Theree's an old adage-we don't just recall the exact wording-tha addressed to folks on the make. It is to the effect that when you're is advisable to mind your manners and not chuck your weight around too much. Why? "Because the folks you pass on your way to the top are the very ones you'll pass when you come tumbling down William In

We have often thought of this adage when certain individuals came tumbling down-millionaires, commercial tycoons and the lik who didn't hesitate to throw their weight around when they were up there. They always seemed so sur prised that other folks didn't take as they did themselves. Expecting sympathy, the best they got was advice to go and look under the letter "S" in the dictionary.

Now that same adage comes to plight of a couple of football outfits who, just about ten months ago were the two top teams in Canada -to wit, the Ottawa Rough Riders and the Calgary Stampeders. It is hardly a secret that neither

the Riders or the Stampeders had to be told they were good. They would freely admit that they were, if you asked them. Or even if you didn't. In fact, over a fairly lengthy stretch of watching athletes in the process of winning or losing, we can recall few teams who created a more unfriendly feeling among the general public by their actions off the field; although, in all fairness, it must be said that a generous measure of that ill feeling may have been due to a horde of loudmouthed supporters who carried enthusiasm to the point of obnoxiousness.

Anyway, while the Calgary and Ottawa teams may have been highly popular in their own back yards. they were far from that among the neighbors.

And now look at them! Ottawa, of course, at present writing are not definitely out of it. But anyonee who witnessed the pushing around they took from the Argos-the team all the experts picked to finish Saturday would be loath to wager more than a picayune on their chances of winning the Big Four again. (A picayune, if you must know, was a coin they used to have down New Orleans way, worth around six and a quarter cents.)

As for the Stampeders-well, for them the ship has definitely sailed. About all that is left for them is to losing baseball clubs feed to the fans and say, "Next year we're go-ing to have a HUSTLING ball

Yes, indeed, that old adage we alluded to at the start isn't such a bad one for teams, as well as individuals, to take to heart "Always remember that the folks you pass on your way to the top are the same ones you'll pass on the way down." And we hope that the Calgary Stampeders and the Ottawa Rough Riders are feeling plenty sorry for themselves-sorry enough to plaster all their mental aches and bruises. Yes, they'd better, because outside of their own supporters, nobody else appears to be.

Nor did those same Ottawa after so many by yourseli?"
The mother replied without hesi-Rough Riders do anything to increase their general popularity by their actions in regard to a couple of deeply-tanned members of the

FASHION NOTE FOR JUNIORS



Three colors of suede fashion this four piece outfit for Junior. The jacket has a zipper that works up or down, and a vest matches one of the lighter shades.

1800

World War I's "ace of aces."

Force officer's cap.

New And Useful

.. Too ...

Box opener and measuring spout

are combined in this gadget for

soap boxes. Plastic opener presses

on box, opening top and pouring

spout, then measures enough soap

for a dishpan of suds at every tip.

Is said to save up to 50 per cent.

on soap; does away with prying

"Metalex" which maker claims

to overcharge, said to be the great-

est single cause of battery failure.

material said to ensure snap starts

plates and prevent electrolyte leak-

is of sealed beam design, the re-

to the lens. Dirt cannot tarnish re-

flector and permits use of a larger

filament. When filament burns out

another is plugged in; no bulb

necessary. Running on three or six

flashilght batteries, lamp casts a

Floor finish of cellulose claimed

ideal for gym or playroom floors;

prevents chipping, blistering, rub-

eral coats are used; the first pene-

trates the wood to make a bond,

the second makes the floor non-

porous. Applied with wool appli-

cator or brush, is said to dry very

5,000-candlepower shaft of light.

PLASTIC FLOOR COAT

open box and spilling soap.

BATTERY RESISTS

OVERCHARGE

BIKE LAMP

SAVES SOAP

Argonauts. With Negroes starring on Big League baseball teams, and on College football elevens, south of the Border - with a United States Negro just receiving a Nobel Prize that proclaimed him as one of the world's outstanding citizens -such treatment of the race here in Canada is sickening, to put it very mildly.

It is a fact that Ulysses Curtis, one of the colored gentlemen in question, has a rather reprehensible habit of shaking his large dogs around after he has been tackled. But his Big Four playmates could have been trusted to cure him of that. Other footballists, in the past, have had the same habit-and wound up by being carried off the

But if Ulysses Curtis was the dirtiest player who ever stepped on a Canadian gridiorn-which he was a great many miles from beingeven that wouldn't excuse the kind of filthy abuse that was hurled at him by one, at least, of the Rough Riders. What was even worse was the action of a member of the Ottawa management in backing up -instead of repudiating-what his players had done. If that's what professional sport in Canada is coming to, the sooner we're rid of

But maybe there was a reason, although not an excuse. As poor old Jack Johnson once said in our hear-ing, "It's funny how they never worried about my bad morals till after I'd copped the championship."
Maybe, if Ulysses Curtis had been just an ordinary run-of-the-mill player, instead of an outstanding star, those proud Ottawa's wouldn't have cared whether his skin was

black, white, or skyblue pink A welfare officer was interviewing a mother of thirteen children. "It's incredible," she said. "How on earth do you find time to look

tation. "When I had only one child can thirteen take?"

THE FARM FRONT

Now I hope that after reading his you won't rush madly to sell all your live stock, together with most of your harvesting machinery and so forth, in order to make a clean up by putting all your acres under grass. Still, if the following information is true—and I have no reason to doubt it-there may come a day when we'll all be growing grass, not as a filler for cattle, but s a food for human beings. Stranger things than that have happened. Why, just the other day, beleive it or not, I saw a teen-aged lad get up and offer his seat to a lady on a crowded street-car.

Most people laughed when a London grass-eating enthusiast re-commended fine golf course tips garnished with lawn cuttings, and issoles cooked with dried grass. Yet today scientists agree that grass may prove a panacea for the world's pressing food problems. . . .

During the war British Government chemists investigated the food possibilities of fresh young grass and, at the height of the IT-boat menace, actually set up a shadow factory for potential production.

Desert troops in Libya and elsecandy bars never realized they were eating experimental grass nougat. Sausages can be made from grass protein, and researchers at the Rothamsted soil science station have experimented with a dehydrated clover-like lucerne grass which can be used in soups. giving the flavour of peas. Two per cent of Britain's total protein needs, it is asserted, could be supplied in this

Since wheat, barley, oats, rice and maize all belong among the 4,500 varieties of the great grass family, the news is not surprising. bamboos all hint at fresh variations in grass nutrition. But fresh wild grass-nature's waste product-is, of course, the focus of current experiments. Analysts confirm that an ounce

of grass provides eight times more vitamin B than equivalent tomatoes, fourteen times more vitamin A, plus invigorating chlorophyll and valuable mineral salts. Carotene, the vitamin A substance which counteracts failing eyesight, is yielded by grass in three times the quantity available from the common source, carrots. * * *

Like Father-Following in the Again, in probing grass possibifootsteps of a famous father is lities, therapeutists have discovered William F. Rickenbacker, 22, a sugar anti-sterility factor which son of Eddie Rickenbacker, has overcome parentage problems in rats and rabbits. But perhaps Accepted as an air cadet, young the trend of current research is Rickenbacker tries on an Air best illustrated in the experiments of David Tullis, a poultry expert. Aware that young grass contains hormones and proteins which make it an ideal food for hens, he set out to overcome the outstanding snag, the fact that hens cannot digest it. He fed a flock on powdered grass without result, and then tried removing all the indigestible fibre,

Sedan: 1936 Pontiae Sedan Coupe; 1939 Bulck Sedan: 1936 Dodge Coach.

TRUCKS grass without result, and then tried but still in vain.

Geese can digest grass-why not hens? During 15 years of patient experiment, he isolated digestive juices which geese have but hens lack, and succeeded in manufacturing them synthetically. On being fed grass pellets mixed with these juices, oil and carbohydrates, the hens put on weight and laid better.

As a result, poultry farmers all New battery on market has grid over Britain are feeding their birds entirely on pellet grass. Pullets have offer 100 per cent more resistance been putting on as much as eight ounces in a week, while full-grown grass-fed hens weigh an average Other features of battery include pound more than those raised on chemically active current-producing other foods. Egg yields, too, are up.



ber burns and is very durable. Sevand Mrs. Sidney Babiskin heard that a local hospital was giving away a \$20,000 'Dream House,' they bought a ticket in their daughter June's name. It's easy to-see from the tot's smile here that her ticket won.

.. Classified Advertising..

OILS, GREASES, TIRES, Batteriea,
Painta, Electric Motors, Stoves, Radios,
Refrigerators, Fast Freezers and Milk
Coolers, Roof Coatings, Permanent AntiFreeze, etc. Dealers wanted, Write: Warco Grease and Oil Ltd., Toronto. LABOR OFFERED CO Grease and Oil Ltd., Toronto.

BABY CHICKS

PHOOF that our special broiler chicks satisfy the most exacting broiler specialist is that they come here for more. Also chicks for laying. Tweddle Chick Hatcheries Limited, Fergus. Ontario PULLETS. 12 weeks to laying, heavy breeds, prompt shipment. Edgar Cudmere. Hensall, Ont.

OVERING AND CLEANING

DIXON'S REMEDY—For Nectis and Rheumatic Pains. The sands satisfied.

MUNRO'S DRUG STORE. DYEING AND CLEANING 335 Elgin, Ottan DYEING AND CLEANING
HAVE you anythins needs dyeing or cleaning? Write to us for information. We are glad to enswer your questions. Department. H. Parker's Dye Works Limited.
791 Yonge Street. Toronto, Ontario. \$1.25 Express Prepaid

CRESS BUNION SALVE-for analyse relief. Your druggist sells CRESS.

NEW, 3-way wonder tablets built book tones nerves fast. Great for sun anemia. Helps clear pimples book anemia.

comes nerves fast. Great for sink ameriz. Heips clear pimples, foliz, clea the blood stream. Makes tired folis she with pep, vim, visor. Rush 41 for tris package. Large economy is 41 for tris back guarantee. Imperial industries. Fu Box 901. Winnipeg. Dept. K. BOOKKEEPING and Accounting Service.
Irving N. Shoom, 29 Nasmith Street,
Toronto.

BULBS AND FLOWERS UNWANTED HAIR
Eradicated from any part of the but
with Saca-Pelo. a remarkable discrete
of the age. Saca-Pelo contains so kins
ful ingredient, and will desiron the hir
root. TULIP BULBS 50c DOZEN

LOR-BEER LABORATORIES
679 Granville Street.
Vancouver, B.C.

GAINING WEIGHT? Slendex Tea help
you retain alender figure, turns fod b
to enersy instead of fat; suaranteed lanless. composed pleasant herbies.

POST'S ECZEMA GALVE

POST'S ECZEMA (ALVE
BANISH the torment of dry schem rish
and weeping skin troubles. Post's Enma, Safve will not disappoint you.
Itching, scaling, burning cerema are
ringworm, pimples and athlet's fost, us
respond readily to the stainless, deem
ointment, regardless of how stubbers a
bopeless they seem.
PRICE \$1.00 PER JAR
POST'S REMEDIES
Set POST'S REMEDIES
Set POST'S REMEDIES
Set POST'S REMEDIES
OUR PURE VEGETABLE TIMES

OUR PURE VEGETABLE TABLET
GIVE WONDENFUL RELIEF
B- 1 For Catarrh of Stomach, Spinal le
fiammation,
B- 2 For Rheumatic Palns,
B- 3 For Spinal Exhaustion, Backach,
B- 4 For Piles.

B- 3 For Spinal Exhaustion, Backack.
B- 5 For Liver and Kidney, Gall-Blade.
B- 6 For Bile.
B- 7 For Palpitating Heart.
B- 8 For Stomach and Intestinal Cas-

One bottle of our 200 selected will be sent to you, postage free, di from our laborate.

HARDY NORTHERN Brown La \$5.00. Redeau Raspberry Plants per 100. Red Lake and Ploneer

Georgeous assorted colours.
Tulip Bulbs—25 for \$1,79 or
Apple Trees. McIntosh. Spy.
3-ft. high, 3 for \$1,98. F
Garden Guide with every ord

Huntsville, Ont.
RESERVE NOW for Fall planting F

America's Greatest System
Illustrated Catalogue Free
Write or Call
MARVEL HAIRDRESSING SCHOOLS
358 Bloor St. W., Toronto

PATENTS

FETHERSTONHAUGH & Company, Pa-tent Solicitors, Established 1890, 356

perienced man to work on tracks an tractors. Steady employment. Advancesie for right man. Covered by Sickness an Accident Insurance. Top Wages. Plos 4750, or write HANNA'S INTERNATION AL SALES & SERVICE, GUELPH.

WHY SUFFER PILES

MECCA PILE REMEDIES

Rub in Minard's Liniment generously, and feel the relief steal over the aching muscles and joints. For all muscle and joint pains, aches and stiffness, sprained ankles, twisted limbs—Minard's has been famous for over 60 years. Good for dandruff and skin disorders, too.

Get a bottle today; keep it handy.

ISSUE 40 - 1950

MACDONALD'S

Canada's Standard Smoke

SORE FEET

THIS WAY

Soothe

m our laboratories for \$2.00.

MATOL RESEARCH LIMITED

2085 Dickson Street,
SILLERY, P.Q.

NURSERY STOCK

FARMS FOR SALE EXCELLENT farms available, various sizes, in first class dairying and mixed farming district, convenient to Ottawa, also commercial properties. W. C. Mac-Donnél, Winchester, Ont.

FOR SALE CORN EQUIPMENT ONE 24 International Mounted Corn Picker in good condition. J. C. Jarvis, R. 1. Freeman. Ont. Phone Burlington 5914. MOTORCYCLES, Harley Davidson, New and used, bought, sold, exchanged, Large stock of guaranteed used motorcycles. Repairs by factory-trained mechanics. Bicycles, and complete line of wheel goods, also Guns, Boats and Johnson Outboard Motors Open evenings until nine except Wednesday. Strand Cycle & Sports, King at Sanford, Hamilton. ALUMINUM ROOFING Immediate shipment—.016" thick in 6, 7, 8, 9, 10 foot lengths. Prices delivered to Ontario points on application. For estim-

es, samples, literature, etc., write:
A. C. LESLIE & CO., LIMITED
130 COMMISSIONERS STREET
TORONTO 2, ONTARIO ASPHALT SHINGLES \$3.35
These interlocking shingles are just one of our many roofing and asphalt bargains. 210 lb. Butt Shingles \$5.25; 165 Titeloc 14.30 per 100 square feet.

"Thick Insulated Siding; Brick or Cedar Grain design, only \$5.45 per square. 60 lb. red or green Granite Roofing, \$2.25. Above prices F.O.B., Hamilton. Many other bargains in these factory seconds, we doubt you can tell from first grade stock.

ALUMINUM CORRUGATED SHEETS, only \$8.59 per 100 sq. feet. Delivered Ontario. Quebec and Maritimes.

All new stock, 26 gauge, various sizes available for prompt shipment. Send measurements for free estimates. Get yours now. Stock limited. ASPHALT SHINGLES \$3.35 ROBERT JONES LUMBER CO.

1—NEW Model 302-B Badger half-track Trencher complete. Lennox Equipment & Supply Company Limited, Selby, Ontarlo. RAISE Rabbits for meat, pelts and wool.
Illustrated booklet, 25c. Carter's Rabbitry, Chilliwack British Columbia. HI-POWERED

SPORTING RIFLES LARGE assortment and better values.
Write for latest catalog listing various write for latest catalog listing various bargain prices.

SCOPE SALES CO., LTD.

326 Queen Street, Ottawa, Ontario.

McCULLOCH CHAIN SAWS—Two Models
25 and 49 pounds Attachment for digging post holes. C. Murphy, 9 Cowan Avenue,

Toronto.

"D" CASE TRACTOR, "S" Case tractor,
"SC" Case tractor, "VAC" Case tractor,
Oliver "70" tractor, BR John Deere tractor, "V" Case tractor, "C" Case tractor,
Pordson tractor, Apply Elliott's Farm
Equipment Limited, Phone 2190 Stirling,
Ontario Ontario .

BALLOONS, 50 for \$1 postpaid. Various shapes, sizes, colors. Fun for all. Albert Lewin, 1705 Dahill Road, Dept. D., Brooklyn 23, New York.

1944 K. 7 Inter Wheel Base 179"; 1942 K.5 1 al Chassis and Cab. 12" Platform; 1941 K.6 International. Long wheelbase com-plete with platform and high racks; 1940 Ford Two-Ton with stock rack FAIRBAIRN MOTORS

RIFLES RIFLES—303 cal. British Enfield Repeaters. 26" barrel. Nitto-proofed and thoroughly checked. Expertly reblued. Oil finished walnut stock. Condition perfect. Appearance as new. A reliable hunting rifle for only \$37.50 Also "Modified" Bittiss Enlied 3.03 cal. 128 barrel) Repeaters in excellent condition \$27.50. Satisfaction guaranteed or money refunded. Other types write for list. With purchase of rifle box 48 cartridges \$2.50. Eastern Sporting Equipment Co. 1309. Beatern Sporting Equipment Co., 1329 Bank St., Ottawa, Ont.

CASE CORN BINDER, two-winel loader, Will sell separately. Thos. L. Scott, Cromarty, Ont

Good birds have laid 245 eggs a year, an increase of about 45. * * *

Modern methods enables 50 per cent of the moisture to be extracted from grass while retaining every particle of food value. What is more, one ounce of vitamin B1 extracted from grass is sufficient to supply 30,000 people with all they need for a day. . . .

In new guises, grass may yet yield a new foodstuff to feed the world's starving peoples and create new levels of nutrition.

TABLE TALKS

Jane Andrews.

women—and any others who plenty of cream at their disal-should not waste precious sugar for cookies and cakes. claims that cream, and especisour cream, used in place of ortening, not only cuts down king time a whole lot, but results products that have a delicious te and texture all their own.

"After watching my family one put away a lovely pie in two nutes flat," she states, "a pie that d taken me half an hour in a hot chen to make, I decided then and ere to use more of the simpler d less time-consuming desserts, well as other sweets."

searched for recipes that She searched for recipes that re simple, yet good, but found e to compare in goodness to one e ran across for a Sour Cream ke. It is delicious eaten plain, d especially tempting to those ho do not care for frosted cakes. From that original recipe, the dy worked out a number of inter-

ting variations—five distinctly dif-rent cakes, as well as a variety of p cakes and drop cookies Some of them I am passing along

my readers But first two or three ints regarding this kind of "short-ning." In using sour cream for taking, one good rule to remember that one-half teaspoon of soda sufficient for one cup of sour cam. Second, by using one level aspoon of baking powder for each up of flour one may bake muffins, ncakes, waffles, corn bread and any other things with really fine eam is at hand, just add two teacons of vinegar to each cup of

SOUR CREAM CAKE (Basic Recipe) eggs 1 cup cane or beet sugar

1 teaspoon vanilla 13/4 cups flour 11/2 teaspoons baking powder ½ teaspoon salt Method: Break eggs in bowl, beat Make five depressions in the poad add sugar, cream and vanilla. tatoes and drop an egg in each. ift and measure flour. Sift all dry agredients together and add to first kture, stir well and bake in a degree oven until cake shrinks bit from sides of pan. Bake in 0x14-inch shallow pan or in layers.

dd brown sugar instead of white cover with butterscotch icing. RAISIN SPICE CAKE Add two teaspoons pumpkin pie pice or any other spices desired nd one cup raisins. Wash raisins warm water and allow them to tand in hot water while mixing the

BURNT SUGAR CAKE

CHOCOLATE CAKE Add one-third cup cocoa and deact two tablespoons of flour called or in recipe. Omit baking powder and add one level teaspoon soda. Use a rich fudge frosting or seven-OLD-FASHIONED MARBLE

CAKE Divide batter into two parts. To one part add any spices desired



Feline Fashion - The gown that TV actress Kyle McDon-nell is shown modeling here is alled "The Cat" by its design-r, presumably because of its eek black lines. Canine TV "Morgan" seen with a bo:bbon that matches the ruffle on Miss McDonnell's gown.

Spoon light and dark batter alternately into greased pan and bake CUP CAKES Mix batter for plain sour cream cake, grease muffin tins or cup cake pans, or, if you wish, use paper baking cups. Cover with various

toppings before baking-shredded

cocoanut and sugar, cinnamon and

sugar, or brown sugar and chopped For a child's birthday party, cover with icing in several different colors and put a tiny birthday candle on each cake, for individual birthday cakes.

DROP COOKIES Add one-third cup more flour to basic recipe for sour cream cake and drop by spoonfuls on greased cooky sheets until nicely browned. Moderate oven.

Which should be enough about cakes and the like for one session. So here are a couple of recipes along slightly different lines that I think you'll find worth while, The first is for a somewhat different UNCOOKED VEGETABLE

RELISH 2 medium heads of cabbage 8 carrots 4 sweet red peppers 8 green peppers 8 medium sized onions 1 teaspoon celery seed

5 cups sugar 2 quarts cider vinegar Method:-Grind the vegetable them stand for three hours in salt water. (Use enough water to cover vegetables and a half-cup of salt). Drain, and add the celery seed, sugar and vinegar. Pack in steril-

Then here's a really hearty main dish for a "meatless" meal. It's DUBLIN ONIONS

3 cups cooked, chopped onions 2 cups creamy mashed potatoes 5 eggs Salt and pepper to taste Method:-Put onions in buttered baking dish. Add salt and pepper as desired. Add cream. Put mashed potatoes over the top in a layer.

Put in a hot oven and cook unti eggs are done. Serve hot. TESUNDAY SCHOOL LESSON

By Rev. R. B. Warren, B.A., B.D.

Matthew 16; 24-25; Mark 1; 16-20;

Phillippians 1; 19-26. Golden Text: For me to live is Christ and to die is gain. Phillippians 1; 21. for yourself." Jesus taught and toes (without boiling them) and examplified a different way of life.

the call, "Come ye after me, and I

He said, "Whosoever will save his life shall lose it; and whosoever will lose his life for my sake shall find it." The individual who lives for self is missing the real enjoyment of life, but the one who puts himself wholly to use for Jesus Christ really finds life. It was a great day for the four fishermen when they responded to

will make you fishers of men." They found life in the service of Jesus Christ and were instrumental in bringing thousands of others to gue, 2 veal-and-ham pies, 2 pigeon know him too. Paul was an outstanding example of one who found life in giving himself to minister to others for Jesus Christ. From the prison in Rome he wrote, "For me to live is Christ." Christ was
the centre and circumference of his

or 4 dozen plain pastry biscuits, 2
dozen fruit turnovers, 4 dozen life. Christ permeated and motivated all of his life. Whether he ate or drank, visited friends, or wrote letters, he could say of it all, "For me to live is Christ." Multitudes can say, "For me to live is ME." It is this spirit of selfishness that is speeding the world madly to an inevitable clash between Communism and Capitalism. Of course we think of the selfishness of Communism in wanting to spread over the entire earth and dominate all men. But there is selfishness and snobbery in our system, too. This helps to develop fertile soil for the seeds of Communism and there are many hands eager to sow the seed. With the world building its armed camps at an unprecedented rate in what is relatively a time of peace, only one thing can save us from a bloody cataclysm that will dwarf World War II by comparison, That one thing is a renewal of the hearts of men to walk in the way of Jesus look at lower left, gets into | Christ. Though it may not be world - wide in scope, yet the fer-

postpone the evil day.

FASHION NOTE FOR JUNIORS



"Little Countess" coat of Bolivia cloth shows-off its back-interest half belt and unpressed pleats. Double breasted, with shining copper buttons, it goes back-to-school in style!

They Really Ate In Mrs. Beeton's Day

known in English cookery than that of Mrs. Isabella Beeton, who, as a young matron in her late twenties, published in 1861 in London, her famous Book of Household Management. Edition has succeeded edition in revised form, as modes, manners and eating habits have altered; but this delightful cook - book and encyclopedia of household wisdom still reflects the core of Mrs. Beeton's personality, surviving wars and social changes. Mrs. Beeton is an immortal and her book a classic, by Mr. Eliot's or any other definition. The reprints con-

tinue. Only recently, a full-length biography of her appeared, written by her granddaughter.

Mrs. Beeton has included everything ranging from managing servants to ten ways of cooking potathe proper way to prepare ortolans. She lists more than a hundred soups from ox - head soup — No. 4 in the appendix — "another good and economical soup (excellent for giving to the poor)" to

bouillabaisse. In those ample times her "Bill of Fare for a Picuic of 40 Persons" had a lavishness reminiscent of Mr. Pickwick. It included: "A joint of cold roast beef.

joint of cold boiled beef, 2 ribs of lamb, 2 shoulders of lamb, 4 roast fowls, 2 roast ducks, 1 ham, 1 torpies, 6 medium - size lobsters, 1 piece of collared calf's head, 18 lettuces, 6 baskets of salad, 6 cucumbers.

cheesecakes, 2 cold cabinet puddings in moulds, 2 blanc - manges in moulds, a few jam puffs, 1 large cold Christmas plum - pudding (this must be good), a few baskets of fresh fruit, 3 dozen plain biscuits, a piece of cheese, 6 lbs. of butter, 4 quartern rolls of household bread, 3 dozen rolls, 6 loaves of tin bread (for tea), 2 plain plum cakes, 2 pound cakes, 2 sponge cakes, a tin sults in calving performance.

Blast Open Aircraft To Rescue Victims

When a plane crashes and bursts into flames, rescue workers must work fast if they are to get any-one out alive. It is especially diffi-cult to reach the passengers or crew represent the same letter. because of the way the fuselage is constructed. Explosives solve His discoveries proved that not only must there have been a bridge of land between America and this problem in Britain. A line-charge, looped into a rectangle and shaped to give a "punch" in the right direction, blows a hole in the side of the plane, so that the pas-Egypt, but that the peoples on both sides must have had a common origin.

He found that not only did the sengers or crew can scramble out.
The charges can also be used to cut
away burning parts of the aircraft
from the rest and so prevent the
fire from spreading.

Line-charges are made in the
form of a tube or could be exples Mayas-the parent civilization of the Aztecs and Incas-worship the sun just as did the Egyptians, but that they both called it the same

form of a tube or cord, the explos-The Sun God of the Egyptians was Ra, while the same god in America was called Ra-mi. He d that the Mayas had mui a framework on the end of a long fied their dead just as the Ancient arm and is fired from a distance. Egyptians had; and he saw pyra-The line-charge can also be stuck mids in Peru identical in shape with to a structure by an adhesive on the those in Egypt. cord itself or by tabs. This method could be used on a crashed aircraft which was not burning or to separate blazing parts from the rest,

which can then be dragged away. Unless a passenger were leaning against the panel blown open, i is very unlikely that he would be injured. Even if he were, his in-

He came across villages which

names of them were Colima, Colua and Zuivan, and this was the final fact which convinced him. For in The Mystery of The Missing Continent

totally destroyed by earthquake and flood eleven thousand years ago.

Plato lived some centuries before

Christ when the continent of America was undiscovered, and his

story that beyond the Pillars of

Hercules - Gibraltar - there had

once existed a mighty land and

men of the day as nonsense because everyone knew that the Pillars of

Hercules marked the farthest end

Finding Proof

proof. He found that not only did

the Egyptians believe they had sprung from a race of white people

who lived in a land of golden tem-ples far away in the West, but he

was shown solid gold statuettes of

great antiquity which, said the Egyptian priests, had been washed

up by the sea after a great flood

had destroyed the entire country

forgotten, until America was dis-

covered and the Spaniards tried to

bring Eastern civilisation to the

Among the missionaries who

penetrated deep into the interior

and befriended the Incas, Aztecs

da Landa, who was later created

He was a learned man who had

studied the ancient languages of the

Old World and the history of the

Phoenicians. He knew, for instance,

that all the languages of the Old

World had originally sprung from

the Phoenician alphabet, in which

letters were represented by pictures.

the world when he found ancient

monuments in the heart of America

on which were tablets inscribed in

the Phoenician picture language
There could be no shadow of

doubt about it, for many of the let-

ters were identical while others had

and had altered slightly during the

passing of time.

obviously had the same root source

As one instance of this, Da Landa

At the other side of the world,

five thousand years earlier, the

Phoenicians drew a human foot to

found that the letter B was represented by a picture of a human

He was the most amazed man in

and other Indian peoples was Diego

the first Bishop of Yucatan.

Plato journeyed to Egypt to find

of the earth.

ancient Armenia, across five thou sand miles of ocean, there had been towns called Cholima, Coiua and An increasing number of scientists believe that the origin of civilization was not in the Jewish Gar-Da Landa was publicly ridiculed and Rome warned him of the ontinent which, according to the heresy of discounting the story of the Garden of Eden and replacing Greek philosopher Plato, stretched from the coast of Europe to the it with the Plato theory of Atlantis. coast of America, and which was

But after his death, one or two ever since then more and more evidence has been brought to light. The ancient belief of the Egyptians that their nation was founded by a fair-haired, blue-eyed god who came up out of the sea and, when he had done his work, returned to balanced by the ancient belief of the Incas and Aztecs of a fair-haired, blue-eyed god who came up out of the sea and founded their nation and then went back to his home-in

the East Unfortunately all this is circumstantial evidence. There is not a single jot of concrete proof that logical excavations in Central Amer ica may one day bring that concrete pens our history books will have

Plato was convinced, but every-Your Heart's Been one else laughed at him, and after he died the whole story was put Stopped for Years down to imagination, and for almost two thousand years the story was

If you live until you are seventy your heart will have stopped beat-

ing for 21 years!
This is no fairy tale, but a fact that has been known to doctors ever since Harvey first propounded his theory of the circulation of the

In a normal adult person the heart beats at the rate of 70-72 times a minute, or once in each 0.8 seconds. This means that it beats 104,000 times a day.

Between beats it rests for about 0.2 of a second which, if worked out, comes to roughly 21 years of inactivity. A rest of 21 years in seventy would indicate that it is the laziest

organ in the human body. This is not the case. Your heart does anything but idle.

Every minute it beats it pumps five to six pints of blood through

each right and left ventricle, and se throughout the whole body. This works out at roughly 50,000,000 gallons in a lifetime. That is when the body is completely at rest. In the case of an athlete or people employed at heavy work it may be called upon to de-

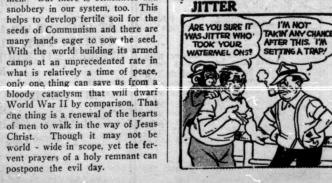
liver blood to the body at the rate of 15 to 16 gallons a minute. Considering that the average heart measures five inches long, three inches broad and two and a half inches thick and weighs only nine ounces, this is no mean feat o







Monarch of the Moppets-Freckle-faced George Riley, Jr., 13, and 13-year-old Joan Crawford, are the 1950 King and Queen of National Kids' Day. They were selected by judges representing 3150 Kiwani clubs for outstanding service to the community. Their reward will be a free trip to Hollywood.





juries would not be serious

tools were ineffective

The idea of the shaped line-charge

was developed after a war-time sur-

vey of crash fires, when it was

TENDER STEAKS

Veterinarians warn that long

years of selective breeding with an

eye toward plumpness of beef cattle

may be a cause of sterility in cows.

To produce tender steaks ranchers

have unwittingly been breeding cows with slowed-down thyroid

glands. Result: lowered fertility. Treatment with thyroid prepera-

to get rid of excessive fat have

tions and ordinary reducing diets

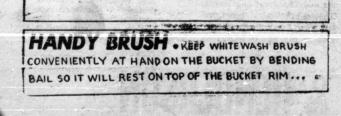
both shown startling beneficial re-

obvious that ordinary breaking-in









How to FIXED HAROLD ARNETT