

What You Should Know About Cancer

(This is the third of four articles written especially for women by The Canadian Cancer Society.)

In this enlightened scientific age one quarter of the women of Canada still think that drinking causes cancer. Even more surprising, one out of every five women questioned in a recent nationwide poll thinks that immorality will lead to some sort of malignant tumor.

These common misconceptions—along with many others—were revealed in a recent survey sponsored by the Canadian Institute of Public Opinion and sponsored by the Canadian Cancer Society. Since its purpose was to discover exactly what opinions Canadian women held concerning cancer, the survey covered a representative sample of women from all regions, conditions of life and socio-economic status. Altogether, more than 3,000 women were questioned.

Need More Education
The results of the questionnaire gave the leaders of the medical and lay organizations who are fighting cancer many important clues as to the effectiveness of their educational programs and where more emphasis and work is needed. There was, for instance, considerable difference in the amount of knowledge possessed by women in the ten different provinces. The questionnaire definitely indicated the need for more public education.

The questionnaire was in four parts, designed to discover the attitude of women towards all serious diseases, their knowledge of cancer of the breast and uterus, attitude towards the causes and cure of cancer and personal experience with the disease. The third set of questions—which will be considered here—dealt with the general attitudes towards cancer and its treatment; causes and fears and the importance of public discussion in combating the disease.

The answers to questions concerning the causes of cancer indicated considerable confusion in the minds of the women questioned. This is natural enough since science has not yet discovered the exact reason for the disorganized, unregulated growth of body cells which is cancer.

Whereas about one quarter of the women believed that drinking and immorality had something to do with bringing about cancer, 70% of all the women questioned realized that the exact cause of cancer is not yet known.

A small group (11% of the total) held the view that a knock or a bump or a fall was the main cause of cancer.

More Males Affected
The questionnaire revealed that there is considerable misconception regarding the prevalence of cancer in men and women. Fifty-two percent of the women questioned considered females more liable to cancer than males; only 8% considered males more susceptible; and 31% considered both sexes equal. Actually the most recent mortality figures show that of 19,000 cancer deaths in Canada in one year, 10,000 were males and 9,000 females.

Opinions on the treatment of cancer revealed a considerable lack of knowledge and emphasized the importance of public information and education. Seventeen percent of those questioned had never heard of radium and deep X-ray as a treatment for cancer. An astonishing 25% of those questioned believed that surgery increases the spread of cancer.

It was apparent that many of the taboos and much of the "hush-hush" that surrounded the disease as recently as fifteen or twenty years ago has vanished. Between 80% and 90% of the women in each province favoured freer public discussion on the symptoms and possible cures of cancer. The survey also revealed the significant fact that fear and superstition are less in those areas where the Cancer Society is best organized. The Society, which was organized at the request of the Canadian Medical Association and works closely with that body, carries on a vigorous programme of lay education throughout Canada, as well as supporting research and assisting cancer patients. The work of the Society is largely done by volunteers and the money to support it is derived from public subscription during the annual Cancer Cam-

paign. Commenting on the results of the survey, the Society's National President, R. B. Buckner, stated that "considerable progress has been made, but a great deal more money and effort is needed to inform the public of the symptoms and treatments of the disease. Until we find the fundamental cause, knowledge of the disease that will lead to early diagnosis and treatment is our best weapon against cancer."

GIVE VARIETY DIET FALL VEGETABLES

Make the most of the fine assortment of fall vegetables now available. No other food offers such a selection of colours, shapes, textures, flavours, minerals and vitamins. The home economists of the Consumer Section, Canada Dept. of Agriculture, point out that to really make the most of these vegetables they should be eaten both raw and cooked, by themselves and with other foods.

The crisp texture of vegetables, their bright colours and flavours both tangy and mild are at their best when eaten raw. For an attractive appetizer which could equal a colourful plate of little clusters of cauliflower, strips of orange carrots, thin nippy cream-colored turnip slices, tiny wedges of green cabbage and freshly curled celery or individual servings of pickled crimson beef slices and crisp white onion rings.

These freshly-prepared vegetables can also be included in the school lunch box either as they are or added to the sandwich spreads. Shredded carrots, cabbage, turnip, celery and green pepper will give a crisp crunchiness and a new flavour to the sandwiches. The children are sure to like any of these vegetables in cheese, peanut butter, egg and ground meat fillings.

On nippy autumn days freshly cooked piping hot vegetables should have a conspicuous spot beside the family's favourite meat. The home economists of the Consumer Section offer a few suggestions for dressing up fall vegetables in simple family style.

Rutabaga, Canada's table turnip, may be mashed and sprinkled with grated cheese or sliced and baked with a sprinkling of brown sugar dotted with butter. For a particularly attractive way to serve two vegetables in one, scoop out the centre from cooked thick slices of turnip and fill with a vegetable of contrasting colour.

To bring out their delightful nutty flavour, roll cooked cubes of parsnips in finely grated cheese and bake them in a moderately hot oven until golden brown. For something different to serve with baked ham, try glazing cooked parsnip sticks with a mixture of butter, brown sugar and dry mustard. They are delectable.

From the kitchens of the Consumer Section come also these ideas for serving several other fall vegetables. Cook shredded cabbage in a small amount of boiling tomato juice seasoned with sugar, salt and paprika. The chewy quality of cabbage is a welcome antidote for soft rich foods. Garnish a dish of steaming buttered beets with spoonfuls of fluffy, creamy white mayonnaise to give them extra flavour appeal. Chop freshly cooked carrots and beets and enhance this combination with a little butter and a few drops of vinegar or lemon juice.

Pan-fry shredded carrots and onions together spicing them with curry powder. Its wonderful aroma will be sure to tease sharp fall appetites. If a sweet touch is desired, glaze a pan-fry of carrots in a mixture of honey and ginger. This is delicious with roast chicken or pork chops.

Vegetables lend themselves especially well to oven cooking for they may be glazed, baked whole or stuffed, scalloped or combined with meat, eggs and other such foods in tempting casseroles. For a special treat the Consumer Section recommends a scalloped dish of cauliflower flowers smothered with a thick velvety cheese sauce and topped with chopped green pepper or buttered bread crumbs.

A quick but hearty squash casserole is made from layers of squash, creamed chicken,

chopped celery and green peppers, finished off with buttered crumbs. Vegetable marrow with a highly seasoned stuffing of bread crumbs, onion, parsley and chopped cooked meat is another luncheon or supper dish complete in itself. Any non-lover of this vegetable is sure to be converted when the stuffed marrow is brought from the oven and served hot with red ripe tomato slices.

FOOD ORGANIZATION TEN YEARS OLD

The Food and Agricultural Organization of the United Nations will celebrate its 10th anniversary October 14 and 15 in the city of its origin, Quebec. To mark the historic occasion, OBC will broadcast a special program on the Trans-Canada network on Sunday, Oct. 16, from 5:00 p.m. to 5:30 p.m. Included on the program will be messages from Lester B. Pearson, minister of external affairs; James G. Gardiner, minister of agriculture; and Ezra Benson, agricultural secretary of the United States. The program will also feature excerpts from panel discussions on various divisions of the FAO, outlining their objectives, accomplishments and new plans. A tentative topic is "Atomic Energy in the Field of Agriculture."

It is hoped to have Lord Boyd Orr, first director of the FAO, accept a plaque from the Canadian Historical Sites and Monuments. Other expected speakers are Earl Butz of the United States department of agriculture and Dr. Philip Cardon, director of FAO.

The program will be heard in place of "A Word in Your Ear," for one occasion.

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Fanning Mill
Quantity of Lumber

Buttontown News

Neighbourhood Notes

Congratulations to Mr. and Mrs. Wm. Rodick, who celebrated their twentieth wedding anniversary Wednesday, Oct. 5. Birthdays were celebrated recently by Mrs. James McQuay, Mrs. George Hooper, Mrs. Tim Patterson and Mr. Hector Patterson. Sr. We hope they had happy ones.

Guests at the home of Mr. and Mrs. S. R. Patterson at present are Mrs. David Hicks of Iron Bridge, Ont. and Mr. and Mrs. Russel Hagan, Sault Ste. Marie.

When the Buttontown W.I. meets for the October meeting, it will be held at Buttontown Hall instead of at the home of Mrs. Gordon Purves, as announced earlier. Mrs. Wm. McGimpsey will speak on her recent trip to Ireland and there will be illustrated pictures as well. An invitation is extended to all who wish to attend.

A number of W.M.S. members met at the home of Mrs. Elmore Hill on Wednesday last week for a quilting. Among those present were Mrs. A. W. Miller, Mrs. Tim Patterson, Mrs. Jack Robinson, Mrs. Walter Brumwell, Mrs. Ross Ward, Mrs. A. W. Miller, Mrs. J. Miller and Jamie, Mrs. Paul Mingay and Mrs. Fred Leaf were luncheon guests of Mrs. H. N. Weatherill on Monday of last week.

Dates to remember: Anniversary services at Brown's Corners United Church on Sunday, October 16, at 11 a.m. and 7:30 p.m. The Fashion Tea at Buttontown Hall, Friday, Oct. 14, at 8:15 p.m. under the auspices of the Friendship Club. Euchre party, the first of the season, to be held October 21, at 8 p.m. in Buttontown Hall, under the auspices of the Buttontown W.I. Draw prize and refreshments. Ladies provide.

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Fair Gives Gormley Farm Exhibitor Award

The 100th anniversary of the founding of Markham Fair attracted a very strong Holstein show for the York County Black and White day on Sept. 30. A new show ring, new stands, and much improved conditions for exhibitors and spectators added to the occasion.

There was keen competition between Romandale Farms, Gormley, and Eaton Hall Farm, King, for the honour of being Premier Breeder of the show, with Eaton Hall just nosing out Romandale. Romandale won Premier Exhibitor honours, with M-H Farms, Milliken, as runners up.

Entries from Romandale were strong throughout, winning 9 first prizes, and carrying off the Senior and Grand Championship for females. The Reserve Senior and Reserve Grand Championship for females, the Best Uddered Cow award, and Reserve Junior and Reserve Grand Championship for bulls, Romandale also won the Senior Get-of-Sire on a group by Spring Farm Fond Hope, headed the Junior Bull class for M-H Farms who own him jointly with Roy Ormiston.

The Dry Aged Cow was outstanding with fifteen entries. Of these, two had been classified Excellent, and nine Very Good. The winner, who went on to the Senior and Grand Championships was Elmcroft Adeen May. She was showing a wealth of dairy quality and capacity, and carried an outstanding udder, going on to win the Best Udder award of the Show. Adeen was bred by Elmcroft Farms, Oshawa, and was Grand Champion at the Peterboro Championship Show in 1953, being purchased by Romandale at the Sale of Stars that fall. The Reserve Grand Champion was the winner in the Aged Cow in Milk class, Rosehill Governess Wayne. She too, is an Excellent cow, and though almost eleven years old is in rare bloom, with a lot of openness and clean cut dairy temperament. She is a daughter of the noted All-Canadian and All-American cow Rosehill Fayne Wayne. Last year's All-Canadian two-year-old Texal

Fond Hope Dorkie was a strong contender for Championship honours after winning the Dry three-year-old class. She is owned by Romandale Farms.

Romandale's Junior Champion female was a big strong, smooth daughter of Spring Farm Fond Hope, named Romandale Heibon. She headed the Junior Yearling Heifer class, nosing out the first prize Senior Yearling M-H Pieje Pabst owned by M-H Farms for the Reserve Junior Championship. Roybrook Pabst, Monarch, owned by the Estate of H. C. McCloskey, Queensville, took the Junior and Grand Championship after heading the Senior Yearling Bull class. This bull is jointly owned, with his breeder, F. Roy Ormiston of Brooklin, Ont., for whom he was Grand Champion earlier this fall at the Ontario County Black and White Day at Port Perry. He is very strong and smooth, with great length of quarter, and is extremely difficult to fault. His full brother, Roybrook Pabst Admiral, headed the Junior Bull class for M-H Farms who own him jointly with Roy Ormiston.

The Senior Champion bull was the winning two-year-old Orchard Vale Rembo Markman, owned by Wm. R. Taylor, Sharon, while the Reserve Senior award went to Marchant Bros., Schomberg, on the first prize Aged Bull, Bond Haven Clipper.

Donald Hunter, Unionville, had the satisfaction of seeing his first prize Junior Heifer calf, Almira Marjorie, shown to first place in the special 4-H class by his daughter.

Wm. R. Taylor showed the first prize milking three-year-old; H. C. McCloskey Estate the winning two-year-old in milk; Wm. L. Edwards, Schomberg, the first prize Dry two-year-old; M-H Farms the winning Senior Heifer calf; Albert W. King the first prize Junior Get-of-Sire (by Spring Farm Fond Hope); and M-H Farms the winning Junior Herd.

Altogether, 138 animals were shown by 26 exhibitors. The judge was J. D. Innes, Woodstock, Ont.

LARGE BUCK KILLED

ON HIGHWAY NO. 48

A 250 pound buck was killed last weekend as it ran across Highway 48 near Pefferlaw.

A truck belonging to the Orillia Abattoir was being driven

east on 48 when the buck suddenly appeared from the woods at the roadside and dashed to the roadway. Sutton-Georgina police brought the carcass into Sutton where it was put into cold storage.

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