

## All Men Prefer A Square Meal

Canadian Dietetic Association Reminds June Brides That Hubby Likes Thick Juicy Steak

Calling all June brides — thick, juicy steaks is still the best way to make the love light glow in hubby's eyes.

Take it from the young ladies of the Canadian Dietetic Association: love won't last long on an empty stomach. Here's their diamond-ring course of do's and don'ts.

Don't forget he's a man—he likes a square meal.

Don't try your pet specialties first night—this from an ex-bride whose pride was mustard pie. She didn't know her brand new husband abhorred it and it made him sick.

Have one hot meal every day, even if it's small. It aids digestion and improves his disposition.

Don't give him light desserts. Most men don't give a darn about their waist-line, and like pies and puddings or at least ice cream.

Don't serve fussy and effeminate foods. A man likes a sandwich he can get his fist over, a cookie with two bites.

## Milk Should Be Basic In Diet

If We Desire Proper Nutrition, Dr. Tisdall of Toronto Declares—Build Around It

Canadians were urged last week by Dr. F. F. Tisdall of Toronto to make milk a basic part of their diet if they desired proper nutrition. Adults should have a half-pint to a pint daily and children a pint to a pint and one-half.

Chairman of the Canadian Medical Association's nutrition committee, he addressed a public meeting under auspices of the association, at its seventeenth annual meeting held in Montreal.

Dr. Tisdall said the proper diet should be built around milk and should include at least one egg a day, two vegetables, meat and fruit. Some people objected to milk as a weight-builder, but should remember it contained a large number of calories and if they are to cut down on their weight they should reduce on other foods.

Milk contained calcium, for one thing, and that it built strong bones. If people drank lots of milk in their youth their bones would be stronger, and possibly falls in later years would not produce fractures as in non-milk drinkers.

## Plan Mining Lignite Coal

Premier Intends to Have Immense Deposits in Northern Ontario Developed

Development of the immense lignite deposits in Northern Ontario is under consideration, Premier M. E. Heppburn intimated last week.

Premier Heppburn became interested in the commercial value of the deposit during his visit to Australia last winter when he inspected the Australian lignite mines where electrical energy is generated from lignite-fired steam plants and briquettes for fuel are also made. The use of the Northern Ontario deposits for the manufacture of briquettes is under consideration. Geologists and engineers have estimated that there is at least 150,000,000 tons of pure lignite in the deposit, which is north of Cochrane and only about a mile and a half from the T. & N. O. Railway. The Northern Ontario lignite is said to be of a higher quality than the Australian lignite.

## Doctor Scores Modern Diet

That Depends So Much on Prepared Foods—

Canned foods and other forms of mass produced "appetite-tickling concoctions" have prevented mass starvation in many countries but they have done nothing to build up resistance against disease. Er. Clara M. Davis, Winnetka, Ill., well-known child nutrition specialist, told the Montreal Star last week.

Dr. Davis, is no fastidist, but she believes that eating has become too much of a habit, and by consuming too much "prepared" foods people have largely destroyed the ability of their appetites alone to control their eating.

**Appetite Destroyed**  
Milk, sour or fresh, eggs, fresh meats, oranges, apples, bananas, potatoes, carrots and peas seemed to possess everything that was needed for a balanced diet. Those things were easy to get and generally cheap enough, she said.

"If we could eat more of them and less canned goods, we would be a healthier nation."

## NEWS PARADE ...

**"HIS FATE IS SEALED"** One of the wisest women of our time, Genevieve Tabouis, French newspaperwoman, declares that Hitler's hour has struck. His day of destiny arrived, she says, the day his soldiers entered Prague. "On that day democracy woke up in Britain and France. It was like a bugle call. It was Hitler's greatest triumph — and it spelled his doom."

**MORE UNEMPLOYED:** Canada is among the countries of the world reporting an increase of unemployment during the second quarter of 1939. Royal visit or no royal visit, there are now fewer Canadians who are working in steady jobs than at this time last year. (Business, generally, during this period upped 3 per cent, nevertheless.)

Nobody knows exactly how many jobless there are in the Dominion. Employment figures the Government uses come from several thousand representative firms across Canada who carry a fair number of men on their payroll. Nobody knows how many jobless young people are living at home with their parents, how many transients there are, or how large is the number of unemployed who have not applied for relief.

**MISSING BOTTLES:** York County milk from the producer to the consumer is urging a Provincial investigation into the price spread of summer. Farmers of Southern and Western Ontario are paid on the average of 3 1/3 cents per quart for their milk while city people are charged 12 cents per quart. The producers complain that the tremendous wastage in milk bottles is responsible to some extent for the 12 cent price, but why charge these against the consumer? If we had to pay a cash deposit on each one, fewer bottles would be used as flower vases, jam containers, or thrown in the garbage can, and incidentally, there would be much less excuse for charging the present price for milk.

**RUMOR DEPARTMENT:** It is reported by progressive telegraph that the National Association of Manufacturers in the United States is set to "get" President Roosevelt; that they have sunk \$750,000 in a campaign to see that he isn't returned for a third term.

**THE WEEK'S QUESTION:** And while we are on the subject of American politics (which, like it or not, are tremendously important to Canadians), what regrettable effect is the House of Representatives' refusal to change the Neutrality Act likely to have on aggressor nations in Europe? Answer: The House's refusal to make it possible to sell arms to non-aggressor nations (France or England, for instance), may be construed throughout Europe as evidence that a majority of Americans are not behind the President's efforts to deter further warlike action by Hitler and Mussolini.

### Benjamin Britten

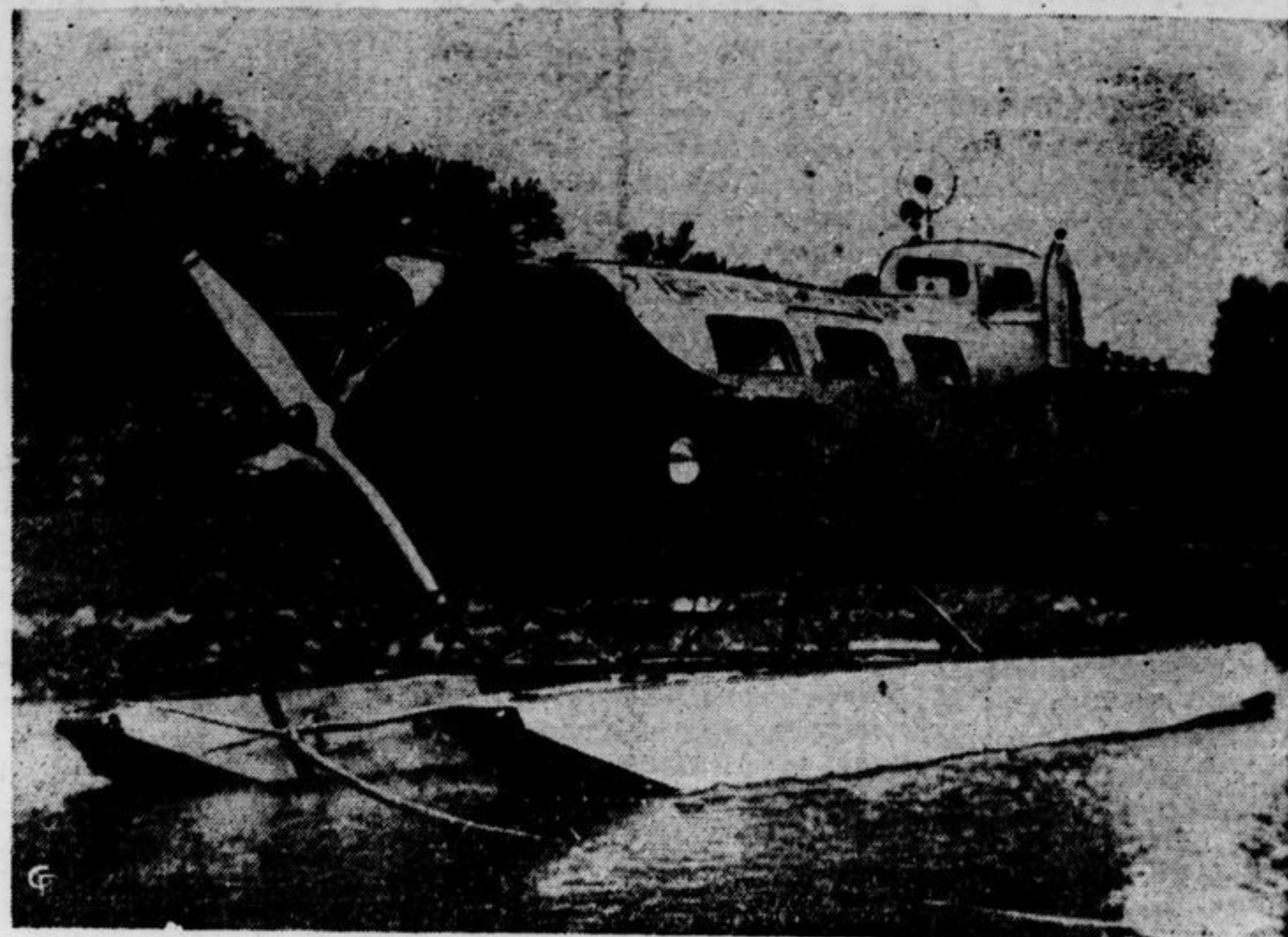


Famous young English musical composer who is seeking fresh musical inspiration in Canada, sees a great future for young Canadian composers, especially those in small communities where the chief facility for instruction is radio broadcasts of symphonic music.

### Canary Is Back After Year Away

The old adage, "leave 'em alone and they'll come home," holds good ever in the case of missing canaries, according to Mrs. Charles Lance, of Marion, Ill. Her canary escaped in June, 1938, when a cat, springing against the cage, knocked open the small door. The bird disappeared. After an absence of 11 months, the canary returned and perched on the fence in front of the Lance home. Mrs. Lance said she had no trouble at all in coaxing it back into its cage.

## Farmer's Son Makes New Fast Craft for Snow and Water Transportation



James K. Lawrence, farmer's son of Myrtle, Ont., built this novel craft in his spare time. He claims that it is capable of travelling on snow and water and would be ideal for travel in the north country. It is driven by a propeller and has air conditioning, a radio and is equipped with electricity. The department of transport has inspected and approved the craft.

## ONTARIO OUTDOORS

By VIC BAKER

### CARE OF WORMS

Despite the extensive campaign carried on during the past few years by the advocates of artificial baits to have every angler use flies, spinners, plugs and similar artificial lures, we will always have with us the old dyed-in-the-wool fisherman who prefers worms first, last and always. To these fishermen we direct the following advice.

To have the pleasure of good worm fishing in August and September, the experienced angler prepares his bait during this month. The trouble is, however, that the majority of fishermen find it difficult to keep worms tough and in a fighting spirit throughout the summer months. There is one sure way of maintaining a large supply of worms so that they will snap back at the trow and this is it!

**All In A Box**  
Construct a box about six by four by three feet deep of one inch lumber. Cover the inside with several layers of gunny sack or paint with pitch. Sink it all about four inches of the box in the ground in some shady spot, then fill to within eight inches of the top with leaf mould and good rich soil. About once a week sprinkle some coffee grounds, powdered milk or cornmeal lightly over the surface of your worm cache. During very warm weather sprinkle with a little water, being careful not to use too much or they will sink to the bottom and sour the soil and the worms will die within 48 hours.

During the real hot days, place a couple of sacks over the top of the box to keep out some of the heat. This box should take care of at least a thousand worms and will keep most of them through the entire summer.

### Stairs Are Vital In Home Layout

Old homes may be greatly improved in appearance with modern stairways. Several treatments to beautify the home and remove a menace to safety, are:

1. Replacing worn-out treads on stairs.
2. Giving attention to creaking stairs.
3. Giving additional support to rickety cellar steps.
4. Installing railing on cellar stairs to prevent accidents.
5. Transforming closed stairways into open stairways by removing one or more walls.
6. Replacing old posts and railings with modern types.
7. Installing disappearing stairs to attic.

## Chamberlain, Roosevelt Kin

Eighth Cousins, Genealogist Says; Queen Related to Washington, Lee

A high British authority on genealogies has announced his conclusion that Queen Elizabeth is related to George Washington and Robert E. Lee and that President Roosevelt and Prime Minister Chamberlain are eighth cousins three times removed, with King Edward I of England as a common ancestor.

**King Edward I Their Ancestor**  
These are findings of Anthony Wagner, holder of the 500-year-old title of Fortenilla Pursuivant at the College of Arms, home of British heraldry.

Wagner has just completed a genealogical table showing that Roosevelt and Chamberlain descended from a daughter and a son of William Coytmore, an Englishman who lived in the 16th century.

Queen Elizabeth's relationship to Washington was discovered accidentally when Wagner was working on Washington's family tree for the British pavilion at the New York World's fair.

## Nicotine Sulphate Controls Aphids

Catch These Plant Lice At the Beginning of an Outbreak

Aphids or plant lice are soft bodied insects which are frequently found feeding in clusters on a wide variety of plants. They vary in colour; white, green, blue, red and black forms being the most common. Aphids can be controlled much more easily at the beginning of an outbreak than later in the season when their numbers have increased and the leaves on which they are feeding have curled up in such a way as to protect them from sprays and dusts.

Spraying the plants with nicotine sulphate 40 per cent, and water, to which has been added a small amount of laundry soap, is the easiest and best method of control. Nicotine should be used at the rate of three-eighths of a pint to 40 gallons of water with 2/3 pound of soap added. In small amounts of the spray, use 2 spoonful of nicotine in a gallon of soapy water. Apply the material on a hot, calm day and drench both the upper and lower surfaces of the leaves so as to actually hit all the insects.

Gypsum production in Canada during the first quarter of 1939 totalled 36,781 tons compared with 18,579 tons during the corresponding period of 1938.

## VOICE of the PRESS

### EDUCATIONAL TOUR

Since the Royal tour has been on the people in Canada have had opportunity to learn the names of the provinces of our own various provinces. —Peterborough Examiner.

### WE WASTE THE RAIN

As a rule, we get enough precipitation in Ontario, but we don't hang on to it. Because of denuded land, bare hillsides and drained swamps we run it all off to the sea. —Farmer's Advocate.

### ONCE WAS ENOUGH

Ontario's motor license plates are being printed—black on canary yellow. Apparently the Highways Department's one experience with fancy color schemes was enough. —Owen Sound Sun-Times.

### HISTORY AND THE MOVIES

History in the movies is all right, but future youngsters may say Don Ameche discovered the telephone, Clark Gable the Mississippi and Raymond Massey invented Lincoln. They saw them do it. —Brantford Sun.

### REAPING THE WILD VOTES

Letter from John M. Robb, Conservative organizer, is asking the party organizations in all constituencies to welcome back returning Reconstructionists. They will just be regarded as prodigals who have come back after sowing their wild votes. —Toronto Star.

### THEATRICALS FOR ALL

There is no substitute for the theatre, in its true sense. It gives a scope to the average individual, with latent or developed artistic sense, that no other medium can supply. Its popularity only stresses its effectiveness. And in a day when synthetic forms of entertainment hold such a large part of the spotlight, there is an increasing need for more activity in the field of amateur theatricals. —Hamilton Spectator.

### Training For Health Urged

Dr. A. S. Lamb, head of the department of physical culture at McGill University and president of the Canadian Physical Education Association, recently told the association its duty was to protect and promote health rather than to carry on the "mistaken notion of exercise—speed, strength and sweat."

## The Pieced Quilt And Patchwork

Quilt-Making Is An Old Art On This Continent—Collecting Specimens An Interesting Hobby

It is not so much the objects collected as the interests they bring with them that provide the thrills for the collector. Quilts collected by Mrs. Fulton Lewis, of Washington, D.C., are witnesses to the hardy spirit of the pioneer women who followed their husbands to carve out homes in the wilderness.

For more than 20 years she has gathered fine specimens of the art of women of early days. Descriptions with such names as "Kansas Troubles," "Log Cabin" and "Whig Rose" tell of days when men and women were making a nation.

"Quilt-making can be divided into two classes," says Mrs. Lewis, "the first the pieced quilt and then the patchwork one. The pieced quilts were the ones used every day, so they are now rarer than the patchwork or appliqued ones, which were put away for best."

## Wild West Days Come To Ontario

New Dude Ranch Overlooks Hockley Valley, Near Orangeville

Wild West days, with all the savor of bow-legged cowboys, wide-brimmed hats and corals, have invaded the green hills overlooking the Hockley Valley.

Dude ranchers from many parts of Canada and the United States drop in at the Glenn S. ranch, five miles east of Orangeville, Ontario, to pound a little leather and to give the larrikin a whirl.

Under the instruction of Glenn Sargent, owner of the ranch, and his four "podners," dude cowboys are taught to ride in the real western style. Sargent conceived the idea for such a ranch while he was rounding up cattle at his home in Wyoming. City folk, after paying a visit to his parents' ranch, always went home imbued with the wish to own a ranch.

### Dudes Rise At Dawn

When a dude arrives at the ranch he changes to the Glenn S. outfit of high-heeled boots, chaps, a bright-colored shirt and neckerchief, and a wide-brimmed hat. The dude soon catches the atmosphere of the ranch.

The dudes rise at dawn, and after breakfast they saddle up and are out on the trails. Some of their trips last for two or three days through the valley. They bivouac at night and cook their meals over the camp fire.

## Books And You

By ELIZABETH EEDY

### "PATRICIA"

By Grace Livingston Hill

Curly up in a hammock with this one: The well-loved Mrs. Hill, author of "The Seventh Hour," "Lo! Michael," Etc., has written a delightful and intensely human story of Patricia's struggle for and attainment of, in spite of her social-climbing mother, a way of life that brings happiness, satisfaction and inspiration. May the Fifth of the year Patricia Prentiss was twenty-four had become a day of dread because she must give Thorny Bellingham his final answer to his many proposals of marriage, instead of the gala day of years before when she had seen the Worth family, united and warmly happy. Each year Patricia had kept May the Fifth sacred and the memory green, aided by the lovely bed of lilies-of-the-valley young John Worth had planted at her gate on that memorable day. John returned on this crucial anniversary to Pat, through the fragrance of the few lilies he had picked on his way to the house, of all her childhood and young womanhood. The devoted followers of Grace Livingston Hill's charming novels will take John Worth and Patricia to their hearts.

"Patricia"—by Grace Livingston Hill . . . Toronto: J. B. Lippincott, 215 Victoria Street . . . \$2.25.

## Ask for BEE HIVE



## LIFE'S LIKE THAT

By Fred Neher



"Now you can see how it will look on you, madam."

## REG'LAR FELLERS — The Legal Mind



By GENE BYRNES