



POWER SHORTAGE CRITICAL! SAVE ELECTRICITY!

SOUTHERN ONTARIO faces a severe power shortage right now. Every home, farm, store and industry in the southern part of the province must save electricity in every practical way if essential services are to be maintained during the present winter period, and rationing restrictions avoided. Hydro, therefore, asks your sincere co-operation to relieve an urgent situation.

THE DAILY PERIOD DURING WHICH SAVINGS SHOULD BE EFFECTED IS BETWEEN 8 A.M. AND 8 P.M., AND CONDITIONS ARE PARTICULARLY ACUTE BETWEEN 4 P.M. AND 7 P.M.

HERE IS HOW YOU CAN HELP

IN THE HOME Eliminate all Christmas decorative lighting until Saturday, December 21st, and again after January 1st, 1947.

Turn off lights when not required.

Use a minimum number of lights in the living-room, consistent with good vision.

Use electrically heated water sparingly and check leaking hot water taps.

Do not use range elements on "high" when a lower heat will serve, and turn off all elements as soon as possible.

Cook oven meals as often as possible and avoid the unnecessary use of surface elements.

Turn off verandah and other outside lights.

Turn off all small appliances as soon as possible.

Do not use electric air heaters and grates.

IN STORES AND OFFICES Eliminate all Christmas decorative lighting before December 21st, 1946, and again after January 1st, 1947.

Eliminate the use of electricity for signs and store windows from 8 a.m. to 8 p.m.

Turn off all lights when not required.

Use electrically heated water sparingly and check leaking hot water taps.

Do not use electric air heaters.

IN INDUSTRIES Switch from day to night operations wherever practicable. Turn off factory and office lights when not needed.

Turn off motor-driven machines when not required and effect other savings wherever possible.

Avoid the use of all non-essential outdoor lighting.

Do not use electric space heaters.

THE HYDRO-ELECTRIC POWER COMMISSION OF ONTARIO

CANADA'S Health

FOOD FOR DEVELOPMENT

Pointing out that the food people eat may be compared to the soil in which plants are set to grow, nutrition authorities of the Department of National Health and Welfare urge more attention to the daily diet from growth, development and replenishment.

"The body's source of nourishment requires the same care and selection as is given to the soil," said a leading food authority. "Meals may be nutritious as they are tasty. There are certain basic rules to follow—not a complicated regimen, simply realization and practice of well-known laws indicating essential food requirements."

As a guide to those who realize that health is wealth, and that more than cost deserves consideration in food purchases, the government has printed a set of "Canada's Food Rules." These, and other informational material, may be obtained, on application, through provincial Health Departments, or the Department of National Health and Welfare, Ottawa.

HEALTH OUTDOORS

Those who complain that the climate of Canada is not conducive to a fit standard of health find little support among health experts at Ottawa. Officials in the Department of National Health and Welfare, pointing to Canada's well-known hardihood of human material, declare that such weather as the Dominion offers is excellent for development of a sturdy, disease-resisting stock.

While wind, rain, sun or snow may be hard on such lifeless objects as structures of brick and stone, they are essential to life. As an example, the experts point to growing things which, when robbed of a fair share of the out-of-doors, become stunted, pale and anaemic. Likewise, human beings who spend their time indoors, are afraid to venture into the elements and who coddle themselves, are becoming ill-fitted to withstand the buffeting winds of fate, mental as well as physical, as they are to stand up to the blustering day.

Officials in the National Physical Fitness division of the Department acclaim the open air as the natural habitat of living things—humans included. They recommend, of course,

all proper precautions in inclement weather, including proper clothing and avoidance of strain.

SOCIAL WORKERS WANTED

Under special arrangement with the federal government, courses for welfare workers are being expanded in Canadian universities to meet the growing need for trained social service personnel.

Grants for scholarship and aids in training students for this profession, have been arranged with the Maritime School of Social Work, at Halifax, and in cooperation with the Schools of Social Work at the universities of Montreal, Laval, McGill, Toronto, Manitoba and British Columbia.

With development of its welfare program, Canada has issued a call for those with special social service qualifications to join in the work of raising the standard of conditions in the Dominion. Relatively few are already qualified, but it is expected that the country's needs will be met as training of newcomers to this field progresses.

KER-CHOO!

Minute particles sneezed or coughed out by people with colds cause trouble. The Department of National Health and Welfare, Ottawa, has issued a warning against spread of such ailments as the common cold, coughs, influenza and some of the fevers, through so-called "droplet infection."

"It is a matter of sheer hygiene, as well as common decency to confine your sneezing and coughing within a handkerchief or sanitary tissue," declared a medical officer. "This is particularly important when the afflicted person is among others, and endless troubles may arise from one careless sneezer in a crowd."

BUYING HEALTH

Despite all assertions that money cannot buy health, authorities in the nutrition field now suggest that strength and physical well-being are, in fact, purchasable commodities. Health, they say, comes in shopping bags—when those bags are filled with health-giving foods.

For a long time science has known of the importance of diet in preserving health. Modern nutritional science goes further and states that some foods are definitely health-giving while others tend to favor lowered body resistance to disease germs.

Among the healthful foods recommended by the Department of National Health and Welfare, Ottawa, and listed in the booklet called "Canada's Food Rules," are—milk, citrus fruits or tomatoes, other fruits, potatoes, green, leafy (or other) vegetables, whole-grain cereals, Canada Approved bread, meat, and eggs and cheese. With these, say the experts, every member of the average family has a real chance for optimal health.

TAKE A TIP

1. An oiled-silk bowl cover makes an attractive, useful container and wrapper if you are giving the feminine folk aprons, towels or such presents for Christmas.
2. Fruit baskets are easily converted into kindling boxes for Christmas gifts. Paint the outside, and line the inside with heavy tarpaper and tack in place.
3. An orange crate papered with waterproof paper makes an ideal receptacle for the children's toys.

BE CAREFUL OF FIRE AT CHRISTMAS PARTY

Every year, some Christmas festivities are marred by fire accidents to the Christmas tree, or to the decorations, or to the flimsy fancy dresses of little children. At times, the results are tragic. Without care, the kindest people may only be setting a danger trap for their children. Christmas decorations generally are made of inflammable material, and it is courting trouble to have a naked light anywhere in their vicinity.

For example lighted candles in paper lanterns suspended from the ceiling or hung on a Christmas tree, or an improperly insulated string of electric lights may prove beacons of danger. With children romping about in their flimsy finery, the greatest care must be exercised that under no circumstances would it be possible for the children or the decorations to come into contact with a naked light, whether it be from gas, candle, or a flickering flame from a stove. Also a gust of wind may blow curtains or decorations across a naked light, and the damage is done.

Great danger lurks in using strings of electric lights that have done service the year before unless they have been thoroughly examined and tested before being put up. Each inch of every set of lights should be carefully inspected for worn places in the insulation or outer cover, a strip of friction tape wrapped round it will help to prevent accidents. If the inside insulation is worn, the job is one for a practical electrician. The rough edges of insulation will have to be trimmed off and the wire wrapped spirally with friction tape above the break, overlapping each turn by about a quarter of an inch and ensuring that the damaged area is completely covered.



FIRST UNDER NEW IMMIGRATION LAWS

Joyous meeting took place when Mary Wigodny, 18-year-old Polish immigrant, was met by relatives at Union station, Toronto. First European refugee to be admitted to Canada under new immigration regulations, she is seen with her nephew, Sheldon Wiggins, six, who greeted her with a bouquet of roses.

be removed, wrapped separately with tape, and re-connected. Broken or damaged plugs should be discarded. Bulbs also should be tested before being fixed.

BEAR MEAT GIFTS TO BAKER'S FRIENDS

Fat Bruin Bagged With Rifle And Axe Handle

Rouyn, Que., Dec. 14—Adelard Bouffard passed bear meat as well as pastry across the counter of his bakery today.

The 60-year-old baker and a friend, Richard Roy, bagged a 300-pound bruin at Champlain, 20 miles west of this northern Quebec mining town. Bouffard hauled the carcass back, kept the fur as a souvenir, and cut up the meat as gifts for his customers.

The baker said it was the latest he had seen a bear out of hibernation in his 22 years in this district. The beast was fat and sluggish, and the men stunned it with an axe handle and a log after firing one shot of a .22 calibre rifle into it.

OPOPOSE LARGER SCHOOL AREAS FEAR LOSS OF GLENDALE SCHOOL

"My taxes have increased from \$9 to \$40," Mrs. H. M. Warren of Texas told the Elora Express editor, since the larger school areas were established. Also the district near London is not in favor of the larger areas. A report on the issue says:

"First split in Middlesex County's larger school area system came at today's session of Westminister Township Council when a deputation from S.S. 8, Glendale, asked that their section be withdrawn from the Westminister area. Council gave first and second reading to a by-law approving the withdrawal, then decided to refer the matter to the Department of Education.

"Reason for the request is a growing fear on the part of some rate-payers that they will 'lose' their present school at Glendale."

FIRE PROOFING CHRISTMAS TREES

Christmas trees of themselves may be fire hazards. While freshly cut trees do not ignite easily they soon become dry and constitute a fire hazard on account of the amount of resinous substances they contain. At the same time, the danger of fire may be obviated, if not entirely prevented, through chemical treatment. On the other hand, Christmas trees are marketed rapidly after being cut, so that chemical treatment is not always practicable.

However, it has been proved that the wood and pine needles of Christmas trees may be made fire-resistant if treated as soon as possible after the tree has been cut down. Freshly cut trees have a water absorbing power which permits the introduction of either calcium chloride or ammonium sulphate into the tree in solution form.

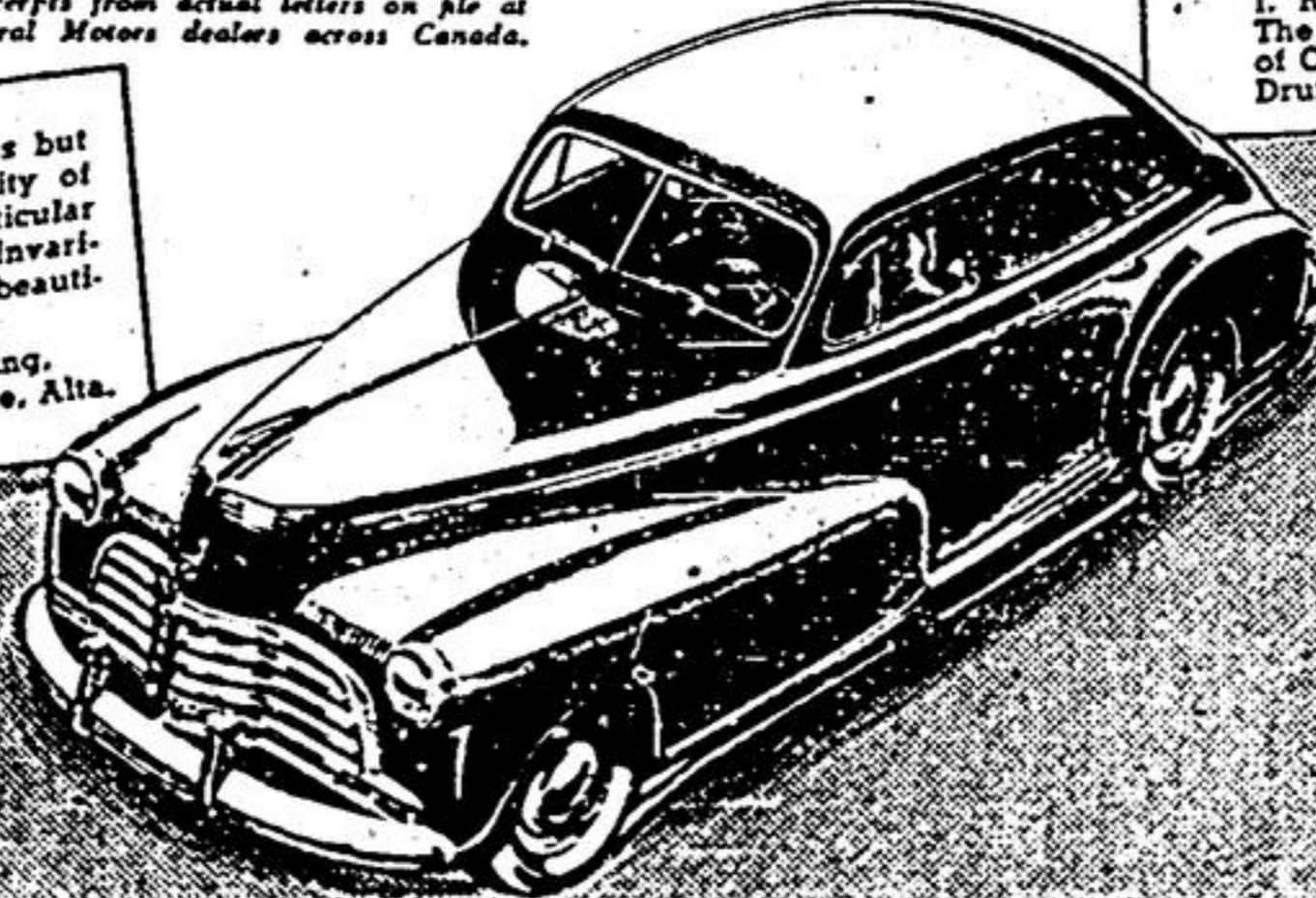
The method is as follows: the stem of the tree is freshly sawed, preferably at an oblique angle or "V" shape, and placed in a receptacle containing the solution and left in a room of moderate temperature (55 to 65 degrees Fahrenheit), until the tree is to be used. The quantity of the chemical required, either of the calcium chloride or the ammonium sulphate, should equal one-quarter of the weight of the tree. Dissolve the chemical in water at the rate of 1½ pints per pound of chemical. The degree of fire resistance depends on the amount of the solution taken up by the tree, and freshly cut trees respond readily to treatment, the quantity of the chemical absorbed varying with the freshness of the tree. A properly treated tree will not burn even when exposed to a large flame.

Have you heard what they say... about CHEVROLET?

FROM DOCTORS... from farmers... from businessmen... from salesmen... from fleet operators and men who drive a car for pleasure... from purchasers in every trade and occupation across the Dominion, comes praise of the new 1946 Chevrolet. To them, Chevrolet's Big Car Quality at Lowest Cost... its flawless, trouble-free operation... is an actual, proven fact. Throughout their letters, expressing their pleasure and complete satisfaction in the new Chevrolet, certain phrases occur again and again—"Unbelievable that such performance can come from a car as low priced as Chevrolet"... "The best Chevrolet yet"... "Definitely worth waiting for".

A PRODUCT OF GENERAL MOTORS

* Excerpts from actual letters on file at General Motors dealers across Canada.



CHAS. COOPER

CLAREMONT

ONTARIO

"We are well satisfied with the performance of the 1946 Chevrolet. On our taxi operation, our car is now in our taxi travel, our car proves very efficient with an average of 24 miles per gallon." F. M. Schmidt, Regina, Sask.

"It is by long odds the easiest car to handle I have ever had. We had no trouble getting through the heavy traffic in Toronto, New York, Boston, Chicago and Cleveland. It gave solid riding comfort." W. J. Finlay, Vancouver, B.C.

"I have been driving a 1946 Chevrolet Coach bought in August of this year, and am impressed with the speedy and reliable action of the brakes on my car." Harold Levors, Examiner for Driver's License, Winchester, Ontario.

"Our fleet of 1946 Chevrolets, used for our police work, has been in constant use for the past year. The Chevrolet engineering staff has been so good that our operators do not have to be concerned with any mechanical fact with." I. J. Cannon, Chief of Police, Quebec, Que.

"Have just week motor Seda range we approx Chevrolet easily in cal trou whatever"

"As the priced the adva priced ca roads, the fact' contr holes of"

"I am very much pleased with my 1946 Chevrolet Sedan and have driven it over 28,000 miles. The performance of the motor, ease in driving, and quality of material and workmanship makes it a splendid car for taxi business." Jack Carter, Dartmouth, N.S.

"During our fifteen years in the taxi business, we have never had any car or cars that operated so economically and trouble-free as these 1946 Chevrolets are doing." Emile Lanthier, Ltd., Montreal, P.Q.

"I could name many features but will mention just one—quality of workmanship. When particular people drive with me, they invariably remark: 'You have a beautifully finished car.'" J. H. Irving, Lethbridge, Alta.

"In a seven 1946 Chev mountain 10 feet or 1 and the grades a mechani- encircled burn, Ontario"

"the low- priced high high. On rough's you per- ruts, pot- burn, Ontario"

"The two-tone job that I have, dove grey body with royal blue top is smart. I still get a big thrill when people stop and stare. It is amusing to hear the remarks passed, and they are all in its favour." R. Knight, Winnipeg, Man.

"The men using these cars cover every part of the Dominion. In sending out a questionnaire, as to the performance and comfort in driving their new Chevrolet cars, the replies ALL have been 'SWELL'." I. R. Ross, The Holite Rubber Company of Canada Ltd., Drummondville, P.Q.