NEWS PARADE

Arm-chair generals came into their own last week. Supplied with a multiplicity of maps of the Scandinavian front they could tell the rest of the world just exactly how the war in Norway was going. Two major battles were being waged, they pointed out, which might prove decisive for the whole Norwegian campaign — north of Oslo; and north of Trondheim, the key to central and southern Norway, connected by rail with Sweden. Heavy intensification of the war in the air was noted . . . the Allied navies being in control of sea communications, Herr Hitler was having to depend mainly on his air fleet not only for supplies for his invading army but for reinforcements; and was having to rely largely on his air-arm to fight off further Allied landings and supply ships.

Sweden On Spot

If, as was apparently the case last week, Germany was finding herself unable to consolidate her position in southern Norway fast enough, before new Allied thrusts in central and northern Norway could bog down her machine, neighboring Sweden was in the worst spot since the time of Napoleon. A German invasion of Sweden appeared, on the surface, to be only a matter of hours. But . . . for several reasons, Sweden for the time being did not fear an attack by Germany: Because she has a well-trained and efficiently equipped army of 400,000 men, and a number of strongly defended airdromes from which attacks against any invaders could be launched; again, a German invasion of Sweden was seen as immediately depriving Germany of an invaluable source of iron ore—the Kiruna iron mines; lastly, extension of the northern theatre of war to Sweden would mean that the Allies could strike at Hitler's right flank and might the more earlier oust German forces from central and southern Norway.

The War Week

Since the Germans were so obviously occupied in Norway last week, a Nazi push on the Western Front was believed deferred . . . Nazi sympathizers were being driven out of a number of European countries, chiefly Yugoslavia, where a Nazi plot against the government was nipped in the bud . . . martial law was declared in the Netherlands, Premier de Geer also making it known that Dutch overseas possessions (Japan was eyeing the Dutch East Indies) would be defended by arms . . . Italy appeared to be maintaining resistance to German pressure to enter the war at this point; but Mussolini might be expected soon to seize Yugoslav islands in the Adriatic . . . Russia re-iterated her determination "not to participate in this war" . . . A German-Rumanian trade agreement was signed during the week, Rumania agreeing to fulfil existing wheat and oil contracts . . . following Anglo-Japanese talks came rumors of British concessions to Japan in China, if Japan would help blockade Germany in the Pacific .

Canadians Are Busy

Back home, Canadian taxpayers received three warnings that the cost of waging war comes high: one, tax increases in the British budget; two, a speech by the Governor of the Bank of Canada urging people to cut down on their personal spending; three, published figures showing a thirteen per cent increase in wholesale prices . . . During the same week, the Conservative party were looking for a House leader . . . Government, packers and farmers were wondering what to do about the reduction in British bacon buying over here . . . most of the cities of the Dominion were going on daylight saving time . . . Ottawa was denying reports that Canadian troops were serving in Norway . . .

Opposing Naval Forces Compared

In November "Jane's Fighting Ships" authoritative word on the world navies, gave the following figures for principal classifications of the Royal Navy and the German Fleet:

Capital ships: Great Britain 15, Germany 5.

Cruisers (heavy and other): Gt. Britain 58, Germany 8.

Destroyers: Great Britain 179, Germany 22.

Submarines: Great Britain 56, Germany 65.

BEFORE NORWAY.

Prior to outbreak of war in Norway, Great Britain had lost one capital ship, the Royal Oak, and [illegible] one, the Graf Spee. Great [illegible] no cruisers, Germany had lo[illegible] losses many two. British destro[illegible] were placed at six. Germany, so far as is known, had her original complement. The Royal Navy had lost four submarines, Germany 50 to 60. Leaving out submarines, whose replacement is impossible to estimate, the apparent comparison then was:

They're Out To Prevent Accidents in Industry

New officers for the coming year were elected at the silver jubilee safety convention of the Industrial Accident Prevention Associations at the Royal York Hotel, Toronto, on April 22 and 23. Shown above, they are: (top, left to right) E. C. Steele, Union Gas Co. Ltd., Chatham, president; M. F. Verity, Massey-Harris Co. Ltd., Toronto, 1st vice-president; (bottom, left to right) Col. Frank Chappell, V. D., General Motors of Canada Ltd., Oshawa, 2nd Vice-President; A. J. Harvey, Lever Bros. Ltd., Toronto, honorary treasurer. R. B. Morley, Toronto, was re-elected general manager.

Capital ships: Great Britain 14, Germany 4.

Cruisers: Great Britain 58, Germany 8.

Destroyers: Great Britain 173, Germany 22.

POWERFUL NEW BATTLESHIPS

Official and semi-official reports after the battle of the Skagerrak revealed that Britain has added five new battleships, the world's most powerful, to the Royal Navy. Completion of these ships raised Britain's capital ship strength to 19, leaving at least four more building.

ONTARIO OUTDOORS

BY VIC BAKER

SKEET MEET

The spring skeet shooting season in Canada opened in April with a bang when more than a half a hundred of the best shotgun shooters in Ontario and New York State gathered at the Toronto Hunt Club to compete for the Ontario Individual Skeet Championship. More than 20,000 whizzing and ducking clay targets were powdered as the scatter-gun marksmen blazed away from early morning to sundown in the one-day shotgun tournament. A dozen outstanding skeet champions from both sides of the international border journeyed to the Queen City to try for the provincial individual honours.

This year's title was won by David MacEllven of the Buffalo, N. Y., Trap and Field Club, who led a strong aggregation of New Yorkers to Toronto for the provincial meet. He won the individual honours in a thrilling last-minute shoot-off with J. Harry Kretschmann of the Hamilton Gun Club after both had ended the regular 100-bird shoot with 96 targets broken. In the 25-target shoot-off the Buffalo champion posted a perfect score while the Hamiltonian missed three to end second. The Forester Gun Club of Williamsville, N. Y., won the team event.

The tournament committee in charge was as follows: Representing the Ontario Skeet Association—President, Dr. D. H. Stewart, Hamilton; First Vice-President, Dr. G. D. Beierl, Toronto; Second Vice-President, G. Alex Forbes, Hespeler; Secretary, Alex Wilson, Toronto. Representing the Toronto Hunt Club, C. B. Henderson, Chairman of the shooting committee.

MICKIE SAYS

Says Second War Started in 1936

Famous Military Expert Liddell Hart, Believes It Began When Germany And Italy Intervened in Spain

Capt. Liddell Hart, famous military expert, believes the second great war of the 20th century began in July, 1936, when Germany and Italy intervened in Spain. This and other disconcerting observations are made in his new book, "The Defence of Britain."

The Spanish civil war changed the strategic balance of power against the democracies, Hart believes. The Munich agreement still further upset that balance.

France and Great Britain failed to recognize in time this new "broadened strategy," or the extent of the "white war," according to Hart. As a result, they have now been manoeuvred out of their strategic vantage ground, and forced back into a defensive position which is itself exposed in flank and rear."

VOICE OF THE PRESS

PROPAGANDA . . .

Propaganda is the other side's case put so well that it annoys you. — Kingston Whig-Standard.

MAIN DIFFERENCE . . .

The chief difference between a home-town doctor and the big city specialist is about $100. — Brandon Sun.

IF THEY REVOLT . . .

If the rationed Germans do finally revolt, it likely will be because they realize that living room is not so important as dining room. — Toronto Saturday Night.

COUNTY TOWNS CHAMPIONED

A Toronto lawyer declares juries in county towns are better than those in Toronto. But why restrict the statement to juries? There are many, many things in county towns superior to those in Toronto. In fact, county towns as a rule are better than Toronto -- St. Thomas Times-Journal.

TOO MANY MIDDLEMEN . . .

The middleman is often of inestimable value to the producer and serves his turn to the community. But the middleman's interest has grown to an extent quite unknown, we believe, elsewhere, and the poor producer too often sees his goods passing from one middleman to another, each exacting his profit, till the farmer at one end and the consumer at the other are equally confounded — the one by the meagreness of his return and the other by the swollen price he has to pay.

This is an old story, but surely the riddle is not insoluble? There must be ways of protecting the producer, and especially the small producer, from being slaughtered in the markets. — Guelph Mercury.

Gardening . . . .

MOST COMMON MISTAKE

Most common mistake of new gardeners is crowding things too close together. In planning layouts it is essential that the mature height and width of the flower or shrub or tree be kept in mind and sufficient space be allowed for full growth. With newly set out permanent shrubbery, space between may be filled in temporarily with annuals until full room is required and with a slow growing tree like the maple or elm, shrubbery may be grown between for eight or ten years. But when the time comes for full room being needed, then it should be available and one must harden his heart, take an axe and thin. Crowded flowers, vegetables, shrubs or trees, soon become weak and spindly.

INFORMALITY BEST

The informal flower garden is much to be preferred for average planting. At the same time this does not mean just throwing in plants or seed. Generally the best plan is to have the larger flowers towards the rear or centre of the bed so that little things like nasturtiums, alyssum, dwarf phlox and similar kinds will not be hidden. Where the bed is to be mixed, it is well also to have late, medium and early flowers evenly balanced to insure something always in bloom.

SUMMER GARDENS

Where one has a Summer cottage that will not be visited until June, the usual practice is to start practically all the garden in flat boxes at home. Later these are taken well grown out to the garden by the lake. Such things as lettuce, carrots, beets, onions, even corn, can all be started in boxes or pots and moved very carefully. It is a good idea to start in individual berry or special cardboard box and simply remove box when planting.

SCOUTING . . .

Now it is the unhappy turn of the Scouts of Denmark, some 18,000 in number, to be banned by the Germans, as the invaders did in the case of Czecho-Slovakia, Austria and Poland.

A special course in Junior St. John Ambulance work for Scouts is being given at Carmichael Touse, the St. Catharines District Headquarters.

Scouts of Oil Springs, Ont., collected over 2,000 tons of wastepaper and magazines for the Red Cross. Regular collections by truck are being made every second week.

A reforestation camp for Boy Scouts from Western Ontario points will be held, May 16-19, at the Government reforestation site near St. Williams, Ont., in co-operation with the Ontario Forestry Branch of the Department of Lands and Forests. Field Secretary H. E. D. Mitchell, of London, will be in charge. The Scouts participating will be selected by their own Troops on the basis of fitness and efficiency.

"Once again the Boy Scouts Association has demonstrated its real worth and the fact that this organization is a great public asset, by collecting in a most efficient and thorough manner the election results from polling booths in Halifax and most of the large centres in Nova Scotia. As far as we have been able to ascertain, in not one instance did the Boy Scouts fall down on their job, and in consequence of their efficiency and devotion to duty the general public were able to receive the results of the polling throughout this province much sooner than would otherwise have been the case." — A. M. Mackay, General Commercial Manager, Maritime Telegraph and Telephone Co.

Humans Soon Eating Grass

Chemists Say Powder Has All Vitamins of Fruit, Vegetables

"Please pass the grass," will be good dinner table etiquette if science confirms that man can eat grass as reported to the American Chemical Society last week.

USED IN SHAKER

Powdered grass would be used in the shaker and grain storage jars. It would furnish all the vitamins that come from all the fruits and vegetables.

Evidence that plain grass is the richest source of these vitamins was reported by W. R. Graham, G. O. Kohler and C. F. Schnabel, of Kansas City, Mo. They have developed a powdered grass which can be added in cooking most foods, from flapjacks to desserts.

PUT INTO PREAD

It can be put in bread, they said, without changing the flavor. And moreover, the bread and other food won't turn green, because of a method of washing out the color without destroying vitamins.

Chemical analysis shows grass contains all the vitamins from A, the infection protector, to E, the fertility promoter, excepting only Vitamin D, the bone hardener. And likewise fruits and vegetables don't contain D, although they supply chemicals which turn into D in the human body on exposure to sunlight.

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SEND THE BOYS THE BEST

Single Radio Fee Required

Canadian Householder May Operate Any Number of Sets

Hon. C. D. Howe, Federal Minister of Transport, has announced that only one radio receiving licence will be required for all radio receiving sets installed in a private residence instead of one licence for each set as formerly.

The ruling is retroactive to April 1st last when licences for 1939-40 expired.

Ask for BEE HIVE

LIFE'S LIKE THAT

By Fred Neher

"Quick, Follow That Car!"

REG'LAR FELLERS—A Palsy Walsy

By GENE BYRNES

Lost Kingdom . . .

by OREN ARNOLD

CAST OF CHARACTERS

ROBERT BARRY — hero, explorer.
MELISSA LANE — heroine, Barry's partner.
HONEY BEE GIRL — Indian; member of Barry's party.
HADES JONES — pioneer; member of Barry's party.

* * *

Yesterday: Safe back in camp, Bob is the center of a conflict between two women. Melissa realizes for the first time that Bob means more than a mere business partner to her.

CHAPTER VII

Zachary "Hades" Jones was working over near the stream bed, now dry and usually so, which lay at the foot of the great cliff. He was cutting sapling poles—long slender ones—with which to make ladders. He stopped swinging his axe to rest when Mary Melissa came through the bushes toward him.

"You aren't expected to do this hard labor, Uncle Hades," she began. "Wasn't Mr. Holliman hired for this?"

"Ain't never shirked no work yet, Miss M'lissy. Think I'm gittin' old, do ye?"

"No! Oh no! Sometimes I think you are younger than I. But—"

The old man was eyeing her closely, kindly.

"Somethin's on yore mind. You been cryin'."

She sat down on a rock, and he waited patiently for her to talk.

"Uncle Hades, what do you think of—of the cook? The girl?"

"Why she's a godd—'scuse, ma'am—she's a danged redskin squaw ain't she?" Uncle Hades' manner suggested that such a classification was sufficient to damn her irrevocably, forever and ever.

"Lissa nodded.

"I mean—is she — is she all right? Oh I'll tell you, confidentially Uncle Hades. She is throwing herself at Dr. Barry! I think she imagines he's in love with her."

Throwing Herself At Him

Hades chewed on his tobacco for a few seconds.

"I seen that already," he stated calmly. "I been figgerin' what to do about it."

"You have seen it?" Mary Melissa was surprised. "You did?"

"Yes'm. Everybody has, I reckon, except Bob hisself. Blind young squirt. Not that he ain't right to me, ma'am, but—looky here, Miss M'lissy, ain't choo sort of took to him yoreself?"

His jaw stopped working as he peered at her intently. The blush was answer enough. The old man cackled in friendly laughter.

"Honey," he patted her shoulder paternally, "I ain't figgered it out yet, but don't you worry none. I'd see him roast on coals before I'd let any Indian make a fool of him."

* * *

Uncle Hades meant just what he said. In the rare times when the old man grew reminiscent and talked of yesteryear, rip-snorting tales of death and danger came from him. Ten years hence he and all his kind will be dead—that grand army of self-reliant men and women who pioneered western America, who fought nature and Indians alike, and triumphed by sheer force of character and brawn. The 1930's saw these great ones in their sunset years, and if a real Indian fighter lingers until 1949 it will be a miracle. Hades Jones was one of the hardiest.

Chiselling A Footing

The old man picked up his axe, resumed swinging. He had the skill of long experience. And he had many a labor-saving trick stored away. Holliman was for lashing the cross bars or steps to the ladders with small rope, after setting them into notches. Hades made a stronger ladder in half that time by heating an iron rod and burning holes through the uprights, then inserting his short steps therein. Mary Melissa was able to help him with the heating, and she trimmed the step ends with a hatchet.

"In two days we'll have ladders all the way up," Bob predicted.

"Who will place them?" Lissa asked.

"Holliman and I. There are enough safe footings, mostly. We'll chisel a few. I'm anxious to start excavation up there, Miss Lane. You must be next one up. It's—it's marvelous!"

He tingled with enthusiasm, Mary Melissa saw.

Honey Bee Girl kept to herself for the two busy days. That is, she said little, but she observed much. She had been rebuffed by Bob, who hadn't perceived her purpose, but she was by no means admitting defeat. She knew some paleface tricks as well as Indian wiles, and she meant to use them.

The very decorous manner in which Mary Melissa now sought to gain Bob's personal approval did not escape Honey Bee's notice. Why should a white girl, miles from civilization, spend half an hour on her personal toilet each morning, and again before each evening meal? What mattered it, on a rough outdoor expedition, if one's hair were not curled and set exactly right? Or if one's rouge were not applied perfectly, and one's clothes meticulously dainty and clean?

Honey Bee Girl, however, came from a race whose dominant characteristic is patience.

She Knows More

She watched her chance to catch Scott Holliman alone, at some distance from the camp. She came quickly to the point, as usual in her conversations.

"You want to make money," she suggested, scowling, but not looking directly in his eyes.

"Why—yeah. Don't ever body? What's eatin' you, woman?" Holliman was also matter-of-fact.

"I know more about the Indian caves." Honey Bee's speech had its brogue. "Thes white man, in thee big cities, they pay for what I know."

"That so? How's that?"

"I can show you many fine jar. Many big ollas, pots and things. In cave. Not broke. Worth many dollars. Some with thee horse design. You, know?"

Holliman knew. Most outdoorsmen do, in the Southwest. An ancient pot, from some prehistoric ruin, is likely to be worth $100 or more as a museum piece. A horse design used in ornamenting water jars, grain storage jars, would more likely be worth $1000.

Horses were not native to this continent. They were brought here by the first Spaniards. Horse patterns painted on walls of prehistoric ruins probably are due to Spanish invasion, as at Canyon de Chelly or Canyon del Muerto, Arizona, far to the north of Defiance Castle. But horse patterns on still earlier relics, especially on pottery pieces, might indicate descent from or communication with Asia. Each such piece would tend to strengthen the theory that America was populated first by Asiatics, hence each such piece was of high value. Holliman knew that.

A Strange Proposition

"Jars with horses on 'em? Whole jars?"

Honey Bee nodded.

"All right, I'll bite. What you want?"

"You make thee love, try marry thee white woman?"

"Hunh?" Holliman was shocked with surprise.

"You make thee love, Miss Lane. Keep her away from Bawb. I show you thee cave with horse jars."

It was sort of fantastic, funny even, this strange proposition. But Holliman got the point. He pushed his floppy 10-gallon hat back on his head and grinned, but he told Honey Bee it was a bargain.

"You do it—without me. You know?" Honey Bee scowled at him, in her peculiar manner. She looked a little vicious then, for all her wild beauty. Holliman sobered.

"Yeah, I see I get paid for making love and keeping my mouth shut, while you take Barry. It's a deal. It oughtn't to be such a mean job, nohow."

(To Be Continued)

Citrate Drinks Impart Strength

Small Alkaline Sips Increase Ability to Do Physical Work

One young woman last week described to the American chemical society her ability to do physical work rose 68 per cent. in a week's trial of drinking citrates.

The experiments were reported by John A. Killian and Charles Oesterlagen, of New York. Small alkaline drinks of either sodium citrate or of citrate with sodium bicarbonate were given seven times a day. A little aspirin was added when it was discovered that it reduced the muscular pain.

UP 34 PER CENT.

"The guinea pigs" were six men and two women who pedalled bicycles until exhausted. The average gain for all was 34 per cent. The woman, who went up to 68 per cent., had been accustomed to complete leisure from physical work.

Chantecler
Slow Burning
CIGARETTE PAPERS
NONE FINER MADE
DOUBLE AUTOMATIC BOOKLET

Correct Make-up Dramatizes You

Natural Texture of Skin May Be Improved But Not Concealed

Providing she has a clear, smooth complexion, it's every woman's business to learn to apply cosmetics so that the natural texture and glow of her skin are dramatized rather than concealed.

Unless it is used to conceal the minor blemishes or rough spots, her foundation preparation should give the skin a delicate, translucent finish rather than a heavy, caked look. It ought to be smoothed on lightly and allowed to set for a moment or two before application of cream rouge.

TRY CREAM ROUGE

Rouge should be placed on the cheeks where natural color shows after violent exercise or gentle pinching. The less used the better — and rough edges must be smoothed out to disappear completely at the hair line and sides of the face. Unless the skin is extremely oily, cream rouge is likely to be most satisfactory.

MATCH SKIN TONES

To achieve a dull finish with powder, apply it very generously after foundation lotion and cream rouge have carefully blended. Let it set for a few minutes, then whisk off the excess with a powder brush or a piece of clean, fluffy cotton.

Powder should match exactly your natural skin tones. Rouge and lipstick are most flattering if they match your natural blood tones or at least harmonize with the color your cheeks and lips appear to be when you are wearing any color other than black and white.

Pastor Who Won't Marry In Haste

The Rev. David Henry Weeks, Episcopalian minister of Niagara Falls, N. Y., who never marries a couple who have not known each other at least a year, declares his system has resulted in fewer divorces.

"I believe," he said, "that for the contracting parties to be happy and avoid future trouble they should have known each other that long.

"During my 26 years as rector of Epiphany Church here only two of the 526 marriages I performed were of divorced people."

DEMURE SHIRTWAIST AND SKIRT

By ANNE ADAMS

Don't you love the Gibson-girl air of this blouse and skirt style, Anne Adams' Pattern 4418? You might make the yoke and sleeve bands in contrast—say eyelet or net—and add lace edging. See how the buttons make gay duets down the front. The bloused lines of the waist nicely contrast the slim, smooth skirt with its wide waistband. There's a flirtatious flare to the panelled, three-piece skirt, that has no side seams. Let Anne Adams' Sewing Instructor help you to quickly finish this demure style.

Pattern 4418 is available in misses' sizes 12, 14, 16, 18 and 20. Size 16, skirt, takes 3¾ yards 39 inch fabric; blouse, 1⅞ yards contrast and 2⅜ yards lace ruffling.

Send TWENTY CENTS (20c) in coins (stamps cannot be accepted) for this Anne Adams pattern. Write plainly SIZE, NAME, ADDRESS and STYLE NUMBER.

Send your order to Anne Adams, Room 425, 73 West Adelaide St., Toronto.

A Charming Commander-In-Chief Inspects Her Regiment

Visiting their training quarters in England, Queen Elizabeth inspected the Toronto Scottish Regiment, C.A.S.F., of which she is commander-in-chief. Members of this unit were selected for the honor of mounting guard at Buckingham Palace the latter part of April.

Fashion Flashes

Printed silks are being used for shirt blouses.

* * *

The "gathered neckline" gypsy blouse is again popular.

* * *

Pique is smart for the tailored blouse.

* * *

Beige gowns in heavy sheers are new for evening.

* * *

Bowl Bretons in black felt are suggested for wear with suits.

* * *

Printed pique is being shown for summer evening dresses.

* * *

Pastel flannel jackets will be worn with crepe dresses.

* * *

A brief hipbone length fitted black wool jacket over a slinky matching frock is worn with white straw "plate" covered with multi-color flowers.

* * *

Jackets buttoned throat-high with small Peter Pan collars, register among tweed suit fashions. One notable sponsor wore one in stone mixture tweed over a plain brown skirt, the costume completed by brown accessories.

* * *

Black sports dresses in silk or linen are being shown for summer with white pique jackets.

* * *

Gayly-trimmed coats are seen for juniors. Bright soutache or embroidery and applique on white mohair, rayon and cotton suiting, in reefer styles are most popular.

* * *

Back buttons, always in good standing, are particularly so this summer. Only the bodice is buttoned at back or the buttons run full-length. The latter is seen in quite a few sunback dresses, youthfully flared. This back-closing idea is stimulated this year by the importance of back-buttoned and wrapped pinafores.

* * *

Hollow metal curved-in graceful scrolls makes shoe heels with a spring motion for new Paris shoes. Other heels and soles are elaborately carved from wood.

Prepare Locks For Summertime

Forethought and Care Now Will Pay Dividends

A little forethought and preparation will assure a more tranquil enjoyment of the season ahead, writes Donna Grace, beauty editor. It will not be so long before we will be out in the sun, either on the golf course or on the beaches.

The hair like the rest of the body, needs nourishment to preserve its vigor and beauty.

A good method is to comb the hair thoroughly, then place the hands at the back of the neck, and with a pulling-up stroke, draw the hands up over the crown. With the fingers spread in this way, push the scalp from side to side.

DO THOROUGH BRUSHING

Repeat this several times and finish with circular manipulations around the head at the edge of the hairline. The circular manipulations are done with the first three fingers of each hand pressed close to the head.

A thorough brushing several times a week will help to keep the scalp loose and healthy. The circular scrubbing strokes beginning at the back of the neck and working upward are best for this.

Golden Sausage

A wedding ring, lost two years ago by a Danish packer, has been found by a woman in an imported sausage at Richmond, Virginia.

FOR WOMEN ONLY!

If fidgety nerves, restless nights and distress from female functional "irregularities" keep you from having fun in life—take Lydia E. Pinkham's Vegetable Compound, made especially to help such run-down, weak, ailing women. Try it!

TABLE TALKS

By SADIE B. CHAMBERS

Milk and Eggs As Health Foods

A finished product which should bring much satisfaction and praise is the dish compounded of milk and eggs. These two foods probably should be classed as the two most essential to health. It has been said by an eminent health authority, that milk lacks only one thing and that is bulk — but it is frequently spoken of as "the perfect food." Then again, milk and eggs are perfect foods for children, containing high quality proteins, the food substances required for building the muscles and other tissues. Considering the minerals, milk is one of the best sources we have for calcium and phosphorus. Eggs, while containing an appreciable amount of these, are more valuable for their iron content. And both are rich in vitamins and are therefore classed as "protective foods". Milk is economical and at present, eggs are also in that class. Here are a few favorite recipes containing these ideal foods:

ORANGE OMELET

4 eggs
4 tablespoons orange juice
1 teaspoon grated orange rind
½ teaspoon salt.

Separate eggs and beat well. To the well beaten yolks, add the orange juice, rind and salt. Fold in the whites beaten until stiff. Cook slowly in a well buttered frying pan. Loosen around the edges with a spatula or thin knife until cooked on bottom. Place in a medium hot oven until dry and slightly brown on top. Serve on platter with prepared orange sections an dorange sauce.

Orange Sauce

⅔ cup orange juice
3 tablespoons water
1 tablespoon lemon juice
1 tablespoon grated orange rind.
1 egg yolk
2 tablespoons butter
2½ tablespoons cornstarch
2 tablespoons butter.

Mix cornstarch and sugar all but 1 tablespoon. Put in double boiler, adding water, orange juice, and lemon juice. Stir constant and cook until thickened. Add egg yolk and cook 3 minute add butter and rind.

CREAMED EGGS AND MUSHROOMS

2 tablespoons chopped green pepper
1 cup sliced mushrooms
4 tablespoons butter
4 tablespoons flour
2 cups milk
2 tablespoons chopped pimento
6 hard cooked eggs
salt, pepper and paprika

Cook mushrooms and green pepper in butter for five minutes. Blend in flour and gradually add milk. Cook, stirring constantly, until mixture thickens. Cook 3 minutes. Add pimento and eggs chopped or cut in uniform pieces. Serve on buttered toast or freshly made biscuits buttered. Some prefer not to use the pimento and pepper.

CREAMED EGGS ON TOAST

6 eggs
5 tablespoons butter
1 and one-third cup milk
dash salt and pepper
6 slices of breakfast bacon cooked very crisp.

Beat eggs slightly, add butter, seasonings and milk. Cook in double boiler. Stir constantly and as mixture begins to coagulate, stir very thoroughly and remove from heat. Have bacon cooked and chopped; add to egg mixture, stirring. Serve on buttered toast. Sprinkle with a little paprika.

DATE CUSTARD PIE

Two-thirds cup chopped dates
2 cups milk
3 eggs
¼ teaspoon salt
1 teaspoon vanilla or maple flavoring
½ cup chopped pecans.

Cook dates, which have been very thoroughly cleaned, in the double boiler with the milk. When dates are soft, rub through a sieve. Combine with well beaten eggs, salt and vanilla, nuts. Pour into pie plate, lined with pastry, and bake as custard pie.

CREAM PIE

½ cup sugar
One-third cup flour
One-eighth teaspoon salt
½ cup cold milk
1½ cups milk and cream mixed (hot).
3 egg yolks
1 tablespoon buter
1 teaspoon vanilla
3 egg whites
3 tablespoons fruit sugar
pinch salt.

Mix the sugar, flour and salt all well together. Add the cold milk and mix very thoroughly. Add the hot milk very gradually and cook in double boiler, stirring constantly until the mixture thickens (about ten minutes). Beat egg yolks; pour one-half of milk mixture over the eggs, beating very thoroughly. Return to double boiler, mixing with the rest of the milk. Beat with a few turns of the egg beater and stir, cook three minutes. Remove from heat and add flavoring. When partly cool pour into pie shell (previously baked). Beat egg whites until very stiff, add the sugar and cornstarch very gradually. Pour over the pie and place in slow oven until light brown.

READERS, WRITE IN!

Miss Chambers welcomes personal letters from interested readers. She is pleased to receive suggestions on topics for her column, and is even ready to listen to your "pet peeves." Requests for recipes or special menus are in order. Address your letters to "Miss Sadie B. Chambers, 73 West Adelaide Street, Toronto."

Women Face New Responsibilities

President of Toronto Council of Women Surveys Urgencies With Which Women of Dominion Must Deal

"In our zeal for war work let us not lose sight of the ultimate goal for which we are sacrificing and suffering. We must maintain our well-established social agencies so that our men will not come back to a disorganized Canada." Such was the theme of an inspiring address of Mrs. J. R. Marshall, president of the Toronto Council of Women, to the Hamilton Women's Civic Club last week. Mrs. Marshall gave a broad survey of the urgencies that have arisen in Canada since the outbreak of the war and the fundamental problems which remain to be dealt with and which demand the intelligent thought and unselfish contribution of responsible women.

CITIES PROBLEMS

Canadian women were not, she thought, to be called upon to do spectacular things in the war. But they had much to do at home.

Mrs. Marshall cited the problems of Canada with which women must concern themselves. They included training of youth, housing, nutrition, public health and hospitalization and leisure time occupation.

Gems now held by dealers in the West End of London are valued at $120,000,000.

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