

Seasonable Recipes for Present Season

Light and Delicious Menus Featuring Use of Eggs. Some Recipes by an Expert in Domestic Science.

Ann Adams, writing in The Toronto Mail and Empire, has the following to say about eggs and their use at this special season of the year:—

Egg dishes assume a new importance at this time of year. On the one hand they owe this fact to the advent of Lent; on the other their wider use is directly traceable to the lowered prices that the early Spring months usually bring us. On this latter point, of course, we cannot be sure—for nothing is less dependable than our versatile month of March—it is apt to encourage the hens with warmth and sunshine one day, then freeze up their generosity the next. However, this need not deter us from making extensive uses of egg in the main dish capacity, unless their price goes higher than it has been at practically any time this winter; a dish of eggs at recent average prices would not rank as an extravagance compared with any other food of similar status.

Talk this morning should serve many a Lenten or Springtime meal problem.

Belmont Eggs.
Brown some slices of bread in the oven. Do not toast them, but lay them in a rather hot oven till slightly brown. Moisten in warm salted milk and butter them. Break eggs carefully one at a time into a cup and slip into simmering salted water one inch deep in a saucepan. Toss the water over the yolks till a delicate pink. Slip on to the toast, one to a slice, and surround with chopped meat heated in butter.

An English Egg.
Select a small, firm tomato. Cut out the stem end and scoop out the seeds and soft centre. Sprinkle with salt and turn upside down to drain. Then sprinkle with pepper and finely chopped parsley. Break a raw egg into the tomato and add salt and pepper. Arrange the prepared tomatoes (not too close together) in a buttered pan and place in a hot oven for a few minutes.

Eggs With Asparagus.
3 eggs
1 cup milk
Salt, pepper
1 bunch or can of asparagus.
Toast

Combine the eggs, milk, and seasonings. Scramble, and add the asparagus tips, cut in inch lengths. Serve

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immediately on pieces of toast.
Servings, 6.

Eggs Baked in Whole Tomatoes
3 tomatoes
3 eggs
salt and pepper
3 tablespoons buttered crumbs
3 slices bacon

Scoop out centres of large ripe tomatoes. Break one egg carefully into each tomato, sprinkle with salt and pepper, cover with bread crumbs, and lay slice of bacon on each. Bake in a moderate oven. Turn bacon once during the cooking. Place under broiler for one minute to crisp and brown the bacon. Time in oven, 30 minutes. Temperature, 325 degrees. Servings, 3.

Egg Cream Toast.
3 tablespoons butter
3 tablespoons flour
2 cups skimmed milk
2 eggs
6 slices toast

Melt butter and stir in flour, add milk and cook ten minutes. Add unbeaten eggs and stir well, season and serve on toast. Servings, 6.

Eggs With Mushrooms.
4 mushroom caps
2 tablespoons butter
3 eggs
Salt, pepper
1 cup milk or cream
Toast
Parsley

Wash, dry, and chop mushrooms (canned ones may be used). Melt butter in frying pan, add mushrooms and cook four minutes. Add beaten eggs, seasonings, and milk. Stir until well set, pile on buttered toast and garnish with parsley. Servings, 4.

Eggs Planked
6 cups mashed potato
6 eggs
Salt and pepper
Parsley
12 radishes

Divide four cups of the hot seasoned mashed potato into six portions, and line individual shallow baking dishes with it. Garnish edges with the rest of the potato, using pastry bag and tube. Put an egg in each nest, sprinkle with salt and pepper, and bake in a moderate oven. Garnish with parsley, and radishes.
Time in oven, 15 minutes. Temperature, 350 degrees. Servings, 6.

Ottawa Journal:—In our merry progress from boom to boom in this country we overbuilt in a good many ways, as most people now admit—in railroads, public buildings, not least of all in our legislatures, and other governing bodies. To-day we find the necessary deflation a painful task, and we have to undo in distress and discomfort things we built up expensively and almost unthinkingly.

Says That Bennett Plays Shrewd Game

Canada is Well Around the Corner, Says Noted English Newspaper. How the Dominion Looks to Shrewd English Eyes.

A reader of The Advance has handed in the following clipping from The Birmingham (England) Mail, with the suggestion that it would make good reading for people in this country. In any event it gives the views on Canada of shrewd English eyes and for this reason should be worthy of special interest. The editorial reads as follows:

Bennett Plays Shrewd Game
Will Canada follow South Africa off the gold standard? An idea of similarity of conditions, due probably to the general world depression haunts the judgment of London's financial leaders with regard to the various Dominions. Generally speaking, the English financier does not know Canada as well as he should. The tendency of the British mind to accept traditional ideas is a barrier. And the English financier making a trip to any of the Dominions very frequently takes London with him and deliberately keeps it with him.

But Canada cannot be judged in such a way, nor can Canadian atmosphere temperament and vitality be disposed of from a traditional viewpoint. Not only are these characteristics typical of Canadians generally, but they are very typical of Richard B. Bennett, Prime Minister of Canada, who, because of them, inspired dislike among certain London journalists gathered at the Imperial Conference. They expected him to act like one of their own statesmen in the circumstances, but he would not and did not. And London financiers are just as erroneous in estimating that under his guidance Canada will soon follow South Africa off the gold standard. The economic situation is different in each Dominion.

It is quite true, as is being pointed out in Threadneedle street, that there are 800,000 unemployed in Canada, or eight per cent of the population, but it is also true that Canada is fairly well organized socially and that, getting on the train at Halifax, it takes one riding night and day, six days to cross the Canadian continent, a vast country full to the brim of natural resources, which in normal times could easily sustain a population of a hundred million. There is plenty of land to which unemployed Canadians can go and the provincial governments are finding it profitable to subsidize the unemployed and send them out on the land.

In truth, at the worst, and without money or farming, all a healthy unemployed Canadian needs is a gun a few traps and some warm clothes and he can step out into his own wilds and they will support him.

There are many reasons why the situation in Canada cannot be judged by general features. For many years, economically, Canada was a milk-cow for the United States. This ended when Richard B. Bennett came into power and put up duties twice against that country. Since that time Canada, more than any other Dominion has awaited the Empire unity and trade agreements established by the Imperial Conference at Ottawa last Summer. She has now found the new economic association and markets which she sought, sacrificing for the moment a good deal in the way of weaker industries to get them, but the fundamental stimulus from the new agreements is already in evidence, and Canada, more quickly and more permanently than any other country, will soon have marched straight out of the depression.

Increasing Exports
The stimulus is already evident in timber, even as far west as British Columbia, in fisheries, in canned goods, in all kinds of mining (copper included), in wheat and other grains (with the Western crop a bumper), and in manufacturing and produce lines distinctive of Canada, with the Canadian exporter at last making a specific attempt to meet Empire standards. Exports from Canada to the rest of the Empire showed an increase of 6,030,000 dollars (1,206,000 pounds) in October and another increase in November.

The United States has no such favourable outlook. High tariffs of the other countries of the world, some of them formerly her best customers, brought about by her own policy of higher and higher tariffs over a period of years, still ring her about barring outlet of her goods.

With 120,000,000 population involved and 11,000,000 out of employment, some sort of social reorganization is necessary. According to advice from Washington, the reciprocal tariffs established at Ottawa will hit the total imports from the United States to Canada to the extent of \$131,000,000 (26,200,000 pounds) a year. Many American plants are establishing manufacturing branches in Canada, in order to benefit by these reciprocal tariffs.

From any viewpoint, Canada is well around the corner.
In the meantime, Mr. R. B. Bennett rides astride the gold standard—though some people complain he is not on it because he does not permit shipments of gold when they think he should—and the Canadian dollar is kept sufficiently stable for world trade and sufficiently beneath the American dollar to assist Empire trade, which suits the astute Mr Bennett very well.

The great plant of the British Empire has started, as it were, under one roof, and the combined result should be extraordinary. Within itself it contains everything, even its own markets.

Orillia News-Letter:—The jig-saw puzzle is said to be now at the very top of its rage in Orillia. Some call the merry game a waste of time, but others maintain that it shows the wholesome mood of the people to gather up the pieces of things and make as much out of them as possible.

Radio Commission Takes Over C.N.R. Radio Stations

At a valuation as yet undisclosed the Dominion Broadcasting Commission will immediately take over the broadcasting facilities of the Canadian National Railways.

Broadcasting stations at Moncton, Ottawa and Vancouver are the chief physical properties involved and these will become the nucleus of Canada's National Broadcasting System.

It is understood that time leases on stations at Montreal, Toronto and other points will also be taken over by the Commission, as will the staffs now employed by the three company stations. Arrangements are under way for leasing of land wires necessary to national hook-ups, while attention is also being paid to preparation of programmes that will soon inaugurate national broadcast.

The Government has set a price at which the radio department of the C.N.R. will be taken over. It will not be taken out of the \$1,000,000 voted this year for radio. The C.N.R. will be given credit for the amount and it will be charged against the future votes to the commission, probably over a term of years.

Telling Parliament of the arrangement last week Hon. R. J. Manion, Minister of Railways, said:

"There is another saving that will be brought into effect in a few days, because it is intended that the Canadian National will sell to the Dominion Radio Commission their whole radio plant at a figure which has been decided upon.

"This will eliminate another heavy drain upon the C.N.R."

Gold Mining is Good Investment Method

Hazards in Mining Ventures Not as Great as in Many Industrial and Commercial Lines, Writes in Financial Journal Claims.

There are many people who go so far as to claim that the popular opinion is seldom right. "The mob is always wrong," is the way it is stated in proverbial form. This may be too strong and broad a way to state the case, but it is a fact that often widely-held opinions are not up held by the facts of the case. For instance, there is the opinion that investment in mining companies is more hazardous than in commercial or industrial ventures. The facts scarcely bear out this theory held by so many. It is true that there is a chance taken in the investing of money in mining stocks but the same is true of all ventures in other lines. Someone may quote mining companies that have failed to win through. Against this may be quoted all the industrial and commercial concerns that have failed during any comparative period. This thought is dealt with in effective way by the writer in the column headed "The Diarist" in The Financial Times, of London, England. The Financial Times is a recognized world authority and "The Diarist" has a particular standing for thoughtfulness and accuracy of statement and opinion. "The Diarist" in a recent issue of The Financial Times says that "modern gold mining on a big scale is one of the safest forms of enterprise." Here is more of what "The Diarist" has to say in this connection:—

"The hazards are no greater—on the Rand they are nowadays often less—than those which have to be reckoned with in starting, even under the best auspices, new ventures in ordinary trade or industry, or building railways in undeveloped regions.

"Similarly, speculative investment in good-class gold mines under reliable control and management has proved, taken over the whole of the past fifty years, a more remunerative employment for money than (1) many industrial equities especially those whose earnings fluctuate widely in sympathy with the cyclical swings of trade activity; (2) British or overseas railway junior stocks; or (3) a long list of foreign bonds which would have been considered relatively high-class investment only a few years ago.

A Shock for Conservatives
"These two theorems may startle—maybe, even shock the more conservative minded of my readers. Nevertheless, I submit that after mature deliberation these conclusions will be found virtually impregnable. Frankly, it was a very long time before I could bring myself to accept them.

"It is now thirty years ago since I first became a member of the mining staff of the Financial Times, and in that capacity contrived to meet and learn from Mr. H. C. (now President) Hoover most of the practical side of the business. He was then an ardent young mining engineer, always ready to spare half an hour in his small room in Cophthall avenue (with his coat off and a pipe cheerfully reeking) to debate his novel scientific university-bred ideals of mining practice with a few intimates.

Gold Shares and Investments
"All the same, and despite my growing realization of the high average liability of mining valuations made by fully qualified and experienced engineers, it was not until the 'economic blizzard' struck the world some three years ago that the city men of similar temperament, as well as myself, fully and unreservedly admitted the unimpeachable claims of the best gold shares to rank as 'superior doses' investments. The one thing needful when putting away mine shares 'for keeps' is to provide for amortisation of capital over as short a period as convenient, and not to start right away to regard the whole of every dividend as spending money.

"Actually in purchase of the original 1 pound shares of the Rand Mines, Ltd., at the record height of 45 pound apiece, attained in the 1895 Kafir boom would—if it had been left undisturbed—have

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proved a far better investment on the average than Old Consols (then two and three-quarter per cent) bought at anywhere near the peak quotation of 114 touched during the same protracted cheap-money period. Much more tragic is the contrast between current quotations of railway stocks and the exaggerated heights at which they had seemingly safely established themselves in the 'nineties.

An Ingrained Prejudice
"Most of the members of my pre-war generation were, I fancy, brought up with an ingrained prejudice against gold and silver mining—illogically enough the mining of coal and iron was a highly respectable profession. There is a queer mixture of the puritan privateer in the blood of pure-bred Scotsmen—a heritage of which none of us can wholly be rid.

"Men of British ancestry have all of them in their blood in varying degree a strain of the adventurous pioneering spirit which has peopled and developed such a great part of the globe.
"At the same time, there is nearly always a restraining tug from the morning coat, conventional, stay-at-home instinct, which was so sedulously

fostered by the desire of most women—anyway, the pre-war type—to have their menfolk where they could keep an eye on them."

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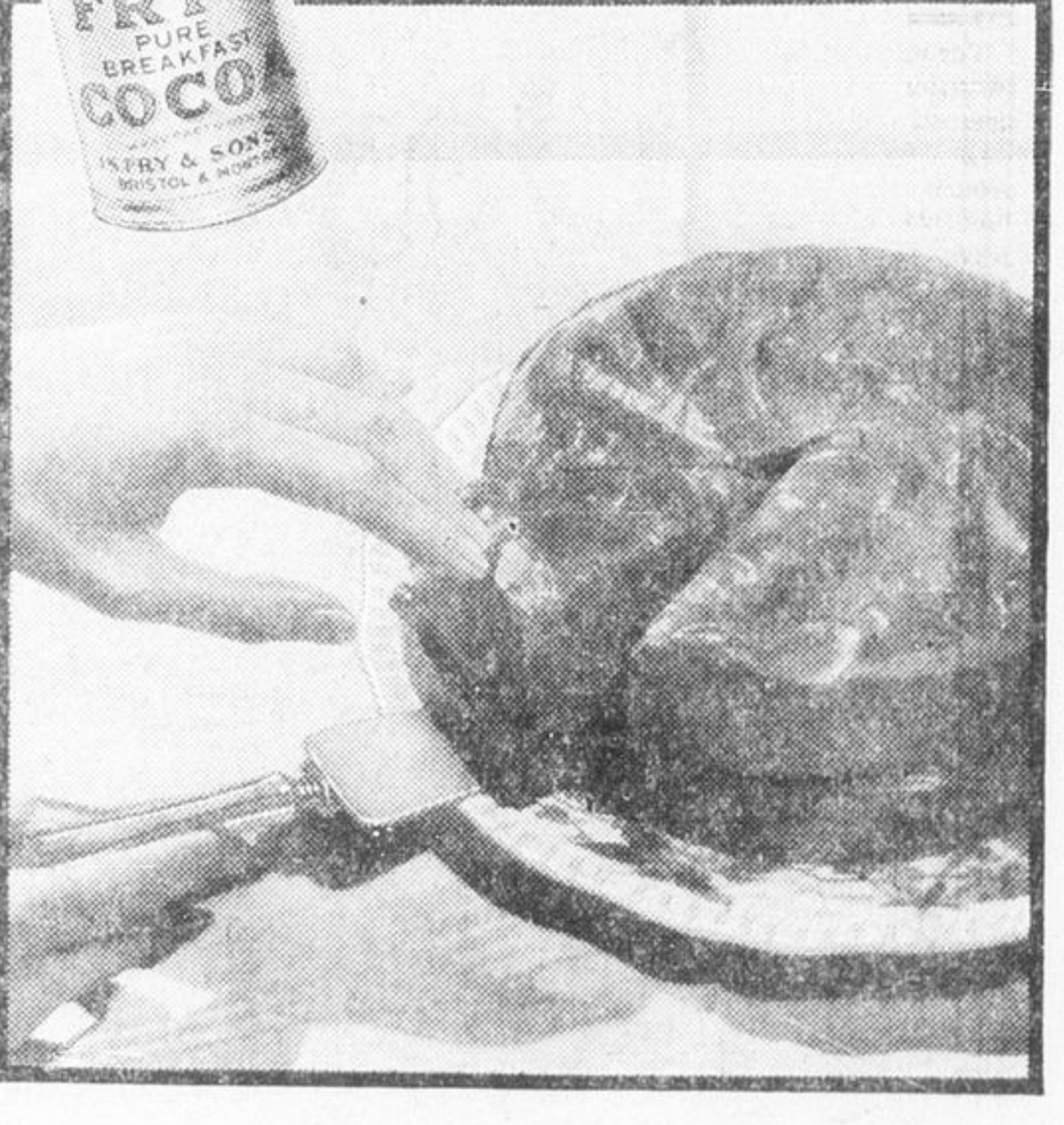
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- Fry's Chocolate Layer Cake**
3/4 cup butter.
2 eggs whole.
1 cup brown sugar.
1/2 cup milk.
1 cup flour. A little salt.
2 teaspoons baking powder.
1/2 cup Fry's Cocoa.
1 teaspoon vanilla.
Sift and measure the flour, baking powder, salt and Fry's Cocoa together.
Cream shortening until smooth. Add the sugar gradually, beating between additions. Beat eggs until thick and light. Combine egg and butter mixtures, add vanilla, and beat until mass is light and fluffy. Add dry ingredients and milk alternately to the above batter. Beat well between each addition until mixture is smooth.
Bake in two tins in a moderate oven about 20 minutes, size of tins about 9 inches across.
- Fry's Fudge Frosting**
1/2 tablespoonful butter.
1/2 cup sweet milk.
1/4 cup Fry's Cocoa.
pinch of salt.
1/2 cups sugar.
1 teaspoonful vanilla.
Place butter, milk, sugar, Fry's cocoa and salt in saucepan. Mix well and boil until the mixture forms a soft ball when dropped in cold water—about 20 minutes. Remove from fire, add vanilla and beat until mixture thickens to consistency to spread.

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