

Domestic Science Expert Has Many Good Words To Say About the Leek

Vegetable Associated with Wales is Inexpensive, Says Miss Barber. Leeks with a Cream Sauce, are Savory Addition to Quick Meal. Club Steak for Main Dish.

Just recently there was happy oven, 425 degrees Fahrenheit, for about fifteen minutes, or until leeks are tender.

Special Sauce
2 egg yolks
1/2 cup sweet or sour cream
1/2 teaspoon lemon juice
Salt
Paprika.
Beat egg yolks slightly; add other ingredients and stir over hot water until sauce begins to thicken. Serve with cauliflower, asparagus, broccoli or with fish.

Quick Meal
Vegetable Soup
Broiled Cube Steak
Potato chips, Leeks, with Special Sauce
Sliced Oranges with Cocomat
Coffee

Method of Preparation
Slice Oranges and Chill
Prepare Leeks and cook
Light Broiler
Make Sauce
Broil Steak
Open can of Soup and heat
Drain and dress Leeks
Make Coffee.
(Released by the Bell Syndicate, Inc.)



(By Edith M. Barber)

146 years. We are not told whether his consumption of leeks had anything to do with either his serenity or with his long life.

This member of the onion family is not so commonly used in this country as are many others. Perhaps we use a leek or two for flavouring soups and stews. Few of us realize that boiled leeks, served hot with a sauce will furnish an inexpensive and savory vegetable. They are also very good served cold with a French dressing.

They may also be braised with soup stock in the same manner as lettuce or celery.

A cream sauce into which an egg yolk has been beaten is a good choice, or a sauce made with egg yolks and sour cream, such as is used for asparagus. They may be dressed with butter which may be browned or flavoured with grated cheese. They may also be braised with a soup stock in the same manner as lettuce or celery.

Leeks take a short time to cook and therefore they may be featured occasionally at a quick meal. The preparation is simple. The tougher parts of the green tops should be removed before they are cooked fifteen to twenty minutes in boiling salted water.

Braised Leeks

In the bottom of a baking dish arrange a bunch of leeks. Sprinkle over the leeks one sliced carrot, two sprigs of parsley, one minced celery stalk and a sprig of thyme. Add one cup of meat stock and cook uncovered in a hot

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THE CANADA STARCH COMPANY LIMITED

Government Advertised as Sponsoring Picture

(From Toronto Telegram)
Evidence that the March of Time film "Canada at War" was designed for political propaganda is becoming more and more apparent.
Premier Hepburn's banning of the film until after the election threw a bombshell into the plans of the Liberal Campaign Committee. They were quite surprised that any objection should be taken to a film showing the work of the government and the advertisements of the film boldly exploited that "achievements of the government."
Since the banning of the picture the advertisements have been changed. For instance, the advertisement in the Montreal Star under date of March 1 announcing the showing at the Capital theatre contains this very interesting statement, "Special March of Time Canada at War, sponsored by the Dominion Government." In the advertisement which appeared on the following day the significant words "sponsored by the Dominion Government" have been deleted.

TO-DAY'S FASHIONS



Breath of Spring

THERE'S a breath of spring in the white-trimmed navy blue frock. In this chic ensemble the dress is navy blue crepe, and the blouse is of white and navy printed crepe. The print is used also on the box-pleated skirt, giving a smart striped effect when the wearer is in motion. Cuffs of the printed crepe and a navy blue leather belt are other features.

Try The Advance Want Advertisements.

Chemist Should Examine Fumigated Buildings, Jury Says

Find Accidental Death in MacDougall Case but Recommend Medical and Chemical Inspection in All Cases.

A rider attached to the verdict brought in by the coroner's jury which enquired on Monday afternoon into the death of Mrs. Hugh Allen MacDougall, who was poisoned by toxic gas while in her apartment, recommended that in future, fumigators, after they had finished their work in a house or building, have it examined by a chemist or physician before allowing the occupants to go back in.

Members of the jury were Thomas Villeneuve, James Kerr, Harry Shepherd, J. A. Tremblay and W. L. Purdy. Gregory Evans was present as Mr. Vercival's representative; Dean Kester represented J. W. Fogg Company, which owned the building. Crown Attorney S. A. Caldwell did the interrogating. Coroner was Dr. H. E. Minthorn.

Giving the jurors an outline of the case, the Coroner said that the J. W. Fogg-owned, six-roomed apartment at the corner of Rea and Hollinger Lane needed fumigation so the janitor of the building contacted the fumigator, A. Percival, and instructed him to begin. Four or more hours after the house had been opened Mrs. MacDougall was found dead in her bed.

Dr. J. A. McInnis, M.O.H., said that he issued a permit to A. Percival to fumigate the building. The gas to be used was hydrogen cyanide, which was considered most effective in the destruction of vermin. The gas, said Dr. McInnis, had a distinct, pungent flavor and was easily disseminated in air. By terms of the permit, the building was to have been closed from 3:30 p.m. on March 4 to 12 o'clock noon, on March 5. It could not be occupied for four hours after it was opened.

"I think that is too short a time myself," said Dr. McInnis. "If the weather is inclement it should be at least six hours. In this case the fumigator was well within the regulations. It was five or six hours before the tenants were allowed back in."

Vercival, the man who did the fumigating, was the next witness called. He said that he recently passed his examination for a license for fumigating. The license certificate was on the way. Mr. Vercival produced a letter from the Department of Health which said "as soon as we have received an insurance policy covering liability we will forward your license to do this work." A letter from the insurance man, J. W. Spooner, to Mr. Vercival said that he had been accepted for a policy and that the policy would be in his hands in a few days.

He got instructions from the janitor by telephone to fumigate the house, said Mr. Vercival. On Saturday, March 2, he had a man measure the building to determine the number of cubic feet. On Monday, March 4 at 9 p.m. they began the work of fumigation. The windows and doors were sealed, toilets were locked and food was removed from the building. In the afternoon on Monday cyanide cans were taken in and gas released in the building.

The house was locked and guarded until the next day at 12:05 p.m. when the fumigators donned masks and took the cyanide cans out. All the windows were opened and the storm windows which were hinged at the top, were shoved out.

Vercival said that he used a blower to clear the gas out of the three or four foot deep attic. He blew out what he could and left the machine running up there for half an hour. He and his men compressed all pillows and bedding in the building and blew on them with the machine. The children's mattresses were put outside, where they remained all day.

The fumigator said he told Mrs. MacDougall that it would be all right for her to go back in that night if she kept the windows open and provided for plenty of ventilation. He told her that no children would be allowed in and she telephoned and told her grandson that he could not stay with her that night.

"She promised me faithfully that she would keep the windows open," said Mr. Vercival.

Asked if he had had experience, Mr. Vercival said that he had done at least 155 fumigating jobs for Mr. Proulx who had a license. He said that a was his custom he used tear gas also in the house. The tear gas was to repel any possible intruders while the hydrogen cyanide had a chance to injure them.

Two assistants of Vercival, William Buckholtz and Joseph Barrette, had little to add to what their employer had testified.

R. Gaudreau, the janitor, said that Vercival warned him not to let any children in the building but told him that it was all right for him to sleep there at night provided he kept the windows in his apartment open.

At around five in the afternoon Mrs. MacDougall told him that she considered her apartment all right and would sleep there that night. Inasmuch as he could still smell gas in the apartment he warned her not to. At 10:30 p.m. he saw her again and at 11 p.m. there still was the odor of gas in her apartment. However, she was determined to sleep there and said that she would leave all windows open.

Beauty and You

by PATRICIA LINDSAY



These pretty feet belong to PATRICIA LINDSAY of the screen. They demonstrate the exercise described in to-day's column.

Learn to Relax and Groom Feet for Comfort and Beauty.

In his splendid book for the layman, Doctor Armitage Whitman writes: "Considering your feet as the foundation of your body, and in its proper relation to the body's posture, we must say that, like the whole body, it has no attitudes, that of activity and that of fatigue. The body weight falls downward through the leg and on through the centre, or slightly to the outer side of the foot. The body balances upon the centre of the foot. The muscles on its inner border and the long flexor muscles of the toes, by their activity, hold the arch supported."

"In the attitude of fatigue we may assume that the muscles, exhausted, have given way, and the arch is supported by the ligaments alone. In this attitude the toes are turned out. The body weight then falls on the inner side of the foot, the weak side, where there are only ligaments to support it."

From this quotation we may see how important your feet are in relation to your beauty. If your posture is destroyed by ailing feet, you may be sure that unlovely strained lines will appear in your face, your abdomen muscles will weaken and your breast muscles sag. An unlovely picture, isn't it?

So let's do everything we can this winter to prevent that silhouette from becoming an actuality.

First teach yourself how to relax your feet at the end of a busy day. Begin with the exercise illustrated above by Janice Logan.

You lie down limply on a hard mattress without a pillow. Raise and bend one foot upward (the toes pointing toward your head) while an assistant tries to retard the movement by pulling away from you. When she releases her grip, drop your foot limply to the bed. Repeat with other foot. You should get a feeling of relaxed, soothed foot muscles.

The second part of the movement is this. Without raising your foot off the bed, press your toes against the hand of an assistant as she presses toward you—note the tenseness in the calf of your leg. When she pulls her hand away, allow your foot to drop as it will in relaxation. Repeat with other foot.

Another Exercise
Still lying down with feet apart, extend the legs straight out, heels pushing hard, and rotate the toes inward, big toes touching.
Relax and allow feet to fall back in place.
Repeat five times. Relax a few seconds.

Not there, he told the inquest, the baby was unconscious and two of the children were ill. When he found out what the trouble was he ordered the fire department and police called. The mother, the baby and the second youngest child went to the hospital. The mother was not ill from the effects of the gas, the physician said, but semi-hysterical over her baby. The baby was still in the hospital but was recovering.

At 4:50 a.m. after a policeman had broken his way into the MacDougall apartment, Dr. Alex Finlayson was called. He testified that he gave the woman adrenalin and injected methylene blue but there was no sign of life even after 45 minutes of artificial respiration.

Ned Rochon said that he figured that if it was all right for Gaudreau to sleep in the building it was all right for him and his family. The baby was coughing in the night but he thought it was because she had a cold. At around four o'clock he and his wife brought the child into their bed and shortly after it lapsed into unconsciousness. The other two children were ill and retching.

When he arrived said Constable Reed, he saw the closed door across the hallway from the Rochon apartment. He picked the lock with a hair-pin and went in. Mrs. MacDougall was lying across the bed. "The apartment smelled very strongly of gas and one could almost see the purplish haze," he told the jury.

Perfumes To-Day Hide the Honest, Wholesome Smells

(By Ernest L. Meyer)
An advertising man has discovered that rubber and kerosene are among the most detested smells, and he suggests that they be given a new, attractive odor to increase sales.
But modern business, it seems to me, is sneaking in too heavily for sweet pungencies. All the modern woman's creams, ointments, powder and polishes are heavily freighted with synthetic attars. These stupefying aromas have made almost obsolete the good smell of cloth, remembered from our childhood when the passing of Mother in the room meant the passing of the fragrant fragrance of gingham and the faint, unique odor of starch.

As a result of advertising campaigns, the human family has become ashamed of the odor of clean bodies and the smell of laboratory juices and strong soap. Yet the smell of a horse is a fine smell, and we do not spray its hide with eau de cologne.
Nor do I object to the whiff of kerosene, which has a clean, heady odor, and brings with it a rush of memories of the lamp we once studied under. More than any other sense impression, odors have this power of recalling old experiences, old friends, old places. I, for one, enjoy the fragrance of a clean barnyard and the sharp unforgettable smell of a singed hair from the blacksmith shop that now, alas, is almost obsolete. It is the same with the odor of a harness shop.

Other odors are memorable. The smell of printer's ink, which produces an excitement in one who has left the printshop for years and then somewhere picks that odor out of the breeze; the smell of a fresh magazine, just opened; the fragrance of a leather binding on an old book; the symphonic odor of spice cabinets, with cinnamon, sage, and curry playing pungent solos.

For page after page one could list the fragrance of our varied and fascinating world. Yet science is being invoked to condemn us to live perpetually in a lethal chamber of attar of roses.

Townfolk:—A beauty parlor in Wilmette, Illinois, has a number of young patronesses who bring their dolls for a permanent or water wave. Almost any day, nine to a half dozen dolls may be seen sitting under the drying machine.

Huntingdon Gleaner — Magistrate Nicholas H. Pinto, presiding in Brooklyn traffic court, fined himself \$2 for parking in a restricted area. Last summer the magistrate's automobile was tagged by a patrolman. When the case came up in court four months later, the magistrate called out his own name, pleaded guilty, fined himself \$2 and paid the court clerk.

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