

Ninety Per Cent. Have Poor Stance

Only One Woman In Ten Knows How to Stand and Walk Correctly — Tips on Good Posture

Ninety out of 100 women stand and walk incorrectly — and clothes models are to blame — says Miss Ruth Constance Duffey, Boston University's director of physical activities for women.

"A slinking mannequin looks like a woman," Miss Duffey says, "and women try to imitate her — and from the waist down the beautiful clothes cut is askew."

A STRAIGHT LINE
In her work Miss Duffey analyzes about 2,000 female forms a year and she has found that the average woman stands like she thinks the models do — hips forward and the chest concave.

"That's bad," Miss Duffey says, "the body should be balanced around a straight line that would pass from the ear, through the shoulder, hip, knee and ankle bone — or a point slightly in front of it."

RULES FOR IMPROVEMENT
Miss Duffey suggests the following rules to improve posture:

- Expand ribs.
- Put ear over shoulder by pulling back your head.
- Push shoulders down towards the floor.
- Relax knees.
- Lift high spot on chest. (Everyone has a high spot, she says, as if you try to put your finger on it you can't miss).

FATHER AND SON TEAM



Mickey Rooney and his dad, Joe Yule, give out with some close harmony on the set of M-G-M's "Andy Hardy Meets Debutante."

There Are Fairies In Canada's Woods

Still Make Their Presence Felt For Those Who have Gern of Celtic Magic in Them

There are fairies in the Canadian woods for those who have the germ of Celtic magic in them, Rev. F. E. Bain, of St. Patrick's College, Ottawa, last week told members of the Montreal garden clubs.

"Just go into the woods and sit beside a tree," he said, "admire its form, its color. Watch it nod, try to hear the music it makes. Listen to the birds, look around and see the appreciative audience of shrubs and trees. If you are Irish or Scottish, and have the germ of the Celtic magic in you, you will soon begin to wonder if it is not indeed true that the fairies are really here."

CONDEMNS WHOLESALE PICKING

Dr. Bain condemned the plucking of wild flowers to take home for decorative purposes. "If we are to remain in secure possession of this priceless heritage," he continued, "we must become active conservationists." There was no doubt that some flowers had been brought to the brink of extinction by wanton disregard of the need for conserving them.

Church Breakfast

The men's club of the First Parish Church of Scituate, Mass., have discovered a new formula for increasing church attendance. Announcement that members, personally, would serve breakfast before services increased attendance 125 per cent and brought 25 new members into church, the largest single unit since it was founded. The menu: 16 dozen scrambled eggs, bacon, corn muffins, doughnuts and coffee.

SUNDAY SCHOOL LESSON

**LESSON V
ISAIAH GIVES GOD'S INVITATION
Isaiah 55**
Printed Text, Isa. 55:1-11
Golden Text — "Seek ye Jehovah while he may be found; call ye upon him while he is near." Isa. 55:6.

LESSON IN ITS SETTING
Time — Not definitely given, but probably about 701 B.C.
Place — Jerusalem.

The things talked about in this lesson are the things which all men in every age most deeply long for, and strive for, — joy in their own hearts, prosperity in their lives and in their nation, and abiding peace. These are the things that God wants men to have, but they can be permanently possessed only if the way of the Lord here unfolded is followed.

INVITATION TO DISILLUSIONED

Isa. 55: 1. Ho, every one that thirsteth, come ye to the waters, and he that hath no money; come ye, buy, and eat; yea, come, buy wine and milk without money and without price. 2. Wherefore do ye spend money for that which is not bread? and your labor for that which satisfieth not? hearken diligently unto me, and eat ye that which is good, and let your soul delight itself in fatness. Three incapable realities, existing in the soul of every man without God, are here set forth in strikingly picturesque and symbolic language: man is described as thirsting, as hungry, and as having exhausted his resources upon those things which failed to bring the satisfaction he expected from them. With this divinely accurate analysis of man's innermost needs are also announced God's abundant ability and gracious willingness to supply these needs freely; for the thirsty there is water; for the hungry wine, milk and bread; and for those who have spent their money for the things which failed to satisfy, joy and peace for their hearts.

In almost every word of these two verses God's love for man, and God's desire that man should be satisfied, God's knowledge of man's restlessness and dissatisfactions appear; the whole of the second verse is a great plea on the part of God with man to no longer expend his money on the things that never satisfy, but to receive freely by grace, from him, his bounteous gifts, that their souls should delight themselves in fatness.

EXHORTATION TO ISRAEL
5. Incline your ear, and come unto me; hear, and your souls shall live; and I will make an everlasting covenant with you, even the sure mercies of David. 4. Behold, I have given him for a witness to the peoples a leader and commander to the peoples.
5. Behold, thou shalt call a nation that thou knowest not; and a nation that knew not thee shall run unto thee, because of Jehovah thy God, and for the Holy One of Israel; for he hath glorified thee. No doubt this particular paragraph refers more particularly to the nation of Israel as a whole than to individuals, though of course, a nation is only made up of individuals, and cannot do anything good or evil except through the actions and words of the individuals in the nation.

There is a backward look here to Israel's great and glorious king, David, with whom the Lord had made a deeply significant covenant in the early days of his life.

SEEK THE LORD
6. Seek ye Jehovah while he may be found; call ye upon him while he is near: 7. let the wicked forsake his way, and the unrighteous man his thoughts; and let him return unto Jehovah, and he will have mercy upon him; and to our God, for he will abundantly pardon. Here is the very center of our wonderful chapter — the climax, as it were, of the gracious invitations here extended by an infinitely loving God. Four things God asks man to do: to seek the Lord, to call upon the Lord, to forsake the ways of wickedness, to return to the Lord. Four things God promises if man will do what God asks: if he seeks the Lord, he will find him; if he calls upon the Lord, he will be heard; if he forsakes his way and returns unto the Lord, God will have mercy upon him; and God will abundantly pardon him.

8. For my thoughts are not your thoughts, neither are your ways my ways, saith Jehovah. 9. For as the heavens are higher than the earth, so are my ways higher than your ways, and my thoughts than your thoughts. God's way of dealing with sin is lifted above all human example. It surpasses all our own thoughts. God's pardon is undisturbed and unhindered by any sense of personal resentment, though sin is an offense against him; in its freeness, fullness, his pardon melts away also that which it forgives.

10. For as the rain cometh down and the snow from heaven, and returneth not thither, but watereth the earth, and maketh it bring forth and bud, and giveth seed to the

When the Nazis Marched Into Denmark



A Danish policeman, LEFT, can do nothing but watch peacefully as latest Hitler-engineered "Blitzkrieg" that turned the theatre of war, to German soldiers, RIGHT, march into the city of Aalborg, Denmark.

sower, and bread to the eater; 11. so shall my word be that goeth forth out of my mouth: it shall not return unto me void, but it shall accomplish that which I please, and it shall prosper in the thing whereunto I sent it.

The rain never descends in vain. It makes the earth fertile, beautiful, and lovely. So would it be with God's truth in the moral world.

Would Conserve Resources Here

Canadian Scientists Organize To Save Our Birds, Animals, Fish, Forests, Water Supply From Depletion

A new onslaught is to be made against the forces which are decimating Canada's natural resources. It was disclosed following a recent meeting of Canadian scientists at Queen's University.

RADIO REPORTER

By DAVE ROBBINS

FROM THE OLD LAND

Everyone enjoys the robust humour of the British Variety Halls — and lately the radio stations are featuring more of the peppy songs and broad gags from Lunnun Town. While several excellent programs of this kind are featured during the week — three in particular stand out in our opinion. First, Revueville from CKOC on Sundays at 2.30 is worth a half-hour of anyone's time in our opinion — and a close runner-up is the Let's All Go to the Music Hall show on the CBC chain from Toronto on Saturday nights at 9.30.

Both of these shows feature well-known British stars in songs and stories — that sparkle! Then there's a good variety show direct from the Old Land on Saturday afternoon at three on the BBC offer the Garrison Theatre. With all these, and others in a similar vein, Old Country folk need never feel lonesome.

POP—Flying Speed



By J. MILLAR WATT

The Wild West Deglamorized

McGill Study Leaves Us Only the Wide Open Spaces to Conjure With — No Real Cowboys

Devotees of wild west films and literature are due for a distinct shock when they read the latest volume from McGill University, entitled "Pioneering in the Prairie Provinces." It is the joint work of Dr. C. A. Dawson, head of the department of sociology at McGill and Miss Eva R. Young, research assistant in the department of social research. The book is one of a series of nine on the general topic "Canadian Frontiers of Settlement."

The "wild and woolly West" is deglamorized to the nth degree in this latest sociological study, a product of several years research work in the Prairie Provinces. The volume humorously points out: "Scenes are still enacted and deeds are celebrated in song by cowboys and cowgirls, many of whom have never been west of Brooklyn or Toronto."

HARD TO MAKE LIVING

Under the heading "Typical Communities in Action," the volume states that "the favorite social gathering is the dance," and "in the summer-time the big event is the annual sports day." No mention is made of the colorful round-up, but there is detailed description of the task of making a living and of the trials and difficulties which face pioneers and their descendants in building up the fabric of communal life. The highlight of the "progress" it seems, is the mounting load of debt as living standards go upward.

Farm Notes . . .

Beauty Culture For Farm Homes

In a remarkable address by Mr. C. H. Hodge, editor of the Farmer's Magazine, Toronto, on the occasion of a recent meeting of the Quebec Horticultural Federation, in Montreal, the topic was the beautification of farm homes in Ontario. With the aid of coloured lantern slides the speaker described the transformation of the homes of those who entered competitions sponsored by his paper.

As Mr. Hodge expressed it, we owe to our children the enduring memory of an attractive home, one that in after years they can recall with pleasure and pride. Mr. Hodge showed how marvelously the appearance of a farm home can be improved by tidying up around it, giving some care to the lawn and especially by planting flowers. The other day the writer heard of a man who offered a house for sale at \$3000.00 and found no bidder. He then spent \$40.00 on a paint job and sold the house easily for \$4000.00.

Surroundings of the Home
The Ontario Crop Improvement Association has for its slogan: "Better rural conditions through crop improvement." It is a strange anomaly that many a farmer who takes great pleasure and pride in his thriving field crops, cultivated and fertilized with consummate care, is indifferent to the immediate surroundings of the farm house. Thanks to Mr. Hodge, it may now be said that "the old order changeth, yielding place to new."

Plans Are Laid For 1941 Census

War or peace, the decennial census of Canada will be taken on the schedule in 1941. Officials of the Dominion Bureau of Statistics are busy preparing for the counting of heads and the compilation of hundreds of volumes of figures which give a complete picture of the growth of Canada in wealth and in population.

On June 2, 1941, some 16,000 enumerators will start ringing doorbells from coast to coast, asking questions and filling in the answers on big sheets of paper.

They will count, not only the men, women and children in Canada, but the horses, cows, pigs, sheep and poultry. They will note

racial origin, religion, occupation, age, wages, employment or lack of employment, livestock and acreage in crop or farms.

BETWEEN 11,000,000 AND 12,000,000
Population of Canada at the last census, in 1931, was 10,376,900. Since then it has been increasing at the rate of about 100,000 a year, according to estimates based on the

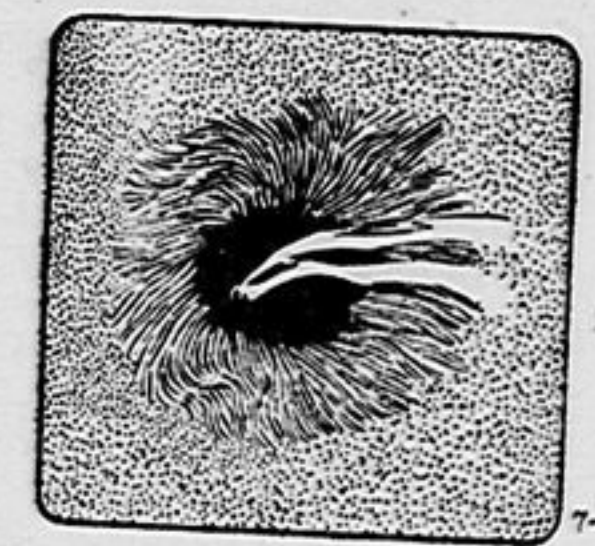
births and deaths, immigration and emigration. So the next census probably will show a population of between 11,000,000 and 12,000,000.

Most notable changes will be shown in the increases in particular districts, cities and towns. The mining area of Northwestern Quebec, for instance, will report many thousands of people where there were only hundreds in 1931.

THIS CURIOUS WORLD By William Ferguson



A-BEE
RECOGNIZES EVERY OTHER MEMBER OF ITS HIVE, ALTHOUGH THERE MAY BE FROM FIFTY TO EIGHTY THOUSAND MEMBERS.



SUN-SPOTS
FREQUENTLY ARE VISIBLE WITH THE NAKED EYE, BUT THE EYES SHOULD BE PROTECTED BY A DARK GLASS.

EACH colony of bees has its own particular odor, and any strange bee is detected at once and driven out. If a hive is divided, a difference develops in the odors of the two colonies and within one week's time the insects are total strangers.

NEXT: Is robbing the nest of a migratory bird a violation of the law?

IMPORTANT INVENTOR

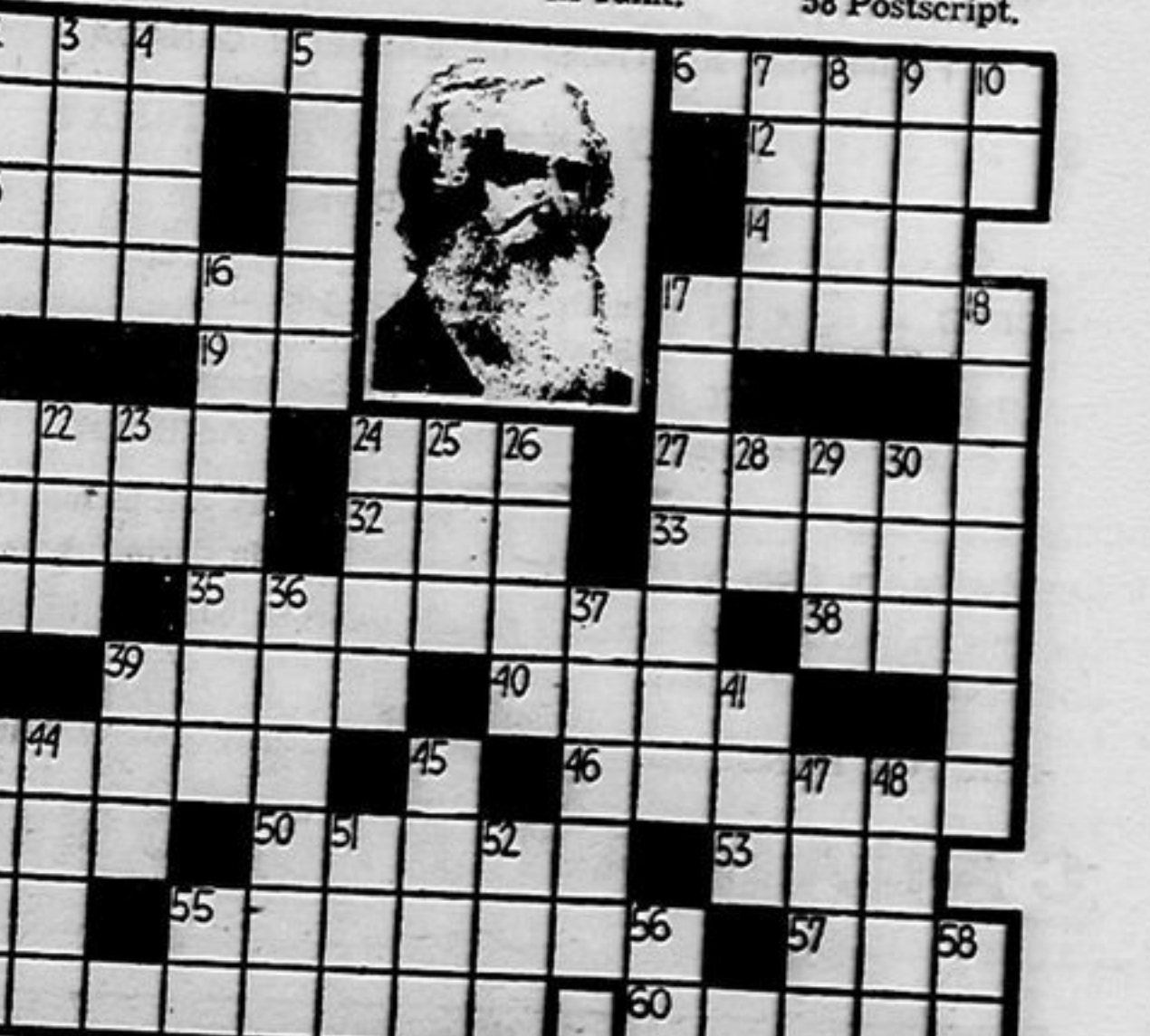
HORIZONTAL

- 1, 6 Pictured communication inventor.
- 11 Always.
- 12 Tanning vessels.
- 13 Barley spicet.
- 14 Large ratite bird.
- 15 Alleviates.
- 17 Life principle.
- 19 Preposition.
- 20 Compound ether.
- 24 Grain.
- 27 Heron.
- 31 Spherical.
- 32 Falsehood.
- 33 Tropical mammal.
- 34 Wayside hotel.
- 35 To enliven.
- 38 Aeriform fuel.
- 39 Grew old.
- 40 Boys.
- 42 Maltreats.
- 46 Rental contracts.
- 49 To annoy.

Answer to Previous Puzzle

AMELIA EARHART
STELLA NEWELL
BONNIE BYRD
REBECCA NEWELL
SILVIA EARHART
NONA EARHART
COLLEEN EARHART
NAHAL EARHART
EDITH EARHART
SOCIAL ATLANTIC

- 18 He was also an — (pl.).
- 21 Male child.
- 22 Large cask.
- 23 Half an em.
- 24 Felt.
- 25 Intention.
- 26 Wild duck.
- 28 Energy.
- 29 Tatter.
- 30 Greek letter.
- 36 Animal that nests.
- 37 Converses.
- 39 To question.
- 41 Membranous bag.
- 43 Liver fluid.
- 44 Russian measure.
- 45 To slide.
- 47 Vended.
- 48 Tree yielding oil.
- 51 Wing.
- 52 To burn into ashes.
- 54 Position in time.
- 55 Fortugal.
- 56 For example.
- 58 Postscript.



By J. MILLAR WATT