SOVIET GUERILLAS MAKE IT HOT FOR COLD NAZIS

On the still snowy Russian front, the Germans generally welcome warmth, but this fire set by Soviet guerillas cost the Nazis many tanks. Picture from a neutral source shows parka-clad Germans trying vainly to salvage tanks from granary fired by Russians. Tank in forgeround was only one saved.

RADIO REPORTER By REX FROST

New lamps for old! Everyone recalls the story of Aladdin and his wonderful lamp which had the magic quality of being able to grant a wish. For mlady of today war time necessity has created a modern Aladdin, whose cry is "New clothes for old." What lady has not at some time or other said "I wish I could have a new dress"? Nowadays it has become fashionable to make over old clothes . . . to take hubby's old suit and refashion it into a stylish spring outfit for madame . . . to make a play suit for sonny out of dad's cast away overalls . . . to make a blouse from grown up brothers disused shirt . . . and so on. Just as there are tricks in all trades, so in the remaking of old clothes into new there are ways and means of making the transformation so that the new article does not betray the fact that it is a "made-over." In demonstrations which are now taking place all over Canada as part of our national war conservation measures, amazing results are being achieved . . . previously unthought-of ideas are being introduced to convince the Canadian housewife of the practicality of this type of war-time economy. Already several programmes are being broadcast over the radio emphasizing the necessity for saving materials, and at the same time suggesting how the ladies can apply their ingenuity to turn out new clothes from old. On Wednesday, April 14th, and weekly thereafter 9.15 to 9.45 every Wednesday morning, CFRB, Toronto will inaugurate a new series of discussions known as the "Sewing Club of the Air." These programmes aim to provide valuable hints for the planning of the spring and summer "made-over" wardrobe. Should be of great interest to economically minded, patriotic members of the fair sex.

• • •

The name of Rex Battle long has been associated with two things: the leadership of a well known dance orchestra and the brilliant execution of concert numbers on the grand piano. Quite a few fans will therefore welcome Rex Battle's visits to the CFRB microphone Monday and Friday evenings from now on at 7.45 when the talented maestro will offer fifteen minute programmes of light classical music at the keyboard of the concert grand. Rex Battle will add interest and interpretation to his programme choice by brief descriptions and comments regarding the musical numbers.

• • •

A true story of the war is being told over the national network of the CBC in the new Commando serial "Crusaders in Brittany." The hero of the series is the gallant young Canadian Commando Pierre Cadoret, who steps upon the soil of his ancestors for the first time on a misty August morning in 1942 — the morning of Dieppe. Pierre is put ashore with instructions to get in touch with a French patriot in Brittany who is active in the underground fight for the freedom of France. This thrill packed drama which depicts the co-operation between French patriots and a young Canadian soldier who risks his life to work with them right under the hated eyes of the enemy is currently being presented every Tuesday and Thursday evenings at 7 o'clock. To those who enjoy adventure with a bit of romance thrown in, "Crusaders in Brittany" will be of considerable appeal.

• • •

For those who enjoy something particularly classical in "classical" music, the current series of C.B.C. Sunday evening 10.15 programmes, featuring Wanda Landowska, offers a delightful contrast to swing, jazz, and other types of popular music which so often dominate the ether waves. Wanda Landowska, as a matter of comparison, has made the interesting statement that "old music" is frequently more modern than modern music itself. She was born in Poland, and graduated as a pianist from the Warsaw Conservatory at the age of 14, even then attracting the notice of several great European conductors. Her villa at Saint-Leu-la-Foret, near Paris, France was one of the most famous musical meccas during the years that preceded World War Number Two. In her present series of concerts heard over the Canadian network, originating from Toronto Mme. Landowska is offering seven concerti for harpsichord and string orchestra from the works of Phillip Emanuel Bach. It is a treat for those who enjoy good music.

• • •

CFRB, Toronto announces that it will offer a special series of programmes in the Easter spirit. War restrictions, it is explained, will not interfere with the presentation on Easter Sunday, of the sunrise services which have been a feature of the station for a number of years. CFRB will carry sunrise services from all over the North American continent on Easter morning, commencing at 6 a.m.

Spans Ocean Twice In Single Day

Capt. Joseph H. Hart, of Pan-American Airways, set a record a few weeks ago when he flew his Clipper across the South Atlantic twice in 24 hours.

Pan-American officials said it was the first time a commercial plane had made the round trip in a single day.

Hart and his crew flew the Boeing flying boat from Natal, Brazil, to a West African port and returned to Natal in 23 hours and 55 minutes.

The mark was made possible by the ground crew at the African terminal, which refueled and serviced the plane in 50 minutes.

Twice before Hart had established trans-Atlantic records.

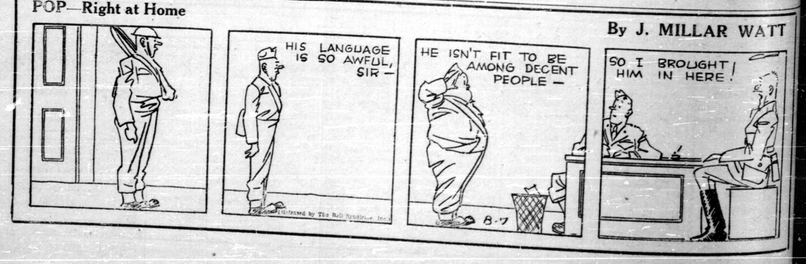
Early in January he landed his Clipper at LaGuardia Field, New York, after having flown the Atlantic 12 times in 13 days and 15 hours.

In March, 1942, he set the previous record for commercial crossings when he made six South Atlantic flights in nine days, 18 hours.

THIS CURIOUS WORLD By William Ferguson

POP—Right at Home

By J. MILLAR WATT



SUNDAY SCHOOL LESSON

April 18
PETER AND JOHN IN GETHSEMANE

Matthew 26:36-46; John 18:10-12
GOLDEN TEXT. — Watch and pray, that ye enter not into temptation. Matthew 26:41.

Memory Verse: I will pray unto Jehovah. Jeremiah 42:4.

THE LESSON IN ITS SETTING

Time. — Thursday evening, April 6, A.D. 30.

Place.—Gethsemane, a garden on the western slope of the Mount of Olives, opposite Jerusalem.

Garden of Gethsemane

"Then cometh Jesus with them unto a place called Gethsemane, and saith unto his disciples, Sit ye here, while I go yonder and pray. And he took with him Peter and the two sons of Zebedee, and began to be sorrowful and sore troubled." Jesus knew that His agony must be endured alone, therefore He bade the disciples to wait there; but He desired to have them at hand, therefore He went but 'a little forward.' Not a word came from the disciples. They were no doubt awed into silence, as the truest sympathy is used to be, in the presence of a great grief.

The Command to Watch

"Then saith he unto them, My soul is exceeding sorrowful, even unto death: abide ye here, and watch with me." Christ would have these men remain to give him such little comfort as was in the power of man to give under circumstances so tragic.

Jesus Prays

"And he went forward a little, and fell on his face, and prayed, saying, My Father, if it be possible, let this cup pass away from me: nevertheless, not as I will, but as Thou wilt." In his fixed purpose to die for the world's sin Jesus never wavered. The shrinking does not reach the point of unconditionally asking that the cup might pass. Even in the act of uttering the wish, it is limited by that 'if it be possible,' which can only mean possible, in view of the great purpose for which He came. The prayer is the utter resignation to the Father's will, in which submission He found power to do. The three disciples were near the scene of His agony, but they were fast asleep, that the Scripture might be fulfilled. 'I have trodden the winepress alone and of the people there was none with me.'

Watch and Pray

"Watch and pray, that ye enter not into temptation: the spirit indeed is willing, but the flesh is weak." If Christ needed to be strengthened by prayer, how much more His faulty disciples! He had entered into temptation and had felt the full strain; He desires therefore that they may be protected as He has been by prayer.

They Will Be Done

"Again a second time he went away, and prayed, saying, My Father, if this cannot pass away, except I drink it, Thy will be done. And he came again and found them sleeping, for their eyes were heavy. And he left them again, and went away, and prayed a third time, saying the same words." Certainly the disciples could have kept awake, if they had been determined to do so. Opportunities to help others in times of great spiritual distress come soon over; if we are not faithful in the hour when we are needed, the hour will soon come when nothing we can do will be of any help.

The Final Words

"Then cometh He to the disciples, and saith unto them, sleep on now, and take your rest: behold, the hour is at hand, and the Son of man is betrayed into the hands of sinners. Arise, let us be going: behold, he is at hand that betrayeth me." The calm and confidence of our Lord are in contrast to the confusion and weakness of the three apostles.

The Cup of Bitterness

"Simon Peter therefore having a sword drew it, and struck the high priest's servant, and cut off his right ear. Now the servant's name was Malchus. Jesus therefore saith unto Peter, put up the sword into the sheath: The cup which the Father hath given me, shall I not drink it?"

The cup to which our Lord here refers is a symbolic expression, by which is meant all the suffering, the bitterness, the loneliness of the entire passion episode, culminating in Christ's death upon the cross. Christ this night had discovered in the agony of His prayer, that this path of suffering could never be avoided if He was to remain in the will of God, and remain He would, however terrible the cost.

The Arrest of Jesus

"So the band and the chief captain, and the officers of the Jews, seized Jesus and him."

There are four souls participating in the drama of this hour, our Lord, and three of His own disciples, we might say, the best three. Around these four souls crowd the temptations of the evil one. This is the beginning of that great day when once and for all the redemption of man will be wrought out by the sacrifice of Christ, God's Son. There have been great battles on earth between the forces of righteousness and the armies of wicked nations, but there has never been a conflict with such enormous consequences for the souls and for the liberty, and the hope and the life of men as the conflict this night, which will end before another day is passed, in the defeat of principalities and powers, in the casting down of Satan, in the offering up of a sacrifice which is sufficient to save every man from his sins forever.

THE BOOK SHELF

FRIENDSHIP
By Harry Symons

A house in the country secret ambition of every dweller. Friendship ... such family made the reality.

By a process of trial and boarding one summer the next, they finally found they wanted, and set out it. They found Friendship east of Toronto. The ... its purchase from the ladies is one of the ... in a book full of good ...

The amusing and, at ... time, tragic adventures Symons family encounter ... joys and sorrows of ... make delightful reading. ... chinations of the rural ... the difficulty of ... toes, raising chickens or ... catch the old dog for ... laugh because they are so ... and so important to the ... cerned.

This light-hearted ... drive readers out of ... fresh look at the sky ... and other wonders of the ... tryside.

Friendship . . . By Harry Symons . . . The MacMillan Company of Canada . . . Price ...

Liberia's Rubber

Approximately 77,000 ... rubber are under cultivation in Liberia. Liberia is the only independent republic on the west coast of Africa.

OUR RADIO LOG

TORONTO STATIONS		
CFRB 960kc. CBL 740k		
CKCL 880k. CBY 1010k		
U.S. NETWORKS		
WEAF, N.B.C. Red 660k		
WJZ, N.B.C. Blue 770k		
WABC (C.B.S.) 860k		
WOR (M.B.S.) 710k		
CANADIAN STATIONS		
CFOS Owen Sd. 1400k		
CKOC Hamilton 1150k		
CKML Hamilton 1000k		
CKTB St. Cath. 1550k		
CFCF Montreal 600k		
CFCH North Bay 1230k		
CJCS Stratford 960k		
CKWS Kingston 960k		
CFCO Chatham 1310k		
CFPL London 1570k		
CKAC Montreal 730k		
CKCR Waterloo 1480k		
CKCO Ottawa 1310k		
CKGB Timmins 1470k		
CKSO Sudbury 790k		
CKPC Brantford 1250k		
CKLW Windsor 800k		
CKNX Wingham 1240k		
CHEX Peterboro 1430k		
U.S. STATIONS		
WEBR Buffalo 1240k		
WHAM Rochester 1180k		
WLW Cincinnati 700k		
WGY Schenectady 810k		
KDKA Pittsburgh 1020k		
WBBM Chicago 780k		
WGR Buffalo 550k		
WGR Buffalo 550k		
WXYZ Detroit 1240k		
WJR Detroit 760k		

SHORT WAVE	
GSB	England
GSC	England
GSD	England
GSE	England
GSG	England
GSP	England
EAR	Spain
RAN	Russia
RNE	Russia
PRF5	Brazil
WGEA	Schenectady
WCAD	Phila.
WCBX	N. York
WRUL	Boston

STAR ON ICE

HORIZONTAL
1,6 Pictured expert ice skater.
11 Mountain nymphs.
13 Type of cap (pl.).
14 Small firearms.
16 Tasteless red crystalline substance.
17 Drumlands.
18 Pleasure boat.
19 Foot covering.
20 Compass point
23 Half an em.
24 To fall in drops.
27 Paving material.
29 She is an expert skater on
30 Erbium (symbol).
31 Not closed.
33 Thing (law).
34 Land measure.
35 Chinese measure.
37 Biting to the taste.
39 Prattle.
43 Top of the head.
45 Produced.
47 Respire.
49 Monitor.
50 To wind again
51 Ether compound.
52 Liquid mortar

VERTICAL
1 Dips in a liquid.
2 Constellation.
3 Put into a nest.
4 Members of an important Hindu caste.
5 Bustle.
6 Pronoun.
7 Cupid.
8 Lower.
9 Noun suffix.
10 Domestic slave.
12 Cunning.
13 Nocturnal flying mamm...
15 Symbol samarium
16 Chinese cabbage
21 Cubed.
22 Seven
25 Tear.
26 Writing implement
28 Exist.
31 Far b...
33 She is the ... forever
34 169 ... rods (...
36 Not th...
37 Higher
38 Desert ...
39 Through
40 Road ...
41 Tuberc... (abbr.)
42 Sin.
43 Kind of rubber.
44 Wriggle
46 A Japan...
48 Sealy ...

Answer to Previous Puzzle

Your—
OURITE SYRUP
Win Battle Dress!
THE NEW 3½ IN. GLASS BOTTLE
OWN BRAND SYRUP
...-TIME has depleted the tin ...pply — so glass replaces it. ...cious flavour and fine quality ...the same as ever . . . always ...ng your choice and preference.
OWN BRAND SYRUP
...ne of the famous products of ...ADA STARCH COMPANY, Limited
NB-2

...uality counts most — for that ...rich, satisfying flavour which ...a fine quality tea yields, use..
SALADA" TEA

SERIAL STORY
LUCKY PENNY
BY GLORIA KAYE

COMMUNITY SING
CHAPTER XI

In the office of the Courier, Penny checked have ... proofs of the literature prepared for her Friday meeting. Circulars, posters ... windows, the newspapers were in readiness.

... would suspect, from the wording, the real intent ... mass meeting. "Communism" and "Concert" were the lines. The men in the ... been given double notice ... friends there.

Weatherman proved co-... when Friday evening arrived ... the auditorium was filled. ... Kirktown Glee Club took ... on the stage. Raftery ... the lusty lilt of their ... Men predominated in the ... and their voices lifted ... as the concert proceeded, ... before the last refrain ... Lou MacDonald, Jim ... and Penny seated them ... their appointed positions ... stage. With cheers for the ... still ringing, MacDonald ... forward.

"Friends," MacDonald started, "this ... is not pleasant, but it ... to be told. It affects every one ... of us. He told the audience, ... and truthfully, of the ... events that came regularly ... attention of the Humane ... He laid the blame square-... Castro's machinations. ... no mirth in the sober ... lifted to him.

• • •

... power to remedy this con-... MacDonald told them, ... your hands. Campaign ... government in Kirk-... pick men who have back-... courage. Put them in ... your city government. ... never be sorry." Heads ... affirmatively. A whisper ... "he's right."

Jim stepped to the speaker's ... form, a spontaneous cheer ... to his popularity. The ... red his courage and re-... his judgment.

"... Jim said simply. ... ago there was a tragic ... accident here. You or ... member of your family was ... in death only by the will ... dence. A crooked city ... ration was responsible for ... th of two of our best ... I call it plain, cold-... murder." Eloquently ... ed the many factual in-... of graft and favoritism ... wkedness.

"... can't silence the truth. ... silence men who are sick ... of dirty politics and ... and murderers. Whose ... this? Does it belong to ... sweat and toil each day ... your kids a better future ... and a decent home to live in? Or does it belong to Castro and his yellow-livered gang of parasites?" Effectively, he pledged the paper's leadership in a campaign for clean government. His audience applauded with enthusiasm.

• • •

Now Penny stood before the sea of faces, displaying no sign of the nervousness she felt.

"I haven't known you very long, but I feel I know you very well," Penny began. "There isn't a coward in the crowd! You have power! You're strong! Let's show Castro he can't run Kirktown! Tonight — together — let's chase him out of town!"

There were shouted affirmatives. Men jumped from their seats, ready for action.

"Wait! Just a moment!" Penny shouted. "No one wants to start any violence. We are all interested only in peaceful means with which to remedy conditions in Kirktown. The sheriff is here tonight. He has named Bud Walsh and several of your men as deputies. Let's go as an army of citizens—not as a mob. You won't need to start a fight. When Castro sees you he'll know he has had enough."

Bud Walsh was already organizing the eager crowd. They were flooding through the wide-open doors in orderly fashion. Their march to Castro's hangout had begun.

• • •

Jim was white with anxiety. "What have you done Penny?" he worried. "The Castro gang won't give up its easy pickings without a fight. Someone is sure to get hurt."

"Perhaps this will change your mind." Penny handed him the red-lettered warning to leave Kirktown. "It's up to you to make up your mind, Jim. Either Castro goes or I go. Both of us can't stay here."

Grimly Jim said, "Come on!" With long strides he reached the head of the column of marching men. Bud Walsh had naturally fallen into leadership. Penny was right. The men were as orderly as a disciplined army—and no less tough!

"All I want is five minutes alone with Castro," Jim told Bud.

"You'll have your five minutes," Bud promised. As they approached Central avenue, Bud halted his column.

• • •

"Quiet, men," he ordered. "We want to surprise Castro. No one has had a chance to tip him off. We'll all wait while I send a couple of scouts ahead." The men liked this game. "Like the old covered wagon days, looking for Indians," someone whispered.

"Let's go," Bud shouted when his scouts signaled him. They pushed through two swinging doors into a back room. There, in a room filled with slot machines, gaming tables and gambling devices, sat Castro and a prize group of city officials. The surprised mayor of Kirktown opened his mouth in a moronic stare. An unlighted cigar dropped from the lips of the safety director. Castro swung around, a vicious revolver in his hand.

"Shoot—if you dare," Jim invited through his teeth. Castro hesitated. He studied the silent crowd. Bud Walsh had a gun. So did at least a dozen others. Castro glanced quickly at the badges they displayed. He dropped his weapon.

"Bud," said Jim, "round up the rest of Castro's gang. You know where to find them." Bud signaled, and several of his men walked quietly out.

• • •

The crowd cleared a space for the returning men who had rounded up other members of Castro's gang. "Take a good look at this prize collection of apes," Bud Walsh invited. "This is the last time you'll see such specimens in Kirktown. They're going to be so rare that there will be a reward for their capture, even in slightly damaged condition, within the city limits."

Bud turned to the mobsters. "You guys have just two hours to get packed and beat it," he warned. "We mean business and we're plenty tough. If you can't understand our nice treatment, we'll have to teach you a lesson." A good movie director would have found a note of comedy in the way guns, marked cards, extra aces, and a special collection of crooked dice were piled on the cement floor, awaiting destruction. "Start moving," said Bud, twirling his gun menacingly. There was relief in the faces of the gangsters as they left. They had expected much worse treatment.

"I've waited for this for a long time," Jim said softly.

• • •

The fight which followed, Bud Walsh always said, was the toughest, noisiest, bloodiest battle that had ever raged in Kirktown. Jim had asked for five minutes—actually, Bud stood guard outside the doors for an hour.

Castro tried in every way he could imagine to kill Jim. He bit, he kicked, he kneed, he gouged, he punched, he butted. He swung heavy chairs at Jim's head. He narrowly missed Jim with the jagged edge of a table leg. Jim met each furious attack, each vicious thrust calmly, alertly. In his own heart there was murder.

Desperate, Castro drew a murder-bladed knife from a hidden recess in his trousers. He lunged viciously. Jim felt no pain, but he knew from the red on Castro's weapon that the dagger had found its mark on his shoulder. Cautiously, he circled out of Castro's reach.

The room's unshaded light singed out the gangster's knife. Swiftly, painfully, Jim lifted a broken chair and shattered the bulb. Automatically, he lunged forward as darkness shrouded the room. He twisted the knife out of Castro's hand. Then he lifted Castro to his feet.

For weeks, Jim would show the scars of his battle. For months after the scars were gone, he would look back happily to the day when the Castro gang left Kirktown forever.

(Concluded Next Week)

N. S. Is Building 600 Wooden Ships

New contracts amounting to more than $12,000,000 for wooden ship construction in Nova Scotia and the establishment of a second steel shipbuilding industry in the province were announced to the Legislature by Industry Minister Harold Connolly. The $12,000,000 orders, received during the last month, cover the construction of 600 wooden craft, the minister declared. The work of building them has been begun by four firms, three of them entirely Nova Scotian, the House was informed.

Since 1919 more than one-third of the British population has been housed, mostly in projects financed by the Government.

FLATTERING LINES

By Anne Adams

Figure problems? Solve them smartly by making this slimming dress, Pattern 4260 by Anne Adams. It gives you lovely lines, with curved side-sections for bodice flattery, pointed front and back seams to slim your waist, and front skirt paneling to make you look tall and graceful. Isn't contrast striking?

Pattern 4260 is available in women's sizes 34, 36, 38, 40, 42, 44, 46. Size 36 takes 3¾ yards 35-inch.

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.

Give Bed Linen Very Best Care

There Are Many Ways of Prolonging Life of Sheets

Bed linens may seem far removed from the war effort, but like all other household goods, they must be guarded against unnecessary wear and tear.

Proper care of sheets begins with care of your bedspreads. Rough or splintered wood, broken parts and snapped or uncovered springs can cause many a tear. These should be repaired to prevent the linen from getting caught. Don't be a yanker. Jerking the sheets off the bed is hard on them. Carefully loosen the tucked-in edges before you remove the sheets.

You can lengthen the life of sheets by reversing them, just like you do the mattress. If the broad hems are at the head today, place them at the foot tomorrow. Also rotate their use by putting the fresh sheets at the bottom of the stack each time you finish the laundry.

Sheets and pillowcases were not meant to be laundry bags. Using them as such is about the fastest way there is to wear, tear and wreck them.

Changing the bed linens at least once a week and washing them just as regularly is important. Soap and water combat the effects of perspiration and soil, but be sure you rinse out all the soap. Left in, it deteriorates the threads. In ironing, do not use too hot an iron and alternate between folding sheets in half and in thirds so that the same place will not always be creased.

Mend torn or worn sheets before washing. When the centre of a sheet becomes thin, tear it in half and sew the selvedge edges together to give it a new lease on life.

TABLE TALKS
SADIE B. CHAMBERS

A Talk On Vitamins

I wonder if some of you sometimes feel that we overdo the subject of vitamins? To be honest, at times I feel we do. We must never forget they are of vital importance, but let us not concentrate altogether on vitamins and forget all about other essentials of food.

The discovery of vitamins has been one of the gripping dramas of science. To learn what vitamins really do for the human body scientists have studied, in the laboratory, rats, guinea pigs, chickens and monkeys. They first find out what happens when animals are deprived of certain vitamins. They feed the animals everything they need for healthy growth, being sure that the particular vitamin is "Not" in the diet. When this is done the symptoms of the vitamin deficiency develop in the animals as regularly and certainly as two and three are five.

Medical Research

Give an animal everything but vitamin A and it will develop these symptoms: a certain eye disease and peculiar hardened cells in the body. Abnormal collections of material are found, like cysts in the lungs or other organs. The lining of the breathing and digestive systems becomes hardened.

On the other hand, if an animal is given a diet with no vitamin B in it, they fail to gain weight, they lose appetite, develop a typical neuritis which almost paralyzes them and finally they die.

Leave vitamin C out of an animal's diet, when that particular animal is having all other foods required, and they develop a typical scurvy. The muscles and tissues bleed because the blood is not held by the blood vessels. Teeth become loosened, the animals fail to gain weight, they lose appetite and finally die.

When vitamin D is absent these symptoms follow: bones become soft, weakened and deformed, the teeth decay and a general muscular weakness follows.

With an absence of vitamin G animals develop digestive disturbances, becoming weak; skin and fur appears unhealthy. Nervous disorders develop.

Night Blindness

The most important question for us each individually to answer is, how do the absence of these vitamins effect me?

Well, here is the answer. We have tried to tell you as simply as possible what happens to the animals held for experimentation when they lack these important specks. It is rarely we as humans lack completely the vitamins necessary to prevent some of the diseases named, but the most important question is are we having sufficient vitamins to keep us healthy.

More common than we realize is night blindness, which means there is a lack of vitamin A. Many thousands more have no appetite, are constipated and constantly tired, have vague pains and aches and often heart trouble as a result of too little vitamin B. Who knows that growing pains in children may be a symptom of the dreaded rheumatic fever perhaps due to a lack of vitamin C? This disease is practically unknown in the tropics or the countries where fresh fruits and vegetables are eaten in abundance. Granted, they may not have a true scurvy, but they have a latent or mild type. These children have just "fair" health rather than buoyant because they do not have the foods in sufficient amount containing vitamin C.

Pellagra and Rickets

Many more thousands in our land are suffering from a mild pellagra because they do not have enough liver, yeast or wheat germ and many more from nervous ailments due to this deficiency.

It is heart-rending to watch a number of children at play and note how many are suffering from different forms of rickets, bone growth stunted or deformed, teeth decayed etc., just because only in part are they receiving calcium, sunshine and cod liver oil.

Next week I shall try to present a chart for a guide in preparing your child's or children's meals.

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

GARDEN NOTES
By Gordon L. Smith

Cultivation Vital

Usually all the difference between a fine, thriving garden and the other kind is one or two thorough cultivations. Before the garden is planted it should be spaded or plowed thoroughly, then just as the seeds or plants go in it should be cultivated or raked fine. When the first plants are coming through, old gardeners advise another thorough cultivation, and a couple more at ten days' intervals later on.

This may sound like a lot of work but it is surprising how easy it is if carried out early and regularly. The weeds never get a chance to grow and the soil to bake. On the other hand, even in dry weather most vegetables will come right along if the soil about them is kept fine and crumbly. This work will be much easier if one has the proper tools, a fairly big, hand-drawn cultivator for small vegetable gardens, a wheel hoe or even small tractor for the larger ones.

Thinning is Necessary

Another important job that looks harder than it really is, is thinning. No vegetable can develop properly unless it has plenty of room. Small things like carrots need about three inches between, beets about four, corn three sprouts to the hill. With fine seed much drudgery can be saved by sowing thinly in the first place. With flowers that are grown from seed, thinning is equally important. They must have room or they will grow spindly and break down probably in the first windstorm.

Remember They Grow

All perennial flowers, shrubs and trees are small when originally planted, but in a few years it is amazing how much room they take up. The average person plants them far too close together and in the case of trees and shrubs, far too close to the house or fences.

As a general rule, shrubs, trees and flowers should have half as much room between as their mature height. This means at least two feet apart for peonies, three and a half feet for the ordinary spirea, and from twenty-five to fifty feet for the general run of Canadian hardwood trees.

At first this may seem far too open, but the space between may be taken up with annual flowers in the case of a perennial bed, and with temporary, quick-growing shrubbery and trees, with the others.

"Believe me on this war job I need an energy breakfast"
HELP CANADA KEEP FIT
NABISCO SHREDDED WHEAT
"That's why I eat Nabisco Shredded Wheat with milk every morning. It says right on the package that 2½ 100% whole wheat with all the bran and wheat germ. I've found Nabisco Shredded Wheat a real energy food at any time—and it tastes so good, too!" Serve Nabisco Shredded Wheat for fitness . . . save War Savings Stamps for Victory!
THE CANADIAN SHREDDED WHEAT COMPANY, LTD. Niagara Falls, Canada
MADE IN CANADA OF CANADIAN WHEAT

SUPPORT THE British Sailors Society
125th Anniversary
105 "Homes from Home" maintained in all parts of the world
Sustain this great work for our Merchant Marines
Send Gifts to GEORGE M. SPEEDIE Dominion Secretary
50 Alberta Avenue, Toronto
Information gladly supplied

NO "SORE-HEADS" NO SORE THROATS

Survey Shows Gallant Women of Britain Take Aspirin to Give Quick Relief

The thousands of British women now working in war plants are determined not to let sore throats, fevers, and colds get them "down." Production must keep up . . . and a recent government survey showed how British women are counting on Aspirin, to help them carry on.

Aspirin was named as one of the three leading drug items British women want for health and morale. And this is easy to understand . . . for generations have proved that Aspirin is one of the safest, most dependable analgesics known.

An Aspirin gargle for sore throat relieves pain and rawness almost at once. Aspirin taken with water relieves the headache of colds . . . muscular aches and distress. Aspirin costs less than 1¢ a tablet in the economy bottle . . . so always keep it handy for quick relief.

Made in Canada, "Aspirin" is the trademark of The Bayer Company, Limited. If you don't see the Bayer cross on each tablet, it isn't Aspirin.

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