

Tea for every Taste  
**"SALADA"  
 TEA**

Introduction to Cookery  
 From Her Grandmother

Domestic Science Expert Tells of the Lessons Learned From Her Grandmother. Those were Real "Games" for Her. Thought They Were Better Than Even the Domestic Science Course at Columbia University.

The most important thing in my professional career—if you call it that—was not my "domestic science" training at Drexel Institute or my work for my B.S. and M.S. at Teachers College, Columbia University, but my introduction to cookery in my early childhood. It was the finest game in the world to "help" my grandmother and then my mother in the kitchen. Of course, I



By EDITH M. BARBER

split the flour when I sifted it and greased the table when I measured shortening and probably spilled the milk. My relatives, however, were well endowed with patience and received their reward in my enjoyment in the belief that I was useful. They tasted without a murmur the hard bullets which I called biscuits or rolls which I had been allowed to mold myself.

If you think it is important for a little girl to learn to cook and to like it, it will be worth your while to encourage her to help you in the kitchen when she is at the age when she enjoys a constructive game. I have a prize pupil, aged nine, who loves to use the measuring spoon and cup, the bowl and the wooden spoon which I gave her for her birthday and who has learned to use them accurately. You would have enjoyed as much as we did that huckleberry cobbler Jill Underhill made the last time I spent a weekend at her parents' home in the country. She has offered to come to my house for a lesson any time I would like to have her when she comes back to New York and says that she intends to be an "Olympic Cook," like me!

By the way, I think that you will be interested in a cook book by Helen Robertson which is known as the "Merry Mixer Cook Book." It is especially designed for beginners and the recipes are detailed and simple. If you are an experienced cook yourself or are teaching a child, you will find this book exactly the right thing. It is published by Stokes and the price is \$2.50.

Today's recipes are taken from "Merry Mixer Cook Book," by Helen Robertson.

**Blackberry Roll**

- 1 tablespoon butter.
  - 1 recipe shortcake dough.
  - 2 cups blackberries.
  - 2 cups sugar.
- Melt one tablespoon of butter in shallow pan. Heat oven to high heat, 425 degrees F.
- Prepare shortcake dough. Roll out to one-half inch thickness, keeping the dough rectangular in shape. Spread with softened butter.
- Have berries washed and drained

well. Spread over dough, sprinkle with sugar. Roll dough as a jelly roll. Dampen edge of dough slightly so as to hold it in place. Place in greased pan, brush over top with milk. Bake in a hot oven 425 degrees F., for the first 15 minutes. After that reduce temperature to 375 degrees F. and bake more slowly, about twenty minutes longer. Serve with crushed blackberries.

- Roast Stuffed Shoulder of Lamb**
- 3 1/2 to 4 pounds shoulder of lamb.
  - 3 cups stale bread crumbs.
  - 3/4 cup finely chopped mushrooms.
  - 1 tablespoon chopped onion.
  - 1 tablespoon bacon fat.
  - 1 teaspoon chopped parsley.
  - 1 teaspoon salt.
  - Pepper.

Have shoulder boned at the market. Wipe off meat with a dampened cloth. Rub bone pocket and outside of roast with salt. Prepare bread crumbs, which should be very coarse. Sauté mushrooms with onion in bacon fat. Add to bread crumbs with parsley. Moisten slightly with water or meat stock. Season well.

Fill pocket of meat with dressing, packing it in lightly, allowing room for the dressing to swell. Sew or skewer opening closed. Place in an uncovered pan, fat side up, or lacking fat, lay strips of bacon over the top of the meat. Roast in slow oven, 300 degrees F. to 350 degrees F., allowing between 30 and 35 minutes to the pound. If not brown at the end of the cooking time, if desired, turn up heat and brown meat. Gravy may be made from fat in the pan if desired.

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**Hints On Fashions**

**Black and White Crepe Frock Never Out of Fashion**



Black and White Crepe Frock

Color and color combinations come and go, but black and black with white go on forever. Nothing is so smart or striking, but it is a color scheme that must be handled with care; otherwise it may be dowdy or too theatrical. Here black and white are beautifully combined and handled in a charming afternoon frock, just right for the festive season before us. It is of black crepe, with black and white velvet forming the twisted draped collar and the sash. Both collar and sash tie in back. The dress closes in back with a zipper, and most of the flare is placed in the back.

Most dresses shown this month are slim and supple as to the upper part, with gently flaring skirts. Lelong, however, shows afternoon dresses that are finely pleated all over and straight.

The newest dress sleeve is very full at the top with a tight forearm.

**Household Hints**

By MRS. MARY MORTON

The poetic reminder that the east and west can never meet has its annual denial, as housewives all over the country fill jars and containers with western vegetables and spices of the Orient. There's beauty in vivid tomatoes, ice-green cucumbers, royally-purple grapes, russet-coated pears and scarlet-cheeked apples, and there's fragrance in the modestly-hued spices that fill the kitchen with their tangy aroma.

For our pet vegetable relish there is needed a long list, including 12 small cucumbers, four quarts green tomatoes, six green peppers, six medium-sized onions, one large head of cabbage, two quarts vinegar, two pounds brown sugar, two teaspoons salt, two teaspoons tumeric, two teaspoons celery seed and one teaspoon mustard seed. Chop the vegetables coarsely, mix well and let stand overnight. In the morning drain well and heat thoroughly in a mixture of the vinegar, spices, sugar and salt.

**Healthful Cookies**

Do you want to make some cookies that are as healthful as they are delicious? Then get together two-thirds cup shortening, one cup brown sugar, two eggs, one tablespoon water, one-half cup bran, one and one-half cups flour, two teaspoons baking powder, one-half teaspoon salt, two teaspoons cinnamon, two thirds cup seedless raisins and two-thirds cup chopped nut meats. Cream shortening and sugar thoroughly. Add eggs beaten with water. Stir in bran. Sift flour, baking powder, salt and cinnamon together;

**Beauty and You**

by PATRICIA LINDSAY



OLYMPE BRADNA is just one of Hollywood's younger set who believes in passing up cocktails for more health-giving drinks. On the way to stardom she knows what's best!

**NEW YORK GLAMOROUS DEBUTANTES TAKE TQK DRINKING MILK ON SPREES?**

A few days ago in a popular social column of a leading New York paper this item appeared:

The pretty, blond debutante, Lesley Bogert, of Newport, arrived at a popular night club after midnight last night with Prince Bertil, of Sweden, and a party of friends. The party all drank champagne with the exception of Miss Bogert, who followed the current debutante milk fad!

And there you have it. Society's younger, pampered darlings have more sense than you would believe! The majority of debutantes, past and present, are in their teens and they go to more parties in a week than you and I are likely to attend in a month or two months!

What would happen to the health and beauty of these young girls if they sipped cocktails and high balls at every party?

A large percentage of New York's debutantes have hopes of careers even as you and I. They are not going to jeopardize their chances of a successful career or a good marriage. They protect their beauty by getting plenty of rest—even if they have to sleep in daytime hours—and by carefully watching what they eat and drink.

**Proper Diet Necessary to Beauty**  
 Young beauty, it is true, can stand a lot more wear and tear than older

beauty. Nature does allow a quick rejuvenation of tired tissue, and muscles of the youthful body naturally have greater duration of strength. That is why many younger girls feel that they can eat and drink what they desire, and sleep when they want to, without losing any of their fresh beauty.

They rely on strong facial muscles, unstrained tissue, and other youthful assets, to see them through. But woe to those who do not realize that nature demands consideration or she just falls down on her job! Those girls find themselves tired looking at twenty, and completely faded by thirty when any American girl should be her most beautiful!

What you feed your body with is of primary importance. From milk—which is almost the perfect food—your body can draw nourishment and provide strength. It is one of the most important items of any girl's diet unless she is allergic to it. It keeps the bloom in her cheeks, wards off tooth decay and other diseases, keeps her bones strong and her eyes clear.

How much wiser for young girls to sip milk at parties than to dull their senses, and poison their blood with strong drinks. I'm no grundy, girls, but my hat goes off to Miss Bogert and girls like her who plan for the future! (Copyright 1938, by the Bell Syndicate, Inc.)

**If You Like Books**

(By A. H.)

Did you ever watch a cat as it slyly begged for food, and as it contentedly sipped its liquid food? If you have, you will naturally think that "Milk For the Cat" could not possibly be a poem, but you must remember that poets see a poem in the most simple, most unusual things, and as they see "with their mind's eye," they write. Here is the result of what Harold Munro saw:

**MILK FOR THE CAT**

By Harold Munro  
 When the tea is brought at five o'clock, And all the neat curtains are drawn with care, The little black cat with bright green eyes Is suddenly purring there.

At first she pretends, having nothing to do, She has come in merely to blink by the grate,

**Marriage Tuesday at St. Anthony's Church**

Miss Jeannette Chevrefils and Mr. John Rollins Married.

The St. Anthony's Roman Catholic Church was beautifully decorated on Tuesday morning at 7:30 o'clock with mixed flowers and lighted tapers, when Jeannette, daughter of Mr. and Mrs. Leo Chevrefils, became the bride of Mr. John Rollins, son of Mr. and Mrs. Wm. Rollins. Rev. Fr. Guevremont officiated at the ceremony, and the Sisters of Assumption played suitable wedding music.

Given in marriage by her father, the bride was becomingly attired in a gown of heavy white satin, made on princess lines, with insets of suede lace, and with a suede lace bolero jacket, fashioned with long leg o'mutton sleeves. She wore a waist-length embroidered tulle veil, caught in a halo cap of embroidered white satin, long white gloves and white shoes, and carried an arm bouquet of madona lilies, white roses and fern.

Miss Lillian Chevrefils attended her sister as maid-of-honour, wearing a gown of pink net over taffeta, made with a fitted bodice, full flared skirt, and short sleeves. Long pink gloves and a white picture hat added the finishing touch to her ensemble, and she carried an arm bouquet of white roses, red roses, and lily-of-the-valley. Miss Alleen Chevrefils, sister of the bride, acted as bridesmaid, both the maid-of-honour and the bridesmaid being identically attired.

The groom was attended by Mr. Tony Mageau, as best man, and by Mr. Nelson Boucher, and Mr. John Sudbourn. Immediately after the ceremony, a wedding breakfast was served at the home of the bride's parents, 81 Balsam street, south, the bride's mother receiving the guests wearing an ensemble of navy blue crepe with matching accessories, and a corsage of roses. In the evening the bride and groom received their friends at a reception at the Hollinger Recreation Hall, they being the recipients of many lovely gifts. Mr. and Mrs. Rollins have taken up residence on Main avenue, Timmins.



**Ontario's First Horse Car**

In 1861, Toronto citizens enthusiastically greeted Ontario's first horse car. Not until more than a quarter century later however, did the first electric trams in the province rumble through the streets of Windsor and St. Catharines.

Long before these important events, in 1847, the Canada Life issued its first policy. It was then the only Canadian life insurance company—a distinction which it held for almost twenty years.

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But, though tea may be late or the milk may be sour, She is never late.

And presently her agate eyes Take a soft large milky haze, And her independent casual glance Becomes a stiff, hard gaze.

Then she stamps her claws or lifts her ears, Or twists her tail and begins to stir, Till suddenly all her little body becomes One breathing, trembling parr.

The children eat and wriggle and laugh; The two old ladies stroke their silk; But the cat is grown small and thin with desire.

Transformed to a creeping lust for milk, The white satzer like some full moon descends At last from the clouds of the table above;

She sighs and dreams and thrills and glows, Transfigured with love.

She nestles over the shining rim, Buries her chin in the creamy sea;

Her tail hangs loose; each drowsy paw Is doubled under each bending knee.

A long dim ecstasy hold her life; Her world is an infinite shapeless white, Till her tongue has curled the last half drop.

Then she sinks back into the night, Draws and dips her body to heap Her sleepy nerves in the great arm-chair,

Lies defeated and buried deep Three or four hours unconscious there.

Toronto Star: Pumpkin milk with cocoa is Germany's new patriotic drink. Personally we find pumpkin patriotism comes easier in the form of pie.

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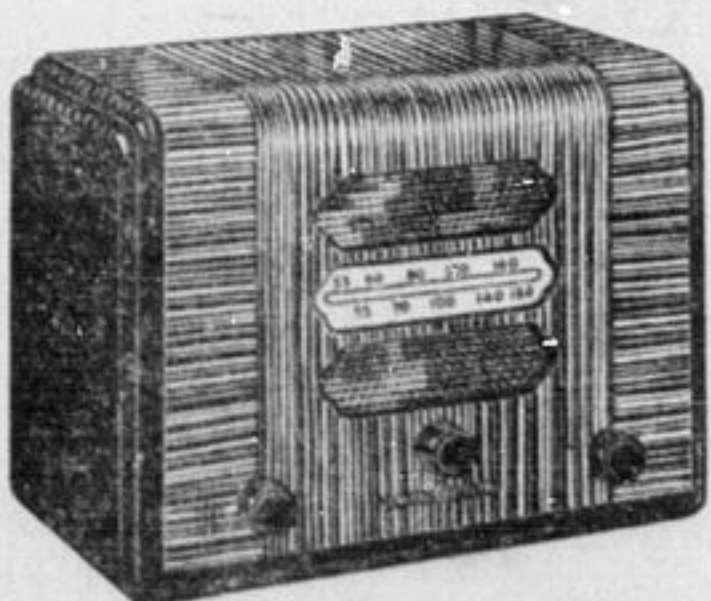
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