

**FOOT IS ENGINEERING MARVEL**

(Collier's Magazine)  
The human foot has a structural beauty as great in its way as that of Brooklyn bridge. Engineers who have studied it go into ecstasies about its ability to absorb shocks, to endure strains and to bear weights out of all proportion to its size. Each foot consists of 26 bones, so joined and arched as to make an

extremely resilient and flexible structure. Strong ligaments hold the bones together; tendons and muscles control their motion. In addition, the joints, tendon channels and little sacks called bursa contain a lubricating fluid which keeps the working parts properly oiled.  
The rear section of the foot consists of seven irregularly shaped bones dovetailed. The largest one,

which is the heel bone, rests firmly on the floor; the others rise to form an arch. Beyond are the five metatarsals—long bones that you can feel in the front of your instep. Their heads, which form the ball of the foot, rest on the ground when you walk. Extending beyond the metatarsal heads are the shorter bones, called phalanges, which form the framework of the toes. The heel bones and the metatarsals—not the toes—are responsible for the tremendous job of bearing the body's weight.

So beautifully is the foot mechanism adjusted that these rather small and delicate metatarsal bones can carry burdens that would stagger a piano mover. The four smaller metatarsals are no thicker than lead pencils; the largest, which lies behind the big toe is about the width of a slim cigar. When you stand, your weight is equally divided between these bones and the heels. In walking, however, there is an instant when one foot swings in the air, and the heel of the other is lifted off the ground. Then five slender bones bear your 100 or 200 pounds all by themselves. Actually, this is the ideal situation.

In considering the total poundage carried we get an even more startling picture. These small bones support one's weight for an instant; then it is transferred to the other foot on the other side. If we add up the repeated burdens they bear in the case of an average sized individual taking a walk, we find that it amounts to 250 tons for a single mile.

**W. P. T. B. QUESTIONS AND ANSWERS**

Q.—I have two rooms which I was thinking of renting unfurnished. If I have someone from the Rentals Department call and tell me what rent I can charge must I rent the rooms if I am not satisfied with the amount of rent? Am I allowed to rent two rooms to one person,

A.—No... there is no Board Order which compel you to rent your rooms if you do not wish to do so. The fact that an appraiser from the Rentals Administration has set the maximum rent does not obligate you in any way. The rents set by the appraisers are fair and just and comparable to the rents being charged for similar accommodation in your district. With the very serious housing shortage in Toronto at the present time it would assist greatly if everyone would rent every inch of available space. In answer to your second question the answer will appear in the column tomorrow dealing with

Emergency Shelter problems.  
Q.—My husband is being discharged from the army in a week or two. Can I obtain a civilian ration book for him before he arrives home?  
A.—No, you cannot obtain his book since May 1 an application for a civilian ration book is given to each serviceman and servicewomen being demobilized. These applications when filled out may be presented or mailed to the nearest Local Ration Board. Upon receipt of this form, properly completed, a ration book will be issued immediately.  
Q.—I am planning on having the inside of my home painted. Is there a ceiling price on charges for such work? I have received many different prices from the various firms doing this work.  
A.—Prices for such work are controlled by the Board... the price cannot be more than the price charged by a firm during the basic period, Sept. 15 to Oct. 11, 1941. Prices for this type of work have always varied greatly depending on individual skill and workmanship. Would suggest that you consult a reliable firm, find out their charges and sign the contract before the work is started.  
Q.—The other day I bought half a pound of coffee and was charged 26c. Other stores sell the same thing at 23c. Was I overcharged?  
A.—No... 26c for half a pound of coffee of the brand you mentioned is not too high... before price control regulations came into effect the price of coffee varied in different stores. The stores are now allowed to charge the same price as they charged during the basic period Sept. 15 to Oct. 11, 1941, less 4c a lb. However, they cannot raise their prices above the price charged during the basic period.

**PEACHES**

(Last week's news)  
We thank God for the Victory in Europe and pray for victory in the Pacific.  
Service was held in Peaches church on Monday evening, May 7, over 100 gathered in Thanksgiving. Rev. R. Chapin had charge of the service.  
The Miller family were visitors at the Warriner home on Sunday. Misses Jean Allen, Gloria Cleverdon and Jean Miller, of Toronto were home for V-E Day.  
Mr. and Mrs. V. Smith and family and Mr. and Mrs. Robt. Smith visited at Aurora on Sunday.  
The Hoover family enjoyed a trip up in Whitchurch on Tuesday to pick merels. They reported them quite plentiful.  
The Hartnett family of Toronto enjoyed V-E Day at the Miller home.  
At the present moment we are witnessing quite a snow flurry. The weather is backward.

**Unionville Junior Farmers Spring Dance**  
**Markham Arena**  
**Thurs., May 17**  
Russ Creighton and his Orchestra  
**Lucky Spot Prizes**  
**A GRAND EVENING**  
ENJOY IT

Send The Tribune to absent friends.



**MARMILL GROWING MASH**

Protein 18%

A growing mash plays an important part in the feeding of Poultry: It is the connecting link between the feeding of a baby chick and a laying pullet, and, as such, must carry on from where the starter ration left off and fit the bird for the long, continuous high production in the fall and winter.

Marmill Growing Mash is the connecting link on many hundreds of farms. This mash, made up of only carefully chosen, high-quality ingredients, and manufactured and balanced to give the highest possible digestibility of ingredients, will give your pullets the strong, well-developed bodies and large frames necessary for pullets which are to start laying at six months of age and continue through the winter.

The MARMILL WAY is the BETTER WAY of Feeding.

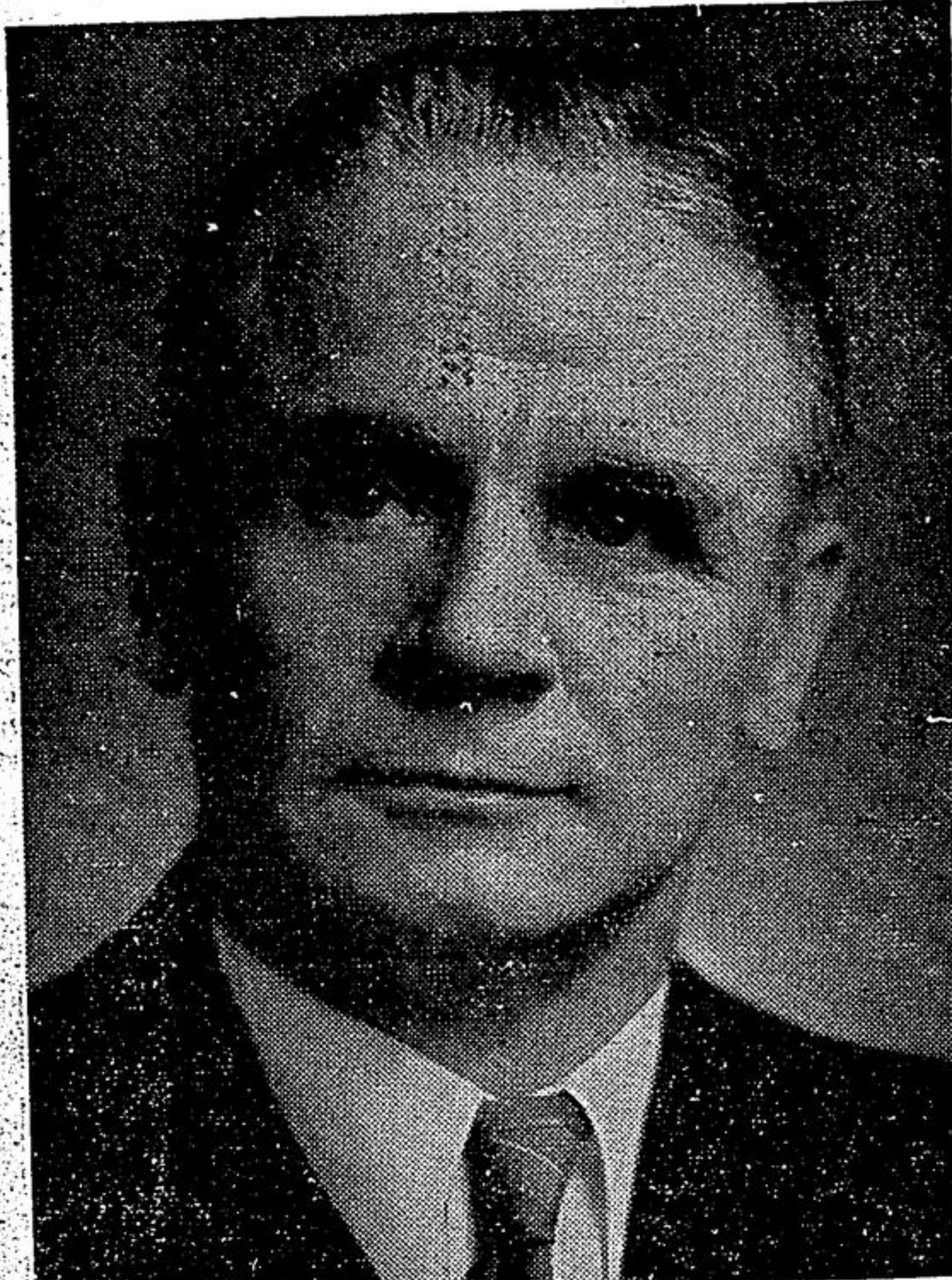
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**John Bracken — The Man**

John Bracken, the son of a farmer Ephraim Bracken and his wife, Alberta, was born in a log cabin in Ellisville, Leeds County, Ontario, on the 22nd of June, 1883.

Here, briefly chronicled, are the main events in the life of John Bracken:

- 1898 - Student at Brockville Collegiate, Ontario.
- 1902-5 Student at the Ontario Agricultural College, Guelph. He won four scholarships, the Governor-General's Medal, was top honours student and class medalist. Here, too, he met Alice Wylie Bruce.
- 1906 - Young Bracken went to Winnipeg as representative of the Seeds Branch of the Dominion Department of Agriculture.
- 1907 - In the neighbouring Province of Saskatchewan, John Bracken became Superintendent of Pairs and Farmers' Institutes and Secretary of the Provincial Livestock Association.
- 1910 - John Bracken was appointed Professor of Field Husbandry at the new University of Saskatchewan. He took the first train to Guelph, Ontario, married Alice Wylie Bruce. Four sons were born—three of whom are now on Active Service with the Navy, Army and Air Force.
- 1920 - Already the author of two books on agriculture, John Bracken became President of the Manitoba Agricultural College.
- 1922 - John Bracken accepted the leadership of the Progressive Farmer Government, was sworn in as Prime Minister of Manitoba.

*Now began the political life of the most continuously successful political leader the Empire has produced in this century. Since that day— from 1922 to 1942—John Bracken has never been defeated.*

- 1932 - The Liberals joined John Bracken's farmer government.
- 1940 - All the other political parties, including the C.C.F. and Social Creditors, threw in their fortunes with a great leader forming a wartime Coalition Manitoba government.
- 1942 - The year of John Bracken's great decision. John Bracken, the Progressive, accepted the national leadership of a great resurgent people's party—The Progressive Conservatives.

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Know John Bracken — the Progressive Conservative



Hello, Homemakers! Did you ever notice how your appetite changes with the weather? At this time of year we begin to look forward eagerly to the produce of our Victory Garden. Meanwhile there is an abundance of inexpensive seasonal foods such as parsnips, cress and rhubarb, which can be used to add zest to our table.  
parsnips may be scrubbed and boiled in their skins; they may be peeled and boiled, served mashed, diced, cubed in cream sauce or butter sauce; they are good baked in bacon fat; and a small amount of raw parsnip grated into the salad bowl is a splendid variation.  
As for watercress, its colour, flavour and perkiness is a delight for salads, garnishes and sandwiches.  
Our requests this week have been for rhubarb recipes, so without more ado, we list a few.

**BAKED RHUBARB**  
4 cups cut rhubarb, ½ cup sugar or ¼ cup sugar and ¼ cup honey.  
Wash rhubarb and cut into inch lengths. Place in casserole, add sugar and cover. Bake in preheated electric oven for 20 mins. at 350 degrees.

**RHUBARB SHORTCAKE**  
2 cups flour, ½ tsp. soda, 1 cup thick sour milk, 1 tsp. salt, 2 tbsps. shortening.  
Cut shortening into measured flour, soda and salt. Add liquid gradually while mixing with a fork to a soft dough. Owing to the difference in sour milk, it is not always possible to determine the exact amount of liquid. Turn dough on lightly floured board and pat out. Cut into circles and bake in electric oven at 450 degrees for 10 mins. Split and serve with thick rhubarb sauce between and on top.

**SAUCE:** Cook 6 cups of cut washed rhubarb in saucepan placed on electric element turned to Low for 5 mins., then to High. Add about 23 cup of sugar and cook only a few minutes stirring frequently.

**RHUBARB TARTS**  
2 cups thick rhubarb sauce, 2 eggs separated, 1 tsp. grated orange rind, ¼ cup fine sugar.  
Combine the rhubarb sauce, egg yolks and orange peel. Cook in top of double boiler, stirring constantly, until thickened. Pour into tart

shells. Beat the egg white till stiff and egg sugar gradually, beating until mixture stands in peaks. Place a spoonful in each tart and bake in electric oven (350 degrees) about 12 to 15 mins. or until delicately browned. Makes 8 tarts of fairly large size.

**TO CAN RHUBARB**  
Wash and trim slender stalks. Do not remove skin. Cut into ¾ inch pieces. Use 1 cup of sugar to each quart jar (or ½ cup to a pint). Put a thin layer of sugar in the bottom of the jar; then alternate layers of rhubarb and sugar with a layer of sugar on top. Pack very tightly, using a wooden spoon or masher. Partially seal and process in boiler by gently boiling on electric element 25 mins.

**TO CAN RHUBARB SAUCE**  
Add enough water to rhubarb to prevent burning. Cook until soft. Add ¾ cup of sugar to 1 quart rhubarb. Fill sterilized jars. Seal tightly.

**TAKE A TIP**  
1. To prevent rhubarb pies from boiling over use strips of wet cheesecloth or butter-wrapping cut in 2-inch widths. Press the one edge to rim of pie and let the other edge fall over fluted pie crust. Overlap ends well.  
2. Other variations for rhubarb desserts: Upside-down Cake, Rhubarb Betty, Rhubarb Steamed Pudding, Deep Rhubarb Pie, Rhubarb Sponge.

**THE SUGGESTION BOX**  
Mr. C. M. says: To protect seed potatoes against blight soak them for one hour before planting in a solution of one gallon of water and 2 tps. of Copper H.  
Miss G. B. says: Before putting your badminton racket away cover strings with vaseline.  
Mrs. K. O. says: Never cool boiled meat in the broth. Remove as soon as it is cooked; cool and store meat broth separately.  
Mrs. C. A. says: Any burned food stuck to enamelware should be soaked off the utensil, but never scraped. Javel water helps a lot.  
A.A. says: Watercress leaves are very tender. If stored with other vegetables they crush and break. Watercress should be washed and stored in a closed sealer in the electric refrigerator.



**PAINT UP and FIX UP is the Order of the Day**

Time to get your working duds on and clean up for spring. We've all the gadgets that will make cleaning a quick and easy job and all the tools and supplies that will make you feel like a repair expert as you go about your "fix-up" campaign.

**Agnew's Hardware**

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