weey he was not promoted

He watched the clock. He was always grumbling. He was always behindband. He had no from in his blood. He was willing but unfitted.

He didn't believe in himself.

He asked too many questions. He was stung by a bad book. His stock excuse was "I forsot." He wasn't feady for the next step. He did not put his heart in his work. He learned nothing from his blund-

He felt ttion.

Seriors. He was content. rate man. things.

He never He did not think learn how. He tried to make "bluff" take place of ability.

He thought he must ment every evening. paralyzed his ideal.

He thought it clever to use coarse and profane language. He was ashamed of his parents because they were old-fashioned. He imitated the habits of men who could stand more than he could.

of his salary was not in the pay en- American Indian. - Buffalo Courierwelope. —Guelph Mercury.

CTI-SNAPSHOT CUILDS

In taking pictures at the beach, remember that sunlit sand and open water

CWIMMING pools and bathing | next larger lens opening. With a box

with fast lens and rapid shutter pro- you are alert for momentary pauses

vides definite advantages. But if you in the action. These occur in most

use a trusty inexpensive box camera, games or sports. Naturally, they

you'll find plenty to occupy it, too. don't happen during a dive-so with

Among the things to picture are a slow camera you'll have to pose

beach games, water sports, diving, the diving pictures. Your subject

children at play, sand castles, shad- can halt on the end of the board, in

ow patterns on rippled sand, and- proper position to "take off"-and if

at the lake or the seashore -scenic he does it realistically, the picture

taking pictures at the beach, is that | If you possess a finer miniature

sunlit sand and open water are ex- camera in the 35-millimeter or No.

tremely bright. Therefore, expos- 828 size, by all means take a roll or

ures can be shorter than when snap- | two of full-color film along when you

ping pictures inland. With "chrome" | go to the beach or pool. Bright

type film, 1/50-second shutter speed beach umbrellas, vivid costumes,

at f.16 lens opening is sufficient for blue water, and golden sand make

a beach scenic, and 1/50 second at these places ideal for full-color pho-

£11 suffices for average shots of in- tography. And today, it's just about

dividuals and small groups. These, as easy to use full-color film as to

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Misses Claridge

Block (Upstairs)

✓ — OF —

of course, are "sunny-day" expos- take pictures in black-and-white.

The chief thing to remember, in genuine action picture.

camera, on a sunny day, use the

large lens opening for shots of in-

dividuals and groups, and the small

For shots of fast action, the fine

camera is best-but you can also get

good pictures with a box camera, if

will be about as interesting as a

Millinery

. .

John van Guilder

lens opening for scenic views.

are quite bright. Be careful not to overexpose.

beaches are busy places in the

summer time and wherever there

is activity, there's a field for your

Since you find a lot of rapid action

ures on cloudy-bright days, use the 239

Spring

The state of the s

at these places, the finer camera

views and sunsets.

PICTURES AT BEACH AND POOL

FAMOUR "TEN GALLON HAT" OWNER IS LEAVING JASPES

Jasper Park Lodge, Jasper, Alta. July — Seventeen years ago, Tom Mc-Donough came to Jasper as the town's first general agent of transportation. Jasper Park Lodge then consisted of four cabins with accomodation for 16 guests, and a small log bungalow. That summer the entire staff of waitresses, four of them, went on strike for shorter hours. Tom Mo-Donough, who has become known to thousands of tourists from many countries and is well remembered for his genial disposition and his "Ten Gal-He chose his friends among his in- lon" hat, left Jasper today to become District Passenger Agent for the Canedian National Railways at Edmonton. Today by way of contrast, the Lodge ability by half-doing boasts accommodation for 650 guests. its main building is the largest log construction in the world, its staff numbers into the hundreds, and only a few weeks ago its famous Outlook George and Queen Elizabeth.

The famous "Ten Gallon" hat still be seen frequently by the guests Familiarity with slipshod methods at Jasper, for McDonough, in his new capacity, will have jurisdiction over the traffic representatives there and will make frequent visits to the Lodge.

It takes a little wind with the sun-He did not learn that the best part shine to make a golfer look like an

### REHOBOAM: A MAN WHO MADE A FOOLISH CHOICE

International Uniform Sunday School Lesson, July 16, 1933.

GOLDEN TEXT: "A man's pride shall bring him-low." Proverbs 29:23 LESSON PASSAGE: 1 Kings 12:1-5. 12-17, 20.

In hearts too young for enmity There lies a way to make men free When children's friendships are world

New ages will be glorified. child love child and strife Disarm the heart, for that is Peace

A Coronation Planned L. The coronation of Rehoboam Shechem was a religious ceremony. A king was to be crowned, but above the Cabin on Lac Beauvert was the 24 loyalty to the king there remained the hour home of Their Majesties, King loyalty to God. The distinctive thing about the coronation of King George VI was the fact that the religious emphasis predominated throughout whole ceremony. Public witness given to the place of the church and of the Bible in the life of the nation and the Empire. A coronation ceremony is necessarily expensive there are great gains arising such an event in which loval hearts express their fealty. The crown symbol of a united Empire. Repreparts of the Empire met with one another and had a first-hand experi- street, which at that time led to the wise not have a chance of visiting contact with this dangerous vine as ence of the unity of the British Commonwealth of nations. It is said that the recent visit of the King and Queen to Canada was the outcome of a suggestion made by the Canadian premier when attending the coronation in old London. Through photography, motion pictures and radio a coronation can be a world-wide event. At the coronation of Rehoboam, only those who were present could have accurate

knowledge of it.

The People Speak, 2-5. Eternal vigilance is necessary if democracy is to survive. There is a congroups to seize power for themselves. construction of Oakville harbor. com-Britishers had to wrest the Magna palities have to protest against bureaucratic actions by some commission or department. The Israelites used the occasion of Rehoboam's coronation to seek redress for their grievan- tween Toronto and Dundas was ces. They told of the heavy yoke that Post's Corners. Then what is now they had to wear and asked that the Oakville was represented by a single burden be made lighter. The right of settler in a log cabin. petition has been very sacred in Brit- Mails at that time were carried humblest citizen may come to the foot Toronto to Niagara, and settlers opinion. The press undertakes to domestic or from abroad. guard the liberties of citizens. Guilds and labour unions try to protect the was Robert Balmer. He occupied the social rights of their members. Federal position for 60 years. Next was W. H. and provincial and municipal elections Young, who remained in office 15 afford opportunities for the discus- years, to be succeeded by L. V. Cote, sion of any grievances or problems, who built the red brick building now By the conversations of men in the shortly to be eclipsed by the modern streets, by the reporting of events in structure now being built. Mr. Cote newspapers, by the thoughtful reflec- was postmaster until three years ago. tions of writers in weekly and monthly He was succeeded by James James, magazines, by the debates in parlia- the present incumbent, who like all ment, the will of the people becomes his predecessors, will move into new known. The root difficulty in demo- and more commodious quarters. cracy is to have sufficiently high individual intelligence to exercise citizenship effectively.

The Dictator Delusion, 12-15 Rehoboam's high position turned his head. Forsaking the council of wise old men, he took the advice of young men and spoke harshly to the people who asked his protection. Totalitarian states are ruthless about impris- COLOUR WHEN DINING? oning and executing people without the impartial procedure of law courts to which we are accustomed. The strength of the British monarchy has encourages the appetite, and conver- federation, the animals most debeen the personal interest in the wel- rely an artistically arranged plate-dinfare of British subjects displayed by ner may be one of the most acceptable successive kings and queens. Demo- meals. Colour should be considered cracy may appear very cumbersome first, then texture; flavour and nutbut dictators seldom last long and the ritive value are sure to follow-for it dictatorship is perpetuated only by vegetables look attractive and taste force and fear. No safer way of main- good, they must have been properly taining morale has been discovered cooked. than to encourage people to discuss public questions, vote upon them by lowing: secret ballot, and entrust their elected representative to carry out the policies chosen. Citizenship at this level

#### requires intelligence and integrity. Divided Nation, 16,17. A

The greatest era in Hebrew history was prior to the division of the kingdom under Rehoboam. Nationally it was disastrous to have ten tribes go one way and two tribes go another way. Ever afterwards there was rivalry and ill will. Many things tend to divide nations. Questions of race, religion and wealth may produce antagonisms. Great Britain had to pay the price of civil war to preserve national unity. The United States likewise endured four years of bitter civil war that the Union might be preser- cook in water slightly acidulated by bellions and undertake many political water. This also improves texture, measures to preserve national unity, and while one might wonder at the In Ireland, two different governments phrase "keeping the colour" of white have had to be set up because north vegetables, the same method prevents and South could not agree. The next that brown tint sometimes acquired hundred years of Canadian history by celery, turnips and onions. Cook will decide whether separatist move- yellow vegetables in as little water as ments can succeed or whether the in- possible, with salt added during cookner spirit of Confederation will tri- ing. Over-cooking ruins all vegetables

# Voting by Ballet, 24,

The frequent revolutions in South America have become a jest. The British and American way is not revolution but a change of government by orderly democratic processes. Granted that elections are cumbersome methods for registering public opinion, the fact remains that when people choose their candidates, vote for the representative of their choice, and receive reports of votes in parliament, they do have the feeling that their citizenship is active and purposeful. The mere act of marking a ballot in a polling booth is a trivial thing outwardly, but back of it lies a long struggle for liberty and a slowly-realized demoeratic dream. Thoughtless people frequently may that we have too much politics. What we need is not less poi- 4. Are Canadian churches promoting car as violet. A black object is ities but better politics. Politics is the science of government and in this 5. What Christian opportunities have science there is much to be learned.

OAKVILLES MODERN POST OF-FICE RECALLS. TIMES WHEN PIONEERS RECEIVED MAIL FROM HORSEMEN

Oakville's new post office, under construction on the south side of Colborne street, is at last beginning to look like a building. Foundations. walls and copper roof are finished the walls inside have been plastered plumbing and other fixtures have been installed, and soon the contractors will be working on the interior furnishings, which will be the "dernier

cri" in post office appurtenances. The new post office is Oakville's fourth, and the postmaster, J. James is the fifth such official Oakville has had since Col. William Chisholm was appointed in 1835. The other three post offices are still extant. The pre sent one, situated across Colborne st from the new one, has been in operation for over 30 years and has been outgrown by the size of the town and its population.

The close of the last century the post' office further west on borne street, situated where Byers drug store now stands, and when closed. William Busby bought building and moved it to Church st. where it is now part of a semi-detached residence there.

Post Office no. 1, which now decorates the 16 Mile Creek bridgehead, is a one-story frame structure, unoccupled, and relegated mostly to advertis- case. ing and "to let" signs. Over 100 years when most of the transportation was waterborne. Oakville's business centre started to move eastward in 1857, the day the first railroad train puffed into town. The first old post office was moved several times until its final location at the bridgehead, where smith's shop and a garage.

postmaster. He was appointed in 1835, come. eight years after he had purchased at auction a 960-acre block theretofore occupied by the Mississauga Indians. He obtained a charter from the prostant temptation for individuals and vincial government and commenced pleting it to admit vessels in 1830. At Carta from an unwilling monarch, that time large quantities of white Quite frequently in Canada, munici- oak barrel staves were made in Tra-Mile Creek enroute for Quebec.

postmaster, the only post office be-

ish nations. It is our boast that the horseback along Dundas street from many other ways of registering public Erin, came to Trafalgar for their mail, ed page was a startling clarity of

Chisholm's successor as, postmaster

From a few letters arriving spasmodically 100 years ago, mail grew till in the seventies there were two mails a day. To-day Oakville has five mails

a day in and five outgoing. The new post office is expected to be ready for occupancy in November.

# AIDS THE APPETITE

It is a well known fact that colour According to the National Wildlife

Try such combinations as the fol-Baked potato, buttered spinach, escalloped tomato, celery curls

(use tresh or canned vegetables) Creamed asparagus on toast.

grated raw carrot, potato pulis, peas.

Cauliflower with cheese sauce. carrot slices, green beans, riced potatoes.

Escalloped potatoes, buttered beets, succofash, cabbage salad.

Baked stuffed onions, mashed turnips, creamed peas and mushrooms

in patty cases, watercress.

To keep colour of red vegetables Canada has had to put down re- adding I teaspoon vinegar to I pint

> The pamphlet "Vegetables For Every Day" which may be obtained from the Publicity and Extension Division, Dominion Department of Agriculture, Ottawa, gives further information on

> "How did Bob manage to get so much of his uncle's estate?" "That's easy. He married the only daughter of his uncle's lawyer.

# Questions For Distinution

Canadian vegetables.

What are the values of the British hereditary monarchy?

2. Is the party system essential to democracy? 3. Why do the dictators attack the democracies?

national unity? we during our election? London Plans Youth City

For Visiting Young People so great a part as in the Englishspeaking nations. Keen interest is now being shown in an ambitious project recently launched to create a "city of youth" in London which would form the focal point of all youth organizations in the British Empire.

countries, particularly the United an envelope. The envelope was found States, will be drawn into this to contain a cheque for \$10. This was foundation.

The plan is to build a "city" at a total cost of about \$5,000,000, with its own theater, library, dining and common rooms and with various dormitory blocks. The foundation is intended to serve first and foremost boys and girls of student age from all parts of the empire who may visit London for study purposes and holiday tours. Suitable accommodation for such visitors is woefully scarce in London now, and the that man's signature. I gave him tel new "youth city" plan would solve the problem of how to house thousands of young people every year at a cost within the reach of far more parents than is at present the

The "city" will also provide acsentatives from all the component old. It was also Oakville's first cus-, commodation for people from with son to be on guard. City dwellers toms house and originally sat on Navy in Great Britain who would other- especially suffer from the effects of pier and was Oakville's main street, the educational treasures of the capital, such as museums and art galleries, while it will be possible, too. to open the "city" to groups of visiting students from foreign countries. The impression of London it that these young people would take had variously been used as a black- back to their own homes would a slight redness and itching; at other probably mean much in the sphere Col. William Chisholm was the first of international relations in years to

#### Reflected Glare Removed

From Illuminating Unit Providing illumination free from reflected glare, a new type of lighting unit was demonstrated recently falgar and shipped down the Sixteen It was a desk lamp so arranged that light from an ordinary bulb Pifteen years before Oakville had a was passed through a sheet of transparent material, to remove the light waves that cause reflected glare, says Popular Mechanics. Those waves or vibrations of light useful for seeing were not affected, but the waves ordinarily reflected for white specular light or glare were of the throne. There are, however, miles around, even as far back as eliminated. The effect on the print-

detail unobscured by reflections. With glare eliminated, other lighting problems may be solved. Intensities can be increased to desired levels without the otherwise proportionate increase in reflected glare frowned upon by optical authorities. The light source may be placed directly in front of the reader, thus assuring even distribution of light across the page without concern as to reflections. While the reader has no sense of brightness with polarized illumination, much higher intensities can be maintained.

Glare, according to optical experts, impairs the visual function because it bleaches out the visual purple faster than it can be regenerated by the human system.

# Cats Called Destructive

structive to wildlife on the farm are enduring freedom."-King George VI. three that make their home with man-the cat, the rat and the dog. There has been so much said about the harm done by cats that progressive farmers no longer tolerate stray cats about their property Without counting any other loss from cats, the destruction of insecteating birds calls for the most rigorous control, of this persistent prowler of the fields. Studies of hunting cats show that they follow regular routes, so that if one is seen it can usually be captured by setting a trap in the locality. Various forms of box traps are effective, since the cat is not a trap-shy animal. No estimate can be made of the damage done by rats at a dis tance from dwellings. In warm weather, rats take to the fields and marshes and are completely "wild." They are almost as fond of water as muskrats, and swim and dive about as well as their valuable relatives

Melodeon an Ancient Instrument Melodeons go far back in the centuries for their origin. Indeed a shepherd boy blowing through a bit of willow created the first organ. But as late as the early 1800s this tuneful little instrument, often in a beautiful rosewood case with quaint beading and lyre-shaped ends, was exceedingly popular The melodeon is a reed instrument. The tone-isproduced through bellows operated by pedals, one serving to create a vacuum through which the air rushes and in its course passing through the reeds, the other producing the swell.

#### Black and White Not Colors For all practical purposes black

and white are colors, but technically speaking, they are not. Colors! are produced by the difference in eagth of light waves. The longer waves are seen as red, those a little shorter as orange, and so on The shortest light waves visible apme that absorbs all, or nearly all he light waves, and a white object s one that reflects all, or nearly all the light waves.

#### TEN IN CASE

Our favorite parson, who long ago "Youth movements" are playing told us of the penniless but apprecia steadily growing part in the lives ative oridegroom who, in lieu of cash of many countries, but in none for the ceremony, offered to fix the rectory gas meter so it would'nt res ister, has a new story of the same Illa the experience of a fellow minister to the souls of a fashionable congrega-

A bright young parishioner, who had been christened and confirmed by the rector. was married and after the ceremony the best man, with custo-Eventually it is hoped that other many delicacy, handed the clergyman deposited in a day or so and in the course of another day or so it bounced right back

"Look here!" said the rector on the first occasion after the honeymoon. when it was feasible to buttonhole the bridegroom. 'That's not the way to start out in life. You shouldn't get into the habit of issuing cheques if you haven't the money in the bank." "A cheque?" asked the groom, wide-"Let me see it . . . Hey. Canon. eyed. look at that signature? That's the

bucks in cash to pay you."

Poison ivy is a joy-killer in many parts of Canada and this is the seabeing less accustomed to seeing it, they fail to recognize it. In some parts of Peel County they eradicating

it by using a chemical spray. The mere touching of poison lyy is likely to cause a peculiar inflammation of the skin to berak out at the point of contact. Sometimes there is times, contact is followed by large swellings with extensive blisters, accompanied by a severe burning sen-

When poison ivy has been accidentally touched, the use of ointments or cold creams should be carefuly avoided and when these dissolve they spread the poison. First aid contists in washing the parts afflicted with alcohol or coal oil, or with non-ethyl

gasoline. As poison ivy is so common, hikers should avoid touching poison ivy or anything resembling it. Walking through undesbrush is dangerous and even letting clothing come in contact

with poison ivy is risky. The vine can be identified by its leaf formation. Its leaf is divided into three leaflets, which differentiates it form the harmless Virginia Creeper. anothe roommon vine, as the latter has five leaflets. The flower of the poison ivy is a small greenish one and its fruit pale green during the early part of the summer. After ripening,

the fruit turns ivory white. To be on the safe side, whether one knows positively or not that a vine is polson ivy, any three-leaved creeper should be avoided.

# NO WONDER HE WON!

Two Irish farmers, keen rivals entered their horses in a steeplechase. One of them engaged a crack jockey to ride. The two horses were leading at the last fence when both jockeys were unseated. The expert jockey quickly

remounted and won the race. On returning to the paddock he found the farmer fuming with rage. "Why, what's up?" he asked. won didn't I?"

"Yes, you won all right," roared the farmer; "but on the wrong horse, you

Without freedom there can be no enduring peace and without peace no

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