

## Flour Arsenal For Kitchens

It's Important For Canadian Housewives to Know Different Types of Flour for Baking

The flour bin is one of the important arsenals of home nutritional defence. It is important to know the different types of flour.

Wheat flour makes large, light loaves of bread. The wheat contains two special proteins. When mixed with liquid they form a sticky, elastic mass known as gluten.

Good quality gluten is very elastic. It can easily "double in bulk" without breaking. Flour that contains this high quality gluten is called "strong" flour. It is made from the hard wheat types and is the baker's first choice for making yeast bread.

### "WEAK" FLOUR

When you make fine cakes and pastry, you're interested in a tender texture—not in strong gluten. In fact, too much gluten makes the cake tough and rubbery. So, for cakes and pastry, the home baker uses a "weak" flour that comes from soft wheat.

### "ALL-PURPOSE" FLOUR

Many homemakers prefer to buy just one kind of flour that will be suitable for anything they bake—bread, muffins, biscuits, or cake. For them there is an "all purpose" or "family" flour—a blend of hard and soft wheat, that has enough gluten to make good yeast bread and will also produce fairly tender cakes and quick breads.

Rye flour is also used for bread, but it is usually combined with wheat flour, because the gluten formed is not very elastic. Corn, oats, rice, potatoes, soybeans, lima beans and buckwheat flours contain no gluten. Mix them with wheat flour to make a light loaf of bread.

## Mary Churchill . . . and Fiance?



English society circles hear Mary Churchill, 18, youngest daughter of Britain's prime minister, will marry Lord Duncannon, 28, son of the Earl of Bessborough, former Governor-General of Canada.

## Pasture Helps Milk Production

Is Keystone in Keeping Up Economical Milk Yield in Summer Months, Says Ont. Dept. of Agriculture

Pasture is the keystone of economical milk production and is the most important single factor in keeping up milk yield during the summer months, says the Ontario Dept. of Agriculture. No labor is required in harvesting and little loss of nutrients occurs through weathering, heating or moulding. Any summer production program must be built around pasture and the problems arising out of pasture production. Pasture has a special interest to cheese patrons as the best quality cheese is made from summer milk. It should be remembered that there is a two cent bonus on cheese offered by the Ontario government.

### NEAR THE BARN

Pasture yields can be increased by seeding high-yielding mixtures of grasses and legumes on good soil that has a high fertility level. Wherever possible pasture land should be located near the barn. Walking cows long distances to and from the pasture field is not conducive to high milk yields. In addition to using much energy, it predisposes the cows to udder injury and sore and cracked feet. Do not overgraze pastures. Overgrazing reduces the yield, increases injury from drought and encourages the growth of weeds. Some grasses and legumes are actually killed by very close grazing. To prevent this, adopt a system of rotational pasturing.

## SUNDAY SCHOOL LESSON

LESSON IX  
BROADENING CHRISTIAN HORIZONS: THE ANTIOCH MOVEMENT  
Acts 11: 19-30

PRINTED TEXT, Acts 11: 19-30  
GOLDEN TEXT.—For I am not ashamed of the gospel: for it is the power of God unto salvation to every one that believeth; to the Jew first, and also to the Greek. Rom. 1:16.

THE LESSON IN ITS SETTING  
Time.—43 and 44 A.D.

Place.—Antioch was a great city of Syria, on the left bank of the Orontes River, 15 miles inland from the Mediterranean Coast, in the northern extremity of Syria.

In this lesson we find rich material for the study of Church growth and Christian fellowship. Churches spring up and grow where faithful preaching is carried on—where the word of God is opened, where the Lord Jesus Christ is exalted, and where men and women are led to believe in Him as their Saviour and where those who know the Word really labor in the Word to strengthen young believers. Most of those, it would seem, who were responsible for the founding of this (to be) great Church at Antioch were what we would call laymen, supported by secular pursuits of life, but dominated by a passion for proclaiming Christ.

Following Persecution

Acts 11:19. "They therefore that were scattered abroad upon the tribulation that arose about Stephen." The persecution that followed on the death of Stephen had a two-fold effect. It made the dispersed disciples preach Christ and found churches within Palestine and beyond Palestine. In our lesson the Apostle Paul appears preaching, and from now on he occupies an increasingly prominent and soon a dominant part in the history of the Christian Church as recorded in the Acts. "Travelled as far as Phoenicia, and Cyprus, and Antioch, speaking the word to none save only to Jews."

(The population of Antioch included many heterogeneous elements. The upper classes were mainly Greeks. The imperial officials were Romans; the masses were Syrians. But mingling among these, yet preserving religiously their distinction from them, were many Jews who had been drawn to Antioch, bringing along their sacred books.)

A Great Number Believed  
20. "But there were some of them, men of Cyprus and Cyrene, who, when they were come to Antioch, spake unto the Greeks also, preaching the Lord Jesus. 21. And the hand of the Lord was with them, and a great number that believed turned unto the Lord." This preaching to the Greeks was not a mistake, even though done without official sanction. The evident blessing on their work justified these early evangelists.

Barnabas in Antioch  
22. "And the report concerning them came to the ears of the church which was in Jerusalem: and they sent forth Barnabas as far as Antioch." The Twelve sent Barnabas who from his earlier treatment of Saul had shown himself a man full of Christian hopefulness, to tell the Jews about the admission of Cornelius, a Gentile, to the faith, and to declare to the Gentiles that the Jerusalem Church welcomed all who believed that Jesus was the Christ. 23. "Who, when he was come, and had seen the grace of God, was glad; and he exhorted them all, that with purpose of heart they would cleave unto the Lord. 24. For he was a good man, and full of the Holy Spirit and of faith: and much people was added unto the Lord." These converts were added to the Lord Jesus before they were added to the Church. What a difference such a practice would make in our churches today!

25. "And he went forth to Tarsus to seek for Saul; 26. And when he had found him, he brought him unto Antioch." Paul had been in Tarsus probably about six years. It seems probable that Barnabas was acquainted with Paul's commission to the Gentiles; that he sympathized with it, and that he saw in Antioch, the divinely prepared opportunity for it. It is clear that neither of them thought for a moment that Gentile believers could be bound by Jewish laws. That demand had not yet been raised within the Church. Thus the first Gentile Church, known to history, was established in harmonious relations with the mother Church.

First Called Christians  
"And it came to pass, that even for a whole year they were gathered together with the church, and taught much people; and the disciples were called Christians first in Antioch." The disciples previously had called themselves "believers" or simply "disciples." One special interest of the word "Christian" is that it combines Jewish thought with Greek and Latin language, and thus, like the inscription on the cross, bears witness to the universality of Christianity as a religion for the whole world.

The Church's Liberality  
27. "Now in these days there came down prophets from Jerusalem unto Antioch. 28. And there stood up one of them named Agabus, and signified

## Canadian Tank Man Goes to School



Much of the training time of the Canadian tank man is spent in the class room, where he learns all the tricks of the intricate machines with which modern war is fought at high speed. A driver is shown here as he sits in one of the special instruction tanks. These have sections cut away to reveal the action of the controls and other equipment.

by the Spirit that there should be a great famine over all the world; which came to pass in the days of Claudius.

29. And the disciples, every man according to his ability, determined to send relief unto the brethren that dwelt in Judaea:

30. Which also they did, sending it to the elders by the hand of Barnabas and Saul.

Liberality thrives in an atmosphere of evangelism. The heart that is warm with the grace of God is generous toward every human need.

## Every Third Car Is Found Defective

One in three cars tested on Toronto streets in a recent three-week check-up has been found in defective condition, Traffic Inspector Dunn of that city declares. Forty autos were ordered off the streets to be scrapped or completely overhauled, he added.

"I think there are more old cars on the road than ever before. This may account for the fact that testers are finding every third car is defective," the inspector explained.

## RADIO REPORTER

By DAVE ROBBINS

"MARCHING IN SWINGTIME"  
Exploring the beauties of Nature or the effect of a new word on their beloved public, it's all the same to the erudite unconventionalists, Woodhouse and Hawkins. Now they are exploring a form of life new to them—life in the East. The famous comedy team from Winnipeg has arrived in Toronto and taken up residence in a large house which already assumes the air of breezy hospitality known only in the great open spaces. The boys have made themselves indispensable in the new summer show, "Marching in Swingtime," and they will dash through the ether proscenium arch each Monday at 8.00 p.m. EDST.

It might be just as well for the listeners in Eastern Canada to get used to hearing Woodhouse and Hawkins' real names. In Winnipeg they are in the directory as Art E. McGregor and Frank J. Deaville. Soon they will be listed at their new address in the same way. But they will be using Woodhouse and Hawkins most when they are heard on the air with "Marching in Swingtime."

AROUND THE DIAL  
Note for the ladies—a program with a lot of interest and charm, is "Salute to the Bride" heard from CKOC each weekday morning at 11.30. News of weddings, engagements, and other items of interest to the ladies are featured on this half hour chat with Jean Gillard.

Then, too, there's a well-filled cedar chest that you, you, or you may win just by sending in your name. It's something you should get in on.

## 5,000,000 Suffer From Leprosy

In the World — Doctor Home From Formosa Says It's Disease of Poverty — Not Very Contagious

Leprosy is born of poverty, malnutrition and bad economic conditions generally, but it is the least contagious of all contagious diseases, Dr. G. Gushue-Taylor told a recent meeting of the West Toronto Business Men's association.

Dr. Gushue-Taylor is home on furlough following 29 years in Formosa, 10 as director and founder of Happy Mount leprosy colony. He went to Formosa in 1911 as a medical missionary and during recent years he visited 31 leprosy hospitals and colonies throughout the world.

TWELVE CASES IN CANADA  
"There are about 5,000,000 lepers in the world," he said. "The disease is scattered about chiefly in tropical and sub-tropical countries but it is not confined to these. There are lepers in Iceland and Norway, and there are 12 cases here in Canada."

Walter Compton's Double or Nothing show from the WOR Mutual network is one of the fastest paced question and answer shows on the air, being heard Friday night at 8.00 o'clock from the American network. That bushy-haired cigar-puffing vaudeville and screen comic, Jay C. Flippen helps pace the comedy in this program.

The irrepressible Beatrice Kay and jaunty Joe E. Howard, co-stars of the Gay Nineties Review, join in taking the Columbia network audience back to the turn of the century with music, song and comedy. This pleasing review is heard over CBS Mondays at 8.30.

Al Taylor has a simple but effective method of picking out the tunes he plays in WBBN's early morning "Sun Greeters Club" heard shortly after 6.00 o'clock.

"If it's a dull day, I pick out peppy music," explains Al. "If it's a bright, cheerful day, I might choose sentimental music. I fix it up some way or another—and the rest of the day takes care of itself."

Radio Beams—Songstress, Bonnie Baker is to have her appendix "out any day now. . . Blind pianist" Alec Templeton has settled his lawsuit with his parents out of court. . . Orchy leader Tommy Tucker never plays a tune until his mother has okayed it. . . Phil Harris (the lucky stiff) has got himself hitched to blonde Alice Faye of the movies; his divorce from his former wife came into effect while he was holidaying in Saskatchewan last year.

## Gardening

ARTICLE NO. 13

In most parts of Canada it is still quite possible to have a good vegetable garden even from seeds. It is not a bit too early for melons, cucumbers, squash and medium and late corn, potatoes, beans, carrots and beets; with well started husky plants, purchased from the nearest seed store or greenhouse, one can set out a whole garden with tomatoes, peppers, cabbage and celery. To catch up with this late gardening it is advisable to cultivate frequently, water during dry weather, and to hurry along with a few applications of good chemical fertilizer, especially any newly set out plants, applied close to but not actually touching the plants or its roots.

Tie Them Up  
Dahlias, tomatoes, large cosmos or nicotian, young shade trees, new climbers, all benefit from some artificial support while they are getting started.

For tall individual flowers or tomatoes, 6-foot stakes are advisable and the plant is tied to these loosely with soft twine or raffia. Stouter and perhaps longer stakes will be used with shade trees and correspondingly shorter ones for the smaller flowers. With vines getting ready to cling to fence or wall, string is used or perhaps adhesive tape or staples where it is impossible to tie.

Sweet Peas, Tomatoes  
With sweet peas and ordinary garden peas, one may use chicken wire from three feet to six feet high, depending how tall the peas grow.

With tomatoes, dahlias, etc., usually wide shoots are nipped off, and the main stem only allowed to grow.

Give Them Room  
Thinning, as any old gardener will confirm, is most necessary with vegetables, flowers and shrubs. Nature when left alone is ruthless, killing or crowding out the weaklings. Of the three to five thousand seedling pines that are lavishly strewn by the winds over an acre of land, less than a hundred are permitted to reach full maturity three-quarters of a century later. In gardening this stern but necessary example must be followed. If left to grow, crowded flowers become spindly and weak, easy prey for the first stiff wind, heavy rain or hungry insect. Vegetables, too, get spindly or woody.

## FARM FORUM

(Conducted by Professor Henry G. Bell of the O.A.C., Guelph, assisted by various other members of the faculty.)

### QUESTIONS AND ANSWERS

Q. In regard to plowing down red clover for manure, I would like to know if I seeded red clover on wheat this spring extra early and in the early fall plough it down, if it had a good top, would it put as much fertility in the ground, or would it be better to leave it for another year and plough down the second cut? I have had some excellent stands the first fall all out in bloom and about 2 feet high. "R. G.—Bruce Co."

A. Regarding your inquiry of the 3rd instant, relative to plowing under red clover, I would strongly advise you to take one cutting of hay, and then plow under the second crop. Investigations indicate that where clover is harvested there is no increase in soil nitrogen, but the nitrogen level remains about the same. Where the second crop is plowed under, there is an addition of organic matter of about 100 to 125 lbs. per acre of nitrogen.

Q. We are planning on using fertilizer this year. I did not feel equal to the expense of putting an appliance on my drill so I wondered if it would hinder the germination of the seed to sow the granular fertilizer along with the seed in the drill box, or if it would be more satisfactory to sow each separately.

I also want to use it with potatoes. I haven't a planter so use the every third furrow method. Would you please tell me if I should plant it in the second furrow or would it injure the seed if it came in contact with it in the third furrow? "W. T. C.—Dufferin Co."

A. Regarding sowing fertilizer with grain through the grain box, if the weather is dry and the fertilizer is granular, it is possible to sow upwards of 100 lbs.

of fertilizer per acre which will help a little. There is not much danger of injury to the seed, but if the fertilizer should be slightly damp and the weather likewise, you will find great difficulty in sowing fertilizer this way. Then too, there is no little danger of injuring the drill unless it has been thoroughly cleaned out after the fertilizer has been sown. We do not recommend this method of application.

If, on the other hand you sow the fertilizer broadcast before drilling the grain, you would have to apply at least double the grain, you would have to apply at least double the normal quantity to obtain much result from it. When fertilizer is applied with a regular fertilizer sowing apparatus, it puts fertilizers in sufficiently close proximity to the seed to help early growth.

Next to the application of fertilizers by a regular Potato Plan-

ter, best results are obtained from scattering the fertilizer down the furrow where the Potatoes are to be dropped. Before dropping the Potatoes, pull in at least 1/2 inch of soil on top of the fertilizers after which the seed-pieces can be dropped.

## World's High Jump Record Is Bettered

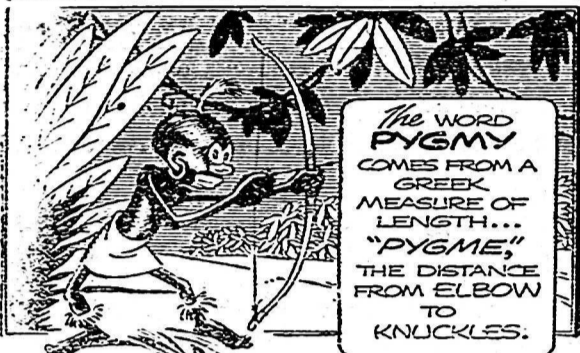
Les Steers, University of Oregon, has leaped six feet 10 3/4 inches to better the world outdoor high jumping record.

The previous mark was six feet 9 3/4 inches, jointly set by Cornelius Johnson, Compton Junior College, and Dave Albritton, of Ohio, in the 1936 Olympic trials. Mel Walker has a six foot 10 inch mark submitted to the A.A.U. for recognition.

Steers competed against University of Washington jumpers.

## THIS CURIOUS WORLD

By William Ferguson



THE WORD PYGMY COMES FROM A GREEK MEASURE OF LENGTH... "PYGME," THE DISTANCE FROM ELBOW TO KNUCKLES.



THE SUN APPEARS RED AT SUNSET BECAUSE RED LIGHT IS BEST ABLE TO PENETRATE MURKY ATMOSPHERE.



WHO WAS PRESIDENT WHEN ANDREW MELLON WAS TREASURER OF THE UNITED STATES?

ANSWER: Andrew Mellon was never treasurer of the United States. He was secretary of the Treasury under Harding, Coolidge and Hoover.

NEXT: By what name was Cincinnati once known?

## VENERABLE WRITER

HORIZONTAL Answer to Previous Puzzle

- |                                    |  |
|------------------------------------|--|
| 1 Pictured aged writer in England. | 14 One who runs away.                              |
| 2 Artificial silk.                 | 15 Arranged in layers.                             |
| 3 Therefore.                       | 16 Black mineral.                                  |
| 4 Galic.                           | 17 Pig pen.  |
| 5 Demise.                          | 18 Stocking tear.                                  |
| 6 Folding bed.                     | 19 Marsh.  |
| 7 Preserves.                       | 20 Natural power.                                  |
| 8 Credit (abbr.).                  | 21 Moisture.                                       |
| 9 Aromatic.                        | 22 Den.  |
| 10 Yet.                            | 23 Freedom of access.                              |
| 11 Nominal value.                  | 24 Opposed to.                                     |
| 12 To warble.                      | 25 Furnishing.                                     |
| 13 Middy.                          | 26 To go to sleep.                                 |
| 14 Not as many.                    | 27 Blunder.  |
| 15 College official.               | 28 Hops kiln.                                      |
| 16 Tow boat.                       | 29 Cereal grass.                                   |
| 17 Long tiresome speeches.         | 30 5 Pep.  |
| 18 Humor.                          | 31 6 Finished.                                     |
| 19 Right (abbr.).                  | 32 7 Scapegrace.                                   |
| 20 Perched.                        | 33 8 Pertaining to ashes.                          |
| 21 Opposed to bottom.              | 34 9 Musical note.                                 |
| 22 Railroad (abbr.).               | 35 10 He is a world-famous.                        |
|                                    | 36 11 He has an or singular personality.           |
|                                    | 37 12 He is a world-famous.                        |
|                                    | 38 13 He is a world-famous.                        |
|                                    | 39 14 One who runs away.                           |
|                                    | 40 15 Arranged in layers.                          |
|                                    | 41 16 Black mineral.                               |
|                                    | 42 17 Pig pen.                                     |
|                                    | 43 18 Stocking tear.                               |
|                                    | 44 19 Marsh.                                       |
|                                    | 45 20 Natural power.                               |
|                                    | 46 21 Moisture.                                    |
|                                    | 47 22 Den.   |
|                                    | 48 23 Freedom of access.                           |
|                                    | 49 24 Opposed to.                                  |
|                                    | 50 25 Furnishing.                                  |
|                                    | 51 26 To go to sleep.                              |
|                                    | 52 27 Blunder.                                     |
|                                    | 53 28 Hops kiln.                                   |
|                                    | 54 29 Cereal grass.                                |
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|                                    | 57 32 7 Scapegrace.                                |
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## POP—Pop's Right

