TO BED BEFORE MIDNIGHT From the Canadian Osteopathic Committee on War Effort comes a suggestion which at first glance may be laughed off by many but which in reality is worth thinking shout; it is that we should all be in bed by midnight.

Many statements have been made by responsible authorities that our health standard is not what it should be, and the nervous and labor strain of these days i working a heavy and increasing toll. The osteopaths point out yet most effective answer to this broad upon our vitality, and few who study such matters will dis--Ottawa Journal.

DRESSED TURKEYS Turkeys, the Wartime Prices and Trade Board rules, are dressed only when they are bare. It is just another of those mildly con-fusing anomalies, such as the fact that bread rises when it sets, and, in the price of sleeping car aclways higher than the uppers. -Windsor Daily Star.

If Mr. Churchill suddenly were to take personal command of all the British land forces we should know a grave emergency had arisen. That is what Hitler has done in Germany, and it must be an event of deep significance.

NAZI EMERGENCY

ISN'T IT A SHAME? Berlin correspondent complains that the Russians are attacking the German invaders at night and that Nazi soldiers are "under continuous strain and can find no we'd call downright n.ean.

-Windsor Star.

TIMELY TID-BIT "Hitler is reported to be searching in the state libraries of Paris, in occupied France, for a copy of Napoleon's reputed secret memorandum, entitled 'How I got out of Russia."

-Woodstock Sentinel-Review. NEUTRAL As the British writer, Vic Oliver, well says: "As far as the present international conflict is concerned, I am completely neutral. I don't care who kills Hitler."

—Windsor Star.

RULE OF BUGS A chemist, alarmed by priorities, says that without insecticides bugs will rule the world. What makes him think bugs don't rule a large slice of the world right

. -Stratford Beacon-Herald. INKLING OF TRUTH "Some women who say they suffer in silence may mean that when in silence they suffer."

—Belleville Intelligencer.

Germans pronounce the letter "J" as we pronounce the letter "Y." Thus Japs become "Yaps."

-Woodstock Sentinel Review. RECIPE

The best way to improve a vegetable dinner is to add a nice, juicy steak. -Vancouver Sun.

Scrap For Warships

collected in Britain in two years to furnish material for two cruis-

ers, 10 or 12 destroyers, 10,000 anti-tank guns, 15,000,000 shells and 10,000 tanks.

JAP "TIN FISH" CAUGHT BY UNCLE SAM



A mass of torn, twisted and dented steel is all that remains of this two-man Japanese submarine that was shelled, rammed by a destroyer and blasted with a depth-bomb during Hawaiian blitz. The forward half of the craft has been ripped to pieces. The wreck was raised by U. S. Navy from bottom of Pearl Harbor for first-hand examination.

Army of Russia Still Marches On In September, after a lively few months, the German High

Command said:
"Russia as a military power is Last July 2 Dr. Otto Dietrich, the Nazi press chief, sounded off prematurely on the same topic, and wound up with:
"I have never misled you."

What he said that day includ-"The power of resistance of "Unbelievable chaos has closed

ever the Soviet armies." "The encircling, dismembering and annihilation of the huge Red forces guarding the road to Minsk and Moscow has been com-Some other little gems from

the Dietrich press conference: "The last Russian army groups are being wiped out." "There is no doubt that the

Air Raid Sirens For Ontario Cities

Ontario's larger cities will have air raid sirens very soon. Production of an English-type siren is under way at Burlec, Limited, Scarboro. Firist order from Ottawa is for 60.

The sirens can be heard four and a half miles away under good conditions. It is a twin-note type, automatically controlled by a "whaler relay" which transmits the warning signal or the "all designated switch. The siren to by the home office, A.R.P. department, in England.

U. S. Airlines In **Emergency Test**

Oranges from California, pe-cans from Oklahoma, oysters from Baltimore, baked beans from Boston and scrapple from Philadelphia — a veritable feast. Only it wasn't. All these delicacies were flown to New York re cently not so much for eating purposes as for a test to show how the 362 transport planes of the United States' 19 commercia airlines could carry 2,896,000 pounds of food to New Yorkers in a war emergency.

It's A Long Time Between Stitches

Mrs. Caleb Fox Jr., Production Department Chairman of the Red Cross in Philadelphia, reports that a middle-aged volunteer showed up with a half-completed knitted sock and asked more matching yarn to complete it. Noticing it was an off-shade, Mrs. Fox inquired when it was started.

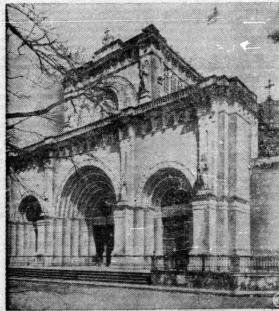
Came the reply:
"During the first World War."

Americans To Stay In Canadian Forces

Canadian officials say that United States volunteers in Canada's fighting forces are expected to remain where they are rather than return to the United States for service. Nearly 10,000 men from "south Canadian Army, and 10 per cent of the air crews trained and in training for the Royal Canadian Air Force are from the States.

The female frog deposits from 600 to 1,200 eggs annually.

BEAUTIFUL CATHEDRAL



The million-dollar Cathedral in Manila, where Japs rained bombs on the undefended Philippine capital.

REG'LAR FELLERS-Mouseproof

Theatre of War

In Vast Pacific

In Pacific Brought Into The War, Relates The Sault St. Marie Star.

This is an amazing war which s now in progress in the Pacific

Mr. Churchill, when he announced the opening of the British of-fensive in Libya a few weeks ago, spoke of the operations there being like those of a sea battle, with strategy and tactics being extended over a wide area. But even Mr. Churchill did not at that time vision operations of the scope of those now being carried in the vast expanse of water that lies between Asia and the Americas From Yokohama to ancouver is
4,280 miles and from the same Japanese port to San Francisco is 4,526 miles From Yokohama to Honolulu is 8.440 miles.

Russia's 1,500 mile battle line has seemed a tremendous distance. But it is dwarfed by a war which takes distances such as those in the Pacific.

And think of the many thousands of isands which ae scattered over 7,083 islands in the Philippines, which stretches for a distance of one thousand miles. In Japan, without taking into account the territory it holds in China, there are some 2,322 islands, stretching over 1,600 miles, and having a population of 100,000000 people. In the Netherlands Indies there are about 2,000 islands, spread over a territory 3,000 miles in length from Singapore to Borneo Then in addition there are the scores and hundreds of islands which owe allegiance to Britain, France, the United States, Russia, Japan, Australia, New Zealand which are dot-

ted over the map.

to a strange territory.

Since the start of the Russian

campaign there have been four

orders regulating obituaries, it is

The first prohibited firms and

party organizations from publish

ing them; the second ordered the

limited the number to twenty-

five daily, and the fourth instruc

Bees and War

Honey mixed with foods and

frinks were included in the daily

diet of the ancient Romans. So

highly did they prize this food

that the Roman Empire armies even carried their own bee-hives

with them whenever they invaded

a foreign land.

ted editors to censor the text.

Airplanes and modern war vessels have brought a strange war Nazis Hide Truth future war.

From Own People The Germans are trying to hide ost-war reconstruction. from their own people their huge losses in Russia by regulating Conference In Moscow obituary notices, asserts London

It is significant that the initia tive of this Allied Council did not

In the last war, lack of concerted effort cost the Allies dear-

THE WAR - WEEK - Commentary on Current Events

Allied Heads Meet In Washington To Plan Defeat of Axis Powers

Axis coalition sprawling over most of the lands and seas of the world,

prompt action is now being taken

efficient fighting unit. The strug-gle, Mr. Churchill said, if man-

as long as if managed badly.

to weld the Allied forces into an

aged well, would take only half

Grave Problems

In speaking of the onslaught of

Japan which presented grave problems, Mr. Churchill said:

a right to ask me in England, why is it you have not got ample

equipment of modern a.rc. and and

modern weapons of all kinds in

Malaya and in the East indies,

I can only point to the victory

General Auchinleck has gained

we divided those gradually-grow-

ing resources between Libya and Malaya, we would have been

found wanting in both spheres.

found at a disadvantage at cer-

tain points in the Pacific, we

knew that it is to some extent

due to the fact that you nave

been giving us of your equip-ment for the defence of the Brit-

ish Isles, and above all for your

help in the Battle of the Atlantic,

Of course it would have been

ough resources of all kinds to

much better if we had had en-

be at full strength at all threat

ened points, but considering how slowly and reluctantly we

brought ourselves to large scale

preparation and how long those

preparations took, we had no

right to expect to be in such a

Post-war Problem

The choice of how to dispose

had to be made by Britain in a

States in times of peace, and l

that upon the whole, and it is

ters must be judged, that the

Although Mr. Churchili stated

in Washington that conversation would not include post-war prob-

lems, that the present emergency

came first, we must consider his

had kept together after the last

war, if we had taken common

measures for our safety, the re-

After winning the last war to

gether with partnership between

Great Britain was dissolved and

each went their respective ways,

even becoming rivals. The ques-

of British and American commer

Far Eastern Policy all worked to-

gether to break up the union of

the English-speaking peoples.

This is the mistake which Mr.

Normandie Seized

now trying to repair.

and finest ships afloat.

the beginning of the war.

Churchill and Mr. Roosevelt are

By United States

Armed coast guardemen, acting

on naval orders, have seized the \$60,000,000 French liner Norman-

die, one of the largest, proudest

Led by Capt. John Baylis, guards-

men swooped down on the 82,423-

ton liner at the Hudson River pier,

where she has been laid up since

The Normandie could be used either as a transport or as an air-

craft carrier. She was designed and

built fo speedy conversion. Capt.

Baylis said he had removed about

200 seamen from her.

In Washington, the department

of justice said the French seamer

would be released and placed on

the third largest ship in the world, exceeded only by the British Queen

Elizabeth and the Queen Mary. Her length of 1,029 feet makes

Built in 1935, the Normandie is

the lack of accord of the

newal of the curse need never

words spoken to Cong

have fallen on us."

mate position.

on which all depends, and which

and constantly maintained.

If the United States has been

in the Libyan campaign.

"If people ask me, as they ave

"The Prime Minister of Great | Britain," said the Presidentical Secretary, Mr. Stephen Early on the evening of December 22, "is now with the President. He arrived by air and was met by the President at an air station near Washington. He was accompanied by Lord Beaverbrook and a technical staff." "There is, of course," continued Mr. Early, "one primary objective in the conversations to be held between the President and the British Prime Minister and the respective staffs of the two countries. That purpose is the defeat of Hitlerism throughout the world.

"It should be remembered that many other nations are engaged many other nations are engaged to-day in this common task. Therefore, the present conferences in Washington should be regarded as preliminary to further conferences which will offically include Russia, China, the Netherlands and Dominions. It is expected that there will also be involved an over-all unity in the conduct of the war. Other nations will be asked to participate in the Issues Involved

The problem of co-ordinating the vast issues involved could be summarized under the following headings:
1. Britain, America, China,

Russia and the Netherlands stand unshatterably united against any separate peace with any part of the Axis and they are making the fullest conceivable pledge to each other that only a peace approved by all will be accepted by 2. A supreme Allied War

ganized to direct the composite strategy against the composite forces of the Axis. The highest and most critical decisions of pol-icy will be settled by common agreement in the interests of the most effective war plan and all the theatres of the fighting will be co-ordinated in the interests of this common strategy. This is to give effect to Mr. Roosevelt's repeated declarations that the world-scale aggression of the Axis can only be defeated by the world-scale strategy of the Al-

lies.
3. There will be an unreserved pooling of the implements of war and they will be dispatched to the fronts where they are most needed in accordance with the necessities of the broadest strat-

egy.
4. Russia's entry into the war against Japan will be decided by joint agreement as to when and how it will be most effective. 5. There will be agreement on the essential peace objectives outlined by Mr. Roosevelt and Mr. Churchill in the Atlantic

Charter.
6. The alliance will not automatically terminate with the conclusion of the war. It is designed to constitute the beginning of a peace alliance against fur ther aggression—the beginning of a world policy force to prevent

7. The mechanism of close consultation is planned to form the basis of economic and social collaboration in the period of

spring from any single one of its members. It arose almost simul-taneously from all of them, in-Generalissimo Kiang Kai-shek in Chungking. The councils from which the present argument is emerging have been in progress for some time in Washington, in London and in Moscow.

Foreign Secretary Anthony
Eden and Prime Minister Joseph
Stalin in Moscow have reached an

agreement in full on conduct of the war and especially on "the ne-cessity for the utter defeat of Hitlerite Germany". There was also an exchange of views on questions relating to the post-war organization of peace and securi-

her four times the height of the Statue of Liberty-a gift from

The Chantecler.

"KATHLEEN"

Adapted
By RANDALL M. WHITE From The M.G.M. Picture, Kathleen, Starring Shirley Temple

Kathleen Davis (Shirley Ten ple), motherless child of twelve, neglected by her busy, wealthy father (Herbert Marshall), has come to hate her governess, Mrs. Farrell, (Nelia Walker) a "snooper." Bright spots in her life are surreptitious Saturday afternoor visits with old Max Schoner, an tique dealer in the nearby village, and "Rudi," his poodle. Mrs. Farrell has threatened to tell Mr. Davis of mysterious "M.S." and "Rudi" entries in Kathleen's diary -and Kathleen has set a trap for the "snooper." Given to day-dreaming, the little girl has a nabit of curling up beside a little she'd like to have happen. She when she's called down to visit

CHAPTER TWO Kathleen did go down the grand statrcase, just as in her vision She did clutch to her breast the deathless message, her poem,de spite Mrs. Farrell's efforts to take it from her. And she did find the father she loved and hoped to win back at the firepiace-but not quite as in her dream. The handsome Mr. Davis was bending over

pretty girl seated on a couch. There you are, sir," the smart young woman said brightly, looking soulfully into his eyes as the cigarette she had lighted started to glow. She saw Kathleen first as the entered the room; there was gush in her greeting: "Well, here's a young lady I've been wanting to meet for ages!"
"Oh, here you are—how are you,

old-timer?" from her Tather, didn't express the longing and loneliness Miss Lorraine Bennett, when she was introduced, talked too much—and said too little—to suit Kathleen, the lady of twelve. But she might have been forgiven for everything until she took the youngster's poem from reluctant

"What have we here? Not a poem?" she rattled on. "Oh, John ny, listen! It's called 'My Heart Cries Out!"

she began to read it. "Kathleen!" her father called out angrily. "What are you think--that's very rude!" "Well, she had no b ing it," the little girl sobbed, "It's

private!" "Nonsense!" replied her father. "Apologize to Miss Bennett at once and go to your room!"

Kathleen didn't apologize-but she did bolt through the door. Her father could see her half way up the stairs—when he heard an explosion in the room above him. Mr. Davis found Mrs. Farrell in Kathleen's bedroom sucking on her fingers while tears of rage and pain rolled down her cheeks. A little pasteboard box, the trap or "snoopers" which Kathleen had set, lay on a couch where Mrs. Farrell had flung it.

"What has happened, Mrs. Far-rell?" Mr. Davis asked, "I heard an explosion."

Mrs. Farrell pointed melodramatically to the box, and Mr. Davis picked it up. "Be careful," the governess said. "that's a bomb your daughter planted-it burned my

In the explanation he forced from Kathleen, her father learned more of the relationhip between his child and the woman to whom he had entrusted her care than he could have dicovered in weeks of patient observation. Mrs. Farrell took refuge in tears when he seemtook reinge in tears when he scem-ed slow to understand why Kath-leen's childish whims expressed in such scrawls as "Personal," "Pri-vate," etc., on the box could not have been respected.
Confronted with a problem which most parents solve with their hearts, John Davis, too engrossed

in his business of making money Scholarship -

"Angela," Dr. Kent confessed re

Kathleen exclaimed. "Why don't you use it? It's a billion times ter than Martha!"

to have time to be a parent, look ed no further than his check book

Lorraine Bennett, his newest to terest, was profuse with her ad vice, for which she was qualified by only a cold, hard aggressive-

"Why, I always thought they were devoted to each other," Kath-leen's father told her. "Now I find Kathleen 'bombing' her governess and Mrs. Farrell—why, she fairly hates the child! What on earth am I going to do?"

"Set your mind at rest, darling," wos Miss Bennett's surprising answer. "I know just the man!" "The man" proved to be Dr. Montague Foster. He'd written a book on "You and Your Mind"which he was amazed to find Kathleen had thumbed through! His simple diagnosis of his "pa-tient's" trouble was that she was subconsciously revolting at control of a mental inferior. So Mrs. Farrell moved out and "Dr. A. Martha Kent" moved in.

"Dr. Kent is a remarkable woman," Dr. Foster told Mr. Davis. "She took her doctorate in abnormal psychology. She's going to South America in the fall but since Kathleen is going to boarding school at about that time I think Dr. Kent might be influenced to take the case for a three-month period."

Dr. Kent came without any ad vance interviews. Mrs. Farrell had given Kathleen reason to expect an ogre. She had a chair jammed underneath the knob of her bedroom door the morning the change of "guards" was to be effected. Through the panel she heard Mrs. Farrell say "I haven't let her out of my sight until just now when I went down to meet you." Then her doorknob was rattled

"She's locked the door again," the same harsh voice said. "Kath-leen! Open this door at once!"

The child didn't answer-but she did tip-toe over and remove the chair from beneath the doorknob. Kathleen knew the stranger who addressed her pleasantly must be Dr. Kent—but the picture of her nind had painted was just one mind had painted was just one hundred per cent wrong! This new guard—and possible "snooper"—was young and very pretty—a little girl like herself,

Kathleen thought, who had grown up just a little and, somehow, acquired a fearful title—and a more Mrs. Frrell left without saying

goodbye. The skies did when she had gone but Dr. Kent didn't seem to mind. "I haven't had any breakfast, Kathleen," the newcomer remarked, "and I imagine you haven't either. Shall we have a tray sent up for both of us?"

The little girl tried to be haughy. "No, thank you. I'm not the least bit hungry," she said. "Weil, then you'd be very foolish to eat anything," wasn't exactly the kind of answer she expected. "Would you like your door left open, or closed?" Dr. Kent asked as she retired. "Closed," Kathleen thought at

first was sufficient—but something made her add "Please."

Alone, she tried to stay cross. She even left her bed to march out into the sitting room and stick a sign marked "Do Not Disturb" on her bedroom door-but nobody seemed to mind.

Her door stayed closed and not until that evening did the little girl again see her strange new "guard." She tried just one more "mad" gesture—then gave up. Dr. Kent paid not the slightest attention when she ostentatiously tigh-tened the thumb tacks that held the "Do Not Disturb" sign to her bedroom door. All she did was go on into her own room and proceed to unpack and place her clothes and little personal belongings.
"I thought I'd better show you where your things go in the sitting room—one side's mine, you know,"

was her lame excuse
"Of course. That's fine. I'm glad
you came in," said Dr. Kent. "When you came in," said Dr. Kent. "When I saw the "Do Not Disturb" sign still on your door I thought I'd have to wait until morning. Do you know, Kathleen, it would save us the trouble of putting up signs if, when we wanted to be alone, we just closed our doors. Suppose I do that—and you do it, too." do that—and you do k, too.

Kathleen soon found herself helping her "guard" arrange her books
on her share of the shelves. "What
does the 'A' stand for?" she asked timidly as she turned the fly leat on one of "Dr. A. Martha Kent's"

"Why, that's a beautiful name,

"Oh, I'd feel kind of silly calling myself Angela—I'm not much of an angel," objected the distinguished Dr. Kent.

"It's not silly! It's not the least bit silly! It just suits you! I'm going to call you Angela . " the child burst out, swept on by a starved emotion which she was beginning to feed. "... that is, if you'll let me!"

Angela's magic spell that had won her, her sharp little mind observed was doing something to her daddy too—for her daddy soon was a much different sort of person. He dined at home lots and lots of times—and she was there at that lovely table with its flowers and soft yellow candle light. Kathleen still dreamed dreams-day and night. Now she had some

thing for her mind to do that took more than dreaming.
One evening she told a little white lie—about being sleepy—to leave Angela and her daddy alone downstairs. Then she climbed into bed and opened the lid of the little music box on the table beside her. It was her ritual. As the sweet,

faint, tinkly tune began, she made her half-closed eyes see a vision. In fancy she heard her daddy say "Kathleen needs a mother's care—and I—Oh, Angela, with all my heart, I beg you to be my wife." Her daddy had dropped to one now the requirements had knee before this "guard" she had learned to love. "Oh, Angela will you marry me?" she heard him say as the tinkly tune ceased.

Can this new dream come true? Don't miss the next installment.

Clever Students Win Scholarships \$50,000 Worth of Scholar-

ships Awarded by University of Toronto This Year Opportunity for gifted young

people throughout the Province of Ontario to obtain a university education is provided by a wide spread system of scholarships awarded annually by the Univer-sity of Toronto and its affiliated colleges and faculties. These scholarships, together with bursar-ies and loan funds, make it possible for specially talented stud-ents to continue their education after matriculation, almost regard-less of their home financial condi-

ions. Schelarship awards of over fify thousand dollars were made to studen's who matriculated from the secondary schools of Ontario

last June. Among recent graduates of the University was a scholarship student, who came about four years ago, from a farm near Stayner, and who would have been in line war had not intervened. Another graduate of high standing came to the University, not many years ago, on an \$800 scholarship from Kenora at the extreme western end of the Province. In the 1941 scholarship list is a student from Red Lake, in the mining district of Northern Ontario.

A common difficulty is that

students who would be eligible often do not know what scholarships are available not how to make the necessary application. Scholarships are founded by men and women who denate funds to the University for this pur-pose. These men and women of vision have given money to estab-lish scholarships (often as memorials) and in so doing have assisted talented boys and girls to prepare themselves to serve their country as otherwise they could

Daytime Blackout?

especially designed for the larger figure, yet incorporate the latest fashion details. Pattern 4928 is A woman telephoned radio an example. The centre panel, front and back, accents the verstation WBEN and asked what time the December 26 practice blackout was scheduled. "Eleven tical lines of your figure, and so o'clock", replied the switchboard operator "Is that morning or night?" queried the woman. do the dipping side sections of the bodice in front. They're cut on the bias which would be especially effective in a checked fabric. Don't you like the square neck-

SUFFERERS Accept This Generous Offer!

Any druggist will return your money, if one bottle of Ru-Ma does not give you relief from rhoumatic aches and pains, sore, swollen and painful joints. No matter how long you have suffered, you must get relief or "no pay." Try Ru-Ma and be convin-ed. Accept this generous offer now.

RHEUMATIC

Scratching Relieve

Britain "Drafts" Youths 16 to 18

Plans for giving youths from the ages of 16 to 18 their share in Britain's new maximum mobiv the Board of Education Pre-service units will fit boys

step directly into the army,

navy and air force when they each the age minimum. The age minimum for the home guard will be lowered in some areas to 16 and boys will be assigned to special non-com

Others will be guided towa the air training corps which already has 160,000 and needs a steady stream of entrants to main tain its strength, still others to the sea cadets from which they may graduate directly into Royal Navy.

Last Storage Eggs Shipped To Britain

Agriculture Department officials said recently they are "over the first bump" in the provision of 30,000,000 dozen eggs to the United Kingdom.

They said the last of the stor-

age egg exports for the season have left shipping points. These exports represented 230,000 cases or 6,900,000 dozen eggs and were required for shipment in Septem-ber, October and November. To fulfill this part of the contract it was necessary to requisi-tion supplies of storage eggs, but

met, officials said. About 30,000 cases represented the peak of storage eggs exports

in the past.

Next task of the department is 000 gozen fresh eggs for shipment between December 1 and next reducing 28. Supplies for this part of the contract are expected to start moving immediately. British Columbia eggs will come in first and then those of Ontario, with some from Alberta likely to appear in January.

SLIM FROCK TO WEAR AT HOME



By Anne Adams

There's a new joy awaiting you

if you've never made an Anne Adams home frock before! They're

line with its smart tab buttoning?

The sleeve tabs are trimmed with

buttons to match — do add the perky ric-rac trim! The sleeves

can be either short, three-quarter

show you how to finish easily and

Pattern 4928 is available in women's sizes 34, 36, 38, 40, 42, 44, 46 and 48. Size 36 takes 3% yards 35 inch fabric and 1% yards ric-rac.

Send twenty cents (20c) in coins (stamps cannot be accepted) for this Anne Adams pattern to Room 421, 73 Adelaide St. West,

Toronto. Write plainly size, name, address and style number.

or long. Let the Sewing I

quickly.

Wholesale Numbers of These

Since mid-October an unusually whose natural home is the Arctic, have been flying southward through the settled regions of East tern Canaua, A study of the extent, duration, and density of the southward flight of these birds is being made and persons who see snowy owis can assist by reporting their observations, giving date and

and Resources
Information received so far indi



ISSUE 2-'42



THELE THEKS

Some appalling statistics have been given us by those who are following the great campaign on nutrition throughout Canada. We are told that forty per cent. of our boys have been turned down for the army and are listed as being with a class of those suf-fering from nutritional disorders. Many from our better homes are listed, so it is not a case of not sufficient to eat, but many times

too much to eat, and food of the wrong type. to co-operate by presenting to their readers the simplest and best nourishing food possible, that the campaign may be assisted, as much as possible, to raise the standard of nutrition and health of our Canadian people. No meat offers more nourishment than liver and it can be most economical too. Calves lives may be more tender, but by m means more nourishing than beef or pork liver, which costs much

less to buy.

Liver is a valuable builder, rich in iron and other minerals so important in the upkeep of health. Vitamins, too, it contains in abur dance and protein which we need for growth and repair.

lb. beef liver tablespoons flou teaspoon salt and pepper large onion sliced tablespoons chopped green

pepper tablespoon bacon fat cups tomatues % cup cooked rice 1/2 cup cooked peas

1/2 cup corn Cut liver into slices, then into strips. Dreage with flour, seasoned with salt and pepper. Brown liver with onion and green pepper (optional) in fat. Add toms toes and enough water to cover liver is tender, about 40 minutes. Add rice, peas and corn. Continue cooking for 5 to 10 min-

Liver Souffle cups cooked and ground beef cups hot medium white sauce eggs separated

tablespoon chopped onion Pour hot white sauce over egg volks, which have been beaten until lemon colored. Cook slightly.
Add meat and seasoning. Fold in stiffly beaten egg whites. Pour into a greased casserole. Place in pan of hot water and bake in moderate oven 350 deg. F. for 40 minutes or until set.

Southward Fly The Snowy Owls

ural Arctic Homes place, to the National Parks Bur-eau of the Department of Mines

Birds Have Left Their Nat-

cates a large number of snowy owls have been seen or shot in Ontario and Quebec and that many more have flown on to the Maritime Provinces and the United States More than two hundred of the birds



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New England states.

The snowy owl is conspicuously white, has no tutts of leatners pro jecting from the rounded contour of its head, and is about two feet long. The white of the plumage is generally broken by a number of dark pars. This owl is generally silent and does much of its hunting by daylight. It prefers open country and may often be seen perched on a haystack, post, or other elevation. Feed on Rats and Mice

sists largely of small mammals, such as rats, mice, and lemmings. Arctic about once in four years city is the cause of the occasional wholesale southward flights of snowy owls Since Arctic foxes, of the Arctic also depend largely for food on small mammais and are reduced in numbers when such food is scarce, it is probable that a big southward flight of snowy owls may be considered an indication that in the following year the output of fur in the Arctic will be When snowy owls are, as at pre-

sent, in southern settled areas, they naturally seek chiefly rats and mice. Because such animals are numerous around open garbage dumps, the snowy owis tend to congregate there. The effect of their presence, under these circumstances, is beneficial. There is no good reason for killing them unless, under stress of want, they are actually attacking poultry.

Hitler on Hitler

News as extraordinary as a man biting a dog was flashed from Beriin recently, says the New York Times. It was not the declaration of war against the United States, an event which might have been expected. It was the announcement that some one was thanking God for Adolf Hitler. It is easy to guess whe it was. The only person in the world who could thank God for Hitler is Hitler. But what must God think, at the moment when he has at last plunged the whole world into the inferno of war and sown deata in the Pacific as well as the Atlantic, to be praised like this: "If Providence willed that this war should not be avoided, I must thank Providence for putting me at the head of the German nation."

To Use 1914 Relics

To help bear fitter The rumble of German arthlery through the streets of Canadian cities, never hear, in the last war, may be heard in this. They won't be the guns of a conquering army, but rather those that Canadian troops in the last

and brought home after the Armistice to grace or distigure public squares whichever way the reader happens to look at it. ven. Archdeacon F. G. Scott, beloved padre of the C.E.F., believes they "distigure public parks and public squares," and proposed that they be trunuied out to

war took from the haiser's legions

armament plants and melted down for their metal. In a letter Archdeacon Scott suggested that Quebec take the lead in utilizing the guns of the Imperial German army to defeat its present day counterpart. "Metal, especially gun metal, is sorely needed in our defence industries," Archdeacon Scott said. But he would spare guns of historic significance which "give picturesqueness to our old city fortifications and have value in themselves. These need not be

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touched." he added.















