



## How to Make Vegetables Attractive to Children

One Ingenious Mother Overcame the Aversion of her Children for One Vegetable by Placing Shaved Raw Carrots in Lemon Jelly. Some More Recipes.



(By Edith M. Barbet)

The other day I went to lunch at a friend's house. Our lunch was the children's dinner and among other things, was served a gelatin mold which the children ate eagerly.

"It's shaved raw carrots in lemon jelly," said mother. "For some reason or other I couldn't get the children to eat carrots, but they adore this and in its honor are now eating the plain buttered vegetable although not with so much enthusiasm."

I wish all the mothers were as clever because almost every one has had a struggle to get certain foods into repertoire which should be complete when the child is grown. Another mother brought spinach into high favour by serving it in bread nests with hard cooked egg yolks in each. A different form of preparation or serving will often interest the child enough to make

him forget a real or fancied prejudice against flavour.

To learn to eat everything is just one more factor or safety in this health question. It makes a little nutritional difference whether carrots are eaten when there is a variety of other vegetables which can be used. There may come times in later life, however, when variety is not obtainable and then there is a distinct advantage in having universal food tastes.

**Jellied Carrots**  
2 tablespoons gelatin  
½ cup cold water  
2½ cups boiling water.  
¾ cup sugar  
½ teaspoon salt  
½ cup lemon juice  
1½ cups shredded carrots.  
Soak gelatin five minutes in cold water, dissolve in boiling water and add sugar and salt. When cool add lemon juice and carrots. Turn into a mold and chill. Serve on lettuce leaves without a salad dressing.

**Spinach Nests**  
6 bread cases  
Melted butter  
2 cups cooked or canned spinach  
½ cup grated cheese  
Salt—Pepper.  
Make bread cases by cutting bread into three-inch squares and cutting out the centers. Roll each case in melted butter. Chop the spinach, mix with seasoning and fill the bread cases. Sprinkle with the cheese and bake in a hot oven (425 degrees F.) until bread is light brown and the cheese is melted. (Copyright 1935, by The Bell Syndicate, Inc.)

Ottawa Journal:—The Alberta Government owes the Dominion treasury \$16,880,000. No doubt Mr. Aberhart would like to pay this off in "basic dividend" cheques.

## \$64,450,872 Spent in North Since 1912

So Says Report Tabled by Hon. Peter Heenan. What the North has Returned.

Considerable discussion was roused by the report tabled in the Legislature last week of Hon. Peter Heenan, Minister of Northern Development. This report stated that \$64,450,872.07 has been expended in the Northern Development fund since Sir Jas. P. Whitney inaugurated the road and agricultural advancement programme in 1912. It is an odd fact that with all the discussion about this statement in the report no one seems particularly to question the figure given by Hon. Mr. Heenan. It will be recalled that the Farmer Government also published the same kind of figures. Indeed, the figures published by the Farmers' Government as to what the North had cost may have even exceeded those now given. As a matter of fact, it seems to make little difference what figure is quoted as the cost of the North. Whatever the figure the facts show many times the amount returned.

Despatches from Toronto, following the publication of the figure given by Hon. Mr. Heenan, say that Conservative members of the Legislature intend to draw the attention of the government and the people to the other side of the picture—the value of mineral production in the North during the current century. In the six-year period commencing 1929 and ending in 1935, the gold mines of Ontario have produced a total of more than 414 millions in gold, from which \$100,804,104 has been passed as dividends to people in all walks of life, one member pointed out.

Of the total amount spent in northern development \$59,760,032.39 has been spent in roads and bridges. These roads and bridges have been used by the people from the South as well as those from the North and taking off the extra gasoline and other taxes arising from these roads and bridges it would be found that the North doesn't owe much after all on the roads and bridges, to leave the new wealth in minerals, timber, agricultural production, pulp and paper, etc., out of the question.

**Covers Five Months**  
Hon. Mr. Heenan's report as tabled covers the five months from Nov. 1st, 1934, to March 31st, 1935. The government is having the fiscal year in all departments close on March 31st in each year. To follow this plan the report tabled last week covers only the five months. The next fiscal year, March 31st, 1935, to March 31st, 1936, will not be available until the next session of the legislature.

**Newest and Best VEGETABLES and FLOWERS**  
**10 BIG 25¢ VEGETABLE SEED**  
—and you get your 25¢ back on next order.  
Ten regular full-size 10 and 15 packets Vegetables, etc. postage paid from our 25¢ pack. Buy one pack and get 10 more. Send for a full size pack for 25¢ and with this collection, ORDER NOW. Money order preferred to cash or stamps. CLIP THIS AD and get—  
**Large Packet Beautiful Flowers—FREE**  
—with 10 regular 25¢ packs. Buy one pack and get 10 more. Send for a full size pack for 25¢ and with this collection, ORDER NOW. Money order preferred to cash or stamps. CLIP THIS AD and get—  
**M'FAYDEN Big Over-size Packets SEEDS Only 3¢-4¢ Pkt.**

"Close co-operation of district engineers with local welfare offices and the operation where practicable of a rotation system, graded to the domestic responsibilities of the workmen, gave a distribution of wages in communities," the report states.

"In one instance where it was necessary to place married men in a road camp, a system of assigned pay was evolved with satisfactory results. "In the district of Nipissing and Sturgeon Falls both trunk and secondary roads were reggraded and the bridges repaired. Two survey parties were afield, one in Nipissing, traversing the Ferguson highway and making studies of possible revisions, and another in Sturgeon Falls, in the North Bay-Hagar road section.

**Road Camps**  
Three road camps were maintained in Nipissing and settlers' camps adjacent to communities in both Nipissing and Sturgeon Falls were operating during the winter. On the projected road from Mattawa to connect with the North Bay-Timiskaming road, a road camp of 150-man capacity was established. They cut approximately two miles, stumped one mile and graded half a mile.

In Sudbury under the heading of unemployment relief road camps were operating during the winter at Wahnapitae, Markstay and two on the Chapeau-Iron Bridge road. The two first mentioned places were augmented by settlers' camps drawn from adjacent communities. Others were established on roads leading from Sudbury.

"Where practicable and warranted, work was organized on roads within reach of settlements requiring assistance, and as their needs became apparent, additional numbers were required. Also, in order that the maximum number should benefit, a rotation system was in operation."

## Parry Sound Planning to Have Blinking Totem Pole

Alternately red and green eyes, blinking from a moose head atop a mighty totem pole, will greet motorists as they enter Parry Sound within the next few months, provided present plans materialize, according to a despatch from Toronto.

A miniature totem pole, replete in every detail, featured the Ontario Good Roads convention. The yellow pole, with its tiny images, was placed on the table during the address of John M. Daly, Indian agent from Parry Sound. From top to bottom, the images were a moose, a bear, a deer, two geese, a duck, an early Canadian voyageur in a canoe, a tepee, a schoolhouse and a church. Parry Sound, Mr. Daly revealed, plans to have the totem pole in all its gargantuan splendor facing the highway leading into the municipality and territory. But it will serve a utilitarian, as well as educational and picturesque purpose. The eyes of the moose will be red and green respectively, and will be co-ordinated with the traffic-light system. Motorists therefore, will be guided by an object that has its origin in the earliest North American lore.

## May be Sawdust Dinners and Birch-Bark Clothes

Sawdust dinners, birch-bark clothes and automobiles that run on either wood fuel or rotten vegetables, are some of the possibilities of the immediate future that may result from experiments now being made by Department of Scientific Research officers, says Joseph Thomas, of London, Eng.

The whole object of this research is the transformation of rotten vegetables into motor fuel. Experiments have been conducted into the fermentation of grasses, straws and other vegetable waste, and an industrial application of the process has already been patented.

All that is now needed for the new process to compete with the prevailing price of mineral oil is the collection of vegetable matter in sufficiently large quantities.

Similar results have been obtained in the production of power alcohol from the fermentation of artichokes.

The latter research has been prompted by a process discovered by Dr. Frederick Bergius, the German scientist and Nobel Prize winner.

## BONNIE SCOTLAND NOTED FOR HIGH-GRADE PAPER

Scotland holds a pre-eminent position in the high-grade paper trade, particularly esparto writing and printing papers, the esparto grass from which the paper is made coming from Africa. In 1935 a substantial improvement was registered in output and most of the mills are working on or near full time, according to the Industrial Department of the Canadian National Railways. There was also a substantial increase in the production of newsprint in Scotland last year.

New Yorker:—The manufacturers of artificial limbs are enjoying a boom business because of motor accidents. If you drive carefully, you just take bread out of the mouths of the wooden-leg maker's little ones.

## Lord and Lady Aberdeen Liked Winter Sports Here

(By Fred Williams)

Forty years or so ago, when all our winters were like that of 1935-36, the "good old days" when we wore eon coats (if we could afford them, otherwise their furry substitutes) and fur caps from November to St. Patrick's Day, Canada had a Scottish Governor-General, the Earl of Aberdeen, who with his much-loved Countess, made it clear that they were converts to the benefit of Canadian winter sports. Coming as they did from North Britain, they were no strangers to snow and occasional frost; indeed His Excellency was a figure skater of no mean ability as well as, of course, a curler of might; and they had two young children who soon became enthusiasts. I have an idea that it was about this time that the art of skiing was first introduced to Ottawa, but the greatest diversions were snowshoeing and tobogganing.

Lady Aberdeen (to whom the constant sympathy of her Canadian friends goes out daily in her widowhood) told an interesting story in "We Two," in which she and the Earl collaborated, of her first ride on a toboggan:—

"Our first winter introduced us to the delights of Canadian winter sports. It seemed to be a little disconcerting to our Canadian friends at first to find they had unearthed a Governor-General who was quite at home at curling and skating, and who had often used a sleigh at home. But hockey on the ice was new to us and our children, and the staff entered into this sport with enthusiasm, as also into the tobogganing from the high slides erected in the Government House grounds and leading right down to the river.

"I certainly thought I was not cut out for this sort of amusement, but in a rash moment I gave Haddo (her son) a promise I would go anything he asked me to do on a certain day—I think it was his 17th birthday. To my horror, I found I had pledged myself to going down the toboggan slide with him. I felt the last moment had arrived, but if it had to be gone through and I had to admit it was not so bad, and so under the children's careful tuition I risked it time and again, and in the end enjoyed it as much as anyone.

"It became an understanding that if any of the cabinet ministers consented to risk their lives tobogganing at our winter parties, either Aberdeen or I had to be the pilot. Sir Mackenzie Bowell (premier of Canada at that time) took some persuading, but I took him down one day.

"These Saturday skating and tobogganing parties, which we gave weekly, were a great feature of Government House life during the winter. All were invited to these parties who wrote their names in our Visitors' Book, and children were included, so the scene was a very gay and merry one, blanket coats and costumes with belts of many colours woven by the French habitants being the correct attire, together with soft woollen caps and snug woollen mitts.

"Chocolate piping hot, with whipped cream, was considered one of the necessary accompaniments to these entertainments, where everybody met and fraternized."

Perhaps Lady Tweedsmuir will also become an adept at tobogganing. Maybe history will repeat itself and the consort of the Governor-General may travel down a toboggan slide with a prime minister. Perhaps, indeed, she may do that very thing at Kingsmere, where the Prime Minister of to-day revels in winter spare time (how little of it he has!) just as he draws strength here in the good old summer time.

Renfrew Mercury:—A despatch says the Senate is waiting for some work to do. And all the snow piled around the Parliament buildings!



## Scotland Sells Millions of Dollars' Worth Carpets

Millions of dollars worth of carpets are turned out from mills in the West of Scotland each year. The carpet trade of Scotland had a good year in 1935, experts showing a substantial growth for the third year in succession due to financial recovery of Australia, South Africa and New Zealand, to which most of the carpets are sent, according to the Industrial Department of the Canadian National Railways. Strange to say, Scottish carpets in the British home market have to compete with carpets made in India, of which considerable quantities are sold, the price being low as compared with the

## KIRKLAND LAKE KIWANIS DOG DERBY ON MARCH 14TH

Saturday, March 14th, is the date set for the annual Dog Derby and day of winter sports at Kirkland Lake under the auspices of the Kiwanis Club of that town. Bob Hogarth is the chairman of the sports committee of the Kirkland Kiwanis and he should make a first-class job of the Dog Derby event in view of the many similar events he saw in Timmins years ago. The Kirkland Dog Derby is open to dogs owned by any boy or girl of school age in Teek township driving their own dogs. Skating races, hockey, etc., will also feature the event.

## The Household by Lydia Le Baron Walker

HALF-MOON BAGS ARE A NOVELTY MADE OF STRAW BRAIDS OR HOISERY



This woman is carrying one of the new semi-circular bags which she made herself from discarded stockings dyed to match her frock

The semi-circular or half moon bag is among the novelties of the season shown for Southern wear and advance summer fashions. It is not alone the shape of the bags, to which I refer, that is striking but their workmanship and material. The shape has been seen before in sporadic instances, but it lends itself with peculiar charm to the circular method of weaving the medium from which these bags are fashioned.

**Mediums**  
It is largely because it lies within the power of any woman, who would like such a bag, to make it for herself, that it appeals. The construction is simplicity itself, and while braided straw is the material in these Southern wear bags, other mediums can be used with great success such as straw braid, silk braid, silk woollen, cotton or linen strands or even strands cut from stockings. The three strand braid is used, and a length of it sufficient to make the circle is all that is required for the outside. The bags are lined, of course.

**Colour Schemes**  
These half-moon bags come in colours, so matching colours of costumes is possible, or carrying out colour schemes in accessories.

**A New Use For Discarded Hosiery**  
The use of stocking strands, which can be home dyed to accord with costumes or accessories, is something entirely new. Thrift is emphasized, without sacrificing the beauty of the bags. It gives another new use for discarded stockings.

(Copyright, 1936, by The Bell Syndicate, Inc.)



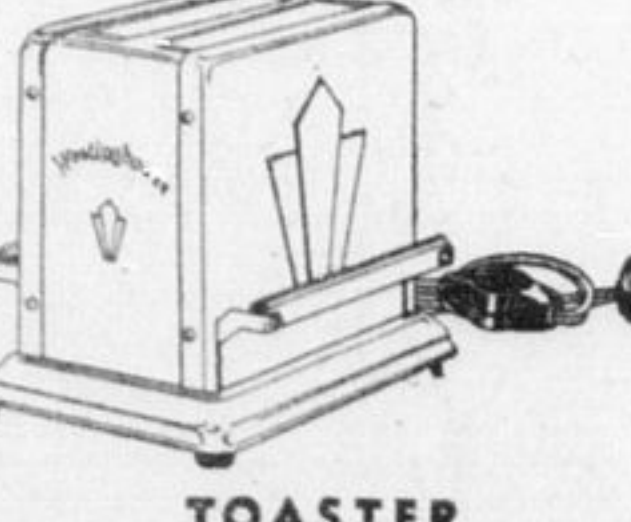
MIXMASTER



PERCOLATOR



IRON



TOASTER

## The Modern Way

- Convenience
- Low Operating Cost
- Small Initial Outlay

## ELECTRICAL APPLIANCES

The more electrical servants you have, the happier you are, for each one of them is a tireless, efficient worker that saves money for you. Irons, Toasters, Percolators, Spic Span Cleaners, Waffle Irons, Air Heaters, Heating Pads, Curling Irons, Fans, Clocks, Mixmasters! We have them all, waiting to do your bidding. Attractively priced — for cash or on comfortable terms.

## CANADA NORTHERN POWER CORPORATION LIMITED

Controlling and Operating  
NORTHERN ONTARIO POWER COMPANY LIMITED  
NORTHERN QUEBEC POWER COMPANY LIMITED

**FR 28 YEARS I'VE BEEN TRYIN' T' DOPE OUT A CONVINCIN' ARGUMENT FR GITTIN' A RAISE IN PAY, AND NOW AT MY AGE—**

**SHUCKS! YOU'RE A BETTER MAN NOW THAN YOU'VE BEEN IN YEARS! GO IN AND TELL YOUR BOSS SO IN A NICE, SYRUPPY MANNER!**

**SYRUPPY! SYRUPPY!!**

**AH-H! TH' BIRTH OF A BRITE IDEA!—NOW TO BEARD TH' LION IN HIS DEN!**

**SINCE TAKIN' ENERGY BUILDIN' BEE HIVE CORN SYRUP, BOSS, I'VE BEEN DOIN' ABOUT THREE TIMES AS MUCH WORK, SO**

**YEP! AFTER INCREASIN' MY PAY TH' BOSS SUGGESTS THAT ALL HIS HIRED HELP START TAKIN' BEE HIVE CORN SYRUP!**

• To bring out that latent energy—discover Bee Hive Golden Corn Syrup, that great energy food! Every one in every walk of life needs this vital force which is produced by carbohydrates. Bee Hive is a carbohydrate food and is especially enjoyed on bread, toast, pancakes, Johnny Cake, hot biscuits, muffins, cereals, rice pudding, tapioca, ice cream, fresh fruit, in milk or as a dessert by itself. Easily digested and concentrated; Bee Hive is low in price. Learn for yourself how really GREAT you can feel with Bee Hive Golden Corn Syrup!

**Eat BEE HIVE daily for round-the-clock energy!**

St. Lawrence Starch Co. Limited, Port Credit.