# DAILY MAGAZINE PAGE FOR EVERYBODY

*Secrets of Health and Happiness*

## How "Putting the Glands to Rights" May Cure Hatred

By DR. LEONARD KEENE HIRSHBERG, A. B., M. A., M. D., (John Hopkins University.)

A thoroughly frightened person cannot expectorate. The "bad" man or "tough" tries to show his bravado and absence of fear to "all comers" by spitting sharply and forcibly. If you have read the researches of modern physiologists presented in my various articles, you know that the emotion of fear is associated with the overflow of the thyroid, adrenal, intestinal glands, and a cessation of action of the salivary glands.

Those chronic triplet offsprings of fear, doubt, despair and cowardice, have been found by physiologists to abide in those whose glandular tissues are diseased, weak, fatigued or otherwise below par. One of the happy results of gymnasiums, setting-up exercises and physical deeds of daring, is in the elimination of the emotions of fear, timidity, despair, doubt, hesitation and cowardice.

The thyroid, adrenal and other glands are thus disciplined to supply the human personality with only the exact amount of its substance necessary to combat and counteract the influence of weakness or ill-health.

**"A Settled Anger."**

When you are angry your adrenal glands pour forth more than the normal quantity of adrenalin. Whether the sensations or perceptions aroused by the outside impression moves the glands to work first and thus initiates the physical action called anger, or whether anger starts an instant sooner was in doubt until experiments proved that the emotions of anger, fear and others could be reproduced by artificial inoculation of these gland substances.

**Look to the Glands.**

Just as "passion seeks aid from its opposite passion," so physiologically, nature attempts to combat the overflow of base glands which generate fear, anger, excitement or other emotions. Loyalty sometimes disguised in hate, fear and admiration become intermingled with envy and hypocrisy. The braggadocia of the cowardly braggart is of the same sort. The adrenal glands are then summoned and stimulated artificially to overcome the over-production of the thyroid, thymus and other glands.

If the various lymph glands, the thyroid, pituitary, thymus, adrenalin, pineal and parathyroid glands are healthy the emotions will be stable and not nuisance to you and your friends. On the other hand, if you are inclined to exaggerate, to be hyper-sensitive, to overdo the sympathy and martyr act for yourself, to be psychaesthenic, neurasthenic, neurotic, nervous, irritable, jealous, easily angered, see to it that you do not overwork your glands and allow them to become tired or diseased or in some fashion over-stimulated.

### Answers to Health Questions

LADY BETTY: Q.—Please give me something for dandruff.

A.—Use a little of the following for your dandruff three times a week:

| | |
|---|---|
| Sulphur | 1 dram |
| Borcin | 10 grains |
| Salicylic acid | 10 grains |
| Sulphate of quinine | 10 grains |
| Perolatum | 1 ounce |

READER: Q.—Please tell me what to do for a cough.

A.—Coughs lasting longer than two weeks call for a thorough physical examination.

MAE: Q.—Please give me something for gas on the stomach.

A.—Try either of the following in a little water every four hours for the gas on your stomach:

| | |
|---|---|
| Salol | 2½ grains |
| Bicarbonate of soda | 10 grains |
| Bismuth subnitrate | 5 grains |

J. T. W.: Q.—Please give me something for pimples.

A.—Apply a little of the following to the affected parts:

| | |
|---|---|
| Sulphur lotti | 2½ drams |
| Balsam peru | ½ dram |
| Camphor | ½ dram |
| Green soap | 1 dram |
| Lanoline | ½ ounce |
| Vaseline | ½ ounce |

Dr. Hirshberg will answer questions for readers of this paper on medical, hygienic and sanitation subjects that are of general interest. He cannot always undertake to prescribe or offer advice for individual cases. Where the subject is not of general interest letters will be answered personally, if a stamped and addressed envelope is inclosed. Address all inquiries to Dr. L. K. Hirshberg, in care of this office.

### Tomorrow's HOROSCOPE

*By Genevieve Kemble*

TUESDAY, OCTOBER 8.

The attitude of the heavenly host can scarcely be interpreted as kindly in their operations for this day, two of the strong malefics being adversely placed, and Venus and Mercury likewise being of little assistance. Under the circumstances it would be wise to check the tendency to move, change or travel and to subscribe to the thwarting and delaying influence of Saturn by working along the lines of least resistance, doing what is actually obligatory, but postponing until a more propitious occasion all that possibly can be thus handled; in other words, working with the law instead of against it. Thus does "the wise man rule his stars." Sign papers, documents, even letters, with care, and also cherish the health, guarding against colds.

Those whose birthday it is should attempt to make little change, keeping quiet and protecting interests of whatever nature. A child born on this day should be finely educated, with the virtues of patience, prudence, steadiness and thrift strongly instilled.

It is not work, or even real anxiety, that makes the way hard and the daily burdens so heavy. It is life's ceaseless little frets—the things we might learn to eliminate if we would.

Literature is one of the instruments, one of the most powerful instruments, for forming character, for giving us men and women armed with reason, braced by knowledge, clothed with steadfastness and courage, and inspired by that public spirit and virtue of which it has been well said that they are the brightest ornaments of the mind of man.

## WOOL-LESS SUITS FOR WINTER

Wine Colored Suit of Satin Trimmed With Sealskin.

Note the Lavish Use of Sealskin in This Brown Satin Suit.

### Velvet and Satin Fur-Trimmed Now the Thing

Like the French queen who suggested that the populace eat cake if they had no bread, we who wish to conserve needed cloth are going to use velvet and satin instead of wool this fall.

For the new suits which are appearing for fall wear are no longer of wool, as in former years. Neither is the woolen coat in evidence. Velvet is to be the predominant fabric for fall and winter wear, and satin takes next place.

Accustomed as we are to regarding satin as a lightweight fabric, it seems curious to think of wearing it in cold winter weather. But the fashion designers have anticipated this objection, and so we see these satin suits so heavily trimmed with fur that they assume an appropriately wintry appearance.

Squirrel will be used more extensively this year as a trimming than ever before, but sealskin promises to retain its popularity.

Both the suits shown in this illustration are of satin trimmed with seal. The first is wine color, and has huge bands of sealskin around the jacket, on cuffs and as a front panel.

The second is a brown satin, and is novel in that the entire lower part of the coat is of fur. There is a square collar of fur that can be worn flat, as shown, or rolled up around the throat.

Deep-sea fishermen report that they recently saw a floating island in the gulf stream off Palm Beach, Fla. The island was about 25 feet in diameter, and the fishermen say it was composed of marl and muck, held together by tangled roots and rotted seaweed; that there were several trees and mangrove sprouts growing luxuriantly on the island. The fishermen landed on the island and found thousands of small fish on it, which sea birds were greedily eating.

## KITCHEN ECONOMIES

BY ISOBEL BRANDS OF THE APPLECROFT EXPERIMENT STATION.

### Solving the Problem of Correct Conservation With Fish.

Sometimes I hear fault-finders complain that when they try to conserve in accordance with the requests of the food administration it means that they must substitute with things that are more expensive. But there is one thing which we can all use to conserve meat which is not beyond the reach of the poorest of us, and that is fish. Even canned fish is not as expensive as meat if you consider the fact that there is absolutely not one ounce of waste in a can of fish. And for those of us who live near enough to a coast to get fresh fish it is decidedly cheaper than even the cheapest meat.

Moreover, many housewives do not appreciate the vast number of ways in which fish can be cooked. "I like to cook meat because you can use it in so many different ways," said one young housekeeper. But it is a fact that fish can be used in just as many ways as meat. The trouble is that we may get into the habit of buying one kind of fish—like herring, let us say, and then frying it always and invariably. But there are so many new varieties of fish being offered that there is no reason why every housekeeper should not at least experiment.

Fish is most delicious when baked—and it is the simplest way of handling it. Clean the fish, wipe dry, place on a rack in a dripping pan. Dredge with a mixture of flour, salt, pepper and cover with bits of butter substitute. Bake for eight or ten minutes to the pound in a moderate oven until tender. Serve with slices of lemon.

This is easy to cook, slowly develops the tender juices of the fish, and is a most delicious and nutritious dish.

Another simple way of baking fish is to cut the fish into sections large enough for individual servings, dredge with flour, salt and pepper, and then baste with a mixture of melted butter substitute, lemon juice, hot water and a dash of Worcestershire.

**A Simple Fish Recipe.**

Here is a simple fish recipe which can be served with potatoes, and thus form a complete meal. Cod, halibut or a similar large fish can be used:

1 pound of fish.
1 green pepper.
1 onion.
2 cupfuls of tomatoes (canned or fresh pulp.)
Saut, pepper, bay leaf.

Lightly fry the chopped pepper and onion, add seasonings and tomatoes, and when well cooked press through sieve. Cut the fish in steaks for serving, place in a greased baking dish, season with salt and pepper and baste with part of the above sauce. When fish is cooked, put on a hot platter and pour the remaining sauce over all.

**Canned Fish Souffle.**

1 can of salmon or tuna fish.
½ cupful of breadcrumbs.
½ cupful of milk.
2 eggs.
1 teaspoonful of lemon juice.
1 teaspoonful of chopped parsley.
Salt, paprika.

Flake the fish and add seasoning. Mix the hot milk and crumbs and heat together, then add fish and beaten yolks of eggs. Cook a few moments, fold in the stiffly beaten whites, pour into a greased baking dish and bake until firm.

## How to Select Colors as Frameworks of Beauty

BY LUCREZIA BORI
The Famous Spanish Prima Donna

LUCREZIA BORI

I wonder how much women consider the colors they surround themselves with as an aid or a detractor of beauty? I speak not with clothes only in mind. For here women can get excellent counsel if they will. The responsible maker or seller of clothes usually tries tactfully to guide a woman in the selection of the right colors when she purchases a single article of apparel, like a suit or a frock or a hat.

But where so many women detract instead of adding to their personal attractiveness is in the colors with which they completely surround themselves. To begin at the clothes question. One sees very often a woman with a most becoming color of hat—which is made to suffer, however, because the frock is a violently clashing shade!

**Color Cheapest Beauty Aid.**

It is possible to use colors cleverly in our attire, and also in our rooms so that they are not merely beautiful in themselves but help to glorify our persons. Color is the cheapest of all beauty aids. It costs no more to get a becoming color than it does to select one which does not harmonize so well. A green gown costs no more than a blue one—but how great may be the difference in the appearance of the wearer! Far in excess of the extra effort it required to make the more judicious selection.

I remember vividly an interesting illustration of the use of color. I visited the New York apartment of a once famous singer who had since retired. She was considerably past middle age when I called on her, and there remained nothing of the beauty of face which I had heard she once possessed. But what a magnificent picture she presented when I confronted her in her small sitting-room!

**Select Your Colors Well.**

She was of medium height, grey-haired, and her pleasant blue eyes were without sparkle. But as she arose out of a deep-cushioned chair of soft grey she seemed a beautiful part of a beautiful picture. Her little room was a study in soft grey and delft blue—a pleasing and harmonious background for the slender grey figure. That picture of a simple room, so harmonious in its coloring, has remained permanently in my mind when visions of other rooms of greater magnificence have long since departed.

I know a woman of gypsy type—dark-haired, black-eyed, yet by no means beautiful. But if you greet her in her own living room, where the color scheme of all things blends into a wondrous mass of black and yellow, you receive an impression of a magnificently beautiful woman. Her face is not really beautiful, but she has the art of accentuating her few points of beauty by the fine use of color. She has lovely eyes and raven hair, and by the adroit use of colors in her surroundings as well as on her person, she emphasizes these features until one is impressed by her general sense of beauty—not merely the loveliness of one or two features.

Select well the colors that you live among, just as carefully as the colors of your garments. For your surroundings are the frame which can help make you either a beautiful or an unattractive picture, just as you elect.

Lux-bathed from head to foot—

Her hair has just gloried in a Lux shampoo—it is silky and shines with the radiant glow of health.

Her dainty, lace and crepe-de chine frock looks like new, yet it is four years old—thanks to the unique cleansing power of the creamy Lux suds.

Her undergarments—her gossamer silk stockings—even her white kid slippers have again and again been washed with Lux—each time they look like new.

*If pure water won't hurt it—Lux won't.*

LEVER BROTHERS LIMITED
Toronto, Ont.

LUX


## Good Night Stories

By Blanche Silver

Illustrated by Gruelle

### WHY WILLY LOCUST CHANGED HIS MIND.

Willy Locust hated his plain, green suit and four green wings.

"Green, green, green every place you look!" he cried to his mamma. "My wings, suit, leggings and hat are all dusty green. Why can't I have a pretty red coat, a blue hat and a pair of yellow wings like the butterflies?"

"Because it's best for little locusts to wear green," replied his mamma sadly.

"I don't see why!" exclaimed Willy Locust crossly. "I hate the very color," and he crawled out to the end of the limb, spread his wings, and dropped to the ground.

Mamma Locust shook her head sadly as she watched him crawl out of sight.

Willy Locust ran on and on. He didn't care what became of him. He hated green and didn't care who knew it.

"Hello, there!" cried a merry voice, and Lady Slipper waved her pretty blossom slippers at Willy Locust. "You're so near the color of the grasses I hardly saw you!"

"Oh, dear!" exclaimed Willy Locust crossly, "will I ever be able to hear folks say: 'Dear me, what a lovely bright, red suit you have, and what beautiful golden wings'?"

"Why, what's the matter with green?" Lady Slipper asked merrily. "My dress is green and I'm very proud of it!"

"Sure it is, but you have pink slippers to wear with it, and my shoes are green," retorted Willy Locust. "If I had shoes of a different color it wouldn't be so bad!"

"Well, if lending you a pair of mine will help any you're welcome to them," laughed Lady Slipper, shaking her many pretty pink slippers in the breeze.

"Guess if I can't have golden wings and a red suit, pink slippers might help some," replied Willy Locust, and taking a pair of Lady's Slipper's pretty slippers he quickly ran home and put them on.

"How beautiful!" mused Willy Locust as he admired himself in a shiny leaf. "Oh, how I do love bright clothes," and he crawled out on the tip end of a branch and sat down on a big green leaf to show off his slippers to his many friends.

He hadn't been there very long when there was a swish of wings, and, looking up, Willy discovered a wild-eyed bird watching him greedily.

That would have been the end of Willy Locust if his mamma hadn't seen the whole affair, and crowling out on the underside of the leaf, quickly snatched the bright pink slippers from his feet, and the bird seeing the spot of color gone flew away.

"If it hadn't been for those pink slippers that bird would never have seen you," said Mamma Locust. "Now I guess you can see why we locusts always wear green!"

Willy Locust never said a word, but quickly took the pretty pink slippers back to Lady Slipper and thanked her. From that day to this, none of the meadow folks ever heard Willy Locust complain again about the color of his suit, for he had learned green was the safest color to wear during the summer months.

## The Origin of Famous Sayings

Alfred de Musset. 1810—1857.

As all the perfumes of the vanished day
Rise from the earth still moistened with the dew
So from my chastened soul beneath the ray
Old love is borne anew.
—Remembrance, translated by George Murray.

The enormous demand for men for covering airplane wings is rapidly absorbing the visible supplies of the world, and it may be years before this material can be bought at a reasonable price.

Only what we have wrought into our characters during life can we take away with us.—Humboldt.

## ADELE BARRISON'S NEW REVELATIONS OF A WIFE

### What Allen Drake Knew of Kato and How Lillian Played Her Part.

"Malay half-caste?" my father repeated, looking at Allen Drake in astonishment. "Whom do you mean? Kato, my Japanese boy?"

"Well! If you call about one-sixteenth Jap blood a Japanese I mean your boy," Mr. Drake retorted. "I'm sure he hasn't more than that in his mongrel veins, but what he has is settled in his brain and his facial characteristics, so he passes for the original very well."

"I'm sure you must be mistaken, Drake," my father turned with a touch of stiffness in his manner. "I've known of the boy for a long time, known him to be trustworthy, and he claims to be a full-blooded Japanese."

"Nevertheless," Mr. Drake persisted, "he is the same lad that I had to half kill one time in the Philippines to keep him from performing that little service for me when I was asleep. Have you ever noticed a long, slanting scar on his neck and chin? I gave him that in twisting the kreese he had in his hand up out of the way of my own precious tummy, for which he was aiming. He's a bad egg if ever there was one, treacherous as the devil, and for sale, body and soul, to the highest bidder in the neighborhood."

His words were convincing, authoritative. I saw belief, remorse, alarm creep into my father's face, from which the little remnant of color it possessed receded, leaving him pallid, shaken. Lillian's prescient distrust of his servant had only irritated him, but this calm, convincing knowledge overwhelmed him.

"But this is terrible, Drake," he said. "If this be true, he knows for too much of what we're doing, although, of course, I've never made a confidant of him. But he has been my messenger, and he has had countless opportunities to betray.

**"Where Did You See Him?"**

"And if he hasn't done it, it's because nobody has yet overbid you," Mr. Drake replied cynically.

"But where did you see him?" my father asked. "He requested permission to go away for a little while this evening, and I—knowing that you were coming—was glad to grant it, so he didn't open the door for you."

Mr. Drake looked at Lillian, and she took up the explanation. I glanced at her heightened color understandingly. It always embarrasses her to relate an instance of her own superior judgment.

"You will recall that we thought it best to have Mr. Drake come to our house first, then through the shrubbery to yours," she said deprecatingly, ignoring the fact that it was she who had suggested the arrangement. "And as Kato, evidently preparing to profit by the letting down of the bars between the two families, was talking to William—whom, incidentally, I have instructed to let Kato hang around all he wishes—I managed to have Dr. Drake see him himself unobserved. I had heard the story of the Malady servant and the averted kreese, and thought it worth the chance."

**Shadow Brings Bad News.**

My father rose, and with the courtly foreign touch with which he invests his treatment of women, he crossed to Lillian's side and raised her hand to his lips with a ceremonious bow.

"Dear lady," he said, "I am eternally indebted to you, not only for your forethought, but for your forbearance. If I had but listened to you the other day! Why, he may have overheard the list of figures which my little girl was repeating."

"Not he," Lillian smiled, and then in the fewest possible words she told of her coup in turning the key upon Kato when he had slipped into the broom closet upon her opening of the door. It was a story Mr. Drake knew, for we had discussed Kato thoroughly before we came into my father's house, but my father's face showed the relief he felt.

"That's one danger avoided any way," he commented, "but his very presence is a menace. What is to be done?"

He turned to Lillian with a perceptible anxious deference to her opinion.

"Let him have the run of the two houses as he will," she replied promptly. "He won't make a move that isn't accounted for. For instance, he is being followed tonight, and after he returns I shall have a full account of every move he has made, every person he has seen."

She was a true prophet, but the fulfillment of her prediction brought sorrow and heavy anxiety to all of us.

It was almost midnight when Kato returned, and later still when the man detailed by Lillian to follow him came to make his report. Lillian and I had waited up for him, I against her urgent wishes, but I couldn't sleep while such an issue waited.

And the report was that the man to whom Kato went straight as an arrow, with whom he was closeted for hours, was Harry Underwood, and that Grace Draper and an unknown woman—the description of whom fitted Mrs. Allis—were present at the interview!


### ALMOST LYNCHED

It happened to a local druggist that sold a cheap acid corn salve instead of the reliable Putnam's Corn Extractor. Substitutes burn the flesh—Putnam's cures the corn. Use only the best—"Putnam's"; 25c at all dealers.

SORE THROAT IS A COMMON AILMENT WHICH UNLESS CHECKED IN TIME MAY LEAD TO A SERIOUS CONDITION. SIMILARLY A COUGH OR COLD MAY DEVELOP AND REQUIRE SUSTAINED TREATMENT BEFORE IT IS OVERCOME BUT IF TREATED AT ONCE MUCH INCONVENIENCE AND SUFFERING MAY BE AVOIDED. AN OLD AND RELIABLE REMEDY IS FOUND IN DR THOMAS' ECLECTRIC OIL

## SHE WAS ONLY TWENTY

### Yet Suffered with Functional Disorder and Was Cured by Lydia E. Pinkham's Vegetable Compound.

Spring Valley, Ill.—"For many months I suffered from periodic pains—I doctored with our family physician but received no relief—then I explained my trouble to another doctor and he advised me to take Lydia E. Pinkham's Vegetable Compound. Soon after taking it I began to notice a change for the better, and after taking six bottles I am in perfect health, and I cannot thank you enough for the relief it has given me."—Miss KATE LAWRENCE, Box 725, Spring Valley, Ill.

School girls and girls who are employed at home or in some occupation should not continue to suffer tortures at such times, but profit by the experience of Miss Lawrence and thousands of others who have tried this famous root and herb remedy, Lydia E. Pinkham's Vegetable Compound, and found relief from such suffering. If complications exist write the Lydia E. Pinkham Medicine Co., Lynn, Mass. The result of their 40 years experience in advising girls on this subject is at your service.

Cuticura Soap Best for Baby

For free sample Cuticura Soap, Ointment and Talcum address, "Cuticura, Dept. T, Boston." All druggists.

DEPOSITED WITH THE GOVERNMENT OVER $100,000.00

The Royal Guardians

INSURANCE MONTREAL

LIFE, SICKNESS, INDUSTRIAL AND ENDOWMENT

## "I know exactly what is the matter with you, Jack. You have lost confidence.

"YOU were getting along fine until you had that nervous breakdown, but since then you have been worried and anxious.

"Now you have got discouraged and down-hearted, and it is no wonder you cannot make sales.

"The salesman must have lots of energy and vigor as well as confidence in himself and what he has to sell.

"But you cannot have confidence in anything so long as your nerves are weak and you spend the nights worrying instead of getting good, refreshing sleep.

"Take my advice, boy, and go straight to the drug store and get half a dozen boxes of Dr. Chase's Nerve Food. Then make up your mind that while you are using this you will get out into the fresh air all you can and forget to worry.

"Now, you may feel pessimistic after all the treatments you have been taking, but I know what I am talking about.

"My nerves were in a worse condition than yours ever were. I could scarcely get a wink of sleep, and did not care whether I got anything to eat or not.

"Besides, I got so irritable and down-hearted that nothing seemed to go right.

"The experience that I had enables me to sympathize with you now, and also to say that I am certain that Dr. Chase's Nerve Food will help you.

"It is entirely different to most medicines used for the nerves, because instead of merely stimulating the tired nerves to over-exertion, it nourishes them back to health and vigor.

"Now, Jack, you must give the Nerve Food a trial, and I know you will consider me your best friend for telling you about it."

Here is an interesting letter from another business man who had a similar experience with Dr. Chase's Nerve Food:

Mr. W. J. Wilson, Grocer, Perth, Ont., writes: "In fitting up this building for a grocery business I worked very hard, and after putting in my stock I continued plugging away, good and hard, too. I commenced to feel myself going down—my weight went from 180 pounds down to 154 pounds. My appetite began to fail, and, of course, upon retiring I could not get a good night's rest. Sometimes after going to sleep my nerves would twitch, and I would waken up with a start, and then lie awake for hours. I remembered having used Dr. Chase's Nerve Food before, so I started in again, and took a good treatment, using about half a dozen boxes. I soon felt my appetite returning, I could sleep well, and commenced gaining in weight, until I felt like a new man. From the benefits I have received from the use of Dr. Chase's Nerve Food I cannot speak too highly of it."

Dr. Chase's Nerve Food, 50c a box, 6 for $2.75, all dealers, or Edmanson, Bates & Co., Limited, Toronto. Look for the portrait and signature of A. W. Chase, M.D., the famous Receipt Book author, on the box you buy.

## NOTICE—MILITARY SERVICE ACT, 1917

### REGISTRATION OF UNITED STATES CITIZENS

Male citizens of the United States living in Canada of AGES 21-30, both inclusive, MUST REGISTER BY REGISTERED POST with the Registrar under the Military Service Act of the district in which they live, during the TEN DAYS NEXT FOLLOWING SEPTEMBER 28th, 1918; and such CITIZENS OF THE AGES 19, 20 AND 31-44, both inclusive, must so register during the TEN DAYS NEXT FOLLOWING OCTOBER 12th, 1918. It must be emphasized that THIS INCLUDES AMERICANS LIVING IN CANADA OF THE ABOVE AGES, MARRIED AND SINGLE, and includes ALSO ALL THOSE WHO HAVE SECURED DIPLOMATIC EXEMPTION OR HAVE REGISTERED WITH AN AMERICAN CONSUL, or HAVE REGISTERED FOR MILITARY SERVICE IN THE UNITED STATES.

Registration letters may be handed to local Postmasters for despatch to the proper Registrar, under the Military Service Act.

MILITARY SERVICE BRANCH.

## NOTICE—MILITARY SERVICE ACT, 1917

### MEN EXEMPTED AS FARMERS

Having in view the importance of leaving a sufficient number of men on those farms, which are actually contributing to the National Food Supply, notice is hereby given as follows:

1. ALL MEMBERS OF CLASS I POSSESSING EXEMPTION AS FARMERS which is expiring and WHO WISH TO REMAIN EXEMPT should communicate with the Registrars under the M.S.A., of their respective districts, REQUESTING AN EXTENSION IN TIME OF SUCH EXEMPTION. Questionnaires will thereupon be issued to these men by the Registrar and they will receive further exemption upon furnishing satisfactory proof that they are contributing sufficiently to the National Food Supply.

2. In order to facilitate productive employment during the Winter months, MEN EXEMPTED AS FARMERS SHOULD APPLY TO THE REGISTRARS FOR PERMITS TO ENGAGE FOR THE WINTER IN SOME OCCUPATION OF NATIONAL INTEREST, SUCH AS LUMBERING, MUNITION WORK, ETC. Such permits will serve to enable exempted farmers to pursue other useful occupations for the months during which farming operations cannot be carried on.

MILITARY SERVICE BRANCH.