

Suffered Severe Arthritic Pains; Couldn't Lift Arm Without Yelling

—is now enthusiastic about Sarnak which brought relief within one week and a half!

Six years is a long time to suffer the nagging misery of arthritic pain in your right shoulder and wrist, especially if you're a housewife with a home to care for and many jobs to do.

Like many others, Mrs. Percy Fraser of 644 George St., Sydney, Nova Scotia, felt that no other people couldn't possibly appreciate the tremendous effort she had to make to keep going at all. She writes—

"No one knows what one suffers with arthritic pain, except the one who has it! And I've had it off and on for six years in my right shoulder and wrist—and felt so desperate by the time I first heard of Sarnak, that I said 'I'll try anything!' And I'm certainly glad I tried Sarnak!

Within a week and a half after I started taking Sarnak I noticed results. Before this, I couldn't lift my arm without yelling. But I haven't felt any return of arthritic pain since I've been taking Sarnak. And I've recommended it to two of my friends, for believe me, I found Sarnak wonderful."



MRS. PERCY FRASER

And that's the way it goes for thousands in Canada—suffering daily misery from racking arthritic, neuritic or rheumatic pain in knees, arms, hands, shoulders and legs; or from kidney, liver or stomach complaints—who have now found relief by taking Sarnak. Remember—the analgesic properties of Sarnak are compounded in the medicine to bring you fast pain relief. So don't suffer needlessly. Get Sarnak today.

At All Drug Stores \$1.35

Mine Union Votes To Reinstate Wade

GLACE BAY, N. S., May 27 — (CP)—It has been learned tonight that the executive board of United Mine Workers (C. C. L.) district 26 voted by a close margin for reinstatement of research director C. B. Wade, fired by president Freeman Jenkins last week-end.

The meeting was closed and none of the board members would comment. When he announced Wade's sudden firing, Jenkins said it was "part of a show-down... for removal of Communist influence" in the Maritimes' largest union.

Wade asked that a union tribunal hear his case.

NORBORO SCHOOL

Report of Norboro School for April.

Grade IX. Sr.—1, Allyn Harding; 2, Stewart Glover; 3, Lloyd Lawless.

Grade IX Jr.—1, Carl Stewart. Grade VIII—1, Georgina Glover.

Grade VI—1, Carl Gillis; 2, Eileen Murphy.

Grade V. Sr.—1, Marie Hughes; 2, Florence Hughes; 3, Earle Murphy.

Grade V. Jr.—1, Errol Sharpe; 2, Francis Croken; 3, Annie Murphy.

Grade IV—1, Arlita Gillis; 2, Bryce Sharpe.

Grade III—1, Gloria Murphy.

Grade II—1, End Webster.

Grade I—1, Joyce Day; 2, James P. Hughes; 3, Wayne Sharpe.

Teacher—Annie McNeill.

closed by repeating the Mission Band Prayer in unison. Lunch was served by the leaders assisted by Wanda Willis.

BULLETINS FROM BIRDLAND

WINIFRED E. WILSON



BUILDING MATERIAL

Sticks, twigs, grass, moss, mud, bark, straw, plant down, seaweed, feathers, hair, rags, paper, string, spiderwebs, and dear knows what other things are used by birds as building material. Birds' instincts depend entirely on grass. Ospreys find sticks essential and nothing else, but most make their homes of one or two kinds of material with the addition of a soft lining.

Chipping Sparrow babies rest on hair mattresses in little saucers of grass, rootlets, and fibres. But Cedar Waxwings are brought up in nests made of strips of bark, leaves, twigs, rootlets or moss.

The Catbirds' twigs, grasses and leaves are so loosely put together that it is a wonder the nestlings do not fall through. The female Baltimore Oriole weaves together fibres, plant down, hairs, and string into a hanging pocket which lasts throughout the following winter.

Grass and twigs seem to be greatly favoured, but mud is extremely important to several species. It makes the Robins' home really heavy. Wood Thrushes put a mud lining into their nest of twigs, leaves, rootlets, and weed-stalks; on the other hand, mud is the foundation material of the Phoebe's home, with moss and grass mixed in. Cliff and Barn Swallows both use mud pellets as a bricklayer would use bricks, but their houses when finished are quite unlike in shape.

Blue-headed Vireos find that spiderwebs give the artistic touch to the home when spread over the exterior of their finely woven baskets; Hummingbirds use cobwebs like thread to bind bits of lichen onto the outside of their exquisite, tiny cups.

Identifying nests is often quite difficult. However, a mere glance will suffice when the eccentricity of a particular species is evident. A snake-skin at the entrance immediately shows the owners of the nest to be Great Crested Flycatchers; a nest of moss and felted fur made in a tree hole is a sure sign that the proprietors are Brown-headed Chickadees. The use of grapevine bark combined with rootlets and hair indicates the workmanship of Black-throated Blue Warblers. A well-made, but badly kept little nest of grasses and plant down lined with thistle down must certainly belong to Goldfinches.

Nobody could possibly mistake the home of Parula Warblers. These birds breed in wet swamps where usnea (old-man's beard) droops from dead trees. This they drape up to form a deep cradle for their infants.

Are parents busy now?

Wakefield Decides To Join Coast Club

ANN ARBOR, Mich., May 26 — (AP)—Outfielder Dick Wakefield said tonight he was leaving for Oakland, Calif., "within 48 hours" to join the Pacific Coast League club there.

The major leagues' problem child, who has said for weeks he wouldn't step down to the minors, changed his mind today after Baseball Commissioner A. B. Chandler talked to him.

After that telephone interview Wakefield said: "Chandler has given me wonderful advice. He has given me some very sound advice. The chances are I might take his advice."

A few hours later, at his Ann Arbor home, the former University of Michigan star and Detroit Tiger bonus player told reporters he was packing his bags to head west.

New York Yankees, who bought Wakefield from the Tigers and tried a few weeks ago to trade him to Chicago's White Sox in a deal that didn't go off, sold his contract to Oakland.

Wakefield appealed to Chandler, and the Commissioner advised him to accept the sale.

Connie Mack Seeks To Bolster Athletics

PHILADELPHIA, May 27—(AP)—Connie Mack has announced that in a move to bolster his sagging Philadelphia Athletics, Jimmy Dykes has been appointed assistant manager of the American League club.

The 87-year-old Mack remains as manager of the club he has directed on the field for the last 50 years.

Mack announced also that Mickey Cochrane becomes general manager of the Athletics. Earle Mack, son of the veteran pilot, who had been assistant manager, now becomes chief player scout.

Dykes and Cochrane are both former big league managers and both played for Mack when he was directing championship clubs in the late 20s and early 30s.

All changes are effective immediately.

Duke Of Windsor Reviews His Life

MONTREAL, MAY — "I had hoped for something more original from the Prince of Wales." This was the remark of the first conversation between the Duke of Windsor and Mrs. Wallis Simpson, who later became his wife, it is revealed in the latest instalment of his own story about his life as Prince and King which is now appearing in The Standard.

Edward met Mrs. Simpson during the winter of his return from South America in 1931 on a fox-hunting week-end at the country home of mutual friends. When Edward commented, after their introduction on the lack of central heating in England, Wallis said, "I'm sorry sir, but you have disappointed me." When Edward asked why, she pointed out that this condition is used by every English gentleman as a conversation filler when he meets an American lady.

As he grew to know Mrs. Simpson better, Edward was attracted by her interest in his social service activities which were close to his heart. He says, "She was genuinely interested in how the Prince of Wales went about his job—if indeed he had a job at all. It all began with something as simple as that."

Speaking further of his present wife, he says, "In character Wallis was, and still remains, complex and elusive, and from the first, I looked upon her as the most independent woman I have ever met." Speaking of his attitude during the first year of their friendship, he says "A prince's heart, like his politics, must remain within the constitutional pale. But my heart refused to be so confined; and presently the hope formed that one day I might be able to share my life with her—just how I did not know."

The current instalment of the Duke's story, which abounds with anecdotes, takes his life up until the time of his acclamation as King in 1936.

WATCH YOUR WEIGHT

Out of every 20 diabetics over 40 years of age, 17 were overweight before the onset of the disease.

RELEASED FROM PRISON

KINGSTON, Ont., May 26 — (CP)—Joseph V. Welch of Aylmer, Ont., whose 10-year sentence for manslaughter in the 1948 poison death of his wife was quashed May 15 by the Supreme Court of Canada, was released today from Kingston Penitentiary. "I want to forget about the whole thing," Welch told reporters. "All I want to do now is settle down to living a normal life."

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Model M5-9P... with pump that empties your washer in 90 seconds... single control that starts, stops and reverses wringer rolls. Price \$149.50

Model MM-9P... with pump, larger wringer and the new streamlined-to-the-ground skirt that safeguards playing children. Gives you a "quick-clean" wash every time. Price \$169.50

See your neighborhood dealer—he will be pleased to arrange budget terms.

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CORNWALL MISSION BAND

The regular meeting of the "Busy Bees" Mission band was held in the school on Friday afternoon, May 26. Opening hymn "Jesus Bids Us Shine", was followed by prayer by the leader. Scripture Lesson, Galatians 5, 13, 16, was read by Carl Willis. In to-day's story, "The Secret of Happiness", our flying umbrella landed at Korea. Mrs. Herbert Scott read letters from the Missionary monthly telling where our special offering envelopes money is spent.

In the absence of the secretary, Christine MacPhail was appointed secretary pro-tem.

The president, Parker Beer conducted the business period and minutes of the previous meeting were read and approved. Roll call was answered by naming favorite flower. Next month the members are to answer by telling which country they would like to visit with the crew of the Flying Umbrella.

Wanda Willis, treasurer, reported \$4.01 funds on hand. Program committee for next month will be Laura and Amby Hyde. Meeting

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12. **Standard American Thread nuts and bolts**. See and drive the new Standard VANGUARD to-day!

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Wholesale Prices

OTTAWA, May 27 — (CP) — A sharp advance in the price of vegetable products and wood products at the wholesale level during April sparked an advance of eight-tenths of a point in the wholesale price index.

PEOPLE ARE TALKING!

—the way Cuticura helps clear up pimples, rash

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BRACKLEY POINT W. I.

Mrs. Walter McLure entertained the May meeting of the Brackley Pt. Institute on the evening of the 11th, with twelve members and two visitors in attendance. Roll call was answered with house-hold hints which should prove helpful in saving time and labor.

Several matters of business were brought up and discussed including the work being done on the hall and plans regarding the District Convention.

A donation of \$20.00 was voted for the Red shield Campaign of the Salvation Army, in lieu of a canvass of the district.

A letter of appreciation from the adopted institute was read, and it was decided to take advantage of the final offer of the U. E. F. B. to send one more "Canaid" parcel to friends in England.

Miss Rayner was appointed to report for the school at the June meeting. Collection was \$15.00

Miss Louise Shaw, who has recently returned from a motor trip through Mexico and the Southern States, gave an interesting and informative talk on the customs of the people and the scenery and climate of the countries through which she travelled, and accom-

panied her remarks with picturesque views of the places she visited.

Mrs. Earle Skeffington invited the June meeting to her home and roll call will be answered by each member paying a penny for every inch of her waistline. Copies of the Institute News were distributed and subscriptions renewed for another year.

The hostess and committee then served a delicious lunch and the meeting closed with the "National Anthem."

There were 3,009,617 miles of rural roads in the United States in 1948.