

Try this fresh fragrant Green Tea. "SALADA" JAPAN 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 Preparation.



(By Edith M. Barber)

Cottage cheese, also known as pot cheese, is, perhaps, the oldest type of cheese known to man.

Care must be given in using cottage cheese in any cooked dish that the temperature be kept low or the time of cooking short.

for instance, which I am giving you to-day, the temperature is high, but the time of cooking is comparatively short.

Scrambled Eggs With Cottage Cheese

- 4 eggs
1 teaspoon salt
1/2 teaspoon black pepper
1/2 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 frying pan, add egg and cheese mixture and stir well.

Care must be given in using cottage cheese in any cooked dish that the temperature be kept low or the time of cooking short.

Consumers' Annual Meeting Here Sunday

Prominent Co-operative Concern Preparing for Important Annual Gathering.

Members of the Consumers' Co-operative Society, Ltd., will convene next Sunday, for their annual meeting.

Sales during the last half of 1935 accumulated to \$203,377.13, leaving a net saving of \$5,678.43 after deduction of all expenses.

According to the co-operative principles of the society, distribution of dividends depends upon the amount of purchases members and non-members have made from their store.

Every indication points to another successful year for the Consumers' Co-operative Society. This year is a banner year, because the society will be five years old next August.

STAKING DURING 1934 SET NEW RECORD FOR ONTARIO

A report of the Ontario mines department shows that 1934 was the most active year in the history of the province as regards claim-staking.

This was mostly due to the prospecting activity in the Little Long Lac and Sturgeon River gold areas.

The previous best year was 1927, when 15,554 claims were recorded.

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A Quicker Brighter Better Shine



Northern Members of the Legislature Need Support

In commenting on the recent address in reply to the Speech from the Throne, the New Liskeard Speaker last week had the following:

Members of Parliament from Northern ridings, who are not holding "front trenches," are rather handicapped when it comes to presenting claims for the North Country's necessities.

Fine and Costs Paid in Case of Clergyman at Tilbury

Some days ago a stranger, giving the indeterminate name of Brown, called 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.

When the man refused to pay his fine and costs at Tilbury, the magistrate ordered the collection of the money by distraint of goods and chattels.

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.

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.

So that every person may know when his light is "good"—sufficient and comfortable for his eyes best to work in—the 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.

These test cards approximate seeing tasks performed in the home, office, or factory. They include a page of shorthand notes, playing cards arranged 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 book-keeping page, etc.

Proper illumination means more than just the right intensity of light; the light should be diffused, reflected from the walls and ceiling of a room.

Canadian Theme to One of Latest Popular Songs

Leo Feist, Inc., New York, announce through their Canadian representatives, Gordon V. Thompson, Ltd., Toronto, the coming out of a new fox-trot song entitled "With Louise on Lake Louise."

When songwriters set about to create a new composition, particularly the type of composition that pertains to a locale or a place of unusual beauty which they wish to melodiously eulogize, they naturally seek a place that is popular and that is generally known for its scenic grandeur.

What was more natural than for a pair of Tin Pan Alley's foremost song creators to select Lake Louise, in the beautiful Canadian Rockies, as the theme for their latest song?

Chatham News:—A Port Colborne man has paid back to his municipality all he received in relief.

EPLETT'S Velvet ICE CREAM BRICKS NOW Just 25c All Flavours Sold everywhere in the North

SNAP Cleans Dirty Hands

South Africa Getting Ready for Television

Retires After Over Twenty Years of Public Service

Newest and Best VEGETABLES and FLOWERS 10 BIG PKTS 25c

Budget-wise Women Know This — Electric Refrigeration doesn't Cost — it Pays! Canada Northern Power Corporation, Limited

WOT! ANOTHER DAY OFF DURIN THIS RUSH! BEE HIVE GOLDEN CORN SYRUP