THE WESTERN GUARDIAN

AGENTS: J. Elmer Murphy, 36 Hanover St., and George Clow, 30 Ottawa St.
SUMMERSIDE and PRINCE COUNTY
News, Subscriptions, Advertising

The Guardian may be bought daily at any of the following stores in Summerside:
Bell Bookstore, Water Street; Gourlies Drugstore, Water Street; Toronto Bakery, Water Street; Mark Gaudet, 67 Granville Street.

The Guardian will be delivered to any home in Summerside. Carrier Boy at 5c per day or 15c per week. Phone 209 for this service or give your order to the boy responsible for deliveries on your route.

—WANTED — Empty ale bottles. Phone 174, Summerside, for pick-up service. 2-7-6i.

—FOR SALE. — House and lot in Kensington. Apply A. B. C., Kensington. 2-9-2i.

—BUY Indian ash axe handles at Brace's. 2-9-2i.

—FOR SALE, — Brown enamelled Furnisette in A1 condition. Arthur MacKay, Darnley. 2-9-2i.

—ILASON keeps hands and face soft. 30c at Taylor Drug Co., Kensington. 2-11-6i.

—HOCKEY, Kensington Rink, Monday, Feb. 11, Darnley vs. New Annan. First game of second section semi-finals. Players are asked to start the game by 8.15. 2-11-1i

—BREAKS ARM — Friends will regret to learn that Mrs. John Burns of Kensington fell while visiting in Summerside recently and suffered a fractured arm.—S.

— RECEIVES WORD — Mrs. Major Small, Summerside has received word of the death on Thursday morning, Feb. 7, 1946, of her mother, Mrs W.D. Anderson of Lethbridge, Alta.—S.

—HOME FROM HOSPITAL — Little Miss Marion Humphrey of Kensington, eight year old daughter of Mr. and Mrs. Robert Humphrey who underwent an appendix operation was able to return home on Thursday. —K.

—THE ANNUAL meeting of Lot 17 Farmers' Institute will be held in St. Eleanors Hall, Wednesday, Feb. 13 at 2 p.m Harold M. Linkletter, secretary: 2-11-1i

—WANTED, Stenographer for law office in Summerside experience preferred. Apply to National Employment Office, Summerside 2-11-2i

—BRIDGE PARTY — Mrs. J. L. Saunders of Kensington entertained the Bridge Club on Wednesday night. Four tables were in play. Dainty refreshments were served by the hostess. —K.

—OPEN OFFICE — The Prince County Hospital campaign committee have opened an office on Summer Street in the room occupied by Mr. George MacQuarrie. Mr. C.B Morris is the campaign manager.—S

—BROKEN ARMS — Miss Bessie McDonald of Kensington had the misfortune to fall recently, near her home and break a bone in her arm. She was taken to hospital for treatment. A few days later Mrs. John Burns met a similar mishap while going into a friend's home in Summerside. Their many friends will regret to hear of their accidents and hope for a good recovery. —R.

—BUY shot gun cartridges at Brace's. 2-9-2i.

—HOCKEY —Bedeque rink Monday, Feb. 11. First game of South Shore Hockey League. Freetown vs. Albany St. Pats. Admission 25 cents. Skate after.

—THE REGULAR meeting of Borden Branch No. 10 Canadian Legion will be held in Legion Hall Tuesday Feb. 12th 8 p.m. All members requested to attend. 2-11-1i

—HOCKEY, Crystal Rink Tuesday, Feb. 12, Summerside Crystals vs. Summerside Legionnaires. This is the first game of a series of best two out of three for intermediate playoff. 2-11-2i

—INJURED ON HIGHWAY — William Clements of Summerside was a patient at the Prince County Hospital last night with injuries received on the highway at St. Eleanors yesterday when he was struck by a car driven by a man from Charlottetown. Mr. Clements is suffering from injuries to his head and an arm but his condition is considered not serious. He was walking along the road when the accident occurred.—S.

—UNIQUE ACCIDENT AT KENSINGTON — A strange mishap befell the veteran reinsman Tyndal Semple recently at the home of his son-in-law, Reigh Sudsbury. He was carrying his four year old grandson downstairs on his back and in some unaccountable manner missed his footing and fell, breaking the child's leg between the knee and ankle. The broken leg was put in a plaster cast at P. C. Hospital and he is doing well. Tyndal received some severe contusions on different parts of the anatomy. —K.

—NEW COLD STORAGE PLANT The new cold storage plant of the Polar Quick Freezing Co. Ltd. located on Noonan Street Summerside, across from Jenkins Bros. Ltd. cannery has been completed and is open for business. The officers of the new firm are, president, G.F. Cameron; vice president, R. Jenkins; treasurer, W.E Jenkins and secretary, E.E. Jordan. The main business of the company at present is the sale of fox meats and commercial storage facilities. The plant has two compressors, electrically powered sufficient to operate storage space twice the size of the present building which is 50 ft. by 50 ft. There are four large storage rooms, each 20 ft. by 30 ft. and two quick freezers of the new flooded type. The storage will hold about 500,000 pounds of material. The plant is modernly equipped and is located adjacent to a railway siding. An interesting piece of equipment is a conveyor, operated by gravity which is used for unloading material from a railway car to the plant. One man in the car can operate this conveyor system efficiently.—S.

Personals

—Miss Della Callaghan of Ebbsfleet and Boston is visiting her sister Mrs. James Lawless of Norboro. —K.

—Mrs. George MacMillan, Covehead has been a guest of Mrs. H. R Crockett, Summerside. — S

—Mr. Robert Craig of Malpeque is laid up with an attack of influenza. Mr. Craig is a valued employee of Malpeque Trading Co.—K.

—Pte. Vincent Gallant, son of Mr. and Mrs Samuel Gallant, Hanover Street, Summerside has arrived home from overseas.—S

—L. Cpl. Frank Woodside, of Summerside has arrived home after three years service overseas. He is a son of Mr. and Mrs. A.E Woodside. — S

—Mr. James Lawless, Norboro, returned recently from a visit to the home of Mr. and Mrs. Frank MacDougall, Port Hill. —K.

—Private John R. McLellan of Indian River, who spent four years in His Majesty's Forces returned recently by the Queen Elizabeth to New York and is now at home. His many friends are giving him a joyous welcome. —K.

—Mr. Ralph MacMillan, assistant station agent at Kensington is reported to be improving after a severe attack of pleuro-pneumonia. —K.

—Miss Eunice Clough has returned to her home in Summerside after having spent the past week and a half the guest of her sister, Mrs. Cecil Ward, who had been confined to bed with the "flu".

—Pte. Elmer (Chick) Bernard returned recently from the war front to his home in Kensington. His many friends in Kensington and vicinity are pleased to see him back looking hale and hearty after four year's service. —K.

IS YOUR THROAT Sore With Cold?

Your trouble may be due to Bacteria that has lodged in the lining of your nose and throat. You may even be developing Grippe or Bronchitis What you want most of all is comfort and relief; if so, use Polson's Cough Syrup which contains powerful antiseptics that act effectively upon the germ-infected areas of your nose and throat. The sore, irritable places get soothing relief. Transient congestion is helped. Swollen membranes are reduced. Coughing spasms are relieved and phlegm is loosened. Many weak-throated people find Polson's Cough Syrup gives them welcome relief for their troubles due to cold. Why experiment any longer? Fight off your throat trouble now, knock out your cold and get back to better health again. Use Polson's Cough Syrup. Sold by all dealers in medicine in 35c bottles.

POLSON'S COUGH SYRUP

LARGE CLEARING

AUCTION SALE

AT NO. 8 RUSSELL STREET, SUMMERSIDE.

Having sold my property, I will sell by auction on the premises all my furniture and household equipment on Wednesday, Feb. 13, beginning at 1 P.M.

Included in this sale: One piano, chesterfield suite, radio, two studio couches, several occasional chairs, one sewing machine, one refrigerator, three Witton rugs, one extra good dining room suite, one Electrolux, kitchen range, table and chairs, a quantity of new linoleum, electric washer, three bedroom suites complete, two spool beds, extension couch, a quantity of bedding and dishes, four mattresses, a quantity of coal and kindling, and all small articles found in a large house.

The above equipment is in good condition. A large portion is almost new. If you are interested in fine furniture attend this sale.

Terms: Cash.

If day is unfit, sale on next fine day.

HANFORD REEVES.
HUGH F. MORRISON,
Auctioneer.

—TO-DAY—

Also COMEDY and SHORT SUBJECT
Shows 7:30 and 9:15
Matinee Tuesday 3:30

EXTRA ATTRACTION:
SCENES OF ST. PAUL'S CHURCH FIRE.

CAPITOL
SUMMERSIDE

"RIDING ON AIR"
With
JOE E. BROWN
GUY KIBBEE
FLORENCE RICE

BORDEN
Monday, Feb. 11th
Matinee 3:30
Evening 7:15 - 9:15

BRADALBANE
Tuesday, Feb. 12th
Evening 8:00

CRAPAUD
Wednesday, Feb. 13th
Matinee 3:30 - Evening 8:00

ADMISSION:
Matinee: Children 18c.
Adults 27c.
Evening: Children 27c
Adults 38c

Burglars Enter Crystal Rink

The Crystal rink at Summerside was broken into early yesterday morning and approximately $50.00 worth of cigarettes were stolen. In order to gain entry the thieves removed the complete frame of the ticket booth window. Then they went to the canteen and ripped from the wall the locked wooden box which contained the cigarettes and other canteen goods.

The break was discovered when some of the staff arrived at the rink about noon yesterday. The building was locked up by the proprietor, Mr. F. Earle McDonald about midnight Saturday.—S.

Public School At Springhill Burned

Fire of unknown origin destroyed the public school at Springhill, located on the paved highway west of Summerside, it was learned over the week-end. The blaze broke out about 2 o'clock Thursday morning and quickly levelled the one-room building.

There had been no fire in the school since the previous afternoon.

No arrangements have been made to provide accommodation for the twenty or more pupils, it was learned. Apparently there is no vacant building in the district suitable for a temporary school.—S

SAYS HONEY CURES ULCERS

MOSCOW — Curative properties of honey, one of the oldest of all folk remedies, were proved during the war when it was used successfully as a salve on slow-healing wounds and as an internal medicament.

Research carried out by the Russian Institute of Agriculture in cooperation with 40 medical institutions throughout the country has shown, for example, that honey is an excellent germ killer. Tested in four hospitals and an out-patient clinic in the treatment of slow-healing wounds, not a single adverse result was registered while, in 90 per cent of the patients, a sharp improvement was brought about.

Honey taken internally has proved favorable in cases of jaundice, chronic dysentery, swellings due to heart and kidney ailments and many other diseases. It has also produced good results in difficult cases of osteomyelitis of large bones.

Of considerable interest is the use of honey in treating ulcers of the stomach and duodenum. According to Dr. I. Levenson, chief of the thereapeutic department of Basmannaya Hospital, Moscow, 29 patients received honey treatment. They were mostly between the ages of 30 and 50 and had suffered from ulcers for between three and ten years.

Catholic Services Held Yesterday At Capitol Theatre

Meeting Held To Make Plans For New St. Paul's Church.

Catholic services yesterday morning at Summerside were held in the Capitol Theatre. Rt. Rev. Msgr. G. J. McLellan, pastor preached at the three masses, which were said at the regular times.

Referring to the fire which destroyed the parish church of St. Paul's last Sunday morning, he told the congregations that they must have faith and reminded them that sacrifice was an essential part of their religion. He expressed deep appreciation to the proprietor of the theatre, Mr. H. E. Gaudet for offering its use for Sunday services and he said that his was the first offer received. It is particularly convenient in that the services can be held at the regular times. He spoke words of thanks to the different denominations of the town who all offered the use of their churches and he referred with appreciation to the "goodwill shown by them in this crisis that we are passing through."

In the afternoon a meeting of the men of the parish was held at which plans were laid for the rebuilding of St. Paul's and the opening of a drive to raise funds for that purpose. There was a general discussion and many suggestions were put forward. The feeling of the meeting was most enthusiastic that in the words of Msgr. McLellan, "a bigger, better and more enduring St. Paul's" would rise from the ashes of the old."—S

Send Vitamin Oil to Europe's Children

Add to Canadian contribution to the rehabilitation of devastated Europe the shipment of several thousand gallons of vitamin-rich cod liver oil for the children of liberated lands suffering from the effects of wartime undernourishment. Some of the oil has already been supplied through private Canadian generosity, arrangements to send an additional and larger quantity are in hand. The oil is made available as one of the steps in the "Save the Children" program.

Cod liver oil was the first of the fish oils to be known for vitamin value, and, indeed, its healthful properties were widely recognized long before anybody knew that the vitamin content of the liver explained them or even that any such things as vitamins existed. Knowledge of effect preceded knowledge of cause. Since then Science has found out that cod liver oil does its health-building work because it is rich in vitamin D and is a source, too, of vitamin A.

Virtually all of the Dominion's production of vitamin oil from cod livers comes from the Atlantic provinces, for it is only in Atlantic waters that the Common codfish is taken. A small quantity is produced in British Columbia from the livers of another species of cod, the Pacific or Gray cod, but this fish is not abundant and liver landings never run to figures of any size. Among the provinces, Nova Scotia and Quebec are the main sources of the oil, though there is some production both in New Brunswick and Prince Edward Island. Ordinarily total Dominion output runs between 200,000 and 300,000 gallons a year.

Of course, Canada is fortunate in that its fish catches are important sources of other vitamin oils, too. For instance, oils of the vitamin-bearing class are made from livers of the halibut, swordfish, salmon, Pacific dogfish Ling cod, tuna, Soupfin shark and Mud shark, and all these different kinds of fish enter into the Dominion's commercial catch. Some of them are taken on both coasts, some only east or west. In overall quantity of vitamin oil production British Columbia is well at the top of the provincial list.

FORE-SIGHTED FOX

By Etta W. Schlichter

From time immemorial, slyness has been called the characteristic of the fox. Here is a remarkable incident that shows its cleverness may also be used for a beneficent purpose.

A student of wildlife in Devon, England, came by chance upon a fox family, a mother and seven cubs, in a clump of fir trees. Four of the cubs were husky males, the three females, little and scrawny.

Puzzled to know the reason for this, the observer cautiously watched them with his field glass day by day. The answer was soon found. At feeding time the huskies shoved their sisters out of the way and by the time their rapacious appetites were satisfied, there wasn't much left and the weaklings seemed doomed to slow starvation.

Prepared to find the scrawny babies dead almost any day, what was the observer's surprise when he peeped in one morning and saw the mother with only those three. The huskies were gone and no searching with the field glass revealed their whereabouts. The game warden, consulted, could throw no light on their disappearance, but said he had come across another litter of fox cubs in a fir wood about a mile away.

Interested in the new family, the student two weeks later visited the place and found four lively cubs capering among the trees and tumbling over one another in play. Watching carefully so as not to disturb them, he saw a vixen approaching, with a crow in her mouth. Summoning the cubs, she let them scramble for their breakfast.

Then, to the hunter's amazement, he saw marks on the vixen that stamped her beyond a doubt as the mother also of the three little foxes a mile away. She had solved her problem of protecting the helpless ones of her offspring by dividing the family, carrying the strong ones so far away that they could not get back, even though it meant that she had to travel that distance back and forth every mealtime.

The mortality from Rocky Mountain spotted fever varies from 15 per cent to 90 per cent, according to the area in which it occurs.

Tragedy Has Overshadowed the Career of Leopold, Unpredictable Belgian King

Charles, younger brother of King Leopold, has served as Regent since the liberation of Belgium.

By JOACHIM JOESTEN
NEA Special Correspondent

NEW YORK, Feb. 5 —(NEA) — Leopold, King of the Belgians is the youngest member of the northwestern group of constitutional monarchs. He is also the only one of them who has gotten into trouble with his people.

The reasons for this are many and varied. They range from personal characteristics, through a fateful military decision, to his unpopular second marriage. Leopold has made mistakes, but he has also been the victim of circumstances.

He is a tragic figure—in the sense of classical drama. Tragedy, personal and national, has overshadowed his path from his early youth.

Born Nov. 3, 1901, he was not yet 13 when the Kaiser's armies invaded and ravaged his country. Throughout that war in which his father, Albert I, won world-wide acclaim as the gallant "soldier-king," the prince lived the life of a simple private in the 12th Regiment

BECAME KING IN 1934

On Feb. 17, 1934, King Albert was killed by a fall while rock-climbing near Namur. Leopold succeeded to the throne. A tall, handsome, athletic young man, he had many prepossessing qualities, but one thing told heavily against him from the start: The extraordinary prestige and popularity of his late father. Whatever he was to do, however he was to comfort himself, in the following years, people judged him by Albert's standards. He would have had to be a hero, a sage and a saint, all in one, to measure up to his father's reputation.

Then after only a short reign, tragedy struck again. In August, 1935, Leopold's wife, Queen Astrid, was killed in a motor accident in Switzerland. Leopold sat at the wheel and rumors that he had been driving recklessly never died down. The Belgian people were stunned and aggrieved for the beautiful and lovable Swedish princess, whom Leopold married in 1926, had won everybody's heart. The couple had three children, one girl and two boys, of whom Prince Baudouin, now 15, is the heir presumptive.

During the next few years, Leopold's popularity waned steadily, and he did little to improve matters. There was a wide-spread feeling that the young monarch had pro-Fascist leanings. He was supposed to be under the influence of his brotherin-law, the Italian Crown Prince Humbert. His policy of strict neutrality, during the long "war of nerves" preceding World War II, was interpreted as underhand aid to the dictators. In internal affairs, he earned the resentment of the French-speaking Walloons (and, indirectly, of the French) by favoring the Flemish section of his country. Among his personal advisers, there were several Flemings suspected of Nazi sympathies.

More and more, the idea gained ground that Leopold was out to establish his "personal rule," in keeping with the authoritarian trends then rampant in Europe, but in violation of the Belgian Constitution.

When Belgium became independent, in 1831, the revolutionary congress devised one of the most liberal and democratic constitutions in Europe. The concept of monarchy prevailed, but the king's powers were strictly limited. Indeed, the makers of the constitution frequently used the expression "republican monarchy."

PEOPLE'S WILL SUPREME

Royal prerogatives were so hedged in that when a deputation presented the Constitution to the prospective King Leopold I, he remarked: "Gentlemen, you have treated the king rather rudely in this document and he wasn't there to defend himself. Your charter is very democratic, but with goodwill from both sides, it will work out all right." Nevertheless the King-designate bowed to the people's will and took the oath of allegiance to arouse suspicion and opposition.

Even so Leopold might have redeemed himself if, in May, 1940, he had lived up to his father's record. At the start of the Nazi invasion, he appeared to do so by taking the field at the head of his army. But his capitulation on May 28 spoiled everything. The circumstances of that surrender are not yet fully cleared up and the controversy as to its motives and justification continues. But even giving Leopold all the benefits of doubt, and assuming that he was prompted, above all, by the desire to spare his country needless suffering, the fact remains that his decision to capitulate was taken against the formal stand of his Cabinet. Leopold hardly deserved the epithets of "traitor" and "King Quisling" that were freely bestowed upon him at the time, but he did act unconstitutionally. The Belgian people have never forgiven him for this.

For the next four years, Leopold lived in a mild form of German custody at Laeken castle, Brussels. He regarded himself as a prisoner of war, and did not exercise his functions, but his personal movements were not much restricted.

During this period, he did two things that heavily weighed down the balance of popularity against him. On Sept. 11, 1941, he married a commoner, Mary Lelia Baels, beautiful daughter of a former Cabinet minister and Governor of West Flanders, Henricus-Ludovicus Baels. He made her Princess of Rethy, but she cannot become queen. In July, 1942, she bore him a son, Alexander.

Leopold's morganatic second marriage met with general disapproval in Belgium. Conservative circles were against it because the bride was a commoner. The Left, which could hardly allow itself to be swayed by such undemocratic sentiments, saw in the wedding proof that the King's "captivity" at Laeken was a fake. The Walloons were resentful of the King's marriage to a Flemish girl. And the people in general, who revered the late Queen Astrid almost like a saint, just couldn't forgive Leopold for remarrying.

VISITED HITLER

The other thing Leopold did during that time was more compromising. He twice visited Hitler at Berchtesgaden, of his own free accord. It is not possible yet to pass final judgment on the motives of the King, and on the nature of his talks with Hitler, but a memorandum released by the Belgian Government, on Nov. 2, 1945, is quite incriminating. This is a transcript of notes taken by Dr. Paul Schmidt, the Fuehrer's personal interpreter, of a meeting between Leopold and Hitler in November, 1940.

According to Schmidt's account —whose authenticity Leopold has hotly contested—the King "thanked the Fuehrer for all he had done up to the present for Belgium." He also quoted Leopold as having declared that "he entered this conversation with the Fuehrer in full confidence because he knew how to appreciate the great work the Fuehrer has undertaken and knew his wish to give Europe a durable peace based on justice, collaboration, and understanding between peoples. With such a program the Belgians would certainly co-operate."

King Leopold III lives in virtual exile until a general election can solve "l'affaire royale."

Whatever the extent and degree of Leopold's "collaboration" while at Laeken, the Germans did not feel too sure of him. Immediately after the Allied invasion of France, in June, 1944, Leopold, his wife, and the four children were forcibly taken to Germany, first to Godesberg, later to Austria. There they were liberated, near Salzburg, early in May, 1945.

Meanwhile the Belgian Parliament, following the country's liberation, on Sept. 19, 1944, had set up a regency, with Leopold's younger brother Charles, Count of Flanders, as Regent. When the King, having regained his freedom, prepared to return to Brussels to reclaim his throne, a strong opposition arose. After a long-drawn out and vicious controversy, Parliament voted to continue the regency and virtually exiled the King until the sovereign nation, at the first general election, can solve "l'affaire royale" one way or the other. On Oct. 1, Leopold and his family took up residence in a villa near Geneva, Switzerland, where they will stay at least until after the forthcoming elections.

What the verdict of the people will be, no one can predict with certainty, but the odds are against Leopold's return. However, even the most rabid of the "King's opposers" do not clamor for a republic. The issue, in Belgium, is not between monarchists and republicans as such, but between a headstrong, self-centered monarch and his proud and independent people, jealous of its sovereign rights. Even if Leopold is forced to abdicate, the Belgians' "republican monarchy" is likely to endure.

Princess of Rethy, Leopold's second wife, Belgians, who revered the late Queen Astrid, cannot forgive his remarriage.

TRY COMPROMISE WITH THE YEARS

A New York doctor who has made a study of common baldness recently told members of the New York Academy of Sciences that baldness is an attribute of masculinity.

That ought to make a lot of men, watching their hairlines recede, feel better about the inevitable.

It is high time somebody took some of the sting out of the common complaint of baldness. For there is nothing much sadder — unless it is a woman seeing tragedy in her first grey hairs—than a man regarding his oncoming baldness as the beginning of the end of youth.

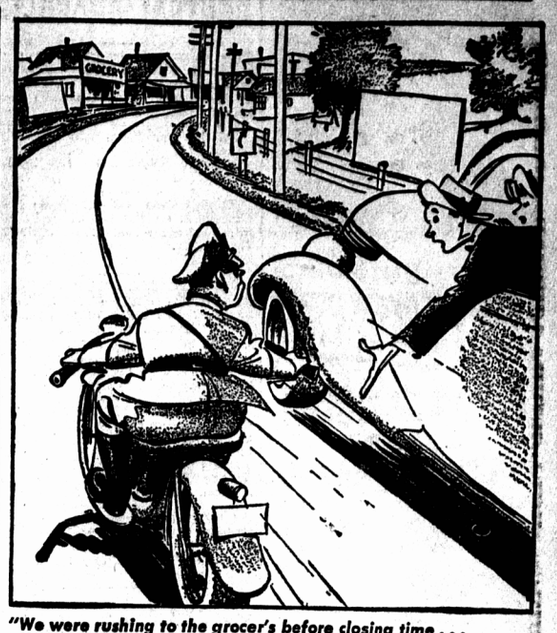
Now if somebody can just sell women on the idea that there is nothing shameful about grey hairs, a thickening waistline, and fine wrinkles, the adult world will be a happier place.

We've been sold on the idea that aging is a shameful process and one that can be avoided—neither of which is true.

What we need now is to be taught that outward signs of age are perfectly normal and natural, and that they are nothing to get depressed about.

When men come to, look on baldness as an attribute of masculinity and women regard the signs of age in their faces as proof they have lived and learned a few things, there will be less of the ridiculous struggle to keep young that makes for so much unhappiness and frustration.

We have, ourselves, made the plump, greying matron and the balding middle-aged man objects of ridicule. And to what purpose —since those figures are what most men and women become in time? Only to scare themselves into a vain attempt to hang on to youth — when it is bound to be a losing battle.



"We were rushing to the grocer's before closing time . . . Imagine a week-end without delicious Grape-Nuts Flakes!"

"I can't imagine it brother! Step on it and I'll provide a police escort down to the store so you'll be sure of getting your malty-rich, sweet-as-a-nut Post's Grape-Nuts Flakes!"

"OK—here we go! Bring on that Grape-Nuts Flakes' good nourishment: carbohydrates for energy, proteins for muscle, phosphorus for teeth and bones, iron for the blood, and other food essentials."

"They're good all right! That's because they're made of two grains—wheat and malted barley. And specially blended, baked and toasted for golden-brown delicious crispness and easy digestion."

"I think I'll get a couple of these giant economy packages."

COMMUNITY ACTION TO FIGHT SAWFLY

Extensive experiments have been undertaken by the Experimental Station, Swift Current, Sask., to learn more of the factors influencing sawfly infestation in wheat crops. In heavily infested sawfly areas it was proved conclusively that community action rather than individual effort was necessary to eliminate the pest. Time of seeding experiments for 17 years at the Station determined the policy in relation to farm planning. The results show that oats should be seeded first, barley second, flax third, and wheat last. This sequence of seeding has given the best results and its application minimizes the sawfly damage. The returns from oats and barley have been just as profitable as from wheat. Therefore, as oats and barley are resistant to sawfly, they were recommended in place of wheat for the 1945 crop. Widespread adoption of these results has been accepted by farmers in the brown soil area.

"BALANCED STARVATION"

Dr. Robert S. Harris, of the Massachusetts Institute of Technology, recently pointed out that malnutrition (eating the wrong things) is worse for people than under-nutrition. "Balanced starvation is better than unbalanced plenty," he said. Poor balance in diet is far more likely to cause pathology than is the right food in too little quantity. A good deal has been learned about nutrition. And the knowledge shouldn't be abused now that things are getting back to normal. Mothers who have this essential knowledge should use it to good advantage if they wish to have well-nourished, happy families. There's scarcely a housewife who hasn't learned during the war years a great deal more than she ever knew before about marketing. Now some are apt to have more money than they have had in a long time. But that's no reason for forgetting the economic lessons learned of necessity. It's possible to avoid all the hungers—hidden, hollow, and hum-drum—if the housewife knows her business as a planner, a buyer and a cook.

TODAY'S MENU

To prove to your family that good nutrition means real eating pleasure, follow that main course at dinner tonight with a delightfully refreshing gelatine dessert, made with orange and grapefruit sections and golden cubes of fresh pineapple. This dessert, served side-by-side with crisp oatmeal cookies, should provide the needed light touch to a hearty meal built around big, man-sized portions of Italian spaghetti and meat sauce. For the rest of this quick, easy meal, have rye bread and butter. A tossed green salad with French dressing, coffee for the olsters, and milk for the youngsters.

There's one kind of soup that's almost sure to please everyone, and that's good old fashioned vegetable soup. Serve it for lunch today, and follow with smooth, tangy Welsh rabbit on toast. For dessert, place a bowl of cold, easy-to-peel tangerines on the table and to please the family sweet tooth, add a plate of raisin cookies. After that, all you'll need to complete the meal will be tall glasses of milk.

To make breakfast that extra-special meal it should be, start with stewed prunes and top milk, and follow with scrambled eggs and bacon. Then, if you want to watch the family linger longer, serve toasted coffee ring with butter. And as long as you're in an "extra-special" mood, vary the morning beverage routine by having steaming cups of hot cocoa.

In the United States, 250,000 children are living in dormitories of child-care institutions.

Extra Good!
RED ROSE TEA
ORANGE PEKOE
Canada's largest selling fine QUALITY tea!