

Orange Pekoe Blend "SALADA" TEA

Praises Butter for Its Very Excellent Value

Domestic Science Expert Points Out that Butter Has Calory Value and Has Also Liberal Quantity of Vitamin A. Reference to the Use of Margarine.

No one knows in what order man discovered butter and cheese, the first manufactured foods. Ever since it was found that top milk, which we know as cream, could be churned into butter and preserved by salting, this food has been highly considered. Probably



By EDITH M. BARBER

first valued as a concentrated form of food, we now have become most particular in regard to the flavour attribute.

Our taste has been refined to such an extent that we demand delicate, bland flavour and are satisfied with only the best butter for our bread. Good bread and butter, nothing is better to our taste, and at the same time we have a combination of high food value.

Butter, like other fats, has a high calory value and provides as well a liberal quantity of vitamin A, which is not the case with other fats, unless it has been artificially added. This has been done successfully to a margarine. Margarine which is churned in milk have a butter-like flavour, although made from vegetable fats. These have a large use on the table, where food costs must be considered very carefully. They may be satisfactorily used as shortening for hot breads and cakes.

The hardened vegetable fats and lard are shortenings widely used in cookery, both as shortening and for frying. Weight for weight, they are a little higher in fuel value than butter.

French Fried Onions
Select four large onions, peel, slice crosswise one-eighth inch thick. Separate the rings, using only the larger ones, saving the rest for other use. Cover with milk; soak one hour. Drain, and fry in deep hot fat (385 degrees F.) about two minutes. Drain on soft paper.

Hard Sauce
1-3 cup butter
1 cup powdered sugar
1 egg
1/2 teaspoon vanilla
1/2 teaspoon lemon extract.
Cream the butter, add sugar gradually, egg well beaten and flavouring.

LIQUID or PASTE
to
SUIT YOUR TASTE

ZEBRA STOVE POLISH

Use ROYAL

FOR
FINER-FLAVORED BREAD
THAT'S BETTER
FOR YOU

ROYAL YEAST CAKES
MAKE PERFECT BREAD

Charming Wedding Monday Afternoon

Miss Laura Hawse and Mr. Fred Grant Married in United Church Manse.

The manse of the United Church was the scene of a quiet yet charming wedding on Monday afternoon at 3 o'clock when the Rev. W. M. Mustard united in marriage Laura, daughter of Mr. and Mrs. W. E. Hawse, of 120 Preston St., and Mr. Fred Grant, son of Mr. Grant of Toronto, and the late Mrs. Grant.

The bride was very lovely in a street-length dress of Capri blue Magis Hour crepe, with navy blue accessories, and a corsage of mauve orchids.

Miss Reva Hawse attended her sister as bridesmaid, attractively attired in an afternoon dress of Briar rose crepe Antoinette, with matching accessories and a corsage of blue sweet peas.

Mr. Russel Grant, of Noranda, brother of the groom, was the best man.

After the ceremony, the bride and groom received their friends at a reception at the home of the bride's parents. Mrs. Hawse, mother of the bride, chose for the occasion a burgundy ensemble, with a corsage of yellow roses. A buffet lunch was served, and Mrs. F. Loney and Mrs. L. Clarke poured tea, the former wearing a navy and white ensemble and the latter choosing a printed afternoon dress.

Later in the day, the bride and groom left on a honeymoon trip to Toronto and Buffalo, and on their return will take up residence at 74 1/2 Preston St.

Recipes for Swiss Steak, Steak Rolls, Curried Beef

The following recipes are taken from the revised household bulletin "Best, How to Choose and Cook It," a copy of which may be obtained free on request from the Publicity and Extension Division, Dominion Department of Agriculture, Ottawa.

Braised Shirt Ribs
To each pound of meat, allow about 2 cups water and 1 teaspoonful salt. Simmer four about three hours in covered vessel, turning meat at end of first hour. Add more water if necessary during cooking to prevent meat burning. At the end of cooking, most of the liquid should be absorbed. Remove ribs, season, and brown in hot oven for about half an hour. Remove some of the fat from gravy, thicken, and serve with the ribs.

Swiss Steak
Pound as much flour as possible into round or flank steak with edge of a plate or back of cleaver; brown steak in small quantity of fat in hot skillet, add some canned Canadian tomatoes, chopped onion, pepper and salt, and sufficient water to cover. Cover dish and simmer until tender—about two hours. Add more water if necessary during cooking, and if gravy is too thin, thicken with flour before serving.

Steak Rolls
Season minced round, chuck, or shoulder steak, adding a small amount of fine bread crumbs. Form into rolls about the size small sausages, and wrap with pastry rolled fairly thick and cut into four inch squares, moistening the edges and pressing well together. Bake for three-quarters of an hour in moderate oven, and serve with tomato sauce.

Curried Beef with Rice
Grind left-over beef with small amount of onion, and pepper and salt to taste. Heat in thin white sauce with which has been blended curry powder in proportion of 1 teaspoonful to each cup of sauce. Serve surrounded with hot boiled rice.

Along Gypsy Trails
Chorus—"Gypsy Chorus" from "Bohemian Girl" (Balfe).
Solo—"Where My Caravan Has Rested" (Lohr), by Mr. Chas Roberts.
Duet—"A Paradise For Two," from "Maid of the Mountains."
Chorus—"Gypsy Life" (Schumann).
Solo—"A Heart That's Free" (Roblyn), by Miss Cora Amadio.
Solo—"Drinking Song" by Mr. Percy Harris.

Trio—"Gypsy Laughing" (Glover).
Chorus—"Pack Clouds Away" (A. F. Barnes).
Solo—"Dark Eyes" (Russian Gypsy), by Miss Bernice McGrath.
Duet—"Gypsy Countess," by Mrs. L. Worthington and Mr. Geo. E. Hale.
Chorus—"Gypsy Love Song" (V. Hebert), solo obligato by Mrs. P. H. Carson.
Chorus—"Ah! Sweet Mystery of Life," (Herbert).
Solo—"I Dreamt That I Dwelt," from Bohemian Girl, by Miss Rita Wiggins.
Trio—"Butterfly".
Ladies Chorus—"Romany Life" (Herbert), Mrs. P. H. Carson, soloist.
Solo—"The Heart Bowed Down" (Balfe), by Mr. P. Harris.
Chorus and solo—"Anvil Chorus," and "Fierce Flames Are Burning" (I. Travatore), soloist, Miss Lillian G. Hale.

Solo—"When Other Hearts and Other Lips" (Maritana), by Mr. Chas. Roberts.
Solo—"Songs My Mother Taught Me" (Dvorak), by Miss Bernice McGrath.
Duet—"Bacarolle," from "Tales of Hoffman," Misses Cora Amadio and Lillian G. Hale.
Chorus—"You Need Sympathy" (Firefly).
Chorus—"Morning" (Aley Speaks).
Chorus—"Gypsy Chorus."

Manchester Guardian: Very rarely have heirs of the blood royal had a great deal of money to spend. Indeed there was one prince who thought that his allowance was most insufficient and wrote to Queen Victoria, his grandmother, for more. He received an admonitory letter of refusal which he acknowledged by saying that he had been able to sell the royal signature for half a sovereign and so was in funds again.

TO-DAY'S FASHIONS

Softly-tailored Model
(by Vera Winston)

THIS season is more than ever a suit season, judging by the sales already made in the shops. Undoubtedly, a suit under the coat is becoming a fashion "must." Nothing is so indicative of spring as the softly-tailored model shown to-day in a lovely gray woolen in novelty weave. The collarless jacket closes with two carved flower buttons of navy at the nipped-in-waist. The back of the jacket has slight gathers from the waist, which is marked by a seam. The skirt is four-gored. Worn with it is a dotted navy taffeta blouse with long sleeves and cuffs showing on the jacket sleeves. A large, crisp bow is at the neck.

Acton Free Press: February has gone but the piles of snow it left are reminders that it was a typical winter month.

Beauty and You

by PATRICIA LINDSAY



Exquisite hands give the final touch to perfect and arresting grooming! A rich fragrance placed beneath your fingernails, on your shoulder and behind your ears creates a fascinating aura.

(Photo courtesy Lanvin)

Simple Treatment Keeps Your Hands Looking Their Best.

It would be a very simple matter to keep our hands looking as beautiful as those of a story heroine if we had not household chores to do, children to care for, or business duties. For hands respond so quickly to a little bit of loving care that with more time, and fewer demands, we could display softly textured hands, with long white fingers nicely decorated with a becoming polish shade!

But as it is, the majority of you, my readers, must use your hands pretty constantly. They are not ornaments but a means to get things done. So you are apt to swing to the other extreme and neglect them entirely—quite unaware of the care they need until they hurt from chapping or too frequent washings!

You should, and must, consider your hands in your beauty routine. No expensive cosmetics are needed, only a few precautions. Your hands may be a lovely asset to your beauty if you will religiously follow these simple rules.

- 1—Wear gloves whenever you can if you do household work. Loose cotton gloves for rough work and rubber gloves for dishwashing and preparing foods.
- 2—Avoid frequent washings and wash only in luke warm water. Do not allow the skin to come in contact with strong soap powders or cleansing powders, ammonia, lye or cleansing polishes. Protect them with gloves.
- 3—Dry the hands thoroughly after each washing and apply a lotion or cream. Keep either handy in kitchen, bedroom and bathroom.
- 4—Occasionally brush your hands with a thick bland soap lather, and then soak them in warm olive oil. Go to bed with the oil still on the skin under loose cotton gloves. Or if you prefer, massage them with a rich nourishing hand cream and leave it on overnight.
- 5—For evening glamor you may bleach your hands, massage them well with a rich cream, and powder them—

What to Do by Phyllis Belmont



I AM planning to have a church wedding with a reception afterward at my home. But because of inadequate space it will be impossible for me to seat all of the guests during the wedding supper. The question that is bothering me is whether it is correct when the bride party is seated when the other guests are standing.

Answer—It is a fundamental rule that all arrangements can be subordinated to the convenience of the bride and her party. It need cause no concern for the bride party to be seated and the guests to stand but eat buffet refreshments. The bride's table is usually set for her, the groom, the best man, the bridesmaids and ushers. If the guests are expected to eat standing, then this rule should apply to the families of the bride and groom. In particular, the bride's mother is the hostess and should not be more comfortable than her guests. But the bride is the center of the function, and it is her privilege to subordinate the arrangements to her convenience and that of the bride party.

GIRL GUIDES IN TIMMINS



The Rangers were entertained at the home of Mrs. J. Morris last Thursday evening.

Business of the meeting was discussed and it was decided that the next social would take the form of an "April Fools' Party" to be held in the Hollinger hall, April 1st.

Mrs. Morin then told the girls that they had been granted a room in the town hall for their meetings, with which they were well pleased.

After the business had been dealt with the girls formed a horseshoe and Mrs. Morin and Miss Mae West were enrolled as Guides by Captain Wads-

worth. Congratulations were extended to these two and several others will be due for enrollment in the near future. The meeting was adjourned and the girls spent the remainder of the meeting socially after which a delicious lunch was served by the hostess. —Mae West, Press Reporter.

BY HIGHWAY CRUISER!
North Bay
to
TORONTO
9.45
Lv. NORTH BAY 9.00 a.m.
Ar. TORONTO 4.35 p.m.
Lv. TORONTO 8.15 a.m.
Ar. NORTH BAY 4.10 p.m.
RETURN 5-DAY EXCURSION
UNION BUS TERMINAL Phone 101-2-3
GRAY-COACH LINES



YOUR HUSBAND WILL THOROUGHLY ENJOY THIS DELICIOUS RECIPE FOR FISH

It's ONLY ONE of the almost endless variety of tempting, inexpensive recipes that are so easily prepared from Canadian Fish... foods not only enjoyable, but packed with rich, nourishing goodness... with a liberal supply of precious minerals, proteins and vitamins that give the quick food-energy required to keep the menfolks feeling fit and strong for their work.

Over 60 kinds of Canadian Fish and Shellfish are available to you all year 'round, whether fresh, frozen, smoked, dried, canned or pickled. They provide a meal that's really "scrumptious" in any man's language.

Serve Canadian Fish and Shellfish several times a week.

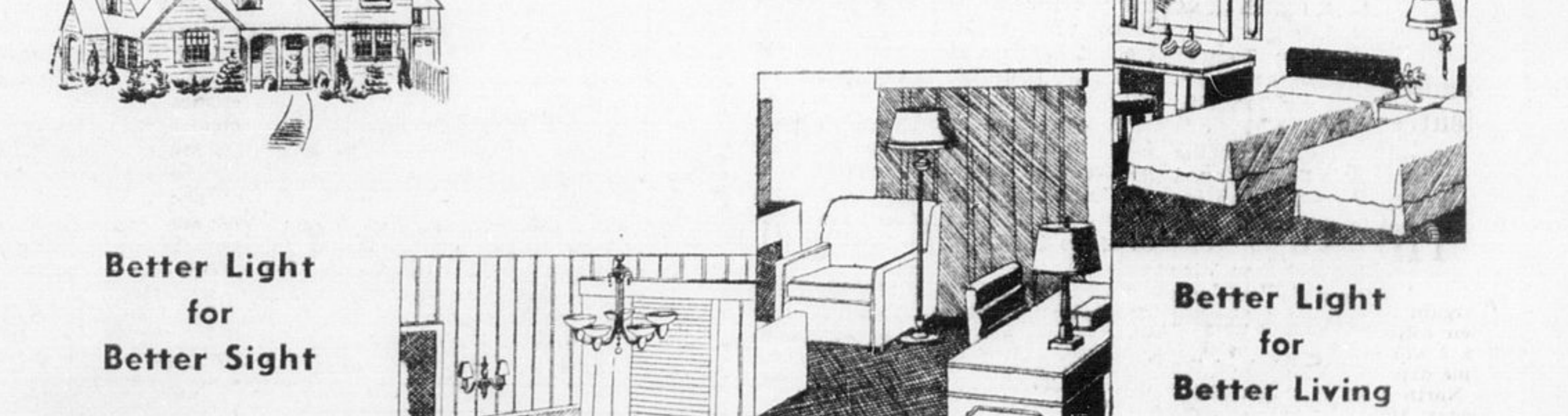
DEPARTMENT OF FISHERIES, OTTAWA.
Please send me your free Booklet, "100 Tempting Fish Recipes".
Name.....
(Please print letters plainly)
Address.....



ANY DAY A FISH DAY

LIGHT CONDITION YOUR HOME

—protect eyesight
—add beauty



Better Light for Better Sight
Better Light for Better Living

Lighting engineers have made great advances in the science of home lighting in the past year or two. Now it's time for you to bring your home up to date with better lighting — lighting that protects the eyesight of all the family, that makes the home more beautiful, a pleasanter place to live in. We have lighting equipment of the most modern and scientific design for every room in the house. Let one of our lighting experts tell you how YOUR home can be light conditioned at small cost and on easy payments.

CANADA NORTHERN POWER CORPORATION LIMITED
Controlling and Operating
Northern Ontario Power Company, Limited
Northern Quebec Power Company, Limited