

Frosted Food Facilities Preparing of "Easy Meal"

Foods Obtainable in Frosted Style Include Vegetables, Fruits, Meats and Fish. Should be Defrosted at Temperature of Room. Recipes for Broiled Beef Patties, Horse Radish Sauce.

Early folklore is full of such sayings as "Don't cry over spilt milk." "Don't swear or the butter won't come." "The watched pot boileth not." "Good cooks have good tempers." This latter statement has been much questioned.

When using frosted vegetables remember that they generally need but a short cooking. They have been blanched before packing and don't drown them in water, as the liquid in which they are cooked has a delicious flavor, and should be used with them. The one exception is spinach, which should be cooked in plenty of water and then drained.

QUICK MEAL

- Boiled potatoes with parsley, butter.
- Spinach with horse radish sauce.
- Tomato salad.
- Fresh figs with lemon juice.
- Coffee.

BOILED BEEF PATTIES

- Scrub potatoes with parsley, butter.
- Light broiler.
- Boil water, for spinach.
- Prepare patties and cook.
- Cook spinach.
- Prepare salad.
- Make horse radish sauce.
- Dress potatoes.
- Make coffee.

BROILED BEEF PATTIES

- 1 pound lean beef, ground.
- 1 tablespoon minced onion.
- 1 teaspoon salt.
- 1/4 teaspoon pepper.
- 1/2 cup bread crumbs.
- 1/2 cup milk.
- 1 tablespoon catsup.

Season beef with onion, salt and pepper. Add the bread crumbs, milk and catsup and mix thoroughly. Shape into patties. Broil in hot broiler, allowing about 3 minutes for each side, or pan-broil in hot greased frying pan, for the same number of minutes.

HORSE RADISH SAUCE

- 1/4 cup grated horse radish.
- 1/2 teaspoon mustard.
- Dash of cayenne pepper.
- 1/2 cup cream.

Mix horse radish, mustard and pepper and add to the cream which has been whipped until it is stiff.

(Released By The Bell Syndicate, Inc.)

Success of Famous Jersey Herd at Season's First Show

London, England, June 12—The Oxfordshire Show, which opened at Oxford today, is the first of the big County Shows of the season and is consequently of especial interest. In the Jersey section the famous "Ovaltine" Herd captured high honours, including two First Prizes and Championship, as well as 9 other awards.

The superb condition of the "Ovaltine" Jersey Herd and its consistent record of success—772 awards have been won since 1933—are due to the very high standards of hygiene and the advanced scientific methods adopted at the "Ovaltine" Dairy Farm at Abot's Langley, Herts.

The milk yield by the "Ovaltine" Herd is of the highest quality obtainable. It sets the standard of purity and quality for the many thousands of gallons of milk, which together with new laid eggs and malt extract, are used in the production of "Ovaltine"—the well-known tonic food beverage.



C.W.L. GIRL GUIDES

The regular meeting of the 1st Timmings Girl Guide Company, was held on Monday evening in the basement of the Church of the Nativity, at 7.15 p.m.

The meeting opened with inspection, taken by Captain Lander, assisted by Lieutenant Wilkinson. Horseshoe was formed, and the national anthem sung, and the Guide prayer repeated. Guides were then sent to patrol corners.

A number of games were played, then campfire was formed. Guide songs were sung. The Guides were told to be in full uniform for the procession on Sunday.

The Guide mothers are giving teas, to raise money for camp funds. This will continue during the week. The meeting was then closed in "Taps".

The Brownies are to be sure to attend their next meeting, on Monday evening, at 6.15 p.m. as there will be an enrollment.

What to Do



! BELONG to a group of young married couples who meet every month at one of the homes for dinner. It will soon be my turn to entertain and I would like to introduce a brand-new slant to the evening. We usually play bridge or some other game, but I would like to add a novel touch to the dinner. Thank you.

MRS. M. H. K.
Answer—If you want to promote a general good time among your guests and give a dinner party in that "no-trouble-at-all manner," try this stunt when it is your turn to entertain. Before the dinner is served, let the guests draw slips of paper from a hat. The slips should be numbered consecutively from 1 up, and on each write some chore such as (1) get the ice water and fill the glasses; (2) remove dishes after the first course; (3) stack dishes in the kitchen; (4) when the host comes, act as maid and serve the main course to each guest; (5) serve the dessert, and so on, and so on. If there is any time left for which the guests do not furnish their own steam, then you can play bridge, hearts or any other game you want.

English Housewives Invade Canada Shop for Canadian Goods

Localized Drives Augment "Canada Calling" Campaign in Britain.

Supported by the Lord Mayor, the Chamber of Commerce and many local organizations, the "Canada Shop" just concluded in the City of Hull, England, was invaded by thousands of housewives interested in Canadian foodstuffs, according to D. G. Keith, Dominion Government Trade Publicity Officer.

Typical of localized drives which are being launched in all large population centres in the British Isles and augmenting the general "Canada Calling" campaign conducted by the Dominion Government's Department of Trade and Commerce, the "Canada Shop" in Hull had the co-operation of 350 out of 500 retailers.

Mr. Keith stated that upon completion of arrangements for the occupation of the shop in the heart of the Hull shopping area, United Kingdom importers of Canadian food products were circularized and many took advantage of the opportunity to co-operate. Wholesalers likewise supported the effort, and an impressive series of large advertisements in the local newspapers was the chief medium used to invite housewives to visit the shop, while street car, bus and billboard advertising carried "Buy Canadian" messages.

To stimulate further interest in the drive, a window dressing competition was conducted, classes A and B being restricted to co-operative and multiple or chain stores and the larger independent stores. Mr. Keith pointed out that many most original displays were discovered among the 242 entries received.

In addition to slides shown in a number of cinemas advertising the "Canada Shop" the co-operation of the Hull Education Authorities was also enlisted, he stated. As a result, special screenings of Canadian films were presented at four Hull theatres and attended by approximately 11,000 school children. Some 1,200 class rooms in the various Hull schools were attractively decorated with posters advertising Canadian foodstuffs, and copies of the Maple Leaf Canadian Recipe Book were distributed among the various cookery centres, while the senior schools were supplied with copies of "Canada 1939." With the co-operation of the press, a painting competition was conducted among the school children, Mr. Keith intimated, the subject being the "Canada Calling" cut-out figure.

Mr. Keith revealed that a total of 48,000 Canadian recipe books were distributed by the Canada Shop during the twelve days it was open. At the same time, 16,573 individual samples of Canadian foods were sold amounting in value to over \$1,500. As a "follow-up" to the Canada Shop successful cookery demonstrations were conducted at the Balmoral Hall for four days with capacity gatherings of Hull housewives attending.

The "Canada Calling" campaign in Britain, which has been acclaimed as



NORTH AMERICAN LIFE

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ALL PROFITS FOR POLICYHOLDERS

one of the most carefully planned trade crusades ever launched by a British Dominion in the Motherland, is forging ahead with steadily increasing momentum, according to Mr. Keith.

Thinks Throwing Cigarette Butts Worse than Spitting

When Dickens visited these shores nearly a century ago (the New York Herald-Tribune recalls) he was very much struck—literally so, he said—by the American habit of chewing tobacco and spitting its juices here and there in public and private.

In those days no home, saloon, hotel or legislative hall was completely and elegantly furnished unless it had its quota of brass cuspidors. Chewing tobacco and even the taking of snuff still go on at a pretty good rate in the

United States, as the manufacture and sale of plug tobacco and tinned snuffs—profitable business—show. Still, the habits are not universal and considered almost chie, as in the early days of the republic. The cuspidor survives only in the remote provinces and in legislative assemblies, where it may always be retained, vestigially, at least, as an emblem of early democracy.

Chewing tobacco and spitting tobacco juice was a harmless enough habit, though, compared with the imbecile and perilous one of tossing away lighted cigarette butts, indiscriminately, in public and private, concludes the New York paper.

TO-DAY'S FASHIONS



For town wear
By VERA WINSTON

THERE'S no doubt about the cool look of navy blue, especially when that shade is set off by white, as in this dress for town wear. It's sheer crepe with detachable crepe collar. The midriff section accentuates the curve of the waist, emphasizing just and hipline. The skirt is knifepleated all around. White bone buttons.

Sudbury Star: Harry Oakes, created a baronet by His Majesty King George, is of course, a multi-millionaire through his interest in the Lake Shore mine. But he has utilized much of his wealth in public benefactions, benefitting thousands less favored, and at the same time setting a good example to other rich men.

Beauty and You

by PATRICIA LINDSAY



Pretty JUNE LANG epitomizes what a man calls "beautiful" Male Beauty Authorities Tell How to Pick a Beautiful Wife

Two or the world's foremost authorities on feminine beauty are diametrically opposed in their theories on how to pick a beautiful wife from the mass of beautiful women!

Says James Montgomery Flagg, the noted artist and illustrator: "Take your prospective wife to a phrenologist." (A scientist who claims to read character and what not from the shape of your head!)

Says Leroy Prinz, famous dance director in Hollywood: "Take your girl to the beach!"

And then the two men decided to explain their theories. Lasting beauty Flagg maintains, depends upon bone structure and true facial beauty does not exist without a shapely skull!

"Your bones," the artist explains, "determine proportion. The nose, depth and width of lips are determined largely by skull formation. And structure of your limbs determines the grace of your movement. Women whose bodies are well proportioned cannot help being graceful!"

James Montgomery Flagg thinks Madeline Carroll has one of the most perfectly formed heads he has ever seen! But he did not say her figure was the most beautiful he had ever seen! Perhaps we are to draw the conclusion that if her head is perfect her entire body is perfectly proportioned.

Mr. Prinz Talks
Being in the show business, training many girls to dance each year, convinces Mr. Prinz a girl's character and beauty can be quickly judged by scrutinizing her legs, far more easily than by feeling the bumps on her head!

"Whether a girl's current beauty will be lasting is revealed completely by her legs," Prinz states definitely. "If your girl has long knees, she is affectionate, considerate, loyal and dependable."

"If your girl is the careless type, who will not keep up her beauty in later years, you will be able to judge by uneven, slippish steps when she walks. There is no rhythm to her leg movement."

"Fleshy knees indicate that the girl will be too lazy to care for her face and figure once she has 'hooked her man!'"

"A quarrelsome nature, coupled with a bad temper, is indicated by hard muscles which appear sharply in the calves of her legs when they are flexed. Such a girl will quickly line her face and lose the sparkle in her eyes!"

Both Limited in Judgment
Unfortunately both these men are limited—or biased, in their judgment. The artist looks at a girl as a subject to paint, the dance director looks at a pair of legs as part of a good-looking leg chorus. Neither looks at a girl for a prospective wife!

A beautiful wife, to the average man, must possess physical charm (shapely head and legs included!), a clear skin and a personality peeking through her eyes! Only a play boy could marry a girl with a perfectly formed head and an exquisite pair of legs who lacked that something we call "soul," "charm," "personality." What good if the physical beauty remained intact if the girl was not a companion and an understanding female?

(Released by the Bell Syndicate, Inc.)



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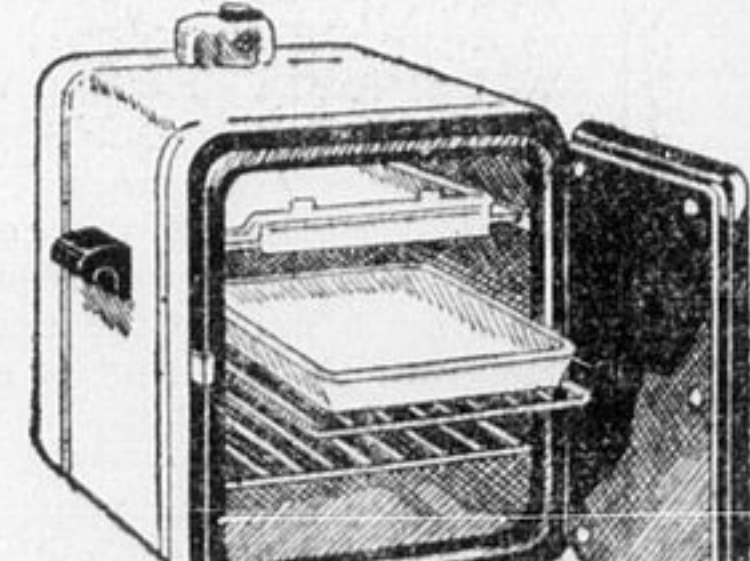
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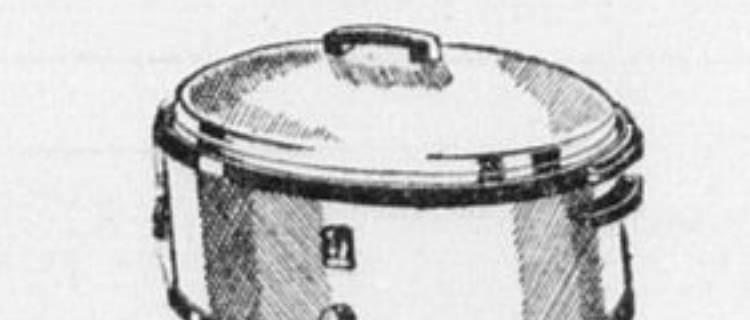
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