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**Confuse Blueberries
With Huckleberries**

Some People Do Not Appear to be Able to Tell Huckleberries from Blueberries, Says Domestic Science Expert. Some Recipes for Delicious Berry Dishes.

I have been asked to settle an argument in this column. "Are blueberries and huckleberries the same? Or are blueberries only those great big cultivated berries which are now in market?" In various sections of the coun-

tries which are so delicious when served with cream for dessert. And, of course, this is blueberry pie season, although whichever berries are used we may call it huckleberry. It is one of our favourite American desserts and deserves our enthusiasm. And what is better than a blueberry roll or cobbler served hot with a hard sauce? Perhaps you will answer blueberry muffins. Although these berries are so sweet do not scant the sugar as it is needed to thicken the juice.

Blueberry Muffins

- 1/2 cup butter
- 1/2 cup sugar
- 1 egg
- 2-2-3 cups flour
- 1/2 teaspoon salt
- 1 cup milk
- 1 cup berries

Cream the butter and sugar together and add egg well beaten; mix and sift flour, baking powder and salt and add alternately with the milk. Add berries with a little of the flour. Pour into greased muffin pans and bake in a hot oven (400 degrees Fahrenheit) twenty minutes.

Blueberry Jam

- 4 1/2 cups (2 1/4 pounds) prepared fruit
- 7 cups (3 pounds) sugar
- 1 bottle fruit pectin.

To prepare fruit, crush about two quarts fully ripe berries. Add juice of one lemon and grated rind of one-half lemon.

Measure sugar and prepared fruit into large kettle, mix well and bring to a full boil over the hottest fire. Stir constantly before and while boiling.



(By Edith M. Barber)

try, you will find these berries called by different names. Generally, however, the lighter blueberries with their dewy coats are known as blueberries, while the darker berries, some of which are nearly black, are known as huckleberries. Blueberries have smaller seeds and are generally sweeter. This is particularly true of the giant cultivated

BE BEAUTIFUL
By ELSIE PIERCE
FAMOUS BEAUTY EXPERT



Only pedicured nails will wear open-toed sandals at the beaches this summer. Choose a bright polish and cover entire toenail for the best effect. (Picture courtesy of Cutex)

Inquiries on Foot Care Are Mounting

The number of inquiries on foot care in a day or two. And in about a week most of it will be well loosened and cleaned away.

Callouses

Very often I am asked for directions for "cutting away callouses." This is something I definitely do not advise anyone but an expert to do. Remember that cutting a wee bit too deep may cause a scratch or abrasion (to say nothing of a wound) which in turn may lead to infection. Again the oily cuticle remover comes to the rescue. Moisten a cotton-tipped orange stick in the remover, then dip in powdered pumice and gently work away the top layers of hardened skin. As in the case of hardened cuticles, be content to do a little each day instead of digging hard. Continue until the callous disappears.

Nail Make-up

If you are painting the toes at all, you might as well be bold about it. Flesh tints are too innocuous. The true rosy-red have more character. When the skin begins to tan, change to a browner shade, that is a reddish brown or rust.

Boil hard two minutes. Remove from fire and stir in fruit pectin. Skim, pour quickly. Paraffin hot jam at once. Makes about twelve glasses. (Copyright, 1938, by The Bell Syndicate, Inc.)

bring to a boil and thicken with the cornstarch which has been mixed with the two tablespoons of milk. Add salt and seasoning. Serve hot on salmon loaf.

SPOON BREAD—One cup fine white corn meal, one cup boiling water, two tablespoons shortening, one and one-third cups milk, two eggs, well beaten; one teaspoon salt, one teaspoon baking powder. Scald the meal with the boiling water. Add fat. Let mixture cool. Stir in milk and well-beaten eggs, to which salt and baking powder have been added. Pour mixture into greased baking dish and bake about 40 minutes in a hot oven, 400 degrees F

Household Hints

By MRS. MARY MORTON

Menu Hint
Salmon Loaf

Green Peas Boiled Rice
Lettuce, Radishes and Onions Iced Tea
The recipes for salmon loaf and tomato sauce are taken from Miss Edith Barber's list. Try them. Miss Barber is a well-known dietician and lives in New York.

To-day's Recipes

SALMON LOAF—One pound can salmon, two tablespoons melted butter, two eggs, well beaten; one-fourth cup bread crumbs, one-third cup cream, one-fourth cup chopped parsley, salt and pepper. Flake salmon. Add butter, eggs, crumbs, cream and parsley. Season to taste. Bake in a greased loaf pan, in moderate oven, 350 degrees F., about one-half hour, or until loaf becomes firm. Serves four. Serve with tomato sauce. **TOMATO SAUCE**—Salmon liquor, one tablespoon melted butter, one-half cup milk, one tablespoon cornstarch, two tablespoons milk, four tablespoons catsup, salt and pepper. Add liquor and butter to milk.



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Menus for Campfire and Hamper Picnics

Suggestions to Add to the Pleasures of Picnic Time.

(From Dominion Dept. of Agriculture) Picnics should be happy events for everyone, and in no way should the enjoyment be marred by elaborate preparations. The campfire picnic is voted as among the most popular, probably because it is a real change from regular meals, and takes little time and effort in home preparation. No matter what type of picnic, the hamper should include a variety of foods that will combine to provide a complete, balanced meal, and in figuring the amounts, allowance should be made for the hearty appetites always in evidence on such occasions.

The following menus may suggest some new ideas for picnic baskets:

Campfire Menu 1
Toasted Bacon and Tomato Sandwiches
Fruit Salad, Berries or Melon (using the luscious Canadian fruits as they come in season)
Buttered Scones
Lemon Cheese Tarts
Cocoa for All
or
Coffee or Tea for Adults—Cocoa for Children

Campfire Menu 2
Cheese Filled Rolls—Toasted (Split rolls and spread one side generously with grated cheese mixed with butter. Fit together and toast over coals of campfire)
Fresh Vegetables such as Radishes, Lettuce, Green Onions (Fresh from the garden, market or store)

Fruit Shortcake
(Split rich tea biscuits. Cover bottom halves with sweetened, crushed berries, or sliced fruit. Berries may be prepared at home and carried in covered sealer)
Cocoa for All
or
Coffee or Tea for Adults—Cocoa for Children

Hamper Menu 1
Cheese Sandwiches (made with wholewheat bread) (Vary the cheese sandwiches from time to time by combining grated cheese and salad dressing with chopped peanuts, chopped green pepper, chopped cooked bacon or chopped cucumber)

Chopped Egg and Onion Sandwiches
Fresh Fruit in Season
Spice Drop Cakes
Milk for Everyone
or
Coffee or Tea for Adults—Milk for Children

Hamper Menu 2
Salad Plate—Devilled Eggs and a Combination of Fresh Vegetables such as Cucumbers, Tomatoes, Pickled Beets
Buttered Bread or Rolls
Fruit Salad (carried in covered sealer)
Gingerbread
Milk Shakes for All

Tourists Need Good Roads and Roads Need Tourists

In the editorial columns of The Halleyburyan last week there was the following interesting and logical article on the road problem of the north. The Halleyburyan's solution appears to be the only sure and effective solution for the immediate present. The Halleyburyan says:—

"Hon. T. B. McQueen, Minister of Highways for Ontario, who made a motor trip through the T. & N. O. district last week, is quoted by the Kirkland Lake Northern News as follows: "You can't have paved roads without tourist traffic to support them. You can't get tourist traffic without paved roads. And you can't expect to pay for a paved Northern highway from the traffic revenue of the North alone. That is the problem, and that is what we are trying to work out—a good highway to the North."

Hints On Fashions

—by LISBETH

Brown Knit Dresses Chic for Early Fall



For Early Fall Wear

For early fall wear a good suggestion is a two-piece knit dress of cocoa brown flecked with rose. The top shows a double-breasted closing and self-coloured suede belt. The broad-brimmed chapeau is of matching brown felt, accented with a band of rose-coloured grosgrain ribbon. The accessories are dark brown alligator.

Style Whimies

There is some agitation for a boned evening slip to wear under sheer evenfrocks. The strapless evening frocks are themselves boned to hold them in place, but lingerie shoulder straps are a pest under the very sheer gown, and the boned and strapless slip bodice has been suggested to remedy the matter. More power to it!

Height is the principal quality of the new Paris fall hats. Crowns are high and run to peaks; birds and feather fantasies soar aloft; if the trimmings do not tilt toward heaven, the hat materials are manipulated to do so.

Hand-painted lace lingerie is sufficiently "different" to be alluring. The importer declares that these lace garments, which are made of the Alencon type lace, painted by hand, will wash and have been rigorously tested to prove the point.

Pockets are more numerous than ever before in shirts to go with your vacation slacks. As many as four to six pockets are seen in them and the shirt may have long or short sleeves.

Fall riding coats are growing conservative in colour, as a change from the bold plaids which have been favoured.

Pointed and draped toques, very high in front, are worn in Paris.

St. Louis Post-Dispatch:—The optimist says his glass is half full; the pessimist says his is half empty.

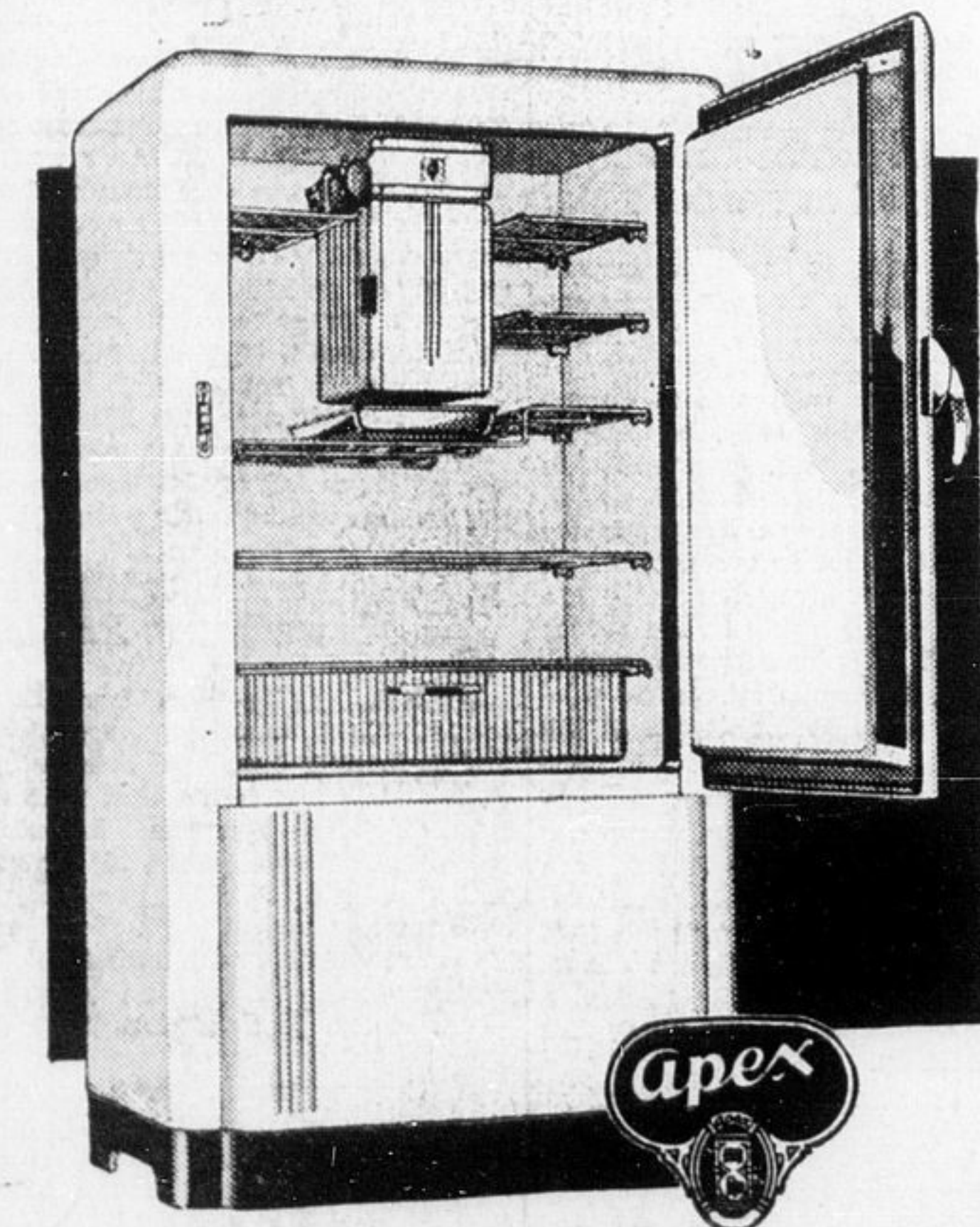
Experts Prepare Starching Directions for NEW PACKAGE



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VANCOUVER BEAUTY WINS 'MISS TORONTO'



Returning to her home after an absence of 16 years, Diane Perkins, 20 of Vancouver, was unanimously chosen 'Miss Toronto' for 1938 at the annual Toronto police games. Diane was taken to Vancouver when she was four years old, but returned to Toronto five weeks ago, seeking a job as a model. Assistant Inspector of Detectives Moses Mulholland president of the police games, RIGHT, is shown presenting a bouquet to Miss Toronto, while Mayor Ralph Day smilingly looks on. In addition to the flowers, Diane won a cup, a trip to Atlantic City and a cheque for \$300.

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64	65	66	67	68	69	70	71	72
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82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99
100	101	102	103	104	105	106	107	108

ACROSS
1—An animal resembling a lizard
11—Cut down
12—A tug
13—Advertisement
15—A cushion
17—Prickly heads of plants
18—Occupied a seat
20—Affirmative reply
22—Receive
23—Phlegmatic
25—An inlet of the sea
27—Director
32—Dry, said of wines
33—Rotate
35—To be in debt
37—Shade tree
39—Box used for storage
40—Constructed
42—Long period of time
44—Symbol for methyl
45—Muse of lyric poetry
47—Tease
49—Uncommon
24—Form of the verb "to be"
26—Further (music)
28—Born
29—A roughness
30—Attach
31—Conscious
34—Border
35—Hebrew measure
36—A kind of cheese from Switzerland
41—Letter of Greek alphabet
43—Seize suddenly
46—Conjunction
48—Symbol for glaucinum

DOWN
2—Part of verb "to be"
3—Hang downward
4—From
5—Eleventh month of the Jewish calendar
6—Seize
7—A narcotic preparation
8—Heron
9—To sleep
10—Full of gas
14—Split pulse (E. Ind.)
16—A collapse
19—Male cat
21—Droop

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I R A N E T U D E S
D I N S L I M E J
G E T S A L B E I
E P E N E L O P E
B U R E R A S
M E T A P H O R S
O W O E S U C H
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