

SPORTS & A SPORTSMAN

There's an old adage—we don't recall the exact wording—but it is addressed to folks on the make. It is to the effect that when you're climbing up the Hill of Success, it is advisable to mind your manners and not chuck your weight around too much. Why? "Because the folks you pass on your way to the top are the very ones you'll pass when you come tumbling down again."

We have often thought of this adage when certain individuals came tumbling down—millionaires, commercial tycoons and the like who didn't hesitate to throw their weight around when they were up there. They always seemed so off-putting that other folks didn't take such a mournful view of the tumble as they did themselves. Expecting sympathy, the best they got was advice to go and look under the letter "S" in the dictionary.

Now that same adage comes to mind when we consider the present plight of a couple of football outcasts who, just about ten months ago, were the two top teams in Canada—to wit, the Ottawa Rough Riders and the Calgary Stampeders.

It is hardly a secret that neither the Riders or the Stampeders had to be told they were good. They would freely admit that they were, if you asked them. Or even if you didn't. In fact, over a fairly lengthy stretch of watching athletics in the process of winning or losing, we can recall few teams who created a more unfriendly feeling among the general public by their actions off the field; although, in all fairness, it must be said that a generous measure of that ill feeling may have been due to a host of loud-mouthed supporters who carried enthusiasm to the point of obnoxiousness.

Anyway, while the Calgary and Ottawa teams may have been highly popular in their own back yards, they were far from that among the neighbors.

And now both of them? Ottawa, of course, at present writing, are not definitely out of it. But anyone who witnessed the pushing around they did from the Argo—the team all the experts picked to finish either third or fourth—the other Saturday would be loath to wager more than a picayune on their chances of winning the Big Four again. (A picayune, if you must know, is a coin used to have down New Orleans way, worth about six and a quarter cents.)

As for the Stampeders—well, for them the ship has definitely sailed. About all that is left for them is to borrow the line managements of losing baseball clubs and to the fans and say, "Next year we're going to have a HUSTLING ball team."

Yes, indeed, that old adage we alluded to at the start isn't such a bad one for teams, as well as individuals, to take to heart. "Always remember that the folks you pass on your way to the top are the same ones you'll pass on the way down." And we hope that the Calgary Stampeders and the Ottawa Rough Riders are feeling pretty sorry for themselves—sorry enough to plaster all their mental aches and bruises. Yes, they'd better, because outside of their own supporters, nobody else appears to be.

Nor did those same Ottawa Rough Riders do anything to increase their general popularity by their actions in regard to a couple of deeply-tanned members of the

FASHION NOTE FOR JUNIORS



Three colors of suede fashion this four piece outfit for Junior. The jacket has a zipper that works up or down, and a vest matches one of the lighter shades.

Argonauts. With Negroes starting on Big League baseball teams, and on College football eleven, south of the border—with a United States Negro just receiving a Nobel Prize that proclaimed him as one of the world's outstanding citizens—such treatment of the race here in Canada is sickening, to put it very mildly.

It is a fact that Ulysses Curtis, one of the colored gentlemen in question, has a rather reprehensible habit of shaking his large dogs around after he has been tackled. But his Big Four playmates could have been trusted to cure him of that. Other footballists, in the past, have had the same habit—and wound up by being carried off the field with a badly twisted knee.

But if Ulysses Curtis was the dirtiest player who ever stepped on a Canadian gridiron—which he was a great many miles from being—then that wouldn't excuse the kind of filthy abuse that was heaped at him by one, at least, of the Rough Riders. What was even worse was the action of a member of the Ottawa management in backing up instead of repudiating what his players had done. If that's what professional sport in Canada is coming to, the sooner we're rid of it the better.

But maybe there was a reason, although not an excuse. As poor old Jack Johnson once said in our hearing, "It's funny how they never worried about my bad morals till after I'd copied the championship." Maybe, if Ulysses Curtis had been just an ordinary run-of-the-mill player, instead of an outstanding star, those proud Ottawa's wouldn't have cared whether his skin was black, white, or skyblue pink.

A welfare officer was interviewing a mother of thirteen children. "It's incredible," she said, "How on earth do you find time to look after so many by yourself?" The mother replied without hesitation, "When I had only one child it took all my time, so what more can thirteen take?"

How to Fix It



HANDY BRUSH • KEEP WHITEWASH BRUSH CONVENIENT AT HAND ON THE BUCKET BY BENDING BAIL SO IT WILL REST ON TOP OF THE BUCKET RIM...

THE FARM FRONT

Now I hope that after reading this you won't rush madly to sell all your live stock, together with most of your harvesting machinery and so forth, in order to make a clean up by putting all your acres under grass. Still, if the following information is true—and I have no reason to doubt it—there may come a day when we'll all be growing grass, not as a filler for cattle, but as a food for human beings. Stranger things than that have happened. Why, just the other day, believe it or not, I saw a ten-year-old lad get up and offer his seat to a lady on a crowded street-car.

Most people laughed when a London grass-eating contest was commenced. Fine fine green grass garnished with lawn cuttings, and rissoles cooked with dried grass. Yet today scientists agree that grass may prove a panacea for the world's pressing food problems.

During the war British Government chemists investigated the food possibilities of fresh young grass and, at the height of the 1918-19 measure, actually set up a shadow factory for potential production.

Desert troops in Libya and elsewhere who munched containing eating experimental grass noogats. Savanages can be made from grass protein, and researchers at the Rothamsted soil science station have experimented with a dehydrated clover-like lucerne grass which can be used in soups, giving the flavour of peas. Two per cent of Britain's total protein needs, it is asserted, could be supplied in this way.

Since wheat, barley, oats, rice and maize all belong among the 4,500 varieties of the great grass family, the news is not surprising. Sugar cane, sorghum and other hitherto all but unused grasses in grass nutrition. But fresh wild grass—nature's waste product—is, of course, the focus of current experiments.

Analysts confirm that an ounce of grass provides eight times more vitamin B than equivalent tomatoes. Fourteen times more vitamin A, plus invigorating phytophyll and valuable mineral salts. Carotene, the vitamin A substance which counteracts failing eyesight, is yielded by grass in three times the quantity available from the common source, carrots.

Again, in probing grass possibilities, therapists have discovered a sugar-antistress factor which has overcome percentage problems in rats and rabbits. But perhaps the trend of current research is best illustrated in the experiments of Darius, a young grass contains hormones and proteins which make it an ideal food for hens, he set out to overcome the outstanding snag, the fact that hens cannot digest it. He fed a flock on powdered grass without result, and then tried removing all the indigestible fibre, but still in vain.

Geese can digest grass—why not hens? During 15 years of patient experiment, he isolated digestive juices which geese have but hens lack, and succeeded in manufacturing them synthetically. On being fed grass pellets mixed with these juices, hens put on weight and laid better.

As a result, poultry farmers all over Britain are feeding their birds entirely on pellet grass. Pulletts have been putting on as much as eight ounces in a week, while full-grown grass-fed hens weigh an average pound more than those raised on other foods. Egg yields, too, are up.

Good birds have laid 245 eggs a year, an increase of about 45.

Modern methods enable 50 per cent of the moisture to be extracted from grass while retaining every particle of food value. What is more, one ounce of vitamin B1 extracted from grass is sufficient to supply 30,000 people with all they need for a day.

In new guises, grass may yet yield a new foodstuff to feed the world's starving peoples and create new levels of nutrition.

That's The Ticket—When Mr. and Mrs. Sidney Balaskin heard that a local hospital was giving away a \$20,000 "Dream House," they bought a ticket for their daughter June's name. It's easy to see from the tot's smile here that her ticket won.

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TABLE TALKS

Western housewives claim that women—and any others who are plucky enough to try their hand at baking—should not waste precious sugar for cookies and cakes. They say that cream, and especially cream, used in place of butter, not only cuts down the time a whole lot, but results in products that have a delicious taste and texture all their own.

"After watching my family one day put away a lovely pie in two minutes flat," she states, "a pie that I had taken me half an hour in a hot kitchen to make, I decided then and there to use more of the simpler and less time-consuming desserts, as well as other sweets."

She searched for recipes that were simple, yet good, but found none to compare in goodness to one she ran across for a Sour Cream Cake. It is delicious eaten plain, and especially tempting to those who do not care for frosted cakes.

From that original recipe, she worked out a number of interesting variations—five distinctly different cakes, as well as a variety of drop cakes and drop cookies.

Some of them I am passing along to my readers. But first two or three regarding this kind of "shortening." In using sour cream for baking, one good rule to remember is that one-half teaspoon of soda is sufficient for one cup of sour cream. Second, by using one level teaspoon of baking powder for each cup of flour one may bake muffins, pancakes, waffles, corn bread and many other things with really fine results. And finally—if no sour cream is at hand, just add two teaspoons of vinegar to each cup of cream.

Then here's a really hearty main dish for a "meatless" meal. It's called **DUBLIN ONIONS**.

2 eggs
1 cup cream or best sugar
1 cup sour cream
1 teaspoon vanilla
1 1/2 cups flour
1/2 teaspoon salt
1/2 teaspoon baking powder

Method: Break eggs in bowl, beat and add sugar, cream and vanilla. Measure flour, sift all dry ingredients together and add to first mixture, stir well and bake in a 10-12 degree oven until cake shrinks, hot from sides of pan. Bake in 10-14 inch shallow pan or in layers.

BURNED SUGAR CAKE
Add brown sugar instead of white and cover with butterscotch icing.

RAISIN SPICE CAKE
Add two teaspoons pumpkin pie spice or other spices desired and one cup raisins. Wash raisins in warm water and allow them to stand in hot water while mixing the cake.

CHOCOLATE CAKE
Add one-third cup cocoa and deduct two tablespoons of flour called for in recipe. Omit baking powder and add one level teaspoon soda. Use a rich frosting or seven-minute icing.

OLD-FASHIONED MARBLE CAKE
Divide batter into two parts. To one part add any spices desired.

MECCA PILE REMEDIES
Soothe SORE FEET THIS WAY

Minard's Liniment is a sure cure for all kinds of sore feet, chafes, blisters, and other foot troubles. It is a sure cure for all kinds of sore feet, chafes, blisters, and other foot troubles.

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Two level tablespoons cocoa, Spoon light and dark batter alternately into greased pan and bake at 375 degrees.

CUP CAKES
Mix batter for plain sour cream cake, grease muffin tins or cup cake pans, or if you wish, use paper baking cups. Cover with various toppings before baking—shredded coconut and brown sugar, cinnamon and sugar, or brown sugar and chopped nuts.

For a child's birthday party, cover with icing in several different colors and put a tiny birthday candle on each cake, for individual birthday cakes.

DROP COOKIES
Add one-third cup more flour to basic recipe for sour cream cake and drop by spoonfuls on greased cookie sheets until nicely browned. Moderate oven.

Which should be enough about cakes and the like for one session. So here are a couple of recipes along slightly different lines that I think you'll find most useful. The first is for a somewhat different.

UNCOOKED VEGETABLE RELISH
2 medium heads of cabbage
8 carrots
4 sweet red peppers
8 green peppers
8 medium sized onions
1 teaspoon celery seed
5 cups sugar
2 quarts cider vinegar

Method: Grind the vegetables with a coarse grinder, knife, and let them stand for three hours in salt water. (Use enough water to cover vegetables and a half-cup of salt). Drain and add the celery seed, sugar and vinegar. Put in sterilized jars.

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The Mystery of The Missing Continent

An increasing number of scientists believe that the origin of civilization was not in the Jewish Garden of Eden, but in Atlantis, the continent which, according to the Greek philosopher Plato, stretched from the coast of Europe to the coast of America, and which was totally destroyed by earthquake and flood eleven thousand years ago.

Plato lived some centuries before Christ, when the continent of America was undiscovered, and his story that he found the Pillars of Hercules—Gibraltar—there had once existed, a mighty land and nation, was discounted by the wise men of the day as nonsense because everyone knew that the Pillars of Hercules marked the farthest end of the earth.

Finding Proof
Plato journeyed to Egypt to find proof that he not only did the Egyptians believe they had sprung from a race of white people who lived in a land of golden temples far away in the West, but he was shown solid gold statues of great antiquity which, said the Egyptians, had been washed up by the sea after a great flood had destroyed their nation.

Plato was convinced, but everyone else laughed at him, and after he died the whole story was put down to imagination, and for almost two thousand years the story was forgotten, until America was discovered and the Spaniards tried to bring Eastern civilization to the natives.

Among the missionaries who penetrated deep into the interior and befriended the Incas, Aztecs and other Indian peoples was Diego de Landa, who was later created the first Bishop of Yucatan.

He was a learned man who had studied the ancient languages of the Old World and the history of the Phoenicians. He knew, for instance, that all the languages of the Old World originally sprung from the Phoenician alphabet, in which letters were represented by pictures.

He was the most amazed man in the world when he found ancient monuments in the heart of America on which were tablets inscribed in the Phoenician picture language.

There could be no shadow of doubt about it, for many of the letters were identical while others had obviously had the same root and had altered slightly during the passing of time.

As an instance of this, De Landa found that the letter B was represented by a picture of a human foot.

At the other side of the world, five thousand years earlier, the Phoenicians drew a human foot to represent the same letter.

His discovery proved that not only must there have been a bridge of land between America and Egypt, but that the peoples on both sides must have had a common origin.

He found that not only did the Mayas—the same as the Aztecs and Incas—worship the sun just as did the Egyptians, but that they both called it the same name.

Pyramids in Peru
The Sun God of the Egyptians was Ra, while the sun god in America was called Ra-mi. He found that the Mayas had mummified their dead just as the Ancient Egyptians had, and he saw pyramids in Peru identical in shape with those in Egypt.

He came across villages which had obviously once been cities. The line-charges are made in the form of a tube or cord, the explosive in the core like the wire in an electric cable. The cord is held against the burning plane's side because of the way the fuselage is constructed. Explosives used in this problem in Britain. A line-charged, looped into a rectangle and shaped to give a "punch" in the right direction, blows a hole in the side of the plane, so that the passengers or crew can scramble out. The charges can also be used to cut away burning parts of the aircraft from the rest and so prevent the fire from spreading.

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