

**Christie's Graham Wafers**

teaspoon vanilla  
teaspoon vanilla  
up chocolate and melt over  
water. Add salt, stir and cook  
over direct heat until the mixer  
reaches the boil. Simmer  
straining after for 5 min-  
utes from heat and add  
sugar slightly, turn into a  
and store in a cold

**Your Household Problems**

Do you fussy eaters in your  
family? Do you have trouble  
finding a varied and interest-  
ing menu? Do you call for help  
to write, enclosing a stamped  
self-addressed envelope to  
Miss E. Chambers, care of  
The Wafers, and she will endeavor  
to solve your problems.

**City Remarks Foolish Policy**

Who Make Them Draw  
Attention To Own Defects  
Poor Way to Build One-  
Up

Probably experts would  
advise you never build your  
self up by the former manner. Also  
you very well be applied to  
in other words, the current  
draw attention to the flaws  
appearance is to go around  
with early remarks about how  
you look.

On Mr. Agatha's getting  
dressed, isn't she? somebody  
should be better off if you  
had a few pounds more.

Indicate your remark that you  
enjoy in your own hair. All  
right, though hardly blind,  
own hair always looks  
OK, but better silly if it

**Goodbye, Blues Ironing Day!**

FOR YOUR OLD IRON

It is no matter what  
condition of make-  
up on the purchase of a  
new Self-Ironing Iron. Ask  
for the new handling  
method. FREE. This Old-  
fashioned worth \$1.00 toward  
your new iron.

Wash Lamp & Stove Co.  
Ltd.  
Toronto, Ontario

**aman SELF-IRONING Iron**

**Do This If You're NERVOUS**

When on products you know  
of or try on temporary relief  
of a good general tonic.  
Serravallo's Tonic, Dr. Williams' Pink Pills,  
Compound, made especially for  
nervous, weak, and old,  
and a compound help build up  
the nervous, lower down from  
the nervous and make life  
of you one woman has told  
me "nothing there" with  
Serravallo's Tonic. Have  
nothing glorious results—  
GODDIT

**Eczema -- Troubles**

What the north country calls a  
warm winter is believed to be the  
cause of the launching of the un-  
usual number of bergs, and it was  
probably by their own strength  
that they made their way in such  
size and numbers to the steamer  
lanes. They continued, on their  
way down, to contribute so much  
chill to the Labrador current that  
it was able where it met the gulf  
stream, to overcome much of the  
force of the warm water, in an ef-  
fect to turn it slightly away from  
its course. There may be further  
notes on that by meteorologists in  
the British Isles.

No. 26 — '39

### Quiet Person Lives Longer

On the Average Than an Excitable One—Heredity is Big Factor in Life Expectancy

The figures of insurance companies amply prove that heredity is or has a powerful influence on life expectancy; the longer the life line of your ancestors, the longer is your own life expectancy likely to be, says Dr. James Barton, medical-journalist.

Can you influence your life expectancy? I believe it will be generally agreed that folks live longer in the quiet places of life—in hamlets and villages, rather than in towns and cities. The "tension" of living amid the noise and speed of cities keeps the nerves and muscles tightened or tensed, which means a rise in blood pressure and heart beat, and a continuous rise of blood pressure and heart rate means just that much more wear or use of the "reserve" powers of the body.

**Slender Build, Better Chance**  
Dr. Raymond Pearl, the results of whose research work on life expectancy is considered sound says that longer life expectancy is found among those with (a) low blood pressure, (b) low pulse rate, (c) slender build, (d) small meals eaten, (e) cheerful outlook on life, and last, but not least, to have long-lived parents.

### Wrong Luggage On Honeymoon

Mr. and Mrs. Gerald Mason, of Kalamazoo, Mich., left Windsor, Ont., on a honeymoon trip to New York City last week, but took the wrong luggage with them.

to seek co-operation of provincial police in an endeavor to stop the bride and groom en route.

The mistake was a mistake and no prank, it was explained. Police in the area of St. Thomas were notified to be on sharp lookout for the couple, and the trousseau and belongings of the groom were to be sent in a car as soon as they were located.

### Early Potato Crop's Ready

First Marketing in Southwest-ern Ontario Takes Place Last Week in June

The early potato crop in Western Ontario has been favored with good weather and the first marketing in the Leamington-Harrow districts was made the last week in June, according to the Ontario Department of Agriculture monthly crop report. The potato acreage shows a slight increase over last year.

Most orchards throughout Western Ontario are showing good blossoms with the exception of Spy apples which are irregular. Considerable replacement planting has taken place in the orchards and there is a slight increase in acreage of new planting. The season has been good for proper carrying out of spraying operations. It is still too early to give an accurate forecast of crop yields, however, but present indications are that the yield will be good.

### May Affect Course Of Gulf Stream

Shippers and the ice patrol report that the North Atlantic is seeing more icebergs than for many years.

Steamships to the lanes to Europe, which since early May had been using an emergency southern track, have been advised by the International Ice Patrol to swing still farther south until the danger has passed.

This year's conditions have combined to send about 200 more than the normal number of bergs on the way to the Grand Banks. The patrol will chart about 600 of the 600 supposed to be in the drift.

The biggest sighted so far was 690 feet long and showed 135 feet above water, which would mean 1,690 feet below water, a mass heavy enough to ruin any ship that hit it.

**Unusual Number**  
What the north country calls a warm winter is believed to be the cause of the launching of the unusual number of bergs, and it was probably by their own strength that they made their way in such size and numbers to the steamer lanes. They continued, on their way down, to contribute so much chill to the Labrador current that it was able where it met the gulf stream, to overcome much of the force of the warm water, in an effect to turn it slightly away from its course. There may be further notes on that by meteorologists in the British Isles.

## NEWS PARADE ...

**AWAY WITH APPEASEMENT:** The St. Thomas Times-Journal, in common with a great many other newspapers in the Dominion and a few thousand people of intelligence, is showing considerable disgust at the "Fabian" (to be polite) policy of Prime Minister Chamberlain, who, even after the awakening of the British people to the seriousness of the European situation and their readiness to back a firm stand, is giving signs of wanting to "appease" Hitler again. Is he aiming to "do another Munich," this time on Danzig, Rumania, Yugoslavia?

Says the Times-Journal: "Just when Mr. Chamberlain was on the edge of completing a strong peace bloc (France, Britain, Russia) that would be the only method Hitler would understand, he told Parliament 'there are many concessions which could be made to Germany without great difficulty if one could be quite certain that those concessions would be used only for the purposes for which they were given and not to bolster up some strategic aim.'"

**PEN DOESN'T PAY:** The Winnipeg Free Press asks why it is that a country this size, population almost 12,000,000, can't boast at least 120 first-rate authors, one to every 100,000 Canadian people. Reason is, of course, that an author in order to be "first-rate" must devote his entire time to his art, which means the products of his pen must earn him enough to live on. Easier said than done. So much easier, in fact, that we have only one poet, two or three novelists in the entire Dominion, who are able to live solely by their independent literary work.

**PLAY IT DOWN:** Although the danger of war in Europe and the Far East is increasing day by day, we're not supposed to know it over here in Canada. A number of the big business houses in the Dominion have come to believe that continual feigning of war-panic news in the press and on the radio is partially responsible for the slump in trade—that it's, well, bad for business. It is rumored that they are exerting pressure on the larger newspapers to go slow on the scare headlines, and play up our forthcoming election, and such, instead.

**THE WEEK'S QUESTION:** What has General Franco (El Caudillo) been busy doing in Spain since the conclusion of the Civil War? Answer: He has introduced the corporative state to Spain, modeling it on Italy's Fascist one-party system of government; he is starting a new totalitarian propaganda drive on South America, aiming soon to establish on this continent units of the Spanish Phalanx; he has set aside a \$70,000,000 subsidy to build up a merchant fleet to "display New Spain's prestige in America and the Far East"; he has demobilized half the men under arms and held a victory parade with the Italian and German "volunteers" marching in it; he has sent Loyalists to concentration camps by the tens of thousands; he has reaffirmed his friendship with the Rome-Berlin axis; he has set up in Madrid eighteen military tribunals to try Loyalists, 658 of whom have already been executed.

You can't ship bees by mail. The Dominion Government has come right out and said so, leaving only a couple of loopholes. In volume XIX, No. 953, issued by John A. Sullivan, Deputy Post Master General, it distinctly says: "Postmasters are informed that honey bees must not be accepted for transmission in the mails if baggage car service or catch-post service is necessary."

### Books And You BY ELIZABETH EEDY

"CANADA 1939"

The Dominion Bureau of Statistics has recently issued the 1939 edition of its Official Handbook, "Canada" in which the review of the country's economic progress and organization is brought up to date. It's a compendium of information useful alike to business people and the general public. Production, trade, finance, labour and transportation, in addition to such subjects as population, health and education receive detailed treatment. This year a special article following the Introduction deals with the Unemployed Youth Problems... Steps Toward Its Solution.

There is a limited number of the copies of the Handbook still available, at twenty-five cents apiece. Applications for the book should be addressed to the King's Printer, at Government Printing Bureau, in Ottawa.



Girls of the Canadian contingent are pictured during the mass rehearsal which preceded the recent empire pageant of physical fitness, held in London, England. Delegates from all parts of the empire participated in the rally.

### How Can I?

BY ANNE ASHLEY

**Q.—How can I remove ink spots from paper?**

**A.—**Apply a solution of muriatic acid of tin with a soft brush. When the stain disappears, rinse and then dry the paper carefully.

**Q.—How can I keep flies off the surfaces of picture frames and other articles?**

**A.—**Rub the surfaces of picture frames, lamps, ornaments, hard painted walls, etc., with laurel oil.

**Q.—What can I use as a substitute for a broken percolator?**

**A.—**If the percolator top breaks and another one is not at hand, join the pieces with adhesive tape, and it can be used until a new top is secured.

**Q.—How can I clean the rubberized shower curtain that has acquired a white, sticky film?**

**A.—**This film is caused by steam and water, and can be removed by washing the curtain in warm water and mild soap, rubbing with soft brush, and then rinsing thoroughly in clean warm water.

**Q.—How can I avoid getting callouses on the hands when using a broom?**

**A.—**This can be prevented by covering the upper part of the handle with any soft material, sewing it firmly, tacking the lower end of the material to the handle.

**Q.—How can I make it easier to peel potatoes?**

**A.—**Before peeling the potatoes cover them with very hot water, let them stand for about five minutes, and see how easy it makes the work.

### ONTARIO OUTDOORS BY VIC BAKER

**FIFTY MILLION FISH IN ONTARIO WATERS**

Fifty million young whitefish have been deposited in the waters of Georgian Bay and Lake Simcoe this year by Superintendent Geo. Andrews and his staff of the Collingwood hatchery, according to recent reports reaching this column.

The fingerlings were propagated in the Ontario hatchery during the winter and this spring and early summer are being spent in distributing the fish about in different areas where it is known they will thrive. Some of the locations chosen are reported as the Marry Ward Shoal, Nottawasaga Bay, in the vicinity of the Christian Islands and possibly as far as Red Rock. Lake Couchiching will receive a good quantity of the young fish.

### Canadian Girls At Empire Pageant of Fitness

### Follow Routes Of Columbus

Harvard Expedition Sailing Next Fall In Schooner Will "Discover" America Again—Hope to Rewrite History Accurately

In an effort to rewrite more accurately the opening chapter in America's history, a Harvard expedition headed by Prof. Samuel Eliot Morison will retrace next fall the routes followed by Christopher Columbus during his voyages in the new world.

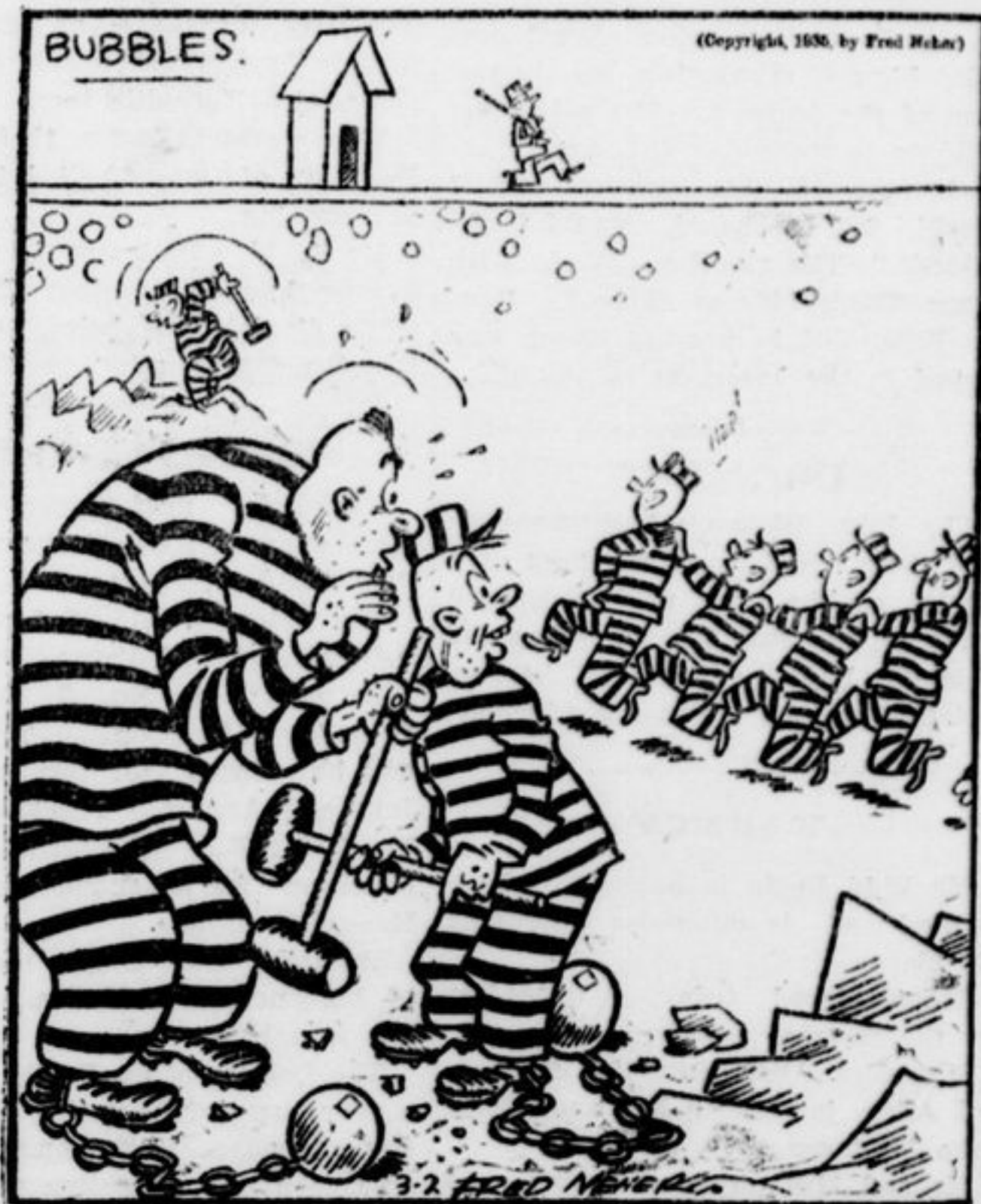
**Feel What Columbus Felt**

Sailing aboard the 140-foot steel schooner Captiana about August 1 from Oyster Bay, L.I., the party will study the discoverer's navigation, seek out on the Panama Coast the site of the first European settlement on the mainland and view coasts and islands as Columbus saw them. They expect to be gone until February 1.

Prof. Morison explained the purpose of the voyage is to produce "tri-dimensional history—bringing to bear sight and feeling on the subject, not just sitting in a library and writing of it." He said he felt the only way to understand Columbus and evaluate him as a seaman was to sail the seas he sailed and visit the places he visited.

Fox breeders of Chipman, N.B., believe that two pups in a litter born there are platinum foxes, one being the ordinary silver type.

### LIFE'S LIKE THAT By Fred Neher



"Four new guys in three days... I wonder if the warden is wise to the fact that we've been stalling on the job."

### POP—A Record



## VOICE of the PRESS

**CONTRAST IN EXPENSES**  
Rich man ..... Twin Six  
Poor man ..... Six Twins  
— Montreal Star

**DUAL CONTROL**  
Women control eighty per cent. of the wealth of this continent and fully an equal per cent. of the men — Brandon Sun.

**WHERE WERE THE REST?**  
By a vote of 25 to 21 the Senate adopted the minority report of its special railway committee. Full membership of the Senate, allowing for nine vacant seats, is 87. Where were the forty-one who did not vote? — Owen Sound Sun-Times.

**MUSIC IN SCHOOLS**  
Music leaves a refinement upon the character not difficult to account for. Little effect will be noticed upon the children now but they will go through life with the influence of music giving them something worthwhile to themselves and to others. — Kitchener Record.

**WE CAN SOLVE ANY PROBLEM**  
The arrangements made all across Canada to greet Their Majesties the King and Queen in an object lesson in organization and efficiency. If we would submerge politics and put ourselves wholeheartedly into the enterprise as Canadians have done during the month of May and those early days

of June, we could solve any problem with which the Canadians are faced. We could clean up the railway mess, we could put unemployed to work, and we could redeem the hundred thousand human lives who are panhandling their way all back and forth across Canada. — Farmer's Advocate.

"The greatest service that we writers can render to the cause of peace is to hold explosive words under lock and key." — Andre Maurois.

"There is no sense in any one making war, and every argument is against it." — John Jacob Astor.

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**POURING SPOUT**

**ON EVERY TIN**

Exclusive to

**BEE HIVE GOLDEN SYRUP**

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### By J. MILLAR WATT

