### Che Stouffville Cribune

Established 1888 Member of the Canadian Weekiy Newspaper Association and Ontario-Quebec Newspapers Association Member of the Audit Bureau of Circulations

Average Paid-in-Advance Circulation as of Sept. 1st 2,473 Issued every Thursday, at Stouffville, Ontario Subscription Rates, per year, in advance: In Canada \$2.00 In U.S.A. \$2.50

A. V. Nolan & Son, Publishers

## Notes and Comments

Weight Safe

Just who invented the fallacy that potatoes are unduly fattening is a question. About two years ago the Bureau of Home Economics at Washington, D.C., was asked for a scientific opinion. The reply was that a medium-size potato totals 100 calories. But, so does the following: one large apple, one large orange, one medium-size soda biscuit, or one and one-half tablespoons of French salad dressing. The simple facts of the matter are that it is the sum total of all the foods, eaten by an individual that wrecks the waistline. Any time a person takes more calories into his system than his particular body needs, they are stored up as fat. The average person requiries about 3,000 calories daily. To obtain this many calories from one food, it would be necessary to consume about 10 pounds of potatoes or five pounds of eggs or 43 slices of bread or more than four quarts of milk. Any of these diets are, of course, ridiculous according to a statement in the Ontario Crop Improvement book just to hand.

Good Cheap Cars

People of ordinary means who had hopes of buying a new automobile after the war are disappointed. While the new models are a pride and joy to own, they sell at a figure that the average citizen cannot afford to pay. Everybody does not want a big car with bulklozer proportions across the front. The Windsor Star voices the so-called "little fellow's thoughts to a "T" when it says:

"We wonder if some of the stylists of the automotive industry have not grown a trifle away from the common people. Instead of fixing the new cars with a lot of shining metal and fancy gadgets, would it not be better to offer the people with a high quality car at cheap price? We appreciate the automotive men know their business, yet we believe that most workmen would like to buy a good car that will give them satisfactory transportation and economical operation.

"There was a lot of 'keeping up with the Joneses' in the automobile business and there still is some of that. But, so many persons have been priced right out of the market as car costs grew higher and higher. Now, instead of wondering whether to buy a car with this gadget or a car with that nifty, most people are hoping they will be able to buy a good car that will go.

"Fancy styles are all very well and they do attract the eye, but the motoring eye is getting jaundiced as price tags

stay in the stratosphere.

"If a company produced a good car that could sell for around \$1,000 and would give economy in gasoline and oil, and would always get there, many people would be right back in the market for a new car."

Facts on Old Farms

According to the Oshawa Times the Ontario Historical Society has undertaken the task of compiling lists of all farms in Ontario that have been occupied for 100 years by the person who procured the Crown deed and his descendants. This survey will provide much interesting data which will have increasing historical value in years to come.

Such an endeavor is most commendable. Unfortunately much of the early history of the rural sections of the province has been lost. Some information about past years and residents has been preserved in books but they are few in number. Contacts with the past are rapidly diminishing as older residents pass on without recording that information which they stored up in memory.

It would be well, as suggested by G.D.Conant, K.C., several years ago, for each township to compile a history of its own and delegate someone to do this work before it is

too late. There are many photos in existence of notable events and personages of the past but with the passage of time they are lost or their connection obscured.

One of the paramount needs is for the forming of a central organization to each community and the setting up of a centre where these memorabilia could be placed on display. We understand that locally a movement is under way to secure the Henry house at Lakeview Park for this purpose. It is to be hoped that public support will be accorded this idea, or perhaps an acceptable alternative would be a .. historical room in the new Public Library Building.

Daylight Time is "Bunk"

As a people Canadians like to "kid" themselves with their eyes wide open. This daylight saving time that is about to muddle things up again for another summer is just a fair example. We are about to say that it is nine o'clock in the morning when eastern standard time says it is eight o'clock. Everybody knows it is not nine o'clock, of course, but that doesn't matter. We have a motive.

The sole purpose of interfering with the clocks, of course, is to give the factory worker an extra hour of daylight in the evening. Everybody has to be muddled up just to achieve this end, although it is a good thing to allow

people housed inside all day to get out.

However, isn't there a simpler way to deal with the matter. Why cannot factory workers and others who wish that extra hour in the evening, get going an hour earlier in the morning without the aid of the clock hands? If the stores opened at eight instead of nine and the factory whistle blew at six instead of seven, if business was at an end in the towns and villages at five instead of six o'clock, the hour for the worker would be saved to them, and Father Time could keep his face honest and unruffled.

Comic Strips Denounced

Mrs. Beatrice Trew, C.C.F. member of the Saskatchewan Legislature for the ranch-country constituency of Maple Creek, says that comic strips "tend to encourage a vulgar vocabularly in most children.

Mrs. Trew, a 49-year-old grandmother and only woman member of .the Legislature, told the Regina Council of Women that a steady diet of comics leads to "literary malnutrition."

Comics were good only if they were "really humorous." When they deviated from humour they should not be labelled comics.

"Even the slapstick type of humor is better than this sly innuendo so often seen in the comic strips of today," she said.

The native of Coates Mills, N.B., and farmer's wife, said she was inclined to favor cowboy comic strips. "There is always a strong moral in these and anyway

you can't stop little boys playing and reading about cowboys and Indians.

Mrs. Trew advocated a strict censorship of this type of literature. Another counter-measure would be more "good" magazines at prices low enough for the child buyer.

> The Rumored Income Tax Changes (The Daily Star)

The Canadian Press claims to have learned that the immediate income tax change to be announced in the budget will take the form of a 10 per cent. cut applicable to all brackets (as the 16 per cent. was in 1946), and that the basic exemptions may be boosted from \$750 to \$1,000 for single persons, and from \$1,500 to \$1,750 for married persons, with the possibility that the changes in exemptions may not be effective until after January 1.

A flat percentage cut in income tax gives high incomes very substantial relief and small incomes very little. That method was wrong when adopted before and will be equally wrong if adopted now. Furthermore, the postponement to January 1 of the exemption changes which would eliminate taxation on many small incomes altogether, in the face of an immediate substantial benefit to people of large income through an immediate 10 per cent. reduction right across the boards, would add bad timing to a bad principle.

It is suggested . that the excess profits tax is to be dropped. That course is only excusable if a new tax on excessive profits is to be substituted. With economists in the United States, Britain and Canada all warning against the results which high profits and high prices tend to produce, this is no time for opening the throttle to give excessive

profits full steam ahead.

#### OUR CAPITAL CORRESPONDENT

Written exclusively for The Stouffville Tribune by M.L.Schwartz

While the legislators are involved present time." in deep, heavy tasks in this session. Parliament Hill about this or that speeded up or slowed down.

However, inquiries in usually trolling too rapidly. strange stories are nothing more opposition parties." repetition in detail is not warrant- are taking a middle course."

of 13 to the highest of 198, empha-popular but wrong impressions of "The Daily Worker," addressing gallons was scorched and spoiled." sizing that the Government's posi- having been corrected by official a large audience here. tion is not insecure or unstable and declarations. there is gross exaggeration even in "There is a general impression of a tornado of propaganda, mainly this story which has been repeated that congestion is largely in the originating from the United States syrup. That amount of syrup would

Canadian Government has revealed multiple occupancy is much heavier an aggressive, not a defensive, war." Herald had a good yarn, and that's that the declaration that it intends in municipalities of 5,000 to 15,000 Dr. J. Davidson Ketchum, Professor, the kind of news that makes his to increase old age pensions by than it is in Toronto or Montreal. of Psychology at the University of paper popular around Dundalk. Order-In-Council "so it could decide Likewise, it is pointed out in Toronto, told the Canadian Psychobehind Parliament's back what in- Ottawa that the municipalities logical Association conference in THIS crease, if any, was to be made" was themselves are bearing the main Ottawa. absolutely untrue. He emphasized burden of looking after families that the Government planned to without accommodation, though the When Donald Gordon packed up factorily? bring about amendments to the Dominion has been assisting the his belongings and moved from the A.-When ironing curtains, fold Old Age Pensions Act by a Bill in municipalities by making buildings headquarters of the Wartime Prices the curtain lengthwise with the open Parliament where it will be available and by financial grants, and Trade Board to his peacetime selvage to the right, with about an

heavily subsidized.

election being in the making, with ter of Justice but who as Minister prices must get prior approval of requirement of conservation. the latter story being the most talk- of. Finance during the war had purchases and these prior No less than eight Cardinals will be about and being based on the much to do with the whole price approvals are temporarily disconbe in Ottawa for the Martin Conbelief that the King Government's control machine, with the Minister tinued because it is believed the gress from June 18-22, including position is insecure on account of explaining that some charged the import subsidy policy is under re- Cardinals McGuigan, Toronto; Spellthe extremely small majority in the Government now with decontroll- view. Well-informed sources report man, New York; Stritch, Chicago, ing too slowly and others decon- purchases already placed are ade- and others.

so often lately that it has caused metropolitan areas", said an official and directed against a country with be worth \$200 all right, but 40 spokesman for the Canadian Gov- which we are at peace, and we are gallons of sap would make approxiernment. "That is not correct." He consequently in danger of being mately a gallon of syrup. \$5. value. An official spokesman for the added that in many instances the dragged into what may actually be

"I say that if there is any as quickly as possible. "There is and he has served in various posts tooth brush last longer? article of commerce in Canada however, a most extraordinary here during the war. which is not taxed, it is bread," said situation in the housing field, and Deep River Hospital which serves also to cleanse it. spokesman emphasized.

strange stories are being whispered opinion across Canada is divided Canada has practically suspended to-day whether decontrol should be purchase of United States cotton Within about one mile of the quate to meet demands and fabric (Reproduction Prohibited, 1947, well-informed quarters on Parlia- "We are in a difficult position," prices in the United States have Federal Features Syndicate) ment Hill indicate that these he said. "Of course we cannot suit risen over past several months so that the subsidy bill as well as the A "SWEET" YARN than idle rumors so that their Then he added significantly: "We whole subsidy situation is being FROM DUNDALK re-studied.

In regard to the "snap" election Housing is still a serious prob- "Soviet Russia, through dictatorrumor, it should be reported that, lem in this country and this is ship, plans to dominate the world," though the majority is not large, evident in Ottawa from statements declared Dr. Louis Budenz, former night shift took a snooze on a yet recorded divisions this session heard both sides and outside of the member of the Communist Party in couch in the camp. He slept too have jumped from the lowest mark House of Commons, with several the United States and former editor long, and a "boiling" of about 40

"Canada is under the influence!

rights of owners should be restored economy at McMaster University

Mr. Abbott. "On the contrary, the at this time the most economical the Atomic Energy plant there, Q.—How can I relieve a sore main content of bread, wheat flour use of our short supply of housing rumors that gamma ray radiation throat? is probably the most heavily sub- must be weighed against the rights affects adversely human fertility. A.—One suggested remedy is to sidized of any commodity at the of the individual owner," this are unfounded and the birth rate take a tablespoonful of linseed and there has been. "amazingly high", boil it for an hour in a pint of water. though it should be mentioned that Strain and add to it the juice of one There is no question that public. It is understood in Ottawa that the average age of the staff is about lemon and a tablespoonful of sugar.

textiles which call for a subsidy. House of Commons here on the "It may possibly be that we are Importers who wish to get a sub-Rideau River there has been a good minister of the King Government decontrolling too rapidly," admitt- sidy to bring such items into this example of flood damage and the retiring and of a general "snap" ed Rt. Hon. J. L. Ilsley, now Minis- country in line with Canadian need for a review of the whole

the slumbers of a helper employed at a maple-making camp. The Herald says: "The helper on the The paper estimates the loss

around \$200, which is a bit fantastic.

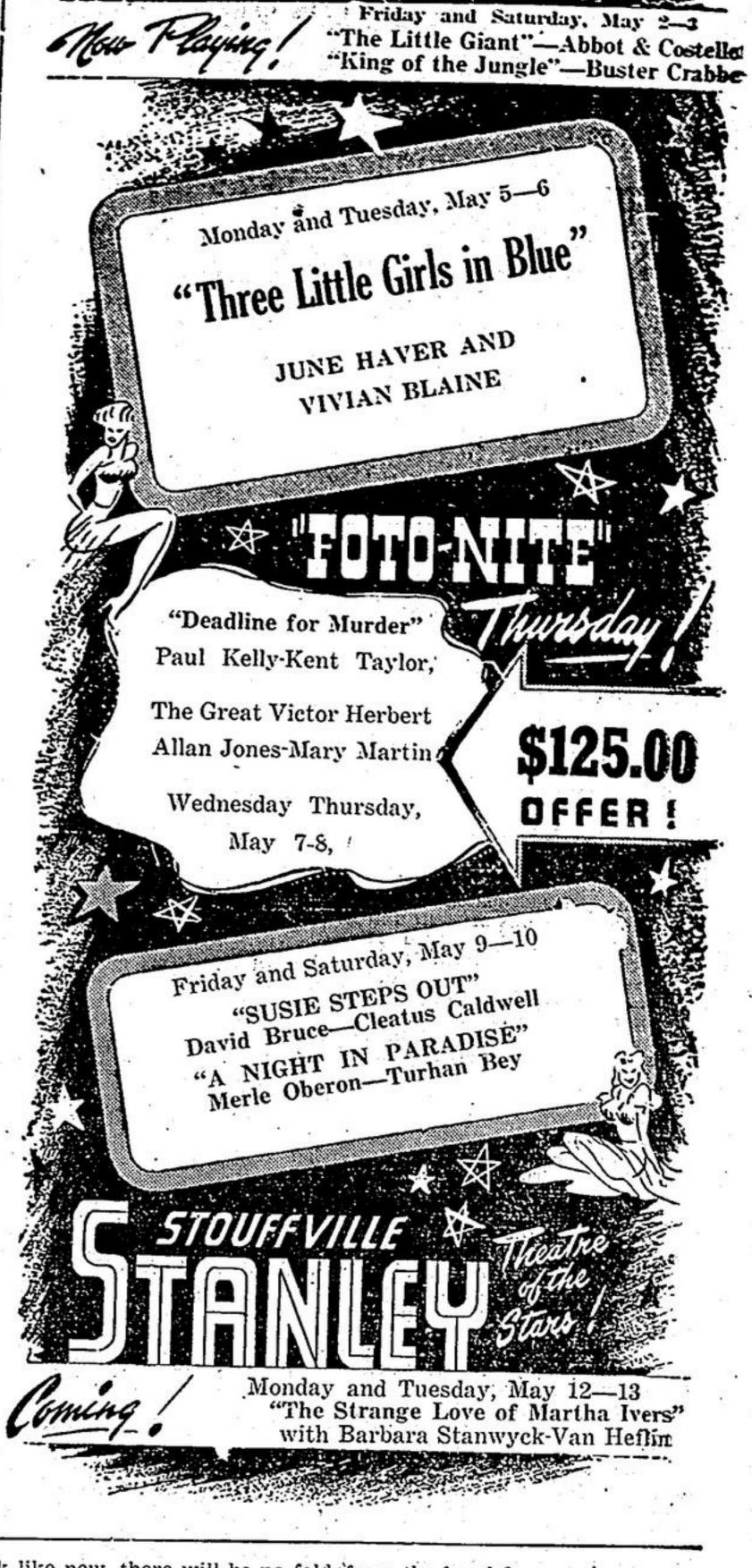
KNOWLEDGE

Q.—How can I iron curtains satis-

Notwithstanding all claims to the cipalities," said a spokeman for the contrary Minister of Finance Canadian Government.

"Neverthless, the problem is one which must be faced by the muni-was presented with two oil paint-keep the selvage straight. Unfold ings by the staff here.

Incidentally, the new head of the two inches in the center which were Incidentally, the new head of the two inches in the center which were Douglas Abbott has made it clear Then again, this spokesman in WPTB, K. W. Taylor, is a 47-year- omitted when the curtain was that a loaf of bread in Canada is dicated that no one denies that the old former professor of political folded. This will make the curtain



look like new, there will be no fold from the hands? in the center, and it will hang per-

fectly. Q.-How can I whiten clothes? A .- One method is to soak them overnight in a solution of one peppers from turning brown?

quart water to one teaspoonful of cream of tartar. Q.-How can I make a good solu- turn brown in the oven. tion for whitening the skin? A .- Mix 2 tablespoonfuls of oat-

meal, 1/2 tablespoonful of powdered borax, and 1/2 pint rose water. Let it stand for 2 or 3 days, then strain well and add ½ ounce of alcohol. Q.-How can I easily remove the white of an orange?

A.—The white lining of an orange or grapefruit will come off with the skin if soaked in boiling water for a few minutes before peeling.

Q.-How can I make the new A .- Soak it over night in salt

According to Dr. W.Skelly of the water, to make it last longer and

Take a teaspoonful occasionally. Q.-How can I remove an odor

Willow Beach Pavilion WILCOX LAKE OPENING

Friday, May 2nd

Watch for Dance Announcement Tht Dundalk Herald reports on "Drive over for a Friendly Skate" A.-Put a little dry mustard in

cold water and rub it on the bands; then rinse in cold water. Q.—How can I prevent green

A.—If green peppers are oiled first before baking, they will not

HEARTY HELLO



Arriving in North America from Europe aboard the S.S. Marine Marlin, -little Joseph Kopnizka, 3, has a greeting for his new home as he reaches New York under the sponsorship of the U.S. Committee for Care of European Children,

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