



"I felt like screaming ... because I forgot one simple fact!"

WORDS... words... words... they were driving me mad! Magazine editor is no job for anyone who's as irritable and headachey all the time as I was! "Then I tried Kellogg's 30-day test. That one simple change of diet really helps me keep fit. Now, I have a grand time at work and after hours, too! And I really go for Kellogg's Bran Flakes. They taste so good!"

MAKE THIS 30-DAY TEST!

1. If you're really ill see your doctor! But if you just feel dull and headachey, you may only be suffering from incomplete elimination. Especially if you're over 35, here's how one simple change of diet can help you keep fit!
2. Start right now to eat Kellogg's Bran Flakes every morning. No harsh doses... just keep at the natural way! Get more of the "bulk" your system needs by eating delicious, gently-laxative Kellogg's Bran Flakes With Other Parts Of Wheat!
3. Just thirty days should prove to you how grand it is to feel alert, to have the energy for all the extra things you'd like to do. You'll want to go on keeping fit the Kellogg way!

Keep fit with Kellogg's every day in the year!



3 to 1 say Kellogg's are favourite. In a recent survey, 3 times as many housewives voted "Kellogg's" their favourite Bran Flakes as named any other brand. Look for the golden-yellow packages - they're the new, large THIRTY size.

Ex-Servicewomen Take To Nursing

By KAY REX Canadian Press Staff Writer

TORONTO, May 26 — (CP) — That word "career" spells practical nursing to many a Canadian girl just out of the Army, Navy or Air Force and in search of a job. Not only novice, but women veterans with years of experience are taking the nine-month, Practical Nurses' Course offered by the Ontario Training and Re-establishment Institute. Approved by the Ontario Registered Nurses Association the classes are conducted by Jessie Young, Acacia, Ont., and Jean Bates, Shelburne, Ont., both graduate nurses and former members of the R.C.A.F. (W.D.).

Throughout Canada the shortage of nurses has created a serious need for such assistance as the practical nurse can give," said Miss Young. "She is being trained to supplement rather than replace the registered nurse in caring for certain types of patients, her duty will be to take over the minor jobs thus freeing the graduate for more serious work."

Fort William Sanatorium will be the spot for Marie Furry, Port Arthur, just as soon as she has finished her course. "I worked there as a ward aid before I joined the Navy," said Miss Furry. "This course is giving me the experience and training I need to do more important work."

Dorothy Jones Windthorst, Sask., had three years in the Air Force as a hospital assistant and plans on returning to a hospital just as soon as she finishes.

Learns Child Care The care of children is the chief



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- ★ Matchless beauty of line sweeping gracefully from cap to barrel-end.
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- ★ No "blind" writing... you still see the tip of the nib... see what you write.
- ★ Waterman's famous One-Stroke Filler and Inkpad Feed... ink flows true and easy.
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Scout News and Notices

BOY SCOUTING Its Aims, Methods and Needs IN CHARACTER

Briefly stated, Scouting seeks to develop and fix in Canadian boys the fundamentals of British citizenship, Honour, Truthfulness, Integrity, Dependability, Tolerance, Goodwill, and Fellowship. These qualities based upon the foundation of the Scout's initial promise, to "Do my best to do my duty to God."

Quoting the Founder, Lord Baden-Powell "The basis—Honour! The basis of character training is the cultivation and practice of the sense of honour. If Scouting did no more than this one attribute among all classes it would be worth while, for honour is the root foundation of all sound, high-souled action. It is a guarantee of straight dealing in business and in politics."

METHOD Not by preaching; not by demanding or endeavoring to impose into a boy, a man's ideas of what a boy should think and feel and do. By association with high qualities of character with normal boy interests and values and activities; by giving the maximum expression in "doing"—as, for example, through the Good Turn Every Day; which has been reworded to "Christianity in Action."

By use of the positive principle of "Do as you would be done by" the Scout Law: "A Scout's honour is to be trusted."

"A Scout is loyal." "A Scout's duty is to be useful and to help others."

"A Scout is a friend to all."

"A Scout is courteous."

"A Scout is a friend to animals."

"A Scout is clean, in thought, word and deed."

"In all these things are EXPECTED of a Scout, because he is a Scout."

OUTING As this is being written, (Thursday evening) the weather looks as if it will be OK for Victoria Day.

SPRINGFIELD W. I. On May 1st the Institute met in the school. The meeting was opened by the president, Mrs. J. G. Haslam in the usual manner.

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TRAVEL DAYS are here again

Canadian National TO EVERYWHERE IN CANADA

Wherever you want to go, you'll find your Canadian National ticket office eager to help plan your itinerary, arrange train reservations, etc. Talk it over with Canadian National first.

SWISS TONGUE Romansch is a language derived from Latin and spoken by some 44,000 Swiss.

BOSTON More flights, more seats on connecting Northeast service from Moncton, N. B. to Boston and New York. For complete information and reservations. Call your Travel Agent or 2061

NORTHEAST AIRLINES More Seats NORTHEAST

Report of Springvale School for the month of April. Thelma Prude, Grade IX—1, Stuart MacKinnon, Grade VIII—1, Lloyd Kent; 2, Milton Dollar; Kenneth MacIntyre; 2, Betty Proude; 3, Keith Coles.

OUR BOARDING HOUSE With Major Hoop DON'T REACH FOR YOUR CANNON, SHORTY! I'VE GOT A NICE SHINY CHIPMUNK (HO!) IN THIS BIBO'S UPHOLSTERED RIBS—DROPPED THAT PHONY LETTUCE AND GRAB A HANDFUL OF SKY!

JOE PALOOKA By HAM FISHER

PER TH' LITTLE PETS, KEEP YER FRONT SHOULDER HIGH—ARE YA GUY?

Y'ALMOST HAD'N' RAHNT... Y' BUCKS LEANS LIKE A SET-UP FOR YA.

I GOT 'EM NUMBER!

ROUND TWO, PALOOKA! CAN YA GET A TOUCH... I'VE LEFT YA A BLOOD-RED BLOCK IN... AND BENDS IT... PALOOKA!

Y'VE GONNA BE A SET-UP SUGGER!

STOP THAT TALKING!

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FRAM FOR WINNER LONDON — (CP) — Highlight of Tottenham's Victory celebrations will be the presentation of a fram to parents of the first baby born