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Hot Dishes For Cold Weather

No one wants to be too fat but we should have a little layer of fatty tissue scattered here and there over our bodies if we expect to stand the cold weather months without, unsightly shivering.

This means we need more or heavier food during cold weather. As a matter of fact, we can eat considerably more food in winter than in summer without gaining a single pound—for the body engines need extra fuel to take care of the additional exercise or exertion that most of us enjoy when the weather is cool and bracing. In summer we take our exercise in the family car or by stretching out on the beach or mountain. When cool weather comes, we begin to take exercise that brings muscles into play and starts the body engine at a higher rate of speed. More and heavier food does not mean that we must eat heavy foods only. We must still balance the meats and bread stuffs with plenty of milk, vegetables and fruit but we may go ahead and enjoy a little bit of everything.

The Englishman will probably eat larger portions of his famous roast beef. The Esquimaux will depend largely upon fish. Other nations will increase their consumption of rice..... and right here is an interesting food pointer that we in North America may well consider:

Rice is the principle article of diet for two thirds of the earth's population, and where it is used regularly dyspepsia and other forms of indigestion are rarely known—and yet the per capita consumption of rice in North America is ridiculously small. "Ridiculously" is the proper word, at that. Rice is one of the most easily digested of foods. It can be assimilated by the digestive organs in one hour, while wheat bread, potatoes, milk and meats take from two to over three hours. It has over 86 per cent. of nutritive matter, while wheat, lean beef and potatoes range around eighty-three per cent., twenty-seven per cent., and twenty-three per cent. It is a very economical food, contains very little water, has practically no waste, and may be used in conjunction with many of our best alkaline balancing foods and yet for some reason or other millions of people think of rice today in the terms of the rice pudding served by restaurants rather than in the terms of a food that may be served in hundreds

of tasty forms. Is not this "ridiculous"?

There is a great deal of misunderstanding in regard to coated and uncoated rice, sometimes wrongly called polished and unpolished. The only difference is that the coated rice has received a harmless application of glucose and tale, which comes off very easily when the rice is washed. This is applied to preserve the product.

It is true that whole or brown rice contains elements not found in white rice, as in the case of whole wheat flour and white flour. But brown rice will not keep. It soon becomes rancid. Moreover, the alleged loss of vitamins and mineral salts is easily supplied in more concentrated form in other foods found on every table—milk, green vegetables, etc. These elements are said to be found in potato skins also, but few of us clamor for a portion of potato skins when enjoying a nice dish of mashed potatoes or French fries.

So add fuel to your body fires through the medium of rice and the foods that blend so well with it. Here are a few recipes that may give you new and novel ideas regarding the serving of this nutritive food:

Rice Border With Meats.

Hot boiled rice, 2 tablespoons of butter, 2 tablespoons of flour, juice of lemon if desired. Press the rice into buttered cups to half full; let cool, slip from the cups and pour over it the sauce made as follows: Rub together the butter and the flour; melt in a saucepan without burning. Add this by degrees to the gravy from the meat and let boil three minutes. Add the juice of lemon if desired. Pour the sauce over the rice border and serve.

Rice Daisy Salad

Place lettuce leaf in a salad plate. Put a tablespoon of raisins (washed and drained) in center and a roll of cold boiled rice around the raisins about one and a half inches wide. Cut hard boiled eggs in oblong strips and place at intervals around the lettuce touching the rice to form daisy petals. Serve with a mild French dressing, using lemon instead of vinegar.

Rice Muffins With Eggs

Two cups of cold boiled rice, ½ pint of milk, 1 tablespoon of melted butter, yolks of 3 eggs, 1 pint of flour, 1 tablespoon of sugar; ½ teaspoon of salt, 1½ teaspoons of baking powder, and the whites of 3 eggs. Dilute the rice, stirred free from lumps with the milk, melted butter, and yolks. Sift together the flour, sugar, salt and baking powder. Add to the rice preparation and mix into a smooth, firm batter. Fold the beaten whites of the eggs carefully in, and bake in muffin pans fifteen minutes.

WHAT'S NEW?

It is claimed that the General Hospital in Toronto has the world's finest X-ray equipment.

A British inventor has developed a mechanical billiard instructor, equipped with a cue guide and mirror.

A new sea ferry being built in England to ply between New Orleans and Havana will carry 92 freight cars.

Milk is preserved in the form of thin sheets through a process developed in Denmark.

Cornell scientists have discovered weed that grows in water and will kill mosquito larvae deposited nearby.

Injection of certain chemicals into living animals with a hypodermic needle is said to improve the flavor of the meat.

INTERESTING NOTES

The name "Old Glory" for the name of the flag of the United States was first applied in 1831 by William Driver, a sailing captain of Salem, Mass.

The soya bean originated in Manchuria, where it has a history of 5,000 years. It was introduced into America about the end of the eighteenth century.

The national wealth of the United States 50 years ago was estimated at \$40,000,000,000 while today the estimate is \$360,000,000,000.

In the course of his three and one-half years in the presidency, Von Hindenburg has been godfather to 5,300 children. He stands as sponsor for every seventh child born in any family in Germany.

A calf owned by John Tromley, of Broad Brook, Conn., has an extra eye, horn, tongue and an extra set of teeth.

The first farm in Canada is said to be situated on the slope of the hill at Quebec where now stands the City Hall and other public buildings.

Richmond Hill Public School Report

Room 3

Richmond Hill Public School Report for November.

Sr. III—Leslie Kendall, Lena Donald, Mary Kozak, Marjorie Lowery, Jas. Donald, Bobby Hall, Gordon McKenzie, Edna Young, Dora Fortuk, Jack Hall.

Jr. III—Ilene Petch, Mildred Haworth, Murray Blanchard, Helen Phinney, Herbert Elliott, Douglas Palmer, Dorothy Barraclough, Margaret Frisby, Shirley Hill, Selah Smith, Herberta Leech, Yvonne Robillard, Henry Williams, Lovica Wigmore, Ruth Angle, Brydon Ellis, Harry Corner, Geoffrey Paris, (Donald McKenzie and Chas. Bailey equal), Louis Mabley, Billy Buchanan, Walter Coveyduck, Wilfrid Binns, Edna Wade, George Stong, Willie Elliott, Louis Robillard, Margaret Cook, Matthew Boyle, Gertrude Taylor.

MISS F. M. BROWN, Teacher

Room 5

Standing of pupils in November examinations. Names in order of merit.

Jr. II—Geoffrey Elliott, Roy Lunau, Gertrude Kennedy, Alfred Burman, Ruth Burman, George Graham, Marion Espey, Douglas Lowery, Jack Glenn, (Beatrice Rumble and Theresa Allen equal), Dorothy Romanelli.

Sr. I—Wilson Beresford, Lorna Gillings, Audrey Stephens, Thelma Hiltz, Eric Wilson, Herbie Gater, Nixie Fisher, Leland Durrant, Gladys Kendall, Iona Bailey, Nora Innis, Billy Wallis, Jack Shields, Marie Linstead, Roy Russel, Nancy McKenzie, (Mac Cooper, Floyd Hiltz and Dick Shackleton equal), Jack Collins, Dorothy Hawkes, Joe Brillinger, Stewart Stephens, Danny Wade, Margaret Richards, Etta Donald, Genevieve LeGue, Byron Sheppard.

Any marked with (*) missed one or more examinations.

A. M. CORNER, Teacher

Senior Room Report

Sr. IV—Fred Taylor, Dorena Elliot, Bert Lumb, Ivan Whelan, Marjorie Graham, Madge Sayers, Fred Kendall, Harry Sayers, Jimmie Crean, Harry Jenkins, Jessie Fish, Muriel Clarke, Mildred Angle, Victor Morris, Jack Beresford, John Wallace, Gordon Mollett, Thelma Shields, Charles Pritchard, Don Bruno, Bob Davis, Randolph Phinney, Audrey Patrick, Ethel Coveyduck, Joe Mills, Cecilia Rice, Harold Young, Doris Leno, Dennis Hargrave, Bill Vanderburgh.

Jr. IV—Louise Russel, Bruce Armstrong, Norma Harris, Norma Paisley, Marion Scrivener, Lenore Glass, Elinor Boyle, Elizabeth Walker, Lawrence Haworth, Ruth Davis, Reay Hopper, Queenie Urben, Lloyd Reid, Betty Innes, Melville Burns.

Room II

Jr. IV—Ethel Young, Margaret Rumble, Jessie Angle, Leonard Harris, Lloyd Hawkes, Grace Brillinger, Audrey Grainger, Maud Buchanan, Eleanor Wallis, Matthew Healey, Wm Rumble, Hugh Yerex, Tilford Hiltz, Barbara Shackleton, Louise Armstrong.

Sr. III—Phyllis Routley, Virginia Little, Billy Stuart, Phyllis Fish, Catherine Stanford, Jack Crean, Jas. Ley, Nora Elliott, Patricia Smith, Dick Patrick, Walter Dale, Marjorie Brillinger, Chas. Hanson, Fred Urben, Margaret Buchanan, David McGibbon, Fred Carter, Metro Fortuk, Thos. Gillings, Kathleen Cardwell, Isabelle Horrell, *May Ross, George Hawkes, *Margaret White, Ernest Brandon, Judy Shackleton, *Douglas Gilbert.

*Absent for one or more examinations.

CARRVILLE

Mr. and Mrs. Summers and son, Mrs. H. Stewardson and daughter, had tea with Mr. and Mrs. Walter Bone on Sunday.

Mr. Anthony Wilson spent Sunday with friends in Stouffville.

Several in our neighbourhood have been confined to their homes with severe colds.

We are glad to report that Mrs. A. Patterson is improving after being confined to her bed for the past two weeks.

Owing to the bad weather on Friday night, the Y.P.S. did not hold their weekly meeting, so Miss Sadie Middleton and Miss Cathie Wark are in charge of this week's program as they were to have given the program last week.

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IMPERIAL BANK

OF CANADA

CONDENSED BALANCE SHEET

Year ending 31st October, 1928

LIABILITIES

Notes of the Bank in Circulation	\$ 10,460,590.00
Deposits by the Public	118,125,851.89
Deposits by Other Banks	4,431,110.39
Letters of Credit Outstanding	1,108,925.45
	\$134,126,477.73
Dividend, Bonus and Unclaimed Dividends	280,876.75
Capital Reserve and Undivided Profit	15,619,902.11
	\$150,027,256.59

ASSETS

Cash on Hand and in Banks	\$ 11,183,753.64
" in Central Gold Reserve	3,250,000.00
" on deposit with Minister of Finance for Circulation Fund	352,993.83
Notes of and Cheques on Other Banks	10,603,175.97
	\$ 25,389,923.44
Government and Municipal Securities	30,454,368.70
Other Bonds, Debentures and Stocks	104,821.22
Call Loans on Securities	18,431,161.18
	\$ 74,380,274.54
Commercial Loans and Advances	67,356,565.72
Bank Premises	6,032,847.38
Other Assets	1,148,643.50
Liabilities of Customers under Letters of Credit	1,108,925.45
	\$150,027,256.59

PELEG HOWLAND,
 President.

A. E. PHIPPS,
 General Manager.

AUDITORS' REPORT TO THE SHAREHOLDERS:

We report to the Shareholders of the Imperial Bank of Canada— That we have audited the above Balance Sheet as at October 31st, 1928, and compared it with the books and vouchers at Head Office and with the certified returns from the Branches. We have obtained all the information and explanations that we have required, and in our opinion the transactions of the Bank which have come under our notice have been within the powers of the Bank.

In our opinion the Balance Sheet discloses the true condition of the Bank, and is as shown by the books of the Bank.

The above Balance Sheet does not include money which has been set aside by the shareholders from time to time for the purpose of a Pension Fund.

A. B. SHEPHERD, C.A.,
 of Peat, Marwick, Mitchell & Co.
 A. W. COLE, C.A.,
 of Macintosh, Cole & Robertson.

Toronto, November 20th, 1928.