

Adequate Diet Needs Starch

Even If You Are Reducing, It Doesn't Pay to Leave Out Starchy Foods Entirely

Women no longer have to sacrifice their faces to their slim hips, or have circles under their eyes, in order to have a well-turned ankle, writes Josephine Lowman, beauty expert. The old-fashioned idea of extreme dieting has been entirely discarded by the best opinion. We now realize that the body must have certain elements each day, regardless of our caloric intake. If we are cutting down on the amount of food we eat, then it is even more important that we are certain to get those foods we need in order to stay well. What can it profit a woman to gain a slim silhouette and lose her pretty face?

Certain Elements Necessary
We need some sugar in our diets if we are to avoid acidity, and although starch can be cut low we must have some.
If you are in a quandary as to just what you can leave out of your diet and what you must include in it—if you have had so many diets thrown at your intelligence that you do not know which are safe and which are dangerous—do get directions before starting in on what can be either a dismal failure or a vibrant success.

You May Learn To Be Taciturn

It Isn't Enough to Mean Well—Caring About Other People's Feelings is Fundamental Requisite

It isn't enough for a woman to mean well. A tactless remark can hit home as hard if it comes from non-thinking as does deliberate meanness.

Katia Millett, lists some of the fundamental rules for being a tactful as follows:

Never condemn whole groups of people. You never know when you are treading on someone's toes.
Keep Off Personal Questions
Don't bring up a subject that might be painful to another.

Don't tell Mrs. Jones how well Mr. Smith (who is in the same business as Mr. Jones) is doing.

Steer clear of personal questions. You never know when they will prove embarrassing to the one who has to answer.

Avoid, like the plague, such phrases as "If I were you," "I'm going to be perfectly frank with you," "Of course, it's none of my business, but—"

Like most accomplishments, tact comes with practice. And the woman who doesn't hurt her family isn't likely to rub her friends the wrong way.

Certain Fears Really Inborn

Fear is largely a matter of experience, but certain fears are born in the child that he never loses. The acquired fear can be dealt with through understanding and kindness. Quick forcing usually only deepens the dread, but there are times when a growing child suddenly thrust into an awesome situation, finds that he is not hurt or any the worse for it. In that case he may lose the fear of the untried.

But it is risky business with small children as shock may deepen the timidity to a real and fixed phobia that can never be dealt with happily.

The Years May Help
Most mothers know now that with little tots afraid of this and that, maybe water, darkness, dogs or sudden loud noise, gradual introduction to the danger in homeopathic doses is the best way to overcome it all.

But if, after trying sympathetic, kindly coaxing the child still retains his pet fear, he will just have to go with it in his system. The years will help, no doubt, and by and by he may be wondering what he was afraid of.

Use Forced Air To Cool House

Forced air circulation within a house during the summer can bring about some cooling effect and considerable comfort.

The forced circulation of air induces rapid evaporation of body perspiration and may be accomplished by individual fans in the various rooms or by the installation of a large attic fan for forcing the heated air out of the house, or it may be used to draw cool air from the basement or from outdoors at night after the air has cooled; thus providing a house full of cool air for the next day.

Considerable temperature reduction may be accomplished in hot dry climates by wetting roofs with water, which prevents heat storage in the roof, while the evaporation of the water extracts heat from the structure.

Sunday School Lesson

LESSON III REHOBOAM: A MAN WHO MADE A FOOLISH CHOICE
I Kings 12:1-20
Printed Text, I Kings 12:1-5, 12-17, 20.

Golden Text.—A man's pride shall bring him low. Prov. 29:23.
THE LESSON IN ITS SETTING
Time.—Rehoboam was born in 978 B.C., ascended the throne of Israel in 937 B.C., at the age of forty-one, and died in 920 B.C.

Place.—Shechem, a city in the hill country of Ephraim between Mt. Ebal and Mt. Gerizim, and today known as the city of Nablus. Rehoboam, so far as appears, grew to manhood as a mere hanger-on upon the court, the center of a group of young men brought up with him (I Kings 12:8) and eager to flatter his foibles.

1. And Rehoboam went to Shechem: for all Israel were come to Shechem to make him king. Although Rehoboam was acknowledged as the rightful successor to his father, there was a desire among the people to modify the character of the government. David had ruled as a conqueror, and the fame and wealth and great undertakings of Solomon had gratified the people and made them submit to many severities in his reign. Rehoboam had none of the recommendations of his father or grandfather, and the influential persons in the nation availed themselves of the solemn enthronization at Shechem to put forward their desires.

The People's Complaint.
2. And it came to pass, when Jeroboam the son of Nebat heard of it (for he was yet in Egypt, whither he had fled from the presence of king Solomon, and Jeroboam dwelt in Egypt, 3. and they sent and called him), that Jeroboam and all the assembly of Israel came, and spake unto Rehoboam, saying, 4. Thy father made our yoke grievous: now therefore make thou the grievous service of thy father, and his heavy yoke which he put upon us, lighter, and we will serve thee. With every new administration in government new hopes are born in the hearts of the subjects of that government. The people's chief grievance was the forced labor to which they had been subjected.

5. And he said unto them, Depart yet for three days, then come again to me. And the people departed.

I Kings 12:12-15. 12. So Jeroboam and all the people came to Rehoboam the third day, as the king bade, saying, Come to me again the third day. 13. And the king answered roughly, and forsook the counsel of the old men which they had given him. 14. and spake to them after the counsel of the young men, saying, My father made your yoke heavy, but I will add to your yoke: my father chastised you with whips, but I will chastise you with scorpions. If Rehoboam had wished to split the kingdom, he could have found no better wedge than this blustering promise of tyranny.

15. So the king hearkened not unto the people; for it was a thing brought about of Jehovah, that he might establish his word, which Jehovah spake by Ahijah the Shilonite to Jeroboam the son of Nebat. Rehoboam's folly and arrogance worked out the ordained judgment of God; but they were folly and arrogance still.

The Kingdom Divided
16. And when all Israel saw that the king hearkened not unto them, the people answered the king, saying, What portion have we in David? neither have we inheritance in the son of Jesse: to your tents, O Israel: now see to thine own house, David. So Israel departed unto their tents. This is the hour of Israel's tragedy. Israel and Judah now become two separate kingdoms, and are never one again in the Old Testament. The separation lasted for two hundred and fifty-three years, until Israel's kingdom fell.

17. But as for the children of Israel that dwelt in the cities of Judah, Rehoboam reigned over them. 20. And it came to pass, when all Israel heard that Jeroboam was returned, that they sent and called him unto the congregation, and made him king over all Israel: there was none that followed the house of David, but the tribe of Judah only.

Walnut or oak furniture which has been dented will sometimes respond to the following treatment. Wet a sheet of brown paper, fold it several times, place over the dent, and press with a very hot iron.

Dark oak can be cleaned by rubbing with cold tea, and pure linseed oil as a preservative and also brings up a good gloss when polished with furniture cream.

Japanese Almost Starved Out the British Concession in Tientsin



This photo shows a scene in Tientsin after Japanese military authorities blockaded the British and French concessions. A Japanese soldier with bayonet fixed stands ready to halt any residents of the foreign area who attempt to pass the Japanese blockade. The man in uniform at RIGHT is a Chinese traffic policeman employed by the British settlement. In the background are lines of Chinese submitting to examination.

Intelligence Is Not Primary Success Factor

Ability to Get Along With People Is Rated as More Important, Psychologist Declares

The ability to get along with people is relatively more important than superior intelligence in the quest for success. Dr. Lewis M. Terman, scientific godfather to 1,400 "geniuses," at Palo Alto, Cal.

The main determinants of success among intellectually gifted people, he told the Western Psychological Association, are social adjustment, emotional stability and "the drive to accomplish."

Seventeen years ago Dr. Terman singled out the 1,400 youngsters from California schools because they had intelligence quotients of 140 or better, meaning they ranged from the intellectual superior to the genius.

His current report dealt with about 600 of the boys, particularly the 167 who became the most successful and the 146 least successful of the group.

Same Intellectual Qualities
The intellectual qualities of the least successful and most successful groups were nearly the same. However, the most successful had a mean salary of \$210 a month at the age of 23 and their pay rose to a level of \$500 monthly when they reached 35.

The least successful were earning a mean of \$96 monthly at 23, and the figure rose to \$162 at the age of 35. Their mean salary never exceeded \$162.

Arctic Outposts Quickly Visited

Hudson's Bay Company Governor Flies 5,000 Miles in Week

After a flight of 5,000 miles over Canada's northlands in less than seven days, Patrick Ashley Cooper of London, governor of the Hudson's Bay Company, returned to Winnipeg the last weekend in June. He inspected company posts as far north as Akla-vik.

"We covered 1,000 miles in one day and inspected nine posts," he said. "It would have taken Sir George Simpson, the first governor, from break-up to freeze-up to have made this trip."

Mr. Cooper is the first governor of the ancient company to visit both Eastern and Western Arctic posts. His Eastern trip was made in 1934 aboard the S.S. Nascopee.

During the flight piloted by H. Winny, company pilot, the governor saw the midnight sun at Akla-vik, sweltered in 90 degree temperatures at Fort Simpson and flew low over thick ice on Great Bear Lake.

On Marketing

How to Be Economical, Selective—Twelve Suggestions

1. Buy wisely.
2. Plan meals at least two days ahead. Check foods on hand. Make out list of foods needed.
3. Buy foods in season.
4. Watch for sales, and specials, shop around to get the best values.
5. Buy in bulk in as large quantities as practicable as it is usually cheaper.
6. Ready prepared foods are more expensive than home cooked.

7. Do as much home canning and preserving as possible when fruits and vegetables are plentiful. Commercially canned vegetables are excellent in food value and may be used for variety when cheaper than fresh.

8. Read labels on cans or packages and determine the amount, quality and content in them. Comparison of standard products is an important item of economy.
9. Buy by weight rather than by can or bottle. It is cheaper to buy one large can rather than two small ones.

Do You Dream As Famous Do?

Perhaps you have something more in common with great people than a name. Check your dreams and see. R. L. Megros of London, England, has compiled the nocturnal flights of fancy of the great. Here are some examples:

George Bernard Shaw told Mr. Megros he was frequently visited by a dream in which he is about to walk on a stage to perform a part of which he doesn't know a word, or to sing an operatic role without knowing a note of it.

Sir Oliver Lodge dreamt of crime plots; Osbert Sitwell, literary eccentric, dreams of Nebuchadnezzar's palace adorned with curious words; Herbert Palmer, poet, often dreams of the "cold darkness of Hell." Three of J. B. Priestley's essays are literal records of events seen in sleep.

THIS CURIOUS WORLD

By William Ferguson

25,000 TYPHOID GERMS
COULD LIE UNDISCOVERED, SIDE BY SIDE, IN A ONE INCH SPACE.

AN average size microbe weighs only .0000000012 milligram. Thus it would take 28,300 times 833 million of these microbes to weigh one ounce.

WELL-KNOWN STATESMAN

Answer to Previous Puzzle

1. 7 Pictured political figure of Canada.
13 To elude.
14 Bustle.
16 Greaser.
17 Kilo.
18 Ships' bows.
20 To yield gold.
21 To sob.
22 Fire basket.
24 Neither.
26 Affirmative vote.
27 Exclamation.
28 Ever.
30 Note in scale.
31 Room recess.
32 Canoe.
34 Snake.
35 Japanese gateway.
36 To excavate.
37 Stay of proceedings.
38 Substitus.
40 Compass point.
41 To sup.
42 Form of "a."

18 Pair.
19 To percolate.
21 He was a member of the House of Commons also.
22 Accusations.
23 Feather.
25 He recently — as leader.
27 Liquid part of fat.
29 To perch.
31 To total.
33 Work of skill.
37 Sea gull.
39 To veer.
42 To prevent.
44 Bitter herb.
46 Booty.
47 Ever.
48 Calcium.
50 Tennis points.
52 Epoch.
54 Fish.
56 Doctor of medicine.
58 Measure of area.

TO BE HEARD
July 14, CFRB, 8:00 p.m., Seven Questioners . . . 9:30 p.m. CBC-CBL Ten Musical Maids . . . July 15, at 10:30 a.m., NBC-CBL "Bright Ideas Club" . . . 12:30 p.m., CBS-CFRB, Let's Pretend . . . 2 p.m., MBS-CBL "Blackpool" . . . July 16, 12 noon, Radio City Music Hall . . . 3 p.m., CBS-CFRB Columbia Symphony . . . 4 p.m., CBS-CFRB Hour of Musical Fun . . . 6 p.m., CBS-CFRB Gay Nineties . . . July 17, 8:30 p.m., NBC Magic Key . . . 9 p.m., CBS-CFRB, Lux Radio Theatre . . . at 10 p.m., CBS-CFRB Guy Lombardo . . . 8:30 p.m., NBC-CBL Information Please . . . 9:30 p.m., NBC-CBL Alec Templeton . . . 10:30 p.m., CBC-CBL My Home Town . . . July 19, 8 p.m., NBC-CBL Ransom Sherman . . . at 8 p.m., CBS Phil Baker . . . 9 to 10:45 CBS-CFRB Stadium Concert . . . July 20, 6:45 p.m., CBC-CBL Paul de Marky . . . 9:00 p.m., CBC-CBL Toronto Symphony.

RADIO NOTES AND NEWS

By MADGE ARCHER

NEW RADIO HEADLINES
As with stage and screen, the rise of a new radio star is news. Another of Rudy Vallee's discoveries is in the process of becoming a headliner in radio. This is Alec Templeton, the pianist and comedian who began his own programs on Tuesday, July 4th, and will be heard from now on from 9:30 to 10:00 p.m. EDST, on this day, over NBC and CBL, replacing Fibber McGee and Molly.

Templeton is to have grouped around him a master of ceremonies, a singer and an orchestra. But Mr. Templeton will be very much the star of the show. He is the only entertainer who has been able to fill in the odd comedy act against Charlie McCarthy on the Chase and Sanborn Hour and not sound like an anti-climax. The strength of Templeton's work lies in his smart satire, his gentle yet forceful manner, and his gifts as a musician. He can take off anything in terms of music and he is a master of the art in a serious sense.

"BRIGHT IDEAS"
Every week a new novelty program makes its appearance on the airwaves. Certainly American networks are not afraid to try anything once. If a program is good and the public likes it, it stays on the air. If the idea is a failure and the public does not like the program, it is discarded. The latest innovation is the "Bright Ideas Club" designed to keep youngsters on vacation occupied with instructive as well as with interesting diversions. "The Bright Ideas Club" will be conducted by Madeline Gray, of "Dear Teacher" fame, and will present not only information about hobbies, handicrafts and ways to earn money, but a schedule of activities for its listeners for each day of the following week. Listeners will be invited to send in suggestions for the broadcast and the two best "Bright Ideas" each week will win awards of five dollars. The program will be heard over the NBC (red) and CBC networks on Saturdays at 10:30 a.m. EDST.

POP—Bored of Education

WE CALL THIS THE BOARD OF EDUCATION!

AND WHAT DO YOU CALL THE ENGLISH ROOM?

THE CHAMBER OF COMMAS!

By J. MILLAR WATT

ONTARIO ARCHIVES
TORONTO