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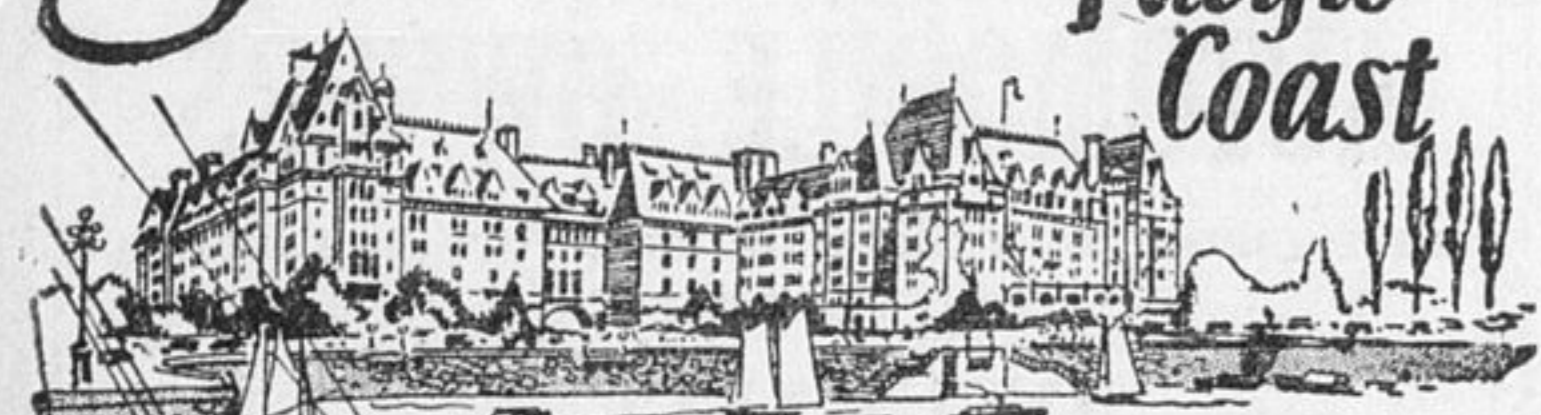
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ORIGINAL RECIPES GIVEN FOR SOME DIFFERENT MENUS

Household Economics Expert Writes Interesting and Helpfully for Lady Readers of The Advance.

Barbara B. Brooks, the note expert of the Home Economics Department of the Kellogg Company of Canada, sends The Advance this week the following interesting article:—

“What shall we eat” is a question asked by housekeepers all over the world. The interest in food is shown by the many magazines and newspaper articles on the subject and even by the advertisements. The last, not only tell the good points about the product to be sold, but often give space to tested recipes. Housekeepers have found that these recipes are to be trusted, and that a collection of them makes a splendid recipe file.

At this time especially a woman's thoughts turn to something new in cookery and although there is said to be “nothing new under the sun,” there are recipes developed from time to time which are different. We are going to give some suggestions here which have come to us from some commercial sources and which are worth passing on.

Let us start with Sunday breakfast. A typical recipe for this meal is for waffles. An interesting change is to use the following bran waffle recipe:

Bran Waffles Supreme.

1 1/2 cups flour, 4 teaspoons baking powder, 1 teaspoon salt, 2 tablespoons sugar, 2 eggs (separated), 1 cup sweet milk, 1/2 cup melted shortening, 1/2 cup All-Bran.

Sift the dry ingredients. Beat the egg yolks and combine with the milk. Add to the dry ingredients and mix well. Add melted shortening and the All-Bran. Add the stiffly beaten egg whites. Bake in a hot waffle iron until the mixture ceases to steam.

Luncheon desserts are often a problem. Many people prefer crackers and cheese to something sweet. An attractive and delicious service is prepared by placing a brick of cream cheese on a glass plate and pouring over it a glass of strawberry jam. Serve with crisp crackers.

Gelatine desserts are popular. Here are two recipes—one in which dried fruit and one in which fresh fruit are used.

Apricot Whip

Cook one half pound of dried apricots and sweeten the same as for sauce. Drain juice, add enough water to make one pint, heat to boiling point and dissolve a package of orange ready-to-use gelatine in it. When cool set in ice or very cold water and whip with egg beater to consistency of whipped cream. Then add the drained apricots after they have been put through a colander. Serve with custard or whipped cream.

Strawberry Bavarian Cream

3 box gelatine, 1 cup cold water, 1 cup strawberry juice and pulp, 1 tablespoon lemon juice, 1 cup sugar, 1 1/2 cups heavy cream beaten stiff.

Soak gelatine in cold water five minutes, and dissolve by standing cup containing mixture in hot water. Strain into strawberry juice mixed with lemon juice. Add sugar and when sugar is dissolved set bowl containing mixture in pan of ice water and stir until mixture begins to thicken; then fold in cream. Turn into wet mold lined with strawberries cut in halves and chill. Garnish with fruit, selected strawberries and leaves. A delicious cream may also be made with canned strawberries.

Honey gives an unusual flavour which is a delightful change. Fresh fruit may be sweetened with honey and puddings both sweetened and flavoured with it.

Daffodil Meringue

3 tablespoons granulated tapioca, 2 cups boiling water, 3 eggs, 1/2 cup honey, 2 tablespoons lemon juice, 1 tablespoon butter.

Pour the boiling water over the tapioca and cook until clear. When cool add beaten egg yolks, honey lemon juice and butter, and cook in double boiler until custard coats the spoons. Pour in dish and make meringue from the egg whites and cover with it. Bake in slow oven for 25 minutes until delicate brown (225° F.)

Honey Mousse

4 eggs, 1 cup hot, delicately flavoured honey, 1 pint cream (whipped). Beat the eggs slightly. Pour slowly over them the hot honey. Cook until the mixture thickens. When it is cool add the whipped cream. Put the mixture into a mold. Put in freezing compartment or refrigerator for 6 hours. Or pack in 3 parts ice to 1 part salt.

LARGE PROPORTION DEATHS DUE STILL TO DIABETES

Despite the sustained efforts of medical science during the last few years, diabetes is on the increase in Canada as well as in the United States. During the first three months of 1929, says the Statistical Bulletin of the Metropolitan Life, the death rate from diabetes was practically 24 per 100,000, which is the mortality rate on record. Medical science admits that the discovery of Dr. Banting—insulin—has achieved success in the treatment of diabetes at certain ages, yet the disease has resisted all efforts to reduce the mortality rate. Taking as a basis 24 deaths per 100,000, and having regard to the figures of the population of the largest cities in Canada, a logical conclusion could be drawn that for a period of twelve months, the number of deaths would be approximately as follows: Montreal, 854; Toronto, 384; Ottawa, 120; Hamilton, 136; London, 60; Winnipeg, 163; Quebec, 120.

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DID NOT WANT UNNECESSARY DELAY IN IVANCHUK CASE

Questions in Now Noted Case. Prisoner Accused of the Murder of Inspector Constable in 1926

When the appeal case in connection with John Ivanchuk sentenced to be hanged on June 21st came before the first Divisional Court at Toronto last week, the hearing was adjourned to Monday of this week as noted elsewhere in this issue. The proceedings last week will be of interest, so the regular despatch in regard to the matter, headed by a Toronto date line, is given herewith:—

“To permit the defence counsel to produce a new witness, the appeal in the Ivanchuk murder case, set down for hearing Wednesday before the First Divisional Court at Osgoode Hall, has been adjourned until Monday next, when it will be peremptory, according to Chief Justice Sir William Mulock, who presided at the court Wednesday morning. A. G. Slaght, K. C., appeared for the appellant, with I. A. Humphries, K. C., for the Crown. A. B. Cunningham, K. C., Kingston, Crown Prosecutor at the Cochrane Assizes, when Ivanchuk was convicted before Mr. Justice Wright and a jury, assisted Mr. Humphries.

“Mr. Slaght's application was not granted without some argument, and the Chief Justice, in making an order providing for the presence in court next week of E. De RePentigny, the Montreal commercial traveller who is the new witness, adme it clear that the court reserved the right to say then whether the witness could be examined. Mr. Justice Magee had asked if it was the law that this court could grant a new trial on new evidence, and Mr. Humphries contended that, in his opinion, only the Minister of Justice had the right. Mr. Slaght declared he had assumed the court had the right, although he had not gone into the matter carefully. He said this evidence had been brought to his attention by Harry Fine, the Ansonville lawyer who had defended Ivanchuk at the trial, and he had never interviewed De RePentigny.

“In asking for an adjournment, Mr. Slaght said the appeal was not on the list for this week, but Mr. Justice Middleton declared that, on Saturday last, he had refused an application from counsel's office for an adjournment. Mr. Slaght said Mr. Fine was very anxious to be present, but he had received the notice too late yesterday, as the last train had left Ansonville. He told Mr. Justice Middleton the date of execution was June 21. Mr. Slaght was willing to proceed tomorrow or Friday, but the Crown demurred.

“Mr. Humphries told the court he had not received the particulars of the new evidence, and he would not be ready to proceed before Monday. It would not be right to proceed in the circumstances, Mr. Humphries agreed. —“Is it right there should be such delay in these murder charges?” asked Mr. Justice Middleton. “The Minister of Justice has to deal with the matter after we are through with it, and everything is crowded until the execution is imminent.”

“Mr. Humphries said that on May 10, he had asked for particulars from Mr. Slaght. The Chief Justice declared the court had not seen the affidavit, nor did it know on what material it was based. Mr. Slaght said he was most anxious to have De RePentigny here, and Mr. Humphries said the Crown would be willing to bear reason-

Stars of the Film World Add Zest to This Comedy

The special at the Goldfields theatre on Friday and Saturday of this week, June 14th and 15th, is the comedy, “Show People,” a film of life in the movies, made by Metro-Goldwyn-Mayer. It has one scene in which Marion Davies and William Haines, co-stars of the piece, are helped out by William S. Hart, Douglas Fairbanks, Norma Talmadge, John Gilbert, Mae Murray, Rod La Rocque, Renee Adoree, Leatrice Joy, George K. Arthur, Karl Dane, Aileen Pringle, Claire Windsor, Estelle Taylor, Dorothy Sebastian and Polly Moran.

There's another sequence in which Charlie Chaplin does his bit in making realistic this peep into the inner circles of cinemaland. Lew Cody and Elinor Glyn also are among the atmosphere players.

In her role as an actress in the movies Miss Davies watches John Gilbert and her real self arrive at the studio for work. King Vidor, who directed, also is shown directing a film within a film.

Why other well-known players were not included in the crowd scenes, has not been stated officially. It may be because they didn't need the extra's daily wage of \$7.50, which Fairbanks, Chaplin and the rest collected for their labours.

All the stars named were perfectly willing to give their services for friendship's sake, but there was some rule governing actors' pay that made it necessary for them to take their wages for doing their jobs.

The actors and actresses taking part in this picture claim that they had a heap of fun satirizing their own profession, but the press and the public allege that still more fun is sure to be enjoyed by all who view the picture as produced. “Show People” is credited with being one of the best comedies produced for many a long month.

USING AIRSHIPS NOW FOR MAPPING NORTHERN ONTARIO

Flying Officers Bryan Carr-Harris and Bert Johnson, of the Royal Canadian Air Force, hopped from Rockcliffe airdrome, Ottawa, last Thursday to North Bay arriving at the latter city the same day at noon. From North Bay they will conduct an aerial photographic tour of Northern Ontario and Northwestern Ontario. The information, photographs and data thus gathered will be used in the making of maps, orientation of charts and the computation of the surface natural resources of the country.

able expenses to have the witness present in court. Mr. Slaght told Mr. Justice Middleton that the form of the new evidence was an alibi.

“Without knowing what the material is, the court is not in a position to determine whether the dependent should, or should not, be here,” said the Chief Justice. The court would order his attendance, but would reserve the right to say if he should be examined, the Chief Justice added. Mr. Justice Middleton declared that the evidence the defence relied upon was not ready “until long after the time for appeal had gone by.”

“In addition to the question of new evidence, grounds of appeal include objections taken to the charge of Mr. Justice Wright to the jury, and it is alleged his Lordship should have withdrawn the case from the jury at the close of the Crown's case.”

Meaford Mirror—The Queen of the May this year wore two wool sweater coats and carried a raincoat and umbrella.

DUTCH JOHNSTON ACCEPTS MICKEY WATTS' CHALLENGE

Very Ready to Meet Watts at Timmins Skating Rink on July the First, Says “Dutch.”

As The Advance suggested last week neither Mickey Watts nor Dutchy Johnston were likely to try to evade another meeting in the ring, after the decision was given to Watts on a foul in the bout on June 3rd. Naturally such a decision did not suit Johnston who felt that he was the victim of a technicality. On the other hand it did not suit Mickey Watts who would naturally prefer a decision that he won on his own merits rather than by any technicality. There was nothing else for the referee to do, as he saw the matter, but to make the decision he did, but on the other hand, the two boxers very naturally want to settle the question in the ordinary sporting way. Suggestions that Johnston might wish to evade another meeting with Watts were discounted last week by The Advance. It was felt that both boxers were good fellows and good sports and game all the way through. Proof of this is given by a letter received this week by The Advance from “Dutch” H. Johnston. Writing from Kirkland Lake, he says:—“I, Dutchy Johnston heartily accept Mickey Watts' challenge to fight him in the skating rink on July the first.” The letter is duly signed by Dutchy, and evidently he is not only ready but anxious for another meeting. So, that's that! And the big bout here on July 1st is accordingly an assured fact. There will be some crowd out to see this match between Mickey Watts and “Dutchy” Henry Johnston.

New York Judge—There is nothing that broadens one like travel, unless it is too many hot fudge sundaes.

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