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NECESSITY FOR KEEPING-UP CHILD'S INTEREST IN FOOD

"Keep Up a Child's Interest in Food, and You Will Keep His Body Well-Nourished"

Barbara B. Brooks, the noted expert in Domestic Science, contributes the following specially timely article to The Advance this week. From its suggestions mothers may be able to glean many helpful hints on the problem of food for the youngsters going to school. Under the heading "School Bells are Ringing," Barbara Brooks writes:—

All through the country, school bells are ringing and if you listen you can hear them. They call children back from long golden days out of doors, from running and jumping just the moment they felt like a rabbit or a kangaroo; from yelling like Indians in full war paint; and from the make-believe world of pirates and knights.

It is not easy to sit still in the school-room after this interval of freedom. The first newness of the higher grade, the different teacher, and the boys—changed during the long vacation—wears off and the routine of school stretches out with Thanksgiving the next holiday in sight.

The first day the children are almost too excited to even eat lunch. For the next few days lunch is an event and how good everything tastes! A little later food boredom sets in. This is the time against which mothers who pack the lunch boxes, and teachers who manage the cafeterias, must guard. Keep up a child's interest in food and you will keep his body well nourished. Today we are going to talk about the lunch which is carried to school from home. There are such attractive lunch-box accessories available that if we have some of them it is real fun to do the packing. Thermos bottles, waxed paper, paper napkins, dollies and small waterproof paper boxes with tight-fitting covers are some of the desirable things. Soup, cocoa or a vegetable for the hot dish can be carried in the thermos. Sandwiches taste much better if made from bread cut not too thick, and wrapped separately. Salads keep beautifully in paper cups or boxes.

Sandwiches, cookies and fruit are the standbys for lunches which are carried. Try to vary the kinds of sandwiches. For appetizing fillings use any of the following combinations:—

- Dried beef and cheese (put through food chopper) mixed with tomato.
- Hard-boiled eggs, celery and mayonnaise.
- Grated carrot with honey.
- Chopped pickle with mayonnaise.
- Chopped peanuts with mayonnaise.
- Creamed butter with horse-radish.

For sweet fillings:—Chopped dates and nuts; honey and nuts; melted sweet chocolate and nuts; Brown sugar and butter; sugar, butter and cinnamon; chopped prunes, dates and orange juice.

A good cookie for a lunch box is one with a fruit or jelly filling.

Here are two tested recipes:—

Marguerites

2 eggs, 1 cup brown sugar, 1 cup flour, 1 teaspoon baking powder, 1-3 teaspoon salt, 1 cup nut meats, cut in small pieces, 1 cup bran.

Beat eggs slightly, and add remaining ingredients in the order given. Fill small buttered tins two-thirds full of mixture. Bake in moderate oven (370° F.) ten to fifteen minutes. Yield: 24 very small cakes.

Hermits

1-3 cup butter, 2-3 cup sugar, 1 egg, 2 tablespoons milk, 1 3-4 cups flour (or more), 1 cup bran, 1-3 cup raisins, 1 teaspoon baking powder, 3-4 teaspoon cinnamon, 1 teaspoon cloves, 1 teaspoon mace, 1 teaspoon nutmeg, 1 teaspoon salt.

Cream the butter, add the sugar and egg, and beat well. Add the milk and bran, raisins and flour which has been sifted with the spices. Chill, roll thin, cut and bake in a moderate oven (400° F.).

When the cakes are cool, they may be frosted with confectioners' sugar frosting, and chopped nuts or bran sprinkled over the top.

Toronto Star.—An exchange says that paved highways are a boon for the farmer. Sure they are. He can walk on them and get hit, or take to the ditch alongside and wade. Or he can drive on them with his load of hay or his buggy and get bawled out by every motorist he delays. Paved highways are a boon for the farmer all right. And if he tears them up when moving his farm machinery, he's liable to a heavy fine.

GAME IN ONTARIO WILL BE PLENTIFUL, SAYS EXPERT

Despite Heavy Snow Last Winter in Some Areas, and Despite the Fires This Summer in Other Areas.

Hunters and others in this area will be interested now in the prospects for game in the North this season. In a recent issue of The Toronto Mail and Empire an interview was given by a man whose opinion may be considered as that of an expert and so of especial value. The substance of the interview is given herewith for the information of readers of The Advance who may be interested:—

"Sportsmen have no need to be apprehensive to any degree about a shortage of game on account of the heavy snows of last winter or because of the fires which have devastated the timber in certain areas," said Ozark Ripley, associate editor of Field and Stream; who has just returned from a careful survey of the hunting territory in northern Ontario.

"Along the eastern boundary of Ontario, particularly north of the Mattawa, many deer were killed during the heavier snows," he said at the C. F. R. tourist office to-day. "Nevertheless, from these localities, reports come that the increase in game this season has been large and also that there were sufficient numbers left over of mature specimens to insure sportsmen that they will have all the opportunities to obtain one.

"Moose show a good increase all the way down the west side of Lake Temiskaming and the Ottawa river. This game is showing an increasing tendency to frequent thick second growth near some of the more populated parts of the country rather than the wilderness parts that are being invaded by lumber and pulp concerns as well as prospectors.

"Fires in northwestern Ontario—as well as those in the Thunder Bay district—have been kept under sufficient control and their influence on the supply of large game has only been to move it a little farther away. Raleigh, a famed moose hunting territory, reports that there will be plenty of

moose and deer hunting this autumn. The celebrated moose hunting regions along the northern shore of Lake Superior just north of the C.P.R. line are well supplied with moose, particularly the districts around Hurkett, Nipigon, Kama, Jackfish, Amyot, Missasable and Metagama. West of Nipigon there are more deer than east of it, but even in this moose territory, there is a fair supply of deer.

"There is now no open season for caribou in Ontario. Doubtless the future will show a considerable increase in these handsome members of the deer family. Establishment of preserves will be of great help, as will be the increasing change in the attitude of the Indian guides in the region who are beginning to realize that a live moose deer or caribou means more to them than a dead one, because the former provide them with well-paid work as guides for sportsmen," Mr. Ripley concluded.

Pert's Expositor:—The objectionable thing about reckless motorists is that the bones they break are not always in their own heads.

Getting Skinnier Every Day

Something Must Be Done and Done Right Now—Quick

Tens of thousands of thin, rundown men—yes, and women too—are getting discouraged—are giving up all hope of ever being able to take on flesh and look healthy and strong.

All such people can stop worrying and start to smile and enjoy life right now for McCoy's Cod Liver Extract Tablets are putting flesh on the backs of skinny folks in all parts of the world every day.

One woman, tired, weak and discouraged, gaining 15 pounds in five weeks and now feels fine.

And this shows what faith the makers have in McCoy's for they say: if any thin person don't gain at least 5 pounds in 30 days your money will be refunded—and only 60 cents for 60 tablets—Economy size—\$1.00. Ask for them at Moisey & Ball, F. M. Burke Limited, Sauve's Pharmacy or any drug store.

PREMIER FERGUSON HELPS CRIPPLED GIRL AT SAULT

Despatches from Sault Ste. Marie detail the particulars of the case of a twelve-year-old Korah girl, unable to walk, who has been given a chance for treatment by specialists through the generosity of Premier G. Howard Ferguson. The premier has undertaken to be responsible personally for the cost of one year's treatment for the girl in the Sick Children's hospital at Toronto.

How to deal with the case has been a problem to the crippled children's committee for some time. The girl is suffering from a lingering disease, and as a result the committee did not feel like undertaking her case since it would practically exhaust their funds and put them in the position that they would have been able to deal with only a few cases during the next year.

The committee tried to get the municipality to undertake the responsibility but it refused to do so. When Premier Ferguson visited the Sault recently, he told the committee that the government could do nothing. However, he offered to be responsible for a year's treatment of the child and to make arrangements for her to be placed in the Sick Children's hospital, Toronto. Word has now been received that a bed has been reserved for her.

SISCOE MINE ARRANGING FOR THE SINKING OF SHAFT

Development work of an interesting nature is being carried out at the Siscoe Gold mines property, and results from diamond-drilling operations have proved entirely satisfactory, it is stated. According to an unofficial statement, arrangements are being made for the sinking of a new shaft. The present shaft, which was located to tap "C" vein, is now down to the 500-foot level and there was talk a short time ago of sinking this to the 750-foot level. Recent diamond drilling has produced such satisfactory results, however, that it is now understood to be the intention of the company to proceed with a new shaft instead of deepening the old one, as formerly proposed. It is expected that the new shaft will bring to light additional ore reserves, but the final outcome of this plan as regards min-

London (Eng.) Daily News.—There is a tall building going up in the Strand. It is one of the tallest in London. Yesterday there was a band playing in its shadow, and two laborers began to dance on its parapet. This seemed such a dangerous and foolhardy thing to do that a man fell off his bicycle in the Strand at the sight of it. The man was near to being killed by a passing bus. The men on the building went on dancing without knowing that he had been nearly killed. The musician then took up a collection for themselves.

eralization is still a matter more of conjecture than an actuality.

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No matter what else you have used, just try "Sootha-Salva". This prescription of a famous physician has brought such quick relief to thousands of sufferers that you can count on it soothing the itching and burning, healing the raw surfaces, and completely clearing your skin of torturing Eczema. 50c at all druggists. It costs you nothing if you do not benefit. After using two boxes of "Sootha-Salva", if you are not satisfied, just return the empty tin to Fruit-a-tives Limited, Ottawa, Ont., and we will refund your money.

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