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Milk Can be Used in Many Different Pleasing Ways

Domestic Science Expert Points Out that Milk may be Used in Many Ways and Styles, and Thus Every Member of the Family may Receive Full Quota Each Day.

Milk in some form, every day, should be the rule in every household. Children may have part of their daily milk ration as a beverage and part in other forms. There is fortunately a wide



(By Edith M. Barber)

variety of recipes of which milk is an ingredient and which are acceptable to both children and grown-ups. A feature of these dishes is the seasoning and flavouring which cover the bland flavour of milk. Brown sugar, spices and dried fruits are "seasoning" for desserts and herbs and seasonings for soups and luncheon dishes.

Sour milk or buttermilk is fully as useful as fresh milk in cooking and imparts tenderness to cake, cookies and griddle cakes. Sour cream is delicious in griddle cakes and cookies.

Milk-Vegetable Soup
2 cups diced cooked vegetables
2 tablespoons butter
1 small onion

SNAP
Cleans Dirty Hands

1 quart milk
Salt
Pepper
Nutmeg or chopped parsley.
Carrots, celery, turnips, are diced and cooked together until soft. Chop the onion and cook in butter until yellow. Add cooked vegetables, liquor, milk and seasoning. Heat, sprinkle with parsley or nutmeg and serve at once. The same recipe may be used for a cream soup by blending three tablespoonfuls of flour with melted butter.

Golden Tapioca Cream
3 tablespoonfuls granulated tapioca
3 cups milk
1/2 cup brown sugar
1/4 teaspoon salt
3 eggs
1/2 teaspoon vanilla
Scald milk in double boiler and slowly add tapioca. Cook until clear and add some of hot mixture to yolks of eggs slightly beaten with sugar and salt. Return to boiler and cook, stirring constantly, until mixture coats spoon in a straight line when tested. Remove from fire and fold in stiffly beaten whites. Flavour, pour into pudding dish and chill.

Prune and Raisin Pudding
3/4 cups milk
1/2 cups brown sugar
Salt
3/4 tablespoons cornstarch
1/2 cup raisins
1/2 cup cut prunes
Scald three cups of milk. Mix cornstarch and salt with rest of milk and add with sugar to hot milk. Stir until thick and smooth, add fruit and cook over hot water 30 minutes. Pour into large or individual molds and chill. Serve with plain or whipped cream.

Sour Cream Cookies
1/2 cup shortening
3 cups sugar
3 eggs
2 cups sour cream
2 cups flour
1 1/2 teaspoon soda
1 teaspoon baking powder
Salt
2 teaspoons nutmeg
Cream fat and sugar together, add eggs and beat well. Sift flour, salt, baking powder and nutmeg, together, and add alternately with cream. Chill, roll out, cut into rounds. Brush with water,

sprinkle with granulated sugar, and bake about ten minutes in moderate oven (350 degrees F.). They may be garnished with raisins or with halved almonds before baking. Sour milk or buttermilk instead of cream may be used if fat is increased to 1 cup.

Sour Milk Griddle Cakes
3 cups flour
1 teaspoon salt
1 teaspoon soda
1 teaspoon baking powder
1/2 cup sugar
2 1/2 cups sour milk
1 egg
3 tablespoons melted shortening
Mix and sift together dry ingredients. Add sour milk and beaten egg. Add melted fat and bake on both sides on hot griddle. If mixture is too thick add sweet milk. It will not be necessary to grease griddle if this amount of fat is put in batter and smoke of baking will be avoided. If sour cream is used, add only one tablespoon of fat.

Ginger Cake
4 tablespoons shortening
1/2 cup sugar
1 egg
1/2 cup sour milk
1/2 cup molasses
1 teaspoon cinnamon
1 teaspoon ginger
1/2 teaspoon salt
1/2 teaspoon soda
1 1/4 cups flour
Cream fat, add sugar gradually. Beat egg well and add. Mix the molasses and milk. Mix and sift dry ingredients, add alternately with liquid to creamed fat and sugar. Bake in moderate oven (350 deg. F.) 30 to 40 minutes.
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By James W. Barton, M.D., Toronto

That Body of Hours

The Injection Method of Treating Hernia
When we were examining recruits for the army our instructions were to reject those with anything more than a slight degree of varicose veins in the leg or varicose veins in the lower end of the bowel—piles.

Those willing to undergo operation for these conditions were allowed to go so and told to report for examination later.

Now this was before the injection method of treating varicose veins and hemorrhoids was being done. To-day the majority of recruits with these conditions could undergo the injection method and remain on light or even ordinary duty. There would of course be some whose cases would not be suitable for the injection method.

And now the medical profession is faced with the problem of the new method of treating hernia or rupture (a very common condition) by an injection method, as compared with the regular or surgical method.

In order to get the opinions and experiences of the medical profession, the

BE BEAUTIFUL
By ELSIE PIERCE
FAMOUS BEAUTY EXPERT

Flowers predominate as ornaments for evening coiffures. CLAIRE TREVOR selects an assortment in shades to harmonize with her frock.

THE EVENING COIFFURE

Whether the gay social season means a single important party or a round of gayeties, you simply must have a special evening coiffure for the special evenings.

Some two years ago when we meekly predicted the return of the pompadour we did so with more than a little fear, mixed with a little "dare." To-day the pompadour is the reigning mode, versatile enough with its innumerable variations.

Now all those things getting into women's hair—flowers, feathers, mantillas, veils, fur pompons, combs. We wonder to what heights we are to go. Can it be that we'll borrow from the beauties of another day to the point of wearing foot-high shoes and things in our hair before long? Again with a little fear we say we hope not, because we think we've gone to dizzy heights already.

What We've Seen
Leaving our fears and predictions, let's see what we've actually seen. Pompadours—lovely versions. With combs or jewels in them. High tufts of curls above the brow, sides curling. A steep, sleek, brushed up mountain of curls at the back. Rolls, generous ones.

Council of Pharmacy and Chemistry of the American Medical Association addressed a questionnaire to a selected list of hospitals with a view to learning which this method was used, its safety and effectiveness, the extent of unfavourable complication, and the nature of such complications.

"Replies, which were received from most of the institutions addressed, revealed that the method is not used in the majority of hospitals consulted and that it is considered safe and effective by those using it, although careful selection of cases must be made. Several unfavourable complications were recorded. The number of cases considered "suitable" for this treatment was about 15 per cent."

On the other hand the Council on Pharmacy and Chemistry received a letter from 50 physicians in good standing who stated that "they were convinced that the injection method can be used safely and is effective in the majority of cases of hernia, can be used where surgery is not advisable and is just as free from complications and dangers as is surgery."

The point then is that in cases where this method is suitable, it means no loss of time from work, no anaesthetic, no hospital stay, and a good result. Therefore when hernia exists the family physician should be consulted as many individuals who for various reasons would not or could not undergo operation may get relief by this injection method, if their cases are suitable.

Are you susceptible to colds? Do you worry about your heart? Are you overweight or underweight? Does your food agree with you? Do you have to watch your calories, fats, starches, etc.? Do you believe you have an ailment that medical tests do not reveal? The following booklets by Dr. Barton will be helpful to many readers and can be secured by sending ten cents for each one desired, to cover handling and service, to The Bell Library, 247 West 43rd Street, New York, N.Y.

"The Common Cold," "Overweight and Underweight," "Eating Your Way to Health," "Why Worry About Your Heart?" "Food Allergy," "Neurosis."

REASON FOR SARCASM

(From Sudbury Star)
"Need only tweezers to pick free gold from rock in North," reads a headline in a Toronto paper. So far, however, tweezers have not been included in the regular equipment of miners and prospectors.

North Bay Nugget:—According to M. St. A. Woods, professor of ancient history at Victoria College, Canada's reputation as the breadbasket of the world is threatened by changes in modern diet. He finds the good old-fashioned loaf being spurned more and more year by year.

the popular centre part breaking into two generous horn-of-plenty rolls—Edwardian rolls, angel rolls.

Mantillas. A blonde looking ravishing in one of heavy black starched lace. Did you think that only the dark-eyed, dark haired damsels could wear them? Veils edged with fur. Lacquered fruits, flowers, birds, wreaths of metal kid.

Demand Two Things
All these gay, intriguing hairdresses demand two things. The coiffure itself must be glamorous enough, a fitting setting for the ornament. The ornament, like the jewels a woman wears on her hands or around her throat should not outshine what they embellish. That is why the coiffure must be the last work. And the hair itself must be in condition, alive with highlights, lustre, colour.

Glamour tricks, gay little artifices, embellishments, they are all to be used to enhance, never to conceal, just as make-up is used to heighten one's own colouring. It is a mistake to feel that people will notice the hair itself less if it is ornamented. If anything they will notice it more. So make sure that the foundation is perfection itself before you embellish.

Kapuskasing Wants Sports at New Airport, July 1st

(From Northern Tribune)
Ken Main, one of the best-known of Canadian civil aviators, flew a big seven-passenger Fairchild airplane to the Kapuskasing airport Friday from Sioux Lookout, accompanied by another pilot. He was returning to Ottawa in the same machine that he flew west through here last week as far as Winnipeg. Mr. Main was recently appointed an inspector of civil aviation under the new ministry of transport, and these duties took him on the present flight of inspection. He is spending the day in Kapuskasing, and will set off for Ottawa early Saturday morning.

The speech from the throne read at the opening of parliament at Ottawa on Thursday mentioned that legislation would be introduced providing for the inauguration of a trans-Canada air service this year. This announcement was no surprise, being the culminating step in activities which have spanned several years in preparation for such a service. Details are still lacking until Hon. Mr. Howe, the minister of transport, makes his explanation in the House of Commons when introducing the airways bill; but it has been freely stated from official sources that the coast to coast airplane service will be started on July 1st this year. Kapuskasing's airport is one of the five main key points between the two coastal terminals, and therefore will have prominence on Canada's future aviation maps.

When the government's plans are better known in connection with the opening of the trans-Canada airway, it would be quite in order for Kapuskasing to "tie in" with this auspicious event as much as possible. July 1st is always a big holiday here, and such an unusual event as the official opening of the Kapuskasing airport should draw a big crowd. Could it not even be arranged for part, if not all of the usual holiday sports to be held out at the airport, with the Kapuskasing band in attendance and a whole afternoon of fun for all? Perhaps our Board of Trade could look into these possibilities, and in good time ask the department at Ottawa for their co-operation on the holiday.

THIS ONE IS NOW GOING THE ROUNDS OF THE NEWSPAPERS

A teacher asked her class in spelling to state the difference between the words "result" and "consequence."
A bright girl replied: "Results are what you expect, and consequences are what you get."

Sudbury Star:—Over in Cuba the latest coup was reported as painless. No one heard even the rumba of distant guns.

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BOY SCOUTS IN TIMMINS

I wonder just how many parents read this column. Parents of Scouts and parents of boys who are not yet Scouts. Among my files I find something that might prove of interest to them. The clipping was entitled "Twelve Good Reasons Why Your Boy Should Become a Scout," and reads:—

1. Scouting fills a boy's time with healthy occupations in healthy company.
2. Scouting gives a boy character which is essential to success in any career.
3. Scouting is not a military movement. We are out to make good individual citizens, not a crowd of imitation soldiers.
4. Scouting gives a boy opportunities of Service for God and his neighbour. This is the basis of religion.
5. Scouting makes a boy handy; his hobbies are useful at home as well as interesting to himself.
6. Scouting gives a boy a sense of honour and loyalty. He will not let you down or tell you a lie.
7. Scouting teaches a boy self-reliance so that he could fend for himself and help other people.
8. Scouting gives a boy health through open-air exercise and self care; he gains a sound mind in a healthy body.
9. Scouting finds out a boy's natural gifts, and so helps to find "square holes for square pegs" in the choice of career.
10. Scouting gives a boy happiness through cheery comradeship and the enjoyment of nature.
11. Scouting widens a boy's outlook since its branches in every civilized country are in mutual touch with one another.
12. Scouting will make a man of your boy and the sort of man you would wish him to be.

There are a few vacancies in one of the community troops which could handle your boy so get in touch with any Scout or Scoutmaster that he might join a troop.

The 1st pack have a very fine totem of a wolf head upon which is hung the record of each boy in the pack. Other Akela's might get an idea from it if they were to visit this pack at any of their regular Friday night meetings in the Hollinger hall.

The regular meeting of the 3rd Pack was conducted by Scouters Wheeler, Gibbons and Rewe in the absence of their own Akela last Friday. Drawing was the main subject, with games played using what had been taught.

Again on Saturday in the Hollinger hall at 2:30 instruction will be given in the Pathfinder's Badge. This is open to Scouts from all troops. Upon completion of this badge others will follow.

Waterloo Chronicle:—Washington estimates that the recent depression has cost the world \$149,000,000,000.

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WINTER GOLF TOURNAMENT
Victoria March 1-6, 1937
Full information from any ticket agent

CANADIAN NATIONAL

How far from drudgery THIS is!

Many women get so used to the weekly grind of washing and ironing they become dulled to the drudgery involved in old-fashioned methods. The next time you do the weekly ironing, keep a time record of how many hours it takes you. Is it two hours, three, four—or all day or more? No matter whether it is two hours or the better part of two days, just consider this: An electric ironer will save you two-thirds of the time, and the third you spend will be oh, so much easier than any ironing you have ever done by hand. And a modern electric ironer is not complicated, either. You learn to use it quickly, it does a fine job, even on fussy pieces, it costs less than 3c an hour, and can be bought on easy terms.

It takes minutes—not hours—to do the entire ironing.
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