

High in Flavor
Low in Cost



Beef Crescents — made with Magic

Combine 1 1/4 c. minced cooked beef, 1 c. chopped cooked carrots, 1 finely-chopped small onion; moisten with chili sauce, ketchup or gravy. Mix and sift into bowl, 2 c. once-sifted pastry flour (or 1 1/4 c. once-sifted hard-wheat flour), 3 tsp. Magic Baking Powder, 3/4 tsp. salt, 1 tbs. granulated sugar. Cut in finely, 3 tbs. shortening. Mix 1 beaten egg and 1/4 c. milk. Make a well in dry ingredients, pour in liquid and mix lightly with a fork. Roll dough out to 1/4" thickness; cut into 4" squares and cut each square diagonally, corner to corner, making triangles. Brush with melted butter. Place a spoonful of beef mixture on each triangle at centre of long edge. Roll up and shape into crescents. Bake on greased pan in hot oven, 450°, 12-15 minutes.



CANADA'S HEALTH

Sensible Sunbathing
Every year about this time thousands of Canadians are soaking up every available bit of sunshine in the hope of acquiring "a healthy coat of tan" as soon as possible. But tanning, if it is to be done safely, is a slow process. To avoid painful and dangerous sunburn, expose yourself for only a short time at first, gradually lengthening the periods as a tan is acquired. Remember, sunburn can be dangerous as well as painful. Do your sunbathing sensibly.

Dangerous Recreation
Now that holiday time is here, many people who spend most of the year behind a desk will be rushing furiously about — hiking, golfing, swimming — crowding a year's recreation into two weeks. Many of them will get back to the office tired and worn and in need of a week's rest. Do your vacationing sensibly. Recreation, yes, but within the limits of your body's capacity. Every worker needs a complete holiday at least once a year. Don't fail to take time out for a good vacation this summer.

The Delinquency Problem
Most children at one time or another go through a period of cheating, lying or stealing. But they throw it off soon like a mild case of the measles. With others the trouble seems to last and they become known as "delinquents". It is now believed that punishment alone will not cure delinquency. Understanding, sympathy and a feeling of being loved and needed are necessary to a child's development. Delinquency in Canada is a problem requiring study and understanding. A happy home life is often a safeguard against this trouble.

Hot and Bothered
When you feel all hot and bothered this summer why not try a dish of delicious, creamy ice cream to help you cool. There's nothing much more tempting on a hot day, and nutritionists tell us that this milk product is loaded with ingredients the body needs. And ice cream won't harm the teeth as will too much confectionery or soft drinks. Our bodies need the right food supply winter and summer. Make sure your hot weather diet is adequate and healthful.

One Jump Ahead
Dentists tell us that the best way to have healthy teeth is to stay one jump ahead of tooth decay at all times. The best way to do this is to visit the dentist regularly — twice a year is a good interval. He can attend to cavities while they are still small and save you a lot of grief later on. Brushing the teeth is a good practice, but it alone won't prevent tooth decay.

Cool, Clear Water
When the mercury climbs to the top of the thermometer tube the body's intake of liquids mounts to keep pace with fluids lost through perspiration. Doctors agree that it's hard to improve on pure water as a cooling drink on hot days. Sweetened drinks, such as pop, often tend to make us hotter and stickier without doing much to relieve our thirst. Make sure the water you drink is pure. Don't take chances with water from springs or brooks. It is probably contaminated.

The uninhabited continent of Antarctica is larger than all of Canada, including the new province of Newfoundland.

Boston began instituting regulations for putting wires underground more than 50 years ago.

Police Set Road Trap For Teeners

In an attempt to combat the teen-age hoodlum problem in summer resort areas close to Toronto, police are setting up road blocks on highways, and searching cars for liquor.

On Saturday, Provincial Constable Clarence Wideman, of Unionville, stopped nine teen-agers on their way to Musselman's Lake and they will be summoned on charges of having liquor illegally.

Stop All Cars
Constable Wideman said all cars on the way to the lake were stopped and searched. In nine he found wine, beer or whisky bottles opened. The liquor was confiscated. "There were either two cases of beer, or a couple of bottles of wine or whisky in the cars," said Constable Wideman. "We stopped plenty of cars with liquor in them, but only nine were found to have the seals on the bottles broken." He said the boys ranged in age from 16 to 20 years and, although there were some girls in the cars, the majority of them were filled with five to six teen-age boys.

Omeme Man Is Missing Since March

No trace has yet been found of Thomas H. Rice, Emily Township assessor who has been missing from his home at R.R.4, Omeme, since March first.

Lindsay detachment of the Provincial Police have been on the lookout for the man since March 10, according to Cpl. Taylor, but both their efforts and efforts of his family to trace him have been unsuccessful.

A veteran of World War I, the missing man is afflicted with rheumatic fever, asthma and bronchitis.

According to his wife, the man was missing on one other occasion, when, after an absence of two weeks she encountered him in Lindsay, where she had gone to

shop. He told her at that time that sometimes he didn't know where he was, as his nerves were getting the better of him.

Mr. Rice is described as being 5 feet 9 inches in height and weighs about 160 pounds.

Cape Horn at the southern tip of South America was discovered by the Dutch navigator, Schouten 1616.

The Sahara Desert, covering 500,000 square miles, is larger than the continental United States.

Everyone entitled to
should VOTE

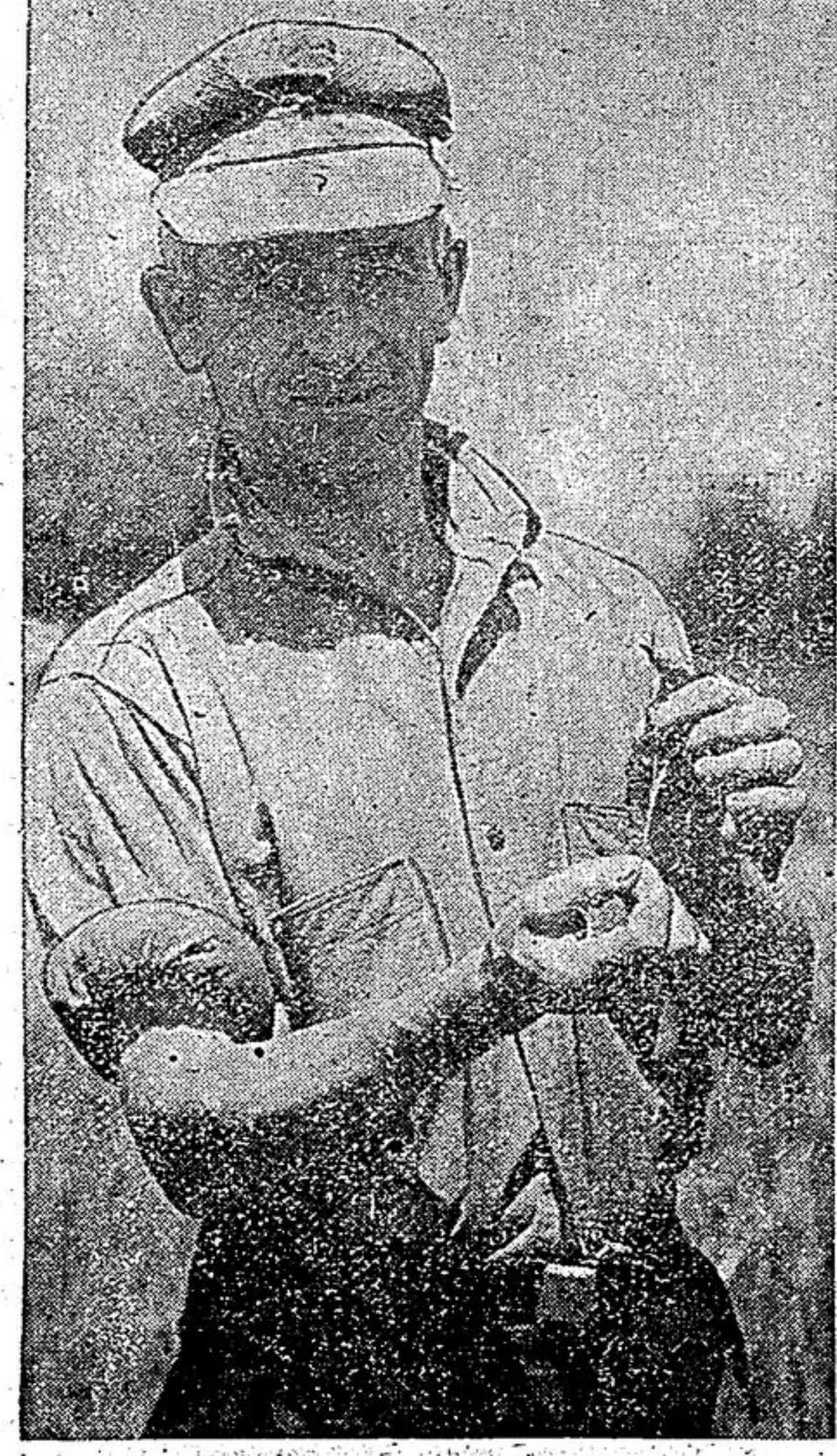
"SALADA"
TEA

ANNUAL
Strawberry Festival
UNDER THE AUSPICES OF
United Church Sunday School
will be held at
GOODWOOD
Wednesday, June 29, 1949
Program — Play — "Charity Begins"
by Newmarket Dramatic Club
SUPPER SERVED FROM 5:30
ADMISSION
Adults - 60c. Children - 30c.

CONTINUE GOOD GOVERNMENT RE-ELECT

JACK SMITH
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Joe Hands (left) of Buttonville holds up a sprig of red clover. It measures four inches high at a time when the crop



should be ready for harvest. But some are not giving up. Using a hand sprinkler, Joseph Brown of Millikens Corners irrigates his stunted potato plants. Some crops did not come up at all.

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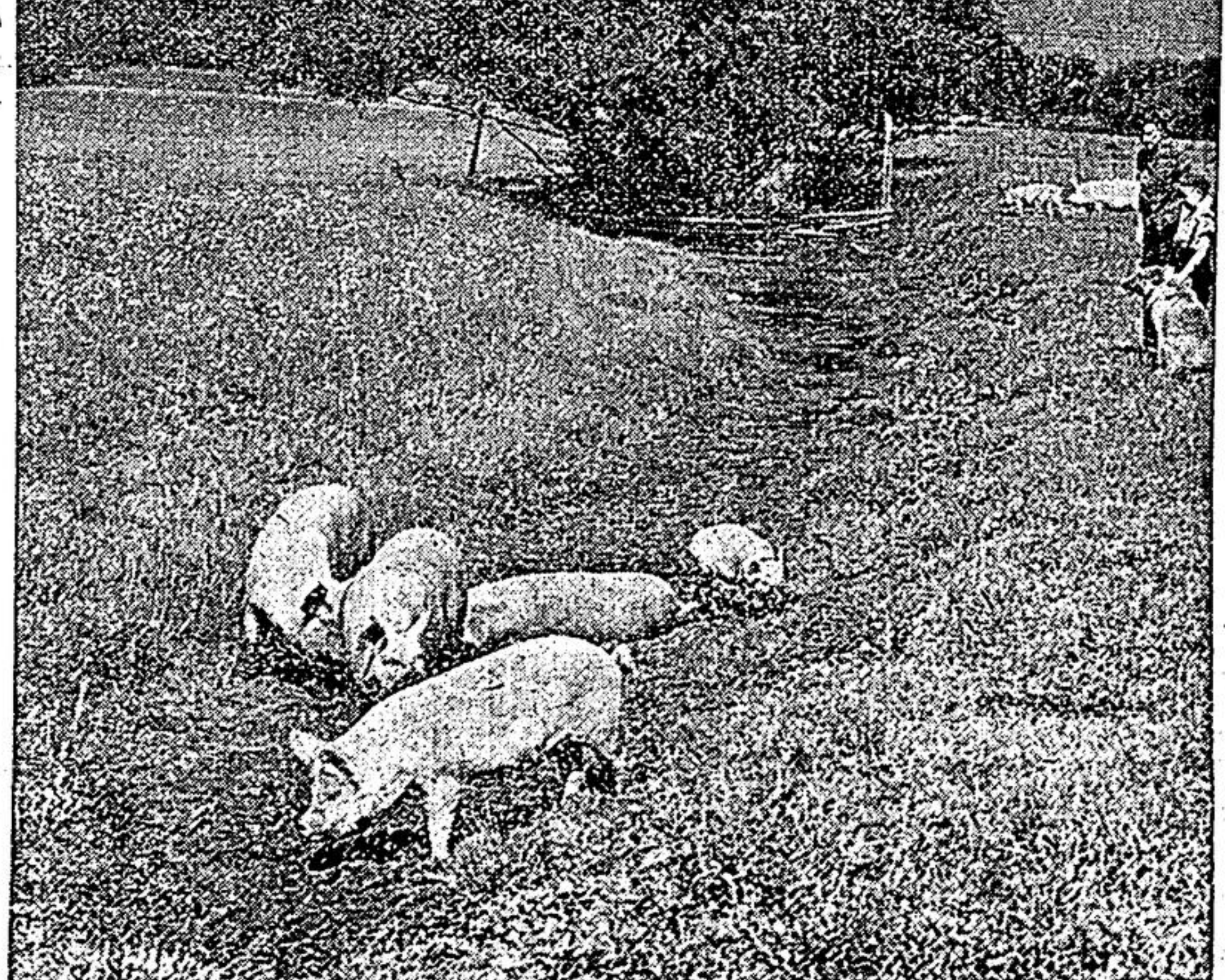
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Hogs root in the dry bed of a creek on the Buttonville farm of Adam Brown while Mrs. Brown and son Allen look on. The creek has never been known to go dry before.