

AGRICULTURAL HINTS

THE WORLD'S BEST CHEESE

When J. F. Singleton, Dairy Commissioner, Dominion Department of Agriculture, was in the British Isles recently he was told by the largest importers of Canadian cheese that they could offer no suggestions on how further improvements could be made to enhance the quality.

In further support of this Lucas Classey, one of the largest buyers of Canadian dairy produce in the British Isles and a member of the British party of buyers of food products which has just completed a two weeks tour of a part of Eastern Canada, stated publicly both in Montreal and Ottawa that in his opinion Canadian cheese is the best in the world. "There are some who think that because some cheese has a higher percentage of butter-fat it should be superior cheese," said Mr. Classey. "Canadian cheese may have a less percentage of butter-fat yet it will be better cheese than that made in some countries with as high as 60 per cent of butter-fat. It is principally texture and flavor that go to make good cheese and Canadian cheese has these. I have told Royal Commissions and Parliamentary Committees in the British Isles that I consider Canadian cheese is incomparably the best and I am one of the largest buyers in the British Isles of cheese from all parts of the Empire and other countries."

There has been a decided improvement in the quality of cheese made in Canada since grading was introduced in 1923. In that year about 75 per cent of the total production graded No. 1. In 1933, 94.7 was of the highest grade. The cheese made in Ontario last year averaged 56.13 per cent grade 1. Notwithstanding the improvement in the quality of Canadian cheese in recent years the production was less for the calendar year 1933 than in any years since about 1890, totalling only 111,044,527 pounds. The largest quantity made in any one year was in 1904, when the total was about 250,000,000 pounds. On the other hand, the milk production reached its highest annual total in 1933, when it was 16,024,831,000 pounds.

THIRTEEN CANADA FIRSTS

Canada was the leading supplier against all comers, of no less than 13 different products to the British market during the first quarter of 1934. She was first in wheat with 7,693,502 cwt., Argentina being second with 6,508,718 cwt., Australia third, and Soviet Russia fourth. In wheat flour Canada was first with 938,836 cwt., Australia second with 498,656 cwt. Canada was first in apples with 1,186,477 cwt., the United States second with 625,800 cwt., and Australia third with 42,333 cwt. Canada's share of the British market is more than three times that of two years ago. Canada was also first in the British market with following products:—pulp for industrial purposes, newsprint, softwood (undressed), rubber manufactured goods, patent leather, copper ore, copper, (unwrought), zinc (crude), and non-ferrous metals and manufactures, and lobsters. Canada was second in bacon after Denmark, but two years ago Canada was in the seventh place, and she was also second in hams, a place she gained at the expense of Poland and other countries.

PICKING GRAVENSTEINS

Very interesting data with reference to the time of picking Gravenstein apples in relation to spot scald disease are reported in a recent issue of Scientific Agriculture, as a result of investigations by pathologists of the Dominion Laboratory of Plant Pathology at Kentville. For example, they observed that Gravensteins, picked at the time when most of the starch had disappeared from the centre of the apple and there was still an appreciable amount in the flesh, developed the least amount of sport scald. The amount of sucrose and total sugars present in the fruit had little or no effect on the prevalence of the disease, but harvesting the apples when most of the starch had disappeared from the core area gave fruit of larger size, deeper color and better keeping quality than earlier picked apples of the same variety.

HOMEMADE ICE CREAM

There is evidently a general belief among women that it takes a great deal of time and hard work to make ice cream, but according to the Dairy and Cold Storage Branch of the Dominion Department of Agriculture such is not the case. It is a simple matter to mix the ingredients for ice cream. If the ice and salt are used in proper proportions, it is a matter of only 15 to 20 minutes before the freezing process is completed. The freezing process, however, is important to give the ice cream the proper body and texture, as those conditions have a great effect on the palatability.

The following is a recipe for nut ice cream:—Take 1 pint of cream, 2 teaspoonsful of vanilla, one-third cup sugar, and one-half cup chopped nuts. Add the vanilla and sugar to the cream. Freeze. When nearly frozen, add the chopped nuts. Nuts used in chocolate or maple ice cream make a very palatable frozen product.

ALL'S WELL THAT ENDS WELL

A few months ago, Canadian ex-

OFF COLOUR?
HOW IS YOUR LIVER?

Wake up your Liver Bile
—Without Calomel

Your liver is a very small organ, but it certainly can put your digestive and eliminative organs out of kilter, by refusing to pour out its daily two pounds of liquid bile into your bowels. You won't completely correct such a condition by taking salts, oil, mineral water, laxative candy or chewing gum, or roughage. When they've moved your bowels they're through—and you need a liver stimulant.

Carter's Little Liver Pills will soon bring back the sunshine into your life. They're purely vegetable. Safe. Sure. Ask for them by name. Refuse substitutes. See at all druggists.

porting firms which are entitled to the use of the Royal Arms on their labels and advertising matter received rather a shock through a new order issued by the Japanese law for the protection of trademarks, the use of crests of foreign rulers was to be prohibited and the violators subjected to a fine of not exceeding 1,000 yen. However, there is a happy ending, for a ruling has been obtained to the effect that where the use of royal crests is allowed in the exporting countries concerned, the crests may be used in Japan without the permission of the Japanese government.

MARKETING BOARD

The Dominion Marketing Board which has been set up as provided by the Marketing Bill passed at the last session of the Dominion Parliament, has begun to function. The members of the Board are: Dr. H. G. Barton, Deputy Minister of the Dominion Department of Agriculture; Dr. A. K. Eaton, of the Department of Finance; Clive B. Davidson, of the Dominion Bureau of Statistics; Albert Gosselin, Economist, Dominion Department of Agriculture. Dr. W. C. Hopper, a Canadian who was until recently with the Bureau of Agricultural Economics, Washington, D. C., has been appointed Secretary of the Board.

Dr. Barton was born at Vankleek Hill, Ont., and after attending the public and high schools of the district, he graduated with the degree of B. S. A. from the Ontario Agricultural College. Later he obtained his Doctor of Science degree at Laval University. Until he was appointed Deputy Minister, Dominion Department of Agriculture, two years ago he was on the staff of Macdonald College, McGill University, as lecturer and later professor of animal husbandry. In 1925 he was appointed Dean of the Faculty of Agriculture.

Dr. Barton has for years been active in all branches of agriculture and in 1929 was awarded the Order of Agricultural Merit by the Quebec government.

Dr. Booth was brought up in Manitoba and Saskatchewan, graduated from the University of the later province and served as Director of Marketing for Saskatchewan. Later he attended Cornell University, Ithaca, N. Y., and was granted the doctor's degree, specializing in Economics and Marketing. Before returning to Canada in 1929 to take charge of the Economics Branch, Dr. Booth served as Senior Economist with the Bureau of Agricultural Economics in Washington, D. C.

Dr. Eaton was born in Nova Scotia. He graduated from the London, England, School of Economics and later from Harvard. For some time he taught economics at Harvard. He joined the staff of the Department of Finance in 1933.

Clive B. Davidson is a native of Guelph but was brought up in Regina, Sask. He took his B. A. and M. A. degrees at the University of Saskatchewan and later took a two years' course in economics at the University of Chicago. Three years ago he was appointed Assistant Chief in the agricultural statistics division of the Dominion Bureau of Statistics.

Albert Gosselin is a graduate of Laval University, Quebec, and of Oka Agricultural College, Que., and an economist with the Economics Branch, Dominion Department of Agriculture.

Dr. Hopper was born at Chelsea, Que. He is a graduate of the Ontario Agricultural College and for twelve years following his graduation was Assistant with the Field Husbandry Division of the Dominion Experimental Farms. Later he was graduated from Cornell University with the degree of Doctor of Philosophy, specializing in agricultural economics and marketing. Following his post-graduate course at Cornell he was appointed Marketing Specialist on research and extension work for that University. A few months ago he was appointed Senior Agricultural Economist of the Bureau of Agricultural Economics, United States Department of Agriculture, Washington, D. C., a position he left to become Secretary of the Dominion Marketing Board.

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ENTRY LIST LARGE

Fredericton, N. B., Sept. 10.—The largest entry list ever received for a fall race meeting at Fredericton is shown on the record books of the Racing Committee of the Fredericton Exhibition, Limited, this year. During the three-day programme to be run in connection with the big fall fair on the afternoons of September 11th, 12th, and 13th, no less than 77 horses will come to the wire.

The continuing popularity of the Fredericton track among "horsemen who know" is reflected in the 1934 entry list. In addition to being the largest ever recorded, it includes some of the finest horse flesh at present drawing sulkeys over eastern tracks. The meeting here this week will be the last major one of the 1934 season and prospective patrons of the stands may expect some real competition. The Fredericton Exhibition races are the big event for which owners and drivers have been sparing and conditioning their horses and when the time comes next week they will be cutting loose.

A truly "international" atmosphere will pervade the big three-day meet by virtue of the geographical position the Fredericton track is one of the few which afford horses from both sides of the Canada-United States Border line a chance to get together on the same oval. In addition to horses representative of all the leading stables of the Province of New Brunswick, numerous entries have been filed from points in Cape Breton, Nova Scotia proper, Prince Edward Island, and the State of Maine. This year, too, some entries have been received from the Province of Ontario.

In two of the scheduled classes, the 2.19 trot and pace arranged for Wednesday, September 12th, and the 2.15 trot and pace slated for Thursday, September 13th, entries were exceptionally large.

In order to encourage the breeding of colts, a trot and pace for three-year-olds was included on the bill for Wednesday, September 12th. This class has been filled beyond the highest expectations of the sponsors.

The free-for-all, set for Thursday, September 13th, and the junior free-for-all, on Tuesday September 11th, will constitute essentially two big open events. Outstanding free-for-all entries include Billy Strathmore, Tollgate, Guy the Tramp, Hunter Hedgewood, Sampson Hal, Calumet Brownie and Crusader.

COULD NOT SEW A
BUTTON ONHer Hands Were Helpless
with Rheumatism

At one time she thought she would lose the use of her right hand. But "a blessing"—in the form of Kruschen Salts—put her right again.

"I was sure in a bad state," she writes. "In fact, I could not do my housework, I was so bad with rheumatism in my arms and hands. I could not sleep at nights, and I thought I would lose the use of my right hand. I could not hold anything, nor could I sew a button on. My arm would go dead, I was advised to try Kruschen, and inside of three weeks I found such a change. I have kept on taking it, and now I sleep all night—thanks to Kruschen's help and relief."—(Mrs. J. H.)

Two of the ingredients of Kruschen Salts have the power of dissolving uric acid crystals, which are responsible for rheumatic agony. Other ingredients of these salts assist Nature to expel these dissolved crystals through the natural channel.

It will be recalled by harness racing enthusiasts hereabout that at the race meeting conducted during the Maritime Farmers' Tournament in July, 1933, Billy Strathmore equaled the Fredericton race record held jointly by Single G. and Ruby P. at 2.04 3/4.

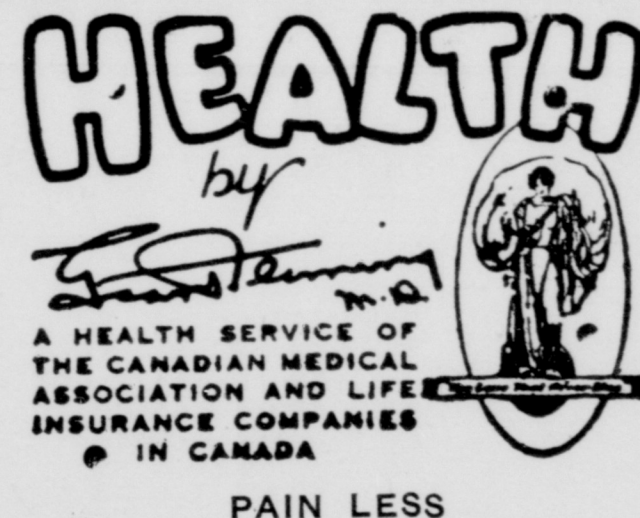
Only two weeks ago Guy the Tramp beat Billy Strathmore at Skowegan and the following week Tollgate beat Guy the Tramp at Charlottetown. In doing so, Tollgate was forced to beat the Charlottetown track record no less than three times in the one race.

Of the other mentioned horses, Hunter Hedgewood knows his way around plenty of the Grand Circuit tracks and Calumet Brownie was world's champion when he was a four-year-old.

Likely horses entered in the junior free-for-all are Silver Evans, King Spruce, Crusader, Betty S., and Peter Magnus.

THE COFFEE POT

The coffee pot will keep sweet if salt is sprinkled in it and rubbed well around the inside with a damp cloth. Then rinse with boiling water.



PAIN LESS

The severity of a pain is to many people a fair measure of the severity of the disease or abnormal condition responsible for the pain. Pain is one of nature's danger signals. Nevertheless, it is most unfortunate that the public are apt to believe that if pain means danger, then the absence of pain assures safety. That this is not true is evident when we come to consider how many of the major tragedies of illness which undermine health and endangers life, occur without causing a twinge of pain until it is too late to do much about it.

Ask the woman who comes to her doctor for the first time with a cancer of the breast why she did not come sooner, and almost inevitably the answer given is to the effect that she did not think the lump in her breast could be anything serious because there was no pain. It should be cried from the house-tops that, in its early stages, cancer of the breast is painless; indeed it does not cause even tenderness. There are exceptional cases, but no woman has any justification for thinking that she can neglect the lump in her breast just because it does not give rise to pain or tenderness.

There is another popular misconception concerning cancer of the breast, namely that such cancers rarely occur in women under forty. It is quite true that the majority are found after that age, but it is equally true that a large number occur between the ages of thirty and forty, and that quite a number develop in women in their early twenties, occasionally even earlier.

This simply means that a woman cannot say to herself: "I cannot have cancer of the breast," because the breast is not painful and I am under forty." Cancer of the breast occurs at all ages, and at all ages it is usually painless in its early stages.

There is only one safe and sure way for a woman to approach this subject. She knows the appearance and the feel of her own breasts. If

(Continued Next Column)

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PARLIAMENT IS
SEEN AS POSSIBLE

RIFT IN FEDERAL GOVERNMENT
CIRCLES MAY CAUSE
ELECTION

Ottawa.—Dissolution of parliament following Prime Minister R. B. Bennett's return from Geneva, as a direct result of the rift with Hon. H. H. Stevens, is considered possible here by persons high in the councils of the Conservative party. It is believed that Mr. Bennett would rather do this than continue with a divided council and an intransigent House of Commons. It is pointed out that the new voters' lists will be compiled and ready for use by November 1, and no obstacle will exist after that date to an immediate appeal to the country.

It appears that Mr. Stevens is assured of the chairmanship of the Price Spreads Committee and that he has withstood the crisis in his career, resulting from the publication of the now famous pamphlet. Letters which have flooded into Ottawa have made it plain that, while Mr. Stevens may be in the bad graces of the Cabinet, the position which he has taken is endorsed by a great number of voters.

Conservative headquarters announced that Mr. Stevens will lead the government forces in the by-elections, when Federal issues will be fought in five constituencies. Evidently the future developments in this fascinating political incident will be deeply affected by the results of the contests. If the Conservative candidates make a good showing, Mr. Stevens will be in an impregnable position and will be practically certain of the leadership when Mr. Bennett retires.

It is equally obvious that he will be in a position to dictate the report of the Price Spreads Commission and of the legislation to follow. Attempts by his colleagues to interfere will bring the party face to face with the consequences of his resignation on the eve of an election.

From the Liberal point of view the by-elections will mark a new development in strategy. The Liberal leader, Rt. Hon. W. L. M. King, will seek from the electors of five seats a mandate to obstruct the government in every constitutional way and to compel a general election. Success will mean that government business will be hamstrung from the opening of the last session onward.

The open rift between Mr. Stevens and the Prime Minister and (as is quite evident at the Capital) the rest of the Cabinet, remains unclouded. Recent reports in prominent Conservative dailies, such as the Toronto Mail and Empire, forecasting Mr. Stevens' retirement from the Commission are not to be fulfilled. But of more importance is the fact, well known at Ottawa, that these reports were not the emanations of political correspondents but sprang directly from the higher circles of the Cabinet.

QUITE AN IDEA

The film star approached her publicity man.

"Look here, I don't seem to be much in the news at present," she said. "Can't you think of something really startling for me?"

The publicity man looked thoughtful.

"What about being seen out with your husband one day next week?" he suggested.

at any time, she observes or feels a change in her breasts, then she should consult her doctor without any delay. By "change", we mean any discharge from the nipple, or alternation in the appearance of the nipple, or a feeling of thickening, or a lump in the breast.

The reason why we insist upon the importance of the early recognition of cancer of the breast is simply that when the symptoms are recognized early and properly treated, the results are good. Early treatment is the only effective remedy, and early treatment can be given only if there is an early diagnosis, and early diagnosis depends upon the patient's going to her physician with the earliest signs.

Questions concerning Health, addressed to the Canadian Medical Association, 134 College Street, Toronto, will be answered personally by letter.

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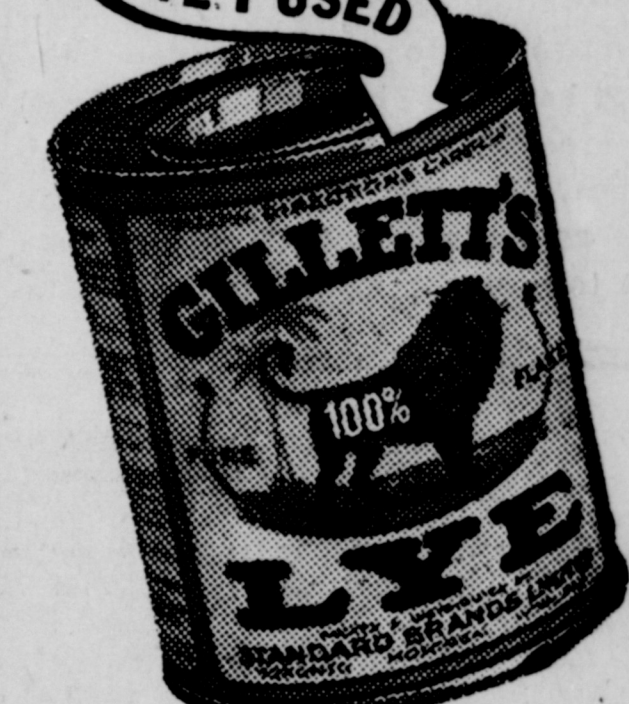
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