"There are two problems that con-

each adult, a quart for each child.

wheat bread. 7. Butter three times a

as the essentials of an adequate diet.

Production of Canada's, petroleum

year. Truring 1910 Canada's refiner-

rated capacity, handling 1,443,258,451

gallons of imported crude oil and 302.-

235,830 gallons of crude oil and ab-

sorption gasoline from Canadian

Canadian refinery production of

983,106 gallons with a refinery selling

value of \$71,226,944. The gallonage

made was the greatest on record. Ab-

sorption plants in Alberta furnished

8,538,070 gallons of natural gasoline

during the year. Imports of gasoline

amounted to 105,586,068 gallons, and

for the Year was 896,528,828 gallons.

Production of fuel and gas oils tex-

cluding any made and used for crack-

ing processes) totalled 598,913,302 gal-

lons, of which 537,628,161 gallons were

made for sale and 61,284,685 gallons

-for use as fuel - in the producing

plants. Imports amounted to 101,-

805,725 gallons. Refinery stocks at

the end of the year stood at 92,710,869

gallons, or about 2112 million gallons

more than in 1939. The apparent

distillates was 23,797,763 gallons in

salt, to make nutritious partners for

The state of the s

front us at this time: the correction

of physical defects and the general

improvement of the standards

health by adequate diet."

Canadians Are

Midst of Plenty

Agriculture Carried On Under Difficulties of War

tractors are kept going long hours.

ling and harvesting operations.

gunned from the air.

about \$13.00.

Farmers observe the same black-

experienced farmers, now with the

Canadian Army in England, were

sent to farms near their camps to

because the khaki uniform does not

There is some grouching and com-

This is the 15th of a series of articles on conditions in Wartime Britain and parts of Europe, Written for the weekly newspapers of Canada by their own representative, Hugh Templin, of The Fergus News-Record.

tions as I would have liked, but I was pose of the oggs as they like. Many and firmly with three to four inches standard of health of the youth of able to pick up a good deal of infor- town and village families keep a few of soll. mation in trips outside London.

important a place as the soldiers or "club," with several neighbors pro- to live. the munition workers. . One hears viding scraps and having a share in The trees should be carried in that said sometimes of Canadian far- the hog. mers, but while there may be some doubt in Canada, there is none in Eng- England surprised me. Many of them Take one tree out at a time and be

Before the war, more than half the where gasoline and fuel oil are de- is taken out of the pall. food consumed in Britain was import- cidedly scarce, I did not expect to It is usually advisable to plant European countries, or from Canada another evidence of the desperate tion rather than placing them for animals was imported and a large part of the chicken and hog feed.

The people of Britain must ent. All imports from Europe have been cut off, except occasional shipments of oranges from Spain and Portugal, All imported food must be brought from Canada or farther away. That costs money and lives. Shipping space is precious. It cannot be used for animal foods or bulky articles such as packaged breakfast cereals. And every ton of extra food that can be produced in Britain is desperately needed. Cost has become a secondary consid-

Farmers Told What to Raise

farm and have dropped a bomb on an acre was offered to farmers for every acre of new land brought under the chance that it might be a factory.

A Canadian, travelling in England where farmers were attacked in dayevery acre of land is in use. There are no unsightly fence-corners. For of extra land are cultivated.

tural Committee, and these, in turn. Farm help is scarce, of course. Dur- it properly in the hole, while the appoint committees in all districts ing the harvest months last fall, many agricultural colleges have been closed. help out. They did a good job. One and professors and other experts farmer reports that they were far serve as full-time advisers on these better than any hired help be could

Every farmer is, interviewed every longer hours undrudgingly --venr or oftener. He is told what he must grow. The committee may even in Britain is the Women's Land Army. go so far as to give him a plan of It is not as popular as some of the his fields, telling him what to plant other branches of the service; possibly

That sounds drastic, and is drastic, look as well as the Air Force or the Actually, in practice, the system is Women's Royal Naval Services. Their largely voluntary, because nearly all jobs may lack some of the glamor, bill farmers are willing and anxious to too. But there is no doubt about co-operate as a patriotic duty. They their usefulness. I suppose that in pride themselves that they still live some cases they take the place of in a democratic country and because hired men, but those I saw seemed their own neighbors are on the com- to be working in threshing gangs." mittees, the plan works largely as a going from farm to farm in groups. voluntary co-operation. But to an outsider it looks rather different. If plaining, of course. We heard one

a farmer will not co-operate, the poultry farmer say that he was alcommittee has power to force him most out of business, in spite of th to do so. If he is entirely incompe- scarcity of eggs. He could not get tent to produce more, he may be enough feed for his rather large flock. Britain's nursing mothers and chiltaken from his farm. A few rugged And he didn't think the distribution dren will have another 3,000,000 galindividuals have even gone to jail

Essential foods Come First If the British farmer does not pro- county committees evidently guess water in dairies and milk-receiving. The butput of tractor and engine duce more, many people will go wrong. As so often happens with deposits hungry and some starve. Therefore, farm produce, an article that is scarce. An enormous quantity of water is 1940, and the apparent consumption the committees concentrate on the one year will be overgrown the next, used for washing out churns, lids and was 27,939,810 gallons production of those foods which will In the spring of 1941, onions were troughs, as well as for cleaning down About 96 per cent. of Canada's dogo farthest toward feeding as many seldom to be had at any price Last floors on which milk has been spilt, mestic crude petroleum production as possible, and they try to cut out fall, there-were too many onions and mid-this-waste water frequently car- comes from the Turner Valley field :waste of all'kinds. Wheat and potato a danger that some would rot production seems to have sourced Oats | Vegetables were plentiful and they; the milk-handled. Thus, if the quan- and Resources reports that 176 wells are largely grown and alfalfa seemed helped fill out many a meal in Britain, tity of washing water is about the were in operation in this field at the to me to be a favorite crop. The in the past few months. Literally mil- same as the quantity of milk dealt end of 1911, of which 39 were brought growing season last year was excel- lions of persons were growing vegets with, a milk depot handling 10,000 into production during that year lent, with a damp summer and a long, lables in their private gardens or "al- gallons of milk a day may also dissunny autumn. The second crop of lotments". They had sacrificed many charge each day 10,000 gallons of

I saw strange objects in many of garden still had roses, and the blooms 100 gallons of milk of hay or grain wound around with; must have, cheered many. English, also the trouble caused by the efting I learned that they were tem- visitor on ensilage as the best method of Prime Minister Churchill wrote to a tories and on a large scale show that Cut dry bread into cubes or lingers.

producing the most cattle feed There are other makeshifts A pro- | workers cess has been discovered for making the pigs.

mittees as thoroughly as field crops. the war started.

The Care and Planting of Small Trees

receiving small forest trees from the mila suffer from physical conditions For instance, an attempt has been Ontario, Division of Reforestation in and defects that are associated with made to weed out inferior cows, les- the next few weeks. A few sugges- mainutrition, according to Dr. J. J. soning the number, while keeping up tions on the care and planting of Heagerty, 'Chief Executive Assistant the milk supply. Sheep are also con- them will be given, as many trees die in the public health division of the sidered essential, -Hogs have been re- because they are not properly planted, department of pensions and national leaders in many countries calling for duced drasticalty in numbers. They The roots should be kept moist until health, writing in a recent issue of an increased birthrate to meet the used much imported feed. So did the planted and it is advisable to unpack "Canadian Welfare." He continues: drain of war, let's see how many chickens. Besides, it doesn't take so them inside or in the shade. Fill a "The rejections that have taken place bables are actually being born, par-No doubt many readers of Canad- long to build up their numbers again. tub with water and place the trees among applicants for enlistment ladi- ticularly in the warring nations. ian weekly newspapers would like to As a result, pork and eggs are very with the roots down in the tub. They cates that mainutrition, is general. Figures on the birthrate (the numknow something of agriculture in war-scarce. All owners of poultry flocks will be all right for several days and among the younger generation. Med- ber of live births per 1,000 population) time Britain, and how the farmer with more than 50 birds must sell can be transported to the planting leal services were shown to be inade- show there has been a steady defares. Travelling with a group of edi- their eggs to the Government. They site in the tub. The trees may be quate and an unduly large percentage crease in the birthrate in all civilized tors of city papers, I had not as much get a certain wheat ration in return. held several weeks by digging a of the population does not receive nations since 1880 until the last few opportunity to study farming condi- Those with less than 50 hens can dis- trench and covering the roots well minimum medical attention. The low

hens, or even a pig, feeding them the The earlier the trees are planted in defects, leaves them open to commun-The farmers in Britain fill just as scraps. Or a pig may be kept by a the spring the more likely they are leable diseases.

pail with the roots completely im-.The number of tractors in use in mersed in water when being planted. land and Scotland. were-made-in_Canada. In a country sure the hole is ready before the tree

ed, either from Denmark and other see so many tractors, but this was the trees in their permanent locathere is almost sure to be a heavy There is one handicap which those loss when the trees are moved. Debe thought of by one who had not difficult to transplant evergreens over seen their countryside. These fields eighteen inches in height unless par- ada, and declares that from it was about 14.2 for 1942.

are full of traps for planes and some- ticular care is taken. The trees are not usually watered of several types, but all take up space when planted or later, but watering that should be of particular value and it must take time and trouble both when the tree is planted and during war-time and the post war driving around them in seeding, til- later in periods of drought is worth- period.

If the land has been plowed and out regulations as people in towns cultivated, the trees may be planted and cities. I am not sure that this is in the same manner as cabbage compulsory, but it is the wise thing tomatoe plants. Cultivation to do. There are many instances in benefit the trees as it tends to lower e war ac earlier months where hostile pilots the morfality and increases the year-

have seen a gleam of light from a ly growth of small trees. Sod land may be spot planted the ground may be furrowed.

The sod is removed from a one to There have also been some instances two foot square and the tree is plantfor the first time, gets the idea that light raids and their stock machine- ed in the centre of the square. Make one side of the hole straight (perpen-In many ways, the British farmer dicular) and be sure the hole is deep able preferably raw. 5. Two servings available on Japan now. is probably better off than ever be- enough as the roots should not be of fruit, preferably one raw or a sub-Evidently wood and fencing materials forc. His hired man is in the same turned up. Place the tree against the stitution of tomato juice. 6. One position. Prices of all kinds of farm | perpendicular side and be sure to Most fields are smaller than in this produce are set by the Government have the tree the same depth as it country and the farms all look neat high enough to ensure a profit. And was in the nursery. The ground line and tidy. But evidently there was wages of farm laborers are also set. may be seen on the stem. Put the much waste land, not only on large When I was in England in October, loose soil around the roots and firm estates but on small farms. Swampy the time was approaching when the it well by pressing the foot with pleces have been drained; meadows minimum farm wages would be set weight behind it on the loose earth. Record that were in grass for hundreds of for 1942. The hired men were asking Do not put sod back as grass around years have been turned over by the for 60 shillings weekly, and seemed the tree takes moisture that would Refinery Output plow and actually millions of acres likely to get about 55 'shillings, or otherwise soak around the tree roots. Leave a depression around the tree to collect water.

empted from conscription, enjoy the take the tree out of the pall and hold same standing as munition workers. man with the spade or shovel places \$103,494,238 in the previous, record

the earth back around the rosts. Planting in a furrow eliminates a les operated at about 63 per cent, of lot of hard labor and speeds the plantfurrow is plawed every six feet if the spacing is six feet, which is the spac-

get in his own country, working far ing recommended for evergreens. The trees are planted in the bot-One of the Women's Auxiliary units tom of the furrow. Do not heap earth around the tree, but dig a hole in the bottom of the furrow. Leave the furrow open, because the filled furrows would not collect the moisture and it is also unnecessary work. not plow up and down, but around a

> the apparent Canadian consumption The trees do not require to be straight lines unless they are to be

Milk In Rivers

Saved for Britain's Mothers and

consumption of fuel and gascoils in of eggs was well-carried out, some of tons of milk a year as the result of Canada for 1940 was 676,586,326 galthem going bad. In other cases, the a new method of dealing with waste lons

tries away from 0.5 to 1.0 per cent, of in Alberta. The Department of Mines

of their flowers, though nearly every waste water containing from 60 to There's Some Use the fields, which I took to be stacks in September and even in October. In addition to this wastage there is For Every Crumb What looked like tar paper and net- eyes, as they did those of a Canadian feet of the polluted water on streams into which it has been discharged Exc. Every scrap of bread can be put to porary silos Emphasis is being put About the time. I' left England, periments carried out in the labora, some good use

mass meeting of farmers and farm these waste waters can be purified by toast sprinkle with melted butter and filtration in percolating filters Never before, have darmers and During the investigations, milk des soups and salads. To give youngsters a pulpy feed out of a straw on farms farm workers carried such a heavy pots in Britain and in other count an extra treat for breakfast, spread with sufficient water supply. Straw, responsibility as you do in this strain trips were visited, and experiments toast made from leftover slices or chaf is cut up, soaked in caustic gle. Never before have you responds were carried out in the taboratories with butter, dark brown sugar and a soda solution and then washed for a ed to the country's call as you have of the Rothamsted Experimental Sta- dash of cinnamon. Heat and serve long time in running water. It takes done in the last two years. It is due tion. It was soon found, that, by with hot cocoa. This also goes well : the place of turnips. School children in no small measure to the efforts simple modifications in the opera- with afternoon tea. To dry bread, are baid to gather acorns to feed to you have made, in spite of many dif- tions in deposits and factories and by place it in paper sack and place near - ficulties, that we find Jurselves to- greater attention to detail, the quan- stove until very example, or spread, Quality of Farm Stock Improved | day in a better position on the food tities of milk products a thin layer of bread in a shallow, Live stock is controlled by the com- front than at any previous time since carried away in waste water could be pan and place in oven after heat is off Let stand for several hours. greatly reduced.

World's Births Undernourished In Ups-and-Downs While War On

Many residents of Ontario will be Eighty percent of children in Can- Japan's Birthrate Has Been Highest With U. S. Lowest and Canada Putting in Fair Average

Canada's Showing

Birthrate statistics move slowly. Canada's rate for 1940 -subject to minor revision -was 21.4 per 1000 of population, 243,835 living births being registered that year. The rates for the three previous years were:

1939, 20.3; 1938, 20.4 and 1937, 19.8 The average rate per-year for 1931 to Last June, a meeting of public 1935 was 21.2 and for 1926 to 1930. health-officials-and-representatives of

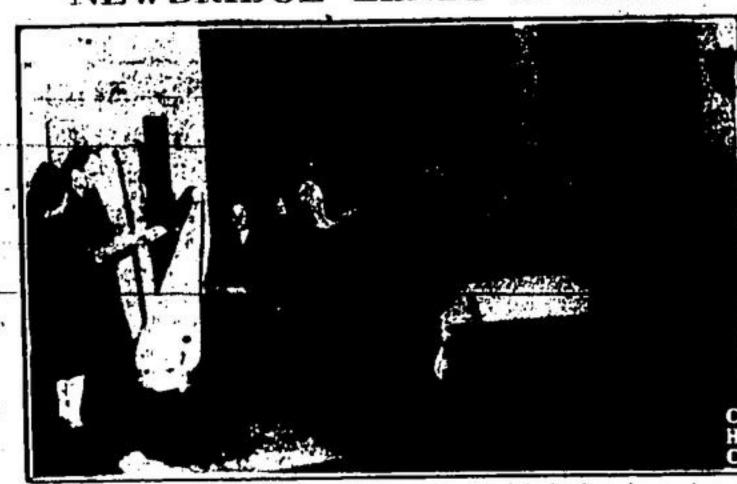
the medical profession was held under | In the United States (after a lon the auspices of the Ministry of Pen- decline which hit a low of 16.6 sions and National Health to discuss 1933) it moved up to 17.6 and in and other places across the oceans. need of food. Private cars, have al- nursery lines for a few years. This present deficiencies in the field of 1938 and in 1941 showed a marked most disappeared from the road but saves the labor of transplanting and public health and the adoption of increase to 19.0, said to be largely farmers close to airports or along the ciduous trees five to ten feet in height This meeting, Dr. Heagerty hails as has shown a very small decrease since namers close to airports or mong the canada moved successfully, but it is one of the most important public 1938, when it was 15.1 and provisional Axis Birthy

Germany's birthrate fell like a waterfall to a record of 14.7 in 1938. spurted upward to 18.0 in 1939 and continued the increase to 20.4 in 1940 The individual housewife, too, has a rise credited to Hitler's steps to a role in solving this national prob- encourage the birth of more children. Italy's birthrate has shown a sysher meals are well balanced and nu- tematic decline for many years and tritious. Her objective is to get as Mussolini's efforts to arrest it have much nutritive value as possible for met with only slight success in the the money available. Every home- last few years. It moved from 22.4 ker should endeavor to include in in 1938 to 23.7 in 1939 and back to be the daily menu: 1. A pint of milk for 23.4 in 1939.

Japan, with the largest birthrate of 2. One dally serving of ment, liver to all (averaging 31.6 from 1931 to 1935 be included in the menu once a week-dropped-from -30.6 in 1937 to 26.7 in 3. One egg. 4. Two servings of veg- 1938 an unusually long skid for so etables, besides potatoes, one veget- short a time. 'No later figures are

DETAINED FOR SAFETY

LONDON, (CP) Number of perday. Nutrition experts name these tion 18B totalled 627 at the end of NEWBRIDGE LENDS A HAND



Newbridge, the up and at 'em town which is fast becoming a household name in every Canadian home, is setting a fine example in several departments. The people of Newbridge are busy holstering morale, rounding up enemy allens, promoting the local war services and generally behaving in a steady fashion. Now Tob Roebuck, J. J.'s son, is going on the farm in the summer vacation just like thousands of other youngsters all over the country who want to help win the war. Here is a typical rehearsal scene with most of the cast and John Duncan, the well-known harpist, whose melodious chords sound the invitation to "Newbridge" ouch weekday evening at 7.30 p.m. EDST 8.30 p.m. A.D.T., from the Toronto studios at the

Don't Let Tour Liver

liverish or their liver is bad! Do you know how serious this is - that it may lead to permanent III health - your wholesystempoisoned and broken down? · Your liver is the largest organ in your hody and most important to your health. It supplies energy to muscles, tissues and glands. I unhealthy, your hody lacks this energy and becomes enfeebled-youthful vim disappears. Again your liver pours out hile to digest food.

get rid of waste and allow proper nourishment to reach your blood. When your liver gets out of order proper digestion and nourishment stop-you're poisoned with the waste that decomposes in your intestines. Nervous troubles and rheumatic pains arise from this poison. You become constipated, stomach and cidneys -can't-work properly. The whole system is affected and you feel "rotten," headachy, backachy, dizzy, tired out-a ready prey

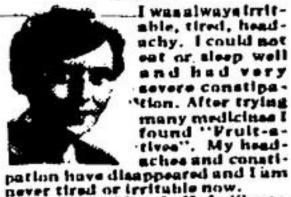
for sickness and disease. Thousands of people are never sick, and have won prompt relief from these miseries with "Improved Fruit-a-tives Liver Tablets." The liver is toned up, the other organs function normally and fasting good health results. Today "Improved Fruit-a-tives" are Canada's largest selling liver tablets. They must be good! Try them yourself NOW. Let "Fruit-a-tives" put you back on the road to lasting healthfeel like a new person. 25c, 50c.

For a long time I felt very miserable with liver trouble

and constipation which brought on such had headuches that I could hardly do my housework. started Frult-atives and felt hetter at once. After using only one

hot the awful headaches were felt like a new waman. Miss J. Duplante, Cornwall, Ont. "EuHared For Years, New Feel

.I was always irrit-



Mrs. J. H. Laliberte.

Montreal, P.Q

. .---

LOYALCITIZENS DO NOT HOARD!

Hoarders are people who buy and store away goods

They want to be in an unfair position over their neighbors.

Hoarders are traitors to their country and their fellow citizens, because by creating excessive and unnecessary demands for goods, they slow down the

There is no excuse for "panic buying" and hoarding. Everyone will have enough, if no one tries to get

Hoarding must stop! Every unnecessary purchase makes it more difficult for Canada to do a full war

THERE'S A LAW AGAINST HOARDING

Violation of the law is punishable by fines up to \$5,000, and imprisonment for as long as two years.

AVOID ALL UNNECESSARY BUYING - AVOID WASTE

beyond their immediate needs.

war effort.

more than a fair share.

It is against the law to buy more than current needs.

MAKE EVERYTHING LAST THE LONGEST TIME POSSIBLE

In cases where it is advisable for you to buy in advance of your immediate requirements - such as your next season's coal supply-you will be encouraged to do so by direct statement from responsible officials.

THE WARTIME PRICES AND TRADE BOARD OTTAWA, CANADA