

Nervousness Is Headache Cause

Time, Rest and Aspirin Are A Cure for Simple, Acute Type

The commonest cause of chronic headache is just plain nervousness. This conclusion is considerably borne out by the report read at the British Medical Association meeting at Aberdeen this summer. One conclusion was that unwanted visitors cause headaches more often than physical disorders. And other causes listed were loud voices, the prospect of unwelcome tasks, the dislike of other people, worry, insomnia and indigestion.

The nervous headache is likely to be described as a "pressure" or like a cap pressing down on the head, a steel band, etc.

In treatment the important thing is not to waste money on non-essentials — the teeth being elaborately fixed, or eyeglasses, etc.

The cure for such headaches is easy — time, rest and aspirin.

Low Cost Menus And Good Food

They Can Be High In Food Value and Well-Balanced, Though Inexpensive

Low cost menus can be a high adventure. Study your markets for best buys, search cook books and take an inquisitive glance at the meals good cooks in the neighborhood serve.

These special menus are very low in cost although well balanced and interesting: (1) Pan-broiled chopped beef, mashed potatoes, buttered beets, bread and butter, tomato cream. (2) Veal fricassee with onions, boiled potatoes, cole slaw, bread and butter, chocolate loaf cake. (3) Steamed fish fillets, fried potatoes, chopped spinach, bread and butter, steamed rice pudding.

Commands First Canadian Division



Major-General A. G. L. McNaughton, former chief of staff of Canada's militia, has been appointed by Ottawa to command the Dominion's first overseas division.

Wool Shortage Held Unlikely

Textile Man Says Only 25 Per Cent. of Present Stocks in Canada Suitable For Uniforms

There will be enough wool available for the making of civilian cloth for some time to come, a textile man informed the Montreal Star last week, because only about 25 per cent. of about 10,000,000 pounds of Canadian fleece wool now in the hands of Canadian Co-operative Wool Growers and other big dealers can be used for military uniforms.

It was added that there is not likely to be any increase in the prices of fall and winter clothing because manufacturers are putting out cloth on orders taken last April and May, based on the price of the wool they then had on hand. Some are even taking orders now for next spring based on their supply of wool.

The Government has prohibited the export of Canadian wool so that it will be available for domestic use, both military and civil. In addition to domestic stocks David C. Dick, Federal Wool Administrator under the Wartime Purchasing Board, has obtained the release of 750,000 pounds, clean basis, of Australian or New Zealand wool, for military contracts, under license through the British Wool Board.

Albino Porcupine

An Albino porcupine with pink eyes, a rarity in the animal world, has been found near Fort Coulonge, Que.

C. L. Patch, chief taxidermist and herpetologist of the National Museum at Ottawa, said that he had seen only two Albino porcupines in his experience. One was mounted at the museum.

NEWS PARADE

QUEBEC ELECTION

(By Elizabeth Eedy)
A regime that rode into power in 1936 on a wave of popular disgust with the methods of the Taschereau government may ride out again next week if the people of Quebec fail to endorse the policies of Premier Maurice Duplessis, Union Nationale leader, who poses as the champion of French-Canadian liberty.

If M. Duplessis is defeated at the polls October 25, it will mean that the people of Quebec believed his talk of "provincial rights," federal "tyranny," coming conscription, to be just catch-words—a smoke-screen to cover the machinations of a regime said to be financially and politically bankrupt.

Climbing on the Band-Wagon

If M. Duplessis' government is returned to office, we will have evidence that he has made successful capital out of French-Canada's traditional lack of desire to participate in war and its fear of losing power to the Dominion Government. As Jean-Charles Harvey's French-speaking weekly "Le Jour" expressed it: "There will rally to M. Duplessis' side a crowd of political adventurers of every shade — separatist, Anglophobe, isolationist, Laurentianist, sectarian, all the ragtag and bobtail of last-ditch nationalism in Quebec."

In Bad Financial Shape

M. Duplessis' calling of an election at this stressful time in Canadian life is branded by Federal Minister of Justice Lapointe as "an act of national sabotage" — against Canadian unity. Mr. Lapointe does not hesitate to say that the true reason of this election is the unfortunate financial situation in which the Quebec Government finds itself. "They have spent Provincial funds like drunken sailors," he says. (The funded debt of the Province had increased from \$149,748,000 on June 30, 1936, to \$285,000,576 on March 31 last). Mr. Lapointe infers that there are many millions of dollars in unpaid warrants in the hands of contractors for Provincial works who have not yet been paid in cash.

Into Federal Arena

This provincial struggle in Quebec has been carried into the federal arena by members of Prime Minister King's Cabinet who have been campaigning against M. Duplessis. Mr. Lapointe has stated that an election victory for the Union Nationale Government in Quebec would be his cue, and that of the other Quebec Ministers, to retire from the Federal Government.

If M. Duplessis is to be defeated, there will have to be a big turnover of seats in Quebec's Legislative Assembly. The Opposition at the moment consists of only 17 men out of a total of 90 legislators. These seventeen belong to three separate political parties: First, the official Liberals, survivors of the Taschereau regime led by M. Adélard Godbout; second, the Action Libérale Nationale, Liberals who are very much opposed to war participation, headed by M. Paul Gouin; thirdly, the very small National party. The eyes of all Canada are turned on Quebec. October 25 may mark a turning point not only in the history of Quebec, but in the affairs of the Dominion as well.

War Increases Retail Prices

Costs of Commodities in Great War Days Are Recalled

Immediate large increases in the Canadian cost of living as a result of the war are not likely, if the experience of the 1914-18 period is valid for present conditions, says the Woodstock Sentinel-Review. It is true that during the previous war years retail prices of all commodities moved steadily upward, reaching a peak in 1920, when a sharp decline set in. For the early years of the war, however, the rise was not much greater than that which would have taken place as a result of a general stimulation of business activity in peacetime.

Doubled Between 1913 and 1920
In 1913, the general index of retail prices was 65.4. It rose to 66.0 in 1914, 67.3 in 1915, 72.5 in 1916, 85.6 in 1917 and 97.4 in 1918. In 1920 it reached the high point of 124.2.

The retail index of food prices rose from 66.2 in 1913 to 114.6 in 1918 and continued to rise to 141.1 in 1920. The clothing index also rose steeply from 63.3 in 1913 to 109.5 in 1918 and 153.2 in 1920. In both these cases the rise was not abnormally large in the early war years.

The index of fuel prices declined slightly in the first two years of the war, from 65.8 in 1913 to 63.2 in 1915. It rose to 78.9 in 1918 and reached its peak of 109.2 in 1921.

Ontario Government Opens Aircraft Training School at Galt



In a converted foundry at Galt, Ont., two hundred youths ranging in age from 18 to 25 have commenced their training period to qualify as ground crews for the R.C.A.F., as the Ontario government's six-month aircraft training school was officially opened by Hon. N. O. Hipel and Hon. Dr. L. J. Simpson. An instructor is shown, LEFT, explaining the fine points of proper construction to a group of eager students, while another group, UPPER RIGHT, are being shown the intricacies of a modern airplane engine. Hon. Dr. L. J. Simpson, minister of education, is shown, LOWER RIGHT, examining a milling machine.

Farm Forum

WAR MEASURES ACT AND FARM FORUM

In Canada the War Measures Act is in force again, and under its authority there has been created in Ottawa an agricultural supplies committee the purpose whereof is "to keep agriculture functioning in a manner which will supply the food and fibre needs of the people of Canada and their Allies in the war during the period of the war and to leave the farmer, as far as possible, in a position to follow his natural peace-time pursuits at the end of the war."

To Promote Higher Quality

Special sub-committees, aided by advisory boards, have been appointed to deal with farm products, the purchase and distribution of feeds, seeds, fertilizers, insecticides, etc. The chief aim on the part of the government, says B. Leslie Emslie, well-known Canadian chemist-agronomist, will be the promotion of higher quality in farm produce, be it grain, canned crops, meat or milk, and advice will be disseminated freely on fertilizers, insecticides, seed fungicides, feeds, a full mineral supplements for livestock, etc. Profiteering will be prevented and the farmers' interests protected.

Donates Proceeds to Red Cross



J. L. Stewart, general manager of the Canadian Automobile Chamber of Commerce, who announced that proceeds of advance admission tickets to the National Motor Show, opening in Toronto on Saturday, October 14, will be donated to the Canadian Red Cross Society.

Tending Towards Treeless Canada?

We Cut and Burn and Make Practically No Effort to Replace Our Forests

An average of a million trees a week were planted in Great Britain last year, the Forestry Commission have more than a million acres under control with a staff definitely looking after it, says the Niagara Falls Review.

In the handling of our forest resources Canadians will be classed as fools by future generations. We cut and burn, and make practically no effort to replace. Nature, given a half chance, does pretty well, but there is the rub. We don't give nature a break. We by carelessness or vicious intent send fire through young and old forests and burn more than we use.

Profit by China's Example

Canada will be compelled to take an advance step in forest protection and development. Otherwise we head for conditions in China—a land of floods, drought and poverty. With China's example before us we have little excuse.

Books And You

BY ELIZABETH EEDY

"BACK ROADS"

By Katharine Haviland-Taylor
This is the story of a country doctor, Ezra Winters of the gallant heart. Every community has at one time known a man like him. He knows that his people need him and when they call, he goes regardless of the size of the fee expected.

When Caleb Densley's third wife—who was incurably ill—dies, Caleb hires a young physician to come to Hillsborough, and threatens the citizens of Hillsborough who are in debt to him if they consult Ezra and not his imported protegee. He spreads gossip and even manages to destroy some of Dr. Winters' property. But Ezra gains the admiration and support of a wealthy and influential girl, who pledged herself to help the man who has been so generous and kind to her. Ezra, firm in the knowledge of his duty, loved by a few loyal supporters, defies Caleb, creating a poignant and dramatic climax.

Katharine Haviland-Taylor portrays country people and customs with a tolerance and love that shows how deeply sympathetic is her knowledge of them.

"Back Roads" . . . by Katharine Haviland-Taylor . . . Toronto: J. B. Lippincott, 215 Victoria Street, . . . \$2.75.

ONTARIO OUTDOORS

By VIC BAKER

IF YOU ARE GOING GUNNING

There will be thousands of gunners in Ontario this fall who will go into the hunting field in pursuit of their favourite game. Nearly all of them are safe gunners.

But in order to bring to the attention of everyone and in the interest of making and keeping gunning a safe sport, a set of rules has been drawn up known as "The Ten Commandments of Safety." These have been devised after studies by sporting arms experts, game officials, outdoor editors and others. They are believed to cover every essential safety observance which a gunner should obey.

Ten Commandments

First Commandment: Treat every gun with the respect due to a loaded gun. This is the cardinal rule of gun safety.

Second Commandment: Carry only empty guns, taken down or with the action open, into your automobile, camp and home.

Third Commandment: Always be sure that the barrel and action are clear of obstructions.

Fourth Commandment: Always carry your gun so that you can control the direction of the muzzle even if you stumble.

Fifth Commandment: Be sure of your target before you pull the trigger.

Sixth Commandment: Never point a gun at anything you do not want to shoot.

Seventh Commandment: Never leave your gun unattended unless you unload it first.

Eighth Commandment: Never climb a tree or a fence with a loaded gun.

Ninth Commandment: Never shoot at a flat, hard surface or the surface of water.

Tenth Commandment: Do not mix gunpowder and alcohol.

Tomato Is Berry

Strictly speaking, the tomato, or love-apple, is neither a true fruit nor a vegetable, says the British Family Herald. It is a berry—a berry being any seed-bearing body in which the seeds are internal and surrounded by soft material.

Gooseberries and currants are also berries, so are grapes, cucumbers, marrows, and melons. But raspberries, blackberries, and loganberries, despite their name, are not berries—because their seeds are external. They are proper fruits.

VOICE of the PRESS

FOOLING THEM

Under the new censorship rules we understand the armies are not giving their right names.—Brandon Sun.

EXPLAINED

Now it can be told. Railways couldn't open the windows so they air conditioned the trains.—Quebec Chronicle-Telegraph.

KEEP TWO DOCTORS AWAY

The old saying is that an apple a day keeps the doctor away. Make it two a day and help also to keep the wolf away from the doors of our apple producers.—Saint John Telegraph-Journal.

CONFUSED ANATOMY

The lack of shoes for Canadian volunteers makes us wonder if the Department of Defence has been led astray by Frederick the Great's epigram that an army marches on its stomach.—Toronto Saturday Night.

TIME TO CURB PROFITEERING

The housewives are not interested in the appointing of some commission that may bring down a 53,500-word report on food prices next year. It will be all history by that time. What the people are interested in is some direct action without delay to curb profiteering.—Windsor Star.

A GREAT HIGHWAY

While we keep our attention fixed on more spectacular things, one of the greatest public works projects ever devised by human beings is slowly coming nearer to completion. This is the great motor highway which will some day link Alaska with Argentina and provide a smooth and up-to-date roadway for tourists all the way up and down the two American continents. It will be 15,000 miles long when completed. Of this length, some 8,500 miles will be north of the Panama Canal; and it is noteworthy that all but a comparatively small portion of this North American section is now passable for automobiles.—Guelph Mercury.

A plan for nation-wide identification of dogs by "noseprinting" to eliminate "dog-napping" was presented to the American Humane Association's 63rd annual meeting.

Richard Meaney, New York City delegate, submitted to the convention a system he has worked out with the aid of the Federal Bureau of Investigation.

He said he hoped to end the stealing of valuable dogs for reward money or for sale.

Isle of Atlantis Said No Legend

Captain Claims It Never Sank Into the Sea

The island of Atlantis isn't a legend, and it never sank into the sea as Plato said. Take the word of Capt. J. L. Mott, who is a citizen of Atlantis and has a passport to prove it.

"Twenty countries recognize my passport," he said. "There are 25,000 citizens of Atlantis. We have a capital and a king."

Plato's story of Atlantis as an island whose people attained an extraordinary degree of civilization, only to be destroyed when an earthquake sank the empire beneath the sea, is generally accepted as a myth.

"Atlantis never sank," Mott said. "The old Empire consisted of the West Indies, Mexico, Central America and the northern part of South America. Its people were the ancestors of the Aztec and Maya Indian tribes of the Yucatan peninsula."

Coral Atolls Off West Indies

Mott hails from a modern Atlantis — numerous coral atolls in the West Indies off the southeastern tip of the United States. He formerly was a Danish sea captain and aviator, but renounced his Danish citizenship in 1904 to become a citizen of Atlantis.

The Atlantis government was established by Danish settlers when the United States purchased the Virgin Islands from Denmark. Its capital is located at Odino, among the Lesser Antilles. King Age I. is head of its government, which is patterned after that of England. Its citizens speak Esperanto.

Ask for BEE HIVE



LIFE'S LIKE THAT

By Fred Neher



"Do not make the mistake of confusing this with any ordinary brush!"

REG'LAR FELLERS—The Cat's Meow



By GENE BYRNES