Milk Helps You To Resist Colds

High In Vitamin A, Rich In Calcium

We should all remember this wintry weather, that milk is highly important in our diet. That the generally accepted rule is: for children, one quart each a day, for adults, one pint. This amount may, of course, be acquired in puddings, milk soups, etc.

A Perfect Food, Economical Milk is a food rich in calcium, an important element in human health, which cannot be supplied in sufficient volume from ordinary amounts of other foods, if milk is omitted. Milk supplies phosphorus, important to cell life of the body. It is high in Vitamin A, which builds resistance to colds and more serious ailments of the lungs and sinus. In the balance between its various elements, and the number of important elements it contains. milk is the most nearly perfect of the natural foods available to us.

Because of these elements, and because it is a concentrated food. above all because it is a vital, health food, milk is probably the most economical investment on the whole household food budget.

HOLLYWOOD HOBBIES



Robert Taylor has several hobbies of which horses is his favorite. Here we see him at his Northridge ranch on Bellman, one of his Western

Nine Wolf Cubs Caught In Den

Discovered in an old porcupine den, in a woods near Wyman's Bridge, five miles east of Belleville, eight wolf cubs were killed last week by Delbert Reid, Tyendinaga township hunter.

Reid discovered four grown wolves prowling at the rear of his property and dispersed them with a shot from his rifle.

A few minutes later, attracted plaintive whimperings that came from a hole below a rotting log, where his dogs were paying. Reid discovered the nine balls of fur that bore all the earmarks of being offspring of brer wolf. He killed eight of them and took the remaining one to his home where it is now thriving on bread and

Lake Erie Level At Record Low

Lake Erie at Port Colborns last month recorded the lowest level in the history of the hydrographic service of Canada, which dates back 78 years, C. N. Geale, engineer of the Department of Transport, revealed. The level, according to the automatic recording gauges at Port Colborne Harbor, dropped to 566.45, the lowest ever recorded by almost a foot.

No Fox Visible— Just Big Game

Farmers in the Brant and South Dumíries districts particularly near the village of Glenmorris. Ontario, have lost literally hundreds of chickens during the last few weeks as the result of raids by foxes. Dis trict Game Overseer Peter Porter, Burford, last week headed a posse of armed farmers ben on tracking down the destructive foxes. Their quest, however, was unsuccessful. During the hunt they came across deer which had been caught i

a fence. Eight deer were seen by the posse while one resident of th district reported seeing 16,

ALMOST CRIPPLED WITH RHEUMATISM

Improved Greatly When He Tried Kruschen

There has just come to our notice a case of grand relief from severe rheumatic pains. The seriousness of the man's condition and the step that led to his ultimate recovery, are described in the following letter:-

"For several years I suffered from rheumatism. I had all my teeth out, and still suffered. A year ago I lay in hospital for fourteen weeks, almost crippled. When I got home I continued to take medicine, but began to go down again. A friend of mine asked me to try Kruschen Salts, and I am very pleased to be able to say I have been on the mend ever since."-H.P.

Two of the salts in Kruschen are the most effectual solvents of uric acid known to medical science. They swiftly dull the sharp edges of the crystals-the cause of pair, and stiffness-and often convert them into a harmless solution, which is then expelled through the natural channels.

Grow Uncommon Garden Vegetables

Chinese Cabbage, Salisfy, Kohl Rabi Are Seldom Found In The Average Canadian Gar-

Worth-while vegetables which are seldom grown in the average garden include Chinese cabbage, salisfy, celeriac, chives, dandelion and kohl rabi, states J. Gallaher, Head Gardener, Dominion Experimental Station, Kentville, N.S.

Chinese cabbage is one of the easiest vegetables to grow and may be used in a salad, or cooked like cabbage. The seed should be sown early in July as this vegetable does not do well from spring sowings. Chinese cabbage needs good rich land in order to make large, wellblanched heads. Wong Bok, Pe Tsai and Chihli are good varieties. "Vegetable Oyster"

Salisfy is known as the "vegetable oyster" because of its oyster flavour when cooked. The seed should be sown in May and the plants thinned to about 6 inches apart. The seed should not be covered deeply or germination will be

Chives should be in every garden. The leaves have much the flavor of onion leaves and are used in salads, soups and stews, mixed with mashed potatoes, and so on.

Easy As Radishes Kohl Rabi can be grown as easily as radishes. It is between a cabbage and a turnip in looks and flavor, and is cooked and used like turnips. Successional sowings should be made from early in May until the middle of July. Kohl Rabi should be used when from 2 to 21/2 inches in diameter.

Modern Etiquette BY ROBERTA LEE

Questions 1. When having personal stationery printed, should the return address be placed on the front of the envelope or on the flap? 2. May one "ring off" in busi-

ness telephoning without saying 3. Is it correct to serve a des-

sert with the silver on the plate? 4. When a woman is introduced to a man, should she offer her hand? 5. When travelling in a Pullman

car is a passenger expected to pay for the use of a pillow, in day-6. How should one eat from a

Answers 1. It should be on the flap, though it is omitted entirely on envelopes used for formal purposes. 2. No; it is rude to leave the other party ignorant that you have rung off. 3. Yes. 4. This is entirely optional; she may if she wishes, but it is seldom done. And the man should never be the first to extend his hand. 5. No. A pillow will be furnished without extra charge if requested. 6. The food should always be taken from the side of the spoon, and never from the point.

Frozen Vegetables

The pack of frozen vegetables in Canada in 1938 increased to 590,000 pounds from 126,000 pounds in 1937, the principal increase being in peas and corn on cob. New factories were opened in British Columbia and in Ontario, and efforts will be made during 1939 to establish freezing units in retail stores. At the present time, the bulk of this product is sold to the hotel and restaurant trade.

A Burton-on-Trent (England) man who chained a dog to a wall and let it die was imprisoned for

Japs Seize Strategic Hainan Island



Hainan island, off the coast of China in the South China Sea, takes the news spotlight in the current Sino-Japanese war as Japanese marines make a new landing on the south coast for military occupation. The Japanese press loudly claimed that the seizure of the island gave Japan control over French, and British and Dutch possessions in the Orient. Hong Kong, Indo-China and the Dutch East Indies all have reason to fear should the Japs fortify the strategically placed island.

What Science * Is Doing *

SPRING IS FEMININE Men and women are both more feminine in late winter and spring than in the summer and autumn, according to a report on the amount of female hormone found in the blood of both sexes made by Dr. E. V. Shute, of the University of Western Ontario, published in the current issue of "Nature."

COAL FROM SUGAR Fairly good soft coal is now being made from sugars, the carbo-

hydrates of farm crops. In the Carnegie laboratories, whose experts include some of the leading scientists of the coal fields, the artificial coal is made in two ways. Sugar heated in water at high temperature produces sandy form of coal. When weak alkali is added to

the water, "excellent coking coals" are the result. Adding pressure to the hot sugar water increases the amount of carbon in the manmade coal.

THIS LIQUID FLOATS ROCK Fluids now used for fire extinguishers which look like water but float rocks as big as a man's head are announced as a new aid to mining.

The rocks, broken by blasting or power tools, come from the mines mixed with the minerals in such indiscriminate masses that it might take days for one man to separate a truckload by hand.

But dumped into a trough of the liquid, flowing about a mile an hour, the rocks either float while the valuable minerals sink, or the reverse if the minerals are the lighter weight.

The Lie Detector

"There is actually no lie detector," says the Journal of the American Medical Association. The present status of the question is controversial. The underlying principles may be sound but these as well as the apparatus in use are exceedingly complicated except to a trained medical psychologist or a forensic medical expert or to an operator skilled in the use of delicate machinery. There are many polygraphs or lie detectors in existence. The best and highestpriced ones are so complicated that they are useless for practical pur-*******************

How Can 1? BY ANNE ASHLEY

Q. How can I separate stamps that have stuck together?

A. Place a thin piece of paper over them and then run a hot iron over this paper very lightly. Q. How can I clean off grease that has spattered over an un-

painted floor? A. Pour kerosene over the spots, then scrub thoroughly with a scrubbing brush. After a few days, both the grease and the kerosene will disappear.

Q. How can I prevent the chipping of dishes, caused by striking them against the kitchen sink fau-

A. This can be prevented if oneinch lengths of garden hose are cut and one of these fastened to the end of each faucet. Q. How can I relieve a nervous headache?

A. Try drinking a cup of strong black coffee, to which the juice of a lemon has been added. Q. How can I effect a substitute for soap chips?

A. Tie up a whole cake of white soap in a clean cloth and put it in with the clothes. The soap will soon dissolve.

Q. How can I freshen shoes nickly and easily? A. Rub them with a little orange juice, or with the orange neel

Big Nickel Said

Rev. Robert Simpson of Brooklin, Ont., formerly of Woodville, enlivened the otherwise solemn induction held in St. Andrew's church, Lindsay, last week.

Curse of Church

"The minister is always wrong," he stated. "If he pays his debts promptly he's got too much money; if he doesn't he's a crook; if he visits the poor he's playing to the gallery; if he visits the rich he's an aristocrat; if he stays at home to get up his sermons he should be out more.

"The curse of the country today is the big nickel and the little Mc-Carthy," he added.

Cow Gave Milk For 200 People

George Mitchell's cow was given an extra ration of fodder following its feat of supplying milk to the 200 inhabitants of Black Heath, Ont., for two

Isolated by the early February snow-storm, residents of the village 20 miles south of Hamilton, depended for their fresh milk entirely on Mitchell's

A huge caterpillar plow finally bucked its way through drifts six to 10 feet high and a motor cavalcade bearing fresh food followed.



Manager (to neglected diner): "Can you identify the waiter who started serving you, sir?" Diner (indicating plate): "Well, we've got his finger-prints."

The Seven Ages of Woman

1. The baby.

The young lady. The young lady. 6. The young lady. 7. The young lady.

The little girl.

The flapper.

They had grown wealthy suddenly and had purchased a farm, complete with hens, cows, and pigs. Said a visitor one day: "Do your hens lay eggs?"

"Oh, they can," was the lofty reply, "but in our position they don't have to."

Friend: "I bought a copy of your book the other day." Author: "Oh, so it was

"Has the laundry made a mistake?" asked Brown. "This shirt is so tight I can hardly breathe." "Yes, it's your shirt all right," replied his wife, "but you've got your head through a buttonhole."

"A splendid car! Just start her up, and in two hours you are in Owen Sound. "That's no good to me."

"Why not?" "I don't know anybody in .Owen Sound."

Two lady snails were crawling along the top of the wall, when one glanced back. "Don't look round, dear," she

said, "there's a man following "I know," replied her friend. "Is my shell on straight?"

Are you tormented with the itching tortures of ecsema, rashes, athlete's foot, eruptions, or other skin afflictions? For quick and happy relief, use cooling, antiseptic, liquid D. D. D. Preseription. Its gentle offs mothe the irritated skin. Clear, greastless and stainless-dries fast. Stops the most intense itching instantly. A 35c trial bottle.

Canadian Dairy Industry Studied

Ontario And Quebec Liberal M.P.'s Are Meeting To Devise A Program For Improving Its Condition.

As a basis for devising some program to improve the condition of the dairy industry in Canada, a committee of 12 Liberal members of Parliament from Ontario and Quebec dairying districts has begun a detailed study of the place of that industry in the Canadian economy.

Since the dairy industry now ranks with wheat production as a major branch of ag-'-ulture-dairy production being worth \$260,000,-000 last year-and employs more persons than wheat production, the committee is aiming at a program which will obtain for the industry a fairer share of the national income, according to its chairman, George Wood. Brant

Next to Wheat Farming After analysing the data being compiled by a sub-committee, the committee will draft a specific and detailed plan which it hopes will help improve the present position of dairying.

More Orderly Marketing While the whole picture is being examined, one phase being studied is the excess butter supply and moons of diverting that milk to cheese production. More orderly marketing is another consideration. Then, with the prospect of wheat farmers broadening the base of their operations to include more general farming, possible increased dairy production from that angle is being studied.

Skim-Milk Suit Coming For Men

Well-Dressed Young Man Of The Near Future May Soon Be Stepping Out In One.

The well-dressed young man of the near future may be stepping out on the Easter parades with a nice milk suit if the expected progress is made in a new discovery exhibited before the luncheon of the Electric Club of Toronto last week.

An Italian discovery, the new material may some day revolutionize the textile industry.

"The manufacture of this material would provide a useful purpose for the tons of skim milk each day poured down the sewers by the creameries," said Colonel Chappell. Industry was beginning to rea-

lize more and more that it could go farther with the aid of science," said the speaker.

New Artificial Silk He showed his audience "glass" made from plastic resins and "rubber" made foom coal, lime and salt. Another interesting article was a tooth brush with bristles manufactured from synthetic silk. This material, he said, differed

from rayon and artificial silk in that it possessed all the qualities of the genu' e article. "Japan's silk industry," he said "will undoubtedly suffer as a result

of the development of this syn-

thetic silk."

Exports Rise For Dominion

Canada Opens Year 1939 With Substantial Increase In Domestic Exports.

Canada opened the new year with a substantial increase in her domestic exports, it was disclosed in figures released by the Dominion Bureau of Statistics. Exports in January totalled \$81,046,000 compared with \$69,477,000 in December and \$71,022,000 in January, 1938.

Principal items of export with figures for January, 1938, in brackets: newsprint \$8,290,258 (\$6,816,828); unmanufactured neckel \$4,882,265 \$5,578,610); wheat \$4,646,437 (\$8,-922,395); furs \$4,098,769 (\$3,607,-379); automobiles and parts \$3,-737,064 (\$2,345,919); partiall/ manufactured copper \$3,360,424 (\$3,-889,641); planks and boards \$3,-248,707 (\$2,487,255); meats \$3,144,-865 (\$3,717,385); fish \$2,612,486 (\$2,-537,078); wood pulp \$2,227.779 (\$2,-149,823; wheat flour \$1,172,324 (\$1,-692,033; cheese \$188,381 (\$62,857).

PILES GUARANTEED RELIEF!

Try the active oxygen treatment for the relief of bleeding, itching piles. In use nearly half a century. Use half the tube and if not satisfied return tube direct to the Company and receive the full purchase price. If your druggist does not have EUCOZONE RECTAL (INTMENT send seventy-five cents by money order and tube (with applicator) will be mailed to you in plain wrapper, postpaid.

Eucozone Laboratories (Canada) Limited WINDSOR, ONTARIO

Doesn't Believe War Inevitable

Dr. Benes, Former President of Czecho - Slovakia, Says Won't Happen If The Democracies Stand Together

Dr. Eduard Benes, former president at Czecho-Slovakia, said on arriving on this continent last week that he did not consider war in Europe inevitable.

Asked if he thought the democracies, strongly aligned, could avert war, he answered quickly: "Of course".

The statesman, in the United States to lecture at the University of Chicago on the problems of democracy, declined to discuss the Munich pact, the future of Germany, or the ambitions of Chancellor Hitler.

Hope For Future

A crowd of spectators-many of them children waving flags and young women with bouquets shouted greetings as Dr. Benes stepped down the gangplank of the United States liner Washington.

Dr. Benes expressed the opinion that his country, in spite of losing Sudetenland to Germany, would consolidate itself "politically, culturally and educationally".

47 Nations Keep Consuls in Canada

Forty-seven foreign countries assign consuls or consular agents to Canada, according to the annual report of the External Affairs Department at Ottawa.

Approximately 300 of these foreign representatives are distributed at various ports and inland cities through the Dominion. The dean of this consular group

is H. I. Mathers, Norwegian consul at Halifax, who received his appointment in 1906. Examination of the list indicates that Norway's consular service holds the record for long-term agents. C. B. Stahl-Schmidt, Norwegian consul at Vancouver, has been there since 1907, while C. J. Prinz has been vice-consul for Norway in Toronto since 1908.



"Unless we replace hatred by love, our civilization is bound to be finished, and should be finished."-Jan Masaryk.



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lar each for Mrs. J. H. Byrne. They paid all expenses of raising the entire flock of one hundred Bray White Rock and one hundred Light Sussex chicks. Order Bray chicks early. Bray Hatchery, 130 John Street North, Hamilton, Ont.

CASH IN ON THE SUMMER HOTEL and tourist demand for broilers and light roasters. Bray White Leghorn cockerels ideal, especially when caponized. Order today. Bray Hatchery, 130 John Street North, Hamilton, Ontario.

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Silver F Biggest Accounts For

Produced I Canada's fur ed its sixth value in the I the total value trappers and t farms amount This compares value of \$15,46

\$12,843,341 in

More Pe

Silver fox e principal item i production, and per cent. of th kinds of furs. tion amounted largest on recor 644, which also high record val that the averag lower than in a Following the of value, was the 835, while the r third with a pro-250,971. Other cluded ermine, r ten, lynx, and c exception of the these kinds of

Disease Canadia

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Arctic, T. M. S.

The Arctic, th has an abundance summer time. W scarce. He desc trated with lanter ous types of birds of the expedition.