

### Hormones Confirm Promise With Care

Four years of clinical research have confirmed "without question" the first promise of the hormones ACTH and cortisone, states the Reader's Digest. The article is condensed from Today's Health.

Despite a recent scare concerning the dangers of hormone treatment, many thousands of people who would otherwise be crippled and pain-racked from arthritis are now going about their daily work because they are being treated with ACTH or cortisone. Production miracles have made the hormones more plentiful and reduced their cost.

In 1949, when the beneficial results of big injections of cortisone and ACTH first astounded the medical world, even bigger doses were tried. In some patients, too, a heavy dose "might waterlog the body, lower proteins or over-stimulate the brain." The same amount of hormones that would help one patient might stir up bad effects in another, even while mending sick joints.

Doctors have found that hormone doses can be gauged to individual tolerances. Cortisone, taken orally instead of by injection, has helped patients to fit doses to the ups and downs of their illness.

Medical findings in the past two years have "killed the bog" of bad effects from long treatment, the Digest says. Ills that to-day are being safely combated by the hormones include not only arthritis but inflammation of the eye and optic nerve, bursitis, gout, chronic asthma and many skin troubles.

The hormones, however, are not bell-line medicine. Reader's Digest says, "These doctors warn that they must rule out the mental trouble. If an arthritic has diabetes, high blood pressure, heart trouble or stomach ulcers, hormones must be given with super-care."

### FIGHTING IS NO PICNIC

Sir Sydney Rowell, an Australian general, commented on troops he saw in Korea, how well fed they were, how well equipped and clothed. Then he asked if such a standard could be maintained on a grand scale in a major war, particularly if opposed by an enemy content with the crudest scale of maintenance?

Not so very long ago, comments the Financial Post, the infantryman went into battle carrying almost everything he needed on his own back, ammunition, food, blankets, weapons, entrenching tools and first aid kit. It is true he also had a supply train carrying more munitions and food and equipment but for days at a time the old-time front line troops were virtually self-sufficient.

The Chinese soldiers in Korea, and there were a million of them, pretty well followed that old rule. But not the Canadian, British and American. For everyone of the latter actually in the fighting line, behind there were up to a dozen able-bodied men and all sorts of mechanical transport hauling in tons of supplies, much of which was not at all essential.

Fighting is dirty, tragic business under the best of circumstances. But we are only prolonging it and increasing the cost in blood when we try to turn it into a picnic. It is not a picnic and we can't make it one.

### WINTER WHEATS FOR WEST

Breeding hardy hard red winter wheats is being undertaken at the Lethbridge Experimental Station. Besides the quality of hardiness, resistance to disease, particularly bunt, and winter wheats suitable for irrigated land will be included in the breeding program.

Seed stocks of winter wheats and rye have been produced for distribution to growers.

There is room in Canada for a better and more intensive and intelligent use of farm woodlots.



Hello Homemakers-to-be! You, the fall bride of '53, will be day-dreaming about keeping house. Your mind's eye may see your new kitchen with such photographic clearness that you have mentally wrung out the dish cloth, put the pretty dishes back on the shelf and scuttled back to enjoy it. But face to face with your first actual shopping trip for utensils, you won't know where to begin! Soon, someone (planning a shower) will be quizzing you as to what you want in kitchenware.

**TAKE A TIP**  
1. If you and your fiancé decide on the stove, then you can take the measurements of the oven as a guide to cookie sheets, roasting pan and drop cake tins since cookie sheets should be 2 inches less in each dimension than the oven shelf. The size of muffin pans and layer cake pans should permit placing two on one shelf with a little space at ends and sides of oven.

2. With a range, the best buy will be a set of saucepans in steamer design or wedge shape, and small baking pans are advisable.

3. Your choice of kitchenware should be considered from a standpoint of cost, durability, care required, satisfactory performance and appearance.

4. Efficient cooking pans fit the small or large electric element, have straight sides and lids that set into the rim.

### SUGGESTED LIST OF KITCHENWARE

**A. Cutlery**  
Bread knife, carving knife, utility knife, 2 vegetable knives, meat fork, pair shears (all stainless steel), egg lifter, can opener, bottle opener, knife sharpener, set of cookie cutters, set of measuring spoons, wooden spoon, cutlery box and a set of stainless steel knives, forks and spoons.

**Desirable cutlery:** Pastry blender, krimp, 2 funnels, egg slicer, set skewers, cookie press, vegetable peeler, tongs, onion chopper, nut mincer, skimmer, ladle, apple corer, spatula, biscuit cutters, pancake turner, extra set measuring spoons.

**B. Mixing Utensils**  
Nest of mixing bowls, 1 cup and 1 pint measures, rotary egg beater, potato masher, grater set, wire strainer, reamer, bread board, rolling pin, food chopper, flour sifter, rubber scraper.

**Desirable mixing utensils:** Set of measuring cups, pastry cloth and cover, 2 pitchers, 2 scoops, portable electric mixer, potato ricer, purée, household scales, beverage shaker.

**C. Top of Range Utensils**  
3 saucepans (1 qt., 2 qt., 3 qt. size) with inset lids, double boiler, frying pan or chicken fryer, coffee pot, pressure saucepan, steamer, electric kettle, tea pot.

**Desirable pans:** 1 griddle, waffle iron, toaster, preserving kettle with rack, fry kettle or electric casserole and syrup thermometer.

**D. Oven Cookery Utensils**  
Square cake pan, muffin pan, loaf pan, baking sheet and roasting pan with rack, 1 qt. casserole and 4 ramekins, custard cups, jelly roll pan, 2 pie plates, cake rack, minute minder.

**Desirable:** Another baking sheet, loaf pan, square pan and cake rack.

rack, timbale molds, tube pan (spring bottom), 3 fruit pans, layer pans, 8x10 baking pan, oven proof platter and meat thermometer.

**E. Storage**  
Set of refrigerator dishes with covers, set of oven glass dishes set of canisters, bread box, 2 thermos, plastic covers.

**Desirable:** Individual molds, ring mold, picnic kit, vegetable bag or container, juice container.

**F. Cleaning Utensils**  
12 tea towels (linen), 6 hand towels or paper toweling, oven mitts, dish pan, vegetable brush, broom, dust pan, mop and pail.

**Desirable:** Pot holders, sink strainer, dish drainer, rubber mat, oven mat, dish mop, soap box, radiator brush, scrub brush, dust mop, garbage container.

### THE QUESTION BOX

Mrs. K. T. asks: Can evaporated milk that has spoiled in an open tin be used as sour milk?  
Answer: No. While an open can may spoil, it will not turn sour.

Mrs. N. Mc. asks: Why should a package cake mix result in cakes with lumps and cracks in the centre?  
Answer: Take the following precautions: (1) measure the liquid accurately in measuring cup; (2) do not beat too long; (3) when batter is poured into pan gently drop each pan, held 3 inches above the table; (4) after baking, leave pans upright on the cake rack until lukewarm, then turn out on rack.

### May Meet Family Not Quite So Nice

On holidays in the summer you sometimes meet several very nice families—and perhaps a few who aren't so nice. One family that may fall into the latter bracket is the heat sickness family. The members of this group are heat cramp, heat exhaustion, heat stroke and sun stroke.

Heat cramp, caused by an excessive loss of body salt due to continued exposure to high temperatures, is the least offensive of the group. The symptoms include painful contractions of the muscles of the arms, legs and abdomen.

When a person reacts to long exposure to heat by nausea, headache, giddiness and profuse sweating, the culprit is probably heat exhaustion. When an upset of the body's temperature regulating system, indicated by a dry skin, the stopping of perspiration, high temperature and an upset of the central nervous system is noticed, the patient is probably suffering from heat stroke. With sunstroke the reaction is usually basically similar but there may be a bad sunburn as well.

When a person appears to be suffering from one of these diseases he should be made as comfortable as possible in a cool well-ventilated place. The clothing should be loosened. If the patient is conscious he should be given copious drinks of water, coffee or tea—and smelling salts should be administered. If unconscious, smelling salts and alcohol rubs are helpful. The head should be kept low. Always send for a doctor immediately.

Generally speaking, it is much easier and far more pleasant to avoid meeting this family than to try to be rid of them once they have put in an appearance!

Exposure to the direct rays of the sun should be undertaken gradually. Particularly for young



BORN NEAR ROCKWOOD, Ont., Mr. Lockie McKersie has lived most of his life in Rockwood and the Acton district and has recently opened the Mc-Kersie-Thatcher Funeral Home in Milton.

Mr. Lockie McKersie has lived most of his life in Rockwood and the Acton district and has recently opened the Mc-Kersie-Thatcher Funeral Home in Milton. Educated in Eramosa township and Rockwood schools, he served his apprenticeship in Kitchener at the Ratz-Bechtel Funeral Home, and graduated with honors from the Canadian School of Embalming at Banting Institute, Toronto, in 1941. He then worked with the Trull Funeral Home in Toronto for a year and then was employed by Victor Rumley at Acton. He served three years with the R.C.A.F. during the Second World War and returned to his former position in Acton. He has had extensive experience in all phases of funeral service, and will give Milton and district the finest of service with up-to-date equipment and methods. The Mc-Kersie-Thatcher Funeral Home is situated in one of Milton's fine old residences, centrally located on Main St. An ambulance service will be operated by the firm.

children, first exposures should be of only a few minutes duration. Later on, the exposure periods can be lengthened.

### CRASH

Hitting a stationary object at 50 miles an hour has about the same effect as if you drove off the roof of a seven-story building. You don't have much of a chance!

### Arthritis Disables 100,000 Canadians

According to leading medical authorities, serious crippling and disability due to arthritis could be prevented in about four cases out of five. This point has been demonstrated with almost mathematical accuracy in the United States and has been confirmed by Canadian experience.

Such results can be obtained only where the disease is correctly diagnosed as early as possible—preferably within the first few months of onset—and where proper treatment is started immediately.

According to a survey, there are about 100,000 Canadians totally or partially disabled by arthritis and other rheumatic diseases, of whom about 15,000 are regularly confined to bed or wheelchair. Business and industry lose about 94 million work days and workers lose about \$70 millions in wages alone each year as a result of these diseases.

One important reason why cases are not diagnosed and treated promptly is that many people do not consult their doctor early enough. Anyone who has persistent swelling or inflammation in any joint should consult his doctor at once.

After an absence of many years, a roller coaster is back at this year's Canadian National Exhibition. One of the most up-to-date and safest on the continent, the new Exhibition Flyer will add thrills and excitement to the C.N.E. midway.



MR. MURRAY THATCHER was born in Rockwood and received his education in the Rockwood Public and Continuation Schools, and also attended the Guelph Collegiate and Vocational Institute. Mr. Thatcher is now associated with Mr. L. McKersie in a new funeral home in Milton. He served his apprenticeship at the Victor B. Rumley Funeral Home in Acton. After graduating from the Canadian School of Embalming in Toronto in 1951, Mr. Thatcher continued his association with the Victor B. Rumley Funeral Home until the past month.

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## Announcement

Mr. Lockie McKersie and Mr. Murray Thatcher take pleasure in announcing the establishment of their Funeral Home to serve Milton and district.

Located on the corner of Main and Brown Sts. in Milton in one of the town's fine homes, sincere service and attention will be given.

Well-experienced in funeral direction, both are graduates of the Canadian School of Embalming.

The ambulance service will be operated from the McKersie-Thatcher Funeral Home and modern equipment will be used.

Phone 637, Milton.

## ANOTHER NEW BANK CUSTOMER

Johnny's bank account is one of nearly 9,000,000 now carried by Canadians in the chartered banks — 3,750,000 opened in the last ten years alone. Today, practically everybody goes to the bank. Competition among the banks in all forms of banking service is one of the reasons why you, like Johnny, can expect prompt, efficient, courteous attention to your needs at your own local branch.

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