

iron, but also in vitamins D, C and

B complex, and low in vitamin A.

Persons on such a diet can get vi-

tamin D only from the sunshine they may absorb. Vitamin D pre-

vents rickets. Vitamin C prevents

vitamins perform a variety of

Scientific research has invaded

the realm of candy eating.

Through laboratory experiments it

has been found that candy makes

a sort of flash when broken in the

dark. But not all candy! If one

wants a flashing candy one is lim-ited to sugar wafers flavored with

wintergreen, lime, lemon, clove or cassafras. If, however, one does

not want flashes with his candy,

better stick to flavors of chocolate,

licorice and cinnamon. Candy is

not just candy any more. This

modern age complicates every-

Last year Professor Ernst Al-red Hauser of Massachusetts In-

stitute of Technology discovered a

new kind of wrapping material—odorless, tasteless, impervious to

fire and corrosion by acids-made

from bentonite clay and called

"Alsifilm". Alsifilm is already be-

ing used to replace mica (isin-

glass) in electric motor and gen-

The first Alsifilm was whitish

and opaque, like a tough vellum

paper. This quality suggested its use as a durable medium for writ-

ing and printing. Dr. Hauser is now making another kind, from a

clay he discovered in California's Death Valley, which is almost

completely transparent and water-

roof-usable as wrapper for to-

bacco and foods. He is also ex-

erimenting with this type as a

possible material for photographic films and automobile windows.

Canadian Library System Superio

Charles R. Sanderson, chief lib

rarian of Toronto Public Libraries

eturned home from a visit to

England and said he was "greatly encouraged" at having found that Canada has a higher educational

standard than England and a bet-

ter library system.
Of all the libraries he visited in

the Old Country, not one, he said,

was doing the work of the Toronto public libraries and the library service to the public was "enor-mously superior here."

Canada Praised

Libraries In

ALSIFILM ONWARD

functions, aid the nerves and pre-

The B complex

scurvy; A and B support

vent pellagra.

CONFECTIONERY

COMPLICATIONS

thing!

Modern Etiquette BY ROBERTA LEE

1.- May a woman invite a guest to a bridge party, when she has never been in this guest's home? 2.—Where should a girl sit when she lunches or dines in a restaurant with a man?
3.—What should the father of the bride do after he gives her

4.-Isn't it impudent for a pereon in company to be unusually forward, always wanting to "hold the centre of the floor"? 5.-Is it necessary to thank a doorman when he opens the door

for you? 6.—What would be the correct phrase to use when introducing two women?

1.-Yes; this is frequently done. One or the other must make the first move. 2.—She usually takes the seat that faces the door, and supposed to sit opposite the man if the table is a small narrow one. 3.—He takes his place next to his wife, at the end of the first pew on the left of the church. A .- Yes; it is not only impudent but a display of ignorance. Greville tells us, "Unbecoming forwardness oftener proceeds from ignorance than impudence." 5.—
No. This is merely a routine service that he performs hundreds of times a day, and he does not expect to be thanked each time.
6.—"Miss Allen (the elder), may
I introduce Miss Adams (the

What Science Doing

DIET SPIKED WITH VITAMIN The possibility of "spiking" the white bread, sugar and meat diet, mainstay of low income classes, with calcium and other substances necessary for health was sugges ed recently by Dr. H. H. Mitchell of University of Illinois, at the Pacific Science Congress.

Dr. Mitchell said this might be

done by "salting" the dough with calcium or by increasing in the bread recipe the quantity of milk solids, which are high in calcium Dr. Frederick F. Tisdall of University of Toronto cited a survey to show low income groups failed

to receive sufficient quantities of these substances. Inadequate In Calcium and Iron The white bread, meat and sugar diet, he reported, was markedly in-

Algonquin Country Club, N.B.

Contestants in the New Brunswick-Prince Edward Island amateur championships on the Algonquin Country Club course, St. Andrews-by-the-Sea, N.B., discussed fortunes of the day at the golfing tea at the attractive clubhouse. Outstanding golfers from two of the Maritime Provinces met in the tournament which was eventually won by Pete C. Kelly, Charlottetown, star with the Detroit tolam in the National Hocke League. Most of the players also enjoyed swimming at famed King's Cove and took part in other recreation at the Algonquin Hotel, head-quarters for the event.

Make A Monkey Out Of Him A wise guy stepped up to the bus as it stopped the other morning and said to the driver: "Well, Noah, you've got here. Is the Ark

The motorman answered back: "Nope, we need one more mon-Come on in."

Isn't It The Truth This the the time of year to get out the golf clubs, tennis racket, the swimming suit, the fishing rod and tackle, and riding boots - and then go lie down under a shady

Sh-h In his announcements one Sunday the clergyman regretted that money was not coming in fast nough-but he was no pessim. "We have tried," he said, "to raise the necessary money in th sual manner. We have tried honestly. Now we are going ee what a bazaar can do."

No Alternative Kind-hearted Old Lady -Poor man, and are you mar-

Beggar-Bless my heart, lady, do you think I'd be re-lying on total strangers for support if I had a wife?

Generous Angus Mrs. McTavish went to her husband and said, "Angus, I had a funny dream last night. I dream you gave me a hundred pounds. "Well," said Angus, been a grrrand wife lately, so I'll let you keep it."

Flattering Clear Red Lipstick

May Be Worn By Any Type

A clear red lipstick is perfect for summer complexions. It will do a lot more for your individual coloring than any lipstick you have ever used! If you are fair, it will emphasize the dazzling whiteness of your skin - and if you are tanned -it will make your sun-warmed co lor glow with new life and vivacity. In fact, it's the sort of gay, chal lenging, youthful red for which every summer complexion clar Wear It With Any Color Of Gown

There's not a single color in the fashion picture with which you cannot wear it. What drama it sug gests with cool, frosty white! Its vividness makes an exciting accent for all the summer greens and yellows and pastels and all the shades of blue from sky to navy. It's in-credibly smart with the black sheers you'll be wearing for shopping days in town, and you can also wear it for every summer occasion from your early round of golf to dancing under the stars. in a tennis dress, at a smart luncheon, in a shady hat - your lips will be lust rous with this vivid red that suggests the glowing health that is the true beauty. And at night, neither electric light nor moonlight will dim the gleam of this brillian splash of color on your lips.

AGENTS WANTED

BABY CHICKS

Stork Migration Has Been Traced

Use Dyeing As New Marker

To what extent is the migratory habit inherent in the Stork? What are the limits of the bird's travels? European bird lovers are adopting many expedients in their ef-

forts to find out.

For years ringing has been the hief medium of getting at the real facts but now other schemes are Recently six Polish storks arriv-

ed at Croydon by air from Warsaw and they were immediately convey-ed by road to the Hazlemere Museum where Mr. C. I. Blackburne a well known British ornithologist eived them. Mr. Blackburne has ro years been receiving storks, nging and releasing them, but in egard to these birds he dyed their eathers in particularly bright and istinctive colors in order to render hem immediately discernable to ill watchers of bird life in Europ-

Dye is Harmless The dyeing of the feathers, it is cointed out, can be done without ny harmful effects on the bird be ause it in no way tends to clog their feathers, but leaves them soft and resilient, exactly as they are in their natural state.

Birds Flew Off In Different

After the dyeing had been com-pleted the birds were given a good feed of fish and released. For a while they showed no inclination to take their departure from the huge grounds of the museum but eventually, one by one they rose into the air, circled over Hazelsmere and, much to the surprise of observers, flew off in different directions. Cny one bird hit a course which, if fololw sit ETA ETAO OA EA t follows it, will lead it back to Po-

Empire Schools Exchange News

An empire service for 150 schools scattered over Canada, South Africa, Malaya, Borneo, Falkland Islands, India and Britain has been inaugurated by the Empire Article Exchange society. Student reporters and photographers cover what interests them and send their copy to the editor, J. J. B. Dempster, headmaster of Milbank Elementary school, Westminster. He turns out a newspaper which is sent to the 150 schools.

The big story in a recent edition was a report of how 17 boys and girls from a one-roomed country school in Saskatchewan travelled 250 miles over difficult country for a brief glimpse of hte King and Queen in the royal train touring Canada.

How Can 1? BY ANNE ASHI EY

Q .- How can I keep butter sweet for a long time, even in hot

weather?

A.—Store in strong salt brine.
The brine should be prepared in a stone jar. It should be strong enough to float a potato. Place the butter in this brine, cover the jar, and keep in a cool place. Q.—How can I whiten a straw at which is badly sunburned?

A.—Remove the band and fast-

and medium inco

CANADA PRESENT

en the hat to the inside of a wood-en box. Then invert the box over a dish of burning sulphur. Q.-How can I relieve the painful sting of mosquito bites? A.—Bathe the parts with spirits f camphor or witch hazel. Q.-How can I clean brass ar-

cles effectively? A.-Mix one gill of paraffin oil, 2-gill of naphtha, and sufficient owdered tripoli to make a paste. lub with this mixture, wipe off, and polish with a dry soft cloth. Q.-How can I freshen stale A .- Brush the stale biscuits

the oven for a few minutes, and will restore their freshness won-Q.-How can I treat ivy or oak A.—A poultice of corn meal and hops, thoroughly soaked, is

ightly with cold water, then place

Women Get Most Sleep

said to be an excellent remedy.

Results of Questionnaire Sent Throughout Great Bratain

Most people sleep at least eight hours a day; women sleep more than men; and the rich sleep less than the poor. These interesting facts have

been revealed by the answers to a questionnaire sent out to members of all classes throughout Great Bri-Only three per cent, of the total number questioned said they got

six hours or less sleep, but 14 per cent, said they normally slept more than nine hours and 2 per cent. said they slept more than ten. Only forty per cent, of the young were able to say that they had had their normal amount of sleep every night the previous week, while the reportion among those over fifty was 65 per cent.



POSITION WANTED

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RURAL MAN WITH CAR TO SELL oil among Farmers, Threshers, Truckers. Splendid opportunity. Write British Lubol Company, 676 Bay Street, Toronto.

BABY CHICKS

LOOK AT THESE CHICK BARgains. Day old Grade A White Leghorns, \$7.50; 30% Pullets, \$14.
35; Cockerels, \$3.00; Barred Rocks \$7.95; Pullets, \$10.95; Cockerels, \$4.75. New Hampshire Reds, White Rocks, Hybrids \$8.45; Pullets, \$11.75, Cockerels \$6.75. Ten day old add two cents, two week old add three cents, three week old add three cents, three week old add three cents to day old prices. Extra add three cents, three week old add seven cents to day old prices. Extra Profit Grade add one cent. Older Pullets and Capons, Shipped COD. — Tweddle Chick Hatcheries Limited, Fergus, Ontario. LOOK AT THESE PRICES FOR high quality started chicks. Ten day old Barred Rocks, White Rocks, New Hampshire Reds, \$9.45; 90% Pullets, \$12.45; Cock-erels, \$8.75. Two week old add one

ereis, 38-13. Iwo week old add one cent to ten day old prices, three week old add five cents, Big Egg Quality add one cent. Prompt de-livery shipped COD anywhere. Also older pullets. Baden Electric Chick Hatchery Limited, Paden, Ontario. GET SOME OF THESE STARTED chick bargains before the season is over. Ten day old Barred Rock, New Hampshire Reds, \$8.55, 90% Pullets, \$11.95; Cockerels, \$8.50; two week old add one cent, three week old add five cents, four week old add ten cents to ten day old prices. Large Egg Quality add one cent. Prompt delivery. Also older pullets.—Top Notch Chickeries, Guelph, Ontario.

24-in. MOUNT FOREST COMBINA-tion Seperator, nearly new. Fred Black, Grassie, Ont. ARTICLES FOR SALE

QUILTING PATCHES, FINEST AS-sortment five pounds for one dol-lar, postage paid. E. Pullan Ltd., 480 Adelaide Street West, Toronto.

Classified..... Advertising..

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Beauty Cluture, taught in a school
chartered by the Dominion Government, branches from coast to
coast, hundreds of successful gradcoast, hundreds of successful grad-uates. We prepare you for provin-cial and state board examinations, rates reasonable. Call or write to Dept. A. Canadian Largest school, lig Marvel, 358 Bloor Street, W., Toronto. COLORED AND MOUNTED

ENLARGEMENT IN PORTRAIT easel mount. Free with each order. Films developed, printed 25c. Reprints 10 for 25c. Our never fade process and one day service assures you satisfaction. Best Photo Service, Adelaide St. Station, Toronto. EDUCATIONAL

ENROLL NOW FOR YOUR FALL course of study. Ask us about our Practical Advertising course. Complete your Matriculation "The CCC Way." Canadian Correspondence College, 501 Ryrie Bidg. Toronto, Ont. Established 1902. NEW FURNITURE FOR SALE

SAVE 20% OR MORE ON NEW Furniture. Our large five-floor warehouse is stocked with complete home furnishings. By selling direct from our WAREHOUSE we save an average of 20% and pass this big saving on to you. Terms arranged. Freight prepaid. Write us to-day. Valuable premiums given for sending customers to us. McKenna Furniture Co., Limited, 526 Bay Street, Tcronto.

ÔNTARIO LAKE SHORE PROPERTY FOR sale on Skeleton Lake, good sand beach, good road to beach. Char-les Stroud, Aspdin, Ont.

PUPS FOR SALE AIREDALES AND BEAGLE PUPS: good stock, good breeding. Apply to Adam E. Hartmann, Neustadt,

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MAYALL'S TIRE SERVICE 8 ELM ST. TORONTO When writing, please state size.

ld he recover him of

races featuring the por ful 225 c.c. class and the ing sea fleas. One of

Naaman's pal knew of Elisha ohet who had sucork and was wielding d the king of Syria d I will send a let

s where Syria, of

of Pales-River flows

this wa

Galilee and the

suaded to Come

e king of Syria, was

ise by him Jehovah

d gone out in bands,

ght away captive out of Israel a little mai-

ited on Naaman's

said unto her mis

hat my Lord were

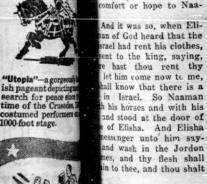
one went in, and

into Syria; he

Israel For Help

e king of Israel. And ook with him ten lver, and six thousof gold, and ten chan-And he brought o the king of Israel, now when this letter to thee, behold, I have my servant to thee, And it came to pass. king of Israel had read t he rent his clothes. Am I God, to kill and that this man doth

e to recover a man of but consider, I pray e how he seeketh a ole, and rightly so, a The Mosaic law red that it was God ould make the dead o gave life to any huaved and angry when he could not raise the s own power. Nor would



MATIONA

TORUNI

messenger unto him say-and wash in the Jordon n to thee, and thou shalt had great pride, the reexalted position in Syo was to receive a les-jumiliation; that is why not go out to him. Also learn that he owed his any magic touch from et, but solely to the pow-d working through him. ions and treatment test Naaman's faith. ing was humiliating unreasonable to Naahe turned and went

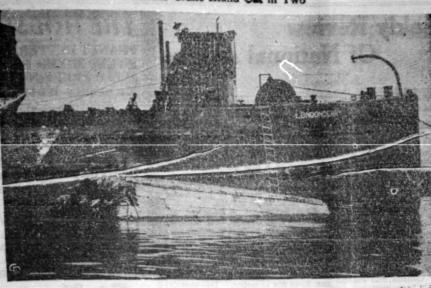
Israel. So Naaman

horses and with his

Then went he down, and mself seven times in the coording to the saying of of God: and his like unto the flesh of a and he was clean. rest route from the city ia to the Jordan valley olve a journey of about e miles. Not only in the the river, which was display, and merely in some lonely spot on bank, but also in the ippings was the faith of 1939 ut to the test. miracle of cleansing

t only in an entire

Schooner Crane Island Cut in Two



Four members of the crew of the schooner Ctane Island were drowned what the ressel was cut in half by an unidentified freighter in the St. Lawrence river above Quebec. Captain Leo Bernier and Maurice Roy escaped from the wrecked schooner. According to Captain Bernier, his vessel was struck by a freighter which came from behind them during the night. An inquest has been opened in Montreal involving the Japanese freighter, Kirisima Maru, although the Captain T. Yamasiti claims that his vessel did not hit anything coming up the river. One half of Crane Island is shown here after it was picked up by a salvage boat.

Kaltenborn To Go Abroad-Will

Regular Evenings

Columbia on the other hand :

cently announced plans for an aer-

ial tour of Europe to be undertaken by its veteran news-analyst H. V.

Kaltenborn who will be leaving on

August the 9th. During the three

weeks he is abroad Kaltenborn will

interview leading statesmen in

England and on the continent, re-

porting the results of these inter-

views on his regular Tuesday and Sunday night broadcasts.

In between his London broad-

casts Mr. Kaltenborn plans to fly

Broadcast From London On His

Regarding International Situ-

Both NBC and CBS seem to be preparing for another international situation—at least they aren't taking any chances should there be one. Preparations have now been completed by both networks to bring to North-American audiences a flow of European opinion from all parts of that continent by leading political figures and statesmen a an effort to present all sides of the European situation to network

Antony Eden and Winston Churc hill, famous British statesmen, and other important European political figures, will discuss the international situation from European capitals over the networks of the NBC in the near future, John R. Royal, vice-president in charge of pro-grams, announced recently on his return to New York from a ten day trip to London and Paris.

Eden and Churchill to Broadcast Regularly

Eden is expected to speak from London to the NBC radio audience on this continent, twice a month beginning in the middle of September. Churchill will speak at least once a month. Royal said he was not at liberty to mention the names of the other European statesmen who will join in discussion of the present international situation. Royal claims he offered facilities of the NBC to both Germany and Italy in an effort to present all sides of the question to NBC listeners. So far, he said, he had received

no word from these two countries. While in Europe Royal also arranged for a series of six talks by Hugh Gibson, former U. S. Ambas-sador to Brazil and Belgium, now in London. These will be broadcast over NBC networks for ious points on the Continent. Gib-son will summarize the stiuation and discuss conditions he finds in his travels from country to

body but also in a mellowing of his nature. It is true that he flew into a rage because of his pride when first the prophet's message when first the prophets hessage was brought to him, but once he had been cleansed, his pride dis-appeared and the foremost desire of his heart was to thank the prophet for what he had done for him. His cure convinced him that the God of Elisha was the God of the whole world. So he returned to Elisha with his companies, his horses, his chariots and a numer ous train of attendants. But Elisha like a true prophet refused

The story of Naaman shows The story of Naaman shows how prayer and faith in God will give us a new birth of spirit and cleanse the filth and heal disease which befalls us.

nformation on conditions abroad for use on his programs. TO BE HEARD

Farm Broadcasts, CFRB 1.05 p.m. Mondays to Fridays; Farm Broad casts, CBL 1.30 p.m. Mondays to Saturdays; August 11, 8 p.m. CBS, Under Western Skies 9. p.m. CBS, CFRB, Raymond Paige 10.30 p.m. CBS, Believe It Or Not Ripley August 12, 10.30 a.m., NBC, CBL, Bright Idea Club 8.00 p.m., NBC, CBL, Jimmy Dor sey's Orch. 9 p.m., CBS, Your Hit Parade 10.15 p.m., CBS, CFRB, The West Remembers August 13, 2-p.m., CBL, Chamber Music Concert 4 n.m., CBS, CBL, So You Think You Know Music 7 p.m., CBS, CFRB, The Alibi Club 8 p.m., NBC, CBL, Chase and Sanborn Hour ... 10 p.m., CBS, CFRB, Grant Park Concert August 14, 8 p.m. CBL, Don Turner's Orch. 9.30 p.m., CBL, The Down Easters 10 p.m Carnation Contented Hour Aug. 15th, 8 p.m., CBS, CFRB, Hu to Paris, Berlin, Geneva, Brussels, Adventure 9 p.m., CBS, CFRB, The Hague, Warsaw, and other important centres to secure first hand We, the People 9.30 p.m., NBC,

The Long and Short Of It



Quite a problem was faced by James R. Sadler, one of the newly-conscripted militiamen to arrive at the Hounslow barracks recently. Being surjected the four feet, six inches tall, Sadler found the rifle with fixed bayonet be'll soon be using, was taller than himself. The sergeant, however, is explaining that Sadler would soon become accustomed to use of the weapon.

CBL, Alec Templeton 10 p.m., NBC, If I Had a Chance Aug. 16th, 3.30 p.m., CBL, Goldman Band ... 9.30 p.m., CBS, CFRB, Stadium Concert August 17, 8.30 p.m., CBL, CFRB, Serenade For Strings 2 p.m., CBL, To-ronto Prom. 10 p.m., CBS, CFRB, Columbia Workshop 10 p.m., CBL, Kraft Music Hall

difficult when it comes to making a nail hold firmly, but the difficulty can be overcome if, after making the hole for the nail in the wall, a tube of some reliable sticking preparation is held so that some of its contents may be press-ed into the hole. The rail is inserted and when dry holds firmly.



DISEASE SOMETIMES FLEPHANTS TO GROW CURIOUS MALFORMED TUSKS.

differs greatly from the present-day antelopes of Africa. it molts its horns annually, a process common among animals, but unheard of among those animals that bear

VERSATILE INVENTOR

16 He was a ONA SMILE LISA operator in his youth, MONA

OF REAL PROPERTY OF THE PROPERTY OF THE

21 Eats away. 25 Soap. 27 Adobe 28 And. devices.
33 Silkworm.
34 Monkey.

11 Olla, palm leaf. 12 Gushes. 15 Light blow

36 To put on. 37 To deposit. 39 To laugh

50 To scan. 52 To drag. 53 Go on (music)

VERTICAL

38 Form of "be."
40 English coin.
44 Strong curren

2 Excessive fear. 14 Railway.

By J. MILLAR WATT

POP-A Waffler-One Who Worms Out a Living





