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RGE
FOR 1940

Refrigerators have an
Extra "Cellaret"
at No Extra Cost!



NEW NORGE
CAL DEALER'S

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ANXIOUS

powder.

and sugar
and beat until it
is thick. Add flour in
1/2 cup. Beat together and
then alternately
1/2 cup milk. Put one
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dissolved. Serve
in 12 holes in

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New Rule Helps Man On Mound

Baseball Pitcher May Now Take Another Complete Step in Delivery

Relief has been a long time coming for the baseball pitcher, and he has taken some hard knocks in the past 20 years, but the elders of the game at last are in a mood to help him stand off the batters.

Meeting in Belloair, Fla., last week the rules committee voted to allow pitchers to rear back and take another complete step as they deliver the ball. That is the first really important move toward helping the hurler that has been made since the rule-makers began abolishing foul deliveries back in 1919.

MORE LEG FREEDOM
Adoption of the rule was a victory for Clark Griffith, veteran Washington Senators manager who for several years has been carrying on a vigorous campaign for the pitchers' rights.

Whereas the hurler previously has had to stand with both brogans on the rubber, he now (in the case of a right-hander) can stretch his left leg far out behind him during his wind-up and take a long, complete stride as he swings through to deliver the ball.

Wizard On Skis, 17



Although only seventeen, Ella La Casse of Lake Louise, Alta., is a wizard on skis. She beat ski-champion Gerie Wepsala, the "Flying Finn" in 1938, and now she is racing down her native hills in the Canadian Rockies, preparing for the Dominion Ski Championship meet to be held at Mount Norquay, Banff, February 28 to March 3.

—C.P.R. Photo

Be Good... Be Beautiful

Doctor Advises Women To Avoid Excesses and Self-Indulgence

If the general habits of living are not hygienic, it is foolish to suppose any cosmetic will maintain the skin health, Dr. Perry C. Baird, Jr., said in an address at Harvard Medical School.

"Many women would obtain a lot better results in the care of their complexion," he said, "if more time were spent in organizing life on a basis to insure adequate sleep, adequate outdoor exercise, a well balanced diet, proper fluid intake, and other hygienic considerations."

COSMETICS CAN'T CORRECT
"The complexion reflects the excesses and indulgences and poor hygiene of living very quickly, and beyond the point which can be disguised or corrected by cosmetics."

Window-Shutting Service Prospers

Sophomore Dick Brown has taken over the work and worry for male students at Green Mountain State Teachers College, Poughkeepsie, N.Y.

For a dime a week he bustles into the rooms of his clients shortly after 8 a.m., daily and slams down the windows.

So prosperous is the business that the "Brown Window-Shutting Service" has taken on a publicity man, Sophomore Bob Elliott, whose work is devising such quips as "When icy blasts howl through your room, either side of your bed is the wrong side to get out of" or "You can't help but start the day off on the wrong foot if both feet are frozen."

High State Dignitaries Await Lord Tweedsmuir's Funeral Cortège



As the funeral cortège of Canada's beloved late Governor-General, Lord Tweedsmuir, approached the parliament buildings, high dignitaries waited on Senate house steps, at Ottawa. In front are pictured, LEFT TO RIGHT: Sir Lyman Duff, administrator; Prime Minister King, youngest son of Lord Tweedsmuir, and Sir Shuldham Redfern, secretary to the late governor-general. Hon. Loring Christie, Canadian minister to Washington, stands behind Mr. King.

Sunday School Lesson

LESSON IX
IN THE UPPER ROOM.—Matthew 26: 1-30.

PRINTED TEXT, Matt. 26: 17-30.

GOLDEN TEXT—This do in remembrance of me. 1 Cor. 11: 24. **THE LESSON IN ITS SETTING**
Time—The plotting of the Jewish authorities and the selling of the Master by Judas took place on Tuesday, April 4, A.D. 30. The passover and the Lord's Supper

occurred on Thursday night of that week, April 6.

Place—The anointing by Mary took place in Bethany, a village just over the ridge on the eastern side of the Mount of Olives; the scenes in the rest of the chapter occurred in Jerusalem.

The Lord's Supper
Matt. 26: 17. Now on the first day of unleavened bread the disciples came to Jesus, saying, Where wilt thou that we make ready for thee to eat the passover? 18. And he said, Go into the city to such a man, and say unto him, The Teacher saith, My time is at hand; I keep the passover at thy house with my disciples. 19. And the disciples did as Jesus appointed them; and they made ready the passover. It is possible that the room in an unspecified house in Jerusalem where the disciples met after the resurrection, and the upper chamber where they were abiding after the ascension, were the same as the upper room in which the Lord's Supper took

place; and that that, again, was in the house of Mary, the mother of John Mark (Acts 12: 12). Others believe the room was within the precincts of the mosque of the Tomb of David (on the hill called Mount Zion).

The passover, of course, was that feast celebrated in commemoration of the night when the Israelites were redeemed from their Egyptian bondage by the passing over of the angel of death, who slew the first-born of every family, except those on whose doorposts was the mark of the blood. Our Lord is here about to accomplish a greater exodus than the one commemorated by the feast, for his was for all men who would believe in him; his redemption is deliverance from the bondage of sin and ultimately from death itself.

His Words at the Table

20. Now when even was come, he was sitting at meat with the twelve disciples; 21. and as they were eating, he said, Verily I say unto you, that one of you shall betray me. 22. And they were exceedingly sorrowful, and began to say unto him every one, Is it I, Lord? 23. And he answered and said, He that dipped his hand with me in the dish, the same shall betray me. 24. The Son of Man goeth, even as it is written of him; but woe unto that man through whom the Son of Man is betrayed! good were it for that man if he had not been born. In the East, men eat by dipping their hands into the common dish. This does not tell who is the traitor, for they all dip their hands in the common dish. It emphasizes rather the heinousness of the treachery. For to share a common meal in the East constituted the most sacred bond of friendship. 25. And Judas, who betrayed him, answered, and said, Is it I, Rabbi? He saith unto him, Thou hast said. It is enough to tell Judas, who knows the fact, that Jesus knows it, but not enough to create in the minds of the others more than a suspicion.

26. And as they were eating, Jesus took bread, and blessed, and break it; and he gave to the disciples, and said, Take, eat; this is my body. In Jesus' present act, there is a consecrating of the common meal according to Jewish passover custom; but more than that there is a sacramental symbolism, the meaning of which may be, This broken bread represents my body, as it will be when it is broken by death; It is a parable in

act, like the feet-washing in John 13: 4-20.

He Took A Cup

27. And he took a cup, and gave thanks, and gave to them, saying, Drink ye all of it, this cup was the third cup in the paschal meal—four cups of wine were drunk by everyone. The Lord partook of the third cup or "cup of blessing" as the last part of the institution of his supper by blessing the bread and giving the sacramental cup. 28. For this is my blood of the covenant, which is poured out for many unto remission of sins. Remission of sins means blotting out, or forgiveness of sins. 29. But I say unto you, I shall not drink henceforth of this fruit of the vine, until that day when I drink it new with you in my Father's kingdom. In less than twenty-four hours the Lord's body would be in the tomb; but the Lord knew that, though he would be put to death, he was victor over death.

There are three things we need to remember concerning the Lord's Supper. It is a commemoration; it is a communion—spiritual communion with Him; it is a covenant, a pledging of loyalty to Him.

30. And when they had sung a hymn, they went out into the mount of Olives. (Hymn means here, a song of praise.)

FARM NOTES

WEED CONTROL

One of the chief causes of weedy pastures is the killing out of the desirable species of pasture plants leaving bare ground in which weeds can easily take root and flourish without competition, writes N. J. Thomas, Pasture Research, O. A. C., Guelph. This is brought about largely by poor pasture management such as overgrazing in the early spring and late autumn, combined with low levels of soil fertility or poor surface drainage. Continued overgrazing results in the depletion of plant food from the roots of the pasture plants. This causes them to kill out very easily in periods of extreme winter conditions or summer drought.

It is advisable, where possible, and often more economical, to plough up and re-seed thin weedy pastures with a desirable pasture mixture to increase the productivity of the soil. For further information on pasture management see Ontario Agricultural College Circular No. 28 on "Pastures and Their Improvement." Increasing soil fertility by top-dressing in the early autumn or spring with lime (where needed), manures, and fertilizers, combined with good grazing management and the use of the mower will encourage the development of desirable grasses and clovers to such an extent that all but the most hardy weeds will be completely smothered out.

Wrote "Sinews of War"



—Howard Carter.

G. Crowther, author of "The Sinews of War" (Oxford Pamphlets on World Affairs), became editor of "The Economist" in 1938. He held a Commonwealth Fund Fellowship in the United States from 1929 to 1931 and visited the U. S. A. again in 1933 on behalf of "The Economist" to study the progress of the Recovery Plan.

PLOWING AS USUAL

J. A. Carroll of Toronto, secretary-manager of the Ontario Plowmen's Association, said in a report at the Association's annual meeting that progress in ploughing interest and activity was noted throughout the province last

year. Several new branches were formed, including Chelmsford in Sudbury district, Collingwood township and Manitoulin. After considerable discussion by the executive, Mr. Carroll said, it was decided to hold the international plowing match in 1940 despite the war.

THIS CURIOUS WORLD By William Ferguson



AN OAK TREE
ON THE M. S. COVES PLACE, 300 RIVER, N. Y., SEPARATED AND THEN GREW TOGETHER AGAIN, AT A POINT FIFTY FEET FROM THE GROUND



CLOTHES-MOTH-LARVAE
NOT ONLY FEED UPON THE WOOL FABRIC OF OUR CLOTHES, BUT USE FRAGMENTS OF IT IN MAKING THEIR PUPAL CASES

ALL that is necessary to keep the earth rotating on its axis is that no force act to stop it. The only important force operating to form a brake on the motion is that caused by the tides, and this is minute

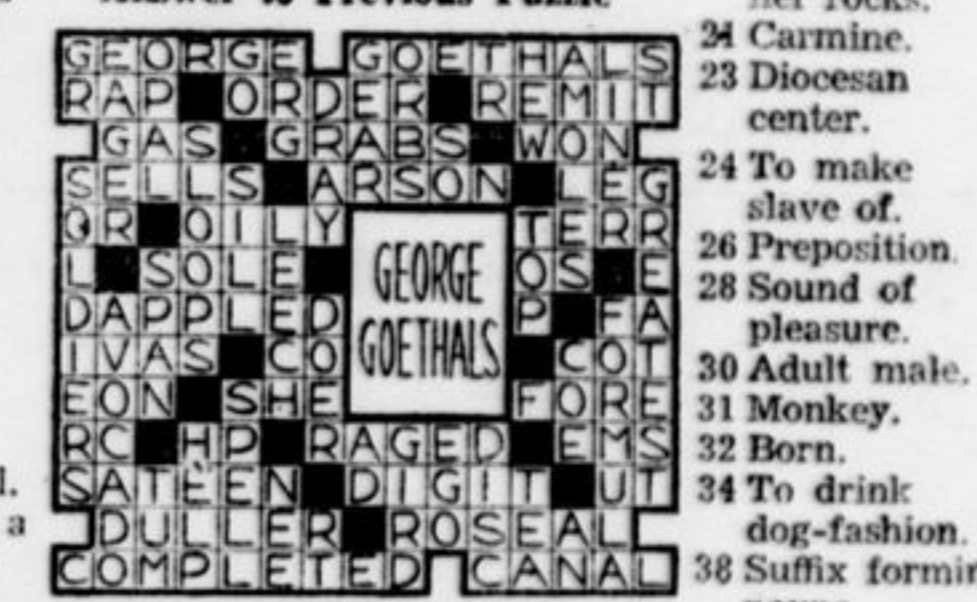
NEXT: What vision range is the new 300-inch telescope, under construction at Mt. Palomar, Calif., expected to have?

LEGENDARY SIREN

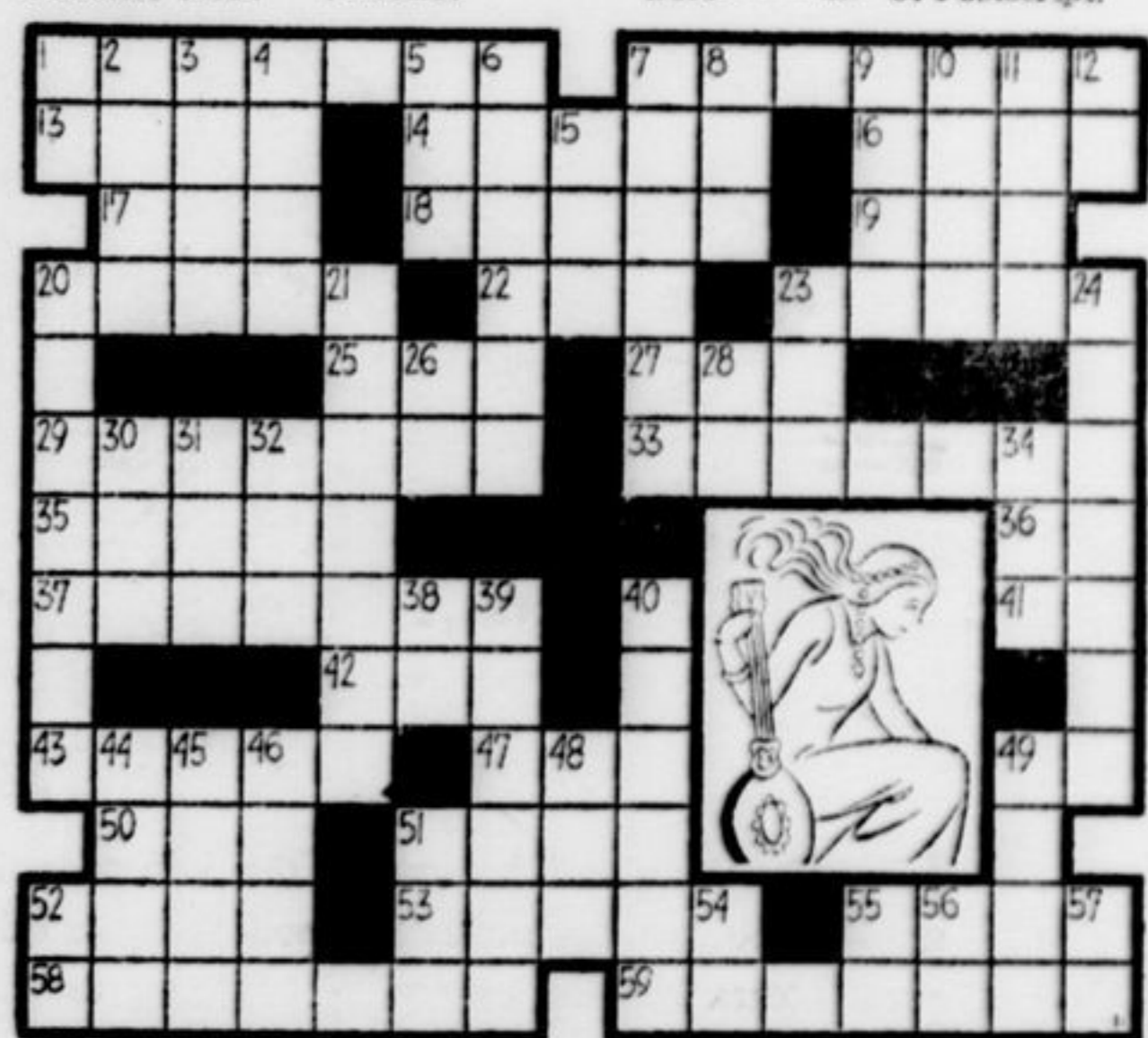
HORIZONTAL

- 1 A legendary vampire.
- 7 She was famous for her beauty and —
- 13 To smear.
- 14 Grotesque trick.
- 16 Passage.
- 17 Circular wall.
- 18 She hauled a rock on the — River.
- 19 Meadow.
- 20 Requirements.
- 22 Rubber tree.
- 23 To mention.
- 25 Eccentric wheel.
- 27 Grief.
- 29 To originate.
- 33 Money.
- 35 A prank.
- 36 Indian mulberry.
- 37 Rested on the knees.
- 41 Parent.
- 42 Sooner than.

Answer to Previous Puzzle



- 24 Carmine.
- 25 Diocesan center.
- 24 To make slave of.
- 26 Preposition.
- 28 Sound of pleasure.
- 30 Adult male.
- 31 Monkey.
- 32 Born.
- 34 To drink dog-fashion.
- 36 Suffix forming nouns.
- 39 To discover.
- 40 Sloping channels.
- 44 Ireland.
- 45 Insect which feeds on wool.
- 46 Mental image.
- 48 Tree.
- 49 Health.
- 51 Japanese fish.
- 52 Musical note.
- 54 South America.
- 55 Plural.
- 56 Hawaiian bird were — on 57 Postscript.



By J. MILLAR WATT

Pop—Fireproof

