



Vol. 1, No. 2, Box 444, Soo, Ont., Sat, Feb. 21, 1942, 5¢ Copy

FAITH TO REMOVE MOUNTAINS
Rev. H. D. Groh

AMERICAN NEWS

The words of the prophet. "Make level.... a highway... Every valley shall be exalted, and every mountain and hill shall be made low; and the uneven shall be made level, and the rough places a plain:" might well be adopted as a motto for our camp. Perhaps Isaiah was thinking of roads he had travelled, through desert wastes and over mountain ridges of the east, as he spoke these words; but his thoughts, also, were lifted high above the literal highways of earth. He was describing the spiritual work of another great prophet who was to follow in his steps and prepare a way for the Lord.

Who among our group has not been impressed with the seemingly impossible task of building a modern highway through this rugged country of the north? As you go daily to or from work, climbing hills and rocks or as you have viewed the country through which the road must pass from some lofty height, perhaps you have been tempted to say, "It can't be done." Evidence to dispel that doubt is provided by the fine modern highway stretching for eighty miles to the south through similar country. It has been done! It shall be done! But, how? Not
Cont'd pg 2 Col 2.

THREE CONCHIES RETURN HOME
ANOTHER RECOVERS FROM FEVER

On January 26th., Leslie Dunn was taken to the General Hospital in Sault Ste. Marie where he underwent an appendix operation. He returned to camp February 12th., where he is now recuperating. Les will return home near Iron Bridge in the near future.

Suffering from a badly bruised leg, Peter Dyck was also taken to the hospital. He returned to his home last week.

A third trainee to receive his medical discharge is Gordon Bolender of Stouffville. He returned home on January 30th. Gord. was

Art Editor of the Northern Beacon. He now resumes his duty as principal of Altona Public School.

Francis Starr, taken to the hospital on Christmas Day with scarlet fever returned to camp on January 29th.

The Grottoes, Civilian Public Service Camp #4 situated among the foothills of the Blue Ridge Mountains near National Park, Virginia is serving its country by aiding in soil conservation in the counties of Rockingham and Augusta. Eighty-six trainees are finding their change of life exceedingly interesting. Soon after camp opened a forest fire broke out and every boy experienced their first fight against such fire. They work on soil projects on local farms and encourage the farmers to cooperate with their government in the soil conservation program. They have surveyors, bookkeepers, truck drivers, foremen, woodsmen, fence builders and post hole diggers. One of the campees dug fourteen post-holes, 30 inches deep in four hours to set a record. They have their own laundry and do their own cooking and housecleaning. In the evening, courses are provided them in Bible study, Church History, bookkeeping, typing, First Aid, soil conservation, choral practice and woodwork. A library of 360 books lines their shelves in the reading room.

Marietta, C.P.S.C. #8, Ohio has 43 trainees engaged in Forest Service. As the American C.O. camps are under the direction of the Churches, the trainees operate the camp with the guidance of an expert technical staff. Being close to the city they are privileged to have many guest speakers and local entertainment. They have a small library, courses in Bible Study, foreign languages, typing and woodwork.

Marietta exchanges their camp paper "Whispering Pines" with us. We much admire the fine spirit of fellowship evident throughout their camp activities and wish them every success. Bishop Swalm, Chairman of the Conference of Historic Peace Churches, paid Marietta a visit last month to bring them news of C.O. progress in Canada. We anticipate a visit from Bishop Swalm in the near future and will be pleased to hear his good tidings of our C.O. neighbours.

Feb. 21, 1942.

The Northern Beacon

Page 2

PRESS PERSONNEL

President Religious Director
 Managing Director Paul Storms
 Editor-in-Chief Wes. Brown
 Associate Editor Ross F. Bearss
 Circulation & Adv. Mgr. Cec. Bell
 Chief Publisher Ross Nigh
 Asst. Publisher Allen P. Vinall

FAITH TO REMOVE MOUNTAINS

Cont'd from Pg 1.

a day: not by one single stroke. But tree by tree, rock by rock, shovel-full by shovel-full; slowly the road takes form.

The christian church has a task to-day similar to that of John the Baptist. The way must be prepared for the Lord to come and fulfill His purposes concerning this earth. Are there obstacles in the way- valleys to be filled, high places to be levelled? Certainly! and some of them at this time seem incredibly large. There are those who are ready to throw up their hands in despair and say, "It can't be done: the program of good will and peace which the Lord wants established upon earth is a lost cause."

RELIGIOUS REALMS.

B. J. Baerg.

Romans 8:37. Nay, in all these things we are more conquerors through Him that loved us.

Great things are in store for that individual who lives a life hidden with Christ in God. One of the greatest deliverances is from the things of this present world. Though there be bitterness, anguish and pain, though tribulation and persecution seek to destroy us, yet Paul writes "we are more than conquerors through Him that loved us."

Are we conquerors or are we suffering defeat? If the latter then let us take time to let God point out where we are failing. Let us by his Grace remove the sin from our lives and come into the glorious experience of being more than conquerors.

SUNDAY SERVICES.

Sunday Feb. 15th, 1942, our Morning service was conducted by Rev. H. D. Groh.

He used as his text 1 Cor. 5: 20-21, and chose as his topic "Ambassadors for Christ."

He compared the office of an ambassador to a foreign country, with the Christian as an ambassador for Christ in this world.

The Outline.Ambassadors for Christ.A. The Ambassador's Citizenship.(1) Citizens of Heaven.

Phil. 3:20

(a) Citizens not of this world. John 17:14

(b) Citizens who are not ashamed.

B. The Ambassador's Mission.(1) To represent Christ.

(a) Strictly preach God's word.

(b) Adapt ourselves to His standards.

(c) The Message: "Be ye reconciled."

C. The Ambassador's Provision.(1) The resources of God.

(a) Our limitless supply.

(b) Our Protection.

(c) Our Reward.

Cont'd in Col. 2.

What kind of Ambassadors are we, Can we meet God's requirements and standards, or are we below par?

RELIGIOUS REALMS

Cont'd from Col 1.

The Evening Service was again conducted by Rev. H. D. Groh. Members of the Camp Quartet, Lewis Reesor, Floyd MacReynolds, Ross Wideman and Albert Drudge rendered the hymn, "Shall I Crucify My Saviour."

Rev. Groh pointed out to us four precious things that Peter enumerated in his Epistle.

1. 1 Peter 1:7 The Trial of our Faith is precious

2. 1 Peter 1:19 We are redeemed with the precious Blood of Christ.

3. 1 Peter 2:4-7 We are established upon the Christ, the precious corner stone.

4. 2 Peter 1:4 There are given unto us exceeding great and precious promises.

Peter realized the fulfillment of many promises yet one promise he was looking for was not fulfilled. That was the coming of Christ for His Bride.

Feb. 21, 1942.

The Northern Beacon

Page 3.

"YE ARE MY WITNESSES"

Rev. J. Harold Sherk.

Almost the last words which the apostles heard from the lips of the Lord Jesus Christ before His ascension were "Ye shall be witnesses unto Me."

They were qualified to be witnesses. They had seen him, met him, talked with him, touched him, walked with him, sat with him, sailed with him, lived with him, rejoiced with him, wept with him. They had listened to him speaking as "never man spake before." They had been with him as he healed paralytics, opened the eyes of the blind, cleansed the lepers, raised the dead, forgave sins, gave hope to the despairing, preached the Gospel to the poor, relieved all who were oppressed of the devil. They had heard him scathingly denounce sin and weep, broken-hearted, over the sinner. They had seen him sleep in the midst of the tempest and still the raging waves with a word. They had seen strong men pay him homage and little children press close that he might touch them. They had seen His glory in the mount of transfiguration and his agony in Gethsemane. They had watched him die at the hands of sinners, praying for them and pardoning the penitent. They had despaired at his death and scarcely believed, for joy, when they saw him again alive, after his resurrection. For forty days more they had rejoiced in his presence as he walked with them by the way or met them on the mountain or sat with them at the table. They know him and he had become their life.

The world did not know him - does not know him to-day. They did not understand when the Father testified to his divine Sonship. They called him the "son of fornication." They attributed his divine power to Satan and misrepresented his divine mission, pretending (perhaps believing) that he who came to reconcile the world unto God was come to be a rebel against authority and a destroyer to his people. They refused to see his power or to recognize his authority over the hearts and lives of men. They put to death him who had the gift of life.

The world needs him to-day. Never has it been more necessary that he be shown as he is and not as he has been so often falsely or mistakenly represented to be. He is still the friend of sinners, the Saviour of the lost, the hope of the despairing, the comfort of the sorrowing, the Prince of Peace. As in the beginning, so to-day it is the privilege of believers to know him, walk with him, commune with him, experience his power and live triumphantly by his grace. No life is full without him.

Is the world ready to receive him to-day? Will the witness of his disciples of this generation be convincing? The whole world did not receive the witness of the first disciples but they persisted in their testimony and some believed, enough to change the character of the world. We may not see the whole world accept the witness of the Lord's disciples in this day, but, if the witness of all who know him is faithfully given, some will receive him and greater things may follow than the Church of Christ has yet seen.

Do we want to see his power manifest in our world? Then we must witness. Do we want to witness? Then we must know him - know him as the first disciples knew him - live with him, commit our lives to him and live by his life. If we so know him then we can show him, and in no other way will he, the Christ of the Gospel, ever be seen by our world.

WEIGH UP!

Much enthusiasm was shown amongst the boys on the appearance of a scales in camp. The majority of boys proceeded to weigh themselves at once, a cent being charged for each weighing. Many who believed to have gained in avoirdupois were surprised to find themselves weighing about the same, a few having lost in weight. However, in a number of cases, some gained as many as from ten to fifteen pounds.

Ben Baerg who tips the scales at 193 pounds exerted the greatest hand pressure upon the scales.

A. E. MILLNER, CAMP GUEST

Elder A. E. Millner of the Seventh-Day Adventist Church has arrived to visit the camp over the week-end of February 22nd., and to have fellowship with the boys of his faith, of whom there are six. Elder Millner is President of the Ontario-Quebec Conference of Seventh-day Adventists

Go ye into all the world, and preach the gospel to every creature.

HIS LIGHT
Wes Brown

Oh to be in Europe
Now that war is there,
To help the bombed and homeless
And for the sick to care;
And seek to share their burdens
As Christ would have us do,
To help, to heal, restore, encourage
And let His light shine through!

Oh to be in the East
For suffering too is there,
And tell them of the Christ-like way
That would their souls repair
And stop this war which has no place
In the Heaven on Earth He taught;
And bring them peace and freedom
Which by His light is wrought.

Oh to be where suffering
Hurts the hearts of men,
To sooth their broken spirit
And through Christ try once again
To build a universe of Love
Where in all would happy be,
Striving for the better way
With His light for us to see.

PERSONAL TESTIMONIES

~~At the age of ten I was saved in~~
a little Free Methodist Church at
Niagara Falls, Ont. No one could
make me doubt the fact that my sins
were washed away. Being a child I
did not fully understand how to
maintain the Christian way, but
still I remembered the sweet peace
and contentment that I experienced.

Again at the age of seventeen I
became so sick of sin that I began
to think of the joy I had before.
In another revival meeting the Lord
forgave me my backsliding and took
me again into his fold. Now I am
truly glad and thankful for His
presence and communion with me each
day as I put my trust in Him.

As a C.O. I have much gratitude
for what the Government has done
for us in opening up this camp in
order that we might be able to help
in this great world crisis and yet
not go against our God-given con-
victions. I also greatly appreciate
those that interceded with the
Government on our behalf.

SHELDON WILSON.

We are all looking for the best
that life can give. While still a
boy I found the best life in Jesus
Christ. He called me; I came and
He forgave my sins. He led me into
an entirely new life - my ambitions
were changed. He showed me that
true greatness consists of love and
self-sacrifice. Best of all I have
communion with God now and His Holy
Spirit is with me. Every year the

PERSONAL TESTIMONIES Cont'd

service of Jesus Christ is more
interesting and more joyful. Like
Paul I can say, "For me to live is
Christ and to die is gain".

HARLEY WIDEMAN.

WAR RELIEF WORK

Close to \$350,000 was loaned to
the Government without interest or
donated to war relief work last
year by non-resistant groups in
Ontario. The war relief work is
being carried forward this year on
an even larger scale. Outright
donations during the year were in
excess of \$50,000. The remaining
\$300,000 was loaned to the Govern-
ment through non-interest bearing
bonds.

Non-interest bearing bonds were
instituted last February as a
substitute for war savings certi-
ficates. Proceeds of the bonds
are used entirely for the allevi-
ation of suffering and distress.
This bond series is known as
"Series B".

Mennonite people have pledged
to provide \$3,000 a month for war
relief workers from Canada. John
Coffman of Vineland and Peter Dick
of Winnipeg. Two Mennonite nurses
will be sent overseas in the near
future. Five shipments of new
clothing and blankets were sent
overseas during the past year,
estimated at a value of \$13,700.

YOU MUST THINK

Because you would not think, we
had to die.

We died. And there you stand, no
step advanced.

Oh, world, there is another way to
serve justice and liberty

Than thus to fling out the glory
and wonder of young lives

Beneath the hoofs of horses. Go --
send out your soul

Into the sky to find it. The way
to life

Is not through death, nor the way
to law through blood.

There is another way, and you shall
find it.

Dead eyes keep watch. You must not
rest or sleep.

We died. And now you others who
shall live

Shall do a harder thing than dying,
For you must think -- and ghosts

shall drive you on.

From "The Boy in Armour"
by Herman Hagedorn.

Feb. 21, 1942.

The Northern Beacon

Page 5.

PUBLICATION SEMI-MONTHLY

Considerable time has lapsed between our first publication and this, our second one. Postponement in circulating the first publication and in printing this paper was due to the time required to obtain necessary approbation from Ottawa. The Northern Beacon went into action immediately after receiving from the Engineer of the Alternative Service Camp here the following note:

"The Northern Beacon is approved with the understanding that all material be submitted to camp engineer for approval before publication. There has been some delay in securing approval". Signed - C. E. Tench.

At a meeting of the press staff it was decided to publish twice monthly, the first and third Saturdays in the month, the paper to be circulated as far as possible amongst the friends and relatives of the Conchie boys in camp; and others such as pastors of like faith in the churches.

As mentioned in our first edition, the Northern Beacon has as its main purpose for publication, the following:

1. To afford a worthwhile project for the boys in training who are solely responsible for its publication with the assistance of the Religious Director.
2. To inform those interested in the camp as to the news of the camp, meeting the demand by many for such a publication.

Contributions for publication by conscientious objectors outside the camp, whether by ministers or by laymen, will be welcomed, providing they are of such a nature to be of interest to subscribers. Constructive criticisms and suggestions will be appreciated in letters to the Editor.

The subscription rate for this semi-monthly publication is only \$1.00 a year, single copies selling at 5¢ each, all papers postpaid. The publication of the Northern Beacon is not a money-making scheme, but trainees are offering their services for the benefit of subscribers. An order form appears on the back page of this publication for your convenience in subscribing. If you have not already written for your subscriptions, will you not fill out the order form now and mail today to the Northern Beacon, Box 444, Sault Ste. Marie, Ontario? Perhaps you would like a C.O. friend to receive a copy of the Northern Beacon too. Let us mail your friend a paper. We are thankful for subscriptions already received.

Paul Storms,

MANAGING DIRECTOR.

FIRST AID COURSE OFFERED

The boys of the camp are looking forward to a course of training in First Aid. Although no doctor is available to give the lectures in theory, the boys are anxious to study the practical part of the work. Cecil Bell, who has his certificate from the St. John's Ambulance Association, has kindly consented to supervise the work. The text books have been ordered and in a short time the class should be in operation.

It's hard to dislike a fellow who likes you, isn't it? There's the basis of the only peace plan that will really work.

The rewards are always at the end of the trail. Follow through!

WHO'S WHO
Nick Siblock

HENRY WICHERT hails from Niagara-on-the-Lake. Before coming to camp he was a car mechanic at St. Kits. A member of the Brethren Mennonite, Henry is the shy fellow at present looking after the compressor machine. Hockey is his favourite sport. NICK SIBLOCK is the 22 year old super harmonicist from the automobile assembly lines of Oshawa. He favours fishing and photography. Says it's the smile that makes life worth while and is active in Pentecostal Young Peoples to bear it out. Donald Darley, 5 ft. 6½ of Christianadelphian sunshine from Toronto. He is usually occupied as a photo engraver and hopes to be an expert natural colour photographer. Spends his summer spare time sailing. Pet saying, "The nerve of some people's kids".

RECREATIONDon Moffatt & Don Darlcy

Since last going to press, a very successful checker tournament sponsored by this column has been played.

Guy Mosher, winner for the south bunk and Ross Nigh, winner for the north bunk, thrashed it out for a thrilling finale. Ross emerged the victor by winning two and tying two for the best out of five and became the "Champ of the Camp." Ross has not yet been beaten.

Proceeds from the tournament netted enough to purchase two croquinal boards for our recreation room. This now brings our number of games up to 1 monopoly game, 2 checker boards and 2 croquinal boards for our enjoyment.

A croquinal tournament will begin on Tuesday, February 24th. Disk-knockers wishing to enter should be signed up before this date.

A young Owen Sound lady kindly donated two table-tennis sets which will be set up as soon as tables are available.

SKI SCOOPS

A number of the boys have taken up the speedy art of skiing in their free time. The recent snow-fall has made the hills very fast and soft to fall on.

Bill Herbert and "Boss" Sider are ardent enthusiasts and teach the beginners this slippery sport. They guarantee stiff legs and snow-banks of fun. From the top of our hills to the bottom of our valleys we wish them "Happy Landings".

DEERS (NOT DEARS) SEEN AT CAMP

On different occasions, a deer has been sighted in the neighborhood and at one time several Conchies gave chase to one which appeared right at the camp. On two occasions the howling of wolves was quite audible.

HEARTY CONGRATULATIONS

Congratulations from the boys to Mr. and Mrs. Ewald Epp of Niagara-on-the-Lake on the birth of a daughter, Wednesday, February 18th, 1942. "Poppa" Ewald can hardly wait to get home to see his first arrival.

"WHO'S WHO"Nick Siblock

LEONARD BURKHOIDER - a friendly Markham farmer, always relating humorous stories. Len is a Mennonite well liked by the gang.

BEN BERGEN - 6 feet, 1 inch, 203 lb., 21 year-old bulldozer from Reesor, Ont. Cuts and loads pulp in the winter and works his 20 acre farm in the summer. Ben is a United Mennonite born in Siberia. He is an expert skier and is cultivating a liking for tennis. Ben is a straw-boss at camp, a favourite of the fellows.

PETER NEUFELD - United Mennonite, was born 1918 on a farm at Niagara-on-the-Lake. His chief hobby is photography. He has a responsible job as dynamiter here and takes it seriously. Pete is one of the friendliest boys in camp.

JOE D. SHERK - of the Brethren in Christ Church from Ridgeway; delights the fellows playing his guitar and harmonica. Joe says that married people have more fun than anybody and wants to be a successful husband.

HARLEY WIDELAN - Mennonite Brother in Christ, hails from Markham. Harley is a school teacher and says he is enjoying life. He has worked in the gravel pits since coming to camp. He like baseball and picture "taking".

CAMP GOES ON FAST TIME

Monday, February 9th, Montreal River Camp went on war saving time. Because the sun is not up on new time, this has made no difference in camp routine. Instead of rising at 6.15 S.T., the boys now roll out of bed at 7.15 W.S.T., start work at 9 o'clock instead of 8 a.m. and finish work at 6 o'clock instead of 5 p.m., retiring at 11.30 instead of 10.30 p.m. It is expected that camp hours will go back as before in March as the sun should be up by then.

DIRECTORS EXCHANGE

Because of numerous church duties demanding his attention at his home in Toronto, Rev. H. Groh left camp on Jan. 26th returning to camp once again on Feb. 7th. Religious director, Rev. J. H. Sherk, who at the present time is teaching at Immanuel Bible College, Stouffville, visited the camp for a few days in the absence of Rev. Groh, taking the Sunday services of Feb. 1st. Rev. Groh is also going home next week, when Rev. Sherk will visit the camp once again.

Feb. 21, 1942.

The Northern Beacon

Page 7

CONCHIE CARPENTERS ACTIVE AT CAMP

Just recently a new frame wash-house annex to the north bunkhouse has been built by four of the trainees, Victor Dyck, George Ewanovitch, Gordon Smith and Vernon Yager. The size of the washhouse is 15 feet by 18 feet. It is equipped with two showers and five tubs. A heating system is being installed.

Jake Dyck has built a medicine chest which has been placed in the office and Victor Dyck has built a covering for the Chevrolet pick-up truck. Various things have been built by the carpenters.

In the near future, a new recreation room, 24 feet by 50 feet is being erected, the trainees having already cut the sills for a foundation.

IT'S RESULTS THAT COUNT

One Saturday night about bedtime, the Conchies in the North Bunkhouse enacted a barnyard scene, representing almost everytype of farm fowl and animals, many of which were imitated perfectly. Outstanding amongst the numerous noises, ~~were these made by the cackling~~ of hens at laying time. And sure enough, quite contrary to the usual breakfast menu, fresh eggs were served the next morning.

A couple weeks later the cackling of hens could be heard in the South Bunkhouse, and the next morning eggs were again served for breakfast. In either case the boys were not aware of the menu for the following day.

PRAYER MEETING ORGANIZED

On January 19th over thirty boys, interested in organizing a weekly prayer meeting, met together in the recreation room for prayer and fellowship.

At this meeting it was decided to have a different leader each week under the supervision of the Religious Director, Rev. H. Groh, who also presided at the first meeting. To date, the following four boys have assumed leadership; Paul Storms, Floyd McReynolds, Leonard Burkholder and Harley Wideman respectively. These meetings have proved of real spiritual benefit to the boys and it is hoped they have meant the same to others for whom the boys have been praying.

HOLY SEASON OF LENT

This period of special meditation on the death and resurrection of the Saviour begins on Feb. 18 (next column)

CAMP EXPERIENCES MODERATE WEATHER

When the trainees of Montreal River Camp left for their destination here last fall, they expected experiencing much colder weather than has been the case to date. The coldest spell came the second week in January, the mercury dropping to 25 degrees below zero on January 7th; otherwise the thermometer for the most part has stood in the neighborhood just above zero. There has been an occasional snow storm, but nothing as serious as what Southern Ontario has recently experienced.

TEMPERATURE RECORDINGS
AND WEATHER REPORT
(Mansel McQuarrie, statistician)

	LOW	HIGH	
Feb. 10	10	20	clear
" 11	5	20	clear
" 12	8	25	clear
" 13	5	34	snow
" 14	24	34	mild
" 15	18	30	fair
" 16	12	30	snow storm
" 17	14	22	snow storm
" 18	12	22	snow
" 19	Zero	12	clear
" 20	20 below	20	clear
" 21	14 below	24	clear

ADVERTISEMENTS

-- P H O T O G R A P H Y --

Films Developed - Tuesday Evenings
Pictures Printed - Wednesday "
Pictures Tinted - Friday "

Your Patronage Is Appreciated

NICK SIBLOCK
South Bunkhouse - Montreal River
Camp

CLOTHES WASHED CLEAN

Satisfaction Assured
Prices Reasonable
Washing on Mondays and Fridays
-- Quick Delivery --
You'll Be Delighted With Our Work

MANSEL McQUARRIE'S LAUNDRY
North Bunkhouse - Montreal River
Camp

and culminates on the Sunday of Apr. 5. Plan to join the millions of other Christians in active remembrance of this holy season. Only through Christ is there real peace and happiness for mankind.

POEM WRITTEN BY DON MOFFATT
IN VIC DYCK'S ALBUM

In days to come you'll remember
About the one who above you did
bunk.
He stepped on your pillow and
blankets
As upstairs he went with a jump.
You will think of nothing more
annoying
Than when from work you withdraw
To find that your bed was all
covered
With a coating of dusty old straw.
You are fortunate twill not last
forever--
The 25th is the day we disband;
So I trust that you'll always re-
remember
Your bothersome upper-bunk friend.

IT HAPPENED ONLY ONCE

The boys that eat in the tent
were one day relating various ad-
ventures they had experienced.
After the supply of tales was al-
most exhausted, Jack Grieve chirp-
ed up with, "Well the most exciting
time in my life was when I was born.
I was speechless for two years."

ADVERTISEMENT

HOW MUCH DO YOU WEIGH?
Let "Storms" Weigh You for
ONLY ONE CENT

"Correct in Every Weigh"
"Counselor" - The only scales with
the precision accuracy of Twin-
Flex Springs and Zerostat Control

Counselor Health Chart, Ideal Wghts.

Height	Age 21-23		Height	Age 21-23	
	22	24		22	24
5' 6"	144	145	5' 11"	169	170
5' 7"	148	148	6' 0"	175	176
5' 8"	153	154	6' 1"	181	182
5' 9"	158	159	6' 2"	188	189
5' 10"	163	164	6' 3"	194	195

These weights are without clothing.
Clothes weigh from 6 to 8 lbs.
For an Accurate Check Weigh Your-
self Each Day, at the Same Hour,
with the Same Amount of Clothing.

FREE! Test Your Strength - How
Many Pounds Can You Press?

-- STORMS STURDY SCALES --

NORTHERN BEACON ORDER FORM (Mail today)

Please send The Northern Beacon to

NAME

ADDRESS

for which I enclose \$.

THE NORTHERN BEACON
Box 444
SAULT STE. MARIE, Ont.



*Mr J. B. Martin
187 Erb St West,
Waterloo Ont*