

saying that the Old Country was worn out and done for are beginning to eat their words. If some of the other Western European beneficiaries of the Marshall plan would use

Teen age boys showed better eating habits than their sisters. Children under 12 made relatively the same sort of strenuous efforts to good showings, but close investigaput their houses in order, the gen-eral state of affairs on the other side derweight and lacking in bone of the Atlantic would be a whole lot

I have ful than they actually are

development.

And the proof of the pudding

Also from Britain comes news of a "blindfold margarine test." Dr. Edith Summerskill is the Parliamentary Secretary to the Ministry of Food. She is also a lady of deof Food. She is also a lady of de-eidedly definite opinions, and is well according to individual needs. Housewives were taught how to known for her positive views about - market, how to cook food to retain what people should, and shouldn't the greatest amounts of minerals

and vitamins, also how to store Not long ago she announced that | food properly. nobody could tell the difference be- In spite of the increase in meat, tween margarine and butter, and challenged all present to come to under the new plan roce only the Ministry's kitchen and take a around \$1.35 per week for each blindfolded test. An Oriel College family. And in the end proper foods undergraduate, Colin Prestige, imliately accepted. At latest advice Prestige hadn't got round to calling All family members reported that on Dr. Summerskill; but both the they felt better, looked better, did London Daily Mail and The Daily not get irritated so easily, noticed Express had him tried out. They reported that Prestige had distin-less fatigue and had fewer colds. Individual medical ratings rose as guished between butter and its sub- much as 14 per cent. Adult women stitute exactly six times out of six. were still in lowest place when the And when the Daily Chronicle survey finished—a stubborn 14 per sent a girl reporter around London, cent of them were still eating less armed with supplies, she found that most of the housewives could also than three-fourths of the required calories. Unlike their mothers, 75 tell the difference without too much | per cent of the teen age girls trouble.

Modest

in Raleigh, N.C., were asked to "An apple a day" may not be a name their professions. One shy young undertaker, fearing the derision of the crowd when he told his ealling, answered smoothly, "I'm a southern planter."

were "selling Britain short" and Teen age girls copied their stated previously, we think we mothers in faulty eating habits. Fifty per cent were underweight,

milk, eggs, and fats, food costs

properly cooked brought amazing

was seriously underweight.

less necessary.

It's taken us over a long and New 1949. Enamel. Semi-Gloss. Flat. REALLY WAS in the eating. To insure accurate results, the families other. But Rayner was really worth included in the tests began eating under a controlled plan. Definite other. But Nayner was really worth going a long, long way, to watch. At times it looked as though the Maple Leafs couldn't have scored him with a handful of buckshot. And if Frankie Boucher's New Yorkers fail to land in the playoffs, quantities of foods were prescribed Yorkers fail to land in the playoffs, one man they won't be able to blame'

for their plight is Mr. Rayner. Possibly it isn't any of our business to try and wedge ourselves into what looks like a private battle; but in the rumpus taking place between the Toronto Male School Teachers and the Queen City educational authorities, we find our sympathies, for once, on the side of the teachers. (Truly, age must be softening us up greatly, to say

a thing like that.)

CLASSIFIED ADVERTISING

Here are some of the findings.

Adult women made the poorest showing. At least 58 per cent were underweight and more than half of the highly necessary calcium.

Adult males scored higher than females on everything but Vitamin from the Marshall plan for a time—the all-over picture is decidedly encouraging. Those pessimists who were "selling Britain short" and so are our prices.

Here are some of the findings. Adult women made the poorest showing and the poorest showing and the poorest showing. At least 58 per cent were underweight and more than half of the highly necessary calcium.

Adult women made the poorest showing are findings.

Adult women made the poorest showing are food to do the catching, grasping his warchub with the left.

Just who of all that crew was the greatest of all time, we don't intend togo into here. It's all a matter of opinion, and something like trying to compare John L. Sullivan with Jack Dempsey—there's no descriptive folders and prices.

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CANADIAN APP30VED POULTS for sale—try opinion, and something like trying to compare John L. Sullivan with Jack Dempsey—there's no definite line to go by. But as we select for vigor and meant type. Me we select for vigor and process.

KAULT WAS ADOLLA Lambion Turkey Hatch

know enough to appreciate really high class cage-guarding—and we are here to say that the display staged by Mr. Chuck Rayner, of the New York Rangers, in Toronto recently, ranked with the very best.

It's taken us over a love

tortuous course to arrive at what we started out to say—but shucks space has to be filled, somehow or space has to be filled.

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many cases these people possessed . . .



Q.-EJ.

when a reasonable down payment

can be made. Some have already managed to get farms by working

on a share basis. Others saved

enough to rent one. Probably in a

"Also this coming year, more

plan to come if farmers in Ontario

needing help are willing to act as

sponsors. To be a sponsor requires to give the immigrant suitable liv-

or suitable rooms, steady employ-

minimum being seventy-five dollars

"There is a good variety of choice

florists and nurserymen. Boats are

and qualifications. Dairy and mixed farmers, gardeners and fruit experts,

scheduled to arrive twice monthy

desire fulfilled.

a change, here's a little -or rather a story oung man who appears to on his way to success. He M. Cail of Ford's Mills New Brunswick, and he's

years of age.
w years ago he bought three
ms which were pretty well old farms which were pretty well run down—in fact, to most people, they looked as though they were just about done for. But Cail started in to build them up, using ground limestone, fertilizer and, I ne, plenty of elbow grease. well he succeeded can be

from the fact that last year arvested 1100 bushels of oats barley, 800 barrels of turnips, enough good hay for 40 head tattle; which sounds like pretty going. 1945 Cail bought out the

Herefords owned by T. M. Girvon of Rexton, N.B. The lot consisted of one bull and two cows with two heifer calves. From that start he r calves. From that start he has 20 head of purebred Here-, 10 of which are now old enough to be breeding cattle.

While attending a winter fair not long ago a Polled Hereford bull was shown by Tuttle Bros. of Wentworth, N.S. Although just out of pasture this bull was second in its class against strong horned competition. Cain was so impressed that he decided he would like to do desire fulfilled. Polled Herefords himself. The Tuttle bull was the first of that breed to go into Nova Scotia, so Cail wrote to Malcolm McGregor of Brandon, Man.—who had sold the animal to the Tuttles - and what about getting one like ing quarters, either a separate house asked what about getting one like ing quarters, either a separate or suitable rooms, steady er ment and pay prevailing ment and pay prevailing ment and pay prevailing ment and pay prevailing

time ago, Mighty Otto—whose picture appears elsewhere on this page—was shipped to Cail. Mighty Otto, by the way, is a half brother to Otto Leader, which was the bull bought at the 1947 Royal Winter Fair and flown to the Argentine where he became Reserve Grand Champion at the great Palermo

Champion at the great Palermo

There is a good variety of choic and qualifications. Dairy and mixe florists and nurserymen. Boats at scheduled to arrive twice month starting next month. Any one do

Champion at the great Palermo
show.

Until his purchase arrived in New
Brunswick, Hazen Cail had never

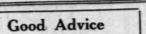
Brunswick, Hazen Cail had never set eyes on Mighty Otto. He pianked down \$1500 for the bull, sight unseen; and in time hopes to build up a herd of around 50 head of Polled-Herefords of the better type. Judging by what, he has omplished in the past few years, imagine that Cail will be sucful. If not, it won't be from k of trying.

n the past I have received several inquiries regarding the pos-sibilities of Ontario farmers getting workers from the Netherlands. Now I've received information from the Netherlands Immigration Commitherlands Immigration Committee, which I'll pass along to any of you who are interested, without

"About seven thousand Holland immigrants have come to Ontario during the last two years, and now work on farms in this Province, on the whole to the satisfaction of the farmers," the report says. "The immigrants, with very few exceptions, are happy in the land of their adoption. An adjustment to our way of life and learning the English (language brings its difficulties; but language brings its difficulties; but rural communities, living ting like born Canadians.

is regrettable that they wer llowed to bring along their when leaving Holland. In property and had money he bank, but the Netherlands nent could not allow any to aken out, on account of econo onditions caused by the las

ng excellent farmers they desire to possess tarms of their own, but this will have to wait for while, until such time at least



As you haven't asked me for advice. I'll give it to you now; PLUG! No matter who or what you are

Berlin Reds Use This 'Paper Bullet' in Cold Wor

Or where you are, the how IS PLUG! You may take your dictionary, Unabridged, and con it through, You may swallow the Britannica And all its retinue, But here I lay it f.o.b .--The only word for you,
IS PLUG.

There's many a word that's That hasn't half the cheer OF PLUG. It may not save you in a day, But try it for a year.

before spring is here." That's the end of the quotation; also the end of this week's column except to say that the place to tion Committee, P.O. Box 234, Chatham, Ont. Phone, 659-W.

The skipper and the engineer were arguing. The latter said that steering a ship was far easier than looking after the engines, and the captain said that looking after the

After ten minutes the captain had to admit he was beaten. "Macpherson," he shouted, "I can't get the "That's all right," replied the engineer; "ye needna bother-we're

"They wear us on hats, coop us up in cages and steal our eggs. And yet they have the nerve to call us their little feathered

And to show you I am competent To tell you what is what, I assure you that I never yet Have made a centre shot,

Which surely is an ample Demonstration that I ought TO PLUG.

—From "Plug" By Edmund Vance Cook.

A STRANGE CREATURE Trouble can come to almost any corner of the world. Right now it's in the "potato patch." Bugs, engines was child's play compared with steering. They decided to my boyhood days, now—it's prices, settle the argument by changing writes R. J. Deachman. Potatoes can be, at times, unusually prolific. When the season is right they may wreck us, with abundance! It is

more difficult to deal with abundance than with scarcity.

Man is a strange creature and wonderfully perverse. He howls to high heaven when prices are high and wants the government to solve Merry Menagerie—By Walt Disney
his problems. He resents paying high prices for things he buys but thinks, not for a moment, of the high prices of the things he sells. When prices drop the Consumers' League may be silent but the pro-ducers will go after the government and ask for a floor under prices.

Strange world, isn't it? Did you ever think of this peculiar thing? We have a market for live stock, innumerable factors play upon that market. The price of "feeders," the cost of grain, inflation and deflation, the volume of money, the tempo of business, the weather, the foreign demand for meat. All these things work on that market and, except in very exceptional times, provide us with the meat we need at reasonable price. If there had been no such market in existence we would have had to create it and I can't get into my mind a picture of parliament sitting down and starting from scratch to create a market which would function in a manner quite so satisfactorily as the present meat market. With all the fooling we may do with floors and ceilings we will in time accept the open market and stay with it. Then eventually seek and attain free movemen of natural products, not only with the United States, but the world.

1949: Fled. A pro-Soviet political cartoonist, drawing for the Soviet-licensed Berlin newspaper, Berlinet Zeitung, sees a parallel between China's retiring president, Chiang Kai-shek, and Colonel Frank L. Zeitung, sees a parallel between China's retiring president, Chiang Kai-shek, and Colonel Frank L. Zeitung, sees a parallel between China's retiring president, Chiang Kai-shek, and Colonel Frank L. Zeitung, sees a parallel between China's retiring president, Chiang Kai-shek, and Colonel Frank L. Zeitung, sees a parallel between China's retiring president, Chiang Kai-shek, and Colonel Frank L. Zeitung, sees a parallel between China's retiring president, Chiang Kai-shek, and Colonel Frank L. Zeitung, sees a parallel between China's retiring president, Chiang Kai-shek, and Colonel Frank L. Zeitung, sees a parallel between China's retiring president, Chiang Kai-shek, and Colonel Frank L. Zeitung, sees a parallel between China's retiring president, Chiang Kai-shek, and Colonel Frank L. Zeitung, sees a parallel between China's retiring president, Chiang Kai-shek, and Colonel Frank L. Zeitung, sees a parallel between China's retiring president, Chiang Kai-shek, and Colonel Frank L. Zeitung, sees a parallel between China's retiring president, Chiang Kai-shek, and Colonel Frank L. Zeitung, sees a parallel between China's retiring president, Chiang Kai-shek, and Colonel Frank L. Zeitung, sees a parallel between China's retiring president, Chiang Kai-shek, and Colonel Frank L. Zeitung, sees a parallel between China's retiring president, Chiang Kai-shek, and Colonel Frank L. Zeitung, sees a parallel between China's retiring president, Chiang Kai-shek, and Colonel Frank L. Zeitung, sees a parallel between China's retiring president, china Fastest Rail Trip In The World

End of 1948: "It is unthinkable that we will leave Berlin."

00

in the Vistadome, and watch the roadbed curving around the Missitrain, but the running time of the Chicago, Burlington and Quincy's Zephtyrs, from East Dubuque, Illinois, to Prairie du Chien, Wisconsin, is the fastest scheduled rail trip in the world. It takes just this training time of the two of us until Mr. Hale came. That was Uncle Clom's real name. She didn't need the small amount he paid her. It was just from the kindness of her heart that she gave him a home. He was old, feeble, bent over; he carried a cane most of the ssippi River bluffs ahead of your hour faster than any other sche-dule, anywhere, yet the the train of things to do. Mother never knew where he

risk from rock falls some years ago.

From the cab of his freight loco

motive he spotted rocks on the parallel track in time to flag down

a fast train which would have been

wrecked. Shortly after, the Bur-

wired fence along the bluffs. A

lington installed an electrically break in the fence automatically sets

Once Schini has eased the 2,000-

horsepower engine and its seven

lightweight stainless steel cars past

thirty miles an hour, not far out

of East Dubuque, he sets the

throttle wide open and moves his

left hand close to the cord of his

bull-throated air horn. His right

hand is never far from the break lever, and one foot rests on a "dead man" pedal that automatically stops

the train if not depressed. It takes

five or six minutes for the roaring

Diesels feeding smooth electric

power to the axles, to inch the

speedometer to ninety. Before it travels much lighter, Schini cuts the

throttle, then inches it up when the

There are plenty of Diesel trains

that, at times, exceed the Zephyr's

steady ninety to ninety-five miles

an hour. They seldom, however, top 105, though Diesels have reach-ed 120. But the all-time speed

record still belongs to steam, dating back to 1905, when a Pennsyl

vania train streaking across Ohio reached 127.1 miles an hour.

Health: What people are always drinking before they fall down.

speed falls off.

back signals in stop position.

top speed. It doesn't seem fast, sitting in the glassed-in roof-top compartments the ground. It's a different story in the front end of the Diesel engine that powers the train, especially when you knife by a long string of freight cars on an adjoining track. Veteran enginemen aren't

ashamed of a brief prayer at such
Uncle Clem spent nearly all his moments, particularly when the cars block off a grade-crossing view. The men who guide the Zephyrs along the bank of the Mississippi like the absence of grade crossings and populated towns on their route.
"But we have another hazard," I was told by Frank T. Schini, Zephyr engineer, "in the rocks that often fall from the bluffs." Affable, careful sixty-six-year-old Schini careful, sixty-six-year-old Schini played a major role in reducing the

joyed trying to be a boy again.

But there were some things I

ROGER S. VREELAND The house still stands at 215 Inwood Lane, Claremont. The In-wood Lane is important. Remember that. The number doesn't make any difference, because then there wasn't another house within 500 yards.

nas grew funnel-shape way up past the piazza railing. Mother's round peony garden on the side had saved. It was about his retirement from business. peony garden on the side lawn by the swing that my father had made (I never femembered him) grew luscious creamy pink and white

Inside was the brick fireplace before which the three of us would sit in the winter, Uncle Clem taking care of the fire and telling us stories while Mother sewed, and I would watch the picture of Nero's Horses over the mantel until I saw their eyes roll and breath steam out of

This was the house I was born in. It was big and it was old and it was full of strange nooks from cellar to attic. I knew Mother liked it for she often said she hoped some day

to buy it.
Considering she was a widow, my mother did well in providing for trip in the world. It takes just thirty-nine minutes to travel the thirty-nine minutes to travel the 54.6 miles from stop to stop, an average of eighty-four miles an hour. This is nearly two miles an hour, faster than any other sche-

seldom exceeds ninety-mile-an-hour came from, until after he was gone.

The first I ever saw of him was when he appeared at the door into the living room and "entertained" him until Mother came in from the

She was always suspicious of strangers. But I saw the kind of fellow he was right away. He told her his family was gone and asked if she had a room to spare. He said he had a little money, enough to may for his room and heard.

At least he could look apologetic.

time with me. Sometimes he would forget what we were playing, and sit with a kind of dreamy, faraway look. Then he would snap back into what we were doing. He got to calling my mother Mom and I guess she didn't mind.

Once I heard him tell her that his working days were over and he en-

When we played hiding games he'd seem to have an uncanny sense of where to look. He knew about the flat stone over the abandoned well behind the chicken coop before I on the floor of my closet, the recesses over the eaves in the attic, and the door to the unused cold storage vault in the cellar. He even knocked on one of the inside walls where it sounded hollow, and he said: "There was a window there

once."
When Uncle Clem died I cried all another house within 500 yards.

Honeysuckle at the end of the piazza entwined a lattice screen and you could really suck the honey.

Uncle Clem—who wasn't really my

Uncle Clem—who wasn't really my "was served a testimonial dinner last night by the insurance company This a record for the company, statwho presented Mr. Hale with a gold watch. Hale, who now retires on on Inwood Lane, Claremont . .

Motor Manners

John Kieran is widely known as a great sports writer and nature lover, also as one of the experts on motorists recently Kieran stated of Belial, flown with insolence and wine." As proof of the statement he cited the fact that, in the United States alone, more than 10,000 pedestrians are killed each year, and said that such fatalities are usually the result of bad motor manners.

that are features of these post-war trains, because you are so far above

Mother was cool to him at first.

were friends, not enemies.

2. Try using the brake occasionally instead of relying exclusively on the horn. This will prove that you really do give more than a hoot for a pedestrian.

3. Don't wait until the last. moment and then slam on the brakes. You might as well kill a

man as scare him to death.

4. A driver blocking a crosswalk should not sit there with an arro-

not." (Shakespeare). 5. Don't cheat at traffic lights or corners. Give the pedestrian time to get across the street before you start up.
6. Don't drive so fast. It probably

won't matter if you arrive a few minutes later. 7. Remember that an automobile is supposed to be a accessory to



Nip Firemen Acting Really Nippy.—At the annual fire brigade review held at the Imperial Plaza Palace, Japanese airmen shinny up and down guy-ropes in a demonstration of their skill, Almost 5,000 firemen took part in a spectacular review, which was witnessed by great multitudes.



earling Polled Hereford bull Mighty Otto referred to in our ARM FRONT column. Although Otto doesn't look too the mercury at Brandon registered 48 below zero on the day this picture was taken.

















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