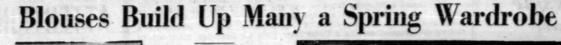
You Can't Feel Young If Your Feet Don't!

If you're nudging forty but teeling more like sixty, chances are that your feet are at the bot-

Although foot troubles nit young and old alike, they tend to become more painful by the time those first strands of grey hair appear. In fact, the condi-tion of your feet can nean the difference between good and poor health, between an ener-getic and cheerful life — and one handicapped by miscellan-eous aches and pains, as well as a touchy disposition Foot specialists say that most

limp into doctors' offices have been shuffling about the house in run-down house slippers or an old pair of high-heeled pumps instead of well-fitting, low-heeled all-leather shoes that hug the heel and allow ample toe room No wonder these ladies suffer! Slippers give inadequate support metatarsal arch - and bring on fatigue, cramp and leg pains. As for the high heels, they provide much too narrow a foun-dation, causing your feet to wobble and resulting in strain and maybe an unsightly "puffy" ankle. Such shoes make your daily toils twice as tiring, and, because they give your feet so little support, they put heavy strain on the spinal cord which

may well produce back pains and even headaches. For women walking into middle age, high heels are fine if worn no longer than three to four hours a day. Foot special-ists recommend as the best allnd shoe a low-heeled oxford type, with supple leather uppers to give the toes freedom movement, and a flexible eather sole that bends easily. Leather is important because its finely interwoven fibers permit cool air to pass in and out of the shoe. Leather being the nearest thing to human skin, it conforms naturally to the thousands of different positions





lovely blouse. The trim is four embroidered, cutwork butterline tapers at the back.

BY EDNA MILES IT'S a fact that many a tiny wardrobe has been stretched and made to seem larger through the addition

This spring, a designer has created a complete blouse wardrobe. Each one is oudget-priced in fabrics that make upkeep simple. Some are in that fragile-looking but hardy synthetic, nylon tricot. Others are in pima broadcloth, acetate rayon, nylon sheer, orlon-and-silk. pure silk, nylon linen or Colors are vivid or deli-

cate; chartreuse, natural or melon plus the basic black and white; pink, blue, maize and eggshell. One of the most likely nembers of the nylon group s nylon linen. Opaque, i looks like linen and washes



white coiton pique blouse, at left, has a classic club-collar and training and that's good news appeting appealance.

White coiton pique blouse, at left, has a classic club-collar and tailored, stitched placket fastened with ocean-pearl buttons. Short-sieeved brief, at right, has a convertible mandarin collar. and rows of pinpoint stitching. Both blouses are budget priced.

of walking. than 11/2 inches high - is important, too. Your circulation isn't what it was when you were sweet sixteen, and your ankles may have a tendency to swell. That's why you need the firmest possible foundation for your

lay-to-day activity The marriage of modern shoecraft and up-to-date foot care means that most foot suffering is unnecessary today. Shoes can be both smart and sensible; they can feel wonderful on your feet and still look fashionable. So why not exercise a little extra care in your choice of shoes from now on? You'll find that you'll banish a lot of those

half as much again jam and jel-

from the same amount of

quite here: but it won't be long now. So today my column will consist of some recipes that have been thoroughly tried, tested and found excellent. Why not clip them out, and have them ndy when the fruit starts to

come in with a rush? A word of caution about the recipes calling for commercial pectin. Never vary them—either in the time specified, or in the amount of ingredients called for. If you want to make a double amount of jam or jelly, do not double amounts. Start afresh and make two separate batches. You see, the commercial pectin recipes are carefully kitchen-tested, and balanced for best results. They are, in fact, practically formulas, and should be treated as such. This applies setting of anywhere from one week to ten days is indicatedset immediately upon bottling. This is not done without reason -for the longer setting period in those cases, assures you of a more tender, delicate jam or

Remember, too, with the shortboil method, you're not boiling away fruit and juice. That's why the recipes call for a larger am-

To prepare fruit. Stem and pit about 1 pound fully ripe sweet cherries. Chop fine Slice thin or chop (do not peel) about 4 pound rhubarb. Combine fruits. Measure 3 cups into

fruits. Measure 3 cups into a large saucepan.

To make jam. Measure sugar and set aside. Place saucepan holding fruit over high heat. Add powdered fruit pectin and stir until mixture comes to a hard boil. At once stir in sugar. Bring to a full rolling boil and boil hard 1 minute, stirring constantly. Remove from heat, skim, ladle quickly into glasses. Paraffin at once. Makes about 7 ount of sugar. Actually, there is no more sugar per jar of finished jam or jelly made with pectin than in the older, long-boil kind. In fact, you get up to half as much again is and jell. Paraffin at va... six-ounce glasses. Paraffin at once. Makes about 7

STRAWBERRY JAM 3¾ cups prepared fruit ¼ cup strained lemon juice

7 cups sugar
7 cups sugar
½ bottle liquid fruit pectin
To prepare fruit. Crush completely, one layer at a time, about 2 quarts fully ripe strawberries. Measure 3% cups into a very large saucepan. Add lemon juice. To make jam. Add sugar to fruit in saucepan and mix well.
Place over high heat, bring to a
full rolling boil, and boil hard 1 minute, stirring constantly. Remove from heat and at once stir in liquid fruit pectin. Then stir and skim by turns for 5 minutes ghtly, to prevent floating fruit. Ladle quickly into glasses. Paraffin at once. Makes about 10 six-ounce glasses.

RED RASPBERRY JAM

6½ cups sugar
½ bottle liquid fruit pectin
To prepare fruit. Crush thoroughly about 2 quarts fully ripe berries. (If desired, sieve half pulp to remove some of



Bottle-Balanced Baby-Milk bottles have many uses for a young elephant with many talents. "Feet-sure" on the program of Bertram Mills' Circus is young Sabu, seen above, who thrills audiences in London, England, as he teeters along gracefully on his bottles.

seeds.) Measure 4 cups into large saucepan-To make jam. Add sugar to fruit in saucepan and mix well. Place over high heat, bring to a full rolling boil, and boil hard 1 minute, stirring constantly. Re-move from heat and at once stir in liquid fruit pectin. Then stir and skim by turns for 5 minutes to cool slightly, to prevent floating fruit. Ladle quickly into glasses. Paraftin at once. Makes about 10 six-ounce glasses.

anytime, anyplace.

CHERRY AND RHUBARB JAM 3 cups prepared fruit 4 cups sugar 1 box powdered fruit pectin

CHERRY JELLY (Using sour cherries)
3½ cups cherry julce
7 cups sugar
1 bottle liquid fruit pectin

To prepare juice. Stem (do not pit) about 2 quarts fully ripe sour cherries and crush thoroughly. Add ½ cup water; bring to a boil and simmer, cov-ered, 10 minutes. (For stronger cherry flavor, add a few crushed cherry nits during sizes.) cherry flavor, add a few crushed cherry pits during simmering, or add ¼ teaspoon almond extract before pouring jelly.) Place in jelly cloth or bag and squeeze out juice. Measure 3½ cups juice into a very large saucepan. To make jelly. Add sugar to juice in saucepan and mix well place in saucepan and mix wen,
place over high heat and bring
to a boil, stirring constantly. At
once stir in liquid fruit pegin.
Then bring to a full rolling boil and hoil hard 1 minute, stirring constantly. Remove from heat, skim, pour quickly into glasses. Paraffin at once. Makes about

11 six-ounce glasses. RIPE RASPBERRY MARMALADE 4 cups prepared fruit 7 eups sugar 1 bottle liquid fruit pectin

To prepare fruit. Peel off yelow rind of 2 medium oranges and 2 medium lemons with sharp knife. leaving as much of white part on fruit as possible. Put ellow rinds through food chopper; add 1 cup water and 1/8 teaspoon soda, bring to a boil, cover, and simmer 10 minutes. Cut off tight skin of peeled fruit and slip pulp out of each section. Add pulp and juice to cooked rind and simmer, covered, 20 utes longer. Crush or grind about 1 quart fully ripe raspber-ries; combine with orange mixries; combine with orange mix-ture. Measure 4 cups into large saucepan, filling up last cup with

water if necessary. To make marmalade. Add sugar to fruit in saucepan. Mix bodied males returned at the well. Place over high heat, bring to a full rolling boil, and boil hard I minute, stirring con-stantly. Remove from heat and at once stir in liquid fruit pec-tin. Then stir and skin by turns for 5 minutes to cool slightly, to prevent floating fruit. Ladle quickly into glasses. Paraffin at once. Makes about 11 medium

RIPE PLUM RELISH 3½ cups prepared fruit 6½ cups sugar 1/2 botile liquid fruit pectin

To prepare fruit. Pit (do not peel) about 2 quarts fully ripe Cut in pieces and chop fine. Add 1/4 to 1 teaspoon each namon, cloves, and all spice or any desired combination of spices. Measure 3½ cups fruit into a very large saucepan. To make relish. Add sugar | move some of seeds.) Measure 6 cups into a very large sauce-

and vinegar to fruit in saucepan pan.

Disce over high pan.

To make jam. Measure sugar

To make jam. Measure sugar and boil hard 1 minute, stirring constantly. Remove from heat and at once stir in liquid fruit pectin. Then stir and skim by turns for 5 minutes to cool slightto prevent floating fruit. Ladle quickly into glasses. Paraffin at once. Makes about 10 six-ounce glasses.

..Plain Horse Sense..

The Golden Age "The small landholders throughout the greater part of the country were sinking deep-

er into ruin under the pressure of accumulated difficulties. "They were called upon to compete with the foreign grain im-ported from beyond the sea, and with the foreign slave labour purchased by the capital of wealthier mer wealthier mer.

"Farming became unprofitable and the hard laborious life with its scanty reurns was thrown in-to still darker relief when compared with the cheap provisions, frequent largesses and gay spectacles to be had in the large "The smallholders went off to

swell the proletariat of the cities, and their holdings were left to vineyards, olive yards and above all in the great cattle farms of the rich, and their own place was taken by slaves."

With these words a history of Rome describes the lot of the farmers over two thousand years ago. The decline of the farmers in old Rome coincided with the great boom of industry and commerce, known to the world as the "Golden Age" which was followed by the decline and fall of the empire.

The Golden Calf Apparently Man has not learned from the experiences of former generations. Whether it is imported grain produced b slaves or imported vegetable oils produced under dave labour-like onditions, the people of the period in their avarice want "cheap" food and immediate large profits. They forget that by destroying agriculture they destroy

nomy, the health of their children and the regenerating power of the nation. The history continues by saying that "the Government had received plenty of warning in the declining numbers of able census, in the increasing difficulties in recruiting for the legions, in servile outbreaks in Etruria Is this not remindful of the last world war when it was reported that 40 per cent of the Canadian and American youth

were physically not up to mili-tary standards? "A good deal was attempted by way of remedy" by the Gov-ernment. The foundation \$\psi\$ 20 colonies, the frequent allotments of land to veteran soldiers, the draining of the Pomptine marshes for the purpose of cul-

tivation were only partially successful.

After some years "even these efforts ceased, and with the

CURRANT JAM

2 quarts fully ripe red currants

and crusa thoroughly. (If de-

sired, sieve half of pulp to re-

stir until mixture comes to a

Bring to a full rolling boil and

stantly. Remove from heat,

hard boil. At once stir in sugar.

boil hard 1 minute, stirring con-

skim, ladle quickly into glasses. Paraffin at once. Makes about

single exception of the colony of Auximum in Picenum nothing was done to check the spread of the evil, until Tiberius Gracchus, on his election to the tribunate, set his hand to work." ond centuries before Christ with the twentieth after, the similarities are striking. Then as today materialistic views prevailed. The old gods were coming into disregard and more and more the Golden Calf" was being wor-

t iast one group of men who they would never get anywhere without a renewed spiritual and noral integration. They are the members of the Ontario Farmers Union The

She'll See Shells-In her sleep, Priscilla Conrad, shell casing program of the union is solidly based on the Law of God from packer, will see thousands of which the natural Rights of Man shell casings after a day's work. derived. The preamble of the She feels she has a personal in program goes on to say: terest in these casings as her "We believe that amongst brother is fighting on the Korthese natural rights of man ean battlefields where many are the right of every individof them will be used.



Crack Down on Mau Mau Terrorists-Following recent outbrecks of May May terrorism in Kenya, East Africa, the British have begun a roundup of those suspected of belonging to the bloody native organization. Picture shows an armed guard watching over some of the 1,000 Mau Mau suspects netted in the recent raid on the village of Mathari.

ESLINDAY SCHOOL

out any harm to themselves

would have no conscious of the idol. But other weaker

s were troubled when they their fellow Christians in

idol's temple. Paul made his at appeal, "Through thy

shall the weak broth

for whom Christ died?

e, ye sin against Christ.

argue that there is no drinking liquor as long

n't get drunk. (Drunk-one of the things of

ich it is said, "They

such things shall no

kingdom of God.

ne experts demonstrate

ects the brain. The indi-

small amount of al-

impaired" though not

chool lessons did well

Paul's statement on

in this temperance

piblical and profane, il

ked seaport city of Corinth.

trates the point that a drink

d the individual more readily

If one may trust the findings

surveys, about three quarters young men and half of the

ing women indulge in this sin ore marriage. What an in-

ent against our civilization

dare we call it Christian?

o increases the possibility nication. The brakes don't

o well. Inhibitions and

ve sin so against the

R B Warren. B.A., B.D. under a free den ms of the Christian nce (Temperanee Lesson inthians 8:7-13; 6:18-20 instead of compe

emory Selection: If meat make my brother to offend, I will eat no flesh while the world standeth, lest I make my brother to offend. 1 Cor. 8:13. survival of the fittest.
"To foster and to pr operative way of life we willing to co-operate win addressing people Some felt they could

the only occupational organition, we know of, which be and ends its sessions with p ers. Its members believe lowing the "Golden Rule" estions, wise or foolish, and criticism, whether r destructive and will

The Ontario Farmers Uni

limits of his capacitic right to a full and life for everyone.

of the indi

EXPERT OPINION

answer any question.

your letters to Bob Ell 123 - 18th Street, New

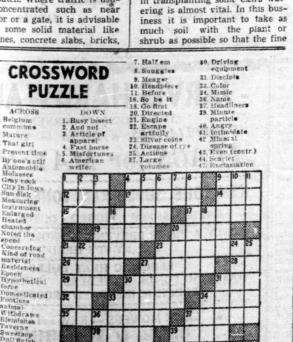
was an expert mechanic in bargain. The dignified so 6 cups prepared fruit
7 cups sugar
1 box powdered fruit pectin queen who employed him only one complaint: he was tremely sloppy about his own pearance. One day she decided that the time had come to le ture him on his weakness move some of seeds.) Measure jamin," she began severely, "hos often would you say it is necesat her intently. "With and set aside. Place saucepan holding fruit over high heat. Add powdered fruit pectin and replied politely, "I should that every third day would

> Purely Acadamic. sland, Neb., just after disco escaped, Jailer Harry U.S. Bureau of Prisons cessfully completing a pondence course in the handling of prisoners.



under control. But this pulling the weeds out by ots or cutting them off besoil's surface with a culor or hoe. This first and clean-up has been carried a little routine cultivation take care of the garden for

Garden Paths tter how small the gar there will be the problem of Instead of being an eyethese can be made into an lower plots or even the vegepatch. Where traffic is usu-concentrated such as near oor or a gate, it is advisable se some solid material like



45 47 45

Answer Elsewhere on This Page

Safety Demonstration—Sgt. Charles F. Pearsall, Director of Toronto Traffic Safety Council, conducts a class in safety regulations. These students are preparing to enter this year's Traffic and Safety Quiz at the Canadian National Exhibition. The Quiz is open to school students up to the age of 16 years, and there will, of course, be cash prizes for the winners. This is an opportunity for students to earn a little extra money and at the same time help make this a safer country where children may run and play at home and at school. For details of this competition send a request to the Canadian National Exhibition. A copy of the prize list with entry forms will be mailed out free of charge. The envelope should be marked "Women's Division."

And Care

By STELLA McKAY

I've tried definite play periods without success. What would you suggest I do now?' asks Mrs. J. T.

Why not let Johnny help you

with your housework? He could

dry silver, scrub potatoes, empty ash trays and waste baskets.

Thank him and praise him for his help. Buy him a toy tele-

phone that rings when dialled and have him 'phone to you from his other-room "office." You'll

perhaps learn what is worry-

ing or frightening him, if you

In a few days try playing school with him. You be the

teacher and as you go about your work Johnny can sit at his desk. In this way you can talk

does things for himself. Soon

you can invite another child to

Perhaps in a couple of days, if Johnny is happy with the other child, your pupils can play

listen to what he has to say.

these the main thing is to place firmly and level with or just Your Child's Health slightly above the surrounding grass, so that the lawn mower will trim or even run right over easily. Where the traffic is light the strip of well grown, well fed and tough grass. It is surprising the amount of wear this will give. In lots of public gardens grass paths are used to divide the flower plots and they are seldom worn thin. Where cin-

der or gravel is used in paths or

driveways one can eliminate grass

and weeds by sprinkling heavily

with rock salt or treating with

Hints

sorts of little tricks that will add to the interest and satisfaction

of gardening. One of the oldest

This applies especially to vege-table seeds like peas, beans, beets

and lettuce. By soaking for a very few hours just before planting,

germination is hastened and several days are saved. With carrots

and beets it will help to prepare

ding out the poor or hard soil

to a depth of six inches or a foot,

and filling with rich soil with plenty of humus and manure. In

such the seeds will germinate

quickly and the young vegetables

grow without being crowded. Because this special soil is very

open there will be less need for thinning and the roots will grow

straight. With melons, cucumbers

and squash we usually sow in

specially rich hills with some old rotten manure if we can find

it. With all bedding plants, it is a good plan to pinch back after

Transplanting

the rows with special care, dig-

is to soak seed before planting.

Experienced gardeners have all

some of the weed sprays.

For the inexperienced mother baby in the house is sometimes a fearful thing and causes her to worry and lose her sleep. These worries are normal, but many of them are unnecessary
For example: There is a soft spot, called the fontanel, on top of a baby's head and many moth-ers fear they will injure their baby if this spot is touched or pressed. The fontanel is tougher than you think and no harm will come to the well-nourish-ed infant, handled in the ordinary way.

New mothers worry because their baby's eyes move independently of each other. This is normal and occurs because the muscles that control a baby's eyes are still weak. However, as the muscles get stronger this defect disappears. A true cross eye is much more noticeable and does not disappear. If a baby's eyes don't line up properly at the age of a year, an eye specialist should be consulted.

You may think there is something wrong because your baby's legs look "bowed." All new babies' legs look this way because they "tuck them up" before they are born. A baby still does this when he is asleep or the soles of his feet face each transplanting, and especially to out as his muscles grow stronger remove any llowers or buds. This healthier growth and in the end a baby's flat feet. normal, because a baby is born we get much hardier and bigger This pad of fat makes his feet grows and his arches gets strong

If there is any secret about successful transplanting, the anenough to support him withou swer is plenty of moisture. Under normal conditions it is quite pos-Spitting up is another matersible to water too often, if not nal disturber; something most new babies do. And it doesn't too much, and a hose in the hands of the careless is not always an unmixed blessing. But doesn't matter either if the milk in transplanting some extra wathe spits up is sour; stomach juices makes it this way. If baby vomits a large amount it really alarms a mother but this is not serious if the baby is otherwise well and happy. However, if he continues to vomit large amounts each day, your doctor should be consulted.

A mother worries when he baby hiccups, while the baby is placid about it. Hiccups just seem to be necessary to a new haby He hiccups if he eats too fast, eats too much, if he swallows air. The thing to do for hiccups is to give him some warm water.
Trust yourself and have fun with your baby; your commor sense won't lead you astray

your doctor. JOHNNY WON'T PLAY WITH OTHER CHILDREN: "My four-year old Johnny won't play with other children. He ags after me the whole day told him I had work to do and

When you are worried consul

roots are not broken or disturb ed. Then the roots must be covered firmly with good, fine soil and dampened down with water.

If the sun is hot it is good to shade for a few hours. Better still, transplant in the cool evening.

you or call to you he'll play longer. Don't scold, punish or call him 'fraidiy cat or sissy if he won't stay out with the children very long and don't dis-cuss this problem when Johnny is with you or can hear you. Try these suggestions and if

Johnny doesn't respond, you should consult your doctor. In-cidently, have you been "sneaking out" on Johnny or leaving Or perhaps he's not eating enough of the right foods or gets enough sleep. Of course, some four-year-olds go through a clinging-to-mother stage which nay last two or three months.

Readers are invited to post their problems and suggestions to Stella McKay, Box 1, 123 Eighteenth St., New Toronto, Ont. Please enclose a self-ad-

One of the oeauties in the Co-pabana chorus wrote a note tell-ing off a rival in the same troupe. She was so proud of her crompo-sion that she showed it to Edi-tor Ted Shane. It read as follows: You Empty - Headed Skunk: What's the idea of stealing my man, you female rat, you? Wait man, you female rat, you? Wait till I lay my hands on you, you phony blonde, you. I'll pull every blerched hair out of your ugly head, one by one, before I scratch your eyes out. Yours truly, Heler P.S. Please excuse the pencil.

TRUE COURTESY

Upsidedown to Prevent Peeking



Government Sponsored Loans Available To Ontario Farmers

What Kind of Loan Do You Need? How much do you need for how long; how much can you pay for a loan; and when can you repay it? These are the problems.

To meet them the Ontario and Federal governments offer Ontario farmers two types of credit, — long term and intermediate term TYPE OF LOAN INTERMEDIATE TERM

Farm Improvement Loans Act 1944 (Canada) (Canadian Chartered Banks) Anyone engaged in farming. Qualifications

> To buy farm implements; construction; repair alterations or additions to farm homes & buildings; livestock; clearing and breaking land; sewage disposal; water systems and wells: electric systems; fencing and drainage.

Amount of the Maximum outstanding at one time not more than \$3000. For construction of houses and farm buildings may be up to 80% of value. For other purposes up to 66% % of value.

Any security acceptable to the Bank, Provision is made to allow the bank to accept real estate mortgages if necessary. Interest charge - 5% per annum.

Appraisal of Bank's appraisal of value of securities offered Value

> A \$3000 loan is repayable in 7 years. 2500 loan is repayable in 6 years. 2000 loan is repayable in 5 years. 1500 loan is repayable in 4 years. 750 loan is repayable in 21/2 years. 400 loan is repayable in 18 months.



Repayment

Great Canadian Project-Like one caught, surprised, in the sights of a candid camera, 22 of the country's leading cities learned recently that for more than a year past their spikey skylines and bustling streets had been captured in the probing sights of 20 of the best artists Canada can boast. This month, the 22 paintings and 27 sketches produced in the most ambitious paint-brush chronicle of its cities Canada has known, are on the first lap of a year-long, 30 thousand-mile, 14-cities tour of Latin America and Europe, to be followed by a cross-Canada tour in 1954.

Canadians got their first brief glimpse of their urban profiles only a few weeks ago during a six-day show in Ottawa. Then the collection took to the road, a staggering four-ton package of paintings, sketches, 35 specially-designed aluminum display panels, draperies and lighting equip-

The ambitious program, Canada's largest artistic good-will gesture abroad, is a project of Samuel Bronfman, House of Seagram president, Touring as The Seagram Collection of Paintings of Cities of Canada (and with the hearty blessings of official Ottawa), the show owes much to the skilled interpretive hand and tireless organizational work of then-president of the Royal Canadian Academy, artist A. J. Casson.

In the above picture, Mr. Samuel Bronfman is seen with a globe on which is traced the 30 thousand mile itinerary of the picture exhibit.