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## Farmers Attention!

Recent drastic price reduction in farm products demands immediate action on the part of farmers. Every farmer is invited to attend a protest meeting in the

**PORT PERRY HIGH SCHOOL  
SATURDAY, JANUARY 21ST  
at 1.30 p.m.**

Special Speakers Will be in Attendance

This meeting is sponsored by the  
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### MEMBERS OF GRAND JURY REPORT ON PUBLIC BUILDINGS

A Grand Jury convened for assizes of the Supreme Court of Ontario at Whitby is entrusted with two duties. It firstly is required to determine whether or not criminal actions on the docket are worthy of consideration by the judge and a "petit" jury which is later empanelled for the purpose. The only criminal action on the docket before the assizes now in progress in Whitby was not considered so and the jury returned a "no bill" in a rape charge against three youths. Mr. Justice Wishart Flett Spence, who is presiding, consequently dismissed the charge. Second duty of the Grand Jury is

to inspect publicly owned County building and report. That report was delivered yesterday after which the jury was dismissed.

Members of the jury visited the Ontario Hospital. They were shown around the various buildings and wings and their report, delivered last week to Mr. Spence, stated that everything was found to be "in good order."

The visit to the Registry Office of the County of Ontario elicited the fact that an adding machine and a typewriter were necessary; that more temporary and permanent staff were needed; that more storage space for documents was necessary and that the lock on the front door should be repaired or replaced.

## Letter from East York Member

Dear People of York East:

Several studies have been made of how to get the overflow of the City of Toronto and the city itself into closer relationship. The Toronto and York Planning Board made a report on what they thought should be done December 1, 1949, and now another has come out, at least the first section of it. In order that we may know something of what they have found it seemed best to make a digest of the report of the Civic Advisory Council of Toronto.

The Council is composed of fifteen persons, some of whom live in the city, and others in the surrounding suburban area. They are highly qualified people, and the findings are worthy of a close study. Like the Committee, many people in Toronto and the surrounding municipalities work in one and live in the other. The transportation they use is going from where they live to where they work passes through other municipalities, so that whether we like it or not we are all involved in the problems of the metropolitan area.

This Advisory Council defines the metropolitan area as included in York County as far north as the northern boundary of Markham, Stouffville and Vaughan Townships, and as far west as the western boundary of Toronto Gore and Toronto Township. At the moment it is difficult to think of the area as being metropolitan, but a couple of decades in the future our view may be very different.

The large number of local governments seek industrial and commercial expansion while none are eager to provide for houses, due to costs of providing the essential services demanded by the residents of the new housing.

In North York Township, a part of which lies in York East constituency, they are planning this year to open a new school every month, to take care of the children in this rapidly expanding community. In addition to schools, there are the important matters of water and sewerage, and garbage collection, fire and police protection, all of which costs a great deal. I suppose this is the reason why no municipality in the metropolitan area has entered into an agreement with the Dominion Government for the provision of subsidized low rental houses for veterans. The City cannot do so since it has no vacant land.

The unintegrated system of fire protection throughout the metropolitan area constitutes a very serious difficulty. This problem is related not to lack of co-operation between the municipalities but rather to financial consideration. Toronto Gore Townships has no fire protection whatever, and many others are composed of voluntary firemen, others have a mixed group, and only five permanent employees.

In police, the chief difficulty is the lack of unified command of the twenty-three police forces serving the metropolitan area. The police radio systems have not been integrated, and as is the case in fire protection police services present another financial problem.

## GRANDMA SENDS CAKE



David Hayden, six, of Toronto, celebrated his birthday recently with a cake sent by his grandmother in Glasgow. David is a patient at the Hospital for Convalescent Children, and may be there for another year because of a spot on his lung.

## ENFORCE CURFEW LAW AT PENETANG

The council of Penetang some 80 miles north of Toronto revived a 57-year-old curfew Tuesday night. It called for enforcement from now on of the bylaw forbidding children under 16 from being on the streets after 9 p.m. Penalty for the first offence is a \$1 fine, the second \$3 and from there on \$5.

The town of Uxbridge enforced a similar law 50 years ago, but has long since discarded it.

## LESS SPLASHING IN 1950

Effective January 1, 1950, adequate mud guards or fenders to prevent splashing must be installed on all motor trucks and trailers, the Highways Department announces. An amendment to the Ontario Highway Traffic Act makes such safeguards compulsory. Instructions to police to watch for offenders have been sent out, the Department states. "This act applies directly to trucks and trailers without mudguards and fenders—passenger motor cars being already equipped with front and rear fenders. It is patterned after the English law and some states in the United States also have a similar law in effect," stated J. P. Bickell, Ontario Registrar of Motor Vehicles.

Much the same difficulty is found in the providing of hydro. There is great duplication of vehicles, equipment and personnel, and lack of economy in location.

In relation to transportation, the Advisory Council found that the basic problem was the moving of a large number of people into and out of the central business area. This usually must be done on streets that were not designed for the density or types of traffic that now uses them. The people who must be transported to and from work daily tend to reside increasingly in suburban area, thus stretching the lines of communication between homes and work places. The roads over which these people must travel may cross several municipalities and the public transportation organization may differ in each.

In the matter of health and welfare, while the Act of 1937 stipulates that all municipalities shall have a local Board of Health and lays down the composition of such Boards. The metropolitan area we are talking of has only two health units, namely, East York-Leaside and Peel County Health Unit. Since we have gotten a considerable distance away from the distressed thirties, public welfare costs are low, no more in fact than 2% to 4% of the total municipal expenditures, but in case of unemployment relief again being needed, most municipalities in such a situation would face extreme financial difficulties. It is said by citizens voluntary agencies that local municipalities tend to slough off problems which are properly a public responsibility. The Advisory Council thinks that taxation being spread over the whole urban area would tend to improve all services. It would be necessary, however, to have a dual taxation structure to protect rural lands against the costs of providing services which they would not enjoy.

It seems that both the City of London, England and New York, U.S.A., have a borough system which leaves certain responsibilities at the local level, while integrating the more important ones over the large area, and yet their systems are different in many particulars. In 1946, the Legislature of Ontario, added an extension section to the Municipal Act conferring on the Municipal Board power to create inter-urban administrative areas, considering of parts or whole of municipalities, "for the joint administration therein of education, fire and police protection, planning, highways, sewers, and sewage disposal, garbage disposal, public health, including hospitals, welfare including unemployment relief or any public utility as defined by the Department of Municipal Affairs Act." Such a method could. It has never operated but could. There are still other methods found throughout the world of administering several municipalities that are closely linked physically, economically and socially.

Agnes Macphall,  
M.P.P. York East.

41 Pepler Ave.,  
Toronto 6, Ont.



## THE MIXING BOWL

By ANNE ALLAN  
Hydro Home Economist

Hello Homemakers! This week we wish to call your attention to an eminent nutritionist who is doing an important job for the province. That person is Dr. E. W. McHenry, Department of Public Health Nutrition, University of Toronto. He is chairman of the Ontario Interdepartmental Nutrition Committee, which will be responsible for co-ordination, not only in the publication and distribution of nutrition material, but also in the planning of nutrition improvement programs.

The point of emphasis in the recent Ontario Nutrition Bulletin is: "A satisfactory source of Vitamin C such as a glass of tomato juice, an orange or a half grapefruit every day." And the following is an excerpt from the Bulletin:

### Why Vitamin C is needed:

To help build bones and teeth (Vitamin D, calcium and phosphorus are also needed for the same purpose).

To prevent scurvy, a disease in which there is a weakening of the walls of the small blood vessels. (One sign of scurvy is swollen gums that bleed easily.)

To be healthy, an adequate intake of vitamin C is needed.

Where Vitamin C can be obtained: Vitamin C is found in citrus fruits, berries, tomatoes, vitaminized apple juice, and certain vegetables, especially cabbage.

Vitamin C is easily destroyed during cooking; a large portion of the vitamin C content of vegetables can be lost in cooking. To ensure that satisfactory amounts of the vitamin are obtained, it is advisable to use good sources which are served without cooking.

### How much Vitamin C is needed:

Children need every day, the amount of Vitamin C contained in

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any one of the following foods:

- eight ounces tomato juice
- one medium size orange (about two inches across)
- one-half grapefruit
- four ounces (one small glass) orange juice, fresh or canned
- four ounces vitaminized apple juice (containing added vitamin C)
- one large serving cabbage salad.

Sufficient vitamin C can be obtained from a combination of readily available foods. For example: one baked potato and liberal portion of raw turnip; or, one small glass tomato juice and one serving cabbage salad.

What is the cost? At average present prices the daily requirement for vitamin C can be obtained

For one cent by using raw spinach, turnip, cabbage or baked potatoes.

For two-three cents by using oranges or grapefruit or their juices or tomato juice or vitaminized apple juice.

Cook to save vitamin C

Although all vegetables are not good sources of vitamin C, some of the commonly used ones are appetizing, and cheap means of obtaining this vitamin. Some vitamin C can be lost when vegetables are stored for several months. A great deal of the vitamin C can be removed or destroyed when vegetables are improperly cooked. To obtain the most vitamin C for the money, vitamin C-rich vegetables like cabbage and turnips should be used raw in salads or in wedges. If cooking is done, vegetables should be left in fairly large pieces and placed in boiling water. As little water as possible should be used and the cooking water should be saved to be used later in soup, gravy, or in vegetables or fruit juice drinks. Vegetables taste better and vitamin C is retained to a greater extent if cooking time is shortened and if the vegetables are served as soon as possible after cooking.

Take a Tip

1. When orange juice is made at home, be sure to ream oranges at last minute or store juice in covered glass in electric refrigerator.
2. Orange slices are our favorite: Peel oranges and slice crosswise, arrange in circle on bread and butter plate.
3. Make your servings of raw salads really generous. Add plenty of finely minced parsley, grated carrot, turnip or onion to shredded cabbage, cooked potatoes or cooked lima beans.
4. Peeled, sliced carrots or turnips kept in a covered jar in the refrigerator make nourishing tidbits.
5. Tomatoes, canned in the jars or tins, contain much more vitamin C than open-kettle processed tomatoes. Serve commercially canned tomatoes cold, right from the can, to get their best value.
6. A dash of lemon juice added to fish or salads at the table and your family will be rewarded — more Vitamin C.

### CHARGE DRIVER FAILED TO STAY AT ACCIDENT

Bruce Chambers of Zephyr, Scott Township was remanded in custody until January 19, unless bail of \$1,000 was provided, when he was arraigned before Magistrate Frank S. Ebbs in Police Court at Whitby last week on charges of failing to remain at the scene of an accident in which he was involved and careless driving.

Chambers was involved in an accident early Sunday morning, Jan. 8, when he is alleged to have failed to stop after striking pedestrian Glen Wilson on County Road No. 2, Wilson, who is 42 years of age, suffered body bruises but was not hospitalized. Wilson resides in Uxbridge, where Chambers will have his hearing today, Jan. 19.

Chambers' auto was traced through a radiator cap and pieces of a broken headlight, found at the scene of the accident. He was arrested by Provincial Constable Roy Bone.

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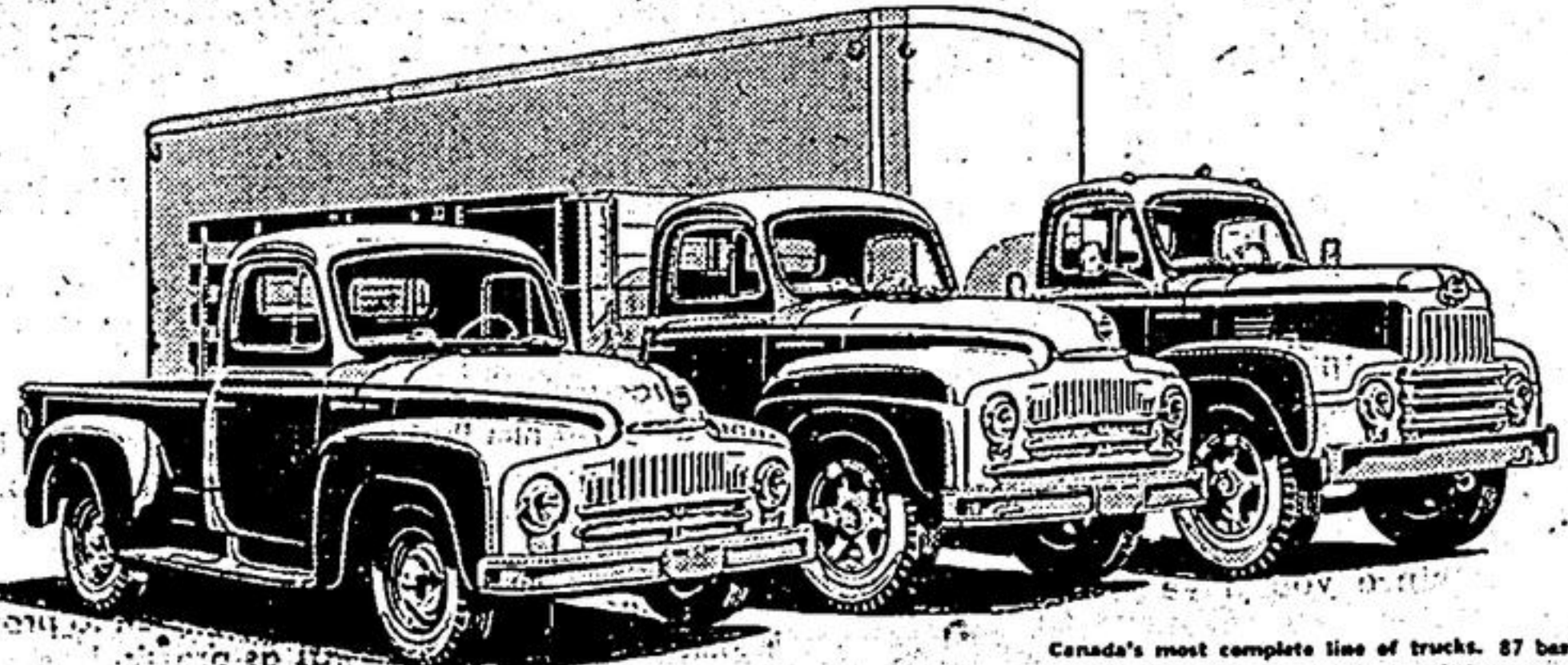
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