## Expert Suggests Easy Method to Prepare Candied Orange Peel

Also Refers to Use of Grapefruit Peel for the Candied Goods. Candied Peels Popular for In-Between Nibbles Says Domestic Service Expert. Recipes for Orange and Grapefruit Candied Peel.

Both grapefruit and oranges are so plentiful and at the same time so in expensive just now that many will be used during the week. Even the peels Bay of Pioneer may be put to good use and nothing Prospector of North is butter for an in-between meal nibble Prospector of North



(By Edith M. Barber)

than candied peel of this sort. They puddings and make an attractive garn- few weeks. ish for puddings and ice cream.

to-day, don't prepare the peel to far ing industry in Canada during the past it. It is possible to prepare it so that state, and came to Canada when it will keep in good condition indefin- | child with his parents, the late Mr. and itely and not get dry, but it takes more | Mrs. James Hughes, who took up farmtime. That is something which is usually lacking at this time of the year.

Candied Orange Peel Peel from four oranges.

Cold water. 3 cups sugar.

Cover peel with cold water, bring to a boil and cook until soft. Drain sav- trail for the northwest in 1898. ing the water. Scrape out white inner into thin stripes with scissors. Dissolve sugar in one cup of water in which peel was cooked and boil until syrup spins a thread (232 degrees F.), add wax paper and roll powdered sugar. For | for Cobalt. a more moist peel add two tablespoons light syrup.

Candied Grapefruit Peel

Substitute two grapefruit peels for the orange. Boil peel ten to fifteen minutes repeat three times, cooking last time until tender. Use fresh water in the lived until the great fire of 1922. syrup.

### Workers' Co-op. Co. **Increases Capital** Plans Expansion

Been Cut in Two.

keen representation of the Workers' Co-operative of New Ont. Ltd., customers and employees unanimously de- most mines in America. cided to reorganize their enterprise to ing business.

Authorized capital was increased to \$200,000 and the new charter will give this thriving people's enterprise much wider possibilities in future develop-

Since 1926 the Workers' Co-operative has been a steadily growing concern. It had reached a point where legal barriers were hindering its development. Legally speaking a new company has been formed, but to all intents and purposes the most noticeable change is the addition of the word, "The" to the name, thus making it "The Workers' Co-operative of New Ontario

To make it easier to become a member of the co-op the cost of shares has been cut in half-to \$5.00 each. And because the net worth of th Co-op is 11/2 times the paid up capital, old shareholders will receive three shares of the new stock for one share of the

Provision has also been made for future expansion of this progressive, collectively-owned business. The more optimistic members are already envisaging co-operative food and clothing factories as well as a further expansion in retail outlets.

The provisional Board of Directors include F. Wasyluk, A. Rigg, E. Sivunen, Hec. Read, G. Martinac, Mrs. E. Waldon, and W. Karcha.

The chairman for the meeting was Jim Tester. Albert Rigg did duty as secretary. David Goldstick noted for his legal experience on co-operatives was retained for the transaction.

St. Thomas Times-Journal: Anything may happen under the name of politics. Here we have the Brant Liberal Association voting confidence in Mackenzie King and at the same meeting declaring confidence in Hon. H. C. Nixon, its member in the Legislature who voted with Mr. Hepburn to censure Mr. King for his lax conduct of war preparations.

## Funeral at North

James A. Hughes, Veteran of Klondyke and North Land Trails Buried on Tuesday.

North Bay, Feb. 14.—The funeral took place yesterday from the family residerge at North Bay of James A. Hughes, veteran of the Klondyke rush and ploneer prospector of Cobalt, Porcuping Kirkland Lake mining camps. The funeral took place yesterday (Tuesday) morning at 9.30 a.m., service being held at the Pro-Cathedral of the Assumption. Interment was made in St. Mary's Roman Catholic cemetery.

The late Mr. Hughes died in St. Joseph's hospital, North Bay, on Sat-

In 72nd Year

One of the most colorful figures in the North Country mining circles, Mr. Hughes was in his 72nd year. He had been in ailing health for many months and had been confined to bed at his also have a place in fruit cake and plum | home, 52 Copeland street, for the past

His life story is a cross-cut of the If you use the easy method published history of the development of the minahead of the time you expect to use 30 years. He was born in New York ing near Perth, Ont.

The first 19 years of his life were spent on the family farm, an existence that proved irksome to the adventurous spirit of the young man. Fascinated by the tales of the gold rush in the Yukon, he left his home and hit the

Along with two partners, he successportions with a teaspoon and cut peel fully worked the Bonanza Creek for five years. When he returned to the farm at Perth, he had piled up a tidy sum of money from his adventures. In 1904 he married the former Bridget Herlehy. peel and cook slowly for twenty minutes | The following year, he succumbed to or until most of syrup has been absorb- the call of the North, where new silver ed. Drain in a course sieve, spread on | finds were being reported, and headed

Mr. Hughes made good stakes in South Lorraine, Kerr Lake and Buck areas, but within a short time sold his interests and turned to the newly discovered Porcupine gold field. In the in large amount of water. Drain and | meantime he had established his wife | a co-ordinated effort to carry out the and family at Haileybury, where they programme.

(Released By The Bell Syndicate, Benny Hollinger, Tough, Oakes, Horn vice indicated that the Legion's proand other pioneers of the northern gramme would exceed the widest exgoldfields. He staked his old friend | pectations. Not only in point of num-Sandy McIntyre and together they ex- bers of men under arms seeking to plored the claims that were later to take up specialized studies, but in the become the famous McIntyre Gold range of subjects chosen, the educa-

It was in 1912 that Jim Hughes first | pecied proportions. exploration, and when finally convinc-Four hundred and fifty interested co- | ed of its possibilities he bought it. The operators packed the Finnish hall in mine which bears his name, and has Timmins last Thursday night. This largely grown out of his experience, foresight and persistence, holds a high place for production among the fore-

Mr. Hughes played an important part meet the demands of a rapidly expand- in bringing into being another of the big producing mines in the same field, Kirkland Lake Gold Mines. He had interests in the Chaput-Hughes pro-, and afterwards sold the mining rights on that property to Kirkland Lake Gold Mines. He retained the surface rights to Chaput-Hughes townsite

until his death. He also retained interests in the Matabanick-Kirkland Gold Mine and Blanche River Kirkland Gold Mine, which are now being developed under the name of Kelmac-Kirkland Gold

mining fields never lessened.

Mr. Hughes is survived by his wife, Angeles, Cal.

In "Santa Claus" Will North Bay Rebekahs Celebrate Their 25th Anniversary



Clara Bordona, secretary of the late J. H. Gravell, was bequeathed \$100,000 in the Pennsylvania paint manufacturer's will, which left the bulk of its \$3,000,000 estate to key employees. They are to hasp the

#### Legion War Services Helping Soldiers to **Continue Education**

Spare Time May be Used to Prepare for Days of Peace.

Ottawa, Feb. 14.-Making it possible for all members of Canada's naval, land and air force to continue their studies during wartime is the most amtitious work being carried out by The Canadian Legion War Sarvices. Lectures and courses of instruction are new being attended by several thousand men in training camps throughout the Dominion and this week Legion officers arrived in England to make arrangements for continuance of the service

Another important undertaking which the Legion has assumed involves the creation of independent bureaux for handling the personal problems of the men. The services of the Legion in this respect are already in great demand and many soldiers are turning to it for counsel and assistance in connection with purely personal affairs. In most instances these problems are of a nature in which military officials are not conserned and often are of such a personal character that the men prefer not to discuss them with their officers.

In its education programme, the Legion has the wholehearted co-operation of the Canadian Association for Adult Education.

The co-operation of the National Defence Headquarters and district officers commanding has also been given. The Legion in addition has brought its own national committees and branches into

From the outset the response which His name was linked with those of came from every branch of active sertional programme has assumed unex-

turned his attention to the Kirkland In many cities teachers have volun-Lake area, when, after exploring the tarily come forward to assist with the Cost of Shares Also has property that has since become the work. It is intended to utilize films, radio, books, pamphlets and magazines tion to purchase it. He persisted in its to supplement the direct teaching which will be received in lecture rooms and in vocational training quarters in Canada, England and France.

With this early start in providing these special services the Canadian Legion has embarked upon a programme whch is regarded as a highly valuable factor in the ultimate rehabilitation of

the returned men when the war is over. The Canadian Legion War Services, which is operating on a non-profit making basis is endorsed by His Excellency the Governor General and by the Dominion Government who have commended it for the vitally important work it is doing. On February 12 the Legion will ask the people of Canada to contribut \$500,000 to enable its services on behalf of this country's fighting men to be continued.

residing at the family residence, 52 Mr. Hughes took up residence in Copeland street, one son, Frank Hughes, North Bay with his family in 1922, after engineer at the Hollinger mine, Timbeing forced to leave Haileybury when mins; five daughters, Mrs. R. Macdonthe town was burned out. During the ald, of Peterborough; Miss Anne past five years he has been retired Hughes, Miss Margaret Hughes and from active business life, though his Mrs. D. McKeagan, all of Montreal, and interest in the developments of the Miss Marion Hughes, of Sudbury, and one sister, Mrs. Mary Lanigan, of Los



## Beauty and You by PATRICIA LINDSAY \_\_\_

Mrs. Jas. Keene, of Timmins, Past President of Ontario Assembly, One of Invited Guests Present.

Mrs. Jas. Keene, of 110 Spruce street north, Past President of the Repekah Assembly of Ontario, was official representative of the Timmins Gold Nugget Rebekah Lodge at the celebra;ion in North Eay on Saturday, Junday and Monday of the twenty-fifth anniversary of the founding of the Nippising Lodge at North Bay.

On the first day of the calebration a banquet was held, attended by four hundred representatives of various lodges and guests, and in the evening, a declaration of chivalry was conferred upon two of the very worthy members of the Niplssing Rebekah Lodge, Mrs. Rogers and Mrs. Morton. Liber in the evening, a delightful dance was injoyed.

On Sunday afternoon, an especially impressive memorial service, for departed Rebekah mem . . . took place. and in the evening, one hundred guests were entertained as a dinner, which was attended by distinguished guests from various Resekah branches. Among those present were the original founders of the lodge, Miss Violet Pierze, of Toronto, now Assamily secretary, Mrs. Mae Ralston, Fast President of the Rebekah Assembly, and Mrs. James Keene of Timmins, also Past President of the Rebekah Assembly

On Monday afternoon, the past Noble Grands of the Nipissing Lodge, were hostesses at a delightful tea party, and in the evening, the decree was confored upon four new members.

Mrs. Keene returned to Timmins on Tuesday morning, highly praising the delightful arrangements and success of the celebration.



Here's a coat dress which looks like a suit: navy woollen with a red plaid run- them lovely skin. Raw vegetables, or ning through it. The bodice is snug, cooked vegetables provides them with dipping below the waist in back. The the energy to grow big like mother and skirt is slightly flared in front with full as pretty as their favourite screen star! ness gathered in the back section. Two Teach them that beauty can only be zippers close the front, one from the neckline, the other from waist to hem. It has white pique, wing-like revers and white pique trim on pockets.

(Photo courtesy Peggy Sage) This modern mother is rewarding her young daughter for keeping hands and nails clean by applying soft shell nail polish! Play Up to Daughter's Vanity to Assure

It has become an established fact that -"For strong muscles." "For good food plays a very important part in our | teeth." For eye beauty, etc. She lives. Of course you say, food has al- then permits her two children, a girl ways played an important part in our and a boy, to select the food they want

beginning to learn that what we eat daughter (who is just learning that makes a great difference in how we live | women should be beautiful) selects the how successful we will be, and how beauty-foods. Fortunately the mother physically perfect our bodies will be. Food scientists now tell us (from actual | no matter which menu either child setests) that certain foods contain the lects, he is getting a well-balanced vitamins which tend to build strong meal! bone-other foods provide energy-and well-balanced combinations of all foods and so will premature old age.

Feed the Young

Naturally the best time to begin building perfect bodies is when we are young. Mothers should take time to learn about food. The old-fashioned meat-and-potatoes meal no longer serves. Your child must get fruits and vegetables, whole grains, honey, nuts and milk. Young teeth should chew many a raw vegetable and fruit. Children should, at the youngest of age, develop a hunger for the proper nourishment. Then their teeth and bones will be strong, their skin clear, their eyes bright, their minds alert and active. A sluggish child is a child with a deficiency-a food deficiency. With the aid of your physician discover what the sluggish child lacks and feed it to him. Little girls can be taught health rules by playing up to their vanity. Tell them that this food makes their eyes beautiful. A big salad of fruit gives gained through correct eating and ex-

ercise, work and rest. I know a mother a very modern mother who labeled certain menu items

Health Routine. lives! But let's get behind that state- | to eat. Junior, training for his neighborhood baseball team, naturally goes in We eat to live, yes, but we are just for all the he-man menus, and little is clever in her food combinations, and

Far wiser it is for a mother to teach good living to her young daughter than is the best preventative so far discover- it is to spend money on a permanent ed. If you eat correctly, and exercise wave which might weaken young hair, as you should, illness will be prevented or to dress her up in fancy clothes not appropriate to her tender years. Certain little embellishments are in order such as painting her nails a light natural shade or allowing her to use a colorless protective lipstick. But make those grown-up luxuries a reward for good eating and sleeping. A child trained well during her formative years will be healthy, beautiful and happy during her mature years.

Midland Free Press:-When Nova Scotia fishermen get one cent a pound for the fish they catch and we in Ontario have to pay 25 cents a pound for them there's something rotten in the state of Denmark, and it isn't the fish.

#### Sunny Weather on **Tuesday Attracted** Many to the Market

Good Quality Meats and Fresh Eggs Again Featured.

Tuesday's surny weather added to the popularity of the Timmins Market, when a large number of local housewives took advantage of the fine weather to enjoy the walk to the market place which is located at 112, 114, 116 and 118 Cedar street south.

Featured at the market on Tuesday were fine quality meats and newly laid eggs, the former selling at prices from 15c to 25c per 1b., and the latter at 45c to 50c per dozen. All meats are government inspected, and the eggs are of a good size.

Several district farmers bring produce to the market every Tuesday and Saturday, and each farmer occupies an individual market place, one of the many small houses which are located at the address on Cedar street south.



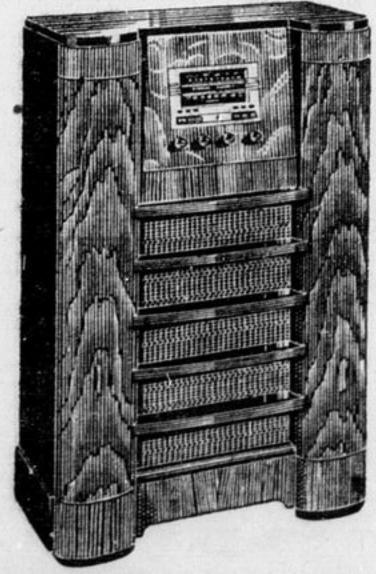
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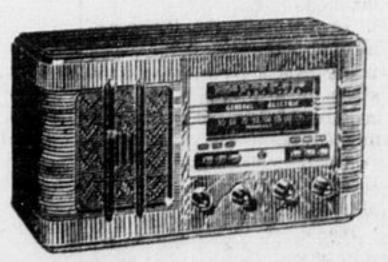
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