



Christmas

1942

as we prepare for the holidays let us remember that Canada is at War . . .

REMEMBER . . . this year more than ever before, to do your Christmas gift shopping early to avoid transportation tie-ups and save labor.

REMEMBER . . . To shop during quiet hours, making your shopping visit if possible during the mornings when you will have the best time for choosing.

REMEMBER . . . To do as much shopping at one time as possible and thus assist in having deliveries more prompt and efficient.

REMEMBER . . . to choose practical, useful gifts and to select them with care in order to avoid waste of time, work or merchandise.

REMEMBER . . . that "God grants liberty only to those who love it and are always ready to guard and defend it." Give Bonds for Christmas!

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444th R.C.A.F. Casualty List

OTTAWA, Dec. 10-(CP)—The R.C.A.F. tonight reported in its 14th casualty list of the war the deaths of 11 airmen on active service in Canada, Newfoundland, the United States and overseas.

One of the 11 men was killed overseas. Other overseas casualties included one airmen reported missing and believed killed during air operations, two others missing after air operations and another listed as a prisoner of war. Three men previously reported missing, none for official purposes are presumed dead.

Two men were killed on active service in Canada while two others were reported seriously injured in a motor accident.

The balance of the list included four men killed on active service in Newfoundland and four others killed in the United States.

Following is the latest list of casualties:

- Overseas**
- Killed on active service:**
Taylor Norman, Pk. Sgt., Wainwright, Alta.
- Missing believed killed during air operations:**
Miller, James Reginald, Sgt., Westmount, Que.
- Missing after air operations:**
Peterson, Lawrence Herbert, PO., Winnipeg.
- Embres, William David McLaren, Sgt., 87211, R. 5 Embres (father), Port Hawkesbury, N.S.**
- Previously reported missing—now for official purposes presumed dead:**
Ross, Alfred Edgar, Pk. Sgt., Hamilton, Ont.
Blshop, Robert Albert, Sgt., Vancouver.
Houston, Donald, Sgt., Syracuse, N.Y.
- Prisoner of war:**
McBride, Robert Frederick, PO., Westmount, Que.
- Killed on active service:**
Smith, J.C. LAC, Victoria, Australia.
- Seriously injured in automobile accident:**
Ferguson, Arnold James, LAC, Hamilton, Ont.
Snowden, Arthur, LAC, R15318, John Snowden (father) Florenceville, N.B.
- NEWFOUNDLAND**
- Killed on active service:**
Burrows, Ronald George Stanley, PO., Victoria, Australia.
Fazel, Jack, Eric, Sgt., Queensland, Australia.
Thomson, Graeme Hamilton, PO., Edinburgh, Scotland.
Simmons, Douglas Percy Charles, Sgt., Ipswich, Suffolk, Eng.
- UNITED STATES**
- Killed on active service:**
Harrison, George Newall, PO., Auckland, N.Z.
Beckwal, August Le Roy, Sgt., Radville, Sask.
Bordewick, Henry, Sgt., Vancouver.
Gibson, Arthur Gordon Bartley, Sgt., St. Catharines, Ont.
(Harrison, Beckwal, Bordewick and Gibson were killed in the crash of an R.C.A.F. plane at the air base at Houlton, Me., last Saturday.)

Recommended U.S. Newsprint Be Curtailed

WASHINGTON, Dec. 10-(AP)—The United States newspaper industry's advisory committee recommended today that the War Production Board's proposed newsprint curtailment for 1943 be based on each newspaper's consumption in 1941, with any necessary cuts being applied percentage-wise to this 1941 base.

The recommendations, intended as a guide to W.P.B. in imposing controls on print paper consumption, were made after Canadian and United States government officials had advised the committee to expect a sharp reduction in wood pulp production next year.

W.P.B. has taken no final action, and there was no indication that the order recommended by the committee of newspaper executives would be the form ultimately approved.

The committee also adopted a brief resolution addressed to newspapers generally. It urged that your committee unanimously recommends to all newspapers that for the purpose of meeting the critical materials consistent with the least possible impairment of their public service, be immediately instituted.

The committee formally presented the recommended order to W. G. Chandler, government printing officer, and the War Production Branch, it was stated, so that any forthcoming curtailments might be "equitably applied."

of the no vitamins no mineral type, and carbonated drinks. Consider for example two ways of beginning the day:

1. Low value breakfast.
Fruit juice
Cornflakes and milk
White toast and butter
Coffee with cream and sugar
2. High value breakfast
Fruit juice
Oatmeal porridge and milk
Brown toast and butter
Cocoa with sugar

Either of these will feel like a perfectly good breakfast, but breakfast number 2 gives you twice as much in minerals and vitamins as the breakfast number 1. And obviously if you have cornflakes first, you're not going to have oatmeal porridge later.

The same thing is true of the soft drinks menace. A child whose school lunch is accompanied by a carbonated drink is being deprived of part of his vitamin requirement for the day. If instead he drank an equal quantity of milk he would be getting valuable amounts of calcium, Vitamin A and riboflavin. And if he doesn't like milk, or thinks he doesn't, let him take it in the form of cocoa or chocolate milk. The latter can be bought in 1-2 pint bottles at every dairy and could be sold in any school cafeteria.



HEALTH

One way of approaching the problem of obtaining a proper diet is to consider the situation of non-essentials. Some nutrition authorities have prepared a slogan—"First eat what you should, and then eat what you want." The fact is however that if you really eat all the things you should in the course of a day, you simply won't have room for much extra. So that if you have been slipping in a few things you want, but know you shouldn't, you are really crowding out some of the nutritional "musts."

These "musts" are food rich in minerals and vitamins. You will find yourself eating more of them if you deliberately cut out foods low in these essential elements. Food buyouts include refined white bread and flour, packaged cereals.

Youth To Learn Of Life At Sea

By FRANK LOWE
Canadian Press Staff Writer

"Ship Mean Victory"—that's the title and theme of a booklet now being distributed by the Navy League of Canada to give Canadian children an idea of the jobs done by our fighting and merchant navies.

Written by Lt.-Cmdr. William Strange, R.C.N.V.R., this 32-page publication is being distributed by the Navy League in schools throughout the Dominion.

Starting off, the booklet tells how ships came to be and how they are necessary to carry Canada's products over the world. From there the streamlined nautical handbook goes on to tell how nations found it necessary to build fighting ships, floating bits of sudden death to protect these valuable but helpless merchant craft.

This, it is explained, was called sea power, and it is told how valuable possession of this power has been to Britain down through the centuries.

Then it narrows the field to tell about Canada's tiny but potent navy. Five types of warship make up the R.C.N., the booklet says, the speedy destroyer, the hard-hitting corvette and minesweeper, aided by sub-chasing Patrols and Motor Torpedo Boats.

In addition, ships that in peacetime were the private property of millionaires and steamship companies have been converted for war purposes, giving us the armed merchant cruiser and armed yacht.

Also is told the story of Canada's small but fast-growing merchant navy, and of how new cargo ships are being chartered monthly in yards on both the Atlantic and Pacific coasts.

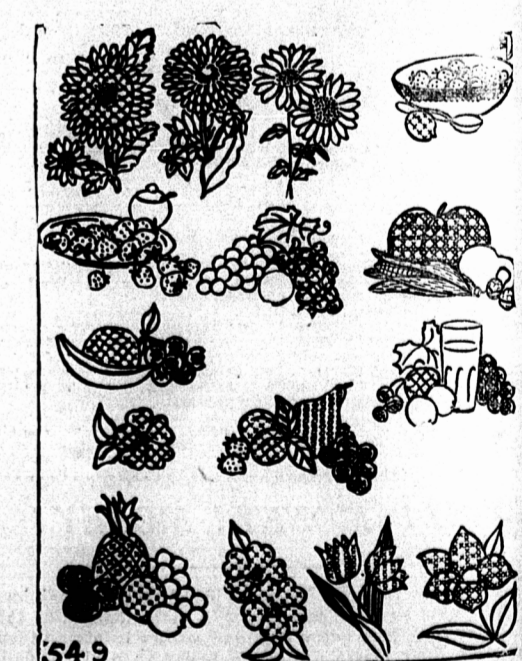
Personal stories of heroism, factual accounts of Canadians and their ships, add warmth to the story. One is about a tiny corvette and how it smashed a U-boat, another is about a lumber schooner that lopsided a duel with two of the undersea raiders.

The booklet ends with a tribute that should find favor with every red-blooded Canadian youth. "There is no finer fighting service in the world than the Royal Canadian Navy," it says, "no nobler calling in a world at war than the merchant navy. To Canada, ships mean life. To the cause of freedom, ships mean victory."

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PROVINCE _____

Enemy Bomber Is Shot Down

LONDON, Dec. 10-(CP)—An enemy bomber was reported destroyed off the East Coast, the first downed at night by British defences in nearly six weeks.

The last time was Oct. 31, when four were brought down.