Dinner May be Pleasing to Eye as Well as Palate One of the Kiwanis Leaders

Menus for Each Day in the Week as Suggested by a Culinary Expert. Also Some Timely Recipes. Cottage Cheese Salad and Dressing for Green Salads.

Thursday-Breakfast

Sliced Oranges and Bananas

Ready-to-Eat Cereal

Luncheon

Creamed Stuffed Eggs With Ham

Celery and Apple Salad

Dinner

Minute Steak

Fig Tapioca

Friday-Breakfast

Tomato Juice

Ready-to-Eat Cereal

Creamed Finnan Haddle

Luncheon

Cheese Dreams With Chutney and

Celery and Lettuce Salad

Dinner

Fruit Canape

Shad Roe

Creamed Potatoes

Asparagus With Lemon Butter

Rice Pudding

Saturday—Breakfast

Orange Juice

Cooked Cereal

Luncheon

Noodles With Creamed Mushrooms

Fruit Salad

Baked Pork Chops

Strawberry Pudding

Cottage Cheese Salad

bowl and set in refrigerator to chill.

When ready to serve salad, turn cheese

out on small platter and arrange let-

tuce or romaine around it. Pass French

Dressing for Green Salads

Livers of 2 chickens, boiled

Yolks of 2 hard-cooked eggs

1 teaspoon prepared mustard

¼ teaspoon Worcestershire sauce.

Mash and mix to a paste the chicken

livers and yolks. Add seasoning, pour in

olive oil drop by drop, stirring in the

same direction until the consistency of

thin mayonnaise. Mix with salad and

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Boy Scouts Association to

tion and Scouters is expected.

erator. Make a small down-pay-

ment; the balance on comfortable

the use of the town hall, and the meet-

ing is scheduled to begin at 7.30.

1/8 teaspoon white pepper

3 tablespoons vinegar

1/2 pound cottage cheese

2 tablespoons minced onion.

1 tablespoon minced pimento

Jam

Cinnamon Toast

Coffee

Coffee

Coffee

Scrambled Eggs

Baked Potatoes

Toast

Corn Bread

Curried Rice

or spicy dressing.

14 teaspoon salt

32 cup olive oil.

Chopped parsley

chopped parsley.

cate, Inc.)

Cheese Crackers

Canned Cherries



(By Edith M. Barber)

There is no reason why dinner should not please the eye as well as the palate Dinner at this time of year may keep to the seasonal yellow and green without straining the point,

Sunday-Breakfast Strawberries Boiled Eggs Easter Bread Hot Rolls Coffee

Dinner Easter Canape Stuffed Celery Ripe Olives Roast Lamb, Mint Jelly Potatoes With Parsley Butter Broccoli With Hollandaise

Lemon Ice Small Cakes With Mint Icing

Mixed Green Salad

Supper Cottage Cheese Salad With Sliced Tomatoes Toasted Easter Bread Hot Chocolate Monday-Breakfast

Grapefruit Cooked Cereal Frizzled Besf Toasted Rolls

Coffee Luncheon Broccoli Soup Crab Salad Cakes Tea

Dinner Baked Ham With Apricots Grilled Sweet Potatoes Cabbage in Cream Baked Chocolate Puffs, Hard Sauce

Tuesday-Breakfast

Stewed Prunes Ready-to-Eat Cereal Baked Eggs Bacon Coffee Luncheon

Vegetable Soup Cottage Cheese Salad Cookies Dinner

Hot Sliced Lamb, Tomato Sauce Baked Potatoes String Beans Sliced Fruit Wednesday-Breakfast Baked Rhubarb

Cooked Cereal Poached Eggs Bran Muffins Coffee

Luncheon Lamb Hash Raw Carrot Salad Cookies Tea

Dinner Frizzled Ham With Raisin Sauce Baked Sweet Potatoes Buttered Carrots Cheese Cake

Contagious Diseases

Discusses on His 'Grouch. It's Catching, he Says.

(By Roe Fulkerson, Editor of The Kiwanis Magazine)

strips portraying the adventures of Skippy, Percy Crosby never made a funnier one than the one depicting Skippy halted on the street by the truant officer. The officer demanded to know why Skippy was out of school, and where he was going. Skippy explained that he was out of school because he had measles, and that he was (by T. and N. O. Train No. 2 want to wreak our cruelty on those we Baked Tomatoes going to the movies.

The medical men have taught us that measles, mumps, whooping cough. scarlet fever, chicken pox and various other diseases of childhood are contagious. Maybe I am wrong about some I have mentioned. I know there Tickets to Buffalo and Detroit sold are others I have forgotten. But there subject to passengers meeting the reare quite a few, known to most mothers, quirements of the United States Immi- bit silly at breakfast when I said the which necessitate the child's isolation lest the disease spread to other child- For complete information and tickets

I have a good friend who lost a job two months ago because he insisted on coming to work in the large office of which he had entire charge, with a contagious disease. Having done all in his power to prevent the man's spreading this contagion, his boss reluctantly decided that as much as he liked him, he would have to let him go before the rest of his employees were inocu-

This morning I have fastened myself it outside my door and even my wife want to find fault with my wife. I have of my contagious disease.

ing on Thursday, May 7th, it was an- door was inspired to injure him, so he circles. Arrangements have been made for believes only that the parent who is trying to prevent an intestinal disturbence to that watch on the Rhine, sooner cent people who have the misfortune to

wife and children!

One of the Worst of Cent-A-Mlie

TORONTO

Hamilton, Smithville, Dunn- done the same, he would still have his ville, Welland, Buffalo, Galt, Woodstock, London, Kit-Of the thousands of amusing comic chener, Guelph, Windsor

and Detroit. AND RETURN

Going Thurs. April 30

and connections)

Tickets good in Coaches only No Baggage Checked Children 5 years and under 12 Half Fare

Apply agents T. & N. O. Ry and N. C. Ry.

Canadian Pacific

For two weeks I have been struggling to inspire a group of people to action which is unquestionably to their best interest. My motives are absolutely altrustic. There is nothing in the world for me to gain, and everything for them. I have met with disheartening indifference. Now, just before up in my office away from my wife, my the finish, I admit that I am licked! baby and even my dog, because I have I am sore as a mashed thumb because one of my intermittent attacks of the I have failed. I want to bark at my same contagious disease which cost my wife and children. I am as silly as the Dandelion Greens friend his job. I once stole a "Do Not child which smacks the door against Disturb" sign from a hotel room. Now which he bumped his head. I want to and then when I am very busy, I hang take this out of somebody's hide. I stays out—that is, unless she has some- want to tell my baby to go some place thing really important to ask me, like else and play and leave daddy to suffer general interest in such an article. It Mix the onion and pimento with the how I liked the dress Marguerite wore in silence. My wife is no angel, thank cheese and season. Press into small to the party last night! Burton Rascoe heaven. If I snapped at her, she would says that no writer's wife can ever un- snap back. My grouch is contagious derstand, even after she has lived him and she would become infected. From for twenty years, that he is working her, the cook or the grocery boy would are so far past that few people recall lice say, that Fiorenza had purchased when he is staring out of the window. catch my grouch, and heaven only how rich its ores were. In the year My digression shows how bad an attack knows, where it would scatter from 1904 there were five mines shipping

The disease I have this morning, the Every health department has a lot part year only) being \$136,218 and the disease which caused my friend to lose of signs to tack on houses in which average value per ton, \$862. By 1908 his job, is as childish as whooping there is a contagious disease. "Diph- the number of shippers had risen to 30, cough, measles or chicken pox. The theria Within" and "Scarlet Fever the valuation was \$9,284,869 and the fact that it is mental makes it even Within" are signs that warn people on average value of the ore was \$436. This more childish, because it can be cured the cutside away from these contagi- was rich stuff and the mines had little instanter if the patient wants to cure ous diseases. I have been sitting here or no trouble—that is, the good ones it. Somewhere in the hinterland of wondering if it would not be a good in making operations pay from grass my mind is a fragment of poetry which plan to give some group of psycholog- roots. tells of the bulbul which sang to the ists the power to make a man feeling | "The old Trethewey was a case in red, red rose although the thorn on its like I do this morning, wear a sign point. While waiting for the machinstem pressed ever further into his bo- "Grouch Within". I believe that if ery to come Capt. Reddington, now in som. A chump afflicted with my par- some one would hang such a sign charge of operations at Conjaurum, ticular mental disease is so proud of around my neck, the absurdity, the took out two carloads of high grade, his affliction that he nurses it like a absolute childishness of my mental at- which returned enough to pay for the mother tiger nursing her cub, that it titude would be impressed on me, and plant and leave money over. The La may become a bigger and stronger kill- I would laugh and take off the sign. Rose had about the same experience, If, instead of putting me in a good with the first consignment of high There is no worse disease, nor one humor and curing me, it only made me grade yielding over \$20,000. Some of more likely to become chronic, than a grouchier, there would at least be the the others were a little slower in get-Meet Thursday, May 7th grouch. There is nothing more abso- advantage that others could stay away ting into the rich ore but they were lutely childish than a grouch. When a from me and not catch my misery to spurred on by the success of their The Local Association of Boy Scouts child runs into the corner of a door and carry to still other people who would neighbours. The Buffalo property had will hold its regular monthly meet- gets a lump on his head, he believes the spread it yet again in ever widening trouble in locating its veins and at one

naunced to-day. There is much of in- either calls the door what nasty names I have had my dish of cucumbers and had for less than \$20,000. In fact one terest to Scouting in Timmins to be are in his limited vocabulary, or else cream snatched away from me. I did speculator offered \$15,000 for it and it discussed at the meeting and a good he hits it back. When a child pours not get my way. The reason these was refused, the man in charge getting attendance of members is the associa- cream on cucumbers and wants to eat people didn't do what I wanted them instructions to hold out for \$20,000 but the mess and it is taken from him, he to do was because I was not a convincing enough speaker to sell them the drifted into camp, dropped the negotiaance, is doing it just to be mean, so he idea. I did not have enough fire and tions and went away, never to return. becomes enraged at the hand stretched enthusiasm to inspire them to action. Twenty years later the mine sold for out, to save him. So also the man with The failure was mine, not theirs. I am nearly a million dollars, after having St. Louis Times-Star:—With refer- a grouch tries to take it out on inno- sore because I am not as good as I ed in the interim. What a bargain or later somebody's going to get the be helpless—servants, employees, his thought I was. I am aiming my that strolling gambler missed!

am humiliated at my own failure as-

But I claim some credit. I know I have a grouch and I am ashamed of it. I am determined that I am not going to spread the contagion, no matter what happens. If my friend who took his chronic grouch to the office had job. His boss was right, though. He couldn't afford to have his entire office force inoculated.

Nobody can hurt us as much as the people we love." Only those who can give us great happiness can give us unfathomable misery. A grouch is the cruelest state of mind in the world. We take it out on those we love the most because we can make them more miserable than we can any one else love most. Could anything be more childish? Could anything be more contemptible?

I'm going to pull the sign off my study door. I've cured myself because I don't want to look ridiculous in my own eyes. And I think I will try being extra nice to my wife for fear I was a fried apples were not done, and the bacon was burned.

After all, she had the bacon and fried apples for breakfast because she knows I like them. Now she has probably contracted my grouch and will have parsnips for lunch because she knows I loathe parsnips.

Richness of Mines in Old Cobalt Camp

cences.

Old-timers in the North, and particularly those who were in Cobait in the early days, will read the following with lively interest. There is also a is from "Grab Samples," that bright column in The Northern Miner. "Grab

"The flush days of the Cobalt camp high grade, the total valuation (for a

time this rich claim could have been to accept less if he had to. The prospective buyer, an American who had

grouch at them, when in my heart I "The O'Brien struck rich stuff after some considerable looking and promptly got itself into a lawsuit, in which the government of the day took a hand, finally emerging with a nice slice of the profits. The government also went into the prospecting business and secured at least one property which produced for a time before it was sold. It is understood that the government actually made money on this deal,

strange to say. "In those days of feverish activity when each evening brought word of some new find or of a new and rich development in the established properties there was a lot of bitter disappointment as well. Companies that held ground exasperatingly near to high grade discoveries failed to pick them up on their claims, despite frantic efforts to do so. There were some curious cases of veins petering out near a line or failing to live up to surface showings. One outfit had a property near the Beaver-Temiskaming and managed to make a good surface discovery. Powered with enthusiasm and dynamite the gratified owners proceeded to blast into the vein, which promptly disappeared a few feet down, leaving them with a small stack of sacked ore. This was a warning which a vein was discovered the people in charge of operations were very cautisearch for another property.

other hand the veins proved to be far of it.

"As the boom expanded claims were straight hair makes its owner feel in- cate, Inc.)

No wonder Purity Flour is a favorite for bread. Its richness in nourishing gluten is supplied by Western Canada hard Spring wheat. A strong flour that goes

farther - economical. PURITY FLOUR Best for all your Baking

staked far out from the main camp Fire Losses in Ontario and shaft houses arose everywhere. It was not uncommon in those days for a company to be formed on a single 40 acres. (The staking regulations had market."

SAID TO HAVE CONFESSED IN NEW YORK MURDER CASE

tory. Eventually it was shown, the po- of 16 fires and \$55,766.00 loss. such a piece of cord. Then it was shown | New Yorker:-Prof. Josephine L. When he was arrested and charged with people ought to relax more, and one to show just exactly how the crime was sible to your subordinates." But what

Serious in First Quarter

During he first quarter of 1936, fires something to do with this, as a dis- claimed the lives of 37 persons and covery of mineral in place was a pre- caused injuries to 38 others in Ontario. requisite of staking). Pretty soon the Casualties resulted in 44 of the 4124 professional staker developed and he fires in this period. While there were would contract to deliver the required 19 less fires in the first three months number, fully sworn in, for a set price of this year than in the same time in per claim. This was very handy for 1935, the property loss was \$2,577,751.00. the share pushers who could draw a an increase of \$789,046.00. Weather little on their imaginations, with re- conditions are considered largely respect to locations and discoveries. Some sponsible for the increased fire losses young men who just had barely enough of the past winter. Prolonged spells of brains to throw stakes around a lot cold weather and heavy snowfalls, not made tidy fortunes supplying the claim only required more heating in buildings, but also prevented fire departments from functioning as efficiently as usual when blazes occurred.

In dwellings throughout the province, 3293 fires originated during the John C. Fiorenza, 24 years of age, is first three months of 1936, causing In Many Cases Operations reported from New-York as having con- losses of \$738,521,00 to property. While Paid "from the Grass fessed to the murder of Nancy Evans the number of fires was slightly less Roots." Some Reminis- Titterton, well-known author whose than in the first quarter of 1935, the nude body was found in a bathtub on loss was \$88,644.00 greater. The loss April 10th. The only clue available was from factory fires was \$467,674.00 in 112 a small piece of cord, but the police fires. This represents an increase of used this to such good advantage that 29 fires and \$302,591.00. Stores also sufthey believe they have solved the crime. fered heavily as 342 fires caused dam-Police were able to prove that the cord age of \$633,015.00, an increase of 62 was similar to that used by upholster- fires and \$215,085.00 in property losses. ers. The cord was actually traced to Barn fires since January 1st, 1936, dethe factory at which it was made. Then creased considerably from the same by a series of eliminations the cord was 'period last year. Only 33 barns, valued traced back after it had left the fac- at \$49,377.00 were destroyed, a decrease

> that he was an upholsterer by trade. Rathbone of Teachers College thinks the murder he is said by the police to of her rules is: "Delegate as much of have admitted the crime and proceeded your office work and worries as posif they relax right back at you?

BE BEAUTIFUL By ELSIE PIERCE

FAMOUS BEAUTY EXPERT



Miss Pierce approves of permanent wave end curls for the girl in her teens and the coiffuge worn by ANYA TARANDA is appropriate and flattering.

HOW MUCH BEAUTY FOR THE TEEN AGE?

year-old" writes to ask just where I happen to be unruly and the permanent would draw the line for beauty "needs" will help to keep them in curl. I would and "nots," if I had a daughter of permit the little inexpensive curlers too,

teen age. She goes on to say: that there's a profound beauty in being hundred strokes every day. Tell her lovely and charming and healthy and there's a beauty tonic in every little ever so natural at that age. But the bristle of the brush. The manicuring young hopeful is stubborn. She has a set is fine, too. Don't let her cut her mania for clipping coupons and her cuticle, but have her file with emory dressing table is flooded with samples board; push back cuticle, cleanse with did not go unheeded by others. When of all kinds. What's more she uses them nail brush and orange wood stick, use all indiscriminately, which worries me. buffer and dry polish, and use a little And I know she uses more lipstick cream or hand lotion on her hands. ous in handling it until such time as outside than in the house. It seems so But keep things off her face. Adits dimensions were well publicized and utterly unnecessary, like gilding the monish her not to use this and that inthe necessary financing was completed lily, for she's really a pretty little thing. discriminately. Explain that there may Even then they sometimes hesitated I've permitted her an end curl perma- be a chemical reaction to such a melec to molest it. A vein in the hand was nent, a little powder, a good hair brush that may make her skin blemished,

A "much-concerned mother of a 13- | ferior. That's fine, too, if the ends to encourage the ends. But I'd get her "We (her older sister and I) tell her | wielding that hairbrush up and out a

worth two in the brush. Occasionally which she seldom uses, an eyebrow brush harsh, coarse. Have her use a good, their worst fears were realized and a and a manicuring set with dry polish bland soap and a complexion brush, little gash vein developed. But, in any and a buffer, which made her "squak." rinse thoroughly, leave the skin free to event, they had money to go ahead and What more do you think she should breathe. Outdoor exercise, instead of rouge, to keep the cheek colour at its "The mine operators of the earliest What more should she have? What height. A little powder to tone down days, were without the guidance of more should she ask? Here is a devoted shine on the nose and accentuate the geological information later developed mother taking a very sane, broad view, cheek roses by contrast. A little pomade They naturally assumed that where meeting the young modern more than on the lips if they are dry, but no such long, rich veins existed they would half way. But the young one has a will colour. A wee bit of vaseline and brushpersist to great depth and when it was of her own and a dressing table full of ing is permissible for brows and lashes. realized that they did not there was samples. Oh, she'll appreciate her Point out to her that people measure considerable disappointment and a mether's preaching some ten years beauty in the very young by health slump in Cobalt mine shares. On the from now. That's the unfortunate part and the natural glow and sparkle. The time she spends at the dressing table more numerous than the most optimis- An end curl permanent-that's fine had better be spent out-of-doors, tic could have expected. and quite in order particularly if | (Copyright, 1936, by the Bell Syndi-

garbage pails! pail' which I promptly proceed to "I'm a pretty even-tempered-and temperatured - fellow but I've one live up to by keeping every last bit pet aversion. It's the garbage pail. of every dish so attractively fresh Not for what it is but for the waste that you simply cannot help but it is accessory to. Just think of the think of new and appetizing ways leftovers, the odd slices of meat of serving it. I'm just as careful and spoonfuls of vegetables and with liquids, too, and am always dessert that go into it when I'm ready to make up a batch of tinnot around. So, my slogan is 'Save the Food and starve the garbage kling ice cubes for any occasion." Canada Northern **Power Corporation** ELECTRIC Limited controlling and operating REFRIGERATION Northern Ontario Power Company Limited Northern Quebec Power Company pays for itself Limited It's easy to own an Electric Refrig-