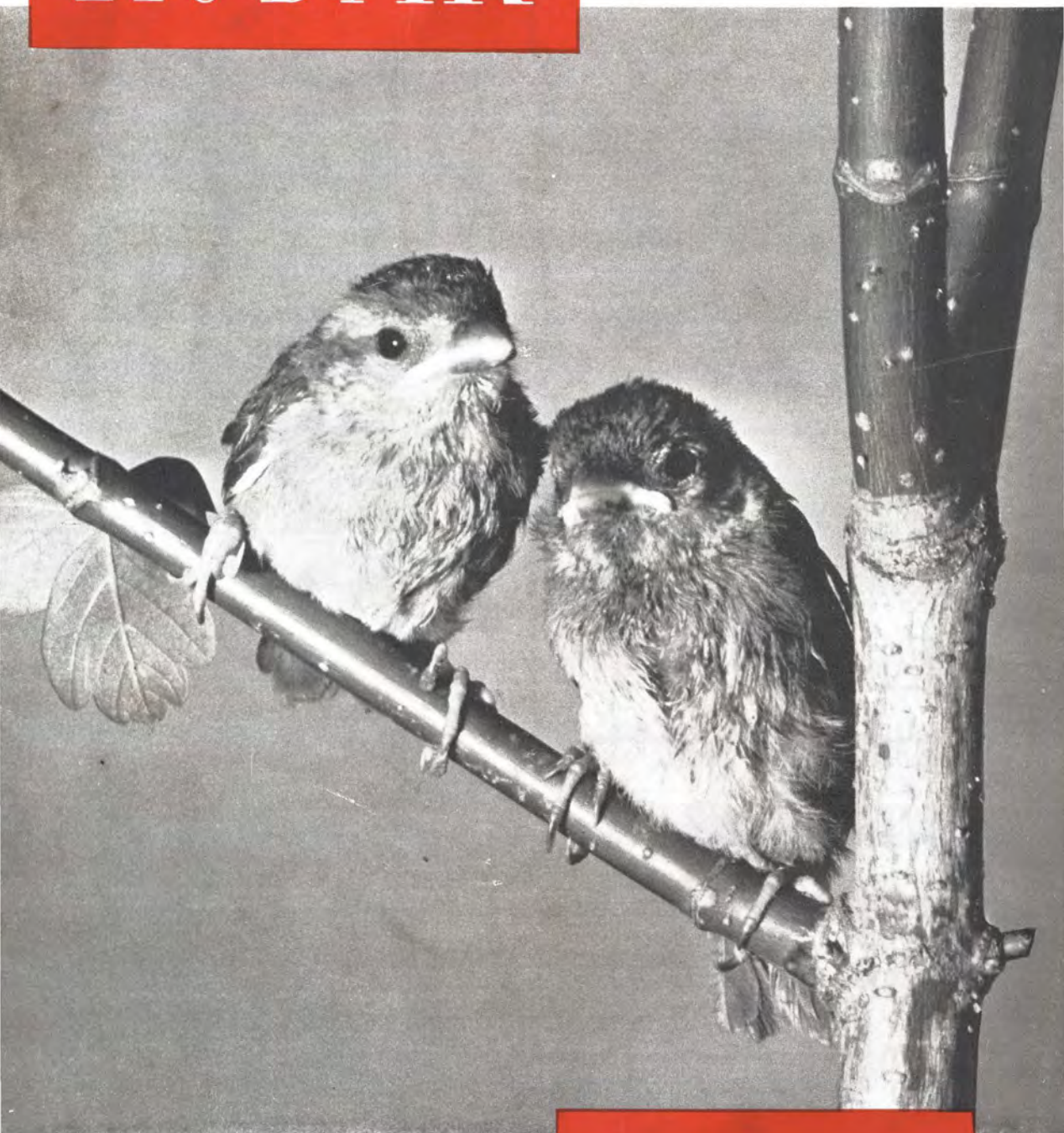


# KODAK

*A Magazine  
for  
Kodak Employees*



MARCH • 1945



**"Bombs Gone!"**

ACME PHOTO

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## Can you answer the following questions?

**Perhaps you can, but in any case you may like to keep this information for future reference.**

Do I receive a "Wage Dividend?"

When is it paid?

How much will mine be?

How often do I get one?

Why does Kodak pay a Wage Dividend?

I started in November, 1944, where do I stand?

I've been away sick and may not be back by March 14, what happens to my Wage Dividend?

One of the men on our shift retired in January, 1944, what is his status?

Kodak employed me in January, 1945, how about me?

Last summer I came back part-time, I wonder if I receive a Wage Dividend?

How much income tax will be deducted?

If you can answer these questions, keep this article for reference anyway.

Over thirty years ago, in 1912 to be exact, Kodak introduced to its employees a profit-sharing plan which was labelled the "Wage Dividend." For thirty-two of the thirty-three years since, Kodak employees have received an *annual* Wage Dividend. As a true profit-sharing plan, the "Dividend" rate is based on the common stock dividend paid by Eastman Kodak Company and should be regarded as a share in the earnings and successful operation of the Company, rather than as wages.

The 1945 rate of wage dividend has been announced as  $1\frac{1}{8}$  per cent. The 1944 Eastman Kodak Company common stock dividend was \$5.75 per share. The formula—for each dollar by which dividends declared on Kodak common stock during the preceding calendar year exceeded \$3.50 a share, the wage dividend rate is  $\frac{1}{2}$  of 1 per cent. The solution— $\frac{1}{2}$  of 1 per cent of the difference between the common stock

dividend (\$5.75) and \$3.50, or \$2.25, equals  $1\frac{1}{8}$  per cent. Then your wage dividend is  $1\frac{1}{8}$  per cent of the total of your earnings at Kodak for the five calendar years 1940 to 1944 unless you left the employ of the Company during this period, or had a lay-off or leave of absence of over six months. The minimum wage dividend is \$15.00, however (new and part-time employees, please note). If you are a veteran of the present war, refer again to Mr. Cornell's letter or its reprint in February, 1945 "Kodak" concerning earnings accumulated for you while you were on active service.

Every employee on the payroll at December 30, 1944, who is continuing working at Kodak on March 14, 1945, will receive the "wage dividend." If you are sick or on vacation on March 14, your cheque will probably be held until your return, but in case of extended illness or accident, cheques are mailed. If you are on leave of absence on March 14, you will also receive your Wage Dividend when you return to work provided your leave was less than six months.

As well as being payable to all active employees, wage dividends will be paid to all employees with over six months' service who enlisted during 1944, to those who retired or went on disability during 1944, and to next of kin of employees deceased during the year. If you left to marry the man of your choice or were married during last employment period with the Company, or if you were laid off on account of slack work, after September 30, 1944, your wage dividend cheque will be mailed to you.

There simply is no way to get around it. The Government requires a deduction from all remuneration paid to employees of every Company. Therefore, when you receive your wage dividend cheque, the Company has deducted and will forward to the Gov-

ernment, the amount as noted on account of your 1945 Income Tax. The Government weekly income tax deduction chart for your marital status provides the basis if you are really interested.

This is not the latest Quiz contest, but will you be good enough to refer now to the beginning of this article and see if *you* can answer all the questions.

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## Camera Club

The Kodak Spring Salon of Photography planned for April 30 and May 1 this year will be open to members of Camera Clubs in Toronto and district. We will have an opportunity to welcome our fellow amateur photographers to an exhibit which, judging by the details in course of preparation, will be the best Salon we have had in years. Let us begin now so that we can enjoy a real feeling of accomplishment in a few weeks' time. The prizes offered are well worthwhile—\$50 for Grand Prize and \$25 for first prize in each of four classifications. Other cash awards will be made for second and third place winners.

It is reasonable to suppose that most of the pictures submitted will be new, but previous Salon entries will still be eligible. Camera Club President Bill McKenzie explains things this way, "Competition this time will not be restricted to our own Club as formerly and therefore we feel it is quite

permissible for a member to enter any picture he wishes, whether or not it has been awarded a prize in the past.

Entry forms are now available. The few necessary rules governing the acceptance of entries are given below.

1. Prints may be in any photographic medium. Hand colored prints will not be considered.

2. Not more than four prints may be submitted by any contributor.

3. Each contributor will be required to pay an entry fee of \$1.00.

4. Mounts for pictures must not exceed 16 x 20 inches, and should be of white or light stock of medium or light weight.

5. Each picture shall bear on the back of its mount, in block letters, its title, name of exhibitor and return address to agree with entry form.

6. With the exception of mounting, all pictures must be the work of the contributor.

7. All pictures must be despatched so that they reach Kodak Heights Camera Club, before April 20, 1945. Pictures should be packed flat with sufficient packing to ensure safe transit.

8. Unless otherwise specified, permission to reproduce is assumed.

9. All possible care will be taken of entries, but the Kodak Heights Camera Club will not be responsible for loss or damage in transit.

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## *Budding Golfers will be Interested*

**N**OT ALONE the tyro, but all Kodak Heights golfers who aspire to improve their game, will be glad to know that Archie Grimsditch is again prepared to give instruction at the practice net in the Employees' Building. Archie has played professional golf for four years and has all the "tricks of the trade" at his finger tips.

Classes are now being formed and full particulars may be had from Jim Atkin, Employees' Building.

To those who prefer individual instruction, private lessons may also be arranged at times convenient to the applicant. Here is an opportunity that will enable all aspirants to a better-than-ordinary game to avoid the pitfalls in which the uninstructed beginner usually finds himself.



The position of the hands is most important

## Mentioned in Despatches



Flight-Sgt. Robertson

Until April, 1941, Tom Robertson was an employee of our Shipping Department and, because of his quiet and friendly disposition, made many friends among his associates. But the R.C.A.F. wanted all the young men they could get at that period and Tom left Kodak Heights to become a radio technician. Overseas for three years, his name appeared in the King's Honors List on New Year's Day, and, though the reason

for this honor is still a matter of conjecture, and likely to be so far as Tom is concerned, it is an honor that is not lightly bestowed. The recipient must possess an absolutely clean record sheet—an accomplishment in itself—and, in addition, must have so conducted himself during some period of stress or emergency as to warrant the approval of his commanding officer. However, Tom is now entitled to wear the bronze oak leaf over his left pocket, and again we extend to him our heartiest congratulations on the conduct that earned for him that right.

## Freedom has its Price

The casualty lists are coming in now. The United Nations are invading Germany from East, West, South and the Air. With that invasion the cost of war is soaring in heavy multiples. It will be a price paid in blood and death. It will be the blood and death of our young manhood in its prime.

This human outlay—this giving by our sons and brothers and husbands of everything they have to give except their immortal souls—this giving of it all for eternity, is not a squandering of priceless treasure. It is a price paid for freedom and the re-establishment of decency on the earth.

But war has another cost and unless it is met by you and me, these fighting men of ours go unsupported to their deaths.

We are not urged to give. We are exhorted to lend. We are asked to share in the best investment in the world: War Savings Certificates and Victory Bonds—keep buying them—keep *saving* them.

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## Twenty-five Years Service Completed



Lionel W. Jones



Alfred Martin



David M. Thomson

# The Editor's Page

## BUYING A DEPRESSION

**W** E SAW an ad a short time ago that said, "It's smart to be thrifty." We'd like to add to this—and patriotic too.

It may sound like an extravagant statement, but we know of no more patriotic service a civilian can render his country than to save his money. It is also the best thing he can do for himself.

We have only to look about us to see that a large number of civilians are not very patriotic or very smart, either. Department stores report record sales. Crowds jam sporting events and theatres. Liquor stores cannot keep even expensive brands in stock. Furs, jewelry and other luxury items sell almost on sight despite prohibitive taxes. Hotels are doing a land-office business even with gas rationing and an over-taxed transportation system.

What does all this add up to? It means that we are facing a terribly real danger—we are literally buying another depression.

For unnecessary buying—over and above the basic need for food, clothing, shelter, moderate relaxation—will steadily push all prices up. Higher prices will raise the already staggering cost of war and delay the day of Victory. We work a cruel hardship on those service men and civilians whose real income goes down every time we add our bit to the inflationary spiral by buying something we don't need just because we have the money.

Don't buy another depression like the last one, with its hunger and hopelessness and insecurity.

Don't spend, save! Buy only what you need and only when you need it. Let's not buy another depression.

## Watch your Talk

In the early stages of the war we took to heart many things about which we have since relaxed our vigilance, but should not.

For instance, we tried hard to remember at all times the slogan, "Careless Talk Costs Lives" when packs of Nazi U-boats were taking a heavy toll of our shipping. We

realized that it was serious business to talk out of turn then. It still is.

Although the submarine menace has been largely squelched, it still exists, as information released a few days ago regarding U-boat activity off our east coast, amply proves.

There is no doubt that our enemies are getting information from us without our being aware of it.

Innocent bits of information can be pieced together into a dangerous pattern by enemy intelligence agents. Harmless sounding remarks, gathered from here and there can be woven into a web of valuable information.

We thoughtlessly give information data to our enemies when we tell some friend that "Bill's home on embarkation leave," or that he is in some port waiting to go across. That may sound simple enough to us, but our crafty enemies can take such information from Toronto or Hamilton or Montreal or hundreds of other towns and map their strategy accordingly.

Only recently we read an account given by the radio operator of a Flying Fortress, who was shot down while on a mission over Germany. He, with the rest of the crew, were taken to Frankfort. He was questioned by a German Intelligence officer who knew where and when he joined the Air

*(continued on page 5)*

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## K.R.C. Calendar

*Last Euchre of the Season*  
*Friday evening, March 9.*  
*Proceeds to Kodak War Efforts Club*

*Last Dance of the Season*  
*St. Patrick's Eve, Kodak Auditorium*  
*Rudy Spratt and his Orchestra*

*Last "Movie Night" of the Season*  
*Kodak Auditorium, Friday, March 23*

*Pictures have not yet  
been chosen but the usual  
high standard of quality and  
interest will be maintained.*

## More Employees Serving King and Country



Thomas Roy McCullogh



Henry W. J. Barling



Alfred Green

### Watch your Talk

(continued from page 4)

Force, where he had taken his basic training, the date of each promotion, the name of his C.O. and the date he left this side. And every bit was correct. He later found that his crewmates had been confronted with the same data on themselves.

"The enemy couldn't have got that information since we'd been overseas," he reasoned, "so we knew it must have leaked out back home."

We're mighty proud of our boys and naturally want to talk about them, but let's be careful what we say . . . very careful.

### Strictly for the Girls

Been a long, hard winter, hasn't it? And it's not over yet. Cold, wind and snow are still ahead, and oil and coal stores are going down. It may be time to reconsider your heating habits if you want your fuel rations to carry you through to spring. One good way to seal in every extra bit of warmth is to draw your window shades to the sill at night and in unused rooms during the day. Research has shown that 30 per cent of the fuel lost goes out the windows—that simply pulling shades will save one third of this loss. Take heed now and you won't be caught with your heat down!

\* \* \* \*

There's lots of fun to be had on skis and sleds these sunshiny, snowy days. But it's not so much fun when you discover that Old Sol is up to his summertime tricks. Sun

reflected on snow can give you just as bad a burn as sun reflected on water. Skiers in Sweden suffered from painful sunburn until one enterprising young fellow set about discovering a lotion that would protect the skin of winter sport fans. He finally hit on a formula that would do the trick. This tannic-type lotion now makes fun on snow more pleasant and is just as effective for sun bathing in the summer. So don't be fooled by the temperature. Take a tip from ski experts and protect your skin before you venture out for your winter fun.

\* \* \* \*

There are three ways of getting a man to help you: coax, scold, and do it yourself.

### Les Crocker Builds Models

The building of model aircraft and ships is the hobby of Les Crocker, of our Machine Shop. The cabin sloop pictured here is the latest of such ships to reach completion, and the skilled craftsman-ship so evident in its construction is worthy of much commendation. Cost of material was \$1.65 "But I like building airplanes rather better than ships," said Les. Which remark inclines us to believe that some day not too far distant, we may have the privilege of presenting the very last thing in jet-propelled aircraft in these pages.



# *“The Army with the best Photographs”*



Fitting film magazine in Halifax bomber



Installing camera in Coastal Command Sunderland



Bomb-aimers report back to base with exposed film



Exposed films are handed despatch rider



A stage in the processing of color film

**These pictures of the photographic section of a**  
**made by Sgt. Harry Price of Kodak Heights and**



Prints are now made from the negatives

# *ic Reconnaissance will win the War"*



The maintenance shops keep equipment in shape



A Lancaster is being readied for a mission



Despatch rider reaches Headquarters



Developed film is being wound on drying drums

**Canadian Bomber Group in Great Britain were published here through courtesy of the R.C.A.F.**



Visual evidence of the raid's effectiveness



Again equipment is checked and made ready

# They tell us

## News from the Departments

**T**O THE LIST of "News Correspondents" whose names appeared in our last issue, we are glad to add the name of **John McCarthy**, of our Camera Repair Department. We like the name of McCarthy, we do. We like John, too, and hope the feeling is reciprocated.

The "Goodwill Club" of the Finished Film Department presented a coffee percolator to **Margaret Binkley**, of the Spooling Room, on the occasion of her recent marriage to Private Don Maynard.

**Dave Thomson**, of the Finished Film Department, completed twenty-five years' continuous service with Kodak on February 11. With the congratulations of the department came a pleasing memento of the occasion in the form of what is now a very scarce article—a Ronson cigarette lighter, from the "Goodwill Club." There's a picture of Dave on page 3.

**Anita King**, of the Inspection Department, has fully recovered from the effects of a nasty fall experienced recently while on her way to lunch. We understand that a few bruises still remain, but we have to take Anita's word for that.

The personnel of the Paper Packing Department extend a welcome to **Beryl Grove**, a newcomer to Kodak Heights. **Bruce Davis** is now recovering nicely from his recent illness. **Edna Lane**, also absent for some little time through illness, is now with us again.

**Frank Fitzgerald**, of the Cine Processing Department, has been through quite a tough time recently. Frank has been away some four months because of illness. However, he is now back on the job and we are glad to see him around again.

**Warrant Officer Chambers**, of Kodak Heights, has a job which calls for the exercise of much tact. He crosses and recrosses the Atlantic continually, responsible for the morale of the boys on board, many of whom are leaving home for the first time.



W/O Chambers

"Have you heard the beat of the off-shore wind, and the thresh of the deep sea rain?" **Bob McLeod**, of the Powder and Solution, hears it all day long. Bob is waiting to join the Navy and is longing with all his soul for the bucking, beam-sea roll of a Canadian ship o' war.

The Testing Department now has *one* good bowler, which should be a help. **Donald Luckhurst**, lately returned from overseas, is now an employee of this department, and has quite a good bowling average. Sign him up, boys, quickly.

**Roderick Mens**, honorably discharged from military duties, has returned to work in the drafting room of the E. and M. Department.

The Stock and Shipping Departments welcome **Don Gillivray**, who is at present employed on the Mailing Desk. A note of warning is added—"Don't take us too seriously, Don, and don't believe all you

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## Their war services completed these—



Douglas W. Meikle



Joseph J. Nicholson



Leslie L. Garred



James G. Chessor

hear." Which seems to be sound advice indeed.

We learn that **Ellen Pratt**, of the Inspection Department, became engaged recently to **Laurie Jones**, of the fifth floor Schedule Department. Also that **Mary Purkes** came to work recently wearing a diamond. **Mrs. Helen Law**, a former member of the Inspection Department, now has a baby girl, Susan Margaret.

We of the Film and Paper Coating Departments seem to have had more than a reasonable share of illness lately. However, the law of averages should make itself felt before long. **Frank Leabon** is still absent. Frank has been having a pretty thin time, but we hope to see him again before long. What at first appeared to be but a minor accident befell **Stan Smith** recently. Though he is now back with us, fully recovered, it is realized that serious trouble was but narrowly averted. Even

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### The Maestro makes up a Programme



**Here is a picture of Will Geary** in the throes of deciding just what will appeal to his next Kodak audience. Sorry we can't help, Bill. "Don't fence me in" is all we can think of at the moment.

**Jack Carroll** has been absent through illness, a most unusual happening.

**Sgt. Taylor**, R.C.A.F., once assistant foreman in the Finished Film Department, visited his old friends recently. He is stationed in British Columbia for the time being.



J. R. Kerfoot

Trooper **Jack Kerfoot** has the right idea. After finishing his training and while waiting for a ship, Jack came back to work in the Testing Department. "Why waste time and money?" asks Jack. We can't think of a worthwhile answer to that

one on the spur of the moment.

When **Louise Dalley** turns a deaf ear to all suggestions by her friends in the Powder and Solution Department that she sit down to her work, it is a sure indication that Louise has spent the previous evening at the skating rink.

As departments go at Kodak Heights, the Camera Repair is not one of the largest, and thus are unable to form a representative team to take part in K.R.C. activities. Individually, the members are most active as a glance at the following resumé will prove. **Will Sager**, cut-throat euchre player extraordinary; **Fred Rush**, continuous gin rummy; **Ed Lynch** and **Cecil Curtis**, brisk noonhour walk, despite weather; **Fred Dorkin**, pool expert; **Jack McCarthy**, **Esther Tropea** and **Muriel Yule**, volley ball enthusiasts, **R. H. McLoughlin**, the boss, shuffleboard, if such may be termed an activity, while **Jim**

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## boys have returned to Kodak Heights



James A. Dunn



Larry Boyle



George Stephenson



Thomas R. Inwood

**Langford** and **Allan Colby** are firmly established as an advisory committee of two, and gladly exercise their talents for the benefit of their co-workers.

**Bill Richardson**, R.C.A.F., late of our Billing Department, now enjoys the rank and privileges of a Flying Officer, according to latest word received. Nice going, Bill.



F/O W. Richardson

**Doris Bull**, formerly of the Film Spooling Department, and more recently a member of the Munitions Department, visited her friends at Kodak Heights on February 14. Doris (now Mrs. Steed) plans to rejoin her husband on the coast shortly.

**Jack Marier**, of the Testing Department, now overseas, was married recently to an Ontario girl, a Flight Officer in the W.D.'s. And further, Jack has been promoted to the rank of Squadron Leader. Congratulations on both counts, Jack.

The Film Emulsion Department extend deepest sympathy to a former fellow employee, **Henry Todd**, bereaved by the death of his wife. The late Mrs. Todd was in her ninety-first year.

Friends in the Munitions Assembly were pleasantly surprised recently when **Mrs. Max Steed** paid them a visit. Mrs. Steed, nee Doris Bull, left Kodak Heights last August for Nova Scotia, where she was married. This was her first visit since that happy occasion.

By a regretful oversight, the Munitions Assembly Department failed to convey its congratulations to **Charlie Wacey** on his

twenty-fifth anniversary with Kodak. Our sincere apologies, Charlie. The warmth of our felicitations is herewith doubled.

**Vera Roberts**, of the Sales Department, left here by plane for Montreal on the morning of January 15, to meet her husband, F/O Roberts, who was arriving home from overseas. He has been posted to Dorval, Quebec, where he will resume his duties with the Ferry Command.

A few days later, Vera, accompanied by her husband, visited Kodak Heights, and, while here, was presented with a token of regard from the Sales, Safety and Advertising Departments, with which departments she had been associated.

The Film Emulsion Department is proud indeed of certain of its personnel; regular visitors to the Kodak Blood Clinic. **Tom Young** has made seventeen donations, **Alf Stephenson**, sixteen, **Harry Whitehead**, fifteen, and **Wilmot Cook**, fourteen.

### Kodak Variety Show

An effort is being made to round up all available people who can contribute in any way to the success of the proposed "Kodak Variety Show," some details of which have already appeared on the bulletin boards. If you can play any musical instrument, no matter what it may be, or if you can sing, whistle, croon, tell a story, vanish coins, do card tricks, impersonate Fred Allen or even Gypsy Rose Lee, Jim Atkin would like to talk with you, by phone or in person, preferably the latter.

*and are again engaged in the duties —*



Eric L. Culhane



Donald Luckhurst



Joseph J. Starrett



John H. Hoyle

# Sports

## Volley Ball

**H**IGH SPOT in the Men's Volley Ball campaign to date came on February 5 in a game played by Office and Shipping, which ended in a tie. Thrilling throughout, the climax came on the last volley on which the decision—another win for Office of a tie—depended. Shipping gained the point which gave Munitions a first place tie in the Second Series now finished, leaving the standing as follows:

	Won	Lost	Points
Office.....	4	1	8
Munitions.....	4	1	8
Shipping.....	2	4	4
Shops.....	1	5	2

In gaining a tie in this series, the Munitions sextette have assured themselves a place in the finals.

The third series now under way will be a battle royal between Shipping and Shops to determine which of these teams will make the third play-off place.

Office winners of the First Series in the Ladies' Section also won the Second Series, hence, the team finishing next will gain a play-off position. As this is written, both Combines and Film are in the running. The two scheduled games remaining will be required to reach the decision.

## Softball Banquet

Wednesday, January 24, was the date of the Annual Banquet of the Kodak Softball Team, this year held at the Bloor Hotel.

That this was an eagerly anticipated event is proved by the fact that all the players and guests were present, despite a terrific blizzard that raged through the streets, making travel difficult and most unpleasant.

Following an exceptionally good dinner, the team's Manager, Jack Burgess, assisted by its coach, Norman Brown, presented the players with windbreakers of Kodak blue and white, and extended thanks for their



loyalty and cooperation during the season.

Mr. C. Ward, President of the Ki-Y League, presented each player with the League's championship crest and thanked the Kodak boys for their help in making the League the success it was.

## Shuffleboard

In Group No. 1 of the Shuffleboard Series, Martin and Boyle finished on top with nine wins and two losses. There were three teams tied for the second and third play-off spots, necessitating a play-off in which Jack McLoughlin and Bert Robins were eliminated, but they went down fighting. Hales and Morgan defeated Gibbs and Pilsworth in straight games and now meet Martin and Boyle to decide group winners.

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*interrupted by the call to arms —*

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Harry Johnson



Percy W. Atkins



Roderick Mens



Edwin H. Newton

In Group No. 2 Payne and Schoonmaker finished on top with nine wins and two losses. Crocker and Arnott, Christie and Chappell were in second and third spots with 8 wins and 3 losses. In the semi-final series, Crocker and Arnott emerged as winners over Christie and Chappell in two straight games which were both well contested. In the final series of this group Payne and Schoonmaker drew first blood in a well played game which was not decided until the last end. Crocker and Arnott reversed the tables, winning the next two games. The series continues to declare a winner in three of five games.

**Hockey**

On Saturday, January 27, the Kodak Hockey Team defeated Stelco by a score of 4 to 3. Kodak led throughout, but the teams were well matched, and the outcome remained in doubt until the final bell.

A week following, February 3, Kodak and General Electric came together with a resulting score of 8 to 1 in Kodak's favor. Our boys were in top form and showed their superiority throughout, even though eight players only were available.

The game of February 10 had to be postponed. The T.H.L., behind in its schedule, had engaged the facilities of Ravina rink for the entire day. Our team has been playing excellent hockey as the following standing shows. They would, however, greatly appreciate a little more support.

	Won	Lost	Tied	Points
Canada Packers...	5	0	—	10
Kodak.....	4	1	—	8
Stelco.....	1	4	1	3
General Electric..	0	5	1	1

**Alley Bowling**

In the Kodak Alley Bowling League there is only fourteen points separating the first ten teams, with eight scheduled nights to go, so many changes in the standing given below may be looked for:

	Points
Pipe Shop.....	88
Paper Packing.....	88
Garage.....	86
Paper Coating No. 2.....	82
Power House.....	82
Emulsion No. 1.....	81
Electric Shop.....	78
Camera.....	77
Film Coating.....	76
Testing.....	74
Emulsion No. 2.....	73
Yard.....	72
Shipping.....	70
Cine Processing.....	68
Paper Emulsion.....	59

Recent high scores were those "chalked up" on February 6, by Alex Grant and Art Critch, with 914 and 829 respectively, and on February 13, by Ed Mann, who rolled up a score of 911, closely followed by Archie Shaw with 852.

**Pool**

Devotees of this skilled and fascinating game had, perforce, to sit around, dolefully twiddling their thumbs one day recently while the table was being equipped with a new cloth. And it isn't so very long ago that the table was recovered before. If the players would exercise ordinary care and refrain from smoking and sitting on the cushions when shooting, this expense and inconvenience could be easily avoided.

*— almost as if no war had been*



Wilfred H. Sainsbury



Leslie Taylor



Percy E. Lock



Robert Fraser

## *Kodak Heights Badminton Club*



Walter Preston, Charlie Barber, Les Crocker, Hilda Stephenson, Charlie Nelson, Eve Bray, Dorothy Sullivan, Bill Edwards, Ruth Dowson, Jacqueline Beckett, John Gibbs, Verna Farrow, Muriel Yule, Irene Atkins, Doug Lauder

## *Softball League Champions of 1944*



Jack Burgess, Manager, Barney Revell, Arthur Rogers, Roy Hamilton, Lloyd Seckington, Charles Sheppard, Norman Brown, Captain, Fred Stone, Elwin Morris, Harvey Rule, Harold Livsey, Jack McKown, Roy Steele

# CHECK YOUR WAR EFFICIENCY

## *For Health and Victory*

KNOW THE RIGHT FOODS - EAT THE RIGHT FOODS

## CANADA'S OFFICIAL FOOD RULES

These are the health protective foods

Be sure that you eat them every day in at least these amounts  
(Use more if you can)

**Milk** — Adults,  $\frac{1}{2}$  pint. Children, more than one pint.  
And some cheese as available.

**Fruits** — One serving of tomatoes daily, or of a citrus fruit,  
or of tomato or citrus fruit juices, and one serving of  
other fruits, fresh, canned or dried.

**Vegetables** — (In addition to potatoes of which you need  
one serving daily). Two servings daily of vegetables,  
preferably leafy green, or yellow, and frequently raw.

**Cereals and Bread** — One serving of a whole-grain  
cereal and 4 to 6 slices of Canada-Approved Bread,  
brown or white.

**Meat, Fish, etc.** — One serving a day of meat, fish, or  
meat substitute. Liver, heart or kidney once a week.

**Eggs** — At least 3 or 4 weekly.

Eat these foods first, then add these and other foods you wish.

*Some source of Vitamin D such as fish liver oils, is  
essential for children, and may be advisable for adults.*

DEPARTMENT OF NATIONAL HEALTH, OTTAWA