PROBLEMS OF PRICE CONTROL

RECORD OF PRICE CONTROL GOOD BUT DIFFICULTIES ARE INCREASING

Says J. A. McLeod

President—THE BANK OF NOVA SCOTIA AT 111th ANNUAL MEETING

In his annual address on February 3rd, in which he reviewed the Canadian business picture under wartime conditions, Mr. McLeod spoke in part as follows:

Price Controls Effective

"Under the conditions of growing shortage during the past year, we have been fortunate to escape with so small an increase in the cost of living. By any standard of comparison, Canada's price control policy has been remarkably effective. From November 1st, 1941—the high point prior to the imposition of the price ceiling—to December 1st, 1942, the official cost-of-living index has risen by scarcely more than 2%. In the United States, the corresponding increase has been nearly 10%. And if we go back to the last war, we find that over the corresponding period the Canadian cost-of-living index rose by no less than 20%.

J. A. McLEOD, President

"Good though the record is, it provides no grounds for complacency. The pressure on the price ceiling has been very considerable and one of the clearest indications of this is the more extensive resort to subsidy payments. To a substantial degree, subsidies have reflected the necessity of absorbing increases in the cost of imports, resulting from higher shipping charges and price advances in foreign markets. In addition, however, subsidies have been granted on certain domestic products, as in the case of butter, with a view to maintaining or increasing output without raising the cost to the consumer. More recently, a subsidy method, new to Canada but practised for some time in Britain, was adopted to keep down the cost of living. It consisted of subsidizing a number of important items in the national diet—milk, tea, coffee and oranges—and in this way offsetting price increases in other articles which had either occurred or were threatening. These policies involve substantial costs to the public treasury and cannot be regarded with equanimity. But they are a lesser evil than the alternative of allowing further increases in the cost of living, with all its inequities and cumulative influence on prices and costs generally."

Upward Pressures on Prices

"The future promises no easing in the problems of price control. Generally, the upward pressure on prices is indicated by the large excess of purchasing power over prospective supplies of civilian goods, which means that the natural tendency of buyers is to bid up prices and of sellers to mark up prices. The desire of sellers to raise their prices is often fortified by pressures on their costs, inherent in the advanced stages of wartime mobilization and mostly traceable to shortages of manpower and materials. They include higher unit costs resulting from necessary curtailment in production, and higher labour costs resulting from the use of inexperienced and less efficient help and from a more rapid rate of labour turnover. In agriculture, producers often ask for higher prices to enable them to hold their remaining help and to compensate them for their increased toil and difficulties. Then, too, the less favourable experience of the United States in the realm of price control increases the problems of control in this country."

Successful Control Requires Self-restraint and Co-operation

"No matter what happens to prices, we now face the fact of declining living standards. The only question that has ever been at issue is how the burden of reduced civilian output is to be distributed. The way of rising prices and rising living costs is demoralizing and inefficient. It sets in process an ever-broadening struggle for compensation among all the group and individual interests of society, in which only the strong and unscrupulous can gain or maintain position, and in which most citizens and the nation are the losers. More than that, it stores up additional difficulties and complications to add to the obvious problems of post-war readjustment.

"For these reasons, it is of the utmost importance that the Canadian people persist in the battle against inflation with unabated vigour and determination. But success in controlling prices implies an increasing measure of self-restraint and co-operation. It requires an even greater degree of saving through the curtailment of all but essential spending. It involves a general willingness to subordinate group interests in higher prices, higher profits and higher wages to the national interest. It also implies willingness to accept necessary additional controls and public co-operation in making them work. And, of course, it calls for competent and determined administration."

C

Dorothy Dix Says—

(Continued from page 2)

ONLY DEEP LOVE CAN MAKE MARRIAGE SUCCESS

ANSWER—I do not think that you are likely to get much happiness out of any marriage that you enter into as a chore, or as taking out a sort of insurance policy against the disabilities of age. It takes a lot of enthusiasm to make a marriage a success, and unless you can put more pep into one than you seem to be able to do at present, my advice is to pass up the altar.

No idea is more common or more fallacious than that every one should marry. There are both men and women who are born celibates, who love their freedom better than they can love any individual, who resent all of the sacrifices that marriage enforces and who are far happier single than they are married. Evidently you belong in this class, and you will enjoy the society of many women more than you ever would that of one.

But if you must marry, I think that between the two women you mention the younger one is the best bet. The difference in age is negligible. For a woman who has been married and borne a child and been widowed has passed through experiences that make her older than her age.

DEAR MISS DIX—What do you think about girls picking up boys on the street and going riding with strangers in their cars?

ANSWER—It is the most dangerous thing a girl can possibly do. It is men on the street or who accept some chap's offer of a lift who disappear and are never heard of again, or whose mutilated corpses are found by the roadside where they have been thrown from a speeding automobile. You have read these stories a hundred times, and some day people will be reading about you if you keep up your practice of going off with men of whom you know nothing.

If you have no standards of modesty or decency of conduct, have some fear for your life and do not go about with any man to whom you have not been properly introduced and whom you do not know to be trustworthy.

YOU WOMEN WHO SUFFER HOT FLASHES

If you suffer hot flashes, dizziness, distress of "irregularities", blue spells, are weak nervous or irritable due to the "middle age" period in a woman's life—take Lydia E. Pinkham's Vegetable Compound. It's helped thousands upon thousands of women to relieve such symptoms. Made in Canada. Pinkham's Compound is worth trying!

Urges Wide Study of Post-War Problems

MONTREAL, Feb. 3—(CP)—Robert P. Jellett of Montreal, President of the Canadian Chamber of Commerce, told the advertising club today that the alternative to competitive free enterprise in the post-war period would be state ownership of industry.

Mr. Jellett urged the club to use every effort towards getting as wide a study as possible of post-war problems, suggesting the formation of citizen's committees to develop public opinion on the matter.

Individual enterprise and free industry had, over a long period, proved themselves to be the best methods of raising the standard of living, he said. The alternative of state ownership of industry would lower the living level because it would produce inefficiency and waste by the removal of rewards of individual energy initiative and invention.

CENTRAL GUARDIAN

This column is reserved for news of local interest, but advertising of a newsy nature may be inserted at five cents a word, strictly payable in advance.

CRASWELL for Photographs.

CONFEDERATION LIFE INSURANCE. L-978

CENTRAL PARISH. — Sunday, February 7th. Canoe Cove 11 A. M. Clyde River 3 P. M. Nine Mile Creek 7 P. M. T. W. Goodwill, Minister. 2-5-11.

HAMPTON UNITED CHURCH.—Minister, Rev Roy E. Vessey, B. D. Services Sunday, February 7th. Victoria 11 A. M. Hampton 3 P.M. Bonshaw 7.30 P. M. 2-5-11.

WINSLOE UNITED CHARGE SERVICES, February 7th. Winsloe North 11 A M. Princetown Road 3 P. M. Highfield 7.30 P. M. Rev. T. Constable, Minister. 2-5-11.

PRESBYTERIAN CHURCH IN CANADA.—Marshfield Charge Services for Sunday, February 7th are to be held at Mt. Stewart only, at 11 A. M. and 7.30 P. M. Rev. Henry Baak, Minister. 2-6-11.

PRESBYTERIAN CHURCH IN CANADA.—Brookfield Charge. Services next Lord's Day. Hunter River 11 A. M. Brookfield 3 P. M. Glasgow Road 7.30 P. M. Dr. A. O. Thomson, Minister. 2-5-11.

TRYON — BONSHAW BAPTIST CHURCH.—Sunday, February 7th. Bonshaw 11.00 A. M. Tryon 7.30 P.M. The Pastor will preach on the subject: "Finding God." A cordial welcome awaits you at your church services. 2-5-11.

CORNWALL PASTORAL CHARGE.—Services Sunday, February 7th are as follows: Kingston 11 A. M. New Dominion 3 P. M. Cornwall 7.30 P. M. S. School 11 A. M. Rev. J. R. Skinner, Minister. 2-5-11.

NEW GLASGOW CHRISTIAN CHURCH, Sunday, February 7th.—11 A. M. Morning Worship. Sermon: "What do the Disciples of Christ Stand for?" 12 noon, Community Sunday School. 7.30 P. M. Cavendish Baptist Church Service. Rev. R. E. Shaw, Minister. 2-5-11.

RECEIVES PROMOTION— Rev. J.M. Murchison and Mrs. Murchison of Saint John, formerly of Prince Edward Island have received a cable from the Middle East telling of the promotion of their son, John T. Murchison from Pilot Officer to Flying Officer. Flying Officer John T. Murchison is attached to a Fighter Squadron in that very much bombed Island of Malta. He is a veteran of the Dieppe raid. His aunt, Mrs. W.G. Spencer, resides in Charlottetown.

Boards Will Handle 90,000 Ration Books

The five Local Ration Boards in Prince Edward Island are making a valuable contribution to the war effort by conducting the No. 2 Ration Book Campaign in this province. More than 90,000 of these coupon books will have been handed out to citizens when the drive is over.

Charlottetown Board will handle about 35,000, Summerside 22,000, Alberton 12,000, Souris 7,000, and Montague 13,500.

By personally picking up these ration books at issuing centres now being organized by the Local Boards, Prince Edward Islanders will save themselves over $900. If the mailing system were carried out everyone would first have to send in the application card from the back of the first book. Postage on each of these would cost the province 90,000 cents or $900 alone. Added to that would be the cost of mailing out ration book No. 2 to each of the applicants.

Besides the cost of such a campaign the procedure would severely tax the already over-burdened post office staffs throughout the Island.

A total of 12,000,000 books will be distributed across Canada. By picking these up personally citizens are saving the country more than $500,000.

The new books will be distributed between February 19 and March 1.

IS THAT PALE YOUNG GIRL YOUR DAUGHTER?

Parents should not ignore the depressed moods, the listless, tired air, the pallor, headaches, fickle appetite—the crying spells—so many daughters exhibit during those years when they are passing into womanhood.

If her health at this stage is not maintained by a sufficiency of good rich blood, all kinds of weaknesses may arise to make her later life unhappy.

So should you notice any of these disturbing signs in your daughter, lose no time. Get some Dr. Williams Pink Pills at your druggist. They are wonderfully effective in helping to build up iron-impoverished blood and have helped to transform thousands and thousands of sickly, pale daughters suffering from simple anemia into happy active girls full of vitality and high spirits, hungry for meals, glad to help with the housework, attractive to others. Right now simple anemia may be undermining the strength and resistance your daughter needs so badly. Don't wait—get Dr. Williams Pink Pills today.

EARNCLIFFE W. I.

On January 12, 1943, the Earncliffe W. I. met at the home of Mrs. A. H. Mutch Meeting opened with Institute Ode followed by Creed. Eleven pairs of mitts were handed in.

Minutes of previous meeting were read and approved. Correspondence was read and discussed and on motion all bills were paid.

Moved and seconded that $3 00 be sent to Aid to Russian Fund and that cigarettes be sent to three neighbor boys who are serving overseas

Three dresses, one afghan and eleven pair of mitts were turned in at meetinz, to be send to Red Cross in near future.

Mrs W. W. Mutch invited members to her home for next meeting. Roll call to be answered by quilt squares.

The hostess was assisted by the Misses Muriel Pitt and Vernita Mutch in serving a delicious lunch.

AUCTION 45's

K. of C. HOME

FRIDAY EVENING FEBRUARY 5th.

Chickens for Prizes

Admission 25c

Everybody Welcome

8.15 p.m.

IN MEMORIAM

MRS. M. W. WOOD

Seldom has the passing of anyone evoked greater sympathy for the bereaved family, or a greater sense of loss to church or the neighboring communities, than has the recent death of Mrs. M. W. Wood of Southport.

On January 18th, in her 63 yr., at the P. E. Island Hospital, following an operation, her spirit took its flight to the Heavenly Mansions prepared by Him whom she loved and served.

Mrs. Wood was the daughter of the late William and Catharine Wood of Alexandra. She leaves to mourn, her devoted husband, two daughters, Mrs. John C. Slagle, Sitka, Alaska, Mrs. Vernon K. Collins of Montreal and a little granddaughter, Vera Lynn Collins; also two sisters, Mrs. Lincoln Wood, East Royalty, Charlottetown and Mrs Charles Shipley, River Herbert, N. S.

After a short private service at the home, the funeral service was held in Hazelbrook Baptist Church, led by Rev. I. J. Levy, and assisted by Rev D. K. Ross of Pownal and Licentiate Athol Roberts. During the service, Miss Sally Wood sang a Solo "Come Unto Me" and Mrs. Harold Carver sang "Sometime We'll Understand" Mr. Levy gave a very comforting message. Besides the Solos, two hymns, "Abide With Me," and "Shall We Gather at the River" were sung. The church was filled to capacity with sympathizing friends.

The pallbearers were: A. Roy Jones, Benj. Farquharson, Earl Jenkins, Vaughan Murphy, C. J. Wood and W. E. McCallum.

For many years Mrs Wood was organist of the Hazelbrook Baptist Church. After her resignation she continued a member of the choir. Always helpful, she often used her musical gifts when needed, in neighbouring churches. For over six years she capably filled the office of President of the W. M. A. S. of her church. She lent herself as far as health and strength permitted to every good work. Her beautiful and hospitable home was ever at the service of church or community for welfare activities.

Mrs. Wood's kind and genial personality and her abunding hospitality endeared her to many. Always standing for the right as she believed it, she never relinquished her ideals of a true follower of Christ. Of her it truly might be said, she "plucked many a thorn, and planted many a flower, glorified the services of each hour, had faith in God, herself and fellow men.

To the bereaved loved ones, we would say:

"God will not fail you, will not pass your need,
His care shall cover, and His hand shall lead;
All His great heart of love is yours today
To yield you comfort and to be your stay
God is your Habitation, Refuge, Friend,
Your strength and loving helper to the end."

The following floral tributes were given in loving memory and deepest sympathy

Pillow, Husband
Spray, Helen and Vernon.
Spray, Lisle and John.
Crescent, Elvira, Lincoln, Wendell, Ella and Ruth
Wreath, Annie, Charles, Vera and Eben.
Spray, Leonard, Jessie and Mary
Spray, Ella, Laura and Hazel.
Spray, Jane, Earl and Sue
Wreath, Hazelbrook Baptist Church.
Spray, Alexandra Baptist Church.
Spray, Richard, Florence and Alberta.
Spray, Calvin, Mary and Family.
Wreath, Mr. and Mrs. Roland Wood.
Spray, Vaughn and Elva.
Spray, The Reeves Family.
Spray, The MacNeill Family.
Spray, Mrs. N. W. MacKinnon.
Wreath, Executive Council Government of P. E. I
Spray, Dr. and Mrs. W. J. P. MacMillan.
Spray, Women's Conservative Association

MR. JOHN BOWLAN

The death occurred at Tracadie Cross on Dec. 17th of John Bowlan in his 73rd year. The late Mr. Bowlan, who had been in delicate health for several years suffered a stroke from which he failed to rally and he passed to his final reward surrounded by his bereaved widow and members of his family who lovingly cared for him in his infirmities, Father Simpson giving him the last rites. He was constantly visited and consoled in his sickness by Rev. Father Simpson and Rev. K. C McPherson

The late Mr Bowlan, who was born in Hope River, was a well-known farmer and blacksmith and was highly respected by everyone.

He leaves to mourn besides his widow, four daughters, Mrs Dennis Mullen, Watertown, Mass; Miss Annie Bowlan, Brookline, Mass.; Mrs. Joseph Whear at home and Mrs. James Court of Charlottetown. One son predeceased him some years ago.

The funeral was held at St Bonaventures Church, Tracadie Cross on Dec. 20th, Father McPherson officiating, assisted by Rev. Father Simpson. The pallbearers were: Messrs. Wm. Mullen, Leonard Court, John Dougan, Peter McDougal, Harry Ellis and James Hughes.

Many Mass Cards, and letters of sympathy were received by the bereaved family.

BLACKHEADS

Get two ounces of peroxine powder from your druggist. Sprinkle on a hot, wet cloth and apply to the face gently. Every blackhead will be dissolved. The one safe, sure and simple way to remove blackheads.

Tip Top Tailors

A casual sport model is this three-button, single breasted box coat with notch lapels and set-in split sleeves.

the shopping spirit of '43—

Quality and Value First!

Today's shopping spirit: Get every ounce of quality and value for your money.

You will actually *see* this spirit in Tip Top Tailors' man-tailored clothes for Spring . . . because quality and value *first* has been our way of doing things for 33 years.

We are continuing to offer what Canadian women themselves have termed the greatest clothing value to be found in Canada. Only at Tip Top Tailors do you receive such a wide choice of fine British materials—fabrics that cost you more elsewhere. Only at Tip Top Tailors—at such modest outlay—do you receive this craftsmanship type of tailoring service . . . every garment is individually cut by hand and created especially for the wearer in our men's tailoring shops from your selection of our complete range of men's materials.

Yes—there will *always* be quality at Tip Top Tailors; quality of the type every woman wants, within reach of every woman's pocket-book.

We are on 80% War Production

Order Early!

$31.00

Individually man-tailored-to-measure

TIP TOP TAILORS *Ltd.*

99 Grafton Street, Sunnyside

TTT-842

Aid To Russia Fund

Mr. and Mrs. A. J. Watts Brookfield W. I.	$10.00
Crystal Chapter No. 1 O. E. S. Wadey & St Lawrence Lodge I. O. O. F.	25.00
John Andrew, East Royalty	10.00
Mr. and Mrs. Harry Simmons, N. Bedeque	10.00
Mr. and Mrs. John A. Stuart, Central Bedeque	10.00
Louise Calbeck, C. Bedeque	10.00
North Bedeque Community Club	10.00
Mr. and Mrs. Preston Bowness, Bedeque	10.00
Harold B. MacLeod, Vernon	20.00
Glen William W. I.	10.00
Board of Controllers Cardigan A. R. P.	10.00
Hunter River Red Cross	10.00
Darlington W. I.	10.00
Springfield W. I.	7.00
New Haven W I.	10.00

$5.00 from Mr. and Mrs. Alex MacKenzie, Glen Martin; W. G. Hogg, City; Mrs. Gladys Stewart, L. McDonald, City; Melville Victory League; William Calbeck, R. Calbeck, Mildred Calbeck, Centre Bedeque; Thomas Moyse, Dr. Henry Moyse, James Henderson, Hon. Horace Wright, Bedeque; Roy Walker, Percy Marchbank, Travellers Rest; Robert Hogg, North Bedeque; Vernon Craig, Middleton; Mr. and Mrs. James Clark, Bedeque; Lloyd C. W. I. Montague; W. W. Mutch, Earnscliffe; Thomas F. Renton, Bridgetown; Mr. and Mrs. J. H. McFarlane, Bedeque; William Stavert, Bedeque; Robert MacKenzie, Cavendish; Henry Sencabaugh, J. B. R. Lea, Waldo Hawkins, Lea & MacFarlane, Mrs. T. H. Fraser, Murray Harbour; Dr. Lester Brehault, Murray River; North Pinette W. I.; Mr. and Mrs E. W. Farquharson, City.

$4.00 from Mrs. Edna Jenkins, Bedeque; Mary Gorveatt, St. Avards

$3.00 from E. H. Murchieson, York Point; Mrs. William Matheson, Capt. Herbert Cahoon, Murray Harbour; W. S. Muttart, Searletown; Daniel McPhee, Cumberland; Mrs. Jannie Partridge; Mrs. L. Trueman, Bedeque; A. A. Gilmore, Beatons Mills; Cherry Valley Y. P. U.

$2.50 from Mrs. Helen S. Bell, Cape Traverse; Mrs. Charlie B. Doull, Cape Traverse; Lee Barrett, Cecil Barrett, Kingston.

$2.00 from James E. Andrews, Hunter River; A. C. MacNeil, Milton Green, Alfred Moore, Ernest MacNeill, Alex. Toombs, George McCoubrey, Cavendish; Annie MacKenzie, City; G. B. Noy, North Wiltshire; Philip Billard, Alex Vanedestine, Mr. and Mrs. J. H. Livingstone, E. H MacKinnon, Mrs. Albert MacLeod, John S. Livingstone, Murray Harbour; Ken MacNeil, Mrs. R. L. MacPherson, Mr. and Mrs. Charles Matheson; Friend; Stephen A. Huestis, Hedley M. Lowther, Searletown; Golden Smith, Rev. J. R. Skinner, Cornwall; Bruce Affleck, Central Bedeque; Mrs. Norman McMurdo, North Bedeque; Milltown Cross W. I., Wm. McLean, H. Allister McDonald, Montague W. C. T. U. additional: W. Hogg, C. M. Johnson, T. J. Inman, W. M. Bowness, Bedeque; Charlie McFarland, Walter McCallum, Edwin McFarland, Rev. J. M. Baxter, Scott McMurdo, A. D. McCaull, Bedeque; E. A. Large, Frank Duffy, City; Brenton Dollar, Brookfield; W. J. Mutch, Cherry Valley; Mrs. Edison Wright, Mr Clifford Wright, Miss Ina B. Phillips, W. J. Reid, Middleton; Kate McFarlane, Bedeque.

$1.50 from Lorraine Webb, Cavendish; Ira McCaubrey, Cavendish; Horance Wright, Jr., Bedeque; Ivan Dawson, Bedeque; Arthur McNeil, Montague.

$1.00 from Evaline Livingstone, Nathan Irving, Jackie Lea, Rena Livingstone, Murray Harbour; Edison Wright, Ernest Wright, Middleton; Mrs. Howard England, Traveler's Rest; Norman Waugh, Arthur Murray, Harry Green, Lewis Wright, Laura Lowther, Ethel Lowther, Freda McLeod, Smith Sherran, Ellis Webster, Clair Bradshaw, Everett Bradshaw, Bedeque; Elsie MacLeod, Bessie Jay, Marion Ryan, Mr. and Mrs. Jos. Callaghan, City; W. MacLean, Peter's Road; Mrs. John Darrah, Clyde River; Walter Lord, Cape Traverse; Mrs. Lewis Holland, Bedeque; James D. Coffin, Fortune Bay; Jos. Sutherland, St Peter's Bay; Christine Bruce, John Campbell, William Hicken, Kathleen Campbell, Montague; Frank Boyle, Cornwall; George Taylor, Mrs. Carrie Schurman, Mrs. John Toombs, Alyre Gallant, Bedeque; Mrs. John McCannell, Central Bedeque; Arthur McDonald, New Dominion; Percy Lowther, Harry Crosby, Stirling MacKinnon, Brewer Boyle, Hugh M. Walker, Mrs. D. J. MacArthur, Cornwall; Russel Hammill, Walter Hammill, John Hammill, Heber E. Myers, Wright Leard, Joseph Cormier, John O'Connor, Reginald McFarlane, Searletown; Mrs. A. J. Jardine, Samuel Good, Katherine Kinslow, Mrs. A. G Bruce, Arthur E. Tomlins, Neil D. Walker, City; Malcolm MacPherson, Eldon; Union Road School; Vivian Rix, Amy Hood, Rhoda Brown, Lynetta Brown, Sterling McLean, Mrs Donald MacAusland, City; Mrs. Alvah MacNeil, Artemus McNeill, L. W. MacNeill, Ralph MacNeill, Caroline McCabe, Vavendish.

$6.25 in sundry smaller subscriptions.

LONDON — (CP) — Princess Elizabeth and Princess Margaret Rose purchased respectively, the first and second of Britain's new £1 saving certificates at a little post office in a village near where they are staying.

Drive out ACHES

REILLY-WARNER WEDDING

A pretty wedding took place Saturday afternoon December 19 at 4 o'clock in All Saints' Cathedral, when Miss Helen Francis Warner, daughter of Mr. and Mrs. George E. Warner of Armdale, became the bride of Charles Austin Reilly of Summerside, P E I Canon Ellis performed the ceremony.

The bride, who was given in marriage by her brother, looked charming in a street-length dress of turquoise blue wool crepe with a pretty flowered hat and a corsage of talisman roses. Her matron-of-honor was her sister Mrs., Alex Nickerson, whs was dressed in rose wool with wine accessories and her corsage was of red roses. Benjamin Mayls was the best man. The altar of the cathedral was banked with white and bronze chrysanthemums.

After the ceremony a reception was held for 60 guests at the Lord Nelson hotel. The bride's table was centred with a wedding cake and tall white tapers and white and bronze chrysanthemums formed the table decorations. Prof George H. Henderson proposed the toast to the bride to which the groom responded. Mrs. Warner the mother of the bride, wore a dark green costume with black accessories and a corsage of red roses.

After a wedding trip through the province Mr. and Mrs. Reilly will reside at Armdale. Mrs. Reilly has been a valued member of the Law Courts County Clerk's office for the past few years and Mr. Reilly who received his Master of Science degree from Dalhousie in 1940 has since been on the National Research Council. —Halifax Star.

Everyday Nutrition

Here's a girl who knows her stuff when it comes to choosing a lunch that supplies plenty of the protective foods needed by everyone and that will keep her wide awake and full of pep till dinner time. Tomato juice, milk, salads and whole grain bread are all among the protective foods listed in Canada's Official Food Rules. The protective foods are being stressed in the Canadian Nutrition Program for it has been found that many Canadians do not eat enough of these important foods