indry Tips,-Before you gut

urtains into the washer, soak

REHERONS FOR SALE SAVE EGGS FOR SALE

SEED FOR SALE PERV ESER CLUTRING

CURAL TREATMENT TOWACCO SAMPLE PACKAGE BUR

TIRES FOR SALE WANTED

RIAL OFFER RESS PROFESSIONAL LONDON ONT.

Dried Fruits Rich In Iron, Vitamins | Sunday How To Cook Them Properly Is A Problem

Dried apricots are very rich in iron. Dates, figs, prunes and raisins also supply this essential mineral. Figs are a good source of cal-

Dried fruits are also rich in vitamins. Prunes are an excellent source of vitamin A, and also supply riboflavin (vitamin G). Dates furnish both vitamin A and thiamin (vitamin B). Dried apricots and yellow peaches retain part of their original rich store of vitamin A, and figs supply thiamin and riboflavin.

However, combine lemon or other citrous juice with dried fruits, because they lack the ascrobic acid (citamin C) that makes fresh fruits so valuable in the diet.

Heads Liquor Control Board



Hon. A. St. Clair Gordon, former Minister Wichout Portfolio in the Hepburn Cabinet, who has been appointed the new Chief Liquor Commissioner for Ontario, succeeding the late Edmond G. Odette. Mr. Gordon is the Liberal member for Kent (West).

Ontario Boy Constructs An "Electric Brain"

Young Peterborough Inventor, 18, Invents Mechanical Man Which Obeys His Orders.

Brain, beat those eggs now!" Roy Hiscox, 18-year-old high school student and electrical inventor, of Peterborough, Ontario, slowly spoke those words into a microphone. "Brain," his homemade haywire mechanical man, crackled as electric impulses radlated from its maze of internal wires and an electric egg beater began to whirl.

"Stop!" came the command from the mechanical man's creator, and the egg beating ceased.

Today the young inventor, who has devoted all his spare time since last fall to the creation of his mechanical man, is contemplating the construction of a head and, then legs, and he hopes eventually to make the creature walk.

A student in electrical science at the Peterborough Collegiate and Vocational School, he has chosen electrical inventing as his life work and the mechanical man or "electric brain" as he styles his creation, is only one of many wonders he has performed with a few pieces of wire, orange crates and electrical power.

His mechanical man, which at present can do almost everything but walk and think, obeys verbal commands and operates an electric fan, an egg beater, opens and closes a door and will play an; desired portion of a phonograph record when the proper command is

Paris Shows **Pantalettes**

Crinolines Influence Spring Styles

PARIS.-When Queen Elizabeth came to Paris last summer and chose to wear crinolines it did more than upset the plans of the French couturiers.

Of course the effect was felt immediately in the autumn presentations-but the influence has continued over into the springtime showings.

Down To The Ankles But the best is yet to come with the foamy and transparent gowns for summer receptions and dances. Paris is showing "pantalettes." Yes, the "longs" come right down to the ankles with an avalanche of little frills. Some of the most exclusive shown are in chiffon or soft silks. Others are made with rows and rows of fine lace. The prize of a well-known conturier is made or rose chiffon, each frill bordered with narrow black sat a or velvet ribbon

School _esson

LESSON V PAUL CROSSES INTO EUROPE

Acts 15:36-17:15 Printed Text, Acts 15:36; 16:4-15 Golden Text.-When he had seen the vision, straightway we sought to go forth into Macedonia. Acts 16:10.

THE LESSON IN ITS SETTING. Time.-A.D. 50 and 51.

Place .- Paul sets out for his second missionary journey from Antioch in Syria. Cilicia is the province located directly north and west of Syria. Derbe and Lystra were cities of Lycaonia, located on the great highway leading to Antioch in Picidia. Phrygia was a province in the central part of western Asia Minor. Troas was a city of Mysia on the eastern side of the Aegean Sea, opposite Macedonia. Macedonia was the ancient name for the northern part of the Greek peninsula in the northeastern part of which, about ten miles from the coast, was the city of Philippi. Thessalonica was also in northern Greece on the Gulf of Salonika; Beroea was forty miles inland from Tessalonica; Athens was in the southern part of Greece.

26. And after some days Paul said unto Barnabas, Let us return now and visit the brethren in every city wherein we proclaimed the word of the Lord, and see how they fare. Paul's heart was burning with the desire to visit again the churches which the Lord enabled him to plant in that vast Gentile territory beginning at Syria and extending north and west into the thickly populated area of Asia Minor.

It was the parental longing to see his spiritual children which was drawing him; but God had far more extensive designs, which opened up before him as he went forward.

A Companion and Helper A new person enters upon the staff of apostolic missionary activities, namely, Timothy, who was the son of a Jewish-Christian mother. The mother's name was Eunice (2 Tim. 1:5), and the grandmother's Lois. Timothy, we find, was St. Paul's messenger to that church, and he is joined with that apostle in the greeting of Second Corinthians.

As soon as Paul saw into what kind of young Christian Timothy had grown, his heart went out to him, and he knew he had found a companion and helper for life. 4. And as they went on their

way through the cities, they delivered them the decrees to keep which had been ordained of the apostles and elders that were at Jerusalem. 5. So the churches were strengthened in the faith, and increased in number daily.

Christianity in Europe 6. And they went through the region of Phrygia and Galatia, having been forbidden of the Holy Spirit to speak the word in Asia; 7. and when they were come over against Mysia, they assayed to go into Bithynia; and the Spirit of Jesus suffered them not; 8. and passing by Mysia, they came down to Troas.

9. And a vision appeared to Paul in the night: There was a man of Macedonia standing, beseeching him, and saying, Come over into Macedonia and help us. The man stood for more than his own nation. It was the cry of the Elropean worldfi the expression of of the deep unrest felt at this time by all hearts that had risen above gross pleasures and the babel of an immortal heathenism. This is in many respects the most in:portant paragraph in the book of Acts.

10. And when he had seen the vision straightway we sought to go forth into Macedo in concluding that (od had cale) us to preach the gospel un , them. 11. Setting sail therefore from Troas. we made a straight course to Samothrace, and the day following to Neapolis. When these four men went down to the quay of Troas to look for a vessel, how little the world thought, how little they themselves knew, what history they were making! Probably in Paul's mind the passage to Europe was but one of many journeys. Yet it was one of the turning-points of history, the challenge of Christianity to Western civili-

zation to accept the rule of Christ. 12. And from thence to Philippi, which is a city of Macedonia, the first of the district, a Roman colony: and we were in this city tarrying certain days. 13. And on the sabbath day we went forth without the gate by a river side, where we supposed there was a place of prayer; and we sat down, and spake unto the women that were come together. 14. And a certain woman named Lydia, a seller of purple, of the city of Thyatira, one that worshipped God, heard us: whose heart the Lord opened to give heed unto the

War Memorial Being Prepared for Royal Unveiling



The work of placing pink and grey granite blocks for the promenade around Canada's National War Memorial in Ottawa is being rushed and will be completed in time for the unveiling of the memorial by King George next month.

Urges Return To Simplicity

Primitive Style Of Living Would Benefit Victims Of Today's Rush And Worry-Cut Down On Insanity.

We are living in a "civilized madhouse" which is sending as many people to mental institutions as it is graduating from college, says Dr. Jay B. Nash, of New York University.

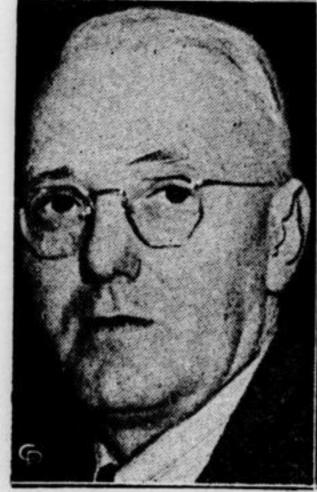
Men and women are "going to pieces" in increasing numbers, he asserted, because their bodies have been catapulted 1,000,000 years ahead of their nervous systems and because of the social and economic uncertainties of the mod-

ern age. "One can imagine the average person saying. 'My job is insecure, I'm back in my rent. Susie has infected adenoids, Johnny needs glasses. I'm not saving anything for old age or sickness. The boss is constantly after me to speed up but I must not worry; I must be calm, relax, recreate'."

15. And when she was baptized. and her household, she besought us, saying, If ye have judged me to be faithful to the Lord, come into my house, and abide there And she constrained us.

The First Convert Thus the first convert in Europe was a woman, and the first Christian service held on European soil brought forth definite results in immediate conversions. The change which passed upon Lydia prefigured what woman in Europe was to become under the influence of Christianity.

To Cover Royal Crossing



R. K. Carnegie, superintendent of the Canadian Press' Ottawa bureau, will be the only newspaperman from Canada aboard H.M.S. Repulse, which will bring the King and Queen to Canada in May. Mr. Carnegie has just sailed for London to join the royal party.

"Few men kill themselves from overwork Over-worry, overrush, over-drink, over-eat, under sleep are the killers. . . .

"The antidote can be supplied only by resorting, at least to a degree, the simplicity of primitive living. This . . . will mean building new cities where men may live more quietly and happily. "It will mean some plan of social

security so as to remove the nightmare of sickness, unemployment and old-age insecurity".

How Can 1? BY ANNE ASHLEY

Q .- How can I treat the sewing machine which has seen years of hard service and seems ready to be discarded?

A .- Take off the head and boil it for about an hour in strong suds. This will clean it of all the old hardened oil and grease. Dry it, replace it, oil it thoroughly, and see if it does not show a hundred per cent. improvement. Q .- How can I clean mica in the

door of the kitchen range? A .- The mica can be easily cleaned by rubbing it with a soft flannel cloth, dipped in equal parts of vinegar and cold water. Q .- How can I prepare a good watercress salad?

A .- Serve the watercress with French dressing, made tart with lemon, and sprinkled with Roquefort cheese. Q .- How can I dry my hair

more quickly after washing? A .- Try this method: Light the oven, turn the gas low, lower the oven door, and then place the electric fan on the lowered door. The warmed air will quickly dry the hair.

Q .- How can I keep water warm when there is no hot water heater in the house?

A .- Try keeping the tea kettle on the pilot light of the gas range at all times when not in active use. It will keep the water warm, and the job of boiling it will not be a lengthy one.

Fred Waller, 18, a London school boy, has found how to be honored in his own country. He and a schoolmate pretended to be French tourists in London and were "never before treated with so much respect."

RADIO NOTES

MADGE ARCHER

It is also announced that H. V. Kaltenborn, the famous commentator, will be heard regularly over the Columbia Network every Sunday and Tuesday evenings at 10.30 p.m., E.S.T., beginning Apr.

NEW FARM PROGRAMS The Canadian Broadcasting

Corporation has revised its daily Ontario farm programme. A full half-hour broadcast is now heard from 12.15 until 12.45 p.m., E.S. T., from CBL, Toronto. This program is specially designed for the farming community in the Ontario region and concentrates on markets and market trends. It has an added feature a daily dramatic sketch of interest to rural listeners. Local agricultural news is supplemented by news supplied by the Canadian Press dealing with Ontario and the other provinces. Weather reports are stressed to aid fruit farmers in view of the approach of the fruit season.

THE ROYAL VISIT Two events of the utmost significance will play a big role on the radio networks of the North American continent during the coming month. Of first importance. of course, is the visit of Their Ma-

jesties, the King and Queen. CBC wiil begin a broadcast account of the Royal visit while Their Majesties are actually entering Canadian waters aboard H. M.S. "Repulse." Microphones will follow the Royal party step by step during the tour so that a continuous sound picture of one of the greatest events in modern times shall reach every Canadian home from coast to coast. The climax of the trip will be

reached on May 24, in Winnipeg. where radio homage will be rendered the King from British subjects all over the earth to be followed immediately by the King's reply. During the four days the Royal party is on United States soil, the American networks will take over the task of the CBC with whom they are working in closest co-operation.

The World's Fair

President Roosevelt and other members of the United States Government will broadcast over all networks on Sunday, April 30, beginning at 2.30 p.m. in ceremonies connected with the opening of the New York World's Fair. The broadcast will last the

better part of an hour

TO BE HEARD . . . April 28, 8.30 p.m. CBC, CBL-Miss Trent's Children . . . 9 p.m. CBS, CFRB-Orsen Welles. . . 10 p.m., CBC CBL . . . Brian Meredith commenting from England . . . April 29, 7 p.m. NBC-Dick Tracy (New series) . . . 9 p.m. CBS-Phil Baker . . . 10.30 p.m. NBC Hippocractic Hepcats (new) . . April 30, 10 a.m.—NBC New Bible Series . . . 2.30 p.m. All networks -Opening of New York World's

Fair by President Roosevelt . . 3.20 CBS, CFRB-N.Y. Philharmonic . . . 8 p.m. NBC CBC-Charlie McCarthy and the Chase and Sanborn Hour . . . 9 p.m. CBS CFRB-Alec Templeton with Ford Symphony Hour . . . 10.30 p.m. CBS-Kaltenborn Edits the News . . . May 1, 11.45 a.m. NBC CBC -Dr. William L. Stidger's "Getting the Most Out of Life" . . . 4 p.m. NBC "Midstream" starting new five-a-week script series . . . 8 p.m. CBC, CBL-C'Est Paris . . . 9 p.m. CBS, CFRB -Radio Theatre . . . May 2, NBC, CBC-Club Matinee . . . 8 p.m. CBS, CFRB Edward G. Robinson in "Big Town" . . . 8.30 p.m. NBC, CBL Information Please . . . 9 p.m. CBC, CBL Appointment with Agostini . . . 9.30 p.m. NBC, CBC Molly returned to Fibber McGee programme . . . 10.30 p.m. CBS-Kaltenborn Edits the News . . . May 3. 8 p.m. NBC. CBL-One Man's Family Serial . . . 8.30 p.m. CBS, Paul Whiteman . . . 9.30 p.m. CBC, CBL-Music by Faith . . . 10 p.m. CBS, CFRB-Raymond Page . . . May 4, CBC, CBL-Ontario Region Farm programme. . . 4.45 p.m. CBC, CBL-Christopher Ellis "Books and the King" . . . 8 p.m.

NBC -Rudy Vallee . . . 9 p.m.

NBC, CBC Good News . . . 10

p.m. NBC, CBL-Bing Crosby.

Making Chickens Grow

Growing chickens need some form of vitamin A to make satisfavtory growth. Birds allowed to range about the farm during the growing season usually pick up

sufficient quantities of green feed, but birds confined should have some feed that is rich in vitamin A. Alfalfa-leaf meal is one of the most economical sources of vitamin A, when all feeds must be purchased ,and may serve as the sole source of this vitamin.





HATCH.

Mailsun IS MORE NEARLY CORRECT FOR THE PRESENT YEAR THAN

1937/ ... DUE TO AN ERROR IN THE RECKONING OF TIME 1,000 YEARS AGO!

CURIOUSLY, Christ actually was born several years B. C. . "before the birth of Christ." This paradox is the result of

date of a victory of Emperor Augustus. NEXT: What is the radius of the universe?

Roman Landmark

Answer to Previous Puzzle 16 Distinctive

EE TENEMEMTESA 21 Like ale

tially made

of ----

an error made in connecting the birth of Christ with the disputed

HORIZONTAL 1 Huge amphi-OLEIN RESOURCES 18 Sister. theater ruins standing in

Rome. 9 Meadow. 10 Star-shaped flower. 11 An exploit 13 Mongrel. 14 Upright shaft.

15 Inlet. 17 Exists. 19 Preposition 20 It was built by ---- and Titus about 80 A. D. 23 Postscript.

25 Half. 27 Converts into malt. 28 Auditory. 30 Social insect. 32 Dyestuff 33 Sneaky. 34 To pacify.

41 To drink

55 Numeral 60 It is par- 12 Before.

45 English coin VERTICAL 47 Restricted. 2 Salt of 50 War flyer. oleic acid. 51 File. 53 Member of a 4 Grain. roving tribe. 5 South 54 Verbal. America. termination.

SURVEYOR

44 Electric unit.

43 Tiny.

6 An adven-57 To soak flax. 7 Wages. 58 To ring, as a 8 Embryonic 40 Musical note. 59 It --- about 11 -s fought 615x510 feet. in its arena. 56 Chaos.

38 Inspired 3 For fear that. reverence. 39 To revoke. 42 Verses. 46 Toward sea. 48 Greater in number.

49 To make lace. 50 Arabian. 52 Footlike part. 54 Over. 58 Father.

24 Metal clip-

26 Geographical

29 Ore launder

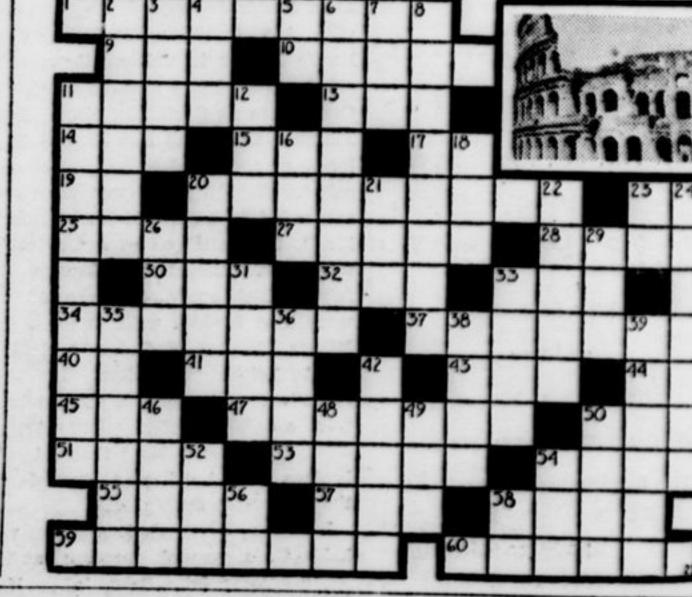
coat end.

33 Brought legal

31 Dress suit

35 Sea robber

36 To revolve



REG'LAR FELLERS-No Delay



