Try this fresh fragrant Green Tea.



Cottage Cheese One of Most Versatile Dishes

There are Many Ways to Use it. Sometimes Called Pot Cheese. Care Should be Used in the Way it is Kept in cide on the disposal of this net income Preparation.



(By Edith M. Barber)

Cottage cheese, also known as pot cheese, is, perhaps, the oldest type of cheese known to man. It is probably one of the first "made" foods and was discovered before man lived in a house and before he knew cooking utensils While cottage cheese may be made of sweet or sour milk, what we get to-day is usually made from sweet milk. The curd is solidified by means of rennin, and then the whey is drained from it. Cream is often added to the cheese before it is sold. While cottage cheese is used particularly as an accessory blended add milk slowly, stirring conto the main course of the meal or to stantly. Let cook one minute. Remove the dessert, it has a number of uses from fire and beat in one egg yolk in combination with other foods.

cheese in any cooked dish that the tem- Beat egg whites until stiff and fold perature be kept low or the time of into cheese mixture. Pour into a wellcooking short. In the recipe for souffle, greased baking dish and bake in a hot cate, Inc.)

for instance, which I am giving you to-day, the temperature is high, but the time of cooking is comparatively short. With the scrambled eggs both time and temperature are low. Cottage cheese combines well with fruit, fresh, stewed or canned. It is particularly good with berries. You will like it as a filling for pancakes, either plain or Russian, which after rolling around the cheese

Scrambled Eggs With Cottage Cheese

are served with strawberry or raspberry

I teaspoon salt

1/2 teaspoon black pepper

¼ teaspoon paprika 1 tablespoon scraped onion

1 jar cottage cheese 4 tablespoons butter

Beat eggs until foamy. Add seasonings and onion and beat the cheese into the mixture. Melt butter in heavy mins district." frying pan, add egg and cheese mixture and stir well. Shake over a hot fire until set. Lift firm edges and let liquid run underneath. When done serve on a hot platter.

Spanish Souffle

2 tablespoons butter

4 tablespoons flour

1 cup milk

11/2 cups tomato pulp 2 jars cottage cheese

1 tablespoon onion juice ½ teaspoon salt

Melt butter, add flour and when well at a time. Add tomato pulp, cottage Care must be given in using cottage cheese, onion juice and salt. Mix well.

Consumers' Annual A Quicker Meeting Here Sunday Brighter

Prominent Co-operative Concern Preparing for Important Annual Gather-

Members of the Consumers' Cooperative Society, Ltd., will convene next Sunday, for their annual meeting, at which the results of the year's business will be studied and plans for another energetic year discussed. A full financial report by the manager, C M. Haapanen, will be submitted showing the progress of the society during the past year.

Sales during the last half of 1935 ecumulated to \$203,377.13, leaving a net saving of \$5,678.43 after deduction of all expenses. The members will den accordance with the rules and bylaws of the society. During previous years a dividend of three per cent., half 1 ber cent., payable in shares, has had the following:been distributed to non-members.

dends depends upon the amount of have made from their store.

year, because the society will be five ligious stripe. When the campaign is versary will mark an extensive cam- we should be as one, criticizing or suppaign for spreading the facts about porting, as we think best and in the consumers co-operation. Quoting a pas- interests of the country in which we sage from a bulletin recently issued live. So far as The Speaker is conby the society, local co-operators are cerned, politics does not enter into convinced "that as yet we have just the question at all. If we appear to 'scraped the surface' of the possibilities | criticize any particular party or memof co-operative endeavour in the Tim- ber, it is absolutely because we speak

STAKING DURING 1934 SET NEW RECORD FOR ONTARIO

ment shows that 1934 was the most North Country. Mr. Nixon's effort to lighting engineer. active year in the history of the province as regards claim-staking, a total disposed of by a North Country paper of 16,888 claims having been recorded in the following manner: 'and W. G.

ing activity in the Little Long Lac and better roads for the North." Sturgeon River gold areas, a total of 5.842 claims being recorded in the Fort Arthur mining division alone.

The previous best year was 1927, when 15,554 claims were recorded. In 1935 the recordings totalled 9,460.

oven (425 degrees Fahr.) 20 to 25 minutes, until set.

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Northern Members of the Legislature Need Support

In commenting on the recent address payable in shares and the other half; in reply to the Speech from the Throne, in cash, has been declared. In addition The New Liskeard Speaker last week

'Members of Parliament from North-According to the co-operative princi- ern ridings, who are not holding 'front ples of the society, distribution of divi- trenches, are rather handicapped when it comes to presenting claims for the purchases members and non-members North Country's necessities. These members need the support of every Every indication points to another newspaper in the country concerned, successful year for the Consumers' Co- as well as the support of every resioperative Society. This year is a banner dent, regardless of political or reyears old next August. The fifth anni- over, and the candidate elected, then for that which we believe is in the best interests of the North, and Teparticular. On our front page we rewhich we believe has the support of A report of the Ontario mines depart- every resident in Temiskaming and the secure good roads for the North is

Fine and Costs Paid in Case of Clergyman at Tilbury

ndeterminate name of Brown, called vision at the office of Bailiff Cottingham, of Tilbury, and paid the full fine and costs imposed on a Tilbury clergyman for breach of the motor traffic act. The total paid was \$5.25. It seems a very small amount when considered alongtail light out. His excuse for not paying the fine and costs in the first place | entitled "With Louise on Lake Louise." was that to do so would brand him as law-once for breaking the traffic act popularity. and once for evading the penalty—is When songwriters set about to create usual procedure. A teamster or a la- for its scenic grandeur. bourer would have spent the time in What was more natural than for a Retires After Over Twenty

When the man refused to pay his fine and costs at Tilbury, the magistrate orhave the piano duly sold to raise the relief purposes. \$5.25 or more required. The sale of the piano was to be held to-day and notices to this effect were put up around Tilbury. Both the convicted man and the authorities were "sitting tight" and letting things go their natural course. The authorities on the one hand were proceeding to auction off the piano and make the necessary collection of the fine and costs. On the other hand the clergyman made no move to stop these steps. Then along comes the mysterious stranger, "Mr. Brown." He is described as a well-dressed, middle-aged stranger, and he travelled in a motor car of good type. Apart from this there seems to be no further description of the gentleman. He simply paid the fine and costs and then disappeared. The bailiff, who says he knows nearly everybody in the district, is sure "Mr. Brown" was a stranger to the community. Perhaps, he is one of those generous-souled fellows that hate to see people in high places make fools of themselves, especially when it seems to imply injustice to the ordinary folks.

THINKS MARCHES OF THE UNEMPLOYED ARE FOOLISH

The Ottawa Journal on Tuesday of this week had the following editorial note:- "Another 'march' of the unemployed of Western Ontario on Toronto is being planned. Such performances are a waste of effort, a source of disorder, which the authorities should sternly discourage. Last year's event clearly showed the danger of a com-

New Tests to Decide What 'Good Light' is

Sunlight is 10,000 Candle Power While Some Home Tasks Done in 5 P.C. Light

A person reading in poor light expends as much nervous energy as a man digging a ditch, say the scientists. What is poor light and what is good light? Sunlight has an intensity of 10,000 foctcandles—one footcandle being the amount of light one foot distant 200 footcandles. Yet surveys show that in most homes difficult eye-tasks are performed at night in illumination of footcandle intensity. The muscular and nervous energy expended is great. resulting in fatigue and strain. It has been proved that light even affects the heart action—that decreasing the intensity of light on a page speeds up the beat of the heart; that increasing it makes the heart beat slower.

So that every person may know when his light is "good"-sufficient and comfortable for his eyes best to work inthe Better Vision Institute of New York suggests that when the eyesight specialist prescribes glasses he also prescribe the intensity of illumination best for his patient's eyes. Equipment to determine the proper intensity includes a lamp whose light can be varied from 5 to 200 footcandles, a meter for measuring the light intensity, and new test

These test cards approximate seeing tasks performed in the home, office, or factory. They include a page of shorthand notes, playing cards arrang ed for playing, a sheet of music, a page from a telephone book, a newspaper column, pages from Latin and Trigonometry books, a blueprint, a sample of cloth with some stitching on it, a bookkeeping page, etc. The proper intensity of light for the patient's efficient and specialist on a prescription. The prescription can be filled by any competent

just the right intensity of light; the played on a person disliked there is light should be diffused, reflected from liable to be trouble. No doubt some This was mostly dus to the prospect- Nixon (Lib.) Temiskaming, asked for the walls and ceiling of a room. Glare people have wondered how the man and strong contrasts are to be avoided. Whose throat is thus referred to in to take over radio broadcasting from It is not commonly understood, for ex- cutting terms enjoys the recommenda- private hands and place it under a comample, that reading under a strong light tion. It would be more important to mission created by statute which will is conducive to eyestrain if the rest of know how it all appeals to the barber. be known, probably, as the African the room is insufficiently lighted. Cor- The average barber must have heard Broadcasting Corporation. The new rectly designed lamps remedy this situ- it literally thousands of times. Hardation through ceiling reflection and ly a day passes without some barber full powers to take whatever action it Some days ago a stranger, giving the make for more comfortable, efficient shop client suggesting the autting of deems necessary to popularize radio

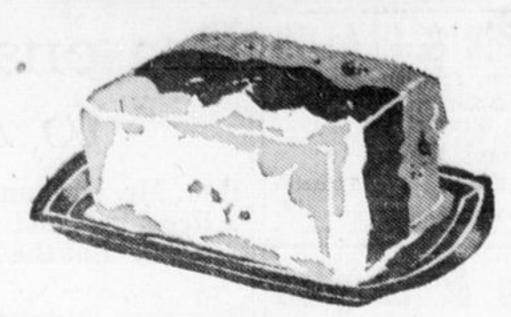
Canadian Theme to One of Latest Popular Songs

Leo Feist, Inc., New York, announce side of all the fuss and protest by the through their Canadian representatives clergyman who was caught with his Gordon V. Thompson, Ltd., Toronto, the coming out of a new fox-trot song Frances James Adaskin, Canadian a criminal. How he would be any the soprano, recently sang this song and less a criminal by double breach of the considers it has all the elements of

difficult to understand. He practically a new composition, particularly the dared the magistrate to send him to type of composition that pertains to a that Shem opened on Noah's ark. Ah, jail for the one day's imprisonment locale or a place of unusual beauty named as an alternative to the fine. It which they wish to melodically eulo- backs to following an ancient and honwould seem that the magistrate made a gize, they naturally seek a place that orable trade." mistake in not letting the law take its is popular and that is generally known

jail-automatically, as it were. Why pair of Tin Pan Alley's foremost song should there be any difference in this creators to select Lake Louise, in the Tilbury case? Already it has had its ill beautiful Canadian Rockies, as the effects, as one other man has taken a theme for their latest song? When Al similar stand to the clergyman's. In Bryan and Larry Stock decided to imview of the fact that the clergyman had mortalize this glorious scenic wonderof this capable combination.

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Thinks Men in General are a Very Bloodthirsty Lot

Anyone who has ever waited in barber shop has heard someone spring that one about "cutting the throat" o miskaming and Cochrane Districts in comfortable performance of these tasks the fellow in the chair. It varies at is thus scientifically determined, and times. Sometimes the friend urges the produce Mr. W. G. Nixon's address, the finding recorded by the eyesight barber to "cut that guy's throat." Other times the wag asks to be given the razor and he will do the trick himself. South Africa Getting Almost invariably the joke is played Proper illumination means more than by a friend. The few times it may be Journal-Argus, gives the barber's re-

> "SKIN EM ALIVE! "Men are bloodthirsty lot," observed the Philosophical Barber, "an' if you stood beside this chair for a few days you'd see what I mean. Not a morning or afternoon goes by that some wag doesn't come in while I'm workin' on a customer and suggest that I cut off his ears or his head or slash his throat. I have to laugh hearty like I'd never heard such drollness before but I'll bet you they were pulling the joke in the barber shop well. I suppose that's one of the draw-

Years of Public Service Reich

A despatch last week from Cobalt says:-"Robert B. Holmes, who has carried the mails between the post ofdaughters in Porcupine."



Ready for Television

South Africa is getting ready for television. The government is about corporation, it is proposed, will have the throat of the man in the chair, broadcasting in South Africa and ex-"E.M.G.," writing in The St. Mary's ploit television commercially when it comes. Sudsidiary broadcasting staaction to the ancient humorism, as fol- tions are to be set up for commercial advertising in the form of sponsored programmes, but the profit motive is to be eliminated. Any profits accruing to the corporation are to be used for the development of radio within the Union. It is the intention to have committees in the larger centres whose duties it will be to advise the board of governors on local tastes. Radio broadcasting has made rapid strides in South Africa sine its beginning twelve years ago. In 1933 it is estimated there were 54,000 listeners within the Union, while today the number has increased to 127,000.

> North Bay Nugget:-There are now nine official uniforms which may be worn by citizens of Germany. Pretty soon some poor sap who appears in tweed jacket and flannel slacks will be shot at sunrise as "an enemy of the









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plaisant attitude."

the right to appeal the sentence if not land in song, they made a trip to the fice here and the local T. & N. C satisfied with the magistrate's finding, place, spending several weeks there and depot for 19 years, is retiring from that it is difficult to find grounds to support basking in its manifold splendours. The work at the end of the present month. his unsportsmanlike attitude. Whether result was the inspiration for the song He will be succeeded by Jack Underthe law in regard to tail lights is a good "With Louise on Lake Louise," which wood, who was the successful tenderer one or not is beside the point. The law not only the writers but Tin Pan Alley for the contract. Mr. Holmes at one is there and should be impartially en- in general acclaim as the master work time also carried mails out to Giroux Lake post office, three miles in the eastern part of the camp, but this of-Large Packet Beautiful Flowers --- FREE Chatham News:-A Port Colborne fice was closed some years ago. He has dered the collection of the money by man has paid back to his municipality been school attendance officer for the distraint of goods and chattels. Follow- all he received in relief. Having "got public school board for more than 20 ing this procedure the bailiff seized a on his feet" again, he shows his appre- years, but he will relinquish these dupiano worth probably \$600, and went ciation in this way. It is such cases ties also at an ealy date, as he intends through the procedure necessary to which makes it easier to pay taxes for leaving town to make his home with his





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