

TONS OF HOARDED FIREWOOD CRUSHES MOTHER, DAUGHTER

TOKYO (AP)—Mrs. Matsuo Saito, 47, and her four-year-old daughter were crushed to death when 8,000 pounds of hoarded firewood, stored on the second floor of their home, caved through the ceiling and buried them.

Here's how I save food dollars!



Protect the original freshness and nourishment of meat, fish, vegetables and other perishables by storing them in Hand-e-wrap heavy waxed paper. Leftovers, too, keep better in Hand-e-wrap, and you'll be dollars ahead!



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TWO-YEAR JOB—John Wielinga of Edmonton is completing a carving started two years ago in his native Holland. On a slab of teakwood, four feet high and 30 inches across, he carves his impressions of Holland's resistance to Germany in the Second World War and pays tribute to the allied nations in freeing the Netherlands. (CP PHOTO)

Dutch Carving to Show Nazi Defeat Nears Completion

EDMONTON (CP)—A carving masterpiece—a Dutch carpenter's impressions of Nazi Germany's defeat in the Second World War—is nearing completion here after two year's work in Holland and Canada.

John Wieling started the carving in 1950 in his native Holland and now is near completion. The work has been done on Indian teakwood. Various pieces were bound, glued and screwed together to make a slab about four feet high, 30 inches across and three inches thick.

The finished carving will weigh about 120 pounds.

SYMBOLIC TRIBUTE
The carving represents Holland's resistance in the Second World War and pays tribute to the Allied nations in freeing the Netherlands.

The design is dominated by a huge lion—representing Holland—crushing the German eagle under one foot. The claws of the eagle are tearing at the body of a man on bended knees with dagger raised. This represents the Dutch underground.

The flags of Great Britain and the United States are in the background and across the top are the national emblems of Canada, France, Australia and Russia.

STARTING YOUNG

NIAGARA FALLS, Ont.—A four-year-old girl and a three-year-old boy were blamed by Fire Chief John Shapton for ringing a false fire alarm. The youngsters had placed their tricycles against the pole to reach the alarm box.

Teachers Vote To Patronize Civic Centre

Presentations and consideration of reports of committees at the regular monthly meeting of the Prince Rupert District Teachers' Association provided a full evening's discussion.

A small majority voted in favor of a patronage membership of the Civic Centre Association. The opposition felt that each teacher should be a fully paid-up member.

The constitution and bylaws committee submitted its recommendations for revision of the existing set-up.

A very complete report on the British Columbia Teachers' Federation Co-operative Association and Credit Union provided material for lively discussion.

The problem of pupils' report cards came up again and definite recommendations were formulated objecting to certain features of the latest type of card.

The convention committee reported that owing to lack of interest and support from teachers outside the city and the cost to them of such a convention, the proposed teachers' convention for this month be cancelled.

The salary committee had submitted proposals to the trustees and were to meet that body in the very near future.

A report on the meeting of the Northern District Teachers' Council at which were representatives from Sandspit, Ocean Falls, Terrace and Prince Rupert, was submitted by R. G. Moore, president of the Prince Rupert Teachers' Association who, with R. G. Davidson, vice-president, had been in attendance.

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Cereals Form Most Important Part of Breakfast For Children

To many, the words "breakfast" and "cereal" are synonymous, for cereal is usually the main dish around which breakfast is built.

By setting the example, parents should see that children form the cereal habit early. It is not necessary to have the same cereal day after day—you can avoid monotony by varying the cereal served and the ways of serving it.

For example, the home economists of the Consumer Section, Canada Department of Agriculture suggest that honey and molasses may be added to cereals while they are cooking, and fresh fruit, maple syrup, honey, fruit juices, preserves, or jelly are flavorful alternates for sugar.

The term "cereal" comes from "Ceres," the name of the mythological goddess of all plant foods. Cereal grains are among man's oldest foods, and the story of grain is a fascinating one which parallels man's development through many civilizations up to his present form. It was grain that first made the cave man stay-at-home, for when he discovered that the wild plant with the nourishing seeds could be cultivated, he settled down to farming instead of roving and hunting.

Eventually, communities formed and they learned to share or trade the food instead of fighting for that which grew wild. In later years, the abundance or lack of cereals often meant the difference between starvation and plenty in a country, and they were frequently factors in the rise and fall of nations.

For centuries, cereals were chiefly used as gruel, porridge, and mush. Then, housewives of the Gay Nineties were amazed and delighted with a great and dramatic change for around the turn of the century, the first quick-cooking and ready-to-eat cereals made their debut. In many homes, the new simple products which required only a few minutes to prepare soon replaced the slow-cooking, long-bubbling porridge of grandmother's day.

The types of cereals available today are many and varied. Wheat and oats are the most common breakfast cereals, al-

though others are made from grains, such as rye, corn, flax and buckwheat. Sometimes two or more of these grains are mixed together to give extra flavor and food value.

Here are some of the wheat cereals which can be obtained from your grocer's shelf. Crack-

ed wheat is one. It's made, as the name implies, from whole grain which is cleaned, then cracked fairly coarsely. Instead of cracking it, the whole grain may be passed between heated rollers to make flaked or rolled wheat. Farina, often called wheatlets or semolina, is another familiar wheat cereal. Unlike cracked wheat or rolled wheat, it is quite highly refined. Dark farina is the small granular particles formed during the process of milling wheat into whole wheat flour, while light farina is formed in the milling of white flour.

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