

At least one child a week is taken to the Hospital for Sick Children suffering from poison, Dr. Ebbs states, while every year many child deaths from the same cause are re-ported. Carelessness on the part of adults contributes at least equally with infant curiosity to this ondi-

tion, he intimates.

LOCK UP MEDICINE CHEST Medicines head the list of poisons wallowed by young children, says Dr. Ebbs. Sometimes they are administered in mistake by an adult; t other times they are left in laces accessible to the child, who helps himself. He give; a list of pills and tablets which have been esponsibe for the poisoring, and ometimes the death, of children. In other cases, children have found bottles of liniment, formaldehyde, lodine and other liquids, which they have tasted with tragic results. The doctor urges that, to avoid such accidents, all homes be provided with a locked medicine cabinet, or at least one which is out of the reach of children, and tha every bottle or package in it be

labelled plainly with its name and

uses. Other suggestions given are:

Keep dangerous medicines separate

from harmless everyday prepara-

tions. Keep such household prepar

ations as metal polich cleaning

POISON ANTIDOTES

As to what should be done if :

hild shows symptoms of poisoning,

8. Give him egg white and milk

The sooner the child can be in-

luced to vomit, the less chance is

here of his absorbing the poison

A special caution to mothers is

to avoid reaching for medicine bot

tles in the dark. The wrong

tle is often used in such cases.

Dr. Ebbs explains

1. Call a doctor immediately.

fluid, lye and so on, on high shelves out of reach. Keep ash trays, cigarettes t bildren.

ISSUE 33-'41

### Picture-Hanging For Winter Table In the general hanging of ple

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

Dry Flowers Now

such things in your garden as larkspur and honesty and everlast ing flowers, you have the founds tion of a decorative scheme that with a little care will see you pretty well through the winter Consider the larkspurs first and pick them while they are still in full bloom, having the stalks lorg as possible. The the flowers in a bunch, and hang them head downwards in an unused room cupboard for about three weeks.
When they are dried, wrap then being used, and see that they are placed in a safe place so that their fragile petals will not be knocked off. When you come to use ther arrange in rases or bowls without water, and their color should still be as fresh and lovely as if it were

morning and allow to stand in

o their necks. Then remove all

the leaves and hang the flowers

week or two they will be ready fo

TABLE TALKS

By SADIE B. CHAMBERS

A Vegetable Chat

Now that the gardens are at

surrounded with vegetables, one cannot help but think of how

fortunate we are to have this food

is blood regulators, vegetables

are incomparable. Those most

ach, celery, chard, lettuce, toma

toes, fresh cucumbers, carrots, cabbage, cauliflower, beans, beets,

parsnips, lima beans, radishes, po-

tatoes, turnips, asparagus, onions and peas. Next of importance is

to keep in mind those vegetables

as spinach, beets, carrots, chard,

watercress, cabbage, asparagus, string beans and brussels sprouts.

It is not so many years ago that

research was commenced on vita-

min study and now it is a house-

green vegetables, fruits and milk

entirely and the general health

showed a breakdown When the

ritamin foods were again given

there was almost immediate evi-

dence of positive improvement in

are lettuce, celery and raw cab-

bage. Tomatoes are amongst the most important of the vitamin

The saits and acids of vege-

tables are better tonics and blood-builders than the finest medicine.

Stalk and leaf vegetables do more than any artificial method to rid the body of poisons and regulate those troubled with constipation.

Spinach contains so much of this

vegetables.

Rich in Vitamins

helpful in this respect are spin-

their best and one is just literally

the height of summer.

LARKSPUR AND HONESTY Dried larkspur is lovely when arranged with honesty's silvery

aw fruit or cooked acid fruit.

3. Every day use one leafy vegeleaves. Honesty requires no preparation other than having the outer skin of the flower removed, when 4. Every day use one starchy the little pods may be collecte and kept for future planting.

You can make an exciting little 5. Every day use two vegetables other than potatoes.
6. Can vegetables for winter bouquet from everlasting flowers Pick them before they are quite especially tomatoes.
Everyone should strive n full bloom, as they tend to oper out further while they are being dried. Gather them in the early have a garden. Where this is im

> Beet and Carrot Relish cups raw beets cups raw carrots chopped

get should be spent for fruits and

Few Vegetable Rules For All
The Family

1. Every day use one yellow

regetable or tomatoes.

2. Every day use a raw vegetable,

4 oranges 4 cup vinegar 2 cups of water 5 cups of sugar

teaspoon of ground allspice teaspoon ground cinnar 1 2 tablespoons of ground ginge from the orange and lemon peels and squeeze the juice from the lemons and oranges. Scrape all pulp from the peel and boil the white rinds until they are tender; then chop them fine. Boil the chopped beets and carrots in the water for 20 minutes. Add the orange juice lemon juice, and other ingredients and boil the mixture until it is clear. Pour into sterile hot jars and seal. I ate a dinner once where this was served with stuffed yeal breast, baked potatoes, buttered peas, whole wheat rolls and but-ter. The meal commenced with

I ever ate. Miss Chambers welcomes personal letters from interested readers. She is pleased to receive suggestions on topics for her column, and is even ready to listen to your "pet peeves." Requests for recipes or special menus are in order. Address your letters to "Miss Sadie B. Chambers, 73 West Adelnide Street. Toronto." Send stamped, self-addressed envelope if you wish a reply.

fruit cup and was one of the best

### Spacing of Windows

the exterior.

Aids in Appearance Location of doors and windows have an important bearing on the house's interior appearance. These are a matter not of cost but of

> a teacher trains the mind. To Polish Kettle

My Old Stewpot If I could swat old Hitler down





World's Largest Potato Farms Biggest Agricultural Estate

In England Supplies "Crisps 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. They come from 20,000 tons of potatoes, grown on the world's argest potato farm and producing about 125,000,000 packets of 'crisps" a year. It is the biggest purely agricultural estate in Englong by 41/2 miles wide of the best Lincolnshire heath and fenland, It Is served by a light railway, with 30 miles of track, 120 truck and Diesel engines, and it takes in the whole of the village of Nocton and most of Dunston.

10 DISTRIBUTING FACTORIES All the notatoes from the estate, and the output of 80 other farms, are turned into "crisps" in 10 factorics distributed throughother factories in Australia, one at Sydney and the other at Melbourne. The English and Scottish factories use 40,000 tons of nota toes a year to produce 5,000,000 packets of "crisps" a week. They supply Britain's civil population as well as Service canteens and troopships. A special variety of potato, the Muizen, was imported from The Netherlands and this strain, now gives the best results.

Riddles

1. From what eight - letter word can you take five letters and still have ten left? 2. What trees are best suited 3. What can go up a chimner down but can't go down a chim-

4. What do we break by say 5. What's the difference be tween an engineer and a teacher? RIDDLE ANSWERS 1. Frighten. 2. Fir (fur)
An umbrella. 4. Silence. 5.

orethought as to their affect or An engineer minds the train, and Through proper spacing and grouping of doors and windows a simple rectangular house can be given character and pleasing var-

A metal kettle can be polished Corner windows may often be half the time if it is filled with used effectively to obtain wall hot water while being cleaned. space in small rooms, Where win-dows of the usual type are used,

they should not be placed too near the exterior corners as this has the effect of making the struc-I'd stow away on an airplane gay. where it should appear strong And swing that skillet myself.