

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 inexpensive just now that many will be used during the week. Even the peels may be put to good use and nothing is better for an in-between meal nibble



(By Edith M. Barber)

than candied peel of this sort. They also have a place in fruit cake and plum puddings and make an attractive garnish for puddings and ice cream.

If you use the easy method published to-day, don't prepare the peel far ahead of the time you expect to use it. It is possible to prepare it so that it will keep in good condition indefinitely and not get dry, but it takes more time. 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 saving the water. Scrape out white inner portions with a teaspoon and cut peel 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 peel and cook slowly for twenty minutes or until most of syrup has been absorbed. Drain in a coarse sieve, spread on wax paper and roll powdered sugar. For 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 in large amount of water. Drain and repeat three times, cooking last time until tender. Use fresh water in the syrup.

(Released By The Bell Syndicate, Inc.)

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

Cost of Shares Also has Been Cut in Two.

Four hundred and fifty interested co-operators packed the Finnish hall in Timmins last Thursday night. This keen representation of the Workers' Co-operative of New Ont. Ltd., customers and employees unanimously decided to reorganize their enterprise to meet the demands of a rapidly expanding business.

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

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 Limited."

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 the Co-op is 1½ times the paid up capital, old shareholders will receive three shares of the new stock for one share of the old.

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. Riggs, E. Sivunen, Hec. Read, G. Martinac, Mrs. E. Waldon, and W. Karcha.

The chairman for the meeting was Jim Tester. Albert Riggs 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.

In "Santa Claus" Will



Clara Bordona, secretary of the late J. H. Gravel, was bequeathed \$100,000 in the Pennsylvania paint manufacturer's will, which left the bulk of his \$3,000,000 estate to key employees. They are to keep the company going as a memorial to Gravel.

Funeral at North Bay of Pioneer Prospector of 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 residence at North Bay of James A. Hughes, veteran of the Klondyke rush and pioneer prospector of Cobalt, Porcupine, 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 Saturday.

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 home, 52 Copeland street, for the past few weeks.

His life story is a cross-cut of the history of the development of the mining industry in Canada during the past 30 years. He was born in New York state, and came to Canada when a child with his parents, the late Mr. and Mrs. James Hughes, who took up farming 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 trail for the northwest in 1898.

Along with two partners, he successfully 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. The following year, he succumbed to the call of the North, where new silver finds were being reported, and headed for Cobalt.

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 meantime he had established his wife and family at Halleybury, where they lived until the great fire of 1922.

His name was linked with those of Benny Hollinger, Tough, Oakes, Horn and other pioneers of the northern goldfields. He staked his old friend Sandy McIntyre and together they explored the claims that were later to become the famous McIntyre Gold Mines.

It was in 1912 that Jim Hughes first turned his attention to the Kirkland Lake area, when, after exploring the property that has since become the Teek-Hughes gold mine, he took an option to purchase it. He persisted in his exploration, and when finally convinced of its possibilities he bought it. The mine which bears his name, and has largely grown out of his experience, foresight and persistence, holds a high place for production among the foremost mines in America.

Mr. Hughes played an important part 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 property, 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 Matambick-Kirkland Gold Mine and Blanche River Kirkland Gold Mine, which are now being developed under the name of Kelmack-Kirkland Gold Mine.

Mr. Hughes took up residence in North Bay with his family in 1922, after being forced to leave Halleybury when the town was burned out. During the past five years he has been retired from active business life, though his interest in the developments of the mining fields never lessened.

Mr. Hughes is survived by his wife.

North Bay Rebekahs Celebrate Their 25th Anniversary

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 Rebekah Assembly of Ontario, was official representative of the Timmins Gold Nugget Rebekah Lodge at the celebration in North Bay on Saturday, Sunday and Monday of the twenty-fifth anniversary of the founding of the Nipissing Lodge at North Bay.

On the first day of the celebration 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 Nipissing Rebekah Lodge, Mrs. Rogers and Mrs. Martha. Later in the evening, a delightful dance was enjoyed.

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

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

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

Beauty and You

by PATRICIA LINDSAY



(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 Health Routine.

It has become an established fact that food plays a very important part in our lives. Of course you say, food has always played an important part in our lives! But let's get behind that statement.

We eat to live, yes, but we are just beginning to learn that what we eat makes a great difference in how we live, how successful we will be, and how physically perfect our bodies will be. Food scientists now tell us (from actual tests) that certain foods contain the vitamins which tend to build strong bone—other foods provide energy—and well-balanced combinations of all foods is the best preventative so far discovered. If you eat correctly, and exercise as you should, illness will be prevented 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 them lovely skin. Raw vegetables, or cooked vegetables provides them with the energy to grow big like mother and as pretty as their favourite screen star! Teach them that beauty can only be gained through correct eating and exercise, work and rest.

I know a mother, a very modern mother who labeled certain menu items

—"For strong muscles." "For good teeth." "For eye beauty," etc. She then permits her two children, a girl and a boy, to select the food they want to eat. Junior, training for his neighborhood baseball team, naturally goes in for all the he-man menus, and little daughter (who is just learning that women should be beautiful) selects the beauty-foods. Fortunately the mother is clever in her food combinations, and no matter which menu either child selects, he is getting a well-balanced meal!

Far wiser it is for a mother to teach good living to her young daughter than it is to spend money on a permanent wave which might weaken young hair, 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.

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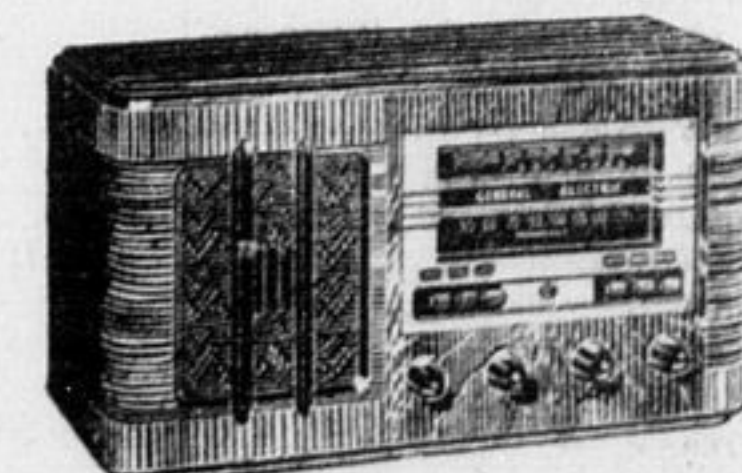
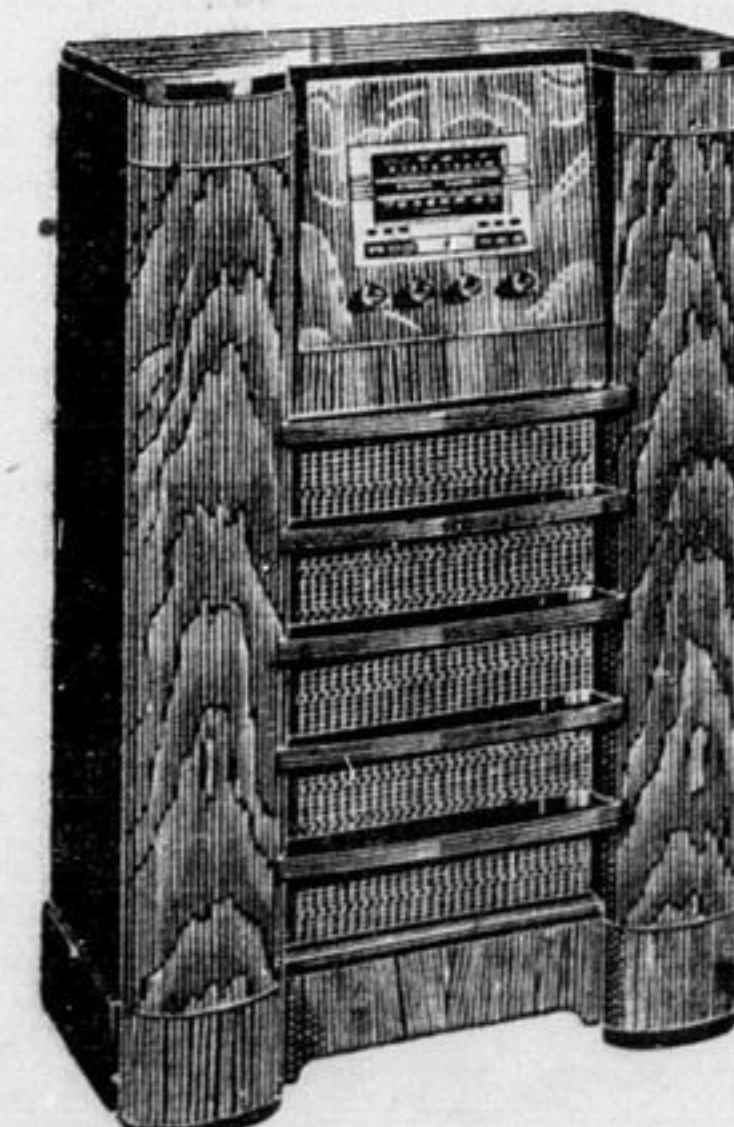


Looks like a suit

Here's a coat dress which looks like a suit; navy woolen with a red plaid running through it. The bodice is snug, dipping below the waist in back. The skirt is slightly flared in front with fullness gathered in the back section. Two 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.

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