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Vitamin C Can Be Retained in Frozen Orange Juice

Approximately 85 per cent of the vitamin C in fresh oranges can be retained in the frozen, concentrated juice if proper methods are used, a report to the Council on Foods and Nutrition of the American Medical Association revealed.

The report said "the frozen concentrated product can be as valuable from a nutritive content as is fresh orange juice."

It was pointed out that fresh oranges of good quality picked at the proper time were essential to insure a high vitamin C content in the concentrated product. The report said:

"For example, studies indicate that the vitamin C content of fresh oranges may show considerable variation. This is due in part to seasonal influences. In general, fruit, picked in midseason tends to be higher in vitamin C content than does that picked early or late in the season. Other factors, including ripeness and condition of the soil, also significantly affect the vitamin C content of the fresh fruit."

"The danger of Vitamin C loss," the report continued, "is most likely to occur as a result of improper handling or storage in the home. For example, if after reconstituting the juice is allowed to stand in open containers at room temperature, appreciable losses will occur. However, if the reconstituted juice is placed in the refrigerator at 40 degrees F., vitamin C losses will be negligible."

Violent Deaths Not Always Fully Probed, Doctor Says

Only 13 per cent of the people in the United States are protected by adequate investigation of violent or sudden deaths, according to Dr. Richard Ford of Boston.

In most states, Dr. Ford points out in the Journal of the American Medical Association, the coroner is not required by law to be a physician nor are there adequate facilities or thorough investigation of such deaths. Dr. Ford estimates that 300,000 (20 per cent) of all deaths annually are from violent or obscure causes.

If medical examination is not a definite part of the investigation in these cases, he said, the true cause and manner of death in many instances may never be established.

How does such medical investigation serve society?

Its most important function is to exonerate the innocent, Dr. Ford believes. But disclosing murders, providing evidence for civil and criminal courts, recognizing fatal contagious diseases, exposing industrial health and safety hazards are also important.

Too often, he continued, the driver of a vehicle involved in an accident is given full blame for killing or injuring a pedestrian whereas the victim — because of drunkenness, disease, or medication — is often equally at fault.

Cotton for Cots

More than 41,000 bales of lint cotton and 61,000 bales of cotton linters will be required by the Army, Air Force and Navy in 1951 for bedding. The Defense Department indicated that this material will be used to produce bed tickings, mattress felts and covers, pillows, pillow cases and covers, and sheets. It is estimated that mattress felts will consume the entire 61,000 bales of cotton linters and waste, while bed ticking and mattress covers are expected to use 15,000 bales of lint cotton. Pillows, pillow cases and covers will require about 2,000 bales of lint cotton and sheets will consume the remaining 24,000 bales. Nearly 85 million yards of cotton fabric are expected to be required for these items. Of the total number of square yards, approximately 31 million will be needed in sheets; 18 million in bed tickings and mattress covers; and three million in pillows, pillow cases and covers.

Steel Sales

Sales of automobiles and household goods made largely of steel attained higher levels in 1950 than in any previous year. For several important items in this field sales were twice as large as in 1940. Deliveries of steel to manufacturers of automobiles, appliances and a few other household items in the first 10 months of 1950 were over 13.8 million net tons, exceeding the shipments to these industries in all of 1949 by nearly 1.6 million tons and surpassing all of 1940 by more than 5.5 million tons. For the full year of 1950 it is estimated that shipments of steel to makers of the foregoing types of goods was 16 million tons or more, approximately twice as much as a decade earlier.

Going Metropolitan

One-quarter of the people of the United States are now rated as metropolitan, living in the urbanized areas of the nation's 12 biggest cities with populations of a million or more, according to preliminary figures issued by the Bureau of the Census. Together these 12 urbanized areas have a population of nearly 35 million. The New York-North-eastern New Jersey area is first with combined population over 13 million, followed in order by Chicago, Los Angeles, Philadelphia, Detroit, Boston, San Francisco-Oakland, Pittsburgh, St. Louis, Cleveland, Washington and Baltimore.

Chatting

(continued from page 5)

● IT IS A WELL-KNOWN FACT that Pakistanis make fine military men. That is a natural outcome of their upbringing and religious beliefs. Pakistan is rapidly evolving into a more modern way of life, but the old traditions still cling. There are many, many tribes in Pakistan. These were evolved, originally from groups of friendly people who banded together to protect their water supply, land and beasts from others who might take them away. Thus were tribes originally formed, and there was always a "head man" or chief. Just to explain a bit better Mr. Chaudhary's people were heads of a certain tribe. Since his father is not living, his mother is now "head," but his brother takes over actual administration, and for this position he finds that a very full beard helps him in his job. It definitely adds to his stature in the eyes of his people. His is a very different attitude from the old feudal lords. He is trying by his superior knowledge and resources, to improve the lot of his people in every way so that their poverty and low standard of living is becoming a thing of the unhappy past.

But from an early age, each boy is taught to defend himself and a wrong to his tribe in a very definite way. That is the way they have protected their livelihood for centuries. His religion, as a Muslim, prohibits alcohol in any form, or the consumption of pork. When he is around 6 years of age, a boy must sleep in a separate place from his mother and other women. This is to foster independence and fearlessness. Thus is the training of the Pakistan youth a valuable military asset. He is taught to place a high value on strength of body and mind. Nothing must impair these. As Mr. Chaudhary explained to us — many mothers know very little, but these are the two things they know and know well.

● BUT WHAT OF THE GIRLS, we asked? And we were glad to learn that since 1947, girls have been recognized as assets to the country and they have a share by law, in parental property. In Pakistan women now enjoy equal rights with men in government, army and navy. There are women in the Pakistan legislature. A great many girls attend university. In the matter of dress, the girls very commonly wear a long "sari," with a cloth headdress, something like a long scarf. The men wear western style clothes, but occasionally do wear their colourful native dress.

● MARRIAGES ARE STILL often arranged by the parents of young people but freedom in choosing your marriage partner is becoming more common. It is recognized, however, that the man must be 5 to 10 years older than the woman. There are no "child marriages" in Pakistan, and as we have said before, polygamy is legally allowed, but very seldom practiced. Talking about finances, and learning that rupees are the currency, we uncovered a little fact we had not known. Mathematics and science have a great appeal for Pakistan scholars, and our arithmetic had its origin in India.

We felt we had learned a lot in the couple of hours we passed so pleasantly in Mr. Chaudhary's company. Pakistan certainly doesn't seem so remote anymore. And we know he is storing up a veritable wealth of information on Canada to take back to his homeland. Not only on agriculture, but on our customs and ways of life. He is a very charming representative of his country. Do you know what he told us... and this we must pass along to the ladies in particular. Mr. Chaudhary said that he has been very much impressed by the youthful appearance of Canadian women. In his country girls mature very early, and after marriage and the arrival of their first child, they wear a loose fitting gown, so that they do not bother too much with

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their appearance, and many look old at middle age. Here in Canada women retain their youthful appearance much longer. And we thought that a very pleasant little note on which to end our interview.

—Not weather seems to be here to stay and it looks like we will have some summer after all.

CST. STRBA RELIEVES HERE FOR MONTH

While Cst. Ross MacRae is on a month's vacation, an Oakville provincial policeman, Cst. John Strba is stationed with the local detachment. Cst. Strba's home town is Chealey.



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