

Voice of the Press

Canada, The Empire and The World at Large

CANADA

RADIO COMMISSION

The radio commission has been the target of much criticism, a large part of it being of the non-constructive type. Much of this criticism has been unfair. But many Canadian radio enthusiasts refuse to admit this. They realize that the commission has put Canada on the air. Several excellent features by Canadian artists have been developed, some of these being so good that they are broadcast regularly by the United States chains. This means that home talent is being employed and encouraged. A large part of the outlay of the commission is for programs, which financially benefits many Canadians directly and many others indirectly.

Another important accomplishment for which the commission should be given credit is the unification of Canada over the air. The fact that the commission has made it possible to broadcast a Canadian program from coast to coast makes for a feeling of unity.

Nor should it be forgotten that the commission has made radio pleasure general throughout Canada by enabling local broadcasting stations to function by providing them with programs. Were it not for these programs many of the stations would find it extremely difficult to carry on, and those who are largely dependent upon these stations for their radio entertainment would be deprived of much of the pleasure which they are now receiving. — *Stratford Beacon-Herald.*

HITLER'S KINDNESS

Out of the kindness of his heart, Germany's Mr. Hitler proposes to allow Germans sentenced to death to choose their own means of exit. Thus, if a man is sentenced to be executed, there will be placed in his cell a vial of poison and a loaded revolver. If, within a reasonable time, the condemned man fails to make judicious use of either of these, the executioner will simply come along and relieve him of his head in the usual way. — *Vancouver Sun.*

SLOGANS NOT ENOUGH

In Great Britain they put on a "safety-on-the-highways week." The results was that in that particular week 126 persons were killed and 5,595 injured, the second highest casualty list for British highways on record. The experience suggests that carelessness on the highways calls for something sterner than experiments in good precepts. — *Ottawa Journal.*

THE OLD FAMILY DOCTOR

The old family doctor type has been given a new lease of life though many have feared he was soon to be extinct. Dr. A. R. Dafoe, of Callander, who brought the Dionne quintuplets into the world is a case in point. The Journal of the American Medical Association has paid the highest tribute to the doctor, who serves along the concessions and settlements. There is still and will always remain room for the old style family practitioner, as well as the other type of physician for both are necessary in this world of births and ills and developments. — *Ottawa Intelligencer.*

BICYCLES AND CHILDREN

"During the past few weeks there have been a number of close calls of boys and girls in town being either killed outright or at least severely injured, as the result of careless riding on bicycles. Just last week a boy, through downright carelessness, ran plump into a motor car, but fortunately neither the bicyclist nor the auto driver was going very fast, and the only result was a bad scare on the part of both. It is useless for the press to warn the children of the danger they run, for that is a duty devolving upon the parents, and every father and mother should impress upon their sons and daughters the absolute necessity of using precaution while riding when crossing streets in the centre of blocks. At crossings pedestrians have some rights, but in the centre of blocks they apparently have none. — *Perth Exp-itor.*

COURTESY

Making reference to the death of a notable public man it was said of him that he will be remembered for his unfeeling courtesy. That feature was stressed and that is as it should be. There is nothing as fine as unfeeling courtesy whether it be in man or woman. It smooths the pathway of life and makes contacts with our fellows much more pleasant. No matter what the business may be, courtesy is a great factor in bringing it to success. But courtesy must be something innate, not forced, the outward expression of an inward state of mind. — *Niagara Falls Review.*

RELIEF FOR BOWED BACKS

Those who have become stooped shouldered from carrying around pocketfuls of paper money will hail with glee the Ottawa announcement that the new Bank of Canada notes—shortly to be issued in denominations from \$1 to \$50,000 or thereabouts—will be much smaller than our present greenbacks. Smaller, in fact, than the dwarfed currency of United States. — *Border Cities Star.*

USE OF WORDS

It is related of a Frenchman who studied English that he testified: "When I first discovered that if I was quick I was fast; that if I was tied I was fast; that if I spent too freely I was fast; and that not to eat was to fast. I was discouraged; but when I came across the sentence, 'The first one won one-dollar prize' I gave up trying to learn the English language." This

recalls the conversation reported by "Punch" from a whist drive long ago. One player in a set remarked "we are two to two." At a neighboring table another player called out "Are you two to two? We are two to two, too." What could the Frenchman make of that? — *Hamilton Herald.*

FLIES ARE SO STUPID

Flies become a nuisance this time of year. Until now it seems they have been content to go hopping about elsewhere but in recent days they have taken to coming in here. What they expect to find we have not the slightest idea. And yet they sit on the parliamentary guide, the dictionary, look over all the papers and sit on the top of one's head. Flies are mean that way. We are sure flies are stupid. Right near to the building there is a restaurant which keeps open long hours each day and night. If they know anything at all they would not be wasting their time around an editorial office where no victuals enter. They would be snooping around the restaurant next door or departing on an excursion to the grocery store on the street. Even a brindle cow knows more than to pasture on a concrete highway surface, and a dog knows enough not to start chasing a cat when dinner dishes are being cleared. But the flies seem to be such stupid things. — *Walkerton Times-Herald.*

THE EMPIRE

AN AGED VINE

The grapes on the 166-year-old vine at Hampton Court Palace are now ripe, and cutting was begun on Sunday. The fruit was sold to visitors at 6s a pound, including a carrying basket made by the blinded inmates of St. Dunstan's Hostel. The grapes on the vine, which was planted in 1768, are of the black variety and of fine quality, the bunches averaging from 1 lb. to 1 1/2 lbs. in weight. The vine is bearing about 500 bunches—some years ago the yield was about 2,000 bunches. During the summer the vine has been inspected by thousands of visitors, who have paid a penny each to enter the vineyard. — *Inverness Review.*

BUILDERS OF ENGLAND.

Devonshire raises the agricultural laborer's wage. It is the fourteenth county to do so. The laborer is too often forgotten when we think of agriculture, but the yeomen of England built her greatness in the past. — *London Express.*

World Is Eating Less Heavy Food

Gluttony Was Once Rife—Daily Diet Practically Revolutionized.

An extremely interesting comparison between old-time and modern methods of eating is made by V. H. Mottram, Professor of Physiology in the University of London, England, in the London Daily Mail.

He says: "It is a commonplace among dietitians that our food habits are being revolutionized, and we have to ask ourselves whether this is for our good or not, for 'nutrition is the foundation of the public health.'"

We all know that our grandfathers, or perhaps our great-grandfathers, ate the most colossal meals and finished off two or three bottles of port each at dinner—drank themselves under the table.

GLUTTONY A SIN

Earlier in the history of the world gluttony was so rife that it was placed in the list of the Deadly Sin, by the Church. Nowadays not one person in a million, in Great Britain at least, and probably in the civilized world, could be accused of gluttony.

Whether we are actually eating less per head only statistics can tell us, and the habit of collecting statistics is still very young. So that we can judge of the change of habits only over our own generation.

That they have changed qualitatively most of us know. For example, we know that only recently have tomatoes, bananas, and grapefruit formed a part of our daily menu. Not so long ago fresh fruit and vegetables in the winter were an unheard-of luxury whereas now they are within the reach of everyone.

Butter, too, was very expensive during the winter months and poor

people cut down on its consumption but now it is so much cheaper that practically everyone can (and should) use it freely without any thought of extravagance.

MOTOR PICNICS

The motor-car, too, has had its influence on our food habits. The middle-classes no longer have their Sunday dinner at home of roast beef, Yorkshire puddings, vegetables, and an apple-pie and spend their Sunday afternoon in a blessed solace, but speed off into the country and have an alfresco lunch, bought, perhaps, ready cooked, or patronize the roadside restaurant.

We can feel sure from all this evidence that our food habits have changed qualitatively, and the question is: Have they changed quantitatively?

If we turn to statistics we can see that they have. Speaking roughly, we can say that the consumption of meat, bread, coffee, and alcoholic drinks has decreased per head of the population, whereas there has been a large increase in the consumption of tea, sugar and fruit and vegetables. As regards the last two items it is difficult to obtain accurate figures because no census of home production exists.

FRUITS

But we know that imported fruits last year reached the record figure of 88 lb. per head, and we cannot doubt that there was an increase in the consumption of fruit produced in Great Britain. Milk we know is gradually increasing in consumption, though far too slowly to content the dietitian.

Summing up the evidence we can say that the proportions of the different foods are altering, so that whereas our immediate predecessors ate largely of meat and bread and neglected the fruits and vegetables, we are changing over towards a diet with a larger proportion of the dairy and garden produce.

MEAT AND MILK

The old-fashioned view that meat makes for strength received its quietus long ago. American dietitians—and remember that dietetics was raised to a position of importance among the subjects thought worthy of university studies years ago in the United States—maintain that no family should buy meat until it has bought a quart of milk per head per day!

Bread has been called the staff of life, but that is a misnomer. The majority of us eat it because we need it and mineral matter, especially lime and iron. Probably a daily ration of a pint of milk and a sufficiency of green vegetables or green salads would cover all our needs for vitamins and mineral matter—commodities in which meat and bread are somewhat deficient.

SUGAR

There remain the sugar and the have been brought up to eat it or because it is cheap. The poor spend about 33 per cent. of the money which goes to buy food on bread and flour simply because they are cheap.

There is, however, evidence that a large proportion of cereal products in our diet makes for poor bones and teeth. For example, it was possible almost completely to check the decay of teeth in children in a Sheffield sanatorium by replacing the cereals in their diet with vegetables.

'Chute Tangles, Pilot Dies



Enroute to Rhode Island with load of tear gas, Pilot Ten Taney of Pittsburg, died as plane crashed near Bedford, Pa., his chute becoming entangled in plane.

On the other hand, that the consumption of milk, fruit, and vegetables should increase relatively to the rest of the diet is all to the good. It is a question of getting vitamins and minerals to consider. Some dietitians look upon the great increase of sugar consumption with disfavor.

Others point to the fact that sugar is a convenient and cheap way of supplying the body with energy.

After all, the foods which a man takes are body building material, for vitamins and mineral matter supply at the most only about one-third of his energy intake and output, so that we still have a satisfactory margin to go upon. We eat about one-third of a pound a day.

Theoretically we could eat one pound of sugar per head per day without endangering our supply of other food stuffs. Remember, too, the craving for sugar of Polar explorers and of the members of the various Everest expeditions.

As regards tea and coffee it seems a matter of indifference to the dietitian whether the consumption decreases or increases. Twelve pounds of tea per head per year seems neither excessive nor extravagant. Dietetically tea is useless unless you believe that a drink which promotes a sense of well being with no evil after effects has its value.

ALCOHOL

Of the decrease in the consumption of alcoholic drinks there is little to say, because the problem of the use and abuse of alcohol is beset with so much prejudice that no scientific data, or, at any rate, no interpretation of scientific data on the subject is worth consideration.

To sum up, from the statistics available it appears that the revolution which is taking place in the meals of our nation is to the advantage

of the public health. Should any dietitian turn politician his slogan would be "Dairy Foods, Market Garden Produce and Herings of the Public Health—the things that the British Isles can best produce."

Perhaps we might have a similar slogan in Canada since our dairy and garden products are of such a high order and so many of us, of Old Country descent, have been brought up in British habits of eating—the habits that prevailed when our fathers and mothers were young.

Leather Bows, Flowers, Bracelets and Clips, Fashion's Latest

There are frills and thrills for the feet in Paris—if seeing is believing. Afternoon dresses of marvellously colored prints are all a-rustle with frills and ruchings, large and small. Some are of the frock itself, while others stand out in crisp white contrast around the neckline and cuffs.

And the new shoes are not to be outdone. They, too, repeat the ruffled theme. The just-out blue and brown kidskin shoes have nifty little butterfly bows and odd trimmings lined with white, knotted coils of stitched and pleated kidskin tabs. Leather flowers are doing their smart duty several places too—on plain kidskin pumps, either at the side or in front, and also are to be found trimming leather and fabric purses, belts, hats and the gauntlet cuffs of gloves.

Leather bracelets and clips are new—some trimmed with metal and some even set with stones while others are content to ornament them, selves with knots of leather or bits of bead, glass or straw.

Cold Steel Rules Strike Front



Tension gripped Rhode Island as troops took a firmer hold on situation following killing of two strikers in riots. Above, guardsmen inspect occupants of car at Woonsocket, scene of one of the killings.



Woman's World

By Mair M. Morgan

THE MUSHROOM SEASON

The sight of a mushroom makes the approach of Autumn bearable. Every cook has her method of dealing with mushrooms. Here is a collection of favorite-recipe recipes.

MUSHROOM SOUFFLE

Two tablespoons butter, two tablespoons flour, three-quarters cup milk, one-half pound mushrooms, three eggs beaten separately, salt and pepper. Blend butter and flour, add milk, salt, pepper. Cook until smooth, stirring constantly. Wash and peel mushrooms and fry in butter for five minutes. Chop finely and add to the cream sauce. Add beaten yolks, cool and then fold in stiffly whipped whites. Pour into a buttered baking dish and place in a pan of boiling water. Bake in a moderate oven for 25 minutes. Serve immediately.

and put them into a stewpan with a couple of onions, a dozen cloves, a quarter of an ounce of ground mace and a dessertspoon of white pepper. Shake them over a clear fire without burning them until all the moisture is evaporated, then put them into tins and dry them in the oven. When they are dry, pound them very finely and cork them up in small bottles.

HOUSEHOLD HINTS

When you boil a fowl add a pinch of bicarbonate of soda to the water. This makes it exceptionally tender.

When frying fillets of fish, always put them into the frying-pan with the skin uppermost. You will find them less likely to break if cooked this way.

A narrow shelf over the sink to hold dishwashing supplies saves many steps. Paring knives and other utensils used at the sink may be hung underneath.

Many housewives find almond icing for cakes expensive. Ground peanuts are often used by professional cooks, and few people know the difference.

Do not throw away the "inegar" from bottle pickles, but save it and use when making French dressing. It will add a pungent, spicy flavor.

Should anyone in the family be put on a liquid diet, place a little lime water in each glass of milk served. It is an aid to digestion and sweetens the stomach.

Lemons that have been kept too long and have hardened can be softened by covering with boiling water and standing on the back of the stove for a few minutes.

WITH MACARONI

Break four ounces of macaroni into small pieces, cook in a pint of boiling stock with a chopped onion and a small bay leaf, until all the stock is absorbed. Peel and chop four ounces of mushrooms, cook until soft in about an ounce of butter, and make layers in a casserole with the macaroni and pepper and salt. Sprinkle with grated cheese and add a few dabs of butter, and bake.

MUFFS WITH DRESSES

Fur bands used skilfully help to improve the slimmness of the silhouette. A long coat of gun-metal cloth is trimmed with bands of dark grey broadtail. Possibly there will be a hat of the cloth trimmed with fur, and shaped after the turban idea. A small muff to match may also be included, for there is a great effort being made to bring back the muff as part of the dress-scheme.

If elaboration of the costume be desired, this 'vogue may gain sway, but women today dislike complications that interfere with their activities. The slit-skirt is an aid to freedom, but a muff may prove an encumbrance.

WITH SWEETBREADS

Par-boil sweetbreads, remove all skin and membrane and chop them. For two pairs of calves' sweetbreads allow a cup of cooked mushrooms, heat in half a pint of thick white sauce, add seasonings and flavoring, and pour into a greased dish. Cover with buttered crumbs and bake for about 15 minutes.

PICKLED MUSHROOMS

Clean them with a flannel dipped in salt and do not peel them. Sprinkle them with a little salt and then put them into a stewpan with a little mace and white and black pepper, and leave them till the liquor runs out. Then shake them over the stove until the liquor is nearly absorbed again cover them with vinegar, boil up and bottle them.

PICKLED MUSHROOMS

See that they are not too far open, cut them in quarters, and pour over them just enough vinegar to cover them, seasoning it with a little mace, some cayenne, a few shallots and one anchovy. Boil gently together until the mushrooms are cooked, then get cold, and then bottle them in the vinegar and cork them tight.

DRIED OR POWERED

Mushroom Powder makes a savory seasoning which many like. Peel half a peck of large mushrooms, wipe them, take off the brown part,

BUYING A HAT

It's just about time to step out and buy the new fall millinery. Today's the day, isn't it, for after September the first, the straw hat is more or less outlawed.

Here are the rules given by one of the world's millinery experts to those about to choose the headgear.

First—Study the crown of the hat in relation to the crown of your head. A perfect head can wear a close round crown all right, but all heads with imperfections towards the egg, flat, or square shapes, should have fullness in the crown. Remember heavy features are most often in small faces and heads, and the heavy featured woman of this type should have fullness in the crown.

ber heavy features are most often in small faces and heads, and the heavy featured woman of this type should have a heavier crown for balance. Second—Understand your neckline. This means the shape and length and breadth of your neck, not your hair-line as most women think. If your neck is short, don't buy a wide hat that sits on your shoulders. You must balance the neckline to wear a hat smartly.

Third—Now have a look at your face and proportion the brim to it. Chinless, receding faces can't take drooping brims as they shorten a face, and never use a tight-fitting crown. Little hats make heavy, coarse features "jump" out. A shallow, broad crown with not too wide brim on the sides is good for the woman of long, thin face and a snort head-crown. The woman with prominent nose should choose a brim "following" the features, that is, swinging towards the front. Round-faced girls should lean to small, or no brims with small hat crown.

Fourth—Stand and look at yourself full-length in a mirror to see that your hat and head are in proper proportion with your body and height.

MUTI AND JEFF—



By BUD FISHER