part of his right leg on Iwo Jime. A tall broad - shouldered man pancing quietly with a tall, blonder girl caught my eye. While the youngsters and some not quite so young: litter-bugged around, they moved gracefully and surely, mak-

ing their own orbit. He was one of those men who, even while young, looks successful and always manages to become so. The tall, blonde girl was strictly country club material.

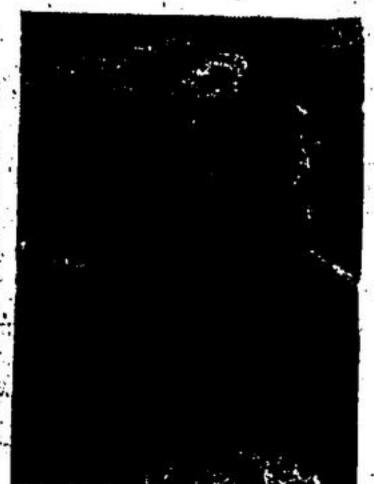
I was still new to our town, so I nudged Jim. "They seem out of place."

Jim almost snarled. "I don't know her but he's not out of place. He's the biggest bum in town." That only made me curious. "He sure doesn't look like one. What's

the story?"

"We went to high school together... His name is Adrian R. Gulliver, the, Third. Wouldn't that kill you! His old man owns the Factory. We played football together. I did the playing and he got all the headlines because he was a Gulliver. Our last year we were tied for the conference scoring honor and in the last game we got the ball down about the two yard line.

"He was the quarter-back, but he wag . also our line-bucker. Every-



A tall broad - shouldered . man dancing quietly with a tall blonde

one figured he could take it over. So what does he do but give it to me and I go around end for six points. And do you think that I got any credit for it? Hell, no! He gets a special award for being the most sportsmanlike player of the year or something like that. I still think his old man bought the thing," exploded Jim.

"That big bum is yellow, too. We were at a dance one night, long time before the war, and he was there with a girl that I went with once in a while. I cut in and talked her into taking a walk after the dance. Coming back we bumped right into him. I asked him if he wanted to make something out of it and he just shrugged. He asked the girl if she had a way home and that's all he did. And the big bum outweighed me by fifty pounds and he used to box on some team at

"Then the war comes along and he couldn't go in just like the rest of us. He enlists! I didn't hear about him for a long time but finally he comes home with a chest full of ribbons. Sure, he's in the air force and you know what he is when he gets out? Take a guess?"

I took a guess. ."A captain?" "A Gulliver a captain! He's a full colonel when he gets out. More damn politics. I'll bet his old man someone for the Silver Star all, the other things that he got.

The bum! "But just listen-" I had made a break to get away but Jim grabbed my arm, "just listen to what he pulls on me just after I get home. I'm coming along the Main Drug on my sticks and I'm still in uniform, and there he is. Maybe you remember how all those Big Shots frame down here for some medal or something he was getting.

"Well, they were right out in front the City Hotel. He sees me coming down the street and I could all that he recognized me. But I gured that I could go right by m. But you know what the big im does? He hollers out like a big shots stiffen up and give high-ball, The bunch of

couldn't keep up with Jim. wrong with a salute? It treat it would to you. The big knew I. couldn't selute back. winted intaken his author-

mean a change in homebold routin many homes where lunches must a packed overy morning No cast with foodstuffs, especially but ter and mest pecomery for a good sandwich-sky high in price. United a lunch box provides vasiety, no matter how healthy the appetite, youngstell soon loses interest."

The child appreciates having attractive container in which carry his lunch and this should be cleaned and sired every day. small thermos for hot beverage soup on a chilly day will be what he needs.

A general rule for lunch-packing to maintain good health would be to include something hearty, something good to drink and something for a surprise.

Sandwiches top the list of lunchbox energy foods. The fillings usually are rich in proteins which help to ward off that let-down feeling. For example, chopped egg. cheese, minced meet, and vegetable relish mixture of chopped cucumber, tomato and celery or grated carrot and nuts. A bottled salad with bread and butter is not any trouble (as some think). Don't forget the salt and pepper and another small jar of carrot sticks, colery and radishes.

Easy to pack deaserts are more of a problem. A wedge of melon, an apple, an orange cut in sections, make good heating. In cold weather, gelatine, cornstarch and rice desserts can be included, but avoid them in warm weather.

Avoid dry lunches. Everything tastes better with a hot or cold cup of soup or beverage. Send chocolate or plain milk or cream soup in a vacuum bottle, keeping in mind that the school child should have a quart of milk a day.

For surprises, well, that depends on the age of the child. Ginger bread men or cereal candy for the tiny tots and potato chips or a few peanuts of colorful serviettes for the others.

LUNCH BOX IDEAS (1) Vacuum hottle of tomato soup, I buttered roll filled with meat relish

1 sandwich of cheese Carrot sticks

1 fresh peach (2) Potat and ham salad 2 sandwiches, bread and butter

1 fresh tomato Package cookies Milk (3) Minced liver sandwich

Whole cooked egg Buttered roll Celery and radishes Slice of jelly roll, apple

(4) Scrambled egg and tomato wedges in container Cutumber sandwiches 1 . Chocolate cup cake

Orange juice (5) Bean soup Crackers and cheese Grated carrot sandwich Fruit cup in container

THE QUESTION BOX Mrs. G. T. usks for PEPPER SANDWICH FILLING: 6 red sweet peppers 6 red hot peppers

6 chopped peaches (peeled) 3 lemons 3 pounds white sugar

2 cups cider vinegar Minco peppers, removing stems and seeds, and cover with boiling water. Allow to stand 1 hour. Drain dry ... Add posches, sugar and rind of lemon tied in cheesecloth. Boil 15. minutes. Remove rinds. add lemon juice and vinegar and boil until mixture jellies. Use as a sandwich filling with cheese.

Mrs. T. C. requests PEAR MERINGUES 6 pear halves

One-third cup orange juice 2 og whites 16 tempoon walt

4 tablespoons fruit sugar 2 tablespoons fruit sugar 2 tablespoons chopped orange

Peel pears, halve and dip in orange juico. Arrange pears in a baking dish, cut side up. Fill centres with orange peel and cover with a rounded spoonful of meringue made from the egg whites, sugar and salt. Bake at 800 degs. in an electric oven for 80 minutes and serve warm. Serves 4 to 6.

Mrs. J. M. requests: LAYERED BANANA PUDDING 1 cup sugar

2% tablespoons flour % teaspoon salt 2 egg yolks

% tablespoon grated lemon rind 14 cups water. 24 venille milets pensuse, elleed

2 tableapoons lamen juice Combine super Lotz, sale, our Tolky June 1 May 1

applying to certain uses of

The Hydro-Electric Power Commission of Ontario announces the following regulations made under the Power Commission Act and to become effective at midnight, September 13th, 1948.

WATER HEATERS

1.-(1) Unless water heaters operated by electrical

(a) equipped with thermostatic control, and (b) installed in or on tanks which are the mally

insulated, no municipality or municipal commission receiving electrical power from the Commission shall supply or use or permit to be supplied or used by any person the electrical power or any part thereof for the operation of water heaters installed or replaced after the 1st of November, 1948.

(2) No person shall take from any municipality or municipal commission any electrical power received from the Commission and use it for the operation of water heaters in a manner contrary to the provisions of subregulation 1.

(3) No person shall take any electrical power procured from the Commission and use it for the operation of water heaters in a manner contrary to the provisions of subregulation 1.

2. Ontario Regulations 237/47 are revoked.

SPACE HEATERS

3.-(1) No municipality or municipal commission receiving electrical power from the Commission shall supply or use or permit to be supplied or used by any person electrical power or any part thereof for the operation of air-heaters, grates, radiators, boilers or any other device for space heating in hotels, tourist cabins, shops, offices and commercial premises.

(2) No person shall take from any municipality or municipal commission any electrical power received from the Commission and use it in a manner contrary to the provisons of subregulation 1.

(3) No person shall take any electrical power procured from the Commission and use it in a manner contrary to the provisions of subregulation 1.

> PART III LIGHTING

4.-(1) No municipality or municipal commission receiving electrical power from the Commission shall supply or use or permit to be supplied or used by any person electrical power or any part thereof for, -

(a) lighting of interiors of shops, show-windows and offices except, -

· (i) not more than 2 watts per square foot of gross floor-area of the shop during business hours, and after cessation of business with the public to enable the staff to work;

(ii) not more than 20 watts per lineal foot of width of show-windows of shops between 4.30 p.m. and 9 p.m.;

(iii) not more than 21/2 watts per square foot of gross floor-area of an office; and

(iv) for the protection of property after business hours not more than 5 watts per 100 square feet of gross floor-area of a shop or office but not exceeding 60 watts per shop or office;

(b) lighting of exterior signs;

(c) exterior flood- or outline-lighting for decorative, ornamental or advertising purposes;

(d) lighting of out-door Christmas trees;

(e) lighting of parking-lots, used-car lots, service stations, out-door industrial premises and outdoor playing fields except, -

(i) not more than 15 watts per 100 square feet of parking-lot space while open for business:

(ii) not more than 15 watts per 100 square feet of that portion of used-car lots used for display space while open for business and not more than 5 watts per 100 square feet of the used-car lot after cessation of business;

- Kod

(iii) not more than 100 watts per gasoline pump in a service station, exclusive of lights inside the pump-meter compartment, while the service station is open for business;

(iv) not more than 15 watts per 100 square feet of whatever part or parts of out-door industrial premises is in actual use for work in progress and not more than 5 watts per 100 square feet at other times and not more than 5 watts per 100 square feet for protective lighting of that part actually occupied by installations, or used for the storage of materials or equipment; 一一一

(v) not more than 60 watts per 100 square feet of playing area of an out-door playing field only while in use;

between sunset and sunrise;

(f) lighting of, -

(i) marquees; or (ii) sidewalk-canopies

on hotels, theatres and restaurants except not more than 2 watts per square foot of floor space or sidewalk-area covered by the marquee or canopy;

(g) lighting of exterior entrances or exits of commercial premises or residences except not more than 100 watts for commercial premises and not more than 25 watts for residences; and

(h) exterior lighting between sunrise and sunset. (2) The lighting permitted for shops during business hours under sub-clauses i and it of clause a of subregulation 1 shall include the lighting of interior signs, merchandise-displays and showwindows.

5. No person shall take from any municipality or municipal commission any electrical power received from the Commission and use it in a manner contrary to the provisions of subregulation I of

regulation 4. 6. No person shall take any electrical power procured from the Commission and use it in a manner contrary to the provisions of subregulation 1 of

regulation 4. 7. Subregulation 1 of regulation 4 and regulations

5 and 6 shall not apply to,-

(a) (i) lighting of air-ports and transportation terminals; (ii) lighting for police, fire and property-

protection services, traffic lights, traffic and warning signs; and (iii) lighting required by law;

(b) hospitals;

(c) lighting for interior domestic purposes;

(d) lighting of a single exterior sign, not exceeding 60 watts, to designate,-(i) an office of a medical or dental prac-

titioner, embalmer or funeral director, or pharmaceutical chemist: (ii) an ambulance, telephone or telegraph

station; or (iii) premises providing sleeping accommodation for travellers.

PART IV

8. In these regulations,-

(a) "shop" means any building or a portion of a building, booth, stall or place where goods are handled or exposed or offered for sale, or where goods are manufactured and which is not a factory; but shall not include any part -of a building used for office purposes; and "office" shall mean a building or part of a

building occupied and used for office purposes

PENALTY PROVIDED BY THE POWER COMMISSION ACT FOR VIOLATION OF REGULATIONS

Any person refusing or neglecting to comply with any direction, order, regulation, restriction, prohibition or control made or exercised by the Commission under this section shall be quilty of an offence and in addition to any other liability incur a penalty of not less than \$100 and not more than \$500 and a further penalty of not less

than \$100 and not more than \$500 for each and every separate day upon which such refusal or neglect is repeated or continued.

The penalties imposed by or under the authority of this section shall be recoverable under The Summery Convictions Act.

SUSPENSION OF REGULATIONS AS TO CERTAIN AREAS

Parts II and III of the foregoing Regulations are sus-

pended with respect to the following (a) The Territorial Districts of Algoma, Cochrane, Sudbury Thursder Bay Timiskaming

(b) the Territorial District of Parry Sound, except

the Cownships of Carling, Christie, Conger Cowpar Serquent, Foley, Humphrey McDongoll and McKellar, the Igner of Parry Sound, and the Village of Sound.

(a) Exhibitions and hair held in 1948 by sould have under Jan Adviced Sequence Less.