Of Interest to Women

Menu Hints

Recipes for New and Nevel Danhos, Household Ideas and

DANGEROUS DIETING By Betty Barclay

Sugrestions

Some day our super-educated great grandchildren will be horrified as the read articles dealing with this diet age in which we live to-day.

Women, whose proper weight should be 136 pounds, and who weight 120, will go to almost any extreme to bring their weight down to 110-because they have not bet learned that stream-lining is out of date so far as the human form b conceined. Even men have been known to go on citets that bring disastrous re-Children thank heaven, ignor this fud-but children in diet-cruzed homes, often suffer because a dieting mother keeps from temptation by refusing to place many of her favorite nourishing foods on the table.

And here's a point that many overlook Healthy women, seeking slimness, stare active husbands who care nothing about dieting personally, but insist upon the fare that is prepared by friend wife. In far foo many cases, husbands develop into under-nourished, under-weight, sacrifices to this foolish fad.

Shut your eyes, think up a diet plan of your own, publish it, and you will get hundreds of followers. The plan may be the most dangerous diet in the world --vet followers will flock to your stan-

Please do not think for a moment that I do not believe in diets. Proper diets complaint is against the diet fads that

"Drink two glasses of water before each

weighty

Simple diet, isn't it? Any liquid may be substituted for water, provided it is a healthful liquid of little sugar or energy

of the Ladies' Aid Society. be appreciated by those of you who are healthy, slightly overweight, and sensible enough to keep away from dangerous civilian defense.-Manchester Guardian dieting:

BAKED BEETS WITH ORANGE

21 cups sliced raw beets 1 cup orange juice

1 teaspoon grated orange peel 1 tablespoon butter 1 teaspoon salt

Peel raw beets as thinly as possible and slice quite thin into a greased baking dish. Add the rest of the ingredients. Cover closely and bake I hour in a moderate oven (550 degrees F.)

CHRYSANTHEMUM SALAD

(Serves 6) 6 navel oranges Lettuce Apples

Make chrysanthemum cups of oranges. Cut the orange meat in pieces, combine with long, slender pieces or apple and fill shells. Serve any preferred dressing

CANADA RANKS HIGH

IN MINERAL OUTPUT

From a relatively minor position only 25 years ago, says an article in the Canadian National Magazine, Canadian nine production and export of mine profiducts have risen to the place where Canada now ranks as one of the principal sources of supply for many of important minerals. Three Provinces, Ontario. British Columbia and Quebec, contribute 80 per cent. of the total, or 90 per cent of the metal production. Two Provinces. Nova Scotta and Alberta, are responsible for 75 per cent, of the fuel production Seventy-five per cent of the non-metallic production other than fuel is from Ontario and Quebec.

last year's metal production in Canada, the article goes on, included more than 265,000 tons of copper, 205,000 tons of lead, 185 000 tons of zinc 112,000 tons of nickel, 4,000,000 ounces of gold and 22,000,000 ounces of silver Timong the non-metallic items were 15,775,000 toris of coal, 410,000 tons of asbestos, 1,000,000 tons of gypsum, almost 400,000 tons of common salt and 3,000,000 barrels of

Hints on Fashions

Everybody's Favorite Among Fashion Revivals



Blue Serge in Light Weave Along with all the other-fashion re-

cueting a study, are very destrable. My most everybody. It is good old blue serge, but in light weave, and it is used. for this pretty frock that can go places Now, here's a diet that should reduce all day long. The basque top dips down and could be used by thousands of in a point at a rather low waistline and healthy people who are a little too fastens with white pearl buttons. A neckband of white plane ties in a bow. and sleeves are edged with the plane. The skirt is seamed into inverted box blowers are also essential in arriving at pleats with a slight flare.

A LESSON LEARNED

fore any real check was put on the in those districts of Canada where muisyears, let's continue with these foods. If army's wholesale recruitment of skilled ture in seed is of some importance, moiswe want to lose a little weight, let's eat; munition workers; .it took 15 months ture testers are necessary. In other smaller quantities. If we simply must before a government committee started cases an ultra-violet lamp must be used cat, let's fill up on fruit cups, salads, and to frame lists of occupants requiringg in determining the purity of the seed 'bght vegetables, which are more bealth- protection for the maintenance of national But there are many other pieces of ful than the fatty and starchy foods. trade and food supply, and it was only necessary equipment brought into use be-That's all the average person needs after the war had been running 18 fore the test can be completed. There months that a comprehensive list of are sieves of different shapes and sizes; Drink a larger glass of orange juice "certified occupants" emerged. We have dissecting needles: forceps, analysing at breakfast and refuse the second egg learnt our lesson, and the "schedule of knives, scoops, petri dishes for holding, or chep Eat a good fruit or evgetable; reserved occupations" issued recently is especially when under the microscope salad at lunch instead of chocolate cream an attempt to do in advance what was aluminum cups; glass_vals. fannels_ pie. Serve a salad and leafy vegetables only accomplished after so much waste scapels for separating seed, and man

at dinner. Never mind the diet that Mrs. and friction in the middle of the last other gadgegts without which no proper Jones recommended at the last meeting! war. Its immediate purpose is to secure purity test can be completed. that the essential labor force needed for a country at war shall be kept intact; and shall not be drained in advance by hife! the demands of the various kinds of

MANY GADGETS USED IN SEED PURITY TEST

The mere statement that certain seeds have been submitted to a laboratory for purity tests gives no indication of the exacting work entailored nor fof nany intricate scientific instruments necessary for that analysis. First the analyst himself, he requires' eyes, patience, a strict concern for curacy, and he must work in light, This is very important, windows of the purity laboratory, states George A. Elliott, Laboratory Services. Plant Products Division, Dominion Department of Agriculture, should north it possible. This is to escape the each year whether the game is worth the color of the surface on which samples puts upon the children and the disare worked depend upon individual tasts organizing effect it must surely have and are important. Some analysts have upon their school work. And then, too found that desks painted a plush-green however great a success the Festival are helpful. Other analysts use an arm al pears to be, there is bound to be dis-

aid in avoiding fathere are two kinds of reading leases. A transd please everyone, so we have burt feellens and a pocket dens are also necessary, and no laboratory is properly equip- hand and on the other a perfectly justiped unless it has one or more binoculars. a compound pitchescope and analytical that the Music Festival is very desirable bulances. These balances are also called chemical balances and are essential in the determination of pure seed. The peolipe are anything like me, you will feel most important consideration in the as if you were on a see-saw in regard

selection of an analytical balance, apart to the Festival. First one way, then an from its cost, is its sensitiveness. Tor- other--I never can make up my mind sion balances are also necessary and, whether I think it is a good thing or while they do not possess as high a not. Certainly I think music should be sensitivity of analytical balances, they taught in every school, but I'm afraid blave the characteristics of rapidity, sen- think of the Festival rather as a rosesitiveness, and dependable accuracy, bush that needs pruning. You know Scales for weighing larger quantities how it is even the most perfect rose than are used in pure seed tests are part will become a briar if allowed to grow vivals has come one that is pleasing to of the everyday equipment of a seed unchecked

> Seed-counting instruments, which count out a specified number of seeds generally 100, by means of suction through small holes unified in a brass plate, are also necessary, as are seedstying instruments, which ensure an accurate well-mixed sample for a test. Seed a pure seed content of any sample

In order to assist in arriving at the pure seed percentage of many grass samples, especially bluegrass and orchard grass, transmitted light is used through In the last war it took 10 months be- what is known as a diaphanoscope, and

Jones--Well, how do you find married

"Bones -- Great fun! My wife cooks and I guess what the dish is!

Chronicles of. . Ginger Farm

Written Specially for The Acton Free Press GWENDOLINE P. CLARKE

A Music Pestival in housecleaning time doesn't exactly speed up the work That is how I find it, anyway. Not that I put in three whole days at the Festival but I did put in part of every day, and had two late nights in succession. And late nights and I don't agree, so it took me Saturday and Sunday to get back to normal. However, I wouldn't have missferc ed the Festival, although I do wonder everybody-the school teachers, the music leachers, the Festival Executive to say nothing of the nervous strain i rest, or purity board, which is a great satisfaction among a certain number of people sometimes the greater number As to the necessary instruments. There It is impossible for the adjudicators to mgs and a sense of injustice on the or hable feeling of pride and the opinion

So there if is and if the rest of you

Would you believe it we are actually experimenting with Daylight Saving Time The result so far has been rather amusing. It is my custom to collect the eggs several times during the forenoonthat seems to be the surest way to keep the hens from eating eggs. To my surprise, when I went after the eggs for the first time this morning, there were only about six, and I wondered what on earth had happened to the biddles. Then I remembered. The hens, of course, were

still on Standard Time. My menfolk are getting a rise out o pretend to be surprised when I get the meals and Partner will insist that later or he intends coming in to supper on Standard Time We shall see!

To-day is the first day, of May, and Partner was out on the land for the first time this spring. He says he is not at at! pleased with the way the land is working up. There is plenty of moisture down under but the top soil is hard and baked and just breaks up in chunks. The grass does not seem to be making any headway either, and along the fence at the back of the house, where the ground is usually thick with May flowers, this year there are only just a few here and there. But my daffodils are out in full bloom I don't know why it is but our daffies are always the first ones out in this district.

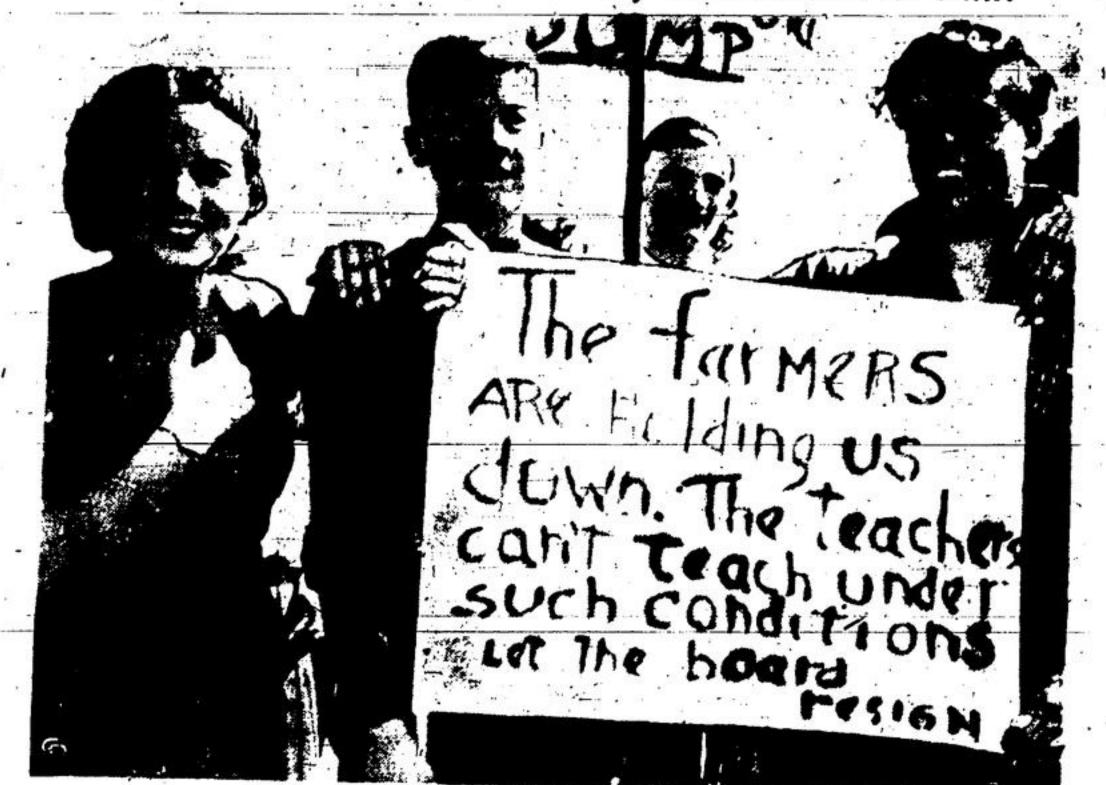
Yesterday our Son and one of his boy friends took the car and went over to the Malton airport. I think they were a little disappointed with the trip. They were not allowed on the grounds at all There were plenty of sight-seers around but none of the flying field officials were anywhere in sight. There were two Transport planes in the hangars, but asthey were under cover the boys could only see them through the glass enclosure. However, they had the trip, and as it was the first time Son has had the car away from home for any distance. I suppose he likely got quite a thrill out of that.

When we went to the Pestival, Son was driving. After I got out, Son went to park the car and before he knew what was happening, a traffic officer was after him to show his permit. Hseemed quite-surprised when Son was able to produce it. I was very glad when I heard about it-it takes a joit like that once in a while to keep youngsters from getting too sure of them

Would you like to hear my latest housecleaning adventure? I had been painting, and Son told me that to keep a skin from forming on the paint I should turn the can upside down for a little while. So I did; and then decided to put the can of paint in another place. So I lifted the can very carefully and as I walked across the dining-room with it- I stopped, lifted the can-still upside doler -fairly high, so I could see if the lid was on quite tight. It wasn't! And the paint went all over the floor. Portunately the can was only about a quarter full and the paint didn't go anywhere else but on the floor. , But that, believe me, was quite enough. Why it didn't spread itself all over my face is more than I can guess. But it didn't-so I am naturally thankful for small mercies. And after all. I did keep a skin from forming on

GEE THE WORLD OF TOMORROW At the World's Fair of TODAY! NEW YORK \$18 ROUND TRIP ATTRACTIVE TOURS IN NEW YORK INCLUDING TAXI TO HOTEL ASSURED HOTEL ACCOMMODATION ADMISSION TO FAIR GROUNDS SIGHTSEEING TOUR OF FAIR GROUNDS SIGHTSEEING TOUR OF NEW YORK AND OTHER ENTERTAINMENT Reservations must be made at least a week in advanc-Descriptive folder and complete information at HAROLD WILES PHONE 58 GRAY"COACH LINES

Students Return to School They Condemned as Unfit



school, 300 pupals of Port Haney, B.C., tropped back to They had trooped out of the school, parading with signs such as the Above, but the strike-

unlighted | ended after three days, when the Students Council voted 11-5 for returning to classes. "Too many girls on the Council!" exclaimed some of the frate males.

2000 Men, 4 Engines for Canadian National Movement of Royal Train



SUPERVISORY OFFICERS - ENGINEERING STAFF - INSPECTORS SERVICE MEN . MAINTENANCE MEN 2000

This diagrammatic outline summarizes man power-Royal Train included engineers, architects, decorand steam power required for the actual opera, ators and a greatly diversified force of craftsmen tion of the Royal Train during its movement over engaged in work on the units of the Royal Train lines of the Canadian National Railways, but ber which were remodelled and redecorated in the youd those numbers representing men and power, shops of the Canadian National Railways. This work even larger, numbers of men will be employed to in the National System shops included the preparaensure the smooth despatch of the Royal Train tion of the cars in which Their Majesties, King These other men will be along the right of way. George VI and Queen Elizabeth, will actually train signal towers, despatchers' offices, at crossings, vel. Four of the CNR engines which will haul and extending further to engineering forces and the Royal Train are being finished in Royal blue. supervisory officials. Even beyond that, other em- A fifth engine, an oil Burner, will be used to baul ployees who participated in the preparation of the train through the Rocky Mountains.

Princess Pictured on 13th Birthday



A charming photo of Princess Elizabeth taken on the morning of her 13th birthday. - The Princess had just enjoyed a ride in Windsor park with her father, the King, and her sister, Princess Margaret Rose, when she posed for this picture.