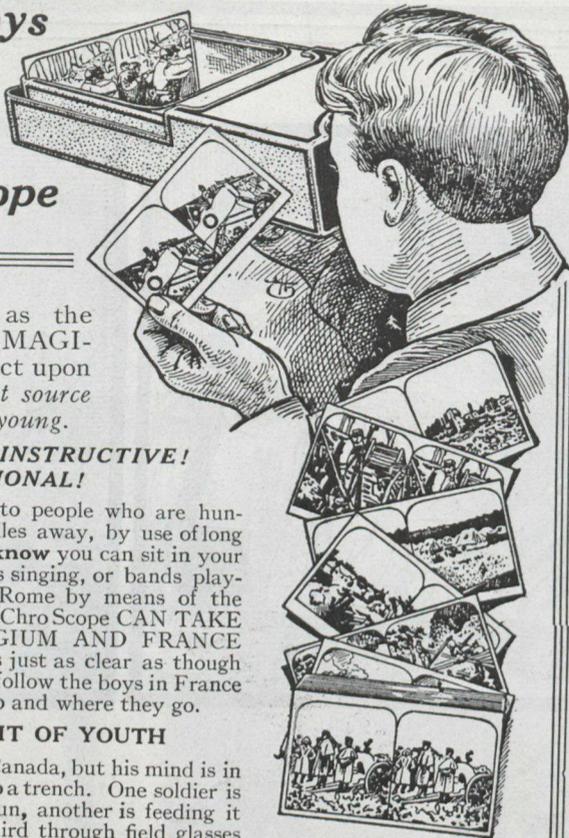


## Follow our Boys In France With The Pan-Chro Scope



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### WAR AND SPIRIT OF YOUTH

This lad's body is here in Canada, but his mind is in Belgium. He is looking into a trench. One soldier is operating an anti-aircraft gun, another is feeding it with ribbons of shells, a third through field glasses is observing the effect of the bursting shells.

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With the help of the Pan-Chro Scope, you can look behind the scenes and see things as they *really* are and not as you might imagine them to be. Set of 48 Views accompany each Pan-Chro Scope, a few of which we list herewith.

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**In a German trench observation post.**—An anti-aircraft gun being worked in a trench.—Quick-firers (37 mm.) mounted on armored aeroplanes.—An Austrian asphyxiating apparatus captured on the Italian front.

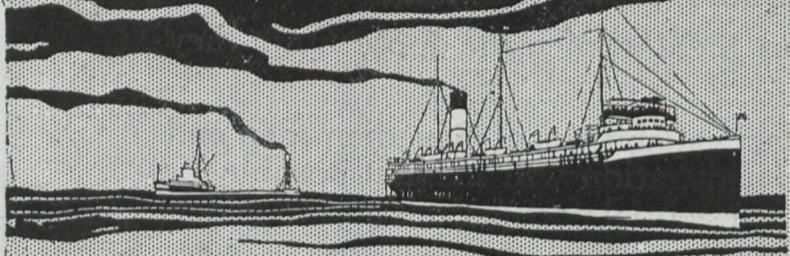
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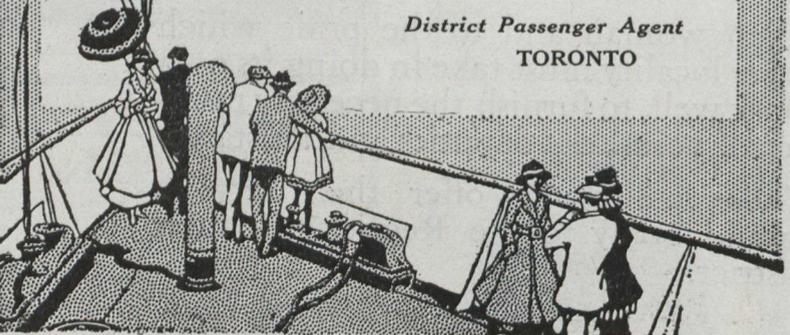
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## Your Baby's Wardrobe

(Continued from page 23)

out as much as you can in the sunshine. Enjoy to the full all the beauty about you. Avoid worry and unpleasantness as you would a plague. If you are forced to live in uncongenial surroundings, if circumstances have placed you where there is gloom and unhappiness, exercise all your strength of purpose and strive to live above it. Say to yourself "I will be happy" and your baby will surely reflect your attitude of mind by being healthy and well.

If your baby is a bottle baby, and is thriving and gaining weight steadily on the food he is getting, do not by any means change it. Every mother should have a good pair of scales, and the baby should be weighed regularly. Nothing else tells so accurately how well the child is thriving. He should be weighed once a week during the first six months, and at least once every two weeks after that until he is a year old. During his second year he should be weighed once a month. If he is not gaining weight steadily there is something wrong. His food is not nourishing him sufficiently.

It is impossible to give formulae here, for so much depends upon the particular baby. The Better Babies Bureau, however, is anxious to be of any help it can to mothers. If your baby is not thriving, write and let us know every detail—his age, weight and what you have been feeding him on and how often he is fed. We want to help mothers. We are all out for Better Babies, and there is nothing that will so fully repay our care and trouble.

## Community Canning

(Continued from page 24)

The labor is lightened—for besides the neighborly "visiting" involved, the total work can be done by four women together, in much less time and with much less effort, than by each going her individual way, doing each step of the work herself.

If there are enough members in the group to justify the buying of a little equipment, so much the better. The "Junior" compression canner here illustrated, is a popular size for such uses. Its initial cost is \$28.00 and if you have some way of getting a steam connection for it, during the canning season, it will pay for itself over and over again. It will can about a dozen jars at a time.

Or you can use the hot-water bath, and can by the popular cold pack method. An ordinary wash-boiler will do, if it is fitted with a rack. Special racks, with handles to lift out the jars, can be bought, or wire cake racks or a home-made wooden rack will do to keep the jars off the bottom of the boiler.

A vegetable slicer, strawberry huller and cherry stoner, will pay for themselves at the first using. They cost but a few cents each.

A couple of wire strainers for dipping and blanching, long-handled spoons, plenty of good, new rubbers (never use an old rubber ring), good jars with the best fitting tops, for the canned goods and all the bottles and glasses available for the jelly, jam and pickles—a jar-holder that will handle the hot bottles for you—these simple needs are easily filled, and should be given early attention, so that when the first cry of "Fresh Strawberries" comes, you will be ready to welcome it—not with the old dread, but with the knowledge that this year, the canning will be done with efficiency and dispatch.

So even if there is no convenient hospital to share your good things with you, there will be Overseas Boxes for special destination, where the sturdy little jars of mother's jams and chicken will be most welcome; and there will be a big, important service in the preservation of perishable foods, that will go far in helping our home food problem.

And don't forget the simple, old art of drying, for it will take care of everything. From the first tender dandelion greens to the late fall apples—and needs no sugar and little labor. Write to the Women's Institute Branch, Ontario Department of Agriculture for Bulletin 252 on the "Preservation of Food." It will give you full instructions for both canning and drying.

Most important of all—let no quantity of perishable food that is not used for immediate consumption, go to waste. Keep your little Single Jar Canner and your home-made drying rack in constant use.

The nation looks to its women for this tremendous branch of National Service.

# Save Your Clothes!

Good Clothes are an economy to-day.



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Protect clothes and provide neat, economical apparel for mussy work. Women should wear Allovers for all housework, gardening, factory and farm work.

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## An Economy Hint

By Joan.

**N**OTHING is so helpful to one in every way as pleasant surroundings. Even a person of a happy-go-lucky, cheerful disposition may become depressed and moody in gloomy quarters, where pretty things find no place. It is so easy to make the home dainty and cheerful, and now that chintzes are so much used a pleasing result may be achieved with no great cost. Plain net curtains—with an edging of torchon lace—form a foundation, and in some cases completely cover the window, and then a smart pleated frill of chintz or casement hides the pole from view, and straight curtains hang from each side. These cheaper fabrics have only one drawback; they are apt to lose color in the sun, and faded articles of this kind look worse than none at all. Why not, then, try dyeing them yourself? The best to use is "Drummer Dye," because it is cheap, being only a few cents per packet, and it never fails to give absolute satisfaction. It is easy to use, and splendid colours are obtainable. It is especially suited to casements, tapestries and chintz, and it is strongly recommended. **JOAN.**



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