



Hello, Homemakers! What kind of breakfast should you have? A substantial breakfast or none at all. This is not a question to be answered by "now everybody has been fed and is off for the day, guess I should go shopping right away." Nor is the answer to be found in "I must reduce."

It has been proven that good health is maintained by a substantial meal at the beginning of the day. And this is true every day in the year, summer or winter. Breakfast should account for at least one-fourth of the protein and one-fourth of the vitamins and minerals required daily.

Some people have developed the habit of omitting breakfast in an effort to lose weight, but that is the wrong way to reduce. Their energy would be manufactured at a more

even keel if they divided the food they eat among three meals a day rather than two. Planning a well-balanced diet with three meals a day is not a difficult task if a few simple principles are followed. But with only two meals there is a danger of omitting some of the important foods which furnish the much-needed vitamins.

Breakfast can be planned from five items, namely, fruit, an egg, needed vitamins, minerals and pro-cereal or toast, butter or jam and beverage, which means milk for children. During conservation of wheat products, serve either cereal or toast, but not both. Even this economical meal will be well-balanced and hearty.

In many ways your body is like the engine in your car. It takes fuel in the form of food and trans-

forms it into energy, the energy with which you accomplish your day's work. It is just as reasonable to expect your car to start on an empty tank as to suppose your body can furnish energy for the morning's activities without proper food.

A good breakfast can work wonders in the way you feel. Try it and see how much it adds to your contentment and the ease with which you perform your forenoon tasks.

For a happy, healthy start on the day's activities, serve breakfasts like these:

- (1) Half-grapefruit or orange
Bran flakes with milk
French toast
Milk or hot beverage
- (2) Prunes or orange juice
Poached egg on toast
Muffin and jam
Cocoa or milk
- (3) Baked apple
Oatmeal porridge and raisins
Milk or coffee.

THE QUESTION BOX

Mrs. N. K. says: Why do the new soap substitutes lose their suds action quickly and make the water look so dirty?

Answer: The suds of the washing compounds disappear as the materials dissolve in the water. The compounds do not hide the dirt in the solution as the soap-suds do.

Mrs. J.M. says: What is meant by the inclusion of a detergent in the washing compound?

Answer: It should mean that more borax or washing soda has been added to dissolve grease and oil. A small quantity of a detergent on materials goes a long way—so you should not use it as lavishly as soap.

Mrs. B. J. asks: What is the difference between a woolen wash product and a laundry soap for washing fabrics?

Answer: The difference is the gentler action of softening water. As you know, wools and nylons do not absorb water easily; therefore, it is advisable to use a "wool-wash" because they contain a wetting agent. The cleansing will be more thoroughly done.

Mrs. J. T. asks: How can you tell if a new washing compound contains an alkaline detergent? It is true that you should not wash wool and nylon in such a compound?

Answer: You can recognize it by the slippery feel it gives to the water solution and by the failure to make standing suds. Alkaline products tend to destroy animal fibres so it is not wise to wash good wools and pastel coloured clothes in this solution.

Mrs. T. M. asks: Will crickets in our clothes closet eventually die without doing harm?

Answer: A cricket's chirp indoors is a signal to start taking action because they eat holes in clothes. Provide other food such as a teaspoon of oatmeal or piece of apple on which you have sprinkled some DDT powder.

Anne Allan invites you to write to her c/o The Tribune. Send in your suggestions on homemaking problems and watch this column for replies.

OUR GOOD NEIGHBORS
(By R.J.Deachman)

In one respect we are singularly fortunate. Canadians have the best neighbors of any country in the world. Despite their faults, and sometimes they are glaring, I wouldn't trade the Americans, as neighbors, for any other people on earth. I write with restraint for deep down in my heart I hold, by inheritance, a strong attachment for the Scots—in their own opinion, and in mine, they are God's chosen people.

Still the Americans are peculiar. Once an editor in the near South with whom I discussed national relations and other problems told me that the Canadians were a more homogeneous people than the Americans. In startled wonder I asked him why. "It is," said he, quite obvious. What do the people down here know about the people in Kansas, Minnesota, Colorado or Oregon? In your country the wheat crop in the West is a vital factor in the prosperity of the East but what relationship exists between North Carolina and North Dakota. Your foreign trade, per capita, is far larger than ours. It is hard to make world citizens out of Americans, you are naturally that way. We simply do not give a hoot for the outside world."

I was shocked but isn't it true? Though to complete the picture, in the general interest of Canada I would like to bring the Maritime Provinces closer to us. Sometimes I feel that Prince Edward Island looks cold standing out there in the Gulf all by herself I would like to put an arm around her—bring her closer to the rest of us. Pardon this momentary digression—the intention was good even if it did disrupt the sequence.

To the American people the world has given a magnificent opportunity. The United States as it stands is the greatest creditor nation of the world. It has the power to exert a tremendous creative influence in human affairs. Her destiny is that of a great trading nation. Will she accept that role? If, in this, the United States fails, I fear that the fate that once befell her will come again and that with renewed violence. It would be tragic if the nation which should be the most beloved should become the most disliked. Equally tragic is it, if out of perversity, the United States continues to plan for new depressions with all their cursed tendency to pull others down.

What the world needs now is a nation which is not afraid to exchange goods with other countries. The world is full of nations trying to expand their export trade—there is only one nation in the world which is in a position to buy and buy freely—that is the United States. The free entry of goods from other countries would reduce her own cost of production, it would expand the real earnings of the American people, lift her standard of living—act as a febrifuge in the heated veins of labor. True the United States would have to loan capital abroad but if reasonable care is exercised and if the world can be made free from wars for the next fifty years, as I hope it can, and the interest rate is a reasonable one and the Americans are prepared to take goods in exchange for goods sent out and as interest on loans made, the result would be a rapid rebuilding of the shattered nations, a general increase in the standards of living.

But isn't there one fly in the ointment? Wouldn't there be a danger to the United States in providing Russia, for instance, with additional capital for the expansion of Russian industry and the improvement of the standard of living of the Russian people. I doubt it, Russia is desperately poor, her standard of living incredibly low. Why today does Frances stand fumbling on the verge of communism, production low, the people hungry. Russia is a communistic nation and communism has an attraction for those who have abandoned hope. If Russia could raise her standard of living, if she could trade freely with the rest of the world then communism would change, it would become, in the long run, something of which the rest of the world need not be afraid.

If Russian people could have closer contacts with the rest of the world much of her fear would disappear. If the Russians could see the type of products which we can produce in Canada and in the United States and which Britain and other nations can produce they would realize that after all capitalists were not the imps of iniquity they have been taught to believe, but only honest people trying to do a great deal more than they have done before and do it in a better way.

**WOLVES TRAP 2 TRAPPERS
14 BEASTS BESIEGE CABIN**

Head for the nearest tree if you see a wolf pack. That's the advice of Manfred Smith, Cobalt district trapper, who disagrees with the contention of J. W. Curran, publisher on the Sault Daily Star of Sault Ste. Marie, Ont., that a wolf will not attack a man.

Smith says that last week he and his trapping partner, Roy Johnston, spent a night in an abandoned cabin out from Cobalt, while a pack of 14 timber wolves kept a howling vigil 20 feet away.

He and Johnston sighted the wolf pack at dusk. The men were following their trapline on Portage Bay in nearby Coleman Township when they saw the wolves gliding across the ice toward them.

There was no time to assemble a rifle which had been dismantled and stowed in one of the packsacks. Smith said. The men wheeled and dashed toward a cabin they knew was about 150 yards away.

With the wolf pack in full cry they reached the cabin a scant 50 yards ahead of the wolves, said Smith. The trappers had left firewood in the cabin the last time they used the shelter, but there were no blankets and the men spent a cold night.

From time to time they looked out and saw the wolves circling the cabin. The beasts kept howling almost continuously.

As dawn broke, the howling stopped and the wolves slipped away.

A veteran bush country trapper Smith said that at this time of year, timber wolves are especially hungry. He said bushmen who encounter wolf packs should run at top speed for the nearest camp or, if it's too far, climb the nearest tree. Then, if a man remains quiet the wolves eventually will go away, he said.

"I think a wolf pack will attack anything living but will not touch what is shot and left," Smith added.

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WHAT WARMLY-DRESSED WOMEN WILL WEAR

It takes three-quarters of a fleece clipped from the back of a sheep to make the cloth for a woman's coat. In approximate figures, three quarters of a fleece means six pounds of "grease" wool which contains natural grease and oil and acquired dirt. When scoured, this wool weighs 4.4 pounds and this, when spun, yields four pounds of yarn. The yarn, woven and finished, makes three yards of cloth 60 inches wide which weighs 3.4 pounds.

It takes approximately eleven fleeces to make ten men's worsted suits. The wool for one man's suit will weigh 8.7 pounds "in the grease" and 4.35 pounds after it is scoured and clean. When combed into wool tops preparatory for spinning this wool weighs 3.44 pounds and after it is spun into yarn it weighs 3.2 pounds. This makes 3 1/2 yards of woven and finished cloth 60 inches wide which weighs 2.9 pounds.

During the first eleven months of 1946, Canadian woollen and worsted mills produced 22,130,174 yards of cloth. This was 7,370,763 yards or 50 per cent more than was produced for civilian use in the same period of 1945.

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