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Here is the finish you have always wanted... brilliant, quick-drying, washable, beautiful... and so easy to put on!

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Ask us for colour chart of 24 glorious shades.

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Mrs. L. Baker

HERRING WETS THE APPETITE

Modern Packing methods retain the salty tang of the day's catch

Few housewives appreciate the great variety of fish available in our local markets. Dwellers along the coast can take their sea food for granted, but inlanders must be kept informed as to the daily offerings, which contribute so largely to making our diet not only more appetizing but healthy.

If you have ever walked along a beach just after a heavy storm at sea you will recall how the very bottom seems to have been turned up on the wet sand. It is always a source of amazement to see what a variety of life there is in water, in lakes and rivers, as well as the ocean.

Herrings are delicious, inexpensive and delightfully adaptable. English people look forward to their breakfast of herrings as their morning appetizer and Canadians are gradually becoming more acquainted with the delicacy of this dish. It is worth not

Experience Counts

In our usual Daily Examinations we are pleased to offer you years of experience in guarding human sight and a real thorough eye examination not obtainable elsewhere.

We correct all these troubles with our most accurate wide-angle lens and in most cases use the new shade of Soft-Lite Lenses to reduce glare and give comfort and increased vision. We use the finest mountings in white gold and pink gold and all at very moderate prices.

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CANADA PAINT

The Paint for Appearance and Protection

CANADA PAINT (Canada's Favorite)

Whatever motive influences your paint buying—whether you paint for appearance or to "save the surface"—you will find CANADA PAINT to be really "the paint of merit," and the most satisfactory from every point of view.

With "Elephant Brand" White Lead as the pigment basis, the quality of Canada Paint is absolutely assured. Easy spreading under the brush, it is far more durable and will cover more space than the so-called cheap paints.

The Quantity Required
To estimate the amount of CANADA PAINT required, add the number of feet in width of front and rear to number of feet in length of building, (both sides), multiply by the average height and divide by 425 for two coats.

We carry a complete stock of CANADA PAINT and other C.P. Products, including the famous SUN VARNISHES. It will be a pleasure to assist you with color cards and detailed information concerning the particular job you have in view.

Mrs. L. Baker

Made in Canada by the manufacturers of the famous "Elephant Brand" Genuine White Lead

Canadian herrings are taken in the sea, fisheries of the Dominions two coasts and in the fresh water fisheries as well.

Herrings are welcome everywhere in the guise of kippers, and as the lowly bloater, they have saved many a struggling author and artist from starvation. And they are delicious canned, fresh, pickled or smoked. Talking of smoked fish, we mustn't overlook the famous Goldeyes which are tasty either fresh or smoked. And think, too, of the appetizing tang of Canadian Finnan Haddie as well as the appeal of our various kinds of smoked filets.

To get back to the subject of herring, few realize that herring are rich in health-giving qualities. They contain precious, health-promoting vitamins and are rich in such mineral nutrients as calcium, phosphorus, copper sulphur and iodine.

In the opinion of a prominent authority on fish, whose knowledge has been handed down through three generations, there is more sunshine to be had in one medium sized herring than you can absorb through a daily half-hour sun bath.

Herrings at their best should be plump, but not too large, bright and silvery, with unbroken scales and a freshness in the eye.

The Scots (and who should know better?) often sprinkle their herrings with pepper and salt, dip them in oat meal, spread out on paper until they are thoroughly coated, and then fry them in plenty of good dripping.

The addition of onion rings in the frying pan is by no means to be despised.

Another way of serving them is "Kipper Herring Salad"—Mix one cup of diced kippered herring, one cup of cold potatoes, cut in cubes, one small chopped onion, one half cup raw carrots, salt and pepper. Mix with mayonnaise. Serve on lettuce leaves with mayonnaise. Garnish with sections of hardboiled egg cut in eights. Sprinkle with paprika.

For grilling, prepare the fish in

the same way as for frying, that is cut off the head and fins, clean and scrape off the scales.

Then score them three times on each side, brush them over with olive oil or melted butter, sprinkle with pepper and salt, and grill them for ten minutes or longer, according to size. Serve with maitre d'hotel butter.

If mustard sauce is preferred, brown a dessertspoonful of flour in the oven and mix it with a teaspoonful of mustard and an ounce of melted butter in a saucepan. When it is smooth add a half a cup of boiling water and simmer for five minutes. Then add a pinch of salt and vinegar to taste and serve.

For herring au gratin, the fish is prepared as for frying and also split open and filleted (preferably by your kindly fishman).

Well buttered fireproof dish and sprinkle the bottom with chopped parsley, finely chopped shallots and mushrooms, pepper and salt.

Score the fish, lay them on the dish and sprinkle some more of the same mixture on top of them.

Add a sprinkling of fine bread-crumbs, dot some pieces of butter over, moisten the dish with a little water and dash of vinegar and cook in a moderate oven for twenty minutes.

Soused herrings make an admirable breakfast dish and may be eaten cold. They are very simple to prepare.

Clean four herrings, remove the heads and fins and scrape off the scales.

Lay them in a fireproof dish and spread over them a medium sized onion, cut in rings.

Add twelve black peppercorns, a bay leaf and a sprinkling of salt. Just cover the dish with vinegar and water in equal parts, put the lid on the dish and cook in a very slow oven for three-quarters of an hour

Notice To Creditors

IN THE MATTER OF THE ESTATE OF ROSE REYNARD, Late of the village of Bobcaygeon, in the County of Victoria, Widow, Deceased.

NOTICE is hereby given that all persons having any claims or demands against the late Rose Reynard, who died on or about the Twelfth day of December, A. D. 1936, at Bobcaygeon, Ontario, are required to send by post prepaid or to deliver to the undersigned Solicitors herein for John Lee, the Executor under the Will of the said Rose Reynard, their names and addresses and full particulars in writing of their claims and statements of their accounts and the nature of the securities, if any, held by them.

AND TAKE NOTICE that after the Thirteenth day of February, A. D. 1937, the said John Lee will proceed to distribute the assets of the said deceased among the persons entitled thereto, having regard only to the claims of which he shall then have had notice, and that the said John Lee will not be liable for the said assets or any part thereof to any person of whose claim he shall not then have received notice.

DATED at Lindsay this Twenty-fifth day of January, A. D. 1937.
McLAUGHLIN FULTON STINSON & ANDERSON, of Lindsay
Solicitors for Executor

Notice To Creditors

IN THE MATTER OF THE ESTATE OF WILSON WARREN DUNN Late of the Village of Bobcaygeon, in the County of Victoria, Labourer, Deceased.

NOTICE is hereby given that all persons having claims or demands against the Late Wilson Warren Dunn, who died on or about the Thirty-first day of May, A.D. 1926, at Bobcaygeon, Ontario, are required to send prepaid or to deliver to the undersigned Solicitors herein for Sarah Elizabeth Moody, Neé Dunn, the Administratrix of the said Estate, their names and addresses and full particulars in writing of their claims and statements of their accounts and the nature of the securities, if any held by them.

AND TAKE NOTICE that after the Thirteenth day of February, A.D. 1937, will proceed to distribute the assets of the said Deceased among the persons entitled thereto, having regard only to the claims of which she shall then have had notice, and that the said Sarah Elizabeth Moody will not be liable for the said assets or any part thereof to any person of whose claim she shall not then have received notice.

DATED at Lindsay this Sixteenth day of January, A.D. 1937.
McLAUGHLIN FULTON STINSON & ANDERSON
Solicitors for the Administratrix

ENGLISH CAPITAL WANTED

Whatever excuse there may have been in former years for hesitancy on the part of British investors it no longer exists because of the proved value of Canadian money. It would appear to be desirable for British investors to establish agencies in the Dominion so that they can become perfectly familiar with the opportunities in Canada, and, hence, be able to discriminate between good and bad prospects. British investors are as a rule very cautious and like to see their way clearly before they commit themselves. Capitalists in the United States are near at hand, and they are quick to seize every opportunity that promises rich rewards—Brantford Expositor.

DEFINING A GOOD LIAR

A good liar is an asset to a community or a nation—or not as the case may be. And one of his basic attributes must be an ability to at least try to believe him or not. He might give the hearer the notion that he is but you feel 75 per cent. sure that he may be telling the truth. Take Hitler he ain't—Sault Star.

For HEALTH AND ENERGY EAT PLENTY of fish

Make Canadian Fish and Shellfish a healthful and appetizing variation of your diet. Whatever form is most easily available to you—fresh, frozen, canned, smoked, pickled or dried—you will find it the food of health, tastiness and economy.

Health, because Fish Foods are rich in proteins, minerals and vitamins for good general health—in iodine, so vitally needed inland—in copper for good rich blood—and others.

Tastiness, because Fish is a real fine-flavoured delicacy, quickly and easily digested and adapted to dozens of simple and delightful recipes.

Economy, because Fish Foods give you full value in nourishment for every cent spent.

Canadian Fish and Shellfish are noted throughout the world for quality and flavour. Bring this pleasure more often to your table also.

DEPARTMENT OF FISHERIES, OTTAWA

Write For Booklet

Department of Fisheries, Ottawa, Canada
Please send me your free 52-page booklet, "Any Day a Fish Day", containing over 100 delightful Fish Recipes.
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Address: _____
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- Parents' Magazine - 6 mo.
- News Review Weekly (British) - - - 3 mo.
- Opportunity Magazine - 1 yr.
- Can. Horticulture and Home Magazine - 1 yr.