

Used in the First Feedings of the Dionne Quintuplets

Says Betty
BEE HIVE

St. Lawrence Starch Co., Limited
Port Credit, Ontario

BEE HIVE GOLDEN CORN SYRUP

A Great Energy Food
Berries are the Best in Their Own Real Seasons

During Their Proper Seasons the Flavour of the Berries is Greatly Enhanced, and They are Enthusiastically Welcomed by Those who Appreciate Good Things.



(By Edith M. Barber)

The fruits which are either here now or on their way always tempt us to use them as often as possible during their short season of plenty. While fresh vegetables now come to us all the year round, at prices which often rival those of our local products, berries and rhubarb still have their own real seasons.

Of course we can get forced strawberries and hothouse rhubarb from the first of the year on but they do not have the same flavour as the really seasonal fruits. I, for one, am rather glad that this is so as we appreciate them the more when they are at their best.

Rhubarb, of course, does not technically belong among the fruits any more than tomatoes belong to the vegetable family. But we use rhubarb as a fruit and it is certainly refreshing and delicious with its lovely pink colouring. The preservation of this colour depends upon how it is cooked. I like to bake it or steam it without any water. Both flavour and colour will then be at their best.

How we used to watch for the first

SNAP
Removes cigarette stains

shoots of the "pie-plant" in our garden at home! The first was always used for a pie and I am sure there is nothing better than a rhubarb pie. It must have plenty of sugar. To keep the juice from soaking into the crust use two tablespoons of sugar with the same amount of flour and sprinkle over the bottom crust before putting in the fruit. Be sure that the upper and lower crust are sealed together with an extra strip of pastry used to bind them together after moistening the edge of the pie. Have plenty of air holes or rather steam holes cut in the top of the crust. Made in this way the syrup is not so likely to cook out and make the pastry stick to the pie pan as is often the case with rhubarb pie.

There are so many delightful ways to use strawberries! While nothing can be more delicate than berries and cream we all love shortcakes and puddings made from old-fashioned biscuit dough, to which fat has been added with a generous hand. If you do not know the secret of splitting a shortcake without breaking it or making it soggy, look in the recipe column where you will find other suggestions for making the most of the spring products while they last.

Shortcake dough can be used with other berries to make cobbler and rolls. In these recipes the berries are baked with the dough and while they are delicious with raspberries and blueberries I prefer uncooked strawberries. This is true as well for strawberry pie. The crust should be baked then filled with the berries and whipped cream used on the top. A custard filling may be put into the crust first, then a layer of berries and whipped cream or meringue. Instead of the pie shell, small tarts may be used in the same way. There are some very good combinations of sponge cake or plain cake with crushed berries and whipped cream or ice cream. In some places these are known as shortcakes but they do not really deserve that name. They are just as good in their own way but they are puddings or cake rather than shortcakes.

- Shortcake**
- 2 cups flour
 - 3 teaspoons baking powder
 - 3/4 teaspoon salt
 - 4 tablespoons sugar
 - 5 tablespoons fat
 - 1/2 to 1 cup milk

Mix and sift the dry ingredients and rub in the fat with the fingers of cut in with a knife. Make a hole in the flour at the side of the bowl and add half a cup of liquid. Stir in enough flour to make a ball of soft dough. Divide the dough in half and roll each half the same shape and size. Place one layer on a greased pan, butter slightly, and place the other layer on top of the first. Bake fifteen to twenty minutes in a hot oven. Split and cover with crushed fruit. Place the other crust on top and cover with fruit.

Carnations
Cut shortcake dough into rounds with a large biscuit cutter and bake two together with butter between ten to twelve minutes in a hot oven (450 deg. F.).

Cream together one-half cup butter and two cups powdered sugar. Mix this with three cups crushed berries. Put between layers and garnish with whole berries.

Rhubarb Tarts
Line individual tins with pastry and fill with following mixture:
1 cup rhubarb cut in small pieces
2 teaspoons melted butter
1 egg
1 cup sugar
1/4 teaspoon salt
2 soda crackers rolled fine.
Beat egg until light, add remainder of ingredients and mix together. Arrange strips of pastry lattice fashion over the tarts and bake about 20 minutes in a hot oven (450 deg. F.).
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Bill Ramsay Song Chief at Boston Convention

The comment that all in Timmins will make in regard to the following is that very seldom does a convention have a song leader of the calibre of Bill Ramsay. He has a voice that has music and training, as well as power, and his leading of the singing would be something to remember.

The item below is from The Kirkland Lake Northern News and will be of interest to all in Timmins when Bill Ramsay was a popular resident for several years.

Ramsay Is Song Chief

It's just what you'd expect from a good Kirkland Laker like William Ramsay (William to Boston, Bill to you).

William upheld the honours not only of Kirkland Lake, the mining country and the Dominion in general, aided and abetted by Bert Bridgeman of Rouyn, with a special boost for the Noranda district.

It was on the July 1 holiday that William and Bert were present at the opening of the 47th annual convention of the Loyal Order of Moose. Boston having got over its slight aversion to the British flag as evidenced in the famous "tea party" went Canadian for the day, at least the Moose convention did.

So the thousands of delegates stood and sang "O Canada," with Kirkland Lake's Bill Ramsay and Rouyn's Bert Bridgeman leading the singers.

A large delegation of Canadian members was present, among them several prominent in the order, including Norman G. Heyd of Toronto, regional director of Canada; Stuart Slater, supreme auditor of Canada; Joseph Hackson of Toronto, supreme forum member, and George E. Johns of Walkerville, Ont.

Among the women present are Mrs. Josephine Jackson of Toronto, grand regent of Women of Moose, and Mrs. Mitella of St. Thomas, Ont., president of the Women of Moose Association.

Toronto Telegram:—Morning paper tells of a well-trained dog that takes its owner's pay cheques home, and gives them to his wife. Too well trained, that dog.

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Canadian Pacific



By James W. Barton, M.D., Toronto
Lack of Oxygen Interferes with Clear Thinking

At the Olympic Games held at Los Angeles there was considerable interest and active discussion about the methods of the Japanese athletes whose efforts were said to be reinforced by the use of oxygen.

There isn't any question, of course, but that we all of us do better work if we are outdoors or in a well ventilated room where we are getting a good supply of oxygen. If we are very tired the blood is likely to be a little short of oxygen; if we rest for a while thus not using so much oxygen, the blood gradually gets back its usual amount of oxygen.

So also if we eat a great amount of food, a considerable portion of the oxygen of the blood is needed to burn up this food and so the blood and tissues will, for an hour to two anyway, be a little short of their usual amount of oxygen.

And now according to studies completed by Dr. Ernst Gellhorn and Irwin G. Spiesman of the University of Illinois, a slight decrease in the oxygen supply of the body, such as aviators experience, profoundly influences hearing, seeing, and the sense of balance.

"Persons who breathe air containing only half as much oxygen as exists in the ordinary air at sea level, suffer so great a loss in the power of critical judgment that adults—unusually intelligent ones too—will argue whether four times four is sixteen, and will become most annoyed with one another because of their inability to agree. A professor in a university, under the influence or air deprived of some of its oxygen, insisted that four times four is twelve.

Thus also an individual, usually mild mannered and of gentle disposition, may fly into a rage on the slightest provocation while under the influence of air deprived of some of its oxygen.

Two methods of administering this air with its lessened amount of oxygen are used. Some persons are taken into a room in which the oxygen of the air has been reduced; others breathe through a tube connected with a tank filled with "thin" air—air with less than the usual amount of oxygen. The effects of this thin air often continue as long as fifteen or twenty minutes.

If, then, you and I want to do some clear thinking we should not try to do it in an unventilated room, nor should we try to do constructive mental work while tired or after a heavy meal.
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TRANSIENT TRADERS MUST PAY \$250 NOW IN COBALT

It will cost transient traders the sum of \$250 to do business in the Town of Cobalt from now on. The last word in by-laws to this effect was passed at a special meeting of the council last Thursday. The by-law is based on one that has been found very successful in eliminating this class of business men in North Bay. Cobalt has had this sort of legislation before, but somehow or other it did not cover all the cases necessary.

New Liskeard Speaker:—Some of us wish that the Supreme Court could carry us back to the horse and buggy age, just to see if it was as blissful as it has been painted.

Marriage Last Week of William Wren, of Timmins

In referring last week to the marriage of William Wren, of Timmins, and Miss Davidina Jane MacKae, The Toronto Mail and Empire had the following:—

"A colourful wedding took place on Saturday evening in St. John's Presbyterian Church, when Davidina Jane, daughter of Mr. and Mrs. David MacRae, became the bride of Mr. William Wren, son of Mrs. and the late Mr. Richard Wren. Rev. Dr. Stewart officiated, and during the signing of the register Mr. John Cousins sang. The bride entered the church with her father, beautifully gowned in white satin with long net veil with a cap of pearls, and carrying a shower bouquet. The maid of honour, Miss Annie Wren, sister of the groom, and the bridesmaid, Miss Thelma Spanton, wore yellow net over yellow satin, with blue slippers and matching sashes. They carried roses and cornflowers. The flower-girl, Sheila, was gowned in pink net and carried a nosegay. Mr. Gordon Beacock was best man, and the ushers were Mr. Drummond Wren, Mr. Duncan MacRae, Mr. David Fraser and Mr. John Ross. The bride's mother was becomingly dressed in blue crepe with shoulder spray of roses. Mrs. Wren, mother of the groom, was gowned in black crepe and net, with a shoulder spray of orchids. On returning to the home of the bride, the bridal party was met with the skirl of the bagpipes played by Lance-Corporal Jack Arthur of the 48th Highlanders' pipe band. The reception was held at the home of the bride's parents, Withrow avenue, after which the bride and groom left on their wedding trip. They will reside in Timmins, Ontario. The bride travelled in a yellow suit with matching accessories."

The shoplifter's lawyer addressed the Court: "Medical witnesses would testify that my unfortunate client is suffering from kleptomania, and, Your Honor, you know what that is."

"Yes," said the judge, "it's a disease the people pay me to cure."
—Exchange.

Buy the Best Tea
"SALADA" TEA

Ontario's Relief Bill Lower than a Year Ago

Though topping \$3,000,000 monthly, Ontario's relief bills this spring have been less than during the corresponding period of 1934. Latest available figures show that the total cost of direct relief in last March was \$3,216,460.88 but this is \$232,000 below March, 1934.

During the intervening year, there has been a sharp reduction in the number of persons on relief, but per capita cost increased slightly to offset this economy.

Slightly more than \$100,000 is being borrowed daily to provide food, shelter and clothing for Ontario's unemployed, comprising about one-ninth of the total population.

While Hamilton and small centres report substantially lowered relief budgets, and many rural communities are handling their relief problem without government help, Toronto, Windsor and Ottawa, with more people on relief than in 1934, are spending more money.

Increase in per capita cost from \$7.94 in March, 1934, to \$8.11 in the corresponding month this year is partly accountable by larger food allowances and partly by the Hepburn government's policy of raising relief paid to the workers in the extensive "work for relief" program.

Figures also reveal greater uniformity in relief costs in various centres throughout the province. But the goal of complete uniformity has not yet been reached.

Was His Face Red?

In the congregation of a certain church, during Sunday morning service, was a young bride, whose husband was an usher. Becoming terribly worried about having left the roast in the oven, she wrote a note to her husband, sending it to him by another usher.

The latter, thinking it was a note for the pastor, hurried down the aisle and laid it on the pulpit. Stopping abruptly in the middle of his sermon to read the note, the astonished pastor was met with this written injunction:
"Please go home and turn off the gas."

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Kellogg's Corn Flakes have won their undisputed place as the world's leading ready-to-eat cereal because they are the best corn flakes made.

From the selection of the fine white corn and other ingredients that produce Kellogg's matchless flavor—straight through the immaculate kitchens and great, shining ovens to the final packaging—purity and quality are the first considerations.

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Ask your grocer for Kellogg's—the original Corn Flakes—in the red-and-green package. Quality guaranteed. Made by Kellogg in London, Ontario.

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