Happy Paradol Girls

Have a tip for you

If you don't know about Paradol you really should.
For PARADOL can help you to get more pleasure out of life. You don't need to be saying "Oh dear, I can't go at that time, you know why."
Life is very different for many girls and women who have proven for themselves that PARADOL makes quick work with headaches and other discomforts which bother them at times. They can now take a Paradol and go off to the dance, the theatre, or the athletic event, feeling fine and forgetting the pains and aches which threatened to mar their pleasures.
Why not do as so many girls are doing these days—carry PARADOL in your handbag so as to be protected at all times against headaches, colds and jittery nerves.
Paradol does not disappoint.
35 cts. a vial. Economy size jar, five times as many tablets $1.00.

Dr. Chase's Paradol

OTTAWA REPORTS

That Security For Farm Family Must Be Keynote Of Future Policy In Agriculture

Postwar measures suggested by H. H. Hannam, President of the Canadian Federation of Agriculture, at a recent meeting of the Society of Technical Agriculturalists, included carrying forward some wartime controls with modifications to meet changing conditions and peacetime objectives; some form of regular marketing where control of the product is necessary for an effective marketing job, or to the success of price floors; orderly organized movement of food supplies to world markets; some measure of direct or indirect control of production, with decentralization of administration and regulations self-imposed by the producers to the extent possible.

* * *

All cheese now being made in Ontario and Quebec will be taken for export until further notice, according to an order of the Dairy Products Board. This is to assure meeting of the 125 million pound contract with Britain by March 31 next.

* * *

Increased by 305,000 since the 1941 census, the population of Canada is now 11,812,000, most recent compilation of figures shows Quebec had an increase of 67,000; Ontario, 33,000; British Columbia, 30,000; Alberta, 16,000; Nova Scotia, 16,000; Manitoba, 2,000, and Prince Edward Island, 1,000. New Brunswick and Saskatchewan showed decreases of 1,000 and 6,000 respectively.

* * *

Thirty-seven hundred carloads of eggs, — approximately 2,400,000 cases or 72 million dozen, — were purchased this year in Canada by the Special Products Board for the British Ministry of Food up to June 28. In the same period last year 1,700 carloads were purchased by the Board. Ontario, Alberta and Saskatchewan in that order contributed the greatest quantities so far this year.

Silk is used for gunpowder bags because of its rapid and complete combustion when the powder is detonated.

How Can I?

By Anne Ashley

Q. How can I remove paint stains from clothing?

A. Either fresh or dry stains can be removed from delicate materials without injury by sponging with chloroform. Wash fabrics can be saturated with turpentine, rubbed well between the hands and then washed in soapy water. For a very old and dry stain, add a little ammonia to the turpentine and soak the stains in this for an hour or two before laundering.

Q. How can I make better sweet pickles?

A. A small amount of vanilla and a small amount of lemon extract added to the syrup just before it is poured over the fruit will add a delicious flavor when making sweet pickles.

Q. How can I remove perspiration from silk?

A. Perspiration stains on a delicate silk garment can usually be removed by rubbing gently with a soft dry cloth.

Q. How can I avoid clogging the sink drain?

A. Hot grease should not be poured down the drain pipe of the sink. It will congeal as soon as it strikes the cold pipe and tend to clog it.

Q. How should blisters from sunburn be opened?

A. Do not break sunburn blisters, as this only adds to their discomfort. A new layer of skin will form under the blisters and they will break of their own accord.

Artic Route Tough Summer or Winter

There has been some question in the minds of sailors on the Arctic route to Russia, as to whether they prefer to make the trip in the summer or in the winter. It is a choice of evils; in the winter there is the frightful cold, and the heavy weather, but there is some protection from the enemy in the darkness of the 24-hour nights. In the summer the going is a little more comfortable, but the 24-hour daylight exposes the ships to constant observation and attack from the enemy. The daylight is never getting quite long in the Arctic but the weather was reported as "murderous."

PRETTY SOFT

It will be soft sleeping for this Allied soldier if only he can hold on to the prize he picked up in recaptured Cherbourg— a nice, comfortable mattress.

Modern Etiquette

By Roberta Lee

1. What should one do and say, if when entering a row of seats in a theater, it is necessary for other persons to rise to allow you to pass?

2. Would it be all right for a girl to wear a slack suit when taking a trip by bus?

3. What is the correct way to eat watermelon?

4. If a man is a strictly business acquaintance, and a woman meets him at a social affair, is she obligated to recognize him?

5. In what form should an acceptance be written when replying to a wedding invitation?

6. Should the cream and sugar be placed in the cup before the coffee is poured, when eating breakfast?

Answers

1. Face the stage and pass as quickly and easily as possible. If the other persons rise, say "Thank you". 2. Yes, it would be all right as slacks are now being worn on all informal occasions. However, to be correct, a dark dress or suit would be preferable. 3. With a fork, cutting a small piece at a time, and leaving the seeds on the plate. 4. Not unless she desires to, but she usually does unless there is some good reason why she should not. 5. Write it in the third person, following the wording of the invitation, repeating in your acceptance the place, date, and hour. 6. Yes.

You Will Enjoy Staying At
The ST. REGIS HOTEL
TORONTO

- Every Room with Bath, Shower and Telephone.
- Single, $2.50 up—Double, $3.50 up.
- Good Food, Dining and Dancing Nightly.

Sherbourne at Carlton
Tel. RA. 4135

(ADVERTISEMENT)

WILL YOU LIE AWAKE TONIGHT ?

Will gas make you feel breathless and smothery — causing a awful bloat and wakefulness? Unlock this tight bloat by opening up constipation and releasing "Locked-in" gas. Let digestion move along and bowels move. Get Mintenes's BWELL opens up bowels, gets digestion and releases gas. Makes you feel fine and ready for restful sleep. Try Mintenes's BWELL medicine to-night and see what it will do for you! Order large 12-ounce bottle from your druggist.

BARBERING IN THE BREEZE

"It's cooler outside" was the decision of a Milwaukee barber, who promptly moved his chairs and equipment out onto the sidewalk, where customers could enjoy the breeze, to say nothing of the breezy sights.

CONSTIPATION
FERMOL LAXATIVE TABLETS
QUICKLY RELIEVE CONSTIPATION

If you suffer from Hemorrhoids (Piles) tra getting relief through soothing gentle action of FERMOL LAXATIVE TABLETS which so many have found effective for this condition. Go to your drug store and obtain FERMOL LAXATIVE TABLETS—two months supply for $1.60, or write direct FERMOL DISTRIBUTORS, LONDON, Ontario.

To relieve distress of MONTHLY
Female Weakness
Lydia E. Pinkham's Vegetable Compound is made *especially for* women to help relieve periodic pain with weak, nervous, tired, irritable feelings—due to functional monthly disturbances. Pinkham's Compound *helps nature* and that's the kind of medicine to buy! Follow label directions. Worth trying!
LYDIA E. PINKHAM'S VEGETABLE COMPOUND

Crew of Four Mans Midget Submarines

The midget submarines, known as "X" craft, are like ordinary submarines, but much smaller and even more cramped and have no conning tower. They are manned by a crew of four. They are about 40 feet long. The only superstructure is a guard rail for the two periscope tubes and a mast-like air vent. To this is attached a steel arm with a strong leather belt, to which the captain straps himself when on the deck for observation purposes.

Have You Heard?

The plumber rang the bell and as it happened both the master and mistress of the house came to the door. As they stood in the hall the husband, who was very methodical, said:

"I wish before we go upstairs to acquaint you with the trouble."

"I'm very pleased to meet you ma'am," said the plumber.

—o—

A recent advertisement states: "It took twelve thousand workers to put that bottle of milk at your door."

Yes, it sounded as though it did.

—o—

"Johnny," said his mother, severely, "someone has taken a big piece of ginger cake out of the pantry."

Johnny blushed guiltly, and fidgetted around.

"Oh, Johnny," she exclaimed, "I didn't think it was in you!"

"It ain't all," replied Johnny, "part of it's in Elsie."

—o—

She read the fancy recipes,
Each one a tempting winner,
Then, dashing to her kitchen, fixed
Some ham and eggs for dinner.

—o—

Fashion note: There will be little change in men's pockets this year.

ITCH CHECKED in a jiffy —or Money Back

For quick relief from itching caused by eczema, athlete's foot, scabies, pimples and other itching conditions, use pure, cooling, medicated, liquid D. D. D. PRESCRIPTION. Greaseless and stainless. Soothes comforts and quickly calms intense itching. Don't suffer. Ask your druggist today for D. D. D. PRESCRIPTION.

It Does taste good in a pipe

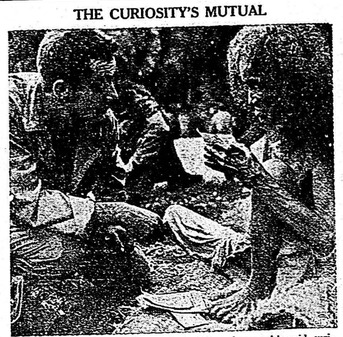
Picobac

The Pick of Tobacco

The largest submarine of the Netherlands navy, the Zwardvisch (Swordfish), has a displacement of more than 1,500 tons.

The Dutch have fully-equipped air squadrons operating from England with the R.A.F. and the British naval air forces.

THE CURIOSITY'S MUTUAL



This 61-year-old Chamorro crone on Saipan gazes with avid curiosity at photos displayed by Tech.-Sgt. Don Brown, USMC, Vallejo, Calif., but her curiosity is equalled, if not outdone, by the leatherneck's, who has revised conception of Pacific island beauties.

Just off the press — New, Large, Colored, European

INVASION MAP

Send Only Ten Cents In Coin or Stamps to Cover Cost of Handling
This Offer for a Limited Time
CLASSIC PUBLISHERS—DEPT. W.
7 ADELAIDE W. — TORONTO 1
10c 10c

BABY CHICKS

BARGAINS IN TWO, THREE AND 4 week old started chicks. Pullets 2 week old White Leghorns, Black Minorca X White Leghorns 20.95 per hundred. Barred Rock, White Rock, New Hampshire X Barred Rock 18.95. 4 week old Barred Rock 25.95, shipped C.O.D. Also 5 week and older free range pullets. Top Notch Chickeries, Guelph, Ontario.

20 ROCK HENS, 1 YEAR OLD, laying, $1.50 each. 11 six weeks old, Leghorn pullets, 37 Seymour Ave., Toronto.

IF YOU'VE OLDER BIRDS, IT will pay you to cull and replace with young stock at our very attractive summer prices. Immediate delivery 2-4-5 week started chicks. White Leghorns and most heavy breeds. Bray Hatchery, 120 John N., Hamilton Ont. (Hatching to order).

STARTED CHICK BARGAINS PULlets, 4 weeks-old Barred Rocks 26.95, 3 weeks 22.50, 2 weeks old 19.90. Also non-sexed and pullets in White Leghorns New Hampshires, White Rocks, Hybrids at rock bottom price. Free range pullets 8 weeks up to laying. Free catalogue. Tweddle Chick Hatcheries Limited, Fergus, Ontario.

COLLECTION AGENCIES

WE COLLECT

ACCOUNTS AND NOTES RECEIVAble everywhere. Use Canada's largest agency for best results. Financial Collection Agencies, Federal Bldg., Toronto.

DYEING & CLEANING

HAVE YOU ANYTHING NEEDS dyeing or cleaning? Write to us for information. We are glad to answer your questions. Department H. Parker's Dye Works Limited, 791 Yonge Street, Toronto.

HAIRDRESSING

AMBITIOUS GIRLS and MIDDLE AGE

women, learn hairdressing at Canada's finest and largest school. Refined, dignified work. Splendid pay. Write or call for free literature. Marvel Hairdressing School, 358 Bloor Street, Toronto. Branches 44 King Street, Hamilton, and 74 Rideau Street, Ottawa.

LEARN HAIRDRESSING THE Robertson method. Information on request regarding classes. Robertson's Hairdressing Academy, 137 Avenue Road, Toronto.

PATENTS

FETHERSTONHAUGH & COMPANY Patent Solicitors, Established 1890. 14 King West, Toronto. Booklet of information on request.

MEDICAL

STOMACH AND THREAD WORMS often are the cause of ill-health in humans all ages. No one immune! Why not find out if this is your trouble? Interesting particulars—Free! Write Mulvaney's Remedies, Specialists Toronto 2.

GOOD RESULTS — EVERY SUFferer from Rheumatic Pains or Neuritis should try Dixon's Remedy. Munro's Drug Store, 336 Elgin, Ottawa. Postpaid $1.00

HAIMEEKA FOOT BALM destroys offensive odor instantly. 45c bottle Dixons Drug Store, Ottawa.

MEDICAL

TRY IT! EVERY SUFFERER OF Rheumatic Pains or Neuritis should try Dixon's Remedy. Munro's Drug Store, 336 Elgin Ottawa. Postpaid $1.00

PHOTOGRAPHY

TIME TESTED QUALITY SERVICE and SATISFACTION

Your films properly developed and printed

6 OR 8 EXPOSURE ROLLS 25c
REPRINTS 3 for 25c
FINEST ENLARGING SERVICE

You may not get all the films you want this year, but you can get all the quality and service you desire by sending your films to

IMPERIAL PHOTO SERVICE
Station J. Toronto.

SPECIAL PRICES
ON COLORED AND FRAMED ENLARGEMENTS

Quality Enlargements 4x6" in Beautiful easel mounts, 2 for 25c. Framed in Gold, Silver, Circassian Walnut or Black Ebony finish frames, on ivory mats 7x9", 49c each. If coloured 79c each.

ANY SIZE ROLL
6 or 8 exposures
DEVELOPED AND PRINTED 25c

Get prompt mail service on quality work at low cost. Satisfied customers all over Canada will tell you that Star Snapshot Service does the best work.

DON'T TAKE RISKS WITH YOUR FILMS

Snapshots can never be taken again. Send your rolls to Canada's largest and finest finishing studio—

STAR SNAPSHOT SERVICE

Box 129, Postal Terminal A, Toronto
Print Your Name and Address Plainly on All Orders.
Get Nixederm from your druggist today—the money-back trial offer protects you.

DOUBLE SIZE Super Prints
6 or 8 Exposure Rolls Developed and Printed 49c
Double Size Only

REGULAR SIZE
6 or 8 Exposure Rolls Developed and Printed 39c

FILMS FILMS FILMS
Sent To You by Return Mail
No. 127—35c; No. 120 or 620—40c
No. 116 or 616—45c
These Prices Include Five Cents For Wrapping and Mailing

SUPERIOR FILM SERVICE
Box 401 Hamilton, Ont.
Expert Photo Finishers for 25 years

FOR SALE

62 ACRES, SANDWICH EAST, near Windsor City limits, 3rd. Concession Rd. Immediately adjoining improved Walker Homesites Subdivision. Contains about six acres good standing timber. Black loam. Also 120 lots, corner 3rd. Concession and Pillette Rd. Owner, Box 142, 73 Adelaide W., Toronto.

CHAN RABBITRY — NEW ZEALand Whites, Standard and Giant Chinchillas — All ages — blocky types—quality fur—make weight easily—mature quickly—all pedigreed—Dominion wide shippers. Write for prices. Registered Rabbitry, Campbellford, Ontario.

FOR SALE

SLIPIT HARNESS DRESSING Finest leather and harness preservative. Slipit also has many household uses 25c up at most grocery, hardware and chain stores. A product of Lloyds Laboratories, Toronto.

ARMY BOOTS

NEWLY RECONDITIONED BOOTS of our army pattern, perfect condition, $3.25 delivered. Ladies' army shoes, perfectly rebuilt, $2.25 delivered. Money-back guarantee. State size, send money order. Ruskin & Co., Peterborough, Ont.

ELECTRIC MOTORS, NEW, USED, bought, sold, rebuilt: belts, pulleys, brushes. Allen Electric Company Ltd., 2226 Dufferin St. Toronto.

MACDONALD COMBINATION grain and seed Thresher with grain elevator, all belts complete, in good running condition. J. W. Great, Chelsea, Ont.

1½ SECTION, 185 CULTIVATED, 175 head sheep, 5 milking cows, tractor and other machinery, all for 4,000.00. Mike Bobak, Ashville, Man.

TEN LOVELY BIRTHDAY CARDS, "Rural Rooftree" and "Fireside Realm", six months 25c. Rooftree Publications, Box 44, Orillia, Ontario.

WANTED

QUANTITY OF LARGE WILLOW trees. Hanger Limb Company, 55 King Street West, Toronto, Ontario.

SIARS AND EDGINGS, 4' SOFT and hardwood. State kind, quantity, when cut and lowest prices on cars. Walter Schiess, 19 Melinda Street, Toronto.

HELP WANTED

WANTED AT ONCE, WOMAN TO take full charge in farm home. One adult to cook for. Widow preferred, respectable place. Good wages. Permanent home if satisfied, state age. Fare advanced. Thomas Armour, Port Burwell, R.R. 2, Ont.

FARM HELP WANED—MARRIED couple for farm must be fully experienced, good character, good with horses—no milking. Separate House, Hydro—Farm 20 miles from Toronto. Write 208 King St., Weston, Ont.

EXPERIENCED FLOORMAN AND all round printer, permanent position. Apply Pyle HYMN, Nearest relative Service Office.

TEACHERS WANTED

BOURKES: TEACHER FOR PUBlic school, grades 1 to 10. State age, salary, experience and references in answer. Secretary-Treasurer, U.S.S. No. 1, Denoit and Mersonville Twps., Bourkes, Ontario.

PROTESTANT TEACHER WANTED for S. S. No. 10, Raglan, Renfrew county. Duties to commence Sept. 5. Apply stating salary and qualifications to Arthur C. Genrick Sec.-Treas., Hardwood Lake Ont.

WANTED, QUALIFIED TEACHER for Protestant Public School. Two or more years experience. First class. Near Lake Nipissing. Apply A. Douglas, R. R. 1, Monetville, Ont. Salary $1,200.

RIVERS MAY BE NAZIS' 'LAST DITCHES'

Hitler's fast-fleeing armies in Poland are approaching the last natural defense barriers offered by the comparatively flat terrain — the lines of the Bug and Wista rivers, as indicated on map above. Arrows show general direction of Red army drives, a north-central one skirting the Pripet Marshes and a south-central one, converging in a giant pincers on Warsaw, thence on toward Berlin.

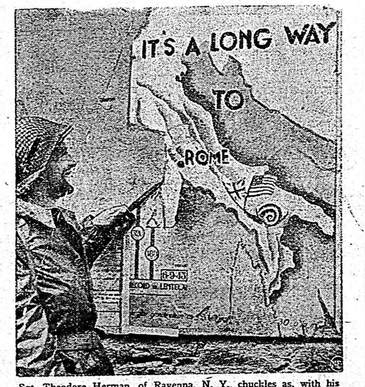
THE SNIPER PLAYS HIS PART

The man with the rifle is still a main cog in battle and Canadian soldiers, many of them expert marksmen like this sniper drawing a bead on the enemy from his post in a shell-ruined house, took a heavy toll of Nazi defenders of Europe on invasion day.

A WELCOME TO CANADA

Gen. Charles De Gaulle, president of the French Committee of National Liberation is greeted by Prime Minister King at Rockcliffe Airport, Ottawa. Gen. De Gaulle visited the capital city for one day, when he laid a wreath on the National War Memorial, and addressed an immense throng crowding the grounds before the Peace Tower of the Canadian Parliament buildings.

SEZ WHO?

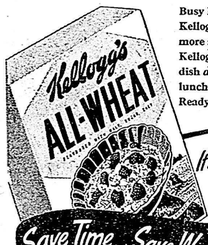


Sgt. Theodore Herman, of Ravenna, N. Y., chuckles as, with his trench knife, he rips one of Herr Goebbels' propaganda posters off the wall of a Cherbourg building. The poster is a map of Italy, showing British and American forces in the south symbolized by a snail, with the slogan: "It's a Long Way to Rome."

BEFORE TABLES TURNED

Photo above illustrates one of the war's oddest incidents. American flight officer at right was captured by Germans in Cherbourg battle when he bailed out near German hospital holding wounded Yanks. Volunteering to get U. S. medical supplies, he gave his parole and was allowed to go to Allied lines, accompanied by German officer. On arrival, they discovered U. S. forces had captured the place, and German officer became our prisoner.

CEREALS HAVE A PLACE AT ANY MEAL, ANYTIME !



Busy housewives appreciate Kellogg's ready-to-eat cereals more and more every day. Kellogg's are a satisfying dish *anytime*—for breakfast, lunch, odd-hour snacks. Ready in 30 seconds.

It's whole wheat—flaked, toasted ready-to-eat!

Save Time... Save Work... Save Fuel!