

Canadian Consumer News

Last week I talked about the different tops on our bottles of jams and jellies and what C. A. C. is doing to get a standard closure for the containers which will be good for re-use in the home presentation of foods.

Today I want to tell you about the rubber rings for sealers. In April 1952, the National Executive of C. A. C. recommended that an investigation be made into the complaint that rubber rings for sealers are often too thin.

This was discussed with representatives of a rubber manufacturing company. It appears that rubber rings are cut a standard thickness, 12 to an inch; that is to say, the ring is 1-12th of an inch in thickness.

What do you think about coupon and premium inducements to buy? C. A. C. disapproves of this use of our weakness for "getting something for nothing" (we think), as a means of promoting sales and I am sure our friends, the retail merchants, would like to see the practice stopped.

Does it ever dawn on you that a growing damage to the quality of our products could occur if we become more "trained" into buying for the premium instead of for the quality of the product?

Another argument against it is that it isn't fair. Some families never get a coupon and if they do often cannot afford to make use of it, while others come to their retail store with a handful.

I wish we could do something to have it discontinued but since we, the customers or consumers, have made it profitable for the industry, it falls to retain this valuable substance and throw it out as waste in the urine, it can cause general weakness. It is the loss of insulin into the blood and urine, instead of being used to build the body, that is known as diabetes.

As this test of the liver's ability to have the body use amino acid, methionine, instead of retaining it as so much cheap, these two research workers hope that it will be more widely used.

In children, excretion or throwing away of 15 per cent should be regarded as definitely pathological. This should be of interest to parents and child specialists as methionine, being an amino acid, is really a building block of the body.

As the test for methionine in the blood requires complicated investigations, it was decided to determine methionine level in the urine by a simple test.

In this liver function test, methionine is given by mouth and its excretion (substances thrown off by the urine) is ascertained over the next 24 hours. Healthy adults excrete or throw off 15 to 13 per cent of methionine given by mouth.

Dr. Schreier and Dr. Schonee regard the throwing off of from 15 to 19 per cent as definitely pathological (diseased condition).

Dr. C. A. C. is asking that the date of manufacture be stamped on each package.

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That Body Of Yours

By James W. Barton, M.D.

SIMPLE TEST OF THE LIVER'S WORKING ABILITY

It has often been said that life depends on the liver because, if the liver is doing its various jobs properly, all seems to be well with the rest of the body. The liver is therefore called the "king" of the organs.

One of the important jobs done by the liver is the removal of harmful substances, and the prevention of the loss of helpful substances from the body's use. Thus, in what is known as the dye test, dye is taken by mouth or injected into a vein and the less time it takes the liver to remove this harmful substance from the blood, the more efficient the liver is judged to be. This is called a liver function or action test.

Another liver test is the action of the liver on useful substances such as foods. If too much of these useful substances is allowed to remain in the blood instead of being used up by the body processes for useful purposes, the liver is not in good condition, is considered "damaged."

In the German Medical Journal, Drs. K. Schreier and H. Schonee state that amino acids, the valuable substance of proteins (meat, eggs, fish, milk), particularly methionine, are increased in the blood serum of patients with liver damage. This shows that it is difficult for the damaged liver cell to metabolize (use) or store methionine.

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Seven Days A Week

(By Anne Shannon)

1. Monday: Wash day today and no soap flakes on hand? Then try this in the future—save all the leftover bits of soap from the kitchen and bathroom and set them near the stove to dry thoroughly. Then run them through the food chopper, using the finest blade. This makes fine soap powder and you'll find it will dissolve instantly in hot water. Use it in the washing machine only. It leaves a fragrant odor on chinaware that not many relish. I read recently that every housekeeper should pour a bit of hot water in the apparently empty soap flakes box and they will find it is not as empty as they thought, but will provide an extra bit of suds for dishwashing and so on.

2. Tuesday: This is the time of the year, before the long winter comes, to build a bird feeding station. A wooden packing case or similar box makes the best sort of dining table for little feathered friends. Turn the open end of the box facing south so that there will be protection from the cold winds. If no packing box is available, a couple of shelves with a rim around the edges will solve the problem nicely.

3. Wednesday: One mother, writing recently in a weekly newspaper said, "To me as to many another Canadian mother, there is a corner of a foreign land which is a little bit of Canada." On a level crest of a small hill overlooking the sea, about five miles northeast of Pusan, is located the first United Nations cemetery in Korea. Surrounding an honor plateau are fifteen equally divided plots for the fifteen countries contributing forces in Korea. Before each plot is a pole, for the national flag of the country represented, while over all flies the United Nations flag, representing the common effort of these countries. Less than two years ago, on April 23, there took place a simple but touching ceremony of dedication to this cemetery, where already twenty-five Canadian soldiers lay buried.

4. Thursday: A flustered farm wife approached the floor walker in a large city department store and said, "I'm looking for my husband. I was to have met him here a good two hours ago. Have you seen him?" "I may have," replied the floor walker. "Has he any distinguishing characteristics?" "The lady thought for a moment, "Well," she said meditatively, "he's tall and wears glasses, but perhaps the best way to recognize him is that he's probably purple by now."

5. Friday: Fish day again, isn't it, and this is an especially tasty dish. I'm sure you will agree it is too, once you try it. Drain one pint oysters, save liquid and combine with 8 tablespoons cream. Mix 1/2 cup dry bread crumbs with 1 cup cracker crumbs. Pour over oysters 1-2 cup melted butter. Butter the baking dish. Cover with a layer of oysters. Dot with butter. Pour combined oyster liquid and cream over all. Bake 20 minutes in a 400° F oven until topping is deliciously browned.

6. Saturday: Last week I had the pleasure of meeting one of our new Canadians—coming from Holland not so long ago. She is making fine progress in her adopted country. Her English left much to be desired at first, but she has learned nicely to carry on a conversation! As one of the men folk said afterwards, "Language is no barrier, when two women meet. They'll talk somehow or other supposing it's in sign language!" I asked this very lovely newcomer what she thought of E. I., and her answer went thus: "Nice, very nice, but, oh! too little flowers! Flowers one place, no flowers there for many, many places, then may be more flowers! In Holland all have flowers!"

7. Sunday: I was making apple pies as we talked and suddenly she said shyly, "I do one, my way?" So...

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St. Peter's Bay Wedding



Shown above are Mr. and Mrs. Herbert Larkin whose marriage took place at St. Margaret's Church on October 21st, Reverend Father George MacDonald, pastor of St. Margaret's, officiating. The bride is the former Margaret MacKinnon, daughter of Mrs. Mary A. MacKinnon and the late Peter MacKinnon of Selkirk. The groom is the son of Mr. and Mrs. John J. Larkin, St. Peter's Bay.

DOROTHY DIX'S COLUMN

Serviceman Wants Mail

Anyone Like To Write To This Young Man?

DEAR MISS DIX: It seems that most of your correspondents are female, which is just fine with me since that is the part of the population I'd like to reach. Perhaps if you would print a short note, some of your gentle readers will write me. I will do my best to answer all letters.

I am up in Greenland. It is very barren and lonely here, but some friendly letters would do a good deal to cheer me up. I am 27 years old, six feet tall and weigh 165 pounds.

ANSWER: You may be promising more than you can deliver. Ted, I hope you'll answer all letters, but there may be quite a few of them. I receive lots of requests from young ladies who write pleasant, gay, topical letters, and are very anxious to find servicemen who would appreciate mail.

Being away from home and family is a lonesome business, nothing does as much to raise the morale of men in foreign service as mail. So get busy, girls, with your best jokes, cheeriest news and peppiest letters. If Ted's request draws more addresses of other boys who are eagerly hoping for correspondents.

While on the subject of what we can do to raise service morale, may I suggest that, if you are old enough and are in good health, you donate a pint of blood. Probably in no other way can you so solidly support the boys overseas. It's an absolutely painless process—I have given blood many times, so am qualified to make the statement.

DEAR MISS DIX: How should I treat a proposal from a man I have never met? Our entire friendship has been conducted via correspondence and, though I have grown to like him very much through his letters, I don't think that's a sufficient foundation for marriage. I'm trying to convince him that we should know each other for at least two months personally before becoming engaged.

ANSWER: Becoming engaged to a man you've never met would be a most foolhardy procedure. Even a two-month personal acquaintance isn't enough to warrant an engagement. Besides, you are too young to be carried away by someone who is almost a total stranger.

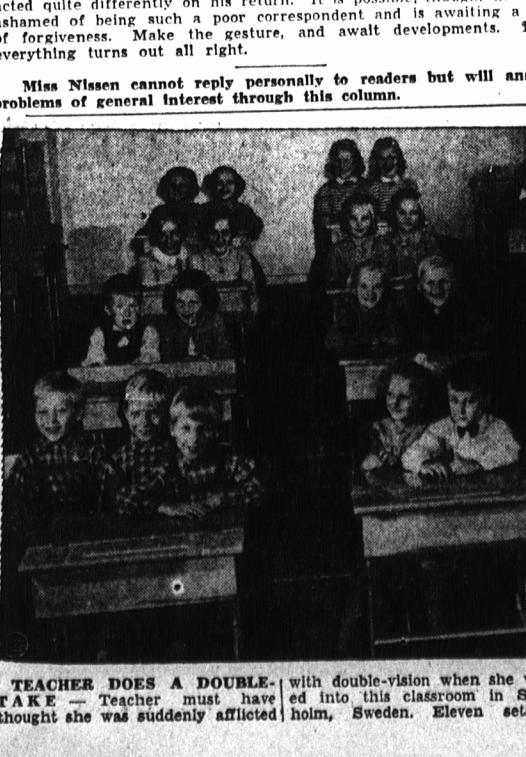
DEAR MISS DIX: A man I like very much has declared that the minute he knows a girl is getting serious over him, he stops out of the picture. He is 25, I am 17. What do you think is the best way to treat this guy?

ANSWER: At a great distance, I would say. You are a young girl, getting ready to enjoy the most pleasant years of your life. He is a cynical man of the world (or trying to be), and too old for you anyway. You'll be much happier with a boy your own age, or near it. Leave the 26-year-old character to hands more experienced in dealing with such complexities.

DEAR MISS DIX: A business trip ruined by romance. I am 21 and deeply in love with a man 39. We were sweethearts, until he left on a three-year business trip. He wrote for a while then stopped. Now he is back home and while we see each other at church, he has never said anything to me except "Hello." How can I win him back?

ANSWER: You can invite him to your home for the evening, or for supper, or to a reunion of your old friends. If he doesn't pick up the hint and resume his friendship with you, there's not much to be done. Surely, if he had any real interest in you, he would have acted quite differently on his return. It is possible, and is, though, that he's ashamed of being such a poor correspondent and is awaiting a sign of forgiveness. Make the gesture, and await developments. Hope everything turns out all right.

Miss Nissen cannot reply personally to readers but will answer problems of general interest through this column.



TEACHER DOES A DOUBLE— with double-vision when she walks — Teacher must have ed into this classroom in Stockholm she was suddenly afflicted hom, Sweden. Eleven sets of

Seasoned Timber

By Dorothy Canfield

She saw him now, she saw who it was. She dropped her rake and with a cry of passionate welcome, "Oh, Uncle Tim, dear, dear Uncle Tim," she tried to run to him. When he moved to meet her, she flung her arms around his neck, kissing him with all her heart. "Oh, Uncle Tim, how glad I am you've come!" There were tears in his own middle-aged eyes as he held her tenderly to him, feeling with a strange turmoil the pressure against him of her misshapen body. He let her go, he wiped his eyes, he said—the first simple words that came to his mind—"Well, Susan—well! How are you? And how is Canby?"

Canby was here, a hammer in one hand, the other one outstretched. "Well, here you are! Susan and I were just saying this very morning that if you didn't get over this way soon— He forgot what he was saying, shaking Timothy's hand up and down, up and down.

"Stay for lunch," cried Susan. "I'll make a chocolate soufflé. Miss Peck showed me just how you like it."

"Come on in for the love of Mike and let me show you what I'm doing to the house," said Canby. They went in through the walls of the house, anywhere, stepping between the open uprights, and began to lay a table standing in a litter of sawdust and shavings. Canby transferred a pile of flooring boards to make room for the third chair. There he sat, Timothy, sharing the food that Susan had prepared for Canby.

"We certainly have missed you all this winter," Susan told him. "A tapping of hammers began at the back of the house. Canby let down the front legs of his chair to the floor, leaned across the table and asked seriously, "Say, Uncle Tim, I wish you'd tell me whether you honest-to-goodness think we're on the right track with this funny business I've cooked up. It's darned different from what I've folks seem to want. That is, the third house Susan's kept house in—less than a year. It's kind of a funny way to live, isn't it—for Susan?"

"I love it! I simply love it!" cried Susan. "All the same," Canby murmured, "all the same! There are times when camping out is not so hot!"

To himself Timothy said, "Let yourself go! Don't stiffen up! To Canby and Susan he spoke easily, naturally, "here—I have an idea. What you young people need is one permanent place to go back to between campings-out. Well, I hardly ever use that old house I bought up on the Cranford Pitch road. Why don't you go there for your between-times living? It just stands empty. How about it?"

They gazed at him, their faces blank, their eyes wide, and then Canby cried, bringing his fist down on the table. "Why, Uncle Tim, that's one swell idea! Susan can go there when the comes out from the hospital in May, and have the nurse with her for a while. Uncle Tim, you're swell!"

Susan leaned across the table and for an instant took Timothy's hand silently in hers with a long beautiful look of gratitude, the deep look that came from her heart.

Working steadily down through the pile of letters on his desk, Timothy came on an envelope sprawlingly addressed to him in pencil. It was from Canby, scribbled in the Ashley hospital, to tell him that the baby was there O. K.—a boy—that Susan was O. K. too—that the boy was to be named Timothy Hunter, if Uncle Tim did not object.

He was trying to think what it would be like to have a child named for him. But he could not imagine it. He had had no experience with little children and could not conceive that a new baby meant a new human being.

But when, after Susan's return from the hospital, he first went up to the stone house that had been his and was not now, and first saw his namesake in the flesh, he realized that he need give himself no concern about anything he was to say or do. Susan would not notice. She could hear, she could see, nothing but the roll of pink blanket in the small basket set on the bench under the maple trees. With the baby in her arms, Susan fell into a long, brooding silence. Then, dreamily, "You can't think how nice it is to be back in the stone house," she told him. "It seems so safe for the baby."

"Yes, it is safe," agreed Timothy. Left alone on the bench, Timothy, with a long breath, leaned back, took off his hat and laid it beside him. The sun shone warmly on his head. He thought of frustration and all that had taken place as proof of its inevitability. And after reflecting on this for a time, asked himself tentatively, "Can what seems like frustration be—sometimes—only the resisting of growth?"

At this his mind, conditioned to the acrid taste of doubt, leaped up suspiciously to examine the idea for sentimentality. "Growth? A fine-sounding name for dying! To accept all this—for I've accepted it or I wouldn't be here. To let it happen, for I've let it happen. I can call that accepting growth. But it really is a tame acceptance of death."

He leaned forward to look into the basket. The smooth bland face had not stirred. Wrapped in his cocoon of sleep, the baby lay breathing lightly, glowing with life as the morning star glows with light.

Timothy sank back on the bench. "Oh, well, what do we all do every day but die to what we leave behind?" he asked himself, his eyes dreamily fixed on a life that had just begun.

THE END

Better English

By G. O. Williams

1. What is wrong with this sentence? "It sounded like she intended to go, but I was not taken in by her statement." 2. What is the correct pronunciation of "Mardi Gras"? 3. Which one of these words is misspelled? Parallel, parady, paragon, paradice. 4. What does the word "aberration" mean? 5. What is a word beginning with h that means "calm; peaceful"?

ANSWERS 1. Say, "It sounded as if she intended to go, but I was not misled (or, deceived) by her statement." 2. Pronounce mar-de-gra, both s's as

Recent Wedding At Basilica



At a wedding ceremony at St. Dunstan's Basilica on Wednesday, October 15th, Msgr. P. MacMahon united in marriage Jean Marina, daughter of Mr. and Mrs. Frank Lawlor of Charlottetown and Sgm. Alfred Joseph, son of Mr. and Mrs. William Doiron of Charlottetown. The bride was attended by Miss Lillian Doiron, the groom by Sgm. David Burke. Following the ceremony a reception was held at the home of the bride.

Morning Smile

A woman was asked by the Customs official at the landing post "Anything to declare, madam?" "No," she replied sweetly, "nothing."

"Then, madam," said the official, "am I to take it that the fur tail I see hanging down under your coat at the back is really your own?"

There was an earthquake in a South American town which badly scared the inhabitants. A family who lived there sent their little son to stay with an uncle in another district for safety's sake.

Two days later the parents received the following telegram: "Am returning your boy. Send the earthquake!"

Modern Etiquette

By Roberta Lee

Q. How does one select the correct implement to use at a formal dinner? A. Usually you need merely remember that you are to take the outside—that is, the farthest from the plate—spoon or fork first. If the pieces have not been laid in this order, the fault is that of the person who set the table, and not yours. If you are in doubt, wait until your host or hostess has picked up his or her implement, then you do likewise.

Q. Who are correctly asked to serve as pallbearers at a funeral? A. Six or eight men who are close friends of the deceased. Members of the immediate family are never chosen, as their place is with the women of the family.

Q. Is it proper for a divorced woman to continue to wear her engagement and wedding rings? A. She may if she wishes. Usually, however, she will discard at least the wedding ring.

Household Scrapbook

By Roberta Lee

Cracks in Laundry Tubs can be repaired by means of a litharge-glycerine paste. The paste is made by mixing sufficient glycerine with a quantity of litharge, so that it can be applied as a plastic cement.

If any part of a velvet garment is crushed, hold that part over a wide basin of hot water, placing the wrong side next to the water. The pile will be restored.

To give glass a frosted appearance cover it with a mixture composed of six ounces of magnesium sulphate, two ounces of dextrin and twenty ounces of water.

MASON'S 49

for Coughs and Colds 45¢ — 75¢

Anne Adams Patterns

CHRISTMAS GLAMOUR She just won't recognize her favorite dolly all dressed up in brand new clothes! It's sew-easy, Mommy, to make Christmas Belles of daughter's dolls. Just one pattern part each for all the lovelies in this outfit—coat, hat, bag, pinny, dress, bonnet, lingerie, skirt, vest, blouse. Yardage is no problem, use scraps, remnants. Pattern 4783 for dolls 10 to 22 inches.

This pattern easy to use, simple to sew, is tested for fit. Has complete illustrated instructions. Send Thirty-five cents (35c) in coins (stamps cannot be accepted) for this pattern. Print plainly size, name, address, style number. Send order to ANNE ADAMS, care of The Guardian, 60 Front Street West, Toronto, Canada. LONDON—(CP)—A 10-year-old girl testifying in a court case here told the magistrate she did not know who God was. She said that when she went to church she prayed to "mummy and daddy."

Cook's Corner

CHOCOLATE ORANGE PUDDING

The orange sauce which first goes into the dishes has an excellent flavor. It thickens during the baking. And some of the sauce is soaked up by the batter, with delicious results.

These puddings are at their best served hot or warm, with pouring or whipped cream.

Yield—6 desserts, plus a few cup cakes or one layer of cake.

1/3 cup fine granulated sugar 1 teaspoon dried orange rind 2 tablespoons butter or margarine 1/2 cup boiling water 1 package chocolate cake mix or devil's food cake mix.

Combine the sugar, orange rind and orange juice; add butter or margarine and boiling water and stir until butter or margarine is melted.

Turn the orange sauce into six greased individual baking dishes. Turn the chocolate cake mix or devil's food cake mix into a bowl and make up according to the directions on the package.

Spoon batter over the syrup in the baking dishes, filling the dishes two-thirds full.

Turn remaining cake batter into a greased layer-cake pan that has been lined in the bottom with greased paper, or into greased cup-cake pans.

Bake pudding in a moderately hot oven, 375 degrees, about 20 minutes.

How Can I ...

By Anne Ashley

Q. How can I remove dents that have been accidentally put into wood with which one is working? A. Place a dampened cloth or blotter over the dent and steam with a hot iron. The steam has the effect of releasing the pressure on the bent wood fibers, and they come back into place. The work is then finished by sanding lightly over the spot with a fine grade of sandpaper.

Q. How can I make cold cream? A. By mixing 2 tablespoons of oatmeal, 1/2-tablespoon powdered borax, 1/2-pint rosewater. Allow this to stand for two or three days, then strain, and add 1/2-ounce of alcohol.

Q. How can I make it easy to find the electric light switch at night? A. Touch the electric light buttons with a little luminous paint, and they will easily be seen in the darkness.

utes. Bake a layer cake 25 to 30 minutes or cup cakes about 30 minutes.

Turn out puddings for serving. Layer cake or cup cakes may be frosted when cold.

Alice Brooks Designs



SCRAPS AND A SOCK!

Little girls have such fun dressing this cuddly doll in all her pretty clothes! Easy, thrifty—all you need are gay scraps, child's 8 1/2 sock; hair is straw yarn.

Pattern 7177: directions for 7-inch doll; pattern for 2 dresses, dungarees, undies and nightie.

Send Twenty-five Cents in coins for this pattern (stamps cannot be accepted) to ALICE BROOKS Designs, c/o The Guardian, 60 Front Street West, Toronto, Ontario. Please print plainly Name, Address and Pattern Number.

WORTHING, England—(CP)—Hubert Janisch, minister of a church in this Sussex town warned his congregation they would be "disciplined" if they compete in football pools.

ANY TIME—it's time for KING COLE TEA

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