

# Recommending Shad as Choice for Quick Meal

### Domestic Science Expert Suggests That if it is the Bones That Worry You in the shad, Then You Should Ask the Market Man to Bone the Fish For You.

The shad is a most thoughtful and obliging fish. It literally brings itself to market. Tradition tells us that the rivers which flow into the Atlantic were once practically clogged with shad on their way into fresh water to spawn



(By EDITH M. BARBER)

as the spring advanced. One of those good fish stories! Records tell us, however, that it was the custom of the Indians and the early settlers to build dams of stone after the fish had entered the rivers. A mile or so above, a great sweep of grapevines and brush was constructed. The fish swept toward the dam could literally be caught by hand.

This primitive method was soon superseded by huge seines which are used to-day. Along the Delaware I have seen good sized catches of these silvery fish. From experience I can tell you that nothing in the realm of food is better than a shad consigned to the pan only an hour or two after it had been caught.

Shad has one disadvantage in the opinion of some people. It has so many bones! The market man, however, will bone your shad for you if you are not an adept yourself. It takes such a short time to cook that it is a good

choice for a quick meal, as is, of course the tender roe. Nothing could be better than broiled shad with buttered new potatoes with cole slaw or sliced cucumbers.

**Broiled Shad**  
Split shad and brush with melted butter or olive oil, seasoned with salt and paprika. Put on a well greased broiler, flesh side up. Broil until well browned turn and broil until brown. Remove to platter, spread with butter and garnish with parsley.

**Broiled Shad Roe**  
Wipe the roe, sprinkle with salt and pepper and a few drops of lemon juice. Place on a well greased broiler and broil five minutes. Baste with a small quantity of melted butter and lemon juice. Turn the roe and broil five minutes more, on the other side. Serve with maitre d'hotel butter.

**Quick Meal**  
Broiled Shad  
Boiled New Potatoes Parsley Butter  
Buttered Carrots  
Cabbage and Green Pepper Salad  
Strawberries and Cream  
Coffee

**Method of Preparation**  
Boil water for potatoes and cook. Light Broiler  
Prepare salad and dressing  
Broil Fish  
Open can of carrots, heat and dress  
Prepare Strawberries  
Dress Potatoes  
Make Coffee  
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## Transient Arrested Near Cobalt on Serious Charge

On instructions from Crown-Attorney J. B. Robinson of Temiskaming, Provincial Police late on Monday laid a serious charge against Ernest Rail, 37-year-old transient arrested by Constable R. O. Stromberg at South Gillies, six miles from Cobalt after a girl walking the T. and N. O. Railway tracks to school Monday morning allegedly had been attacked.

Rail is held in the district jail at Halleybury and it is alleged he has been wanted on a similar charge at Hearst since 1935.

The girl fourteen years of age, furnished Constable Stromberg with a description of her assailant and Rail was located later in the sleeping quarters of men employed at Francoeur sawmill more than a mile away from the school at Gillies Depot, which the child had almost reached before she was attacked. Rail surrendered to the officer with the alleged admission he was the man sought, and while police say he admitted he had molested the girl, denied a more serious offence.

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# BE BEAUTIFUL

By ELSIE PIERCE  
FAMOUS BEAUTY EXPERT



LORETTA YOUNG poses in a new chapeau which is fastened to a knitted open skull cap revealing entire head.

## Coiffure and Chapeau Combine Continue to Roll Along Together.

The happy combination of hat and hair is no longer fashion news. They've been rolling along together for years now. But the wonder of it is how friendly they are, and how famously they get on for Beauty's sake. And the wonder of it, too, is that all women haven't yet discovered that there must be a definite relationship between hat and hair lines.

There's more freedom in fashion this year than I can remember. You can wear any size and shape of hat without falling out of favour with Dame Fashion. And you can choose from an infinite variety of coiffures. Your coiffure can be as simple and smart as you please or as charmingly elaborate as you can manage to keep it. The newest American idea and ideal is to coiffures that look intriguingly intricate but are comparatively easy to keep in place.

One thing all spring 1937 hats have in common. They expose a good deal of hair. So that you simply cannot overlook the coiffure, because others will not overlook stray locks or lack of harmony between hat and hairline.

**Off the Face**  
The strongest and youngest movement seems to be off-the-face. It takes a youthful face to wear them. No wrinkles, puffs or pouches under the eyes.

No sagging about the chin. As for the coiffure, the built up in front head dress with the rolls on top of the head or near the temples should be particularly flattering. With good features, a Breton rolled off the face and a centre part coiffure with the two "angel rolls" I call them—though they've been called "horns of plenty, etc."—should make a perfect combination.

The little perched-on-top of the head pill box hats or tight-fitting skull caps call for curls all around the head, not the ringlet variety of last year, but soft, soft curls and rolls.

For the deeper crowns I know of nothing more charming than the page-boy coiffure, a style that is taking top honours this spring.

For the jaunty-tilted on one side hats, curls and rolls on the hatless side, of course.  
You'll soon see brushed forward and curled under (inverted roll) bangs peeping from poke bonnets and draped toques.

Whatever the direction of your coiffure—up or down—your outlook is bound to be a happy one so long as hat and hair form a harmonious combination. And—so long as your hair is healthy, lustrous, and full of lovely lights.  
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## The Children's Corner

(By B. Honey)

### ANOTHER STORY

Are there often little things that trouble you but which sometimes go unanswered? I know some little boys and girls that like to know about things, and I shall introduce you to them, so that they may tell you all they have learned, and perhaps answer many of your questions. This is what they know about "The Coconut Cake."

Alice and her little sister Ruth were each making a coconut cake; or, to be exact, Alice was making the cake, and Ruth was getting the material for the tiny layers of hers from the generous "scrappings" which Alice had left in the mixing bowl.

"Gee! but they look scrumptious," Max exclaimed, as the light, golden-brown layers came from the oven. "I don't know which I want to test first! Maybe you had better save me to your doll party, Ruthie?"

"All Right," dimpled the little maid obligingly. "Two-thirty, under the crab apple tree at the foot of the lane. Give me some frosting, Alice!"

"I can't do it, honey," said her sister regretfully. "I haven't enough as it is. Mother said I would have to do with one egg—they are so horribly expensive. Can't you use jelly, dear, and sprinkle it good with coconut? I think that would be very nice."

"Where do we get coconut, Alice?" inquired Max, with eager interest. "This is certainly the finest I ever tasted!"

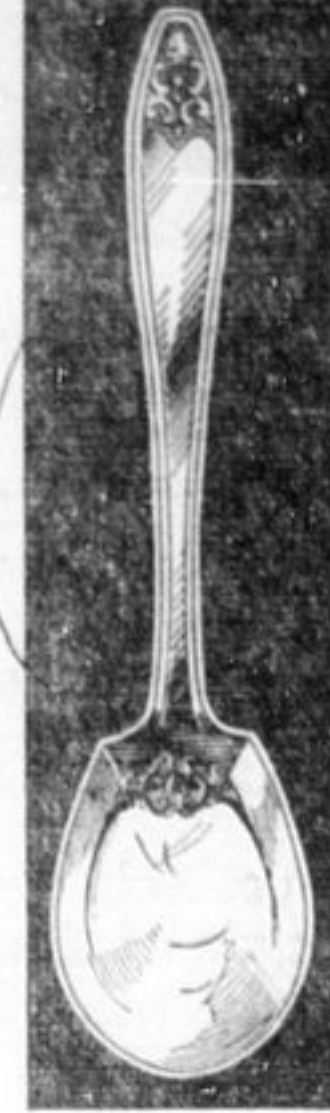
"It is the product of the coconut palm, which grows in nearly all the tropical countries," informed Alice, from the recesses of memory which included a composition on coconut, written only just last week. "The tree stands straight and naked some forty to sixty feet. At the top is a crown of feathery-like leaves. The nuts hang among the leaves, in clusters of a dozen or more. The nut, as we know it, grows inside a smooth hard rind. Nature has so enclosed and safeguarded the coconut that it floats on the water in perfect safety, and in this way has distributed itself over a large area. It is found on nearly every coral island in the warm seas."

"The natives find countless uses for the coconut tree and its nuts. The tree forms the building material for their huts, including the roofs. From the bark and leaves they make sheds, fans and matting, and from the fibre, fishing nets, ropes and sails. Some of the natives wear clothing made of net which Nature weaves about the roots of the leaves. The ripe fruit, when pressed gives them oil for their lamps and for cooking, and they also use it on their hair and skins. They make a salad of the young leaves, they drink the milk of the green nut, and use the meat of the ripe nut for food. They make a medicine from the flower, and sugar and wine from the sap. The shells are used for drinking cups, spoons and bottles, and the trunk of the tree, hollowed out, forms an excellent boat. The natives call the sweet whitish liquor which they get by boring into the tree "toddy." This is distilled into a sort of spirit called "arrack."

"They market large quantities of copra. Copra is the dried kernel of the fully ripe coconut. They are gathered when they fall and the husks taken off. Then the shells are broken, and the kernels are cut into strips and dried in the sun. This dried coconut meat is shipped to the United States or Europe, where a rich oil is pressed out of it which is useful in the making of soap and other things."

"There!" she concluded, finishing her cake and her "lecture" at the same time, "isn't that a peach?" And she stood back to admire the delicious-looking cake, with its thick coat of frosting, so plentifully sprinkled with flaky coconut.

"Which is the prettiest?" asked Ruth quietly, and she gravely deposited her own little cake beside it.  
Neither Alice nor Max had been paying any attention to Ruth, and now they stared at her cake in surprise. For it was a perfect miniature of Alice's.  
"Ruth Merryhew," cried Alice, in consternation, "did you go and break another egg? What will Mother say?"  
"She will say that I am a most economical little cook!" Ruth returned, with a funny wink. "I just used the white you left in your egg shell."  
"You did!" exclaimed Max. "You little witch! Then your cake is by far the



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# LIPTON'S TEA

prettiest! Don't you think we ought to cut it right now?"

And that is the story of the coconut cake. Will you remember it, so that if someone were to ask you all about it, you could tell them? Try hard, and you will!

Jas. W. Barton, M.D., Toronto

## Getting Out of Breath Easily Not Always Due to Heart Disease

Many individuals with a heart murmur are naturally afraid that as one of the heart valves is leaking they may die suddenly at any time. Their physician finds it difficult to make them believe that as long as the heart beats regularly, at a normal rate, and they do not get out of breath easily, they have nothing to worry about. However, since it is known that breathlessness on exertion is usually the first sign or symptom of a failing heart, many individuals with a normal heart who get out of breath easily begin to worry about their heart.

Dr. H. N. Jennings, Calgary, in an article "The Interpretation of Heart Symptoms," in the Canadian Medical Journal, says:

"Breathlessness on exertion is usually the earliest reliable symptom of a failing heart. It is also a symptom of anaemia (thin blood), of chronic lung disease, of increasing weight, of ad- (or "run down") conditions."

Another condition that causes shortness of breath is acidosis, when the blood has become less alkaline than it should be due to eating too much acid food (meat, eggs, fish, cereals), or to living on a reducing diet to get rid of excess weight.

There are also those cases where the patients complain of breathlessness on slight exertion, tire very easily, complain of palpitation and the heart rate is too fast. These individuals are simply in poor physical condition, no heart defect being present, and no other cause found.

Then there are the cases where the individuals have had some acute infection such as influenza or bronchopneumonia who get over these infections in the usual time but who get out of breath easily for weeks afterwards. In the recent flu epidemic in Great Britain the flu symptoms only lasted four days, but the patients were weak or prostrated for two weeks. This is due to the loss of some of the reserve power of the heart. Dr. Jennings points out that these individuals will completely regain their heart reserve by a period of rest followed by graded exercise.

In other cases the breathlessness or getting out of breath easily soon disappears when some infection (teeth, tonsils, sinuses) has been removed.

Thus while breathlessness on exertion is the first symptom of a failing heart, it may occur in a number of other conditions also.

## Why Worry About Your Heart?

Is it skipping beats, is it murmuring, is it large, is it small—send to-day for this instructive booklet (No. 102) by Dr. Barton which tells the story of your heart in a simple and satisfying way. Enclose ten cents to cover service and handling and be sure to give your name and full address. Send your request to The Bell Library, in care of The Porcupine Advance, 247 West 43rd Street, New York, N.Y. For an additional ten cents you may also secure Dr. Barton's splendid booklet, "Eating Your Way to Health" (No. 101). (Registered in accordance with the Copyright Act.)

## Urges Education for the Protection of Democracy

Toronto Saturday Night—With Mr. Lapointe's suggestion that a League of Canadian citizens be formed in which all democratic people, the laborer and the employer, the churchman and the public man should join hands in helping to spread the right kind of education throughout Canada (in opposition to the kind of education the Communists and Fascists are attempting to spread), we have a great deal of sympathy. We doubt very much if either Fascism or Communism could stand the competition if the proponents of democracy were as active educators as those in charge of Fascist and Communist propaganda.

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## Want a Good Lawn? Here's How to Get It

Some Suggestions from the Department of Agriculture.

(From Dominion Department of Agriculture)

Just as soon as the soil is dry and firm enough to walk upon after the snow has disappeared is the time to commence operations for ensuring a good lawn. The first thing to do is to remove all the dead grass by giving the lawn a thorough raking and attention should be directed to fixing up the bare patches by sowing fresh seed. The seed should be broadcast evenly on the bare patches after they have been raked to the depth of two inches. The seed should then be covered lightly with a sprinkling of sifted soil and packed down firmly. The patches should be kept moist, but not flooded for at least two weeks through the application of a fine spray.

Fertilizer is necessary for the lawn and should be applied just as soon as the raking and seeding have been done; and 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. When the time for cutting arrives, which is as soon as the grass is long enough to allow the mower to function properly, regularity in the process should be observed, and it is a mistake to allow the grass to grow over two inches at any time.

Reliable grass mixtures may be obtained from seedsmen but for those people who wish to mix their own, L. C. Young of the Dominion Experimental Farm at Fredericton who, as a Canadian authority on grass, has lectured on home lawns in the United States, recommends for the average lawn a mixture of four parts Kentucky Blue grass and one part Red Top at the rate of three to four pounds per 1,000 square feet of lawn. If it is desired to include White Clover, add one-eighth part to the mixture. Where the above mixture does not give satisfactory results owing to local conditions, Rhode Island Bent grass should be used at the rate of two to three pounds per 1,000 square feet. For shady areas, one-third the quantity of Rough-Stalked Meadow grass should be added. Failure to grow grass in shady places is due more often to conditions of low fertility and lack of moisture than to the shade itself.

Get that Spring feeling!

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