Sea Bird Nests Seen Far Inland

Breeding Colonies of Gulls And Terns Are Located Near the Thousand Islands International Bridge Over the St. Lawrence

Tourists travelling over the Thousand Islands International Bridge and visitors to the St. Lawrence Islands National Park are amazed at the wealth of bird life, particularly sea birds, in the region. The international bridge spans the St. Lawrence River between Collins Landing, New York and Ivy Lea, Ont., and rests in part on two park islands—Georgina and Constance. About two hundred islands may be seen from the bridge, and it is not uncommon to observe flocks of gulls, terns, and other water birds fishing and going through their graceful aeronautics. In the myriad of islands which dot the St. Lawrence between the bridge and Kingston, breeding colonies of gulls and terns and nesting places of many other kinds of birds are found.

PROTECTED BY LAW

Throughout the entire area most of the wild birds, including the gulls and terns, are protected under Dominion or Provincial laws, and to injure them in any way, or to molest them unduly in their breeding colonies, is strictly prohibited at all times.

War Can't Stop Cod Liver Oil

Foreign Sources Disrupted, But Canada Carries on Supply of "Sunshine Vitamin"

Because the war has disrupted normal foreign sources of cod liver oil, a production program which should make Canada self-sufficient in this field is being developed, it was learned last week. Ordinarily Canada imports 75 per cent of the cod liver oil used in this country.

Two new refining plants have been established and several others are being equipped in Eastern Canada for production for cod liver oil, both of medicinal quality and the kind used for feeding stock and poultry and in various commercial processes.

TWO NEW PLANTS

The two new plants, one located at Port Saxon, N.S., and the other at Fox River in the Gaspe, Que., district, are confining their production to cod liver oil of medicinal value. A Halifax plant also produces this type of oil, on a smaller scale. Other plants, located in Nova Scotia and New Brunswick manufacture both types of oil.

WORK FOR SELF-SUFFICIENCY

Annual consumption of cod liver oil in Canada for all purposes averages 460,000 gallons. Imports from Norway and the United Kingdom, major producers of cod liver oil, now have disappeared.

With Canada's production intensified, Canadian fishery scientists say production of medicinal oil could be increased to more than 200,000 gallons. Canadian output of cod liver oil in 1938, the latest year for which figures are available, included 62,600 gallons of medicinal quality and 109,000 gallons of oil for use in stock and poultry feeding and other purposes.

Mohair From Angora Goat

Fleece is Made Into Strong Lustrous Cloth

The word "mohair" comes from the Old French **mohaire**, which traces back to the Arabic **mukhayyar**, meaning fabrics of goat's hair. Mohair fiber is obtained from Angora goats.

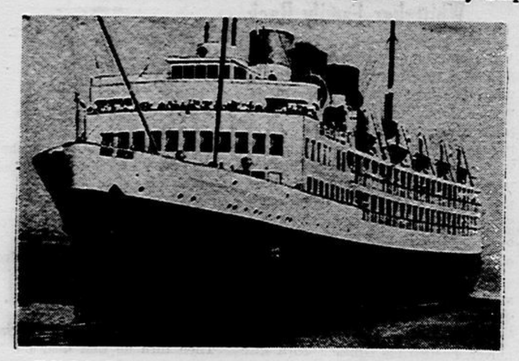
Angora goats (named for their native place, Angora, in Asiatic Turkey) are said to have had a continuous and useful existence ever since the days of Abraham. The Angora has long spiral horns and a luxurous crop of long white silky hair. It is from this fleece that the strong cloth called "mohair" is woven. Angora goats are raised in quantities in Turkey, South Africa, and in some parts of the United States.

DIFFERS FROM WOOL

Mohair fiber is 7 to 10 inches long and closely resembles wool, except that the scales on the fiber are only indicated, not fully developed as in wool.

Mohair is an extremely durable fiber with a fine luster. It is widely used in fabrics which have to stand up under hard usage, as in home and theatre furniture, and in the plush coverings of seats in railway coaches. The mohair may be mixed with silk in the weaving process, and has been imitated by the use of cotton and wool.

Canadian Armed Merchant Cruiser Captures Enemy Ship



H.M.C.S. Prince Robert, an armed merchant cruiser captured the German express cargo ship Weser off the Mexican coast. It was thought the Weser was serving as a re-fueling ship for Nazi U-boats. The Prince Robert, formerly a passenger ship, was on her maiden voyage after being converted into an armed cruiser.

Holiday Mail Delivery Again

Morning mail deliveries will be resumed on statutory holidays falling on Monday, starting with Thanksgiving Day, October 14, and there will be a mail delivery on Christmas Day, Postmaster General Mulock has announced.

Such deliveries were eliminated in the interests of economy some time ago, but with Canadian industry working on overtime schedules in the war effort it was deemed morning mail delivery was necessary where holidays fall on a Monday.

New Jap Invasion Aims at Chinese

This map shows where newest Asiatic complications have arisen as the Japanese invade French Indo-China at Haiphong and clash with Indo-Chinese forces at Dong Dang in an effort to invade China by the "back door."

What Science Is Doing

VITAMIN MYSTERY CLEARED

A new vitamin, biotin, the most potent and powerful physiological substance ever discovered, was described to the American Chemical Society last week.

Biotin, a colorless crystal, has been a chemical mystery for two years since the Netherlands scientists, F. Kogel and B. Tonnes, extracted a barely visible quantity from 250,000 year-old Chinese duck egg yolks.

Biotin proves to be part of the vitamin B "complex." It is so powerful, it is measured in thousands of a millionth of a gram.

Without it, soil germs, the azotobacter, which fix nitrogen for plant growth, are unable to work. This fixation is the base of all plant life, and therefore biotin probably is a primary source of all the food on earth.

"WETTER" WATER WORKS

A discovery that the chemicals which make "wetter" water are good for killing numerous kinds of deadly germs was reported to the bicentennial conference of the University of Pennsylvania.

These chemicals are known as wetting agents. They make water so "wet" that it penetrates to the skins of birds and even of water fowl. Some new forms of soap were found in the same discovery to have exactly similar germ killing powers.

"BAKED" GRAY MATTER

A discovery that skilled surgical operations can be performed on the gray matter of the brain with nothing but an electrical current, has just been reported.

The skull is not opened, but merely touched with the tip of an electric wire. The current does not remove the gray matter, but effectively bakes and destroys it.

HAVE YOU HEARD?

A man met a neighbour carrying a bag of apples.

"I've got to leave town for six days," he explained, "so I'm giving the wife an apple for each day I'm away."

"What a charming thought!"

"Yes. Before I knew her she used to be friendly with the local doctor!"

—o—

"In the Arctic they live on candles and blubber."

"Well, if I had to eat candles I think I would, too."

—o—

A young man was a frequent caller at a house where there were four daughters, but it was impossible to say which of them he preferred.

One evening the eldest sister, Agatha, happened to be the only one in the house, and consequently she had the young man to herself.

"Agatha, you look tired," he said.

"I am a little," she replied, and wondered what might be coming next. "You see, I made an enormous batch of cakes and pies. Mother prefers my baking to the cook's. I also made a few pots of jam. Father's fond of jam. And I have done all the housework, too."

"Fine!" said the young man. Then he went on ardently: "Agatha, there is a question I want to ask you, and my life's happiness may depend on your answer."

"Well, ask away," smiled Agatha, blushing.

"If I marry one of your younger sisters, will you consent to make your home with us?"

—o—

One wit explains that Adam and Eve probably were on a telephone line in the garden of Eden, and their number was 281 Apple.

—o—

A little boy surprised his parents by refusing to be scared into being good.

"It's no use telling me the angels will write down in their books if I'm naughty, mamma," he said. "I might as well tell you they think up in heaven that I'm dead."

"But why should they think that?"

"Because I haven't said my prayers for two weeks."

Stop, Look, Listen !

Comment from a bulletin of the Association of American Railroads which includes in its membership the Canadian lines: "Hundreds of lives can be saved each year if motorists will exercise increased care in approaching the passing over highway-railroad grade crossings."

More than 2,000 observers are engaged on insect surveys in Canadian forests.

OVERSEAS

$1.00 SENDS 300 "BRITISH CONSOLS" "EXPORT" or "LEGION" Cigarettes

or 1 lb. Tobacco—BRIER SMOKING or any MACDONALD'S FINE CUTS (with papers) to Canadian soldiers OVERSEAS in C.A.S.F. units only.

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The Boys will thank you

How Can I?

BY ANNE ASHLEY

Q. How can I protect the wall paper from the wet cloth when cleaning the woodwork?

A. Use a flat piece of tin about a foot long, moving it along the wall against the board as the work progresses. An old auto license plate is excellent for this purpose.

Q. How can I treat a warped ironing board?

A. The board can be straightened if the covering is reversed to the other side for awhile.

Q. How can I remove ink spots from the fingers?

A. Rub the fingers with the inside of a banana peeling.

Q. How can I revive flowers that have begun to wilt?

A. When the flowers have begun to wilt, cut the stems and plunge them into hot water for a few minutes. Trim the stems a little each day and slit them to enable the flower to absorb more water.

Q. How can I remove glue from furniture or fabric?

A. Remove the glue by dipping a cloth in vinegar and rubbing hard. If the glue has hardened, keep wetting it with vinegar and when softened, rub it off.

Modern Etiquette

BY ROBERTA LEE

1. Isn't is considered bad manners and rude for a guest to refuse a drink when in the home of a friend?

2. Is it good manners to chew gum in public?

3. Should a son be taught to let his sister go through a door first?

4. Is there any way possible to stop a person who is always gossiping and speaking evil of others?

5. What is the correct distance from the dinner table that a person's waist should be, not to be too far or too close?

6. Would it be all right for a debutante to wear a pink gown at her coming-out party?

Answers

1. Not in the least. There is nothing compulsory about it, and only a person who is weak will be influenced to do something that he or she does not want to do. 2. No, it is not, even if it is seen fifty times a day. Nor does it add to the beauty of a girl's face or the handsome features of an Apollo. 3. Yes. If a boy is taught these courtesies at home, they will come natural to him when he is elsewhere. 4. Perhaps Have answers this question by saying, "When will evil speakers refrain from evil talking. When listeners refrain from evil hearing." 5. About eight inches. 6. White is the most appropriate color.

Exports of Canadian newsprint paper in July were valued at $15,221,529 compared with $8,586,411 in the same month a year ago.

THESE NEW SUPER-TRACTION TIRES pull THROUGH ANYTHING...

MADE FOR CARS and TRUCKS

Firestone STUDDED Ground Grip

No need to fear bad roads when you have these tires on your rear wheels—they pull through anything without the use of chains. And on pavement they are quiet and smooth riding. Have your local Firestone Dealer put a set on your rear wheels NOW.

Canadian National Railways Revenues

The gross revenues of the all-inclusive Canadian National Railways System for the week ending September 21, 1940, were:—

	$ 5,043,389
as compared with	5,651,182
for the corresponding period of 1939, a decrease of	$ 607,793 or 10.8%

HEALTH TOPICS

Vitamins and Health

In a recent number of the (Toronto) Academy Bulletin, Dr. Frederick Tisdall contributes an instructive atricle on Vitamins. He points out that according to the figures issued by the Bureau of Statistics at Ottawa, approximately 44% of the caloric intake of Canadian people, based on an average daily intake of 3000 calories, is practically devoid of vitamins.

There is considerable evidence that Canadians suffer most from lack of the vitamins B1, D and sometimes vitamin C. A restriction in diet will accentuate this condition. During the progress of an infection the need for most vitamins is markedly increased. A similar need is seen during pregnancy and lactation when the demand is doubled.

Under ordinary conditions, if the individual takes a diet consisting of a pint to a pint and a half of milk a day for children, one half a pint for adults, some meat, an egg a day, two liberal helpings of vegetables besides potato, some raw fruit, some whole grain cereals, either in the form of brown bread or breakfast cereals, and some vitamin D, (cod-liver oil or its equivalent), in the months from September to June, he will be using all the known vitamins in adequate amounts. Under unusual conditions as in illness, pregnancy, lactation and any dietary restrictions, it may be necessary to give vitamins in their concentrated form.

Dr. Tisdall discusses vitamins in considerable detail. About 15 vitamins have so far been demonstrated from animal experimental work. Nine have been shown necessary for human nutrition.

Bird Dogs Enter Fall Field Trials

Ontario Association Expects Big Crowds on Niagara-on-the-Lake the Middle of October

The fall field trails of the Ontario Bird Dog Association will be held at Niagara-on-the-Lake, October 19th and 20th, are the dates set.

These trials have been drawing bigger entries each season and it is expected that the trials scheduled for this fall will bring out the biggest entry and the best calibre of dogs that have ever competed at an Ontario meet.

The events for the first day include the Ontario Championship, a stake for Shooting Dogs and a trial for Novice Dogs. This latter stake always brings out new dogs and new dog owners, desirous of having independent appraisal of their dogs' performance.

All of these trials are for setters and pointers. An innovation at this meet, also scheduled for the first day's programme is a trial for working spaniels.

On the second day some well-seasoned campaigners from New York State are expected to compete with the Ontario entries in the Open All Age Stake. A Derby Stake for puppies born after January 1, 1939 will also be run on the second day.

Entries and spectators are expected from all sections of the province and two days of interesting sport is promised.

Geo. W. Boag, Woodstock, Ont., secretary of the association has been sending out entry forms and states that keen interest is being shown in all events.

WOMEN WANTED

38 to 52 years old. Women who are restless, moody, NERVOUS—who fear hot flashes, dizzy spells—to take Lydia E. Pinkham's Vegetable Compound. Pinkham's is famous for helping women during these "trying times" due to functional irregularities. Get a bottle today from your druggist! WORTH TRYING!

...CLASSIFIED ADVERTISEMENTS...

AGENTS WANTED

DON'T BE SATISFIED WITH chicken feed. Make real money selling "Eskimo Kloth." Sells on sight. Used like a polishing cloth, it prevents formation of mist, fog, steam on windshields, windows, mirrors etc. Clean, quick, positive. Send 15 cents for full sized Kloth and agency proposition. Stecco, Box 211 Toronto.

AGENTS WANTED — MALE OR FEMALE

NINETY CENTS AN HOUR FOR Two $1.00 sales of FAMILEX PRODUCTS, selling as easily as bread and butter! Your earnings in accordance with the amount of time and effort you put into your work. Apply for Free catalogue and particulars. G. St. George, 570 St. Clement Street, Montreal.

BABY CHICKS

YOUR BRAY OCTOBER-NOVEMber chicks should be ordered now, well in advance. Full Bray Service Bulletin gives valuable information to poultrykeepers. Bray Hatchery, 130 John North Hamilton, Ont.

BOOKS FOR SALE BY MAIL

TECHNICAL AND BUSINESS Books, Dictionaries, Encyclopedias etc. Write for bargain list. Wholesale Book Company, 111 Richmond East, Toronto.

CARS NEW AND USED

MOUNT PLEASANT MOTORS LTD., Toronto's oldest Chrysler, Plymouth dealers: three locations, 632 Mt. Pleasant Road, 2040 Yonge St., 1650 Danforth Avenue. Our Used Cars make us many friends.

DOG FOR SALE

REGISTERED ENGLISH COON hound. Bones and Ghost bloodlines. A. McKenzie, R.R. No. 4, Dunnville Ontario.

PRINTING

ATTENTION HOUSEWIVES—Know your Preserves and Pickles. 100 Assorted Labels 10c. 500 Labels 25c postpaid. Lewis Printing, Station H, Toronto, Canada.

DETECTIVES

AMBITIOUS MEN SEVENTEEN and over wanted immediately for secret-service and detective work. Complete training course by correspondence. Free information, write to C. M. Julien, Box 25, Station T, Montreal.

PUPS FOR SALE

SELLING C.K.C. registered Greyhound pups; from Star Dust by Krakatoa of racing fame; females $20.00. Males $25.00. A. W. Ulrich, Champion, Alta.

COCKER SPANIEL, MALE, 13 months, $12. Foxhound, male, 6 years $25. Female Foxhound, 2 years, $35. Foxhound male pups 5 months, $15. Chas. Baker, Merrickville, Ont.

Barn Roofing—Granary Lining

SUPERTITE STEEL SHEETS COST less, cover more, last longer, lay faster, save sheathing. Buy now before war advances prices, direct from factory. Superior Products Limited, 15 Nelson Street, Sarnia, Ontario.

FARMS WANTED

BUYER IF OFFERED TEN THOUSand farms might choose yours first. No charge for listing. Describe fully, name price and lot number. Dominion Farm Agency, Toronto 3, Ontario.

FOOT SUFFERERS

FOOT BLISS RETURNS SPRING to tired, hot, swollen feet. Revolutionary new principle. Send 25c for full-size package, prepaid. Dept. F., 155 George Street, Toronto.

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YORKSHIRE WEANLINGS $6 each or $8 registered. Also Tocgenburg billy goat. Angus McLean, Kerwood, Ontario.

P.O. BOXES

TO POSTMASTERS, FOR SALE $1.00 each — small combination Boxes. Apply Postmaster, Powell River, B.C.

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GET THE MOST FEED VALUE OUT of your corn this season by storing it in a Keenan Portable Silo. It will keep your ensilage in perfect condition at only a fraction of the cost of a permanent silo. Sold in sizes of 10 feet, 14 feet and 16 feet diameter. Includes everything necessary for erection. The cost is small. Write for prices. The Keenan Fence Co., Owen Sound, Ontario.

MEDICAL

PEOPLE ARE TALKING ABOUT the wonderful results after taking Dr. Dixon's Remedy for Rheumatism and Neuritis — Postpaid $1.00 Munro's Drug Store, 335 Elgin Ottawa.

USED TIRES FOR SALE

GOOD USED TIRES, ALL SIZES. Lowest prices. Inquiries invited. Brockton Tire, 1611 Dundas West, Toronto.

TIRES WEARING SMOOTH?

IF STILL SOUND HAVE THEM Trutreaded! Costs only a fraction of price of new tires. New Tire guarantee. Write for folder and prices or drive in when next in Toronto and see Trutreds made. Trutred (Canada) Limited, 488½ Yonge St., Toronto, at the Tower Clock, just North of College St.

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WADE PORTABLE DRAG SAWS, easy to operate, a money-maker wherever there are logs to be cut. Write for free descriptive bulletin. The A. R. Williams Machinery Co. Ltd., 64 Front St., West Toronto.

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PAYNESE TABLETS FOR RELIEF of Rheumatic Pains, Headaches, Toothache and Neuralgia, $1.00 per hundred. Postpaid. Satisfaction guaranteed. Domestic Drug Co., Box 343, Winnipeg.

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LYRISTS—FREE MELODY AND Regular $25 Piano arrangement for only $9.50.—John Richard Hawkins, 94 Nairn Ave., Toronto.

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MINK KITS FOR OCTOBER DEliery. Dark, fine quality. Our prices reasonable for this high quality strain. Visitors welcome or write. Redick Mink Ranch, Wyomingk, Ont.

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WANTED FOR CASH — SMOOTH Tires, must be sound, passenger or truck. Highest prices paid. We pay the freight. — Trutred (Canada) Limited 448½ Yonge St., Toronto.

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