CANADA'S health

There is a valuable health-giving power in the Sun, and, when weather permits, sunbathing under proper conditions is most beneficial. Health authorities point out that when the weather makes sunbathing inadvisable or even impossible, you may still get a "Sunshine Vitamin" from food.

Such foods as milk, cheese and fish supply it, and, where the family doctor considers even more intake advisable, a fish liver oil should be included in the diet.

—o—o—

BUNDLING BAD

It is not healthful to sit around inside wearing those woollies you had to wear in the cold outside. Women appreciate this. Health authorities at Ottawa suggest that heavy, warm clothing be reserved for the outdoors. Wearing the same thick things indoors favours chills, which lower resistance and render you liable to more serious infection.

—o—o—

IODIZED SALT

In parts of Canada where soil and water do not supply adequate natural salt, it is advisable to fortify the diet with iodized salt.

Medical practitioners know the local deficiencies and those who would ensure health will ask the family doctor for advice in this, as in other health matters.

—o—o—

BUYING HEALTH

Costly foods aren't necessarily the best foods. This was proven by surveys establishing food values.

The Nutrition Division of the Department of National Health and Welfare has prepared a book entitled "Shopping Lists." Its contents are based on "Canada's Food Rules" and include tables of foods for various age-groups in a typical family of five. From these a sample weekly market order is made out, with prices indicated. The total, based on Ottawa and Montreal prices at the time, was $12.78.

Well-thought-out nutritious meals pay dividends.

—o—o—

DENTAL DEFECTS

Dental defects are not only decided health hazards, but dental disease untreated in childhood means more extensive dental damage in later life. This damage is permanent since, unlike other body tissues, teeth cannot repair themselves once decay sets in.

Early correction of defects is the best method of combatting dental disease. The oral cavity is easily accessible and responds readily to treatment. Yet, ironically enough, despite the ease with which dental defects may be remedied, there are still thousands of dentally-neglected children.

—o—o—

CAMP FOR CURE

A camp of three hundred people was established in Alberta in connection with a V. D. plan of the Alberta Department of Health in cooperation with federal government departments.

As a syphilis-control measure, Albreta tested the population north of Lesser Slave Lake and concentrated under canvas all those found with the disease. There the campers were given complete courses of treatment.

David and Lois, convalescing patients at the Junior Red Cross Hospital for Crippled Children at Calgary, Alta., are helped with their cut-outs by Miss Holmes, A.D. The Junior Red Cross operates hospitals for crippled children in Alberta and Saskatchewan. In other provinces, the Junior Red Cross arranges for care for crippled children atestablished hospitals. A campaign for $6,000,000 for peacetime Red Cross work opened March 3.

THE MIXING BOWL

BY Anne Allan

HYDRO HOME ECONOMIST

Hello Homemakers! Let's give our family that refreshment and relaxation so deserved when the day's routine is over, by serving pleasant, interesting supper dishes. All of us know that fish, eggs, whole-grain cereals, and cheese are basic ingredients of the main lenten supper dish, but too few of us take time to figure out how we can prepare them reasonably and attractively.

It's fun to plan a dish with just a small note of surprise in either shape, texture or garnish. A homemaker who prepares good food can erase many trials and tribulations, without actually raising the budget a few cents.

OATMEAL VEGETABLE SOUP

2lb. soup bone (½ bone, ½ meat), 2 tbsps. fat, 2 quarts water, 4 tpsp. salt, ¼ tps. pepper, 2 cups cooked tomatoes, 1 cup diced carrots, ¼ cup chopped onion, ½ cup chopped celery, ¾ cup oatmeal.

Remove part of meat from cracked soup bone, cut meat into cubes and brown lightly in hot fat. Place meat, soup bone, water, salt and pepper in soup kettle; cover and simmer 2 hours. Cool, strain and chill sufficiently so that excess fat may be skimmed off. Return stock to kettle and add vegetables. Bring to a boil, then slowly add rolled oats or oatmeal. Cover and simmer 30 mins. until vegetables are tender. Soup meat used in making the stock may be cut in small pieces and added. Serve with finely chopped parsley sprinkled on top, if desired. Yield 8 large servings.

BERMUDA PIE

4 cups sliced mild onions, 1½ cups milk, 6 strips side rindless bacon, 3 eggs, salt, cayenne, unbaked cheese pastry shell.

Parboil the onions in small amount of water. Drain off the liquid. Beat eggs and add to onions. Add the milk, salt and cayenne to taste. Pour into unbaked cheese pastry shell. Sprinkle chopped bacon over the top. Bake in electric oven at 425 degs. for 15 mins. then lower to 350 degs. for 20 mins.

Serve hot with garnish of paprika or chopped parsley.

Accompany with crisp salad.

GEORGETTE SCRAMBLED EGGS

4 medium potatoes, 4 eggs, 4 tbsps. cream, salt and pepper 5 or 6 sardines, parsley.

Bake potatoes; slice off the top and take out the inside which may be kept hot in a double boiler to serve at side. Scramble eggs with cream and season. Add chopped sardines and parsley. Fill the potato shell with egg and sardine mixture and serve immediately.

BAKED CHOWDER

1½ lbs. codfish, 4 cups cubed potato, 4 cups cubed carrot, 2 cups sliced onion, 1 bay leaf, ⅛ tsp. thyme, 1½ tsps. salt, few grains pepper, 2 cups water, 4 cups scalded milk, 1½ cups crushed unsalted crackers, ½ cup light cream.

Cut codfish in 1" cubes. Place in kettle; add potato, carrot, onion, bay leaf, thyme, salt, pepper and water. Cover; cook 20 mins., or until vegetables are tender. Add milk. Arrange fish mixture and crackers in alternate layers in 8 individual casseroles. Bake in electric oven, 400 degs., 15 mins. Top each serving yith 1 tbsp. cream. Brown under electric broiling element.

FISH LOAF

2 cups cooked flaked fish, 1 cup bread crumbs, ½ tsp. salt, ¼ tsp. paprika, ½ tsp. grated onion, 1 tsp. lemon juice, 2 eggs, ½ cup milk, 1 tbsp. chopped parsley.

Mix all together (more milk, if fish is dry). Turn into greased mould; cover. Cook in electric oven, or steam until firm in centre—about 30 mins.

CHILI SAUCE DUMPLINGS

Suggested for Fish Loaf. This topping would also be grand, cooked over a lamb or veal stew.

2 cups once-sifted pastry flour, or 1¾ cups once-sifted bread flour, 4 tsps. baking powder, ½ tsp. salt, 4 tbsps. shortening, milk or diluted evaporated milk (about ⅔ cup), Chili sauce.

Measure flour and sift with baking powder and salt. Cut in shortening finely, using two knives or a pastry blender. Gradually add enough milk (or diluted evaporated milk) to make a dough which, though soft, is not sticky. Turn onto slightly-floured canvas or baking board and knead with fingertips for 10 secs. Roll to about 1-6 inch thickness and cut in squares of about 4 inches. Centre each square with a spoonful of drained chili sauce and fold the dough, envelope-style, to enclose the chili sauce—dampen edges to seal well. Place over the top of the

Anne Allan invites you to write to her care of The Advance. Send in your suggestions on homebaking problems and watch this column for replies.

STEPPING OUT:— For a special afternoon at the movies with another young friend, NBC's young Frances Lynn wears soft green wool coat cut full with a high round neckline. In her hair is a white velvet bow, and white gloves complete the winter coat ensemble.

SAFETY SERVICES

Fathers of Confederation could not have dreamed of health services which complexities of modern living demand. Federal, provincial and municipal authorities, working side by side, have established standards of sanitation and health-safety here second to none in the world.

Canadian health leaders declare that, for the maximum public health protection, every citizen should understand the services which exist, and how he must co-operate with them.

Canada Northern Power Annual Report Shows Excellent Progress

In his remarks on submitting the Annual Report of the Canada Northern Power Corporation, Limited for 1946 the President, Mr. A.J. Nesbitt, mentions that the demand for power increased during the year, an increase of 1,333 customers, eleven new mining properties in Northwestern Qubec signed contracts for power, and the company purchased the distribution system of the Lamaque Mining Company, serving 422 customers in the town of Bourlamaque, Quebec. A summary of the report follows.

The financial statement of Canada Northern Power Corporation, Limited for the fiscal year ended December 31st, 1946, which includes the operations of its subsidiary, Northern Quebec Power Co., Limited, shows a satisfactory improvement over the previous year. Gross earnings amounted to $2,010,687 compared with $1,872,162 in the previous year. Expenses at $632,387 were $104,801 higher, due principally to increase in purchased power.

After allowing for depreciation, bad debts, bond interest and $11,700 for employees' pension fund, the net earnings, before income and excess profits taxes, amounted to $1,157,858, showing an increase of $266,725 over the previous year, mainly due to the heavy reduction in bond interest, the Company's 5% Bonds havng been redeemed in 1945.

Income and excess profits taxes were $499,480, an increase of $101,279 over last year. After deducting these taxes, there was a surplus for the year of $658,378 compared with $492,932 in the previous year. Payment of Preferred dividends totalled $385,000 leaving $273,378 applicable to the 400,000 shares if Common Stock. This was equal to 68c a share, compared with 23½c last year. Common dividends totalling 60c a share were paid for the year, and $33,265 was added to surplus carried forward.

The balance sheet, reflecting the sale to the Hydro-Electric Power Commission of Ontario of the Northern Ontario Power Co. Ltd., a previous subsidiary, shows a capital deficit of $2,458,053, with current assets at $1,595,358 and current liabilities at $638,014 leaving a net working capital of $957,344 compared with $927,312 in the previous year.

The Company's investments comprise marketable securities $450,319 (market value $417,560), other investments at book value of $361,534, and net equity of investment in Northern Ontario Power Co. of $134,437, for a total of $957,290.

The subsidiary's kilowatt hour output totalled 248,064,944 k.w.hrs., an increase of 10% over last year, and the number of customers served increased from 7,310 to 8,643. During the year contracts were entered into for the supply of power to eleven new mining properties, and the Lamaque Mining Co.'s distribution system in the town of Bourlamaque, serving 422 customers, was purchased.

TOP CIVIL SERVICE SALARIES

Twenty-six of Canada's topflight civil servants are now receiving an average $12,600 yearly, an average increase of nearly $3,000 since Jan. 1, The Financial Post reports from Ottawa. The Deputy Minister of Finance heads the list with $17,500. In the diplomatic field, Norman A. Robertson, High Commissioner to London, heads the list with $10,000 salary and $28,000 in living and other allowances. Hume Wrong, Ambassador in Washngton, rates second with $10,000 salary and $25,500 allowances. It cost a total of $1¼ millions to operate 30 Canadian embassies, legations, consulates, etc. in the last nine months of 1946, The Post reports.

SALLY'S SALLIES

"Why take all the money out of Baby's piggy bank? There was just enough in it to buy me a new hat!"

What They Laugh At

Women may not know what they want. But they know what they don't want — after they've got it.

Ling. "If you looked at a postage stamp, how could you tell we were never going to lose a war?"

Long: "I dunno."

Ling: "Why, because the King is always on the side that's never licked."

The only way to avoid criticism is by saying nothing, doing nothing, and being nothing.

The driver who just zoomed by is probably going to a funeral. His own.

Life is full of ups and downs,
But one thing makes me mad:
It's all the downs I went through
From ups I never had.

"I can't sleep," wailed a voice in his ear, as the doctor got out of bed to answer the telephone at three in the morning.

'Hold the wire," said the doctor crustily, "and I'll sing you a lullaby."

The priest called on an elderly Irish woman: "And how are you today, Bridget?" asked he.

"I'm bad enough fatner," she replied. "I'e the pain in me arms and the pain in me legs. And I've only two teeth in the whole of me head; but, thanks to God, they're opposite."

Mr. Brown: I am very worried about my son's health.

Mrs. Jones: What has he got?

Mr. Brown: A motorcycle.

You never find a philosopher with a big bank acount. If he had a big bank account, he wouldn't be a philosopher.

Complaints against Army cooking moved Eisenhower to decree it be done hereafter by real cooks. Where it will all end — this catering to the soldier's every whim — no one knows.

"You'll really marry me, darling!" exclaimed the enraptured young man. He proceeded: "And when we are married, the dark clouds will roll away, the sky will——"

"Don't make it a weather forecast—kiss me," said the practical girl.

Overheard on the elevator: "I never met a better man than my husband, but I'd sure like to."

New Drug Discoveries May Allow Man To Live To Be 150." Provided he doesn't probe in the medicine cabinet in the dark.

Mary and Jack were walking in the park. Jack noticed that she was looking rather gloomy.

"What's up?" he asked bluntly.

"I was just thinking you aren't a bit poetic. You don't call me fancy names like Tom calls Joan. He says she's the apple of his eye, and a perfect peach."

Jack sniffed contemptuously.

"That's all very well," she said, "but you forget Tom's in the fruit trade, while I work in the fish market."

"How can I make my eyebrows arch?" the beauty editor is asked; and can only reply, "Have you read any late popular fiction?"

"I consider," said the motorist to the stout woman with whom he had collided, "that the fault was entirely yours, madam, for standing gaping about in the middle of the road in that manner."

"I was not gabing about," retorted the irate woman. "I was inhaling a taxi."

When a man breaks a date
It is surer than fate
That he did it because he just had to;
When a girls breaks a date
You can well calculate
That she did it because—well, she had two.

He had persisted in calling on her, even though she had warned him of her father's decided opposition to boy friends. But the young man was getting desperate, and on this particular evening he had his plans cut and dried for an elopement.

Suddenly the door opened, and the room was flooded with light. The young couple turned and faced a glowering parent.

"Who are you?" he asked the young man through clenched teeth.

The latter gulped and turned pale.

"I'm her brother!" he blurted out at last.

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