Prince's Morning Run Will Be No Cinch

ent, Princes Charles, as did his father, is to receive his further education at Gordonstoun School in Scotland, much has been made of the rigors of the twice daily ecid shower and the character boats in blustery weather on the Most of these reports also

made due mention of the run which every boy has to take on getting up in the morning. Howreally explains the true nature of this exercise which is no speedy dash around the running track, suitably sweatered against the Scottish chill to leave the participant glowingly warm, his circulation stimulated and his appetite whetted. Morning run is performed

stripped to the waist, dressed merely in a pair of thin running

shorts and gym shoes. Nor is this a run in the sense that a runner attempts to cover the maximum amount of ground the shortest possible time Just the opposite: the object is to take the maximum amount of time over the distance involved which is, or was in Prince Charles' father's day, a distance of

approximately half a mile. Again, morning run is not a race in the sense that there is a



PRINCE CHARLES

the man, Gordonstoun boys tend to be called men, who brings up the rear since he has spent that much longer with his chest bared to the elements. The entire athletic object

deed, could fairly be called into stion if it were not explicitly detailed in the school prospectus that what is termed "this gentle morning run" is part of a program whose sole aim is to "harden and yet at the same time to spare the growing boy." When Prince Charles does his

first morning runs at Gordonstoun this month, however, it will be in the bright daylight of a northern summer, sun already well up, birds singing, only the gleaming beads of dew on the rich grass as a reminder that the our is still early. Far from a hardship, it is a better beginning to a day than falls to many of us. But I have no doubt that the Prince's most vivid memories of

morning runs will be those made in the last weeks of the winter term before he goes home for Christmas-only days before the winter solstice. Then it is dark, often cold, occasionally there is a little snow on the ground and one can hardly see the white

Morning run is supervised, housemaster's permission before At the appointed hour he strips

During the run, he will make sure that it is being correctly done: That the pace is not too fast; that the feet are lifted well off the ground bringing the knees up to at least the level of and the chest out, writes Charle Marwick in the Christian Science Monitor.

When Prince Charles' father was at Gordonstoun, morning run was done around the great south lawn in front of the architecturally erratic Scottish mansion that forms the headquarters of the school even although some boys may sleep a distance away r, as Prince Charles will do, in small cottage about half a mile

But one memory Prince Char-

his father: On particularly chilly morn ngs in the late dawn of winter when even the senior man in charge of the run, understandaenough, may speed up the pace and fail to make certain charges are lifting their knees to the proper height, the only thought is to get the thing over and back to the relative

warmin of a sweater. newspapers read, looking out of

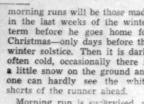
his first floor window making sure that the run was performed eccording to specifications.

fore being called to order. time near Baden in Germany where more than 40 years ago he first started a school at near-I am not sure that the present

a similar supervisory eye on the morning run or even for that matter if it is still taken around the great south lawn. But certainly morning run Gordonstoun is still done stripped to the waist with only the

"High-er . . . Slow-er."





are many activities at the school not by a master but by a senior boy. This boy is responsible for a group of juniors, makes sure they are present at the time the run is to start - quarter past seven-and may, if the weather is sufficiently bad, cancel th run although he should obtain a he does so.

to the waist and leads his shivering contingent, who have also disrobed their upper bodies, at an easy canter down the precribed course.

rom this main house.

vill have a wide selection as to (about 10 minutes). Cook. Spread the type of shower you can give: les will not have in common with kitchen, cookbook, china, linen, or personal. Keep your shower simple, especially if you are working all day and have to rush home to get hings ready for the party. Spring flowers, in bloom almost everywhere now, make a lovely centrepiece for a shower table, if you want a conventional piece. Combine them in a many-col-

Then, at such times, from out of the gray, stone-walled mansion, across the gloom of the reluctant dawn, a stentorian voice would reach the slim, running figures, "Slow-er," reverberated among the turrets of the house. "Not so quickly," each syllable accented for emphasis. "High-er... Slow-er." It was the headmaster, Dr. Kurt Hahn, shaved, dressed, the

And the little group of holfnaked figures would reduce their progress to .. slow motion film, raising their knees almost to their chests, groaning inwardly yet thankful that at least they had got almost half-way round Dr. Hahn is retired now. He pends, I believe, most of his

headmaster, F. R. G. Chew, keeps

most inclement weather causing it to be canceled. And equally certain someone from time to time makes sure that it is run in slow motion, the knees high and the head up, even if Kurt Hahn is not there to watch from the first floor window and there is no echo against the gray-stone walls:

can do with a cake mix in a very short time. You can change the fruit to fit the season, you color scheme, or the taste of your guests — your efforts at decoration can be varied and easy. This particular cake is made with a lemon cake mix. There is a lemon filling between the 2 layers and a glaze on top of the fruit. If you're in a big hurry, the glaze may be omitted, course, but it does add a gleam to the dessert. With this cake, a beverage - hot or cold, as you prefer - is all you need. How-ever, a sherbet of ice cream may

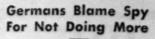
LEMON CAKE SUPREME 1 package lemon cake mix Filling

2 eggs 1 egg yolk 4 cup sugar 1/8 teaspoon salt
1/4 cup lemon juice
2 tablespoons grated lemon

2 cup butter Assorted fruits, such as mand arin orange sections, pineapple wedges, banana slices, and mar-aschino cherries. Glaze

1 cup fruit juice 2 teaspoons cornstarch Prepare and bake cake a cording to package directions.

In top of double boiler com-ISSUE 23 - 1962



German records from the War of 1514-13 provided a record of a non-dramatic spy. J. C. Silber was a German living in America. He had knocked about the word, and was a good linguist. He crossed into Canada and came to England as a Cana-

His plan was simple, but masterly. Above military age, he volinteered to work as a censor. "Security" in those days was even more elementary than it is now. He was accepted, and his steady and capable work pleased his chiefs. Before he left the U.S. he had established contact with a German military attaché, and had communication. Now he vas in a wonderful position. Not only could he pick up in-

ormation from "careless talk" in letters, but he could send on his own reports to neutral addresses under his own censor's stamp! Here was the simplicity of gen-One of his "covers" was a non-

existent prisoner of war in Ger-many. All letters to this address were immediately handed over to e German spy service. Silber's methods were most ingenious. He could not make notes

ROVER — English sheep dog, Zero Zero, gets around the

modern way, with the help of his pretty mistress, that is.

TABLE TALKS

If you wish to give a shower | bine eggs, egg yolk, and sugar.

for your favorite bride-to-be — Add salt, lemon juice, lemon peel, and butter. Cook over hot

to starting a new home - you | water, stirring until thickened

glaze.

Serves 10-12.

serves 8.

filling between cake layers. Dec-

orate with fruit and brush with

Glaze: Mix cornstarch with a

little of the juice and stir into remaining juice. Sweeten to

taste, if sweetness is needed. Bring to a boil, stirring, until

glaze is slightly thickened.

If you'd like to make your des-

sert the day before the shower and keep it in the refrigerator,

here is a recipe using ladyfing-

ers and chocolate chips. It

CHOCOLATE

REFRIGERATOR CAKE

pieces (6 ounces)

2 teaspoons vanilla 1 pint whipped cream

with ladyfingers. Chill for s

Top cake with the whipped

cherries.

6 eggs, separated

2 dozen ladyfingers

Zero Zero has his own special sidecar.

ored effect, or choose one color

your other decorations and even

Or design an original one to

suit the type of shower you are giving. I heard of one the other

day for a kitchen shower that

was unusual. Guests were asked

to bring a pot or a pan, a fork or

a spatula, a strainer or a grater, etc. The tablecover was news-

papers and the centrepiece was

made of a pile of pots and pans

arranged in somewhat the same

pattern as some of our modern-

istic paintings and sculpture. It

proved a subject of interest and

laughter during the simple re-freshments of cupcakes and fruit

However, most girls like to

have their showers daintier and

prettier than the one I have just

described, which was one of a

long series that had been of the dainty type and the hostess told

me she was striving for a change

of pace, writes Eleanor Richey

ence Monitor. Crepe paper is al-

ways good for a colourful table-

cover; also there are many col-

orful cloths to be found in the

stores now if you do not find

the right color among your own

linens. Match it with your dish-

es; match candles to them both

and arrange your flowers to

match the general over-all color

table is right.

scheme, and you'll be sure your

Here's one of the things you

aston in the Christian Sci-

your food.

- yellow or pink or blue or red

and carry that color through

his censorship office, for fear f being observed, so he had to pend upon memory. Nor did he risk writing his reports in his own lodgings; he engaged another room — and left

stubs of concert and theatre tickets about in his own to account for his evening absences Often he would abstract documents from letters, photograph them in his second lodging and return them to their original packages the following morning. His chief difficulty was the supply of materials - films, for example. This led to his only real alarm. A chemist from whom

Silber purchased some of his sup-

plies became suspicious, and began to shadow him. The incident ended in comedy Silber reported to his chief what a nuisance the man was, and the chemist was told by the police to mind his own business. A constant succession of news items, necessarily very mixed in subject and potential utility passed from Silber to Germany in this way. His high watermark

1 package semisweet chocolate of success was reached in 1915. In the course of his duties he was reading a letter from a girl to her friend. The girl was delighted: her brother in the Navy, Melt chocolate pieces over hot who had already been decorated water; add egg yolks, I at a time, for gallantry, had been appointed beating well after each addition. a point near home, so that Add vanilla, remove from heat. she could see him more often. beat egg whites until stiff but She said that his new postin not dry; fold in chocolate mixwas rather mysterious, and had ture. Line a small loaf pan with nething to do with the refitting strips of foil or waxed paper. of old merchant ships. Split ladyfingers lengthwise; A good spy should have a "nose" for new information. Silplace a layer of ladyfingers on bottom and around sides of pan. ber decided that this hint should

Spoon in chocolate fluff. Top be followed up. At the earliest opportunity he eral hours or overnight. Use paper lining to lift cake out of went to the girl's home, introduced himself as an official cenpan; remove and discard paper. ream and garnish with chocolate chips or strawberries or 2 tablespoons lemon juice

½ cup nonfat milk powder

Mix graham cracker crumbs Graham cracker crumbs make and butter. Soak gelatin in 1/4 a convenient and delicious crust cup of the water for a few minfor a fruit pie or dessert. Here utes; dissolve over hot water. Cut fruit in pieces; add salt, sufat milk powder. It serves 6. gar, and gelatin. Cool until ICE BOX DESSERT slightly thickened. Add lemon juice and milk powder to the 1 cup graham cracker crumbs emaining ½ cup water. Whip cup melted butter ntil stiff. Fold in fruit mixture. I tablespoon plain gelatin Smooth half the crumbs into cup water bottom of pie pan or shallow loaf pan. Add filling and top with remaining crumbs. Chill until 1½ cups cooked or canned fruit juice Pinch of salt

d Dire

nan from Vinalhaver ut his wife in the auto

revealed acted like the to the boats the ship's cat or a fellow here in town well surfaced -

were so scarce a ferred to sink hoisted, and opened fire. Ele sunk by this s more were damage

The Q-ships greater had been warned of t at an early stage i Silber used no ods. His spying was "el

dulged in sabotas Yet his exploits rank ven n the espionage wa of brains in which he was He served his sual he had small

Germans claimed As light relief nusual ideas whi ed out from letter the British Ad ted in all seriousn eeding seagulls. Thus, whenever a marine appeared.

would gather, and signal to

NORTHEAST ASIA?

Contrite, and grate

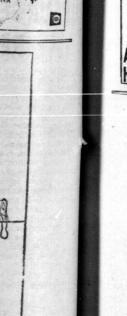
its guns com

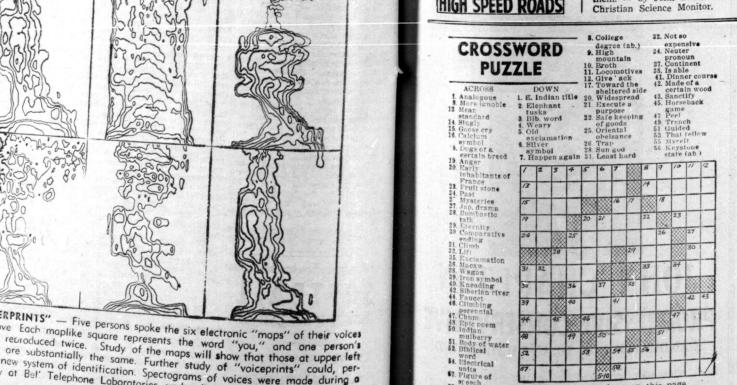
To all appear

a tramp under a r

nded that sea lions sho trained to follow and ev tack the U-boats! The exact thod of the proposed attack Silber, needless to say, dif find it necessary to warr. German Admiralty of these minent dangers! - From Bits". How Well Do You Know







In The Country!

the other day ame to the mainland in ett Libby, and drove to ia. He wanted to see nd. So they were going happy as could be, and ally got out somewhere tana and he came up be-farm truck. Suddenly, nout warning, the farm please, was an ac-

the driver of the truck from the cab, skipped jumped on him by saymight-a known I was rn - I live right over

told some tourists how e Jim Grover place. "Go here until you come to and he's the one this isn't only in Montana

and for some time e had a lot of fun with John Gould, If you Lisbon Falls, as quite a you do really, and ask get to my place, there ways in which the helpgum you up. If they tell to out Main street and at the Tavern . . . " you for it. There isn't any

for several generations.

e used to be. I often wonsees a cemetery on the left. This is the Purinton's Corner eve of tourists as they cemetry, and has nothing to do with coming to see me. You have day, is sometimes of dubovershot by four miles. repute, and perhaps con-But it is a cemetery, and you neon signs and regular feel this confirms the original re dinners. Our tavern was a instructions, so you press on a hanging station on the few hundred yards and come to a second cemetery. You now laid out, and here the know that everything is fine. stage passengers found It is true that just about now beds in the frigid there is a left turn, and as you ers while they rested overmake it, in the bend of the road, you observe a red house. There trics came along the uses is a tendency, at this, to feel that is hospice ceased, and the the man in Lisbon Falls who building became a farm told you the route was an ex-

would usually conclude that he

had erred, and should back up

as he begins to have doubts he

visitors would like to see his

after a discreet feeler Mr. Gould

knows if they want him or me,

and reacts accordingly. I have,

We also have a fellow in town who gives directions wrong-side-

to. When he says left, he means

right. He's left-handed. You just

have to live around here and you

know that, and if he directs you

there is no problem. Strangers, he gets them mixed up some.

When he tells them to look for two cemeteries and a red house, I don't know what happens to

them. - by John Gould in the

here looking for him

Answer elsewhere on this page

once in a while, had people come

and try again, except that ju

cellent guide, and you congratuabout 24 years ago, it late yourself on following so successfully his directions. And although the spot was There is more. If you drive inned up and a new home built to this dooryard and apply yoursomehow the tavern perself to the friendly lintel, the sted in local minds and anygentleman who comes at your seeking our road is likely knock will depose and state that he is, indeed, John Gould, and e told to "turn left at the m." Quite a few who finalwhat can he do for you? find us begin the colloquy by This Mr. Gould, who is no relg. "What is this tavern? ative of mine, has been told chance on a direction many-many times that his enwho remembers that the joyable pieces in the Monitor no more, he will say, have caused this intrusion, and Main street past two that having come this far the

left, and watch for a red on the turn of the road." ducks, or have a refreshing sip from his cold spring, or discuss for a moment the broad subject y he adds, "You can't miss of worm farming. I have heard Actually, you can. If you that in the beginning this other eze along in the full exuber-J. G. was sometimes alarmed at the open road, you can this, and made seemingly irraasily miss these two cemetional responses which often aland a great many do. By armed his visitors and sent them time you have gone past the away thinking I had been rude, ners at my road, have if not a little nutty. one past Higgins's Corner, and ave gone past Purinton's Cor-But in time the coincidence of both names and road directions was straightened out, and today

es on your left, take the



THE FARM FRONT How to keep your farm free

JET CRASH TAKES 45 LIVES — Aerial view shows the wreckage of a Continental jet that crashed in a field near

Centreville, lowa, resulting in the deaths of all 45 persons aboard. One passenger lived for 10 hours but died in a hospital.

from insects without any cost — that might sound like the work of an advertising copy-writer who had gone crazy with the heat. But don't go away. Stick around and read this tale by Robert F. Connor in the Christian Science Monitor.

Mr. King might be strictly for For the last seven years his small farm in Rockcastle County, Kentucky, has been free of insects and it hasn't cost him a cent to get rid of them. All he has done s provide suitable housing for purple martins, a specie of bird given to graceful aerobatics and a penchant for hunting insects on the wing.

The martin was known to the Mohegan Indians as "the bird that never rests." The Indians would have been even more amazed at this robin-size bird's endurance had they known that it spends its winter in South America and its summers as far north as the Arctic Circle. But although the martin is a wideranging migratory bird, its true residence is where it nests and raises its young, and to this end but hang out a "Home Sweet Home" sign. Starting with only one martin

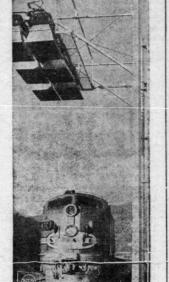
house, which was occupied by a pair the same day he erected it, Mr. King just kept on building houses and the more he put up the more martins he had. Now, the daily sight of over a hundred martins gracefully darting through his garden areas is a pleasure to his eyes and a reward to his pocketbook.

King is a keen student of nature and his observations have led him to many conclusions which are supported in books on ornithology. For instance, he found that a martin doesn't like o live too close to a human tion holes in the houses or the young will be driven out by the summer heat and die in their fall to the ground; the house support must be 15 or more feet tall.

Martin colonies were once quite common in America, especially in the deep South where it was not uncommon to see myriads of gourd houses suspended from crosspieces attached to poles. But the appearance of the English sparrow marked the beginning of a new era for the martin. Many a colony was aban-doned to the oncoming horde of sparrows which took up residence faster than the martins could throw out their nests and eggs. Since then, bird lovers have tried various measures to discourage the sparrows. One method is keeping the

holes corked until the martins arrive from the South. Mr. King used to use a more drastic method to eliminate English sparrows - tainted grains. This method still preserved Mr. King's songbirds since his other barn inhabi tants were swallows and phoebes. The swallows feed on insects; the phoebe belongs to the flycatcher family. Now, however, he has discovered that sparrows will not nest in a tin can! Con-sequently he has switched from wooden boxes and sections of hollow logs to cans, and both King and the martins are happy. in acceptance

Tin cans have other advantages also: they heat quickly and cool quickly; they can be proper-



CLEAR TRACK - An old winter problem of railroaders frozen switches - may be hanging over Santa Fe track in picture above. It's an infrared heater, fueled either by natural gas or propane, which warms the switch without warming the surrounding air. At first sign of snow or ice, the heater turns on automati cally and keeps going until the storm is over. The railroad plans to install the heaters in problem areas in Arizona and New Mexico.

ventilated ("You split 'em along the sides and then pull the upper flap out so it won't leak and water drop all over the botfull of holes so in case rain blows in on 'em, it leaks right on out").

Mr. King's martins arrive on the first day of March and stay until the end of August. Some-times this early arrival date means they must endure snow early anyway, and each pair enters the same house they left the previous season, a house which, incidentally, they had emptied of everything but straw before their departure.

One day Mr. King made the

mistake of moving one of the old houses to a different location and installing a new house where it had been. When the martin arrived it went into the new house staved about 30 minutes, and then left it to perch on another house nearby. Finally, after it had returned to the new house many times in obvious confusion and frustration. Mr. King said to his wife, "Nellie, I've got to go move that old box of his and pu it back where it was!"

FORGIVING NATURE

In Detroit, Horace Dodge, the automobile builder, had an old gatekeeper on his estate who neglected his duties shamefully out had been around so long no body dared criticize him too sev-Dodge's ire was aroused to the point where he hollered, "You're fired." and drove off in high dudgeon to Detroit. When he drove home that evening, however, there was the old gatekeeper big as life. "Confound charge you this morning?" "You did," agreed the gatekeeper cheerfully, "but I forgive you."

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TESUNDAY SCHOOL LESSON

By Rev. R. B. Warren, B.A., B.O. The Praise of the Redeemed Revelation 5:1-14; 7:1-17

Memory Scripture: Alleluia: for the Lord God omnipotent reigneth. Let us be glad and rejoice, and give honour to him. Revelation 19:6-7.

Our Lord did not receive much praise while here on earth. On the day of his triumphal entry into Jerusalem, some of the Pharisees wanted him to rebuke his disciples who were praising him. Jesus replied, "I tell you that, if these should hold their ately cry out." The acclaim that ken of what he would receive

n heaven. In heaven Jesus Christ is the object of great praise. In our lesson, he, the Lion of the tribe of Judah, prevailed to open the sealed book. Lion suggests his great strength. But he is also the Lamb that was slain. As such we see his meekness. When he opened the book, the four living creatures, the twenty-four elders, one hundred million angels, and the whole created universe join in ecstasy over the redemption of the human race. multitude from all nations, tribes and tongues, having come out of the tribulation, standing before the throne safe in robes of white and palms in hands, give joyful praise to God and the Lamb. John tells about the seventh trumpet in chapter 11. Great voices in heaven announce the riumph of Christ's kingdom. The whole purpose of God is reaching its glorious consummation.
The long conflict is over. John sees the twenty-four elders, who sit before God on their thrones, fall upon their faces in worship and praise to the Lord for His reign in power, for judging the dead, for the reward of the saints, and for the destruction of

method - filtration, sedimenta tion, or aeration - removes dethe forces of evil. tergents from waste water. Most of us will admit that we do not fully understand all the details set forth in the Book of Each year more communities have to re-use water. Specialists forecast that within a matter of the Revelation. But we can cerdecades some communities' watainly catch the atmosphere. In ter may have to be re-used six the great moral conflict of the times. Already it is estimated ages, good will win over evil. And Jesus Christ is the One who by His death and resurrection, that Ohio River waters are reprocessed an average of 3.7 times before they reach the Mississippi makes this victory possible. Here River. Each use accumulates in this world, many revile His more detergent content, states an editorial in the Christian Science the honour that is His due.

Factory waste and normal sewage are closely linked to their producers. But detergent manufacturers do nothing directly to produce pollution. They merely sell their multi-syllable compounds with the one-syllable names. The public does the pol-

Lather in Your

Drinking Water!

For several years pollution control officials in the United States have been worried about

detergents, which get clothes

cleaner, drinking water dirtier.

Now at least two states-New

York and Wisconsin-have be-

Millions of Americans have

lately seen magazine and news-

paper photographs of tap water

in some communities pouring into drinking glasses with a

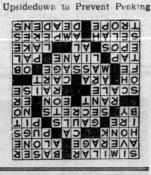
magnificent thirst-killing crown of foam on it. The problem is

that no current water purifying

gun to act on this subject,

New York has appropriate \$60,000 to make a technical study of the detergent problem. Other government units will doubtless enter the field. Perhaps the most useful effect of this public stir will be to add further momen tum to the detergent industry's own high priority search for organic detergents that will break down in soil or river

found, people in some water districts may not need to buy detergents any more. Tap water will



IN DARKEST AFRICA

child scanned the heavens while a big airliner zoomed by, "What's

that?" demanded the child. "It's

plained the mother. "You only

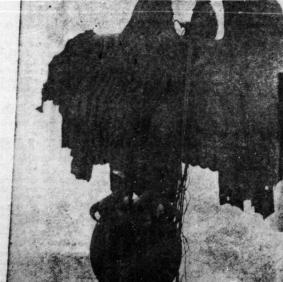
something like a lobster,

eat what's inside."

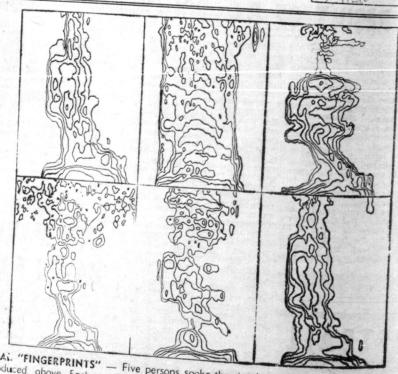
A cannibal mother and he



STRANGE SIGHT TO US-Communist party hammer and sickle appeals to voters in the June municipal elections are plastered all over this sidewalk display board in Rome, Italy



SYMBOL OF INFAMY — Workman uses cutting torch to dismantle a huge metallic eagle atop building at airport in West Berlin. It was the last symbol of Nazism in the city.



VOCAL "FINGERPRINTS" — Five persons spoke the six electronic "maps" of their voices reproduced above Fash modified person's reproduced above Each maplike square represents the word "you," and one person's spoken word is reproduced twice. Study of the word "you," and one person's spoken word is reproduced twice. Study of the maps will show that those at upper left and lower right are substantially the same first the word "you," and one personal lower right are substantially the same first the word "you," and one personal lower right are substantially the same first the word "you," and one personal lower right are substantially the same first the word "you," and one personal lower right are substantially the same first the word "you," and one personal lower right are substantially the same first the word "you," and one personal lower right are substantially the same first the word "you," and one personal lower right are substantially the same first the word "you," and one personal lower right are substantially the same first the word "you," and one personal lower right are substantially the same first the word "you," and one personal lower right are substantially the same first the word "you," and one personal lower right are substantially the same first the word "you," and one personal lower right are substantially the same first the word "you," and one personal lower right are substantially the same first the word "you," and one personal lower right are substantially the same first the word "you," and one personal lower right are substantially the same first the word "you," and one personal lower right are substantially the same first the word "you," and one personal lower right are substantially the same first the word "you," and one personal lower right are substantially the same first the word "you," and one personal lower right are substantially the same first the word "you," and one personal lower right are substantially the same first the word "you," and one personal lower right are substantially the same first the word "you," and the word "you," are substantially the word "you," and the word "you," are substantially the word "you," and the word "you," are substantially the word "you," and the word "you," are substantially the word "you," and the word "you," are substantially the and lower right are substantially the same. Further study of "voiceprints" could, perhaps, lead to a new system of identification. hups, lead to a new system of identification. Spectograms of voices were made during a continuing study at Ref. Telephone laboration. continuing study at Bel' Telephone Laboratories, under direction of Lawrence G. Kersta.