

HEALTH



EXTRAS

It is always a question as to which one is really the more fortunate. We think of the children whose parents are economically able to give them opportunities to study music, dancing, et cetera, as being the lucky ones. They may be, but sometimes the "extras" are anything but good for them.

It is desirable for any child that he have an understanding of music because this increases for him the joy of living. It is also desirable to be possessed of the social graces, which included dancing, so that the individual may not be embarrassed in his social life.

Nevertheless, it is even more desirable that the child have sufficient time for play and an abundance of rest, together with ample opportunity to do the things which he wants to do. These are essential to the physical and mental health of the child which are infinitely more important than the extras.

Children require sufficient rest, and yet more children are deprived of this essential than suffer from other physical needs. Lack of rest leads to malnutrition, irritability and a whole train of undesirable physical and mental conditions. Play is just as necessary for the child as is food. Play implies doing what the child wants to do, not what someone else considers he should do.

Parents with the best intentions set out to plan the lives of their children. They may feel that they want to protect them against the difficulties which they themselves had to face. They have forgotten, or else they never knew, that if their child is to be a healthy, happy adult, he must grow up in the sense of becoming independent, able to stand on his own feet and to face the difficulties of life as they come along.

Intelligent guidance is desirable, but guidance must leave freedom to the child to make his own decisions and to learn that he must accept the consequences of his own acts. Opportunities for the child to do what he wants to do are part of his education.

It is not implied that the child is to be allowed to go unrestrained; the rights of others must also be considered. Indeed, one of the earliest things the child will learn is that he is but one of a group and that selfishness does not pay.

All this leans up to a suggestion that parents consider their child's needs rather than their own desires, and not to load them up with "extras" so that they have insufficient time for rest and play.

Questions concerning Health, addressed to the Canadian Medical Association, 134 College Street, Toronto, will be answered personally by letter.

Our guess is that in these trying times the sensible girl who has steady employment is not going to be very keen on saying "yes" to the unemployed but still enthusiastic wooer.

Don't let your house get cold these days—

We have all kinds of fuel on hand. Hard and Soft Wood, also several kinds of Coal.

For Service and Quality Phone 10 I. D. RAMER & SON

COLLARS

This is the time of year that shows if collars are fitting properly.

Have them lined and re-filled or new bodies put in.

New collars made to order.

All kinds of repairing promptly attended to.

ISAAC BAKER

Maple, Ont. R. R. No. 2
(1 1/4 Miles North of Concord)

When dizzy spells

Make You Feel Unsafe, Just Try

Parke's LIVER TONE



It stimulates a lazy liver to healthy, normal action and soon restores you to your usual normal health. It is a harmless corrective for constipation, biliousness, headaches and dizziness.

50c. — \$1.00

PHONE 71

GLENN'S DRUG STORE

The Ottawa Spotlight

By Wilfrid Eggleston

Ottawa, Nov. 12th—The federal treasury was able to borrow \$75,000,000 last week at remarkably low rates of interest. The average reader is inclined to dismiss these financial announcements with a shrug of the shoulder, but as a matter of fact every taxpayer—and who isn't?—is affected by these transactions. The government borrowed \$55,000,000 for 20 years at a cost of just over three per cent a year. At the depth of the depression it would have been necessary to pay five per cent. Thus, on this one transaction alone, there is an annual saving of \$1,000,000. Not much, perhaps, measured alongside the total expenditure. But even in the most prosperous times a million dollars a year is a worthwhile saving for the national government. We federal taxpayers are spending nearly \$200,000,000 a year in interest on borrowed money, and we are keenly interested in lower interest rates. If all the federal and railway bonds could be refunded at three per cent, the saving would take care of the whole federal cost of unemployment relief. The interest on money borrowed in the past costs more every year—far more—than the whole cost of all federal government services, all civil servants salaries. If Hon. Charles Dunning can save this country even fifteen of twenty millions a year by refunding operations, it will be a useful step towards a balanced budget and lower taxes in the early future.

(The United States Agreement)

Negotiations continue at Washington and Ottawa for a trade agreement, assisted along by the visit to the American capital of Rt. Hon. Mackenzie King, who went there on a holiday, but who was probably not averse to speeding up things a bit if possible. Canadian industry watches with keen interest the outcome of these discussions. The primary producers of cattle, lumber, copper, fish and dairy products, and the distillers of spirits appear to have the best chance of getting some direct benefit from negotiations. But if these basic industries benefit, all industry will reap some advantage later on. The Canadian consumer look to these agreements to supply him with cheaper merchandise, and the Canadian manufacturer in some cases at least will get cheaper raw materials. There will, of course, be apprehension lest a lowering of the tariff walls may permit competition which will reduce their sales and limit their domestic market. The advocates of freer trade always claim that the domestic manufacturers do not suffer from lower tariffs anything like as much as they fear, especially if they are on a sound basis to start with. For one thing they get cheaper raw material. Then, because of the stimulus to domestic primary industry the home market is possessed of greater buying power, and, even if domestic producers have to share it somewhat with outside firms, it is so much larger that they can share it and still sell more goods. (In Better Position)

The Mackenzie King government has an inducement in dealing with Washington far more effective than Mr. Bennett had. The latter could only open up Canada to United States markets by reversing his policy of 1930. At that time he said it was necessary to raise tariffs to preserve Canadian industry and to employ Canadian workmen. What would have become of the argument in 1935 if he had lowered the walls to American products? Mr. Mackenzie King, who never argued that high tariff walls spelled prosperity and employment, has no such psychological or political hurdle to confront. He favors enlarged flow of goods and he can return to the 1930 level of tariffs, in return for worthwhile concessions from the United States. Most people interested would be happy to get back to pre-1930 days, so far as volume of tariff and level of tariffs are concerned.

The Dominion and the provinces meet on November 27th—two days after the provincial election in Quebec. It wasn't possible to hold it before, but Mr. Mackenzie King is certainly wasting no time. The first and major problem will be unemployment relief. Several of the provinces and a great many of the municipalities are wondering what on earth they are going to do this winter. Meantime the national council on employment will be set up to co-operate the efforts of the various bodies and seek to ensure that the moneys spent are disbursed as wisely and effectively as possible.

They start talking about a session in mid-January. It can hardly be called before. It is somewhat doubtful whether the legislative program will be ready, but perhaps there will be enough to get started with.

Lamb Recipes

No other meat available to the Canadian housewife can claim as much distinction as lamb. Its distinction lies not only in its delicacy of flavor and nutritive value, but also in the great variety of dishes which rely on lamb for their foundation.

Lamb may be enjoyed during every month of the year by every member of the family, from the youngest child to the oldest adult, and in many cases is allowed to invalids whose diet excludes other meats. The question of economy is an important item in these days of abbreviated budgets and the practical housewife who buys her lamb by the quarter will find her meat costs are considerably reduced.

The leg is considered the prime cut for roasting and slicing cold. The shoulder is a less expensive roast but lacks nothing in flavor and nutrition. Chops are choice for grilling, and neck, chuck, rack and flank are best for stews and fricassees. The lamb entree when it is served with such vegetables as creamed or glazed turnips, glazed carrots, spinach, cauliflower, green peas, and potatoes in any form, and trimmed with such dainty relishes as mint jelly, grape jelly, caper sauce, mint sauce, spiced conserves and pickles, need not give place for splendor to any other type of meat.

Here are a few simple, yet attractive and out-of-the-ordinary ways of serving fresh lamb:

Neck Pot Roast

Buy about 4 inches of lamb neck. Brown 1 finely-cut onion, 1 cup tomatoes, and 2 tablespoons bacon fat together. Add the pieces of lamb, seared well on both sides.

Wash and scrape carrots, cut in pieces 2 inches long, and add to the pot roast.

Cook in an iron pan or roasting pan until the meat is tender. You may have to add more tomatoes or a little water.

Roast will require about 15 minutes of cooking to the pound.

Boiled Leg of Lamb

Wipe meat with a clean lamp cloth and remove any excess fat. Put in a kettle and cover with boiling water. Boil 15 minutes and drain off water. Cover again with boiling water and bring quickly to the boiling point. Cover kettle, set aside and simmer until tender.

Serve with mint jelly or mint sauce.

Casserole of Lamb

Wipe 1 lb. of fresh lamb from fore-quarter, cut meat in small pieces, put in hot frying pan and turn frequently until seared and browned on all sides.

Cover bones with 1 cup cold water and heat slowly to boiling point.

Put lamb in baking dish, add stock strained from bones and bake 20 minutes in hot oven.

Add 1 carrot, cut in fine strips, 2 large potatoes, diced, 2 small onions, 1 teaspoon Worcestershire sauce, and cook until tender.

Sprinkle with chopped parsley and serve from casserole.

Lamb Chops Viennese

Place lamb chops in a baking pan or casserole. Cover with canned tomatoes, season with a bit of onion, salt and pepper, and bake in a moderate oven until well done.

"DO YOU KNOW?"

Funny man! He feels abused or fortunate, depending on whether his all-in feeling results from work or play.

Massacre: The name given to a battle when the white side loses.

You can tell when the training of a private secretary is perfected. She quits to get married.

The scientist says we can taste bitterness easier than we can taste sweetness. You're telling us?

The present set-up isn't perfect. But a raft looks good in time of flood if nobody appears with a boat.

Bore: A man who talks about him instead of you.

That a dog may be decapitated and the head kept alive by means of an artificial heart. This most unusual operation has been performed by a Russian scientist.

That the liquid moistening the eyeballs has antiseptic properties.

That the autumn is the period of the year when falling stars or meteorites are most plentiful.

A plumber worked and his helper stood looking on. This was the helper's first day.

Helper: Say, do you charge for my time?

Plumber: Certainly, idiot.

To fill in the hour, the plumber had been looking at the finished job with a lighted candle. Witheringly he said:

Plumber: Here, if you've got to be so darned conscientious, blow the candle out.

Classified "ads" in The Liberal get results. 25 words for 25 cents.

Stimulating Lazy Dollars!

You spend a dollar at Jim's grocery store.

He may take it to Joe the jeweler who may take it to Frank the furniture man.

Now suppose you and 99 others and a hundred Jim's and Joes do that every day. That gives a hundred dollar day business to the Jims and Joes and Franks. Now suppose the Jim's keep the hundred handed them FOR A WEEK, that would give the others in the chain a hundred dollar a WEEK business instead of a hundred dollar a DAY business.

Naturally they can't pay as good rent or wages with a hundred dollar a WEEK business as they could with a hundred dollar a DAY business.

Here's where advertising helps. It prods and tantalizes and tempts the Jim's to pass the money on to the Joes, and the Joes to pass it on to the Franks. Eventually they all have more to do with. And that's the greatest good of money.

Advertising stimulates lazy dollars.

A business man recently said "We know just what the total payroll is in this town—that it is below 1928 levels and so we don't advertise."

What of it? There are probably as many dollars circulating as there were in 1914 and they were worth going after then.

Moreover when they are fewer they should be kept more active so everyone can get a portion of hundred dollar a DAY circulation instead of hundred dollar a WEEK circulation.

When the blood is thin the heart pumps it around faster so it can nourish the parts as well as though there were more rich units in it.

Advertising peps up the economic circulation.

ADVERTISING STIMULATES Lazy DOLLARS