

Discussing Again the Canned Goods Question

Once Every Year or So, the Matter Seems to Come up for Active Discussion. What is the Fact About the Nutritive Value of Canned Goods?

Every so often as the year rolls around, the editor of this column is questioned in regard to the nutritive value of canned goods. It seems as if this question should have been settled long ago. Billions of cans of food have been contributing to good nutrition in an ever-increasing number since can-



(By EDITH M. BARBER)

ning process was initiated. In general there is little difference in the food value of fresh and canned products. It is actually a fact that certain foods canned in the absence of air offer more liberal quantities of vitamins than fresh foods are available, as they are so generally throughout this country during the whole year. We will make good use of them, with special emphasis on raw vegetables and fruits. It would be possible, however, to plan a well-rounded diet in their absence, if special care was taken.

In order to produce canned food which will bring practical returns to the canning industry, food must be fresh and of good quality. It must be handled carefully and sterilized during the processing in order that it may reach the consumer in good condition. Our everyday diet has been improved and varied by the ever increasing number of canned foods which are offered to us.

Apple Cake

Two cups flour.
One teaspoon salt.
Three teaspoons baking powder.
One-third cup shortening.
Three-quarters cup milk.
One cup apple sauce.
One-half cup sugar.
One teaspoon cinnamon.
Mix flour with salt and baking powder, cut in shortening and stir in milk to make a soft dough. Spread in a baking pan, cover with apple sauce, sprinkle with mixed sugar and cinnamon and bake in a hot oven (450 degrees Fahrenheit) fifteen to twenty minutes. Serve with cream or hard sauce.

Corn in Cream

One can corn.
One teaspoon salt.
One-half teaspoon paprika.
One-eighth teaspoon white pepper.
One cup light cream.
One tablespoon butter.
Six slices toast.
Three tablespoons chopped chives or parsley.
Cook the corn and seasonings until the liquor from the corn has almost evaporated. Add the cream and butter; bring to the boiling point; serve on toast, sprinkling half a tablespoon of chopped chives or parsley over each serving.

Huntingdon Gleaner: According to Josephine Roche, in charge of the U.S. public health service, more than 1,000,000 of the approximately 2,000,000 births in the U.S.A. each year are in families whose income is less than \$1,000 a year or who are on relief. Another significant fact in this report is that in families whose annual income is \$3,000 or more, the infant death rate is only 20 per cent. of the death rate of babies in families whose income is below \$500.

ONLY THE BEST



IS GOOD ENOUGH

This outstanding triumph is proof of quality. Twelve first prizes in twelve classes, in this year's Baby Shows at the Toronto and Ottawa Exhibitions, were won by babies fed on "Crown Brand" Corn Syrup.

What better evidence can there be of the confidence which Canadian mothers and their physicians have in the purity and quality of "Crown Brand"?

A delicious table syrup, "Crown Brand" is a treat for the whole family.

Tell the boys that pictures of famous hockey stars can still be obtained for "Crown Brand" Corn Syrup labels.



CROWN BRAND CORN SYRUP THE FAMOUS ENERGY FOOD THE CANADA STARCH COMPANY Limited

Charming Wedding Saturday Afternoon

Miss Eva Alice Kean and Mr. Sydney A. Mitchell Married.

St. Matthew's Anglican Church was the scene of a charming wedding on Saturday afternoon at 4:30 o'clock, when the Rev. Canon R. S. Cushing united in marriage Eva Alice, daughter of Mrs. E. Kean, of Orillia, and the late Mr. Kean, and Mr. Sydney A. Mitchell, of Schumacher, son of the late Mr. and Mrs. Mitchell, of Orillia. Many friends were present to witness the ceremony.

Given in marriage by her brother, Mr. Russell Kean, the bride was lovely in an ensemble of baby blue taffeta, the gown fashioned on fitted lines with a gracefully flared skirt, and the jacket made of shirred taffeta. She wore a matching turban, with nose-length veil, and white gloves and shoes, and carried a bouquet of pink roses, and lily-of-the-valley.

Mrs. Gordon Kean, sister-in-law of the bride, acted as matron-of-honour, attractively attired in a fitted gown of white sheer over taffeta, with white accessories and a corsage of roses.

Mr. Sydney Kean, brother of the bride, was groomsman.

After the ceremony a wedding dinner was served in the Daffodil Tea Rooms, Schumacher, and the bride and groom received their friends at a reception.

Mr. and Mrs. Mitchell will reside in Schumacher.

St. Alphonsus Young People Club Formed

Officers Elected for New Club at Schumacher.

Thursday, October 27th, 1938, saw the formal inauguration of the first Young Peoples' Association of St. Alphonsus Roman Catholic Church in Schumacher.

At a "round table" meeting held on Tuesday, October 18th, the formation of such a club was suggested by Rev. Father Martindale, and met with the hearty endorsement of some 45 young men and women of the parish who were present. At this first meeting a committee was appointed to enter more fully into the matter and to prepare bylaws for the proposed organization, and to present their findings at a later date.

At the second meeting held Thursday evening, this committee presented their proposed bylaws to an enthusiastic gathering. After an open discussion of the suggested bylaws, a motion was carried that the findings, as amended, should be accepted.

Then followed the nominations and elections of the various officers of the new club.

The executive for the coming year is headed by Mr. Frank Zanchin as president, with Miss Evelyn Scully,

Beauty and You

by PATRICIA LINDSAY



With her peasant-like dress, attractive JOAN BENNETT has adopted this more casual hair dress. She keeps it in place with tiny shell combs placed where they will help most!

Latest Hair-Fashions Reminiscent of Middle Eighties.

Turning the pages of a Lady's Book written in 1864 I came across these directions for a party hair dress:

"Address of White Plumes. The hair rolled up to one side of the head, the ends allowed to hang in short curls, the curls fastened to a jewelled ornament. The back hair is rolled up and fastened by an ornamented comb which can be seen from the front. White Plumes on top."

1864 or 1938? There is no difference. Today's beauty is getting a kick out of rolling her tresses high and fastening them with ornaments of jewels, plumes and little bows.

Even against your will you are going to be tempted in dressing your hair in these newest of fashions. And to save you aggravation and dismay let me warn you that it requires patient fussing before your hair realizes that it has changed from a page boy bob into a Gody coiffure!

The simplest way to train it is to comb it high all of the time. Select a simpler style, but still high on the head, for business. And if you do not go to business, then roll your hair into a knot on top of your head after a good "up" brushing.

Combs and barrets, you will find, are almost indispensable in keep the

dressed hair in place, so you should wear inconspicuous one to wear during the day, and jewelled ones to wear at night.

Keep in Good Condition

To look alluring your hair simply must be in good condition. Dried, frizzed ends show more in the new dressings than they did before. And too oily hair just has no appeal. The hair must be clean, lustrous and soft, if you desire a dainty fluffy coiffure. Frequent brushings, weekly shampoos and special treatments are required to keep it in a pliable condition.

Some girls are getting nice highlights by using gold and silver powder, puffed on the hair whenever you desire a highlight — after it has been dressed. This must, however, be thoroughly brushed out at the end of the gala evening and not allowed to remain on the scalp over night.

And if isn't necessary to keep your hair short to wear it becomingly. Longer hair can be attractively rolled and puffed into interesting and flattering styles. It will require a little experimenting on your part at first, but fickle as we women are, it will be no time at all before you wonder how on earth you ever wore a long bob!

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Hints On Fashions

Wool Becoming More Popular at All Times



Smoke-Blue Knit Dress

Wool becomes smarter and smarter as it weaves its way into the smart frock brackets, what with knitted sweaters topping the smartest dinner and evening frocks. Here's a knit affair a little the dress of smoke-blue, herringbone-weave wool, with a knitted midriff section and knitted sleeves. A sleeveless bolero of the woolen stops right at the knit band through the middle. The skirt has a slight flare, being seamed front and back. The dress has a high, round neckline, like the bolero, with a knit band at the edge.

Household Hints

By MRS. MARY MORTON

A salad is no better than its dressing nor is any dish better than its sauce. So we hope that you will take to heart the very excellent sauces and dressings for which we offer recipes to-day.

Often a specially good sauce turns ordinary meat or fish into a triumphant success, as is the case with a spicy tomato sauce that just does things to and for fish. It requires two cups canned tomatoes, one slice of onion, minced, a tablespoon butter, two tablespoons sugar, one-quarter teaspoon paprika, three tablespoons flour, one-eighth teaspoon pepper, one-half teaspoon salt and one teaspoon prepared mustard. Cook onion with tomatoes. Strain. Add butter, flour, sugar and seasonings. Let come to a boil. Cook slowly for 10 minutes.

Cottage Cheese
Cottage cheese dressing is made with three-fourths cup sweetened condensed milk, one-half cup vinegar one-half teaspoon salt, three-fourths teaspoon dry mustard, one half teaspoon paprika and one-half cup cottage cheese. Blend thoroughly the sweetened condensed milk, vinegar, salt, mustard and paprika. Force cottage cheese through sieve and add to mixture, beating until smooth. If desired, a three-ounce packet of cream cheese may be used in place of cottage cheese.

Tomato Salad
Tomato salad dressing is made by

putting into a quart mason jar the following ingredients in the order given: twelve ounces tomato juice, three-fourths cup vinegar, one-half cup olive oil, tablespoons Worcestershire sauce, three tablespoons grated onion, three-quarters cup sugar. Mix together well and to one-half cup of the mixture add one teaspoon salt, teaspoon paprika and teaspoon dry mustard. Mix these well until blended and then add to rest of mixture. Seal jar with rubber ring as in canning fruit. Keep in refrigerator and shake well before using.

Manchester Guardian: The voluntary organization of doctors for war service began over a year ago, and the British Medical Association now has an index of over 45,000 doctors from which a comprehensive plan could be speedily prepared.



TRICHOMONAS HOMINIS—an intestinal parasite causing painful inflammation. Found in stains on dirty toilet bowls.

THIS slimy MONSTER menaces your health

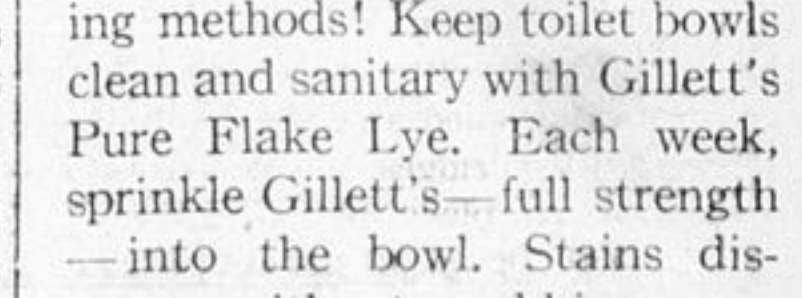
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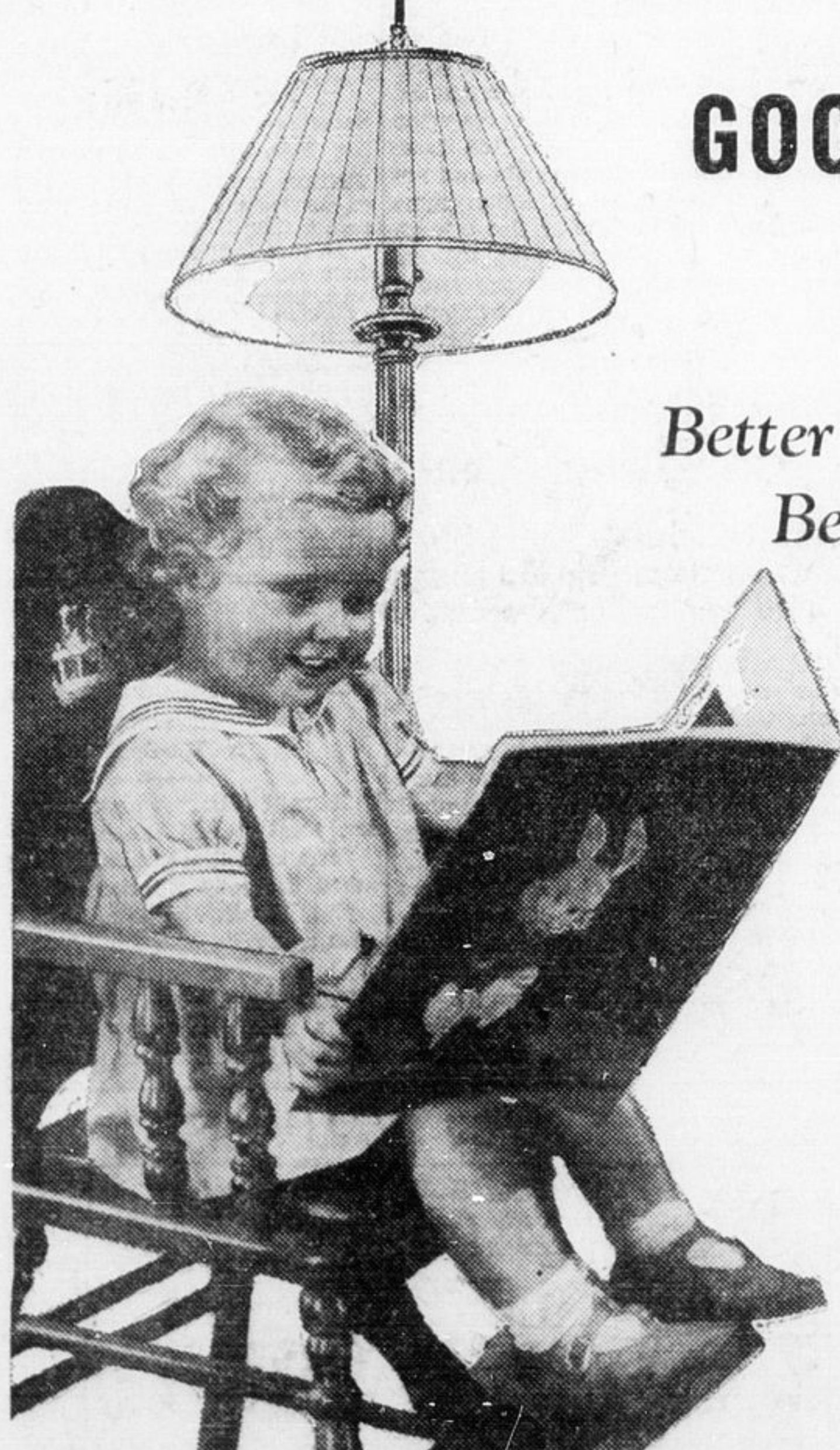
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vice-president; Mr. Kenneth Burns, secretary-treasurer, and Miss Marguerite Smith, Miss Kay Ryan, Mr. Frank Boisvert, Mr. Fred Callery and Mr. Gordon Keeney, counsellors.

It was decided that the new club be known as St. Alphonsus Young People's Club.

The members present then spent the balance of the evening in an informal get-together. Much keen enjoyment was derived from the new bowling alley recently installed. This is the only alley in the Porcupine camp.

Refreshments were served under the convenship of Miss Mabel Martindale, assisted by several young ladies of the club.

Rev. Father Martindale was in the chair. The next meeting of the club will be held on Thursday, November 3rd, at 8:30 p.m.

Must Eat Wisely to Achieve Long Life

So Says Prominent Doctor in Health Magazine.

For old people, hard-boiled eggs are about as digestible as clay pigeons. So says Dr. C. F. Martin in his article in the last issue of "Health" on how to attain a normal old age. Periodic health examinations and prevention of illness are his double recipe and he cites diet as one of the principal factors in living long and comfortably. To live we must eat, he points out—to live long, we must eat wisely.

Dr. Martin says "old people cannot stand the gastronomic feats of youth. The average man eats twice as much as he needs and, like excess fuel to a boiler wears it out. Eat slowly—Fletcherize—eat in moderation. If he avoids the risky gradients of repulsion and the sharp corners of hyper-acidity the octogenarian can "gang his ain gait." It is quantity that does most harm.

"With age, bodily growth has ceased, the furance needs less fuel, so the diet must be reduced. We can easily tell that in various ways. This presenile obesity, which is so common, is merely the result of neglect of preventive medicine. We must avoid growing fatter as we get on in years. The human stove wears out from the task of cooking food for millions of extra fat cells.

"But it is all very well to advise on diet, which is only carried out when one can supplement it with character, self-control restraint and moderation. "A sorry fare, free from care, is perhaps a dull life, and one is apt to get introspective and flapped on the subject of diet.

"And so I am not going to tell you in detail what kind of diet you should take. You know already that meats

are for the young, and starches for the old; that cereals are good, stewed fruits and salads useful, and bread still remains the staff of life; that any of the dairy products are the finest old-age food; that milk, preferably pasteurized, has all the elements needed; that cream cheese is better than Stilton; and that butter, buttermilk and junket are useful."

The are of living, this eminent Montreal doctor says, is not a preparation for dying, but a proportioning of work and leisure, of labor and recreation—such a control of eating, drinking and making merry that man need not die tomorrow. And so prevention is the order of the day.

Young People of T. & N. O. Area Hold Conference

Englehart, Nov. 2.—This week Halleybury, Cobalt, Kirkland Lake, Tomstown and Larder Lake were represented here at the first seasonal conference of the Presbyterian Young People's Association executive for the Temiskaming district. The conference was held in the home of Mr. and Mrs. W. H. Trotter. Mr. Trotter is president of the organization.

Those present were Miss Bronte Stevens, past president, and Mr. Ramsay, citizenship convener, of Cobalt; Miss Joyce McLean, fellowship convener from Halleybury; Rev. Mr. Fox, leadership training convener from North Cobalt; Miss Ruth Sherman, recreation and culture convener from Kirkland Lake; Miss Audrey Edwards, vice-president, from Larder Lake; Miss Mary Player, publication convener for the Toronto Conference, from New Liskeard; Miss Ruth Netherton, secretary; Mrs. Trotter, publications convener, and Mr. Trotter, president, all of Englehart.

The meeting opened with prayer. After the correspondence was read and dealt with, considerable business was discussed and arrangements were made for the Fall Rally and for the holding of dramatic contests among the Unions of the district.

Lunch was served by Miss Netherton and Mrs. Trotter, after which all from out of town left in cars for their homes.

St. Mary's Journal-Argus: Lightning is a mysterious thing. A bolt shot into a tourist camp at Gananogue tore the underwear off a tourist lying in bed and left his wife shaking but unhurt. Two or three holes were burned in the mattress, but the cabin was unharmed. Little did the tourist think when he retired that night that the fact that he went to bed in his underwear would be emblazoned to the world.

North Bay Nugget: How peaceful Europe has become since the Great Paperhanger rearranged that border to suit his taste.

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Nov. 11 AURANIA to Ply., Havre, London
Nov. 18 ANTONIA to Glasgow, B'fast, L'pool
Nov. 18 ASCANIA to Ply., Havre, London
Nov. 25 LETITIA to B'fast, L'pool, Glasgow
Nov. 25 AUSONIA to Ply., Havre, London

From Halifax
*Dec. 4 ALAUNIA to Plymouth, London
*Dec. 5 SAMARIA to Glasgow, B'fast, L'pool
*Dec. 11 AURANIA to Plymouth, London
*Dec. 13 ATHENIA to B'fast, L'pool, Glasgow
*Embarkation previous evening

From Saint John, N.B.
Dec. 10 ATHENIA to B'fast, L'pool, Glasgow

From New York
Dec. 2 QUEEN MARY to Ply., Cher., S'apt
Dec. 10 AGUTANIA to Cherbourg, S'apt
Dec. 10 GEORGIC to Galway, Cobh, L'pool
Dec. 16 QUEEN MARY to Ply., Cher., S'apt

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