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McLAREN'S LIMITED
HAMILTON CANADA
SINCE 1885

Quota of Milk Daily is Necessary to Health

It May be a Glass a Day or it May be a Quart but Whatever the Quota it Should Figure Regularly in the Diet. Also Here are Some More Recipes.



(By Edith M. Barber)

Do you drink milk or eat it? It makes no difference whether you take a glass of milk with or between meals or whether you take it in the form of soup, cocoa or any other milk drink. You may get part of your quota through ice cream and other desserts which have milk for a foundation. You may also count the concentrated form of milk which we know as cheese.

In the interest of health, however, the adult should get as much as equals from a cup to a pint each day. The child should have from a pint and a half to a quart. Both children and adults may take part of this amount with cereals. While whole milk is as nearly a perfect food as nature provides, the most important contributions are retained in skimmed milk. It may be used in cooking, if butter is used on the table to fulfill the daily need.

In childhood the protein contribution of milk is one of its important assets. Throughout life the minerals and vitamins which it provides, makes its use

particularly desirable. It is more highly supplied with calcium than any other food, and it is difficult for us to get this particular mineral in the quantities in which it is needed from any other source. Calcium not only is essential in the formation of strong bones and good teeth, but also regulates the beat of the heart, the contraction of the muscles and the response of the nerves. Rose states that calcium is a co-ordinator of balance among the minerals. Do you drink or eat an adequate amount of milk each day?

Gelatin Cream

- 1 1/2 tablespoons gelatin soaked in 1/4 cup of water
- 3 cups milk
- 3 eggs
- 1/2 cupful sugar
- Salt
- 1 teaspoonful vanilla

Add the soaked gelatin to the milk and scald in a double boiler. Beat the yolks of the eggs and to them add the sugar and salt. To this add some of the hot mixture and when well mixed add to the milk and gelatin, stirring constantly. Cook until it thickens, add the vanilla, and remove from the fire. Add the whites of the eggs, stiffly beaten, pour into molds, and cool. To vary this recipe one cupful of nuts, or eight or ten macaroons may be ground and sprinkled over the pudding when it is removed from the molds.

Cheese Timbales

- 4 eggs
- 1 cup hot milk
- 1 cup grated cheese
- 2 tablespoons chopped green pepper
- 1/4 teaspoon paprika
- 1/2 teaspoon salt

Beat the eggs very light, add to them the hot milk, the grated cheese, green pepper, paprika and salt. Grease timbale molds, fill with the mixture, set in a baking pan of boiling water and bake in a moderate oven (375 degrees Fahrenheit) until set. Turn out carefully on a hot platter. Serve at once with tomato or pimento sauce, if you wish.

Report for April of Dome Public School

Standing of the Pupils in the Various Classes at the Dome School for April.

Senior Fourth Class—Kathleen Connolly, Jean Stringer, Margaret Munro, Billy Murphy, Donald Lightbody, Doris McGinn, Louise Kellow, Jimmie Procopio, Billie Richardson, Bobby Millions, Kenneth Thomas, Johnnie Shumliak.

Junior Fourth Class—Margaret Foster, Leontina Didone, Grace Pirie, Fernleigh Uren, Viola Lalonde, Thelma Edwards, Jim Curtis, Stewart McGinn, Raymond Cole, June Countryman, Bobby Doran, John Kobzey.

Sr. III—Nick Rewegan, Joyce Eames, Gino Campagnola, Clifford Henry, Lilian Williams, Shirley Burke, Elaine Leiterman, Elsa McDonnell, Everett Edwards, Mike Baker, Walter Rewegan, Dorothy Thomas, Walter Lang, Maureen Thomas, Edith White, Edna Tripp, Grace Richmond.

Jr. III—Florence Connolly, Carmela Didone, Robert Dye, Evelyn Booker, Laverne Stroud, Roscoe Morrison, Edith Uren, Eleanor Burke, Edwin Hughes, Doug Leiterman, Robert Richmond, Nelson Terrien, Benny Curtis, Patricia Masterton, Billy Booker, Carson Chevrier, Jean Munro, Winnie Williams, Mildred Rickward, Silvanus Chevrier.

Sr. Second—Aldo Campagnola, Lois Countryman, Stewart Pirie, Germaine Raymond, Edith Visentin, Jimmy Jamieson and Victor Tuite equal, John Faymer, Howard Williams, Clarence Chevrier, Lawrence McGinn, Gladys Kellow, Catherine Morrison, George Costain, Mildred Barnes, Irene Libby, Billy Chevrier, Mary Richmond.

Jr. Second A.—Lynn Beard, Raymond Williams, Elwyn Tripp, Mildred Mitchell, Harold Henry, Evelyn Jay, Delora Booker.

Junior II B—Elena Cundari and Louis Campagnola, Marion Michell, Billie Hocking, Mary Countryman, Jack Jay, Doreen Hocking, Allan Webb, Beulah Lang, Ada Curtis, Jean Williams, Jack McGinn, Helen Andsten, Joan Conod, Pauline Lively, Thora Webb.

Senior I—Joe Mitchell, Jim McDonnell, Richard Barnes, Jackie Phillips, Barbara Raymer, Teresa Frocopio, Charlie Blair.

Junior I—Forna Henry, Billie Longworth, Esther Collins.

Sr. Primer—Audrey Edwards, Clara Campagnola, Phyllis Lively, Pauline Burke, Dorothy Mitchell, Billy Uren, Lily Steschyn, Douglas McGinn, Mona Richardson, Mary Leiterman, Margaret Connolly, Lorne Pirie, Billy Beard, Dolores Stroud and Gerald Kjelstrom, Kelly Andrews, Peter Douglas, Lilybel Kello, Absent, Kathleen Rickward.

Jr. Primer—Phyllis Leiterman, Ewart Stanlake, Gilbert Gervais, Harold White, Bruno Plovesan, Myrtle McGinn, Harry Chevrier, Louise Raymond, Clara Hocking, Ian Lightbody, Donny Lalonde, George Blair, Lloyd Countryman, Bobby Booker, Mary Mitchell, Louis Raymond.

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THOUGHT SHE KNEW WHY THE MEN CIMBED UP THE POLES

(From The Canadian)

A lady motorist was driving along a country road when she spied a couple of repair men climbing telephone poles. "Fools!" she exclaimed to her companion, "they must think I never drove a car before!"

The "Go-Away" Bird Not Popular in South Africa

(Johannesburg Star)

A reader expresses doubts as to the existence of the "go-away bird" mentioned in this column last night.

These birds do actually exist as hunters well know. In appearance they remind one of the imaginary drawings which are seen in the pages of children's fairy tales. The birds are black with white heads and white tipped wings and long tails.

The reason for their name is that their cry as they fly sounds like the words "go-away" and is uttered in a shrill note.

To hunters they are a confirmed nuisance, for they seem to have taken upon themselves the role of warning game which is being stalked. They fly about the hunter and his quarry, emitting their cry and alarming the game which regard them as heaven-sent sentries.

The game reserve abounds in these birds, particularly at the southern end, and they are often seen and heard near Barberton.

Women Want Bell Rung to Gather in the Children

A rather unusual demand was made some days ago at Burk's Falls, Ont. Two ladies, representing the housewives of the village, appeared before the village council to request that arrangements be made for the ringing of the town bell at noon and at six o'clock. The ladies informed the village fathers that since the Algonquin Corporation plant had curtailed its operations and discontinued blowing the factory whistle at noon and at 6 p.m., the village had been strangely silent. The tragic part of the silence was that housework was being disrupted, for the children were neglecting to come home on time for their meals.

According to one despatch from Burk's Falls the delegation "implored" the reeve and members of council to have the town bell rung at these hours to warn the children (and husbands) that it was time to eat. The indulgent village fathers promised to instruct Chief of Police Harry Blakely to ring the town bell twice daily, except Sunday.

The Women's Institute of Burk's Falls has already seen to the ringing of the bell to warn all of the services on Sunday. The bell-ringer is paid \$20 a year for performing the bell-ringing for church on Sunday.

Temiskaming Endorses the Leadership of Geo. Henry

At the annual meeting of the Temiskaming Liberal-Conservative Association last week at New Liskeard a motion was passed unanimously giving hearty commendation of the able manner in which Hon. Geo. S. Henry conducted the affairs of the Opposition during the recent session of the Ontario Legislature. The resolution was suggested by one of the lady delegates, Mrs. Geo. Mitchell, and was enthusiastically taken up by the gathering.

Dr. D. R. Fleming was elected president of the Temiskaming Liberal-Conservative Association for the ensuing term, while Tom Lowery, also of New Liskeard, was elected as secretary-treasurer.

On the suggestion of W. C. Inch, barrister, of Haileybury, delegates from Temiskaming are to go to the provincial convention without specific instructions as to who they are to vote for as new leaders, though the hope was generally expressed at the convention that Hon. W. A. Gordon, K.C., former minister of mines in the Bennett government, would allow his name to go before the convention as candidate for the leadership of the Conservative party in Ontario. The delegates at the Temiskaming convention believed that Hon. Mr. Gordon would make an ideal leader for the provincial party, and that his outstanding talent and prestige would mean early victory for the party if he were the leader.

Advices Raking of Lawns at Early Date

Effort Required on the Part of Those who Desire Good Lawns, says Dominion Agronomist.

(By Dr. L. E. Kirk)

Persons who desire good lawns can have them, but it will require some effort on their part, especially in the early spring. This is the time when a little attention may save a considerable amount of work later on. Just as soon as the snow has disappeared and the soil is dry and firm enough to walk on is the proper time to remove all dead grass by giving the lawn a good raking. This prevents the young shoots from getting smothered and aerates the soil around the roots. There need be no fear of pressing down hard on the rake handle; the grass will not be injured by rough treatment.

Early spring is the time also to fix up those bare patches with a little fresh seed. First rake them in thoroughly to a depth of two inches. Then broadcast grass seed evenly. Cover very lightly with a sprinkling of sifted soil, pack down firmly, and water frequently with a fine spray.

Kentucky blue grass is the best and most widely adapted grass for lawn purposes. It is used as a base for most lawn mixtures, because it is very serviceable and long wearing. One of the best grass seed mixtures for lawn consists of four pounds of Kentucky blue grass and one pound of Colonial bent (brown top). To this may be added one-quarter ounce of white Dutch clover, if a little clover in the lawn is desired. The above mixture is seeded at the rate of three pounds per 1000 square feet. In order to insure getting dependable clean seed, the purchaser should always insist on grade 1.

Lawn grass, like other living things, must have food if it is to grow normally. This food can be supplied at comparatively small cost and should be applied to the lawn just as soon as the raking and seeding has been done. There are on the market a number of ready mixed fertilizers, practically all of which will produce good results. It is important to apply fertilizer very evenly and at the rates specified on the containers, because satisfactory results cannot be expected by applying one pound where five pounds are recommended and vice versa. As soon as the fertilizer has been applied it should be well watered in, care being taken to use a fine spray so that the seed is not disturbed in the newly-seeded areas. On these seeded areas the ground should be kept moist, but not flooded, for about two weeks so that the young plants have a chance to become established.

Cutting should be regular and should start just as soon as the grass is long enough to allow the mower to function properly. It is a mistake to allow the grass to grow over two inches long at any time. When cutting, it is advisable to use a grass catcher and remove all cuttings. This material does harm by forming a mat around the crowns of the grass plants, thus smothering young shoots and it also helps weeds to spread, as weed seeds are generally present in the cuttings and, if not removed, soon become established.

For a new delight in Tea try Salada Orange Pekoe Blend

"SALADA" TEA

WONDERED WHY CHILDREN CONSIDERED A NUISANCE

(Stayner Sun)

Little Betty was reading a letter replying to her mother's application for boarding house accommodation at the seaside. Presently she looked up "Mum," she said, "why do boarding-house keepers object to children?" "I'm sure I don't know, dear," replied mother, "and I'm much too busy now to worry about it. Go and see what baby is crying about. Tell Gerald to stop shouting peas at people on the street."

Used Very Big Words to Put Over Little Ideas

(From Sudbury Star)

Every newspaper editor at one time or another is called upon to edit the copy of some technical writer, and is perennially amazed at the technical verbiage that is used to disguise the real meaning. It is a standing joke among lawyers that the hardest witness to get anything out of is a doctor, because he insists in talking technical terms instead of using plain English understandable to the jury. But lawyers are no less guilty, and their writings are plentifully sprinkled with "the aids" and "be it therefore resolved."

But the following example from a Department of Agriculture release to newspapers is worthy of record. It concerns the habits of a moth:

"It would appear from what evidence is available that the act of oviposition is immediately stimulated by the crepuscular diminution in the intensity of illumination, and the rise in relative humidity as the diurnal temperature decreases."

It seems that the writer of the above quotation meant to say, "Egg-laying seems to be stimulated by twilight and the dampness of the evening."

Logging and Mining Lead in the Dominion

Labour Gazette Figures Show Two Northern Industries Lead in Recovery.

Figures released by the federal department of labour in the current "Labour Gazette" reveal that logging and mining are leading Canada's return to prosperity.

Indices based on the "normal year" of 1926 show that while other industries are lagging behind conditions of that year, the two great industries of Northern Ontario are away ahead.

For every 100 men in transportation in 1926, there are to-day only 77; for every 100 in construction in 1926, there are to-day 78. Figures for other trades to-day, compared with the index of 100 in 1926, are: manufacturing, 99; communications, 77; services, 117; and trade, 123.

But for every 100 loggers in 1926, there are now 147, and for every 100 miners in 1926 there are now 129.

Choose Vocations to Suit the Abilities of Students

(From Kiwanis Magazine)

A man interested in vocational guidance recently asked for and received permission to circulate a questionnaire among one hundred school boys. One of the questions was an inquiry as to what profession the boy was most anxious to get into. The inquirer was dumbfounded to find that 82 of those 100 boys wanted to be detectives. The explanation was that one week before the local chief of detectives had addressed the student body.

All too often vocational guidance fails to be guidance at all. Too many of us working with young folks do not guide, but merely try to find out what they want.

The real effort of the man trying to engage in vocational guidance, should be to find out the occupation to which the child is best adapted, rather than the one for which he has a vague longing, without any particular ability.

Another important part in the decision should be the crowded condition of one profession as compared with another. The child may be undecided between the two. Let us suppose he is uncertain whether he would like to be a dentist or a lawyer. Let us suppose his parents have the money to give him the necessary education in either case. There is one attorney to every five hundred of our population, while there is only one dentist to every seventeen hundred. It seems likely that the average citizen needs a dentist as often as he needs a lawyer.

Other statistics along these lines are culled from a report from the Bureau of Education at Washington.

One trained nurse for every 400 of our population.

One engineer for every 500 of our population.

One attorney for every 500 of our population.

One physician for every 800 of our population.

One pharmacist for every 900 of our population.

One dentist for every 1700 of our population.

One optometrist for every 10,000 of our population.

Kirkland Lake Firemen Give First Aid to Woman

At Kirkland Lake last week the five-year-old son of Mrs. Alex Wilson, while playing with matches, set fire to some curtains and for a time it looked as if the house would be burned down. Mrs. Wilson, however, put up an able as well as a courageous battle against the flames and held the blaze down until the arrival of firemen. Mrs. Wilson was painfully burned on the hands. The Kirkland Lake Fire Chief gave Mrs. Wilson some relief from the pain of the burns by the application of a special ointment which is to be standard stock in the new first aid kit to be carried on the light truck at Kirkland Lake. So painful and serious were the burns sustained by Mrs. Wilson that a Kirkland Lake jeweler was called to cut the rings from her fingers to give her relief in the swelling that resulted from the burns.

Ottawa Journal—A motor car travelling 65 miles an hour hit a Toronto street car, and four persons were killed. The driver was going somewhere.

UGH! HOW I LOATHE SCOURING GREASY PANS!

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WASHES DIRT OFF without scrubbing

Gillett's Pure Flake Lye saves hard rubbing and scrubbing... cuts through grease... gets rid of dirt—easily, quickly. Use a solution* of 1 teaspoonful dissolved in a quart of cold water. Used full strength it also cleans and disinfects toilets, sinks, etc. Frees clogged drains from obstruction. Won't harm plumbing or enamel. Get a tin!

*Never dissolve lye in hot water. The action of the lye itself heats the water.

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"You know what it's like in the kitchen of a big hotel. They have chefs, second-cooks, fry-cooks, pastry-cooks, coffee makers and a lot of other specialists. I do ALL these jobs. I roast, fry, boil, broil and bake — each with a master's touch. All you do is decide what you

want me to do, prepare the foods, snap my switch, and leave me to it. You really don't need to come near me again till it's time to dish up. For my perfect, even cooking heat never fails and I make a special point of keeping ALL the flavor and nourishment in everything I cook."

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