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Promotions in Canadian Army Overseas



Major-General J. H. Roberts



Major General G. R. Turner



Major General C. S. L. Hertzberg



Brig. A. E. Walford

Announcement from National Defense Headquarters in Ottawa of the promotion of the First Canadian Army under Lt. A. G. L. McNaughton to a number of high ranking officers. Brigadier J. H. Roberts becomes a Major General and Divisional Commander; Brigadier Turner becomes a Major General on the army staff and Brigadier C. S. L. Hertzberg is also advanced to Major General on the army staff and Brigadier C. S. L. Hertzberg is also advanced to Major General. Colonel A. E. Walford was promoted to Brigadier at Corps Headquarters.

APETIZING DIET OF

Attractive, well-balanced, appetizing meals built around the essentials of a sound diet are the goal of every homemaker. In these days of high costs and shortages, this means a real challenge to ingenuity. Vitamins and minerals are, of course, important, but they are not the whole story of a well-balanced diet. According to food experts, proteins for growth and repair, and fats and carbohydrates to provide energy and activity are also vital to good health. Many products that go into a meal combine several of the essentials in the various classes so that proper food combinations are more a matter of intelligent planning than of wide variety. The proteins necessary to replace and create body tissues are found in milk, meat, fish, cheese and eggs, dried peas and beans. Best for growth are eggs, meat, fish and poultry. Dried peas and beans and peanuts may be used as substitutes if extra milk is included in the diet. The fats and carbohydrates—the fuel that generates energy and warmth for the body—bread, cereals, butter, fats including lard and shortening, potatoes, honey, syrup and sugars.

Large export business was reported on Winnipeg grain exchange with flour representing about 3,000,000 bushels of wheat taken for the United Kingdom. This business did not reflect in the pit where other transactions were of local and routine character. There was a report that about 200,000 bushels of wheat had also been taken for export but this was not confirmed. Wheat futures closed unchanged, May at 79 1/4 cents a bushel and July at 80 3/8. Closing prices: Wheat: May 79 1/4; July 80 3/8; Oct. 83 1/2. Cash prices: No. 1 hard and 1 nor 79 1/8; No. 2 nor 76; No. 3 nor 73 3/4; No. 4 nor 72 1/2; No. 5, 70; No. 6, 67 3/4; feed 65 1/4; No. 1 garnet 72 3/4; No. 3 garnet 71 3/4; No. 1 durum 68 1/2; No. 2 durum 62 3/4. Oats: No. 2 CW 51 1/8; ex 3 CW 49 7/8; No. 3 CW 49 1/8; ex 1 feed 47 1/2; No. 1 feed 46 1/2; No. 2 feed 47 1/2; No. 3 feed 44 5/8. Barley: Mating grades: 6-row Nos. 1 and 2 CW 64 3/4; 6-row Nos. 1 and 2 CW 64 3/4; 6-row No. 3 CW 62 1/8; others: No. 1 feed 60 3/4; No. 2 feed 59 3/4; No. 3 feed 58 3/4.

Information Available One serving of whole grain cereal should be worked into the daily diet, and of the bread served, half at least should be of whole grain—whole wheat, cracked wheat or rye. Sweets should be served as needed, and plenty of water—four to six glasses daily. Committees for the study of nutrition are being encouraged by the government and information concerning their organization can be obtained by writing to nutrition services, department of pensions and national health. Use Minard's for dandruff.

Proper Proportions Nutrition services of the department of pensions and national health say that at least a fifth of the food allowance should be spent for bread and cereals and one-half of this on whole-grain cereals. Foods rich in vitamins and minerals are necessary for the regulation of the human machine and to protect it against disease. Typical protective foods are fruits, vegetables including potatoes cooked as often as possible in their skins,

STOCK QUOTATIONS

MONTREAL STOCK EXCHANGE

Table with columns: Stocks, Close. Includes Bell Tel, Can Pacific, Can Steamship, Cons Smelt, Dryden, Imp Tob, Int Nickel, Mtl Power, Noranda, Power Corp, St Law Com, St Law Pld, Wpg Elec A, Wpg Elec B.

NEW YORK STOCK EXCHANGE

Table with columns: Stocks, Close. Includes Am C and F, Baldwin Loco, Beth Steel, Ches Ohio, Chrysler, Con Edison, Elec Auto Lite, Gen Elec, Gen Motors, J. I. Roy Pld, Kennecott, Mont Ward, Nor Am Co, Penn RR, Phil Pet Co, Sld Oil NJ, Texas Corp, U S Rubber, U S St Co, Vanadium Corp, West Union, West Elec, Woolworth.

Montreal Curb

Table with columns: Stocks, Close. Includes B A Oil, Don A, Imp Oil, Int Pete.

Banks

Table with columns: Stocks, Close. Includes Canada, Montreal, Nova Scotia, Royal Bank, Commerce.

Grain

WINNIPEG, April 19—(CP)—Large export business was reported on Winnipeg grain exchange with flour representing about 3,000,000 bushels of wheat taken for the United Kingdom. This business did not reflect in the pit where other transactions were of local and routine character. There was a report that about 200,000 bushels of wheat had also been taken for export but this was not confirmed. Wheat futures closed unchanged, May at 79 1/4 cents a bushel and July at 80 3/8.

Produce Prices

MONTREAL, April 19—(CP)—Cochran Commodity Exchange. Butter spot: Que and western (92 score) 35 1/4-1/2. Eggs spot: Eastern A-large 30-30 1/2; A-medium 28 1/2-29; A-pullet 24 1/2-25; E-B 26 1/2-27; E-C 23 1/2-24. MONTREAL, April 19—(CP)—Produce Market prices here Saturday as reported by the Dominion Department of Agriculture follow:—Eggs: graded shipment selling A-large 30-30 1/2; A-medium 28 1/2; pullets 24-24 1/2; B 26 1/2-27 1/2; C 24 1/2. Butter: first grade creamery prints, jobbing price, 36-36 1/2; first grade solids, jobbing price 35 1/2-36; wholesale, Que no 1 pasteurized storage 35 1/4, no 2 storage 34 3/4. Cheese: current receipt F.O.B. shipping point, white and colored, western 20; delivered Montreal white and colored western 21-21 1/4 ncm; Que 20 3/4 nom. Potatoes: Que whites no 1 1.65-1.70; no 2 1.25-1.50; NB mountain no 1 1.75-1.80; PEX mountain 1.80-1.90; whites 1.75-1.80.

Markets At A Glance

(Canadian Press) Toronto — Gold stocks slightly weaker; other groups unchanged to narrowly higher. Montreal—Golds higher; utilities and papers lower; other industrial steady. New York—Stocks higher. Winnipeg—Wheat unchanged. New York—Cotton higher.

Mining

Table with columns: Stocks, Close. Includes Acme Oil, Ang Cdn, Bear Ex, Bidgood, Bralorne, Brit Dom, Broulart, Brown Oil, Cdn Mal, Chester, Cochonour, Commonwealth, Dome Oil, Goldale, Hard Rock, Hollinger, Home Oil, Homest, Howey, Jason, Kerr Add, Kirk Lake, Lapa Cad, Leitch, Little LL, MacLeod, Malartic, McKenzie, Naybob, Noranda, Ont Nickel, Pacalta, Paymaster, Pick Crow, Preston, San Ant, Sherritt, Sigma, Sliden, Steep Rock, Sud Basin, Sylvanite, Teck High, Texas Corp, Upp Oda, Vermilata, Waite Amu, Wendigo, Wrt Harg.

Finance

NEW YORK, April 19—(AP)—News of the bombing of Japanese cities helped the stock market Saturday to lift itself out of the depression which gripped it most of the week. The index dispelled some of the war pessimism that had been engendered early in the week by the appointment of Pierre Laval as the new top man of the Vichy government. Recoveries in the stock exchange ranged from fractions to a point or more, giving, incidentally, the first rise in the average since April 6. Short covering was a factor in the buying. On the week the Associated Press 60-stock composite was down a full point. Transfers Saturday totalled 184,660 shares against 142,560 last Saturday. Volume for the six days was around 2,000,000, or slightly above that of recent weeks. In quiet trading, the Canadian group scored a number of minor advances. Canadian Pacific, Dome International Nickel, Hollinger and Imperial Oil were all firmer, but in no case did the advance exceed 3-8 of a point.

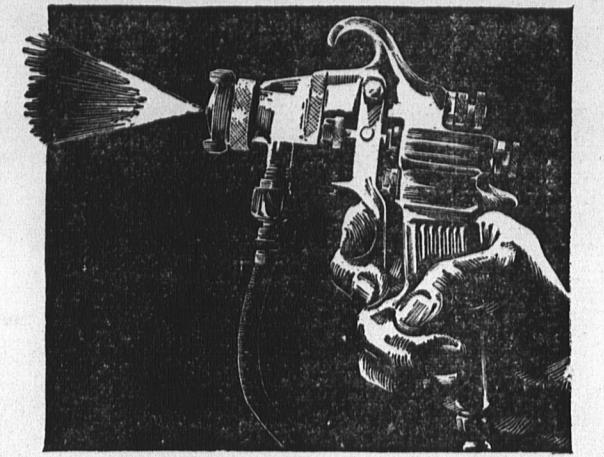
Montreal Exchange

MONTREAL, April 19—(CP)—All groups in the indices showed drops at the end of last week's trading on the stock exchange and curb markets. On Saturday a few odd securities moved up or down in light deals on the stock exchange. Stronger in industrials were the newspapers, Bathurst and St. Lawrence Paper preferred, and United Steel while Dryden was marked down. Montreal Power and Gagneau 5 1/2 per cent preferred were softer in utilities. In pivotal metals Noranda was harder but International Nickel lost an early gain. Hollinger was up in mines and Imperial and International Petroleum did better in oils. Imperial Tobacco showed a profit in the miscellaneous section. Total sales: 5,800 shares; Industrials 3,800; Mines 1,900.



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CHEMISTRY HELPS TO WIN THE WAR



What Kind of Gun is This?

IT'S a spray gun — used to apply paint, vital protection for all metal surfaces in today's war equipment. Everything, from steel helmets to mighty ships, must have its painted shield against rust, corrosion and decay. Paint and the painter are playing an important role in Canada's production of war machines. There must be paint for ships, shells and planes; paint for torpedoes, tanks and transports... and master workmen to apply them; camouflage paints, signal paints and other little-known developments of the paint chemist. C-I-L plants at Montreal, Toronto and Regina are working unceasingly to prevent any interruption in the flow of protective finishes for the Navy, Army, Air Force, while maintaining, so far as is compatible with war needs, the supply of necessary paint products for civilian use.

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CANADIAN INDUSTRIES LIMITED

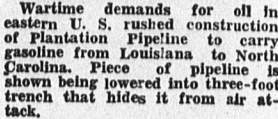
Currencies

NEW YORK, April 18—(CP)—The Canadian dollar closed at a unit field around 13 1/4 per cent discount of 12 11-16 cents in discount last Saturday. (Ottawa terms of United States funds on Foreign Exchange Control Board the foreign exchange market here rate 9.69-9.91 per cent discount). The pound sterling remained unchanged at \$4.04. This price represented an overnight gain of 1-16 of a cent. The Canadian dollar closed at a unit field around 13 1/4 per cent Use Minard's for dandruff.

Two-Way Soldiers And Two-Way Weepers



Of the many weapons Canadian soldiers overseas are trained to use the mortar — in varying calibres — is one that calls for precision in drill and training. Teamwork is achieved by constant practice in which every member of a crew is trained to fill each position. Upper photo shows a mortar being loaded, lower, sighting and setting the range.



Toronto Exchange

TORONTO, April 19—(CP)—The stock market maintained an even keel in Saturday's session on the Toronto exchange, a loss of .07 for the gold share index showing the widest change. Trading tapered off and turnover for its two-hour session was down to 73,000 shares. The golds posted only minor changes. Hollinger weakened .15 cents to 10.40. Bralorne, to cents to 7.20 and minor losses were noticed by San Antonio, Sigma and Goldale. Kerr-Addison advanced 10 cents to 33.20. Turnover was sizable in the senior base metals and gains of 1-4-point were field by Inman-Nickel and Noranda. Steep Rock weakened a cent to 52. The industrial groups were narrowly irregular in their price movements and practically unchanged in the average. Canpac, Broad B weakened a point to 33, matched by gains for Bank of Toronto, Building Products, Dominion Steel and Iron, and Steel.

NEWSY NATURE NOTES

By Stuart L. Thompson

BIRDS AS HOME BUILDERS

Although birds are the greatest travellers we know, they are also the most home loving of all creatures in the bird world. The nest is its construction, and the rearing of the young are all given the most careful attention. And at this time of year, which we call the nesting season, the greatest variety of habits are to be found. In the meadow, the bobolink and the vesper sparrow — all field-loving birds — build their nests on the ground, weaving grassy circles out of the material close at hand. The meadow lark elaborates his home by twining the long grasses into a dome above the nest. Theorio prefers to hang its nest in the long pendant twigs which sway in the breeze. The shore birds, as the sandpipers, plovers and curlews, often nest in very open spots, with little attempt at nest-building, a mere depression in the sand serving as a home-site. And yet it is surprising to find the solitary sandpiper nesting in the abandoned nests of such tree birds as the grackles, robins and waxwing. Strangely enough, too, the four common swallows not only build different types of nests, but in very different sites for their homes. The barn swallow builds a straw and mud nest inside the barn; the cliff swallow a dainty clay-fashioned nest under the eaves; the tree swallow chooses a hole in a tree; and as everyone knows the bank swallow tunnels deep into the sand bank. Similarly, those birds which inhabit the marsh hide their homes among the ample reeds of the locality. Some of these, as the marsh wren, build beautifully finished nests.

This energetic little bird weaves a spherical structure out of the reeds, entering by a small hole and lining the home with downy feathers and rushes. The red-wing builds a cylinder of mud, lined with a few inches above the water. The cootie, a mallard and rails construct simple flat platforms almost at water-level, where as many as a dozen eggs are laid. The nest of the grebe is a mere floating raft, often very wet. And here again we find a queer exception. Why should the great lanky white egret heron take to the tall trees and build a huge nest of sticks in the upper branches? There is a wonderful variety in the number, shape and color of the eggs of our different birds. The gentle mourning dove lays two fine white eggs in its nest of sticks. The sandpipers and plovers generally lay four eggs. Most of our song birds' eggs are four, five or even six in number. But with birds like the quail, partridge or pheasant, which nest on the ground, as many as ten, twelve or fifteen eggs are found in the nest. It would seem that in this large number nature is making allowances for casualties. For these birds have many enemies and often eat half the family grows to maturity. In color, eggs of our birds vary from a rich brown to a white. The mostly true of birds whose homes