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**False Face**

By E. C. Buley

CHAPTER XXIV

Continued

Peter relapsed into silence. He had exploited his great idea, and witnessed a confrontation of Smith by Lola, when Smith had no reason to expect anything of the sort. Lola's momentary withdrawal had excited Marchant; but now he dismissed his theory as far fetched. Lola had recoiled for the moment, at the sight of Smith's strange countenance; and was not the first person by any means to be disconcerted at the sight of it.

But now she was talking cheerily to Marcia, about her first impressions of England, and her contracts, as though Smith did not exist. And he was quite undisturbed, though labouring hard to be polite to a man he disliked.

And before the lunch was over, Marchant was regretting that he had even made a party to such a hare-brained scheme as that of bringing Lola and Marcia together. A subtle antagonism developed between the two girls, and was displayed by both, in characteristic fashion. Marcia was just a trifle too graciously polite, and Lola was provoked into extremes of slang and wise-cracking.

As soon as was decently possible, Marchant made an excuse to carry Lola off on the plea that he wanted as much time as possible for his first sitting. They had scarcely got out of earshot of the cottage, when Lola began to pour forth her indignation.

"Say, Peter Marchant," she began. "Do you want to know what I think?"

"Not in the least," Peter said. "Being a square-shooter, you would listen to one thing. That ritzy Jane is just about good enough for Jo-Jo, the dog-faced boy; and if I were you, I should let him have her."

"I don't mind discussing Mr. Henry Smith," Peter said. "You seemed surprised, at your first sight of him?"

"No man ought to be at liberty to flash a map like his," Lola said recklessly. "It's sheer cruelty to children, and young girls like me."

"I want to ask you something, Lola," Peter said earnestly. "I've had the idea—never mind how I got it—that he might be Whal-  
en."

"Didn't you say as much, when you made a drawing of him for me?" Lola asked. "And didn't I tell you to forget it? College Boy is dead, and I'm trying to forget him. Isn't that good enough for you?"

"I'm sorry," Peter said humbly. "There's another thing," Lola went on. "We need to re-write the scenario. That plot of ours is just the bunk, Peter, unless you want to lose your precious Marcia."

"Not paint your portrait?" Peter cried, in real dismay. "But I've set my heart on it now. I've set my heart on painting you; but my own way, not yours, Lola."

"Any way you like, then," said Lola, with a quick change of mood. "But don't say I never warned you. I've done you one lousy turn, big boy; and I wouldn't like you to have to blame me for another."

Peter posed his subject in the cheap scarlet bathing suit which she had bought at the little store. With a helmet-shaped cap of dull red, Lola, straight as a dart, made a wonderful splash of color, with her round olive-tinted limbs, and her great lustrous eyes shining with excitement. When she saw the first rough idea of her portrait, limned by Peter with big lavish splashes of colour, she gave herself to the idea, body and soul.

During the next week Marchant worked as he had never worked before in his life. Lola had found accommodation in the village, and posed for hours at a sitting, without a word of complaint. At the

end of six days, Peter stood back from his easel, and drew a long breath.

"Domino?" Lola asked, relaxing her tense limbs.

"For the present," Marchant assured her. "I may want a couple of sittings when I have transferred this to the background. You understand this is more or less a study?"

"Just as you say," Lola agreed. "You liked doing it, didn't you? And now are you ready for a bit of foul news? Because your poor little rich girl is wearing a big new diamond on her finger. You might as well know, before she asks you to congratulate her upon her engagement to Mr. Henry Smith."

**-NEWSY NOTES-**

By J. A. Clark, D.Sc.

MILK

It is common knowledge that milk is the most complete natural food. It comes nearest to supplying the nutrients required for good health; it does not contain all these in just the proportions required, but of all natural foods, it comes nearest to supplying them. Most Canadians favour the sound nutritional practice of eating natural foods, rather than securing foods that have been so refined that they have to be fortified with mineral salts and vitamins. When milk is used with natural foods, such as wheat bread, oatmeal porridge, roast beef, etc., it supplies the calcium salts and vitamin B<sub>2</sub> in which they are deficient when taken in normal quantities.

It has been statistically estimated that dairy products contribute over 75% of all the calcium food requirements of Canadians. Milk is therefore the base of all dairy products. It is from it that most of the calcium (lime) for the development and maintenance of our bones, etc., is secured. It is true we can get this mineral from other foods, but while 1 1/2 pints of milk contain 1 gram of calcium, it would require 17 pounds of roast beef, or 7 pounds of bread or 3 pounds of dry oatmeal to provide that quantity of calcium. Canadian nutritionists recommend four cups of milk, which equals 1 1/2 pints, for boys and girls per day, but no one would think of suggesting that any boy or girl should eat 17 pounds of roast beef, even in a week, and three pounds of dry oatmeal, or 5 1/2 loaves of bread would sure make an amount of porridge or toast that would keep a child busy for many days before he could secure the gram of calcium he should have each day. In other words, to secure an adequate supply of calcium, milk or cheese should be added to a diet of natural foods.

The same is true of vitamin B<sub>2</sub>, unless fortified wheat flour is used. It would require a dozen eggs or four pounds of cauliflower to supply the same amount of this vitamin as would be secured from one quart of milk, which contains the amount of this vitamin necessary in an ordinary diet for good health.

Milk and dairy products are a satisfactory source of vitamin A, and although this vitamin may be more abundant in green and yellow vegetables, it is believed to be utilized to better advantage when supplied by milk. Another very important nutrient that milk or dairy products provide is animal protein in the amount of about 23%. In a good diet, about 12% of the total calories needed should be supplied by milk.

The above indicates that milk is outstanding among the food groups in the amount and quality of the nutrients it supplies. When we include under milk what are known as dairy products, there is a great variety that are very attractive and palatable. The following are generally used: Fluid whole milk, which is sold plain, includes certified, sterilized and homogenized. Certified milk which retained natural immunity to certain forms of deterioration, was secured only from herds that passed all tests required by the Board of Health, and where explicit regulations were carried out re cleanliness and sanitation of the premises, and the handling of the milk until it was sealed in bottles for sale. It is for sale in certain places in Ontario and Quebec, but not in this Province.

When milk is properly pasteurized, in the very latest system, the controls are automatic which eliminate the human element, making the process foolproof by reducing mistakes to a minimum. This is known as the "High Temperature

Short Time" process. The heart of this H.T.S.T. system is the Diver-sion-Flow Valve, milk from the cooling tank flows through a pre-cooler which lowers its temperature to 34°F.; then through the H.T.S.T. where the milk remains for sixteen seconds at a temperature of 162-1/2°F. This renders the milk a safe, pasteurized product, free from active bacteria.

Homogenized milk has increased in public favour, so that some cities report that 60% of the milk sold is homogenized. This process forces milk, under high pressure, through microscopic aperture valves which break up the fat globules so that they remain dispersed throughout the milk, giving it a creamier flavour, and increasing digestibility.

Buttermilk is what remains when butter is removed from cream by churning. It has about the same nutrients as skim milk. Buttermilk from home churning retains enough fat that folks, trying to reduce by drinking buttermilk, are only fooling themselves.

Evaporated milk has about 50% of the water removed by evaporation. This product is often improved nutritionally when irradiated to give it vitamin D value.

Condensed milk is processed by adding sugar to evaporated milk. This excess sugar is nutritionally undesirable, but is convenient in making beverages when camping, or for infants, etc.

Powdered milk is either whole, or skimmed milk, that has had nearly all its moisture removed. It is a cheap source of the main nutrients of milk, and can be used making and cooking. It is very valuable in areas where fluid milk is not available, and has been used by FAO in the control of "Kwashiorkor" which means "Red Child" in Ashanti dialect. "A most serious and widespread nutritional disorder common throughout Africa, except in a few races which produce large quantities of cow's milk such as the Batussi which appears to be wholly exempt."

Chocolate flavoured milk is whole milk with chocolate, sugar and a stabilizer to keep the chocolate in suspension. One commentator suggests that: "It may spoil the taste for ordinary milk which is cheaper. However, some milk is better than none."

Cream and butter are portions of milk that are rich in butter fat, when separated from the remainder of the milk, they contain the largest quantities of the calories that are in milk.

Ice cream is a frozen product made of milk, cream and other ingredients, such as sugar, water, eggs with colouring and flavouring matter. Its nutritional value depends upon the amount of milk used in making it.

Cheese contains the valuable proteins of the milk but much of the calcium, sugar, etc., are lost in the whey. Cheese is a valuable nutritional food as manufactured and sold by the trade.

The biologist describes milk as "a vital fluid destined by nature to pass direct from the mother into the digestive system of the offspring." Ideal results cannot be expected when one kind of milk is substituted for another. New milk contains active enzymes that assist in digestion, these and antibodies having a retarding influence on the development of bacteria, are destroyed by heating. This is one reason why pasteurized milk is much more readily contaminated by exposure to bacteria, etc., than new milk.

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A Moslem cemetery near Truro, N. S., is believed the only Mohammedan burial ground in Canada east of Alberta.

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The famous firm of I. J. Fox, 5th Avenue, New York, is available for sale "if the price is right", according to Howard Fox, the President I. J. Fox, the man who brought the firm into such prominence, died some years ago. He came from nowhere to become the greatest promoter and salesman of his time. Silver fox farmers were mighty grateful to him because he was one of the first in New York to see the beauty of the fur and to recommend it to his customers. It was I. J. Fox who in the early Spring of 1939 put on the big sale of Norwegian platinum in New York, selling the top skin for over \$5,000 and establishing an average of over \$250 for the offering. He specialized in the best quality furs of all kinds and as a result his store drew the finest clientele in the United States. The rent he paid was enormous because of the location. Since his death business has been steadily declining and it is said that it is less than one-fifth of what it was when he passed away. Then it was over \$5 millions annually. If a suitable location can be had it is expected that the firm will move out and continue business elsewhere.

The sale of silver fox and mutations at Oslo, Norway, in mid-January showed buyers using restrained bidding and demand was selective. Prices were unchanged from December. The total offering was 9,044 silver fox and 6,440 blue fox. In silver fox the darker types were preferred. Best parcels in the blue fox were bought for American account.

The New York Auction sale of standard mink last week was one of the best of the season. It was the Great Lakes Mink Association's select standard ranch mink and strength was displayed in prices. A top price of \$32 was attained for a lot of dark males purchased by the Wustenberg Mink Ranch of Eldridge, Iowa. Females reached a \$22 high for a lot from Norwich Fur Farms, Norwich, Vermont. In the opinion of the sales room there was stiff competition for all females and strong demand for best color males. Observers said that many of the extra dark males were bringing stronger prices than last year. About 80 per cent of the females were selling in the \$10 to \$13 range and about 28 per cent were bringing from \$13 to \$16. At the Soudack sale in Winnipeg 200 white fox were all sold with 1's and 2's bringing from \$11.75 to

\$14.25 and 3200 wild mink were 80 per cent sold at prices 10 to 15 per cent easier than in December.

Mink breeding is certainly increasing with giant strides in Denmark. Not long ago we saw a large offering at auction and now we notice where on January 16th to 19th, 150,000 standard ranch mink will be offered on sale in Copenhagen. In London large quantities of mink were withdrawn at the H.B.C.'s official comment on the sale was—"Squirrel very firm. Wild mink unchanged to December, 1952. Ranch mink better qualities unchanged compared with December. Poorer grades were in limited competition and mostly withdrawn. Mutation mink better qualities, firm compared to December. Off colors and poor qualities mostly withdrawn. Sales room opinion was that the slightly weaker mink market plus the large quantities being offered in Scandinavia this month, produced a rather dull sale. There was no American interest in it. Top prices at the sale were, ranch mink, dark and extra dark, \$24.50."

The silver fox auction was held the day following the above sale and the report from London is—"Silver fox sold fairly well in half and three-quarter silver goods, but the remainder was unchanged. Blue fox was almost completely withdrawn and platinum, mutation and pearl platinum fox were completely withdrawn."

Dressed EMBA Royal Pastels commanded prices equal to December levels at New York Auction Company's sale Wednesday, January 14th. The auction company reported a high percentage of sales with a top of \$69, reached for a lot of males produced by MacArthur Farms of Janesville, Wis. Females from the same rancher hit a high of \$30.50. Sales room estimates put the turnover at around the 80 per cent mark with better quality goods and females selling at a brisk pace and ordinary males somewhat less active. In the first fifty pages of selling over half the males brought from \$30. to \$40., about 25 per cent brought \$40. and about the same percentage sold for less than \$30.

At Edmonton, Alberta, the Edmonton Fur Sales Auction, Ltd. sold all their wild mink and 52 per cent of the standards. Prices were about 10 per cent lower than the last sale. Wild mink extra large and large, brought \$36. to \$43., medium and small \$32. to \$26.; Two's and three's \$10. to \$12.; ordinary quality males, \$15. to \$17.; females, \$8.50 to \$9.50.



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