Correct Types Of Nourishment

Eat Fruit At Every Meal Is One Safe Rule to Follow — Most People Eat Too Much

What women give to the children of today in training and in nurture makes or mars the men and women, of tomorrow, writes Dr Elizabeth Sloan Chesser in The Glasgow Herald. And "nurture" is very much concerned with food. What we eat, we are, for our food becomes a part of our organs and our body cells. If we eat too much we become lethargic, dull in mind.

First of all, we ought to eat "natural food," the fruit of the earth, the products of the garden.

We should eat fruit, not once daily, but at every meal. That is one diet rule safe to follow. We get nearly all the sugar we require in dates and figs and fresh ripe fruits, and invaluable chemicals, apart from the so necessary vitamins, in the cheapest fruits of every season of the year. Green vegetables and salads are essential to health, of course, and tomatoes should be used more freely, but give children the fruits and vegetables they like.

One Good Meal A Day

Most people eat too much. Too little work, too much food bring age prematurely and that sense of sorrow which is a symptom of self-poisoning more often than of ill luck or misfort

One good-sized meal a day is ample—it should never exceed two courses and fruit—and this is best eaten after the day's work is done.

Is He Germany's "Oxford Accent"?

Pictured at the time he was court-martialed as a spy is Norman Baillie-Stewart, who, according to reports from London, is believed to be the mysterious announcer who gives news reports from a German radio station in a very decided Oxford accent. Baillie-Stewart, an Edinburgh-born lieutenant in the Seaforth Highlanders, was known as the Tower of London's "mysterious prisoner," prior to his trial and conviction, in 1933, for betraying military secrets to Germany. He was released after four years for good conduct and was reported to have left Britain.

First Umbrella Clumsy Affair

It Had Crude Handle and Ribs of Cane or Whalebone

The first umbrellas had clumsy long handles and ribs of cane or whalebone, and they were covered with oiled skin or cotton. The steel rib was not invented until 1852. The Scottish people did not take to umbrellas for twenty years aftey they caught on in England.

It is on record that a laird lent his umbrella, one of the first ever brought to Scotland, to a tenant who had trudged down one stormy evening from a cottage in a glen four miles away to pay his rent. At 11 o'clock at night the tenant reappeared. "There's nae door in a' me hoose that'll let it in, so I've brought it back, for I'm thinking ye'll no be wanting it to come to any harm!" he told the laird—who had forgotten to tell him that a press on a knob would shut itup.

Japan expects to save about 200,000 tons of coal a year by reducing gas consumption 10 per cent. through economy in government offices and munition plants and restrictions on household consumption.

"WORTH REACHING IN FOR!"

Your first pipeful of Dixie Plug will convince you that it goes further and lasts longer too.

DIXIE

PLUG SMOKING TOBACCO

Have You Heard ?

Patrick was accused of stealing a neighbor's pig.

"Well , now, Patrick," said the judge, "when you are brought face to face with Widow Maloney and her pig on Judgment Day, what account will you be able to give of yourself when she accuses you of stealing?"

"You said the pig would be there, sir?" said Pat. "Well, then, I'll just say: 'Mrs. Maloney, there's your pig'!"

—o—

Teacher (brightly): "As we walk out of doors on a cold winter's morning and look about us, what do we see on every hand?"

Class (as a man): "Gloves."

—o—

"Down where I live," said the Windsor man, "we grew a pumpkin so big that when we cut it my wife used one-half of it for a cradle."

"Well," smiled the man from Toronto, "that's nothing. A few days ago, right here, two full-grown policemen were found asleep on one beet."

—o—

A new slant on the old adage: One man's loss is another man's umbrella.

—o—

A soldier went to his colonel and asked for leave to go home to help his wife with her fall house-

"I don't like to refuse you," said the colonel, "but I've just received a letter from your wife saying that you are no use around the house."

The soldier saluted and turned to go. At the door he stopped, turned and remarked:

"Colonel, there are two persons in this regiment who handle the truth loosely, and I'm one of them. I'm not married."

—o—

"Why do you call your boy friend 'Pilgrim'?"

"Because every time he calls he makes a little progress."

Pay Attention To Advice of Spouse

A Woman Needs to Pay Heed To Her Husband's Criticism Of Her Looks

The woman who turns a deaf ear to her husband's suggestions about her looks or clothes may be on the wrong track. And that is not just because it behooves a woman to cater to the taste of the man in her life.

It is also because a man, if he is interested enough in how his wife looks to notice and comment — can be of great help to a woman in finding out just what things are for her, and what things are not.

When you ignored your husband's "That lipstick is ghastly. It makes you look as though you were drawing your last breath," the chances are you should have said "Maybe you're right" and just thrown the offending lipstick into the waste basket.

Better Able to Judge

Perhaps just because men don't know "what they are wearing" and what is "smart this season" they are better able than women to judge whether a color or a style becomes one particular woman.

Then, too, remember that husbands are extremely critical. After all, it is their wives who either look beautiful and are a credit to them or who miss the mark and are not.

How To Keep A Cat Happy

Every self-respecting cat likes to keep her claws in the finset condition—even the apartment cat that seldom gets a chance to scratch a tree. Give her a sturdy, short post, with the bark left on, mounted upright on a firm base, and you'll save money on slip-covers and upholstery. An old throw rug or piece of discarded carpet which she will soon discover is her very own will keep kitty contented, too.

Canadian National Railways Revenues

The gross revenue of the all-inclusive Canadian National Railways System for the 9-day period ending September 30, 1939, were $7,520,260, as compared with $5,994,954 for the corresponding period of 1938, an increase of $1,525,306.

How Can I?

BY ANNE ASHLEY

Q. How can I test the purity of the air in a room?

A. Pour some lime water into a glass. If a thin, white scum forms on top, there is an excess of carbonic acid in the air and a need of more ventilation.

Q. How can I make a good substitute for baking powder?

A. Mix ½-teaspoon of soda with 1¼-teaspoon of cream of tartar. This solution is equal to 2 teaspoons of baking powder.

Q. How can I whiten and purify a sponge?

A. Soak the sponge in milk and thoroughly rinse in warm water with a little carbolic acid.

Q. How can I cause coal to burn better, and also produce less soot in the chimney and flues?

A. A suggested treatment is that as soon as the coal has been placed in the bin, pour a strong solution of salt and water over it. Wait until the coal has drained before using, as wet coal has a tendency to burn out the grate bars and fire-pot.

Q. How can I prevent soap from entering my eyes when giving myself a shampoo?

A. Before the shampoo, grease the area around the eyes with vaseline or cold cream.

SCOUTING

Former world's heavyweight boxing champion Gene Tunney has been elected to the Executive Board of the Boy Scout Foundation of Greater New York.

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A summer visitor to Canada was Juke Waterman, a Dutch Boy Scout from near Amsterdam, who came across to meet Saskatoon "pen pals" with whom he had been corresponding for some years.

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By arrangements announced in August, all French Boy Scouts over 14 years of age were at the disposal of the French Agricultural Ministry to assist in harvest operations.

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When a Boy Scout of Bishopstope, England, climbed a 60-foot ivy-covered church tower to rescue a cat, he found it impossible to descend with the animal. Parishioners spliced several ladders in order to rescue Scout and cat.

—o—

Boy Scouts of St. Marys, Ont., during the past summer provided life guards and swimming instructors at the local swimming pool. First aid was also rendered children who suffered cuts and bruises on the rough concrete walls. A notice in the local paper advised parents to direct their children, in case of cuts, to report to a Scout for first aid treatment, as a precaution against infection.

—o—

A stout bit of backwoods first aid was that performed by Archie Macdonald, a former Patrol Leader of the 1st Fort Erie, Ont., Scout Troop, and a companion, while prospecting in the rough country north of Timmins. Coming upon another prospector gravely wounded by the accidental discharge of a rifle, Macdonald rendered first aid, improvised a stretcher, and with the help of his companion, bore the wounded man 27 miles through the bush to Timmins Hospital.

Modern Etiquette

BY ROBERTA LEE

1. How should a maid hold a dish as she presents it at the table?

2. Should a man hand his coat to a woman to hold while he dons it?

3. When a young woman is introducing herself socially, should she say, "I am Miss Gibson," or "I am Edna Gibson"?

4. When disagreeing with another's opinion is it permissible to say, "No, it is nothing of the kind," or "That is where you are entirely wrong"?

5. Is it customary for a house guest to bring his hostess some kind of gift?

6. What would be the very smallest menu one should have for an after-theatre supper?

Answers

1. The dish should be held flat on the palm of the left hand, and presented at the left of the guest. If the dish is hot, a napkin can be used as a pad underneath. 2. He might be privileged to do so if one arm is paralyzed, or he is suffering severely with rheumatism. Otherwise it would be a very presumptuous gesture. 3. She should say, "I am Edna Gibson." 4. No; a well-bred person will never make such blunt contradictions. One may say, "I don't believe I can agree with you," or, "Well it seems to me (so and so)." 5. Yes, It is often done, but not absolutely necessary. The bread-and-butter letter is really all that is expected and required. 6. One hot dish, such as chicken a la king or creamed oysters, a nice salad, and coffee.

Insects are the greatest foes mankind has. They cause half the deaths, and annually destroy food sufficient to feed 200,000,000 people.

What Science is Doing

SPROUTED GRAIN HELPS RESIST INFECTION

Sprouted grain is seen as a possible contribution to alleviating human ills by aiding resistance to infectious disease.

Dr. Oscar Erf, head of testing and research at Ohio State University, asserts that a "germinated seed diet tends to make human beings, as well as animals, less susceptible to tuberculosis, mastitis and undulant fever."

Experiments on cows, fed on a diet of sprouted grain, show that their productive life span has been increased almost one-fourth of their total life.

RIB REMOVAL AND BLOOD PRESSURE

Yielding part of a rib may bring relief from high blood pressure.

Dr. Max Peet of Michigan University told the Kansas City Southwest Medical Clinic he has found the best treatment is removal of part of the 11th rib and cutting of nerves connected with blood vessels that lead to the kidneys.

He said the operation is not a "cure-all" for the disease but that of 194 patients so treated in six years 76 per cent. had gained complete or almost complete relief from symptoms of high blood pressure and 46 per cent. had shown definite improvement.

GERM-FREE BABIES

Germ-free babies in germ-free rooms are the latest wrinkle in medical science to be developed in Toronto. Curtains of ultra-violet light screen tiny infants from bacteria at the Hospital for Sick Children; and how it is done was explained to hospital administrators recently by Dr. Elizabeth C. Robertson.

Six cubicles without doors have been built in the hospital, Dr. Robertson said. In place of the doors, batteries of ultra-violet ray lamps pour a steady barrage of germ-killing light across the opening. Inside each cubicle is a baby, securely protected from infection, for the ultra-violet rays destroy 99 per cent. of the bacteria borne into the room by circulation of the air.

Education Should Discipline Mind

Principal of Queen's University Expresses Doubts About The Absence of Hard Work in Today's Schooling — Mould To Individual Needs

Expressing doubts whether the present educational system was entirely justifying itself and asserting that only through education can permanent peace come to the world, Dr. R. C. Wallace, principal of Queen's University, in an address at Montreal last week declared that education needed to be lots more closely moulded to individual needs. But by making education more interesting, valuable discipline to the mind was lost. Education would ultimately make people hate, not other people, but things. Then they could destroy the evil things, not the people themselves, and wars would end, he prophesied.

Peace Through Education

Dr. Wallace said that the purpose of education was "the development of those qualities with which nature has endowed each individual, and also to add to that body of men and women whose business it is to help in the great task of moral, social and spiritual regeneration of the world in which we live."

He thought that up to now, educationists might have failed just through making education more interesting, in that it had become less exacting than a generation ago.

"It takes really hard work to discipline the mind, and yet somehow we seem to have forgotten that it must be done," he declared.

Canada's production of sugar of all kinds in 1938 amounted to 1,043,462,613 pounds, an increase of 17,909,159 pounds over 1937.

A kitten was born at a farm one mile east of Faust, Alta., with five toes on one front foot, six on the other, and six and seven toes, respectively, on the rear feet.

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F. W. Miller, Iona Station, Ont., has received a record of performance certificate from the Federal Department of Agriculture for the cow. Glenview Abbekerk Lena, a member of his pure-bred Holstein-Friesian herd. As an eight-year-old "Lena" produced in 365 days 874 pounds of fat from 21,091 pounds of milk on twice-a-day milking, her average butterfat test was 4.14 per cent. This was the highest record reported from any part of the Dominion during the month of September on twice-a-day milking and was second regardless of number of milkings. She led a class of forty-three mature cows in her own section.

Twice-A-Day Milking

"Lena" has three previous R.O.P. records, last year completing a year on test with 844 pounds of fat from 21,588 pounds of milk. Her sire is a qualified record of performance bull and her dam is from a Gold Medal cow with a 305-day record of 645 pounds of fat from 18,266 pounds of milk.

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17 BALL BEARING DOUBLE HEAD grain grinder, 1927 White steam traction engine. C. A. Holgate, Cannington, Ontario.

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24.50 Beautiful 3-piece in novelty repp figured reversible Marshall cushions.
ty figured reversible Marshall cushions.
ions.
32.50 6 Suites, assorted velour and repp covers, Marshall spring cushions.

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39.00 Bedroom Suite, dresser, chiffonier, bed, spring and new mattress. Perfect.
49.00 Floor sample, bleached Suite in walnut finish, dresser, chiffonier and full size bed. Regular $69.00
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69.00 Beautiful (Jacques) walnut Suite (cost new 250.) large dresser, vanity, chiffonier, full size bed, sagless spring and new mattress.
75.00 Modern Suite in 2 tone walnut finish (cost new 250.) large dresser and vanity with large Venetian mirrors, chiffonier, bench, full size bed, sagless spring and a new mattress. Perfect.
6.95 AND UP. Large assortment dressers in all styles and finishes.
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17.50 Solid oak Suite, buffet, table and 6 leather seat chairs.
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39.00 Beautiful 9-piece solid oak Suite, in perfect condition, buffet, china cabinet, extension table and 6 leather seat chairs.
59.00 Modern Suite in rich walnut finish, large buffet, square extension table and 6 leather upholstered chairs.
69.00 Beautiful 8-piece Suite in rich, two-tone walnut finish, buffet, china cabinet, extension table and 6 leather upholstered chairs.
79.00 English oak Suite in perfect condition, large buffet, extension table, china cabinet and 6 leather upholstered chairs. (Cost new 250.).
85.00 Solid walnut Suite, buffet, china cabinet, extension table and 6 leather upholstered chairs.
99.00 2 Suites, one English oak and one solid walnut, both in perfect condition, 9 pieces, reg. $350. value. Completely refinished.
13.95 AND UP. Large assortment China Cabinets in oak and walnut. Perfect condition.

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11.95 Kitchen Cabinet with sliding porcelain top. Completely refinished.
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Issue No. 42 — '39

Necessity Brings Back To Favor 'Bicycle-built-for-two'

In these days of conservation of resources in most European countries, a bicycle built for two is coming into its own. The use of motor cars is considerably curtailed in Italy, thus saving gasoline, and the picture shows a wedding party leaving St. Peter's Cathedral in Rome, the bride and groom leading, and the rest of the wedding party following, all using bicycles.

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