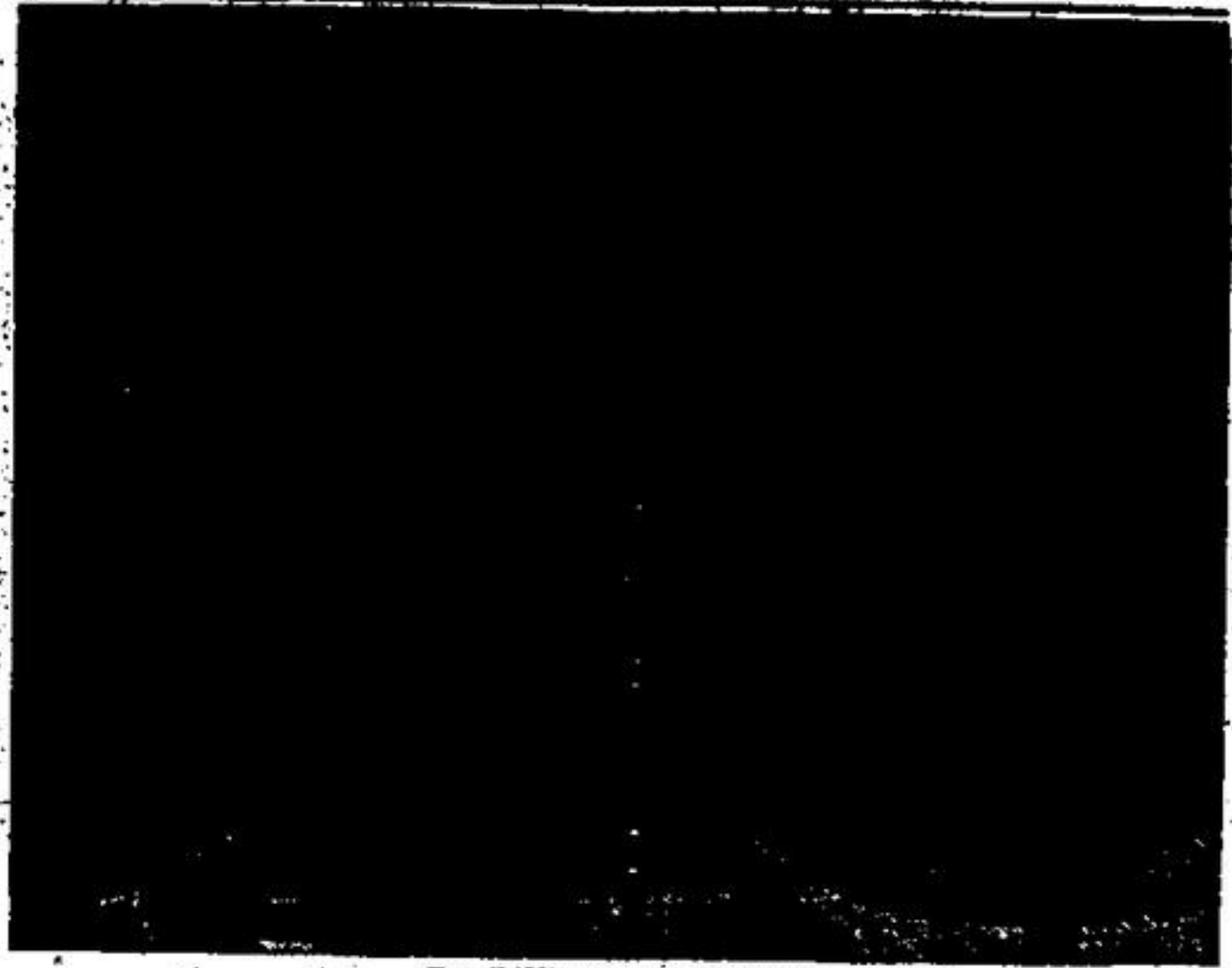


Why Orange Juice?



By BETTY BARCLAY

Child Health Day comes once a year by presidential proclamation—and every day to parents of "the younger generation."

Proper diet, exercise and rest are the recognized "musts" for growth and development—and of these three, diet demands the keenest parental application and supervision. Today when science is adding rapidly to the public knowledge of diet and its relation to health, it is a task sometimes to make sure what foods are necessary and what are mere fads or fashions.

Why, for instance, do doctors prescribe orange juice? From the age of three weeks, today a child is given orange juice in increasing quantities. By the time he goes to school, he drinks a large glass full of orange juice every day, as much as is recommended to Dad and Mother.

The three-ounce daily quantity of orange juice regarded as "reasonable" a year ago, in the light of recent findings by science, is below the protective level needed for vitamin C, which is so important to the child's health.

Failure to grow and gain weight properly, vague aches and pains or both which decay and do not "stand up" are some of the evidences of a border-line scurvy which plenty of orange juice will prevent in the growing child. It is this "run down" condition which frequently baffles parents. To the physician or dentist called upon to diagnose the difficulty, these signs indicate lack of vitamin C, and a lowered resistance to many diseases of childhood.

In no studies of various vitamin deficiencies are the distinguishing marks as clear cut as in the case of vitamin C. It is illustrated by a recent survey of rheumatic fever among children brought to the University of Rochester. Germs of rheumatic fever were found five times as often in the tonsils of children whose blood showed a "low normal" percentage of vitamin C as in the "higher than average" group.

The vitamin C of the blood is directly increased by the amount of citrus fruit in a child's diet.

Even though oranges contained no other factor of therapeutic value than their vitamin C, they rank high in the list of protective foods. California oranges especially are high in vitamin A—as indicated by their deeper yellow juice. They also are abundant in vitamins B₁ and G, as well as in calcium and phosphorus.

One 8-ounce glass of fresh orange juice furnishes 100 calories, or 4 per cent of the energy requirements of a growing child.

It would be regarded as an adequate food if 8 ounces of orange juice contributed only 4 per cent of each of the required protective essentials, the minerals and vitamins. Actually, however, 8 ounces of orange juice or "a large glass" furnishes 8 per cent of the vitamin A, 22 per cent of the vitamin B₁, 100 per cent of the vitamin C, 14 per cent of the vitamin G, 9 per cent of the calcium and 6 per cent of the phosphorus needed each day.

Betty Barclay's HELPFUL HINTS



SEASONABLE SUMMER SALADS

By Betty Barclay

Here and there is a man, yes, and sometimes a woman, who looks at you in disgust when you mention a salad. "Our grandparents did not eat salads," they say, "and they were healthy enough. Why do we have to be served rabbit food and fruit in the form of salads?"

I hardly know what to say first in reply. "Because we like salads" is perhaps the real answer. "Because they are good for us" is the reply of the diet expert. But I usually take up the gauntlet thrown down and prove that grandfathers and grandmothers ate plenty of salad food, even though they knew nothing about salads.

They ate fruit from the orchard, berries from the fields, lettuce, cucumbers, carrots, cabbage and radish from the garden. They nibbled on wild nuts, cut dandelion greens, grew pepper grass and nasturtiums—they gorged on salad foods in season. And in the winter they loudly lamented the fact that such foods were not obtainable.

Today we may enjoy salads the whole year round. Lettuce, peppers, cabbage, oranges, lemons and apples are obtainable at any time—and one can make dozens of tasty salads without going beyond these few foods.

The salad is a light balancing, vitamin-filled delicacy that should appear on the home table daily. And it should appear on the home table daily. And it should be varied, too. Don't get the one-salad-tomato-sliced-on-lettuce habit. This is a good dish but take advantage of new fruits, berries and vegetables as they appear. Choose fruits and vegetables for colour contrast and group attractively. Vary salad greens—lettuce, romaine, chicory, watercress, raw spinach, purple cabbage—making sure they are crisp.

One of our best salad foods is the orange. Colorful, juicy and refreshing it is in the market the year around. It is a foremost source, also, of important vitamin C, which must be eaten each day in some fresh, uncooked food. Lemon juice is also a good source of vitamin C and should be used to make salad dressings more healthful and flavorful.

Use the serving of your salad, too. Let it appear one day as a first course

appetizer, again as a luncheon main dish, or as a surprise dessert. The following recipes are delicious illustrations:

Summer Fruit Combinations

Appetizer salad
(Serves 1)

4 or 5 orange segments
3 or 4 peach slices
2 or 4 pear slices
4 or 5 berries, grapes or cherries

Arrange ingredients on lettuce on individual salad plates. Serve with French dressing. The oranges add a refreshing juicy element to this salad—bringing out the flavor of the other fruits.

Orange Prune Cheese Salad

A main course salad.
(Serves 4)

4 to 5 oranges, peeled and sliced
Lettuce
20 prunes, cooked
1 cup cottage cheese

Arrange 5 orange slices in circle on lettuce-covered salad plate. Center each with a prune stuffed with cheese. Served with any desired dressing.

Variations: Stuff prunes with cream cheese or peanut butter, moistened with orange juice.

Orange Honey Ambrosia Salad

A dessert salad
(Serves 1)

Dip 4 or 5 orange slices in slightly warmed honey which has been placed in a flat bowl or saucer. Then dip both sides of slices in coconut. Arrange on a bed of lettuce and garnish with dots of canned or maraschino cherry pieces or with whole fresh cherries or un-hulled strawberries.

KEEP EGGS COOL

Recently an experimental shipment of 400 cases of eggs in a refrigerator car from London, Ont. to Montreal was closely observed by officials of the Marketing Service, Dominion Department of Agriculture. The result of the experiment was that some of the eggs reached Montreal in perfect condition but with others there was too much deterioration. Cooling of eggs on the farm as quickly as possible after they are laid proves profitable. In the experimental shipment from London, the eggs which had been cooled on the farms and had been kept cool were those which brought the best price in Montreal. The eggs that had not been pre-cooled before being shipped suffered.

Egg inspectors concluded that shipping under refrigeration is not enough. They say that it is as important to get the natural heat out of eggs as quickly as chickens cool milk to get rid of animal heat. They recommended frequent gathering of eggs in wire baskets and immediate cooling in a cellar. Eggs should be as cool as cucumbers and just as fresh.

Al Falls—"Did you know that fellow who is running for office has a glass eye?"

Tim Hay—"No; can you tell which one it is?"

Al Falls—"Yes, you look at both his eyes pretty hard, and the one that has a gleam of human kindness in it is the glass one."

TEACH CHILDREN HOW TO SAVE LIVES

A timely article in "Health", official publication of the Health League of Canada, which has been campaigning for a wider knowledge of artificial respiration methods, is contributed by Wills Macchelin, of the Ontario Hydro-Electric Power Commission. In this article he says:

"The Schafer method of artificial respiration is sometimes known by someone about watering places and bathing benches. It is, of all methods the most satisfactory. It is so simple, that it should be familiar to everyone. It is recommended that senior pupils in the schools, both boys and girls should be taught to practice it. Knowledge of that kind, will sooner or later prove to be a life saver. Employees of public utilities practice it regularly at least once a month. It may be successful even when there has been no perceptible pulse, or other signs of life, for several hours. After the patient has started to breathe, it will be necessary to transport him in a lying position to his home or to a hospital so that he may be put to bed. It must not be attempted to stand up or walk. In bed, the patient should be treated for surgical shock—that is, by the use of warmth, quiet and the necessary stimulants.

To summarize:

1. Remove the victim from electrical contact, gas or water, as quickly as possible.
2. Start artificial respiration by well trained persons, as promptly as possible.
3. Use warmth. Hot water bottles, blankets, etc.
4. Do not stop artificial respiration until the patient breathes or there are definite signs of rigor mortis.
5. Transport the patient in a lying position to home or hospital and put to bed.

As a final word let me repeat that in cases of electrical shock, gas poisoning and apparent drowning, artificial respiration by means of the Schafer method is of all methods, the simplest and best. Diligently and persistently carried out, it will save the lives of many persons which otherwise would be lost. The method should be learned by everyone. Knowledge of it will save many lives."

BIG ENGINE PLAYING LEADING STAGE ROLE

Six hundred and fifty thousand pounds of glittering blue and silver machinery—locomotive 6400 of the Canadian National Railways which hauled the Royal Train of King George and Queen Elizabeth on part of their "Canadian tour"—is playing the star role in the spectacular dramatic "Railroad Parade" presented daily at the New York World's Fair. The big engine has the leading part in the grand finale of the railroad presentation in which more than 200 people appear.

TESTED RECIPES

TOMATO JUICE

Tomato juice has varied uses. A glass of chilled tomato juice, with or without seasonings to taste is a refreshing and also a nourishing first course for any meal of the day.

In addition, the healthful juice, full of flavour and attractive in colour, can be put to many excellent uses. A few suggestions for including tomato juice in the summer menu are:

Tomato Milk

1/2 cup tomato juice
3/4 cup milk

Mix tomato juice and milk thoroughly together. Serve well chilled.

Jellied Tomato Consomme
2 cups tomato juice
1 cup consomme (canned)
1/2 cup water
1 1/2 tablespoons gelatine
1/4 cup cold water
1 tablespoon lemon juice
or
1 teaspoon Worcester sauce and 1 teaspoon onion juice

Salt and pepper to taste
Heat tomato juice, consomme and water to boiling point. Dissolve gelatine soaked in the cold water in hot liquid. Add seasonings. Chill. Serve in bouillon cups.

Jellied Tomato Cheese Salad

1 tablespoon gelatine
3 tablespoons water
1 cup tomato juice
1 1/2 cups cream or cottage cheese
1/2 cup salad dressing
Juice of 1/2 lemon
1 tablespoon sugar
1 cup grated carrot
1 small green pepper, chopped
1 tablespoon minced onion
1 small cucumber seeded and sliced
Salt to taste.

Soak gelatine in cold water. Dissolve over hot water. Mix together all ingredients. Stir in dissolved gelatine. Pour into molds rinsed with cold water. Chill. Unmold in cups of crisp lettuce.

Tomato Tea Biscuits

2 cups flour
4 teaspoons baking powder
1/2 teaspoon salt
3 tablespoons butter
1/2 to 3/4 cup tomato juice

Sift flour, baking powder and salt. Cut in butter. Add tomato juice to make a soft dough. Turn out on lightly floured board. Pat or roll to about 1/8 inch thickness. Cut with the cookie cutter. Bake at 450 degrees F. for 10 to 12 minutes. Serve with fruit or vegetable salad.

Note: 1/4 cup grated cheese may be added to mixture, reducing butter to 2 tablespoons.

"Ah me," sighed the gossip female boarder, "one half of the world does not know how the other half lives."

"Oh, well, don't worry about it," growled the old bachelor at the foot of the table. "It isn't your fault if it doesn't know."

SEE "THE WORLD OF TOMORROW" At the World's Fair of TODAY!

NEW YORK \$16.40 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

2 Days	3 Days	4 Days	6 Days
11.00	14.00	18.00	25.00
17.00	22.50	29.00	41.00

Reservations must be made at least a week in advance

Descriptive folder and complete information at

W. H. LONG — Phone 89

GRAY COACH LINES

HAVE YOU MADE YOUR WILL?

There is no use dodging the issue, says the Bowmanville Statesman, you are going to die one of these days. Every one does so eventually. We are hoping that it is not only the last thing that happens to you, but that it is a long time before it does happen. But after all, you have worked pretty hard for what you have accumulated, and if you are willing to look facts in the face, you know that you have a pretty definite idea of what you would like to have done with those accumulations of yours. It is a satisfaction to know that your assets will be disposed of according to your desires, rather than according to the decision of the courts. The courts are just, but they show no favoritism, and that particular relative you don't like any too well may horn in and get a big slice of your estate, and how do you like thinking about what that lazy loafing no-good will do to the money you worked so hard to get. Better leave a little more to the hospital or the church you attend. Wouldn't it save you and your family a lot of trouble if you went to your lawyer and had him draw up a will so that things would be settled the way you want them to be? It isn't very smart to try to make out a will by yourself. Maybe you don't even know how to begin a will, and if you leave out any of the fine trimmings the lawyers put on them, your family may get trimmed as a result. Making a will does not hasten your death by a single second but it does guarantee that your family will love your memory more because you have saved them a couple of lawsuits.

Waiter: "How would you like your rice?"
Old Maid (stiffly): "Thrown at me, young man, thrown at me."

CLEARING SALE OF ALL MILLINERY

MISSES CLARIDGE . . announce a Clearing Sale of All Millinery in Stock

Misses Claridge

MAIN STREET GEORGETOWN
Herald Block (Upstairs)

A doctor received a note which read as follows:
"Please call and see my husband. It's his head. He's had it off and on all yesterday, and to-day he's sitting with it in his hands between his knees."
Old Lady: "Isn't it wonderful how these filling station people know exactly where to set up a pump and get gas!"

Consider your Militia

Of course you know there is a Non-Permanent Active Militia in Canada. You likely see the occasional parade, or read of the training camp at Niagara. You may have noticed pictures of the Annual Church Parade in your paper. But do you know anything of the work these boys are doing? Have you ever heard of countless evenings spent in training and in study? Your militia is efficiently trained, in spite of the shortage of modern equipment. This Canadian volunteer army has saved the taxpayer hundreds of thousands of dollars simply by time and effort freely given. It is true that some pay is received for camp training, but this pay never makes up for the wages sacrificed to attend camp. These boys are doing their part.

Now then!—We ask you to do your part—support your Militia actively. Be interested. Encourage the young men, whether your sons or your employees, to join some Militia Unit. Let them share in the traditions and the work of the Canadian Militia. It will do them good, physically and morally.

To employers, we suggest the enthusiastic encouragement of your younger employees to join a Militia Unit, and arrangement of work so that these men will be able to attend camp freely, and with your good-will. We believe this is every employer's duty; and we believe it will be well repaid in loyalty and respect from employees and from the public.

Issued through the co-operation of this paper by Military District No. 2 Infantry and Machine Gun Association.