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# Woman's World

By Mair M. Morgan

### ORGANDIE HANDBAGS

Frisly handbags designed for summer evenings are youthful in effect and extremely colorful, since they are made of organdie or chiffon.

Styles in organdie include soft, round pouches either mounted on metal frames with top handles or with back straps. Some have thumb straps and corded bottoms. When plain organdie is not used, crossbar organdie is selected. Small pleated ruffles variously disposed trim these models.

Some of the chiffon styles are round, also mounted on frames and also shirred. Sometimes the centre consists of flower stamens, and again, a large organdie rose forms the central motif of circular shapes, being posed on the flap. Vanity types are available in this styling. Others are made in chiffon petal effect.

### TO IMPROVE POSTURE

A relaxed neck is essential to graceful carriage, poise and calm nerves. If the muscles in the back of your neck are tense and seem to be full of knots, the chances are that you'll carry your head awkwardly, have headaches and, occasionally, a bad disposition. And, as you well know, any of these ailments is likely to put lines across your brow or otherwise mar your beauty.

You should carry your head erect, chin up, not pulled in toward the throat—and shoulders straight, not forced stiffly back. If, when you wake up, there are twinges of pain or a sluggish feeling in your neck, try sleeping without a pillow; also try some simple relaxing exercises.

Sit in a straight chair with feet flat on the floor and hands folded in your lap. Let your head fall forward as far as it will go, making no attempt to force it downward toward your chest. Then swing it backward, relaxing your jaw so as not to strain and stretch the skin on your throat. Repeat twenty times. Rest a few minutes.

Now, taking the original position, stiffen the muscles in your neck, turn your head to the left and, without moving shoulders, try to touch your left shoulder with your chin. Feel the muscles stretch and pull. Turn your head to the right and repeat. Then do the first exercise again. This time you'll notice that your head falls forward a good deal lower than it did at first.

Massage will help, too. The operator who gives you hot oil treatments should begin to massage upward from the space between shoulder blades to the crown of your head. Ask her to place her hands directly over your ears and to pull upward until your neck muscles feel stretched and relaxed.

### LEG OF LAMB

For years culinary experts told us to sear our roasts and steaks in order to keep in the juices. Now we know that this was all talk. The unseared roast is just as juicy as the seared one.

They used to admonish solemnly about the salting, too — claimed it had to be done after roasting to prevent drawing out the juices.

Now we know that hardly any juices were lost in the roast pre-salted and since the salt fails to penetrate more than an inch into the roast, it makes little difference in the flavor anyway.

Many of the so-called cheaper cuts of meat involve a large percentage of waste in bone and fat. Cheap cuts are good to extend the meat flavor to other foods thus making them palatable.

**Lamb in Season**

At this season of the year lamb is at its best and cheapest. If you want a roast, the leg is the most economi-

### QUICK SUPPER DISH

Here's a quickly prepared supper dish: Grate some cheese on a plate, surround with sliced tomatoes, then break an egg in the centre. Grill until the egg is cooked.

### IRONING HINT

Keep a small, damp sponge by you when ironing; it is invaluable or damping down creases that have dried too thoroughly for a smooth, slick finish.

### KEEPING JUICE WITHIN CRUST

Short sticks of macaroni, stuck like small funnels in a fruit pie, will keep the juice from running over the crust and into the oven.

### CUCUMBERS A LA CREME

The cucumbers must first of all be blanched in the following manner. Cut them into slices about an inch and a half wide, cut these into four quarters, peel them, cut out the pipsy centre, and shape the pieces like olives, throwing them as you cut them into a basin of cold water.

Have some water, slightly salted, ready boiling, and drop the cucumber pieces into this, counting about 20 minutes' cooking from the time the water boils again. Prick them with a fork when they are done, drain them and serve mixed with a cream sauce.

### PRUNE PIE

Prunes are excellent health givers, but you can't tempt a fickle appetite by serving them in the same old way. Here is a delicious prune dish.

Soak ½ lbs. washed prunes in cold water for 12 hours, then cook gently until tender. Remove the stones and rub the pulp through a sieve.

Add sugar to taste, and the yolk of an egg, and beat until creamy. Then add the juice of a lemon. Turn into a buttered pie dish, pour over the stiffly whisked white of the egg, sprinkle with powdered sugar, and bake in a slow oven for twenty minutes.

## FU MANCHU

By Sax Rohmer



## Keeping The Ball Rolling



A good action picture of keenly contested game between Pennsylvania Military College and Harvard. Harvard won, 15-5.

### SAUSAGE-STUFFED APPLES

For this dish take four large tart apples, ½ pound sausage, whole cloves.

Wash apples and remove cores. Stick a few cloves into the flesh. Fill cavities of apples with sausage. Put into a covered baking dish with just enough hot water to cover bottom of dish. Cover and put in a hot oven for twenty minutes. Reduce heat and remove cover. Bake in a slow oven for one hour basting frequently with liquid in baking dish.

### DON'TS FOR KNITTERS

Don't thrust your needles through the work already done when putting it away. You may easily pull stitches out of place. Don't unless you are very experienced, try to alter the size or shape of a garment by adding or taking off stitches here and there from the instructions you are following. Get expert advice first. Don't stitch the pieces of work together without pressing each one separately. Don't seam up the whole garment at once. Leave the sides and sleeves undone until the shoulders are seamed and pressed and the sleeve tops set in and pressed. Don't spoil the garment in the first wash. Use warm water in which soap flakes have been dissolved. Press and wring the soiled article about without rubbing. Rinse in two lots of warm water, then squeeze as much out as possible. Dry quickly out of doors in the wind, or on a ceiling airer. Hang halfway over the line, getting the weight even to avoid stretching.

### FOR SPOTS ON RUGS

The removal of stains from carpets requires careful treatment. If the nature of the stain is unknown try washing it with warm water or apply a paste of carbonate of soda. When dry brush off with a hard brush or the vacuum cleaner.

For ink, coffee and tea stains mop up at once with clean blotting paper, then rub with a fresh half lemon. If the stain has become dry rub heated skim milk and vinegar in a circular motion, then rinse with fresh warm vinegar water.

Soot can be lifted off gently by slipping stiff paper or cardboard under it; then sprinkle with dry salt and brush up. The same old way.

Grease should be scraped blotting or brown paper and press the spot with a hot iron, being careful not to touch the carpet with the iron. Brush up the pile with a stiff brush while still hot.

When paint gets into the carpet rub with turpentine, and, if obstinate apply fuller's earth. Repeat the process if necessary and brush up with a hard brush. To remove varnish rub with methylated spirits until all the varnish is gone.

# SUNDAY SCHOOL LESSON

### LESSON II — NAOMI (A WOMAN OF FAITH AND COURAGE) — Book of Ruth. GOLDEN TEXT. — A woman that feareth the Lord, she shall be praised. — Proverbs 31:30.

### THE LESSON IN ITS SETTING

TIME — Ruth lived during the time of the judges, and may be dated approximately 1310 B.C.

PLACE — The country of Moab on the east side of the Jordan, and the city of Bethlehem in Judah.

Ruth 1:14. And they lifted up their voice, and wept again; and Orpah kissed her mother-in-law; but Ruth clave unto her.

And she said, Behold, thy sister-in-law is gone back unto her people, and unto her god; return thou after thy sister-in-law.

And they lifted up their voice, and wept again; and Orpah kissed her mother-in-law. And though the text does not say, one rightly assumes that, with this final greeting, Orpah returned to Moab. "But Ruth clave unto her."

And she said, Behold, thy sister-in-law is gone back unto her people, and unto her god; return thou after thy sister-in-law.

And Ruth said, Entreat me not to leave thee, and to return from following after thee; for whither thou goest, I will go; and where thou lodgest, I will lodge; thy people shall be my people. Is our example such that some of those around us would be willing to say, Thy people shall be my people? "And thy God my God." Certainly a radical change had come into the life of this Moabitish woman. Nothing is deeper in one's soul than religion, and nothing but the most powerful force can change the heart of a strong character in the matter of religious faith.

"Where thou diest, will I die, and there will I be buried." She had no thought of making merely a trial of the land of Judah, and of Naomi's people and her God. She made a decision that was not to be reversed and was taking a step never to be retraced. "Jehovah do so to me, and more also, if I ought but death part thee and me." Naomi was a widow indeed. She was desolate, but she trusted God and continued in supplication and prayer night and day.

"And when she saw that she was steadfastly minded to go with her, she left off speaking unto her."

"So they two went until they came to Beth-lehem. And it came to pass, when they were come to Beth-lehem, that all the city was moved about them, and the women said, Is this Naomi?" Bethlehem was not a large city, and, in the Orient, the population of such a place is more or less permanent, families living in the same town generation after generation.

"And she said unto them, Call me not Naomi. Naomi, on the surface, appears to mean my sweetness, a name expressive of the mother's joy in the new-born child. "Call me Mara." Mara means bitter. "For the Almighty hath dealt very bitterly with me." Almost the same words as in Job 27:2.

"I went out full, and Jehovah hath brought me home again empty; why call ye me Naomi, seeing Jehovah hath testified against me, and the Almighty hath afflicted me? Surely widowhood, and misfortune, and disappointment, and sorrow, are not to be taken by Christian believers as indications of God's wrath or displeasure. Whatever we are called upon to suffer, we know that "whom the Lord loveth, he chasteneth."

"So Naomi returned, and Ruth the Moabitess, her daughter-in-law, with her, who returned out of the country of Moab; and they came to Beth-lehem in the beginning of barley harvest." The time is identified by this statement as the month of April. Barley was the first crop to be cut (Ex. 9:31, 32; 2 Sam. 21:9).

"And the women said unto Naomi, Blessed be Jehovah, who hath not left thee this day without a near kinsman; and let his name be famous in Israel." It is one of the peculiar beauties of our narrative that its last words are almost wholly devoted to Naomi. And justly so; for it was Naomi who, by her exemplary life in Moab, had been the instructress of Ruth.

"And he shall be unto thee a restorer of life, and a nourisher of thine old age; for thy daughter-in-law, who loveth thee, thy is better to thee than seven sons, hath borne him." In itself, the child is only the grandson of her family and estate; on account of Ruth's love, it becomes to her a veritable grandchild of love,

## Hay Fever Club

### Group Chooses Duluth For Its Annual Convention

Duluth, Minn.—Hay fever victims throughout the nation will meet at Duluth this summer for their national convention, Mrs. H. C. Lundba, 3, Payenville, Minn., president of the organization, has announced.

Methods of combating the malady will be discussed during the sessions, which will occur sometime during the hottest months of the summer," Mr. Lundba explained.

Headquarters for the Hay Fever Club, a national organization, are in Duluth, where cool breezes from Lake Superior offer many sufferers relief each summer, she said.

Hundreds of persons from many parts of the United States are expected to attend the convention.

## Woman's Verboisity Breeds Divorces

Seattle.—More divorces are caused by "women who talk too much" than by any other one thing, Justice of the Peace Charles Claypool said last week.

"Men learn, when they are small, not to say everything they think," he explained. "If they do, somebody knocks their block off. Nobody knocks a little girl's block off, and she says what she pleases until she is a garrulous old woman."

Regina.—The next time a teacher from Regina Collegiate goes abroad in the annual teachers' exchange, she must promise not to get married. "We seem to be carrying on a matrimonial bureau," said board member Andrew Macbeth, discussing the latest resignation, that of Gertrude Boyd, married recently in Edinburgh.

## Youthful and Jaunty

Isn't this a smart little dress, so youthful becoming? An interesting feature is the slit seams. Note the small diagram how the front and back yoke and sleeves cut entirely in one-piece. You won't hesitate, even if you are an amateur at sewing to tackle such a model.

Lilac linen-like cotton weave made the original. Seersucker, gingham plaids, pique, tub silks, are other nice schemes.

Style No. 3287 is designed for sizes 14, 16, 18 years, 36, 38 and 40-inches bust. Size 16 requires 3½ yards of 35 or 39-inch material with ¼ yard of 35-inch light and ¼ yard of 35-inch dark contrasting material for belt.



### FIRE DEMON

The next time you see a cloud of smoke hanging over some distant hill or read in your newspaper of a disastrous forest fire, just remember that it is your property that is burning. Nine-tenths of the forest land is owned by the people through their Dominion or Provincial Government.

In the last ten years forest fires have cost Canada nearly one hundred million dollars. A sum too staggering to mean much to most of us. But when you realize that this is ten dollars a piece for every man, woman and child in Canada... ten dollars that may have to be added to your taxes to balance the budget, we begin to see the point.

It is estimated that 60 per cent. of Canada's original forest has been burned. Only 1 per cent. has been cut for use and 27 per cent. remains.

Every year we have about 5,670 forest fires in Canada... fires that destroy millions of acres of valuable timber. Tragic part of it is that most of these fires are due to human carelessness, open camp fires that were left burning, matches and cigarettes carelessly tossed into the brush, etc. Here are the causes of forest fires, taken from the records of The Canadian Forest Service at Ottawa:

Camp fires	1,074 (18.7%)
Smokers	604 (10.5%)
Settlers	919 (16.0%)
Railways	788 (12.6%)
Lightnings	820 (14.2%)
Industrial operation	200 (3.5%)
Incendiary	334 (5.8%)
Public works	59 (1.0%)
Unknown	962 (16.7%)

So you can see 86.5% of the fires are from human causes. These man-made fires can and must be controlled.

## THE ZYAT KISS—The Vigil in the Moonlight

