

### How "Skinny" Girls Get Lovely Curves

**Gain 5 to 10 lbs. Now!**  
Thousands who never could gain weight before, now have slender, attractive figures. No more heavy diets, no more "fasting" days. They thank "The Mixing Bowl" for their bodies. It's the only diet that works because it's so easy to follow. Don't miss this chance to get the body you've always wanted. Try "The Mixing Bowl" today. At all drug stores.



Hello Homemakers! Canada's biggest show window, our Canadian National Exhibition, will open from August 22nd to September 6th. Two of many new attractions we have heard about are: a mammoth cooking competition being held in the Upper West Annex, Coliseum, and the old and new rural kitchens being displayed in the Hydro building, near the fountain.

#### TAKE A TIP

When you take a trip: 1. A small first-aid kit should be

- kept in the glove compartment of every car.
- Do not tempt thieves by leaving the house as if everyone had left. You may leave the blinds upstairs partly drawn, an old chair on the porch and a light behind a curtain.
- If leaving the house for two weeks or less, remove such foods as greens and soft fresh fruit from the refrigerator or ice box.
- Purchase a supply of canned and packaged items suitable for two days' menus for your arrival home. Don't forget canned milk, a bottle of prepared coffee, fruit juice, biscuit mix and canned meat.
- Empty flower vases and place plants outside.
- Protect all fabrics by a spray or a denonator of insect repellent.
- Make sure the fire extinguisher is ready for use, and that the neighbors know where it is. Be sure there are no oily rags in a corner.
- Don't pack too many things for a trip. Perhaps your best jewellery may be left in your safety deposit box at the bank.
- Items we often forget to pack are tooth brush, hand lotion, face cloth in oilskin bag, raincoat, pen and a needle with thread.

#### THE QUESTION BOX

Mrs. S. W. asks: How can we remove mildew from a white cotton shirt?

Answer: Soak in a solution using 1 pint of chlorine bleach to 1 gallon water, or spread stains with salt and lemon juice and place in direct sunlight. (Note: Take colored clothes to the cleaners).

Miss M. G. asks: Is it possible to remove a scorch from a mauve embroidered dress?

Answer: Place cloth dampened with hydrogen peroxide over stain; place dry cloth over this and press with warm iron. Move the top cloth as the peroxide soaks through. Repeat if necessary. Severe scorching cannot be removed.

Mr. R. H. asks: How should we attempt to remove chocolate ice cream from blue gabardine?

Answer: Sponge with a cloth moistened with carbon tetrachloride. If stain remains test a piece of unseen material with peroxide and if it does not effect the color, steam material and sponge with peroxide using a white blotter under the spot.

Miss J. C. asks: How do you remove blueberry stains from white wool?

Answer: Take to an expert dry cleaners promptly.

Mrs. K. B. asks: Can grass stains be taken out of a pink skirt?

Answer: If material is silk, wool or rayon, sponge with alcohol using blotter under stain. If material is cotton, scrub stains with a soft brush in heavy suds.

### Poet's Corner

TREE TOPS

Tree tops, waving wide their branches,  
Lacy green against the sky.  
Reaching upward, ever upward  
In the sunlight far and high,  
Fill my heart with wistful longing  
Shining heights of joy to find.  
Where a vision fair and tranquil  
Lendeth calm into the mind.

Tree tops whispering at even  
When cool shadows fall around,  
And the gentle breezes stir them  
Into soft and peaceful sound,  
Fill my heart with sweetest trust-  
ing  
That by faith, I'll upward grow  
Upward through life's stress and  
trial,  
Peace, the gift of Heaven to  
know.  
—Clara Royce Campbell.

#### CONE ANTICS

One afternoon a woman entered a small grocery store and ordered five ice cream cones. The proprietor looked at her, hard. "Got the money for 'em?" Startled, the woman nodded. "Well, put it down on the counter then." She fumbled through her purse and complied with the order, whereupon the proprietor went off to get the ice-cream cones.

Returning, he held them out to her and when she'd taken them he leaned forward on his elbow. "Now I suppose you're wondering why I made you put the money down first. Well, it's this way. You come in and order five cones. I go and get 'em and hand 'em to you. You say how much and I say 25 cents. You hand me back the cones so you can dig up the money. Chances are you got change coming so I hand them back to you. You give them back to me so you can pick up your change—and then I have to hand them back to you for the third time."

The first lines of a smile reached his face. "Look at all the extra work and time we saved."



IN REVIEW

#### THE YOUNGEST PROFESSION by Lillian Day

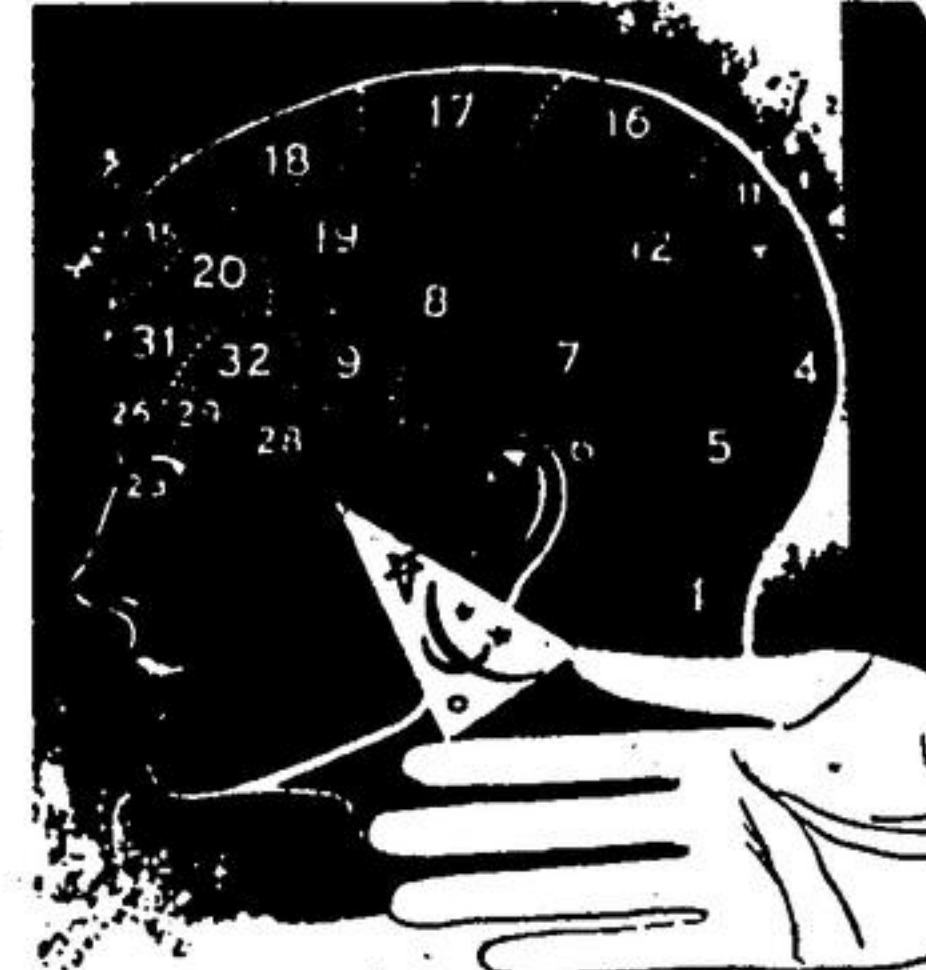
"I adore breakfast in bed," says teen-age Jane Lyon, "it's so decadent."  
So Jane starts her diary which, although containing her most intimate thoughts about her grand passions, will be widely read and enjoyed. It is difficult to predict just who will appreciate a book of this sort. Jane is a member of the youngest profession—autograph hunters! She skips classes in her New York school to trail Frederick March, I. T. L. No. 1 (the most impossible to land) Charlie Chaplin, Lawrence Olivier and other notables of the stage and screen—primarily screen.

Jane writes tragically. "God, what a fool I was at 15!" and concludes with the same sentiment about the gay adventures of year 15.

Jane is actually delightful and will likely please readers of any age—provided they aren't 15. At that romantic age the story perhaps wouldn't even be amusing. Although the riotous incidents resemble those radio adventures of Shirley Temple as a typical teenager not long ago, they are refreshing to read, and always surprising. Perfect summer reading.

#### RUBBER MEN TEST 'CIUTE

Britain's Ministry of Supply is using almost human dummies for testing parachute equipment. They cost \$400 each, have "spine" and "limbs" of steel tubing and a "chest" of perforated steel plate. The "flesh" is rubber, the "skin" canvas, and the "head" wood.



### How do you read character?

Whether or not you believe in any system of "character analysis", you can always tell something about the character of a man simply from the fact that he owns life insurance.

This fact alone tells you, for instance, that he is a good provider. For here is proof that he feels genuine concern for the future welfare of his family—a concern that usually reflects a considerate nature.

It's pretty reliable evidence, too, that he is thrifty, foresighted, realistic—and a good credit risk.

To his employer, his ownership of life insurance suggests readiness to assume responsibility—an attitude that will carry him toward success in any job.

And, if he is using his life insurance to build income for his later years, you can be quite sure that he's the self-reliant type. No relatives or public welfare organization will ever have to support him!

All in all, you'll find that most of the solid citizens in any community own life insurance!

AT YOUR SERVICE! A trained life underwriter, representing one of the more than 50 Canadian, British and United States life insurance companies in Canada, will gladly help you plan for your family's security and your own needs in later years. Rely on him!

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### Harold "Mike" Coxe

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### Farmers' Supplies Are Well Guarded

The laboratories of the Federal Department of Agriculture plant products division play an important part in assuring that farmers get high-quality supplies for use on the farm. Analytical tests are constantly made to see that seeds, feeds, fertilizers and pesticides live up to the standards claimed for them by suppliers.

In 1950, at eight laboratories across Canada, 59,575 purity analyses and 99,353 germination tests were made in the administration of the Seeds Act. A number of special tests were made on "reference" samples in order to bring about unity in methods and procedure to facilitate international trade in seeds. There is also a seeds research laboratory in Ottawa where experiments are conducted in various techniques in purity and germination work.

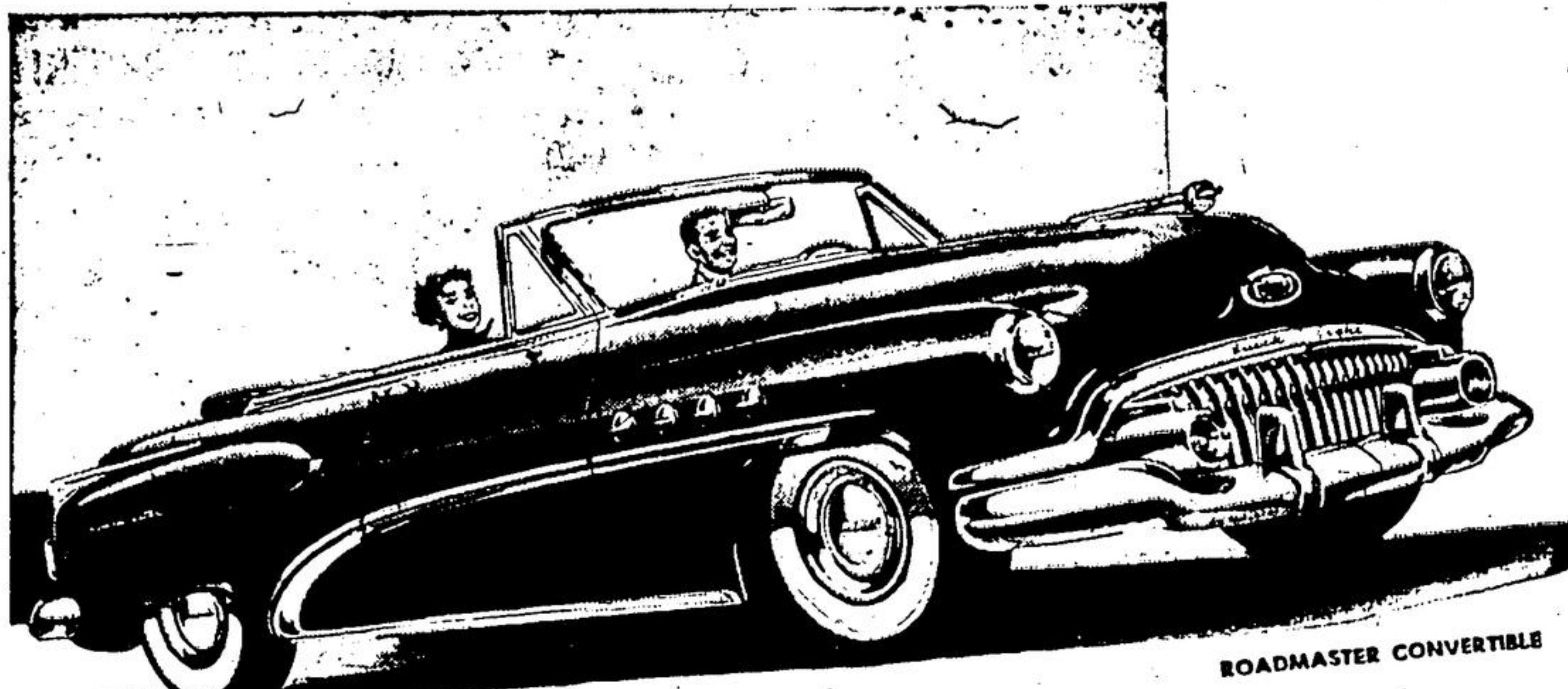
At two chemical laboratories at Ottawa and Calgary, tests are made on feeds, fertilizers and pesticides. Last year 6,045 feeds, 572 fertilizers and 872 samples of pesticides were analysed. Official outside chemists analysed 1,861 feeds, 641 fertilizers and 800 pesticides.

There are three micro-analytical laboratories in Ottawa, Toronto and Calgary for the analysis of feeding stuffs. During 1950, analyses of 3,991 samples of chop feeds, screenings and mixed feeds were made.

Among the more specialized laboratories is a bio-assay laboratory in Ottawa to determine the A and D Vitamins in feed oils; a pesticides laboratory where biological tests are made on various kinds of pesticides; and two seed pathology laboratories, one in Ottawa and the other at Winnipeg where seeds are tested for disease infection.

#### PRINT BRAILLE

A revolutionary new process of Braille printing has been developed as a result of years of research by Britain's National Institute for the Blind and a London research engineer, J. Groak. An electronic machine replicates the printing press and raises dots on both sides of ordinary thin paper, by squeezing plastic ink through holes in a stencil.



A General Motors Value

### Call out the Reserves with a touch of your toe!

Most cars lead a double life.

A good part of the time they're running errands, taking children to school, taking women to stores, taking men to work, taking family and friends to clubs and social functions.

It doesn't call for a very great output of horsepower for duties like these.

But there are times when you want a car that can do vastly more, and these are the times when you'll want what this year's ROADMASTER has to offer.

Beneath its proud hood, there's a Fireball 8 Engine—a valve-in-head that can let loose 170 lively horsepower when needed.

And—alongside this engine—there's also an Airpower carburetor which thriftily feeds fuel and air through two smaller-than-usual barrels for normal driving—which means that you now use less gas at 40 than you'd formerly use at 30.

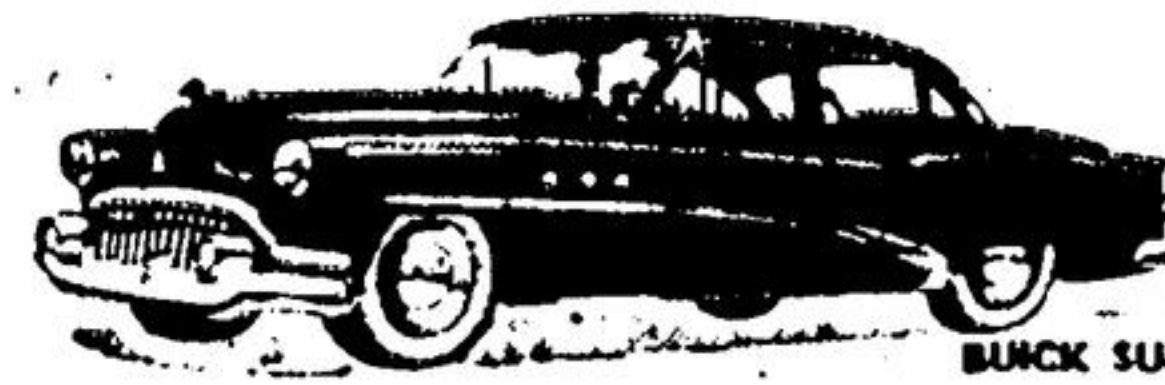
But there are two barrels in reserve—waiting for you to call them into action—and they let loose a soaring rush of power that sinks your shoulders back into the seat cushion, swoops you past a truck—out of a tight spot—up a hill—sets your speedometer needle to registering added miles more than twice as fast as your watch can tick off the seconds.

This is an experience you certainly should know firsthand.



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