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Timely Discussion of Foods and the Weather

Should Cereals be Used in Hot Weather? Domestic Science Expert Says That There is No Such Thing as a "Heating" Food in the Popular Sense of the Phrase. Nothing Like Exercise to Get One in the Trim

"Are cereals heating? Should they be avoided in summer? Questions like these, when they arrive each year, signal that hot weather is at hand. The an-

swer is always the same. There is no such thing as a heating food in the sense that the word is used by the questioners. All foods provide calories; some of them to a larger extent than others.

Pure fats give the largest amount in reference to measurement and weight. Proteins and starches are less than half as high in caloric value. Most foods contain varying proportions of protein and fat, and, of course, such foods as meats and eggs are starch free. Most cereals are high in starch and low in protein and fat. In the summer we depend largely upon the ready-to-eat cereals which are so light that it takes about a cup more or less to furnish a hundred calories. Although you may not believe it, we need just about as many calories to furnish us with energy during the summer as we do in winter, sometimes more if we go in for active sports. Of course, overeating should be avoided both in winter and summer, but especially in hot weather, because during intense heat many people are more sensitive to digestive disturbances. Most of us find what are known as lighter foods more appetizing than heavier dishes during the summer. Breakfast cereals and bread, however, are all the year around foods.

Rice Cream
1 teaspoon salt
3 — 3½ cups hot milk
1 cup rice
½ teaspoon vanilla
1 cup cream, whipped
1 cup drained shredded pineapple or other fruit
Add salt to milk. Steam rice in milk over boiling water thirty to forty-five minutes until tender. Cool. Add vanilla, fold in half of whipped cream, add fruit and pour into pudding dish. Chill and garnish with remaining whipped cream.

Bran Corn Bread With Bacon
2 eggs, well beaten
1 tablespoon melted shortening
½ cup bran
2 cups cornmeal
2 cups sour milk
½ cup flour
1 teaspoon salt
1 teaspoon soda
1 teaspoon baking powder
1 tablespoon sugar
½ pound bacon, diced
Combine eggs and melted shortening thoroughly; add bran, corn meal and milk. Sift dry ingredients together, add to first mixture and pour into greased baking dish (9 x 12 inches is a suitable size). Sprinkle bacon over

top. Bake at 400 degrees F. for twenty minutes, then slip pan under broiler for about three minutes to brown the crust and to crisp the bacon.
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Pretty Wedding at the United Church

Miss Loretta Briere and Mr. Howard Foster Married.

A pretty wedding took place in the United Church on Thursday morning at 10 o'clock when Rev. Milton Sanderson, united in marriage Loretta, daughter of Mr. and Mrs. Paul Briere, of Kapuskasing, and Mr. Howard Foster, son of Mr. and Mrs. Wm. Foster, of Kirkland Lake.

Lovely in a gown of white chiffon, made on fitted lines, with a flared skirt adorned by a wide lace border, and with a bolero jacket of white suede lace, the bride wore a waist-length veil of white tulle, caught in a corsage of white chiffon, and white gloves and shoes. She carried a large bouquet of Briarcliff roses and lily-of-the-valley.

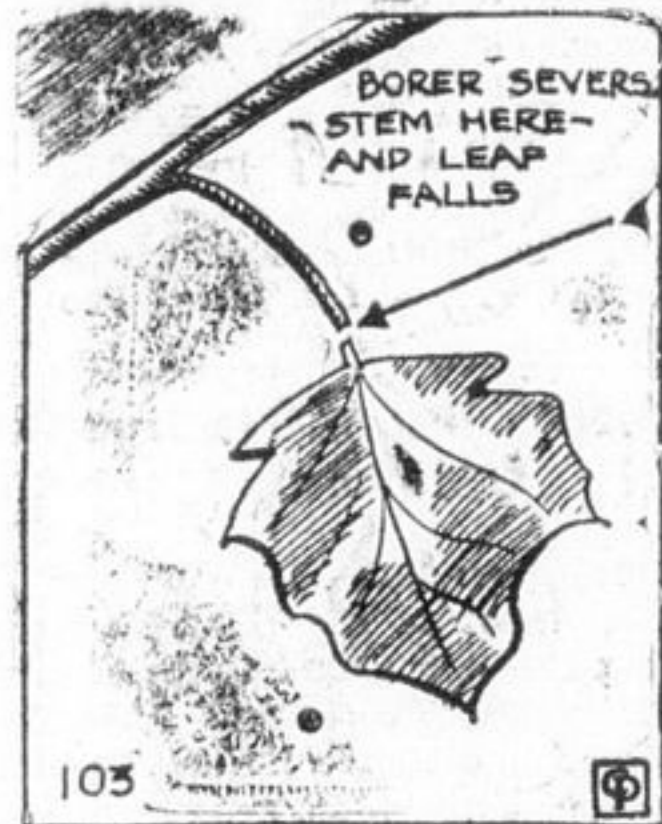
Miss Mary McTravers attended the bride, charmingly attired in a gown of pink chiffon, with a powder blue sash and small powder blue hat. She carried a bouquet of roses and babies' breath.

The groom was attended by Mr. Joe Estock.

A wedding dinner was served at the Fern Cottage, and later in the day the bride and groom received their friends at a reception at 35 Hemlock street. Miss Jean Briere, sister of the bride, of Kapuskasing, attended the wedding.

Mr. and Mrs. Foster will reside at 35 Wilson avenue.

Weekly Garden-Graph
by DEAN HALLIDAY



Maple leaf stem borer.

Have your maple trees been dropping their leaves? If so, look for the maple leaf stem borer, which is very prevalent this year. The leaves may fall in great numbers, causing serious damage to the tree.

As shown in the Garden-Graph, the borer tunnels into the leaf stalks, and the leaf is cut off, although the lower part of the leaf stem remains on the branch for some time. This borer is yellow, and very small, about one-third of an inch long. It usually works in the lower branches.

The best method of control is to collect the infested stems and leaves which have dropped and burn them. This will destroy the larvae, which are in the stems.

Roses will need a great amount of water from now on since the warm, hot days are here. It should be applied early in the day. If the foliage is wet at night it is an easy prey to mildew and black spot.

BE BEAUTIFUL

By ELSIE PIERCE

FAMOUS BEAUTY EXPERT

Nothing Like Exercise to Get One in the Trim

We quote the male of the species quite often in this column, because we feel that they know a thing or two about feminine pulchritude. So, here it is from a man—and don't charge it against me.

"What tears will be shed over excess pounds, this summer. What anguish could be spared if women would worry a little less and work a little more. How much wiser they would be if they were foresighted instead of getting panicky at the eleventh hour."

It's true. The average man worries less over his weight and is more consistent about doing things to keep it down. Winter has its lethargy. We slow up, we exercise less, we burn up less energy and we therefore store up more fat. But, most men have their indoor gymnasiums, their squash and handball. Women have their bridge parties (which means more rich food and more sitting around). With the first breath of spring men get out on the golf links, the tennis courts. Women have their spring shopping and cleaning to do, so they wait. Before long they find themselves in the thick of summer—and if I may be permitted a sally, very much in the thick.

No Time Like the Present

The thing to do is to get out and play. Walk. Work off those excess pads that piled on so stealthily while you were sitting back last winter. Join a golf group; enroll for swimming lessons; make gym work a part of your routine. The least you can do, if you feel sensitive (which is really a silly attitude) about joining a gym or playing a game at which you are a novice, is to walk a few miles every day in the great outdoors. Then, do some exercise at home night and morning



You could attain a figure similar to JANE HAMILTON'S if you follow my suggestions in to-day's article.

before wide open windows. If you are generally overweight, general exercise will help the trimming. If there are "spots" aim your exercise at the vulnerable part. You don't have to stand on your head or do contortions or strenuous exercises. Choose a simple set, but one that will really help you work off that weight.

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Hints On Fashions

by LISBETH

Lightweight, Plaid Coat Gives Young Traveller Chic Appearance

The small traveller this year has a wide choice of smart little coats to wear on her journeys. And small girls, like big ones, need a lightweight but stylish coat that is soft and warm, no matter where they sojourn.

Small girls, too, must look "feminine" in a season that stresses that note. The chic little plaid coat pictured is made of soft wool in swagger styling. The colours are green, navy, yellow and white. The straight-cut front of the coat has a high-buttoned closing with small coin buttons and two flapped breast pockets. The back fullness flares widely from nicely-fitted shoulders.

For added fashion interest the plaid is used diagonally for the cuffs of the long, straight sleeves, for the flaps of the pockets and for the brim of the matching hat.

A round white pique collar and a navy taffeta bow finish the neck of this smart little coat.

Style Whimsies
Long-haired furs and shorter coats are predicted for fall, as presented by Creed's house in Toronto, at a recent style show.

Hat crowns for fall will generally be high, and you can add a feather or group of them and be right in style.

Fur boleros are being suggested to top wool dresses for early fall wear.

Doll-sized hats are going to be tops for autumn.



Small Girl's Plaid Coat

A coat and gloves of deep blue organza are worn with a bright print dress in a lovely Paquin costume for afternoon.

New Zealand Decides to Add Women to Police Force

(New Zealand Press Union)
The New Zealand Government has decided to establish a system of women police, said the Minister in charge of the police department, the Hon. P. Fraser, to a women's deputation. The Minister said that it seemed to him, after giving the matter careful consideration, that the time had arrived when steps should be taken to recognize women police as part of the police system in the Dominion.

Kitchener Paper Speaks Highly of Hon. Dr. Manion

(Kitchener Record)
As leaders of the major parties are potential premiers it is essential that outstanding men be chosen for these posts. Dr. Manion has the qualities necessary for inspired leadership. He is magnetic, congenial, a fine speaker, a scholar, a surgeon, a war veteran, and a politician about whom nothing of an unpleasant character has even been whispered. He is a family man of whom Canadians can be proud.

Canada Lumberman:—Why fix attention only upon men's faults and infirmities?

Household Hints

By MRS. MARY MORTON

Menu Hint

- Tomato Juice
- Vegetable Meat Loaf
- Baked Potatoes
- Green Beans
- Tomato Salad
- Hot Biscuits
- Home Made Jam
- Tea

When the weather is hot it is a good time to use some of the wholesome canned vegetables or soups in our dishes and save cooking. I don't mean to use them in place of fresh green vegetables which are always so good at this time of the year, but to use them in some such dish as this meat loaf. The plum jam recipe is taken from a farmer's bulletin published by the department of agriculture in United States.

Today's Recipes

VEGETABLE MEAT LOAF—Two pounds round steak ground fine; one egg, one medium can vegetable soup, two cups rice flakes, one-half small onion, chopped fine; one and one-half teaspoons salt, one-fourth teaspoon pepper. Mix all ingredients thoroughly, mold into loaf, dust with flour and place in greased roaster. Sear in hot oven until brown. Add half cup of water, cover and bake in hot oven one hour. Uncover during last few minutes. Add water as required. Potatoes, onions, carrots may be roasted with loaf if preferred. In making loaf, cracker crumbs may be substituted for rice flakes.

PLUM JAM—Select tart plums, wash and drain fruit. To each pound of plums allow three-fourths pound of sugar and one cup of water. Boil plums in the water for 10 to 15 minutes, or until the skins are tender. Add sugar and stir while boiling until jelly stage is reached. Pour into hot sterilized jars and seal.

District Children's Aid Report for Month of June

The following is the report of A. G. Carson, local superintendent of the District of Cochrane Children's Aid Society for the month of June:—

Applications for children for adoption	1
Office interviews	58
Interviews out of office	49
Complaints received	23
Investigations made	25
Children involved	21
Mail received	83
Mail sent out	125
Children in Shelter	15
Children in boarding homes	35
Wards visited	70
Court attendance	4
Juvenile cases	7
Children on probation to court	24
Wards placed in boarding homes	21
Temporary wardship terminated	6
Wards returned to Shelter	1
Children made permanent wards	21
Wards placed in foster homes	2
Adoptions completed	1
Official warnings given	1
Mileage travelled	980
Meetings addressed	1
Persons prosecuted for offences against children	1
Children given hospital and medical care	3
Children given assistance in their own homes	6
Investigations for other societies	8
Cases under Unmarried Parents Act	6

Globe and Mail:—The charge that there is not enough cloth in the average bathing suit to flag a handcar would be more serious if handcars were more numerous on the beaches.

Monday Wash Welcomes Starch Package with New Modern Directions



If starching the laundry on wash day has been a sort of hit-and-miss method where you guessed at the right amount of starch to use—you'll be happy to know that the new Ivory Laundry Starch package contains complete printed starching instructions for all fabrics. Instructions for 5 different starching solutions with a list of all the important wash items each solution is best suited for, appear on every label. Starch used correctly can give wonderful results, so get a package of the New Ivory Laundry Starch and follow the modern directions printed on every label. If your grocer can't supply you send us his name and address and we will see that you are supplied. St. Lawrence Starch Co. Limited, Port Credit, Ontario.

Warn Vacationists Against Impure Milk

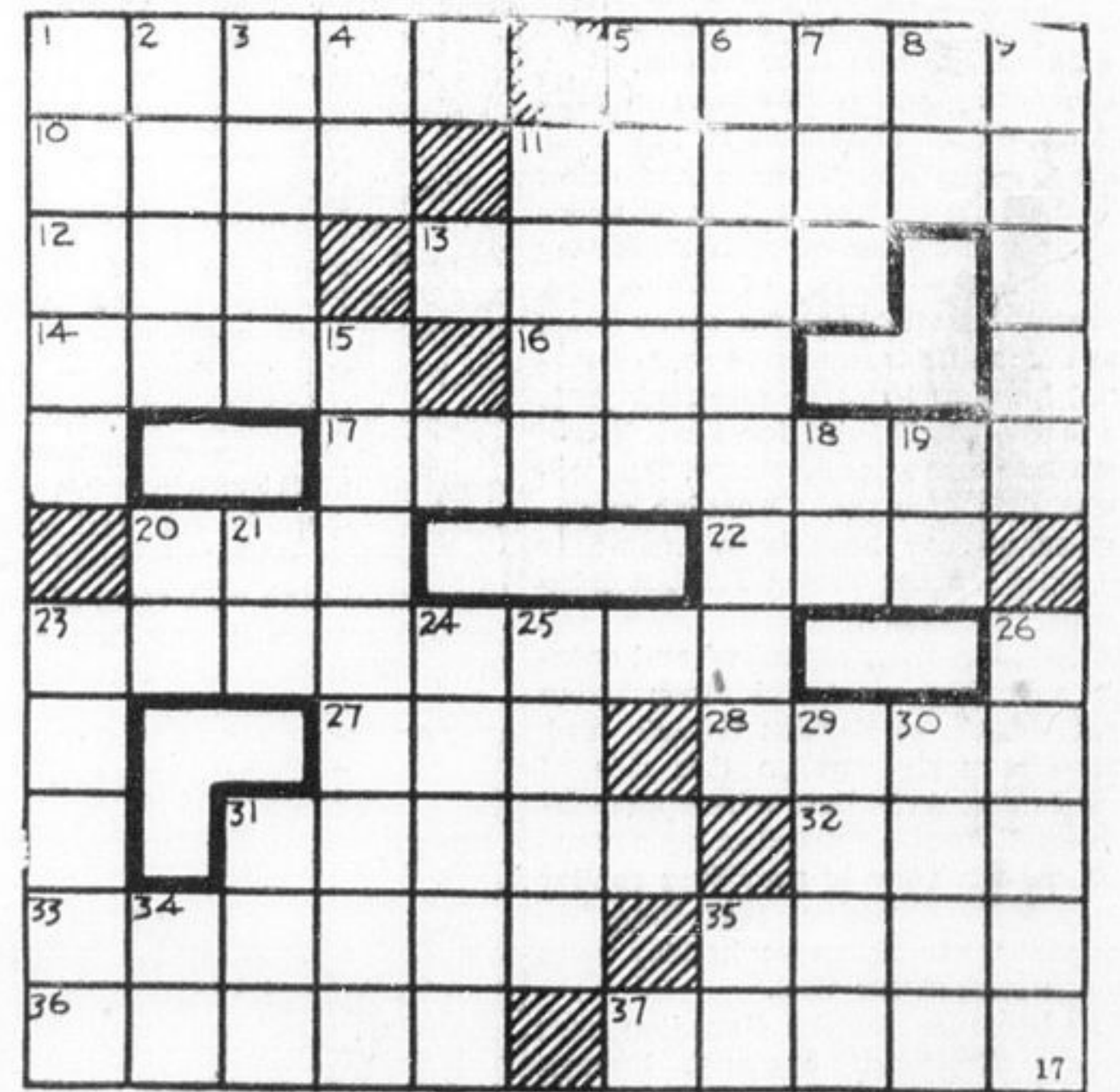
Health League of Canada Urge Safe Holidays.

Toronto, July 16.—As a means of ensuring a safe holiday, intending vacationists have been warned by the Health League of Canada against the use of raw milk. In response to a request made of Ontario summer hotels for information as to those serving their guests with pasteurized milk exclusively, more than eighty have given the League their names. In publishing this list, the Health League points out that it is probable many other resorts do serve pasteurized milk but have overlooked the importance of assuring the public.

"This list is impressive," said Dr. Gordon Bates, General Director of the League, "because it shows increasing realization on the part of summer resort proprietors of the contribution pasteurized milk makes to health. Only a few years ago it was a common practice for residents of the larger cities, where they had enjoyed the protection of safe milk, to send their families to summer resorts giving no thought to the source of the milk used. How many cases of tuberculosis, septic sore throat and other milk-borne diseases were brought back to the cities will never be known. There is now no reason for anyone exposing their families to the danger of raw milk for pasteurized milk can be obtained all over the province. If one is interested in going elsewhere than to the resorts we have listed, enquiry should be made in advance of making reservations, so that pasteurized milk may be assured."

The Toronto offices of the Health League are receiving requests daily for the survey and it is planned now to extend the service to other provinces. The League is urging summer hotels in all parts of Canada to protect their guests by using only pasteurized milk is extending a similar invitation to that given in this province—to have their names listed by the Health League.

Winnipeg Tribune:—Telephone poles in Nebraska are starting to sprout. Another sign that the west, both north and south of the line, is getting back into its old stride.



ACROSS

- 1—Reimburse
- 5—A small opening (Biol.)
- 10—Persia (official name)
- 11—Musical studies
- 12—Deafening uproar
- 13—Viscous mud
- 14—Obtains
- 16—White linen
- 17—Wife of Odysseus
- 20—Prickly head of a plant
- 22—Period of time
- 23—Comparison (name)
- 27—Sorrow
- 28—Similar
- 31—A narrow street
- 32—Likewise not
- 33—Regarded
- 35—Fatal
- 36—Sheltered vestment from the sun's rays
- 37—Celebrated
- 19—Pennsylvania (abbr.)
- 20—Exist
- 21—Lowest note of Guld's scale
- 23—An ancient kingdom in Syria (poss.)
- 24—Diminutive of Pauline
- 25—Listen
- 26—A fragment
- 29—The least whole number (arith.)
- 30—Central part of a fruit
- 31—Exclamation of surprise
- 34—Expression of inquiry
- 35—Transact

DOWN

- 1—Range of hills
- 2—Canal through central New York
- 3—Gasp
- 4—Indefinite article
- 5—Set of steps over a fence
- 6—Water glasses
- 7—Short poem
- 8—Personal pronoun
- 9—Apart
- 11—Ardor
- 15—Reclined in article
- 15—An ungraceful manner
- 18—Correlative

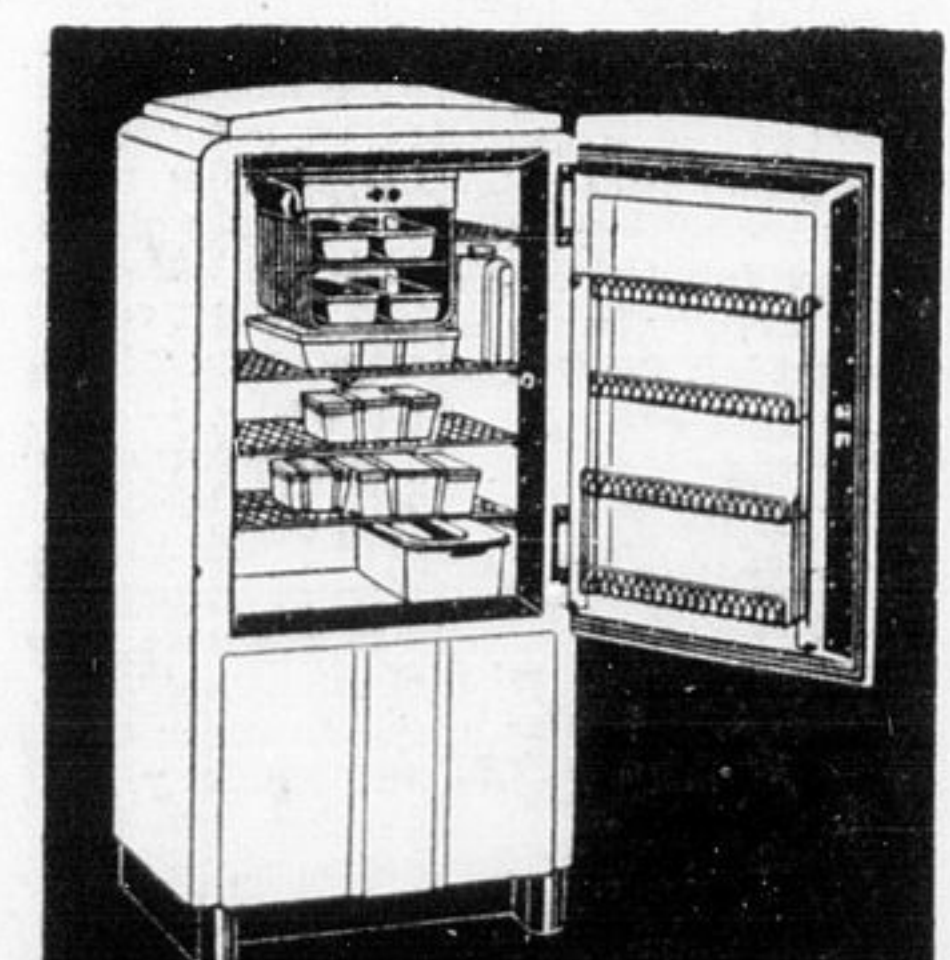


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