Summer is the best time to "go heavy" on vegetables as meat sub stitutes, not only because of their because appetites are often less

Possible combinations of vege tables to be served in this way are fimited only by the tastes of your family. Contrast in color and tex-

At least one red, orange, or yel low and one green vegetable should be included and the sweet strong. sour and bland flavor groups should be there too. For texture contrast, a buttered vegetable, one creamed most requirements-and crispness may be added by toast or a bacon garnish. If the day is hot, plan vegetables that are easy to cook or that can be partially prepared in the morning.

SPINACH RING WITH CREAMED MACARONI

1/2 cup elbow macaroni 2 tablespoons butter 2 tablespoons flour

1/4 teaspoon dry mustare 1 cup milk 1 cup shredded Canadian Salt and pepper

3 cups cooked, hot, well-drained chopped spinach Lemon juice Additional butter

Hot, cooked carrot strips Cook macaroni in salted boiling water until tender; rinse with ho water and drain. Make cream sauce with two tablespoons butter flour, mustard, and milk, When thickened and smooth, add cheese and stir until it melts. Season to

lightly.

Season the hot spinach with salt and pepper, lemon juice and butinch ring mold. Unmold on round macaroni and garnish with stacks salad is good with this.

SUNSHINE VEGETABLE PLATTER 4 ounces medium noodles 1/4 cup melted butter

4 cup bread crumbs 1 cup cooked asparagus spears Golden egg sauce Cook noodles in boiling salted water until tender (about five minutes). Drain and rinse in hot water. Toss lightly with butter and bread crumbs. Arrange on hot chop plate and top with asparagus spears. Pour golden egg sauce over all. Serves four.

GOLDEN EGG SAUCE 2 tablespoons flour 2/3 cup milk

4 cup shredded Canadian cheese 2 hard-cooked eggs, diced Make a white sauce of butter, Mour, salt, and milk. When it is thickened, stir in cheese; add eggs and heat thoroughly.

vegetables in your refrigerator, you nay be able to make a vegetable pie with them. Substitute whatever for in this recipe.

VEGETABLE PIE WITH CHEESE SAUCE 2 carrots, sliced thin 1/2 cup celery, diced fine

1 medium tomato, peeled sliced 1 cup cooked green beans 4 tablespoons butter

2 cups white sauce 11/2 cups sharp cheese, grated Arrange vegetables in bakin

dish, dot with butter and sprinkle with salt. Make your favorite pa try recipe, using 1 cup flour. Roll out dought to fit baking dish. Place on top of vegetables and bake at 425° F. for 20 minutes or until crust is brown. Add cheese to white sauce when it begins to thicken and wedges and serve with cheese

If you like one of the vegetables on your plate fried, try cauliflower. asparagus, sliced eggplant, or ca rots dipped in batter and deep fried, plant to the batter and drop by

BATTER FOR VEGETABLE FRITTERS

1/2 cup milk 1 cup flour Salt and pepper Beat eggs and add milk. Mix seasoning with flour. Combine the iwo mixtures.

The insulated ovens that are in most kitchen stoves make casse roles practical all the year round. A good one for summer is made of a combination of onions and



No Busses; Train's Too Tall-You'll need a stepladder to say fare well if you're seeing someone off on this new triple-deck railroad train now in service on the Frankfurt-Dortmund line in Germany. This young gallant put a suitcase into play, and still fell somewhat short of seeing his lady fair off in the grand manner.

ONIONS AND BROCCOLI AU GRATIN pounds tiny white onions 1 bunch broccoli 1 cups rich white sauce 1/2 cup grated sharp cheese Cook onions and broccoli separately in boiling, salted water Combine with white sauce and

with grated cheese. Bake at 350° F. until bubbly and slightly brown.

From now on our personal mo is going to be "NIL ADMIRARI"
—which, if we haven't forgotten what little Latin ever seeped into-our skull, means "Be amazed at

nothing" or words to that effect.

Our reason for taking this step is a statement just issued by a spokesman for the Ontario Racing Commission. Talking about the smelly atmosphere surrounding remerry-go rounds, said spokesman solemnly stated that what had occurred was by no means a novelty; that there had been, in fact, fixed races on Ontario tracks as far back as ten years ago. Gee Whil-likers! we couldn't have been more astonished if he'd said we had politicians in Canada before Drew stepped on the scene!

Races that were in the bag before the barrier went up as long as a decade ago? Why, we can recall some very sound-although

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singers · grandstand

untaken-advice handed out by an old-timer. "Son," he told us, "you would be far better not to bet on horse races at all. But if you are bound to bet, then leave the jump ing races alone. But if you are hellbent for betting on Steeple-

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There have probably been fixes in sports ever since the days when the promoters bewailed the fact that Cain sloughed Abel first out, making a profitable series of return matches impossible. And there will undoubtedly be fixes as even a thin dime on those that have "Gentleman Riders." For while the average flat-race rider will only chisel a little on the public, and professional Steeplechase riders seldom two-time anyone closer long as sports last and there are people willing to back their opinion of the outcome with cash.

reader, we are going to ask you a hypothetical question and would like you to give yourself an hon-

One of the Fort Erie races about the best and was the favorite. . . .

that day with full intentions of wagering on the favorite, and a trustworthy friend came along and cop. You had three courses of action open to you. (1) Bet on HEM-FLAG as you intended, disregarding the inside information. (2) Bet on the "elected" horse, NORTH DRIVE. (3) Pass up the race altogether.

from most of the 48 states, is The question is, genteel reader, which of those three courses you ist Peggy and the rest of the orchestra are practising at the would adopt? Naturally, the third —pass up the race altogether. We just knew you'd say that, It makes you a member of a very small and

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CHICKS every week, non-sexed, pullets, cockerels for broilers, roasters and layers. Turkey Poults, Older Pullets. Started Chicks. Free catalogue.

TOP NOTCH CHICK SALES Guelph, Ontario. The Ontario Racing Commission statement, already alluded to, went on to make clear that this august body is not only capable of digging up that kind of amazing information, but also must have among its membership some of the finest little lookers - for - the - silver lining we have had since Al Jolson was i BUSINESS OPPORTUNITIES

. . . The Commission, we learn, is to make a full report of what the boys have been cooking up on Ontario tracks—not only to the government but to the public as well. "I am sure that when this statement is made," said the spokesman, "CRIME AND SCUL-DISAPPEAR FOR A LONG However, there's no real crime in wearing rose-tinted glasses, al-though they're liable to dim the

vision in heavy traffic.

than their best friends, these Gen-tlemen Jockeys would double-cross their own dying grandmothers." And that was a lot more than ten

years ago. More than forty, as a

members of the Racing Commis-sion are, of course, merely trying to impress on the public that fixed cropped up since their appointment a year or so ago. You can hardly blame them, at that, because far too many race-goers, and race-fol-lowers, are going around with pious expressions on their pans and saying that boiling in tar is the mild-est punishment that should be meted out to certain owners, trainers and jockeys.

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And who, in the last analysis, is The commence

which there has been such a smell was won by a steed called NORTH DRIVE. In that race HEMFLAG, on past performances, looked much Supposing you were at the track

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exclusive club-and give Ananias our regards first time you see him.

Seriously, though, responsibility for fixed races and other sports events rests, primarily, right on the shoulders of those who, while they publicly deplore such doings, wouldn't mind having a little bet on same if they were sure they were going to win. And that includes about 99 and 44/100ths per cent of all humanity. Includingwe regret to say it-us. But not,

Lightweight Battery

A lightweight battery which will start a car at 65 degrees below zero has been developed at the University of Michigan Engineering Research Institute. In the battery a new principle in the con-struction of the grids is applied. This makes it possible to supplant large amounts of heavy lead used in standard batteries with lighter aluminum, brass, iron or copper. The new battery not only operates effectively at low temperatures, but also maintains a constant highpower output over a long period of time, saves both space and over long periods when not in use

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LOGY, LISTLESS, **OUT OF LOVE** WITH LIFE?



ISSUE 34 - 1951

People Who Live In Fear of Ghosts

Some of the world's strangest customs may be found among the aborigines of Central Australia. Burial ceremonies, for example, are based on fear of the kuran or spirit of the newly dead and the precautions necessary to protect the living from its malignant power.

All immediate relatives of the deceased at once flee from the camp, leaving their belongings behind them to mislead the spirit into thinking that they have only into thinking that they have only gone hunting and will return. The dead man is made warm and comfortable in his grave, so that his spirit will be less inclined to wan-

Spirit's "New Home" They believe that, longing for a small mound at the grave's head, awaiting the return of its friends, or roams the bush searching for

death, two medicine men, with re-latives of the dead, travel to the grave, capture the kuran, and place it in the body of a living person. This gives the spirit a new home making it no longer a danger to the community, and provides the host with an extra kuran which gives him greater power and vital-

It must, however, be given to omeone of the same age. These desert aborigines seem to have no conception of a future life The spirit, being always placed in a living body of the same age, becomes progressively older until, at senility, it is so weak and harmless that the medicine man will not even trouble to go to the grave

Mr. Charles P. Mountford, FRGS., who witnessed one of these ceremonies, describes it vividly in a first-hand study of these unusual people, "Brown Men and Red Sand"

The natives had gathered at Owellinna to capture the kuran of the dead man, Namana, and perform the final rites. A small party, with two medicine men, were to leave at sunrise and travel to the grave about fifteen miles distant. dr. Mountford went with them.

Medicine Man Leads With branches in their hands, the aborigines ran towards the grave, stopping at intervals and calling out in a high-pitched voice to let Namana's spirit know they were coming. While the men and women swept round the windbreaks and dead fires to hunt the kuran back to its grave the medicine men, who alone can see it, went ahead to capture it as it made its way to the grave's head to await its old

end's arrival. Reaching the grave, the main party stuffed branches into the crevices between the logs covering the burial place, filling the remaining spaces with loose sand. They hen took handfuls of the grave earth, smelt it, and rubbed it over heir legs, for the odour made them strong, the rubbing prevented their legs from tiring on long journeys. Next, they visited their old camp to collect dishes, grinding stones and other valuables they had left behind. Then they returned to Owellinna, where the rest of the aborigines lay close together on the

branches, calling out in the same on the mourning people. Instantly pandemonium broke loose. The mourning rose to a shrill wail; the men sobbed heartbrokenly; twenty to thirty women, screaming loudly, threw theming thuds, or lacerated their scalps with digging sticks. Contrasting with it, two rows of men lay face downwards, bodies rigid, arms locked about each other, with hands tightly clenched Cured by Fire

The "living" men disentangled turning them face upwards, bending vigorously rubbing the bodies and limbs, and roughly pulling the ears. Slowly each "dead" man came to

Mr. Mountford saw something of the medicine men's strange cures. Moanya, a native, strained his back previously, he explained, he had such violent back pains while out rabbiting that his wife and some of the men lit a fire, covered it with a thick layer of eucalyptus leaves and laid him on top of it. The heat soon eased the pain. The next day a medicine man was called in. He decided that a mythical being. Wambina, had speared Moanya in the back with a yulpidji, sacred stick, because he had caught too many rabbits

at one time. By dint of much magic be "extracted" most of the stick felt, however, that some fragments still remained, for they often troubled him, and he would ask cause the hair is stretched over a tiny cylinder. Also, by this method,

Later Mr. Mountford found him on hands and knees with Nemienva rigorously squeezing and massag-ing the lumbar region, "extracting" a fragment of the stick at intervals, carrying it in cupped hands and allowing it to "fly" away. He had

blind medicine man, Nemienya,

Proper Cosmetics Will Keep You Fresh-Looking Despite Heat

BY EDNA MILES

TT takes more than determination To takes more than determination to keep looking your best during the summertime. The keyword is persistence. No matter how meticulously you apply your cosmetics, one make-up job just simply won't carry you through a whole day. So it's important to plan ahead for beauty touchups. Make sure the cosmetic case

make sure the cosmetic case that you carry in your purse is properly supplied with essentials. These should include a compact, preferably with a large, clear mirror; an adequate supply of powder and a clean puff with which to apply it.

apply it.
You'll need, too, a good lipstick
and a small box of rouge, and a
comb or brush for hasty coiffure smoothings. An extra supply of bobby pins and safety pins is useful too. Remember that half your beauty

Remember that half your beauty battle is won if you can manage to maintain, during the hot months, a feeling of freshness and daintiness. To aid you in this skirmish with the thermometer, make a point of having handy at all times a bottle of cologne.

A large bottle, kept in the bathroom or bedroom, is excellent for splashy applications when you're dressing. When you're traveling, it's a good idea to carry along a small bottle with a leakproof screw-cap, for fresh-ups whenever you get that damp, sticky feeling

no further pain during the four months he was with Mr. Mount-Another cure was of a girl ill

POINTERS THAT MAY HELP YOU TO HAVE ATTRACTIVE CURLS

It may be in soft deep natural waves to frame a petite dainty face or tousled curis or chiseled waves to fit a short-cropped sculptured Adoni based on the control of strand, guarding and molding any loose ends with the two front fingers.

-and the proper cut is the founthods you use, there are a few gen-Blocking Strands of Hair -

Block your hair in one-half to oneinch squares according to the thickness of your hair and desired size of the wave. Section the squares in to remember in combing out after the hair is thoroughly dried. Don't diagonal or parallel rows from the part-or in even rows starting from | be afraid to comb and brush your curls vigorously with a good strong brush. For a pompadour wave, brush all the hair straight back off

Pinning the Curls - Pin your folded-up curl securely in the exact center of each square. Use bobby the face when it is all combed tohair net on it. Under this loose net just blouse and push up the

your square and pin. Spiral and Cartwheel Method -Begin about the center of the

duces a tight wave next to the scalp with loose curl at ends, as the ends are on the outer circle

ing hand. Release and pin.
Lipstick Sliding Curl—This is a sturdy, durable type of curl be

ent into larger waves.



Realizing the importance of frequent fragrance fresh-ups, the young woman at left tucks a leak-proof bottle of cologne into her suitcase to help her combat travel grime. The other young woman points up the fact that a well-equipped make-up kit, including a compact with a large, clear mirror, is an essential for the woman who desires to keep her beauty in peak condition all around the clock.

with violent headache. Nemienya felt her head, said it was cracked down the middle, and pressed it together to close the crack. She recovered, but during the night became worse, so next morning her parents smoked her over a fire, which caused her to faint. Nemienya was again summoned.

Frantic Search

For a while he did nothing, then began searching frantically in the

to good health.

He explained that the smoking

Mr. Mountford's account of his

complete circle around the cylin-

Now wind the hair over the stick

which is on a parallel with the

As you approach to within one

Keep winding as you do so, giving a final turn to take up any slack.

two finger tips, hold curl beneath,

flat against scalp. With the other

hand twirl back and forth between

thumb and finger to loosen hair

from the cylinder. As you withdraw

it, insert finger in open center of

curl, hold, and pin. To make curls

go in a reverse direction, roll and

If you wish extra depth and dur-

tions. For a pompadour effect, wind curls in same direction and brush high off forehead.

Combing: There are a few points

Put a loose silk mesh sleeping

hair with patting strokes and some

pinching. A perfect wave should fall into place under the net. Re-

move the net and arrange the

Another molding method is to

which tapers at one end.

slip off the opposite end.

Straddle the cylinder with first

scalp, down to the scalp.

in the windbreak boughs.

There are many ways to roll up pin curls. Decide what method you will use and arrange your hair so even ends, grasp center of strand the finished product will suit your below the uneven ends. Loop a

Adonis head-all curls, or waves After your hair has been shampooed and "shapered" or tapered dation for any coiffure-while the hair is still wet, it is ready to set. Whichever of the following me-

the front hairline. pins or hairpins; should there be shortages, even toothpicks could be

smooth, taut strand, mold the tip end into a tiny circle, like an unfolding fern frond, and holding the strand on a tension, spiral this tiny cartwheel down to the center

strand, spiral the ends around your finger, grasp the circle, and co. and proceed according to above Loose Curl-Spiral the curl from the scalp up and out. This pro-

angle at center of square; then with the opposite hand gather smooth strand and wind around the forethumb, middle finger, and index finger on the holding hand and thumb and forefinger on the wind-

you can stretch a too-tight perman-Select a smooth lipstick or fountain pen top. If you wish very large loose waves, the tool may hearly an inch in diameter.

windbreak, behind which she was lying, for something no one could see, and eventually captured it in his cupped hands, which he then pressed firmly against her abdomen, holding them there. She returned to consciousness, and later to good health.

place both palms flat on your head. With the index finger of one hand flush against the little finger of the other, slide each hand in an opposite direction, making a ridge between the two.

This persuasive molding and pinching may be used without the THE FARM FRONT John Russell

This persuasive molding and pinching may be used without the net, as you become expert, to shapen the dry wave, too, with just a little water when your wave needs In the above methods, the curls

are all pinned flat to the head. For prepare animals for the show ring, or even for auction sales, but the extra effort will be well repaid in special effects to add height to a fancy hair dress, do not flatten, but let the curls stand up, anchoring the open ones with bobby pins on the bottom circle next to the scalp. To finger wave, comb your hair your natural wave will fall. Then place your palm flat on your scalp

inch of the scalp, hold the cylinder straight in the center of the square.

just where you want your wave to be, set your comb exactly parallel be, set your comb exactly parallel

finish the ends with pin curls-

or perhaps you wish to make only

clamps, soft chamois and kid curl-

ers, water-waving combs, etc., on

market to help you in your curling

not to roll the ends of your hair

against the sharp edge of the clamp
—for it makes books at the hair

Some who have thin, fine hair

use soft squares of tissue paper folded diagonally. Paper is rolled,

tied, or twisted to hold the curl. For tiny straight hairs on your

neck, small wire cleaners which

may be purchased at dime store

hairpin counters, are effective and

After your hair has been finally

arranged, a little Brilliantine spray-ed on will bring out high lights to give your coiffure a finish. A

little lacquer sprayed, too, will help to set it and keep it exactly in

place. Be careful not to spray on

ends and breaks them.

soft to use.

stiff appearance.

Feeding is regulated during pre-paration for shows to produce me-dium, or slightly better fleshing, a sleek hair coat and mellow skin. Controlled feeding of young stock is even more important than that of young animals. and close to your front finger on scalp, draw your comb forward or backward about one-quarter to one-half inch, letting your hair slide through the teeth of comb, and hold. As you remove the comb, Training animals to lead on a portant in preparing for exhibition, for in close competition the judge will be attracted to the good qualities of the animal which leads and stands well. grasp the ridge between index and front finger, pinch, molding hair with front finger, hold and comb hair in the opposite direction.

It takes a little practice to join the waves. It is usually easier to

place one ridge or wave all the way around your head than to do weight blanket two to three weeks before the showing. Frequent and it in sections and try to make the thorough brushing will improve the condition of the hair coat. sections join. If you finger wave your whole head, you'll want to

one definite finger wave ridge off your hairline and roll the rest of your hair in pin curls.

There are plenty of gadgets—
There are plenty of gadgets—
The hoofs should be pared periodically.

tion, animals should be washed and kept covered with a medium-heavy blanket. Ample bedding should be provided. The tail should be braided into several braids and on the day of the exhibition combed out into a wavy switch. The horns should be scraped and sandpapered and then polished with an oily rag before the animal goes

the hair a desirable sheen.

too much unless you want a formal the ring makes winning more likely

The prospect of good grain crops this year also has its darker side, for large crops bring large storage problems and the danger of large storage losses. These losses can be prevented, says Dr. H. E. Gray, head of the Stored Products Investigation Unit, Department of Agriculture, Otta-

A Section Loss

wa, by following a few simple rules In a bulletin called "Protection of Farm-Stored Grain in Western Canada," Dr. Gray and B. N. Smallman have outlined the rules

and practices recommended. Although the title refers to Western Canada, Dr. Gray adds, the recommendations are generally applicable to the whole of Canad

The problem of grain storage, like that of storing any other commodity that is susceptible to spoil-age, depends for success on two onditions: proper preparation; and care and attention after storage

begins. Losses occur when insect, mites r moulds attack stored grain, causing it to heat and go out of condi

. . .-The cause of most storage problems, is "tough" grain, for grain that is uniformly dry will not spoil.

The farmer's first task, therefore, is to bin grain as dry as possible in a clean, weatherproof, well-ventilated granary. Secondly, the grain should be examined periodic-ally, because leaks, seepage or condensation may introduce excessive moisture and cause local heating. Thirdly, if insect infestation should

develop, serious damage may be prevented by transferring the grain to another location in cold weather. above the ground is best for farm storage, and several small gran-aries are better than a large one for long-term storage.

If "tough," damp, weed-infested grain must be stored, keep it in

should be repaired to keep out rain and snow. Concrete floors should be covered with moisture-proof ed thoroughly. Hydrated lime should be sprinkled on the floor and swept about to fill all cracks.

small bins and market it first.

Leaky roofs, windows and doors

If insects or mites were present last year, the inside walls should be coated with whitewash containing one-quarter of a pound of lye per gallon.

Selection of the animals to be exhibited should be made well in advance of showing time. Cows to be shown in milking and dry classes are bred to freshen or approach freshening at the most suitable time to compete in their respective classes. The granary should be filled to the plate only. Ample room between the grain surface and the roof must be provided for ventila

Pushing a small metal rod or pipe

mouldy or abnormally

grain below the surface.
Cold winter weather is the far-

ed. Cleaning the grain during trans-

"Tough" grain cleaned and trans-

Even grain that is stored dry may become "tough" and infested. Moisture may enter the granary from outside as rain, snow, or ground moisture. And, especially Training animals to lead on a halter at an early age is most im-To detect these danger spots, the grain should be examined every two weeks. The hand should be thrust into the grain here and there to detect heating, and smelling the grain will reveal any abnormal odor.

All show stock should be blan-keted with a light to medium grain will reveal any abnormal odor.

Stock-raisers and junior farmers

again are turning their attention to fitting animals for shows and

near.

It takes extra care and work to

more prizes and higher prices.
Following the procedure adopted
by good showmen is one of the

best methods of getting good re-

It is common practice to clip ther to a clean granary, a tarpaulin or the bare ground is recommend-

into the ring. Wiping the animal down with an oiled cloth will give

In the ring the exhibitor should show the animal to the best ad-vantage all the time and should be alert both in handling the animal and in receiving directions from the judge.

It should be remembered also that everyone cannot win and, win or lose, the experience gained in



