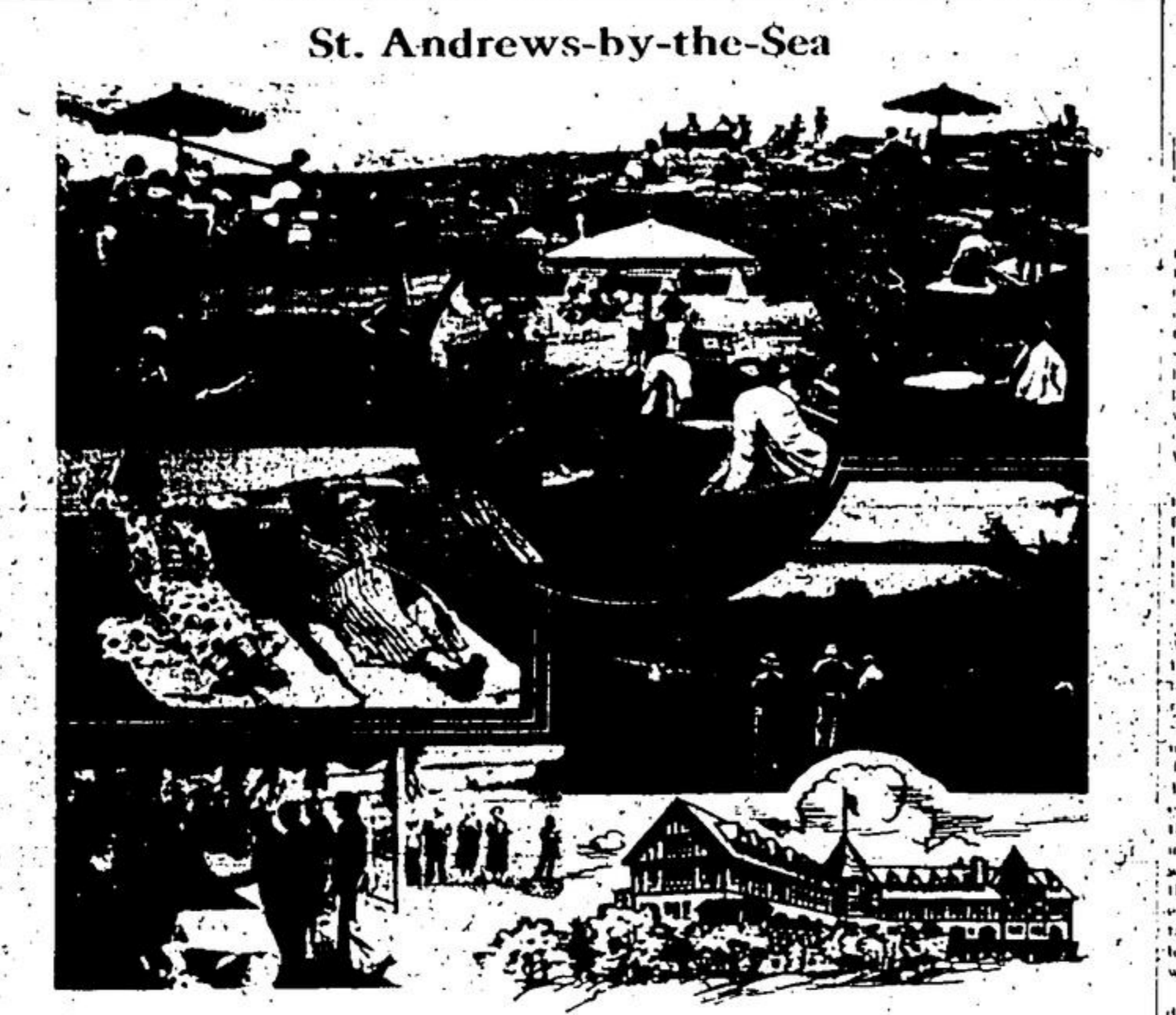


THE PASSAGE
O soul on God's high seal look to your course with care,
Unmoved by wind or water, unattached
By seas of blame,
Beyond the "fifty ways" beyond the
fading star,
There stretches out the strand and
golden harbor bar.

ON RULES FOR A LONG LIFE
Recently that astonishing strippling
John D. Rockefeller celebrated his
77th birthday, and came out with ten
rules for a long life. They seemed
reasonably good rules, but not to
Mr. Charles W. Eldridge of St. Peter-
burgh, Florida, who is scamparing
about in his 105th year.
Speaking at Mr. Rockefeller's advice
Eldridge said:
"The young folks asked for it. His
ten rules of health ain't half for a
youngster in his 70's. But for the
older 100 years they just would be
"Take rule No. 3 in your Rockefeller's
list. Don't allow yourself to get
anybody," he says. That happened. I've
been annoyed most of all my 105 years,
two or three times it saved my life.
"Once I got so mad at a couple of
doctors who said I was done for, that
I jumped out of bed for the first time
in three months. I was 82 then and
disease has been growing over them
decades grave for ten years.
"Eldridge, you must say, rather
impressively, as in the first place, we
have never been able to learn how
long we are going to live. We don't
know how long people who come out of
a bunker in five hours, or the
Legionnaires, or, or, or, or, or, or, or,
will be better off if they came out
with a load of lead. It's a matter of let-
ting life alone. In other words, this
is the biological, spiritual or other
sense of not holding anything if one
feels that one is going to die. The only
thing we can see is that the first with-
out the last is less honest than both
together.
"Moreover, there's a lot of nonsense
talked about rage. It's the greatest
of passions. We don't believe in a
man being tenacious over trifles, but
a topped shot when one has a good
thing in his hand, and if a man wants
to get into a lowering rage over it,
and show that he has got into one,
there's a lot to be said for him. It's
the main part, the fellow who wants
to be thought self-composed, and air
that who represses himself.
"There's something else. A lot of
people confuse indignation with anger.
Yet they're different. Anger may be
born of spite, or of blind hatred, or
of a lot of other evil things; indignation
usually comes from denigration of
the self. No, we have little use for
people who don't get annoyed. Mostly, we
think they're "poor," without
frivolous people who don't like
somebody or something, people without
out spirit or soul. Either that they're
too proud to be themselves,
or they're too stupid to be themselves,
and these are the people who repress
themselves with repression."

POSITION OF BODY NERFS
The wealthy but bedridden Hippo
who is reported to have offered \$10,000
for relief from insomnia might find it
to his advantage to get in touch with
research workers at the University of
Chicago who are investigating the
problem of sleep. Not that they have
found a remedy, as yet, but their investi-
gations, which make use of radio loud-speaker and vari-
ous special clocks, among other ap-
paratus, are shedding new light on fac-
tors that affect soundness of sleep.
Depth of sleep is connected with
changes of position of the sleeper's
body rather than with the actual time
of night as was supposed. Norman
A. Coperman and Laurence Paul
reported from their studies, which
have been conducted under the gen-
eral supervision of Dr. Nathaniel
Kleitman, associate professor of
physiology at the university.
The studies also show that people
sleep more soundly during the first
one or two hours of the night, and
that they awaken more easily im-
mediately after a change of position
than they do ten or fifteen minutes
after the shift.
One cup of coffee taken before go-
ing to bed will cause a person to sleep
with fewer changes of position than
usual, but several cups will induce
unusual restlessness, previous research
at the university has shown.
Alcoholic liquors taken before going
to bed will cause sleep with a marked
decrease in movements during the
latter hours of sleep. The tempera-
ture of sleepers drops about one de-
gree during the first hours of sleep
and rises during the last
hours.

SCOTTISH SHIPYARDS WORKING OVERTIME
Shipbuilding in the Clyde and other
centres in Scotland is approaching a
boom. There are now about 200 ships
on order in Scottish yards, of which
the Clyde alone accounts for about
150, including 30 warships, and pro-
spects for many additional contracts
are favourable. Work on hand in the
Clyde shipyards is said to be far in
advance of that of any other world
shipbuilding centre. Some yards have
been building berths. So great is the
demand for ships that the annual
"Fair" holidays in some Clyde ship-
yards are being restricted in an ef-
fort to cope with tonnage orders.
During June, 39,485 tons of shipping
were launched from Clyde shipyards,
with a total output of 48
vessels with a total tonnage of 12,502
as against 92,445 tons for the same
period last year, according to the
Industrial Department of the Canadian
National Railways.



St. Andrews-by-the-Sea
The growing popularity of the beautiful St. Andrews-by-the-Sea, N.B., was shown this year by the great increase of visitors during July. Privileged vacationists from all over the world spent happy days at the lay-out of the St. Andrews resort, golfing, swimming, fishing, sailing, playing tennis, dancing, or just lying in the sun on the warm sand of Katy's Cove.

The Matchmaker
By HAL G. VERMES

YOU would think that after the past few years in which the matchmaker had been almost entirely ignored, he would be a very important character in the life of the community. But that is not the case. The matchmaker is still a very important character in the life of the community, but he is not the matchmaker you think of. He is the matchmaker who matches the people who are looking for a mate. He is the matchmaker who matches the people who are looking for a mate. He is the matchmaker who matches the people who are looking for a mate.

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CANADA'S OLDEST WOMAN MORE OPERATOR

The recent celebration of the 100th anniversary of the completion of the experiments of Samuel F. B. Morse in perfecting the electric telegraph, which was observed by old-time Canadian National Telegraph operators in conjunction with Canada's railway centenary, has developed that probably the oldest living woman in Canada, Mrs. Penelope Howard, of Crazeau, age 93, Mrs. Howard was in charge of the telegraph office at Crazeau from March, 1867, until May, 1915.

TWO OF A KIND

Here is another little yarn which we have never seen printed. It should be of use to school-marks, preachers, social workers, and wish to improve some shining hour with an illustration. The sportsman was having his first experience hunting lion in Africa. Suddenly from behind a low bush, one of the animals made a leap for him, but before the man could get the rifle to his shoulder to fire, the lion jumped another cartridge from his magazine and wheeled to meet the second charge of the lion. Again the man was slow and again the lion had miscalculated, and jumped too far. The sportsman very nobly realized that he was lucky to be alive and that, if he had been accustomed to shooting from the hip, he could easily have plucked the lion.

SPARKLING RECIPES

"Sparkling Jellies" are prepared for use with non-jellying fruits, and for this purpose "Wealthy" apples, just a little under-ripe, are the best. They yield a juice with little color and no distinctive flavour. Raspberries and red currants, black cherry and apple, blueberry and apple. Equal quantities of these fruits may be used.

KILL WEEDS NOW

In the summer of 1935 a set of experiments were conducted at the Ontario Agricultural College, Guelph, in order to determine how long it is necessary to expose the root stocks of Perennial Sow Thistle, Twitch Grass root stock, and Field Bindweed to destroy their vitality. In June, 1935, a 100 per cent kill of Perennial Sow Thistle and Twitch Grass root stock was obtained by one day's exposure, while two days' exposure was required to give a 100 per cent kill of Twitch Grass root stock. In September ten days' exposure to a 100 per cent kill of Perennial Sow Thistle and Twitch Grass root stock was obtained by one day's exposure, while two days' exposure was required to give a 100 per cent kill of Twitch Grass root stock.

RADIO LICENSES INCREASE

The marked increase in the number of radio receiving licenses issued by the Canadian Government during the past fiscal year as compared with preceding years testifies to the improving economic conditions among the masses of Canadian people. Government radio receiving licenses numbered 262,106, which was more than double the number issued six years ago and an increase of nearly 50,000 over the fiscal year ending March, 1935. Correspondingly sales of new Canadian-made radio receiving sets increased from 107,177 in 1934 to 160,289 in 1935, and in value from \$7,344,625 to \$16,513,528. In addition, imports of radio tubes, during 1935 totalled \$1,000,000 compared with \$1,296,296 in 1934. Exports of radio last year amounted to \$4,449,296.

CANADA'S LEADERSHIP

It may surprise many to learn that Canada, though a comparatively young country, holds leadership in 45 different things. Some of them are just doubt familiar, but according to the 1936 edition "5,000 Facts About Canada," there are a number of others that might well be drawn to our attention. For example, it may not be generally known that Canada excels in many things.

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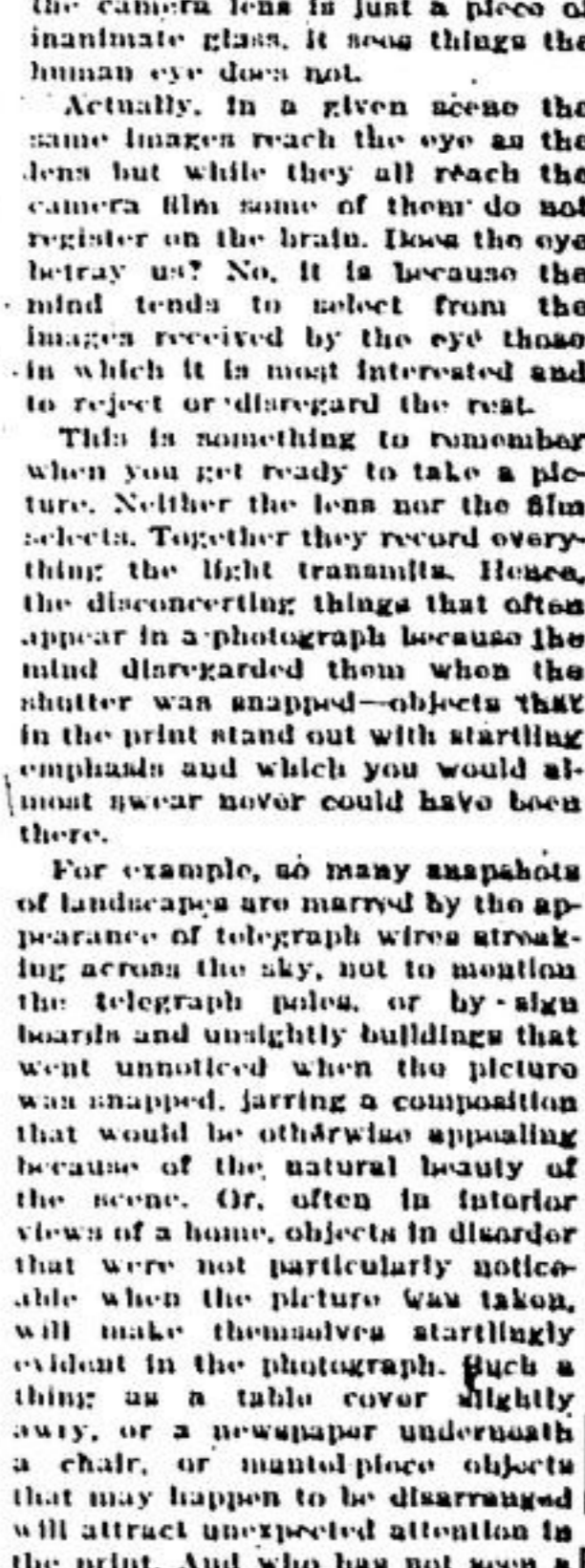
Misses Claridge

Georgetown

The SNAPSHOT GUILD

DO OUR EYES BETRAY US?

Picture-takers are often surprised to discover that, although the camera lens is just a piece of man-made glass, it sees things the human eye does not. Actually, in a given scene the same image reach the eye as the lens, but while they all reach the camera film some of the rays do not register on the brain. Does the eye betray us? No, it is because the mind tends to select from the images received by the eye those in which it is most interested and to reject or disregard the rest. This is something to remember when you are ready to take a picture. Neither the lens nor the film selects. Together they record everything the light transmits. Hence, the photographing of things that often appear in a photograph because the mind disregarded them when the shutter was snapped—objects that in the print stand out with startling emphasis and which you would almost never could have been there. For example, so many snapshots of landscapes are marred by the appearance of telegraph wires streaking across the sky, not to mention the telegraph poles, or by sign boards and unsightly buildings that went unnoticed when the picture was snapped, jarring a composition because of the natural beauty of the scene. Or, often in interior views of a home, objects in disorder that were not particularly noticeable when the picture was taken will make themselves startlingly evident in the photograph. Such a thing as a table cover slightly awry or a newspaper unduly near a chair, or a small piece of objects that may happen to be disarranged will attract unexpected attention in the print. An object has not seen a character in a picture of a person, most made ridiculous by the appearance of an incongruous object in the picture, such as a sign on a store window, seen in a picture, has window in focus, unsoftened, or some grinning spectator in the background.



Shadows will fool the eye, but not the camera lens. The photograph above shows did not seem important when he took this picture, but look at the result. Again, we often let our own shadow fall into the picture, as in the snapshot of the decorative lady on somebody's head. The moral is that when you take a picture, first make your eye the camera lens and your brain the film; then you will know before you shoot exactly what is going to show in the picture.

JOHN VAN GUILDER