

Vitamin Source Is Traced To Arctic

McGill Man Finds Supply of Concentrated Sunshine in Cold Waters of Far North

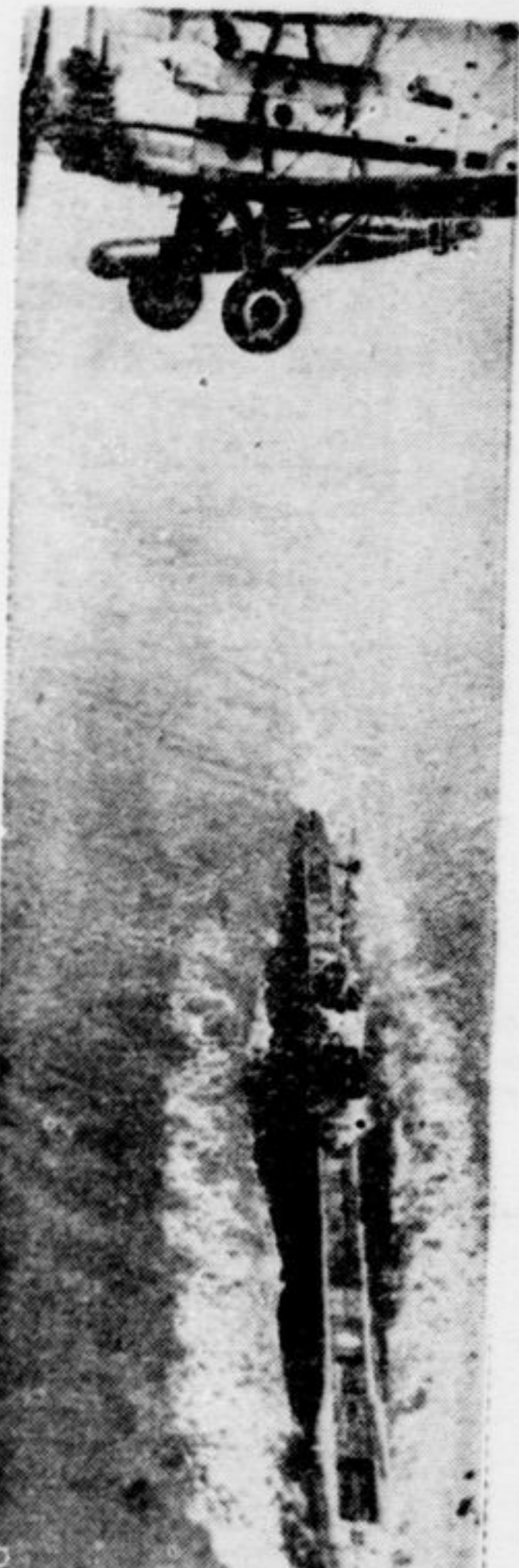
Bottled sunshine was traced to its source of supply in the Canadian Arctic by Maxwell Dunbar, formerly a student at Edinburgh and Oxford universities, who is continuing his research work at McGill after spending his summer months aboard the S.S. Nascopie.

While Mr. Dunbar is not particularly interested in the sunshine vitamin, he is greatly interested in the animal life which stores it up in the cold waters of the Arctic. This animal life is known as plankton, which exists in countless numbers in these waters.

Sunshine stored up in the plankton is transferred to the liver of the cod, which feeds on plankton. The cod-liver when processed, gives up its supply of concentrated sunshine, used to combat rickets and vitamin D deficiency.

Plankton which is the name used for drifting plant and animal life in the ocean, rarely if ever exceeds an inch in length, yet it serves as a source of food for some of the mightiest whales. It is so plentiful in the Canadian Arctic that a net lowered by Mr. Dunbar last summer was filled in five minutes.

On Pig-Boat Hunt



A Royal Air Force training plane, carrying a deadly torpedo beneath its nose, flies over a British submarine in the English Channel as Britain sharpens its U-boat defence.

Fall Is Time To Fix Lawn

If You Would Ensure A Good Growth of Grass Next Year

Proper attention to the lawn in the fall will help to ensure a good growth of grass the following year. Lawns should be allowed to go into the winter with a considerably longer growth than is maintained all during the summer. The cutting bar of the mower should be raised and clipping should be done less frequently than during the earlier part of the season when growth is more rapid. Mowing should stop altogether before the weather turns cold.

Stop Mowing Altogether
The use of a fertilizer mixture containing a small percentage of nitrogen but considerable amounts of potash and phosphorus is recommended at this season. Such treatment will help to build up the strong root systems. All fertilizer should be watered in immediately after application as otherwise the burning of the grass may result.

Don't Cover Grass
On no account should coverings of straw, leaves, brush or manure be applied to protect the grass during the winter. These treatments usually do more harm than good to the grass. Whenever possible, attention should be given to drainage so as to prevent the accumulation of water on the lawn in the late fall or early spring.

South Africa is hoping to seize the Canadian-American maize trade from South America. Shipments to Montreal, clearing port for the American market, have this year exceeded the Argentine mark.

NEWS PARADE ...

For whatever reasons—religious, political or commonsense—the people of Quebec voted to turn Premier Maurice Duplessis out of office, the results of the recent provincial elections were undeniably gratifying to Federal Liberal leaders. And whether or not Duplessis' defeat on October 25 could be interpreted as a sweeping victory for Quebec participationists, the position of the Dominion Government taken with respect to the war in Europe was immediately strengthened. That day saw Canada present a united front along with the other countries of the Empire. And from that moment on, we were in the war in earnest.

The vote in the United States Senate, 67-22, in favor of repealing the arms embargo clause of the Neutrality Act pointed to an early assent by Congress to President Roosevelt's bill. The adoption of the revised Act, with its "cash-and-carry" clauses, will be of indirect but vastly important aid to the Allies; it may bring the United States a step nearer to participation in the war.

Of the situation on the Western Front, John O'Donnell of the "New York Daily News" wrote: "The war is a washout—figuratively and actually." Heavy rains, alternating with sleet and snow, made the lines a mass of mud, and military operations on both sides were again almost at a standstill.

On the political front, the biggest news of the war's eighth week came when Benito Mussolini sensationally dismissed seven of his pro-German Cabinet Ministers, the secretary of the Fascist party and the chief of staff of the Italian army. Before the full effect of this shake-up on his former Axis-partner Hitler could be appraised, the world turned in watchful waiting to the sessions of Russia's Supreme Soviet from which a declaration of the U.S.S.R.'s foreign policy was to come forth, clarifying Germany's position, whether of strength or of weakness in the war. Many puzzling questions were expected to be answered: how far Russo-German co-operation extended in the economic, diplomatic, military fields; what Russia's new policy meant as regards the Baltic republics, and the war in general.

In the Far East, all eyes were on India. Native leaders there (Nehru and Gandhi in particular) felt it unjust that India should be called upon to fight for democracy in Europe while being denied independence themselves. Mahatma Gandhi's National Congress Party which controls eight provincial governments in British India threatened resignation of all its Cabinets. This would force the Government to call upon leaders of the opposition to form new governments, while Gandhi followers, retaining a majority in the Legislatures, could vote down the new Cabinets one after another. A civil disobedience campaign, inaugurated again in India, would be as serious a threat to the British Empire's existence as Adolf Hitler's war machine.

How Daylight Saving Began

As A War Measure "Summer Time" Came Into Force In Britain In 1917

A great many things have been blamed on war, but those who are opposed to daylight saving time believe that is the greatest piece of confusion left in the wake of the last Great War. Daylight saving time was adopted in Britain during the last war, in the spring, summer and early autumn months, in an effort to save fuel ordinarily used in heating or lighting. The encyclopaedia Britannica says that "in the second year of the Great War nearly every country in Europe adopted the device of putting the clock forward one hour during the spring and summer and autumn months. The motive was to get the people to bed an hour earlier and out of bed an hour earlier, to save fuel for lighting and heating."

The first suggestion of a daylight saving scheme was made in England in 1907 by William Willett. In 1908 a bill was introduced into the British House of Commons but it was not adopted until 1916 when the British Government set up a committee to study ways and means to save fuel.

The United States adopted daylight saving time in 1918 but it was repealed in 1919 because of considerable opposition. The move was adopted in Canada in 1924 but was later left with each municipality.

Here's The Latest Addition To The Canadian Navy



The latest addition to his majesty's Royal Canadian Navy, H.M.S. Kempenfelt, was renamed Assiniboine and passed to the control of the Canadian government. The flotilla leader is 326 feet long with a displacement of 1,390 tons and a speed of 35½ knots.

Women Becoming Motor Mechanics

Ontario Cities Have Large Classes In Technical Work

Twice a week 24 Toronto girls forget their business careers, and climb into overalls or smocks and delve into the mysteries of spark plugs and carburetors. They are learning about cars from the inside out in a course of motor mechanics so they will be prepared if they are needed to drive ambulances or take men's places in mechanical jobs during the war.

Cars From Inside Out
For six months the girls—school teachers, stenographers, store clerks and all with jobs—will spend three hours or two nights a week at the northern vocational school. Ordinarily women are excluded from the motor mechanics' class at the vocational school and applicants have been few in past years. But when feminine demands for instruction became numerous G. E. Mann was put in charge of a class for women. The class was originally planned for 20 and now has 34 students.

A similar class for women mechanics has been organized in the Ottawa Technical School.

Failed To Win Seat



Paul Guin, son of a former Premier of Quebec province, and leader of the Action Libérale Nationale party went down to defeat in the recent elections. His party failed to secure a single seat in the Legislative Assembly.

Your Book Shelves Can Be Decorative

Books functioning as daily companions rather than as the furnishing of dignified libraries bring into use new and decorative pieces of furniture. Book shelves are ingeniously fitted into odd corners and incorporated into all kinds of furniture. They are found over the heads, at the ends of couches, in alcoves by the side of a desk or in the fireplace corner.

Book shelves seem to take up less room when built in, but movable furniture containing books, from the old-fashioned secretary desk to the contemporary combination radio cabinet and bookcase, makes for variety in the arrangement of furnishings. Spaces for a few books are provided in many small stands designed to be placed by the side of a bed or easy chair. Small wall shelves made in a less elaborate style to display bric-a-brac, are often adapted to hold a row of especially choice volumes.

Canadian Hog Quality Better

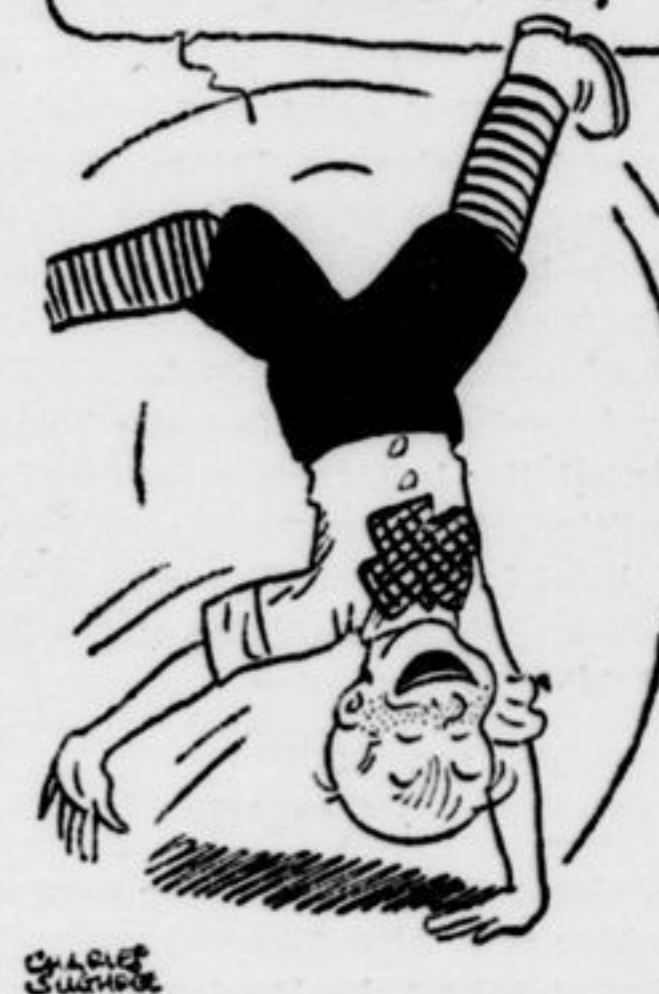
The quality of Canadian hogs, as indicated by grading results, has been steadily improving ever since the inauguration of the National Bacon Hog Pool by instituted by the Dominion Department of Agriculture in 1922 and this improvement has rapidly increased within the past few years through the greater stability given the Canadian hog industry by the establishment of the bacon quota with Great Britain. This is shown by a comparison of the years 1934 and 1938. In 1934 there were 3,025,161 hogs all graded, of which 19.1 per cent. of them were select; in 1938 the number of hogs graded was 1,940,161, showing the percentage of selects at the increased figure of 29.5. These figures refer to live gradings, and the smaller number of hogs shown for 1938 is due to the fact that 1,305,324 hogs were graded as carcasses in that year.

An important factor in hog improvement has been the carcass grading service, inaugurated in the year 1934 as exemplified by the accelerated increase in desirable grades made during the past year, when this system of grading reached considerable proportions.

One of the greatest difficulties in selecting suitable bacon for export has been the large proportion of hogs marketed at undesirable weights, but even this situation is improving under the increased popularity of carcass grading.

MICKIE SAYS

ADVERTISING AINT NO HOCUS FOCUS MAGIC—IT'S JEST FIRST CLASS SALESMANSHIP—TELLIN' ALL YER CUSTOMERS AT TH' SAME TIME!



Quality Of Wheat Inferior In 1939

Western Crop Not Up To Standard of Recent Years, Report States

A report on the quality of Western Canada's 1939 wheat crop, issued at Winnipeg by the Board of Grain Commissioners, indicates the top three grades of prairie wheat, although of good milling and baking quality, do not attain the high standards set in recent years.

The report said a large proportion of the crop weighs 62 to 65 pounds a bushel, and protein content, index to milling quality, averages 14.2 per cent. The protein content is 4 per cent. above the final value recorded for last year's prairie yield.

Flour yield and loaf volume in Nos. 1 and 2 Northern and No. 1 Hard wheat are a little lower this year. Analysts also report that the gluten in No. 1 Hard and No. 1 Northern, though considered very good, is less elastic and extensible than usual.

Publisher Dies

Joseph Moore, publisher of the Georgetown Herald for many years, died at his home in Georgetown, Ont., last week. He is survived by his wife and one daughter, Mrs. R. Douglas Toronto.

VOICE of the PRESS

"SUB" SOLUTION

If rain didn't return water taken from oceans by evaporation, science reports, they would dry up in 3,000 years. Here, at last, is the solution to the submarine problem.—Guelph Mercury.

DEATH AND TAXES

They're called death duties in Britain, succession duties in Ontario, and inheritance taxes in the States. But under any other name they'd smell just as badly to the heirs.—Toronto Star.

TRAINED YOUNG PEOPLE WANTED

Again the trained mechanic is coming into his own. Canadian industry needs him; and industry realizes the folly of not training more young men in the trades during the hard years.—Globe and Mail.

PRESERVE THE ELK

All honor to Canada for what she has done to preserve the Elk from extermination! Reckless slaughter nearly wiped them out as it did the buffalo. How many would be left in a few years if the average hunter were less loose to do his will?—Our Dumb Animals.

SAVE THE BEES

The position of Canadian apiarists, due to the sugar shortage, is one that demands the attention of governmental authorities. Scores of bee keepers throughout Ontario are worried as winter approaches because they require large quantities of white cane sugar to carry their bees through the winter and early spring. The bee keepers are likely to see many of their hives ruined, unless sufficient cane sugar is made available before it is too late.—Kitchen Record.

Figuring Out The Dairy Bull's Value

Many a valuable dairy bull has been butchered before any one knew his worth. Cases are on record where a bull's daughters have developed into wonderful cows after their young sire has been consigned to the shambles. The point is: If we have a well-bred bull, and we think enough of him to use him in our herd, why not keep him long enough to determine his value as a sire. We don't stand much of a chance of gain by discarding him and taking on another untried sire. You cannot tell for sure whether a dairy bull is a great sire until he is about seven years old. Figure it out for yourself.

Abitibi Area Growing Fast

Increase of 125,000 in Population Expected by 1941

Abitibi district in Northwestern Quebec will show a population increase of more than 125,000 when the decennial census is taken in 1941. A. J. Pelletier, head of the Bureau of Statistics census branch, estimates. Population of the district in the 1931 census was only 23,000, but there have been great strides in mining since.

Get Ready For Census
Preparatory work for the Dominion census is going ahead in spite of the war and it is expected that once again in 1941 the population of Canada will be counted.

New questions will be asked in the next census. To be dropped are the questions "Can you read" and "Can you write." In their place will be the record of the years' schooling of each individual. There will be new questions to determine occupational trends and one regarding receipt of relief.

Mushroom Harvest

The unusually high temperatures of the first 10 days of October accompanied by heavy rains have been a combination of conditions that have produced a big crop of field mushrooms in Ontario.

Many people, especially those living in the country districts, have been able to obtain this food delicacy in quantity. Members of the Sarnia Indian Reserve band have been selling mushrooms from door-to-door.

Ask for BEE HIVE



LIFE'S LIKE THAT

By Fred Neher



"Our club would be a good influence on him... after he paid his dues he wouldn't have any money left to run around with girls."

REG'LAR FELLERS—Well, Pleasant Dreams!

By J. MILLAR WATT

