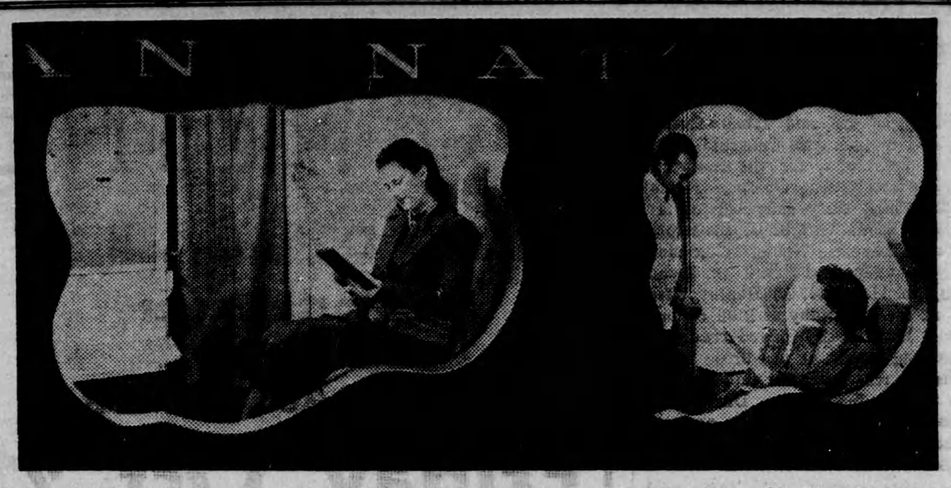


Last word in sleeping car accommodation, the new duplex roomette car with 24 self-contained rooms, 12 located at floor level and 12 other rooms interlocked three easy steps above the car floor, was recently put on exhibit by the Canadian National Railways. Twenty of these cars will be put into service this year and will operate on the Toronto, Montreal, Vancouver service and between Montreal and Halifax.

DO FOOD DYES CAUSE CANCER?

In 1895 Prof. Ludwig Rehn called the attention of German surgeons to his important discovery that out of forty-five workers in an aniline-dye plant three had succumbed to cancer of the bladder. His observations were verified later in Germany, Switzerland and England. When the United States entered World War I and began to make its own dyes, cut off from Germany as it was, American statistics of bladder cancer in aniline-plant workers added more evidence.

Today, aniline, azo and other coal-tar dyes are recognized cancer-inciters. All are synthetics, and most of them have no counterparts in nature. There are about 600,000 compounds of carbon which were unknown a century ago, and of these several hundred can generate cancers of the liver, bladder, stomach, lungs or other organs. Of the dyes the one that has been studied most thoroughly is "butter yellow," so-called because of its color. Mix it with the food of a rat, and cancer of the liver invarably follows in the absence of protective agents.

Inspired by the work done with organic cancer-inciters and with special reference to the studies of Rehn and his successors, Prof. K. H. Bauer of Heidelberg hoisted a danger signal before the recent Congress of German Surgeons held in Frankfort on the Main and induced his colleagues to adopt resolutions demanding that the use of known cancer-producing compounds in food be forbidden, writes Waldemar Kaempffert in The New York Times.

Bauer concludes that one cause of cancer certainly lies outside of the body. That cause bears some relation to what he calls the "mechanization and chemicalization of the environment." It has been shown that some cancer-inciters can be produced by the body itself, but, thinks Bauer, the increase in the use of physical and chemical poisons of the coal-tar synthetic type and the increase in cancer is not accidental.

By "poisons" Bauer means coal, oil, tar, pitch, soot and many of their chemical derivatives, as well as some metals, X-rays, the radiations of radium and radio-active isotopes. He pictures the chemist as a Pandora who has opened the box from which scores of cancer-producing "poisons" have escaped.

All this does not mean that cancer is to be accepted fatalistically, but that the time has come to take preventive measures. Despite all the "catch cancer early" campaigns of the United States, campaigns that arouse Bauer's approval and admiration, over 80 per cent of all cancer cases run their fatal course.

That the prevention of cancer is not a utopian impossibility Bauer proves by citing the decline in cancer mortality in aniline-daye works where protective measures have been taken. In fact, aniline cancer is now seldom seen in German chemical plants.

But what of the general population? Were, Bauer asks, do cancers occur most frequently? In the intestinal tract. The connection with food and drink is obivous.

Condemns Food Coloring

Bauer says that cancer of the stomach and tongue is especially prevalent in high-living proprietors of German bars and in restaurant waiters. Even in the general population of Western countries cancer occurs more often in the intestimal tract than in any other part of the body. Bauer regards it as significant that in oriental rice-eating countries, where much less artifically colored or chemically "doctored" food is consumed than in the West, cancer of the stomach is much less frequent.

Bauer holds up "butter yellow" as an example of what happens. Here we have an azo dye, which in Germany is mixed with butter to give it an attractive color. He does not see why it is necessary to color butter at all, but if it must be done why not use carotene? The answer is that carotene is much too expensive. About a fornight before Bauer read his paper, laws were enacted to forbid the use of synthetic butter yellow and other dyes in German butter, cheese and margarine. Bauer approves. He would go further and forbid the use of known cancer-producers in any kind of food sold over the counter or in a restaurant.

TABLE TALKS

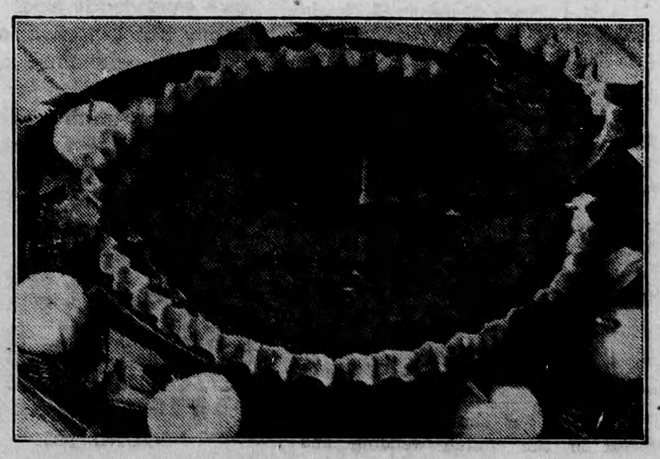
by Jane Andrews

An Ontario woman, Mrs. C. Jeremy of Coldwater, Ont., won a prize of $100 at the Canadian National Exhibition just because she baked the best apple pie—or rather two of them—in the opinion of the judges. There were 17 judges—all male and each a master baker—and they had to select the best from 58 different entries.

Probably you've heard all about this long ago; but I thought you might like to see, and cut out, the recipe for what the judges said was "the best pie they had ever tasted anywhere." So here you have it.

For two pies Mrs. Jeremy always uses:

3½ cups of flour
⅓ lb. of lard and shortening mixed
½ tspn. salt
1 tspn. white sugar
—Never any soda or baking powder. Dampens dough with milk and



believes one of the secrets of making successful pastry is to chill the dough before it is put into the oven. She uses wealthy apples when possible on them about ¾ cup of white sugar.

* * *

"When the frost is on the punkin"—you go on from there yourself. For the chances are that you've either recited, or heard recited, Jim Riley's beloved verses dozens of times.

But although the frost hasn't as yet hit the "punkins" around where I live, I'm afraid it won't be long now. So without further preamble, here's the recipe for a really fine—

PUMPKIN PIE

6 tablespoons brown sugar
½ teaspoon salt
1 teaspoon cinnamon
½ teaspoon ginger
⅙ teaspoon cloves
3 eggs
½ cup Crown Brand Corn Syrup
1½ cups cooked pumpkin
1½ cups undiluted evaporated milk
Pie crust.

Method

Mix sugar and spices in a bowl. Add eggs and beat slightly. Add remaining ingredients; blend well. Pour into 9-inch pie pan lined with pastry rolled ⅛ inch thick and having a high fluted edge. Bake in hot oven (450 deg. F.) 1 hour, or until sliver knife inserted in centre of filling comes out clean

* * *

Just in case you don't happen to feel like making pastry you can do a very nice "switch' with that same

PUMPKIN PIE CUSTARDS

recipe by making

It's very simple. You just pour that Pumpkin Pie filling into custard cups. Set in a pan of hot water and bake in a moderate oven (350 degrees) for about an hour, or until a knife inserted comes out clean. Makes nine custards.

* * *

And that second last sentence tempts me to end with the very ancient tale about the woman who had a servant that was—well, to put it mildly, rather sloppy. One day Biddy came in and asked how she would know when some puddings, boiling on the stove, were done. She was told to stick a fork into them. If it came out clean, the cooking was finished.

"By the way, Biddy," added the woman, "if the fork DOES happen to come out clean, you might try STICKING IN ALL OUR OTHER FORKS."

You've heard it before? Well, who hasn't?

New And Useful

For the Bedridden

Bed adjuster consists of two sheets of ⅜-inch plywood which fit under the mattress. Bottom sheet lies flat, has notched steel brackets on each side. Top sheet is divided into movable sections that fit into the notched brackets. Moving sections up and down on brackets adjusts mattress for seven positions for upper part of body, five for the lower part.

* * *

Low-Priced Accordion

First low-price chromatic accordion is being mass-produced of styrene plastic. Said suitable for beginner or accomplished musician, it covers entire chromatic scale of sharps and flats—40 notes—with 16 reeds for chord accompaniment. Finger boards, grill and ends are of plastic with bellows that open to almost 19 inches in width.

* * *

Electric Stapler

Portable electric stapler staples correspondence or business forms automatically. Paper work inserted into front of machine is fastened together at any desired spot. Calibrated scale guides used in selecting desired stapling position. Single contact control prevents double stapling.

* * *

Hand Soldering Device

Hand soldering device automatically feeds solder to tip of iron and speeds up hand soldering by combining both solder and iron in one hand, leaving other hand free to hold the work. Fits standard electric soldering iron from 57 watts to 250 watts and can hold more than six feet of solder from 1-16 inch to 3-16 inch in diameter, maker states. Slight pressure on trigger brings solder to iron tip in quantity needed for job.

The SUNDAY SCHOOL LESSON

By Rev. R. Barclay Warren

GOD AND THE NATIONS
Isaiah 1:21-28; 19:25

Golden Text: Look unto me, and be ye saved, all the ends of the earth; for I am God, and there is none else. Isaiah 45:22.

God deals with individuals but He also deals with nations. Isaiah begins his lament of Isreal by noting its moral decay. Justice was not executed in the courts. Those in high places received bribes. But Israel was to be purified. The city which was now an harlot would become a city of righteousness; transgressors and sinners would be destroyed. But God was dealing with other nations, too. He would smite but He would heal. Isaiah saw that the Messiah would be the Redeemer for all nations. Thus he brought God's message, "Look unto me, and be ye saved, all the ends of the earth." He, Jesus Christ, is the only hope for this troubled world. Esther B. York, has said it in poetry in War Cry.

"There is a Stranger in the council hall
Where strangers meet to plan the peace again.
He sits unnoticed by the farther wall,
His eyes upon the leaders among men.
His ears attend their clearly laid designs
For living in tomorrow's homes and marts,
As though, beneath their spoken words and lines,
He hears the inner voices of their hearts.
But when the delegates of all the world
Have cried their million wants—and lists are long—
After the blueprints, charts and plans are hurled
In varied protests at the core of wrong,
He is our Hope; He is the Peace we seek,
Oh, listen world, and let the Stranger speak!

Tiny Tot — One of the tiniest babies ever to survive, little Candice Korvel celebrated her first birthday by dipping a chubby fist into her cake. Born two months prematurely, Candice weighed only 23 ounces at birth. The "oxygen-tent baby" overcame an attack of double pneumonia, too, and now weighs in at a hefty 17 pounds.

Policeman in witness-box. When I told him he would be arrested, he said. "What with you and the weather, it is not a very nice day."

CHRONICLES OF GINGER FARM

by Gwendoline P. Clarke

Remember a few weeks ago I told you I had lost my glasses and I suspected the pup may have run off with them? Well, I had no proof either one way or the other as I never did find the glasses. Finally I got new ones and just after that all the papers were advertising a contraption by which you could keep your glasses hanging around your neck. I felt it must have been invented for me—anyway I didn't waste any time in buying one of the doo-dads . . . so now I really know where to find my second eyes.

Oh dear, there is so much to write about these days . . . I have had exciting news about the West—but then there is also plenty going on in the East, to say nothing of the glorious rain the last two days which is just exactly what we wanted on top of our freshly sown wheat. Of course, I am still up to the eyes in canning, but as for pickles, I haven't got so much as one jar put way yet. Even so, I went on strike one day last week and went to our W.I. Convention at Guelph. I hadn't been to a convention for fifteen years—not since we left the Toronto area. It was interesting, and inspiring and friendly. Miss Lewis and Mrs. Futcher were there and it was my privilege to meet both of them for a few minutes. They both have such pleasing personalities, and yet each is so different from the other. Miss Lewis has such a delightful and tactful way of showing up the wrong way of running Institute affairs without making any one person or branch conspicuous or recognizable. Not only that but she is big enough, and generous enough, to admit it if she herself happens to be slightly at fault. We had proof of that last Thursday when there was a little difference of opinion regarding the adoption of a report.

Mrs. Futcher, provincial president, is so full of enthusiasm for W. I. work that it permeates her every word and action. She carries her audience along with her making everyone feel that to belong to the W.I. is a privilege that no one should miss, and that every member should do her part to make this great orgaization greater even yet. But yet, being an Institute member these days isn't as simple as it used to be. Like everything else it becomes more involved and complicated all the time. Gone are the days when a few women could get together for a meeting and feel they had done all that was required of them if the minutes were read and approved; a demonstration of cookies given, and a paper written and read by one of the members. followed, of course, by a friendly cup of tea interspersed with lively chatter and good natured gossip.

We have greater opportunities in our branches now, but, hand in hand with these opportunities are greater obligations. We are able to learn so much about arts and crafts, but this knowledge must also be imparted to others and details of our participation be sent to Head Office. Thus the more we do, the greater our activity in any way, the more we have to report. Each branch is morally obligated to share with other branches information about the work it is doing. Only in that way are we a part of the Institute as whole. It is a case of wheels within wheels—a fact that is brought home to us more and more when we attend district annuals and area conventions. Maybe I am mixing metaphors a bit when I speak of wheels and branches—but you know, there is a lot to think about in that one word "branch." The dictionary defines branch as part of a bough; and a bough as a main branch of a tree. So the various W.I. branches scattered far and wide are part of the provincial boughs; provincial boughs that have grown from that great tree which was planted fifty years ago by Mrs. Adelaide Hoodless, and which took such firm root in its native soil that neither wind, storm nor adversity of any kind has had any effect upon it whatsoever. The tree has been fertilized by the zeal and interest of thousands so that now its branches spread from shore to shore. Carrying the analogy still further we might think of W.I. members as the leaves upon the various branches—leaves without which the tree could not live. Old leaves have their day and fall but newer, younger leaves take their place—and the life of the tree goes on, while its roots spread and delve further and further into the fertile soil. Neither should we forget that twigs from parent branches have been planted and propagated in other countries, gradually taking root; growing independently but yet recognizable as belonging to the same species that had its origin in Canada.

Yes, it is good to be an Institute member—even if one is only a jagged leaf on the branch of a sturdy bough!

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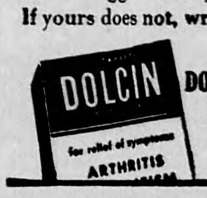

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