



WITH THE BOY SCOUTS

Mention was made some weeks ago in this column of a number of Scouts who were corresponding with Scouts in other countries. The writer was very glad to hear from Basil Trevelyan of the First Troop who is in receipt of a letter from England. The sender is a Scout of the Fifth "Seven Kings" Troop, and serves as Patrol Leader of the Seagull Patrol.

The letter is fairly crammed with news of conditions and happenings in the Old Country, particularly with news of Scouting. The description of an air-raid was very clear, and we would like to pass it along to you as it was written:

"You asked me to tell you about an air-raid. Well, it's a hard thing to explain, but I'll have a shot at it. Seven Kings is situated on the outskirts of London and I can give you a few facts. First of all we hear the warning siren, then the Luftaffe starts its tricks by dropping land mines, bombs, aerial torpedoes, oil bombs, incendiary bombs and many other materials of destruction. While these things are dropping there is a constant drone

of aircraft engines and an unceasing anti-aircraft barrage.

"Now I want you to imagine a dark night with hundreds of searchlights sweeping the sky, constant flashes from the anti-aircraft defences, flares dropped from the raiding aircraft and a red glow in the sky caused by fires which the bombs have started. I can assure you this is a really terrifying experience. Sometimes we have had to stay in our shelters for 14 hours at a stretch."

The writer then goes on to tell of general activities, and in spite of the air-raid description everything seems to be going along pretty much as usual. Of course such things as summer camping have been discontinued for the duration, but plans seem to be in the making for such events as soon as the war has been won.

We are indebted to Basil for giving us the opportunity to read and use his letter, and hope that more will soon be coming his way. Other Scouts who may be in receipt of other interesting letters are asked to pass along to others the news that we may better know about the lives of our Brother Scouts in other lands.

Any Scout who may wish for a penpal is asked to mention it to his Scoutmaster and I'm sure he will be able to help you.

Scouts of all Troops celebrated St. George's Sunday, in honour of the patron saint of Scouting, by holding church parades. Boys of the Catholic faith attended Mass in the Church of Nativity, while the Protestant Scouts attended service at St. Matthew's Church. Good turnouts were the order of the day and the fine showing of uniforms was very encouraging.

Quite a number of hours were added to the records of the boys of most troops during the week for National War-time Service. On Wednesday, Friday and Saturday Scouts were out and made short work of the tasks allotted them. During the coming season calls on the Scouts will be much more frequent, and it shouldn't be long before quite a number of the boys are wearing the 100-hour service badge. We are still wondering which will be the first Troop and who will be the first boy entitled to this badge.

The going-up ceremony of the Second Group was held last Tuesday evening in the basement of St. Matthew's Church. Cubs B. Halperin, A. Zender and A. Southam, having reached the age of twelve years, were leaving the Pack to join the Scout Troop. The Pack were sorry to see them leave, each being a Sixer and well up in Proficiency Badge work, but they join the Scouts with best wishes for continued success from Cubs and Leaders alike. They were welcomed into the Troop by Scouter Harris, who congratulated them on their fine Cub record and pointed out that the same high standards were expected of them as Scouts.

Tenderfoot test work was the feature of the regular meeting of the Eighth Troop held at St. Anthony's Church Friday evening. There were 26 Scouts present and several interesting games were run off under the direction of Lionel Gauthier. Pat Savard and Elmer Smith were accepted by the Court of Honour for a period of pro-

bation as recruits. Discussion on camping was the highlight of the Court of Honour meeting and the date for this summer's camp was tentatively set for the first two weeks of July. This is the first definite word on camping yet received but the other Troops should be arranging theirs in the very near future.

The regular meeting of the Sixth Pack took the form of a good-turn meeting under the direction of Akela Gallagher and Wanda Atkinson. Each Six presented their version of what should be done to help mother on wash-day, and from what we saw we understand why wash-day is no longer the trying time it used to be. All sorts of good-turns were demonstrated, from doing the washing themselves to doing the shopping and looking after the baby. One of the babies proved to be a real problem child, but was well taken care of by his "big brother." A game of shopping was then played in which the Cubs were to do their good turn by running errands. The idea was to send him out to buy some particular item, and the test was in knowing just where to go for it. At Red Flower the story of Mowgli's brothers was continued. This is being related in serial form and has been very interesting. Following the regular meeting the Sixers met to discuss ways of getting more equipment for their lairs. These lairs are really proving their value, and giving the much-desired jungle atmosphere to the meeting hall.

Games on Knotting and Flags were conducted at the meeting of the Fourth Pack and the Red Six under the leadership of Charles Eugene Theriault won the competition. Omer Carbonneau, Lucien Cote, Rodolphe Tremblay passed their handicraft tests and Arthur Boisvert, Gabriel Blaire and Raymond Desjardins passed compass tests. The latter part of the evening was occupied by Morse signalling. Attendance in the Pack is increasing steadily with 22 present at this meeting.

The First Timmins Troop is now holding their meetings in the T.P.A. A.A. Log Cabin near the Holling Park. T.L. Weldon Carver, P.L.'s Basil Trevelyan and John Newsham and Second Stan Hoblyn have decided to join the Rover Scouts and their leaving the Troop has made reorganization necessary. The new patrols will be the Beavers and the Wolves. Percy Eade will be P.L. of the Beavers with Hugh Sheridan as his Second while Dennis Roberts will be the new Patrol Leader of the Wolves. Roy James has been appointed Troop Leader and Dick Wilson Troop Scribe. Our best wishes are added to those expressed by Scouter Morgan to the boys going into Rovering, and thanks for the fine job done by Stan Hoblyn as Troop Scribe.

The regular meeting of the Eighth A Pack featured the passing of quite a number of tests. Games on knotting and the Union Jack were enjoyed by all. Cubs passing the compass test were Roger Bouchard, Roger Allaire, Lionel Belaire, Omer Bois, Jean Guy Canie, George Carbonneau, Eddie Cadieux, Gilbert Carbonneau, Jean Claude Cousineau, Gerard Guillemette, Clifford Dolron, Collin Gagnon, Gillis Grasson, Gerard Labelle, Roger Landry, Roger Maissonneuve, Denis Reid, Leo Robert, Gilles Roy, Ronald Spence, and Edwin Quesnel. Jean Claude Cousineau passed all tests for his first proficiency star. All Cubs who have completed a year's service were given stars.

B section of the Eighth Pack were also right out after those tests at their meeting. The Blue Six under Sixer Clarence Kelly won the book-balancing game. Cubs passing the compass test were Clement Berini, Herve Lamarche, Gilles St. Jacques, Clarence Kelly, Robert Charet, Maurice Durocher, Gilbert Menard, Michael Kelly, Florian Leclerc, Gerald Bisson, Armand Carle, Roger Vaillancourt, Richard Canie, Jules Pillion, Roger Chefrifis, J. Lauzon, Robert Maltais, and Julien Bergeron. The meeting was wound up with physical exercise, flag and Morse code games.

The regular meeting of the Third Troop was held Tuesday evening in the basement of the Church Nativity with Scouter Callaghan in charge. Continuing with the pioneer tests they have been featuring for the past couple of months, a monkey bridge was constructed under the guidance of the Scouter. Games with the medicine ball were played and the meeting concluded with the regular session of the Court of Honour. Here plans were discussed in connection with the emergency mobilization scheme being worked out throughout the District. The part played by the Scouts in first aid emergencies was also under discussion and steps are being taken to organize a number of the boys into a squad for that purpose.

Thirty-three Cubs attended the meeting of the Second Pack last week and plans were made for the church parade to be held on Sunday by the Pack. J. Heil passed his leapfrog and skipping and R. MacPadden, B. Johnson, T. Martyn, D. Blackmore, and J. Burt passed the leapfrog test. A hike with the First Pack was arranged to be held on Saturday of this week, weather permitting.

The meeting of the Sixth Troop this week will take the form of a hike on Thursday evening. It is hoped that, weather permitting, a number of outdoor tests will be passed.

A meeting of the Scouters' Club held last Wednesday evening received reports from the various Display Committees. While ticket returns are not yet complete indications are that this year's event was among the most successful. The Hobby Committee made a number of recommendations for the benefit of future committees, and enlarged upon the list of classifications to include almost fifty. This list will be sent out to all Scouters in anticipation of next year's event. Any Troop or Pack that has not turned in their report on the sale of tickets are asked to do so by contacting Scouter Atkinson as soon as possible.

Beauty and You

by PATRICIA LINDSAY



War work does not permit claw-like, brilliantly polished nails. ALEXIS SMITH of the screen, wears her nails, filed to a sensible length and covered with clear or light rose nail polish.

Your Fingernails and How to Care for Them

We might begin this lesson by asking WHAT ARE FINGERNAILS?

They are hardened translucent horns that grow from living cells under your half-moons which is the "nail-bed." The nail has no nerves.

WHAT MAKES NAILS SPLIT?

Your nails are a barometer of your health. They are likely to split if you are not well or if you have a calcium deficiency. Often they will split because the skin of your hand is dry which dries the cuticle supporting the nails. Massage daily with a rich lubricant and massage around the cuticle. The most common cause of splitting nails is letting the edges get rough. Every day run the fine side of an emery board lightly over the tips of your nails to keep them smooth.

WHAT ABOUT BRITTLE NAILS?

Brittle nails are usually the result of impaired health. If yours are brittle at once seek a change of diet, rest and possibly a physical examination by your doctor.

WHAT DOES WATER DO TO THE NAILS?

Many dermatologists agree that the nail does absorb moisture but not nourishment. So it is well to go without nail lacquer once in a while for a day or so. If the water or soap you use has a high alkali content your nails will be robbed of their needed moisture. You must massage them each night with a good lotion or cream.

HOW TO PREVENT HANGNAILS:

Use your orange stick every day after soaking your hands in soapy water to push back the nail cuticle. That is the best way to avoid getting hangnails. If you allow the cuticle to grow up over the nail and then push it back you are bound to break the skin and hangnails result.

WHAT CAUSES WHITE SPOTS ON THE NAILS?

They are the result of some slight injury in the nail-bed. As the nail horn grows out the injury appears as a white spot. That is why many authorities on nail care caution you not to use any metal implement during a manicure.

How to Improve the Beauty of Your Nails

- 1—Keep the tips of the nails smooth all the time.
- 2—Do not wear them too long. They are likely to break. And shorter nails are now the vogue because our fingers must be more active for war work.
- 3—If you split a nail repair it at once with a bit of scotch tape and brush colorless nail polish over it.
- 4—Daily push the cuticle back when it is soft with an orange stick.
- 5—Use a hand cream or lotion every night.
- 6—Do not use your nails to open things save them for beauty!

(Released by the Bell Syndicate, Inc.)



That Body of Yours

By James W. Barton, M.D.

An All Round Diet Includes All Vitamins

When it was found that scurvy could be prevented by the use of fresh vegetables and fruits, and rickets by use of cod liver oil and sunlight, there was

The overnight hike for all who participated in the Patrol Leaders' Training Course will be held next Saturday. Final plans have not as yet been completed but our Scouter will be given the details and he will pass them on to you in plenty of time to make arrangements. We wish to point out that any Scouts who find it impossible to attend on account of work should arrange to come out as soon after work as possible. An interesting programme is being worked out and a real Scout week-end is in store for all who attend.

Let's all make the most of this summer weather by getting out and doing some real outdoor Scouting. This is the time for hikes, overnight hikes, week-end camps, pioneer work and so on, let's get at it. Will be looking for some reports in the next few days. Till next week, good Cubbing and Scouting. —DSM.

Supreme in Quality "SALADA" TEA

lack of one or more vitamins except that the physician, from observation of the symptoms, may suspect the lack of a certain vitamin and prescribe it for a period of time.

In the meantime we can get "all" the vitamins in the amount needed by the body by eating an all round diet consisting of the usual foods—bread, butter, meat, potatoes, and other vegetables, especially leafy ones, and fruit.

Vitamin Chart

Dr. Barton has prepared a vitamin chart for readers showing the foods rich in each vitamin and also a list of foods poor in vitamins. To obtain it just send a three-cent stamped, self-addressed envelope to Dr. Barton, Post Office Box 150, Times Square, New York, N.Y., and ask for a copy of "Vitamin Chart."

(Registered in accordance with the Copyright Act.)

Elairmore Enterprise—Those cuffs on men's trousers, now doomed to go, were not only ornamental, but for cigarette smokers out in company they served a wonderful purpose when there were no ash trays around.

Whist Drive to be Held by Rebekahs This Evening

Last Week's Rummage Sale Was Very Successful.

At the regular meeting of the Gold Nugget Rebekah Lodge on Thursday evening, plans were made to hold a whist drive for ladies after the lodge meeting this (Thursday) evening. An invitation is extended to all interested ladies of the district to attend, and those who wish to be present are asked to get in touch with any of the members.

The rummage sale held on Friday morning at the Oddfellows' Hall by the Lodge was very successful, and plans have been made to hold a similar event in the near future.

On Tuesday evening, the knitting group met at the home of Mrs. C. F. Lacy, Tuke street, and another quilt was completed for the Bombed Victims.

Try The Advance Want Advertisements

THESE DAYS... BAKING RESULTS COUNT! PREVENT WASTE WITH...



Send for FREE COOK BOOK that cuts down food costs... Write to: Magic Baking Powder, Fraser Ave., Toronto

HOLD HIGH THE TORCH OF FREEDOM



A PERSONAL BENEFIT... A Patriotic SERVICE

Saving money at this time becomes a patriotic service, as well as a personal benefit to the saver. In order to meet the national needs, everyone will have to make sacrifices, and systematic saving makes these objectives possible.

You will have larger taxes than ever before. Save regularly in a savings account to be able to pay those taxes when they fall due.

You will want to buy war securities to help our forces: Save regularly to build up a fund for future buying.

You will want to provide against possible personal and family adversity in the future, to be self-supporting and financially independent: Save regularly in a savings account.

BANK OF MONTREAL

"A BANK WHERE SMALL ACCOUNTS ARE WELCOME"

Modern, Experienced Banking Service... the Outcome of 124 Years' Successful Operation

SAVE in Victory Timmins Branch: T. W. TOD, Manager

HELP CANADA KEEP FIT



Thousands of Canada's war workers start their day with two Nabisco Shredded Wheat and milk every morning. It's made from 100% whole wheat, including all the bran, minerals, and wheat germ. It's ready to eat, ready to give you all the nourishment and food-energy of pure whole wheat. Eat Nabisco Shredded Wheat, with milk, every morning. It will help keep you active and on the job every day!

NABISCO SHREDDED WHEAT

"Your ELECTRIC OVEN is a Time and Money Saver"

says Reddy Kilowatt

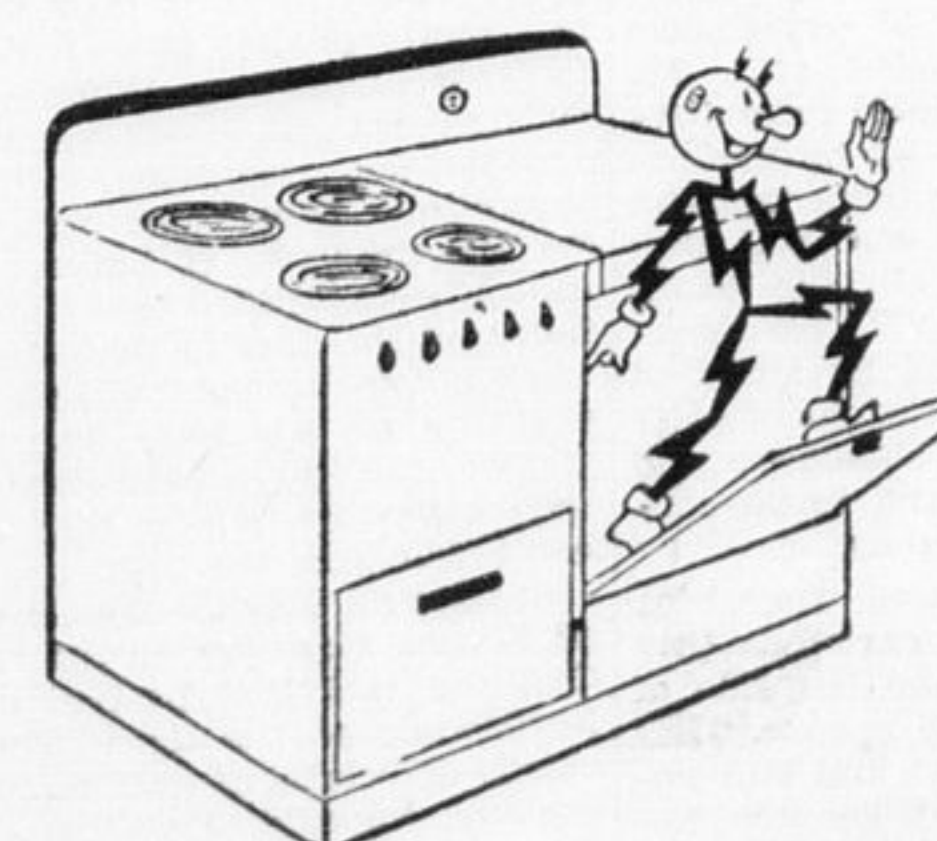
"There's no more guess-work, no more standing around waiting for things to bake when you use your electric oven. Its perfectly controlled heat lets you go ahead with other work... even frees you for outside activities. And at the same time it saves fuel by providing exactly the degree of heat you need for just as long as you want it."

Did you know?

... that you don't need to baste roasts in your electric oven?

... that a great deal of your cooking can be done by using stored-up oven heat, after current is turned off?

... that meats are usually placed in the bottom of the oven, pastries and desserts on top?



Reddy says: "When you can, put the whole meal in the oven and cook it all at once—you'll save on electricity."

NORTHERN ONTARIO POWER COMPANY LIMITED