

# Luncheons and Dinners Planned from Left-overs

For Larger Appetites Other Dishes May be Added by Way of Re-enforcement. Here are some Menus that may be Found Acceptable.



(By Edith M. Barber)

In the menu plan which I give each week leftovers are supposed to play their part and luncheons and dinners are often planned around them. If appetites are particularly good and there is little left other dishes must be substituted or added to the menu.

**Sunday—Breakfast**  
Grapefruit  
Bacon omelet Hot rolls Coffee

**Dinner**  
Cream of lettuce soup Mixed Pickles  
Mashed potatoes  
Roast lamb, mint jelly  
Spinach with vinegar  
Endive with cheese dressing  
Frozen marshmallow pudding

**Supper**  
Sandwich loaf  
Tomato jelly salad  
Toasted rolls  
Tea

**Monday—Breakfast**  
Orange juice  
Cooked cereal  
Fried eggs  
Luncheon  
Spinach soup with cheese  
Apple and cabbage salad  
Toasted English muffins  
Jam Tea

**Dinner**  
Ham baked in milk  
Baked sweet potatoes  
String beans in butter  
Spiced plums  
Cottage pudding strawberry sauce

**Tuesday—Breakfast**  
Sliced bananas  
Ready-to-eat cereal  
Popovers Coffee

**Luncheon**  
Eggs au gratin  
Lettuce salad  
Tea  
Cranberry apple sauce

**Dinner**  
Lamb pie  
Mashed potatoes Buttered peas  
Nut and date pudding  
**Wednesday—Breakfast**  
Stewed prunes  
Cooked cereal  
Poached eggs Coffee Toast  
Luncheon  
Baked beans Brown bread  
Cabbage and pimento salad  
Tea Ginger cookies

**Dinner**  
Baked liver  
Baked potatoes Scalloped onions  
Green tomato pickle  
Sliced peach tarts  
**Thursday—Breakfast**  
Sliced oranges  
Ready-to-eat cereal  
Scrambled eggs with liver  
Hot rolls Coffee

**Luncheon**  
Corn soup  
Watercress sandwiches  
Fruit salad Tea

**Dinner**  
Veal cutlets with sour cream  
Fried sweet potatoes Braised celery  
Pineapple brown Betty  
**Friday—Breakfast**  
Orange juice  
Cooked cereal with dates  
French toast Coffee

**Luncheon**  
Baked bean soup  
Bran muffins Celery  
Baked bananas Tea

**Dinner**  
Tomato soup  
Oyster croquettes  
Potato souffle Buttered cauliflower  
Cocoanut rice pudding  
**Saturday—Breakfast**  
Stewed figs  
Ready-to-eat cereal  
Corn bread Coffee

**Luncheon**  
Cheese and tomato toast  
Celery and pineapple salad  
Tea Chocolate doughnuts

**Dinner**  
Minute steak  
Boiled potatoes Lima beans  
Romaine salad  
Macaroni cabinet pudding  
Cranberry-Apple Sauce

1 1-2 cups cranberries  
1 1-2 cups sliced apples  
1 cup water  
1 cup sugar  
Cook cranberries and apples in water until soft. Add sugar and cook until dissolved. Serve cold.

**Chocolate Doughnuts**  
3 tablespoons butter or other shortening  
1 1-4 cups sugar  
2 eggs  
2 squares chocolate  
1 cup sour milk

1 cup pastry flour  
1 teaspoon soda  
1 teaspoon cinnamon  
1-4 teaspoon salt  
1 1-2 teaspoons vanilla  
Cream butter and add sugar gradually while beating constantly; then add eggs well beaten, melted chocolate, sour milk, and flour mixed and sifted with soda, cinnamon and salt. Add more flour, if necessary, to handle the mixture. Add vanilla. Toss on a slightly floured board, knead slightly and pat and roll to one-quarter inch in thickness. Shape with a doughnut or cruller cutter, first dipped in flour; fry in deep fat heated to 360 degrees Fahrenheit and drain on brown paper.

**Sandwich Loaf**  
Remove crust from loaf of bread, slice lengthwise into five slices. Cream 1-2 pound butter and divide into four parts. To first part add 1-4 cup finely minced ham and 1 teaspoon prepared mustard. To second part add 1-4 cup minced watercress, 1 teaspoon onion juice and 1 teaspoon of lemon juice. To the third part add 1-4 cup minced pimento, and to the fourth part add 1-4 cup minced olives. Spread with fillings and place them on top of each other in order given. Cover with unsweetened cream. Soften 4 packages of cream cheese and beat in 1-4 cup sour or sweet cream. Cover top and sides of sandwich loaf with cheese, put in refrigerator for one hour, garnish with parsley and serve at the table.

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## Depression Responsible for Hydro Power Surplus

(From Toronto Telegram)

With the wisdom of hindsight the Hon. Arthur Roebuck, Hydro Commissioner, condemns the Hydro's power purchases in general and the Gatteau purchase in particular. The Telegram opposed the Gatteau contract at the time it was negotiated on the ground that the Hydro should develop rather than buy. There was no doubt at the time that additional supplies should be provided against a then rapidly growing demand. The Telegram is satisfied that the deal was made by the Commission with the best intentions in the world and that the price was reasonable. That the deal has turned out to be imprudent is not the fault of the Commission but rather of subsequent conditions. The Hydro board was no more gifted with clairvoyant powers to foresee the depression, spent large sums of money on expansion which would not be spent now.

The Hydro Commission was under the necessity of protecting itself and the consumers of Ontario against a power shortage. It would have been much better had it been able to do so by means of its own developments, but this became impossible when it was denied access to the St. Lawrence and was refused an additional diversion from the Niagara river. However, had it been able to proceed with the construction of publicly-owned hydraulic plants on the basis of the trend of demand at the time that purchase

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contracts were consummated, the Commission would have been just as much overloaded with power as it is now, and would have incurred indebtedness that would have been just as bitterly attacked by tinpot critics.

There is no doubt that the system has on hand a large amount of electricity that is presently unneeded, but it is equally true that this situation would not have obtained except for the unprecedented business and industrial slump. What the Commission did was to secure for the province an ample supply for normal conditions for such a period as seemed to be necessary until development of the St. Lawrence would become possible. It is not entitled to the severe censure which has been heaped upon it by Mr. Roebuck and other critics so far as broad general policy is concerned.

Mr. Roebuck may be on stronger ground when he criticizes what the terms secret clauses in the Gatteau purchase agreement. It is not easy to understand why, if it has done so, the Commission should have left itself to such a contingency as the cutting off of supply by any action that might be taken by the government of Quebec or why it did not insist that the contract must be renewable at the option of the purchaser after the specified thirty-year period. These things, of course, may be explainable. If so, the explanation should be forthcoming.

As to the hinted intention to attempt cancellation or revision downward of some of the contracted supplies, this would unquestionably be desirable providing it did not prejudice the possibility of obtaining sufficient power to meet future needs and when those needs arise. It is most unfortunate that the people must pay for large blocks of unnecessary energy, but in considering the question it is fair to ask whether Ontario would have looked with favour on contract revision or evasion on the part of the vendors had the situation been reversed. A better market elsewhere would scarcely have been considered justifiable excuse for cutting off supplies that the province contracted for and needed. However, it seems not unreasonable that the companies with whom contracts have been made should under circumstances such as those now existing, postpone date of delivery of power not yet being supplied.

North Bay Nugget:—The Pen is mightier than the Sword—except in legislative chambers, where the Jaw has them both beaten.

Sudbury Star:—An Englishman, believed to have been dead and in heaven for four minutes, said the experience was like working in a garden. We don't know exactly what an experience in the other place would be like—but it wouldn't be like shoveling snow off a sidewalk.

## Doctor Ridicules Poison Gas Fear

By "Shakes"

Suppose Timmins should be involved in an unexpected war. That is an entirely unlikely state of affairs at the moment but such a thing is not beyond the realm of possibility. All over Europe nations are found spending vast amounts of money for "protection" against gas attacks. Newspaper reports emanating from somewhat vague sources "have warned the world that science has invented gases that if a certain minute amount were enclosed in a bomb and dropped on the city of Paris, for instance, it would wipe out life in the city within a very short time.

The French have taken this business seriously and have spent millions of francs in "guarding" against it. Recently there was a demonstration of portable shelters in which victims of gassing may be revived. Underground places where the air may be purified by machines powered by the hands or feet of those who take refuge in them. One of the most prominent men in the world's chemical industries recently issued a statement on the subject of poison gases which should be of interest to those nations that are spending such large amounts of their taxpayers' money in protection. "The amount of nonsense talked about poison gas is beyond belief," he told the League of Nations. "The chief danger of gas warfare is to Dr. Freeth is purely psychological, he claims. And Dr. Freeth is a chemical engineer of the great Vickers-controlled Imperial Chemical Industries Ltd., who would produce poison gas for any nation that needed it in its warfare.

True, there are some really deadly gases in existence to-day, provided they can be got into a confined space. The latest one, discovered by accident in the United States, is, like the other gases that wipe out all life, much lighter than air. This feature alone is not desirable in a poison gas, for the stuff rises immediately and becomes of no value when dispersed in the upper atmosphere. Mustard "gas," so much used in the last war is not a gas at all, but is none the less effective. It consists of small drops of alcohol, sulphur and chlorine, combined to make an oil. The disadvantage of mustard "gas" is that it is discovered so easily by its yellow colour.

So, to date, we have little to worry about, according to Dr. Freeth. Gas alarms in cities should be enough to save by the majority of the people. A special siren would send the residents post haste from the streets to their homes.

When they get home, Dr. Freeth advises closing all the windows and putting out the fires and waiting until the "all over" signal is given from the same signal device. Mustard gas, readily seen, should eliminate even the great need for a siren. The yellow substance does not get along very well with water and perhaps Dr. Freeth's advice to get into the bathtub, "sit in the water, smoke a pipe and laugh," would save the frenzied European nations a lot of useless expense.

Since we in Timmins don't have to worry much about being embroiled in a war at any rate, this idea of Dr. Freeth's should ease the minds of any who suspect that some day another nation will cast envious glances toward the treasure house of the Dominion.

There is still that mysterious "fog" that killed cattle and men in the lowlands of western Europe a few years ago. That was never properly explained. It was discovered later that a chemical plant in the neighbourhood had been making poison gas, but it was never stated whether that was the source of the trouble or not. Some writers on the armanent question claim that they have proof that the lives were lost through a poison gas and that the thing was hushed up, but at the same time, they point out that weather conditions at that time were ideal for a gas attack. Not once in months could the foggy atmosphere existing at that time be duplicated.

# News!

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Room 7—Primer—Miss Andrews, teacher—Mike Bodnaruk, Yole Mammolite, Helen Petrone, Gena Grimaldi, Murella Varin, Shirley McCord, Melva McIntyre

Room 8—K.P.—Miss Murphy, teacher—Judith Halperin, John Hooker, Isabel Tanner, William Ramsay, Ola May Dean, William Richards, Ernest Domenico, Lola Kyle, Robert Holmes.

## Report for Month of Central School

Standing of the Pupils in the Various Classes at the Central Public School, Timmins.

The following is the report for February of the Central public school:—

Room 1—Sr. IV—E. J. Transom, B.A. principal — James Dunsmore, Otto Kleven, Gerald Hirschfeld, Leo Banderio.

Room 2—Sr. IV—G. D. Everett, teacher—Elizabeth Dodge 79, Helen Guidolin 78, Mary Stock 78, Luisa Biondi 77, Hilda Ross 76, Sophie Kucheran 75.

Room 3—Sr. IV—O. C. Ramsay, teacher—Gilda Medve 86, Vivian Porco 79, Sophie Donylchuck 78, Helen Promane 78, Doris Read 77, Grace Yuill 76, Cecilia Habib 76, Thelma Burke 75, Eva Hansen 75.

Room 4—Jr. IV—E. R. Baker, teacher—Mary Degilio 86, Lena Orlando 86, Muriel Crispin 83, Vivian Pierce 83, Carleen Colbourne 80, Mabel Westine 80, Ross Moffa 76, Dorothy Brovender 75.

Room 5—Jr. IV—S. M. Robinson, teacher—Victor Bortolotti, Donald Ramsay, Tuevo Tenhunen, Gino Mazzuca.

Room 6—Jr. IV—J. A. Markell, teacher—Marion MacLeod, Irene Smith, Phyllis McCoy, Kenneth Riley, Gwendolyn Appleby, Billie Lawson, Winnie Parnell, Alice Thomas.

Room 7—Sr. III—V. L. McKinley, teacher—Fred Milne 82, Ruth Hansen 80, Olympia Gates 80, Marie Rochon 79.

Room 8—Sr. III—A. G. Doherty, teacher—Sheila Harper, Billy Southam,

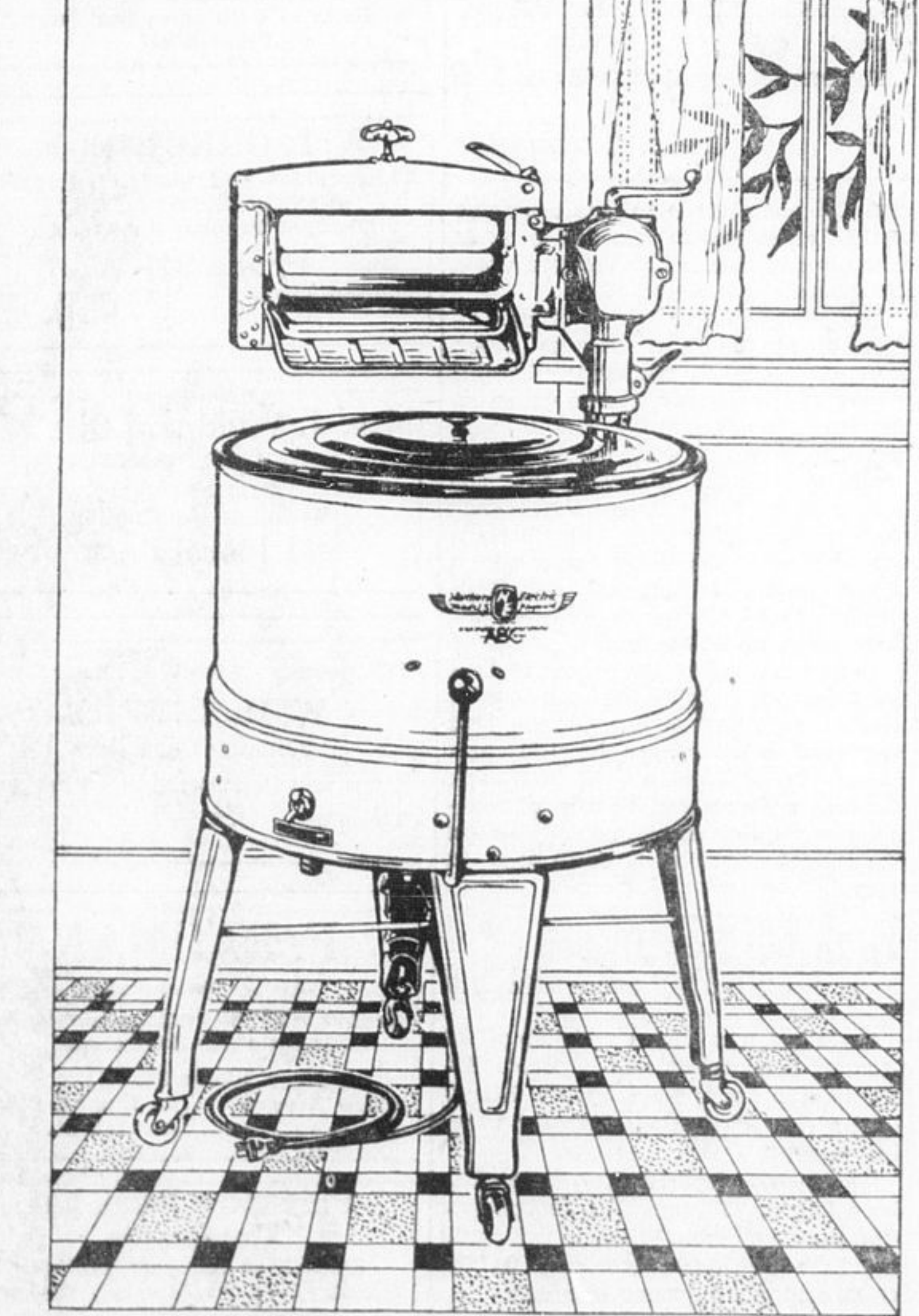
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## CANADIAN TENOR



EDWARD JOHNSON

RATED as the greatest living operatic tenor, Mr. Johnson, who is a native of Guelph, Ontario, will be the guest artist in the Ford Sunday Evening Hour, March 10. This will be a special Canadian event, with music especially applicable to Canada, broadcast over the largest network ever used for a regularly scheduled program. W. J. Cameron will speak on Canada during the intermission of the musical numbers presented by Mr. Johnson, the Ford Symphony Orchestra and choir. The program may be heard at 9 p.m. E.S.T. from C.B.C. Toronto, CRCM, Montreal, CKLW, Windsor, or from any of the 92 Columbia stations carrying it in the United States.

## February Roll of the Moneta School

Honour List for the Various Classes at the Moneta Public School for the Past Month.

The following is the honour roll for February for Moneta public school.

Room 1—Sr. III—F. MacDonald, principal—Edvige Spada 85, Nellie Valkova 81, Pearl Shub 81, Jack Wilson 80, Chalmers Hudson 80, Domenico Pacioni 79, Lloyd Berry 79, John Del Villano 77, Lillian Mascioli 77, Adele Hodgins 77, Beatrice Hefferman 76, Linda Guistini 76.

Room 2—Jr. III—F. Anglin, teacher—Ernest Orland 83, Joyce Ryan 82, Mary Gedge 80, Joanne Langdon 78.

Room 3—Jr. III—Miss MacLeod, teacher—Eileen Murley 77, Janet Ralph 76, Robert Fraser 76, Janet Fisher 75.

Sr. II—Rosa Di Minin 88, Hart Drew 86, Jean Archer 85, Helen Crispin 85, Kenneth Morgan 84, Ida Donisio 83, Daisy Greaves 82, Daphne Gay 81, Leo Bertolo 81, Ross Church 78, Bobby Wheeler 78, Billy Tanner 78, Catherine Montgomery 77, Gerald Caswell 77, Gino Di Sano 77, Annie D'Alessandri 76, Leslie Thrasher 76.

Room 4—Jr. II—Miss Connor, teacher—Lydia Del Villano 82, Thelma Ellis 82, Vivian Hudson 81, Madge Medve 80, Howard David 79, Domenico Faccione 79, Margaret Tonelli 78, Ida Delmonte 78, Nina Loretto 76, John Grychuk 75, Cesira Pasqual 75.

I Class—Georgina Watts 81, Juliette Pezzola 77, Leona Boone 75.

Room 5—I Book—Miss Prettie, teacher—Norman Shankman 84, Annie Gomiero 81, Oglia Holland 81, John Izatt 80, Margaret Hooker 77, Ella