

STOP OFF AT Minaki ON YOUR WESTERN TRIP

Minaki, in the Lake of the Woods District, is one of the most charming beauty spots between Toronto and the Prairies. Surrounded by cool forests and clear lakes, it offers the finest of outdoor sports and recreations, coupled with the luxurious comforts of a modern metropolitan hotel.

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ANOTHER BOUQUET FOR THE MINISTER FROM THE NORTH

An editorial in The Ottawa Journal last week says:—

"The closing session won't be memorable as having made reputations. It may be remembered, indeed for having blasted some. An exception, and a notable one, is the Minister of Immigration, Mr. Gordon. Before he took over the chairmanship of the Beauharnois Committee, Mr. Gordon was recognized as an unusual politician, gifted with initiative, force of character and independence. His work on Beauharnois increased that recognition. It is no disparagement of the other members of the Commission to say that Mr. Gordon showed himself outstanding among them. More than once he showed himself far more acute and penetrating than the Commission counsel, with more capacity to cut through irrelevancies and to puncture sophistries of certain witnesses. He didn't play politics. The impression he gave, on the contrary, was that he had a job to do and wanted to get on with it, to get away from legal hair-splitting and the petty tactics of party politics. It was largely because of this, in truth, that the committee did its job in a pretty thorough way, and succeeded in bringing out a lot of truth that might otherwise have escaped detection."

Blairmore (Alberta) Enterprise:— Many a man who is a big bug in the office is nothing but a small insect at home.

Brampton Conservator:— Man may be a good toolmaker but he has nothing on nature. Tiny creatures have mechanical equipment for drilling rock, making loud noises and producing cold light. The cicada's shrill note can be heard a mile away. The mosquito possesses a most powerful drill. The light of the firefly is a phenomenon in our chemical world. A species of ant is capable of drilling through solid rock. The spider is a great architect. A mole cricket compares favorably with our steam shovel. There is hardly a device which man makes in his tool shop that is not duplicated in nature.

Need of Nourishing Food for Outdoors

Well-Known Domestic Science Authority Gives Some Helpful Hints and Recipes for the Days of Outdoor Life.

*Amy Smith, a well-known domestic science authority writes:—

Off for a day or a month—in the car or hiking, boating, fishing—after a few hours you will find food looms up as the biggest thing in the world. Scenery, yes—but such appetites.

Of course milk, and plenty of it, is essential for nourishing, appetizing food—and for campers or picnickers Borden's St. Charles Brand Evaporated milk is by far the best choice, providing plenty of pure, rich milk, regardless of weather conditions, rough journeys, out-of-the-way camping places—and lack of ice.

Because evaporated milk had half the water removed, you can rely on its extra richness, which can be utilized to take the place of eggs or butter in many kinds of cooking. For instance, an old guide, famous for his fish fries, told me that in camp he always dipped the fish in undiluted evaporated milk before the final coating with corn meal.

When evaporated is to be used instead of milk in any recipe, it should be diluted with an equal part of water. Remember this simple rule and you will find it successful in your own recipes. To "cream" your coffee, use it undiluted.

Speaking of Fish— a "fry pot" is used by Canadian guides for cooking large chunks. After dipping the pieces of fish in evaporated milk and then in cornmeal, drop into the deep fat (very hot) and fry until brown. And, by the way, take this hint from seasoned camp cooks—a very little fire of the right kind in the right place (if possible sheltered from the wind) will do the job better than a facelistering conflagration.

A savory fish chowder is always a welcome dish in camp, and it's easily made with evaporated milk.

Fish Chowder
Cut the fish in chunks and remove as many bones as possible. Cover the bottom of an iron pot with slices of salt pork and fry out part of the fat. Remove part of the pork slices, then add a layer of sliced, raw potatoes, some onions and a layer of fish. Cover with pieces of hard tack biscuit and season each layer, scattering the salt, for the pork is very salty. Repeat the process until the pot is two-thirds full. Add just enough water to cover level of the fish. Cover the pot and simmer for one and a one-half hours, or until the potatoes and fish are tender. Add one tall can of Borden's St. Charles milk. Bring just to boiling. Serve.

Easy Hot Breads
Hot corn breads to eat with the bacon, fish or pork and gravy, are a huge success after a day in the open—or to begin the day.

Cornmeal Flapjacks
1 cup cornmeal, 1 cup flour, 4 teaspoons baking powder, 1 teaspoon salt, 1 cup Borden's St. Charles milk, 1 cup water, 2 tablespoons melted fat (bacon fat may be used).

Mix and sift the dry ingredients. Add the milk, diluted with water, and beat well. Add the fat. Bake on a hot greased griddle or frying pan. They need a little longer cooking than wheat griddle cakes.

Camp Corn Dodgers
Put one quart cornmeal into a bowl. Make a hollow in center of meal and into this put one tablespoon lard and one teaspoon salt. Pour over this equal parts Borden's St. Charles milk and water heated to scalding point, stirring all the time until a dough is formed which can be molded with hands. Cool slightly, form into cakes and cook slowly on a well-greased griddle. (The quantity of diluted milk need depends on the kind of cornmeal used).

Hudson Bay Holds Fish in Abundance

J. A. Bradette, M.P. for This Riding, Asks That Trawler be Sent in to Hudson Bay to Conduct Proper Enquiry.

For several years past there have been two schools of thought in regard to the possibility of commercial fishing in Hudson Bay. One class holds that the waters teem with fish, while the other class object that there is not enough fish in Hudson Bay to supply the natives of the adjacent country with sufficient food. The quarrel has rung out long and long, and because men who ought to know have been found lined up on either side of the question, Platte's question, "what is truth?" has been asked more than once. The matter came up in the House of Commons last week and J. A. Bradette, M.P. for this riding, took a hand in the discussion. In a despatch from Ottawa the matter is referred to as follows:—

Licenses have been issued this year to individuals who are engaging in fishing in Hudson Bay on the understanding that those individuals will report to the department the result of their season's operations. Hon. E. N. Rhodes, Minister of Fisheries, told the House of Commons Tuesday last week.

The minister was piloting his estimates through committee of the whole, and the Hudson Bay question came up when B. M. Stitt, (Cons.-Nelson) expressed the wish to correct some misapprehension abroad in Canada as to the existence of fish in quantities adequate for the establishment of an industry.

He questioned the departmental re-

port which had pronounced in the negative on this matter. Many explorers and others who had engaged in commerce around Hudson Bay had testified to that area of water being well stocked. He himself had seen as many as 1,000 white whales borne in to the harbours of Nelson and Churchill at one time. Since these mammals fed exclusively on herrings and other small fish, their presence indicated that the bay was well supplied.

The departmental report had referred only to the exploitation of a deep-sea fishing industry, Mr. Rhodes said. It was well-known that there were rich fisheries in Hudson Straits. In fact some Newfoundland concerns had carried on their operations there for many years. Also the rivers flowing into the bay teemed with salmon and other fish. It was here the minister made his statement regarding the licensing of individuals engaging in the bay fisheries.

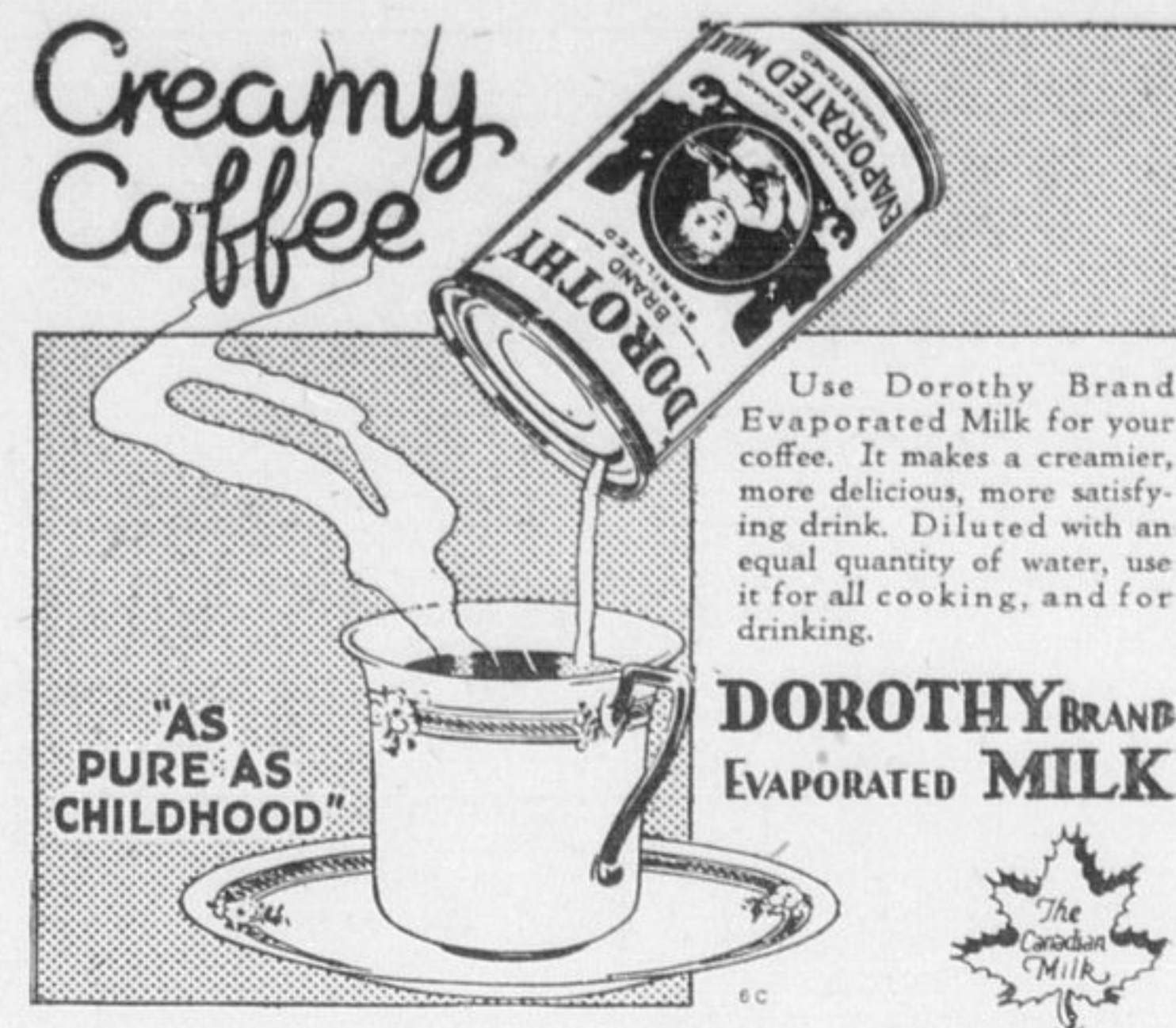
J. A. Bradette (Lib.-North Temiskaming) urged that the Government should send a trawler to Hudson Bay this fall and winter it there, so that it would have three full months next summer to conduct an enquiry into the possibilities of finding deep-sea fishing in the bay. He did not think the last expedition had had sufficient time to conduct a proper survey over 450,000 square miles in the bay.

Mr. Rhodes said that in the former expedition the scientific side and the practical fishermen's side were represented. One official of the department in the scientific branch of the survey had had 24 years outstanding experience in various deep waters. Another had had long experience in hand and long lines. The expedition was practically engaged for 34 days. With the opening of the Hudson Bay Railway, the store of knowledge acquired would be increased by men on the ground. His mind was quite open, however, if evidence justifying expenditures on another trawler survey was presented.

The several questions relating to fishing pending between Canada and the United States are under consideration, Mr. Rhodes told the House. Instead of Canada taking some drastic action, he preferred the two countries ironing out their difficulties around a conference table.

Kincardine Review:—"How do you pronounce 'Beauharnois'?" was the question asked a local party worker. His reply may be printed when the law is changed.

Colonist, Victoria: Some of the best cinema actors and actresses in America are of Canadian origin. Our history shows many of the greatest, and most picturesque exploits in the story of this continent whether we consider the French settlement in Acadia or Quebec, Captain Cook sounding and surveying the waters of the Saint Lawrence that Wolfe and Montcalm might battle on the Plains of Abraham, or Sir John Hector's unruly pack animal discovering the Kicking Horse Pass. These form a wealth of romance which only waits interpretation, and, if produced and exhibited in pictorial form, along with the varied activities of our every-day lives and glorious scenery, would not only enlighten our own people but prove one of the best means of making Canada known to our sister Dominions, and the world besides.



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Enroll here in the Silvertown Safety League

The Pledge is waiting for your signature. Get your Emblem... help this city take leadership in national movement to save lives?

My Pledge as a Member of

THE SILVERTOWN SAFETY LEAGUE

I agree

- 1 To drive at speeds in keeping with the safety of others as well as myself.
- 2 To keep on the right side of the road, except when passing.
- 3 To pass only when I know there is ample time and space—never on blind curves or when nearing the crest of a hill.
- 4 To go through intersections only when I have the right of way.
- 5 To observe all traffic signals.
- 6 To give signals myself that can be clearly seen and understood, before turning or stopping in traffic.
- 7 To drive only when in full possession of my faculties.
- 8 To keep my brakes, lights, and horn in good condition.
- 9 To operate my car on tires which assure a positive grip on the road—safe traction—and freedom from hazardous tire failures.

WITNESS SIGNATURE

IN EVERY part of the country, conscientious drivers are signing the Pledge of the Silvertown Safety League, and displaying the League Emblem as evidence of their stand. This city should and can be in the forefront!

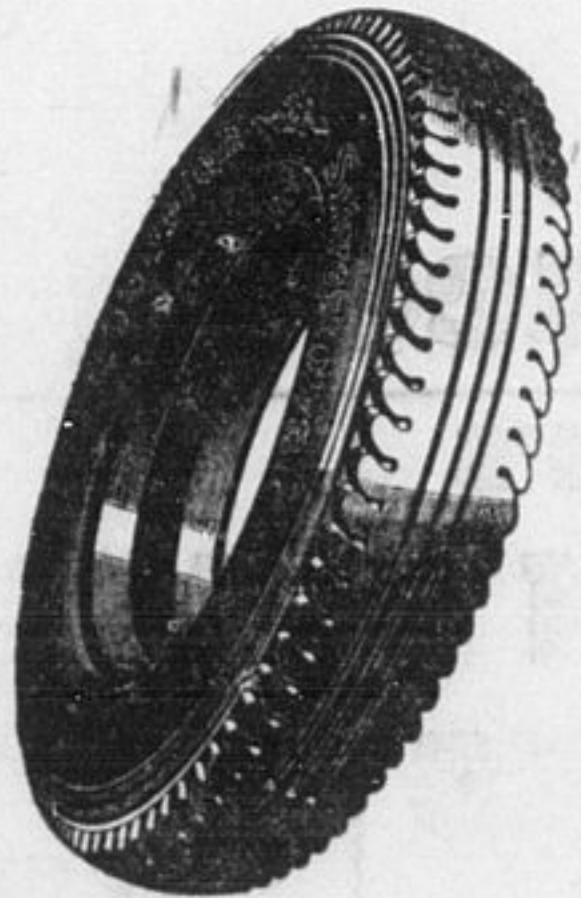
This is the most determined effort ever launched to make the streets and highways safer for your family and yourself. Reckless driving must go! Unsafe equipment must go! Public opinion must be aroused!

The Pledge is waiting for your signature at League Headquarters. Sign it, and receive your emblem. There is no cost or obligation. You are simply doing your part to cut down the frightful toll which has resulted from the improper operation and care of cars.

Come in now!

This pledge of the Silvertown Safety League... already signed by thousands of drivers... is hailed by national leaders as the most important step ever made toward safety on the streets and highways. Read the Pledge. Do you subscribe to its principles? Then come in... sign it... and get your emblem!

The Silver Fleet, while testing the endurance and safety features of the famous Silvertown Tire, has covered a million car-miles without an injury. This remarkable safety record pointed the way to the rules now seen in the pledge of the Silvertown Safety League.



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Delicious for lunch as well as breakfast. With fruits or honey added. Ideal for the children's supper. Eat them often. Enjoy them and keep cool.



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