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## EDWARDSBURG CROWN BRAND CORN SYRUP

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### About the Meat Problem and Making Quick Meals

Economy Calls for Much Planning and It's Well to Use  
Fish Often, Says Expert. Quick Meals May be Built  
Around Salad and Prove Very Appetizing.



(By Edith M. Barber)

The meat problem for the quick meal usually looms large in the menu plan of the business woman housekeeper. Meats such as steaks, chops and, nowadays, ham as well, which cook so quickly, make a big hole in the market allowance when used every day. The use of fish once or twice a week is often an economy and such savory dishes as creamed frizzled beef and hamburger steak are inexpensive. Besides the usual broiled or pan-broiled meat balls, those of the Swedish type are not only particularly savory, but, because they demand a mixture of bread crumbs with the meat, are particularly reason-

able. To go back to creamed frizzled beef, please note the title. While I do not always give it at such full length, this describes the only process which, in my opinion, produces an appetizing dish of what is often known as creamed chipped or dried beef. The meat should be torn to pieces and "frizzled" in butter until it is slightly brown and crinkly. The flour, four tablespoons to an equal amount of butter, should be sprinkled over the meat and stirred into the butter until the latter is all absorbed. It should then be browned slightly before the milk is added and then stirred over a low fire until the sauce is smooth and thick and a lovely creamy colour. That's real creamed beef—no mixture of pasty white sauce and scalded beef on my table and I hope not on yours. Perhaps you have gathered by this time that creamed frizzled beef is one of my favourite dishes.

#### Creamed Hamburger

3 tablespoons butter  
½ pound hamburger  
4 tablespoons flour  
Salt, pepper  
2 cups milk  
Dash of Worcestershire sauce.  
Melt the butter and cook the hamburger in it for half a minute. Stir in the flour and salt and pepper and when blended, add the milk slowly. Let boil one minute and season with Worcestershire sauce. A little minced onion may be cooked with the butter, if desired.

#### Quick Meal

Vegetable soup  
Creamed frizzled beef  
Baked potatoes  
Buttered squash  
Lettuce with pickle dressing  
Cantaloupe  
Coffee  
Method of Preparation  
Light oven, scrub potatoes and bake.

Prepare squash and cook  
Prepare lettuce and dressing  
Prepare frizzled beef.  
Open can of soup and heat.  
Make coffee.

Into your salad bowl should go first the lettuce or romaine which if you are wise, you wash before you put it into your covered pan in the refrigerator to crisp. On this you may slice slivers of cucumbers and sweet onions, perhaps a few radishes. With this may go sliced peeled tomatoes or avocados. Your dressing may be mixed in the kitchen or at the table, but I like to blend it with the salad itself when I am just ready to serve it. If the family is educated to garlic the bowl may have been rubbed with this pungent seasoning or a bit of bread impregnated with it may be added to the salad. Hard cooked eggs may be sliced over the salad or the yolks may be rubbed through a strainer and the whites sliced. Instead, you may like to use deviled eggs as an accessory.

Another addition may be bits of cooked bacon or ham or bits of anchovy. You will also like these with potato salad dressed with mayonnaise or a cooked dressing. Cold salmon with mayonnaise to which ripe or green olives or capers have been added, served on a platter and surrounded by sliced cucumbers with a French or sour cream dressing is another supper salad suggestion.

#### Cucumbers With Sour Cream

1 cup sour cream  
Salt, paprika  
2 cups sliced cucumbers  
1 pimiento  
Whip cream, season to taste with salt, paprika and vinegar. Add cucumbers and pimiento, cut into strips. Sweet cream may be used if extra vinegar is added.

#### Quick Meal

Chilled pineapple and orange juice  
Salmon mayonnaise  
Cucumbers with sour cream  
Saratoga potatoes

Sliced peaches. Iced coffee.

#### Method of Preparation

Slice peaches, sweeten and chill.  
Prepare cucumbers, lettuce and dressing.  
Prepare salmon mayonnaise  
Prepare orange juice and mix with pineapple juice.  
Make coffee.  
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#### SUBURBY'S POPULATION IS NOW GIVEN AS 24,440

According to the report of the city assessor the population of Sudbury this year is 24,440. The total value of assessable property and income for the year in Sudbury is given as follows:—Land, \$4,003,838; buildings, \$8,230,640; income, \$1,204,773.

Toronto Saturday Night:— And speaking of the stork derby, there is a possibility it may be indefinitely prolonged, for in the event of a tie, there would presumably have to be a play-off.

### Settlers Organize to Advance Interests

(Continued From Page One)  
mills. Why couldn't an organization do the same sort of useful work for the settlers if they worked together? He urged that the settlers be organized all over the North and that they present a united front in advancing the case for the settler.

The following officers were elected by the gathering:—  
President—E. O. Frank, Porquus Junction, Ont.

First vice-president—S. Lafontaine, Barber's Bay.

Second vice-president—H. McKenna, Porquus Junction.

Secretary-treasurer—D. Carter, Co-secretary (French)—C. E. Bernier.

The president, E. O. Frank, who was elected by acclamation, was called to the chair and spoke of the aims and objects planned for the Settlers' Association. He said he had worked all over the district in the hopes of getting such an organization going. The whole purpose of the association would be to help the settlers to establish themselves. The present outlook was not very bright for the settlers. Mr. Frank outlined some of the conditions that made the lot of the settler particularly difficult. He believed that with the right sort of organization and co-operation the settlers could do much to help themselves. The organization also could place the facts of the case before the authorities, and no doubt if the association became truly representative of the settlers and had their full support, it would carry weight, and the result would be benefit for the settlers. It was the very definite and decided intention to keep association completely free from politics of any kind. Mr. Frank felt that this was essential. The whole idea should be to work for the betterment of the settler. It was hoped and planned to have units of the association at different places throughout the whole district, and these units would have representation on what might be called the central body.

Before the meeting adjourned the president took occasion to thank the speakers, especially those from a distance, for the valuable assistance they had given at the meeting.

It was also decided to draft a letter outlining the needs and requirements of the settlers, with suggestions as to how the settlers might be helped in their difficulties, copies of the letter to be sent to the Prime Minister of Ontario, the Minister of Agriculture, the Minister of Highways, and the local member for the riding, John Rowlandson.

Another meeting of the association is planned for an early date.

### Now Quintuplets Have Fortune Told

Noted Psychological Professor Thinks Dionnes May be an Orchestra.

Looking at the Dionne quintuplets from a psychological viewpoint, Professor Christie McKenna, psychic reader and horoscopic interpreter, envisions for them a future as a five-piece orchestra, led by petite Marie.

After a visit to Dafoe Hospital, the professor asserted that the famous five were more clever than the average child of their age, attributing that characteristic to the lack of restriction in their play.

Predicting that the youngsters may not take to music readily at first but will turn out to be brilliant musicians, the psychologist declared, "They must not be separated."

"In later years," the professor was asked, "what will the quint's attitude to their brothers and sisters be?"

"There will be no snobbishness," came the assurance. "A French person cannot be snobbish in the first place. Their gradual association with the other children will lift the veil slowly. As for jealousy, the elder Dionnes will be proud of their accomplished sisters."

"Blue is a very lucky color for the renowned five with green, white and brown also suitable. "I would advise Dr. Dafoe, however," said the professor, "never to allow the children to wear red."

He explained that red was the lowest colour psychologically, and would tend to create nervousness.

Oddly enough, the lucky number for the quint's, according to their horoscope, is five. Their lucky years are supposed to be 1925, 1940, 1944 and 1949.

Characteristics attributed to the children are alertness, bravery, culture, observance, determination, versatility and a keen intellect.

Of Marie, he said, "She is witty, observant, most clever, and bright as a silver dollar." Yvonne, he feels, will be very attractive and the "boss" of the quint.

"I wouldn't be surprised to see Marie beat the rest for height, by the time they are young ladies," the speaker declared.

He stressed the bond of sympathy and camaraderie existing among the children.

According to the horoscope for the quint's, they should excel in professions, as the following: accountants, school teachers, journalists, actresses, musicians, book sellers and clerks.

#### GIRL OF SEVENTEEN THE BRIDE OF MAN AGED 100

A 17-year-old girl has married a man aged 100 at Agitch, a village in Bosnia, Yugoslavia. The girl, Zena, is rich and beautiful. She had many young suitors, but she chose Djevad, the centenarian. They were engaged for a year before their marriage, so Zena had plenty of time to think over her choice.

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### Planning to Market More Pulp, Timber

Hon. Peter Heenan Drafts  
Three - Point Programme  
to Increase Production

With an aim to put Northern Ontario timber on the world and United States markets, Hon. Peter Heenan, minister of lands and forests, has announced a three-point programme which is the result of negotiations conducted at Queen's Park, Toronto, Friday and Saturday.

The lands and forests minister announced:

1. The winding-up of arrangements for another new contract for pulpwood export—40,000 cords in 1936-37 and 60,000 in the following years.

2. The sanctioning of a survey of two Northern waterways with a view to their improvement to give access to ten to twelve million cords of what is now inaccessible timber and pulpwood.

3. An estimate that at least 5000 square miles of timber is being regained by the Crown by negotiation.

"And not by the big stick," Mr. Heenan added. His reference was to last year's Reallocation Act, which gives the government power to forcibly re-arrange the boundaries of old timber limits. Instead, the minister stated, they had proceeded by negotiation with the old timber limit holders and were getting back "at the very least" 5000 square miles.

The idea, Mr. Heenan said, was to permit the harvesting of overmature timber on these old limits and at the same time to promote employment in the North.

Mr. Heenan took particular pride in the move to open up the two waterways into inaccessible timberland. The waterways are in the Long Lac and Nipigon areas, and Premier Heppburn, he said, is permitting the Lands and Forests Department to proceed with the preliminary surveys, looking toward their improvement.

"I am very enthusiastic about it," the minister said. "And I'm glad that the prime minister was quick to see the importance of spending a small amount of money to bring that great area of pulpwood and timber into production."

### Left Barn Door Open Horses Gorge Selves

Timmins Man Accused of  
Being Responsible for Ill-  
ness of Horses

An article on the front page of a recent issue of The Hamilton Spectator suggests the lesson that guests who use farmers' barns and stables for their sleeping quarters should see to it that the lives of horses, cattle, pigs or what-not are not endangered by any action or lack of action of the said guests. The Spectator gives front page prominence to the alleged carelessness of a Timmins man in using a Binbrook barn for sleeping quarters. If Northern newspapers would give equal prominence to all the trouble caused by

Hamilton fellows visiting the North in recent times, the damage would be great indeed. However, here is what the Spectator has to say in the Southeast corner of its front page:—

"On the farm of Aymer Fletcher, Binbrook, are three large draught horses suffering from an acute attack of indigestion because for a few hours last night they experienced life as it is probably lived in the heaven for horses. As the result of their sad plight Mike Athanas, bearded Greek tramp, was convicted of vagrancy in magistrate's court this morning and remanded eight days for sentence.

"Last night Mike found it too cold to sleep in the bush near the Fletcher farm and crawled into the hay mow of the barn. However, he neglected to lock the barn door, and the horses which had been left in the pasture entered and proceeded to gorge themselves on the succulent newly thrashed wheat and barley. This morning when Mr. Fletcher went to the barn Mike hastily departed and locked the door after him, locking the horses in with their feast.

"Mr. Fletcher caught sight of him and held him for the provincial police, meanwhile summoning a veterinary to take care of his bloated horses. Asked in court if he had anything to say, bearded Mike replied that Officer Mason Spearman had already told every-

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thing. The officer testified that Athanas was looking for work as a chef and had last been employed in a Timmins restaurant. He had been living in the bush four days."

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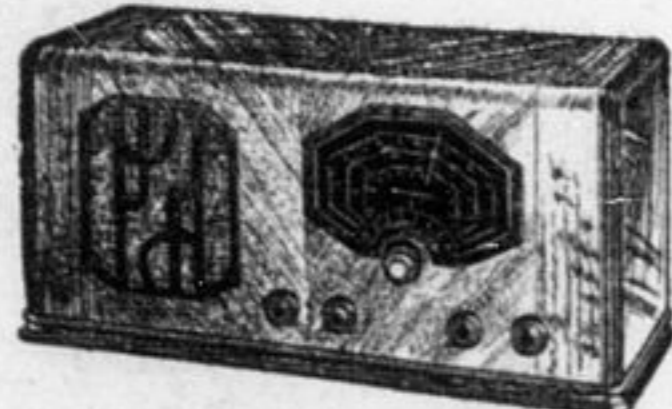
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