

Housewives To-day Have Less Canned Delicacies to Use on the Table

However, Despite the Demands Made by the War, Domestic Science Experts Point Out That There are Still Many Prepared Products Available for Civilian Consumption.



By Edith M. Barber

Every housekeeper is interested in the question of what canned foods will be available this season. Every canning factory is running to capacity and the volume will be from 13 to 30 per cent more than it was last year. Because of Army and Navy demands, and also because we are still sending some of our canned products to our allies, the stocks in the grocery store probably will be smaller than they were last year. Among the products which we can reasonably be sure of getting an adequate supply are peas, string beans, corn, asparagus, tomatoes and tomato products, which include catsup, chili sauce, paste and juice. Tomato soup will be available. I wonder if you have tasted the 1942 edition of a famous concentrated tomato soup. It is more subtle and delicate in flavour than its popular predecessor.

At the moment it looks as if we would have our native sardines, but we will have to wait until after army orders have been filled to see if there will be canned salmon for home consumption. Little tuna fish is being caught in our Western waters and the pack, if any, will be small.

The number of ready-to-use products, such as spaghetti with tomato sauce, and baked beans, no longer will be attainable in cans. We will have to make our own, and that is not such a bad idea. In the line of fruits little has been changed and we can still take advantage of the pears, peaches, cherries, and pineapple which is coming in as ballast from Hawaii. Some of our old friends have come out in new glass costume which show them up well. Practically all canned products have advanced in price since last year, but most of them are not out of line with the general advance which has taken place in the past year. Ceilings keep the prices at the same point that they were in March. During the last war, during the first year, the prices of some foods were almost doubled.

Let me remind you that all tin cans

must be prepared for salvage. They should be thoroughly washed and labels should be removed. When possible, the bottoms should be cut off and the cans flattened. The most important point, however, is to thoroughly clean the cans. This is a war job for every housekeeper.

Savory Asparagus
Open can of asparagus, drain and arrange stalks in greased shallow baking dish. Sprinkle with minced onion and chopped parsley, add liquid from can and bake in moderately hot oven (400 deg. F.) for about 10 minutes. If desired, sprinkle with grated cheese and return to the oven for 5 minutes.

Cherry Tarts
2 cups canned, pitted cherries
1/2 cup cherry juice
2 tablespoons sugar
1 tablespoon cornstarch
6 baked Tart Shells
Drain cherries and save juice. (There should be 1/2 cup.) Mix sugar with cornstarch, stir in cherry juice slowly until mixture is well blended. Boil over medium heat until mixture is thick and clear, stirring constantly. Cool slightly. Put cherries in tart shells, pour cornstarch mixture over them, and chill. Serve with whipped cream, if desired. Yield: six tarts.

Quick Meal
Creamed dried beef
Mashed potatoes
Savory Asparagus
Romaine salad
Cherry tarts (purchased)
Coffee

Method of Preparation
Scrub potatoes and cook
Prepare salad and dressing
Prepare asparagus and bake
Prepare creamed beef
Mash potatoes
Make coffee
(Released by the Bell Syndicate, Inc.)

Seven Births Recorded Here During Last Week-End

Born — on Nov. 17th, 1942, to Mr. and Mrs. Leon Poliquin 135 Ann avenue — a daughter (Mary Gertrude).
Born — on Oct. 29th, 1942, to Mr. and Mrs. Alex Charbonneau, 203 Balsam, north, at St. Mary's Hospital — a son (Joseph Alfred Denis).
Born — on Nov. 13th, 1942, to Mr. and Mrs. John Tallon, 13 Way avenue, at St. Mary's Hospital — a son (Patrick Gerald).
Born — on Nov. 14th, 1942, to Mr. and Mrs. Charles Lacy, 15 Helen St., at St. Mary's Hospital — a son (Charles Stuart).
Born — on Oct. 26th, 1942, to Mr. and Mrs. Arthur Rice, 29 Carlin avenue, at St. Mary's Hospital — twins (June Nayda and Judy Nadine).
Born — on Nov. 16th, 1942, to Mr. and Mrs. Roger Dubien, 26 Ogden avenue — a son (Roger).
Born — on Nov. 15th, 1942, to Mr. and Mrs. David Walsh, 30 Commercial avenue — a daughter (Carrol Patricia).

Beauty and You

by PATRICIA LINDSAY

Eat the Right Food to Keep Fit and Beautiful

It is every beauty's patriotic duty to keep fit these trying days. Without good health, beauty will be impaired, tasks will be accomplished more slowly and victory will take longer. So learn what to eat and eat it. Help your country that way.

The Bureau of Home Economics offers this brief guide which you might cut out and carry in your purse:

TRY TO INCLUDE IN YOUR MEALS EVERY DAY—MILK for a growing child, 1/2 to 1 quart a day; for an expectant or nursing mother, 1 quart; for other family members, 1 pint or more.

TOMATOES, ORANGES, GRAPEFRUIT, GREEN CABBAGE, RAW SALAD GREENS, 1 or more servings.
LEAFY GREEN OR YELLOW VEGETABLES, 1 or more servings.

OTHER VEGETABLES OR FRUIT, 2 or more servings.

EGGS, 1 (or at least 3 or 4 each week).

LEAN MEAT, POULTRY, FISH, 1 or more servings.

CEREALS AND BREAD, at least 2 servings of whole-grain products or "enriched" bread.

FATS, SWEETS, WATER (6 or more glasses).

Explanation

Use green leafy vegetables often—spinach, kale, chard, collards, mustard greens, cabbage, broccoli, beet or turnip tops, or wild greens such as dandelion, lambsquarters, dock, cress, purslane. Save vitamin and minerals in all vegetables by not cooking any longer or in more water than is necessary. Use the cooking water or juices. Do not use soda in cooking vegetables. Potatoes and apples, available the year round, contribute important food value when abundantly used.

Choose different kinds of meats, fish, poultry for variety of food values and flavor. Occasionally use liver, kidney, and such salt-water fish as salmon, herring and mackerel. In economical diets use dried beans or peas as the main dish several times a week.

Use whole-grain bread or cereals (these are vitally important) such as dark rye or whole-wheat, whole-ground corn meal or "enriched" flour and bread. Count spaghetti, macaroni, noodles, grits, and white rice as cereals—not as vegetables.

Count salt pork, fatback, and bacon as FAT—not as meat. Use butter or other vitamin-rich fat every day.

Use sweets in moderation to make diet palatable. Drink plenty of water. Infants, growing children and pregnant and nursing mothers need fish-liver oil, direct sunshine or some other rich source of Vitamin D.
(Released by The Bell Syndicate, Inc.)



Only balanced nutrition can create and preserve lovely physical beauty as FRANCES GIFFORD possesses.

from without." "Lastly one must not forget the "beauty" or cosmetic use to which Nature puts its fat supply; by filling surface hollows and rounding tony angles it moulds the human face and figure into attractive form." I have spoken of this cosmetic use of fat before in pointing out that Zeigfield in selecting young women for his follies, only once used women with the slim slender figure, they were not only not beautiful to behold but they were not healthy. Trying to keep their weight down below the ideal for their height and type of build injured not only their beauty but also their health. They lost their spirit and charm.

I am speaking of the good points of a natural layer of fat on the body and in the body. This "normal" amount of fat is absolutely necessary to health and the working processes of the body.

"This 'fixer' amount of fat is indispensable to life, is always the same in amount, and is not affected to any extent by over-eating or under-eating as about one-quarter of the dry weight of men who have starved to death consists of fatty acids."

The thought then is that Nature intended that we should have a covering of fat over the body and certain deposits in the body. It is a sign of health to have this amount of fat in and on the body. However an excess amount of fat, more than 10 per cent above this normal or fixed amount, in adults, means always the possibility of ill health within a certain period of time—high blood pressure, congested kidneys, weakening of the muscular power of the heart, and diabetes.

Eating Your Way To Health

Do you know which foods contain proteins, minerals, starches, or fat? Do you know just what and how much you should eat daily? Send today for this useful booklet by Dr. Barton entitled "Eating Your Way To Health." It answers the above questions and includes a calorie chart and sample menus. Send your request to The Bell Library, P. O. Box 75, Station O, New York, N.Y., enclosing Ten Cents to cover cost of service and mention the name of this newspaper.
(Registered in accordance with the Copyright Act.)

A Call to Arms

On ramparts of a world of peace United Nations gird the sword, Whilst girding, take the treacherous blow.

The breaking of a given word, The stealthy raining from the sky Of black death on un-armed homes, Exacting with inhuman cry, Like devils, and destroying gnomes.

With shattering speed the curs advance, Whirl maidens weep, and brave men die.

With empty hands, without a chance, And mothers wail as hurt babes cry, A mortal enemy, unjust,

No thought of honour, only rape, And pillage, torture, cruel lust, To leave a staggered world agape.

But giants' slumber wakens slow, And rising, stretches, sinews strong, Advances then to meet a foe Already crowing high with song.

The road is rough and of great length, Links in the armour break with rust, Then needs re-arm, to gather strength Without delay, because ye must.

Then myriad wings flash in the sky, Ten thousand wheels roll on below, And forward, in a desperate blow To marching men, just, true and brave, To battle, and to bring us peace, No thought of self, but just to save Un-born blood, not yet in creche.

Because of rising power, beware, Lay not upon your laurels yet, Takes but a slip of thought, or care, To spoil the schemes that have been set, Gird tightly up, stay with the pace, Rely upon yourself alone, Take harder grip, make stern your face, That some-day you may not atone.

The fight swings strangely to and fro, 'Tis hard to breathe, ye feel athirst, Take heart, and strike the final blow, To be the palm, who yields it first, Then "Victory," judging which is right, So like a jewel left in pawn, Gives us her hands, both, clasping tight, As sure as God that day will dawn.

B 28470 Spr. D. D. Bryan
Royal Canadian Engineers
C. A. O. S.

Globe and Mail:—Date of the Conservative convention (Dec. 9-11) may indicate that choice of a Leader can be regarded as a Christmas gift.

Annual Meeting of The Imperial Bank

President and General Manager Address Shareholders.—Deposits, Assets, up.

Annual report of the Imperial Bank of Canada for the year ending October 31st, 1942, showed an increase of \$37,423 in deposits, a corresponding increase in assets, and satisfactory profits.

Addressing the annual meeting of shareholders at Toronto on Wednesday, November 25th, the President, Mr. A. E. Phipps, referred to the strength and liquidity of the Bank's position. Figures were better than a year ago, though the 1942 amendment to the Excess Profit Tax Act had made it necessary to reduce the rate of dividend.

Business, economic and social conditions in Canada had suffered a marked change due to the war, said Mr. Phipps. War needs had caused a substantial increase in productive capacity, and some major strains were now developing. Greater sacrifices would probably be necessary if the war is extended.

The Government's estimate of a \$3,500,000,000 expenditure for the current year might be exceeded, Mr. Phipps thought; but while we might look for further Government borrowings, taxation limits had almost been reached. Increases in the holdings of Dominion Government securities, from \$1,454,998,000 last year to \$2,057,360,000, indicated the increasingly important role the Chartered Banks were playing in Government financing. The Banks had been well able to meet both the financial needs of the Government, and of the vast business expansions due to the war.

All all-time high for grain production and substantial gains in livestock production were noted, Mr. Phipps. A ready market had been available for all Canadian agricultural products save wheat. Despite limitation of income by price ceilings, farm prices were higher than in 1939, and farm cash income almost back to the previous high of 1923. The lumber and paper industries had suffered from labor shortages, but wartime demands were keeping basic metal mining and smelting at capacity operation. Conservation of electric power was necessary because of the strain placed upon it by war conditions.

The last three years had seen a transformation in Canada's industrial structure, said Mr. Phipps. Existing plants were operating to capacity, and many new ones had been built, while output of civilian goods had been reduced, the latter being held in check by systematic controls and priorities. Price control had held the upward trend of wholesale prices in check, but the price index was higher in July last than since 1923.

Of the war itself, Mr. Phipps said: "While the outlook is favorable, the only way to keep it favorable is to keep on fighting with every weapon in our power until victory is complete. . . I can assure you that the position of our Chartered Banks was never better or stronger, and no matter from what

quarter any storm may come there is nothing that I can see to prevent them from carrying on the business of the country undisturbed."

The General Manager, Mr. H. T. Jaffray, pointed to net profits of \$838,149.05, about \$35,000 less than last year. Tax increases had amounted to practically \$56,000.

Total deposits of \$217,352,516 showed an increase of \$37,423,182 which increases included \$25,447,000 by the public not bearing interest and \$5,241,000 by the public bearing interest. The latter class of deposits had exceeded the \$100,000,000 mark for the first time. Total liabilities to the public had increased \$39,729,659 to a total of \$224,160,021, or slightly over 10 per cent.

Cash assets totalled \$24,018,857 or 10.7 per cent of total liabilities to the public. The Bank held Dominion and Provincial Government securities maturing within three years to a total of \$88,679,392, an increase of \$40,030,000; other Government securities, \$39,293,298 compared with \$41,329,136 a year ago; Canadian Municipal securities \$5,407,081, a reduction of \$1,125,000; other bonds, debentures and stocks \$29,054, compared with \$47,537 a year ago, making the total investment portfolio \$112,429,776, an increase of \$25,701,000 for the year. Quick assets amounted to 70 per cent of total liabilities to the public. Current loans and discounts totalled \$75,438,642, a decrease of \$4,149,000, accounted for largely by lateness of western harvesting.

Speaking of the danger of inflation, Mr. Jaffray said: "It has been held in check by various controls, some of which are perhaps irksome, but . . . my judgment is that the action of the Government has been necessary and has been successful."

First United Y.P.U. Entertained by the Mountjoy Y.P.U.

Wednesday night last the Young People of the Mountjoy United Church entertained the Young People of the First United Church. The social started with a sing-song, followed by a skit put on by two members of Mountjoy United Y. P. U. Games were also played. At the close of the evening lunch was served and the "get-together" ended with the singing of the benediction. The evening proved a very happy one for both guests and hosts.

Those present were:—Elsie MacFadden, Gwen Robb, Catherine McEwee, Janet MacMillan, Dorothy Eddleson, Dorothy Gibson, Phyllis Clarke, Gwen Newcombe, Marjory Brill, Laura Young, Florence Gledhill, Bob Wallace, Jack McLeay, George Caldwell, Hart Drew, Frank George, Lois Urquhart, Beryl Service, Garnet McJanet, Lloyd Johns, David Rose, Mary Zudel, Barbara May, Laura Brice, Norma Hutchinson, Velma Hutchinson, Beulah Wood, Bert Mcagherty, Peggy Williams, Peggy Shaw, Eld Taylor, Frank Williams, Ida Williams, Olga Valach, Mae Blair, Mary Harper, Gladys Langman, Rev. E. G. Smith, Mary Won, Rev. W. M. Mustard, Bertha Brice.

Globe and Mail: Italy, like Austria in the last war, is now obviously the weak link in the Axis chain and there are signs that the leaders of the United Nations plan to exploit her weakness and her people's notorious detestation of the war.

HELP CANADA KEEP FIT



START YOUR DAY—THE WHOLE WHEAT WAY

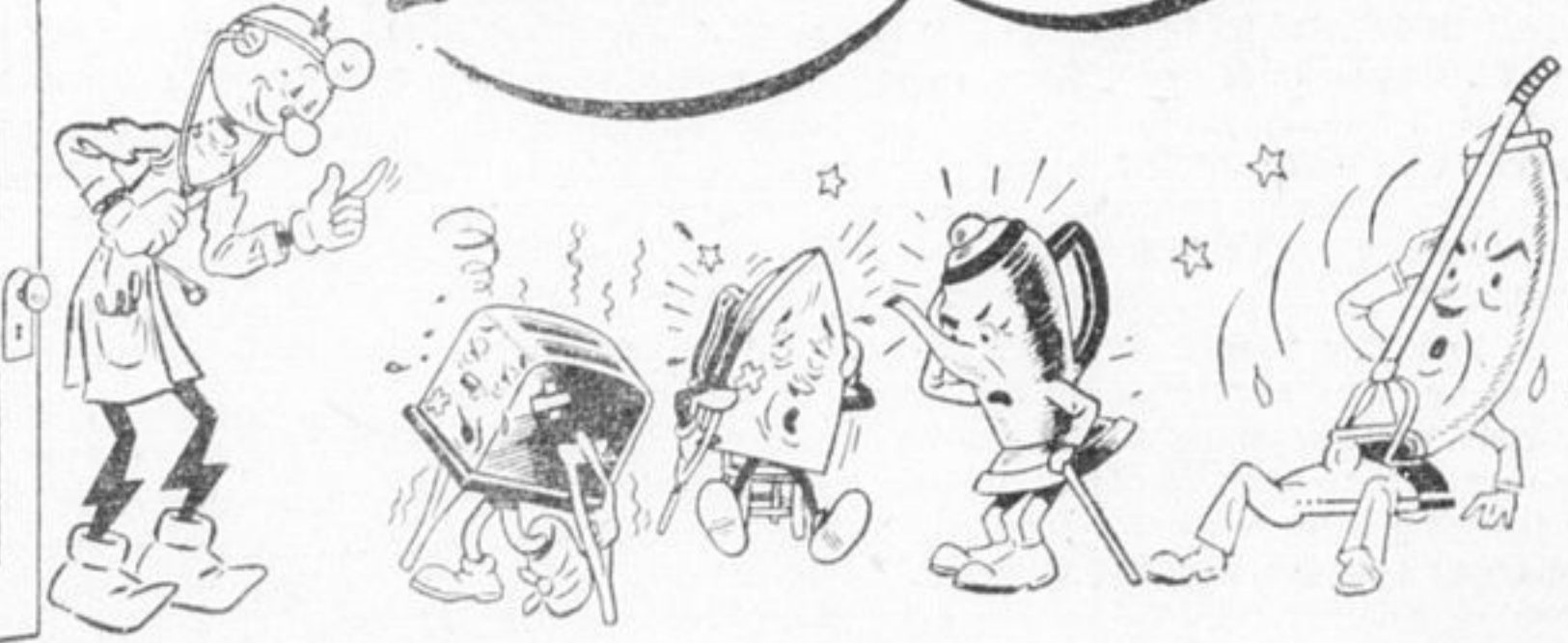


To help meet the strain of extra office work you need extra nourishment. And, one of the best ways to get it, leading food authorities say, is to eat the "protective" foods—among which are the whole grain cereals. Nabisco Shredded Wheat is 100% whole wheat in its tastiest form, with all the bran, minerals and wheat germ retained. Include two tasty Nabisco Shredded Wheat and milk in your breakfast menu to help start your day right! THE CANADIAN SHREDDED WHEAT COMPANY, LTD. Niagara Falls, Canada

NABISCO SHREDDED WHEAT

Reddy Kilowatt SAYS:

"A LITTLE CARE PROLONGS THEIR WEAR!"



Thoroughly clean them at least once a week . . .
Never let the cord come in contact with hot metal and always disconnect at wall . . .
Don't let them overheat . . . Keep them properly lubricated at all times . . . Avoid running vacuum cleaner over pins, nails, coins or other metal objects.
Defrost refrigerator when frost collects to about one-fourth of an inch . . . Protect rubber rollers on your washing machine wringer by releasing the pressure when not in use . . .

FIX THEM UP • MAKE THEM LAST • KEEP THEM WORKING

REDDY says:

"Budget for victory—put WAR SAVINGS CERTIFICATES at the top of your buying list . . . every week."

NORTHERN ONTARIO POWER COMPANY LIMITED

1871 • 71 Years of Security to Policyowners • 1942



Women Take Larger Place in Business

WOMEN'S increasing importance in business life has caused them to become more and more interested in Confederation Life Insurance and Confederation Pension Bonds. They have learned that Confederation Life offers the best means of providing for those who may be dependent upon them, and above all, for their own future financial independence.

We invite business women to inquire of us as to how they may do this easily and economically.

Confederation Life Policies may be had with Monthly Income Total Disability Benefits.

Before You Insure Consult

Confederation Life Association

J. M. LORRAIN, Representative - 153 1/2 Pine Street North, TIMMINS
A. W. PICKERING, c-o Simms, Hooker & Pickering
20 Pine Street North, TIMMINS