Terrace School Satisfactority Settles Nutrition Problem

(By Miss A. Haugland, Terrace) "Nutrition" as inclusive of hot thing as they could be conlunches, school lunches, etc. in veniently spanged off after use. a hopelessly involved sort of way. We purchased the oilcioth and In the Terrace Elementary School, where almost all the children bring their lunch, we looked upon a school lunch program in more or less the same way as and out out the individual mats teachers have for years past to desk measure and the chil-When we first took over the dren took them home to be duties of teaching in this school bound and finished. Each room the children brought lunches chose its own color scheme. from home, usually without Weekly lunch monitors were fresh fruit except when fruits chosen and they distributed the were in season. Few brought mats before the noon hour. After anything to drink. For the most lunch the mats were cleaned and part these lunches were eaten at collected and stored away for recess in gulps between kicks at the next day. a football or bats at baseball. As The next thing was to provide had been to eat lunches while one for the girls. This had been the janitor or the school board, floor hockey and, seeing that simply will trail in). Besides, the lithe old arrangement anyway, we surroundings, at best, were dull decided to have the wash-rooms there was teacher supervision corner. The first thing we did grounds. for, if not, lunches were some- was to discuss the materials times thrown wholesale into the needed. Then we obtained two waste basket.

ed as the need arose, so we finally got our heads together and decided that individual oil-Usually one thinks of the word cloth mats would be just the sufficient tape at local stores. paying for them with funds from a school concert which had been held beforehand. We measured

a result noon hour came and few wash-room facilities. Previously, were hungry or the lunch had the wash-rooms were in the boys' already been eaten. The practice basement—one for the boys and pupils were seated on benches the arrangement for years. We in the basement. The basements needed the space in the basewere dusty (through no fault of ment for winter games such as I might add, as mud and wet supervision was difficult with and dismal. Eaten in this at- taken out of the basement. Each grange crates for each room.

We decided that something These we nailed together, the the question of proper lunches would have to be done about it. middle boards acting as shelves When the inspector of schools for soap dishes, towels, etc. The arrived we explained matters to water pails and waste baskets him. He suggested that having were to be placed under these the children eat their lunches shelves. The boxes were painted in the classrooms would do away a light color. We covered the with some of our difficulties. We tops with a piece of the same tried this and found, to our joy, pileloth as we had used for the that it did. The surroundings mats. Then we purchased a mirwere much more cheerful and it ror and hung it at a convenient was a much friendlier arrange- height for the children. In my import. The next thing was to fix own case, I posted the Red Cross the desks so that each might re- health rules conveniently by semble a small table at home, along with a nutrition chart and That would mean a tablecloth or a disturbing sign: "Is my face mat. A cloth would have to be clean today?" To induce the laundered frequently, a card-children to keep their fingerboard would have to be discard- nails clean. I tacked up a box of



Pfc Elmer Ponser and CWAC Beverley Gibson were recently united in marriage in the Post Chapel by Chaplain W. D. Rowlands. Here they are seen as they step from the Chapel, flanked by a Guard of Honor, before they were whisked away to the Red Cross Club where a reception was held for them. Cpl. Peggy Hill, CWAC, was bridesmaid, and Sgt. Kenneth Wallace, best man. Mrs. Ralph Gibson, mother of the bride, came from Courtenay to attend the wedding.

Now we had the grooming and We held periodic discussions on foods, their values and vitamin content, using various charts which had been distributed for our use. We surveyed the eating habits of pupils by sending questionnaires home which the parents filled in over the period of a week and then returned. We found the children's diets to be lew in fresh fruits and milk, so made a ruling that only fresh fruit or vegetables could be eaten at recess. At first there were objections but in a short period of time pupils were bringing apples, oranges, celery and other fresh fruits and vegetables. We encouraged them, whenever possible, to use whole grain bread or bread made with Canadaapproved flour for their sandwiches and suggested various fillings high in food value but easily accessible insofar as the

Hot Dish In Lunches

Then there was the matter of one hot dish. There are absolutely no facilities in the school to prepare such a dish with the already too large enrolment so, with due encouragement and chats with parents, most of the children were persuaded to buy thermos bottles. They now bring hot cocca or soup to drink with their lunches. Actually, there's a very small percentage of children now who do not have somethink warm to drink at noon hour. We also spoke to the milkman about milk delivery and several of the children now purchase pint bottles of milk which are delivered daily to the school.

Believing that pleasant sur-

average budget was concerned.

toothpicks nearby, together with roundings have an effect on the casements gave the illusion o a dipper for measuring out the functioning of the digastive or- perpetual sunshine. Blackboards mosphere, the best of nutritious classroom was to have its own water which is secured from a gans and thus have an influence were put up for the primary cer, who places the inner envellunches would be wasted. Usually individual wash stand or wash well located on the school upon children's moods and man- pupils and on the walls above ope in the larger envelope.

ments. First of all, we purchased pletely transformed. in Division I painted the walls however meagre our efforts have the outer envelope. of the basements with the green, been, at least they may well be was really amazing. The yellow concerned.

ners, we decided next to improve borders of nursery rhyme pic- The election officer then re-

Dominion Election-

## · Care Taken In Service

cial parliamentary committee ect and his vote may be recorded. drew up what it considered was 3. A soldier home on leave an airtight arrangement for en- may vote as a civilian, but must in the forthcoming June 11 elec- ply at a military voting place

The service man will use the to cast his vote. secret vote. Before the election 4. Any Canadian serving with officer can give a ballot to a man the British forces who enlisted he must hand him a big-unsealed before January, 1937, may vote envelope on the back of which is in the Canadian election if he

The form declares the voter's voting station. where he had resided and where tive Indians. Indians who fought he would have voted prior to en- in the First Great War are also listment. When the voter fills allowed to vote whether on or this in the election officer writes off the reserve. the name of the electoral district and province which embrace the voter's home.

pallet caper to the electors, who and northern Quebec. easts his ballot by writing his choice secretly. The ballot paper is then folded by the voter. The officer hands him a small unsealed envelope. The voter places the ballot in the inner envelope. seals it and gives it to the offi-

the basements. Being entirely tures by means of decals. The turns it to the voter, who diswithout a gym, the children older girls helped to arrange patches it by ordinary mail or locale settled but there was still spend most of their time on suitable pictures about the walls. whatever special facilities are rainy days indoors in the base- The basements are now com- available, to the special returning officer for his field of operasome Nile green and some bright | We realize that we have barely ations, whose name and address yellow paint. Some of the pupils made a beginning but feel that, have been printed on the face of

In Canada these envelopes will the window casements with the paving stones to a better and be carried by mail without vellow. The difference this made more healthful future for all stamps. Overseas they will be stamped by the election officer Sold Only by Your Nyal Druggist

without charge to the voter, and the voter to the nearest mail box. Voting Pointers

Here are some service voting

1. If an elector spoils his ballot he may ask for another one. 2. If an elector cannot read write or is otherwise incapacitated, he may receive the assistance of the election officer and GTTAWA, May 28 @-A spe- any man the voter chooses to el-

suring a successful service vote be 21 years old; or he may apand regardless of age, be allowed

a form the voter must fill in. presents himself to a Canadian

name, address and number, 5. Service electors include na-

IRON ORE DEPOSITS

Iron ore deposits have been The election officer hands a discovered recently in Labrador

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COUGH

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e Chances are that girl in the above photo does not have syphilis, but a blood test is still in order. Many people have this disease without knowing it, according to the American Social Hygiene Association, 1790 Bway., N. Y. 19, N. Y. So blood tests for everyone -including the apparently healthy-are recommended, together with a medical examination, to find and treat unsuspected cases.

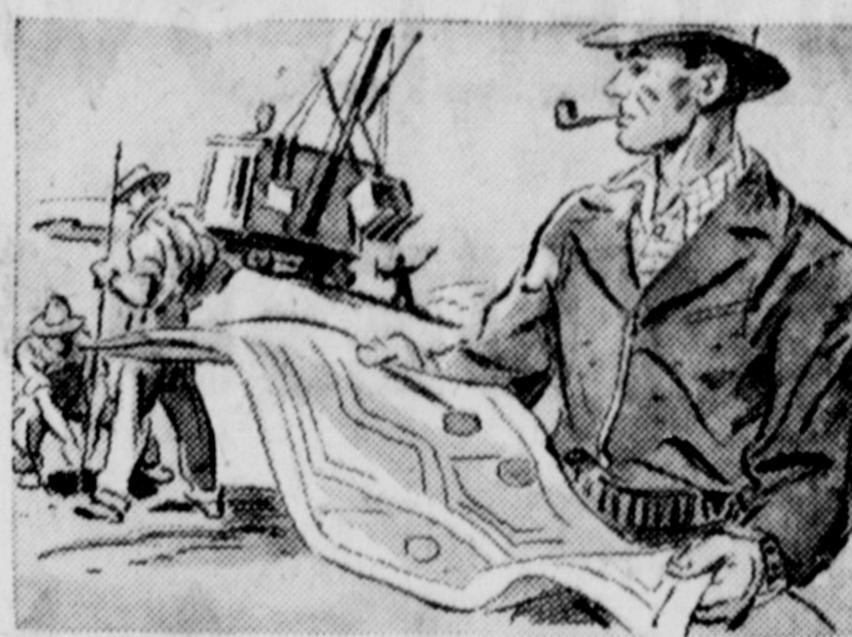
TOM is in the pink DICK has retired HARRY Will go places



Tom knows something about stormy weather, but he feels in the pink and his mind is at ease because his life insurance, which protects his loved ones, has weathered the strains of war and epidemics. The reserves behind his policies are regulated by law and so stand guard that even in times of the gravest stress he knows he is secure.



Dick knew nothing about life insurance reserves when he took on his first policy as a young man. But now that he has retired, he knows that the security he enjoys comes largely from the monthly income provided from his insurance - protected by reserves accumulated from his past premium payments.



Harry is an up-and-coming fellow who needs only opportunity to make good. He may not know it, but his own life insurance and the premiums of several million others will keep providing him and others with opportunities for years to come. Life insurance funds are invested in undertakings from coast to coast that provide employment for multitudes of people.

LET NO ONE MISLEAD YOU!

Policy reserves represent premium dollars accumulated at interest for policyholders by life insurance companies as the necessary provision against the day when policies become claims by death, maturity or surrender. Let no one mislead you about the nature of these funds. They are NOT "surplus funds" nor do they represent "profits" in any sense of the word. Policy reserves are the exact measure of the total funds which must be held for policyholders, to be paid to them when due.

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