NEW LOWER PRICES!

PERFECTION COCOA

1 lb. now 27¢
½ lb. now 15¢

Quality Unchanged!

THIS COUPON WORTH FIVE CENTS on the purchase of a 1 lb. tin of Perfection Cocoa at your grocer's advertised price, if presented by June 30, 1941. Clip, fill in and cash at your grocer's today.

Signature.....

DEALERS: The Rowntree Company will allow you 5¢ for this coupon, if presented on or before July 15, 1941. Sign below to certify that you have allowed customer five cents on this coupon in accordance with terms of offer.

Dealer's Signature.....

English Women Adapt Households to Needs

CLEVER MANAGERS CONTRIVE TO MEET SHORTAGES AND EKE OUT RATIONS — CONDITIONS NOT SO DIFFICULT AS SOME WOULD PAINT THEM — BACK-TO-KITCHEN TREND PROVES INTERESTING.

LONDON. — British housewives cocked attentive ears when A. V. Alexander, first lord of the admiralty, explained recently in a national broadcast "you may have to go short on butter, bacon and cheese but you have a Tobruk, Bardia and Benghazi." He also presaged a further tightening up of the food situation generally heralding a "return to the day of simpler living.

So far, no British housewife could in all sincerity claim that her family had ever to go completely short of any food since the war began. People who have suffered up to the present have done so through fear of shortage rather than from shortage itself. Until recent weeks, there were enough varied foods to ensure adequate and interesting meals even though the rations on some items were on the small side.

The trouble is that life was all too easy before the war disrupted imports to this country. Mrs. Middle-class had an almost inexhaustible range of products to select from and could be as choosey as she pleased, even to the extent of threatening to change her tradesmen if they couldn't give her just the brand she wanted.

Back-to-Kitchen

To-day, things are different but not quite so difficult as some people would have you believe. True, the rations of butter, eggs and bacon have been getting smaller and smaller as more ships have been torpedoed or warehouses bombed. But there still are reserves with which the clever manager can eke out her rations and bread, potatoes oatmeal and carrots are plentiful while the milk supply is adequate.

Two women discussing the food problem offer an interesting study in psychology. One sees nothing but the shortage and the sometimes irksome difficulties, until she feels like boiling over; the other finds no cause for grumbling, but on the contrary feels that discovering new ways of cooking staples adds that much more zest to life and helps the kitchen front no end, usually concluding that we should be more than grateful for what we have.

The trouble is that too many people are creatures of habit. Deprive some English people of their eggs, bacon and marmalade for breakfast, their large meat joints and an unlimited supply of canned goods and they are lost. All these commodities, we have been told by Lord Woolton, the food minister, were imported in large quantities from aboard. War conditions naturally have curtailed imports.

The British housewife, much as the American, had grown accustomed to a standard of living and feeding considered luxurious by the more thrifty Europeans. Reaching for a can was easy but also more expensive than making up a dish and preparing fresh vegetables. With the gradual disappearance of many ready-to-eat foods, women will have to return to their kitchens and revive some of the recipes cherished by the mothers and grandmothers before them.

Rabbit Into Chicken

England's "Food Czar" stated he was aware that some people had lost weight since tighter rationing set in, but in most cases this only benefited them. So long as the fighting forces, munition makers, agriculture workers and people engaged in other essential work had plenty of the body-building foods, the civilian population's health would not suffer even if the had to do with less than they had to-day. There would be fewer cakes and pastries, no ice cream and very little candy and chocolate, perhaps, until victory was in sight, but that was a small price to pay for freedom.

It's fun to go shopping, not knowing what you are going to find. A shopping list is not much help—you just take what you can get. If you have a well-filled pocket-book, then you have a wider choice, but at a price.

You will alway find poultry and the more expensive fish like Dover soles and turbot obtainable, mainly because the average housewife cannot afford them. As it is, the lowly cod and whiting cost around two shillings a pound (about 40 cents), while other finer fish is almost double that price.

But if you are on a reduced wartime salary, the game is to make rabbit taste like chicken and cod like an expensive dish, and try out new ways of cooking potatoes, carrots and oatmeal.

Bread is plentiful—another reason for thankfulness. The government is trying hard to put over the "fortified" wholemeal bread idea. While the vitamine-conscious middle-class is ready to eat a certain quantity of this, working people still cling to white bread, the whiter the butter and if possible, just out of the oven. There may be a government order decreeing only 24-hour bread be sold, but this measure won't be popular.

Adequate Food

Some one had a brain wave lately and published a story that luxury feeding was to cease and that every one would be reduced to the same amount to be spent on food weekly. The amount indicated was roughly five dollars per person. This was directed mainly to clients of Mayfair restaurants, but an official denial of any such measure had been issued.

It's almost as difficult to prevent people who can do so from hoarding or buying up quantities of food threatened with shortage, to the detriment of the householder who has to live on a weekly pay cheque.

Every housewife, though, has her shelf or cupboard holding her supply of "iron rations." This was recommended by the government which stipulated, however, that "a week's supply was adequate" and would see any family through any shortage of public services, supposing this long-threatened invasion was pulled off by Hitler. Most women find it difficult not to keep on adding a little more to this store "just in case," but they are told to persist in all fairness to less-fortunate members of the community.

Rationing may become more stringent; the people have been warned that they may have to tighten their belts a good deal more until the peril to the nation is over. All but the selfish and greedy are prepared to "take" this, just as they have taken the "blitzkrieg"—with courage, fortitude and often even with a smile.

It will take more than short rations of luxuries, even of staple foods, to destroy the morale of this great nation.

ISLANDERS ENTERTAINED AT FAREWELL PARTY

—Guardian Engraving.

STAFF OF MULGRAVE MILITARY HOSPITAL

STANDING—Left to Right—Pte. G. F. Waye, Staff Sgt. H. B. Cutcliffe, Pte. L. R. Stanley, Pte. H. W. Keating, Pte. C. G. MacAdam. SEATED — Cpl. D. W. Sinclair, Cpl. A. J. Poirier, Pte. G. L. Waye, Pte. A. D. White.

On the evening of March 17th, the Staff of the Mulgrave Military Hospital at Port Hawkesbury were entertained at the home of Mr. and Mrs. Samuel McMasters, previous to their departure to another post of duty. After the guests had all assembled, they were ushered to the dining-room where a bountiful chicken dinner awaited them. Before seating themselves at the table a toast was offered to the boys by Mrs. Olive Chevarie; which was later responded to by Pte. "Dinty" Stanley. After the refreshments were served the table was cleared and the remainder of the evening was spent in games and social entertainment. Before leaving the boys were again called to order and Miss Kay McMaster in a capable manner read the address, after which each member of the Staff was presented with a suitable remembrance, which each one individually expressed his appreciation and after singing "For they are Jolly Good Fellows" everyone left feeling they had spent a very pleasant evening. The presentation was a remembrance from their friends in Port Hawkesbury.

SOUTHPORT SCHOOL

Honor Roll for March.

Senior Department

Grade X: —1. Hammond Kelly. 2. Robert Power. 3. Lois Henry.

Grade IX:—1. Mary Tait. 2. Marion Power. 3. Margaret McInnis.

Grade VII:—1. James Tait. 2. Edna Robertson. 3. Michelle Reymond.

Highest Average: James Tait 86.9 per cent.

Primary Department

Grade VI Sr:—1. Eileen McInnis. 2. Edith Kelley. 3. Mary Machin.

Grade VI Jr:—1. Gordon Wood.

Grade V:—1. Coleen Power. 2. Francis McCarron. 3. Ella MacInnis.

Grade IV:— 1. Calvin Wood. 2. Dorothy Machin. 3. Blair Kelley.

Grade III Sr: —1. George Power. Noreen MacPherson. 3. Adele Pippey

Grade III Jr:—1. Mary Burns.

Grade II:—1. Wilma MacDonald. 2. Sylvia Flood.

Grade I Sr:—1. Louise McCarron. 2. Florence Cahill.

Grade I Jr:—1. June Robertson. 2. June Pippey.

Highest Average, Eileen MacInnis 95.2 per cent.

Principal: Claude W. Wood.
Assistant: Helen McInnis.

CLYDE RIVER SCHOOL

Honor Roll of Clyde River School for January and February.

Grade IX.—1, Joyce MacPhail; 2, Eric MacPhail; 3, Hilda MacNevin.

Grade VIII Sr.—1, Alma MacKinnon.

Grade VIII (Jr.)—1, Wanda Livingston; 2, Jessie MacNevin.

Grade VII.—1, Doris MacKinnon; 2, Ben Matheson.

Grade V.—1, Florence MacDonald; 2, Alexander MacNeil; 3, Phyllis MacKinnon and Billy Gillespie, equal.

Grade IV.—1, Lorne MacLean and Katherine Livingston, equal; 2, Audrey Darrach; 3, Belle Matheson.

Grade III.—1, Eric MacKinnon.

Grade II.—1, Everett Gillespie; 2, Morrison MacKinnon.

Grade I.—1, Mervin MacPhee.

Teacher — (Mrs.) Marguerite Darrach.

BUTTS ON CHURCHILL

PORTSMOUTH, England —(CP) —Prime Minister Churchill on a recent tour gave a half-smoked cigar to a Portsmouth dock worker as a souvenir after chatting with him.

KYLE-AYR, Scotland —(CP) — Malcolm Macleod, a second officer in the merchant marine, tramped 40 miles through deep blizzard snow drifts for his wedding.

1940 CANNED LOBSTER SALES TO U. AVERAGE OVER 100 PER CENT

SUCCESSFUL EFFORT TO EXPAND CANADIAN AND U.S. DEMAND FOR LOBSTER CANNERIES OUTPUT—BIG HELP IN SERIOUS SITUATION CAUSED BY WAR-TIME LOSS OF BRITISH MARKET.

Confronted with the loss of the British market for canned lobster, the Canada tackled the task of finding widened outlets elsewhere for the pretty good job of it. Trade figures show that the Dominion's shipments of canned lobster to the United States during the year were more than twice as great as the annual exports to that market in the four preceding years, 1936-39. On the dollar side the 1940 business with the United States showed a betterment of about 75 per cent over the 4-year average.

The only other market offered opportunity of increasing canned lobster sales substantially over the federal plan put into operation to meet the emergent situation which had been created when Lon- (under certain conditions don, for reasons arising out of the war, found it necessary to shut the door against lobster importations in Britain. As a matter of fact, large as it would have been under peace-time conditions.

Statistically, this is the story of the increased business with the United States:

Average annual reports '36-'39 —Cwts	5,886
Average annual value	$ 312,649
Exports in '40 — Cwts.	13,905
Exports value in '40 —	$ 546,336
Increase in '40 over 4-year quantity average	137%
Increase in '40 over 4-year average	74%

In pre-war days the United Kingdom bought by far the greater part of Canada's annual lobster pack. Sales in Canada in those days were relatively small and the United States was not a big buyer. With British market for canned lobster the British market lost soon after war began something had to be done to create new sales opportunities of the canned lobster industry if the industry didn't carry on it would inevitably follow that a good many Atlantic Coast fishermen would lose a major source of earnings.

Control Plan in Brief

What was done to meet the situation was briefly this: A plan popularly known as the "lobster control scheme" was put in motion under federal authority in the earlier part of 1940; under this scheme the controller was authorized to purchase from the packers a specified maximum quantity of 1940 canned lobster (under certain conditions as to price, quality, etc.) and to seek sale for it in whatever markets could develop. Packers were left free to carry on their own marketing; some exercised one choice, some the other. A controller carried on promotional work in Canada and the United States, with an advertising campaign in publications of nation-wide distribution a main feature of the effort undertaken in the Dominion.

The promotional work had two-fold effect. It enabled the controller to find sale in Canada and across the border for all the lobster offered him by the packers which came up to requirements. At the same time by stimulating demand for canned lobster in the two countries it widened selling opportunities for those packers who handled their own marketing instead of operating through the controller. The net result of the marketing and emergency was met and the fishermen and canners had a fair measure of success in what had threatened to be a disastrous year.

High Waters Meant Good Salmon Catches

Salmon anglers found 1940 a good year for sport fishing in the Canadian east. According to reports to the Dominion Department of Fisheries, angling was better in both New Brunswick and Nova Scotia than in the previous year, and larger catches of both salmon and grilse were taken.

New Brunswick, mecca of thousands of salmon anglers each year, both resident and non-resident, showed a decided increase in catch in all rivers save the Kennebecasis, which in recent years has shown little activity as a salmon river. On the Miramichi, fish reached upper waters earlier than usual and excellent fishing was secured. The Tobique River had a fine season, with July and August giving particularly good angling results. On other streams general fishing conditions were good with heavy rains early in the season bringing the waters up to freshet level and so contributing largely to increased runs. On the Miramichi Nashwaak, and Tobique Rivers, and the St. John River System, a total of 11,205 salmon and 17,275 grilse were landed by the sport fishermen. This represented a gain of 3,462 salmon and 6,766 grilse over the catches of 1939.

Similar conditions prevailed on Nova Scotia salmon rivers. In Cape Breton Island fishing was particularly good on the famous Margaree River with fish taken averaging eleven pounds in weight as compared with an eight-pound average in the preceding year. On the Eastern Nova Scotia mainland there was a considerable increase in the number of fish taken with some streams making a notable recovery from unsatisfactory conditions of previous years. On the western mainland the Medway River produced the greatest number of salmon and showed an increase of 300 of these fish successfully landed, as compared with 1939. Conditions were favourable generally throughout the province with high water conditions permitting a good ascent of salmon early in the year. Plenty of water also made for good spawning conditions in both Nova Scotia and New Brunswick.

Commercial salmon fishermen were active, too and while Atlantic salmon fisheries are not as important commercially as the Pacific salmon fisheries are to British Columbia, nevertheless they play a considerable part in the commercial fishing activity of the east. Commercial salmon fishing is carried out not only in New Brunswick and Nova Scotia, but also in Quebec province where the fisheries are under provincial jurisdiction. Quebec likewise has notable salmon angling streams visited annually by many "knights of the rod" and productive of fine fishing.

KING COMMENDS WOMAN'S DEEDS

LONDON, March 24 —(CP) — Miss G. Aucutt, an air raid warden, treasures a personal letter from the King commending her for conspicuous devotion to duty.

The letter was sent following an intensive air raid during October An anti-aircraft shell hit a shelter containing a man, his wife and their two children. One child was killed and the other seriously injured.

Miss Aucutt recovered the body, rescued the other child and administered first aid until arrival of a stretcher party. Then she helped remove the parents from the wrecked shelter.

YOUNG HOME GUARDS

EDINBURGH —(CP) —A 14-year-old youth of this Scottish city claims he is the youngest member of the Home Guard in Great Britain, refuting similar claims of two 15-year-old boys in England.

WORLD'S OLDEST TWINS?

COPENHAGEN —(CP) —Mrs. Kristiane Hansen and Mrs. Karen Jensen, Denmark claiming to be the world, have celebrated their 95th birthday.

Prevent Chimney Fire by using CARBO-OXIDE

"The Moncton Fire Department uses Nu-Mac Carbo-Oxide to prevent Chimney fires and I am convinced that if the citizens were using this product in their homes they would not have to worry about chimney fires—W. O'Blenes, Fire Chief, Moncton, N. B."

Only 35c a package at our store. Try a package and become a Booster for a good Maritime Product.

The Rogers Hardware Company Limited

Charlottetown, P.E.I.

BUY RAMSAY'S "THE RIGHT PAINT TO PAINT RIGHT"

A BETTER WAY TO TAKE COD LIVER OIL

SCOTT'S EMULSION

Your ALL-YEAR-ROUND Tonic

4 TIMES EASIER TO DIGEST THAN PLAIN COD LIVER OIL

Lemon Juice Recipe Checks Rheumatic Pain Quickly

If you suffer from rheumatic, arthritic, or neuritic pain try this simple inexpensive home recipe. Get a package of Ru-ex Prescription from your druggist. Mix it with a quart of water, add the juice of 4 lemons. It's easy and pleasant.

You need only 2 tablespoonful two times a day. Often within 48 hours—sometimes overnight—splendid results are obtained. If the pains are not quickly relieved and if you do not feel better, Ru-ex Prescription will cost you nothing to try. Your money refunded if it does not help you. Ru-ex Prescription is for sale and recommended by Jenkins Pharmacy and other leading druggists.

"Atta" Pilots Do Men's Work Ask No Favors

By LOUIS V. HUNTER
Canadian Press Staff Writer

LONDON, March 25 —(CP) —It is grit, not glamor that counts with Britain's 25 "Atta" Girls.

Except that their hands are smaller and their voices softer these women pilots of the Air Transport Auxiliary might easily be men. Their uniform is the same, hours of duty just as long and arduous as those of the men and there are no privileges when it comes to quarters or meals. Women and men ferry pilots meet and work on terms of absolute equality.

A legend of wealth and glamor has obscured the daily work of the Atta Girls but theirs is a job in which an ounce of grit outweighs a ton of glamor. Qualities that obtain their admission as ferry pilots are unusual flying skill, steadiness, patience and reliability in all circumstances, and the will to work hard and obey orders. Social distinction and colorful background mean nothing to the Selection Board if the applicants cannot produce the right sort of pilot's logbook.

PROMINENT NAMES

Lois Butler, wife of the chairman of the de Havilland Aircraft Company has been flying since 1928. Hon. Mrs. Douglas Fairweather, Lord Runciman's daughter, was a professional instructor, training Civil Air Guard pupils at Renfrew for a year before the war. Mona Friedlander, whose father is a banker, was one of the first women to qualify as a commercial pilot and second class air navigator. Miss Friedlander has worked for a commercial aviation company and flew as a practice target for units of the Observer Corps.

These three women, with their 22 companions, are daily sharing the rigors and dangers and discipline of active service in the A. T. A.

The woman who ferries say, a twin-engined Airspeed Oxford from the factory to an R.A.F. training school is as truely on active service as R. A. F. pupils who, in the same machine, will learn to pilot a twin-engined Wellington or Manchester bomber on night raids over Germany.

Nine of the ferry-women, all of whom are between the ages of 22 and 45, are married and four have husbands serving with the Forces. Captain Grace Brown has a son, of 11. She is 43 and has been flying for seven years. In this war she was the first woman to pilot an airplane to the French war zone.

ANOTHER MOTHER VETERAN

Captain Winfred Crossley has a son of 12. Her logbooks show 2,000 hours—much more than the required minimum of 250 hours. An aerobatic expert, she is the daughter of Dr. Ernest Harrisson who attended at the birth of the St. Neots quadruplets. Winifred flew their daily milk supplies.

Another doctor's daughter is Captain Gabrielle Patterson. She is 34 and has one son. Like many others in her section she has competed in King's Cup air races. She founded the National Women's Air Reserve at Romford and was examiner on the panel of the British Guild of Pilots and Air Navigators. Captain Pouline Gower A.T.A. Commandant, had Amy Johnson as her instructor in 1930. Since then she has flown 1,800 hours and carried 30,000 passengers. She was the first woman to hold the Air Ministry's first class navigator's certificate. Her father is Sir Robert Gower, M. P.

PRE-WAR INSTRUCTORS

Scotland's first woman flying instructor is also in the ferry team. She is Margaret Cunniston, 26 and her father is a lecturer at Glasgow University.

Rosemary Rees, another pre-war instructor with A.T.A., is 34. In 1938 she flew her own machine to Czechoslovakia with Christmas hampers for distribution to refugee camps.

Marion Wilberforce is 38 and married. In 11 years' pre-war flying she logged more than 1,000 hours. Sir George Arthur Ogilvie-Forbes, British Minister to Cuba, is her father.

Also flying with A.T.A. are Audrey Sale Barker, the British skiing ace Mable Glass, who has been flying all over Europe and northern Africa since 1934, and Joan Hughes, who took her "A" licence on her 17th birthday—not quite six years ago.

KINGSTON W. I.

The regular monthly meeting of Kingston W. I. was held at the home of Mrs. Beecher Campbell on March 6th with 12 members and 4 visitors present. The meeting opened by singing Institute Carol, followed by Creed in unison. The minutes of last meeting were read and adopted. It was decided to buy one more war saving certificate. Mrs Albert Clow reported having visited school. Paper towels and also towel to keep fountain clean are needed and it was moved to secure same. Committee appointed school, Mrs G. Barrett, Miss Vera Livingston, Sick, Mrs. Albert Clow, Miss Jeanett Docherty, Mrs. G. Barrett, Mrs. Bert Willis thanked members for fruit sent. Six pairs Mitts, two V neck Sweaters were passed in for Red Cross and also quilt made by the members. $2.00 Government grant was received. One new member was welcomed. A discussion took place about weighing party but was not decided at meeting. 60cts collection 24 cents for canning program. Committee for next month Laura Livingston, Joyce Hooper. Two contests were put on by Mrs. Edgar Newson and Mrs. James Beer. Paper was filled in by Mrs. May Willis. Readings by Mrs. A. Clow and Mrs. B. Willis. Roll call next month to be answered with a joke, Next meeting place, Mrs. Ira Auld. Meeting closed after which lunch was served by the hostess assisted by Mrs. Edgar Newson and social time spent.

Outdoor Seed Box Gives Many Plants a Safe Start

Marking the Drills

Sowing the Seed

Firming the Soil

Ready to Transplant

The usefulness of a "flat" or seed-box is not confined to the early spring, when seeds may be started indoors, or in the hotbed and cold-frame.

Even after danger of frost is over, and seeds might be sown directly in the ground, it will still pay to use the seed-box for the very small seeds, like petunias; and for varieties of both flowers and vegetables which require to be transplanted.

The seed-box is under closer observation than even a seed-bed; it may be carried to a shady spot during an excessively warm spell. It can be kept where the hose is handy, and soaked daily. The seedling plants may be kept growing without a check, and, when they are ready to move, transplanting may be more easily performed by carrying the flat directly to the spot where the plants are to be set out.

The management of the "flat" is the same, whether it be used outdoors or indoors. The standard sizes range from 12 x 18 to 14 x 20 inches, 4 inches deep. They are nailed together loosely, and it is not necessary to bore holes in the bottom for dainage, as excess water will escape through the cracks.

The flat should be filled with a fine loam, preferably sifted to get out all lumps. The coarse soil may be placed in the bottom, but only fine soil should be used on top.

When seedlings are grown in an outdoor box, it is not necessary to transplant them into pots before setting them directly in the garden. But precautions should be taken to avoid crowding so that the tiny plants may grow as sturdy as possible before they are moved. With the coarser seeds, sow thinly in rows 2 inches apart and when the seedlings appear thin out so that each stands alone without crowding. With the finer seeds, it will help to broadcast the seed rather than sowing in rows. Take a separate flat for each variety and scatter the seeds over the whole box. They will have more room to grow this way.

Transplanting may be done as soon as plants have made true leaves. This means the second pair of leaves to appear. If they are left in the box longer than this, they should be thinned out, if necessary, and allowed to develop without restraint from crowding.

Slow germinating subjects are usually best handled in a flat or flower pot, which can be given regular care until the seedlings appear, air squadron has been formed as a volunteer force for local defence.

Interpreting The War

By KIRKE L. SIMPSON
Associated Press Staff Writer

Germany's action in extending her proclaimed war zone to waters off Greenland seems more of a defiant gesture against the United States' aid-for-Britain policy than a realistic move.

Inclusion of Iceland in the German blockade area on the theory that it is being used as a transshipment base, where Britain-bound cargoes are relayed from American to British merchantmen, does not make sense. Yet it is the explanation offered in Berlin.

Officials in Washington deny that United States ships have been going to Iceland. Moreover, the absence in either Iceland or Greenland port facilities for unloading and re-loading heavy cargoes would make British use of the ports for trans-shipment purposes unlikely. It would only lengthen considerably the time required to get cargoes to Britain.

Nor does it seem likely that the British Admiralty would establish a shipping base of any importance that close to Norwegian harbours and fjords, the certain lurking places of German surface raiders or long-range submarines.

If Russian cargo craft use the North Atlantic route to Murmansk to any extent, which is doubtful, the Nazi declaration might be more annoying to Moscow than to the United States or Britain. It throws a sink-on-sight threat athwart every sea approach to Murmansk, including Denmark Strait between Iceland and Greenland.

Berlin may have had that in mind, among other things, in proclaiming the blockade extension. It might be a sort of left-handed retaliation for Russian intervention in the Balkan situation to oppose Nazi manoeuvres.

BURMA'S BULWARKS ARE STRENGTHENED

RANGOON, March 24 —(CP) — Burma, along whose frontiers lie territories within the sphere of Japanese influence, is strengthening its defences against hostilities that may develop in the Far East.

Burma provides oil, including large quantities of aviation spirit, for Royal Air Force units operating east of Suez. Tin, lead, zinc and tungsten are produced and there have been increased exports of teak, essential for naval construction.

The Indian army is still the backbone of Burma defence, but this former Indian province, noted chiefly for its rice and teak exports, has a small army, navy and air force of its own, operating on a wartime basis.

The Burma Defence Force consists of four regular battalions of the Burma Rifles, with a fifth being raised; technical units recently raised, including sappers and miners, ordnance, signals and transport; and six battalions of the Burma Frontier Force to which a seventh is being added. There are also the Burma auxiliary force and the Burma territorial force.

When the war began three local vessels were taken over for minesweeping duties and a Burma Royal Naval volunteer reserve was created. Several naval patrol craft are being completed. A Burma auxiliary

Grapes For Home Use

(Experimental Farms News)

The grape is a favourite fruit both for eating and for various culinary uses, such as jelly, unfermented juice, and wine. The vine, under congenial growing conditions, is deep rooted and long lived. Its culture is age old and well known. For home use where the requirements are not so exacting as in commercial production, the grape can be grown under a wide range of soil and climatic conditions, provided use is made of suitable varieties and the vines given proper care, says A. J. Mann, Dominion Experimental Station, Summerland, B.C.

In the home garden that has sufficient room a few grape vines should be grown in order that the family may have an ample supply of this choice fruit.

Varieties suggested for home use in British Columbia are as follows: Very hardy: Patricia; Hardy; Campbell Early, Diamond, Sheridan; Moderately Hardy: Muscat F. deLesseps, Pearl of Csaba.

For lists of varieties suitable for the prairies and Eastern Canada it is suggested that those interested write to the Dominion Experimental Station, Morden, Manitoba and to the Central Experimental Farm, Ottawa.

WOMEN'S CAREER RAISING ORCHIDS

SUMMIT, N. J., March 24 —(CP)— Doris Lager is one woman who has always had all the orchids she wants.

She helps raise and care for 50,000 orchid plants in the greenhouse in which she and her brother inherited a half interest from their father.

Doris has been fascinated by orchids since the day when, as a little girl just big enough to peer over a table top, she watched orchid seeds being sown in a glass flask. As soon as she was old enough she began to work with plants. Now with a big water-proof apron tied over her frock, she spends hours every day among the exotic blooms.

STAND OUT FROM THE CROWD

ENJOY THE ROBUST HEALTH OF INNER FITNESS

TAKE ENO'S "FRUIT SALT" FIRST THING EVERY MORNING