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Simple Dishes Such as These to be Served on Royal Train

Menus will be definitely Canadian in character—Some Typical Recipes by James F. Morgan, who will be Chef to Their Majesties

Meals of simple character but as definitely Canadian as the season and circumstances will permit will be served to Their Majesties, King George VI and Queen Elizabeth, and the members of their entourage during their long train journey on this continent commencing on May 18th. Catering arrangements throughout the Canadian tour and during the visit to the United States have been entrusted to the dining-car department of the Canadian National Railways and Chef Instructor James F. Morgan of the National System has been selected as chef for Their Majesties. All of the meats served will be Canadian produce and Canadian dairy products will be used throughout, Canadian butter and cheese being well known to British consumers for their choice quality, though French and Swiss cheese will also be served. Maple sugar and maple syrup will at times be included in the menus.

One essentially Canadian feature will be Buffalo meat. The joints, after passing Government inspection, will be carefully selected and properly hung so that they will be tender and juicy and of full flavor. The season of the year precludes game so that some items thoroughly in Canadian character will be missing. However, there will be ample supplies of choice domestic poultry, including the Brome Lake ducks and ducklings. There will be a variety of fish from Canadian waters, both salt and fresh, including the delectable Winnipeg goldeye.

Menus will be planned every day and submitted for inspection. As approved or changed they will be prepared in the train kitchens under the supervision of Chef Morgan.

Here are some recipes for typical dishes secured from the chef who will prepare the meals for Their Majesties:

Chicken Broth, Southern Style
Raw chicken meat cut small, together with minced onions and shredded green peppers all fried together with butter, little flour then added and stirred, moistened with poultry stock, seasoned lightly with curry powder, salt and red pepper, boiled up and skimmed. Then is added equal quantities of lima beans and sugar corn together with half their bulk of okras; simmered till done.

Split Pea Soup
Split peas soaked overnight, put to boil in white stock with onions, carrots and salt pork. When done thicken lightly with roux to prevent settling, remove the pork, rub the rest through a tamis, bring to boil again, season to taste, add the pork cut in small dice, serve with croûtons.

Boiled Halibut Steak, Cream Sauce
The fish, scalded and trimmed, cut into steaks, simmered in boiling salted water containing a dash of vinegar, served with either Lobster Clam Cream or Hollandaise Sauce.

Whitefish, Broiled
Take the whole sides fresh from bones, moisten with olive oil, season with salt and pepper, dredge with flour, broil well done over a clear fire, serve in portions with Maitre d'Hotel Butter, garnish with Parisienne Potatoes, Lemon and Parsley.

Braised Sirloin with Stuffed Tomatoes
Sirloin larded and braised, taken up when done, the liquor strained, skimmed, and mixed with Espagnole sauce, minced fried mushrooms and sherry wine, then rapidly reduced to a glaze; the meat served in slices with some of the sauce, and garnished with stuffed tomatoes and stuffed glazed onions.

Apple Roly Poly
A biscuit dough containing a little sugar, rolled out thin, spread with minced apple, seasoned with grated lemon rind, cinnamon, or ground cloves according to taste, rolled up, the ends tucked in, tied in a cloth for boiling water in a mold for steaming in a pan for baking; serve with a sauce, or with sweetened cream.

CANADA'S MOST DANGEROUS "ISM" IS UNWARRANTED PESSIMISM

A great deal of the pessimism which is abroad today is unjustified and is most certainly a deterring element to return of better conditions. Lord Tweedsmuir in a recent speech stated that the dangers of communism, fascism, nazism and several other "isms" were less insidious than the danger of pessimism. Seldom do the predictions of pessimists come true. The best way to prove this is to quote some of the 19th century's most pessimistic statements and see how far from the truth they stray.

The London Times recently published of great figures in history. How far from the truth they were, history itself has proved.

William Pitt said: "There is scarcely anything around us but ruin and despair."

Wilberforce in the early 1800's said: "I dare not marry, the future is so dark and unsettled."

Lord Grey, in 1819: "Believed everything was tending to a convulsion."

The Duke of Wellington, on the eve of his death, in 1811: "Thanked God he would be spared from seeing the consummation of ruin that is gathering around."

Lincoln, in 1840: "In industry, commerce and agriculture there is no hope."

Queen Adelaide said: "She had only one desire, to play the part of Marie Antoinette with bravery in the revolution that was coming to England."

Lord Shaftesbury, in 1848, said: "Nothing can save the British Empire from shipwreck."

The comment upon these statements made by The Times needs no amplification from us. "We got through them—and shall do so again."



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MOTHER'S DAY COOKS



By BETTY BAROLA

"All right Mother! You run along and chat with Mrs. Cheer. Just give us half an hour and we'll have a dinner fit for a queen—and remember you're our queen on Mother's Day!"

Keep mother away from the range on this day of hers. Prepare a dainty delicious meal for her and see how her eyes will sparkle. Perhaps you can't cook as well as she, but with simple recipes like the following, either man or 'teen age girl should find it easy to prepare a very delightful surprise meal for Mother.

Ham with Orange
(Serves 6)
6 servings fried ham (1½ pounds)
2 tablespoons flour
2 cups orange juice
Parsley
2 to 3 Navel oranges for slices
Fry ham. Add flour to 2 tablespoons of fat from frying ham and cook until lightly browned. Add orange juice, stirring well to avoid lumps. Cook 5 minutes or until sauce is thick. Pour sauce around ham on serving dish. Garnish with parsley and orange slices.

Mother's Day Salad
1 cup cooked, dried Lima
½ cupfin chopped tomato or ham
3 hard-cook eggs, sliced
1 tomato, peeled and sliced
½ cup chopped pickles
½ cup French dressing
1 head lettuce
Sour cream or mayonnaise
salad dressing
Prepare and combine meat, Lima, eggs and pickles. Mix with French dressing, let stand 1 hour in a cold place. Pile on a bed of lettuce and garnish with the sliced tomato.

Pineapple Straw...y Cream
1 package gelatin dessert (pineapple flavor)
1 cup boiling water
1 cup cold water

¾ cup cream, whipped
¼ cup confectioner's sugar
1 cup strawberries, sliced
Dissolve quick setting gelatin in boiling water; add cold water. Pour into six sherbet glasses or a large serving bowl and chill until firm. Just before serving, whip the cream; then add to it the sugar and the sliced strawberries. Put spoonfuls of this strawberry cream mixture on top of the gelatin and serve with a garnish of whole strawberries. Serves 6.

Three Fruit Souffle
1 package vanilla arrowroot pudding
1 cup water
Juice of 1 lemon
Juice of 1 orange
1 banana, crushed
2 egg whites
2 tablespoons powdered sugar
Mix vanilla arrowroot pudding with water; cook, stirring constantly until thick and clear. Mix lemon and orange juice with crushed banana; add to pudding mixture. Cool; beat egg whites until stiff; beat in sugar. Fold into first mixture; chill. Serves 8.

Pineapple Blush Pie
Crumb Pie Shell
½ cup butter
¼ cup sugar
1 cup fine, crisp cereal crumbs
Whipped cream

Pie Filling
3 cups canned Hawaiian pineapple gems (2-14 ounce cans)
2 cups liquid (syrup from gems plus water)
1 package orange gelatin
Melt butter, add sugar and crumbs, mix thoroughly. Press mixture evenly into warm 8 or 9" pie pan, chill until firm. Then drain gems. Dissolve gelatin in 1 cup hot liquid, add remaining liquid. Chill until it begins to thicken. Arrange gems in shell, pour in gelatin, chill until firm.

Serve with whipped cream. Serves six.
*Hawaiian pineapple gems are spoon size pieces cut from the juiciest part of the fruit.

Pear Rennet Custard with Cinnamon Sauce
1 package vanilla rennet powder
1 pint milk
6 canned pear halves drained
1 cup pear juice
1 tablespoon cornstarch
½ teaspoon ground cinnamon
2 tablespoons butter
2 tablespoons lemon juice
Cut pears in tiny cubes, pile in 6 dessert glasses. Make rennet custard according to directions on package. Pour at once over the pears. Let set until firm—about 10 minutes. Then chill in refrigerator. When ready to serve top with cinnamon sauce.

Cinnamon Sauce: Blend cornstarch with ¼ of the pear juice. Heat rest of juice to boiling, add cornstarch mixture and stir until sauce boils and thickens. Stir in cinnamon, butter and lemon juice and cook 1 minute longer. Chill and serve with chilled pear rennet custard.

Picnic Beverage For The Family Is Made With Decaffeinated Coffee
Here's a delicious picnic beverage that everybody likes and that can be indulged in without worry over sleeplessness later on. Use 1 cup decaffeinated coffee, regular grind, for each quart (4 cups) of water. Pour cold water into pot of percolator. Set percolator basket in pot and put coffee in it. Cover. Let percolate slowly and gently 15 to 20 minutes. Pour coffee over cracked ice. Iced coffee may be made by any other method—steeped, drip or boiled—using the same proportions of coffee and water. Remember that a little longer brewing is necessary to bring out all the rich flavor if you use the pot or percolator methods.

ALL-CANADIAN TANNED

Not only does Canada supply 70 per cent of the cattle hides used in the tanning industry first established in Canada 300 years ago, but also many plants used in tanning the hides. Many plants contain tannin, but it is only certain species which supply it in sufficient quantities to be of commercial importance. Tannin is most abundant, as a rule, in the bark of trees but it may also occur in the wood or in the leaves.

In the bark of the following eastern Canadian trees tannin is found

in considerable quantities, hemlock, white spruce, tamarack, balsam fir, white oak, red oak, and the Southern Ontario chestnut oak. Southern Ontario grows a certain species of chestnut from the wood of which tannin is extracted. The leaves of the sumac also occupy an important position as a supply of tannin, particularly the leaves and stems of the Southern Ontario dwarf sumac; the white or smooth sumac which extends across Canada, and the leaves and stems of the Eastern staghorn sumac.

—Have you renewed?

ANNOUNCEMENT

Announcement was made to-day by Mr. J. W. Horsey, President of Dominion Stores Limited, that L. D. Squair will join the Dominion Stores organization on May 15th. Mr. Squair's reputation as an outstanding food executive comes from his long association with Safeway Stores, which organization he served first in California, and latterly in Winnipeg. He is a native-born Canadian. H. J. Moffett, who had come to Dominion Stores on an arrangement for three months, has returned to the United States.

Consider your Militia

Of course you know there is a Non-Permanent Active Militia in Canada. You likely see the occasional parade, or read of the training camp at Niagara. You may have noticed pictures of the Annual Church Parade in your paper. But do you know anything of the work these boys are doing? Have you ever heard of countless evenings spent in training and in study? Your militia is efficiently trained, in spite of the shortage of modern equipment. This Canadian volunteer army has saved the taxpayer hundreds of thousands of dollars simply by time and effort freely given. It is true that some pay is received for camp training, but this pay never makes up for the wages sacrificed to attend camp. These boys are doing their part.

Now then!—We ask you to do your part—support your Militia actively. Be interested. Encourage the young men, whether your sons or your employees, to join some Militia Unit. Let them share in the traditions and the work of the Canadian Militia. It will do them good, physically and morally.

To employers, we suggest the enthusiastic encouragement of your younger employees to join a Militia Unit, and arrangement of work so that these men will be able to attend camp freely, and with your good-will. We believe this is every employer's duty; and we believe it will be well repaid in loyalty and respect from employees and from the public.

Issued through the co-operation of this paper by Military District No. 2 Infantry and Machine Gun Association.