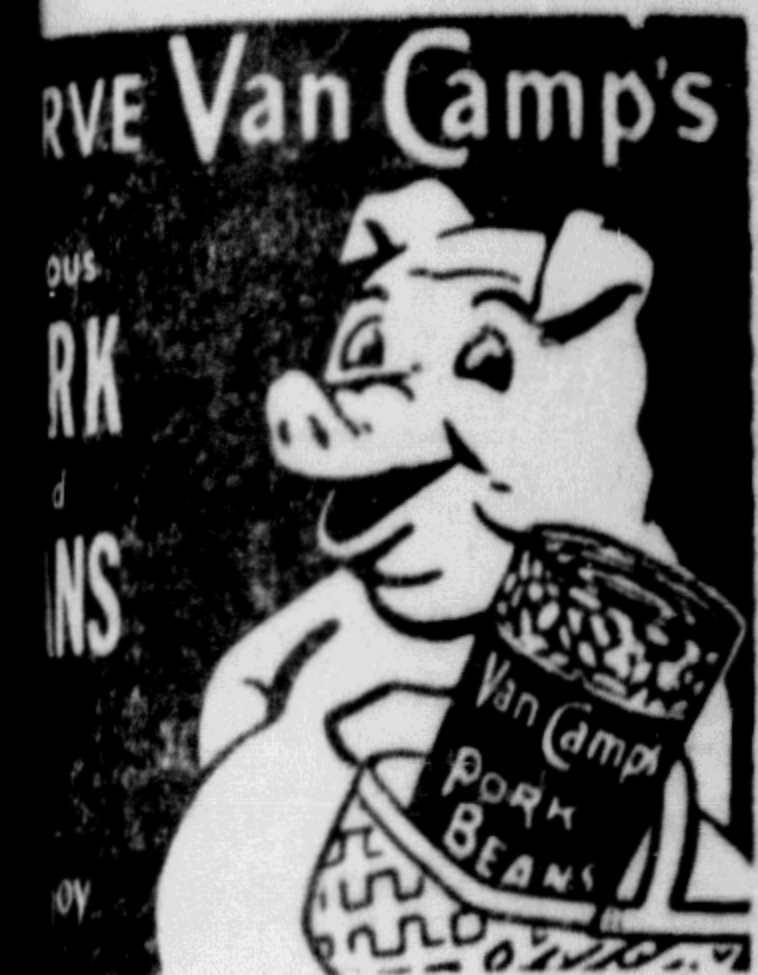


ECONOMY IN STYLE—Sky-high prices have caused housewives to haul out her economy booklets and find out how to keep within budget.

"Food for Health," a booklet from the Canadian Medical Association put out in 1940, is a good one to eat the necessities of the "protective foods for proper nutrition. Protective foods: milk and products, potatoes and vegetables; whole grain cereals; raw fruits and vegetables; eggs; fish.

C.M.A. booklet also provides a few cooking hints for economy: use little water when cooking, except for strongly flavored vegetables; save cooking water from vegetables, or from tinned vegetables, in soups; cook vegetables in water, rather than depending on a busy clerk to choose the goods. At the same time she will learn how to compare prices and brands.

The housewife will save money if she buys staple foods that keep in large quantities that can be stored. The cost of large bags or packages, if compared with the cost of the same food in smaller packages, will show how such savings may be made.



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"WALKING BABY" MUST RETAIN AMATEUR STANDING—Mrs. Emilie Caron (left) aids her 15-day old grandson, Robert Kolreg, to walk, but at the moment the young man, who has attracted wide attention, doesn't seem in the mood to show off. At right is Robert in the arms of his mother, Mrs. Lucienne Kolreg of Lewiston, M., after she had been informed by the court that she could not exhibit the baby except to family friends. The law entered Robert's young life and haled his mother into court when it was reported that visitors were leaving donations after witnessing Robert's perambulating prowess.

**Reminiscences
and Reflections**
By W.J.

There are some things that go on, apparently, forever. Take for example, a minstrel show. Today's greybeards remember Mr. Bones when they were youths. The minstrels scored major hits in Prince Rupert, as expected. They always do. There is a freshness and originality—and an unconventional "something" out of the past, linked with the present, that surely rings the bell. We'll wager that "Uncle Tom's Cabin" is living still. Somewhere in the U.S. doubtless, a "Tom" show is playing. The last one the writer saw was in Saskatoon. It was staged in a good-sized tent, and was going along fine until a mule, tied up outside, started to bray about the time Little Eva started leaving for Heaven.

Sizing it all up, in a composed manner it could have been worse. Yes, it could have been worse in the last 35, 44, 42 or 43 years. There is a beautiful water system here, with chlorine for the asking. That's much better than catching rain, or packing pallid. Some of the avenues are the best speedways in the west. Once there was no Skeena Highway. Now, remembering her road along the Columbia, Portland is beginning to feel nervous—all same Seattle.

Something new has just been given out, concerning kissing. There is nothing to cause the slightest alarm but it does, from the standpoint of pure science, widen knowledge. It is said, when a man kisses a girl, things happen fast in his chemical system. The pituitary gland, at the base of the brain, manufactures adrenocortichic hormone. This stimulates the adrenal gland. White blood cells break down fast. Blood pressure ascends rapidly. Lung tubes dilate to provide more oxygen. The heart beat is much faster. Perspiration appears. We are not certain as to other developments but this will do for the present.

A Masset correspondent, in a letter to the Daily News suggests experimental farms on the north coast. Providing one knows what he is doing, the notion may literally bear fruit. Years and years ago, when Rupert seemed more soggy than it does today, the writer kept house in the neighborhood of Taylor Street. A near neighbor was the late Magistrate Alfred Cars. Homeward bound, one day, as dinner hour approached, we heard a hail and saw Mr. Cars

Train Schedule
For the East—
Monday, Wednesday, Friday—
8 p.m.
For the East—
Tuesday, Thursday, Saturday—
10:45 p.m.

NOT GUILTY!
LONDON ©—The judge, Sir Gerald Dodson, sat in the witness stand and adjusted the hearing aid at his ear. The court clerk looked down from the judge's bench. No one was guilty and no one was passing judgment—the judge was trying out a hearing aid for deaf witnesses.

Modern Etiquette
By ROBERT A. LEE

Q. When one is personally acquainted with the bridegroom, but does not know the bride, to whom should the wedding gift be sent?

A. All gifts are sent to the bride, never to the bridegroom. Q. When celery, pickles, or olives are passed at the table, where should the guest place them?

A. On the bread and butter plate.

Advertisement in the Daily News

WAS VERY RELIGIOUS

Noted Canadian Industrialist Could Have Been Taken For Parson

Samuel John Moore, noted Canadian industrialist, whose death is recorded, was born August 3, 1859, at Doddington, Northamptonshire, England, arrived in Canada with his parents in the late '60's.

A profoundly religious man, in his later life he could easily have been taken for a parson. Simple blue or black serge suits, hard collars and the plainest of cravats were as natural to him as his wide, Victorian moustache, grown white with the years.

As a prominent layman in the Baptist Church he never tired of telling his associates he had found God "a great ally whom we can call upon daily for help and guidance." He never allowed business demands to interfere with his church duties, particularly his 30-year leadership of Dovercourt Road Baptist Church Sunday School.

He received his early education at Doddington and London, England, and as plans to speed streamlining of business accounting systems showed meteoric expansion, Moore visited the Old Country in the mid-'80's, not only to sound out British prospects for marketing his ideas but also to renew acquaintances with childhood memories and friends.

The English trip, forerunner of many in later years, was the beginning of a half-century's travelling which took him to Europe, Mexico, South America and major centres in Canada and the United States. He once figured he covered upwards of 50,000 miles during a busy year.

After playing a leading role in the amalgamation of the William A. Rogers Co. Ltd., and the Niagara Silver Co., Moore entered the banking insurance and dairy fields at the turn of the century.

He became founder-director of the Metropolitan Bank, Toronto, in 1902 and on its absorption by the Bank of Nova Scotia in 1912 was made president of the latter. About the same period he helped reorganize the City Dairy plant at Toronto and watched it prosper and become part of the Borden interests.

Other corporations in which he became either an official or director included: Pacific-Burt Co. Ltd.; Gilman Fanfold Corp.; Imperial Life Assurance Co., and Toronto General Trusts Corp. As Moore Corporation spread its vast network to efficiency-conscious American business Moore said: "I never found any prejudices in the United States against Canadian capital—or brains."

When the gloom of the Second World War settled in 1939, he again affirmed his faith in Canada, saying "No country is so sound, so full of promise."

Perhaps the greatest tribute ever paid him by fellow-Canadians was in 1934 when 100 business and political leaders of the

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TUESDAY—P.M.
4:00—Al Harvey Show
4:15—Stock Quotations
4:30—Max Chamitov
4:45—Shady Bay Stories
5:00—The Looseleaf
5:30—Platter Parade
5:45—Martial Oirs
6:00—Supper Serenade
6:15—Dinah Shore
6:30—Musical Varieties
6:45—Smoke Rings
7:00—CBC News
7:15—CBC News Roundup
7:30—Leicester Square to Broadway
8:00—Alberta Ranch House
8:30—Record Album
9:00—Tuesday Evening Recital Wpg.
9:15—Points of View

WEDNESDAY—A.M.
7:30—Musical Clock
8:00—CBC News
8:15—Morning Song
8:30—Music for Moderns
8:45—Little Concert
9:00—BBC News
9:15—Morning Devotions
9:30—Morning Song
9:59—Time Signal
10:00—Morning visit
10:15—Morning Melodies
10:30—Roundup Time
10:45—Scandinavian Melodies
11:00—Kindergarten of the Air
11:15—Reminiscences
11:30—Weather Forecast
11:31—Message Period
11:33—Recorded Interlude
11:45—Ethel and Albert

P.M.
12:00—Mid-Day Melodies
12:15—CBC News
12:25—Program Resume
12:30—B.C. Farm Broadcast
12:55—Recorded Int.
1:00—Symphony Hour
2:00—B.C. School Broadcast
2:30—Commentary and My Own Mother

Dominion gathered to honor his 75th birthday. Among those present who praised the business pioneer were Rt. Hon W. L. Mackenzie King, then Commons opposition leader, and Rt. Hon. Arthur Meighen, former prime minister.

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