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## Traditions Die Hard in Boston in Regard to Food

In Food as in Other Things Boston has a Character All Its Own. Account of a Visit to a Kitchen Where a Woman Was Making her Saturday Doughnuts.

Boston has a character all its own. It retains so much of its historic atmosphere, although it is one of our largest cities. Traditions die hard in Boston. This applies to food among other things. I for one would be aggrieved



(By EDITH M. BARBER)

If baked beans and brown bread were not offered for Saturday night supper, and if there were not codfish cakes for Sunday breakfast.

Salt codfish with potatoes is to be found almost every day on the restaurant menus, and, of course, New England doughnuts and squash pie are featured. I made my way into the kitchen in the house of one of my friends and found her busy making her Saturday batch of doughnuts. You may be sure that I had more than one, just as they came out of the kettle.

I missed my usual lobster stew on



this visit but did not leave without a taste of that fine shellfish. Marjorie Mills, well known as New York newspaper woman as well as to her Boston public, saw to that when I went to cocktails at her house in Winchester. Around the fireplace in the pine paneled living room, furnished with early American heirlooms, we enjoyed tiny parties of puff paste filled with toaster which had been marinated with a highly seasoned French dressing. There were other delicious tidbits of crabmeat, caviar, anchovy and cheese. At another party the hors d'oeuvres were especially interesting. Eight tiny jars, each filled with a savory paste of a different flavour, were served around the tray containing hot crackers. And a new idea to me, with the hot sausages and also impaled on toothpicks, were pieces of spiced watermelon rind.

This being Wednesday, my usual day for the business women housekeeper's column, I should mention that both my hostesses carry on two jobs.

**Quick Meal**  
Vegetable Soup  
Baked Beans  
Brown Bread  
Cabbage, Pineapple and Pimento Salad  
Doughnuts Coffee

**Method of Preparation**  
Light oven.  
Open can of baked beans, place beans in pot or casserole and bake.  
Prepare salad.  
Heat brown bread  
Open can of vegetable soup and heat.  
Make coffee.

**Caviar Fingers**  
Brown bread  
Butter  
2 ounces caviar  
Lemon  
1 1/2 teaspoons onion (minced)  
Cayenne pepper  
2 tablespoons mayonnaise  
1 hard-boiled egg yolk  
1/2 teaspoon parsley  
1/2 teaspoon catsup  
1/2 teaspoon prepared mustard  
Cut thin slices of brown bread into finger lengths. Butter the slices lightly.

Mix two ounces of caviar carefully with a squeeze of lemon, a teaspoonful of chopped onion and a dash of cayenne pepper. Spread the slices with the caviar. Mix mayonnaise with strained egg yolk, parsley, one-half teaspoon chopped onion, catsup and mustard. Spread around edge of canapes. Stand in a cool place until required.

**Spicy Salad Dressing**  
1/2 cup sugar  
1/2 cup vinegar  
2 tablespoons olive oil  
1 tablespoon minced onion or 2 tablespoons pearl onions  
1 teaspoon salt  
Paprika  
1/2 teaspoon Worcestershire sauce  
2 tablespoons minced celery  
2 tablespoons minced green pepper  
Mix the ingredients, add a small piece of ice and beat one minute.  
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### Didn't Know What Common Law Wife Was, but Had One

Henry Duval was in an odd position in police court at Sudbury last week. He claimed to have a common law wife, but did not know what a common law wife might be. In years past some of the Timmins police used to often hear about common law wives from prisoners who claimed to have them, but despite the number of these cases some of the police could never hear that expression "common law wife" with any equanimity. One of the peculiar things about it is that though hundreds of women may claim to be common law wives and as many men will admit to having common law wives there is not a case recorded to date where a man claimed to be a "common law husband." To return to the Sudbury case, however, when Lillian Duval, 45 years of age, was charged with vagrancy, Henry Duval stepped forward to say that he was keeping her and so consequently and accordingly she was no vagrant but his common law wife. "What is a common law wife?" the magistrate asked Duval. "I don't know," was the honest opinion of Duval. The magistrate agreed that the man did not know. The lady was sentenced to two months in jail on the vagrancy charge.

### Urged to Avoid the Evil Work of the Agitators

The Sudbury Star on Saturday last had the following paragraph:—"Foreign-born workers in Sudbury were warned to shun all agitators who enjoy an easy life at the expense of the workers during an address by J. Obelnycki at a meeting of the Ukrainian Anti-Communist League in St. Mary's Hall, Thursday evening. The speaker recounted incidents in Sarnia where foreign-born workers got beaten, arrested, lost their jobs and relief because they listened to agitators. J. Havre, president, explained the methods used by Communists in Spain in order to obtain a foothold there. Nicholas Stuss condemned the sit-down strikes in the United States and quoted from United States newspapers to the effect that sit-down strike organizations were supported by the Communists."

## BE BEAUTIFUL

By ELSIE PIERCE  
FAMOUS BEAUTY EXPERT



JUNE LANG follows a definite beauty schedule as Miss Pierce advises. Hair, skin, eyes, hands are cared for in "insure" their last beauty

### Beauty Insurance Better Than Crystal Gazing

If you could look into a crystal and see yourself ten years hence, looking young and lovely, would you come away thrilled? Or, if you saw yourself looking much more than ten years older and much less lovely than you are today, would you be a little fearful? On the other hand, no matter what the picture would you be just a bit skeptical, feeling "who can foretell?"

As a matter of fact you can foretell, much more surely than by crystal gazing just how you will look ten years from now. Because beauty effort and result are related, because it is pretty much like a bank account, what you put into the cultivation and preservation of your good looks you get back with interest.

Beauty insurance, we might call it. Why not? We insure ourselves against illness, against burglary, against accident—why not against loss of loveliness? Suppose someone were to tell you that it would cost you one dollar or two a week and twenty minutes of your time each day, as the premium for beauty insurance, would you think that insurance rate too steep?

If you can afford the luxury of salon treatments the insurance rate increases, but then you are insured for that much more. But for the average woman who can only afford a hair setting every other week or once in three weeks but knows how to help herself along at home, who can prolong the life of a fingerwave and repair her own nails between manicures, and keep her eyebrows groomed at home, the minimum premium is sufficient. The only other expense, and it is really an investment, is in a few select toilet preparations specifically suited to her own needs—the particular group of beauty aids that will do the most for her looks.

Consistency Has Its Reward

And now for the time involved... the twenty minutes a day. Consistency has its reward. Day after day consistently you will cleanse your skin, tone it by patting with tonic, nourish it with cream if it is dry or prone to wrinkles. Day after day you will watch your diet, you will do some simple but beneficial exercises, you will take long walks in the open, you will drink plenty of water, you will sleep sufficiently. Day after day, as the habit grows, you will (seemingly without effort) be accumulating the benefits of your beauty insurance. And the end of the ten-year period, and ten years after that, your face, your hair, your figure—YOU—will still be beautiful. It can be done! It has.

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### Upholds Quebec Stand to Combat Communists

(From Rouyn-Noranda Press)

If Ottawa showed a tendency toward leniency in regard to the control of communism by abolishing Section 98 of the criminal code, the Quebec government has on the other hand provided legal means much more drastic for stamping out the movement in this province. Premier Duplessis since his accession to power has shown himself an uncompromising opponent of the Reds and has made it clear that he is determined to put an end to their activities in this province.

Section 98 was intended to prevent illegal assembly, and was directed particularly against communistic gatherings. The new bill passed in the Legislature a few days ago goes even farther and provides for the "padding" of buildings used in this province hereafter as centres for such activities or meeting places for the spread of communistic propaganda. The bill passed the Legislature unanimously, which indicates the extent of the feeling existing in this province against the disciples of Moscow, and we are quite sure few will be found in the north who will question the wisdom of the government's action or regard the bill as too severe. There is a vast difference between free speech and abuse of its privileges.

We saw in the twin cities in the past few years enough of the results of activities on the part of objectionable foreigners, who had no stake in the communities and no purpose in view but the disruption of industry and the fostering of revolution to be very much concerned now about objection raised to the methods proposed to put a curb on the destructive work of people of this ilk. We know a couple of halls in Rouyn which since they were built have been used for the most part as schools for the spread of communistic doctrines and the inculcating of hatred against our institutions in the minds and hearts of those who have come to us from foreign lands. We saw public disturbances and two futile strikes which resulted only in disillusionment and vain regrets for those misguided individuals who were induced to take part in what were movements towards demoralization of industry rather than the welfare of the workers, and after a couple of years of comparative immunity from such activities we know that the ugly head of communism is again showing itself in these towns.

The new legislation is timely so far as the twin cities are concerned, and we hope that if the holding of meetings is continued and the paid agitators persist in using public halls to poison the minds of those who would otherwise be useful, industrious Canadian citizens, the police will take advantage of the new measure to evict these places of assembly and use every other means provided by the new bill to put a stop to Red machinations hereabouts.

Blairmore Enterprise:—Just think what would happen if, when you needed a doctor, you had to wait as long for him as he sometimes has to wait for his money.

### KING'S GREAT-AUNT CELEBRATES BIRTHDAY



Princess Louise, great-aunt of King George VI, was the recipient of cables from all parts of the world on the occasion of her ninety-third birthday. Above are two pictures of Princess Louise, Dowager Duchess of Argyll (left) as she appeared shortly before she came to Canada, to become chateleine of Rideau Hall; and (right) as she appears to-day. She is the oldest surviving daughter of Queen Victoria, and great-great-aunt of Princess Elizabeth and Margaret Rose.

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### Cold Spring, Says Copper Cliff Man

Sage of Town Near Sudbury Foretells Coming Weather

Rev. A. J. Bruce, Copper Cliff, enjoys quite a wide reputation as a weather prophet. Some of his predictions have hit the mark on the head, but some others have not been so happy. Despite this record fact people have the habit of waiting to hear what Rev. Mr. Bruce has to say before they feel they know what the weather is likely to be. Last fall Rev. Mr. Bruce foretold a more or less open winter, so his stock is more or less on the upgrade these days. His latest prediction has been received from Sudbury and it would appear that he is expecting the present spring to go to be rather cold. This was the idea he appeared to give out last Saturday when he was interviewed by some newspapers.

"The forecast for the next few months will be cool and promising a very backward spring," he declared. "Moisture under the average; some snow in April, comparatively heavy; very cool during the month of May, with little moisture. No summer weather until June, and then with possible heat waves and cloud bursts."

"Unfortunately for this portion of the globe, since the 22nd of March, the upper cirrus of winds, named from the clouds of the upper belt, which are from 10 to 20 miles above the earth are passing from northwest to the southeast, if anything favouring direct north," he explained.

Rev. Mr. Bruce's complete summary of the weather situation affecting the ensuing few weeks is as follows:

"On March 21 as the vernal equinox sun crosses the equator from south to north thus from March 22 to September 22 the days are longer than the nights.

"At an equinox either vernal or autumnal when the sun, moon and earth are on dead centre, the sun draws the moon away from its regularly distanced orbit which results in tidal waves and current disturbances. And the moon being drawn closer to the sun acts as a shield preventing equal distribution of the sun rays and heat to her universe. And as there goes on almost continually combustion in the magnetic fields of the sun which may converge on any part of the sun's surface, these magnetic fields are known as sun spots. During the winter of 1936 and '37 the sun spots were at a maximum. These sun spots or magnetic fields were in such a position during the past winter as to prevent the customary heat waves to strike the southern hemisphere giving the advantage to the northern hemisphere even as far as into the Arctic circle.

"Another contributory factor was the possible vagrant comet coming within influence of this constellation, yet not visible or else already being drawn in by Jupiter, the largest of our attendant planets known to astronomers as the policeman of the Heavens. Thus the cause of the extremely warm winter that we enjoyed. At the time of the combustion these sun spots are driven out from the sun as far as 10,000,000 miles and shift from one position to another very rapidly.

## STEELE BRIGGS SEEDS

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### Once Against the Law to Bathe More Than Weekly

(By W. E. Aughtinbaugh, M.D., in The Chicago Tribune)

The early Romans and Greeks were great for bathing and spent many hours in their baths and in going to healing springs and medicinal pools. Indeed, many Grecians and Romans of the better class provided baths in their homes, and Seneca, in one of his writings, complains bitterly of "the man who sings while taking ablution." Oriental peoples enjoyed their baths, too, and it is said that one of the rajahs of India invented chess while bathing.

In the Middle Ages throughout Europe the bath for some reason fell into disrepute and the French court practically abandoned water for bathing and cleansing purposes, and took so strong and agreeably scented perfumes and toilet waters, using them as a disinfectant against body odors. In this manner toilet powders and scognes originated. This was also true of the English court before and during the reign of Queen Elizabeth. It was quite common to have body lice in the ungainly wigs and elaborate mounds of hair worn by members of the nobility of that time. Many of the European lower classes went through life without ever having a bath. I had a patient, the wife of a president of a Latin American republic and an Indian by birth, whose Scotch maid told me that in her four years of service she had never known the lady to get in a bathtub or to completely wash herself from head to foot. But she did drench her body several times a day in toilet waters and perfumes. Another American male patient of mine who amassed a fortune always refused to get in the bathtub, saying: "Only dirty people ever bathe." He did, however, wash his hands and face in the morning and evening.

Daily bathing in the United States is of comparatively recent origin. The first bathtub, made of mahogany and lined with sheet lead, was installed in Cincinnati in 1842 and the city fathers immediately passed a law prohibiting citizens from bathing more than once a week. Papers referred to bathtubs then as "undemocratic vanities." Cultured Boston after 1845 permitted bathing in tubs only when ordered by a physician. Virginia soaked the rich by imposing an annual tax of \$30 on each bathtub.

St. Mary's Journal-Argus:—An American Episcopal rector—the Rev. John Dwyer Perry, Jr., of Norfolk, Va.—will serve as a chaplain at King George's coronation as a "gesture of friendliness" between Great Britain and the United States.

### Health of Nation Should be a Primary Consideration

Speaking in the House of Commons recently, Dr. J. J. McCann, of Kenfrew, had the following to say, as reported in Hansard:—

"Does the committee realize that at any time in Canada there are 180,000 people on the sick list and that the economic loss to the country is in the neighbourhood of \$300,000,000 per annum? Yet what are we doing about it? So far as the federal government is concerned practically nothing is being done. Nothing is being done by the Department of Health in connection with research in cancer, diabetes, in heart disease, all of which are leading causes of death and disability. I believe it was Disraeli who said that the health of the nation should be the prime concern of any minister, and that holds good to-day—just as it did in Disraeli's time. Health is wealth; and if the Department of Health has as its first consideration, as it should have, the health of the nation, then it will extend its activities a great deal further even than is proposed under this additional setup. I must commend the minister for at least taking a step forward in the direction of preventive medicine."

### EXCUSES TO ME, HE SAID

He—"See that man over there? He's a bombastic butt, a windjammer, a non-sensibility, a false alarm, a hot air shrimp."

Woman—"Would you mind writing that down for me?"

He—"Why?"

Woman—"He's my husband, and I want to use it on him sometime."

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