

HEALTH TOPICS

TARY MEASURE a measuring stick for

One pint to one quart for half a pint to one pint des-Potatoes daily, two sossible, one raw. One serving, more if pos--At least half should be

s Fish-Once daily, or arts or peas. everal times a week for pecially, we or three tablespoons

w vegetable out carrots into mutch sticks. They in style, Chopped une and chobage prake a

Fee or three table-

RATE DOWN Government figures gredit Saskatchewan only 28.8 deaths from per 100,000 people. werage was 54.6. If the Saskatchewan had ap-

secondidered that the te is only one quarter was at the turn of the achievement of which may be proud, those reinlizing in the fight reulasis may well feel working toward the obcuring a Dominion av-

s Tag Idea Lost Children

man's life may not be but Chief A. S. Bi-Quebec thinks he has ich might lessen the told newspapermen young children who y to finding a clue

on to the problem, ad he was thinking to parents that militication tags of n allowed on the



NO. 8-'40

Umbrella Idea Centuries Old

Ancient Chinese Pattern Practically Unchanged Over Centuries

An ingenious if somewhat unwieldy contraptoin of thin steel ribs and watershedding cloth. which every schoolboy hates, the umbrella has an interesting history. It was introduced into the Western world from Asiatic countries, where it is of great antiquity, says a writer in The New York Sun.

Back in the early Greek and Roman days, ladies of position carried the umbrella. In the East it was used principally as a protection against the blistering rays of the sun rather than as protection against rain. In certain Eastern countries, too, it was an emblem of rank and power, and still is today. In the Middle Ages high churchmen carried it for the same reason. For centuries, of course, the umbrella has been a favorite with the Japanese.

TO ENGLAND IN 1700's Some stories have it that the first umbrella was introduced into England from Italy early in the 18th century. It was used by women, but was at first scorned by men as effeminate. Credit for its general adoption there goes to one Jonas Hanway, a determined sort of fellow and a world traveler. He became London's first regular umbrella-carrier in the 1700's, ignoring the jibes of other men and even the jeers from coachmen, who feared that his strange shade might prove to be dangerous competition for their business.

Appointed To Senate



NORMAN McL. PATERSON Fort William, Ont.

Doctor Warns Office Toilers

Office workers who become "the week-end athletes" are largely responsible for a "mounting incidence" o" bone and joint injuries, Dr. Russell Sullivan, Boston City Hospital orthopaedic surgeon, said last

"While many fractures are attributable to automobiles and indus trial accidents." Sullivan said, " believe the increase may be traced to injuries among office workers who spend their Saturdays and Sundays playing tennis or ski-ing, despite the fact that they are not physically fit for such exercise."

DANCING IS BETTER Sullivan advised prospective athletic week-ends to "develop thei: powers of resistance to accidents' by walking - or dancing.

"Much can be said in favor of socalled "jitterbug" dancing in this respect," he smiled. "Dancing of that type certainly develops more limber muscles and makes the joints function to better advan-

Colds Linked To Emotions

Frustrated Love Seen As One Factor by Group of Psychoanalysts

Emotional disturbances may precipitate the "common cold" in some individuals, a Chicago psy-

choanalyst said last week. Investigation of the relation of such disturbances to various ailments have been conducted at the Chicago Institute for Psychoanalysis, a non-profit-making organ-

Dr. Leon J. Saul of the Institute staff said the studies led to a belief that prolonged or severe frustrations of wishes for love, care or relaxation may be important factors in causing colds in some

One investigation, he said, disclosed a group of nine individuals who suffered colds regularly in situations of frustration of strong mostly unconscious demands "with

more or less repressed rage." "This observation in no way im plied that all emotional state or thwarting results in colds, nor obviously that this study in any sense shows the exclusive cause," he said. to live.

Sunday School _esson

LESSON VIII

STEWARDS IN THE KINGDOM Matthew 24, 25

Golden Text: - "Well done, good and faithful servant." Matt. 25:21. THE LESSON IN ITS SETTING Time - Tuesday of Passion Week, A.D. 30.

Printed Text, Matt. 25:14-27

Place - The Mount of Olives. This lesson gives us a new conception of the infinite wisdom and knowledge possessed by Christ concerning the future. His prophecies have been fulfilled, and are being fulfilled throughout the age. The one fundamental theme running all through the Olivet discourse is the coming of the Son of man, as indicated by the recurrence of such phrases as "the sign of thy com-

The questions asked by the disciples in this chapter have troubled the minds of men in every age. Jesus made a prophetic pronouncement concerning the characteristics of four different spheres during the long period between his departure and his return. Nothing has taken place during nineteen hundred years in these four spheres to contradict in any way the startling statements of the Lord. He predicted that "the end of the age" would be a time of disillusionment of expectancy, of confusion in the minds of men, when multitudes would be looking for deliverance.

PARABLE OF THE TALENTS

Matt. 25:14. For it is as when a man, going into another country, called his own servants, and delivered unto them his goods, 15. And unto one he gave five talents, to another two, to another one; to each according to his several ability; and he went on his journey 16. Straightaway he that received the five talents went and traded with them, and made other five talents. 17. In like manner he also that received the two gained other two. 18. But he that received the one went away and digged in the earth, and hid his lord's money. 19. Now after a long time the lord of those servants cometh, and maketh a reckoning with them, 20. And he that received the five talents came and brought other five talents, saying. Lord, thou deliveredst unto me five talents: lo, I have gained other five talents. 21. His lord said unto him, well done, good and faithful servant: thou has been faithful over a few things, I will set thee over many things; enter thou into the iny of thy lord. . And he also that received the two talents came and said, Lord, thou deliveredst unto me two talents: lo, I have gained other two talents. 23. His

lord said unto him, well done, good

and faithful servant: thou hast

been faithful over a few things, I

will set thee over any things; en-

ter thou into the joy of thy lord. 24.

And he also that had received the

one talent came and said, Lord, I

knew thee that thou art a hard

the bankers, and at my coming I

should have received back mine

own with interest. In this famous

parable of the talents which might

really be called "the parable of the

lord and his servants," we should

remember that a talent in those

days was the equivalent of about

twelve thousand dollars. The re-

ward in the case of the man with

five talents committed to him and

in the case of the man with two is

exactly the same. The reward of

service is apportioned according to

fidelity to opportunity. In the case

of the nfaithful servant, first) .

life was exposed; secondly, his

talent was recalled; thirdly and

finally he himself was cast out. The

goods of the absent Lord are his re-

velation of God and of man, his

provision for man's great need; his

perpetual call; his mediation; his

dynamic for paralyzed souls. We

all have some of them committed

to "; talents, five, two, one accord-

ing to our ability and his choice;

and these talents become our de-

The Only Kind of Charm Worth

Bothering About Springs From

The Heart, Beauty Column-

ist Writes

Deeply sincere kindliness is the

foundation of real charm - the

warm, glowing variety which puts

others at their ease and makes the world a pleasanter place in which

Upon Kindness

Charm Founded

man, raping where thou didst not sow, and gathering where thou did not scatter; 25. and I was afraid, and went away and hid my talent in the earth; lo, thou hast thine own, 26. But his lord 'nswered and said unto him, Thou wicked and British Empire. slothful servant, thou knewest that I reap where I sowed not, and gather where I did not scatter; 27. thou oughtest to have put my money to

Getting Careless With Gas-Masks

Few of the British Public Are Continuing to Take Precautions. Observer Notes

One of the most alarming sidelights of the war is the stubborn refusal of the citizenry of Great Britain to stay gas mask-minded, says an observer.

ONCE CONSIDERED RISKY Back in September the average man in the blackout, who wouldn't have dreamed of soing to work without a shirt, also carried a mask and for similar reasons. It was very risky and conspicuous to be with

Now it's an undeniable fact that if the Nazis unbottle gas over Lon-

Canadians On The Ice In Battle Dress



The Canadian Expeditionary Force hockey team, which has been formed by Canadian soldiers now training in England, were so rushed for time when they visited Empress Hall for a workout that they took to the ice in battle dress. Here one of the Canadians is "on the run' with a young figure skater as a partner.

don, most people are going to be

A survey of the principal London

streets showed that only about one

man in six carries a mask. You just

MAY CONTAIN ANYTHING

off the scent by the females be-

cause they tend to use a combined

handbag and carrier. Worse still,

it's never certain that the official

square box, snakeskin case, or pa-

per bag does really contain a mask.

A. R. P. wardens report that often

there's nothing in it but sandwich-

QUEEN CARRIES MASK

graphs show that even the King's

mask is not always in evidence.

But his heavy service mask is often

carried by a member of the entour-

age or is parked within easy reach

in an official automobile. Queen

Elizabeth is never seen without her

beige corduroy sack slung over the

1938-9 Production Declines

From Two Previous Seasons

The world did not produce near

ly so much cotton in the 1938-39

season as in either of the two sea-

sons immediately previous, and i

did not consume nearly so much

as in the season second previous,

according to a review of the 1938-

39 season contained in the twelfth

Cotton Year Book of the New

York Cotton Exchange just issued.

U. S. GREW LESS

Production of cotton by the en-

tire world in the seaso. of 1938-39

was roughly 25 per cent. less than

in the previous season. World pro-

duction dropped from 36,784,600 to

27,407,000 bales, a decrease of 9,377-

000 bales. The greater portion of

this decrease occurred in the Unit-

ed States, and was due partly to a

reduction in acreage and partly to

a lower average yield per acre.

Abroad, smaller production was

reported by China, India and also

World Cotton

Output Lower

left shoulder.

Sometimes newspaper photo-

es, lipstick and a library book.

The snooper is constantly thrown

couldn't tell about the women.

eaught without protection.

No matter how many books she has read or speeches she has listened to on how to be charming, no woman ever will be until she has a truly kind and understanding attitude toward the people she knows and those she meets. The only kind of charm worth bothering with springs straight from the heart. You can't strike an attitude of charm and be convincing.

The Really Charming Woman Nor can real charm be turned off and on to suit the occasion or your particular mood, asserts Alicia Hart, beauty columnist. If you are a charming person, you are a kind person and, with rare exceptions, you are kind all the time. The really charming woman can no more help being kind than the woman without charm can help being cruel in little ways and sometimes in big ones.

Kindness, and therefore charm, come with understanding of the short-comings of human nature. And it's as great a mistake to see only the good side as it is to see only the bad. By all means see the good. But see the bad, too. And, instead of condemning, try to understand the why's and wherefore's

Essential Metals

Of the 67 known metals about 12 are common and absolutely essential to modern industry. The British Empire is rich in them, her mines a treasure-chest for gold (South Africa, Canada, Australia); tin (Britain, Malaya); copper (Rhodesia); aluminum (Canada, Australia, India); manganese (India); nickel (Canada); lead (Australia, Canada).

Apart from these common metals there are many other lessknown ones which are essential to war production. Radium, beryllium, palladium, cadmium, moly bdenum, and many other such valuable meats are found within the

Decoy Is Used To Rescue Dog

Patrolman Allen Chester of Tonawanda, N.Y., believes he has a "sure-fire" method of rescuing icemarooned dogs-simply send another one out on the ice.

Unable to find means of transportation to reach a puppy struggling aimlessly in Niagara River last week, Chester attached a rope to another dog, then waved the animal out on the ice.

The decoy dog's appearance ar oused the endangered puppy, which promptly struggled to firm ice. As Chester pulled the decoy toward shore, the puppy followed, barely able to wag its tail.

FARM NOTES

BOOST PRODUCTION Urging Ontario farmers to strive for greater production to meet wartime needs, W. R. Reek, Deputy Minister of Agriculture, has warned the Ontario Agricultural Council that such increase could only be attained successfully by increasing yields on the land now under cultivation.

"Concentrate on good land and good seeds." he advised. "In this way you can increase production without breaking more land, thus avoiding the difficulty of trying to farm marginal lands."

VALUE OF MANURE Manure is not in itself a balanced fertilizer, being very low in phosphorus, but it contains notable amounts of nitrogen and potash, and these are present chiefly in the liquid portion which too often is allowed to leach away. Apart from its value as a source of plant food, manure possesses other virtues. It improves the texture and moisture-holding capacity of soil and builds up the humus content, and also introduces the beneficial bacterial organisms which in the known and unknown ways promote favourable biological and chemical processes in the soil.

United States **Best Customer**

Bought Most Canadian Exports Last Year - Canadian Total For Year Increases 10.4 Per Cent.

Canada's 'domestic exports rose to \$924,926,000 during the calendar year 1939, an increase of 10.4 per cent over the 1938 figure of \$837,584,000, the Dominion Bureau of Statistics reports.

The United States was Canada's best customer, taking \$380,392,-000 worth compared with \$270, 461,000 in 1938, a gain of 40.6 per cent. The United Kingdom was in second place with \$328,084, 000 compared with \$339,689,000, a decline of 3.4 per cent. UNITED KINGDOM SECOND

Australia took third place with \$32,029,000 compared with \$32,-982,000, followed by Japan with \$28,168,000 against \$20,770,000. British South Africa with \$17,965,-000 compared with \$15,547,000. New Zealand \$11,954,000 against \$16,371,000 and British West Indies \$11,751,000 compared with \$11,011,000.

OTHER LEADING PURCHASERS Other leading purchasers of Canadian products in 1939 with figures for 1938 in brackets: Norway, \$10,904,000 (\$7,854,000); Newfoundland, \$8,506,000 (\$8,-403,000); Germany, \$7,869,000 (\$18,261,000); Netherlands, \$7,-357,000 (\$10,267,000); Belgium, \$7,261,000 (\$9,555,000); France, \$6,973,000 (\$9,152,000); British India with Burma, \$5,396,000 (\$2,986,000); Brazil, \$4,407,009 (\$3,522,000); Sweden, \$4,284,-000 (\$.411,000); Argentina, \$4,-117.000 (\$4.675,000); Ireland, \$3,597,000 (\$4,440,000); Mexico, \$3,004,000 (\$2,340,000); Straits Settlements, \$2,782,000 (\$2,448, 000); China, \$2,636,000 (\$2,885, 000); Italy, \$2,231,000 (\$1.745,-

Ex-Kaiser Now 81 Years Old

Former Ruler Has 22 Grandsons Fighting With Nazis

Shadows of another war fell across observances of the 81st birthday of former Kaiser Wilhelm II, late in January.

The gay family celebration of other years was missing from Doorn Castle, where the former German ruler maintains formalities of his former court and watches, in exile, the progress of another generation of Germans at war with the Allies.

Hohenzollerns in Adolf Hitler's army provide part of his interest in the flagged pins he sticks in war maps to follow the campaign. He has 22 grandsons in the German army. Another, Prince Oscar, lost his life in the Polish campaign.

Rented News

Newspapers in Shanghai are often rented rather than sold. A paper is delivered first to a person who must get to work at an early

hour. When he leaves home, the paper is collected by the newsboy and delivered to a second reader. This procedure is carried on so long that a week later the same copy may be in the hands of a reader situated hundreds of miles outside the city.



IS NOT A BIRD OF THE NIGHT. COPR. 1937 BY NEA SERVICE, INC. T. SCIENTISTS are still on the alert for any new animal that may exist, although it is generally believed that no important types of

NEXT: Is there any power being exerted to ket a the earth rotating on its axis?

mammal remain undiscovered. New forms of reptiles come to

light frequently, and one of the newest of these is the Willard's

rattlesnake, which grows no larger than 15 inches in length.

NOTED ENGINEER

Answer to Previous Puzzle HORIZONTAL BELGIUMLLEOPOLID 1, 6 Engineer for the Panama Canal. 13 Knock. 14 Command 16 To relax. 17 Aeriform fue 19 Seizes.

21 Was victor 43 Red Cross. 44 Horse power. 45 Acted

22 Barters.

25 Limb.

27 Either.

28 Greasy

32 Bone.

40 Eternity

24 Malicious

burning.

30 Territory. furious. 31 Shoe bottom 50 Type measures 33 Marked with 51 Cotton fabric. 54 Finger. 36 Musical note. 56 Note in scale. 37 Bugle plants. 57 More tarnished 38 Company 39 Folding bed.

41 Feminine canal 25

59 Resembling 42 Golf warning years ago.

ALOF 29 Bloodsucker BRUSSELSTALBERT 31 Spread of 62 He set up the 34 Salad pear administration ? Agent of the ---

10 Soap

By J. MILLAR WATT

30 Recipe 39 Mining hut 41 Enchantment VERTICAL. 44 To aid. 46 Publicity. 1 Grain. 2 Impetuous 3 Jewel. 4 To leave.

47 To encircle 48 Self. 49 Flat plate. 5 Unit of work. 52 To card wool 7 Eyes. 55 Afternoon 8 Transposed meal. 58 Right. 9 To cut. 60 Form of "a."

11 Ocean vessel

12 Street.

15 Low cart.

18 Sailboats

20 Therefore.

22 He was a

engineer (pl.)

POP-Indirect Watching

50 THAT NOBODY KNOWS WHY ARE ALL YOUR SHOP WATCHED IF THEY'RE BEING

DETECTIVES CROSS-EYED