

A PICTURE GALLERY OF WEEKLY NEWS

T.C.A.'S TOP HOSTESS



Edith "Betty" Hemingson

"The same principles of courtesy, mutual consideration and good nature apply to travel by air as by any other mode of transportation. But there are quite a few special customs peculiar to air travel. First-time women fliers will do well to become acquainted with them before taking off on that contemplated trip," says Edith "Betty" Hemingson, chief supervisor of stewardesses for Trans-Canada Air Lines, in an interview on "How And What To Do In The Air".

Miss Hemingson, who is just 27, has under her jurisdiction 96 stewardesses flying T.C.A.'s 5,299 miles of airways from Newfoundland to Victoria in British Columbia.

Dress for Comfort

There is no particular costume more appropriate to air travel than any other. Remember that you go very far very fast, and thus may leave Toronto, Montreal or Winnipeg, for instance, with snow on the ground and a short time later arrive on the Pacific Coast where the temperature is a good deal higher. And remember it's best to dress for comfort when you dress to fly, so that you can thoroughly enjoy the experience of flying.

Travelling by air is the one situation where it is perfectly proper to chew gum—in fact it is recommended before starting to come down, for swallowing helps to relieve the ear pressure of quickly changing altitudes. The stewardess regularly offers you a stick or two.

Be Sociable

It is entirely proper for strangers to strike up a conversation. The experience of flying definitely establishes the propriety of acquaintance-making without introductions.

Don't be afraid to ask the stewardess questions; where you are; what kind of clouds you're flying over; what keeps the plane up—anything at all. The stewardess knows all the answers.

Fasten your belt when it is indicated by the illuminated sign up forward. The most seasoned travellers know it is a safety precaution on taking off and landing. Don't smoke when the cabin sign says "NO".

Rest Comfortably

Alcoholic beverages are not served, nor is drinking aboard permitted. On all flights covering meal-time, you will be served a delicious meal. This is part of your passage and you should not offer to pay for it. A hooded light above your seat provides every comfort in reading the latest newspapers, magazines, or route maps which are available from the stewardess. At night the cabin lights are dimmed and you may sleep if you wish. The stewardess will supply a head pillow and blanket and adjust your seat to a comfortable reclining position. Do not offer any tips, T.C.A. employees are not permitted to accept them.

Expert Care With Baby

It is very comfortable travelling for the baby, no matter what age. Thirty-six hours is supposed to be the record to date. If you have sufficient feedings for the duration of the flight the stewardess will also help prepare feedings and supply Pabulum and baby powder. The stewardess will gladly heat a formula. She is a registered nurse and has had special courses in child care.

There is a washroom, toilet and dressing facilities at the rear of each plane.

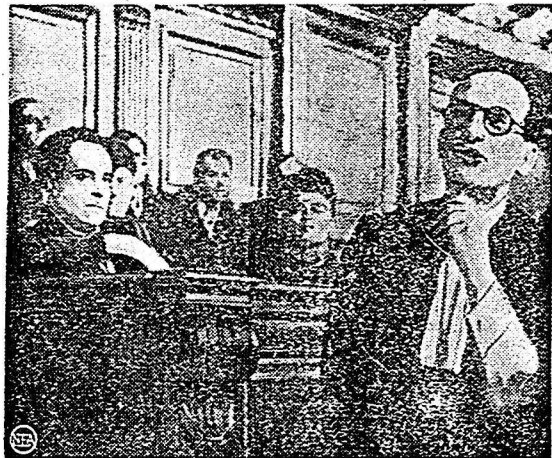
Raw cabbage is in the same class as citrus fruits and tomatoes when it comes to vitamin C.



SUN.	MON.	TUES.	WED.	THU.	FRI.	SAT.
Roast Lamb	Cold Lamb	Creamed Egg on Waffles	Braised Short Ribs of Beef	Sausages	Fish Loaf	Minute Steaks
Group C	left-over	unrationed	Group D	Group D	unrationed	Group B
4 lbs 2 coupons			2 lbs 6 tokens	1 lb 3 tokens		1 lb 5 tokens
2 tokens left over						

Roast loin of lamb should prove a popular choice for ushering in another week of good eating. It calls for a flavor partner of mint jelly or sauce, and in honour of Saint Patrick serve a green vegetable favorite. On Monday the cold meat will team pleasantly with a fluffy combine of mashed potato and turnip and a dish of creamed celery. Well suited to the meatless Tuesday fashion are crisp waffles topped with creamed eggs and accompanied by some colorful vegetables to keep your family vitamin and mineral healthy. Braised short ribs of beef will provide a succulent meal for Wednesday, and sausages are a token-penny-wise purchase for Thursday. For Friday a jellied fish loaf centering a platter of salad greens would bring an accent of spring to the table, and could be preceded by bowls of warming soup. Minute steaks make a quickly prepared and taste-tantalizing meal for Saturday. Remaining will be two tokens to augment your purchases for the unexpected guest, or to aid your lunch-time problems.

THIS PLEA FAILED



Despite plea by his lawyer, a Paris court found Dr. Marcel Petiot, in prisoner's box, left, guilty of killing 25 persons, and sentenced him to death. Petiot confessed slaying 63, but contended his crimes were patriotic.

"I'M A BIG BEAR NOW, MAMA"



May I go swimming, mama? appears to be the question of this baby polar bear to its mother, Rosie, on its first venture in the open of the San Diego, California, zoo.

EVERYBODY HAPPY



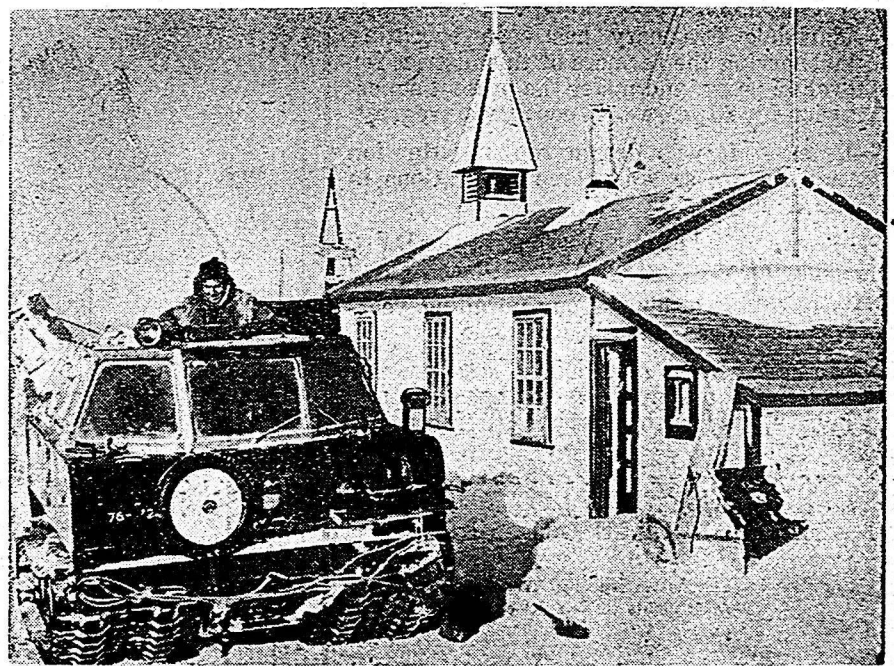
Two-year-old "Vicki" takes her famous parents, Harry James and Betty Grable, for a hike at their new ranch in the San Fernando valley. The three spend every week-end possible at the ranch and Harry and Betty actually do many of the chores.

HAMPSHIRE RAM FROM ENGLAND



First imported Hampshire ram to arrive in Peterboro county, Ont., is a registered animal from the farm of C. M. Hope of Pangborne Berks, Eng. Shipped from England about the middle of January, it reached its new owner, N. McConkey, recently.

MUSKOX PASSES HALF-WAY MARK



Air Liaison Officer with Operation Muskox, Ft.-Lieut. H. P. Kent of Toronto is shown as he poked his head out of an army snowmobile when it drew up alongside the Oblate mission house at Baker Lake. The expedition has passed the half-way mark.