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ass The Mustard

A GING PEOPLE are the products of the life I they have lived, remarks Margaret E. Smith, lirector of nutrition for the Health League of Canada. If a sound state of health has been maintained for the first 60 years, people have little reason to be anxious about the next 40.

This possibility of living to be 100 had never really occured to us. The way Miss Smith puts it, nowever, there is nothing very much to it. Finding that health is the sum total of what a person has been eating daily throughout his life, she concludes that for a ripe old age, moderation is the answer. One way to effect this is to eat in smaller amounts and oftener, which means five or six small meals a lay instead of the standard three. She also cautions against the use of hot spicy foods as they irritate the intestinal tract.

Although we respect Miss Smith's considered advice, it somewhat lessens the attraction of becoming 100. The idea of living on nibbles is not the most alluring prospect in the world. One of the pleasures allowed mankind is an appetite that makes the nose acutely sensitive to what's cooking. It has the rich enjoyment of a temptation that will soon be sated. This business of eating a bit here and a bit there kills the expectancy. It may be comfortable but it does not stimulate.

It would be discouraging also to have to give up the occasional nip of something spicy, such as a dash of mustard or a splash of hot sauce. Even if they do irritate the insides a little, they are simple pleasures which surely compensate for the physical damage by bolstering up morale.

This is not an attempt to dismiss Miss Smith and her good counsel. Since there are not many centenarians around, it must be that most people are entirely too indiscriminate about what they shove down their throats. But something must be said for the spirit as opposed to the stomach. If this is ignored, we might become fretful and sleep badly at night. This, in turn, might lead to ulcers or insomnia. So you'd better pass the mustard, Miss Smith, because we are just going to have a small second helping.

OTTAWA DIARY

Here's their story:

figure for Britain is \$4,500.

the total force which is on serv-

By Norman M. MacLeou

If the Progressive Conserva- to be done by mirrors. They're the Assembly right now? ives should win on August 10th perfectly willing to tell you just \$500,000,000 by which they have it. promised to cut taxation annu-

that's the \$64 question.

But the PC's aren't worried, allowances, his food, his cloth- today.

Blind Teacher Once Had Partial Vision

TRURO, N.S. (P)-When teacher Pearl Campbell tells the students at the School for the Blind in States level. Halifax how to do things she will be talking from experience. She also is blind.

graduate from the Nova Scotia Teachers' College here, Miss Campbell was referred to by Drew pledge. . Principal P. McCarthy as "one who gives every promise of being an efficient and successful teacher."

work of "a very high order durart in all student activities."

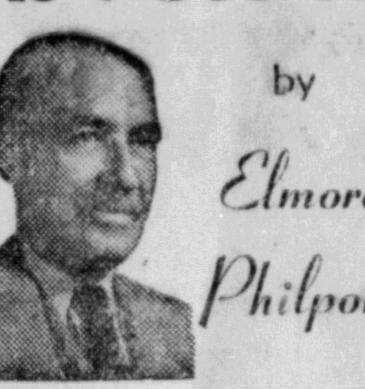
School for the Blind for 11 years of any country as a yardstick for er among them? and then attended high school any country as a yardstick for er among them?

at Glace Bay, from which she others was graduated in 1951 with a grade 12 certificate.

happy then," she recalls, "but I ous inescapable factors which in Alsace. soon became adjusted to loss of include the high percentage of

"You know I am much better ice abroad, the expense of out-I fitting and housing the Canadoff than some blind people. have had the privilege of sight, ian service man against the and I can visualize what is going rigors of the Canadian winter, on about me. Color, form, a and the generally heavy expense shape, when described to me, all of military administration in a make an impression on my geographic unit the size of

Once on the active teaching These are all factors, the govstaff of the Halifax school, she ernment argues, which just have will prepare her lessons from to be accepted, and which no Brailee text books and pass them | magic of administrative efficon to her pupils in the same iency by the PC's could eliminmanner.



Pull Out Peace Team.

IN THE past years I have travelled to many faraway countries. One great advantage of this was that I got a fresh viewpoint on things at home. I came to see how the Canaeyes of outsiders. It was not only their governments but the

common people. In a sudden heavy shower in-Cairo I was forced to take shell ter in a sentry box, with about four Egyptian soldiers who spoke no English. When I fi nally made them understand was Canadian, they were my pals, and could not do enough

On my last day in India visited the Taj Mahal. I chat ted with two much be-ribboned sergeants in the Indian army and when they at last found out was Canadian, gleefully declared, "Canada, Canada—good

In their own simple way they said to me what Nehru himself had said about the key part that Canada is playing for world peace.

AM NOT one who believes in indispensable men, indispensable parties, or indispensable governments. But there some men in some places at some time, who just can't be displaced, without loss.

democracy when it is "time for him "Prime Minister of British a change." That time may be Columbia." this year. It may be that the Promptly Liberal leader Arpeople of Canada are going to thur Laing scoffed, said there but the Liberals out and put is only one Prime Minister the Conservatives in.

But I don't think they will, for this reason:

world peace is the most important thing in the world today. They know that under the radiant, goodwill leadership of our great Prime Minister, Mi Lester Pearson is doing one of the most practical peace-mak ing jobs attempted by statesman of this century.

Why does Canada's name stand so high in the UN today Why is Canada always named as among the very first to be put on any trouble-shooting committee at the UN-such as the one which finally broke the risoner deadlock over Korea? Why was Lester Pearson the for the position of Secretary. General of the whole UN? Why

next, where would they find the how they're going to set about SURELY the answer is obvious. Canada has the most practical team of peace-makers at Sitting as a private member British Columbia." Each man in the uniform of the UN Lester Pearson is recog- from 1941 to 1945—and boasting The official Journals of the Albert Batten of Hamilton, For the Liberals and the CCF the navy, army, or air force in nized the world over as among he was the only true-blue Lib- B. C. Legislature, however, refer Far East representative of the Parliament Hill these days Canada costs the public treasury the top half dozen most prac- eral left, since all the others had to the Hon. the Premier."

is easy, and that it won't have which be uses. The equivalent or woolly headed about Cantered to the "Prime Minister," these are the dog days, and the hew.

If you have which be uses. The equivalent or woolly headed about Cantered to the "Prime Minister," these are the dog days, and the hew.

Yoshisuki Kasai, vice-presi-\$13,500, while the corresponding tion.

most liberally treated, the PC's The peace for which Canada to do. argue that it should be possible has worked, and even as in The Shorter Oxford English Minister" brief case; if it ever Disastrous floods which struck

That would mean a saving of Because Louis St. Laurent servant or agent." \$4,500 per service man annually. took the stand he did, the whole The B. C. Constitution Act On the basis of a Canadian serv- west organized and said plainly says: "the official occupying the The first blind student to ice force of 125,000, the total sav- to Russia: "If you cross that position of Premier shall be paid ing would reach \$562,000,000,—a line we fight." Had Chamber- a salary of \$9,000 a year." figure safely in excess of the lain done that, as Churchill urged, Hitler would have been eral Government always refers stopped in his tracks.

The controversial factor in * * * this arithmetic of the PC's isn't LET US GRANT that the Conthe alleged disparity between servative front benches would Mr. McCarthy said she did the service costs in the three be strong—that George Drew Shoots Self countries. That's admitted by would be a good home front ng the school term and took the government. But what the Prime Minister. Of course he government denies is the possi- would. But where is the ex-Miss Campbell studied at the bility of using the service costs perienced, practical peace mak-



CARLETON COLLEGE in Ottawa, started in 1942, is Canada's newest university. It was founded when the capital was crowded with young people brought in on government work. The original idea was to give them something to do in the evenings. Its head is Dr. M. M. MacOdrum (centre) on the steps of the college with three of the 1,545 students registered last term.

POLITICAL ROUNDUP

. . by J. K. Nesbitt

Ministers of the Provinces

VICTORIA—Is the head of a to the Provincial Prime Minis-Provincial government the Pre- ters. For instance, The Guide to Relative Precedence, issued by mier or the Prime Minister? This is an argument that the Department of the Secretary bobs up every now and then; it of State, and published by the

In a newspaper advertisement during the recent election There comes a point in every campaign, Mr. Bennett signed

Canada, that he lives in Ottawa

A few days ago Mr. Bennett came back from Ottawa carry-Deep down in their hearts, ing a brief case labeled "The the Canadian people know that Prime Minister." That started the argument all over again.

Now there are many sides to this question, and it goes a long way back

Liberal Premier T. D. Pattullo from 1933 to 1941, always called himself the Prime Minister, and a sign to that effect was on his Prime Minister." brief case, and so Mr. Pattullo Government, he signs as "Prime (Macleans). left it in the Premier's office.

When Mr. Hart took over in When the head of the Provin- Red Cross Gives 941 he outlawed the term Prime cial Government is introduced, Red Cross Gives 1941 he outlawed the term Prime cial Government is introduced. Minister, took down the sign on or announced at Government the door, refused to use "the House, it is "The Prime Minis-Prime Minister" brief case, called ter," or "Mr. Prime Minister." himself the Premier. Not long If, of course, the Prime Minisis Mr. Pearson the President of ago this brief case turned up, ter of Canada should be there and it's presumably the one that at the same time he would be has caused the latest stir in the THE Prime Minister, and the

that term's old-fashioned now-- argue about. The Prime Minister himself he's called the Premier-but Mr. Might just as well get into an in accepting the gift, noted that On the thesis that the United was the first statesman in the Pattullo let it be known he would argument as to whether a man half of it was donated by the States soldier is the world's best world to advocate formation of always refer to the Prime Minis- should be addressed Mr. J. J. Canadian Junior Red Cross toclothed, best fed, and generally what is now known as NATO, ter and that's what he proceeded Smith, or J. J. Simth, Esq.

by efficient national defence ad- Korea fought for, was not a Dictionary says the word Pre- got lost it wouldn't be easy to the southern Japanese island of ministration to reduce Canadian peace at any price. It was peace mier is short for Prime Minister, find its rightful owner. Which Kyushu late in June left more costs at least to the United with justice, upheld by police and it defines Prime Minister as Premier, or Prime Minister, and than 2,500 persons dead, miss-"a principal or chief minister, where?

On the other hand, the Fed-

Congressman

RIO DE JANEIRO (AP) - A Congressman shot himself in the House of Deputies, witnesses said and is in grave condition. He is Deputy Pdinio Gaya who is reported to suffer from cancer. High comparative Canadian The Alsatian, a large wolf- Witnesses said he shot himself in She had partial vision until service costs are explained by hound, was so named because the house antechamber in front eight years ago. "I was not very the government as due to vari- it was once used as a sheep-dog of a group of other Congress-

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ray... Reflects and Reminisces

rarmers are said to be doing well on the lush acres of the Bulkley Valley. They are prepared to work extra hours when harvesting the long green.

DO IT NOW

Because it's needed, the city of Trail is distributing a ne map. It has a complete street index and cross reference. This is more than Prince Rupert can say. Today, the coast from Kitimat to Skagway and beyond is in the public eye to the tune of billions in developmen and this is reflected in continental interest. If there was ever time when Prince Rupert should be telling the world about

and sexuality did not appear regularly on the covers of millions of magazines we might not consider this such a tough

NO DOWNSTAIRS

artists or musicians who man- breakfast of elderberry blossom stem. aged to enjoy high living believed to have lived in attics, loo county maple syrup. comments the Chatham News. But now, they are occupied ilar breakfast was being served chiefly by those who are unable in south Germany, the Tyrolean to afford basements.

It would seem, sometimes in adian maple syrup. mid summer, all insect life is The unusual feature of the not practically the same. It is breakfast, of course, is the eldurged in a newspaper headline erberry blossom pancakes and that any species that inflict it is in the aforementioned damage ought to be put, out countries that the custom origi-Other kinds, we gather, should nated.

Advice from Ottawa announ-Queen's Printer, lists "The Prime ces Canada's population is nearing fifteen million. All could find accomodation in the Mari-When the Queen, as Princess time Provinces, and there would Elizabeth, and the Duke of Edin- still be ample space for everyburgh, were here in the Autumn body without going any distance of 1951, Ottawa officially gave to speak of. these instructions to the Gov-

ernment of British Columbia: CALLING IT A DAY

The Hon. Mr. Mayhew will pre- The radio said yesterday that sent His Honor the Lieut-gover- Churchill was retiring. Doubtless nor of British Columbia, the Hon. the truth. Anyway he's earned Clarence Wallace, and Mrs. Wall- it. Ever since he was a youthful stick in people's minds if the ace. The Lieut.-governor will war correspondent in South Af- custom of elderberry-blossom present the Prime Minister of rica fifty-three years ago, his British Columbia, the Hon. By- life has been one adventure after ron oJhnson, and Mrs. Johnson." another, with precious little When the Lieut, governor empty time between them. writes to his first minister, who

is now Mr. Bennett, the form of Aberhart and his party came \$25 a month to everybody. Ap- of exposed ore. office door. He had a blue lea- Mr. Bennett mostly signs his parently he never read the third ther brief case that said, in gold letters "Premier," but when he chapter of Genesis or he would iters, the Prime Minister. It sends communications to Gov- have known we have to earn our was government property, that ernment House or the Federal bread.-T. Phelan, Edmonton.

\$20,000 to Japan For Flood Relief

TOKYO (CP) - The Japanese Premier vs. the Prime Minister head of the B. C. Government Red Cross today received a gift would be "The Prime Minister of of \$20,000 from Canada towards flood relief.

Canadian Red Cross, made the \$18,000 per year for his pay and tical peacemakers in the world joined Coalition with the Con- So, it's all a matter of prefer presentation at the Canadian servatives, Mr. Pattullo had fun ence, and it doesn't make much embassy in the presence of Can-They say that the proposition ing and the military equipment Nor is there anything fuzzy, in the Legislature. He often re-difference anyway, It's just that adian ambassador, h. W. May

dent of the Japanese Red Cross. wards clothing for Japanese But—as to that "The Prime children.

ing or injured.

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JACQUELINE AURIOL, 35-year-old daughter-in-law of the sident of France, is engaged in a long-range jet-air duel with American flier, Jacquelne Cochran. Mme. Auriol broke the speed record for women May 12, 1951, averaging 509,245. in a Vampire jet. Her record fell when Jacqueline Cochrant through the sound barrier for a world's speed record.

Eaten to Observe Old Custom

Elderberry blossoms which

Clean the blossoms at

singly into ordinary

mix and place in sizzle

frying pans. A blossom

pancake. As the pancake

about each blossom the

are snipped off. Served

Dries In

minutes

KITCHENER, Ont. (CP)-Four pancake breakfasts was local residents got together here ed here!" recently and observed an old

John Walter, Sr., Harry weeks and are large Schultz, William H. Wolff and creamy-white and flat In the old days, any poets, Lee Shantz ate an open-air them with part of the are pancakes covered with Water-

Chances are a somewhat sim-Alps, northern Italy and Switzerland but minus the Can-

The Kitchener gourmets have been observing it for four years on the first Sunday after July ! Here's their menu: Fruit juice, elderberry blossom pancakes with maple syrup, strawberry nic and coffee.

Mr. Walter would like to see Kitchener residents and visitors share the annual treat.

"Already Kitchener has gained a certain distinction as the place where pig knuckles and sauerkraut are served," he said. "Think how the city would

CHROMITE FOUND

KARACHI, Pakistan (9-Large deposits of chromite have been found in Kharan, in the Baluchaddress he uses is: "My dear into power solely on his offer of to contain more than 8,300 tons



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Strongly tailored. Real Value MEN'S DRESS SHOES -- Good selecti fit and well made. Lots of wear. Real 8

BOYS' LEATHER OXFORDS built, lots of wear. Real Values. Now, from

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