

Fruits of Citrus Family Classed "Health Giving"

Domestic Science Expert Says That Citrus Fruits Have High Vitamin C Content, and So Are Valuable on the Menu. Tomato Juice Also Recommended.

Human nature is so contrary that most of us dislike to be told what's good for us. When it comes to fruits, however, we are glad of another excuse besides the fact that we like them to use them often.



By EDITH M. BARBER

The most important contribution which fruits make to general nutrition is through their vitamin C content. In the absence of an adequate amount of this vitamin, scurvy develops. For this reason and long before the word vitamin had been coined a supply of fresh food was included on long sailing voyages and exploring expeditions. In a book, "Hell on Ice," which depicts the experiences of a polar expedition of the eighties, note is made of the barrel of lime juice which was saved from the sinking ship by one of the crew, who dove into the icy water to recover it.

While acute cases of scurvy are practically unknown in this country today, certain ailments which are often considered unimportant and sometimes designated as a "run-down condition" may result when vitamin C is not used liberally. Perhaps the "growing pains" which were so common among children a few decades ago resulted from sub-acute scurvy.

Citrus fruits and tomato juice are first on the list of vitamin C contributors, but most fruits supply more or less liberally. With plenty of fruits and vegetables in the diet, we will not have to worry vitamin C.

Fruit Bread Pudding

6-7 slices bread.
3-4 tablespoons butter.
One can shredded pineapple.
Butter bread on loaf and cut in slices one-quarter inch thick and remove the crusts. Select a bowl, five or six inches in diameter with a rounding bottom.

and grease with butter. Line with bread, cutting one piece to fill spaces between slices. Pour in the pineapple and cover with sliced bread. Select plate to fit just inside of bowl and weight it down into pudding. Put in refrigerator for 24 hours. Turn out of mold and serve with whipped or plain cream. Instead of the pineapple, canned berries may be used. One quart of fresh strawberries or raspberries crushed with one cup of sugar may replace the canned fruit.

Demon Meringue Pie

One-half cup flour.
One cup sugar.
One and one-half cups boiling water.
Two eggs.
One tablespoon butter.
Three tablespoons lemon juice.
Grated rind of one lemon.
Four tablespoons sugar.
Mix flour and sugar and stir in boiling water slowly. When well blended boil over flame for five minutes, stirring constantly. Cook fifteen minutes over boiling water, stirring occasionally. Beat egg yolks and add a little of the hot mixture to them and then pour back into rest of hot mixture. Add butter, lemon juice and rind and cook over hot water until the mixture is thick. Cool and pour mixture into a baked pie crust. Beat egg whites until stiff, beaten in four tablespoons of sugar and spread meringue over filling. Bake in a moderately slow oven, 325 degrees Fahrenheit until meringue is brown.
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Buy Two Papers, One to Read, the Other to Eat

London, Eng.—When F. Rickard of Kilmington Road, S.E., wants a newspaper, he has to buy two copies—one to read and one for his wife to eat.

This newspaper-eating business has been going on for 20 years in the Rickard family, and to Mrs. Rickard the morning paper is not so much to read as so much to eat.

Mrs. Rickard, who is 49, believes that eating a newspaper helps the digestion, improves the complexion. A pennyworth of print is just a tasty snack to her.

"It's the best thing in life I have tasted—except chocolate," she says. But she is particular about the sort of newspaper for her daily meal. She likes picture papers best, says they are nice and inky, with a real sharp tang in them.

But when it comes to red ink, she just turns up her nose and doesn't feel hungry any more.

It takes her about a hour and a half to get through one paper.

Sometimes, when she decides to read a newspaper for a change, she finds she has eaten an article before she has had time to finish reading it.

Baby Grizzly Bears Said to be Very Small at Birth

(By Tony Lascelles)

It is generally believed that the grizzly bear gives birth to the smallest young in comparison to its size, for the cubs of the largest females tipping the scales as high as 800 or 900 pounds, weigh only from 8 to 10 ounces when they arrive in the world. There is a possibility, however, that the American opossum should be given the honour. This mammal, no larger than an average house cat, brings forth a litter of as many as 16 youngsters, all of which can find room in a teaspoon. The weight of a single opossum at birth would be registered in grams. The answer, therefore, may be debatable. In any event, it should be said in favour of the grizzly that its cubs are fully developed at birth in comparison to the opossum whose young are still in the embryonic stage when they see the light of day.

Beauty and You

by PATRICIA LINDSAY



Happy with his football this child sleeps peacefully and safely. More dangerous toys are stacked in back of his pillow within reach when he awakens.

Young Fry Require Peaceful Slumbers to Grow Healthy and Beautiful

"Mommy, please may I take my football to bed?"

If you are an earnest mother you have similar requests countless times, and if you are an earnest mother you have pondered over your reply to your child's wish. For some authorities have ridiculed such indulgence at bedtime, while another school of thought claims that a familiar and cherished toy as a bed companion, drives away fears of the night and inspires happy slumbers.

Though I am not a mother, I am inclined to agree with the latter school. Your child's slumber hours are his growing hours. While he rests comfortably in bed he is storing up needed energy to carry him through the next active day. His muscles should be relaxed, his baby mind at ease, and his little body clean and kept snugly warm in a well ventilated room. So if hugging a toy makes him happy, let him have it, providing there are no sharp edges to cut him or no danger of eye injury.

Help Him to Sleep Peacefully

You want your child to grow into a healthy, beautiful human specimen, that is if you are an earnest mother. Then you must help him to look forward to bed time and do your best to make him happy, let him have it, professional to his future happiness.

Bathe away the day's soil and anoint the skin with an oil or cream if it is inclined to be dry or sensitive.

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What to Do



"WHEN serving a company dinner without a maid, may the first course and the salad be on the table when the guests enter the dining room? I want to make the serving as easy as possible, but at the same time do it correctly. MRS. E. N. E."

Answer—If your first course is one that will hold up if kept waiting—like fruit cup or a plate of hors d'oeuvres—it will save extra serving to have it on the table when dinner is announced. But if you are having soup, which would get cold if not eaten immediately, it should not be served until after the guests are all seated. But why not choose your menu with reference to your requirements? Don't serve a first course that won't stand up! And while individual salads do not usually appear on the table until after the main course of dinner, why not have your salad attractively arranged in a salad bowl on the table, but serve it yourself when the time comes. This is a new custom that has many reasons to recommend it.



"You're an hour late again, Miss Lightly, and I can't get on with my letters. You'll really have to do something about it. You'll have to teach me to type. —Humorist."

Pleasant Events by the Finnish Y.P.S.

Skating Party Last Week Under Charge of Group Two.

Group No. 2 of the Y.P.S. of the Finnish United Church were in charge of the recreational meeting last Friday, when the Y.P.S. had a skating party at the local rink, returning later to the church for a delicious lunch prepared by the young ladies of Group No. 2. Mr. Helga Kangisto was convener of Group No. 2 which included nine members of the Finnish Y.P.S. The attendance for the event was 100 per cent, and it is interesting to note that during February this highest possible attendance has been maintained at each meeting of the Y.P.S. on Friday evening.

To-morrow (Friday) evening, Group No. 3 will be in charge under the convener of Miss Esther Leiman and including the next nine members. This meeting is to be a literary night, the entire programme to be given only by members of Group No. 3.

Edith M. Barber Wins Coveted Prize

Wife of U. S. President Honours Miss Barber for Professional Achievement.

Miss Edith M. Barber, who for several years has been one of the feature writers for The Advance, conducting a column on cooking and kindred topics, was signally honoured some days ago at the annual meeting of the New York Newspaper Women's Club. Miss Barber was one of four women writers singled out to receive prizes for professional achievement, the prizes being presented by Mrs. Franklin D. Roosevelt, wife of President Roosevelt. Miss Barber's prize of \$100 was for outstanding work in the women's field, particularly her "Food" columns, the latter appearing twice a week in The Advance. It is surely an honour to be one of several hundred leading newspaper women to be singled out for a special award for good work, but this is not the chief distinction of Miss Barber's work. The even higher honour won by Miss Barber is the fact that writing so large a volume of matter each year, all of it should maintain so high a standard for brightness, novelty, accuracy and helpfulness.

If You Like Books

(By A. H.)

A young lady, twelve years old three weeks ago, is very enthusiastic about prose that is written so that it makes you "see". She is definitely not a lover of poetry, but she says that her favourite hobby since she was seven, which to her, was a very long time ago, has been to collect well-written descriptions and other material in prose.

Many people have scrapbooks containing outstanding poems, but this girl whose favourite is prose, has four scrapbooks all overflowing with pieces of the best prose. The writer of this column was privileged to wander through one of these books, and it was surprising to find so much in prose that was written to act as a "magic carpet" and carry the reader to far-away lands.

The owner of the books is very proud of them, and has good reasons to be. For a girl of twelve years of age, she has read a good deal more, and better, literature than the average person of twice or three times that age. Her scrapbooks have paragraphs from such famous authors as Dickens, from unknown writers whose books are read by only a few who stumble upon them while looking for reading material, and from fairy-tales. Each paragraph is chosen with the greatest of care, and each describes a scene of an event, or uses words in an unforgettable manner. Also contained in the scrapbooks are famous quotations from famous authors.

This is an idea that should appeal to many who do not make a hobby of poetry, but who appreciate good prose. Many people have the habit of skipping over the descriptive paragraphs of a book, not realizing that they are often missing the gems in that book. Perhaps if they collected the better work, they would become interested in reading all of the books, and not just the descriptive phrases.

Among the quotations in a scrapbook owned by this young reader are such well-known ones as the following:

"We think there are circumstances where we can treat human beings without love, but there are no such circumstances" (Tolstoy); "Our greatest glory is not in never falling, but in rising every time we fall" (Confucius); "He only fears men who does not know them, and he who avoids them will soon misjudge them." (Goethe); "Do not anxiously hope for what is not yet come; do not vainly regret what is already past" (Chinese Maxim); "Good nature, like a bee, finds its honey in every herb; but ill nature, like a spider, sucks poison from the sweetest flower" (Anon); "Do you never look at yourself when you abuse another person?" (Plautus); "Out of the lowest depths there is a path to the loftiest height" (Carlyle); "The worst of me is known, and I can say that I am better than the fame I bear" (Schiller); "To ease another's heartache, is to forget one's own" (Lincoln); "If you would have a faithful servant and one that you like, serve yourself" (Benjamin Franklin); "Ignorance of truth is the cause of all misery" (Buddha); and "To err is human, to forgive divine" (Pope).

Orange Pekoe Blend "SALADA" TEA



That Body of Yours

(By James W. Barton, M.D.)

Exercise or Work Makes the Lungs Work Harder to Supply Fresh Pure Blood

During the War I watched two squads being put through their physical training. Both squads were following the same schedule. Towards the end of the exercise period what was called the breathing exercise was given. One instructor had his squad raise their arms well up over their heads as they drew in a deep breath, and let the air out of their lungs again as the arms came down to the sides. The exercise was accompanied by the noise of breathing out. The other instructor pointed to a tent about a 100 yards distant and instructed his squad to "double march" (slow run) to this tent go around by the right, and return.

Now which was the best exercise for the purpose of strengthening the lungs?

The simple, deep breathing by sending the diaphragm (floor of the chest) down against the liver, squeeze the liver and helped to increase the bile flow. This is of help of course as bile is nature's purgative. However, the simple breathing in and out, even if the men breathed in and out as hard as they could, did not really call for much work from the lungs or heart because such a small amount of work or exercise was done. The running of two or more hundred yards, which meant raising the 150 of more pounds of the ground and driving it forward 120 times a minute meant that the huge muscles of the legs raised many tons of weight, which meant extra blood driven by the heart, and extra blood had to be made fresh by the lungs. In other words, the running created a deep need for pure blood and all the little air cells in the lungs were called on to work; it is the work that develops the lungs.

"Deep breathing exercise such as were prescribed years ago to 'store up oxygen' are a snare and a delusion."

well enough to take exercise, doing some work—walking, running, playing games—making the muscles "need" more pure blood and so develop the lungs.

HEALTH BOOKLETS

Eight helpful health booklets by Dr. Barton are now available for readers of The Advance. They are: Eating Your Way to Health (No. 101); Why Worry About Your Heart? (No. 102); Neurosis (No. 103); The Common Cold (No. 104); Overweight and Underweight (No. 105); Food Allergy or Being Sensitive to Foods and Other Substances (No. 106); Scourge (gonorrhoea and syphilis) (No. 107); and What About Your Blood Pressure (No. 108). These booklets may be obtained by sending Ten Cents for EACH one desired to The Bell Library, 247 West 43rd St., New York, N.Y., mentioning the name of the Advance, Timmins.

Japan Claims Credit for First Making Macaroni

Italians put macaroni and spaghetti on the food menu, but honour of macaroni's invention goes to the Orient, probably to China; although the Japanese claim their rice paste, made before the Christian era, is the oldest product of the kind, says the Philadelphia Record.

But by the 14th century, Italy was the only nation holding the secret of macaroni's manufacture. Then Louis XIII copied the idea for France. England took it up next and thought so well of macaroni that, whenever they pronounced something as exceptionally fine, they would say "its macaroni."

This explains why, when "Yankee Doodle" went to London riding on a pony, he stuck a feather in his hat and called it macaroni.

To-day the macaroni family—macar-

oni, spaghetti, vermicelli and noodles—combined to make an American industry which nearly reached the \$50,000,000 class. The average American family consumes around 20 pounds a year!

TO-DAY'S FASHIONS



Blue woollen and Taffeta

By VERA WINSTON

The idea of using two colors or two fabrics in one costume is one that is gaining ground, judging by the advance models shown. Here is a charming little outfit indicative of this trend. It is of navy blue woollen and blue taffeta; the bolero jacket quilted with little self-buttons. It is lined with the wool and furthermore uses wool binding at sleeves and borders. The dress has the popular high-draped neckline buttoning in back. A centre seam front and back and a side pleat in back Metal belt buckle.

Huntingdon Gleaner: Because he was sick and tired of being called "Fatty," N.J., weight 220 pounds, decided to do something drastic about it. What he did was to stop eating entirely. At last reports, he had lived on water alone for 28 days, without taking a morsel of food. His weight had dropped to 170 pounds and he reported he never felt better in his life. That's one way of cutting down living expenses, too.



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