

Squash Is One Of Oldest Vegetables Known to Man

It Can be Baked, Sliced and Even Glazed. It is One Grand Dish for the Gourmets. Recipe for a Quick Meal. How to Prepare It.

(By EDITH M. BARBER)
One of the oldest vegetables known to man is the squash, which in ancient days was often known as gourd because it belongs to this family. During the summer there are half a dozen varieties for our choice. The most common of these are the yellow



By EDITH M. BARBER

crooked neck with their nubby shells, the smooth green and the white patty-pan.

All of these are in market at the present moment. From Florida comes the acorn squash, with its deep yellow flesh and its distinct flavour which is much like that of our winter Hubbard squash.

Acorn squashes are best when cut in halves and baked with butter or cream. If you like, a little onion may be sprinkled over them. I find that these are best when they are set in a pan containing a little water, which keeps them soft and moist.

Other types which may be grouped under the term summer squash, may be sliced without peeling them and boiled or baked with a very small amount of water. They may be mashed if you like. They need a liberal amount of butter when they are served. They might share with spinach the characteristic which leads the French to call the latter "butter assassin."

Any of the long narrow squashes may be sliced, dipped in our and sauteed or fried in deep fat. They may also be sliced in half-inch pieces, arranged in a shallow pan and sprinkled with grated cheese before baking. And have you ever tried baked squash, for which I am giving you the recipe today?

- Quick Meal**
- Chilled Apricot Juice
 - Baked Potatoes
 - Glazed Squash
 - Cucumbers with Horseradish Dressing
 - Peach Ice Cream
 - Coffee
- Method of Preparation**
- Light oven
Scrub potatoes and bake
Prepare squash and bake
Prepare salad and dressing
Open can of tongue and slice
Open can of chilled apricot juice and serve.
Make coffee.

- Glazed Squash**
- Wash crooked neck-yellow or green squash and cut into one-inch slices. Sprinkle with brown sugar and dot with butter. Place in shallow baking dish, in a moderate oven, 350 degrees F., and bake for about twenty minutes baking occasionally.
- Stuffed Patty-Pan Squash**
- 6 small patty-pans
 - 1/4 cup butter, melted
 - 1 tablespoon thick cream

TO-DAY'S FASHIONS



White With Green Design By GRACE THORNLIFFE

Whether a gal is here or abroad, in town or in the country, she needs printed sheers. Here's a cool-looking frock fashioned in white with a tiny green leaf design. The belt is dark green patent leather, and the buttons, placed in groups of two, are in matching composition.

1/2 teaspoon salt
1/4 teaspoon pepper
1 cup cornflakes.
Ball whole squash until tender, but not soft. Drain and scoop out pulp, leaving just enough to keep in shape. Mash the scooped-out portion add half the butter, the cream and the seasoning and simmer over a low fire three minutes. Refill the shells with the mixture and place on a shallow baking pan. Mix the cornflakes with the remaining butter and sprinkle over the stuffed squash. Pour a little water in the baking dish and bake in a hot oven (475 degrees Fahrenheit) until well browned, about 30 minutes.
(Released by The Bell Syndicate Inc.)

Report of Superintendent District Children's Aid

The following is the report for the District of Cochrane Children's Aid Society, as submitted by A. G. Carson, local superintendent:

Application for Children for adoption	2
Office interviews	95
Interviews out of office	135
Complaints received	21
Investigations made	23
Children involved	16
Mail received	105
Children in Shelter	12
Children boarding out	67
Wards visited	25
Court attendance	4
Juvenile cases	9
Children on probation to court	11
Wards placed in boarding homes	1
Children released from guardianship	2
Wards returned to Shelter	1
Children made temporary wards	3
Adoptions completed	2
Mileage travelled	2510
Children committed to industrial School	2
Meetings addressed	1
Children placed in foster homes (not wards)	1
Children admitted to Shelter (not wards)	3
Children given hospital and medical care	8
Investigations for other societies	5
Cases under the unmarried Parents' Act	3
Children sent to a mental hospital	1

What to Do by Phyllis Belmont



I AM to be married soon to a dentist. Should my wedding announcements have his name followed by his degree, D.D.S., or should such a title be ignored entirely? How would such an announcement be worded? Another thing: When having dinner, is it correct for the escort to sit at the right or left of the woman?

MISS M. E. S.
Answer—In your wedding announcements you should not use his degree of D.D.S., but simply refer to your future husband as Dr. So-and-So. A man usually puts a woman on his right; but if they are having dinner in a restaurant, he would give her whichever seat appeared more comfortable. Very often the chair facing the room would seem most advantageous, and the woman might prefer to sit there. It all depends upon the circumstances.

Expect Sixty Thousand Visitors at Helsinki Games

Helsinki, Finland — The 1940 Olympics are being taken seriously and systematically. Finns are already, at this early date, prepared to house 60,000 visitors from abroad. The housing committee announces the following figures: Accommodation in private houses in Helsingfors, 21,779 persons; similar facilities in the outlying districts, 4,595; dormitory accommodation, 32,046. These figures give a total of 58,420 and at present outnumber by five times the number of inquiries received from abroad. Fittingly enough, the State University here will celebrate the 300th anniversary of its founding the very year of the Helsinki Olympic Games, 1940. The most important institution of learning in Finland, it was founded in 1640.

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Beauty and You

by PATRICIA LINDSAY



This exquisite bride wears a gown designed by one of our leading cosmeticians. It is a modernized version of the popular Empire influence.

Summer Brides Influenced by Empire Period Make-Up

This summer's brides are more picturesque than ever in their traditional satin gowns with the Empire influence predominating. Probably the visit of England's Queen to our shores has had something to do with the vogue, for our young ladies will look as if they stepped right out a past century in England. Waists are tiny as can be, necks may be high or low, but sleeves are dramatic. The leg-o'-mutton being very much favored. Bouffant skirts, embroidered, beribboned and ruffled, call for long trailing veils of ancient lace and tiny sprays of orange blossoms. Quite naturally creamy complexions, and faint blushes, are an essential part of the fascinating bridal picture!

If you are to be married in such a traditional wedding gown, do not march down to the altar in a sun-blackened skin. Protect your fairness with your life and have a series of facials during the two weeks before the ceremony. Circulation creams and masques to soften and bleach your skin, pore cream to refine it, chin straps to firm the muscles — all these will help you to be a more beautiful bride!

Then have on hand a pick-up treatment for the big day may be hot and your nerves may be a bit frazzled! A quick and cool cleansing tonic, a special wear-proof foundation, and some blending lotion for face, neck and arms if they are exposed. And have make-up!

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Shower on Monday Evening in Honour of Bride-to-be

Miss Kay Miller Honoured by Friends.

Mrs. Mark Sedar and Mrs. Pecanic, of 10 Birch street, Schumacher, were hostesses on Monday evening at a delightfully arranged miscellaneous shower in honour of Miss Kay Miller, bride-to-be. The home was beautifully decorated for the occasion in a pink and white colour scheme, the bride's chair being fashioned into an alcove-like setting, with pink and white streamers falling from the ceiling to the arms of the chair.

During the evening, the guests enjoyed several games, winners being: Bingo, Miss Mary Palangio, Miss Angelina Simac, Mrs. Martell, Mrs. Zarkovich, and Miss Mildred Kremesec; "Clothes-pin game," Mrs. Mark Sedar; and door prize, which was drawn by pretty little Miss Gloria Pecanic, daughter of the hostess, Mrs. Martell.

Later in the evening a very delicious lunch was served by the hostesses, and a pleasant social time was spent.

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Urge Steps to Stop Milk Coming Here From Outside

Local Milk Producers Being Forced to Sell at Price Lower than Milk Board Standard, is Charge.

Some method to stop milk from coming in to Timmins from outside points was urged by Councillor Warren as a move to protect milk producers in this area at a meeting of Council on Monday night. He charged that local producers were not able to sell their milk or were forced to sell it at a price below that set by the Ontario Milk Board because of the fact that milk was coming into Timmins from Cochrane, Matheson, Toronto and other points.

Councillor Warren's charges were provoked by a letter from the Minister of Health in reply to the Council's letter asking him if the department would be willing to make some grant towards partial payment of a full-time Medical Officer of Health for Timmins. The department was sympathetic to any plan to improve health services in the community but it had no provision for such a grant, the Minister said in his letter to the Council. There would be no point in his discussing the matter further.

Mayor Bartleman said that despite what the Minister said he still believed that there was a sum of money there to be used for that purpose.

The production of milk was a big industry in the camp, said Councillor Warren. Expensive equipment and a big capital outlay were required and the producers spent all that they made in the camp. It was up to the Council to protect them as it protected other industries. Every dollar that was spent on milk that came from outside points was a dollar which left Timmins and the camp.

Mr. Warren charged that farmers were often told by distributors they would take \$1.50 a hundredweight for their milk rather than the \$3.31, which was the price set by the Milk Board. If they didn't take that price they could take their milk home.

Three thirty-one was not too much for milk when one saw the producers, said Councillor McCabe. They often drove second hand trucks and their children were poorly clad. The matter arose in the camp since the advent of a certain dairy into the camp, dairy that evidently wanted a monopolistic control. The same company seemed very concerned over the welfare of the consumer yet it sold milk in Kirkland Lake at the same retail price that it sold it here and there it paid \$2.60 a hundredweight rather than \$3.31 as here.

The matter was left in abeyance. **Ask Road be Built**
Nine people who had built houses on the Drew Townsite appeared before the Council to ask for a road between the Drew Townsite and the adjacent

Bartleman Townsite. The council assured them that there was a road allowance and that the engineer would take the matter under consideration. The intention of provincial authorities to develop the lignite fields in Northern Ontario was commended by the Council and a request was made that authorities employ as many jobless men from this area as possible. A similar request was made to the Moose River Gypsum Company, which is proceeding with the development of the gypsum deposit on the Moose River near Cochrane.

Declare Civic Holiday

August 7 will be declared a holiday by the Mayor. He was authorized to make the declaration by a resolution of the Council.

The regular meeting will be held not on Monday, August 7, but on the following Tuesday.

Rumours of Peace No More Reliable than Talk of War

That rumours of peace are no more reliable than rumours of war is the contention of an editorial in The Toronto Telegram. The editorial says:—

"Rumours of war having ceased for the moment, rumours of peace have taken their place. The reason for this is simply that nature abhors a vacuum and the world must have rumours of some sort. It is perhaps time for hope to have its turn but it must be said that, whether they are pleasant or unpleasant, rumours are unreliable."

"There is at present something almost approaching silence on the part of the dictators and the lull suggests a slackening of tension. The situation is unchanged, however, and it can only be changed for the better if Poland and Germany begin negotiations over Danzig. Of that there is as yet no sign. Germany is still pouring supplies and men into the Free City, while Britain, France and Poland are hastening their preparations to prevent a coup."

"To do away with the danger, it would be necessary for either Poland or Germany to yield. Of that there does not seem to be much immediate prospect. Poland cannot surrender anything that would give Germany a stranglehold on her independence and Hitler has said that he will not be

S. J. Moersch, D.S.C.

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content with less than the return of Danzig to the Reich. The question is between these two and till they begin to talk of compromise the danger will remain.

"On Poland's part there can be no compromise till Germany has proved that she is no longer bent on conquest, and mere words are worthless. A spokesman for the British Foreign Office suggests that liberation of the Czech country may be demanded. That is possible. Hitler complained of the injustice of the Peace Treaty but took advantage of revision to perpetrate a new injustice. Now, when he asks restoration of "rights" in Danzig, he may be asked, as an indispensable condition, to redress the wrongs of Prague."

"At the moment he has the choice of promoting a crisis in the fall, or of waiting in the hope that Poland, France or Britain will weaken in face of his persistent threat. Nobody knows which course he will take. All we know is that he insists on the return of Danzig and that, in the existing circumstances, he is not going to get it."

Another Theatre Planned to be Erected at Sudbury

Sudbury, July 26.—The McKim Theatres Limited, Toronto, recently incorporated, have purchased a Durham street property in Sudbury and plans to erect thereon a new and modern theatre building. There are already two theatres in Sudbury — the Capitol and the Grand.

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