

# Answer to Question:- What to Do When Fresh Fruit Not Available?

Wide Variety of Canned Juices Make Adequate Substitutes for Fresh Fruit. Children Can be Pleased With These Juices Properly Used. Value of Evaporated Milk.

A call for help from a reader. "We are planning a summer in the depths of the woods, where we cannot get fresh fruit easily. Will canned fruit juice be all right for the children as well as for the rest of us?"

The answer is "yes." Canned fruits lose almost none of their original content and you now have a large variety



(By EDITH M. BARBER)

from which to choose. You can alternate the use of tomato, pineapple and grapefruit juice. A combination of the two latter is good for a number of different reasons, as one is mild and the other is acid. Prune juice is also good in combination with grapefruit juice.

The writer does not mention whether fresh milk is obtainable or not. Evaporated milk retains the original value of fresh milk and can, of course, be used for all cooking purposes. It could be used in beverage form, if the fruit juice or chocolate syrup with it children will take it that way. Mixing is a good idea. Just be sure that each child gets what corresponds to a full quart of fresh milk each day during the summer in the woods.

### Prune Juice Cocktail

- 1 1/2 cups prune juice
  - 1 tablespoon lemon juice
  - 1/4 teaspoon cinnamon.
- Mix all ingredients together and then add shaved ice and stir well. Pour into cocktail glasses and garnish with sprigs of mint.

### Grape Juice Flip

- 2 cups grape juice
  - 1/2 cup lemon juice
  - 1/4 cup sugar
  - 1 cup water
  - 1 pint ginger ale
- Combine grape juice, lemon juice, sugar and water and stir until sugar is dissolved. Pour over cracked ice and add ginger ale.

(Released by The Bell Syndicate, Inc.)

A DOUBTER

Elderly Aunt (to her nephew, a poor preacher)—James, why did you enter the ministry?

"Because I was called," he answered.

"James," said the old lady, anxiously, as she looked up from wiping her spectacles, "are you sure it wasn't some other noise you heard?"

—Exchange.

## For KITCHEN and BATHROOM

YOU need Gillett's Lye in the kitchen and in the bathroom. Keep it handy for drains, for pots and pans, for numerous other household tasks.

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\*Never dissolve lye in hot water. The action of the lye itself heats the water.



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## Torch of Freedom to be Featured in Victory Loan Drive

Symbolic Message to be Flown to Prime Minister Churchill.

Thousands upon thousands of Canadians from Vancouver to Halifax, participating in Torch Day Programmes in connection with the forthcoming 1941 Victory Loan, will take a pledge to hold on high the torch of freedom.

The pledge to be taken follows: "I hereby declare my belief in Almighty God, and reaffirm my loyalty and allegiance to His Majesty, the King, and further declare my support of British institutions.

"I pledge myself and my all to hold the torch on high, and to march shoulder to shoulder with the Motherland and the Empire in our righteous cause through victory and enduring peace."

Torch Day Programmes are being planned right across Canada the purpose being to pass on the Torch which is to be flown by a four-motored bomber across Canada from Vancouver and thence across the ocean to Great Britain. The Torch is a symbol of Canada's determination to give Great Britain every possible assistance and inscribed on it will be these words: "Part of the Tools—Canada's Victory Loan, 1941."

Accompanying the Torch in its journey across Canada by bomber and across the Atlantic will be a guard of honour, consisting of one representative of each of the three services—Navy, Army and Air Force. On July 1, at a Dominion Day ceremony in London, it will be presented to Rt. Hon. Winston Churchill, Prime Minister of Great Britain.

The Torch will make its first public appearance at a dedication ceremony in Victoria, B.C., on Victoria Day, May 24. It will then proceed by stages to each city in Canada where there is an airport large enough for the bomber to land.

The tentative schedule for it to be at Port William and Port Arthur on June 2, North Bay on June 3, Windsor and London on June 4, Brantford and Hamilton on June 5, St. Catharines on June 6, Toronto on June 7, Kingston on June 10, and Ottawa on June 11.

Torch Day programmes are not to be confined to centres visited by the big bomber and its precious cargo. The Ontario Torch Committee headed by A. Harrison Gilmour has made arrangements to have a replica of the large Torch delivered by a small plane to the following Ontario cities and towns: Chatham, Sarnia, St. Thomas, Goderich, Woodstock, Stratford, Guelph, Owen Sound, Brampton, Niagara Falls, Galt, Kitchener, Oshawa, Orillia, Peterborough, Lindsay, Port Hope, Huntsville, Belleville, Perth and Brockville and Barrie. It is hoped to have Timmins added to this list.

Along with the Torch there will be a beautiful scroll which will be signed by the Lieutenant-Governor and Premier in the various provincial capitals and by the mayor and various officials in other cities.

## TO-DAY'S FASHIONS



Blue and white frock.

By GRACE THORNCLIFFE  
The formula for the indispensable daytime dress is usually black or blue with a dash of white. So here's our entry, a frock of heavy sheer in navy blue. Although cut in one piece, it simulates a two-piece design. The bodice top is bound in white pique and there is a separate white gilet with open-throated collar worn over the dress. The skirt is slim and straight in back and has gathers at the side front. It has a belt of the same material.

## Beauty and You

by PATRICIA LINDSAY



Fashion goes flowery this season and suggests springtime fragrances of white phlox, lilac, green moss, sweet bean, night stock or hyacinth. Inspiring brews to banish winter weariness!

### Lovely New Fragrances Inspire Personal Daintiness

It goes without saying that a lovely perfume or cologne is the final step of fragrant grooming and should never be used to cover up neglect.

How any girl or woman can whiff one of these lush brews and not be inspired immediately to indulge in a session of personal ablution to be followed with a thorough perfuming, is beyond me. It is really nice to "work up" to the perfuming—to shower, touch up toenails and fingernails, brush hair, give self a facial and do any other bit of glamourizing that is necessary. How self-confident one feels after all that! No problem is too big to lick.

### New Brews

Some very exquisite scents are making their bows this season—yes, literally dropped from heaven! One, in order to promote a lovely fragrance appropriately, one of the cosmetic houses sent thousands of tiny samples tied to gaily coloured balloons into the air. When the balloons collapsed the little vials dropped from heaven into the hands of pleased and eager women. You can bet that promotion boosted the sales!

Flower essences seem to be most favoured, as I have told you before. One exquisite mixture, which is as

lasting as many heavier perfumes, comes from the old-fashioned flower Night Stock. This is to be sprayed or rubbed on while the body is warm and fresh from the bath and it is as appropriate for tweeds as it is for frills and lace!

### Do a Thorough Job

If you like fragrances and do wear them, do a thorough job of perfuming yourself and your personality. Begin with scenting the bath water with salts or oil, then anoint your skin with cologne and body powder of the same fragrance, follow through by using make-up that matches and for a final dash spray your hanky, gloves and handbag with the perfume. It is possible to get an entire line of toiletries and make-up scented alike—so you will go out smelling like a lilac and looking as fresh, or like another favoured flower!

Spring makes a woman yearn for new colognes and perfumes. It is just as natural as wanting a new spring hat—so if you can indulge in your whim and buy yourself the most inspiring fragrance of the lot. If you haven't been shopping fragrances in some time you will be surprised at the many new ones waiting for your sniffs!

(Released by The Bell Syndicate Inc.)



## That Body of Hours

By James W. Barton, M.D.

### Drug Addicts Are of Normal Build

One of the impressions of drug addicts many of us have is that they are thin, undersized, pale individuals. And we are apparently justified in this belief because of the pale appearance and "hollow eyes" present in so many of them. It is only natural, therefore, that we think of them as becoming addicted to drugs because they are weak physically, even if not weak mentally.

It may come as a surprise, therefore, to learn that a study of the body build of drug addicts shows that they are not weak, delicate individuals but are really of normal build.

Dr. R. R. Brown, in Public Health Reports, Washington, D.C., reports the results of his studies of 400 native white addicts following their admission to the United States Penitentiary Annex, Port Leavenworth, Kansas. Every case was definitely proven to be a drug addict, not just an "occasional" user of the drug. Measurements were taken of the unclothed patients—height, weight, chest measurement, length of arms and legs, heart rate, and others. A record was made of the shape of the face, the profile or side-face, shape of head, baldness, neck, trunk front and sideways, and the body type—long legs, short body; short legs, long body; weight of bone, color of skin, and the muscular development.

What did these measurements and appearances show? It was found that these drug addicts were not of the weak, thin, undersized type, but were slightly above the average in both height and weight.

Under treatment at the institution, there was an average gain in weight of about 6 1/2 pounds, after 5 1/2 months.

"The body build of the group was found to be within normal limits with a tendency toward the stocky type of build."

What does the above teach us? The lesson for all of us is that the temptation to use drugs is not due to "gross constitutional weakness" of the body. It is something wrong in our character or make-up that makes us want to use a drug to put us in a dream

state so that we do not have to face difficulties and trials.

All we can do is to see that we do not overprotect our youngsters at school, at play, or at work. They will thus learn to face difficulties themselves and be able to withstand the temptation of drugs in the days to come.

### Neurosis

Send today for Dr. Barton's highly interesting booklet entitled "Neurosis" (No. 103). It deals with anxiety states, worry about imaginary illness, shock, and others. Just send your request to The Bell Library, Post Office Box 75, Station O, New York, N.Y., enclosing Ten Cents to cover cost of handling and mailing and mention the name of this newspaper.

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## Good Armour Plate Now Being Made in the Dominion

Story of the Making of Armour Plate for Tanks.

The use of the tank in war was a British idea, conceived in 1914. It was first used on the Somme in September, 1916. It was used later on a larger scale at Cambrai, November 20, 1917. The tank has done much to change the art of war. It assists the "break through." It adds speed. It increases mobility.

The first requisite in building tanks is good armour plate. It is now being produced in Canada. Good armour plate starts from clean steel scrap in the electric furnace, and 2,300 degrees of heat turns the scraps into ingots, flat slabs of steel.

From the furnace the ingots go to the rolling mill. They are rough-rolled first. They pass back and forward through heated rolls, a glowing red mass, gradually shaping into form. The rolls are splashed with water. Salt is thrown on the plate and explodes with a roar. This breaks the scale which forms on the plate. Gradually the ingot becomes a plate. It grows thinner; it becomes cooler. Then the man at the lever passes it on. It goes through the same process again, but less strenuous this time. The second rolling smooths the surface, reduces the thickness. The worst is over—it passes down the ways—starts on its journey from plate to armour plate.

When a steel ingot goes through the rolling mill it is reduced in thickness

from 12 inches to probably 1/2 to 2 inches. It is subjected to enormous pressure. The pressure is so great that it rearranges the molecular structure of the product. It is now heated in a furnace and kept for four hours at a temperature of 1,650 degrees. Then it is removed and air-cooled. This is the annealing process. It improves the quality.

After annealing, it is cut into shapes suited for tanks and stacked up on skids. The battle with heat is not yet over. It now goes to the quenching furnace for four hours more of heat. Then it is quenched in water for the purpose of hardening the plate.

The next trip is to the tempering furnace. Here the temperature is only 1,600 degrees. This operation is to toughen the plate! Still, it is not yet finished. It is now flattened by tremendous pressure in a hydraulic press. This is to correct distortion which might develop in the different treatments through which it has passed.

Now comes the testing time. There is the life story of the plate. How can its hardness, its power of resistance, be tested? There are two tests: The Brinell test and the firing test. In the Brinell test, a hard steel ball 10 m.m. in diameter, about 2-5 of an inch, is pressed into the plate under a load of 3,000 kgs., about 6,600 lbs. The impression it makes is measured and compared with a definite scale. The resulting figure indicates, to those who know these things, the hardness of that particular sheet.

The ultimate test is the firing test. The armour of a tank cannot be as heavy as the armour of a ship. It can be pierced with the proper ammunition in a tank gun. The problem is to measure the resistance of the plate against armour-piercing ammunition fired from an anti-tank gun. The product must stand this final test. If it fails to show sufficient resistance, it doesn't go into the tank. The word of the government inspectors is final, but uniformity of products and "rejects" are rare.

## Charming Wedding at Shillington on Tuesday Afternoon

Miss Helen Priscilla Bastian and Mr. Albert J. Kelneck Married.

The home of Mr. and Mrs. E. H. Bastian, Shillington Ontario, was the scene of a quiet yet charming wedding on Tuesday afternoon at 2 o'clock, when their only daughter, Miss Helen Priscilla Bastian, became the bride of Mr. Albert J. Kelneck, younger son of Mr. and Mrs. J. Kelneck, of Thorold, Ontario.

The Rev. Mr. Avery of the Monteith United Church officiated.

The lovely bride was attractively attired in a street-length frock of powder blue crepe, fashioned with a simple round neckline from which a row of tiny pearl buttons fell to the fitted

waistline. The frock featured three-quarter length sleeves falling on fitted lines to the elbows, from where they resembled old-fashioned bell sleeves with an underskirt of frothy white lace. A narrow belt and a full flared skirt completed the frock, and the bride wore a white picture hat, white lace gloves and white shoes. Her bouquet was made up of butterfly roses, bouvardia and maiden-hair fern, and her only other adornment was a string of pearls worn by her mother at her marriage.

Mrs. Bastian acted as her daughter's attendant, wearing a becoming ensemble of flowered romance blue crepe, with navy blue accessories, and a corsage of Briarcliffe roses, while Mr. Bastian was groomsman.

Following the ceremony, a buffet lunch was served to the bridal party,

and later in the afternoon, the bride and groom left by motor for North Bay, Toronto, and the home of the groom's parents at Thorold, Ont. For travel the bride chose an afternoon dress of moss green wool crepe, with three-quarter length plaid tan coat, and tan accessories.

Mr. and Mrs. Kelneck will return to Timmins before the groom leaves for the Basic Training Course at North Bay, next week.

### WHEN NEEDED

Talkative Lady (on board ship) — Can you swim?  
Sailor—Only at times, ma'am.  
Talkative Lady—Only at times? How strange! And when do these moments of ability come to you?  
Sailor—When I am in the water, ma'am.—Globe and Mail.

**When busy hands tire... pause and Turn to Refreshment**

Take a minute to relax, and things go smoother. Ice-cold "Coca-Cola" adds refreshment to relaxation. So when you pause throughout the day, make it the pause that refreshes with ice-cold "Coca-Cola".

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**HOWDY FOLKS.. I'm "Reddy Kilowatt"**

Yes, Reddy Kilowatt's my tag— And though I seldom ever brag— There's lots of things that I can do, To make life easier for you!

I'm in your home—at your command, Conveniently—on every hand, To do your bidding with swift strokes, I'm Your Electric Servant, Folks!

I mix your cakes, and stuff like that,  
I light your lights in nothing flat;  
My coffee is the best you've tasted,  
And when I cook no flavor's wasted;  
I chase the dirt out of your rugs,  
And animate the jitterbugs;  
I wash your shirts, and sheets, and such,  
And iron them with skillful touch;

For every household job I do, My charge is pennies—mighty few— It's LESS than HALF of what it was Just a few years ago; because The Rates have been brought down you see Consistently by N. O. P.

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