

Is this Message for You?

TO THE THOUSANDS OF CANADIAN MEN AND WOMEN WHO HAVE NOT YET INVESTED IN VICTORY...

TO THOSE WHO FOR THE FIRST TIME ARE IN RECEIPT OF INCOMES...

TO OTHERS WHO ARE EARNING MORE THAN EVER BEFORE

ASK YOURSELF THESE QUESTIONS

1 Am I doing everything possible to help win this war?

2 When the war is over and the boys come back from the battle front, can I look them in the eyes, unashamed and unafraid of criticism?

5 Am I some day going to regret that I did not take this method of providing the means to buy the things, or do the things, that are postponed for the time being?

3 Am I willing to deny myself and buy bonds to the limit to give them what they need to bring speedy and complete victory?

4 Am I passing up an opportunity of the safest possible investment, paying a good rate of interest?

ONLY YOU CAN ANSWER THESE QUESTIONS

But remember—your purchase of Victory Bonds will help bring Victory nearer. It may help to save a life—possibly of one you hold dear. Buy all you can for cash—then all you can to be paid for out of income during the next six months.



Invest in Victory

BUY VICTORY BONDS

One More than Before

National War Finance Committee

The Experts Say...

By the Canadian Press

VEGETABLE CONSCIOUS — Why aren't Canadians more vegetable conscious? Vegetables are in plentiful supply in most localities and the price is usually reasonable. In spite of this, many Canadians fall below their daily quota of three servings, a country-wide survey shows.

Investments in vegetables mean dividends in health and the wise Canadian housewife knows this, buys varieties which will appeal to her family. Imagination, an eye to color and the combination of favorite standbys with new varieties many transform a commonplace course into something special. Careful preparation saves important vitamins and minerals too.

The Nutrition division recommends three servings of vegetables every day one serving of potatoes, one serving of leafy green or yellow vegetables and one serving of any other variety.

CEREAL NEWS: Perhaps your family doesn't care for whole grain cereals for breakfast... but that's no reason why you cannot guarantee that they will get their daily quota just the same. So often we think of whole grain cereals in terms of brown bread or morning cereal only. However, the home economists of the Agriculture Department Consumer Section say there are numerous delicious recipes using cereals from soup to dessert in their recipe folder "Cereals and Their Use." (For a free copy of this folder send your name and address to the Dominion Department of Agriculture, Publicity and Extension Division, Ottawa).

SERVICE SOCKS—Our fighting men in northern war theatres need warm socks, just as civilians at home need socks for winter sports... and both kinds are more popular if they wear for a while without developing holes. If you are knitting socks, combine linen thread with the wool when knitting the heel—socks thus reinforced wear months longer than those knit in the ordinary way. For a personal touch you could use strands of your own long hair... it's been done.

SNOW TIME IS COMING—By the time that the snow flies, there'll be many a youngster in Canada cosy in the snowsuit his mother made for him. And it's not such a big job either.

The travelling wardrobes assembled under the direction of the Prices Board's consumer branch contain plenty of ideas for source materials for these outdoor garments—old winter coats and heavy velveteen dresses, to name a couple.

WRINGER HINT—Run pillow cases seam first through a washing machine wringer and you'll save the force of water from tearing out the seam and make the cases last longer.

We sit at home!

We sit at home where it's nice and safe while our young men face death hourly. They fight with their blood, their lives, for every inch they gain in occupied countries. Not very fair, is it?

So how about squaring up the score a bit? How about doing without and making do with what we have to back them with every last dollar.

Let's turn our savings into Victory Bonds today; then buy an extra bond and pay for it by instalments every pay day. It's little enough to do—as we sit at home!

Philpott, Evitt & Co. Ltd. Fuel and Builders' Supplies

Invest in Victory



KEEP NAZIS IN LINE — Head of the commission, training now for the task of policing Germany after the war, will be Col. Gordon Herbert Ramsay Halland, soldier and policeman. Col. Halland, 56, was first headmaster of the Hendon Police College. Albania has a population of slightly more than a million.

GRABBED BY JAPS — Korea was incorporated as an integral part of the Japanese Empire in 1919.

CINGALESE FARM GIRLS — It is proposed to establish at Peradeniya a farm school for girls to give elementary practical education in agriculture and housecraft to girls over 18 years of age, to fit them to

carry out efficiently the work of rural life. The earliest spoon was a chip or splinter of wood.