

Do You Know How to Tell When a Sardine Is One?

What is a sardine? Why is a sardine? When is a sardine not a sardine?

Many varieties of fry, including undersized herring and menhaden, have been tinned in vegetable oil and sold to satisfy sardine appetites. The true sardine, however, is not the dwarf fish it appears to be, but is the young of the pilchard. The pilchard, a member of the great herring family, is plentiful in the waters of Europe's coast from the English channel to Sardinia, and it is from this Mediterranean island that the sardine took its name. The sardine canning industry of France's Brittany peninsula is nearly a century old. The excellent reputation of the Brittany product is due in part to the freshly pressed olive oil of the region, in which Brittany sardines are canned.

In American waters the pilchard ranges in abundance off the Pacific shore from Canada's Queen Charlotte Islands to the Gulf of California. While Oregon and Washington fishermen know it as the pilchard, to Californians it is known almost exclusively as the California sardine. Large commercial quantities are landed at Monterey, Los Angeles, San Francisco and San Diego in the main season, August through February.

Bridge Completion Aids

Through Railroad Service

Flow of freight between Mexico and Guatemala has been slowed by the gap in rail transportation. The Mexican line came to a dead end in the river town of Suchiate. The river of the same name was both boundary and barrier. On the Guatemalan side is the town of Aytula.

Through northbound freight had to be unloaded on ox carts from cars of the International railways of Central America, and then hauled a mile to the river. There it was transferred to small barges for the river crossing. From the river motor trucks hauled it to Suchiate for shipment over the lines of the National railways of Mexico. The ferries have a maximum capacity of about a ton. Total daily tonnage handled was 40 to 50.

Another hitch was the difference in rail widths. To accommodate both standard and narrow gauge equipment, the new bridge there now carries three rails.

The bridge completes the Mexico-Guatemala link of the Pan America railway system which will supplement the Pan American highway now under construction.

Casablanca: European Metropolis

South from the Casablanca, Morocco, harbor a boulevard follows a high rocky bluff overlooking the Atlantic. Other broad boulevards, parks and modern buildings give to the city the appearance of a European metropolis. From here motor bus routes form a network over the hinterland, and an airfield to the south connects with more distant points.

Casablanca has many modern hotels, and in normal times is a busy sports center for horse-racing, golf, tennis, yachting and swimming. There is a municipal casino and theater and a dozen motion picture houses.

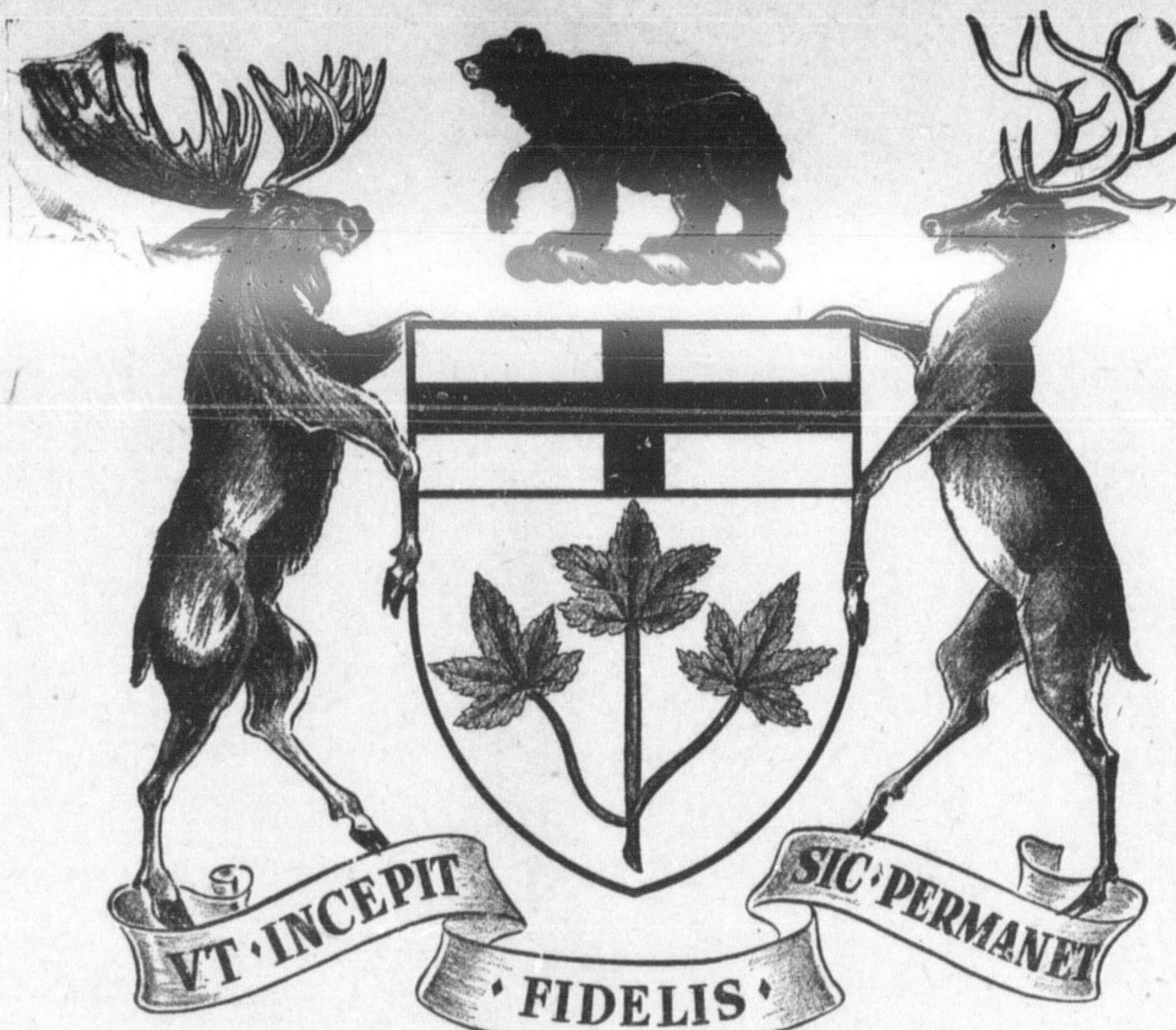
France had reached an understanding with Sultan Moulay Hassan, who ascended the Moroccan throne in 1873. The ruler was accused of selling out to France, and rebellion was begun with his brother as leader. In 1907 eight French engineers engaged in the harbor development were murdered. French forces then occupied Casablanca, and France soon exercised a protectorate over 95 per cent of the sultan's domain.

Road Magnet for Scrap Collection

A "road magnet" built three years ago by the Chicago Surface Lines to collect sharp metal objects from streets traveled by its buses is doing its bit in collecting scrap for the war, according to the American Public Works association. Attached to the bottom of a special service truck, the battery-powered magnet collected 800 pounds of metal in July and more than 1,600 pounds in October from 195 miles of streets. Tin cans, nails, hairpins, paper clips, bottle tops and tobacco tins were included in its "haul." The device is similar to one built by the Missouri state highway department to clear state highways of tire-destructive metals. Road magnets also are used by public transit systems in Milwaukee and Philadelphia for the same purpose.

Vitamin Starvation in 2700 B. C.

Vitamin starvation has plagued man for centuries. As far back as 2700 B. C. there are records of beriberi. More than 400 years before Christ, Aristotle spoke of "night blindness" and observed shrewdly that it could be cured by eating liver. Scurvy is described in the annals of the Crusades. Pellagra was noticed in American Indians as early as 1600 A. D. While these acute deficiency diseases are comparatively rare here, they are rampant in Nazi-conquered Europe. In this country the milder, borderline or twilight deficiencies are today's major nutritional problem, with recent experiments indicating that no more than one person in a thousand escapes some effects of under-nutrition.



Come on Ontario!

ONTARIO has done well in her contribution of manpower and resources to the prosecution of the war. Ontario must do still more in providing the sinews of war, by supporting the Fourth Victory Loan to the limit of the ability of every citizen. Our men in the fighting services will give all they have. Our people on the Home Front can do no less.

The Fourth Victory Loan is your opportunity to join with the Navy, the Army and Air Force in an all-out offensive. You cannot be there in person, but your dollars can be there for you, and will provide the materials and munitions so vital to the success of the armed forces.

The Government of Ontario is backing the Loan by the investment of \$5,000,000 in the new Victory Bonds. This is Ontario's official contribution towards strengthening the hands of the Dominion Government in its tremendous task of financing the total war effort that is needed. It is the tangible pledge of the Ontario Govern-

ment that it will co-operate to the fullest possible extent with the Dominion Government in the drive for final victory.

The action of the Government of Ontario is designed to give practical leadership to all the citizens of the Province, and should be an example and an inspiration to our people to accept this Fourth Victory Loan as a personal challenge to do their part to "Back the Attack" and hasten the day of Victory.

As the old Parish Rector said at the close of the remarkable film, "Mrs. Miniver", "This is the people's war! It is our war. We are the fighters. Fight it, then. Fight it with all that is in us."

We, the people of Ontario, must fight it with our dollars. Your purchases of Victory Bonds will help to send Ontario over the top again in support of our fighting men. They will do their part when the time of attack comes. We must do ours to-day.

G. D. CONANT
Premier, Province of Ontario.

BUY MORE Victory BONDS!

PUBLISHED BY AUTHORITY OF THE GOVERNMENT OF THE PROVINCE OF ONTARIO

"Health is a vital dynamic thing contributing to Victory
... a proper diet ... a matter of national concern."
—Prime Minister Mackenzie King

WOMEN!! JOIN THE "N FOR V" DRIVE NOW

Our Government realizes the importance of nutrition for health, as an aid to Victory. Government surveys show that the diet of many Canadians is deficient. This is not necessarily because people eat too little food, but rather because they eat the wrong kind of food.

That's why it is every Canadian women's duty to know and apply the basic rules of Nutrition. And that's why we offer you an easy way to plan meals that will feed your family well... in a useful new booklet, "Eat-to-Work-to-Win".

So do your part! Learn how to bring new health and vitality to your family! Get your copy of "Eat-to-Work-to-Win", NOW!

Sponsored by THE BREWING INDUSTRY (ONTARIO) in the interest of nutrition and health as an aid to Victory.

LEARN FREE HOW TO IMPROVE HEALTH THROUGH BETTER NUTRITION... HERE'S HOW!
Send for your copy today!

To get your FREE copy of "Eat-to-Work-to-Win", just send your name and address, clearly printed, to "Nutrition for Victory," Box 600, Toronto, Canada.

DON'T DELAY! SEND YOUR REQUEST NOW!

*The nutritional statements in "Eat-to-Work-to-Win" are acceptable to Nutrition Services, Department of Education and National Health, Ottawa, for the Canadian Nutrition Programme.

A Partnership for You
WITH THE
A SUN LIFE POLICY gives you this and more
It Plans SECURITY for the Time of Need
R. M. DEWHURST
PORT NELSON, Ont., Telephone: Burlington 605
Sun Life of Canada.

NATIONAL SELECTIVE SERVICE
Men Born From 1902 to 1924 Must Prove Compliance With Mobilization Regulations When Asking Permits to Seek Employment

BY Order pursuant to National Selective Service Civilian Regulations, a change is now made in the issue of permits to seek employment.

After April 30, 1943, permits may be refused to any man born from 1902 to 1924, inclusive, who has reached 19, unless he presents satisfactory evidence of compliance with Mobilization Regulations, in one of the following forms:

- A certificate of discharge from His Majesty's Forces during this war; or (b) a rejection slip issued by the Army on application for enlistment; or (c) a certificate of medical examination from the Registrar of a Mobilization Board; or (d) a postponement order certificate from the Registrar of a Mobilization Board; or (e) if born from 1902 to 1916 inclusive, a statutory declaration on form available in employment office, that he is not a "single person" under Mobilization Regulations.

Documents in (a), (b) and (c) above need be presented only the first time a permit is sought after April 30, 1943, unless asked for by a Selective Service Officer. Documents in (d) and (e) above must be presented each time a permit is applied for.

- Male persons applying for permits by mail should forward with their applications the evidence required, except (e) above.
- A Selective Service Officer MAY furnish a permit without first being handed evidence, where the applicant's services are required for immediate employment, or where a permit is asked for by mail, but in these cases the evidence must be presented to the Selective Service Officer later, usually WITHIN THREE DAYS of the issue of the permit.

All men born from 1902 to 1924, who have reached age 19, are urged to co-operate with your Employment and Selective Service Office. Bring your documents with you.

Department of Labour
HUMPHREY MITCHELL, Minister of Labour
A. MACNAMARA, Director, National Selective Service

Algiers Has Population Well Over 250,000 Mark

American occupation of Algiers gives the United Nations control not only of the capital and leading port of France's huge colony of Algeria, but also a geographic position of key significance along the North African coast.

About halfway between the Moroccan and Tunisian borders, it is less than 400 airline miles across the Mediterranean from the nearest territory in France proper.

Algiers is the largest city in Algeria with a normal population well over 250,000. It was one of the leading French African naval bases on the Mediterranean and the terminus of a network of roads spreading back into the Algerian hinterland, as well as along the Mediterranean shore.

Since it was connected by sea and air lines with Marseille (chief seaport of France), Algiers was also—until the launching of the North African campaign—a vital shipping point for food and other supplies sent from North Africa to the mother country.

As a temporary home to the American forces of occupation, Algiers has a considerable climatic advantage over many of the other war theaters around the world. It enjoys moderate weather and bright, sunny days which made it, in peacetime, a popular health resort for vacationists from the continent.

Tunisia's 'Southern Resort'

On Yankee Tripoli Route

Gabes, toward which American troops are moving in southern Tunisia, is a port town of 20,000 people and has the only oases of north Africa that lie directly on the Mediterranean coast, says a National Geographic society bulletin. At Gabes the Tunisian coast turns sharply eastward to meet the coast of Libya.

The position of Gabes at the right angle turn in southern Tunisia's coast line makes the town a way station on many routes from the Algerian to the Libyan coast. It is mid-way on the 450-mile coast road from Bizerte and Tunis to Tripoli. It is eastern terminus of the Morocco-Algeria-Tunisia railroad network. A 700-mile chain of chotts northwest of the town forms a sort of natural highway. These chotts are shallow desert lakes from December to April each year. During the remainder of the year they are hard-surfaced dry salt flats like those of Utah on which record-breaking automobile speeds have been made.

Cities' Cash Reserve Funds

By gaining the right from the 1942 legislature to set up cash reserve funds, Massachusetts cities, like local governments of eight other states, are permitted to lay aside current cash now for public improvements in the future.

Municipalities in most of these states are taking advantage of such laws at this time to provide financing of public works projects for employing manpower released after the war, according to the American Municipal association.

The Massachusetts law is an emergency measure allowing municipalities to invest up to one-tenth of 1 per cent of their total valuation each year in defense bonds for expenditure on capital outlays after the war. No bonds held under the act may be sold prior to the end of the war.

The other states with reserve fund laws on their statute books are New York, Michigan, Washington, Kentucky, New Jersey, California, Nebraska and Oregon.

Fluorescent Light

Fluorescent lamps are available in a variety of colors, but the two most important colors in general lighting applications are the daylight and 3,500-degree white. The daylight fluorescent lamp has been designed to produce approximately the same color as is obtained from the north window on an overcast day, says Harris Reinhardt in the American Paint and Oil Dealer.

Daylight fluorescent lamps may be characterized as a "cool" light source, while the 3,500-degree white lamp produces a "warmer" color. Beautiful shades of paint can be selected through simple tests with fluorescent lighting to produce the psychological illusions of warmer or cooler interior atmospheres than are indicated by the thermometer—a practical potential in these wartime days of fuel conservation and restricted production of air-conditioning equipment.

An Old Spanish Custom

Conquest on the North African front has been an old Spanish custom since the time of Columbus. Agreements with other European powers later cleared the way to the present protectorate. Public affairs are administered by a commissioner stationed at Tetuan, capital and largest city. Morocco's Sultan delegates his authority to an official he selects from candidates put up by the Spanish government. Sharp-shooting Rif tribesmen did not take kindly to the Spanish regime and staged occasional uprisings. The revolution which lifted General Franco to national leadership had an early chapter in this Spanish outpost. The Protectorate has few hard surface roads, though towns once reached only by camel caravans are linked by bus routes.

WANTED—Dead Horses and Cattle for free pick up. Phone Milton 210. We pay phone charges. Gordon Young Ltd., phone AD 3634, Toronto. 35-ly

SWEET CAPORAL
Cigarettes
"THE PUREST FORM IN WHICH TOBACCO CAN BE SMOKED."