

Notice to Hydro Consumers

Complying with instructions from The Hydro-Electric Power Commission of Ontario, all services, where one meter supplies more than one household, will be billed by multiplying the kilowatt-hours charged at first rate, namely 120, by the number of households on each meter.

This applies to two or more separate households under one roof, electricity supplied by one meter.

Georgetown Hydro-Electric Commission

HALTON AGRICULTURAL SOCIETY SPONSORS FIELD CROP COMPETITION

The Halton Agricultural Society, states Secretary E. M. Readhead, of Milton, is sponsoring a Field Crop Competition with Ajax Oats. This is a new variety of early oats which during the past two years has topped 90% of the experiments conducted in the Province.

We also understand that upwards of 200 bushels of Registered No. 1 Oats of the Ajax variety has been secured for the Competition. It will be interesting to learn how this new variety will compare with such varieties as Alaska, Cartier and Erban, which have been generally popular in recent years.

"As We See It"

(By J. A. Strang)

RADIO PROGRAMS are not improving very much. In fact we think the average program is even worse than it used to be. "The Mayor of the Town", which is the name of a CFRB program at eight p.m. Saturday evenings and which was on the air up until a couple of months ago has been back on now for the past two weeks. It is above the average, in our opinion, anyway. The part of the Mayor is taken by Lionel Barrymore and we think that you would like it. If you haven't heard this program tune in and listen to it and we think that you will not be disappointed. The program is amusing and also very human.

ANOTHER INTERESTING program,

that has been on CFRB for a few weeks is the "Ontario Panorama" program on Thursday evenings. Those taking part include Jim Hunter and Thomas Richard Henry of the Telegram, J. V. McCreary and Roy Young of the Globe and Mail and Gordon Sinclair. Besides these mentioned an Editor from some of the smaller centres in the Province has been included each week. A Midland Editor was the first one chosen, then Hugh Templin of the Fergus News Record was on the following week. Then the Editor from Tweed Ontario was on the next week and last week was Mr. Lorne Eedy of St. Mary's Journal. You will notice that up to date they have chosen gentlemen editors and as there are several Lady Editors in the Province we wonder why they haven't had a Lady Editor on the program before this. In the older days we were always taught Ladies First but of course so many of those older customs have been given the go-by that we really aren't surprised that the ladies haven't been given a chance to do their stuff for their respective towns before this. There aren't very many of us that know very much about the other fellow's town and this particular program gives us an opportunity to learn a little about some of the other towns throughout the Province. It is another program that you might like if you care to tune in. This week the out-of-town speaker is Bill Fry of Dunnville.

LAST WEEK'S Saturday Evening Post

had an article about Jack Miner of Kingsville, Ontario. Mr. Miner is an authority on Migratory Birds and entertains an estimated 50,000 of these birds annually on their flights from and to the Hudson Bay district from the Southern warmer waters. You will recall that Mr. Miner was decorated by King George last year when he conferred on him the Order of the British Empire. The article is well worth reading. It recalled to mind the first so-called sermon that Jack Miner ever preached. It was in the Welland Ave. Church in St. Catharines and the time would be about the close of the first great war. Jack Miner hadn't the advantage of having had an education, at least in the way that most of us have, having educated himself. His subject that night was "How I know there was a God and how I know there is a God". Immediately after announcing his subject he mentioned that the subject recalled to his mind two conundrums the one being "What is the difference between 6 dozen dozen, and half a dozen dozen?" and Jack told us that as he had no education at that time he had failed to answer that one. The other conundrum was "If butter was 26¢ per pound how many flap jacks would it take to shingle a dog house". Jack said that his answer to that one was that it would all depend on the capacity of the dog. After this rather peculiar beginning Jack went on with the sermon and as we would expect he told of his experiences with the wild life both of birds and of animals to answer the words of his subject. It was an unusual sermon and although we have heard a good many sermons since that night back in 1918 we can't recall one that we remember any better. Mr. Miner is now 78 and we imagine that he has gotten quite a kick out of life.

NEWS FROM BRITAIN



LADY MONTGOMERY

Sending a message to General Montgomery, Commander of the Eighth Army and her four other sons, from St. Mark's Rectory Kensington, London where General Montgomery was born. Her message, broadcast in Radio News Reel in the British Broadcasting Corporation's overseas service, was: "I must take this opportunity of expressing my thanks and gratitude in admiration to all the men of the Eighth Army. I should also like to thank the women of the Empire who are doing such splendid and self-sacrificing work—giving of their best, helping hands, time and strength—in distressed countries. I will end this short talk by sending my loving greetings to all the members of my family and to my many friends abroad. God bless and keep you all."

Old Dinner Pail Goes Streamlined

Conco is the old-fashioned dinner pail once proclaimed a symbol of prosperity, and now comes the "lunch kit" serving the same purpose in the streamline manner which characterizes this mechanized war period. The "lunch kit" in its most popular form is a box with a domed top nesting a thermos bottle with space for food below.

Contents of the kit differ from the predecessor dinner pail indicating the influence of appeals to eat wisely, balance the diet and obtain a fair measure of calories, proteins, calcium, iron and vitamins as well as color harmony, which is another way of tickling the palate through the eye. A brief survey of the lunch period eating habits of men and women employed in National Railways Munitions Limited, operated by the Canadian National Railways for the manufacture of naval guns and field artillery mounts, reveals that the substantial corn beef and cabbage, so beloved of Dinty Moore, has given way to well-made sandwiches in wide variety, hot soups, and salads which would have left the old timer speechless.

The eating habits of Canadians are not yet all they should be but the cross section of the population found in the plants operated by the National System shows an approach towards the objective of adequate nutrition.

Miss Georgina Campbell, dietitian for the Canadian National Railways, holding a degree in that subject and experienced in planning meals for industrial workers, offers suggestions regarding the worker's lunch box, recommending that it should include at least one hot course. If soup is chosen it should be a cream-type, vegetable, celery, etc. Milk is the recommended beverage but if tea or coffee is carried in the thermos, then, says Miss Campbell, the



sandwiches should contain one with finely chopped vegetables. When three sandwiches are included one or two should be made with brown bread to make variety. Fresh fruit is approved rather than cake or pastry. For a light and appropriate pick-up during the mid-afternoon milk is highly recommended.

That the contents of the lunch box should be prepared with care, the sandwiches neatly cut and

carefully wrapped in waxed paper, and neat containers used so that the opening of the parcel will be a pleasant invitation, is Miss Campbell's belief. In the photograph—left—Miss Campbell is shown in a demonstration of the approved method of wrapping the sandwich, while, inset—right—a worker in National Railways Munitions plant is seen enjoying the contents of a carefully prepared luncheon kit.

High Honors for Heroic Canadian Pacific Sailors



Bringing to 41 the awards for heroism which Canadian Pacific seafaring personnel has won in this war these officers have been honored by the King "for good services" in vessels from among the 20 Canadian Pacific ships taken over by the Admiralty since 1939.

They are from among the 1,800 company men now on Admiralty service, with an additional 1,000 on "Mont" ships being used as armed cruisers and 101 in shore posts. Of the 18 ocean liners and fast-freighters and the two British Columbia Coast Service vessels in which they went to war nine have been announced as lost—two from the peacetime Pacific fleet, four from Atlantic runs and one from the coast service.

Three Officers of the Order of the British Empire, four Members of the same Order and three decorations for their actions at sea are: Capt. R. A. Leicester, O.B.E., (1), master of a vessel sunk in the Mediterranean with Engineer Officers Edward E. Stewart (6) and William B. Harris (7), both of Victoria, winning M.B.E.'s in the same action, all three decorations for minimizing loss of life.

Chief Officer Donald Smith, O.B.E., of Vancouver, (2), and

First Officer Leonard Johnston, M.B.E., of Vancouver, (5), who risked 41 refugees to safety in commandeering the Empress of Britain for their actions at sea are: Chief Engineer William Neilson, O.B.E., of Victoria, (3), and Capt. D. C. Barry, M.B.E., (4), for more than two years of continuous operation in dangerous waters.

Capt. George Gould (8) and Chief Officer John St. Claire (9), both of Vancouver, and Chief Engineer D. Cowper (10), for good services when the Empress of Canada was torpedoed and sunk by the Italians off Free-town, West Africa.



Lady Louis Mountbatten, C. B. E., wife of Lord Louis Mountbatten, Supreme Allied Commander, South East Area, Superintendent in Chief, St. John Ambulance Brigade, broadcasts to British Broadcasting Corporation listeners taking part in the Red Cross Radio Contest. Lady Louis has before her some of the past entries of gener-

ous listeners who have contributed mosaics of stamps over and above the minimum entrance fee of 2½d. (5 cents). The Red Cross Radio Contests which have been running for two-and-a-half years have so far raised about £230,000 for the Red Cross Penny-a-Week Fund.



Admiral Harold Stark, Commander United States Naval Forces in Europe, giving a talk on Nelson at the British Broadcasting Corporation microphone. Sixty-two years old, genial and quiet-spoken, Admiral Stark has had an extensive experience at sea. The citation for his Distinguished Service Medal, U.S.A. must work together to safeguard peace after the war.

GUNS AND AMMUNITION
Must be provided

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