

SOME FOOD FADS "EXPLODED"

Many ancient prejudices are cast down in an extraordinary article in Colliers by Dr. Hutchinson. The ideas of this eminent authority are probably contrary to those of the average man or woman. Here are some of them:

1. Eat whenever you feel hungry.
2. Don't hesitate to piece at any hour.
3. Take afternoon tea if you can.
4. Children should always eat between meals.
5. Children don't need the variety you do.
6. Children's judgment on their own food is better than their parents'.
7. Eat less bread and starches.
8. More milk, bacon, fruits, and green vegetables.
9. Meat is essential. It does no harm and much good.

Hundreds of careful laboratory tests have been made, both upon animals and men, and only once has it been found possible to produce any inflammation or disease of the kidneys by the higest feeding of meat for days and weeks at a stretch.

But let Dr. Hutchinson tell his own story:

"Our sacred three square meals a day are simply cooling stations arranged at such intervals that we can run at good speed from one to the next on the load which can be comfortably engulged at one sitting this distance being about five hours.

"Other than that there is nothing in the slightest degree sacred or healthful about them, nor any merit whatever in adherence to them with strict regularity. In fact, they are fixed far more with reference to the convenience of the cook and the housekeeper than to the health of the eater.

"On the contrary, our stomachs, instead of requiring nourishment only at regular widely spread intervals, are geared for a continuous performance, and, from the point of view of health alone, we should eat whenever, and only whenever, we feel hungry.

"It is only fair to say, however, that, from the nature of the reason which led us to fix our meal times about five hours apart, average healthy men and women, engaged in fairly active work, will find that they 'burn out' and feel empty about every five hours of their working day.

"Don't hesitate for a moment to 'piece between meals' whenever you feel really hungry. Indeed, it is a good thing to take a glass of milk or a cup of hot bouillon in the middle of the morning.

"No one who can possibly arrange it should miss the useful afternoon tea of our English cousins. It is not a waste of time, for intelligent employers and industrial commissions found that afternoon tea served to workers in shops and offices not only did not lessen, but actually increased their output and sent them home at the end of the day in a less fatigued condition and a happier frame of mind.

"A nice hot cup of tea or bouillon at five o'clock just puts the tired business man in trim to clean up his desk and get all his letters signed and off in good shape, and does not leave him craving a cocktail or small whisky as a pick-up before he can start on his way home.

"Children, of course, should always eat between meals, because

their little stomachs are not big enough to hold the charge required to drive them for five hours at a stretch, living as they do at concert pitch, with their incessant effervescence and delight in activity, as if they had discovered the secret of perpetual motion. Either a good substantial 'piece' or sit-down mid-morning lunch should be provided: sandwiches, milk, cocoa, cookies, nuts and apples.

"Then at four o'clock, or whenever the youngsters come home from school, there should be another tasty, substantial lunch provided for them.

"Now comest up another question of great practical importance to both children and adults. What if a child, big or little, six or sixty, refuses to eat some particular food which you are sure is 'so good for him'?

"Two things must be borne in mind. One is that children, though they need far more food in proportion to their weight than grown-ups do—a hearty growing boy or girl of ten to fifteen needs as much as a grown man—are often rather limited in their tastes. The other is food poisoning or anyphylaxis. Milk, bread, bacon, toast or crackers, butter, potatoes, one kind of meat or fish, puddings or cakes, and one or two kinds of fruit, either fresh or cooked, make up their entire diet. They neither want nor require half the variety that we do.

"One reason is that their little stomachs are so small that they have room only for real, rather concentrated foods, growth foods, such as are all those that have been enumerated.

"Coarse vegetables, such as cabbage, cauliflower, turnips, carrots, parsnips, etc., should never be forced upon children. They consist chiefly of water with a little starch or sugar, some vitamins and salts, and large masses of woody fibre. This is especially true of cabbage and turnips; they are excellent cow food, but as indigestible in a child's stomach as so much sawdust or hay. If he refuses to eat them, he simply shows his good sense and the superiority of the 'wisdom of babes.'

"Later in life when his stomach

has grown into a tank like ours, and can carry bushels of trash without actual discomfort, he'll perhaps learn to tolerate such cow fodder and rabbit food."

FLUSHING CRANK CASE WITH OIL IS A DANGEROUS PRACTICE

Many months ago there appeared in the Canadian Motorist excerpts from the address on "The Care of Motor Vehicles," by C. E. Hastings, B.A., Sc., M.S.A.E., consulting automotive engineer to the Ontario Motor League, etc., in which he exploded a number of popular fallacies. Among others, the admonition still frequently found in manuals on the care of cars, that the engine-oiling system should be flushed out frequently with kerosene, he declared to be a deleterious relic of the days of lubrication exclusively by splash from the crank case base. A number of the leading motor publications of the States have taken up the matter and given it wide publicity. Some of the oil companies are doing likewise. The leading editorial in the current issue of Motor Life (New York), deals with the matter as follows:

That so-called good advice is not necessarily good because it has been handed out and generally accepted for a long time is shown by the change of heart that has taken place in regard to the flushing out of crank cases with kerosene.

For years it has been regarded as good motoring gospel to preach the virtues of kerosene as a cleaning fluid for engine innards. Now come the reformers and they show us that kerosene, when introduced into the crank case of an engine, is a source of danger that should be avoided.

That this warning to shun kerosene is sounded most frequently and loudest by the oil companies, which may not be altogether unselfish in the proceedings doesn't deprive their advice of its soundness. For it is true that all engines that have any form of splash lubrication have oil-troughs and pockets that can be drained only by taking down the oil pan. If kerosene is used for flushing a certain amount of it is bound to remain in these troughs and pockets. It is pointed out that in some cars the kerosene thus retained amounts

to 18 per cent. of the total lubricating capacity of the car, which certainly illustrates the danger to which the motorist is apt to expose his engine.

A much safer way is the flushing of the drained crankcase with a quart of fresh engine oil of the kind regularly used; which later may be put to other lubricating uses. It is a good rule to drain the crank case every thousand miles in summer and every five hundred miles in winter and to flush the base with oil each time. The practice may result in a slight increase in the oil companies' earnings, but it will also go a long way towards securing the motor against unnecessary wear and tear.

If the cleaning out of engine bases were made a regular habit, the motors themselves would last longer and give better service throughout their active life. It is surprising to see the amounts of finely-divided carbon that accumulates in the bottoms of crankcases within a season's running. This carbon, much of which is circulated through the system again and again, acts just like so much abrasive on the bearings and on pistons and on cylinder walls.

Caution, having ever been the mother of wisdom, pays handsome profits to its votaries, and no caution is too great for the power plant called upon to do most of the hard work

in making the automobile the success it is.

ADDRESS AND PRESENTATION
On the eve of her departure from Rocky school, where Miss McLean has been engaged for the past two years, the parents and pupils of the section assembled at her home on Wednesday evening of last week, when she was presented with a white ivory toilet set and pearl manicure set, accompanied by the following address, which was read by Miss Helen Watson, and the gifts presented by Miss Sadie Lawrence. To Miss Esther McLean:

Dear Friend,—We, your friends in this neighborhood, desire in a small degree at least, to testify to your worth of character, and of our regret at your leaving this community, and have gathered to spend an evening

in your home before your departure from our midst. During the two years you have taught in our school, and always lived in the neighborhood, we have one and all learned to love and respect you. As a small token of our esteem to you, we ask you to accept this gift, and may it ever bring to your mind the pleasant and profitable times spent in Rocky Saugeen school section.

Signed on behalf of the neighborhood.—Sadie Lawrence, Helen Watson.

Miss McLean made a suitable reply. The remainder of the evening was enjoyed in dancing, games, etc.

Rusia insists that she can't be bought, but at the same time it looks as though she was being badly sold. —Manila Bulletin.

Girls Wanted

APPLY TO THE

Superior Knitting Mills Limited

Mount Forest, Ont.

DOLLAR DAY

—at the—

NEW BARGAIN STORE

We have decided to make **SATURDAY, JULY 15**

our first Dollar Day. We have gone through our entire stock and have put the pruning knife so deep into prices that the people of Durham and vicinity will all be surprised at what their Dollar will buy on DOLLAR DAY.

All Roads Will Lead to the New Bargain Store on Dollar Day

Be Here Early and make your \$ buy Two Dollar's Worth

Read this wonderful list of Bargains that your Dollar will buy at This Store on Dollar Day

Goods on Sale SATURDAY at 9 a.m.

LADIES' WEAR

Ladies' Bungalow Aprons	2 for \$1.00
Ladies' Ging. House Dresses	\$1.00
Ladies' Voile Blouses, 36 to 44	2 for \$1.00
Ladies' Black Silk Waists, sizes 38, 40 and 42, for	\$1.00
Ladies' Summer Vests	4 for \$1.00
Ladies' Cotton Hose, in brown, grey and black 4 prs. for	\$1.00
Ladies' Silk Hose (seconds)	3 prs. for \$1.00
Girls' white and colored Voile Dresses, 6 to 14, for	\$1.00
Child's Pique and Print Creepers, 1 and 2 years	2 prs. for \$1.00
Women's Bathing Suits, for	\$1.00

English Ginghams 5 yds. for \$1.00
Roller Towelling, 7 yds. for \$1.00

MEN'S AND BOYS' WEAR

Men's Wool Sox	3 prs. for \$1.00
Men's Cashmere Sox	3 pr. for \$1.00
Men's Dress Shirts (all sizes)	\$1.00
Men's Silk Ties	2 for \$1.00
Men's Ties, worth 50c.,	3 for \$1.00
Men's Cotton Sox,	6 prs. for \$1.00
Men's Fine Caps, all colors, worth \$1.50, for	\$1.00
Men's B.B.D. Combinations	\$1.00
Men's Velour Hats, for	\$1.00
Men's Panama Hats, for	\$1.00
Boys' Khaki Knickers, for	\$1.00
Boys' Cloth Knickers, for	\$1.00
Boys' Jerseys, blue, and blue and red trimmed	2 for \$1.00
Men's Bathing Suits, for	\$1.00

MEN'S, WOMEN'S, AND CHILDREN'S SHOES

Women's and Children's Canvas Shoes, for	\$1.00
Children's Running Shoes, 6 to 13, for	\$1.00
Children's Brown Sandals, 5½ to 10, for	\$1.00
Women's Oxfords, 3 to 4½	2 prs. for \$3.00
Boys' Strong Lace Shoes, sizes 3 to 5½	2 prs. for \$5.00

FREE

Every Boy coming to this store on Saturday, accompanied by his parents, making a purchase will get a pair of braces FREE.

EXTRA SALESPeOPLE ENGAGED FOR DOLLAR DAY
Be Here Early for this Sale--Remember the place
MIDDAUGH HOUSE BLOCK

BARGAINS

for Friday and Saturday

Children's Fine Ribbed Lisle Hose, reg. 60c. for	39c.
Ladies' Silk Hose, good seconds	39c.
Holeproof Hose, grey and camel shades only	\$1.29
8-qt. Granite Potato Pot	\$1.29
Aluminum Tea Kettles	\$2.98
6-qt. Aluminum Kettle	\$1.39
40-piece China Tea Sets	\$8.98
25c. Cups and Saucers for	17c.
50c. China Cups and Saucers for	29c.
10-qt. Granite Dish Pan	69c.
Kiddie's Waggon, Special	\$3.29
Ladies' House-dresses	98c.
Heavy Glass Tumblers, per doze	90c.
Granite Roast Pans, covered	75c.

Call and Get Your Share of These Bargains

THE VARIETY STORE

R. L. SAUNDERS, Proprietor

Groceries, Flour and Feed

Seed Buckwheat, Shorts, Bran and Feed of all kinds

FLY DESTROYER

CREAM WANTED

for

Palmerston Creamery

HIGHEST PRICES PAID.

SATISFACTION GUARANTEED.

Call and see us. Get a Can.

SEE US FOR SALT--We have a car load on the road which will arrive some time this week.

Next Week is Strawberry Week

Leave Your Order Now to get the Choice Berries

W. J. VOLLETT

Groceries, Flour & Feed, Fresh Fruits
DURHAM ONT.



What are your health building plans for the spring time? Our pure food is the builder who will aid you and your family to enjoy the days and weeks of the beautiful spring. We expect to hear from you.

Take Notice

I have secured the agency for Wodehouse Animal Invigorator, Baby Chick Food, Poultry Food, Lice Killer, etc.

We also sell Zenoleum, the best disinfectant.

"PHONE FOR IT!"
NO. 40
E. A. ROWE-GROCER
DURHAM