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THE MIXING BOWL

BY Anne Allan
 HYDRO HOME ECONOMIST

Hello Homemakers! This week we wish to call your attention to an eminent nutritionist who is doing an important job for the province. That person is Dr. E. W. McHenry, Department of Public Health Nutrition, University of Toronto. He is chairman of the Ontario Inter-departmental Nutrition Committee, which will be responsible for co-ordination, not only in publication and distribution of nutrition material, but also in the planning of nutrition improvement programs. The point of emphasis in the recent Ontario Nutrition Bulletin is: "A satisfactory source of Vitamin C such as a glass of tomato juice, an orange, or a half grapefruit every day." And the following is an excerpt from the Bulletin.

Why Vitamin C is needed.
 To help build bones and teeth Vitamin D, calcium and phosphorus are also needed for the same purpose.)
 To prevent scurvy, a disease in which there is a weakening of the walls of the small blood vessels. One sign of scurvy is swollen gums that bleed easily.)

To be healthy, an adequate intake of Vitamin C is needed. Where Vitamin C can be obtained. Vitamin C is found in citrus fruits, berries, tomatoes, vitaminized apple juice, and certain vegetables, especially cabbage. Vitamin C is easily destroyed during cooking; a large portion of the Vitamin C content of vegetables can be lost in cooking. To ensure that satisfactory amounts of the vitamins are obtained, it is advisable to use good sources which are served without cooking.

How Much Vitamin C is Needed
 Children need every day, the amount of vitamin C contained in any one of the following foods:
 eight ounces tomato juice
 one medium size orange (about two inches across)
 one-half grapefruit
 four ounces (one small glass) orange juice, fresh or canned
 four ounces vitaminized apple juice (containing added vitamin C)
 one large serving cabbage salad
 Sufficient vitamin C can be obtained from a combination of readily available foods. For example: one baked potato and liberal portion of raw turnip; or, one small glass tomato juice and one serving cabbage salad.

What is the Cost?
 At average present prices the daily requirement for vitamin C can be obtained.
 For one cent by using raw spinach, turnip, cabbage or baked potatoes.
 For two-three cents by using oranges or grapefruit or their juices or tomato juice or vitaminized apple juice.
Cook to save vitamin C
 Although all vegetables are not good sources of vitamin C, some of the commonly used ones are appetizing, and cheap means of obtaining this vitamin. Some vitamin C can be lost when vegetables are stored for several months. A great deal of the vitamin C can be removed or destroyed when vegetables are improperly cooked. To obtain the most vitamin C for the money, vitamin C-rich vegetables like cabbage and turnips should be used raw in salads or in wedges. If cooking is done, vegetables should be left in fairly large pieces and placed in boiling water. As little water as possible should be used and the cooking water should be saved to be used later in soup, gravy, or in vegetables or fruit juice drinks. Vegetables taste better and vitamin C is retained to a greater extent if cooking time is shortened and if the vegetables are served as soon as possible after cooking.



In A Country Lane

By Lillian Collier Gray

Last week this column was written while the morning sunlight was streaming into the room. To-day it is necessary to have the desk lamp turned on, and the fog is so dense it is impossible to see the road. Well, we are glad we went to the city yesterday. To-day we might have got lost in the mist.

It would have been too bad to get lost in the mist, for our destination was the King Edward Hotel where the annual convention of the Ontario Federation of Agriculture was in progress. That convention is always an interesting one, but this year it was particularly so on account of the present farm situation. There is no need to attempt any reporting in this column. The daily papers, farm papers, and radio are covering it fairly thoroughly.

If I were to write a report, I would hope I might do it more accurately than that city reporter who was responsible for a headline which started the Ontario Federation "condemns the IFAP," whereas what he should have written was "commends the IFAP." The man who was responsible for the motion expressing commendation said he lost a night's sleep when he was horrified to read in the paper that he had condemned, instead of commending. How easily false reports get started!

Then there was the case of newscasts misquoting the CFA President, until a correction from the President cleared that up. But the trouble in these cases is that very often a great many people do not see or hear the corrections, and the incorrect story continues to spread, doing harm as it travels along. We have never had much admiration for the three monkeys who see no evil, hear no evil, and speak no evil. We think there is too much tolerance in that respect and that a little more seeing, hearing, and speaking might be of help. But this misquoting that so often occurs is something else again.

Several people have told me they were interested in last week's column with its story about food from wood. It does sound amazing, doesn't it? But this writer doesn't think it is half as interesting as the story of wheat. Did you know the history of wheat in this country started with the Selkirk Settlers in 1812? In those early days wheat was as precious as gold. The crops were menaced by frost, mice, grasshoppers, birds, and armed rebellion. There was a constant search for better and harder seed.

Then in the year 1842, an Ontario farmer, David Fife, asked a friend in Scotland to send him some wheat. The friend forgot about it until one day he saw a ship from Europe unloading grain at Glasgow harbour. He obtained two quarts of the golden grain and sent it off to Fife, who planted it in the spring. Apparently it was winter wheat, because out of one hundred grains planted only one stalk came up. This stalk had three heads. Fife suspected he had something, so he built a fence around the stalk and waited. One day a cow reached over the fence and ate one head. If Mrs. Fife had not run out and chased the cow away the three heads would have gone into bossy's stomach. Because Mrs. Cow had to leave two heads, the history of Canada was probably changed. The two heads matured ten days earlier than any other wheat Fife had known. He gathered forty grains, which he planted the following spring. Within a few years, those forty grains had spread across the Canadian West. Settlers flooded in, railways were built, cities sprang up, grain elevators were built. Canada became the breadbasket of the world. And all because two heads of wheat were saved from a cow. Oughtn't Mrs. Fife to have a monument erected to her memory for having saved that wheat?

Of course there is a great deal more to the story. Later on Sir Charles Saunders discovered the famous Marquis variety, and the Ruby, Reward and Garnet varieties. In the production of wealth, this man probably did more than anyone else by these developments. He was one of the founders of the Canadian Seed Growers Association.

Yes, I think the story of wheat is one of the great romantic stories of Canada. And it is not finished. Many of us feel it will never be satisfactorily finished until Canadian wheat finds its way into every corner of the world where children go to bed hungry.

Only one third of Canadian soil will grow crops.

Death, Be Not Proud

By Joseph Lister Rutledge
 We can take a measure of pride in the progress we have made in the past quarter-century in the age-long battle against disease and death. Twenty-five years ago the death rate in Canada per thousand of population was 12.1 a year. Two years ago it had dropped to 9.4 per thousand. In 1926 we had 23,663 infant deaths. In 1927 we had only 16,324. In 1926 the toll of the great scourges of childhood, diphtheria, scarlet fever, whooping cough stood at 2,518. In 1947, with a population almost half as great again, death from these causes had dropped to 401. It is progress. But is it enough when it could so easily be better?

John Gunther in that heart-rending story of the struggle to save his boy's life, that he entitled, "Death, Be Not Proud" had a message for all of us. He told the pitiful story of ceaseless, unavailing efforts in the hope that he might draw other people into the fight. Death had no ground for pride. It had won, but only over an exhausted and weaponless opponent. Everything that human knowledge or science and sympathy could provide had been tried. Death won in the end, but only after the bitterest fight.

Not many of us today would admit, as our forefathers admitted, that suffering was of divine origin to stimulate our Christian fortitude. Yet, implicitly, many of us are accepting just such a doctrine. We are ready to let Death have its day of pride, while we overlook the obvious weapons that are ready to our hands. We have saved children's lives, and the lives of adults, too. All that is true. But we could have saved more of them. We lost them through neglect of obvious and available remedies. Why shouldn't Death be proud?

Though pasteurization is an effective protection against some of the great killers, it is not mandatory in most of the provinces of Canada. We prefer to take our chance. Though toxoid is an absolute protection against diphtheria, that once dreaded ravager of childhood, still, as late as 1947, 1,550 children had to make their own small fight against it, and 139 of them lost. Typhoid, which once decimated whole populations can

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be easily and cheaply defeated. Yet Death could look with pride on communities where it had used its own weapons effectively—not years ago—but this year.

There are many agencies engaged in this great warfare with disease. Not least among these is the Health League of Canada, which is working with the medical profession and the Health Departments of the various provinces. It is doing its utmost to educate the citizens of this great country to the knowledge that Death, which ultimately must come to all of us, need not come too soon, and, most of all, need not come to the young. There is the reason for Health Week—January 29 to February 4—to make clear to all of us that this is our battle; that we too may hold our heads proudly knowing that we have done our utmost. There stands the Challenge. "Death, be not proud!"

WORLD SOURCES OF ENERGY DISCUSSED
 Experts from many nations will assemble in Britain next summer to discuss how to use world sources of energy to best advantage. They will exchange views at the World Power Conference to be held in London during July.
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