### German Offensive Draws Nearer: Canadians Prepare To Register

ials needed by China in her war

ony of Hong Kong. The U.S. State

Department at Washington regis-tered objection to the deal; but

If, as a result of the cutting off

of the Burma lifeline, the Chinese government is forced to conclude a

peace with Japan, it will mean that

in short order Japan will find her

hands free to seize French Indo

At home in the Land of the Ris-

ing Sun, the Cabinet of Premier

Yonai resigned en bloc, apparently

to make way for a new regime all

ready to fulfil Japanese army de-mands for a "firm hand" policy in

Collapse of the Yonai regime was

1. Its failure to satisfy expansion-

Japan take full advantage of the

"golden" situation created by the

fall of France and Holland, both

with Germany and Italy. This was

considered impossible so long as

Premier Yonai and his Foreign

Minister, Hachiro Arita, remained

3. Dissatisfaction with the Yonai

regime since its inception, on the

NEAR EAST: Events moved to

ward a showdown in the Near East.

Beneath an outward calm, forces

were brewing last week in Syria,

which may change the entire face

of that part of the world. In a dis-

patch from Cairo, New York Times'

correspondent Joseph Levy wrote:

"It is generally agreed that Syria

today is the key to the situation in

the Near East. Whatever happens

in Syria, whether political or mili-

sed, Arab nationalist aims, politi-

have sprung to sudden rebirth. It

is with the help of Britain, that the

Arabs now expect to attain their aims. They want to see quick Bri-

tish action, action which would

more and more frustrated, for Pre-

sident Roosevelt to come out with

his intentions. For engineered sus-pense, there had perhaps never

The week before the convention

had been eventful. President Roose-

velt, declaring that the United

States must prepare for "total de-fense" asked Congress for \$4,848,-

181,957 additional for the army and

navy and proclaimed this two-fold

policy: "We will not send our men

to take part in European wars" . . .

"But we will repel aggression against the United States or the West-

ern hemisphere . . . The huge out-lay, which brought the session's

appropriations for the armed forc-

es to \$10,100,078,270, is designed to

give the United States a start on

its "two-ocean" navy, a combined

army-navy-air force of about 36,000

planes and modern weapons and

equipment for a land force of 2,000,-

CANADA: A rush for marriage

licenses, which amounted to a ver-

itable stampede in Quebec province

followed last week upon the an-

nouncement by federal authorities

that all Canadian men married on

or after July 15th would be consid-

ered as "single men" so far as military service is concerned . . . And

those young men between the ages
of 21 and 24 who didn't get
through under the wire looked forward to undergoing military train-

ing this summer either as volunteer

000 men.

to become independent."

been anything like it.

SYRIA'S THE KEY

iste who have been demanding that

sscribed to three major reasons:

the Orient.

Far East.

office.

2. Desire for cie

China and the Dutch East Indies.

did nothing to help China, either

Few people last week allowed against Japanese agression; and to prohibit the transport of arms into China from the British crown colemselves to be lulled into a sense of security by seeming fnactivity on the part of Germany. Rather, it was everywhere felt that Hitle completing consolidation of his to the Balkans - was awaiting only e moment, to strike at Britain. THE CHOICE FOR BRITAIN

Reports circulating in Rome ha that first Italy and Germany would serve an ultimatum upor Great Britain offering her the choice between surrender and desmetion. An article in Virginio Gayda's newspaper, obviously referring to Prime Minister Churchill's own speech of July 14th, said that "Bri-fain will have to settle to her last unt, choosing between submison to the renovating, restorative ces of Europe, or extremely grim and violent war in which inexc able destruction, a fateful, precipi tons step toward final overthrow will be measured not by years of weeks, of which Churchill spoke and by days or hours." THE PUSH SOUTH

A cabled dispatch from Helen Birkpatrick, Chicago News' correscondent in London, reported indi-catione last week were that German forces might go southward ofther before or simultaneous with their expected attack on Grea Britain; their objectives Spain, Portugal, Gibraltar and the Azores. (Military experts regard Aboraltar and the Azores among the primary German objectives, a both of these can control and domnate some of the world's most im ant trade routes).

BRITAIN: Stormy receptions i the British House met these announcements: that Great Britain formally acceded to Japan's equest to close the Burma road lifeline of the central Chinese goverament; that a bill dispensing with trial by jury and the right of appeal in wartime Britain was betary, will affect all other Arab lands. Now that France has collaping pushed by the Home Secreinry; that the government scheme to evacuate children to the Western cal ambitions, and the long-dream-ed-of federation of the Arab States

hemisphere had been postponed. Prime Minister Churchill in his Sunday address declared that the British would rather see London in ruins than Hitler victorious Germans who enter Britain will get short shrift, the Premier said, and should the invader come, there will be no lying down to him as in other

"A LONG WAR" A Russian writer, estimating Br tain's chances in the coming struggle with Germany, said last week "M Britain is really determined t fight to a victorious end, then, re lying upon her geographical posi-tion, the tremendous power of her paval forces and exceptionally powexful financial and economic re sources of the British metropolis pominions and colonies, she may maintain a long, stubborn resis . The landing of armed forces on the British Isles repre sonts, even for the powerful Ger men army, an exceptionally difficult ration. This perhaps is still the might be forced to capitulate, uniese the struggle ends in some com promise. That is why the war may entinue for a long tim

completely new forms." During the week, while German et raiders continued extensive at tocks on coastal defenses of Enghand, daring R.A.F. bombing squad some acted more vigorously than ever in flights over Germany. They wrought great havoc upon airports barge concentrations, oil depots, avanitions factories and jumping off places for enemy air forces and invading troops.

END OF REPUBLIC FRANCE: The end of the demo eratic Third French Republic which rose from the ashes of the Empire of Napoleon III and fell under the Nazi conquest - was Parliament approved a bill giving the Government of Marshal Petain and France became a totalitarian tate, its motto no longer "Liberty, Quality, Fraternity," but "Work

MEDITERRANEAN: Threefold Italian attacks against British poseeping up their pressure last week, according to dispatches from Cairo — against Kenya, against Egypt, and British Somaliland. Serere fighting took place at a number of outposts. Above and below the Suez, at the same time, British bembers attacked Italian army navy and air bases, from Mediter ranean Libya to the tip of the Red

Most of the Italian fleet was re ported last week in home harbors efter fleeing under cover of a smoke screen following a brief engagement with British warships WHITHER CHINA?

FAR EAST: A Munich of the east took place last week when Great Britain agreed to close the Burma Read to munitions and war mater

Soldiers' Welfare Room Operating In Barrie, Ont.



A Welfare Room for the use of men and women in His Majesty's

A Welfare Room for the use of men and women in His Majesty's Force; has recently been opened on the corner of Dunlop and Mulcaster Streets in Barrie, Ontario.

This accommodation, which includes the complete ground floor of the building, has been newly decorated and equipped and provides facilities for letter writing, meeting friends, and for quiet rest and meditation. Arrangements have been made for its continued maintenance throughout the duration of the war.

The establishing of this room by the Christian Science organization is in keeping with their general policy during the last war, when Welfare Rooms were established near many camps on this side of the water, as well as in England, France, and elsewhere.

ive militia or as draftees into the same organization . . . The calling-up of further age classes for train-Defence Department was ready for QUESTIONNAIRE

of whom have rich colonies in the Every man and woman in the Do inion over the age of 16 (except cioistered nuns, men already in the army, inmates of insane asylums) learned last week that beween the dates August 19th and 23rd, they would have to answer a ground of its "excessive" liberalmestionnaire, for national registration purposes, giving full details with regard to age, education, occu-

pation, qualifications for service. The business of national registration—a tremendous undertaking is being looked after by the newly created War Services Department under Hon. J. G. Gardiner, forme Minister of Agriculture. The Department will place the results of the registration and survey at the disposal of the government; promote, organize and co-ordinate dif-ferent forms of voluntary assistance with a view to the most effective use of personal services or matertal contributions for war or other purposes; co-ordinate existing pubic information services of the govgarding refugees or other persons brought to Canada by reason of the war: take over the powers or duties of any other government departments, should the occasion be

give the Syrians immediate moral and material support in their effort JOB INSURANCE Canadians earning less than \$2, NO. 1 GUESSING GAME 000 a year (4,660,000 people in the UNITED STATES: One of the biggest guessing games in all his-tory was in progress last week at Dominion are affected) will partici the Democratic national convention in Chicago, while the delegates (and the candidates) waited, feeling

pate in the contributory unemployment insurance scheme which came before the House of Commons last week. By 1941 it is expected the program will cover 2,100,000 wageearners in all types of industries and other work. Employees - divided into seven classes - will conribute from 12 to 36 cents a week; the employers' contribution ranges from 21 cents to 27 cents, accord ing to the wage group. The government adds a grant of one-fifth of the total contributions of employers and employees, and pays the cost of administration. Benefits for single persons range from \$4.08 to \$10.20 a week; those for wage-earners with dependants from \$4.80 to \$14.40 a week. To qualify for the benefits, worker must have paid 30 weekly contributions or 180 days. Payment of benefits begins nine days after

nemployment. The Ontario government's new policy of reducing relief rolls was seen last week as putting the screws on first, the municipalities; second, individuals in the province. The municipalities were asked to strike off relief every person who could be classed as "employable"; the "employable" in each case being forced to take any job offered him, no matter how miserable the wages, or how ill-fitted for the work he happened to be. The fact that scores of the "employables" had army rejection slips appeared to

matter not a whit. EMPTY ARMS The country was full of disappointed homes, potential foster-parents with empty arms, after the word came through last week tha

# Ouestionnaire For Canadians

To Be Answered by Everybody in Dominion Over 16, During National Registration Week - Divided Into

The National War Services De rtment has made public the quesionnaire for national registration to be answered by all Canadian re sidents of 16 and over. It contains eighteen questions to

be answered by men. Women must answer the first fifteen question directed to the men and an additional four special questions. The joint fifteen questions fol-1. Surname. Given names, 2. Permanent postal address (if away from usual residence when

filling in card give name of usual

3. Age last birthday. Date of 4. Conjugal condition - single, married, widowed, divorced. 5. Of what dependents (if any) are you the sole support: (a) father, (b) mother, (c) wife; (d) num ber of children under 16 years, (c) number of other dependents, (f) do you contribute partial support to

any one? 6. Country of birth of: (a) Yourself; place. (b) Your father, place

(c) Your mother, place. 7. Nationality or country of allegiance: British subject (a) by birth, (b) by naturalization? (c) Foreign citizen? (d) if naturalized, in what year? (e) In what place? (f) If not British subject, to what country do you owe allegiance? (g) If an immigrant, in what year did you enter Canada? 8. Racial origin

9. Language or languages: (a) De you speak English? (b) French? (c) What other language can you speak or read and write?

EDUCATION 10. Education: (a) Primary only (b) Primary and secondary. (c) Vo-

the British Government had decided to postpone the avacuation of children to the Dominions and the U.S. . . . Declared Ontario's Minisvince alone could absorb 50,000 Bri tish child war guests without difficulty, and arrangements could be made to boost that figure by many

The First Canadian Division has a new commander, Major-General G. R. Pearkes, V.C., of Calgary, was appointed to succeed Major-General A. G. McNaughton, who had been promoted to command a new British Army Corps with the rank of Lieut enant-General.

Conservative news: Conse House leader Hanson last week rejected the suggestion that he, along with a number of selected followers, sit in with the King Cabinet at Ottawa for discussions on the Dominion war effort. Mr. Hanson and his followers refused to become associated members of the Cabinet . No move has yet been made to select a new party leader for the

For Better Desserts

# Corn Starch

# SCOUTING . .

The Boy Scouts, Girl Guides and Boys' Brigade, of London, Ont., are arrying out an organized district collection of used and waste mater ial of all kinds as a co-operative war effort. The city was divided

cational training (business college and technical high school). (c) College or university degree? 11. Is your general health (a good? (b) Fair? (c) Bad?

12. If blind, deaf, dumb, crippled or otherwise physically disabled, state nature of disability. If perm anently disabled, are you in receipt of a pension? In respect of war ser vice? Workmen's Compensation Old age or blind? Other? OCCUPATION

13. Class of occupation: (a) Are you an employer of labor other than domestic? If so, state business (b) Are you working on your own account, but not employing labor M so, state business. (c) Are you an employee? (1) Working at usua occupation. (2) Working at other than usual occupation. (3) unem ployed. (d) Others not working hecause pensioners, dependents, retired, independent means. 14. Occupation or craft (answe

giving years of experience): (a) Present occupation? (b) What ! your regular occupation? (c) What other work can you do well? (d) an employee, who is your presen employer? Name, address, nature of business, where employed? (e) If experienced in a skilled indus trial occupation or profession, de scribe specifically the type of work in which you are specially equipped by training or experience.

15. Unemployment: (a) How many weeks did you work in the past twelve months? (b) If out of work now, state number of weeks since last employed in any occupation other than work performed in return for direct relief. (c) Are you totally incapacitated for employment?

FOR MEN ONLY Following are questions to be an wered by men only: 16. (a1) Were you brought up or

a farm? (a2) Until what age? (b1) Have you worked on a farm? (b2) How long? (b3) In what Province or country? (c1) Can you handle horses? (c2) Drive a tractor? (c3) Use farm machinery? (c4) Can you milk? (c5) Are you able to do othe farm work? 17. Is there any particular occu-

pation in which you would like to specially trained? 18. Defense services: (1) Have you previously served

in any naval, military, or air force es? If so, state: (a) Forces of wha country? (b) Approximate dates be ween which services performed (c) Unit? (d) Rank held? (2) If retired or discharged, give

reasons therefor. (3) Have you been rejected for FOR WOMEN ONLY Following questions are to be an

swered by women only: 16. State length of experience (in vears) if any in: (a) general farm ing? (b) Truck farming? (c) Fruit farming? (d) Poultry farming? (e) Dairy farming? (f) business estal 17. Can you (a) handle horses

(b) Drive motor trucks? (c) Drive an automobile? (d) Drive a tractor? (e) Use farm machiery? (f) Milk cows? (g) Do plain cooking? 18. Indicate here any qualifications or practical experience that you possess, not already described. 19. Do your circumstances permit you to serve in the present nation al crisis, by changing your present occupation to some other for which you are qualified? (a) Where you can return home daily? (b) Away

### into eighteen areas, and a con tee appointed to plan paper, scrap metal, lead for

When Lord Baden-Fowell Toronto in 1923, during a Canada, he told eight W flag bearers that if the to London he would "sta a real English tea." The not" when six of the e ers now in England. to enjoy the tea. The Ch

> Chesley, Ont., Scouts ing potatoes on a plot of gro placed at their disposal by potatoes were invited to ) project.

co-operated with the Red branches of the area in the

phant" store in St. Catherin

ections were made of us

mowers, etc. Broken furnit

accepted provided the broke

made district collection cen

they were entertained

uty Chief Commissione

Niagara Peninsula Boy 3 CHAPTER XIX ing and operation of a "White ture, bric-a-brac, garden tools,

## Convalescents, Do Gardening

What "green growing thin

was bright and gree

waterproof paper po

furnished color and

enamel coffee maker

ering pot. When the

and dresser became

inexpensive, two-tiere

er shelf and this gave room

pots and a better expo

light. All this was done i

oom having one window

eastern exposure and at vel

was fastened to the

PUT THEM ON GLASS SH

red and green dishes and co

"One peck of potting seil, a

Cultivate Potted Plants Кеер Нарру

do to create happy hours for valid is told in a letter to the York Sun from Mrs. Melli Manchester, former mer faculty of Teachers' Co a recent convalescence in chusetts sanitarium, Mrs. Mat ter discovered a new and sti ing form of occupational the planting seeds in differen and cultivating potted plant "I learned from experience

you mean?" writes, "that the old saying busy to keep happy" is a good tor's prescription. I put seeds, chick peas, white an beans on wet cotton cers and covered them. In 43 sprouts appeared, and after days of exposure to either e or sun light, keeping them now. But very important in days. The simple folk evi ling to old customs, reseveral inches. On ordi es, I germinated wheat se produced seedlings ready ting in soil. I even had a growing on a flat, wet sponge

A New Powwow found the first floo sed for storage of grains, ols and other valuables grass and woven mats he second storey floors can stay up there," Bob I'll curl up somewhere

the ladders for you." didn't get to retire imthough. They had shed exploring when ned to the ledge and stood the chieftain and men, evidently an offi-

ERSEAS

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SENDS 1,000 TISH CONSOLS" ORT" or "LEGION" Cigarettes Military Address Overse

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UE 30-'40

TRY IT THE "SALADA" WAY

Infuse 6 heaping teaspoons of Salada Black Tea in a pint of fresh, boiling water.

After 6 minutes strain liquid into 2-quart container, while hot, add 1 to 1 ½ cups

After 6 minutes of 2 lemons, strained, stir until sugar is dissolved, fill container.

OREN ARNOLD

cial body, and before them were

four brown maidens, young girls

signing. Bob hastened down.
This new powwow, lighted by

orches, lasted fully a half hour.

In the end, the three dark men

led their maidens away, and Bob

came back up the house ladder.

ed, anxiously.

maidens, 'Lissa!"

tently at him.

"What is it?" 'Lissa demand-

"It's awful!" he whispered, in a

trained voice. "Things have tak-

en a much more serious turn.

Those girls—they are sacrificial

"Sacrificial?" She looked in-

"Yes! The old chief says they

all. The chief was pointing and

# \_ost Kingdom

CAST OF CHARACTERS ROBERT BARRY - hero, ex

MELISSA LANE - beroin rry's partner. HONEY BEE GIRL-Indian ber of Barry's party. HADES JONES - pio ber Barry's party.

ast week: Bob learns that the ange little brown people are remnants of a lost kingde people who once lived in De Castle. These peoples think Melissa messengers

white visitors stayed in a with his family and ser vacated his house, best i ngdom and with considerto the sun!" mp offered it to Bob and hospitality was gen-

whispered. re was no opening in sight ound level-no windows, holes. Two ladders led cond storey ledge, how-It was a rather imposing two stories high and pe uble the size of any other. strongly made of stone

to-morrow—goodness!"
"Couldn't we refuse?" he ceiling," Bob answe pueblo Indians still build occasionally." you have to climb up to the first-storey roof down again inside, through ning in the ceiling. And ladders lead to the floor. That makes it auto

a fortress, see?" ies couldn't get inside so right, 'Lissa.' The ladpulled up after the resi the Asiatic countries, too.' all in at night. No no ladders-not bad!" mighty inconvenient. and doubtless unneces

was great anxiety in his tone as "Yes. He will honor us in the highest form possible, by personally slaying the maiden we select. We will occupy seats of honor a the ceremony beforehand and aft-

For Human Sacrifice Mary Melissa couldn't quite rasp it. Charged with emotional strain, she shivered a little and lmost groaned. This was fantastic. unreal, impossible. She wanted to flee, to

Bob grasp her hand and run with her out of this nightmarish region forever. Again she shut her eyes and squeezed them tight, as if

She had studied the brown girls closely while Bob conferred with the chief. They were not pretty in the Caucasian sense, but they were handsome and strong. They must have been 16 or so, with muscles developed by toil in the fields. Their hair was done in peculiar tight whorls. Their garments, of roughly wov-en fiber, had been crudely but effectively dyed in colors and designs which 'Lissa sensed had a religious significance. Bob had told her snatches of such things,

she recalled. 'Lissa peered now over the roof rim, but the maidens and their escorts had disappeared in the darkness, somewhere in one of the other houses. The village was singularly quiet. There was no calling, singing, visiting or other manifestation of communal rou-tine. She had swift mental pic-

Bob reached to pat her hand, encouragingly. "Don't let it get you," he half whispered. "We still e time. And as yet we are in

Preferably A Girl
She realized the truth of that.
These strange lost people might indeed have decided to sacrifice the visitors! For the visitors! For a moment she almost wished they had. The ap-prehension of death couldn't be much worse than this nerve-wracking tension. She thought again of New York, and the impossible chain of adventures which had followed when she auswered a harmless newspaper want-ad. She smiled to herself then even there are not the control of then, even through her despair "Do you think they know one of them is to be sacrificed?" she

demanded of Bob, in an awed "Yes. The chieftain said so. They consider it an honor to be chosen, and each one hopes you'll pick her. Their idea, you see, is that the sacrificed girl becomes a lesser goddess herself."

'Lissa shuddered anew. "How often does this happen! This human-murder?" "I don't know. Probably year. But it isn't exacty mur-

der. It's all in the point of view. Now you take-" "NO, NO, NO!" Mary Melissa wasn't going to "take" anything. She wasn't even going to listen to any more scientific talk about it. She was exhausted, emotionally and physically. She could not possibly have restrained the sobs

that shook her then. Bob said no more. He just held her tightly as she cried against him, looking out the while to see if her outcry had caused any sort of alarm. He was badly shaken, himself. He gave thought to one or two wild plans for flight. Maybe, in the dead of night—! But no, his reasoning

have chosen the most beautiful girls in the kingdom for the white gods to see. You and I have to corrected him. pick the one we want sacrificed He realized they couldn't get out in secret. News of their pres-"But-but - how? Sacrificed ence had of course excited the whole village, and their slightest move would become known in-stantly. Besides, this place was a

A BUTTON-FRONT

SHIRTWAISTER

how, Bob? You mean-He nodded. "It means death for her even though it's honor for gigantic trap by physiography; he would simply have to man-suver a way back up the cave. Only their utter fatigue drove them to sleep, eventually, huddled together there on the second

"We Daren't Refuse" The thought appalled them, and for a moment the two were silent. Finally Bob spoke again.
"He wanted us to choose to night, but I stalled for time. Told storey ledge.
(To Be Continued) him the sun was down now, and it couldn't be done at night. But

"We don't dare. Our own lives might be jeopardized. It's a delicate situation. It's normal, too, but I never thought I'd experience it. Human sacrifices were common among most savage people. The early tribes in Mexico nearly all did it, the Mayan, Aztecs and such. They had special stone altars for it. Removed the heart, and had feasting the while. This custom links up with Mary Melissa barely listened

to the rest of his explanation, with its scientific background. She was too horrified. She heard him, though, when he told her the chief himself had promised to officiate at the ceremonies to

"You mean he will-he's the Bob read her thoughts. There

erward."

trying to blot out the whole ugly dream. But her mind was normal she knew. It was real, it was true. Her brain was absolutely clear, alert.

4489, is made in the wonderfully convenient button-front style, its clever designing prevents "stay-at-home" appearance. See how the gently bloused bodice is darted neatly at the shoulders and gathered above the waist. The attractive collar and the cuffs on the short sleeved style are becoming in either a maiching fabric or in a colorful contrast, perhaps vividly edged with ric-rac. An every-day, day-long style you really need for sum-Pattern 4489 is available

misses' and women's sizes 16, 18 20, 34, 36, 38, 40, 42, 44 and 46. Size 36 takes 4% yards 35 inch fabric and 21/4 yards ric-rac. Senty Twenty Cents (20c) in coins (stamps cannot be accepted) for this Anne Adams pattern. Write plainly Size, Name, Ad dress and Style Number Send your order to Anne Ac ams, Room 425, 73 West Adelaide St., Toronto.

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Here it is-your wear-every where summer dress! For though

this Anne Adams frock, Patter

### By SADIE B. CHAMBERS

tained a copy of 'Food for Health' in peace and war, a little booklet published by the Canadian medical association. This publication is worthy of special mention and from time to time we shall endeavor to arrange menus for you based on the fundamentals of this advice. The first purpose of the book is to present in a compact and practical form what doctors and scientists have learned about food through years of study and research. Past history informs us that in times of war, tuberculosis,

lack of the proper food. The homemakers of the pre have a gigantic problem before them. By providing this necessary balanced food they must keep their families fit, that all may reach the highest level of health that we may all be able to face

the task that may be ours. The protective foods of course have special mention and one of the highlights of the publication is a reminder that the Canadian farmer produces all the foods necessary for health. Canadian grown vegetables such as tomatoes, turnips, cabbage and fruits in season (apples, berries, cherries, plums, peaches, pears) can replace the more expenported fruits. Hence we are advised to buy fruits and vegetable season. Meals are budgeted a cording to adults and children and hence the families of different size and the remarkably lov cost of 26 cents daily cost per

At Churchill, a stop of 28 hours will be made to permit the party person is reached. We are minded more money cannot buy better nutrition,-it will simply buy a greater variety of more ex pensive foods. When there is no much money to spend for food, first on the shopping list should be milk and cheese; then potaoutpost of civilization. toes and whole grain products

Leaving Churchill at 1 p.m. or August 13, the turbulent an mighty Nelson River is crossed and here passengers get a view of the Kettle Rapids, while cross-The fourth in the group for rchasing is cereal product First, bread. Then in the secon (cerea!) group is given the choice of rolled oats, rolled wheat, flour, cornmeal, macaroni, tap

ioca. Under the third group come the sweets and flavorings, where tea and coffee are also allowed. Lastly cod liver oil is to be given egetable salad growing children and those workor cooked or occasionally ing indoors, from October to

June,-the months lacking sunr jam. Tea for adults, milk for chil-Their suggestions for meals,— Breakfast Fruit-Tomato juice, apple, READERS WRITE IN! applesauce or fruit in season Cereal-Rolled oats or rolled Eggs-scrambled, poached

with marmalade or jam Tea or coffee for adults, mil Lunch or Supper Soup (creamed vegetable) Cheese sandwiches toasted (if

wheat with milk.

oiled, one or more a week.

Buttered toast occasionally

influenza etc., spread rapidly, claiming the lives of many, who have been weakened from the

to visit the youngest seaport on the continent; visit historic Fort Prince of Wales constructed 1733-44 and other interesting features. Social activities in the evening will include a dance pic turesquely characteristic of this next raw fruits and vegetable and lastly meat, fish and eggs.

> ing of this river on the going trip affords a view of the Manitou Baked or scalloped potatoe with cheese or Creamed left-over vegetables or

> Bread, whole wheat with butter. Dessert Fruit in season, fresh

Miss Chambers welcomes per-sonal letters from interested readers. She is pleased to receive suggestions on topics for her column, and is even ready to listen to your "pet peeves." Requests for recipes or special menus are in order. Address your letters to "Miss Sadie B. Chamers, 73 West Adelaide Street, Toronto." Send stamped, self-addressed envelope if you wish

## Try Train Trip To Hudson's Bay

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you go.

tourist map to bring within easy and comfortable travel that strange land of the Eskimo and strange land of the Eskimo and Indian which lies "north of 'fifty-four' " and this land may be visited by taking the Canadian National Railways Eighth Annual All-Inclusive Excursion Tour to Hudson Bay, according to C. W. Johnston Canada Pagasara Tank Johnston, General Passenger Traffic Manager of the Company.

CHURCHILL AND THE PAS

This tour, including rail fare lower tourist berth and dinig car meals, will leave Winnipeg, Manitoba, on August 9. On ar-rival at Dauphin, Manitoba, in the afternoon there will be a drive to Riding Mountain National Park. The tour will then proceed to the important centres of The Pas, where about three hours will be spent during the morning of August 10. Going northwes ward, a side trip will commence the same morning for Flin Flon with arrival at 1.30 p.m. Here s visit will be made to one of t most modern mining plants on the continent, the Hudson Bay Mining and Smelting Company The evening will be occupied with social activities and a dance in the Community Hall, where visi-

**GET SOME TODAY** Rapids. Arriving at The Pas again in the afternoon of August 14, a stop of five hours is made to visit this thriving northern town and environs, after which Winnitors will get a genuine idea of "northern hospitality." Leaving Flin Flon early in the morning peg is reached on August 15, completing a men six days. of August 11, two hours mor the tour will be resumed to Churchill, the terminus, where ar-

Museum Just rival is made at 9 a.m. on Au For Children YOUNGEST SEAPORT ON

Norwalk Institution, Only A Year Old, Now Needs Larger Quarters Alhough it opened only last year, the Norwalk (Connecticut), Children's Museum has progress-

ed so greatly that it already needs new quarters. In its constantly-expanding activities, it is patterned after the original children's museum in the world, in Brooklyn.

LINKS UP WITH ACTIVITIES Children's museums are distinct from children's department of large museums in that all of their work is strictly for children All their exhibits are arranged with the young folk in mind, and so are their activities. Of these there must be plenty, to keep the children occupied. A sample week at the Norwalk Children's Museum would find one group filling the school room which now houses it to work on a relief map of their own city on Monday, others studying astronomy on Tuesday, a stamp session on Wednesday, botany—only it's called a wild-flower club—on Thursday, a variety of activities on Friday and a movie show for

the children on Saturday. About 250 separate construc tion projects are at present under way in Canada, including coastal defences, fortifications, hangars and submarine defences for ha



M'ADE IN CANADA-OF CANADIAN WHEAT















