When Nobody Dared To Eat Bananas

Stronge as it may seem, there was a time when bananas were banned in Britain. They were regarded as a pagan food, and the first shipload to arrive in the country went bad because nobody dared to eat them! They grew to be Britain's third most popular fruit, after apples and oranges. By 1938, more than forty-two million bunches were being sold annual-

ly in Europe and the United States alone.

Now British scientists believe they have discovered a new strain of banana immune to Panama Disease, which attacked Jamaican crop recently Such a strain may eventually supersede the variety which we

import at present. More than one hundred varie ties of banana are known, but most are never seen in Canada They are called "plantains." A cultivated food, as vital to the natives of the tropics as wheat ourselves, they usually require cooking. Next to coconuts

they are the most economical vegetable food. Properly cultivated, three hun dred bunches of bananas can be produced per acre - 44 times the weight of potatoes and 133 times the amount of wheat that

can be produced in the same Although the plants may grow to a height of forty feet, they are not trees, but gigantic herbs,

for their stems are not hard, but spongy and contain no wood. Clusters of yellowish flowers on the plants gradually grow innch weighing 50 to 125 pounds, and grouped into "hands" of between ten and twenty bananas. The first crop is not ready to be cut for ten to fifteen months,

more or less continuous. In East Africa there are bananas as thick as men's arms and two feet long, while a Far Eastern variety makes a substantial meal for three hungry people. Natives of Uganda convert

Berries, Cottage Cheese, and Cold Cuts

BY DOROTHY MADDOX

T'S spring in the kitchen! An attractive platter of cold cuts not only perks up appetites but makes kitchen labor easy and pleasant these first balmy days.

A good buying guide is to select at least one meat from each of the three "classes" of table-ready meats. Meat loaves are somewhat mild in flavor, often have other ingredients added, such as pickle and pinniento loaf.

Sausages include favorites, such as Bologna and Braunschweiger. Dry sausages such as salami are zesty and highly seasoned and the sure choice of most men. For utmost flavor and freshness, buy these meats from refrigerated cases.

sure choice of most men. For utmost flavor and tresnness, only these meats from refrigerated cases.

If the meats are pre-packaged, store them in the refrigerator in their original cello-wrapping. Otherwise, wrap them loosely in waxed paper or foil for refrigerator storage and plan to use them at least within a week of purchase for best flavor and goodness.

Although these meats are used more frequently as cold cuts, they are delicious in many cooked dishes, too. Try the following two recipes in your spring luncheon menus.

THURINGER STRIPS AND NOODLES

One-half pound Thuringer, I cup diced onion, ¼ cup minced green pepper, ¼ cup shortening, ½ pound noodles, 2 teaspoons salt, 4 cups water.

Cut Thuringer into thin strips. Brown Thuringer, onion and green pepper in hot fat. Add noodles. Fry to a golden brown. Add salt and water. Cover. Simmer 25 minutes or until noodles

HAWAIIAN BAKED BEANS (Yield: 8 servings)

This assorted cold cut tray, garnished with str

One pound cooked salami, two No. 2 cans baked beans (4 cups), leans, pineapple and garlic. Pour into 2-quart casserole. Drizzle cup drained, canned pineapple cubes, 1 grated clove of garlic, ½ honey over mixture. Heat in moderate oven (350 degrees F.) for cup honey. Cut salami into ½-inch cubes. Combine salami, baked 30 minutes.

ometimes use the waterproof use for purchases of Canadian leaves as umbrellas. farm surpluses. Flour is made from the fruit in parts of South America, while Go Out And Sell Indo-China the stems are Have Canadian farmers realburned and the resulting ash ly come to the point that they used in the purification of cane will sit down and wait until

own business?

where to buy,

some government helps another

government to come to their

Do Canadian farmers pay

Have our farm leaders not

learned yet that the problem of

them to devise ways and means

The days are gone when we

did the British a favour by

taking their Canadian assets for

the bacon and cheese and eggs

Instead of discussing how the

that were left over after we had

British can earn more dollars to buy our products from us, let

us discuss what to do with the

sterling we can earn by selling

Who says that we have to have dollars and buy American goods?

Millions are spent by Canadian

farmers every year on American

vesters, mowers, seed drills,

made combines, tractors, har-

American companies.

Why not buy more of these

for them with what we get for

our food exports?
This columnist has always

maintained that the farmers

could do the job themselves, if

ganizations. It should take top

rank in any and every submis-

With this legislation on the

books, farmers' organizations can

) Purchases in Sterling area.

Unless they do, they will have

develop a plan which will pro-

sion to the federal or a provin

cial government.

a) Sales to Britain

b) Payment in Sterling

vide for

mplements in Britain and pay

filled our own bellies.

British or American?

It is believed that bananas first grew in India and South Asia, own government to buy their and then spread throughout the products? tropics.

Bananas were found in the their leaders, managers, see New World at least three hundred years ago, but it was not until 1878 that enough were produced in the West Indies and course foreign governments or do they elect and hire them to look after their

but afterwards production is to be exported to North America South America to enable them and Europe. Despite popular opinion, ban-anas are not indigestible if eaten problem and that it is up to anas are not indigestible if eaten when ripe; that is, when all the to sell, instead of wandering all over the map making recommen-dations to other people how and

green has gone from the skin, leaving it yellow or black. When digested, bananas will bananas into brandy, champagne, beer, vinegar and jam, and give you energy quicker than any other fresh fruit.

..Plain Horse Sense.. by BOB ELLIS

Of the submissions made to Sharp Contrast the Senate Committee on Foreign Trade Relations the two made by the Canadian Congress of Labour and by the Canadian Federation of Agriculture are of specific interest to the The Canadian Congress of Labour suggested in a brief to

mmittee that Canada accept sterling as payment for part of her exports to the United The Canadian government would pay the exporter in dollars and use the sterling, which would be collected in a "counterpart" fund for its purchases in Britain or for materials pur-chased under the Colombo plan

fairs said that by this method dian farmers could get rid of their surpluses. It is encouraging that at long st one organized group begins to realize that the export of agricultural surpluses is not a question any more of the other

In sharp contrast to this very positive approach to a grave problem, the solution of which s a must for the smooth functioning of the Canadian economy, stands the Brief submitted by the Canadian Federation of Agriculture.

Federation leaders excel in heorizing on the actions that should be taken by others, and seem to have completely lost if they ever had it — the fac-ulty of thinking in terms of action to be taken by the farmers themselves. Concerned about "dollar defi-cits" the brief advised non-dol-

hased under the Colombo plan for economic development of Southeast Asia.

Martin Levinson of the CCL Department of International Affairs said that by this method ng their exports to North America. This would be a better solution than restricting imports like some of them did last year.

After lecturing the non-dollar countries the brief continues to fellow wanting to buy, but an urgent necessity for our farmto earn more dollars they could

> o peddle their wares from door to door in the towns and cities of Canada. This column welcomes sug gestions, wise or foolish, and all riticism, whether or destructive and will try to answer any question. Address your letters to Bob Ellis, Box 1, 123 - 18th Street, New Toronto, AN IDEAL TELEPHONE It was amazing how popular

he public telephone box in the courtyard of a New York college came soon after it was erected For two years students had long calls to their parents in distant cities; many of them rang their sweethearts several times a week.

Then a newspaper—reporter

chanced to visit the college and before leaving, made a 'phone call to his newspaper.

That did it. He discovered the tudents' secret. The telephone had developed a technical fault which enabled anybody to use it without put-

ting any money into the coin-

TABLE TALKS
Jane Andrews

"Main dishes" that are a trifle | an 8½" x 4½" x 2¾" loaf pan. differents, not at all high in cost and easy to prepare will be the theme this week. So here they are-all well worth a trial. LAMB PIE 1 lb. lamb shoulder 1 tablespoon fat 1/2 cups water

teaspoon salt
fe teaspoon pepper
teaspoon celery seed
teaspoon thyme
small white onions tard sauce. Serves 6 persons.

4 new potatoes 2 tablespoons flour 3 tablespoon cold water Cut lamb into 1" cubes Heat fat. Add lamb cubes and brown on all sides. Add water, salt, Bring to a boil. Lower heat and cook, covered, for 45 minutes or until meat is tender. Meanwhile make crust. Chill in refrigerator. Peel onions and potatoes; cut potatoes in half. Add to lamb. potatoes in half. Add to lamb. Cover and cook gently for 20 minutes. Remove lamb and vegetables to a quart casserole Mixflour, water to a thin paste. Stir into liquid in pan. Pour over meat and vegetables. Start oven 450°F. Fit crust over top of casserole. Seal Edges: prick top. Bake 20 minutes. Serves 4.

CHEESE CRUST 1/2 cup grated Canadian cheese
1/2 package pastry mix
Add cheese to pastry mix. Mix according to package directions. Roll out on lightly floured

harrows, cultivators, hay rakes etc., imported from U. S., not manufactured in Canada by board to 1/8" thickness Chill. FRANKFURTER LOAF medium potatoes 4 cup milk 2 tablespoon butter or mar-garine 1 teaspoon salt % teaspoon pepper 10 frankfurters

they had the long promised legislation providing for producers' marketing agencies with the scallions power to enter inter-provincial Peel potatoes; cook amount salted water until tender when pierced with a fork. Drain. Mash. Add milk, butter, salt, pepper, Set oven 350°F. Grease The demand for this legislation is sadly missing from the programs of the farmers or-

Cut frankfurters in half cross-wise; line sides of pan. Drain; chop pimentos. Slice scallions. Add to mashed potatoes. Fill center of loaf pan with potato mixture Bake 40 minutes. Turn out of pan. Slice the loaf and serve with a deliciously hot mus-

LIVER CASSEROLE 2 stalks celery 2 canned pimentos 6 ripe olives 1 (3 oz.) can sliced mash-

rooms
1/2 pound fresh or frozen
chicken livers
1/4 cup flour
1/4 cup butter or margarine
1/4 teaspoon selt
1/4 cups milk
Chen colony fine Drain; e

Chop celery fine. Drain; cut pimentos into thin strips. Slice olives; drain mushrooms. If frozen, thaw. Cut livers in half; roll in flour. Start oven 375°F.

Grease 1 quart casserole. Melt butter in skillet Add livers, celery; cook 5 minutes until livers are browned on all sides. Remove from pan. Stir in remainmove from pan. Stir in remaining flour, salt, pepper. Slowly stir in milk and bake until thickened. Add pimentos and olives. Arrange layers of liver, sauce, mushrooms in prepared casser-ole. Bake 20 minutes. Serves 4.

BARBECUED DRIED BEEF 1 medium onion ½ small green pepper 2 tablespoons butter or margarine

2 tablespoon vinegar 2 tablespoons Worcestershire sauce teaspoon chili powder cup water cup chili sauce 1 (4 oz.) jar dried beef

Peel and thinly slice



mower. With lawns inci se a very fine mist of water or really soak. shine state. Keeping feet dry guards against the development of fun-gus and ringworm diseases such athlete's foot, which thrive



THUMB

go on planting many country. Expert regular practice of soworn, and such things every ht up to the end of June n into July If we give

one. In certain veg-

for our first meals.

ned properly the plants

dily and should be

seedlings. The extra big

e blooms you usually see lower shows are often the

alt of thinning. Only in this it will be the flower buds.

ead of letting every single

essionals nip off

apples, plums and peaches

Soak When Watering

watering it is well to r

ber that one thorough soak-

dry weather is worth a

sprinklings. This rule ap-

to lawns, too. A light sprink

that only lays the dust, en-

surface where the hot sun

injure them. Deep soaking he other hand encourages

ots to go down where they

in hot, damp environments

PUZZLE

e plant food. In a great

peony, or dahlia develop,

er cent or more of the that those that are left

finer and bigger. The

like beets and carrots,

have the plants about an so apart at first then use

e gardens a little extra ome quick-acting com-ertilizer they will come wers we can do later ng bedding plants, like Keep Them Spaced Out

Just Luck

ring occasionally for 45 m Pour hot water over drie Drain. Cut into small Add to barbecue sauce an for 5 minutes Serve on a

MEAT BALLS IN SAUCE 2 slices bread 2 cup milk

1 egg
1 pound ground beef
1 teaspoon salt
4 teaspoon pepper
4 teaspoon nutmeg
2 tablespoon flour
11/2 cups canned bouillon

Pull bread into crumb

a fork; makes % cup. Add let stand 10 minutes. Be until frothy. Mix beef.

crumbs, egg, salt, meg together lightly Shape into 1½" shortening in skil

meat balls on all sides balls. Stir in flour, S

in bouillon. Bring to boil, constantly. Add meat Cover and cook gent

25 minutes, stirring occasi

Serves 6.

When a casting broke y at Workington and a 40 ingot exploded, Herbert Hall a Charles Ball turned and ran safety. Hall stumbled and and the fiery metal swept d over his body leaving him harmed; but Ball, who was u right, was shot through olten metal. If your luck is in you'll e

would be poor spindly ad warped and twisted out on top, even if you do wrong thing. J. B. Ryan, wealthy American, went of for the Grand National in 19 e started from seed and y tiny seed, like lettuce im or poppies, they must led later. In doing this He put a big sum on No 30 the card, which was Quite Ca Owing to a mistake, No. 30 w s first but in any case t leave plenty of room development. If we are really Forbra, which won him later damage from bugs vice as many plants as then later on we remove

lot of money.

Mr. Zuchmann booked a s on a 'plane at Brussels and found that owing to a clerical error his seat had been allotted to anothe He threatened to sue the com pany; but his feelings on when he learnt that the had crashed, and all on were dead.

Shorts & Overs. In Phoenic Ariz., sheriff's deputies rushed to investigate a shooting, from her husband and fire pistol shots at him, all misses.



Nice Armful-As appealing on picture is this collection of ive-grown grapefruit. Lovely blonde holding them is Jane Rudolph who is visiting the Sun-

Bastion of Canada

Louisburg today is still a flat, drab and often misty spot on the map of Cape Breton; and yet, in the eyes of historians and antiquarians it is Louisburg above all places, that puts Cape Breton on the map. Pilgrims come thousands of miles to see the site of what was the greatest site of what was the greatest citadel in the New World during much of the eighteenth cer

From Sydney a train mean ders down to Louisburg every day except Sunday, consuming most of the day on its tortuous way through Glace Bay and George Street and taking Route 22 you may make the run in a car in an hour or less, crossing the broad and beautiful Mira River about half way to and mature in plenty destination. The Mira is Cape Breton's largest river, though not the longest. It flows from too and provided stock ole there is no reason for of narrows and bulges, and of narrows and bulges, and out to Mira Bay through Mira Gut. As you approach Louisburg Harbour, you may try to reconstruct, in your mind's eye, the mass of fortifications by which Imperial France tried to secure the riches of the New World:

e let every seed or plant le garden would soon beis much too generous and as you compare the splen rmination She is so me species may die out scene with the barren fields of starts a hundred seednetimes where there is only one. If all these today and hear the wheeling sea birds cry out mournfully w they would crowd unmercifully and the you may brood a bit over the evanescence of "the pomp of

Today, certainly, there is nothing in Louisburg that glitters.
The place has reverted almost to the state of the primitive fishing village that was settled by a few families from Newfoundland in 1713 and was known as English Harbour until the French fortress was built. In the 1920's, however, the Canadian Government acquired an area of more than three hundred acres that included the site of the old walled city, and set it apart as the Louisburg Na-

tional Historic Park. Moreover, the construction of monuments has been undertaken. A granite shaft standing near the King's Bastion commemorates the first siege, and on the rocky shore of near-

thur Walworth.

"Dad, can I have a gun?" Sooner or later, most Cana-dian fathers and especially those living on farms, are asked this question by their young sons. Before he makes a negative or posi-tive answer, a father should first

ask himself: "Is my son ready to have a gun?" When is he ready? According to K. N. Morris, executive director of the Canadian Civilian Ascases where there are sociation of Marksmen, a boy can start shooting when he has the roots of the trees shown a sense of responsibility in other fields — from about the to the surface where they in other fields — from age of 12 to 14 years.

Mr. Morris says that if you can trust your boy to carry the neighbor's baby across the street or take a \$20 bill to the grocery store, or carry an important and confidential message, then he sually has a sense of responsibility and is ready for his first

If you are unfamiliar with firearms, consult an expert or a member of a shooting club be-

n leather permit free pasage of air around the foot, and vaporation of foot moisture. fore choosing a gun. The first CROSSWORD 11. Toe
17. Obstinate
19. Make amends
19. Make amends
19. Make amends
20. Without sugar
21. Exaggerated a stage part
22. Exaggerated a stage part
23. Ten times
25. Gown
26. Smallest integer
27. Distinguishes
28. Ten times
29. Astatic palm

should be a .22 rifle because basic principles of shooting are easier taught with it. Besides, it has no

celebrates Wolfe's landing. The

museum, too, with its interest-

ing collection of relics and walls

gravings, is a part of the gov-ernment's project; and in 1937

there were dedication cere-monies.—From "Cape Breton:

The Isle of Romance," by Ar-

covered with old prints and en-

world have brokened he Arrange for the boy to attend instruction classes sponsored by your nearest rifle club or association. If none is available in your neighborhood, ask a friend who knows guns and shooting and whose judgment you respect.

Completion of a course of in boy is qualified to go target needs adult supervision for a year or two so that he knows all rules of safety and proper gun handling on the range, in woods

and fields. Proper instruction in shooting gives a boy an experience that will be beneficial throughout his

After studying the changing farm picture throughout the world, a group of agricultural economists has outlined a 10point program for more efficient farming which should be a useful guide to Canadian farmers in 1953, These points are:

1. Make the farm an efficien operating unit by careful plan-ning for the best use of land, labor, machinery, cash and credit. 2 Use more lime, fertilizer,

of efficient production to obtain highest returns per acre and per man. * * *
3. Continue sound-managemen of grasslands to support the growing livestock and poultry in-dustry. Make use of soil, water and labor resources with an eye towards their conservation.

good seed and modern methods

4. Produce meat, milk, eggs and other livestock products needed to feed the growing population Practise closer culling, improved breeding, better feeding and effiproduction and income per ani mal and per man:

5. Use approved methods and materials to fight crop and live-stock insects, diseases and para-sites, household insects, rodents, weeds and other pests.



Royal Tours, pioneer railways, steamships, telegraphs, express and motive power. A family tree traces the growth of 265 pioneer railways, from Canada's first steam road in 1836, to the present 24,000-mile Canadian National System, the largest on this continent. The history of railway development is the history of Canada. Pretty girls dressed in crinoline, hoop skirts, poke bonnets and all, and veteran trainmen wearing costumes of a century ago, are shown, left, with M. A. Metcalf, vice-president and executive assistant of the Canadian National System, and Mayor Camillien Houde of Montreal on the occasion of the train making its public debut.

locomotive still operating on the CNR, is used to haul the train. It is a far cry

brood of flea beetles in August

may destroy leaves of mature

The hind legs of flea beetles are so enlarged, they are able to jump like fleas. Although there are several common species, most are shiny black in color beeighth of an inch long. Winter passed in the adult stage unleaves and other debris

With the arrival of warm weather, adults feed on weeds and early-planted vegetables. Eggs are laid in the soil. White larvae hatch out and remain in the soil feeding on fine rootlets but doing little damage. After three to four weeks, larvae change into the pupal stage from which the new generation of beetles emerges in August to use damage before retiring to winter quarters.

trolled by spraying with a solu-tion containing 50 per cent wet-table DDT or dusting with three per cent DDT dust. Prepared "Take Cover"-"Barely" clothed in army boots and helmet, this toddler poses for Sgt. Frank garden dusts containing roter Cordeiro, who won second prize one should be used on edible vegetables near harvest time with the photo in an all-Army when second generation adults are present. It is important to Do a better job of marketing the timber crop. Reforest lands best these can be killed in a few days if not protected. Insecticide tervals as long as the insects are

photography contest.

6. Give farm woodlots better

management and fire protection.

7. Provide and use more pro-

cessing and storage facilities for farm products. Study consumer

demands and produce and pre-

ket products through most effi-

8. Build a good family life

with attractive homes having

adequate storage space and mo-

Keep family healthy and happy

by providing opportunities for

9. Train rural youth in im-proved methods of farming, health, citizenship and leader-

10. Keep informed on agricul-

tural policies and programs, and

Flea beetles are small insects

common acress Canada. Few

harmed by them. Radishes, tur-

nips, cabbages and Brussels sprouts are especially subject to

toes and other vegetables are in

denly in large numbers to feed

small round holes. The early

transplants may suffer so sever-

The insects may appear

tional farmers' organizations.

pare products to meet them. Mar-

suited to trees.

cient channels.

ship.



LIVING AS CHRISTIANS Thessalonians 1:1: 5:1-11, 14-23

Memory Selection: For God has not appointed us to wrath, but to obtain salvation by our Lord Jesus Christ, who died for us, that, whether we wake or sleep, we should live together with him. 1 Thessalonians 5: 9-10.

The letters of Paul to the epistles which he wrote. This church in Macedonia was founded by Paul on his second mis sionary journey. The general theme is the return of Jesus Christ. Paul urges readiness for

that great event.

Nearly 2,000 years have passed since Paul wrote. Still our Lord delays His coming. He is longsuffering toward us, not will that any should perish, but that all should come to repentance 2 Peter 3:9. But the promise is their homeland is one of th signs that His coming draweth near. Therefore, let us "be sober, putting on the breatstplate of faith and love; and for an helmet, the hope of salvation We are urged to warn the unruly, comfort the feeble minded support the weak, be patient toward all men. We are not to renretaliation is not Christian spirit. As a mark of a Christian John Wesley often quoted, "Rejoice evermore. Pray without ceasing every thing give thanks This spirit is much needed today breakdowns if we received Jesus Christ as our Savior and followed His teaching. A book Be Polite and Live Longer, published by the Executive Company, New York says, "Displays of temper, anger, hate, rudeness and grump iness prevent clear thinking and play havoc with the nervous system. Far better than any tonic are a cheerful nature, a sense of humor, and a mind that stays calm under stress". Jesus Christ

in our heart will help us to live Paul prays that the believer separated unto God, with the heart made clean and indwelt by the Holy Spirit is God's plan for us. Living thus we will not be faultless but we can be blameless until Jesus comes. Let us not fall short of God's will for us.

Close-Up. In Tampa Cigar Manufacturer Karl Cuesta, vic-tim of a series of burglaries, complained to police that the camera he had rigged up in his factory to photograph marau ders and been stolen.

Upsidedown to Prevent Pecking

6



Dr. J. M. Shewan's. The London scientist has to smell fish for a living. His knowing nose plays an important part in his daily experiments with methods for preserving fish.



Record 3rush-Off-Claiming a new world record, more than 100 100 men slap a coat of paint on this house in Ogden, in six minutes and 53 seconds. The stunt was sponsored by the Junior Chamber or Commerce to spark a city-wide clean-up, paint-up campaign.

