

Some Problems Raised in Use of the Cook Stove

Domestic Science Expert Points Out That the Technic of the Kitchenette is Different from That of the House in the Country. Some Recipes for Use on Any Cook Stove.

"How about doing a column for the two-burner stove cook?" asked one of my friends recently, as she proudly displayed her new apartment. Coming direct from a good-sized country house she is not up on the kitchenette tech-

With this equipment it is possible to have broiled meats, potatoes and another vegetable and to still have space on top of the stove for boiling water for the coffee, heating soup or for steaming a pudding or stewing fruit for dessert. If meat such as veal cutlet or meat balls is cooked on top of the stove, the broiler may be used for browning a dish of cheese and macaroni or something of that sort. Parboiled sweet or white potatoes may be browned by means of the broiler after they have been dipped in melted butter. Halved tomatoes or mushrooms may also be grilled there.

Perhaps my friend should have been called a three-burner cook. If equipment is confined to two burners, I suggest making the salad extra large and making it take the place of a second vegetable.

Broiled Tomatoes

Cut tomatoes in halves, arrange on broiler, sprinkle with salt, pepper and sugar. Cover with minced onion and arrange half a strip of bacon on each tomato. Broil under low heat about twelve minutes, until bacon is crisp.

Creamed Hamburger

3 tablespoons butter
1/2 pound hamburger
4 tablespoons flour
Salt, pepper
2 cups milk
Dash of Worcestershire sauce.

Melt the butter and cook the hamburger in it for half a minute. Stir in the flour and salt and pepper, and when well blended, add the milk slowly. Let boil one minute and season with Worcestershire sauce. A little minced onion may be cooked with the butter, if desired.

Quick Meal

Tomato Juice Cocktail
Broiled Ham
Buttered Potatoes. Peas in Cream.
Raw Carrot Salad

Danish Pastry. Coffee.

Method of Preparation

Boil water for potatoes.
Prepare potatoes and boil.
Make salad.
Cook peas.



(By EDITH M. BARBER)

nic of which there are so many experts in New York.

First of all perhaps she needs a set of duplex pans which may be used on one burner. If she has not a broiler attachment to her electric stove she will need a heavy frying pan for her meat cookery—on second thought she will need it anyway. She may like a small oven which can be set on top of the burners for use in baking biscuits and other hot breads. In this case, she must plan her meals even more carefully than otherwise.



Cleans Dirty Hands

Tea for every Taste

"SALADA" TEA

Broil ham.
Open can of tomato juice and serve.
Make coffee.
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About Profit And Loss in Human Life

Figuring on Costs in Dollars and Cents of Health.

(By J. W. S. McCullough, M.D., D.P.H.)
A coloured preacher in Kentucky was delivering a lecture with the title, "I Am Worth a Million", and he went on to say: "This arm is worth \$100,000. This leg is worth another hundred thousand. My dear wife is worth a million." Then a bright idea struck him. Pointing to a man in the audience he asked, "Brother, what is your wife worth to you?" Now this man was, what in the south is called a "sour puss" and his wife sitting beside him looked as if she had been weaned on sour pickle. The couple had just had a row before they came to the meeting and the trouble wasn't yet over. The preacher repeated his question, "Brother what is your wife worth." The man arose slowly "Make me an offer," he said.

This provokes the query, "what is the value in dollars and cents of human life." A new born baby is worth \$9,629. A man of 18 years is worth \$28,000. It costs \$10,000 to rear a baby to the age of 18 years and the sum total of Canadian manhood and womanhood has a monetary value of about 140 billions as compared with a material resource value for the entire country of something like 25 to 28 billions.

Professor Nicholson in 1891 estimated that the sum total of human life of the United Kingdom was five times as valuable as that of the material resources of the country. Similar estimates have been made for the United States and other countries each of which show a remarkable agreement of opinion as to the respective values of the two great resources of every country.

Estimates on the human side have been rendered relatively simple because the great insurance companies have made it their business to deal with such matters. Estimates of the value of a country's ordinary resources are based on the expert findings of governments. In each case the estimates are, if anything, on the conservative side.

How Are the First Values of Human Life Estimated?

The value of a baby is based on the sum, which, if invested at 3 1/2 per cent, would be necessary for the bringing up of a baby to the age of 18 years and to produce the net income of a man in the working period of his life. This sum would, of course, vary in different stations of life. In order to secure a conservative estimate an average child might be considered as belonging to a family whose income is \$2,500.

The cost of rearing a child in such

Beauty and You

by PATRICIA LINDSAY



Four beauties can boast the beautiful neck and chest line which LORETTA YOUNG has. Is any wonder she was chosen for the roll of fascinating Empress Eugenie?

High, Rounded Bust Required by Today's Fashions

If Missy hasn't a high, rounded bust curve, she should strive to attain one, for fashion has swung back to the first of the century when bosoms were prominently in fashion!

Dropped-shoulder gowns, Empire period day and evening dresses, slimmed waist, full-topped coats—all call for an ample curve, to set them off alluringly.

Hope For Flat-Chested

In many instances, the flat chested girl can increase her bust measurement an inch or two just by correcting her posture. And then another inch through specific corrective exercises. I know that seems like exaggeration, but it isn't. Training schools for beauty throughout the country do it every day. But the catch in it is this. You MUST PERSISTENTLY EXERCISE DAILY for at least one month and semi-weekly thereafter. My leaflet gives you the instructions—it is up to you to follow them.

Heavy Breasts Need Proper Support

Those of you who complain of too ample a bosom, must shop for the properly fitting brassiere. Designers have done marvelous things for you in the past few years. They are aware of your trouble and they have created garments which will not slenderize you somewhat, but will help to strengthen your pectoral muscles which have been stretched by the strain of too

much weight. When that is done, your posture will naturally improve, and you will be able to carry any gown or suit with a chic air.

If your waist is slim, buy a nicely fitting brassiere, and a nicely fitting girdle. Do not buy an all-in-one as they are called. The freedom at your waist will permit a better posture. When you are wearing the right support, exercise daily—not develop your bust, but to firm your muscles. Specific exercises are given for you in my leaflet.

The Fashionable Bust Measurement

You, who are fortunate, and have nicely rounded breasts should for health's sake, if not for beauty's sake, do everything within your power to keep the pectoral muscles strong. Horseback riding, too strenuous tennis and other active games, without some support, is beauty suicide. And daily bust exercises are for your routine too!

The day will come when schools will teach young girls the importance of pectoral muscle exercising. A full, firm round breast is beautiful and denotes healthy lungs and excellent posture. All young girls should strive to attain this becoming feminine curve. Many have been born with this beautiful line but only few retain it because of prevalent poor postures and ignorance of exercises.

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a family to the age of self-support, including all the usual items of food, clothing, shelter, education, etc., is \$7,238. Including the interest on capital and making due allowance for the cost of those that do not survive to the age of 18, the amount is increased to a little more than \$10,000. In this sum no allowance is made for the cost of a mother's care, no small item it is true, but one which is omitted so that the estimate shall be within the limits rather than over what would be a conservative sum.

This \$10,000 may be called the capital invested in the child's bringing up. All capital is expected to bring returns. Unfortunately this happy result does not always follow. In the case of the child the investment has been made and the question is: Will it pay? It may be confidently stated that no other worldly investment will pay so well. From an economic standpoint the rearing of children is very profitable, not so much for the family perhaps, as for the community. The vast majority of children who attain the age of maturity contribute more to the wealth of a country than they spend. The capital value of the 18 year old of the \$2,500 income class has, at that age, a present worth in future earnings of \$41,000 and a present worth of future spending of \$13,000. Thus his net present worth of future earnings is \$28,000.

From the foregoing figures it appears that the state should concern itself with the important task of taking care of the child population of the country since no material resource of any kind approaches in value that of the human being who live in it.

Produces Proof of the Wildest of Fish Stories

(From Huntingdon Gleaner)
Luther Norman, of Lonsdale, tells today's prize fish story—and because he doesn't expect anyone to believe it, he has two witnesses to back him up. While fishing in Norris Lake, he said, he hooked a jack pike weighing six pounds. When cleaning the fish he found inside half a pint of liquor with the government revenue stamp still intact. Norman said some careless fisherman evidently knocked the bottle out of a boat. Pike, he said, have exceptionally large mouths and will strike at anything.

Circumventing Politicians Who Deny What They Said

(Lethbridge Herald)
Newspapers are beginning to catch up with the type of politician who denies next day that he said what press reports credit him with saying.

One American newspaper now has recording equipment which transcribes to a record every word a speaker says, direct from the hall to the newspaper office. The reporter writes his story in the usual way. When the angry politician denies next day the published version of his address, all the newspaper has to do is to dig up the record of the address, place it on a producing dial and broadcast to the world that the politician said exactly what the newspaper recorded him as saying.

Politicians of the type who try to "get away with it" have been caught up with at last.

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Pioneer of North Dies at Ronda Mine

J. A. Hughes, Superintendent of Mine, Stricken with Heart Attack.

Sudbury, Nov. 9.—Well known throughout the North as a mining engineer, J. A. Hughes, 326 Whitaker St., died Sunday noon while on an underground tour of inspection at Ronda Gold Mines. A post mortem Monday morning, conducted by Dr. P. E. Laflamme, chief coroner for Sudbury district, disclosed that death was due to heart failure.

Mr. Hughes, who has been underground superintendent at Ronda for the past two years, returned Saturday to the mine, after two months' holiday. He was accompanied by D. Dickinson, president of the mine, and J. Evans, Toronto broker. Sunday noon Mr. Hughes went underground with J. M. Thompson, assistant underground superintendent. They had inspected several places and had reached the cage of a second shaft, about 300 feet below the surface. As Mr. Hughes was greeted by the cage tender, he staggered, and, according to Mr. Thompson, fell over backwards and was dead when Mr. Thompson reached him. He was removed to the surface. An attending doctor said that death had been sudden.

Death From Heart Failure

The body was brought to Sudbury Sunday night and the post mortem held Monday morning to determine whether Mr. Hughes had struck his head in falling to the floor of the drift or had died from heart failure. Death was pronounced due to heart failure.

Known to mining men and prospectors throughout Northern Ontario, Mr. Hughes had seen outstanding developments in the gold belt. He was in Cobalt in the days when there were but two tents, while years later he staked the Halerow-Swayze property with his brother, Dan, in 1932. He was in the Gowganda and Porcupine rushes, and through the great fire of 1911.

Mr. Hughes was born 63 years ago in Clarendon, Ont. He came into the

North in 1905, and came to Sudbury to live four years ago. He supervised the diamond drilling at Halerow-Swayze and then took the position of underground superintendent at Ronda. The late Mr. Hughes is survived by his wife, his brother, Dan, and two sisters, Mrs. H. H. MacLean, of Englehart, and Mrs. M. Donnelly, of Maberley, Ont.

The funeral took place to-day (Wednesday) at 2 o'clock from Ducharme's Funeral Home, Sudbury, interment being made in the Anglican cemetery.

Although the post mortem gives the cause of death as heart trouble, an inquest will be held as is the case in all deaths underground at mines. The date of the inquest has not yet been set.

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ANY DAY A FISH DAY

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