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Hot Soups Tempting for Lunch These Cold Days

Cream Soups and Those of Chowder Type Very Popular They are so Satisfying the Rest of the Meal may be Light. Menus for Next Week.



(By Edith M. Barber)

Hot soups for lunch are tempting on cold days. They may be of the cream or chowder type, both of which are so satisfying that the rest of the meal may be light. The menus for the week:

- Sunday--Breakfast**
Grapefruit
Ready-to-Eat Cereal
Bacon Omelet
Coffee
Dinner
Cream of Tomato Soup
Olives Toasted Crackers
Roast Duck
Corn Pudding
Asparagus With Brown Butter
Cole Slaw

- Lemon Ice-Cream Meringues
- Supper**
Jellied Tomato Juice
Stuffed Celery Salad
Nut Cake
Tea
- Monday--Breakfast**
Baked Apples With Raisins
Cheese Souffle
Scalloped Tomatoes
Coffee Cake
Tea
- Dinner**
Baked Sliced Ham
French-Fried Potatoes
String Beans
Celery
Apricot Cream Pudding
Coffee
- Tuesday--Breakfast**
Orange Juice
Ready-to-Eat Cereal
Poached Eggs
Toasted Muffins
Coffee
- Luncheon**
Panned Oysters With Ham
Vegetable Salad
Hermit's
Tea
- Dinner**
Kidney Stew
Grilled Sweet Potatoes
Buttered Peas
Lemon Pie
- Wednesday--Breakfast**
Baked Prunes
Cooked Cereal
Hot Rolls
- Frizzled Beef
Coffee
Luncheon
- Baked Beans
Brown Bread
Lettuce With Chili Sauce Dressing
Baked Bananas
Tea
- Dinner**
Duck Soup
Roast Beef
Browned Potatoes
Fried Parsnips
Cranberry Tapioca
- Thursday--Breakfast**
Sliced Oranges
Ready-to-Eat Cereal
Scrambled Eggs
Toast
Coffee
- Dinner**
Chicken and Mushroom Consomme
Roast Turkey
Giblet Gravy
Mashed Squash
Creamed Onions
Cooked Cereal

- Bacon
Toast
Coffee
- Luncheon**
Mashed White Potatoes
Cranberry Sauce
Celery
Baked Corn
Grapefruit With Endive Salad
Mince Pie
Pumpkin Pie
- Supper**
Cold Turkey
Tomato Gelatin Salad
Potato Chips
Plum Preserves With Cookies
Tea
Coffee
- Friday--Breakfast**
Grapefruit
Cooked Cereal
Soft-Boiled Eggs
Hot Rolls
Coffee
- Luncheon**
Clam Chowder
Egg Salad
Toasted Rolls
Date-Nut Bread
Tea
- Dinner**
Baked Mackerel
Potatoes au Gratin
New Carrots
Cole Slaw With Green Peppers
Cottage Pudding
- Saturday--Breakfast**
Orange Juice
Ready-to-Eat Cereal
Bacon
Toast
Coffee
- Luncheon**
Turkey Soup
Waldorf Salad
Hot Biscuits
Tea
Honey
- Dinner**
Tomato Juice Cocktail
Broiled Chops
Creamed Potatoes
Buttered Beets
Romaine With Spicy Dressing
Pumpkin Pie
- Date-Nut Bread**
1 cup dates, cut in pieces
1 teaspoon soda
3/4 cup boiling water
1 egg
3/4 cup brown sugar
1 teaspoon salt
1 teaspoon vanilla
1 1/2 cups flour
1 teaspoon baking powder
1/2 cup chopped nut meats
- Sprinkle dates with soda and pour boiling water over them. Let stand until cool. Beat egg, add sugar and vanilla gradually. Combine with date mixture. Add sifted dry ingredients and nuts and beat until mixed. Pour into buttered pan and bake in slow oven (250 deg. F.) for one hour or until firm and brown.
- Savory Panned Oysters**
4 teaspoons butter
1 tablespoon minced onion
1 teaspoon salt
Pepper
Paprika
3 cups raw oysters
1 tablespoon minced parsley
1 cup top milk
6 slices buttered toast
- Melt butter in frying pan and add onion and seasoning. Simmer until onion is tender. Add oysters and heat until the edges curl. Add parsley and cream, heat well and serve immediately on buttered toast.
- Rice and Bacon Scramble**
12 slices bacon
2 eggs
2 cups boiled rice
1/4 cup milk

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1/4 teaspoon paprika
Parsley
Cook bacon. Beat the eggs until light. Add the rice, milk and paprika and turn into the pan in which the bacon was cooked, having two table-spoons of bacon fat left in the pan. Cook as for scrambled eggs and when set pile in the centre of a platter, garnishing with the bacon and sprigs of parsley.
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Pigeon River Ores Like Sudbury Ores

Interesting Report on New Area by the Dominion Geological Survey at Ottawa.

Copper-nickel sulphide mineralization occurring in the Pigeon River area, Ontario, south and west of Port Arthur has been identified by the Department of Mines, Ottawa, through its geological survey, as being strikingly similar in nature to that of the huge copper-nickel orebodies of the Sudbury area. In the first report (Paper 35-1) published by the Department on the results of its past season's million-dollar field programme, Dr. T. L. Tanton describes the several occurrences, numbering 15 in all in some detail.

The sulphides occur as "primary magmatic segregations in diabase and related rocks that intrude Animikie sediments" in an area lying a few miles to the north of the International boundary, and extending from the west end of Pardee township, eastwards to Thompson island in Lake Superior, a distance of 24 miles. Working in the area during the past field season Dr. Tanton noted the remarkable similarity of the rock structures and the mineralization to those of the Sudbury area, a feature which was further demonstrated when assays revealed that the sulphides carry values in platinum.

Little is known of the commercial importance of the deposits. The area in the vicinity of the mineral occurrences is largely drift covered, and rock outcrops are not numerous, and are of small areal extent. A property staked by the late John McQuaig of Port Arthur in 1912, and now owned by his heirs, is believed to be the scene of the first discovery of this type of mineralization in the area. Very little work has been done on any occurrences in the area, however, and their potential economic significance had never been realized.

At one place on the McQuaig property a pit has been sunk to a depth of 10 feet and about 200 square feet of rock has been exposed. A representative sample taken across 15 feet of the pit during the course of the examination assayed 0.34 per cent. nickel, 0.62 per cent. copper, and 0.15 ounces of platinum to the ton. Mineralization of an apparently similar character occurs in rock exposures some 80 feet to the north of the pit. Outcrops examined elsewhere throughout the area were in most cases found to carry mineralization giving positive reactions for either nickel or copper or both. In some cases where pits have been dug the mineralization was found to occur in boulders up to several feet in diameter which occur in the drift.

Copies of the report may be obtained from the Director, Bureau of Economic Geology, Department of Mines, Ottawa.

Milberton Sun:—Dreaming of good times won't help much if you don't make your dreams come true.

Kingston Whig:—In Alberta, it is reported, \$600 was spent to provide ballots for absentee voters. There were only four used and all of these were spoiled. We can hold up a firm hand against wholesale pension schemes for adults but we stand for a lot of wasting of public money.

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UNIFORMITY IN MINING LAWS UNDER DISCUSSION

Uniformity in mining legislation in Ontario and Quebec was discussed last week when Hon. Paul Leduc, Ontario minister of mines, conferred with Hon. J. E. Perrault, Quebec Minister of Roads and Mines, states a Canadian Press despatch from Montreal. Following the meeting Mr. Perrault said the discussion would have good results for both provinces but declined to explain his statement. Uniformity in mining legislation had always been the goal of both Provincial governments he said.



That Body of Hours

By James W. Barton, M.D., Toronto

Chances of Tetanus or Lock-Jaw From Wounds

You may receive a slight wound—a scratch or cut—and you are surprised when the physician suggests that he give you an injection of antitoxin serum to prevent tetanus, or lock-jaw as it is usually called.

As a matter of fact lock-jaw occurs very seldom considering the number of scratches, slight and severe wounds which occur every day; yet it is often one of these slight scratches or cuts that causes lock-jaw.

Formerly when lock-jaw occurred it was considered fatal, but it has decreased since 1896 when antitoxin was first used at the Massachusetts General hospital from 80 per cent. to less than 47 per cent.

Drs. Miller and Rogers, of the Massachusetts general hospital, in the Journal of the American Medical Association, report 149 cases that have occurred at that institution. They consider the death rate very high due of course to the delay in administering the antitoxin.

"Undoubtedly the one factor that will further lower the death rate is the more general use of the injections of antitoxin. This is rather hard to accomplish because very slight wounds will prove later to be the source of the disease. All compound fractures (where the ends of the broken bone come through the skin), gunshot wounds, deep punctured wounds, "street" wounds (where dirt of street may get in wound) and "farm" wounds should be treated by the use of the antitoxin injections."

"Ordinarily wounds acquired in the home or in clean places, free from any fecal matter (wastes from intestine) or while bathing at the shore, should not require the injection."

Drs. Miller and Rogers recommend antitoxin and large doses of tetanus antitoxin given by injection into a muscle or into a vein.

The point then is that while the chance of infection is but one in many thousands, the fact that a slight

BE BEAUTIFUL

By ELSIE PIERCE
FAMOUS BEAUTY EXPERT



GINGER ROGERS invariably wears a braid on her golden hair to add a formal touch for evening. In this photograph she has adapted the new version of twisted strands instead of the usual braid.

ELEGANCE GOING TO LOVELY HEADS

My, oh my, but elegance is going to lovely heads. Things are getting into the hair. Glamorous, crazy, charming, bizarre new things. Things we didn't dare to wear during the depression, out now that's over we look like pictures once more, modernized Renaissance pictures.

There are jewels, flowers, feathers, little pearl caps, new hair pieces—all breath-takingly grand. A red-head wearing green swooping feathers in her hair. An unusual type? She has to be to look lovely instead of ridiculous. Another wearing a sleek centre part coiffure and a jewel clear across her forehead, flocking together, one on each side of a sleek, page-boy coiffure.

Coiffures aiming at new twists all the time have suddenly turned severely sleek. That, however, only when they are embellished by tiaras, feathers or covered with mesh caps. For the less daring there are charming jewel bits ranging from a jeweled monogram bow, key or similar ornament that is tucked behind or over the

ear. Or a frame of curls topped with gold or silver berries. The gold or silver metals, be it known, are mighty much in the limelight.

Rhinestone tiaras continue popular. Wide crowns of metal set with heavy jewels give one a regal air; but then one must be tall and beautiful to really carry it off in the regal manner.

New Hair Piece
Talking about new twists, quite the most charming thing to put in your hair is a new hair piece. It's a new version of the braid, though not a braid at all. Two strands twisted together, soft and silky looking, yet the twists hold their shape because they are mounted on an invisible little wire. You get the piece to match your own hair and look soignée, worldly, sophisticated and charming, and there need be no fear that you have gone to the extravagant extreme. It is well within the bounds of the subdued and the sane.

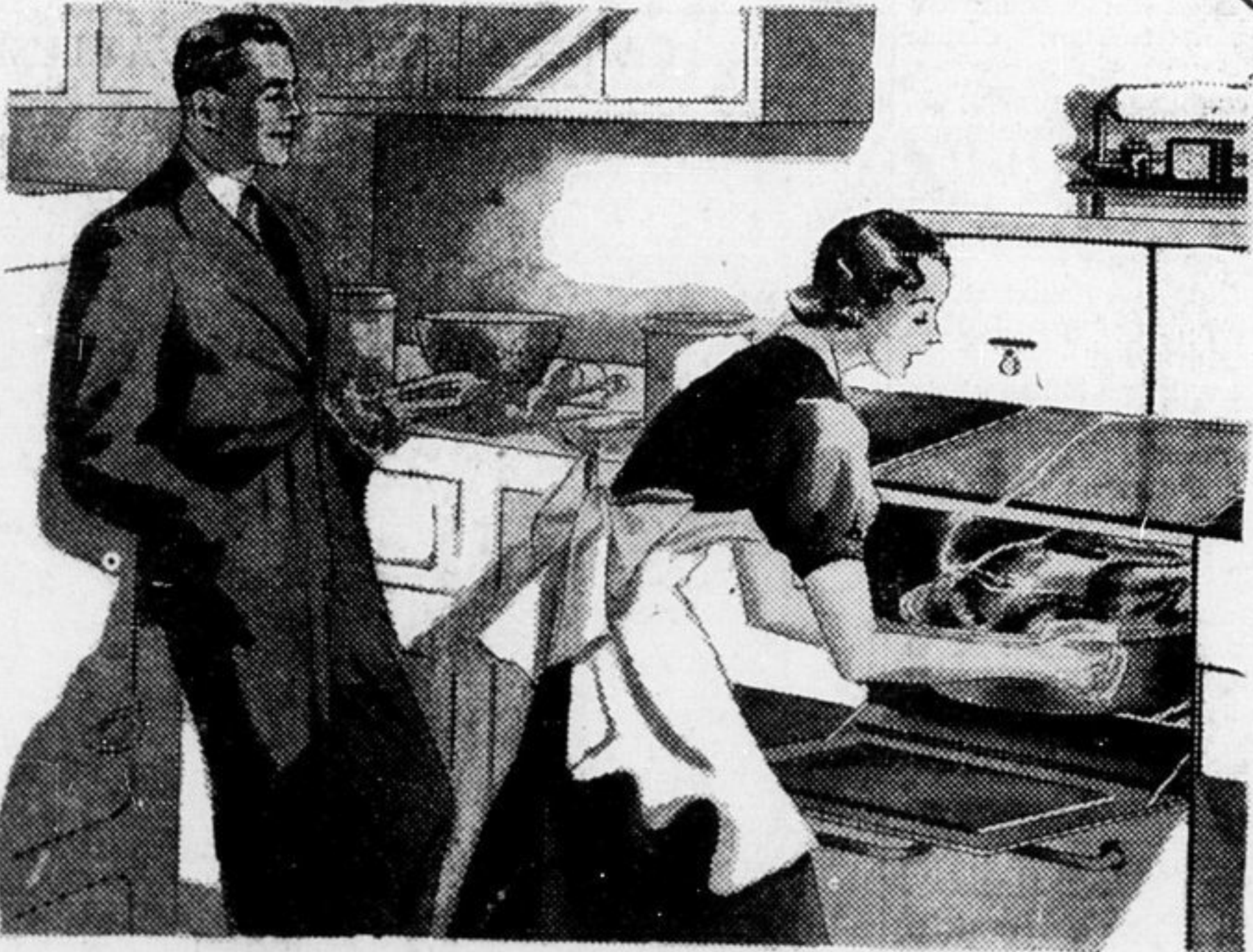
All this glamour going to the head must remind women that after all the hair is one feature that can and should be every woman's best.

will prevent any worry about the chances of lock-jaw occurring. (Registered in accordance with the Copyright Act.)

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