ANDOVER NEWS

Published Weekly by
THE NEWS PRINTING HOUSE
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Entered as second-class mail matter, under act of Congress, at the Postoffice at Andover, New York.

Our Keynote:
"If There Is Not A Way, Cut A Way"

ANDOVER, N. Y. ---------- JAN. 8, 1941

Subscription Rates:
One year $2.00 - Six months $1.00 - Three months 50c

Begin Collection of Scrap For Tools of War

THE United States has started a national salvage collection campaign to gather waste of all kinds —metal, paper and rags and rubber—for use in the making of the tools and necessities of war. In Canada the housewives are learning that household bones, whether cooked or chewed on by the dog can be used to make glue for airplanes and to make glycerine for explosives.

One ton of scrap metal contains sufficient metal to make 150 shell cases for 18-pounder guns. Aluminum, silver, tinfoil, toothpaste containers, brass ends of light bulbs, all these are useful.

In rags, we are told, there are 20 kinds of rags recognized by salvage dealers, but rags can be sorted into three groups. Those containing woolens, containing white cottons and groups containing colored cotton, silk and other materials. Paper and cardboard containers and old newspaper, clean magazines for reading material for the armed forces. Old envelopes.—One used envelope will make a cartridge wad.

Tape, which contains rubber zinc and cloth in many places can be substituted by the use of ordinary gum, industrial or scotch varieties of tape.

Before buying a flashlight, the supply of which is none too great, search the house for old ones. In time the campaign will be localized and local committees found. The salvage will then be collected and sold to dealers—the money realized can in turn go to war services.

Women's Clubs

USUALLY at this time of year more or less comment is given on clubs. There are so and so number of clubs in this and that community. Well, perhaps there are many outside attractions. Unwittingly perhaps the women's clubs have become the national school to learn how to take part in government, in reform and in social service.

For 50 years or more, a half century in which womanhood in public life has been on a sort of tolerant probation against the day when it would either stand or fall by its own abilities, the women's clubs have been the training ground for public life.

But that is not the whole story. The organized strength of the club women of this nation has not yet been fully realized by the average citizen, partly because that strength has not as often been exerted against anything as it has been in favor of something.

In civilian defense, women have not waited for government agencies to provide them with things to do, thru the clubs they have gotten right into the forefront of defense training and defense activity. Better housing, milk for undernourished children and widespread social reforms have been some of the results of women's clubs. Today in any community the candidate for office who gains the support of the local women's club can consider himself in an enviable position.

The world would be no worse off if some of the jokes we have heard were lost to future generations.

A budget is a good thing for any family if the family will carry it out, but it won't work miracles by itself.

The Common Cold

RECENT research at the University of Pennsylvania has discounted the belief that infections cannot be carried by air. Now we know that the causative agents of a number of diseases including the common cold, influenza, pneumonia, measles, mumps and chicken pox can remain suspended in air for an indefinite period.

Science tells us now that we can catch a cold by entering a room in which someone with a cold has been, that it is not necessary for us to be in the room at the same time as the one infected.

During epidemics, then, it is very easy to catch a cold, for example, by going to any crowded place such as schools, churches and moving pictures. Because in these places the causative agents are suspended in the air, and thus it is not necessary for one to sit next to an infected person to contract the disease. At school, for example, it would be possible for a pupil to catch a cold from the janitor who cleaned up the room.

Research workers also have been working to discover a way of killing these little devils that lurk in the air. In fact, it has been discovered that ultra-violet lamp rays kill or inactivate the bacteria in the air.

Ultra-violet lamps are similar to sun lamps; however, they radiate rays of shorter wave lengths. One of these lamps in a room will not only kill bacteria in its focus but by means of circulation caused by the warm air rising purify the whole room. These lamps are now made available to the public by three manufacturers; they are priced between $10 and $40. Due to the fact that they hurt the eye, they must be used as indirect lamps.

Experiments in schools, hospitals, etc., have proved this experiment to be one of the most remarkable advances in recent medical history. In fact, experiments have even proven that ultra-violet rays may even be built into an air conditioning system.

In the future we may expect many to sleep in rooms equipped with these special lamps; we may expect all public buildings to be equipped with them; and they will be essential equipment of every hospital.

Old Officers Needed

THE War Department is now seeking information relative to the present address and the civilian skill of World War officers and former Regular Army officers who are not now connected with the military establishment but who desire to volunteer for service.

Generally speaking, this group is too old for service with combat units, but they are needed for administrative positions and in the greatly expanding training set-up.

Those who desire to offer their services should write to the Adjutant General of the Army at Washington and request a veteran officers' questionnaire.

Sugar Hoarders

DURING the 15 day period beginning on the Monday following the Jap attack on Pearl Harbor, a month's supply of sugar was bought by the American buying public.

In other words, for every five pounds of sugar that was bought to feed us Americans, another five pounds of sugar was bought to hoard.

A small group of buyers who anticipated a shortage of sugar bought up large supplies, so that they would not have to suffer with their fellow-Americans if a shortage should come. To us, this group of hoarders was not only unpatriotic in the attempt to escape its share of sacrifices but also out of harmony with the American spirit.

Isn't it funny that we never miss the moon until we can't see it?

When you have the itch to reform human nature, just remember that the well-known human race has been in operation a long time, and will be here a long time after you turn up your toes.

STRIKES FOR FREEDOM

"A Week of War"

Twenty-six nations, including the U. S., British, Russian and China, signed an agreement pledging their military and economic resources in a finish fight against the Axis and banning any separate peace. The nations also subscribed to "a common program of purposes and principles" embodied in the Roosevelt-Churchill "Atlantic Charter."

The signatories of the declaration include Australia, Belgium, Canada, Costa Rica, Cuba, Czechoslavakia, the Dominican Republic, Salvador, Greece, Guatemala, Haiti, Honduras, India, Luxemburg, the Netherlands, New Zealand, Nicaragua, Norway, Panama, Poland, South Africa and Jugoslavia. The declaration may, it said, be "adhered to by other nations which are, or which may be, rendering material assistance and contributions to the struggle for victory over Hitlerism."

The War Front

The Navy said it had evacuated Cavite and the Army announced Japanese troops entered Manila which earlier in the week had been declared an open city by General MacArthur, commanding the U. S. Forces in the Far East. Before entry of the Japanese, American and Philippine troops were withdrawn and all defense installations removed or destroyed.

General MacArthur earlier reported the enemy had "mercilessly bombed" churches, hospitals, convents, schools and other civilian installations in Manila after it was declared an open city, whereas they had only attempted bombing military installations previously. The President sent a message to the Philippine Islands pledging that their "freedom shall be redeemed and their independence established and protected—" During the week, the Navy reported sinking two additional enemy ships and said three U. S. destroyers were attacked, but only slightly damaged.

Production for War

OPM reported $78,212,000,000 has been authorized for war purposes. The President told a press conference that altho present spending is at the rate of 27 per cent of the estimated 1942 National income of $100,000,000,000 production will be stepped up so that by next July 1 the nation will be spending at the rate of $30,000,000,000 a year—or half the national income.

Asked about reports that Canadian, British and U. S. production would be pooled, resulting virtually in the end of the Lend-Lease program as such, the President said that military resources have been pooled since the Japanese attack. The matter of repayment would be adjusted, he said, and would largely depend on where the articles sent other nations were used.

Ships

The Maritime Commission said the ship-a-day goal in launchings of new ships has been reached and by the second quarter of 1942 delivery should reach two ships a day. The Commission took over 16 Finnish ships that have been tied up in U. S. ports. The Navy announced the launching of a destroyer, a floating workshop and a minesweeper, and said keels were laid for two more destroyers. The Navy also said it is converting the French liner Normandie into an auxiliary.

Labor Supply and Training

President Roosevelt denounced as "stupid" and "unjust" the increasing discharges of loyal, efficient workers in American industries "simply because they were born abroad or because they have foreign-sounding names." He said such unfair discharges engender "the very distrusts and disunity on which our enemies are counting."

OPM Associate Director Hillman announced almost 2,500,000 persons have been enrolled for training for war industry work since July 1, 1940. He asked vocational schools to expand their courses to permit use of all their facilities on a "round the clock" basis. Some war contractors are planning to employ as many new men in the next six months as they have in the last 18, he said.

Autos and Tires

The OPM banned all sales of new passenger automobiles and the SPAB approved an OPM plan to halt production of these vehicles "within a few weeks." The temporary ban on the retail sale, delivery, purchase or lease of new passenger cars and of new light and heavy trucks will remain in effect until January 15, at which time a permanent rationing program will be put in effect.

OPM delegated to the Office of Price Administration authority to withhold all new tires except for essential health, safety and industrial services. OPA set up tire-rationing boards in each county of the nation and issued regulations providing no tire can be obtained even for "essential" users unless a local garageman appointed as inspector has certified the need, the local board has approved the application and the number of tires sold in each county is within the county quota. New tires were defined as those used less than 1,000 miles. No new restrictions were placed on the sale of retreated or recapped tires.

Prices

Price Administrator Henderson set maximum manufacturers' prices for household cooking and heating stoves and for cigarettes, and issued a temporary schedule for rugs and carpets. He sent a letter to all wholesalers and retailers of sugar stating the responsibility for keeping stable the price of sugar now rests with the nation's retailers. He set top prices for 39 grades of imported green coffee, and revised previous schedules for some 1,800 fats and oils, as well as for Douglas fir doors, paperboard and cotton goods.

Opportunities for War Service

The War Department announced it will employ American-born civilian pilots between 21 and 46 to ferry aircraft from U. S. factories to nations receiving Lend-Lease aid. The Air Corps will train a limited number of men 20 to 27 years old in meteorology. Both groups may receive Reserve commissions, third and fourth-year medical students and first-year internes may obtain Reserve commissions in the Army and Navy, and will be permitted to complete their medical training before being ordered to active duty. Between 200 and 300 additional commissions in the Naval Reserve Civil Engineers Corps are available for college graduates with limited practical engineering experience. Former non-commissioned Marine Regular and Reserve officers may re-enlist in the rank held when last discharged, if they have not been out of the Corps more than four years.

The Maritime Commission lowered admission requirements for maritime cadets and cut their training in half. The Civil Service Commission issued a call for thousands of stenographers needed urgently for national defense work in positions paying $1,440 a year to start. Application forms may be obtained at any first or second-class post office.

Army

The War Department authorized return to active duty by February 1 of all inactive enlisted Reservists—the majority former trainees and National Guardsmen recently released from active duty. The Department said it will continue voluntary enlistment of men from 18 to 35. The Department adopted a uniform system for temporary promotion of all officers on the basis of merit.

Aliens

Attorney General Biddle ordered all Japanese, German and Italian aliens to surrender to local police authorities by 11 p. m., January 5 all radio transmitters, short-wave radio sets, cameras, and firearms of any description. Mr. Biddle amended regulations governing travel of an alien enemy to permit limited movement in certain cases where special permission is granted.

Agriculture

The Department of Agriculture reported supplies of agricultural commodities are at a high level with record production of many items. The general level of prices received by farmers during the month ended December 15 was 42 points above the corresponding period last year. OPM granted farm equipment manufacturers 83 per cent of materials used in 1940 for new machinery and 150 per cent of 1940 materials to produce spare parts.

("A Week of the War" summarizes information on the important developments of the week made available by official sources thru and including Friday, Jan. 2.)

The Answers

1—Always Ready.
2—Moscow.
3—1,525 ships; more than 9,000,000 gross tons.
4—November, 1939.
5—The first ten amendments to the Constitution.
6—Underground burial galleries of the early Christians of Rome.
7—Council.
8—Yes, to those in the Air Corps and submarine service.
9—Josephus Daniels, who, in the World War, was the President's superior in the Navy Department.
10—Yes; by a vote of his own house.

DISH FOR THIS WEEK

BARBECUED SPARERIBS

Spareribs of pork, well prepared, are one of the sweetest and tastiest of meats. They do require some time and work, tho, both to prepare and to eat, and like most other inexpensive cuts of meat, need moist heat and long cooking to make them tender. Following is a recipe suggested by the New York State College of Home Economics:

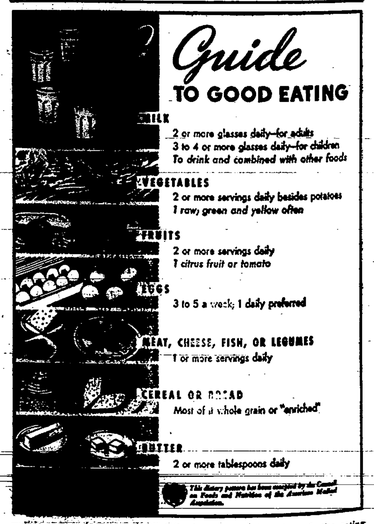
Barbecued Spareribs
3 pounds of pork spareribs
2 onions
¾ cup of ketchup
1 cup of water
⅜ teaspoon of tabasco sauce and ½ teaspoon of chili powder (if desired).

Cut the spareribs into pieces of a size suitable for serving, and place them in a baking dish. Slice the onions over the top of them. Mix the ketchup and the water (and the tabasco sauce and chili powder if used) and pour over the top of the onions. Cover the pan and cook the meat in a moderate oven, 350 degrees F., until done, or about two hours.

With the barbecued pork chops, the College suggests serving: whipped potatoes, buttered green beans, apple sauce, raw carrot strips and brown bread and butter; with milk and fruit or crackers and cheese for dessert.

Boost your Home Town.

New Diet "Yardstick"



RECOGNITION of the necessity of good health through the eating of proper foods has led to a nationwide nutrition program as a major part of the defense activities. This meal-planning guide prepared by the National Dairy Council, interprets the food requirements set up by the Food and Nutrition Committee of the National Research Council. It carries the Seal of Acceptance of the Council on Foods and Nutrition of the American Medical Association. Use this "Guide to Good Eating" as your blueprint for bonyant health.

Church Services

METHODIST

Rev. Helene I. Champlin, Pastor

Sunday, Jan. 11:
10:30 a. m., Morning worship. Sermon, "Watchman, Tell Us—"
11:45 a. m., Sunday School, with classes for all.
7:30 p. m., Evening worship.

Thursday, Jan. 15, a church family gathering in honor of our new district superintendent and his wife Rev. H. W. McIlnay and Mrs. McIlnay.
6:30 p. m., Tureen supper.
7:30 p. m., Devotions.
8:00 p. m., quarterly conference.

Dr. McIlnay has particularly requested that not only members of the official board but also all other members and friends of the church be urged to participate.

PRESBYTERIAN

Morning worship at 10:30, sermon by Rev. Edgar VanHorn, those who were not at service last Sunday missed a splendid sermon.

Sunday School at the usual hour.

Choir practice at the Folsing home at 7:30 on Friday evening.

The annual congregational meeting will be held after service, the arrangements for this meeting and the dinner are in the hands of a competent committee and notice has been mailed to members and friends You are all urged to be with us next Sunday, Jan. 11.

CHRISTIAN AND MISSIONARY ALLIANCE

Mr. Clarence Seguine, Pastor

Thursday, 7:30 p. m., Prayer meeting at the home of Mrs. Walton.

Friday, 7:30 p. m., Young People's meeting in the church hall.

Sunday services:
2 p. m., Sunday School.
3:00 p. m., Worship service. Subject, "What Pleases God."
7:30 p. m., Evangelistic Service. Subject, "The Backsliden in Heart."

Next Tuesday, Jan. 13, Day for Prayer: 10 a. m. to 12 noon; 2 p. m. to 4 p. m.

SEVENTH DAY BAPTIST

Rev. Walter L. Greene, Pastor

Sabbath services at 2:30 p. m. Sermon by the pastor. Subject: "Applied Christianity," Matt. 7:21.

Bible School at 3:30 p. m. Clifford Burdick, supt. The lessons begin a vital study of the life of Christ.

Independence

Morning worship and sermon by the pastor at 10:30 o'clock.

Sabbath School following the church service.

The annual meeting of the church and congregation at the parish house Sunday, Jan. 11 at 11 a. m. The church dinner will follow at 12:30.

It is hoped there may be a good attendance at all these services.

Are you keeping those good resolutions?

Is your light "so shining?"

SUNDAY SCHOOL LESSON

INFANCY AND BOYHOOD OF JESUS

International Sunday School Lesson for January 11, 1942

Golden Text: "Jesus advanced in wisdom and stature, and in favor with God and men."—Luke 2:52.

Lesson Text: Luke 2:25-53, 39,40

When the infant Jesus was forty days old his parents went up to Jerusalem to redeem him under the custom of the Jewish law.

The ceremony of redemption was necessary because every first born son was supposed to be for the priesthood. To acknowledge this claim of God, and where it was not to be literally carried out, parents presented the child to the priest and after benedictions of the law of redemption and for the gift of a son offered the redemption money.

Living in Jerusalem at this time was a man named Simeon, described as righteous and devout. Some have identified him with a Rabban who was the father of Gamaliel but there is no certainty. Simeon was "looking for the consolation of Israel," the coming of the promised Messiah. His life had been on so high a spiritual plane that he expected to see the Saviour before he died.

"It is striking to observe how the description of Simeon's character expresses the aim of the whole Old Testament revelation," says Alexander Maclaren. "All that was meant by the preceding long series of manifestations thru all those years was accomplished in the man. For Israel now, he is described—'just and devout', that is the perfection of moral character, stated in the terms of the Old Testament waiting for the consolation of Israel; that is the ideal attitude which the whole of the gradual manifestation of God's increasing purpose running thru the ages was intended to make the attitude of every true Israelite."

When he saw Jesus, Simeon realized who he was and uttered the hymn known as "Nunc Dimittis," the first words of the Latin translation. Simeon's spiritual faith was powerful enough to picture the consequences of this life. The revelation which came to Simeon was possible because he had cultivated spiritual power. People cannot expect to understand great spiritual truth or live great spiritual lives if they make no effort to cultivate spiritual powers. Just as the trained athlete has to practice, so has one who would be strong spiritually:

Simeon's faith saw in Jesus the remaker of the world. "I covet the gift of a sanctified imagination, which can look down long highways into distant futurity," writes J. H. Jowett. "For instance, when an apostle like Paul walks into Imperial Rome, utterly unheeded and ignored, I would like the power of being able to foresee some of the amazing possibilities of that lonely entrance. When James Gilmour crosses the frontier into Mongolia, and sets his single plow to the upturning of the soil in that mighty land I would have the eye that can see coming harvests, vast reaches of waving corn, shining ripe before the face of the Lord."

Simeon blessed Joseph and Mary and in speaking to the latter said, "A sword shall pierce thru thine own soul." Later on in life, as Mary stood at the foot of the cross upon which her son was dying and looked back over the tempestuous years of his ministry, she realized the truthfulness of Simeon's prophecy. Strange as it may seem, the coming of Jesus oft-times means a struggle. As Samuel Cox says:

"The advent of Christ in the heart must resemble his advent in the world, must create a strife between the good and the evil in your nature must disclose so much that is evil in you to make you fear goodness to be beyond your reach. And the oftener Christ comes, the nearer he draws to you, the more fully he enters into your life—the deeper will be your conviction of sin, of a tainted and imperfect nature; till, at times, you feel as if a sword had been trust into your very soul. This, indeed is what he come to you for; to separate between the evil and the good, to make you conscious of evils you did not suspect; so conscious that you have them and long to be delivered from them."

Another devout person who saw and recognized Jesus for what he was to be was Anna, a prophetess, who, meeting the holy family in the temple, gave thanks and testified concerning him to all who were looking for the redemption of Israel Anna's example commends itself to Christians today.

Surely, those of us who acknowledge him, who have been reinforced in faith by knowing what he has accomplished for the world during the centuries since his birth, should greatly acknowledge him and testify about him to the world around us. This testimony should not be, only in word but more primarily in deed. The example of an unselfish and righteous life is the highest tribute which anyone can give in honor of Jesus.

WHO KNOWS?

1—What is the meaning of the Coast Guard motto. "Semper Paratus?"
2—Where is the Red Square.
3—What is the size of the U. S. merchant marine?
4—When did Soviet Russia invade Finland?
5—What constitutes the American Bill of Rights?
6—What are the catacombs?
7—What does the word "Soviet" mean?
8—Does the Navy pay bonuses for service in any branch of its activities?
9—The President recently addressed a letter "Dear Chief." Who got the letter?
10—Can a member of Congress be removed from office?

(See "The Answers" on another page).

Most people "don't care what happens" if it doesn't happen to them.

ASK The Scientist

If you have a question to ask the scientists, mail it to the New York Press Association ,The Castle, Syracuse, N. Y. The Science Board of the Radio Workshop at Syracuse University will answer each week in the Andover News those questions considered most interesting and timely.

Question 1.—What are the distances between Tokio and Manila, Tokio and Alaska, Tokio and Vladivostok?

Answer. — Between Tokio and Manila the distance is about 2,040 miles. The closest point of Alaska to Tokio is out at the end of the Aleutian Islands where the distance from Tokio is also about 2,040 miles. The nearest point between Japan and Vladivostok is about 400 miles. From Manila to San Francisco it is about 7,164 miles.

In comparison with these Pacific distances those across the Atlantic may be of interest. From New York to London the sailing distance is about 3,964 miles while from New York to Liverpool it is only about 3,478 miles.—Dr. Earl Apfel, geographer.

Question 2.—Is it true that football players have a shorter life span than those who do not play football? Are there any reliable figures that indicate that athletes live longer or shorter lives than other persons?

Answer.—Because studies of this problem require many years, there is little reliable data on the subject. Two studies have been made, one by an insurance company and another by two Yale professors upon some 10,000 Yale graduates.

The insurance company found that the death rate for athletes was only 93.2 per cent of the expected according to insurance tables. This would give the athlete a longer life expectancy than the non-athlete. The Yale study indicated a slightly longer life for the non-athlete. An athlete has just about as long a life expectancy as a non-athlete according to the data we now have.—Dr. Verlus Lindeman, zoologist.

Question 3.—Why do farmers plant a piece of potato instead of potato seeds?

Answer—When a farmer plants potatoes, he puts back into the ground a piece of the plant that he has just grown. He does not use seed. This part of the plant is really a stem of the plant and like all stems has buds. These potato stems grow underground and they are unusually enlarged and filled primarily with stored starch. The farmers save some of these potatoes, cut them into pieces with two buds on each piece and plant them next season.

Potato seeds are difficult to grow. Potatoes normally reproduce without sex being involved. The potato plant is peculiar in that it does not normally produce seed. If the farmer were to use seed, he would get plants from it that would be different from the potato plants he has been growing. The farmer does not want that. He wants potato plants that will run true to form.—Dr. Ernest Reed, geneticist.

Question 4.—Is it possible to leave canned food in one's camp during the winter or will the frost damage the food and make it unfit for human consumption?

Answer.—Yes. However, if the freezing has burst open the seams of the can, or if the can should rust during the winter so that it leaks, then on the arrival of mild temperatures, bacteria getting into the food thru the leaks would promptly spoil the food. As long as the cans remain air tight the food will remain unspoiled. The formation of ice crystals may slightly change the texture of some foods by mechanical action and thus affect their flavor, but no chemical decomposition will result and such food is perfectly wholesome.—Prof. Henry N. Jones, bacteriologist.

Question 5.—Does house paint in cans suffer from freezing temperatures?

Answer.—House paints consist of various pigments suspended in linseed oil or similar vehicles. There is no water in such paints which can freeze, and, therefore, freezing temperatures do not injure such paints in any way. Other types of paints, however, do contain water. Such paints may be seriously damaged by freezing.

One modern type of paint for indoor use known as casein paint contains essentially pigments suspended in milk—one of the many new technical uses of milk. Such paint is seriously damaged by freezing temperatures because it contains a large amount of water. However, the standard oil paints are not injured in the slightest degree by freezing temperatures.—Prof. Jones.

Question 6.—Can you explain why some woods burn with a yellow flame while others give off a white or red color?

Answer.—Yes. Most woods when dry burn with a yellow flame due to the presence of sodium. When wood has been immersed in sea water or other salts and then dried, it may give off a red or greenish flame. A white flame is, no doubt, a light colored yellow flame due to the presence of relatively small quantities of sodium salts. Some woods are artificially treated with various salts so they will yield various colors when burned in the fireplace.—Prof. Nelson Brown, forester.

4-H CLUB WINNERS

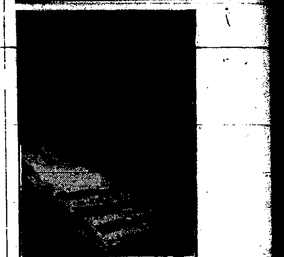
4-H ELECTRICIAN

ENTERPRISE shown by Lois Elmes, 20, of Adams Basin, Monroe county, in using electricity in her home and on the farm won her a place in New York's delegation to the recent 20th National 4-H Club Congress in Chicago. Competing in the sixth national 4-H rural electrification contest conducted by the Extension Service, the girl gave demonstrations of "Lamp Remodeling" in county and district contests, at Penfield High School, and at the 4-H State Club Congress at Cornell University. She and other members of a local 4-H Electrical Club rewired a member's home. At the county fair last summer Lois and her team mate gave four demonstrations daily on the care and repair of home wiring, and extension cords. The girl was awarded the Chicago trip by the Westinghouse company, which also provides six $200 scholarships as prizes for national winners.

TOP 4-H STOCKMAN

HIGH achievements of New York 4-H Clubsters in live stock work is reflected in the record of Kenneth McBride, 21, of Leicester, who is named the state's outstanding member in this project by Assistant State Leader Albert Hoefer of Ithaca. In seven years Kenneth handled 111 sheep and other stock and won cash prizes totaling $331.92. His entire proceeds are $3,079. The boy won many honors in judging and showmanship contests. He was awarded Eastern sectional honors and as such received a trip from Thomas E. Wilson to the recent National 4-H Club Congress in Chicago.

4-H RECORD GIRL



ELMA BOND, 18, of Gouverneur, St. Lawrence county, named by State Club Leader W. J. Wright as New York's 1941 outstanding girl in "all around" 4-H home-making projects, received an all-expense trip to the recent 20th National 4-H Club Congress in Chicago. Her six-year record includes saving 52 garments; putting up 55 jars of fruits and vegetables, and 205 jars of jams and jelly; preparing 107 meals and 419 dishes, and raising five calves. . . . The girl received $163.50 in cash prizes on her exhibits. . . . Her Chicago trip was provided by Montgomery Ward. The contest, held for the nineteenth year, is conducted in cooperation with the Extension Service to train girls in home-making arts.

ADVERTISE or HIBERNATE
c-c

PAY YOUR GAS BILLS on or before the 20th of the month and save discount. Bring your gas card to be receipted
EMPIRE GAS & FUEL CO. Ltd.

AROUND OUR HOUSE

GOOD FORM IN HOUSEWORK

A broom or a washboard can give the homemaker just as good exercise as a golf club or a rowing machine, if the muscles are used well. Fatigue results from muscles that are strained or over-used.

Watch the moving man, or the station agent who can toss around a heavy trunk with no apparent effort. They figure out how to lift and shove heavy objects without undue muscular strain.

Washing, particularly is a household task that requires considerable effort. Hundreds of motions are involved, such as bending, stooping, picking up heavy baskets, handling wet clothes, and reaching to hang them. Muscles may be over-used, especially in homes that have no motor-driven washing machine or no running water.

Next time you pick up a heavy bucket or basket, instead of bending at the waist and straining the small muscles across the back, squat with one foot slightly behind the other, and use the large thigh muscles to help bring the body up. Learn to use both hands in washing woodwork. The right arm won't feel so tired next day. Use the left hand for part of the job.

It is easier to carry two suitcases or buckets of water than one. Heavy objects that are balanced reduce the strain on a person.

Eager Volunteers

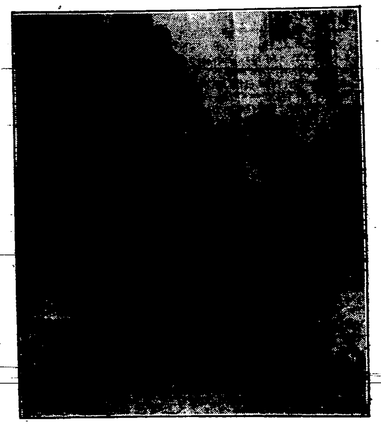
Everything about the R. A. F. Headquarters was interesting to the visitor from the American Embassy and he asked a never-ending string of questions.

"Say," he exclaimed, "how is it that you seem to have so many Scotsmen among your pilots."

The guide, a bit fed up, snatched at the opportunity. "Well, sir," he said, "since the Scots have learned that every cloud has a silver lining, we can't keep 'em out."

THE POCKETBOOK of KNOWLEDGE BY TOPPS

'Blitz Lunch' Served in Street



The proprietress of a cafe in East End London had her shop bombed out in an air raid, so she promptly moved into the street to serve tea and mid-morning lunch to her customers. This picture is typical, says the British Ministry of Information, of the manner in which the people manage to carry on under adverse conditions.