

Seven Fuels For The Human Body

Whether Weather Hot or Cold
A Little of Seven Food
Varieties Necessary

There are seven varieties of food which we all need to keep us in health, says a doctor. Whether the weather is hot or cold, and whether we are lazy or energetic, we must have some of each of these kinds of food. No one variety can replace another, while if we eat too much of one, and too little of another, the balance of digestion and nutrition is upset and we may become ill. Here are the seven pillars of a healthy diet:

(1) **Proteins.** These have been compared to building stones, because in the process of digestion and assimilation they are converted into actual body tissue. Animal proteins (meat, fish and eggs) are more easily built into our bodies than vegetable proteins (such as peas and beans).

(2) **Fats.** From cream, butter, eggs, suet, fat of meat, and oils (especially fish oils).

(3) **Carbohydrates,** which give energy and are derived from sugar and starch, including cereals, bread, root vegetables, and many fruits.

(4) **Mineral salts,** from milk, meat, the germ and thin inner covering of whole cereals and from vegetables — particularly green vegetables — and fruits.

(5) **Vitamins,** found with mineral salts in the above classes of food and in fish oils, they are necessary for health, growth, and protection from disease.

(6) **Extractives.** Flavoring essences which make foods good to smell and to taste, and which help us to digest our food. They are found in all natural foods and in stock, soups, gravies and the water used for cooking meat and vegetables (in steaming, or in casserole cooking, they are conserved and utilized).

(7) **Water** — in ample quantity. Besides building the body and giving energy, the digestion of the food produces heat and so maintains the warmth of the body. In summer, therefore, we have to limit the body's production of heat by eating less of the heat-producing foods, such as sugar, fat and the starch, replacing them with more fruit and vegetables.

Airplanes Aid Survey Parties

Air Transportation in Northland Expedites Work of Engineers—Camps Moved by Planes

Air transportation played an important part in the survey of the Saskatchewan-Alberta boundary last summer, according to the Department of Mines and Resources, Ottawa. Airplanes equipped with floats were successfully used as a means of transport for the survey party. The air service was supplied by private companies operating in the neighborhood of the survey and, by arrangement, an airplane came to the survey party's camp on selected days and moved it to the site chosen for the next camp. There were eight camp moves necessary, averaging about seven miles per move.

Moving a survey camp by airplane has many advantages over moving it by pack horse, canoe, man-packing or dog train. With the plane, the cook and his helper, with perhaps one extra man, can manage the whole move and the survey work can proceed as usual on moving day. Moving days occur about once a week and as the airplane comes in it brings fresh supplies, doing away with the old conditions of rancid bacon, lumpy soup or wet flour. Mail was received regularly, and, although the work was being carried on in a remote district, it was much like making a survey near centres of population.

Export Trade's Huge Increase

Ottawa Records Large Gain in Past Six Months—Canadian Trade Expands Generally

Canada's export trade during the month of July was valued at \$89,787,056, an increase of \$23,881,333 over July, 1938, according to a statement issued by Hon. W. D. Ealer.

This increase is in keeping with a general expansion of trade in recent months. For the three months ended with July total exports were valued at \$278,949,915, as compared with \$201,347,165 for the same three months in 1938. Outstanding features of the July trade were the continued large increases in the exports to the United States and the United Kingdom. To the former, the amount was \$41,896,027, compared with \$21,645,505, a gain of \$20,250,522, or 93 per cent. and to the United Kingdom \$21,365,592 compared with \$26,156,576, a gain of \$5,570,016 or almost 22 per cent.

NEWS PARADE...

REPERCUSSION: One of the first things the new German-Russian non-aggression pact did was to give Japan the jitters, turning the Rising Sun nation against its former ally-partner, Germany. Immediately Japan began to look with favor again upon Britain. Within three days of the signing of the new pact, Japanese army men left off stripping British subjects in China, began to make the German nationals suffer the various indignities instead.

'TIS AN ILL WIND: Wars and rumors of wars and successive crises in Europe don't help business much. They bring trade between countries to a standstill play havoc with the stock market, chase customers away from every mercantile door, throw the youth of the land into a frame of mind where they think a hand-to-mouth existence is the only possible one. But... it's an ill wind that blows nobody good. Europe hanging on the brink of catastrophe has accomplished one wonder. It has succeeded in bringing Ontario's Mr. Hepburn to Ottawa, to confer with federal officials...

ALL ELSE FORGOTTEN: Have not heard much talk of an election this Fall, eh, since the Danzig crisis started? Ears straining to

Hockey Star Drowns



Albert "Babe" Siebert, star of the Montreal Canadiens' hockey team for many years, and recently appointed coach of the Flying Frenchmen, was drowned in Lake Huron while attempting to retrieve an inflated automobile tube which had got away from his little daughter.

catch the dropping of a pin in the Polish Corridor, have been missing bangs and crashes on our own political floor.

POLAND'S HISTORY: In 965 under the reign of Mieszko, whose great-grandfather had wrested its beginnings — a province extending from the Carpathian mountains to the Bug River — from the falling Moravian Empire, the history of Poland as a kingdom began. She gradually grew, at one time extending over part of what is now Western Russia and the Russian Ukraine, as far south as what formerly was Czechoslovakia, and as far north as what is now Latvia on the Baltic, and with a western frontier approximately the same as her present border.

Poland has been partitioned four times. She appeared as an independent state under treaties concluded in 1795, partitioned her between Russia, Prussia and Austria. Not until 1919 did she again appear as a nation, carved into the world maps by the Treaty of Versailles.

THE WEEK'S QUESTION: How does the new Nazi-Communist pact aid China? Answer: Japan's sum of energy is already half-spent after two years of expensive undeclared war in China. But Japan has all along been counting heavily on Germany remaining an enemy of Russia. Now Russia is in a position to concentrate new strength on the Siberian-Manchoukuo border, focal point of Russian-Japanese hostilities, and give all her attention to defeating the Japanese.

Meatless Months

The Snake Park at Port Elizabeth, Natal, has a python 21 ft. long, which did not touch food for 19 months. It remained perfectly healthy.

Niagara Moving

During the last 100 years Niagara Falls have moved back nearly 400 ft., and are still moving. The water pouring over the edge wears away the rock—about 3 ft. each year.

Canadian Troops Are On Guard Against Sabotage In Dominion



In face of European events, the Dominion government has taken steps to prevent sabotage of important public buildings, transport and communication lines. At the RIGHT, a sergeant of the Lincoln and Welland Regiment is shown standing guard on a bridge over the Welland canal, while a Lewis gun crew is seen, LOWER LEFT, keeping a watchful eye on the canal itself. In camp at Thorold, Ont., these soldiers, UPPER LEFT, gather around as one of their comrades receives a shave from the company barber.

VOICE of the PRESS

EXCAVATION
Out in Alberta they dig up dinosaurs, but in Ontario, merely old estates. — Toronto Star.

FORGOTTEN MEN
Rural mail carriers are to have special markers to put on their cars. But they have not had their pay raised. — Oshawa Times.

LAND OF ABUNDANCE
Andrew Murray, of Wilton Grove, Ont., planted one bushel of Erban oats and harvested 93 bushels. There are many things wrong in the world but there appears to be nothing wrong with an earth which can yield such an abundance. — Peterborough Examiner.

NOT TO BE COUNTED ON
An English industrialist visiting Toronto predicted a boom for Canadian industry in the event of war, this country being looked upon as a first line reserve for the Old Land. That may be true enough, but all war booms leave a headache and a demoralized economy. The truth is, the world has not yet recovered from the Great War. — St. Catharines Standard.

ABOLISH ROADSIDE WEEDS
One argument used by the advocates of reforestation is that a beautiful landscape will attract the tourists, yet we cannot recall hearing it said that saw thistle, wild carrot, oxeye daisy, orange hawkweed, teal and blue devil along the roadside and in the fields will give any special delight to those who travel the King's Highway. A large percentage of the people of Ontario apparently see beauty rather than decreased production and loss in this fauna of weeds for many roadsides are dirty and fields are over-run.

The provincial highways should be models of cleanliness regardless of the standards of farm practice in the communities through which they pass. — The Farmer's Advocate.

Twice Champ Beard Grower
The arena at Vernon, B. C., was packed to its brim again this year for the grand finale carnival, 1939, when Bert Lamarche, for the second year in a row, was awarded the palm for having grown the bushiest beard.

REG'LAR FELLERS—Practical Farmer



Old Fallacy Is Exploded

Salt Does Not Cause Hardening of the Arteries

Here is proof that should disprove conclusively the popular misconception that salt is harmful to the human system, that it causes hardening of the arteries, dilates the natural lubricants in the body joints, and results in deposits of salt in the system, paving the way to rheumatic diseases.

Ward Off Fatigue
An article in the current issue of the Oval, magazine of Canadian Industries, Limited, reports that scientific studies by physiologists in leading laboratories have proved conclusively that salt lost through perspiration must be replaced to restore the necessary balance, and the medical profession is in agreement that the use of sodium chloride, or common salt — either in loose form or as small compressed tablets, is a safe and successful method of counteracting or warding off the effects of excessive heat fatigue.

Endorsement
Prompted by the general belief that salt was harmful to the human system, Safety Engineering, an authoritative American magazine, recently conducted a survey all among the leading American medical authorities, and the following sentence sums up their combined opinion: "Inasmuch, however, as the good that is done by salt tablets outweighs the conjectural harm that might occur to a very small number of people, the use of salt in hot industries, or hot weather should be encouraged."

Pasture For The Fall

Here is a suggestion from the Forage Division, Dominion Experimental Farms, about providing good pasture in the fall. Fall rye, sown at the rate of two bushels to the acre from August 10 to September 10, depending on district and season, will usually supply good feeding for cattle until well on towards winter. Early plowing helps in preparing the seed bed, and once rye has made a firm start, cattle may be turned into the fields, but not sheep because they nibble too closely. If not pastured too closely, the rye will winter well and there will be early pasture next spring lasting till the end of June. Then it may be ploughed under and the plants make excellent green manure.

Established in 1299, Town Bowling Club, Southampton, England, has greens which are six centuries old.

Books And You

BY ELIZABETH EEDY

"UNCLE LAWRENCE"
By Oliver Warner
This small book is the fine story of a young Englishman's short Summer visit to an uncle known only through letters who lived on the island of Pelee in Lake Erie, the southern-most point of Canada. Uncle Lawrence was the only one of a large Victorian family who did not turn out to be a representative son of a Lincolnshire clergyman. His letters and the chance comments of the family caught the interest of a young nephew (the author). When Uncle Lawrence invited Oliver to come out to Pelee during the summer, the young man accepted with eager and affectionate curiosity. He found his uncle living alone in a strange sort of crabbed contentment.

The charm of the book lies in the revelation of Lawrence's character and in the young nephew's delicate understanding of him. It has special interest for Southern Ontario folk who know the island and Leamington and Kingsville. The names of the people in the story are real-life ones. "Uncle Lawrence" by Oliver Warner, Toronto: The MacMillan Co., of Canada, \$1.65.

Popularity Of Wool Increases

New Textures and Color Range Are Partly Responsible

It may seem early to talk about wool, but now that wool is so definitely a year-round fabric, we can discuss it reasonably. New textures and fascinating color ranges have a lot to do with wool's popularity. Also, wools are now sheer and even tweeds are lighter in weight. Wonderful imported knitted fabrics are combined with hand knits. Circular or slim skirts in the better houses are not too short and the sheer wool fabrics, some of them combined with pure silk, are very thin and flattering.

New "old" fabrics like melton, duvety, broadcloth, flannel, serge, wool bengaline and ottoman, vie with really new weaves in sheer wools. Some of these have animal hairs woven in, and in the dyeing, the difference in color values gives added surface life.

Angoras are also very popular in sweaters and a new hand knitted angora evening wrap is not only new but good news.

ONTARIO OUTDOORS

By VIC BAKER

ONTARIO SKEET TEAM WINS DOMINION TITLE

Posting the highest individual score among the finalists in the national skeet championships, which were held simultaneously with the trap competition, Fred Lister led Toronto's York Skeet Club to the successful defence of its Dominion title.

The five-man team representing Canada's second oldest skeet club broke 468 x 500 targets to outshoot the four other entries in the final match by a wide margin. Second place was taken by the Montreal Skeet Club's No. 2 Team whose score of 440 left them 28 points behind the victorious Toronto squad. The other entries and scores were: Saint John, N.B., Skeet Club 432, Trail, B.C., Trap and Skeet Club 424, and the Medicine Hat, Alta., Gun Club 424.

With a brilliant display of marksmanship, Lister missed only three clay-pigeon targets out of the hundred thrown as his score of 97 led the Toronto marksmen to victory in the nation-wide tournament.

In the first round of the national shooting tournament, sponsored each year by the Dominion Marksmen organization, the crack Toronto team successfully defended its Central Zone title by outshooting the six teams entered in the zone from London, Copper Cliff, Hamilton and Leveck. In this semi-final shoot champion Dr. G. D. Beierl was in top form as he set the pace for his team-mates with a perfect score of 50.

The Dominion titleists had stiff opposition to overcome in this year's final shoot as the other four zone championship teams fought hard to take possession of the perpetual trophy, emblematic of skeet supremacy in Canada.

When Twilight Comes

When twilight comes and nature stills
The hum that haunts the dales and hills,
Dim shadows deepen and combine
And Heaven with its crystal wine
The cups of thirsty roses fills.
Bite the birds with music-burdened bills
Hush for a space their tender trills
And seek their homes in sheltering pine
When twilight comes.
Soft melody the silence thrills
Played by the nymphs along the rills;
And where the dew-kissed grasses twine,
The frogs and crickets tattoo fine
Drums to the fife of the whip-poor-will.
—Frank Dempster Sherman.

LIFE'S LIKE THAT

By Fred Neher



"There—now I hope you're convinced that those fingerprints on the guest towel are not mine!"

By GENE BYRNES