THAT seamen clinging to life rafts might have a better chance of survival, three Canadian naval men have brought out a new "emergency ration container" which has been adopted by the Royal Canadian Navy and bids fair to set the pace in this field for the rest of the Allied Nations.

It culminates seven months of study, laboratory experiments and exacting work by Lt. James Campbell, shown in photo, lower left, biochemist of the Navy's special branch and director of the nutritional section of the Navy's Medical Research unit, Toronto; Surgeon-Lieutenant J. E. deBelle, R.C.N.V.R., in peacetime general superintendent of the Children's Memorial hospital in Montreal; and Lieutenant Reginald W. Millard, technical expert of Naval Stores, of Vancouver.

As a result of their labors they have produced:

(1) A kit no bigger than milady's overnight bag, weighing 17½ pounds, coated with a salt-water resisting paint and costing in the neighborhood of $7.50.

(2) A water can which holds 16 ounces of water and which has been subjected to temperatures as low as 15 degrees below zero without breaking.

(3) A chocolate ration bar which will stand heat to a temperature of 212 degrees without melting.

(4) A chocolate tablet ration which is 70 per cent whole milk, is palatable.

(5) A small food container only slightly larger than a sardine tin which holds 12 of these tablets, 12 concentrated biscuits and two bars of chocolate (enough to last a man two days) and which, upon being emptied, becomes a drinking cup with one-ounce and two-ounce measurements on its side. Photo at right shows Lt. Campbell demonstrating use of the drinking cup to an interested WREN.

Photo at top, left, WRENs Frances Alley and Marjorie McKeag are sampling the emergency biscuit rations.

One of the interesting scientific factors about the ration is that all foods have been processed so that they would stand up to sterilization without spoiling. This in itself entailed months of gruelling laboratory work.

Already 25,000 of the new containers have been ordered. Some have already gone to Canadian ships. It is planned to place four on each 10-man raft and eight on each 20-man raft.

There is only one set of instructions printed on the side of the container: "Eat slowly". High caloric content of the concentrated foods makes this imperative.

STILL POND

Mrs. Lester Coleman of Baltimore has been a visitor with her father, Mr. W. K. Hackett and other relatives here during the week.

Edward Schauber of the U. S. N. has enjoyed a 15 day furlough with his parents, Mr. and Mrs. Adam Schauber near here.

Mr. and Mrs. B. F. Fellows and Bobby visited relatives in Philadelphia over the week-end.

Corporal Chas. W. Clark, son of Mr. and Mrs. J. W. Clark is in England. Technical sergeant W. Galen Clark, another son flew from California to Australia, which he says is very much like this country.

On our birthday list for this week are Miss Audrey M. Harper,, James Taylor and Mr. Thomas Mann.

Mrs. Josephine Taylor, who has been visiting her son and family, spent several days with her friend, Mrs. Dora Meeks.

Our most popular pastor, and wife Rev. and Mrs. Harvey B. Flater, have returned to us for the Conference year. We are more than pleased to work with them and wish for them a bright, Happy and most prosperous Conference year.

Mrs. R. Golden Warren of Baltimore has been spending sometime with her friends, Mr. and Mrs. John Jarvis.

Private David N. Besse, son of Mrs. M. Besse of Still Pond Station, has been transfered from the Carlsbad Army Air Field, Carlsbad, N. M. to Sacramento, California.

The Adult Sunday School Class with Miss Louisa Travers as teacher held their regular business meeting, Thursday evening at the home of Mr. and Mrs. Wm. T. Whitely.

Mr. Elmer Atwell of Baltimore spent the week-end at his home here.

Miss Anna Harp, returned to her home in Galena, Thursday after spending several months with her sister, Mrs. Money. Mrs. Money has as her guest, her granddaughter, Betty Willis of Elkton, Md.

Miss Louisa Travers gave the third Chapter of the book, "Will a Man Rob God" at the M.Y.F. hour, Sunday evening.

The winner of the blanket from the county-wide club was Mrs. E. M. Hopkins, Chestertown.

Mrs. Kennedy and son of Philadelphia enjoyed the week with her parents, Mr. and Mrs. B. F. Fellows.

Mr. and Mrs. Louis Kephart entertained relatives on Sunday.

Mr. Andrew LeSage is having a sale of his house-hold goods this Saturday afternoon at his home here.

The P. T. A. held a meeting, Tuesday afternoon.

The Children's Day Committee are busy planning the program.

At the close of the Church School session, Sunday morning, Miss Louisa Travers, gave echoes from the W. C.-T. U. County convention, which was held in Betterton Methodist Church, recently.

Mrs. Leslie Simms of Lynch, visited relatives here Sunday.

Several from here enjoyed the Children's Day service at Betterton Sunday evening.

This is national poetry week.

—V—

Fillings For Sandwiches

Here are just a few suggestions of what to put between those thin slices of white bread the next time you are entertaining:

Sliced pork, apple butter and lettuce.

Mashed baked beans, seasoned with horseradish.

Cream cheese and guava jelly.

Sliced cucumbers, mayonnaise and minced parsley.

Chopped dates or figs with raisins and nuts.

Chopped apples, dates and mayonnaise.

Chopped bacon, chopped endive, paprika, lemon juice.

—V—

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Chiropractor
X-Ray Laboratory
201 Washington Ave.
Office closed Every Wed. and Saturday at 5 p. m.

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24 hours every day, 7 days every week, never stopping, the kidneys filter waste matter from the blood.
If more people were aware of how the kidneys must constantly remove surplus fluid, excess acids and other waste matter that cannot stay in the blood without injury to health, there would be better understanding of why the whole system is upset when kidneys fail to function properly.
Burning, scanty or too frequent urination sometimes warns that something is wrong. You may suffer nagging backache, headaches, dizziness, rheumatic pains, getting up at nights, swelling.
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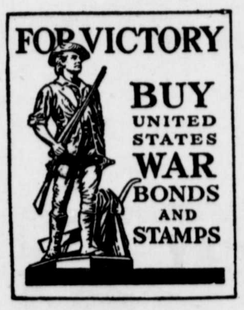

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