# TABLE TALKS

Nutrition is indeed a complicated science, but happily for those of us who plan and cook those o meals or who merely eat them, its practical application is rela-tively simple. The questions and

THE STATE OF THE S

Much of the material is based on an excellent new booklet. It is called "A Balanced Diet," and it is written by Lucille J. Bowser, Martha F. Trulson and Dr. Fredrick J. Stare of the department of untrition of the Harvard

What is a good balanced diet? It is one that supplies all of good health in the right amounts

What are these essentials? They are (1) carbohydrates supply energy cheaply; (2) fats, which also furnish energy; (3) protein, which builds, repairs and maintains body tissues: (4) earry out the chemical reactions

There must be enough enersy supplied by carbohydrates and fats to permit the protein to do its work. Otherwise, if re is insufficient energy from these sources, the protein will have to supply it, and thus be kept from performing its body building function.

In terms of everyday eating It depends on the food sup-

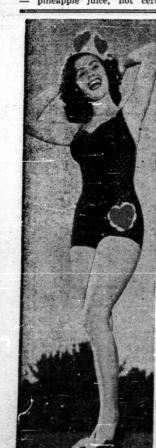
plies and food customs of a country. In China, one might consume kumquats and a variety of what seems to us exotic products,

In this country, one seven groups of available foods which, generally speaking, con-sist of (1) milk and milk products, (2) meats, eggs, poultry, fish and dried beans, (3) whole grain and enriched breads and cereals, (4) citrus fruits, green peppers, tomatoes and other foods containing vitamin C, green and vellow vegetables, (6) other regetables and fruits, (7) but ter or fortified margarine.

Is a balanced diet expensive: Not necessarily. The cheaper cuts of meat are as protein-rich as the steaks and chops, dried milk as calcium-rich as fresh fluid milk, canned orange juice as vitamin C-rich as fresh oranges, fortified margarine as vita-min A-rich as butter. One studies the basic groups and selects with and palate. A wide latitude is

How might these food groups e fitted into family meals for

"A Balanced Diet" offers a entire week's menus to answer this question. For Thursday, for example, it suggests: Breakfast pineapple juice, hot cereal



Ann Alluring Hart-Alluring is not her middle name but Ann lart, our Valentine beauty, sn't need it. She was elect ed St. Valentine's Day Queen, and is seen, above, trying on er heart-decorated crown for

with milk, toasted English muferage. Lunch — omelet with creole sauce, buttered Swiss chard, popovers with butter, half grapefruit with mint ice, milk. Dinner — pot roast of beef, carrots and onions, ovenbrowned potatoes, green pepper cheese salad, butter-flake rolls with butter, pecan cup cake, cof-

How do the food needs of children differ from adults? Their needs of certain nutri

ents are relatively greater than those of grown-ups during per iods of fast growth, which are roughly from of the to 5 years and from 10 to 19 years. Early childhood and adolescence, in other trician is helpful in the former period, and during the latter "seconds" can provide the extra calories often demanded. The higher among adolescents. Citru green peppers are all high in

Do the elderly people in the family need special foods?

No. They require less calories because of reduced activity and the cooking may have to be adapted a little to suit poor

How does cooking affect the nutrients of food? Heat and air destroy certain vitamins; other vitamins and minerals are soluble in water Cook, if possible, in a covered pan in as small amount of waa time as possible. Such a method reduces losses.

What are some of the common rrors of commission or omission that put a diet out of balance? "A Balanced Diet" lists seven. They are (1) skimping or omitting breakfast, (2) too many calories, (3) poor variety, (4) particular attention might b lack of milk or milk products, (5) lack of vegetables and fruits, ucts group.

Something to Cackle About ing creatures by observation, has two good reasons to be proud of her 12th birthday. The White Legtwo-year-old, with a 50 per cent laying record for the month preceding her birthday. Student Ethal Golden lights the candles for his feathered teacher

of the budget on one or a few are scanty, (7) improper prep-

in fact, is the keynote in selecing a balanced diet, offering the best practical means of achieving it. Variety is also impor-tant in giving appetite appeal. Most of our diets generally tend

#### LET'S NOT FOOL OURSELVES

Our hopes and desires for world peace will not be advanced by harboring ill-conceived notions about the living standards and capabilities of the citizens of countries behind the Iron Curtain. Far too many of us think of the Union of Soviet Socialists Republics as a comic strip Lower Slobbovia, inhabited by ragged, ignorant peasants. battling for existence in a perpetual snow-storm. Actually, Moscow is no closer to the North Pole than is Glasgow or Edmonton, and Stalingrad is on almost the same parallel of latitude as Paris and

According to Mr. Cyril Ray, who spent eighteen months in Moscow for the Sunday Times of London, as reported in the Letter Review, Soviet living standards are rising slowly but perceptibly. Already they are higher than those in northern Greece, southern Italy and some other parts of the Free World. "Russians feel grateful", says Mr. Ray, "to a regime which has provided them with luxuries their fathers and mothers never knew-refrigerators, washing machines, motor cycles, nylon stockings, radio sets, etc. For the first time in history every Russian woman can afford perfume and

According to this report, Mr. Ray found meat, cheese, butter and patronized by officials and foreigners. Mr. Frank Rounds, U.S. expert on Russia, who had recently returned from the American Embassy in Moscow, reports in UN News, November 18, that the Russians are making "tremendous" economic progress and that every year living standards vastly improve.

One aspect of the industrial development of the Soviet union is to be found in the 1952-53 edition of Janes' Ali The World's Aircraft, published on December 4th. This authoritative annual aviation record comments that "during 1901 the Soviet aircraft industry is reputed to have produced 22,000 aircraft, one half of them fighters. and 63,000 aircraft engines." The same publication reports that U.S. military aircraft production attained 900 a month at the end of the year, indicating an annual rate below 11,000. The Russian aircraft industry now consists of 360 state factories.

The tendency to underestimate the efforts of the Communists

We fall into serious error if we rely upon argument based on a materialistic philosophy to combat materialistic Communism. The fact that progress is being made in the matteer of living standards in Russia is not an argument in favour of Communism. The issue is still between freedom and slavery. In the final analysis, economic progress is due to hard work and appreciation of economic facts. There are two ways by which men can be made to work. One is to reduce them to the level of slavery and drive them to work; the other is to provide them with incentives, based on enlightened self-interest and an appreciation of their responsibilities as free men. History has proven that, in the long run, the free man can build for himself and for his neighbors, a better world in which to live than can men forced to work under the lash. The free man, secure in this knowledge, does not want the truth disguised. In fact, his faith requires

issued by The Canadian Chamber of Commerce.



. . .

What is a skimpy breakfast? One that fails to provide from fourth to a third of the day's needs. Fruit, cereal with milk, age is a good cheap adequate breakfast. Eggs are an attractive addition.

Is there any one food more important than another in balancing a diet? No. Variety is the thing to aim

and to overestimate our own, breeds complacency. Far from being a morale booster, such self-deception boomerangs with serious effects when the true facts come to light. In a condensation appearing in the December issue of Reader's Digest, Robert C. Miller, a United Press roving correspondent, reports that General Van Fleet, at a conference of his corps commanders, stated that if he had believed their casualty claims "there would not be a live Chinese or North Korean opposing us." As Miller points out, the Free World is fighting desperate, costly battle against Communism and the most devastating weapon on the side of freedom is truth. "With it we can build the strength of the democracies and undermine that of our enemies."

If we recognize clearly that progress is the result of determination and hard work then we need have no fear that slaves will ever be able to out-perform men who are free. A true appreciation of the full facts will serve only to arouse the illimitable might generated by the competitive spirit of free men.-From "The News Letter"



"There's a salesman for you!

What a master backslapper!!

Good Queen Victoria

Threw Nothing Away

Queen Victoria was one of

hose people—and there are

- who revel in the past

hundreds of thousands like her

and all that reminds them of it.

She could never bear to dis-

card anything even when it had

become old and useless; and

ould rarely appreciate any ex-

To the headpiece of every bed

palaces was fixed a photograph

She also had the images of her

ed in countless albums, and after

ture in detail to her guests, while

of her seemingly never-ending

Thousands from all over ti

after her husband died she

perience without remarking

would have enjoyed it, too."

made her furious.

for example, it could not be changed without her consent, and then only if replaced by another, identical in size, colour, pattern, and weave. It seems odd that England's ruler, at a period when change was the order of the day, should have kept her own surundings so static.

#### Earthquakes Prove Earth's Core Liquid

What is it like at the center of the earth? Profs. W. Maurice Ewing and Frank Press of Columbia University's Department of Geology presented evidence last month that the core of the earth is liquid.

The evidence was supplied by a new seismograph which is installed at Columbia's Lamont much "good, dear Albert Geological Observatory at Palisades, N .Y., and which is technically called an "ultra-long period which she slept in the royal vertical seismograph." The strument records hitherto unde-Albert laid out after death. tected earthquake surface waves. so sensitive is this new seismofriends, relatives and pets mountgraph that it responds to earthquake surface waves even after dinner would explain each picthey have circled the earth eight imes - a record which was esthey expressed their appreciation tablished on Nov. 4 when a severe earthquake rocked Kamchatka, the Russian-inhabited Later, in the "John Brown" peninsula northeast of Japan "The earthquake proved to be

eriod, the curtains, chair-covers and walls were all tartan-patust what we were after," says erned, and every inch of wall space was plastered with photopowerful as the one that dest oyed San Fransisco in 1906 and down or replaced without her set a so-called 'tidal wave' in motion that later reached Hawaii." have died than have given it. The seismograph recorded the snock waves of this remote Victoria | earthquake as they circled the presents. Before she died she had earth in both directions. Fifteen enough articles of clothing to | trains of waves were detected in stock a museum. Each had a all. "This last group of waves photograph and a number, and | had gone completely around the they were entered in two mas- | globe no fewer than eight times, leatherbound catalogues. having travelled altogether about which stood on a table near her 182,00 miles." comments Profesfavourite chair. It was her custom to open them, gloat over sor Ewing. In his opinion "it felt the earth's core." her possessions, and add to the Professors Ewing and Press

CUNARD LINE

Winter Sailings to EUROPE

All yours for less than 5 cents a mile!

at sea...rest and relax...at so little cost!

Includes superb cuisine...wonderful personal service...dancing...movies...pianned ship-

board entertainment...comfortable staterooms...every convenience of gracious living!

ONE WAY RATES TO BRITISH PORTS

VESSEL

QUEEN MARY

QUEEN ELIZABETH

Consult your local Agent-No one can serve you better.

Head Office: Corner Bay and Wellington Sts., Toronia, Oni.

CUNARD STEAM-SHIP COMPANY LIMITED

ASCANIA

SCYTHIA

MEDIA

SAMARIA

PARTHIA ASCANIA

QUEEN MARY

Tourist Class as low as \$140

TO

Cherbourg & Southampton Cobh, Havre & Southampton

Havre & Southampton Cherbourg & Southampton

Cherbourg & Southampton Liverpool

Cobh & Liverpool

catalogue as more gifts arrived. | came to design their ultra-long

First Class from \$192

Mar. 6

Mar. 15

NEW YORK HALIFAX

Feb. 27

Mar. 13

Mar. 20

might have served a useful pur-pose were locked away in bu-

Photographs were taken to commemorate every event in her life and every place she visited. Queen Victoria detested change. She always did the same things at the same time and the slightest deviation from habit If a carpet was worn through,

ALL FORDS - \$4.98 About Future Fuel Pump Trouble \$1.00 Deposit on All C.O.D. Orde ERIE ENTERPRISES BOX X FORT EPIF ON

WHY YOU SHOULD NOT TAKE SODA If you suffer from acid indigents, heartburn, adientists say baking sods on to your upset, destroy vitamin a silzalouis, acid rebound.

"After meals I had indigentice of pains, and I practically lived on it sods," says Peter George, Lethbridg, in Then I started taking Dr. Piero's in Medical Discovery and the pains sent and I could eat and enjoy meals any agained 30 pounds and felt much bear Thousands who suffered such distrast to no organic causes, tried Dr. Section 10 pages results. Over 35,000,000 bottles on aclooholic medicine, with its stomachic tonic action, have be date. And no wonder. First, take it promotes more normal stomachus beliping to digest food betwon't have gas, heartburn, sou Second, with stomach activity imp can eat the foods you like with after-distress.

## DON! what's good for a COUGH

A SINGLE SIP TELLS WH

ASK FOR BUCKLEY'S MIXTURE

## Around Old London

a result of their interest shock waves which are to as "Rayleigh waves" and we can indicate the degree of

dity of the earth's core he leigh's waves studied before

particular seismograph was stalled were no more than

miles in length, thererfore affected by the crust of

earth, which is sometic

around twenty-five miles the

length, contrary to the tree

shorter waves," explains too sor Ewing. "Since the dept."

penetration of the surface up

we interpret this failure

ongest waves to increase in

ocity to mean that the

'feeling' the liquid core of the me

were solid, velocity should

rease with wave length at

ransmitting medium been

count tonight if you heed advice of the Colgate Univer

Psychology Department to has found the chances are it

50,000 MILES

GUARANTEED

FUEL PUMP FOR

you will sleep better on a bed than on a hard one.

ation is of the Swiss chalet pat ern and has a wooden lace took a prize for the beauty of its "The great interest of the ger waves is that their velo

ling?). There

# John Russell

sed as fast and as econoitally as fat-types in Iowa tate College tests. And with strong consumer preference for lean cuts, you'll be ahead with the type carrying more meat and less fat. Record on 144 litters howed pigs of intermediate angth were fastest growers and gth were most economical in ents. Short, fat

and time because the nitrogen can be put out with other fertilizers instead of separately. Spring ap-plications also have paid off in parisons were made be-Chester White, Duroc, Po-China and Landrace pure-D. Jones, agronomist, got a 2-yr. average of 100.3 bu. of corn an crosslines and with cross-hogs developed especially acre where he spread 100 lbs. of nitrogen on Feb. 15; nitrogen applied when the corn was plant-ed made 105.3 bu. an acre and nitrogen side-dressed when the corn was knee-high helped make \*101.2 bu. All the corn in those

Freed per 100 lbs. of gain was higher for the fat-type Chester White and Poland China cross- white and Poland China cross- plot that received only the 0-12ype Landrace made the st economical gain with 326 of feed for 100 lbs. gain. The na No. 1-Duroc-Poland-ace cross did very well, averaged 205 lbs. at 5 percentage of lean cuts eater demand at the re-ter. Poland China and

tilizer per acre. Yield from a plot that received only the 0-12-12 was 77.5 bu. an acre and an Moisture was lower in the grain which got early nitrogen, but that was the only difference Jones could find, according to a

man." He did discover that nitrogen residue will carry over in the soil. He grew wheat on the plots crosslines and the 4 where he had grown the corn averaged from 5 to and got a 2-yr. average of 22.7

### CROSSWORD 9. Reclines 10. Poker stake PUZZLE 11. Repose 17. Property 19. Detract 22. Headpiece 23. Play on the stage 24. Sound of cattle 25. Purpose 27. Turkish officer 16 17 30 31 32 33 35 % 31 17 28 29 43 42 45 46 42 | 48 | 49 | 1

3 2 2 2 2 2 2

Answer Elsewhere on This Page

tates were held the pink light

flowers on the pavement trees

and vellow color, and the blue-

colors. There is also the mauve

and white lilac.—From "Flower of Cities: A Book of London Stu-

little difference in dressing per-

returns from spreading nitrogen early in the year ahead of plant-

ing as from applying it to a grow-ing crop, researchers at the Pied-mont Research Center, Virginia. The early spreading saves labor

Working on a tight soil, George

Nebraska wheat fields.

You can expect just as good

I like old suburbs that have rown from country places. They tand ten miles from London and miles from a countryside that ill unspoilt because the train ice is so bad. The railway

In the straight streets planted with trees and fringed with grass plots stand the modern houses where the families live. These names from the old houses.

madern names are written on
garden gates or slung in fretprice over the porch: The Cedars,
madern purposing the more oromin, the more original Dunsekin, Trottalong.
There is the house that is called fortune - founding?). There is Deo Data for the learned, Villa Roma for the travelled, Portar-lington Lodge for the socially am-mitious, Ella, Basil and Ronald t Elbasron. There is also fton which is "not for sale"

place names on the way the city where the fathers laily to earn their living are fosiers, Green Lanes, Wood Green, Turnpike Lane. Coming nearer to the city there is Man-or Park. And what is that curi-ous building, an exact copy of Lanes, Wood

n the high-lying outer north-suburb the wind blows fresh ore it, the pink almond blossom blows away. When the sun is going down in stormy red clouds the whole suburb is pink, the light is a pink light; the high brick walls that are still left

#### bu. an acre where the nitrogen had been plowed in before plantstanding where once the old esnitrogen went on at planting time; 25.9 bu. on the side-dressed plot; 16.4 bu. for the 0-12-12 only gray of the roadway that are special to this suburb. The slim stems of the garden trees make a dark line against the delicate plot; and 15.7 bu. from the un fertilized plot. . . .

Wheat growers also can make better use of nitroger by applying it in early spring. From the standpoint of total hitrogren recovery and added protein content in grain, spring applications have shown a distinct advantage

Good seedbed practices usually mean enough available nitrates in the soil to support favorable around 1/15 of its total weight. But when growth is resumed in spring, the plant develops very rapidly. Adequate nitrogren sup-plies are needed particularly from April 5 to June 5 in Nebraska. In this 60-day period before neading, the basic substance of the plant is practically all made and little nitrogen is needed as it ripens. This explains why the nost efficient use of nitrogen takes place after April or May appli-

cations. Yield tests in 11 Nebraska locations over a 5-year period showed 40 lbs. of nitrogen in the fall caused wheat to yield an extra 11 bu. over unfertilized seedings. A like amount in the spring brought 12 bu. more. Split applications of 10 lbs. in the fall plus 30 lbs. in spring gave an

In all tests, nitrogen was supphorus. This increased yield bu, for nitrogen alone and 12 bu. for the combination. Wheat made no response to potassium.

supplement can be made accurficiency symptoms and soil mois-ture supply after the crop has commenced growth in the spring. On soil of very low fertility, a split application helps, since it stimulates early growth and til-

odds are 30 to 1.

# Keep Rain Away With These Gay Slickers

RAINCOAT time is just around the corner for many of us. In a few parts of the country it's a year 'round thing but in most places annual spring showers are coming. For the very young miss, the oilskin slicker has returned. Women who wore it when they were flappers in the "Twenties" will view it with nostalgia. Their daughters will take to it on campus, job, or just on the go.

The new slickers are in colors that range from pink cloud to blue sky. There are vivid colors, too. Red geranium, blue sapphire, yellow, and nut brown. The oilgeranium, blue sapphire, yellow, and little broken skin itself has been treated to render it completely waterproof rather than water-repellent.

These slickers are styled along the classic lines made famous and popular by New England fishermen in the 1800's. For comfort and softness, a corduroy-lined collar

One design features this collar in stripes, just for fun. There's a matching hat too, with corduroy motif in stripes

In addition to the head-hugging cloche, there's the tradi-tional fisherman's "sou'wester" to wear with the slicker.

oilskin slicker is toned down to a beautiful shade of nut brown for those who lean toward the conservative in color. It is highlighted by a striped corduroy lined collar.

In keeping with this season's new third the season's lined collar has been subjuiced in this season's lined collar has been subjuing-soon's location and slaw or down. The cloche is for protection and glamor.

# Cockle-Women Scared Napoleon's

mud. This bivalve is good to éa:
all the year round and makes an
appetising and succulent dish in
these days of unvaried diet.
Cockles are especially nutritive
when boiled in milk, and there
is no doubt that the Romans were is no doubt that the Romans used this easily obtainable food as a ration for their soldiers. At many

cockle shells have been unearth-In England the most important centres of the cockle industry are the Wash, the Thames Estu-ary and Morecambe Bay, but probably the oldest 'beds' are in Wales. The cockles from the neighbourhood of Burry Estuary near Swansea are renowned for their size, quality and flavour. Even in the present day the women who gather cockies at low tide, and load them into donkeypanniers, wear distinctive head-dresses and shawls. Indeed, the picturesque dress of Welsh cockle women has an interesting histori-cal association for, when Napoleon thought of invading England

ships were frightened off when the captains saw what they took to be red-jacketed British soldiers on the sand-dunes. The troops' were really cockle-women in their traditional dress. lying off the coast and had collected in force to parade around like infantrymen; the ruse, of course, was entirely successful.

ties. In Wales they are raked out while in Cornwall a metal spoon is used for the same purpose. In some places gatherers simply stamp with bare feet on the sands and the cockles rise to the surface under the pressure. On parts of the Lancashire coast a base board, known as a 'jumbo' is nailed to a frame and pressed down on the sand.

Ammonium nitrate and urea have been more effective as a spring top-dressing for wheat than ammonium sulphate. On the basis of nitrogen contained, these change of temperature in the water. These bivalves live on sea-water and not on sand as is gen-3 nitrogen carriers are essenti-ally equal when soil is moist at time of application. Anhy-drous ammonia applied 4 to 6" erally believed, and, owing to the fickle nature of cockles, establishdeep before planting or in early spring has been as effective as All cockles are graded through ammonium nitrate.

A popular theory promulgated by critics of Hollywood is that movies are successful because a large percentage of the audince are children who are easily pleased. According to a survey the odds are 12 to 1 against anyone in the audience being a child. metropolitan New York the

Troops Away! The common cockle is found | to extract from cockles as there

. . . . . .

and landing at Fishguard, his 11 bu. increase.

Chief advantage of spring treatment is that need for nitrogen ately estimated according to de-

all round the British coast line as in mussels, but they have a in the vicinity of estuaries, where it buries itself in the sand or sand. The Red-nose has a crim-

way, have their own method of cooking cockles. They are cleaned for a few hours in a tub of cold spring water where they spew up the sand inside them; then they are fried in a batter of breadcrumbs. The majority of the old camp sites huge heaps of people living by the sea simply stew cockles and eat them in plebeian fashion, but a great deal can be achieved with a little ingenuity in the kitchen and when serving at the table. After the

pepper, more substance and fla-vour can be given the dish by stirring in a spoonful of flour and simmering over a slow fire. Before serving, add a large The Bretons cook cockles various appetising ways, sometimes frying them with ham; they also put them in pies, chopped with chives, after a laye of bacon has been put at the bot-tom of the dish. The Belgians, who are very fond of cockles flavour with chives and fry with oatmeal. For convalescing invalids a good strengthening soup can be made of cockles, though it is sometimes found to be indigesti-bel. On the Italian coast where 'cocciola' abound, they are usually eaten raw or cooked in oil after The technique of gathering cockles varies in different locali-

cockles have been cleaned, cook-

oyster, but now it is regarded as a general and democratic dish. in many parts of Great Britain cockles of the heart!'
And, incidentally, while disc strongest man is unable to open a cockle with his hands, the star-fish straddles the bivalve and opens it with the greatest

## **ASUNDAY SCHOOL** LESSON

Matthew 23:1-12, 37-39

shall exalt himself shall be abased; and he that shall humble self shall be exalted. Matthew

Who is more despicable than a hypocrite unless it be a person who is small enough to try to hide behind one? He excuses himself from being a Christian because there are hypocrites. The religious leaders, Scribes and Pharisees were hypocrites. Jesus said so, repeatedly, and illustra-ted his charge by specific instances. These men pretended to be virtuous but were wicked at heart. Jesus did not speak this

with a view of warning the nation against their false leaders. It is well that the lesson inthe coming destruction of Jeru-salem. It demonstrates the burden that was on his heart. He The eyes of the world are on

the new president of the United States. What kind of a leader will he be. When he took his oath of office the George Wash ington Bible was opened at Ps. i27:1. "Except the LORD build the house, they labour in vain that build it: except the LORD ed the watchman of the free peo-ple's of the world. But whether building or alerting for danger she needs God. The Bible his mother gave him at his graduation was opened at 2 Chr. 7:14. If the nations would accept this challenge war and the fear of wars would cease. Shame on the ed and seasoned with salt and manded him for asking for the privilege of offering his own pri-

vate prayer. A mixture of orange and pine evening festivities. This pointed out President Eisenhower's desire for sobriety. Would that all our leaders from municipal councils up, would have the courage to thus reprove drunkenness. God bless our leaders and may they be true and not false.

(Upside down to prevent peeking)





Busy Champion-With his mind definitely on his work, Duke, champion Doberman Pinscher, seems entirely unaware of pretty Iris Maxwell's blonde charms. In training for dog shows, Duke works out on the beach, using Iris for a hurdle.





Cockle colonies have a habit of

shifting their locality and huge

beds covering several square miles have been known to van-

ish in a night owing to a sudden

a wire screen before marketing

the size of the mesh being gov-erned by a local by-law, and the

small specimens are returned to the bed to grow and mature.

When the cockles have been

mark, they are sometimes put in

the shell, and are sold in local

markets as 'live cockles.'

huge cauldrons of boiling water, where they open, become free of

There is no poisonous 'beard'





