

**SHE WAS MY FAVOURITE SOCIAL MENACE**

Mc T.N. COFFEE NERVES

"I thought I had a life-long victim when I dragged her down from 'social' to social menace. Too much coffee and tea upset her—she became my best example of caffeine nerves. Then she switched to Postum and soon after she started the thirty-day Postum test her irritability vanished. Once again she became the town's popular social leader and Caffeine-Nerves had lost another victim."

Some people, and all children should never drink coffee or tea. If upset nerves make you irritable, cause sleeplessness, headaches or indigestion, switch to delicious Postum. This wholesome beverage contains no caffeine, costs less per cup and is prepared instantly in the cup with no waste. Get Postum today from your grocer.

**POSTUM**

**Cost Of Living On The Upgrade**

Price of Food Largest Factor In Increased Cost of Living

It costs \$112.50 today, to buy for the Canadian family what you bought for \$100 in August, 1929, and the increase is largely due to upturns in food prices.

Experts of the Dominion Bureau of Statistics who probed the cost-of-living question pretty thoroughly estimated that at least \$6.90 of the extra \$12.50 needed to maintain in August, 1931, the budget of August, 1929, is due to higher food prices.

Here is how they divided up the remaining \$5.90 cents which is being spent today as compared with two years ago: Clothing \$1.30; fuel and lighting .70 cents; rent, \$1.10; home furnishing and services \$1.20; and miscellaneous items \$1.10.

Food advances ranged from a 13 per cent decline in potatoes to a 49 per cent increase in butter. Main increases were, dairy products 24.5 per cent; eggs 24.7 per cent; meats and fish, 26.9 per cent; cereals 11.7 per cent; dry groceries 25.5 per cent; vegetables 2.8 per cent and fruits, 18.8 per cent.

Fuel meantime advanced 11.6 per cent. Rents jumped 5.7 per cent, and clothing moved upward 10 to 15 per cent. Price changes in furniture, floor coverings and textile furnishings accounted for the 13.3 per cent advance in home furnishings and services while increased costs in health maintenance, personal care, transportation, recreation and insurance boosted miscellaneous items 4.7 per cent.

**HAVE YOU HEARD?**

Two little toddlers couldn't resist the temptation to explore the newly built air-raid shelter. Just as they disappeared inside a policeman came along.

"Who's inside there?" he asked sternly.

For a few moments there was a tense silence. Then, when he repeated his question, there came a reply in a shrill, nervous voice: "Hardly anybody, mister."

For his gallantry a Scottish soldier was given a decoration. A week or so later a pal asked him:

"And what does the wife think of your medal, Sandy?"

"She doesn't ken yet," was the reply. "It's no' my turn to write."

**Salada Tea Co. Donates Prizes**

Ontario Plowmen Will Compete For Valuable Prizes At Branch Matches

Plowmen throughout the Province are looking forward again with keen anticipation to the day of their branch match to compete for some of the valuable prizes being offered. A cash prize of \$100.00 offered to each of the eighty branches by the Salada Tea Company for the best land in jointer plow and classes is of particular interest, for the winners of this "Special" earn the privilege of competing for valuable trips in a Special Championship Class at the next International Match. The good fortune of two young plowmen from Hornby, Ontario, in 1910 has become the topic of conversation among plowmen all over Ontario. As a reward for their prowess they were given a trip which took them to points of agricultural interest in the United States and Canada, from Toronto to Vancouver.

They saw cowboys, sheep-herders and miners in the "copper" town of Butte, Montana. This was a live, almost wild city filled with the unexpected. In Iowa they sat in on a conference with farmers and answered questions about Canada and her methods of farming. Every minute of their trip was an education and they learned many new methods of farming which they are using to considerable advantage on their own farms. Gordon McGavin, Vice-President of the Plowmen's Association, accompanied them as guide and manager.

If restrictions do not forbid, a similar opportunity will be given to the winners of the first and second awards of the "SALADA" event at the "International" being held this year near Peterborough. They will also receive gold and silver medals for first and second prizes respectively. Twelve other cash prizes, ranging from \$25.00 to \$5.00 are offered for the same event.

"It DOES taste good in a pipel!"

HANDY SEAL-TIGHT POUCH—15¢  
1/2-LB. "LOK-TOP" TIN—65¢  
also packed in Pocket Tins

**Picobac**

GROWN IN SUNNY, SOUTHERN ONTARIO.

**Modern Etiquette**

BY ROBERTA LEE

1. What are two things to avoid when beginning a social letter?
2. Is it ever permissible when asked to pass food at the table to help one's self first?
3. Should an applicant for a position extend his hand in greeting to the prospective employer who is interviewing him?
4. Is it all right for a guest to smoke while riding in someone else's car?
5. What is the fifteenth wedding anniversary, and what kinds of gifts may be given?
6. In what way can a wife avoid accepting an invitation that might displease her husband?

Answers

1. Beginning with the word "I" and a word ending in "ing," such as "Having just returned to town, I am . . ." 2. No. 3. No; wait for the employer to offer to shake hands. 4. He must never do so without asking permission. 5. Crystal; anything in glassware makes suitable gifts. 6. By consulting her husband before accepting the invitation.

**Montreal Is Quite A City**

One thousand miles from the Atlantic, the harbor of Montreal thrives busily for eight months of the year. After New York, it is the leading seaport of the continent and the greatest wheat-exporting centre in the world. Its grain elevators can hold 12,000,000 bushels. Besides a floating dry-dock 600 feet long and 135 feet wide which can accommodate vessels up to 25,000 tons, Montreal harbor has 3 1/2 miles of wharves and 65 miles of harbor railway track. Montreal is the headquarters of the Canadian National Railways, the largest railway system on the North American continent.

**U. S. Aluminum Drive Successful**

The United States-wide aluminum collection campaign yielded an estimated 11,835,139 pounds of scrap, defence officials have announced—a total equivalent to the amount of aluminum needed in 1,900 fighter planes or 350 four-motored bombers.

The most powerful anti-aircraft searchlights can throw beams visible five and one-half miles.

**Iceland Grows Tropical Fruits**

The Bugle, publication of the United States Army Occupation Forces in Iceland, recommended that Americans who do not believe in miracles visit the garden show at Reykjavik and see the banana tree, grapes and melons grown in Iceland.

The garden show, featuring exhibits of fruits and vegetables grown in hot-houses heated with hot spring water, is the current attraction here.

**Still Besieged Tobruk Holds**

Replacements recently have arrived at Tobruk to aid in the defence of that Gibraltar of the desert and the end of Egypt's hot season finds both flanks of the ever-growing British army of the Nile resting solidly in Italian Libya.

On the right, Tobruk, now entering its sixth month of siege, stands as firmly as ever.

To the south 150 miles, Giara-bub Oasis, 40 miles inside Italian territory, gives British forces an anchor for their left flank.

The strategic value of Giara-bub is immeasurable. In the hands of the British commander, Sir Claude Auchinleck, it points a dagger toward the communications line of any Axis attempt to thrust deeper into Egypt. Tobruk is the other dagger.

**What Science Is Doing**

THE "SULFA" FAMILY NO MORE DISH WIPING

The laboratory was quiet save for the drip of water from a leaky faucet. The two men gazed at each other with haggard faces over test tubes. Finally one, in a hushed voice, announced, "This means the emancipation of mankind."

The scene was a work room in the New York State Agricultural Experiment Station. The men, both research scientists, had made the greatest scientific discovery since the invention of the wheel. The results of their research will cause strong men to weep, and will send little children dancing joyously through the streets.

They had proved that it is definitely insanitary to wipe dishes.

The men, William G. Walter and G. J. Hucker, have buried their findings in a pamphlet devoted to "the use of the contact-plate method to determine the microbial contamination of flat surfaces."

No longer will the tired business man be torn from his newspaper and routed out of his armchair in the evening to stand at

**Under Nazi Rule**

More than 1,000 Norwegians arrested during the state of civil siege were tried by court martial and sent to prison camps in Germany or in the Norwegian interior.

University professors and many labor leaders were among those sentenced.

**STRACHAN HALL, TRINITY COLLEGE, TORONTO**

The new buildings of Trinity College at Toronto have been formally opened and are now occupied by this year's students. There is a very heavy registration in the Freshman Class. This illustration shows the new Dining Hall called Strachan Hall after the Founder of Trinity College. The new buildings also include a complete equipment of bedrooms for men students as well as Common Rooms, Recreation Rooms, etc.

**Canadian National Railways Revenue**

Net revenues for the month of August, 1941 increased by \$1,503,551 as compared with the month of August, 1940 according to the monthly statement of operating revenues, operating expenses and net revenues issued recently at headquarters of the Canadian National Railways all-inclusive system.

Net revenue for the first eight months of the present year amounted to \$42,196,254 compared with \$24,040,849 during the similar period of 1940, an increase of \$18,155,405.

Operating revenues for August, 1941, were \$25,808,928 compared with \$21,220,188 in August 1940. Operating expenses for August were \$20,637,196 as compared with \$17,552,007 in August, 1940.

The net revenue of \$5,171,732 for August, 1941 compares with \$3,668,181 for August, 1940.

For the eight months of 1941 operating revenues amounted to \$193,170,858 compared with \$157,296,771 in the corresponding period of 1940.

**Improvement In Canada's Exports**

Some Figures On Canada's Export Position Given by The Windsor Daily Star

Canada's improved export position is reflected in the figures for August, which set the total at \$147,939,000 or a gain of more than \$37,000,000 over the corresponding month of last year. While this emphasizes the growing agricultural and industrial importance of the Dominion, however, it would be a mistake to assume that it is "all relief" for this country. Some of the millions included are no more than bookkeeping entries.

The month's exports to Britain, for instance, are valued at \$61,519,000, of which a large part, and perhaps all, was financed with Canadian funds. With this, of course, there is and can be no objection, as Canadians generally welcome the opportunity to perform this service for the Motherland, which at the same time is a service for themselves.

The increased exports to the United States are another notable feature of the August statistics. They amounted to \$52,750,000, a gain of more than \$10,000,000, and brought the eight-month total to \$364,556,000. The increase of almost \$90,000,000 for this period has added materially to the supply of American dollars available for purchase of supplies across the border. The balance of trade is against us, as far as the United States is concerned, but on the whole the outlook at this stage is nothing to be discouraged about.

**More And More Effort From All**

The Daily Express of London, England, Shows Why British People Must Work Harder Than Ever

Hitler has not called on Japan yet. He has merely asked her to get into position against both Singapore and the Russians. She has done so. She has reported that her oil tanks are brimful, and if Hitler gets more oil himself she means to fight as surely as God made little islands. Neither has Hitler yet called on his conquered lands for full war production. How long do you think it would take the factories of Germany and all Europe to replace the material he has lost in Russia and give him better material, too? Sabotage, Victory "V's", and R. A. F. bombs notwithstanding? Hitler is nearer disaster, but he is also nearer world conquest now than he has ever been. There stand against him the soldiers of Russia and the British soldiers of the Middle East. A decisive battle of the world has opened. And still some British people wonder why they are urged to get into the war factories and the mines and work and work as they have never worked before. Your weapons will be needed, every one of them—if Hitler reaches oil.

**Bets on Russia**

A delayed despatch advised recently that Ralph Ingersoll, editor of PM, had arrived at Ankara from Moscow on his way back to the U.S.A. with a report on the Battle of Russia. He told a United Press correspondent that the U.S.S.R. "cannot be beaten and may, with American and British equipment, turn the tide and smash Germany."

"Loss of Leningrad, Kiev, and Odessa wouldn't affect the Russian war effort—that is if they lose those cities—while it seems unlikely that the Germans ever will reach Moscow."

**DO YOUR EARS RING?**

Maybe somebody's talking about you! They noticed your bad breath. Sour, gassy stomach often accompanies occasional constipation. ADLERKA blends 3 laxatives for quick bowel action and 5 carminatives to relieve gas. Try ADLERKA today.

Between 100,000 and 150,000 acres in England have been reclaimed for cultivation since the start of the war.

**CHANTECLER**

Cigarette Papers

NONE FINER MADE

HEY! SARGE WHERE'S YOUR MINARD'S?

**SOLDIERS RUB OUT TIRED ACHEs**

with MINARD'S TOBACCO PAIN EXPELLER

**MIDDLE-AGE WOMEN (38-52)**

HEED THIS ADVICE!!

If you're cross, restless, nervous, suffer hot flashes, dizziness—caused by this period in a woman's life—try Lydia E. Pinkham's Vegetable Compound. Made especially for women. Hundreds of thousands remarkably helped. Follow label directions. Made in Canada.

**How Can I?**

BY ANNE ASHLEY

Q. How can I prevent delicate-colored wash materials from fading?

A. Before they are washed, soak them in lukewarm water, to which a few drops of turpentine have been added.

Q. How can I wash straw matting?

A. Wash the matting with a cloth dampened in hot salt water, using a handful of salt to a bucket of hot water. Wash only a small space at a time and wipe dry at once. This also prevents it from turning yellow.

Q. How can I remove the shell more easily from a hard-boiled egg?

A. Crack the egg firmly down on a table, and roll back and forth a few times. The shell will almost fall off and the egg will be perfectly smooth.

Q. How can I remove stains on metal ash trays?

A. A little denatured alcohol will remove these stains.

Q. How can I make a good sandwich filling?

A. A delicious sandwich filling can be made by adding to one cup of chopped ham enough vinegar to moisten, and then one tablespoonful of peanut butter. Use celery salt and pepper as seasoning. Mix well before spreading between slices of bread.

Q. How can I soften the cuticle around my fingernails?

A. Ordinary table butter is excellent for this purpose.

**Solve This One**

A couple of girls handed the cashier of a cafeteria on their way out a slip of paper with the number 1004180 on it. This satisfied the cashier, who let them pass without paying. Why?

Well, it reads: "I owe nothing for I ate nothing."

**Something New In Puzzle Game**

Here's a new kind of puzzle. A soldier was sent sometime ago to the Isle of Man for guard duty at an internment camp.

There was plenty of sugar and he decided to take Lord Woolton's advice and store it for jam-making.

Now, he has a big store of sugar ready to make jam for the winter. But he has received orders to return to England.

He can't take the sugar with him; the food office won't permit that. He cannot sell it; he hasn't a license to trade. He can't destroy it; if he does, he will be prosecuted for wasting food. He can't give it away; that would be letting another person obtain food without coupons—a criminal offense. And he can't eat it; there's too much.

**Nazis Are Killing Their Own Wounded**

A broadcast from a Moscow radio station said a secret radio station in Germany said the Germans are killing their own wounded—those too badly hurt to fight again.

The broadcast said the killings are under the order of the military command with the chief medical officer deciding who shall die.

House surgeons perform the killings by injecting air into the wounded men's arteries. Death is almost instantaneous.

It was said the killing of wounded soldiers has two advantages, avoiding unfavorable effects on the civilians of the sight of badly wounded men and it saves food.

**MENTHOLATUM**

Every sailor needs Mentholatum for dozens of minor ailments. Small in cost but very valuable in use.

**QUICK RELIEF FOR HEAD COLDS CHAPPING TIED AND ACHING FEET SUNBURN INSECT BITES CUTS AND BRUISES**

and other conditions.

**MENTHOLATUM**

Give Comfort Daily

**AGENTS WANTED**

**PERSONAL**

**NEURITIS**

PEOPLE ARE TALKING ABOUT the good results from taking Dixon's Remedy for Rheumatic Pains and Neuritis. Munro's Drug Store, 235 Elgin, Ottawa. Postpaid \$1.00.

**TRACTORS**

ONE 25/40 OIL PULL TRACTOR and One 20/25 Oil Pull Tractor. Both reconditioned. Thomas L. Scott, Cremona, Ont.

**TIMBER WANTED**

STANDING ROCK ELM FOR PALL and Winter requirements. P.O. Box 101, Station F., Toronto.

**OFFER TO INVENTORS**

AN OFFER TO EVERY INVENTOR. List of inventions and full information sent free. The Ramsay Co., Registered Patent Attorneys, 272 Bank Street, Ottawa, Canada.

**QUILTING**

QUILTING PATCHES, GOOD QUALITY prints and plain broadcloth. Four pounds for one dollar postpaid. Textile Jobbers, 516 Queen W., Toronto.

**STICKERS**

VICTORY-STICKERS—FOR autos, doors, windows, halls and homes. Six assorted for 30c. 12 for 50c. Harvey's Fine Store, 238 King St. East, Toronto.

**STAMPS**

FREE TRADING MEMBERSHIP, one month, Elite Stamp Exchange, Box 122, Windsor, Manitoba.

**REAL ESTATE FOR SALE**

IN DESERONTO, HOUSES \$500 UP, town water, electricity, gardens, several with both, furnace, garage. One 17 acre farm. For particulars, see Mr. C. E. Schell, Deseronto, Highway 2, Ontario.

**Play Safe! Send Your Films To Imperial**

For better results and faster service, 6 or 8 exposure films 25c; reprints 8 for 25c; both with free enlargement.

Photographic Xmas Cards made from your own negatives in 2 attractive styles—folder type with mounted picture 12 for \$1.25; flat type with embossed margin 12 for 89c. No orders for less than six.

Imperial Photo Service Station J. Toronto.

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**AEROMATIC METER FOR AUTO-** mobile, truck, tractor, bus and other motor vehicles. Powerful! Stops carbon! 25% more mileage! Airmail for quick information! Agents, write for territory. Dept. 2, Box 162, Vancouver, Canada.

**AGENTS—SELL A GUARANTEED** product. Attractive package. Sells on sight. Older Chevrolet. West H. I. Manufacturing Company, Dept. A, 151 Church St., Toronto.

**BABy CHICKS**

SCORES OF BRAY'S CUSTOMERS make money with fail chicks. Get your idle brooders working raising baby chicks. Especially this fall. Limited number laying pullets. Ask for Bray Fall Service Bulletin, Bray Hatchery, 150 John St., Hamilton, Ont.

**BED POLLS**

COWS, HEIFER CALVES 2 to 12 months. Bull 12 months. P. Hornsinger, Thoriole, Ontario.

**BUSINESSES SOLD**

ALL TYPES OF BUSINESSES SOLD. City, Rural, Large, Small! Everything strictly confidential. Twenty years experience. Globe Exchange, 2 College Street, Toronto (Opposite Eaton's).

**FARM FOR SALE**

100 ACRES, DUNDAS COUNTY, 90 acres cleared, good soil. Large house, barns, four outbuildings. Now occupied. S. R. Thorpe, Williamsburg, Ontario.

**FLOWER BULBS**

DARWIN TULIP BULBS FOR sale. Clara Butt, pink, 60c per dozen; \$4.50 per hundred. Pride of Harlem, for a dozen, \$5.50 a hundred. J. Vet. Ferguson, Ont.

**CARS—NEW AND USED**

MOUNT PLEASANT MOTORS LTD., Toronto's oldest Chevrolet Plymouth dealers; three locations, 622 Mt. Pleasant Road, 2040 Yonge St., 1650 Danforth Avenue. Our Used Cars make us many friends.

**GOITRE**

HAVE YOU GOITRE? "ABSORBO" reduces and removes. \$3.00 per bottle. Trial size \$2 postpaid. J. A. Johnston Co., 171 King E., Toronto.

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