# TABLE TALKS

ment dish that's very easy to - and easy to eat too Apple Crumble

2 durings sugar corea, and sheet 6 numers flour Pinch salt

Rub butter and flour together until mixture resembles bread erumbs. Add sugar and saft and mix well. Place prepared fruit in mie clish; add a little worte more moisture is reeded. Sprinkle butter-flour Sprinkle butter-flour sugar mixture over top. Bake at 350 K unitil crust is goliton brown and applies are tender, from 20-30 minutes.

Beal Scottish broth, of course, takes time and patience to prepure. But here's a substitute that will being smiles to the three of even these from the "land of coles."

SCOTTISE REATE 2 sumes (% traiting) vice 5 mints water large onion, chonned I large carrot, graited

Chiney saik Salt and penner I chicken bouilton cube tearup channed muster Place water and rice in saucepain. While this is coming to chap mian, graite carrent und add. Add seasonings and butilities cuibe. Last, and the pursies. Allow this to simmer about 30 minutes or more until

serving time. Four to five serve Left-overs are a problem in many hoimes. You have something that's too good to throw out and yet somewhat ununpetizing when served up in he same old ways. Here's a rewhe you might find uestui.

THE SHALL SHE 2 inhisspoors butter I needium onion, shopped way uncooked vice that he been washed and dried

gup water tind bedi bester sent 1 cup cannel tomatoes Tablesmon horseradist teasmon sult Constituen number Buil of garlie, minese



SHI CHSUALITY - A coulith secpecially made for him enables Lugar, a Doberman Piner, to get around on his broken leg. The alogo, as massed of an Oktoharma City ski club, broke the by white assumpanying the which can a ski trip. Now has allpible for the clubs "Solden Drutch", an award to members with break barress on the skill

200

Melt butter in skillet; and changed onion and rice. Cook ever low best until rice is brown. Add all other ingrediover high heat until steaming. then reduce heat to low to fin ish about 30 minutes cooking. Stir once or twice while cook Serves 6

. . . Now for a white cake. There are a million - more or less recipes for such a cake, but this is one I hadn't run across be-

PLUETY WHITE CAKE 3 rugs sifted cake from traspoors baking powder % teaspoon salt 2 cups sugar eggs, unbeater Wilk as directed below

If tablespoons melter butter Sift together the flour, baking powdet, sugat, and salt 3 times. Break eggs into cup and finish filling with milk; and to flour misture. Add an additional cup of milk. Add melted butter Beat in electric mixed vigorousby for 3 minutes (or it may be beging by band's Finer into & inch layer pans and bake in methodied 375° F. oven for 2 minutes or until done. If hat ter is poured into one obline ram, bake just 35 minutes.

#### Romanice at Last For Film Star

by rumours of romance as Yvon de Carlo, Hollywood star of two dozen Eastern films Doer since she was tagged "The Most Beautiful Girl In The World" and cast in "Salome, Where She Danced," gossip writers have talked about De Carlo and "the men in her life." That makes twelve years of rumour and counter-rumour. First Romanus

Now, to the write-ever surmuse of her family and close friends she's married to muc n the few men in filmdom with whom her name has never been linker stuntman Bob Morgan Says The Cario: "We have and understand one another. We like the same things and we have the same friends." Through the years of possin and rumour Younne de Carilo has seldem been altern. She is on record as saying some very

men romance and marriage But the truth is that very seldom has De Carlo really said what was in her mind. She has stuck her tangue in her cheek and said starting things parely to shut up prying 1943, when The Carlo was

an unknown actress under contract to the Paramount studio-I was the girl stronge when directure wanted to test new young actors," she told me once the mubble anement of her first remanue. "Comme de Carlo," ran the story, "and John H. Kiser, angineer in the Merchant Marine, restering amounced their enshe nee him while pouring with a dame unit in Colorado unil told him to built

her up if he ever came to Rolly-That consince factsi mestry quinkly. Yvonine de Carlo was then twenty. Two years hiter everyone at first believed a story that she had secretly marrest millionaire oil and film ches, Roward Hughes. It was unitrue like the other rumours that meastically stumbled over themselves during the next few

One day-so it was renormal



MITCHHIMER - This young but imaginative Paristenne togs along for an improvised "shigh ride" on her faller's controls. Her ride was across Paris' ice-bound Bois de Boulogne loke. It's great the the yearnesser but owifully lough on the logicals.



CHECK HIM! - A real francy pants in new Scotch plaid trausersthat's "Billy," a three-year-old reaster owned by Gerald Botimer. The White Rock cock has several pairs of pants, but these new ones are for Easter. And they are really something to arow about, what with their red buttons up the legs. Naturally, Billy's a meighborhood curiosity as he struts around the Botimer yard in his classy toas.

Carlo ended an engagement that Once her causin, Ken Rossher publicity schedule hadn't Mackenzie (now a London arranged to take place until the photographer), told her studio following week. that she was away at an inac-Her studio (Universal) realized that Young de Carlo and sessible Canadian ranch when in fact, she had flown off to romance went together like Persia for a few weeks. champagne and caviare. So the All this is true enough, but studio creared romances, then only now, at thirty-three has counted the Press cuttings. she found happiness in mar-All this time De Cario was

kissed the De Carlo hand at

Madrid airnors, it was taken as

a romance signal. Soon after-

with My Khan in Europe.

wards she was reported dateing

Then the tongue-in-cheek

campaign really began. "I'm

to the moon-because he

going to marry the first man to

could take me some place I've

never been before," said De

Also: "The fact is. I get less

marriage. I want freedom and

independence." That crack real-

ly showed how firmly the De

For ower the past twelve

Carlo tongue was in the De-

years, Yvanne de Carlo has

wanted to marry but she has

realized how visity it can be in

show business, with its high

seriously she has thought of

marriage and how irritating she

Thompson (Argentinian actor

introduced by her to Holly

wood), Rock Hudson, the Shah

of Persia and his brother, Ab-

darraza ... these were bandied

from one gossip column to ar-

friendly official at a British

ry, but it's such an awful risk.

salary—and that can lead to

She wanted to continue ner

stars of equal rating as a suit-

weren't ber romantic our of tea.

During her stay to film in

able love match - the just

Britain, around two years ago.

she formed two friendships, and

either might have blossomed

into lasting romance. One was

with actor Robert Orquitars, the

other with photographer Cornel

Tuess offic was before Tuess

mest and married Belinda (see)

These friendships failed

Comme was cereanily saidened

by their ending and by the

fading of her friendship with

Chande Bossol, a Franch film

Comiss insist that some of the

amours of Younne de Carlos

omanitic life must be true, or

partly true. She must have

need in laws during these

mailes, gossip-quittered years.

Weil - she's always admitted

that she likes men's company

the names been surrounded by note a mixer seeks accept-

writer, soon afterwards.

means surning a tenth of my

admitted her worries. T

In private Yvanne de Carto

Names such as Juan Fern-

has found the rumours.

divorce trate. Her family and

Chrito

Carlo cheek.

seving very little, and what she this say was fairly straightforish and tall—the Mardic type. ward, such as: Every time I And that reminds me of motdance with a man somsome ably the first thing Yvonne de raites a romance out of it." Carlo remembers saying about But the willier the stories bemen, romance and marriage. It came. the wilder-inwards-"My ideal man is the became De Carlo. She decided Marilie tyme." the only way to make them So it limits as though, after sound as silly as she thought one of the longest, most reportthey were was to say things et and mis-reported searches in when Spanish majador Mario film history, Twome de Carlo has found her true ideal. Cabre (who had already writ-

rumours, at last, are ten poens for Ave Barther). difencet. and less found of the little of

friends have known how AZALEA OUEEN - Pretty Almo Eleanor Eastland, has been named Queen of the Third International Acadea Court. The amise (rich Druguayar)), the Rarl of Lamssbornigh, Carlos 22-year-old queen will reign top of the fire walls. We must dripping relentlessly into

### Sugar-Making In The Bush

fire wall and in the chim

hogs had burrowed.

where the squirrels and grown

Ned's hooves would would be tender grass roots or the re

ners of the mudboat cut into a

wagon paths, we would make

rounds to empty the buckets

"sugar water" into the a

Most of the buckets would

full, capped with a thin film

ice. Here and there the ni

time chill had crept up or

tree in the eager act of give

up its sap and had frozen

tesque tongues and lower

around the spiles. Sucking 6

sugary icicles oftentimes sin

the gathering process, but

even sweeter delicacies.

was a delightful premonition

the evaporator (always in

hearth of the furnace) it w

be "made off" in one of to

ways, depending upon the len

of time it was boiled and

handling it was given mila

taffy, or maple sugar. The chis

you made depended upon si practical questions as: Were m

hooking ahead to a winter breakfast with hot been

drowned in golden syrup or w

you thinking of an evening

young laughter around a "ah

or a maple sugar 'si

When the sap was poured

anchored to the mutter

Early in the morning belg

As a child it seemed me that the deepening mark of a horse's hoof on the thawing soil was the wmbol of our favourite season. As the horses named Ned and Fred were led to the watering tank shortly after dawn, their winter - grown hooves clattered against the flinty barnyard, but if by mid-morning their feet behan to sink into the mud it was almost a sure sign that Grandfather and Father would be spending the day in the "sugar

The "camp" was about a halfmile from our house, and it consisted of some 20 acres and perhaps 300 sugar-maple trees growing among hundreds of beech, ash, and oak. It was Ned, the gentler and older horse, who generally had the honour of pulling the mudboat laden with sarbuckets, stilles, axes, hatchets and an assolrtment of other equipment necessary for the opening."

Grandfather walked ahead as moved into the woods. He hoked over the trees with a critical eye, touching the bark in what was almost a caressing gesture, examining the wounds from previous "tampines," and sometimes he would say: "We'll let this one rest a year," and move on to another. He carried the bucket of spiles - the semitubular spigots to be inserted into the trees - and Father took care of the boring of the boles. It was a great day when I hecame his enough to handle the buckets. My job was to hang

them in a nearby stream in

several days, so they wouldn't

leak Later, we purchased metal

buckets, and they were engier

to handle, but they rusted easily.

was not an easy task, but the

called a building at all; it was

hir with rough benches around

two sides. In one corner was

the dry wood carried over from lest season for kindling the fire. The "furnase" was on the

open side of the cabin. Its hearth-extended for back into the built-

ing and at its opposite end -

on the nutside and hull high

ennugh so there was no danger

of fire - was the brick chin-

ney. The fire-pit was about

eight or nine feet long and three

feet with, and dug flown hite

brief fire wall was built up

along the side of the nit to a

the finor level of the cabin.

top of the fire walls and it was

into this that we paured the sap

water." The pan, or "evapora-

furnace at the end of every sea-

son, cleaned carefully, and

greased so that it would not

The Christian Science Monitor.

Then it was time to dean it

tor," had to be lifted off the

he earth some two or three feet

Waking the rickety building.

"boiling room," ready for use

In any case golden you molasses were the base pools out of which grew counts moments of social and colors the hughest on the little hook be pleasure. But these later m ments were no more pleasurneath the spile. "Flang it straight. son," Grandiather would say. than those attending to "By tomorrow morning that days and nights of activity bucket will be brimming full. If the cabin around the roam isn't level, we'll lose good fire, amid the sweet and stem fragrance of the boiling "sur It wasn't easy to carry the heavy wonden buckets - made heavier for Father's soaking

Eggs boiled in the forming evaporator, potatoes baked i the flaming furnace, bacor a ham and even an occasion chicken cooked on coals rate out on the first floor - he became the tasty dishes around which a "sugar-camp pend was centered. unticipated pleasures made it worth white. It could hardly be

Then, have in the evening there was the quiet contempla-tion of the crackling in the low hiss of the boiling was and the rustle of wind in the trees. "A little more wood," Father would say, and well to into the thekness toward to wondhile.

and away from the cross loved cares, we would be audien call of fear as we pe et into the blackness of a for night. But we stumbled or-all thanolty — for the m around the woodpile was n almost rigid and unvielding b norrow would be another e Now and then the event

wel of shout two feet shows - freeze did not come, and the splies dripped all no The gigantic metal boiling pan. - some showing as iff with relatares, others in a nearstream with each swift d clutching at the one ahead Bo or, as we called it, the 'sugar when it did not freeze at night - "Ned will sink this morning Grandfather would say knew the sugar-making seed was entime. The warm days came at one after the other - a

rust writes Harvey C. Jacobs in steved, fusing with warn night blending with the me alread again and place it securely on as sweet drops of mape also mortar the cracks in the bucket.

## THE FARM FRONT by John Russell

wer there is a most striking le about the trade in fruit ports will be considerably be vegetables between Canada the United States. It was The figures tell an impressive tten by Mr. M. M. Robinson, retary of the Ontario Fruit Vegetable Growers Assostory yet the Vegetable Grow-ers' Association of America has sponsored the following resolu-- a man who knows on, - a man who and the's talking about - and the's talking about - and that should be "Whereas, imports of vegesome facts that should be tables and fruits competing with American grown vege-tables and fruits have proved

record. On the other hand

interest to every Canadian — luding some in Ottawa. The ele is too long to quote in destructive in the domestic production and development of a entirety but the following rpts will give you an idea. stabilized industry; Whereas, experience has he story of trade in fruits shown that the tariff does not vegetables as between Can-and the United States can offer an effective means of dealing with the import problem and assuring an orderly be titled "The Trickle vs Torrent." This observation marketing system which would be beneficial both to domestic prompted by the resolution seed by the Vegetable Grow-

ame period in 1954. The gain

n the adverse balance was

Further examination of the

resh fruits declined \$740,360 whilst the imports of vegetables

increased \$6,258,383 for a net increase, as given, of \$5,518,023.

It is obvious that when the statistics for the complete 12-

month period are released, im-

portations will exceed one hundred million dollars — a

ords show that imports of

erefore \$7,257,122.

producers and foreign exporters of vegetables and fruits to ' Association of America at ir annual convention and by Whereas, the regulation of the stics for the first nine flow of imports is esse ial to onths of 1955. Before we examine the resothe health of the domestic intion of the V.G.A. of A. let us dustry and; eck the statistics. In the first nported fresh fruits and vege-ables to a value of \$86,973,273,

Whereas, the strong economic condtion of the domestic industry is essential to a sound market condition and therefore gain of \$5,518,023 over the of equal concern to foreign growers; Therefore, be it resolved: period in 1954. In the nine months Canada ex-1. That the Vegetable Growables to a value of \$10,621,457, decline of \$1,739,099 over the

ers Association of America lend its support to the establishment of important quotas as a means of regulating the flow of vege tables and fruits into the Un ted States; 2. That the Association adopt as a basis of its support legis-

lation being prepared for in-troduction in the Congress during the coming session, subject to perfecting modifications designed to adapt the bill to the conditions and needs of particular industries."

It's all part of a piece. Witness the National Peach Council of the U.S.A. seeking, through the U.S.A. Embassy, standardization by Canada of the 34 bushel basket used by U.S.A. shippers. Canada normally buys about twenty million pounds of U.S.A. peaches each year. But this isn't enough so our Southern friends would further complicate a container situation already in a hopeless mess because each country, working independently, has its own ideas used. Canada has enough trouble now securing agreement etween the various provinces on containers without having what is good for us or for them. And the container situation is further confused by Ottawa accepting for entry into Canada produce carried in any kind of container and then tossing the responsibility for maintaining order in the field of standardized containers upon the pro-vincial authorities. Standardization of containers has long been regarded as essential to orderly marketing. Otherwise all the container regulations could be wiped from the Fruit. Vegetables and Honey Act and

from the Farm Products Grades

and Sales Act.

behind the ears.

6. Kind of dog 7. Female sheep vote (8. Animal's too

15

18 19 20

21 22

25 24 25 26 27 28 29 30 31 32 33 33

36 37 37 37

43 44 45 46

47 46 47

54 | 54 | 57

Answer elsewhere on this page.

52 52

LESS BOUNCE - New trains and buses are taking to air — air spring bellows, that is. Placed between the axles and body of a vehicle, the bellows form cushions of compressed air that absorb jolts, making for a smoother ride, designers claim. Edith Cox is shown above forming a spring bellows. She works at a Firestone plant which makes the spring that resembles several small tires placed on top of each other.



SURPRISE — It's a toss-up as to whether this mother penguin more surprised by the cameraman or the newly hatched chick. An Adelie penguin, she's one of some 10,000 formally garbed inhabitants of the rookery on Ross Island in the Antarctic's Mc-Murdo sound.



In flowers and vegetables just as , with cars and radios there has been steady improve ment over the years. Our grand parents would hardly recognize some of the things that they would see in the gardens of to-day. They may have thought they had brilliant blooms in flowers and mouth watering quality in vegetables; but the is just no comparison with the range and quality available

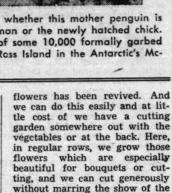
There are all sorts of new and vivid colours. We have blues, reds and whites that were unknown even a few years ago. We have really stringless bean and celery, coreless carrots, sweeter corn and crisper lettuce. And we have more than that. We have certain vegetables and flowers today that will grow and mature or bloom well be-fore frost in Central and even Northern Canada that a couple of decades back we would hardly have dared plant in Southern British Columbia, the Niagara Peninsula or the Annapolis Val-ley. We can thank the plant breeders for this. As they have given us faster growing or quicker maturing varieties they have steadily moved gardening farther and farther north.

Take corn, or melons or tomatoes, for instance, or apples, roses or lilies. With the only varieties available 25 or 50 years ago there was not a chance of growing these things except in the very mildest parts of the country. Now the hardier varieties of these can be grown over a wide range of Canada, and grown well.

Aside from plans and orders \* \* \* for seed and other stock, and At a time when our exports, those pleasant jobs can be done in nine months, dropped \$1,-739,099 whilst our chief comat once regardless of what the thermometer says, there are petitor increased sales by \$5,-518,023 the proposal by the V.G.A. of A. that embargoes are some other operations which can start almost immediately. First of these will be the preparation of a hot-bed or window flat in essential to the prosperity of the U.S.A. fruit and vegetable which we start things like zinnias, petunias, asters, tomatoes industry leaves but one conclusion - our friends are still wet and so on for later transplanting outside. March is the month for this sort of gardening in most parts of Canada. Then there is shrubbery and tree plants. The sooner these things go in after the frost has left the ground, the better. In the same category will be the planting of sweetpeas. If we can find a spot fit to dig in March or early

April, the more bloom we are sure to get later on. Invite The Birds Almost all birds are the gardeners' friend, and we would do well to attract them not only as protection against insects but for their own beauty. Invitations there are in plenty. Shrubs and trees, bird houses, feeding stations and watering or bathing pools, all will help to bring wrens and orioles and robins. But we can do more than this. There are certain bright flowers that have a special appeal for humming birds. There are all sorts of shrubs with bright and edible fruit or seeds that will invite Cardinals. It pays well to study the special likes of the birds, to plant things that will produce food and shelter in win ter as well as in summer.

In recent years the tine old custom of filling our homes with an abundance of fresh



ting, and we can cut generously without marring the show of the flowers in the regular beds out in front. Here too, we grow things like sweet peas and gladiolus, the foliage of which is not especially attractive for the regular beds. Many gardeners make a regular practice of sav-ing a little flower seed from each packet and planting this in or along the edges of the vegetable garden for their bouquet supply, and a few flowers along the vegetables, of course add beauty in themselves.

#### Windy Stuff!

He watched his wife go to the door of their house to call in the dog as it was raining heavily, when suddenly - whoosh! she went sailing into the air. And the husband, who lived in Worcester, Mass., never saw her

Another man recovered consciousness to see, through the gap in his house where a wall used to be, a tree, stripped of leaves, ed with bits of broken furniture, torn garments, twisted steel piping, fragments of what was once

a car! Fantastic? Yes, yet commonplace enough in the United States after a tornado has thundered by, spilling destruction in its path.

Nobody can foretell exactly what a tornado will do as it rips across the countryside at up to 500 miles an hour. A farmer, noting the fearful, noisy approach of "the twister" as it is called, dived into his cellar for shelter. It was early evening. Subconsciously he noted his flock of chickens were roosting in their usual tree. When the tornado had passed he left the cellar. There, on the tree, shivering, were his chickens - plucked

clean of feathers but otherwise Much the same thing has happened to people caught in the open — the tornado momentarily has enveloped them — and then passed on taking every stitch of

clothing with it! Cows don't fly - except when a tornado strikes. Lots of stories relate how cattle have been whisked up into the air and deposited sometimes miles awayyet unhurt. A "twister" picked up an 83-ton steel railway coach, with 117 passengers inside, and deposited it eighty yards away without hurting anybody or doing any damage!

A tornado will suck wells and ponds dry and even momentarily dry up a stretch of river. In May, 1954, a 35-foot excursion boat was chugging on the Lake o' the Ozarks, Missouri, when, without warning, a tornado sy ooped down, tossed the boat upside down and sent it to the bottom. Six passengers were drowned

At Greytown (Natal) a tornado lifted a train right off the line one day in January, 1950, tore the roofs off houses and flattened the crops - all in a few dreadful minutes. Another tornado snatched a heavy freight locomotive from the rails and deposited it squarely on the adjacent track - but facng in the opposite direction.

**Drive With Care** 

#### Mother Sees Invention Succeed It was a home-sewn slip flap-ping on a clothes-line that turned a Toronto mother of three into an inventor. Several years ago Mrs. Audree Brown designed and made a comb tion bra-slip to her own specifi cations of comfort and utility few alterations, is on sale at a

chain of department stores from It all started when Mrs. Brown's weekly wash caught the eye of a passerby. He turned out to be a retail store executive. But, though obviously interested, he didn't place an order because Mrs. Brown wasn't a manufacturer. How-ever, the incident encouraged her to apply for a patent and to obtain a manufacturer for her design which she calls her

"seventh rib slip".

The name evolved from a bridge or insert of fabric across the seventh rib which is located just above the diaphram. The inventor claims this construction keeps the slip anchored firmly and prevents it from

riding or binding. "I've worn no other slip for the last nine years even when waxing floors and washing walls," Mrs. Brown says.

Although the garment is a full slip as well as a bra since the latter is built in behind the bodice, there is only one set of shoulder straps. These features permit it to be worn with a sheer blouse. When it comes to straps, Mrs. Brown is emphatic about adjusting them properly. "This is so important to a good-

fitting slip," she says.

Though the bra-slip now on the market is similiar in principle to the design which first attracted the retail executive's attention, it is a far cry from it in appearance. The original model was somewhat severely tailored in a rather rigid type of woven fabric, while the latest version is all froth and femininity in fluid nylon tricot and nylon lace.

Since the style dispenses with a bra and the fabric is 40-denier opaque white tricot, the slip should be well suited for wearing in humid weather under light summer dresses. A back zipper has been eliminated and two side inserts of rigid elasti-cized fabric replaced with a

more flexible type. Mrs. Brown's slip isn't quite so easy to slide into as the convential type. And she admit that it is not for women with broad shoulders. The size range small and medium bra sizes with larger ones anticipated. Because it is more than just a slip, Mrs. Brown feels it should be

tried on first. A petite, pretty blond, who stands only five feet tall and wears a size nine, she is the mother of three daughters, aged 12, 10 and eight. Although her duties as a homemaker kept her away from the business world most of her life, her inventive mind has been working on two other ideas. One is a nylon hair-net for those who dislike sleeping on pin curls after shamp and setting their hair. The sec ond is a new kind of safety

Mrs. Brown has also designed a junior version of the "seventh rib slip," which her daughters wear. They have caught their mother's enthusiasm for inventing new articles or perfecting old ones and frequently ask her if a particular idea of theirs could be patented.

When using a cloth for waxing, first dampen it and wring dry. This will save a lot of wax which otherwise would be absorbed by the cloth.



Barclay Warren B.A. 8.0.

The Meaning of Christ's Suffering Luke 23:4-18, 39-43 Memory Selection: He was wounded for our transgressions, he was bruised for our iniquities; the chastisement of our peace was upon him; and with his stripes we are healed. Isaiah 53:5.

The lesson gives us some of the details with respect to Christ's suffering. We see Herod's mockery as he arrayed Jesus in one of his robes. We see the faltering of Pilate. He admitted Jesus was innocent but he didn't have the courage to acquit him. He feared for his own future (See John 19:12) and so he delivered Jesus to be crucified. We see the rudeness and mocking of the soldiers and

of the thief on the cross. But we also see how Jesus spoke peace to the repentant thief. We see how the centurion was impress-ed, glorifying God, saying, "Certainly this was a righteous man." We see also the kindness of Joseph who gave the body a decent burial in his own tomb. To get to the topic of the lesson we must consider the memory selection. Here as in the epistles written by Peter, Paul and John after the resurrection, Christ's suffering. "He bruised for our iniquities." Here is the very core of the mean-ing of redemption. Jesus Christ

we discover the gave himself an offering of our sins. He bridged the gap be-tween a holy God and sinful man. As the Son of God he was who could do it. As the Son of Man he could properly and adequately represent the human family. His suffering and death our sin. His resurrection fur his offering was sufficient. He is able to save us from our sins.

"We may not know, we cam-What pains he had to bear But we believe it was for us He hung and suffered there

"There was no other good enough To pay the price of sin; He only could unlock the gate Of heaven, and let us in."



"I'm an executive secretary now, Aunty, so let's have man-to-man talk."

Upsidedown to Prevent Peeking





PRETTY VISITOR FROM 'DOWN UNDER"-The Australian Beauty Queen, Maureen Kistle (center) received a warm welcome on her visit to Toronto. Here she is presented with a beautiful bouquet, during a press reception, by Harry Tait, cosmetics executive and Byrne Hope Saunders of the Australian-Canadian Com-

### Are You A Breakfast Delinquent?

By Gayner Maddex NEA Food & Markets Editor We are rassing a crop of irrealfast delimpuents. Most of them

studio she said. "I want to marare teen-age girls. The latest warning signal If I marry it'll probably be to comes from the Montano Experiment Station of the U.S. Depariment of Agriculture. Dr. Jure W. Odland regions that not notice from the for givener career; hain't considered any seven consecutive days by 418 Montana college freshmen and 15-year-old high school students in two Wontana towns revealed that breakfast habits of girls are considerably worse than of boys. Ten per cent of the college people class to be recleased that | and high school girls had no breakfast ait ail, or only conee. The assults of this survey parelled those in other states. Dr. Freibrick J. Stare, head of Harvard's department of nutrition, insists that an adequate breakfast must consist of from one-third to one-quarter of all the four eater during the day.

Other leading nutritionists agree with him less than that is a health hazzard, they warn, and may even retard normal physimil development. In the Minitana survey, a simple pattern for a basic breakfast was used: a fruit, preferably a cilius fruit, some type of grain real-based to based as those book cal, gius an aimsi pransin, such as milk, egg or meat. se date after date and onjoyed the Minimum girls and 40 per

cent of the boys are a breakfast

mum standards. cause for national concern Trday, many girls many in their ful brides and prospective mothers are nutritionally fit and know how to provide balanced is danger alread. The passion for sienderness is

third to one-quarter of the Dr. Odland points out that the normal daily intake at best poor showing of the girls is fast, are less inclined to pl up dreaded extra calores t other meals and in sade found late tacas. Unless these youth- smedis.

Because inadequate teer-Energy No. 1 of adequate breakfasts for teen-age girls, according for their supper is m enough. They brunklinst, 100.





