LIGHTNING SAFER PLAN TO REBUILD

Page Three

R. & M.

Of Interest to Women HINTS ON PICKLE MAKING

The preservation of food with salt 20 minutes. Dip the peaches in boil-or vinegar, either with or without the addition of spices or sugar is com-nonly known as pickling. The pre-crabapples may be pickled with the skins on. Stick the fruit with whole cloves. Put into syrup and cook until pickle, or spiced pickle, Green or slightly unripe fruits and vegetables are generally used. The vinegar used must be of sufficient strength to ex-ert a preservative action, and there must be of sufficient strength to ex-ent a preservative action, and there must be enough of it to cover the material pickled. Pickles have little food value but they make a meal more palatable. They should never be given to children

palatable. They should never be given to children. Only porcelain lined or granite-ware thettles should be used when cooking pickles. Acid will attack metal uten sile however, to have a figure which sile however, to have a figure which thug overweight, nevertheles looks well proportioned, is the goal toward which to strive. If you weigh more than you think lade is a convenient utensil for lift-ing the pieces of pickle from the ket There are three main classes of pickles; sweet fruit or vegetable pic-kles; sour pickles, which include mus-tard pickles; that large wamen than to slim or se.

in which the ingredients are ones. To get rid of a sway back and lumps chopped finely.

Sweet Pickled Fruit apples, etc. 1 peck prepared fruit. 1 quart vinegar

- cup water ounce_s stick cinuamon ounce cloves



There are many and varied recipes but the following are examples of the three classes of pickles and have been tested in the kitchen at the Central Exeprimental Farm, Ottawa. Sweet Bickled Fault

Sweet Pickled Fruit Peaches, pears, sweet apples, crab-flatten all of your spinal columns except the last four vertebrae, against the floor. The last links in your backforward.

1 ounce cloves 4 pounds sugar Boil the sugar, vinegar and spices ition a few seconds. Then relax, ex-haling slowly. Repeat several times or New Sugar Source and Spices haling slowly. Repeat several times or New Sugar Source and Spices haling slowly. Repeat several times or New Sugar Source and Spices haling slowly. Repeat several times or New Sugar Source and Spices haling slowly. Repeat several times or New Sugar Source and Spices haling slowly. Repeat several times or haling slowly. Repeat several times s until your spinal column feels natural and comfortable when held in a

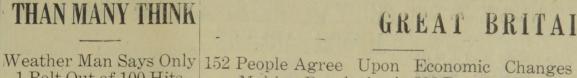
straight line. When you get up, try to stand the same way, with chest elevated, stom-ach pulled in, backbone straight and hips carried forward in the position hips carried forward in the position be more to the point to harness the the floor the floor.

Remember too, that a perfectly fitted foundation garment is essential. It should be one of the new two-way at should be one of the new two-way stretch varieties that doesn't squeeze your body in any particular spot but which holds you firmly from top to bottom, giving a smooth, unbroken line Always have your foundation garment fitted by an expert, and be sure to have a careful fitting each time row have a bar one time you buy a new one.

* * *

CANADIAN GUAVA

Closely resembling the rare guava jelly which is rightly considered a great delicacy, a jelly made from Canadian gooseberries is highly priz-ed, particularly as an accompaniment of meat. The Canadian gooseberry jelly has a destinctive flavour and is



1 Bolt Out of 100 Hits

Underneath a bed don't go. To a closet do not scurry; Soon there'll be a bright rainbow.

Lightning is an awesome thing

But don't fear it-dance and sing. There's no need of getting worried:

With only one bolt in every 100 hitting the earth, the chances of being struck are considerably reduc-ed. In fact, it has been figured out proposed includes:the chances that you will be hit by lightning are less than one in 200,000. You are three times more likely to trip over a rug. And 500 times more likely to be hurt in an automobile ac-

Mr. Bliss said the most recent rethe floor. The last links in your back-bone should be turned upward and forward. If you do this correctly, there will reducing the damage to wires during

an attempt to harness some of the vast wasted electricity during a storm—an estimated leak of more than 1,000;000,000 kilowatts of energy

According to the generally accept-ed hypothesis of Sir George Simpson, the electrification of thunder is due to the breaking up of raindrops by the wind; especially by the violent uprush of air associated with thunder

The amount of the electrical charge resulting from this process is greatly affected by the purity of the water. It also deepnds on the size of the drops and on the force of the air current.

Experiments recently reported by Professor of Physics John Zeleny o Yale University, indicate the warmed the drops the more readily they break up and hence the greater the amount of electricity produced. It may be at least three times as great when the

ed, particularly as an accompaniment of meat. The Canadian gooseberry jelly has a destinctive flavour and is of a beautiful red colour. Naturally, the correct method of making it is es-sential to success, and to that end the Fruit Branch of the Dominion De-GARAGEE ace to Stop Batteries and Accessories. N McADAM AND ST. STEPHEN AD teaspoor ginger, 6 cups sugar, ½ tea-spoor cinnamon, 2 teaspoors salt, 1-8 tree or close to a wire or metal fence.

> ninutes, being careful Pour into steril

> > Harv

(The Home

Harv

Butter

During tured 80 not have

Quality Harvey 1

a fine qu

specializ highest

ourn seal while hot.

Making Revolution in 300 Pages of Print. LONDON, England, August 26 — net Planning Committee. Some people think that we can bring back complete prosperity to all Brit-ain without spectacular departures

new order, with State regulation and

The 152 part authors and support-ers of "The Next Five Years" (an essay in political agreement by many

powers of initiative and of supervision and regulation which would virtually harness industry and finance to the Regional Planning Authorities to

A Government Planning Committee, composed of Ministers without depart-ments, which would set going great schemes of expansion. An Economic General Staff to work

out plans referred to it by the Cabi-

drops are warm as when they are

It seems that a big automobile a bus is a good prace to be in a storm. The U. S. Bureau of Stand-ards in Washington and Sir George Simpson in England have found that the more or less complete cage of elec ricity conducting metal formed by the chassis, frame and top of a modern tomobile is a good protection.

Dry rubber tires are electric in-ulators, which explains why automoles sometimes become charged with tatic electricity on dry days and may give off small sparks when touched a person standing on the ground. In a thunder storm, however, the tires ar_e wet and thus provide electrical connection with ground. A person inside such a closed ar is like one inside a steel frame building, such as a sky-scraper. Al-though skyscrapers themselves fre-quently are struck by lightning no one side them is ever injured. The British Meteoriogical Office re

ently made a comprehensive study of the lightning hazard in aeronautic and came to the conclusion that o airplanes without radio aerials there is practically no danger, but that with a trailing aerial the situation is seri

Mr. Bliss says vadios in your home partment of Agriculture has prepared do not draw lightning. The radio it self may be damaged during a storm

easpoon pepper. Boil all together ten And don't go around carrying a golf



GREAT BRITAIN

A Banking Commission to see that control in many fields where there is now free play for competitive and in-dustrial adventure. credit is plentiful and cheap. An Advisory Council for the Bank of England, representing industry, la-

oor, economic science. National Investment Board to co

tate. The new State machinery which is ing several countles to facilitate the working over large areas of big new services, such as, possibly, socialized coal and milk services. This is an "immediate plan of ac

> The signatories to the book, who accept its broad outline and character but not necessarily each detail of the proposals, include

Sir Henry Hadow, Sir Basil Black

ett, Mr. Harold MacMillan, M. P. Lord Rutherford Lord Allen of Hurt wood, Sir Arthur Salter, Sir Raymond Unwin, Mr. H. G. Wells, the Archbishop of York Mr. G. N. Barnes, John Bromley Sir Arthur Pugh, Bishop of Birmingham, Mr. Geoffr Crowther, the Master of Balliol Mr. A. L. Fisher, Mr. Isaac Foot, M. Miss Eleanor Rathbone, M. P., Mr Noel Lindsay, M. P., and Mr. Mander M. P.

The book was drafted by Lord Allen, Mr. W. Arnold Forster, Mr. A. Barratt Brown (Principal of Rus-kin College, Oxford) Mr. Geoffrey Crowther, Mr. Harold MacMillan and St. Arthur Salter. DR. G. R. LISTER : Dentist : QUEEN STREET : Below Regent Phone 531-11 Purchill-Wilkinson Building

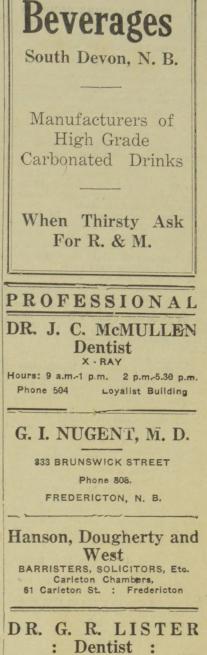
Their inspiration is a conviction that the democratic system of Government is on its trial; that a special responsibility rests upon informed men of moderate opinion of whatever re-party to secure the acceptance of a y of policy of this kind; that if they fail, tics the probabilities are that we shall on drift on till the next shock of crisis strikes a weakened system and a des-pondent population with, maybe, a despairing lapse into tyrannical and barbaric methods.

> A high conception of their mission and a sombre conclusion which many people will not accept. As an example of how the "principle

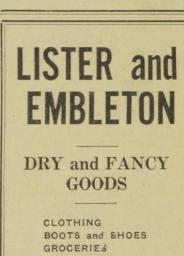
of recoupment could be applied with rich results", the area on the South bank of the Thames, between West-minster Bridge and London Bridge, is nentioned.

"A thorough construction of this area, potentially one of the finest sites in Europe, combined with the Charing Cross Bridge scheme could probably be made to pay for itself en-tirely, if only it were possible to levy tribute for the purpose on the values that would thus be created".

Unlike, Mr. Lloyd George's propos-als, "The Next Frve Years" has no Council of Action, or any propaganda organization behind it. exhibits much research

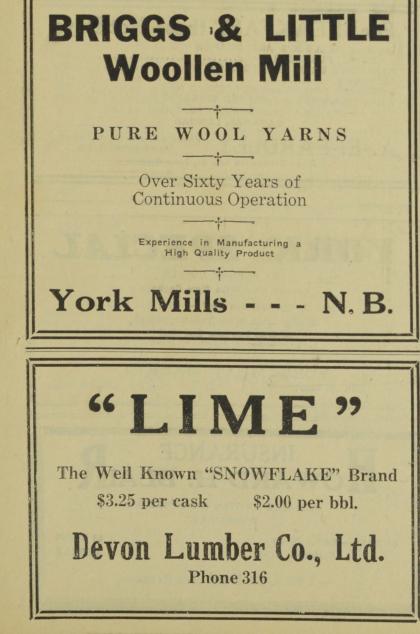


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For Gasoline, Oil, Tires, Batteries and Accessories.

2 MILES WEST OF HARVEY ON MCADAM AND ST. STEPHEN

ROAD

zed jars and steel draws lightning. So do the me- tal parts of an umbrella.	thought and unquestionable sincerity; and it may be read, whether or not, with enlightenment and profit.
ey Creamery	Agents for Subscriptions to THE DAILY MAIL white's drug store McAdam Halford's ice cream parlor Harvey
ey Station, N.B. of the Pure Bred Jersey Herds) being our only product, we e in the manufacture of the quality possible. y June and July we manufac- 000 lbs. of butter and we did sufficient to fill our orders. y counts — and when you buy Butter you are sure of getting ality product.	<section-header><section-header><section-header><text><text><text><text></text></text></text></text></section-header></section-header></section-header>
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