

HONORING OUR SOLDIERS

With Army Week being celebrated from June 29 to July 5, the attention of the public will be focused on the men in battle dress. And it might be well at this time for every civilian to ask him or herself several questions concerning our soldiers. Have we not tended to forget them for the color and glamor of the Air Force and Navy? Have we not neglected to make a fuss over them because they have not as yet participated in a major campaign?

The answer to these questions can be yes with but a few exceptions.

Actually this neglect of our Army has not been intentional, but rather the result of circumstances. It does not show any lack of respect for our soldiers, but merely a lack of thoughtfulness. Then let us consider the sacrifices made by our men when they join the Army, and the role they will play in the coming victory. It should enable us to give them more of the credit, respect and honor which is their due.

A man makes a tacrifice the very day he steps into an Army uniform, and from that day on, he continues to make them. His liberty is restricted. He takes orders all day, and has

to carry them out with thoroughness and efficiency. The twentyfour hours of the day are planned for him, and he must not vary his activities during them.

Even when he is on pass, he is still on parade before the eyes of the public. By his conduct, he and his comrades are judged so he should be continually careful not to bring ridicule or disrespect to the uniform he wears. His Army life is a complete change from that which he knew when he was in civilian clothes, and he has to adjust himself accordingly.

If he is called upon to make the final sacrifice-and many of our men will be before victory is won-will he go to his death with the knowledge that he is honored, respected, and that his name will be a monument before which Canada will pay tribute to his heroism? It would indeed be a bitter death, if this knowledge was lacking in our young men in uniform. So during Army Week, it is the duty of every civilian to show appreciation of our fighting men. They must not feel they are the "forgotten men" of the war. Their task will be to consolidate our victory. It is our duty to show them our admiration and respect for the victory they will bring us.

DIET FOR

Illustrated at Random

Tradition says that an army lives on bully beef and hard tack but Canadian soldiers are training on diets that include the proper amount of proteins, minerals, mins in a dietitian's alphabet.

no soldier misses "Maw's apple diet sheet: pie" for long after he has been eating army meals.

starts off with a whacking big cocoa, fresh apple.

breakfast that includes the fol-

Grapefruit juice, cracked wheat, fresh-milk, griddle cakes, bacon, corn syrup, toast, butter, coffee,

After a hard morning's work Has Plenty of Proteins-Meals Johnny Canuck relaxes over a lunch that would be a credit to Toronto's Royal York Hotel, Here's

the menu.

part of the service, and a glance at the most fatigued recruit. Here it meeting. a regular army sheet shows that is straight from another army In the inter-club raffle, a box The regimental "snip" is the ser-

A day chosen at random from pork, potato salad, plain muffins, Good work is being done by the needed. He may do private work the diet sheet shows that a soldier blanc mange, doughnuts, tea, iced club and the next meeting will be for officers, provided that no ex-

Navy and Air

Good Work Being Done by Wives Of Service Men

The Navy and Royal Canadian Clear onion soup, Swiss steak, Air Force Club is getting down to potatoes boiled in Jackets, but- business with a will. At this Thurstered carrots, bread, butter, rice day's meeting in the Y.W.C.A. fam- a matron ranks as a captain, with and raisin pudding, tea or milk. ily lounge volunteers for hospital three stars; nursing sisters and When the day's work is com- visiting were chosen, each service dietitians rank as lieutenants with carbohydrates and all the vita- pleted, there's an evening meal being visited in alternate weeks. two stars; home sisters and phyready that is guaranteed to re- The curtains for the Seal Cove siotherapy aids rank as second The army mess kitchen has been store lost energy and pep. It canteen are on their way and lieutenants with one star. modernized along with every other would whet the appetite of even work will start on them at the next

of chocolates presented by Mrs. geant-tailor. His job is to make Cream of carrot soup, cold roast Bon Bernard, was won by Mrs. Gor-'such alterations to a non-commis-

on July 9.

RANK AND FILE

In the military sense "rank and file" denotes soldiers who are in the ranks, that is the corporals and privates. The rank is the horizontal line abreast; the file is the line from front to rear.

NURSES RANK

A matron-in-chief of the Royal Canadian Army Medical Corps Nursing Services has the relative rank of major and wears a crown;

sioned soldier's clothing as are pense to the public is incurred.



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way in decorating for Army Week, every city, town, village and country cross-road in the Dominion will be showing color to honor the

Present indications show that municipalities without exception, large and small, have whole-heartedly endorsed the Proclamation which requested the people of Canada to display "flags and bunting on their private residences and on their places of business by way of expressing their pride and confidence in the men and women who, as members of the Canadian Army, have offered their lives, if need beto defend their homes and their

Not only are business concerns asked to participate in this nation-wide manifestation of pride in the Canadian soldier, but private citizens are urged to decorate their homes, too. This is particularly true of homes that have



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