Mustard Bath Is Stimulating

Takes Kinks Out of Over-Tired Muscles! Rubdown After

When stiffness develops in the back or limbs do not neglect it. The trouble may be a touch of cold, or it may be the result of over-tired muscles. A hot mustered bath, fololwed by a brisk rubdown, is one of the best and most efficacious treatments one can take. The mustard bath opens the pores to throw off the excess poisons and the heat it engenders stimulates the circulation of the blood, which is nature's way of healing the muscles and tired nerves.

First of all, mix two tablespoons of mustard into a thin paste with cold water. Draw the bath water, and when it is the right temperature, add the mustard. Stir it well and remain in the bath for five or ten minutes until the skin tingles. A comfortable, relaxed feeling follows. The bath should be taken just before retiring. You will be surprised how well and brisk you are in the morning.

The hot mustard bath is especially good where a common cold has developed into chest discomfort, or when there is any kind of congestion in the body.

Start In Cradle To Educate 'Em

Babes of Twelve Months Can Recognize That Certain Things Belong Together, Psychologist Says

Education can begin in the cradle, says Dr. Ethel B. Waring of the New York State College of Home Economics, who declares that "even babies recognize that certain things belong together and distinguish such objects from others not similar in use or in appearance."

Dr. Waring has experimented with groups of pre-school children of various ages to study the purpose of their thinking and their behavior. Such a study, she says, has value in discovering teaching methods for the later years.

Two general patterns of behavior, of fitting things into or on each other, were found by Dr. Waring. These she could bring out as early as twelve months of age, provided, she said, "the objects called forth a response from the infant. For example, when two pans of different shape or size with their respective lids were presented to a baby he repeatedly chose the right lid for the right pan."

STREET COSTUME

A street costume of youthful lines is worn by Fay Holden. Of silk crepe, the bodice is navy blue, its sleeves elbow length and falling free in medium width; the circular skirt is navy blue and white check. The red leather belt finds response in the red shoulder flower. The rough straw sailor has grosgrain ribbon trim.

Largest Flower Smells Terrible

Disillusion rushed at visitors who went to see a Krubi, the world's largest flower, unfold its short-lived beauty at the Bronx Botanical Garden, New York, last week.

"Ah-h-h-h!" they started to breathe ecstatically, viewing it from a distance.

Then: "Pf-u-i-i-i;"

Describing its aroma, an attendant said tersely: "It smells like a pile of rotting fish."

There are nearly 700 Bahama Islands, but only 30 are inhabited.

Sunday School Lesson . .

LESSON IV
ASA: A LIFE OF TRUST—2ND CHRONICLES 14 AND 16

Printed Text, 2 Chronicles 14:2 - 12

Golden Text — "Help us, O Jehovah our God; for we rely on thee." 2. Chron. 14:11.

THE LESSON IN ITS SETTING

Time — Asa ruled from 917 B.C. to 876 B.C.

Place — Mareshah was a fortified city in the hill country of Judah, northwest of Hebron. Gerar is at the southern extremity of Canaan. Ramah was a city in the tribe of Benjamin, about three miles to the north of Jerusalem.

Asa was the third king of Judah after the disruption of the two kingdoms, and the great-grandson of Solomon. Most fortunately the first ten years of his reign were marked by unbroken peace because of the great victory which his father Abijah had won over Jeroboam, King of Israel (chapter 13).

2. And Asa did that which was good and right in the eyes of Jehovah his God: 3. for he took away the foreign altars, and the high places, and brake down the pillars, and he hewed down the Asherim, 4. and commanded Judah to seek Jehovah, the God of their fathers, and to do the law and the commandment. 5. Also he took away out of all the cities of Judah the high places and the sun-images: and the kingdom was quiet before him. This might be called the first great revival among the Jewish people since the entrance into the land.

The high places were sanctuaries not authorized by the law, where sometimes Jehovah was worshiped, but more frequently the gods of the nations about Israel.

These places of worship ultimately become centers of fearful licentiousness, all in the name of religion, but of course a false religion.

6. And he built fortified cities in Judah; for the land was quiet, and he had no war in those years, because Jehovah had given him rest. 7. For he said unto Judah, let us build these cities, and make about them walls, and towers, gates, and bars; the land is yet before us, because we have sought Jehovah our God; we have sought him, and he hath given us rest on every side. So they built and prospered. 8. And Asa had an army that bare bucklers and spears, out of Judah three hundred thousand; and out of Benjamin, that bare shields and drew bows, two hundred and fourscore thousand: all these were mighty men of valor. It will always be found that when people are truly following God they are thrifty, industrious, active, and wise, personally and nationally.

9. And there came out against them Zerah the Ethiapian with an army of a thousand thousand, and three hundred chariots; and he came unto Mareshah.

was a fortified city in the hill country of Judah northwest of Hebron, and about one mile south of Beit-Jibrin.

10. Then Asa went out to meet him, and they set the battle in array in the valley of Zephathah at Mareshah. 11. And Asa cried unto Jehovah his God, and said, Jehovah, there is none beside thee to help, between the mighty and him that hath no strength; help us, O Jehovah our God; for we rely on thee, and not in thy name are we come against this multitude. O Jehovah, thou art our God; let not man prevail against thee.

with God at his back is always in the majority; and, however many there may be on the other side, "there are more that be with us than they that be with them."

If we have made God's cause ours, he will make our cause his, down to the minutest point in our daily lives.

12. So Jehovah smote the Ethiopians before Asa, and before Judah and the Ethiopians fled. We have no right to look for divine co-operation till we have done our best; we are not to sit with folded hands and expect a complete salvation to be wrought for us, and then to continue as idle spectators of God's redemption of mankind; we are to tax our resources to the utmost, to gather our hundreds of soldiers; we are to work out our own salvation.

Must Keep Both Hands On Wheel

All drivers who steer automobiles with one hand on Hamilton, Ont., streets will be prosecuted, Chief Constable Thomas A. Brow said last week.

City Clerk James Barry complained to the police commission on behalf of a city councillor. Some drivers were creating a traffic hazard by resting one arm along the window ledge of their cars.

Following drivers often accepted it as a signal for a turn, he said.

One Of The Forlorn Scenes In Recent Kentucky Flood

Following a disastrous cloudburst that poured tons of water into small streams that in turn swept down over many communities in eastern Kentucky, citizens, state officials and Red Cross workers are digging out from the silt and debris, and each day finding a few more bodies of victims of the deluge which was so sudden that many never had a chance to seek safety. Shown above is a scene from the stricken zone around Morehead; the taxi was hurled into a ditch and a house half swept over on top of it.

More Cancer Than Ever In Canada

Public Will Be Asked To Assist In Fight; Committees to Be Formed In Major Hospitals

A renewed fight against cancer in Canada with cancer committees to be formed in major hospitals, was forecast by Dr. S. McEachern of Calgary, chairman of the association's cancer committee. He told the General Council of the Canadian Medical Association that the public would be asked to assist and that people would be urged to consult physicians at the first sign of anything resembling cancer.

It is reported there is more cancer now in Canada than ever and it stands next to heart disease as a major cause of death.

Funds for the cancer campaign will come from the King George V Silver Jubilee Cancer Fund. The C. M. A. was entrusted with the income from this fund to organize a cancer campaign. Under chairmanship of Dr. T. C. Routley of Toronto, the Canadian Society for Control of Cancer was set up some time ago. The hospital committees will be a new development.

Background Of Lake Superior

History of That Part of Canada Would Make A Thrilling Movie—Starting With The Vikings

There is so much in the history of Lake Superior which could be developed into a spectacular and romantic motion picture, a picture which would have both historical interest and great scenic beauty, says the Sault Daily Star.

There is, for example, opportunity for a vivid portrayal of the visits of the Norse Vikings here close to 1,000 years ago. The Indian life of the period before the white man would make an attractive episode. The arrival of Etienne Brule, the first of the French explorers and adventurers, the story of the early missionaries, the pageant when St. Lusson at Sault Ste. Marie proclaimed the whole interior of the continent a possession of Louis XIV, the fur traders, the search for copper and other minerals by La Ronde and Alexander Henry, the story of Fort St. Joseph and Fort Michilimackinac, the explorations of Radisson and scores of other episodes, right down to the building of the canals, the vast shipping of today and modern industrial development.

There is a story there which is worth recording.

Exclusive Music

Hitler's favourite "Badenweiler March" must not be played at public gatherings except in the presence of the Fuhrer. Fines up to $62.50 or six weeks' imprisonment are the penalties.

Young People Commit Most Crimes Here

75 Per Cent. of Canada's Prison Population Is Below the Age of 25 — 60 Per Cent. Is Below 21

Seventy-five per cent. of Canada's prison population is below the age of 25 and 60 per cent. of the inmates are under 21, Crown Attorney A. Douglas Bell, K.C., told a Wallaceburg audience last week.

No Work Basic Reason

Unemployment and discouraging economic conditions were largely to blame for the alarming increase in criminal activities among young people, he admitted.

"But poverty is not altogether to blame," he said. "It must be remembered that many of our leading citizens of today were raised in similar poverty. Their homes 50 years ago were often poor in material things but they were spiritually rich. In those days children learned high moral and religious standards that did not break down under hardships."

"Flat Hot" New Style Hot Dog

The fraternity of the finger pusher and the society of the hand-wrap-around can now be dissolved. With the "Flat-hot" mankind has reached a new zenith of ingenuity, says the Christian Science Monitor.

Heretofore the conventional round "Coney Island," "Hot Dog," or just plain "Frankfurt," as the great American sandwich is variously known, has presented its problem. Its tendency to escape from under the roll necessitated pushing the frankfurter back into the roll, or, especially, favored by children, simply wrapping the entire hand around the roll.

But the Flat-hot, less than half an inch thick and more than two inches wide, solves all that. It lies flat on the bun, and even supplies something of a non-skid surface for the condiments heaped on in response to your nod to the server's question, "with?"

Flying piece of glass from a bursting bottle cut the jugular vein of a small boy at Long Eton, Eng., and killed him.

RADIO NOTES AND NEWS

By MADGE ARCHER

SUMMER PROGRAMS

During hese summer months big names are taking time off to rest before starting again in the Fall. Major networks are taking the opportunity of introducing experiments in the fields of drama, quiz, variety and musical programs, and the airwaves are turning into veritable "summer experimental theatres". Producers and sponsors are listening in with the next season in mind.

TO BE HEARD

July 21, 1:30 p.m. CBC-CBL Farm Broadcast; 8 p.m. ETA ETAO EA Broadcast . . . 8 p.m. Cities Service . . . 11 to 12:30 CFRB, Dancing Time . . . July 22, 12 Noon CFRB, Your Friendly Gardener . . . 7 p.m. CBC-CBL The Little Review . . . 8 p.m. CBS-CFRB, Columbia Concert Orchestra . . . 8:30 p.m. CBS-CFRB, Professor Quizz . . . 10 p.m. NBC, Benny Goodman Camels . . . July 23 11:30 p.m. NBC-CBL, The Southernaires . . . 12 noon NBC-CBL, Radio City Music Hall . . . 2:30 p.m. CBS-CFRB, Goodwill Court . . . 3 p.m. CBS-CFRB, Columbia Symphony . . . 7 p.m. CBS-CFRB, Alibi Club . . . 8 p.m. NBC-CBL, Chase and Sanborn Hour . . . 9:30 p.m., NBC, American Album . . . 10 p.m. NBC, Sunset Symphony . . . July 24 8 p.m. NBC (red) Al. Pearce . . . 8:30 p.m. NBC, Magic Key . . 10 pm. NBC, True or False . . . 10 p.m. CBS-CFRB, Guy Lombardo . . . July 25, 8.00 p.m. CBC-CBL, Don Turner's Orchestra . . . 8 p.m. NBC, Johnny Presents . . . 8:30 p.m. NBC-CBL, Information Please . . . 9:00 p.m. NBC, Melody and Madness . . . 9:30 p.m. NBC-CBL, Alec Templeton . . . 10:00 p.m. NBC, If I Had a Chance . . . . July 26, 2:45 p.m. CFRB, Ontario Kitchen of the Air . . . 8:30 p.m. NBC, Hobby Lobby . . . 8:30 p.m. MBS-CBL, Goldman Band . . . 9 to 10:45 p.m. CBS-CFRB, Stadium Concert . . . 9:30 p.m. CBL, Percy Faith's Music . . . 10 p.m. CBL, Roy Shield's Orchestra . . . July 27, 8:00 p.m. NBC, Rudy Vallee . . . 8:30 p.m. CBS-CFRB Listen to a Story . . . 9:00 p.m. CBS-CBL Toronto Promenade . . . 10 p.m. CBS-CFRB Columbia Workshop.

FORECAST FOR FALL

News beginning to filter through gives indication of what next season holds. New transcription programs which go on the air soon are "The Shannons" with Jimmy, Lucille and Russell Gleason, and, 'Three Musketeers" with Victor Jory, Jack Mulhall and Herbert Rawlinson. A new Hollywood sustainer "Under Western Skies" starring Johnny Mack Brown started over CBS Friday, July 7th. CBS plans for ace writers for the Columbia Workshop series include the namo of Phillip Barry who is being sought for an original play. Those set for future scripts are Lord Dunsany, William Saroyan and Dorothy Parker. Judy Garland will join Bob Hope as featured vocalist. Joe Penner has been definitely engaged to return to the air-waves at the beginning of the coming season for the baking sponsor who presented "Jane Arden." The show will open on October 6, at 8:30 p.m. over the NBC (blue) network and will originate in Hollywood. Al Raynor will continue to write original songs for the program and Joe will of course have Suzabella with him. Starting July 17, George McCall's "Man About Hollywood" takes the first half-hour of the departing Lux Radio Theatre, while the second half goes to the Guy Lombardo show.

150 Bicyclists Have To Pay Up

Rounded up in a Montreal police safety campaign for bicycle-drivers, 150 youths appeared before Recorder Leonce Plante and were fined $1 each on charges of breaking various traffic regulations.

"I want you boys to realize that this is serious business," the Recorder told the offenders. "Too many of you think that it is smart to pass red lights, stop signs, ride two on a bicycle and then commit other offences and get away without punishment.

THIS CURIOUS WORLD By William Ferguson

THE secretary bird bears a close resemblance to other birds of prey, with the exception of its legs. These have developed into long, powerful weapons, with which it stamps out the life of snakes . . . its favorite prey. A snake stands small chance against the lightning-like thrusts of the legs, which are armed at the feet with sharp claws.

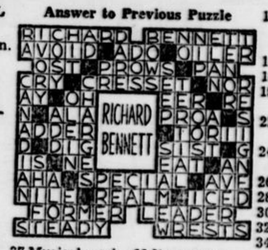
NEXT: Are there more or fewer apple trees in the U. S. now than there were 25 years ago?

GRASPING ORGAN

HORIZONTAL

1 Pictured organ of man.
5 It is also called ——.
8 It is the terminal —— of the arm.
11 Ingenuous.
12 Business.
13 Mud.
14 Score card.
15 Flabby.
17 Ancient.
18 Note in scale.
20 Cravat.
21 Common verb.
22 Thus.
23 Lava.
25 Transposed.
26 Genus of beets.
27 Mug.
29 Secular.
31 To do again.
33 Part of foot.
35 Sun personified.
36 Seventh note in scale.
37 Musical work.
39 Amidic.
41 Mother.
42 Freezing weather.
43 Goddess of beauty.
45 Platform.
46 Custom.
48 Black haw.
50 Hall.
51 Phlegmatic.
52 Wild buffalo.
54 Its fingers.
55 Its carpus or ——.

Answer to Previous Puzzle



VERTICAL

2 Imbecile.
3 Spikenard.
4 To perish.
5 Its palm and its digits.
6 Nothing.
7 Eye tumor.
8 Chum.
9 Entrance.
10 To forgive.
13 It possesses unusual —— of its digits.
16 Not public.
18 To suit.
19 Membranous bag.
22 Adapted for cutting.
24 Received by the ear.
26 Twice.
28 House cat.
30 Cuckoo.
32 Water barrier.
34 Series of epical events.
35 Baking dishes.
38 Pricked painfully.
39 Affirms.
40 Myself.
42 Refrain in song.
44 Spore masses.
45 Burmese knife
47 To have vision
49 Being.
50 Spanish.
51 Within
53 Preposition.

POP — Not Much of a Recommendation

By J. MILLAR WATT

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