

In the Way of Meats, Veal Offers Best Value

Domestic Science Expert Believes Veal to be One of the Most Economical and Valuable of Meat Foods. Thinks Veal as Good as Lamb. Menu for Week, and Some Attractive Recipes.

Spring veal is fully as good as spring lamb and may be lower in price. Pipe-apples are coming to the height of their season. Asparagus, spinach and



(By Edith M. Barber)

new onions are among the plentiful vegetables in the market.

- Sunday—Breakfast**
Strawberries
Ham With Creamy Gravy
Waffles Syrup Coffee
- Dinner**
Spinach Soup
Celery Young Onions
Roast Veal, Mushroom Stuffing
Browned Potatoes
Asparagus With Brown Butter and Cheese
Ice-Cream Meringues, Pineapple Sauce
Supper
Shrimp Salad
Tea Cake
- Monday—Breakfast**
Orange Juice
Cooked Cereal
Boiled Eggs Whole Wheat Toast
- Luncheon**
Onion Soup With Cheese
Celery and Cabbage Salad
Coffee Cake Tea
- Dinner**
Veal Shortcake
Baked Potatoes, Buttered Beet Greens
Rhubarb Pie
- Tuesday—Breakfast**
Baked Prunes
Ready-to-Eat Cereal

- Bacon Toast Coffee**
- Luncheon**
Potato and Egg Salad
Brown Bread Sandwiches
Cookies Tea
- Dinner**
Scallops Fried in Butter
Mashed Potatoes
Artichokes With Hollandaise
Pickle Relish
Caramel Custard
- Wednesday—Breakfast**
Sliced Bananas
Cooked Cereal
- Scrambled Eggs Toast Coffee**
- Luncheon**
Noodles With Tomato Sauce
Shredded Raw Carrots
Cheese Toasted Crackers Jam
- Dinner**
Roast Ham, Olive Sauce
Baked Sweet Potatoes Baked Onions
Strawberry Shortcake
- Thursday—Breakfast**
Orange Juice
Ready-to-Eat Cereal
- Sausages Toast Coffee**
- Luncheon**
Cheese Souffle
Radishes
Canned Cherries Tea
- Dinner**
Black Bean Soup
Cold Ham
- Stuffed Potatoes Baked Tomatoes**
Chocolate Ice-Cream Nut Cake
- Friday—Breakfast**
Grapefruit
Cooked Cereal
- Omelet Whole Wheat Toast Coffee**
- Luncheon**
Crab and Celery Salad
Shredded Pineapple Cake
- Dinner**
Baked Sea Bass
Potatoes au Gratin Buttered Peas
Steamed Snowballs Fruit Sauce
- Saturday—Breakfast**
Tomato Juice
Ready-to-Eat Cereal
- Bacon English Muffins Marmalade Coffee**
- Luncheon**
Potatoes and Ham With Cheese
Radishes Young Onions
Steamed Rice With Shaved Maple Sugar
Steamed Rice With Shaved Maple Sugar
Tea
- Dinner**
Broiled Steak
Potatoes With Parsley Butter
Buttered Squash
Tapioca Cream
- Asparagus With Brown Butter and Cheese**

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BE BEAUTIFUL By ELSIE PIERCE FAMOUS BEAUTY EXPERT



Thorough rinsing following your shampoo is most important. Use a shampoo spray as is being used on VIRGINIA GREY if possible

Home Shampooing More of an Art Than It Seems

A great many women go to beauty shops and have their hair shampooed and fingerwaved. But a great many more shampoo their own hair at home. In fact, statistics show that with a recession a good percentage of the women who come to beauty salons for their settings, do their own pre-shampooing at home.

One seldom thinks of a shampoo as an art. True, it doesn't exactly require the skill of a re-style haircut or an individualized fingerwave. But, as with everything else there is a right and wrong way. And the more little inside tricks you know, the more successful your home shampoo is bound to be.

Ban the Bar

For instance, if the shampoo follows a warm oil treatment, it is best to start the shampoo by first applying the soap lather. However, if no oil treatment precedes the shampoo then it is best to start by rinsing the hair thoroughly with warm water, preferably using a bath or shampoo spray. This removes surface dust and lint.

Above all, put a ban on soap in bar form. Never apply the bar of soap directly to the hair. Instead, shave the soap, pour a pint of water over it, allow it to simmer over a low flame. When dissolved strain it through two layers of cheesecloth and allow it to cool. Then it is ready for use.

Work up a rich lather, rinse several times. Repeat the lather and the rinsing. If you have no shampoo spray, get under the shower. It is a delightful experience to have the water pouring through the hair until every bit of soap is completely rinsed away. Dry the hair between Turkish towels by light rubbing and scalp massage. This natural drying is one decided advantage that the home shampoo has over the beauty salon shampoo.

There are any number of satisfactory shampoos. A pure grade of castile soap

Weekly Garden-Graph
By DEAN HALLIDAY

Feeding shrubs

In the spring most of us spray certain shrubs, prune those which require it, cultivate the ground about them and feel our work is well done. Feeding of shrub and then work it into the soil expect them to flower and bear fruit year after year.

The proper method of feeding shrubs is the skill of a re-style haircut. Scatter the fertilizer in a circle under the shrub and then work it into the soil with a strong toothed rake. In the fall a second feeding can be given.

Exceptions to the above method are rhododendrons and azaleas. Do not cultivate the ground under them. Keep a mulch around these two types of shrubs all the year around, roots to protect their tender surface roots and to keep them from drying out.

ARROWS SHOW WHERE SHOOTS HAVE BEEN CUT BACK - SHOOTS ARE SHOWN ROOTING

Mounding for More Plants

Certain of the low-growing, bushy types of shrubs can be propagated by what is known as "mound layering". Mounding to produce more plants can be applied to quince, gooseberry, blueberry, sweet shrub, cotoneaster, hydrangea and spirea "Anthony Waterer".

As shown in the accompanying Garden-Graph, the parent plant is cut back severely to within a few inches of the ground. This encourages the formation of numerous vigorous shoots. In mid-summer pile a mound of rich, sandy soil over the stumps. In a little while the stumps will begin to grow, forming new rootlets at the nodes.

The following spring, if the shoots have not responded with good root growth, wait another year before separating them.

Bread

Packages of brown sugar will keep moist if kept in the bread box.

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Hints On Fashions

by LISBETH

Quaint Black Frock Favorite With Young

Black is a great favourite this spring, in spite of the fact that colour is so popular. It is vastly becoming to the sweet young things, as can be seen by this picture of Betty Furness, young screen actress, who is wearing a quaint gown of black taffeta combined with velvet.



The frock has a square-cut neck and high waistline banded in black velvet, full skirt and short, puffed sleeves. A nose-length veil sprinkled with sequins and fastened on top of her head with a hand-made flower, cerise in colour, and many strands of vari-coloured beads around the neck give the colour accents. Fresh flowers on top of her head would be even more charming with this dress.

Style Whimsies

Bright hose are preferred for present wear. Sunbans, light coppers and rosy beige are the popular colours.

Non-run stockings are being featured in three new tones—sizzle, rainbow and sunshine.

That the bloused silhouette will carry over into the fall is definitely admitted. The bloused-back version in the winter coat has a slenderizing effect in that it narrows the hips.

Brief puffed sleeves replace shoulder straps in the new evening gowns. The popularity of pleates is reflected in the large cartwheel hat with pleated taffeta brim and pique crown.

A colourful street ensemble for afternoon wear has a black pleated crepe dress topped with a sea-foam blue wool jacket. The buttoniere and gloves are of dusty pink, as well as the bandeau on the rather large black felt hat.

Household Hints

By MRS. MARY MORTON

Menu Hint
Fruit Juice
Meat Balls With Rice

Buttered Asparagus Radishes
Date Pecan Pie Tea or Coffee

Boil rice, and when meat and rice are done, pile the rice in the centre of a platter, arrange meat balls around it and pour sauce over all.

To-day's Recipes
Meat Balls—One and one-half pounds

ground beef, one-half pound ground pork, one and one-half cups bread crumbs, one egg, two teaspoons salt, dash pepper, one teaspoon grated onion. Combine ingredients in order named. Shape into balls. Melt a small amount of bacon fat or other meat drippings in a pan. Brown meat balls in it. Place balls in a greased baking dish or casserole. Over them pour the following sauce. Sauce—Two tablespoons chopped onion, one cup sliced mushrooms (canned or fresh), two tablespoons butter, two and one-half cups tomatoes, one-half cup sliced stuffed olives, bit bit of bay leaf. Saute onions and mushrooms in butter three minutes. Add tomatoes, olives and bay leaf. Pour over meat and bake meat balls in a moderate oven, 350 degrees, about one hour. This amount will serve six to eight.

Date Pecan Pie—One cup dates, one cup milk, two eggs, one tablespoon flour, two tablespoons sugar, one tablespoon butter, one-half cup chopped pecans. Chop dates, cover with water and cook in double boiler until soft. Rub through a coarse strainer. Add milk, well beaten egg yolks, flour, sugar, melted butter and pecans. Pour into an unbaked pie shell and bake in a moderate oven, 25 degrees, Fahr., for about 25 minutes. Cover with a meringue made from egg whites and four tablespoons of sugar. Place in oven for about 15 minutes, until meringue is delicately browned.

Hot Potato Chips Green Salad
Fillet of Catfish
Buttered Broccoli

Lemon Pie Coffee

You can try this manner of cooking catfish on any other fish. I know it is good. This particular recipe and those of ham steak Dixie came from Frank Haulman, French Lick Springs hotel chef and they are favorites, he says with the turf notables who gather at that Indiana resort for the Churchill Downs races.

To-day's Recipes

FILLET OF CATFISH FRIED IN CORNMEAL—Two pounds catfish fillets, three tablespoons flour, two well beaten eggs, one cup cornmeal, one level teaspoon salt. Salt the fillets on both sides. Next dip them in flour, then in beaten eggs and last in the cornmeal. Heat cooking fat in frying pan and fry the fish to a golden brown. Drain the fat, dot the fillets with small pieces of butter, and as soon as the latter turns brown the fish is ready to serve. Serve with lemon and tartar sauce.

HAM STEAK DIXIE—One ham steak, one-fourth inch thick; one sliced banana, one lump of butter, one teaspoon flour, two-thirds cup of milk. Fry the ham steak slightly on both sides in the butter. Place the sliced banana on top of the steak and bake in the oven for about 10 to 15 minutes. In the meantime add the flour to the drippings which are obtained by frying the steak, and last, add the milk. This will make the gravy. Cover a platter with the gravy and place the ham on it and serve immediately.

Exchange—Fascists display their arms—and their armies.



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- ACROSS**
- 1—An absolute ruler
 - 7—A small fragment of wood
 - 11—Enticed
 - 13—Girl's name
 - 14—Trudge
 - 15—Puts off
 - 17—An ovum
 - 19—Adverbial particle expressing negation
 - 20—Expression of inquiry
 - 22—To steer wild
 - 24—Little
 - 26—A lap robe
 - 28—Yelp
 - 30—Kind of beetle
 - 32—A bucket-like vessel and broken part of wax
 - 34—The coarse and broken part of wax
 - 36—Same as ti
 - 38—A metal light
 - 40—Faint, as light
 - 42—One who adjusts the garment to the figure (dressmaking)
 - 45—A greenish-yellow fruit
 - 47—Form of the verb "to be"
 - 48—An engraving on wood
 - 50—Uncommon
 - 51—Raises
- DOWN**
- 1—Spruce
 - 2—An addition to a building
 - 3—An astringent fruit of the black-thorn
 - 4—Dumpy
 - 5—Conjunction
 - 6—Diminutive of Theodore
 - 8—Inflamed the black-vine
 - 9—A woody vine
 - 10—By
 - 12—Lair of wild beast
 - 16—Dejected
 - 18—Lively playwright and wit
 - 21—Hovel
 - 23—Humor
 - 25—Goddess of dawn (Greek myth.)
 - 27—A narrow ditch by the roadside
 - 29—Legume
 - 31—Metal bolts
 - 33—A part of the bridle
 - 35—An Irish playwright and wit
 - 37—At a great distance
 - 39—Novel
 - 41—Small rodents
 - 43—Man's name
 - 44—Steal
 - 46—Mire
 - 49—Correlative
- Solution to This Puzzle Will Appear Next Week.**