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The Weekly Examiner

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VOL. V. No. 6.

MONTREAL, THURSDAY, FEBRUARY 9th, 1933

PRICE—TWO CENTS

Outremont And The North-End Shaken By Dynamite Blast

Explosive Placed Under Contractor's Steam Shovel Does Considerable Damage—Machine However Not Injured—District Alarmed When Earth Shakes and Windows Smash—Another Series of Sewer-Blasts Feared.

Many residents of the Outremont and the North-end heard an explosion at approximately 9.20 Saturday night and the majority feared additional sewer explosions. It developed however that there had been an explosion of dynamite which had been placed under a steam shovel on a vacant lot.

The force of the explosion shook the entire northend of the city and fear of another series of sewer explosions was entertained everywhere. Numerous windows were broken in homes situated near the scene, the intersection of Henri Julien and Dante streets, but none was reported injured. The only explanation of the blast up to the present time is that it was a protest against the machine age.

Police under Captain Laviolette learned that someone had placed a considerable quantity of dynamite under a steam shovel which was parked in a vacant field at the north-east corner of the intersection. In several houses near the explosion bricks were loosened and came tumbling down.

The steam shovel was the property of G. Lareault, 642 Church avenue, Verdun, a contractor who had been using it in the construction of the Italian school on Henri Julien street. Examination of the shovel after the explosion revealed that it was undamaged.

Several residents of the district were questioned but no light could be thrown on the matter. The detectives are continuing their investigation.

ST. MICHAEL'S WILL STAGE IRISH NIGHT

Card Party and Social event at Rialto Hall Friday

As a result of a meeting held on Monday evening last, a committee has been selected under the Chairmanship of Mr. M. J. Scott, to arrange the necessary details in connection with the holding of a Card Party and Social to be held on St. Patrick's night, the proceeds to be devoted to the good works of the Parish.

The project has received the enthusiastic support of the Pastor Rev. Father Singleton, and the Committee have already secured the Rialto Hall for the occasion. Al. McGowan's popular orchestra has also been engaged, and it is understood that he has prepared several novelty numbers, and musical arrangements in keeping with the spirit of the day.

The details as to the distribution and price of tickets, as well as other features to be included in the programme, will be announced at a later date.

The support given in the past to entertainments of a similar nature leave no doubt in the minds of the organizers that the success of previous occasions will be repeated. It is pointed out, that this is the first time in recent years, that the parishioners will have an opportunity of attending a genuine Irish Night, within the limits of their own Parish. All who attend are assured of a thoroughly enjoyable evening, as well as having a chance to patronize a purely parochial undertaking.

The personnel of the committee is as follows:—

Chairman, M. J. Scott; Vice-Chairmen, F. J. McAlpine and M. J. Hayes; Secretary, G. McLaughlin; Treasurer, H. Hyland Sr.; Publicity, B. C. Fitzgerald; assisted by Messrs. J. A. Sage, F. Quinn and W. J. Doherty.

Canada's Fastest Ticker Service Inaugurated

The heart of Canada's highest speed ticker service, which flashes quotations to brokers' offices from tidewater to tidewater: Two views of the equipment installed in the Standard Stock and Mining Exchange, Toronto by electrical experts of the Canadian National Telegraphs, which went into operation on Monday morning. The upper picture shows the equipment on the floor of the exchange being inspected by Gordon W. Nicholson, president of the Standard Exchange, and D. E. Galloway, assistant vice-president of the Canadian National Telegraphs. The machine, which is operated on the typewriter keyboard basis, is capable of handling 500 characters per minute and contains innovations to speed up the handling of transactions that makes it unique among the stock tickers of the continent. The lower picture gives some idea of the special equipment required at the Canadian National Telegraphs headquarters to assure its successful operation, and shows the plant being inspected by J. F. McTaggart, general superintendent of the telegraph service and A. J. Trebilcock, assistant secretary, the Standard Stock and Mining Exchange.



THOMAS GRAVEL IS NOW A LIEUTENANT

Police-sergeant Thomas Gravel of the Outremont Police Department, who is also assistant clerk of the Recorder's Court, has been promoted to the rank of Police Lieutenant. He served for many years with the St. Lambert Police Force, of which his father, the late Napoleon Gravel was head. Eight years ago he joined the Outremont Police force as constable. He was promoted to the rank of Sergeant when assigned to the Recorder's Court.

LEADERS CORPS MERITS PRAISE

While not very much has been said this year concerning the work of the North Branch Y.M.C.A. Gymnasium leaders, mention should be made at this time of the group which meets each Saturday afternoon for two hours or more. With this considerable practise they are gradually building themselves up to the perfection point on their apparatus. Of course, it all takes time, patience, and continual practise.

Friday, February 17th will see several of them competing in the Province of Quebec Gymnastic Championships to be held at Central "Y" on Drummond Street.

Led by George Dumbell, a former McGill gymnastic team member, and runner up for the open Provincial title, the North Branch group will include among others, Alan Herrgen, Archie Little, Frank Boston, and Ed. Holden.

The meet is divided into novice and open divisions, thus giving everyone a fair chance of winning a prize, and while hopes run high, the experience gained from such competition is well worthwhile to those competing, regardless of whether or not they obtain a prize.

Y. W. H. A. NEWS

Sunday Night Lecture
Professor Eugene Forsey, of McGill University will lecture before the Sunday Night Group on Sunday, February 12th at 9:00 p.m. Prof. Forsey, who has recently been to Russia, will speak on "Soviet Russia". The lecture is open to the public.

Movies will be shown to all Juniors and their friends on Saturday, February 11th at 5:00 p.m. There is a nominal charge and all children are welcomed.

The Y.W.H.A. Operatic Society, which will produce "Patience" in April has been rehearsing steadily for the last few months. The cast is being chosen and the principals will be announced shortly.

The Dancing Class, under the direction of Miss Dorothy Fisher, will put on a Dancing Exhibition some time in March.

The Annual Physical Education Demonstration takes place in April under the supervision of Miss Bessie Kapusta. Special Gymnastic Classes are held every Monday and Tuesday for those specially interested in this branch of "Y" work.

NORTH BRANCH "Y" IS POPULAR WITH PUBLIC SPEAKERS

Public Speaking and Debating is Taking an important Place in Training

GROUP IS FORMED
Platform Speaking, Carriage, Poise, Posture and Delivery Will Be Taught

Public Speaking and Debating is rapidly becoming more popular and is taking a more important place in the training of every young man. No other activity provides quite the same enjoyment and the sense of self-confidence, no other activity gives quite the same poise and carriage, the same quiet dignity as that enjoyed by the competent public-speaker.

The group formed at the North Branch "Y" under the direction of John Large is composed of about fifteen young men and has proven popular and beneficial. Some of the men have already shown themselves to be speakers of merit and the self-confidence and talent being developed now will prove of undoubted value later in life.

Commencing with the essentials of platform speaking, carriage, poise, posture, delivery, etc., then working through the different methods of speech introductions to the present time when the various forms of speech construction are under discussion and study.

The chronological method of speech arrangement was first developed and at the moment the Argumentative Method, probably the most intricate and difficult form of arrangement is being studied.

A little later in the season debating procedure will be taken up and already some of the men are showing distinct promise along this line. The club membership roll includes Geo. McReady, Wm. Pearce, J. C. Batchelor, Louis Daman, Ronnie Daman, Gordon Jardine, Eddie Latimer, Archie Mitchell, Art Jardine, Allister Joyce, Arnold Neysmith, Fred Tutill, N. Marcell, M. B. Moore and C. Fisher.

Y. M. H. A. NOTES

Minstrel Show

With a cast of 40 splendid voices and a complement of four unusually able End Men and a powerful inter-locutor, the 8th Annual Minstrel Show of the Y.M.H.A. will make its bow on Sat., Feb. 11th. The show has been under the direction of Sam Rubin with L. J. Kaufman as Business Manager. The End Men have been receiving special training, and besides Director Rubin they include Sol Linds, Sam Miller and Max Rosenthal. The stage scenery specially created for the show by Martin Regenstroff is a masterpiece in serial comic depiction. Ticket prices have been reduced this year. Jokes and songs have been improved. This annual fun fest of the Association is expected to draw the usual hundreds. Tickets may be secured from the Y.M.H.A. office or from members of the cast. The cast includes: Hy. Ancel, H. Axler, Leo Aronoff, Joey Cohen, S. Croll, Sam Davine, B. Fleischer, Lawrence Friedman, Joe Glickman, Moe Guttman, W. B. Harris, Art. Hornstein, J. Ilvitch, H. Kaufman, Harry Kirshner, Alf. Kras-

Assemblies Begin Friday
The next six lectures in the Friday Evening Assemblies in the Y.M.H.A. will be delivered in Yiddish alternately by Mr. M. Mendelsohn and Dr. I. Shapiro. Mr. Mendelsohn will begin the series this Friday with an address on "An Introduction to the Bible." "Primary Historical Causes of Jewish Peculiarity"; "The Philosophy of the Prophets"; "The Book of Amos"; "The Book of Job"; "The National and Economic Importance of Modern Jewish Education." The public is cordially invited.

N. L. Engel to Speak
Mr. N. L. Engel, Executive of the Montreal Light, Heat and Power Com., will be the guest speaker at the "Wonders of Modern Science" lecture on Wed., Feb. 15th. His subject will be "Power—its manufacture and distribution." A very interesting evening is assured.

Intermediates Attention

Members of the Intermediate Division will be addressed on Thurs., Feb. 16th by Dr. Grant Fleming on "Prob-

Donald MacLeod At North Branch "Y" Young Men's Forum

"To Change Individual Outlook is More Important Than to Change the Form of Society"—Eighth Session Held—Attention Should Be Focused Upon Individual—Men's Hearts Must Be Changed."

By the Social Teachings of Jesus, is meant his conception of the right relationships, and the proper behavior that should characterize the contacts of individuals, one with an-

HOLD-UP MAN ROBS CUSTOMER IN STORE

A hold-up man walked into the Dominion Store at 3517 Park avenue on Thursday evening at six o'clock and took \$40.00 from the cash drawer. He also took twenty-five dollars from the pocket of a customer, A. Thompson, of 3504 Park Avenue, and walked out. A Police Patrol car appeared within a minute of the time the alarm was given, but the man was out of sight.

nick, Moe Labensohn, Sol Linds, H. Malis, Sam Miller, Joe Mitchnick, Abe Ofshitzer, Max Rosenthal, Leo Rumbert, A. Schaffe, Hy. Segal, Joe Spector, M. Taylor, Irving Wexler, Peter Rubman, Joe Rimer, Dave Bernstein, Joe Messing, Sam Rubin, Myllis Salomons, Abe Kalman, Irving Silverman.

But he undoubtedly did lay down and emphasize broad general principles governing life and behaviour that are equally as applicable to modern social conditions. His social teachings, however, must not be divorced from the superior purpose of his life, if we are to appreciate their full significance, which was the bringing about of the Kingdom of God. We must not regard Jesus merely as a Social Reformer. He was the perfect revelation of the character of God and he came to teach men God's will and establish the law of love in the hearts of men. He was not primarily concerned about forms of government or the outward machinery of social living, he came to bring peace and mutual goodwill into the hearts of men as individuals. Through a common loyalty to Jesus men may be drawn closer together in bonds of peace.

His method was a natural one. He chose twelve men and they lived together. The contagion of personality, the touch of life upon life, inspired and influenced them, and the need of a great movement was planted in their souls. Jesus saw the need of a spiritual revelation and that the social changes would consequently follow wherever such changes were needed. The changing of the outward form of social organization as a primary thing did not interest him. He focused his attention upon the individual man and his spiritual destiny. Moralized and spiritualized men would soon bring about the right kind of society. Changing the outward form of government would be of little use if the hearts of men remained unchanged.

Members of the Intermediate Division will be addressed on Thurs., Feb. 16th by Dr. Grant Fleming on "Prob-

British Hospital Gets Radium



Lord Leonfield, Lord Lieutenant of Sussex, England (left), presents to the Royal West Sussex Hospital, Chichester, 75 milligrammes of radium, on behalf of the British Empire Cancer Campaign. The value of the radium is approximately \$4,000. The gentleman receiving the gift is the Mayor of Chichester.

Exile Relates Experiences



Don Alfonso de Bourbon, Marquis de Squillache and cousin of the ex-King of Spain, is shown (left), relating to a journalist the experiences which he and twenty-eight monarchists prisoners suffered after escaping from the Spanish penal settlement of Villa Cisneros in West Africa. These monarchist leaders travelled across the Atlantic from Africa to Portugal in a thirty-ton vessel and suffered many privations in the 1,000-mile trip.

lems of Youth Life." Dr. Fleming is an authority on boys' mental and medical problems.

Oratorical Contest Date Set

The last day of February, the 28th, is the date set for the fourth annual oratorical contest, the prizes for which many candidates will compete include the Louis Rubenstein Gold Medal for Oratory; the Sol Kellert Prize, and the I. Diner prize. At the time of going to press, the following candidates have had their registrations accepted: Jos. Aber, E. M. Berger, Jack Berger, Lazarus Cohen, Samuel Druker, Bertha Fisher, Morton Godine, Jos. Goldstein, S. E. Grabetoff, Reuben Isaacson, Mordel Laxer, Felix Lazarus, Cecilia Logette, Joe Mann, Lil Rosen, Abraham Rubinovitch, Geo. Saul, Charlotte Slobotsky, Jack Slapack, Samuel Stein, Nellie Welikoff, R. Zaslouf, Horace Routtenberg, Jos. Hornstein, Philip Abramson, Bernard Garmaise, Jos. Kibrick, Gordon Lightstone, Louis Pinder, Sam Potash, Norman Stein, Elise Vineberg.
(Continued on page two)

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MONTREAL, THURSDAY, FEBRUARY 9th, 1933

"TAKE A WARM CHAIR"

And now comes the "comfortable electric chair." Not the "hot seat" as criminals in the United States call the death chair in which murderers pay the penalty of their crimes, but a German invention whereby the upholstery of the chair is warmed by electricity.

Heating elements like those of an ordinary electric warming pad are concealed in the cushions of various types of chairs, and even electrically warmed footstools have been designed. This new type of furniture is recommended, we are told, not only for the rheumatic and elderly persons but for use by the healthy in such chilly places as halls, waiting rooms and the decks of ocean liners.

What has become of the hardy vigorous spirit of the pioneers? Doleful prophets might well predict disaster if modern humans develop the habit of facing trivial hardships as "semi-invalids."

EXPLORING NEW MARKETS

To encourage enterprise in Canadian exporting, the Department of Trade and Commerce, through its trade commissioners in many countries, is constantly exploring possible avenues of trade and is organized to furnish information to Canadian traders as to markets and business opportunities. This special government service is at the disposal of all manufacturers, business men and shippers throughout the Dominion.

It must, of course, be remembered that while this Department can render valuable assistance, the final success of Canadian enterprise in markets overseas must inevitably depend upon the quality, the price, and the continuity of supply of produce from Dominion sources. To find a market is one thing—but its expansion, and the ability to hold it, rests with the producer. Quality goods are essential, and they are bound to win.

THE CASE FOR INFLATION

The Minneapolis Journal says: "The case for inflation rests upon the quantitative theory of money. But it is not the quantity of money in circulation that determines the flow of business, but the rapidity with which it circulates. Now it happens that today there are some \$800,000,000 more in circulation than there were in 1929. This increase has not cured the depression, nor in fact made much of a dent in it. If the quantitative theory were sound, the pouring into the circulation of nearly a billion of additional dollars ought to have had some price-raising effect."

Yet the quantitative theory is sound enough. If the amount of money in circulation is increased it eventually depreciates its value and eventually inflates the prices of commodities quoted in that medium. Admittedly if the money in circulation turns over twice as quickly, it is as if the money in circulation were doubled, so the quantitative theory would be more properly stated as dependent upon the amount of money and the rapidity of its circulation.

In putting emphasis on the fact that there is nearly a billion dollars more in circulation than in 1929 and yet prices are falling, the Journal ignores the role of credit dollars in business. Credit can take the place of money and have the same effect on prices. In 1929 there were twelve to fifteen credit dollars for every actual dollar, but credit has been annihilated. The billion actual dollars, therefore, does not go far in holding up prices, especially since this money does not circulate with the usual rapidity as its holders are loath to invest on a falling market and their hesitancy adds to the evils. A rise in commodity prices would give the needed impetus to business and credit would gradually be rebuilt.

Would then it be necessary for the United States government to issue an overwhelming flood of new money to start an inflation, or rather deflation in commodity values? Probably not. A determination to do so if necessary and the necessary legislation would send the present money scurrying for investment and building up new credit dollars as it goes.

SKYSCRAPERS

The London County Council, after much discussion, has given permission for its structures to thrust themselves upwards another 20 feet towards the sky. An additional twenty feet, added to the present eighty feet, does not seem much in comparison with the heights attained in New York, or for that matter in Shanghai and in many other parts of the world. Many American cities with fifty thousand or less have at least one office skyscraper.

The London limit has been governed in past years by the length of the fireman's ladder, but fire-fighting methods have so improved that the County Council has been able to raise the limit of the ban. There are, indeed, shops and office buildings higher than the eighty feet in the British capital, but the upper stories have been ornamental rather than useful since their use by men and women is forbidden.

Fire-fighting and the obstruction of light from adjacent buildings and from narrow streets are, however, not the only question which are being raised about skyscrapers. As the buildings grow old the concrete grows old also and is likely to fall, and there has been an increasing number of fatalities. Some buildings have obtained a bad reputation in their construction and have retained it with a continuous list of accidents. The skyscraper of the future is likely to be stepped back as it climbs upwards, on the grounds of both safety and light.

GOVERNOR-GENERAL AT LOAN EXHIBITS

The Anglican Church in the city and suburbs of Montreal, with 44 congregations co-operating in the effort, has been for many months preparing for what is called a Missionary Loan Exhibition, to be held in the Sun Life Building, from February 24th to March 4th, except Sunday, Feb. 26th, and Ash Wednesday, March 1st.

This will be the most ambitious and important effort for the great cause of missions ever undertaken by the Anglican Church in the Diocese of Montreal, and probably also the largest and most comprehensive event, or series of events ever staged by the Anglican Church in Canada.

Committees for every phase of the preparatory work have been active since early last fall, and are now in the final stages of their common task. At the Exhibition upwards of 1,500 costumes and curios, representing the life, work and customs of people in all parts of the world where missionary work is carried on, will be displayed. The truth underlying all this extensive preparation is that teaching by the eye should invariably accompany instruction given through the ear. Missionary information is commonly given by missionary in sermon, talks or addresses, sometimes with maps or charts to illustrate their work. However illuminating such methods may be, it is unquestionable that opportunities to see the actual clothing worn by people in missionary lands, and many kinds of articles in daily use among them are likely to give a far more vivid impression of what missionary work is than any number of talks by missionaries, however eloquent and distinguished they may be.

The Governor-General will open the Exhibition, at 5:00 o'clock on February 24th. Thereafter it will be open daily at 2:30 p.m., and will not close until 10:00 p.m., giving everybody an opportunity to see what the conditions and circumstances of missionary work are, as nearly at first hand as possible. Only those features of missionary work common to all missionaries will be shown by costumes and curios.

Mount Royal

Summer

By DAN FARO

Mount Royal is the largest park in Montreal and probably the largest city-park in Canada. It is so vast that a walk through its woods is like a trip to the country, and indeed, during the summer months this park is a country-resort for those who are unable to flee the heat of the town.

During those months when the city streets are like dusty ovens, the pavements hot and viscous underfoot, and the sun like a fierce blow-torch devouring everything with its fire, this mountain park becomes an oasis to thousands.

To this park comes the tired, harassed house-wife with her small children to escape the stifling heat of their stuffy little flat; the workman at the end of his day's work, in search of a breath of air; and the lovers seeking quiet and intimacy.

Fletcher's Field and the lower stretches of the park are usually crowded on hot afternoons and evenings, resembling the beach at Coney Island, but the mountain car takes one easily and swiftly to the coolness and quietude of the summit.

This recently built line runs through meadows, and quiet, deserted woods, and offers as picturesque a ride as can be found anywhere in the world.

The view from the summit where the car pauses a moment before entering the tunnel, is unparalleled. The east and north ends of the city stretch away as far as the eye can see, flat as a table-top; the rhythmic sweep of the roof-tops unbroken by tall or ungainly buildings as on the south side, the streets straight as rules lines, and the open spaces green and pleasing to the eye.

Directly below, lie the thick woods through which the car has just passed. The wind which seems to be ever present, keeps the tree-tops constantly in motion, so that they resemble a green, heaving sea, beating on the shores of the city.

During the week days, on leaving the car near the park warden's estate, one can roam for hours along the paths that encircle the mountain-top, without encountering a human. The place is as peaceful and detached from the city below as if it was situated in the heart of the Laurentian Mountains.

As one makes the long descent down the flights of wooden steps leading to Fletcher's Field, one gradually encounters on the lower levels, hikers, picnickers, and sun-bathers. The latter have been appearing in increasing numbers during the past few sum-

Y. M. H. A. NOTES

(Continued from page one)

Special Dance
The Nucleus Club of the Y.M.H.A. in collaboration with the Senior Club Council will be host to Senior Members at a Dance which will be held in the Y.M.H.A. Auditorium on Sun., Feb. 26th. Admission will be by invitation only, and invitations and tickets may be secured from members of the Nucleus Club.

Y.M.H.A. Dramatic Tournament
On Tues., Jan. 31st, the last four plays in the Y.M.H.A. One-Act Dramatic Tournament were presented before a capacity audience. The judges in this tournament have been Dr. H. H. Pearson, Mr. Percy N. Jacobson, and Mr. H. M. Caiserman. Nineteen performances were given by groups representing the Y.M.H.A., the Y.W.H.A., Young Judaea, Kashomer Hazair, Jewish Students Society, Henry G. Slover, supervisor of the Tournament, announces that on Tues., Feb.

21st, the decision of the judges will be made known, and the Rupert Caplan plaque, The Pearson Prize, as well as the Association Medals, will be presented to the winners. The following young men and young women participated in the 19 plays which were produced on Dec. 20th, Dec. 27th, Jan. 10th, Jan. 17th, Jan. 24th and Jan. 31st: Ada Stolman, Gertrude Miller, Gertrude Boyar, M. Ganfinkle, B. Shaikevitz, S. Schevitz, Mary Blustein, Dot Applebaum, Jeanne Wall, Boris Laiken, Henry Klein, Jos. Messing, Rose Balinsky, Bernard Friedman, Fritz Steinberg, Joe Abugov, Chas. Ganber, Philip Branson, Isadore Schulman, Ed. Gorin, Irving Wiseman, Harry Gaisin, Al Schwartz, Brenda Schwartz, Moe Schnapberg, Nat Ikeman, Peter Wise, Beatrice Goldstein, Harry Davis, Henry pauf-

man, Peter Friedman, Robert Lazarus, Betty Bosnack, Freda Lecker, Rae Gold, Pauline Trehub, Dorothy Boyaner, Edith Koltz, Gordon Lightstone, Ruth Poplinger, Frances Melnick, Irving Frohlich, Sally Herscovitch, Sally Frohlich, Saul Stein, Ralph Golden, Bo Drebin, Molly Sidler, Reuben Altrovitch, Fay Stein, Cecilia Logette, Sonya Apter, Elise Vineberg, Freda Steinberg, Joe Lutterman, Mike Dworkin, Lou Malus, Harry Lutterman, Sam Mitchell, Larry Phillips, Judy Iscovitch, Moe Schnapberg, Joe Kibrick, Phil Blumenfeld, Betty Gottle, Sam Silver, Jack Saffrin, Molly Carson, Manuel Batshaw, Hilda Yosi-povitch, Laura Lapin, Saul Wolofsky, Paul Bierbrier, Ruth Levine, Harry Shane, Pauline Amdur, Dave Jason, Nat Ikeman, Peter Wise, Beatrice Goldstein, Harry Davis, Henry pauf-

rosenberg, Esther Kositsky.

The more advanced sun-addicts, who are the bane of the park gendarmierie, retire to the secluded parts of the park, and diverting themselves of everything but their shorts, go through their genuflections in nude and dignified silence.

Many other strange and weird types of humanity are to be met with here, of which passing mention ought to be made of the amateur entomologist, with his specimen-boxes and butterfly nets, the serious young botanist with his pockets full of leaves and twigs, the long-haired art student with his paint-tubes and easel, and the bespectacled poet with his copy of Walt Whitman and his note books full of sonnets in praise of a bumble bee.

The New Missionary



The British Government's war debt mission arrives to "talk it over" with the United States on war debts.

—Strube in the Daily Express, London.

A Chapel of Cathedral Beauty

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"Y" JUVENILES END SCHEDULE

Locals Took Second Place With Central "Y" Heading the Six-Team Loop

The Inter-Branch Y.M.C.A. Juvenile Basketball League schedule came to a close on Saturday when Westmount won from Southwestern, Central 1 defeated Central 2 and North Branch defeated Mount Royal.

Central 1 is the outstanding team in the league this year with ten wins and no losses, while the North Branch team is in second place with six wins and four losses. The league was won last year by North Branch when its two teams tied for first place after a close season's play.

The final standing is as follows:

	W.	L.
Central 1	10	0
North Branch	6	4
Southwestern	5	5
Westmount	5	5
Mount Royal	4	6
Central 2	0	10
Central 1	10	0

The Headlines Tell

In Florida, a chain gang fugitive by the name of Ellis Wright might well be able to sit as a black model for Rodin's "Thinker." He has won himself temporary freedom by speed of mind even more than by speed of foot. While running in front of a pack of bloodhounds near Miami, he encountered a crowd of farmhands. As they attempted to stop him he said, "It's all right, I'm just helping to train the dogs."

Contract Bridge has claimed two more victims. Lewis Werner and his wife of Bethlehem, Pennsylvania, would still be alive had they agreed on their bidding system. Returning from a bridge party, Werner killed his wife and then himself with a shotgun. Relatives stated that he had always objected strongly to his wife's bridge playing, especially when he was one of the four at the table. On the fatal night in question, she had been his partner.

They say that talk is cheap, but it is also very dangerous, when the police are after you. The reputation of James Gilmour, a Brooklyn barber, for excessive wagging of the tongue, has put the handcuffs on him. Detectives Carmody and Newbar were looking for a suspect, and the only information they had was that he was an extremely talkative barber. So one said to the other "All we have to do is to go the rounds of the barber shops and listen in." Finally they heard James filling a customer's ear-drums, at the same time that he filled his mouth with lather. "That's our man," exclaimed the detectives.

TWO EXHIBITION GAMES AT NORTH BRANCH, MON.

Monday at North Branch will see two interesting exhibition basketball games. The first will be between two girls' teams of the North End section, and directly following this tussle the "Y" Intermediates will meet a group of other North Branch members who are playing for other clubs and who have sympathetically called themselves "The Undesirables."

"The Undesirables" present the formidable line-up of: Ken Murray, Len Hutton, Bruce Scriber, Hanford Conklin, Albert Wigley, Bob Irwin, Hugh Struthers, Tom Graham, John Oliphant, James Walsh, with Fred Dalton as Coach and Cliff Henderson as manager.

and laid Gilmour away on a charge of having stolen a purse worth thirty dollars.

Students at the University of Syracuse do no longer get rid of their classes when their professor takes the flu. Doctor Albert L. Elder, professor of Chemistry, though ill on a hospital cot, would not for that reason discontinue his lectures. On a special radio hook-up between the hospital and the university, he delivered his daily chemical talk. Thanks to radio tubes, the students were able to continue their work with the test tubes.

The most famous cat in the world is now out of the hospital and back on the job chasing mice in the Jefferson Police court, where he is official mouser. His name is Whitey, and in honor of his return, the cameraman took his picture beside the magistrate Greenspan for the weekly rotogravure section. He came out very well in colours, as he has some of the hues of the rainbow. His head as well as his tail is a bright orange, but his body, after he has washed himself, is as white as newly fallen snow. Whitey is no stranger to publicity, for he regularly makes the headlines.

Here's a new fish story from London, England. According to Edward B. Boulanger, director of the London Aquarium, there are fish which, like owls, do not sleep at night, but except for the nocturnal specimens, most fish go to bed with the sun, and generally sleep on their sides. The electric eel of South America gives a shock equal to four hundred volts. A baby eel one foot long can knock down a full grown man. Another electric fish, the catfish, does not kill its victims, but merely makes them so sick that they disgorge their last meal, which this electric catfish devours.

Dominion Water-Polo Champions 1932-33



Left to right: Top row—J. H. Blumenstein, Dr. N. Fineberg, Alex. Silver, H. E. Herschorn (Pres. Y.M.C.A.), M. M. Bruker (coach) Oscar Holzberg.
Centre—S. Tucker, A. Tafler, Ben Silverman (Capt.) Abe Offshitzer, Abe. Sohmer.
Bottom—Fred Aronovitch, Ben. Saibil, Abe. Kushner.

HEALTH



THE HUMAN MACHINE

The motor car goes, but what makes it go? The answer is not as simple as it might appear to be. Most of us have experienced the failure of the motor's engine to run smoothly, and, on such occasions, we have realized how little we know about what makes the engine go, or what causes it to misbehave.

The human body works like an engine. It is, however, much more difficult to find out what makes it go, or why it gets out of order. We cannot take the parts out and examine them, nor can we stop the human machine and start it up again.

It is remarkable how well and how efficiently the body machine does its work, how capable it is of quickly meeting sudden extra demands, and how effectively the various organs of the body are designed to do the particular work which they are called upon to perform.

The blood carries oxygen to every one of the millions of cells which make up the tissues and organs. In the normal body, there is never a lack of oxygen, because a large reserve is available. This is true in spite of the fact that when the body is hard at work, the need for oxygen is greatly increased. The demand is met by an increase in the rate of breathing and in the amount of blood flowing through the lungs. In this way, the additional amount of oxygen required is picked up by the blood from the air in the lungs.

The red blood cells are the actual carriers of the oxygen. When the demand for oxygen is low, a portion of the red blood is withdrawn from the circulation, and these are kept in the spleen ready to come out, at a moment's notice, to meet any demand that arises for more oxygen.

Blood is sent where it is needed. The heart, by increasing the rate of its beats, increases the rapidity of flow of the blood. Blood vessels dilate when the need for blood increases in the muscles or in the organs supplied by the blood vessels. The dilation of the blood vessels diverts the blood to the parts where it is needed. After a meal, an increased supply of blood is given to the digestive system through the dilation of the abdominal blood vessels, and at such times, we become drowsy because, as a result of sending additional blood to the abdominal region, the blood supply to the brain is diminished.

The blood carries not only oxygen, but food, and, in addition, the powerful substances secreted by certain organs which have much to do in regulating the growth and functioning of the whole body.

If man is to keep his body working smoothly, he must do his part. Reasonable attention given to the human machine is rewarded by the increased happiness that comes with a healthy body. Abuse leads to the misery resulting from the troubles which come from a poorly-working machine.

Hazel: Is there any danger of this boat sinking?
Harry: No; it has tipped over with four or five different parties but it always floats ashore all right.

"I've taken the most important step toward building a fashionable apartment house."
"Let the contract, have you?"
"No. I've selected a fancy name for the building."

Caddy: I got that ball we lost this morning, sir. Got it from a small kid.
Golfer: Good. I'll hand you what you gave him for it.
Caddy: No thanks! I gave him a punch in the eye.

LOCAL "Y" SPONSORS JUNIOR TOURNAMENT

The Annual Inter-Branch Y.M.C.A. Junior Boys' Basketball Tournament for boys under 14 years of age is sponsored this year by North Branch "Y". The event will take place on Saturday, February 11th, commencing at 10 o'clock. The following branches have entered one or more teams: Southwestern, Mount Royal, Central, Notre Dame de Grace, North and Westmount.

The following week the older boys of the various branches will play at Southwestern in a similar Tournament.

Checking Up On Sports

By Jack Adams

Amos Alonzo Stagg would rather be actively engaged in coaching the lowliest high school football team in the land than accept the retirement age limit at the University of Chicago forced on him or to take the \$8,000 Chicago was willing to pay him for doing nothing he told his fellow coaches the other night in New York at the annual dinner of the Football Coaches Association.

Heige (Dulge) Bostrum, 38-year-old ice hockey defence man of the Chicago Blackhawks, carries 243 surgeon's stitches about his anatomy.

Miami plans a tournament of oranges football game to compete with California's tournament of roses. It will be an annual affair.

"An open tennis tournament, with professionals and amateurs meeting on the same basis, is a certainty by 1934," So declares Big Bill Tilden, professional tennis star.

Ralph Greenleaf, the pocket billiard champion, won his ninth straight match in concluding the world's title tournament the other night in New York.

Army will play ten football games next fall. A newcomer to the schedule is the University of Illinois which will be played October 1 in Cleveland.

Mildred (Babe) Didrikson has turned professional. She is regarded by experts as the country's greatest woman athlete.

The University of Wisconsin has dropped rowing as a major sport.

A. Lewis, in 1913, chinned himself with two hands 78 times.

Some time ago there was a tug of war between two army company teams in India which lasted 2 hours, 41 minutes.

Back in 1912 M. Pauliquen of Paris stayed under water 6 minutes, 29 4-5 seconds.

Melanomas, an ancient boxer, at

SENIOR CAGE LOOP STARTS

This Week Sees Inaugural of Newly Formed League With All-Star Cast

This week will see the inaugural games in connection with the newly-formed Inter-Y.M.C.A. Senior Cage League. While this league is only now starting, it promises real competition during the season.

City League players have been barred from competing, thus giving a chance for those not quite so experienced to play and enjoy the game for the game's sake.

The North End team will play away this week and should be at home either on Monday or Thursday of next week to either Westmount or Central.

The personnel of the team will be picked from the following and other names will be added from time to time: C. J. Cote, W. Foster, K. Murray, H. Struthers, Geo. Percy, W. Marcell, Bob Brossard, Roy Dew, Doug Campbell, Bill Ledrew, Doug Macklaifer and Bob Gibson.

Humorettes

Client—What do you think of the idea of giving the money back to the bank and asking for a light sentence?

Lawyer—Rotten! How would you be able to pay me then?

Bricklayer (first day on job) — Guess I can't work here—there's no place to park my auto.

Boss—No, you won't do. We can only use bricklayers who have their own chauffeurs.

"How did the detectives discover that the gangster was disguised as a woman?"

"He passed a milliner's window without looking in."

Billwiggle — I suppose in these times you live in apprehensive trepidation, don't you?

Dinklesproof — No; I live in the suburbs.

Boise—Did you see that pedestrian who was struck by the auto dare the driver to try it again?

Noyes—No; did the autoist take up the challenge.

Boise—No. He said it nearly broke his heart to pass up the chance, but that he had to meet a train.

Leary—Is that fellow McFall all right to take on a fishing trip?
Myse—Is he? Say, besides doing the cooking he'll think up lies for the whole bunch.

one time left the arena without having given or received a single blow, a feat which in those days was regarded as the perfection of the art of self-defence.

LOCALS IN FINE WIN FROM THE IROQUOIS

On Thursday last, the North Branch "Y" City League Juvenile Basketball team won a well earned game from the Iroquois by the score of 37-22. During the first half the game was fairly even but after half time the "Y" with McClay, Carruthers and showed much superior form. Struthers starring. For the Iroquois, Shutter and Goldberg turned in a nice game, scoring most of their team's points.

The teams are as follows: North Branch: McClay 7, Ashton 3, Statan 4, Struthers 7, Macklaifer 2, LeGuillette, 2, Feeny 4, Carruthers 8, Dubuc 2, Iroquois: Homeroff 4, Shutter 8, Stone, Shroll, Praglin, Goldberg 8, Rosenfeld 2, Anchel, Calesky, Onstien.

Minstrelights

There is a gap in the sports ranks of the Y.M.H.A. Forty, more or less, athletes have deserted the gym and swim-pool for the stage and are at present exhausting their energies running up and down the scales of popular song hits and negro spirituals.

For, headed by Joe Glickman, they're sporting for honors in Hade Hey, 1933's production of the Minstrels, which is to be presented at the "Y" Little Theatre on February 11, 12 and 13.

What with influenza, the weather man and everything else, their theme song for the moment is, says Director "Sambo" Rubin, "You're the cream in my Cough-ee!"

But he assures us they'll be in fine shape for opening night. Sid "Husband" Morris, maestro, has laid down the law. "No late hours, boys"—to use his own words—"You've got to show on your hands and if you won't make it peppy, you've got to be peppy yourself, see!"

Which seems like a sound idea and which also sounds like "and so to bed" for the Minstrelites.

We hear that Irving "Martini" Wexler is going to lay 'em dead" with his solo. Y'see, his father, or uncle or somebody, is an undertaker. . . . Get it?

And Peter "Snakehips" Rubman, who introduced Minnie, the Moocher, to a four-night capacity audience at last year's minstrel fracas, is working on something along the same lines, following which he'll team up with his side-kick, Dave "Bernice" Bernstein, in a few Pavlova steps.

Abe Offshitzer, 250-pound water-polo ace, is one reason why the show should go over "big." Abe takes it easy. He gets an early work-out in the gym, jumps into the

BASKETBALL TRIPLE-HEADER HERE TONIGHT

Rupe Deshaw Leads Locals
Against Victorias in Inter-
mediate Struggle

JUNIORS PERFORM

Juveniles of "B" Section Meet
Aggressive Y.M.H.A. Entry
in Opener of Bill

Led by their captain Rupe Deshaw, the North Branch "Y" Intermediates encounter and hope for a decision against the Victorias here tonight in an evening's program that calls for a triple header of basketball games.

In their last encounter on Victoria's home floor the red and white team lost the game by the narrow margin of two points, and so this week should see a real battle with the advantage in favour of the home team.

Each game has shown the team to be improving in all departments and last Thursday saw the triangle intermediates holding the speedy Herons down to only a six point lead at the end of the game. Only hard luck shooting on the part of the centres and forwards kept victory from the North Branch team. The new members of the team have been showing rapid improvement and will prove a real threat to the Victorias' team.

At 8:15 preceding the Intermediate game, the North Branch "Y" Juniors will be seen in action against the Drummond Street squad led by their coach, Wilf Howick. This group from Central have only lost two games to date and a hard tussle is expected from both groups.

As a start for the evening, featuring a triple-headed basketball bill, the "Y" Juveniles in Junior "B" section encounter the aggressive Y.M.H.A. entry. As this is their second meeting of the season, there should be plenty of action and excitement.

pool for a game of polo, swims around for a couple of hours, throws a few wrestlers and gorges his tonsils with a case of drinks before warming up to a three-hour rehearsal. . . . What-a-man!

Joe "Bing" Spector (ba-bu-bu-bu) a comer in every show, has a hit number that'll sizzle your ears off. . . .

And speaking of ears, you might keep them and your eyes peeled on "Sambo" Rubin, director, wise-cracker, big-brother, sob-sister and Al Jolson of the Minstrelites.

Sol Linds, last year's end-man sensation, is another sure-fire solo hit, while Rufus "Herring" Miller is practising funny-faces.

Other soloists worth watching will be Alf Krasnick, Joe Rimer, Sam Devine, Leo Rumbert and Lawrence Friedman.

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WINTER TIME JAMS EASILY MADE NOW

Save Juices From Canned Fruits to Make Delicious Foods

Jam cupboards begin to look like Mother Hubbard's empty one. But the clever housewife will begin restocking her shelves with colorful, sparkling jams and jellies, as perfect as food can be.

These bridge days when many pineapples go into dainty salads, there is a quantity of juice often wasted. Here is a recipe that will use that juice in a delicious jelly that combines wonderful flavors to accompany lamb, or garnish puddings, and downy white cakes.

Pineapple Mint Jelly

2 cups (1 lb.) syrup from canned pineapple.
3 1/2 cups (1 1/2 lbs.) sugar
1 cup mint leaves
Green coloring
1/2 cup bottled fruit pectin.
Wash mint leaves. Do not remove stems. Place leaves in large saucepan and press with wooden potato masher.

Measure sugar and pineapple syrup into saucepan and mix with mint. Bring to a boil, adding coloring to give desired shade—use a coloring that the fruit acids will not fade. As soon as mixture boils, add pectin, stirring constantly. Then bring to a full rolling boil and boil hard 1/2 minute. Remove from fire; remove mint leaves and stems. Skim, pour quickly. To remove all traces of mint leaves, hot jelly must be poured quickly through a fine sieve before it is poured into glasses. Paraffin hot jelly at once. Makes 5 eight-ounce jars.

Apricot Jam

4 cups (2 lbs.) prepared fruit
7 cups (3 lbs.) sugar
1 cup bottled fruit pectin.
To prepare fruit, add 3 1/2 cups water to 1/2 lb. dried apricots. Cover and let stand 4 hours or overnight. Then simmer, covered 30 minutes. Drain fruit, grind or chop fine, and mix with juice. Measure sugar into large kettle. Add prepared fruit, filling up last cup with water if necessary. Mix well and bring to a full rolling boil over hottest fire. Remove from fire and stir in liquid pectin. Skim, pour quickly. Paraffin hot jam at once. Makes 11 eight ounce jars.

CANADIAN MISSION NOTES

The regular Sunday Services of the Church of Jesus Christ of Latter Day Saints were held at 7:00 p.m. in Rialto Hall "B", 5711 Park Ave.

Miss Thelma Rastrup, missionary, admonished those present to live the commandments that have been given that they may reap the reward for having understood the purpose of this life and having fulfilled that purpose. This life is a probationary state for a former existence. It is where God tries us to see if we will do all things whatsoever He commands. The small things in life are the things we need to watch and be most particular about. If we live for the small things of life we will be so developed that the big things of life will take care of themselves and will lose their repulsive magnitude.

Elder Glenn A. Stoker, missionary, gave a discourse on the Mission of Elijah and its importance to the world as a whole. A brief summary of Elijah's history was given showing the power he held on earth. These keys of power he held were necessary to all nations in their respective dispensations. Elijah was the last of the old Prophets to hold the Keys in their fulness. He with Moses bestowed their respective keys to the priesthood upon Peter, James and John on the Mount of Transfiguration. The prophets have all prophesied of the coming of Elijah in the last dispensation. The Latter Day Saints claim he did appear on April 3, 1836, in Kirtland, Ohio, and conferred his authority and the sealing powers upon the Prophet Joseph Smith and Oliver Cowdery.

When They Leave The Screen

Joe E. Brown: Wouldn't know what to do if he weren't on the stage or screen. Thinks he would probably go in for family-raising in a bigger way, rearing the Brown children carefully and thoroughly.

Richard Barthelmess: Would travel and travel and travel.

Kay Francis: Would like to live in Paris or London in the intervals of traveling about the world.

Ruth Chatterton: Would like to be a director if she left the acting part of screen work. She has directed

COMMUNITY CLUB TO HOLD DANCE

The success of the inaugural dance held last month by St. Michael's Community Club resulted in the decision of the committee to hold a second dance in the Rialto Hall—Park Ave. on Thursday, February 16th.

Al McGowan's orchestra has again been secured, and has promised some new arrangements of several current songs. The tickets for this occasion are now available at the same popular price, and all who attend are assured of an enjoyable evening.

Mr. and Mrs. Owen J. Callary of Outremont, have kindly consented to act as patrons for the occasion.

The committee are deeply appreciative of the support which the last dance received, and feel confident that this addition to the social and community life of the Parish, has met with the approval of both old and young alike, and holds an appeal to all.

RESOLUTIONS OF STARS

Can motion picture stars keep their New Year resolutions more faithfully than ordinary people? It will be interesting to check up on them in 1933 and see; for Hollywood folk have made lots of resolutions, and some of them are as follows:—

George Arliss has resolved to quit talking about his screen kisses, and to urge others to do the same. They used to "fade out" on them, and now they have a new technical term, used on the set. It is "wiping them off."

William Powell came through with a resolution to learn the jack-knife dive even if he gets all cut up and breaks his neck. "And I probably will," he added.

On the other hand, James Cagney resolved to swear off hitting blonde beauties in the face with grapefruit, cantaloupes or similar weapons. "Such a reputation it gets you," he says.

Bebe Daniels has resolved to locate that corner that prosperity is just around. She says it must be near she has heard so much about it.

As for Joe E. Brown, he says, "I resolve to keep my eyes open and my mouth shut, and will Eddie Cantor be sore about that!"

Douglas Fairbanks Jr., makes a resolution that he will not break into French at parties, nor play the piano. "When you don't do this," he inquires, "what chance have your friends to laugh at you?"

The whole matter is summarily dismissed by Ruth Chatterton with the resolve that she will pay no attention to such trivial things as resolutions.

After making two aviation pictures, Richard Barthelmess resolves to keep clear away from airplanes, even when they are calmly reposing on the ground.

"Never lead away from a queen," says Dick Powell, who ought to know. "And furthermore, never lead at one," adds this great favorite of the ladies.

Edward G. Robison determines to work for more and merrier moratoriums.

Joan Blondell makes a solemn resolution not to worry, and at once starts worrying about whether she should have made it at all.

Barbara Stanwyck resolves that she will get up early enough, some cold morning, to see if there isn't ice on the top of her huge swimming pool in Beverly Hills. "But I'll probably end up by sending out the maid," she admits.

Loretta Young resolves that she will start wearing disguises if people don't stop reporting her engaged to every boy who takes her out.

Lyle Talbot resolves for more domestic blondes and fewer foreign bonds.

Now let's see how far those resolutions are kept.

numerous stage plays and is an "assistant director when she makes a picture.

Movie Jottings

Columbia Pictures announced this week the appointment of Irving Cummings to his fourth directorial assignment "The Murder of the Circus Queen."

Based on the novel by Anthony Abbott, "The Murder of the Circus Queen," is the second of the famous series of Abbot novels to be produced by Columbia. The first, "The Night Club Lady," starred Adolphe Menjou as the dapper, suave and cultured Thatcher Colt, police commissioner de luxe. Menjou will continue his screen characterization of Colt in the new production which was serialized in Liberty Magazine before appearing in book form.

Irving Cummings is noted for such outstanding Columbia pictures as "Attorney for the Defense," "The Night Club Lady" and "Man Against Woman."

"Lamb's All-Star Gambol," third of the series of "Lamb's Gambols" which Columbia is producing in conjunction with the famous New York theatrical organization, had its national release, December 20.

Jim Savo, popular comedian of the Earl Carroll's Vanities is seen in the principal role.

Jack Holt was yesterday assigned to the stellar role in "Hurricane Deck," an exciting sea story by Maximilian Foster, well known novelist and short story writer. Clarence Badger, one of the screen's foremost directors was engaged some weeks ago to take charge of this important production which will be placed into production immediately.

Holt, noted as one of the most versatile stars in Hollywood, recently completed "Man Against Woman" which had a sensational opening at the Roxy Theatre, December 16th. Prior to that he was seen in "War Correspondent" with Ralph Graves and Lila Lee, the trio responsible for "Flight." Some of his other productions include "Behind the Mask," "Maker of Men," "Dirigible" and "Submarine."

Lillian Miles, Evalyn Knapp and Toshia Mori, young stars, were this week selected from the long list of Hollywood's embryo stars as "Wampus Baby Stars" for the coming year.

Miss Miles, former platinum blonde cabaret singer at the Frolics Cafe in Los Angeles is the company's latest "discovery" and is making her film debut in the feminine lead opposite Jack Holt in "Man Against Woman."

Evalyn Knapp, now appearing as the feminine lead in "The Night Mayor" will next be seen in "Air Hostess" which is now in production, with James Murray in the stellar role.

Toshia Mori, first non-Caucasian actress to be selected by the Wampus will make her first screen appearance when Columbia's "The Bitter Tea of General Yen" is released in January.

With the temporary abandonment of "Pearls and Emeralds" Frank (Red) Dolan, former New York newspaperman and noted scenarist, has been assigned to work with Robert Riskin on a dramatic story of a woman lawyer in New York, entitled "Lady of the Bar."

Robert Riskin is the author of "American Madness" and many other successful Columbia screen plays such as "Miracle Woman" and "Shopworn."

As soon as Director Albert Rogell puts the finishing touches on "Air Hostess," now in the cutting-room, he will start preparations for the filming of "Under the Sea."

The screen play of "Under the Sea" is being written by Jo Swerling, scenarist of "Washington Merry-Go-Round" and "Man Against Woman." No cast has yet been selected.

Two additional character actors, Evalyn Sherman and George Humbart, were assigned important parts this week in "The California Trail," starring Buck Jones. Helen Mack has the feminine lead. Other players who will be seen in featured roles are, Carmen La Rue, Luis Alberni, Allan Garcia, Charles Stevens, Bob Steele, Chris Martin and Juan Duval. Lambert Hillyer is directing.

Two of the best known "villians" on the screen, Luis Alberni and Matthew Foz, were signed this week for "Child of Manhattan" a romantic story of a dance hall hostess adapted from the Preston Sturges Broadway stage success of the same name. Nancy Carroll and John Boles will be seen in the leading roles. Barbara Weeks, Mary Jordan, Clara Blandick, Jesse Ralph, Warburton Gamble and Tyler Brooke, have already been signed for prominent parts. Eddie Buzzell is directing.

Edwin Maxwell and Walter McGrail have been signed for colorful roles in "State Trooper" (temporary title) a romantic melodrama of the California oil industry, now being filmed under the direction of D. Ross Lederman.

EAT FOR SLEEP IS NEW SCIENCE RULE

Women Sleep Better, Wake Happier Than Men Because of Sweet Tooth

Since "Sleep that knits the ravel'd sieve of care" is so essential, the Colgate University Sleep Laboratory's findings offer a boon in depression nights. To begin with, the secret of a good night's rest is not "early to bed with an empty stomach." It seems that if the proper foods are eaten, even a late supper sometimes assists restful sleep. But proper food during the day is required for good sleeping and cheerful awakening.

Women, with their fondness for sweet foods, enjoy better sleep than men because they refuel the system with carbohydrates. Sugars and starches in candies, cakes and desserts give them the energy elements needed to let sleep do its work in replenishing vitality. Women wisely add milk, protein, mineral and vitamins to balance the diet. Men, however, neglect sugar and so their bodies work overtime to get enough heat and energy merely to carry on—leaving no extra fuel for restful sleep. So important are energy giving foods to proper sleep that the period

of actual sleep may be reduced by eating more chocolate, desserts and other sweet stuffs.

Carbohydrates are sugar and starches, and are very easy to digest. Many popular and flavorful desserts and cakes are rich in carbohydrates. Men's favorite, coconut cream pie, or thick chocolate devil's food provide great quantities of heat and energy. Plain chocolate rice or tapioca add both these properties to the value of the meal without infringing on the budget. Light cakes, made with cake flour and simply leavened are sufficiently attractive for desserts these mild days. But in choosing the "sweet" fare to a meal, a thought for the sleep that is to replenish energy will suggest a popular toothsome dessert or piece of pie.

REMEMBER MINUTES, DON'T TAKE CHANCE

Increasing Cost of Auto Insurance May Be Blessing in Disguise

The increasing cost of automobile insurance may prove to be a blessing in disguise says T. C. Kirby, general manager of the Montreal Motorists' League, for experience has taught us that men will give more thought to the prevention of accidents when the

cost of accidents hits them in the pocketbook.

Here is a thought I should like to bring to your attention, continues Mr. Kirby, and if you will keep it in mind it may save you from being involved in an automobile accident. Roughly, there are 525,000 minutes in a year. If you are in your middle forties you have an expectation of life of approximately 24 years. There are over 12 million minutes in 24 years. Now, if you are tempted to pass another car on a curve or near the crest of a hill or to charge through an intersection without reducing your speed, just remember this. If you do this and get through safely, you may save as much as a minute by so doing. However, should another car appear unexpectedly and you lose out, you may lose 12 million minutes. When you take an unnecessary chance when driving an automobile, you are thus betting 12 million to one. If you win, all you can gain is the one minute you save. If you lose, it may cost you the rest of your life — 12 million minutes or more.

SOCIAL

Mrs. Leander Oumet, of Outremont, announces the engagement of her daughter, Theresa to Mr. Chester Pitt, son of Mr. and Mrs. C. H. Pitt of Montreal.

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