

Believer In Empire Talk

John Curtin Will Air Well-Defined Views at London Conference

By ROSS MUNRO
Canadian Press Staff Writer

LONDON, April 5 (P)—For Rt. Hon. John Curtin, Labor prime minister of Australia, the proposed meeting of Empire prime ministers in London is exactly what he advocates to establish closer Empire consultation and collaboration.

"There can be no substitute for conferences of prime ministers on questions of major Empire policy," he said in a recent speech.

So he will come to London enthusiastic about the prospects of the meeting and with well-defined opinions on Empire relationships in war and peace, as well as strong views on the machinery necessary for international co-operation after the war.

"The method by which the ultimate best machinery for international co-operation is to be achieved is by an evolution similar to that which has been the history of co-operation in the British commonwealth of nations," Curtin told the Australian Labor party.

"The nucleus of the machinery must be the great powers of Britain, America, Russia and China, in association with all peace-loving nations. This nucleus must remedy the grave defects which existed in the league of nations through non-membership of powerful nations."

Curtin is a strong advocate of regional arrangements within the framework of this world organization and points to the

regional agreement already reached between Australia and New Zealand as a working model.

COLLABORATION ESSENTIAL

"Regional arrangements are an essential component of world organization," he said. "If therefore Britain, Australia, Canada and New Zealand are to develop an understanding about a common policy on their mutual interests in the Pacific it is equally logical that they should collaborate in regional organization with other nations who have parallel interests in this region."

The conference will hear more of this argument, for it is a big point in Curtin's international philosophy.

Curtin, now 59, has been prime minister of Australia since the fall of 1941 and through this difficult period in Australia's history gave the Dominion sound and solid leadership. Other delegates at the conference will find him a man with a broad outlook on world affairs, a devotion to the principles of the British Empire, a life-long adherence to the labor cause and an intense feeling for the welfare of Australia.

It was a long, hard path he trod to his present eminence. At 12 he left school and he has been a printer's "devil," a factory worker, a trade union secretary, a newspaperman and a politician.

During the First Great War, Curtin fought the conscription movement vigorously and from 1917 to 1923 edited the "West Australia Worker," a labor journal. Then he entered parliament and occupied that position for six years until he became prime minister.

Nutrition Notes

By ELIZABETH YOUNG

IMPORTANCE OF MILK

Milk is the most nearly perfect food. It is a rich source of protein and vitamins A and B. It is the best source of vitamin B2 and calcium.

Milk is most prized for its supply of calcium. Both adults and children need calcium every day to build and keep strong bones and teeth. Without adequate calcium any child or adult develops serious tooth decay, bones soften, and the body suffers from ill health.

No food can begin to approach milk as a source of calcium. Most foods contain small quantities of calcium but, no matter how carefully planned are the day's meals, only one-half the essential amount of this material is obtained if milk is omitted. Remember milk is more than a beverage, it is an excellent food. The golden rule is—4 cups per day for children, 2 cups per day for adults.

Most of us are aware that milk is an extremely important food but we all say "you can't get milk in Prince Rupert!" and we think there is nothing that can be done about it. True, fresh milk and even canned milk are difficult to obtain but we can always buy powdered milk. And that is our solution to the problem.

There seems to be two popular objections to powdered milk. First is that of cost. One pound of dried milk equals 3½ quarts of bottled milk. With the retail price of dried milk at 75c per pound, the cost is 21 1-6c per quart. This is 6c per quart higher than fresh milk but remember that money spent on milk is money well spent.

The second objection to powdered milk is the taste. But in Prince Rupert we should try to acquire a taste for powdered milk when it is the only milk available. It is definitely better than no milk at all. If powdered milk is disliked by your family start by giving it to them in small amounts and increase it slowly. Make a habit of using as much as possible in cooking. The breakfast cereal can be

cooked in milk instead of water; cream soups and creamed or escalloped vegetables, creamed chicken, fish or eggs, mashed or stuffed baked potatoes, all make use of milk. Choose desserts that call for milk like junket, custards, bread and tapioca pudding.

When milk is used as a beverage flavor it with chocolate, cocoa, peppermint, vanilla, nutmeg, cinnamon, sugar or honey. Make the drinking of milk more fun by using a straw or a colored glass or even changing the color by adding a few drops of pure vegetable coloring to the milk.

If you are a parent drink your daily quota of milk in front of your children with obvious enjoyment. Remember children love to copy adults.

Cheese makes a good substitute for milk. The food value of a 2 inch cube of firm Canadian cheddar cheese is equal to ½ pint of milk. Cream cheese has a high fat content and contains less calcium and protein.

Here again we are faced with the difficulty of obtaining the food we desire. However cottage cheese can be used as a milk substitute. It contains more moisture than hard cheese so that it takes about 1½ cups of cottage cheese to equal ½ pint

of milk. Serve cottage cheese salads and sandwiches frequently. If milk is not properly cared for it can do a great deal of harm. Disease germs grow rapidly when milk stands in a warm room or is not covered. It should be kept cold, clean and covered. Milk should be kept away from foods that have an odor—such as fish, onions, cabbage.

MAKE MILK ATTRACTIVE

Never boil milk—scald it, which is heating over boiling water. Boiling of milk destroys its flavor and some of the food values.

In Prince Rupert we are handicapped by lack of fresh milk and cheese but we are much better off than we would be in England where milk is rationed to 2 pints per week, or even

of milk. Serve cottage cheese salads and sandwiches frequently.

Never boil milk—scald it, which is heating over boiling water. Boiling of milk destroys its flavor and some of the food values.

In Prince Rupert we are handicapped by lack of fresh milk and cheese but we are much better off than we would be in England where milk is rationed to 2 pints per week, or even

BOMBAY (P)—During the last three months, over 371,000 tons of foodstuffs have been handled by the troops engaged in famine relief work in Bengal, and transport distributing this covered 370,000 miles.

LONDON (P)—The £1,000,000 target for Lady Cripps' Aid-to-China fund by March 14 was exceeded by nearly £7,000 a day before. The first £1,000,000 was raised in just over 18 months.

worse still in Russia where the cost of 1 pint of milk is \$7.00. We have our substitutes—powdered milk and cottage cheese. Use them. Money spent on milk is the best investment in health through food. Let your slogan be "I'll Take Milk."

Refreshing at any hour!



"SALADA" TEA

THAT morning freshness...
bedtime tonight
to those restless nights when sleep is light and
a cup of warm bedtime. It helps that feeling of
food elements, easy digestion, supply of Vitamins B and the minerals phosphorus and Iron, which strengthen worn out nerve and body cells.
Ovaltine an aid to sleeping. See if you wake up fresher and get more out of your food store.
IMPROVED OVALTINE



KARO'S PURE CORN SYRUP
CANADA CORN STARCH
DA STARCH COMPANY LIMITED • Montreal • Toronto

Coal Orders

can now deliver your coal orders. Please three days warning before delivery ex-

BERT & McCAFFERY LTD.
PHONE 116 and 117



We Can Do Better

In the past, wars have brought with them a high cost of living, ending with inflation.

This sapped the strength of nations and added poverty and injustice to the other tragedies of war.

Later it has led to falling prices and unemployment.

In this war, we Canadians are determined to head off this danger.

We have done much to avoid a repetition of the disastrous price rises of previous wars.

We have paid higher taxes. We have bought Victory Bonds. We have severely limited profits.

We have put a ceiling on prices. And to make it possible to hold the ceiling, wages and salaries have been controlled.

In one way or another most increased costs have been absorbed and very few passed on to the consumer.

Holding the ceiling has been a struggle. But the results have been worth while. From 1914 to 1919 prices rose 60%. From 1939 to 1944 the rise has been only 18%.

This effort of the Canadian people has been successful enough to be noted in other countries.

But we must continue to hold the line. We need not let history repeat itself. We can do better.

We can all help—

By cutting down unnecessary spending, and buying Victory Bonds instead.

By not hoarding or buying in black markets.

By not taking advantage of the war situation to press claims for higher prices, higher wages, higher rents or higher profits.

(This advertisement is one of a series being issued by the Government of Canada to emphasize the importance of preventing a further increase in the cost of living now and deflation later.)