

RESPIRATION IS BODY THERMOSTAT

Regulates Heat of Our System And Keeps It Normal

Now that the hot season is here, even in the northernmost portions of the continent, we are more interested in perspiration and its effects upon the human body. One of the chief uses of perspiration is to regulate the heat of the body and keep it normal. The sweat glands are the chief paths through which water reaches the surface of the skin. Much water, however, passes through the skin by what is known as insensible perspiration. It has been determined that the insensible perspiration is uniform except for a few areas on the palms and soles. It is impossible for the human body to control insensible perspiration, but the sweat glands are subject to nervous control and vary widely in the amount of their activity.

Exhaustion Increases People who are already adapted to hot weather will perspire more easily and produce more perspiration than those who are not adapted to high temperatures. It is important to realize that perspiration may definitely weaken the human being so that he becomes fatigued more easily and requires a longer time to recover from fatigue. Experts advise that anyone exposed to high temperatures must take warning of the degree of exhaustion increases every day and if the degree of recovery after each night of rest is less.

PRAYERS BEFORE MEALS

A reader writes to the Advance to suggest that the fact that the old-time practice of saying prayers before meals has been generally discontinued indicates that the people and the times are not as good as they were. It may mean, however, that prayers are not so necessary before meals, the present-day cooks being so much better than the grandmothers, or the modern canned goods being so much superior to old-time cookery.—Timmins Advance.

"LOVE" IS NO LONGER TENTH WORD IN WIRE

From away back in the 1870's when a professional telegraphist hung a pair of muddy boots on a telegraph pole and pretended they had just been received by that now-forgotten device called the telegraph, writers, cartoonists, radio jokers and others have twanged the telegraph wire to produce smiles and chuckles that have contributed their bit to the color and zest of living.

"The one hoary joke which has it that 'love' is the tenth word in a telegram has now been laid away in moth-balls and forgotten because present-day users of telegraph service are aware that telegrams are not limited to ten words since extra words may be added at a cost of only a few cents," stated Donald Ross, manager at Montreal for the Canadian Telegrams.

A decade or so ago, the editor of a popular humorous magazine conceived the plan of conducting a contest by telegraph which he named "Scotchograms." It was a game designed to test the skill of the writer in the use of euphonious words and his purpose was to make a telegraph message code very more words to the reader than were actually written. Getting an idea from this, a Scotsman telegraphed his friends "Isiah 98" (For unto us a child is born, unto us a son is given) to announce the birth of a boy. "The low cost of the telegram these days for business and social correspondence," stated Mr. Ross "makes it unnecessary to unduly economize in words."

WHEAT AND WHEAT FLOUR

In Canada in particular, and in Algeria, wheat and wheat flour exports represent an important part of export trade. The main factors influencing the position of the wheat trade in the British Empire are the exports from Canada and Australia, and the imports into the United Kingdom. About one-half of the Canadian exports of wheat flour are sent to the United Kingdom, the West Indies being the next important market.

NEARLY TEN THOUSAND ATTEND UNITED CHURCH SUMMER CAMP

Nearly 10,000 young people, Sunday School teachers and Church workers in every Conference of the United Church of Canada are this year participating in summer camps and summer residential schools. These are designed to provide an attractive and stimulating program of Bible study and leadership training, helping to enrich the lives of those who attend and to awaken in them a sense of the need for Christian service.

Under the direction of the Board of Christian Education of the United Church of Canada a useful Camp Guide for Summer School leaders has been prepared. It contains suggestions for Deans, directors and other responsible leaders. According to Rev. Dr. C. A. Myers, of the Board of Christian Education of the United Church, summer schools and training camps have been in existence for over 25 years. It is one of the movements in religious education which has grown with the years and shows no sign of flagging interest.

Said Dr. Myers: "Summer Camps are essential for young people, combining healthful recreation, good social contacts and at the same time, an excellent opportunity for training in Christian service. The social and inspirational influence of the summer school cannot be over-estimated and many young people have found a new and vital interest in the meaning and purpose of life as a result of attendance. The most inspiring and challenging ministers and other leaders are made available at these summer schools as speakers on the program and instructors of the various classes."

ALASKA SAILINGS HEAVILY BOOKED

Flagship of the Canadian National Steamships fleet on the Pacific coast, the S.S. Prince Robert opened the line's Alaskan season recently with the first sailing for Skagway via historic Sitka and the great west coast fjords, Gardner Canal and Douglas Channel. For two years in succession the season has opened with the liner carrying the Los Angeles Chamber of Commerce goodwill tour to Alaska. W. S. Ross, President of the Chamber, led the party north this year. Many prominent Californians were included in the group. "Reflecting perhaps the result of unsettled conditions abroad, our Alaska bookings have never been greater in the line's history," stated an officer of the company. "There are 17 sailings scheduled to Alaska this summer and many were heavily booked before the season commenced."

LET'S HAVE SOMETHING FOR OUR RELIEF MONEY

Miss Agnes McPhail, M.P., is credited with a suggestion for relieving unemployment and rendering a useful service to the country which is decidedly practical and could be carried out at comparatively small cost to the government. She would put an army of unemployed to work at the task of razing thousands of dilapidated and unused buildings which mar the landscape of both rural and urban communities. At the same time she would inaugurate a program of painting the countless drab, weather-beaten houses and barns which are seen everywhere in Canada. A practical undertaking of this kind is worth a score of unemployment commission reports and could be launched without any great strain on the material resources of this Dominion or on the mental capacity of our legislators.

ARE YOU SUPERSTITIOUS

Superstitions have a fascinating quality. They make us laugh. They may be silly and incongruous, and yet they have a strangeness on otherwise sensible people.

Here are some superstitions in and about the house: Be sure you put your right foot out of bed first when you get up in the morning. Want some bad luck? All right, put your shoes on the table. See a pin and pick it up and all the day you'll have good luck. See a pin and let it lay and you'll live to rue the day. Never give anybody a pin without getting back a penny. Putting your clothes on inside out means a surprise if you're a lady.

Two people looking into a mirror at one time brings hard luck—and bring a mirror means seven years of it. Ever break a needle while sewing? It means a proposal of marriage. If you sing before breakfast, you'll cry before supper.

It's unlucky to stir your tea or coffee counter clockwise. Silverware dropping means that company's coming. The Irish say if it's a knife it means a man—a fork means a lady. If you spill the salt, hard luck is sure to follow you unless you toss some over your shoulder.

Have thirteen people at your dinner table and you invite misfortune. If you spill water or wine you're in for a fight. Three on a match is said to be fatal. Don't open an umbrella in the house.

As for looking at the new moon over your left shoulder—don't. Or—only if you have some money on your person.

If your trip going up the stairs you won't get married for another year. If you notice, these superstitions were more or less given in a definite order. In other words, from the moment of rising, through the day, to the time of going to bed, filling the whole day with a series of superstitions.

And now for some outdoor superstitions. If you start out, don't turn back—on it means a disappointment. Don't look behind you as you leave the house. A horseshoe hung down lets your luck run out. See a load of hay and make a wish. But don't look at the load again or you won't get your wish. It's bad luck to let a black cat cross your path. It's worse luck to walk under a ladder.

If you see six white horses, you'll have a load of good luck. Don't swear while it thunders. Hundreds of superstitions are peculiar to the race track. Others owe their origin to the theatre. Show-folk are known for their superstitious natures. Among others born back stage are such taboos as whistling in the dressingroom, wearing green on the stage and permitting a round-topped trunk to enter the theatre.

Every housewife has one or more superstitions, most of them pertaining to the kitchen. Drop the salt shaker, and it means something's going to happen. Break a plate, and that has a meaning too. Drop a dish cloth and it means that the Mister is hurrying home to his Missus. Every sailor who has ever sailed any one of the seven seas has gone away, his bag packed full of superstitions.

Stranger—Tell me, have any big men ever been born in this city? Native—No, sir, only babies.

RAILWAY PIPERS WIN FINE TROPHY

In a competition which included contestants from across the border, the Canadian National Railway Pipe Band from Montreal won the coveted Colonel Fraser Challenge Trophy on the occasion of the Zorra Scottish games. In addition to capturing the main feature of the pipe band competition, pipers and drummers of the railway band were also numbered among the individual prize winners. Piper Alex McNeil took two first places, one for the playing of the Fibroch, and the other for the playing of Strathpey and Reel. Piper McNeil was also second in the open Marches. In the latter event it was a Canadian National Railway piper who took first place, Piper George Greig.

In the drumming contest a section of Canadian National drummers consisting of Drummers Jock Smith, Charles Graham and A. Boyle were awarded second prize.

In the principal pipe band contest eleven bands competed. In addition to the Canadian National Railway Pipe Band from Montreal the competitors were: The Ford Company, Detroit, Michigan; Chrysler Corporation; The Toronto Scottish, 48th Highlanders, Toronto; The Toronto Police; two bands from the 91st Argyle and South-ern Highlanders, Hamilton, Ontario; a civilian pipe band from Hamilton, Ontario; Niagara Falls and the Windsor and Essex Scottish.

WEDDING ANNIVERSARIES

- First—Cotton. Second—Paper. Third—Leather. Fourth—Fruit, flowers. Fifth—Wooden. Sixth—Sugar. Seventh—Woolen. Eighth—Rubber. Ninth—Willow. Tenth—Tin. Eleventh—Steel. Twelfth—Silk and linen. Thirteenth—Lace. Fourteenth—Ivory. Fifteenth—Crystal. Twentieth—China. Twenty-fifth—Silver. Thirtieth—Pearl. Thirty-fifth—Coral. Fortieth—Ruby. Fifty-fifth—Emerald. Sixtieth—Platinum. Seventy-fifth—Diamond.

WORLD TRAVELLERS FLOCK TO FAMOUS ICEFIELD

Recognition of this rocky mountain village as the gateway to the Columbia Icefield, famed relic of the age when colossal glaciers swept across North America has resulted in an almost unprecedented number of reservations for accommodation in the alpine bungalow cabins of Jasper Park Lodge. The Lodge has acquired an international aspect, as visitors from Europe and Australia mingle with Canadians and Americans, coming here to view the immense glacial ice-cap, now easily accessible by motor. Every week escorted tours of the Burlington Railroad brings parties from United States points to Jasper Park Lodge. Other tourists from the States will come from the Pennsylvania Railroad tour in August, a month which will also feature the overseas league tour from England, the movie news party, and the visit of the civic clubs of the Pacific Coast.

Dentist—Open wider, please—wider. Patient—A-A-ah! Dentist—(inserting rubber gag, towel and sponge)—How's your family?

TESTED RECIPES

Summer Salads "Serve on crisp lettuce and garnish with parsley or watercress." This is usually the final sentence to directions for making salads, which applies to the serving of the following summer cheese salads as well as to all others. Salads must have an air of crispness, which is easily obtained if freshly made and arranged on cold, crisp lettuce leaves. They must also have eye appeal, hence a garnish of parsley, watercress, or peppercorns to add the needed touch of attractiveness.

Summer is the true salad season, and although the diet should not be made up entirely of cold foods even in hottest weather, the salad has a very definite place in the summer menu. Any of the following salads may be served as the main course for lunch or supper, and with an appetizer and light dessert, will make a satisfying, enjoyable meal.

Jellied Tomato Cheese Salad 2 tablespoons granulated gelatin 1/2 cup cold water 1 cup tomato juice 1 1/2 cups cream or cottage cheese 1 cup salad dressing 1 cup chopped celery 1/2 cup chopped green pepper 1 tablespoon minced onion Salt and pepper to season Soak gelatin in cold water. Heat tomato juice to boiling point. Dissolve gelatin in hot juice. Add cheese and heat until thoroughly blended. Cool. When mixture is partially thickened, add salad dressing, celery, green pepper, onion and seasonings. Pour into a mould. Chill until firm.

Cheese-Vegetable Salad 1 tablespoon gelatin 3 tablespoons cold water 1 1/2 cups cream or cottage cheese 1/2 cup mayonnaise Juice of 1/2 lemon 2 tablespoons sugar 1 cup grated carrot 1 green pepper, chopped 1 small onion, chopped 1 medium cucumber, seeded and diced Salt to taste Soak gelatin in cold water. Dissolve over hot water. Mix all ingredients. Stir in dissolved gelatin. Mould and chill.

Lettuce Rolls 1 head lettuce 1 1/2 cups cottage cheese 1/2 cup seedless raisins 1/2 cup chopped nuts 1/2 cup mayonnaise Salt, pepper and paprika Wash and dry lettuce leaves well. Combine other ingredients. Spread mixture on leaves. Roll up like jelly rolls. Tie with pimento strips. Serve two or three rolls on each salad plate.

Cheese-Pineapple Salad 1 1/2 cups cottage or cream cheese 1/2 cup mayonnaise or cooked salad dressing 1/2 cup drained, crushed pineapple 1/3 cup finely chopped pimento 1/3 cup finely chopped celery 1/3 cup chopped, browned almonds Salt Mayonnaise or cooked salad dressing Toss ingredients together lightly, using two forks. Add salt to taste. Serve with additional mayonnaise or salad dressing.

MEN WELCOME PRACTICALITY

Women Should Remember This When Shopping For Them Salesmen in men's shops never forget that they have to have in stock what they call women's merchandise—things that appeal to wives who shop for their husbands and are subsequently exchanged. It is a woman's duty, obviously, to steer clear of these eye-catchers. This turns out to be laughably easy if the woman keeps in mind one fundamental; the garment or accessory the woman is considering for her male relative will be welcomed if it has practical value. A shirt made like a carpenter's jacket of closely woven nubby cotton has a row of deep pockets across the front below the waist, where a man can tuck the things he wishes to carry about with him. For the man joining the ladies on the terrace of his country club there has been designed a collarless jacket of heavy crash linen that is cool and looks easy to wear. Single-breasted, with long sleeves and an elastic strap across the back to give it a slightly nipped-in line at the waist, it can be had in navy or white.

NATURAL HISTORY MUSEUM SENDS EXPEDITION NORTH

Three members of the American Museum of Natural History left New York recently and proceeded over lines of the Canadian National Railway to Churchill on Hudson Bay for the purpose of studying and collecting specimens of birds that nest in the tundra. Churchill, being located at the junction of the tundra and forest belts, offers an interesting transition for students of ornithology. The main purpose of the expedition is to complete the Museum's present collection of tundra bird life. Specimens secured will be mounted at the Museum in life-like settings created from pictures photographed and painted by an artist during the trip.

The Innovation of Proletland, the new amusement area last year at the Canadian National Exhibition, was so successful that it is now a permanent part of that great institution's life. Proletland is indeed all that the name implies, comprising numbers of interesting, thrilling, and hilarious attractions. Kiddie Playland, which was inaugurated last year, and is an amusement park in miniature opened expressly for children will again be featured. Proletland will once more be under the direction of that outstanding Canadian showman, "Fettler" Conklin.

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Illustration of an electric range with a woman in the background. Text: PERFECT COOK will work for you for a few minutes per day; every meal guaranteed a success. THE modern electric range is a perfect cook... ends baking and roasting failures... makes every meal a delicious success. And it's amazingly thrifty! For example, you can cook a meal electrically for less than 1/4¢ a person, on the average. Then there are savings on food, because your electric range never burns or scorches... savings on your budget, because you can make tasty meals using inexpensive meats and "left-overs"... savings on redecorating expense, because flameless, scotless electric cooking keeps your kitchen so clean and fresh. Start cooking the fast, clean, cool electric way and save money. Today's range prices are very reasonable—and the HYDRO Thrift Plan makes it easy to buy. HYDRO is your cheapest servant.

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