

CALENDAR 1944

| JANUARY | | | | | FEBRUARY | | | | | MARCH | | | | | APRIL | | | | | MAY | | | | | JUNE | | | | | | |
|---------|---|----|----|----|----------|---|----|----|----|-------|----|----|----|----|-------|----|---|----|----|-----|----|---|----|----|------|----|----|---|----|----|----|
| S | 2 | 9 | 16 | 23 | 30 | S | 6 | 13 | 20 | 27 | S | 5 | 12 | 19 | 26 | S | 2 | 9 | 16 | 23 | 30 | S | 7 | 14 | 21 | 28 | S | 4 | 11 | 18 | 25 |
| M | 3 | 10 | 17 | 24 | 31 | M | 7 | 14 | 21 | 28 | M | 6 | 13 | 20 | 27 | M | 3 | 10 | 17 | 24 | M | 1 | 8 | 15 | 22 | 29 | M | 5 | 12 | 19 | 26 |
| Tu | 4 | 11 | 18 | 25 | Tu | 1 | 8 | 15 | 22 | 29 | Tu | 7 | 14 | 21 | 28 | Tu | 4 | 11 | 18 | 25 | Tu | 2 | 9 | 16 | 23 | 30 | Tu | 6 | 13 | 20 | 27 |
| W | 5 | 12 | 19 | 26 | W | 2 | 9 | 16 | 23 | W | 1 | 8 | 15 | 22 | 29 | W | 5 | 12 | 19 | 26 | W | 3 | 10 | 17 | 24 | 31 | W | 7 | 14 | 21 | 28 |
| Th | 6 | 13 | 20 | 27 | Th | 3 | 10 | 17 | 24 | Th | 2 | 9 | 16 | 23 | 30 | Th | 6 | 13 | 20 | 27 | Th | 4 | 11 | 18 | 25 | Th | 1 | 8 | 15 | 22 | 29 |
| F | 7 | 14 | 21 | 28 | F | 4 | 11 | 18 | 25 | F | 3 | 10 | 17 | 24 | 31 | F | 7 | 14 | 21 | 28 | F | 5 | 12 | 19 | 26 | F | 2 | 9 | 16 | 23 | 30 |
| S | 1 | 8 | 15 | 22 | 29 | S | 5 | 12 | 19 | 26 | S | 4 | 11 | 18 | 25 | S | 1 | 8 | 15 | 22 | 29 | S | 6 | 13 | 20 | 27 | S | 3 | 10 | 17 | 24 |

CANADA IN LONDON

CANADA HOUSE

The Headquarters of the Canadian Government in the United Kingdom.—Trafalgar Sq., S.W.1. High Commissioner: The Rt. Hon. Vincent Massey, P.C., LL.D.

Telephone: WHItchall 9741

CANADIAN MILITARY HEADQUARTERS STAFF IN ENGLAND

Sun Life Building, 2 Cockspur Street, London, S.W.1.

Telephone: ABBey 9090

CANADIAN BANKS

(Hours: 9—2. Saturdays, 9—12)

| | | | |
|---------------------------|---|---|-------------------------------|
| Bank of Montreal | - | - | 47 Threadneedle Street, E.C.2 |
| West End Branch | - | - | 9 Waterloo Place, S.W.1 |
| Bank of Nova Scotia | - | - | 108 Old Broad Street, E.C.2 |
| Canadian Bank of Commerce | - | - | 2 Lombard Street, E.C.3 |
| Dominion Bank | - | - | 3 King William Street, E.C.3 |
| Royal Bank of Canada | - | - | 6 Lothbury, E.C.2 |
| West End Branch | - | - | Cockspur Street, S.W.1 |

CANADIAN INSURANCE COMPANIES

Canada Life Assurance Company.—2 St. James's Square, S.W.1.

Confederation Life Association (of Canada).—Bush House, Aldwych, W.C.2.

Crown Life Assurance Company.—21 Cockspur Street, S.W.1.

Imperial Life Assurance Company.—28 St. James's Square, S.W.1.

Manufacturers Life Assurance Company.—British Columbia House, 1 Regent Street, S.W.1.

Sun Life Assurance Company of Canada.—2 Cockspur Street, S.W.1.

CANADIAN RAILWAYS

Canadian National Railways 17 Cockspur Street, S.W.1.

Canadian Pacific Railway Co. 62 Trafalgar Square, S.W.1.

A Personal Message

OUR present-day existence, in contrast to normal life in Civvy street, involves many personal problems which one cannot cope with alone. That is why the "Personal Services" Department of the Canadian Legion War Services was inaugurated.

Little is known publicly of this work by reason of its confidential nature, but a brief glimpse of the Legion files and records would convince anyone of the magnitude and extreme importance of this work. And it is not hearsay to state that thousands of Canadians on active service are indeed grateful for the Legion's practical help and advice.

Whether it is a legal matter, a domestic affair or financial difficulty, or whether it concerns your family or friends—however great or small the problem may be—do not hesitate to see your Legion Supervisor at once. That is a very definite part of his job: to help eliminate needless worry, heartaches and anxiety—with a friendly, confidential and comrade-like understanding that is second to none.

"A FRIEND IN NEED IS A FRIEND INDEED"

THE CANADIAN LEGION "PERSONAL SERVICES" DEPARTMENT

SOMETHING ABOUT THE CANADIAN AUXILIARY SERVICES OVERSEAS

The work of Auxiliary Services in England is carried on by the following organizations:

| | |
|-----------------|---------------------|
| CANADIAN LEGION | KNIGHTS OF COLUMBUS |
| SALVATION ARMY | Y. M. C. A. |

These four voluntary organizations have supervisors attached to most Army units and Air Stations, so that you may be provided with recreation and entertainment. Each of these organizations is charged with the leadership in a special field.

The Canadian Legion War Services have been organized by the Canadian Legion because of the personal knowledge of the ex-Service men in Canada of the importance of "welfare work" in the widest sense of the term to the soldier on active service. The members of the Canadian Legion believe that because of their own experience they are in a position to know what help can best be given to their successors in the Canadian Army, and they are determined to give such help wherever they think it can be most effective.

The main objectives of the Canadian Legion War Services may be summarized as follows:—

1. **Leave Clubs.** Centres are provided where men on leave can obtain comfortable accommodation at low cost. In connection

with these centres, arrangements can be made for tours of points of interest, hospitality and social events.

2. **Entertainments and Sports.**—Concert parties have been organized amongst the troops, and entertainment is given by them and also by outside artistes as opportunity offers.

Games and sports goods are provided for the troops' use.

3. **Personal Services.**—Advice is given on personal and home problems of individuals while on service, and the distribution of comforts provided by kind-hearted friends is undertaken.

4. **Canteens.**—Where circumstances permit canteens are operated for the benefit of troops in a theatre of war.

EDUCATIONAL SERVICES

(In conjunction with the Canadian Association for Adult Education)

The aim of this service is to keep interests alive, enable the soldier to make profitable use of his leisure time, and of any opportunity his new environment may present for self-improvement.

Canadian soldiers interested in a subject or a language and desiring advice, directed reading or correspondence courses should write to Educational Services, Canadian Legion War Services, Inc., Eagle House, 110 Jermyn Street, S.W.1.

CALENDAR 1944

| JULY | | | | | AUGUST | | | | | SEPTEMBER | | | | | OCTOBER | | | | | NOVEMBER | | | | | DECEMBER | | | | | | | |
|------|---|----|----|----|--------|---|----|----|----|-----------|----|---|----|----|---------|----|---|----|----|----------|----|----|----|----|----------|----|----|---|----|----|----|----|
| S | 2 | 9 | 16 | 23 | 30 | S | 6 | 13 | 20 | 27 | S | 3 | 10 | 17 | 24 | S | 1 | 8 | 15 | 22 | 29 | S | 5 | 12 | 19 | 26 | S | 3 | 10 | 17 | 24 | 31 |
| M | 3 | 10 | 17 | 24 | 31 | M | 7 | 14 | 21 | 28 | M | 4 | 11 | 18 | 25 | M | 2 | 9 | 16 | 23 | 30 | M | 6 | 13 | 20 | 27 | M | 4 | 11 | 18 | 25 | |
| Tu | 4 | 11 | 18 | 25 | Tu | 1 | 8 | 15 | 22 | 29 | Tu | 5 | 12 | 19 | 26 | Tu | 3 | 10 | 17 | 24 | 31 | Tu | 7 | 14 | 21 | 28 | Tu | 5 | 12 | 19 | 26 | |
| W | 5 | 12 | 19 | 26 | W | 2 | 9 | 16 | 23 | 30 | W | 6 | 13 | 20 | 27 | W | 4 | 11 | 18 | 25 | W | 1 | 8 | 15 | 22 | 29 | W | 6 | 13 | 20 | 27 | |
| Th | 6 | 13 | 20 | 27 | Th | 3 | 10 | 17 | 24 | 31 | Th | 7 | 14 | 21 | 28 | Th | 5 | 12 | 19 | 26 | Th | 2 | 9 | 16 | 23 | 30 | Th | 7 | 14 | 21 | 28 | |
| F | 7 | 14 | 21 | 28 | F | 4 | 11 | 18 | 25 | F | 1 | 8 | 15 | 22 | 29 | F | 6 | 13 | 20 | 27 | F | 3 | 10 | 17 | 24 | F | 1 | 8 | 15 | 22 | 29 | |
| S | 1 | 8 | 15 | 22 | 29 | S | 5 | 12 | 19 | 26 | S | 2 | 9 | 16 | 23 | 30 | S | 7 | 14 | 21 | 28 | S | 4 | 11 | 18 | 25 | S | 2 | 9 | 16 | 23 | 30 |

POSTAGE RATES TO CANADA

| | | | |
|--|------|---|-----|
| Letters (for the first ounce) | 2½d. | Canadian Transcontinental Air Mail (per ½ oz.) | 5d. |
| For every additional part of an ounce | 2d. | | |
| Postcards | 1d. | Transatlantic Air Mail (per ½ oz.) | 1/3 |

Postage Rates for U.K.: Letters 2½d. (2 oz.), Postcards 2d.

In and Around London

Bank of England.—The greatest financial institution in the world. Entirely rebuilt within recent years, the new structure stands within the outer wall of the one built in 1788, designed by Sir John Sloane.

Buckingham Palace.—The London residence of H.M. the King, with grounds covering 40 acres. During war time the changing of the Guard takes place every fourth day when the King is in residence. The Palace is not open to the public.

Cenotaph, Whitehall.—Designed by Sir Edwin Lutyens. A National Memorial in honour of all citizens of the Empire who fell in the Great War, and place of pilgrimage.

Downing Street, Whitehall.—The famous street containing the residences of the Prime Minister (No. 10) and the Chancellor of the Exchequer (No. 11).

Guildhall, Cheapside.—Headquarters of the City Corporation of London. Picture gallery and museum.

Horse Guards, Whitehall.—Originally the Guard House of the Palace of Whitehall.

Houses of Parliament.—Designed by Sir Charles Barry and completed in 1857. Tours are arranged.

Madame Tussaud's.—Baker Street Station. Daily, Sundays and weekdays from 10 to 10. Admission 1s. for members of H.M. Forces.

Mansion House.—The residence of the Lord Mayor during his term of office.

Masonic Grand Temple.—Great Queen Street (off Kingsway). One of the most imposing buildings in London.

Oratory.—Brompton Road. A beautiful Roman Catholic Church in the style of Italian Renaissance; contains a fine organ.

St. James's Palace.—A beautiful Tudor building, formerly the residence of the Kings of England.

Tower of London.—The most historic fortress in the world. Begun by William the Conqueror, it was a Royal residence until the time of Charles II. The Regalia of the Crown is kept here. Tours for members of H.M. Forces can be arranged.

Westminster Abbey.—Burial-place of the most illustrious in English history. Begun by Edward the Confessor in 1049. Rebuilt by Henry III. All British Sovereigns from the Conqueror to George VI. have been crowned in the Sanctuary. Admission free, 9.30 a.m. to 5 or 6 p.m.

Westminster Cathedral.—In Francis Street, near Victoria Station. One of the finest churches built in modern times. The campanile, 280 feet high, towers over West London and is ascended by an electric lift. The interior is superb in its proportions. High Mass daily at 10.30 a.m.; Vespers 3.15 p.m. Open daily till 9.30 p.m.

Westminster Hall.—Adjacent to the Houses of Parliament. This hall, scene of the lying-in-state of His late Majesty, King George V, was originally part of the Palace of Westminster and survived the fire which destroyed the remainder of the building. It possesses a wonderful hammer-beam roof dating from 1399. Open to the public when the House of Commons rises, and from 10 to 4 when the House is not sitting.

Zoo, Regent's Park.—Open weekdays 9 to 5. For members of H.M. Forces, Admission 6d. Sunday free, on application to Secretary's office.

Hampton Court.—Built by Cardinal Wolsey, and added to later by William and Mary (design by Wren). The beautiful gardens, which contain a Maze, extend to the river. Open daily except Christmas Day and Good Friday. Gardens free.

Kew Gardens (Royal Botanic Gardens), Kew, Surrey.—A park of nearly 300 acres, famous for the cultivation of trees and shrubs from all parts of the world. The flagpole of Douglas fir, 215 feet in height, was presented by the Government of British Columbia. Admission 1d.; Tuesday and Friday, 6d.

Vancouver's Grave.—Captain George Vancouver, R.N., first circumnavigator of Vancouver Island, and the discoverer of Burrard Inlet, site of the port and city of Vancouver, is buried in the churchyard of St. Peter's Church, Petersham, near Richmond, Surrey.

Other Canadian Legion Centres

The following Canadian Legion Clubs offer a full up-to-date canteen service together with recreational facilities

IN SOUTHERN ENGLAND

| | |
|-----------------------|----------|
| Pier Pavilion | Worthing |
| East Street | Brighton |
| Waverley Hotel | Hastings |

IN SCOTLAND

| | |
|---------------------------|-----------|
| 103 Princes Street | Edinburgh |
| 7 Market Street | Aberdeen |
| 80 Academy Road | Inverness |

IN NORTHERN IRELAND

Overseas League House, Royal Avenue, Belfast

NOTE.—The Canadian Legion Club in Inverness also has a limited bed accommodation.

RATES OF EXCHANGE at \$4.47 to the £

| CENTS | s. d. | DOLLARS | £ s. d. | DOLLARS | £ s. d. | DOLLARS | £ s. d. |
|-------|-------|---------|---------|---------|---------|---------|----------|
| 5 | 2½ | 1 | 4 5½ | 11 | 2 9 3 | 25 | 5 11 10 |
| 10 | 5½ | 2 | 8 11 | 12 | 2 13 8 | 30 | 6 14 3 |
| 15 | 8½ | 3 | 13 5 | 13 | 2 18 2 | 40 | 8 19 0 |
| 20 | 10½ | 4 | 17 11 | 14 | 3 2 8 | 50 | 11 3 9 |
| 25 | 1 1½ | 5 | 1 2 4 | 15 | 3 7 1 | 60 | 13 8 5 |
| 30 | 1 4 | 6 | 1 6 10 | 16 | 3 11 7 | 70 | 15 13 2 |
| 40 | 1 9½ | 7 | 1 11 4 | 17 | 3 16 1 | 80 | 17 17 11 |
| 50 | 2 3 | 8 | 1 15 9 | 18 | 4 0 6 | 90 | 20 2 8 |
| 60 | 2 8½ | 9 | 2 0 3 | 19 | 4 5 0 | 100 | 22 7 5 |
| 70 | 3 1½ | 10 | 2 4 9 | 20 | 4 9 6 | | |

CALENDAR 1945

| JANUARY | FEBRUARY | MARCH | APRIL | MAY | JUNE |
|-----------------|---------------|-----------------|----------------|------------------|----------------|
| S 7 14 21 28 | S 4 11 18 25 | S 4 11 18 25 | S 1 8 15 22 29 | S 6 13 20 27 | S 3 10 17 24 |
| M 1 8 15 22 29 | M 5 12 19 26 | M 5 12 19 26 | M 2 9 16 23 30 | M 7 14 21 28 | M 4 11 18 25 |
| Tu 2 9 16 23 30 | Tu 6 13 20 27 | Tu 6 13 20 27 | Tu 3 10 17 24 | Tu 1 8 15 22 29 | Tu 5 12 19 26 |
| W 3 10 17 24 31 | W 7 14 21 28 | W 7 14 21 28 | W 4 11 18 25 | W 2 9 16 23 30 | W 6 13 20 27 |
| Th 4 11 18 25 | Th 1 8 15 22 | Th 1 8 15 22 29 | Th 5 12 19 26 | Th 3 10 17 24 31 | Th 7 14 21 28 |
| F 5 12 19 26 | F 2 9 16 23 | F 2 9 16 23 30 | F 6 13 20 27 | F 4 11 18 25 | F 1 3 15 22 29 |
| S 6 13 20 27 | S 3 10 17 24 | S 3 10 17 24 31 | S 7 14 21 28 | S 5 12 19 26 | S 2 9 16 23 30 |