

Housewives Do Well to Pay Attention to Their Kitchen Equipment

Good Equipment Makes the Preparation of Good Food So Much Easier. Good Equipment Really More Important Than Matching Colours or Cottage Curtains.

Good tools for the kitchen workshop make food preparation much easier. They save time and prevent waste of good food. A kitchen need not be "model" in every sense of the term to be efficient. Good equipment is more important than matching colours or

These may be supplemented by small bulbs or rods above the work centres.

Utensils and supplies should be arranged in cupboards and on shelves near the places where they are to be used. No further suggestions are necessary or practical because your own experience will show you what is most convenient for your own work. This is also true when it comes to containers for supplies. Many products today can be purchased in cartons with covers that can be replaced, or with spouts for pouring. Packages which can not be covered tightly after having been opened, may be emptied into storage containers which may be square rather than round, if you must save space. A ventilated bin especially designed for storing vegetables should be part of the kitchen equipment.

Toasted Potato Fluff

- 3 cups hot Riced Potatoes
- 2 tablespoons butter
- 1/2 cup hot milk
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 cup heavy cream, whipped
- 1/2 cup grated cheese
- Paprika.

Beat potatoes with butter, milk, salt and pepper. Spread potatoes in greased 9-inch pie plate. Cover with whipped cream and sprinkle with cheese and paprika. Bake in very hot oven (500 degrees F.) 5 minutes until lightly browned. Yield: 6 servings.

(Released by The Bell Syndicate, Inc.)



(By Edith M. Barber)

a place of its own away from those things which are used everyday.

The kitchen should be well lighted both during the day and after dark. We cannot, of course, always change the location, type, or number of windows, but we can see that the artificial lighting is not only bright enough cottage curtains. There is no reason, however, why this room in which most women spend a great deal of time each day should not be as attractive, as possible.

Every housekeeper would like to have the opportunity of designing and equipping a new kitchen to suit her needs and taste. While this is not always possible, arrangements can often be made at comparatively little expense. Minor alterations such as changing cupboard shelves and dividing some of them vertically so that there may be convenient places for cookie sheets, trays, and pot covers, will make work go more easily. Partitioning drawers in the work table or cabinet in order that there may be a place for all types of small utensils, is also helpful. Equipment which is seldom used should have but also arranged so that every portion of the room is bright without glare. This may be accomplished by the use of one or more indirect lighting fixtures.

About the Use of Vitamins in Your Garden This Year

Vitamin B1 is the Big News of 1940.

(By Paul Gray)

Here's the big news of 1940! Vitamin B1—yes, one of the very vitamins so closely related to human health and well-being!—has been conscripted for horticultural service, and now stands "at attention", ready to respond to the orders of any Canadian home-gardener keen to have success in plant growth.

It was in the laboratories of California Institute of Technology that the first experiments with vitamin B1 were made; and originally only with the idea of stimulating root growth. Then further experimentation revealed the efficacy of the vitamin for stimulating the size and growth of garden flowers and shrubs when applied to both stems and foliage. It was but a step from there to experimenting with shade trees and with certain types of fruit trees; gallons and gallons of vitamin B1 solution being poured around the roots. Amazing results were achieved in many cases notably with some very large trees that apparently had been doomed to death from lowered vitality.

Another very interesting use for vitamin B1 concerned transplanting—so often a hazardous operation! Actually it now has been found that cleaning off all the dirt and soaking the roots of the plant being transplanted in a vitamin B1 solution avoids what is called "root shock"—that disturbance of growth caused by the bruising or breaking of roots and the change to a new environment, possibly with totally different soil conditions.

But, right here, let it be emphasized that this new wonder-worker does not work wonders in every case or under every condition. For instance, vitamin B1 does not appear to have been of any particular value insofar as most food crops are concerned (this applies to peas, beans, corn, tomatoes and other vegetable species), despite the fact that it has been of benefit to some varieties of fruit tree.

Perhaps some home-gardeners, in a burst of enthusiasm over this new discovery, will be tempted to act on the theory that what is good with one quantity will be twice as good with double the quantity. That is not a safe theory with vitamin B1, which—being highly concentrated—must be measured carefully and used exactly as directed by its sponsors. With that necessary precaution, then, we now can start experimenting with our house-plants as a forerunner of our larger experimentation in the garden during the coming 1940 season of growth!

First Canadian Red Cross Hospital to be Built Overseas

Base Hospital No. 1 at Taplow, England.

From the Red Cross at South Porcupine comes the suggestion that The Advance reprint from The Red Cross Despatch the story of the first Canadian Red Cross hospital overseas. Here is the story as given by The Red Cross Despatch.

The first Canadian Red Cross Hospital overseas is being built on lands owned by Lord and Lady Astor just outside the little village of Taplow, about twenty-five miles from London. The location and setting constitute one of the beauty spots of England as the grounds are surrounded by beautiful woods, down through one of which flows the Upper Thames River.

The hospital is to contain six hundred beds for men and officers and is being built with the approval of the Canadian Army Medical Corps and will be operated by that Department of the Government which will bear all operating expenses.

The Overseas Advisory Committee of the Canadian Red Cross Society, a body of prominent Canadians in London, under the Chairmanship of the Right Honourable R. B. Bennett, is responsible for the supervision of the building and equipping of this institution. The architect, Mr. Robert Atkinson, is one of the most prominent in England. The layout of the hospital is in accordance with British War Office plans which have been perfected by outstanding English architects in co-operation with the British Army Medical Corps over the last few years. It is a hut hospital, the hospital itself differs from that of the ward huts has a sun-room built on the end of it, into which patients may be wheeled during fine days. The whole hospital is being centrally heated and the equipment is to include spring mattresses instead of ordinary layer felt mattresses and a number of modern gatch beds in order that patients may be placed in different postures necessary for treatment.

All of the technical equipment such as that for operating rooms, X-ray laboratory, and so forth, is also being purchased by the Red Cross in Canada through its National Purchasing Committee with the co-operation of a very strong committee of Canadian hospital experts with the object of seeing to it that this equipment is all in accordance with modern hospital standards, so that patients may be assured of proper facilities for treatment and, at the same time, that there should be no extravagance in the purchase of "fancy" equipment.

A special Research Laboratory is being built and equipped in connection with the hospital, which will also be manned by Canadian experts under the direction of Sir Frederick Banting. The Canadian Red Cross Society is bearing the complete cost of building and equipping the institution. Two anonymous contributions designated for this purpose in Canada amounted to \$215,000.00. The Canadian Army Medical Corps will not only operate the hospital but will pay all maintenance costs.

It is believed that the first Canadian hospital will be a credit to the Canadian Red Cross Society and will accomplish for our sick and wounded soldiers the type of treatment which all Canadian people desire.

Halifax — Wartime restrictions will make a difference to yachtsmen of the Royal Nova Scotia Yacht Squadron this season. Permission to fly the blue ensign of the Royal Naval Reserve has been revoked for duration of the war. The Nova Scotia club is one of the five in the Empire which is allowed to fly the flag from the staff of the club flag-pole.

Wartime restrictions on sailing in Halifax harbor have led a number of yachtsmen to make their headquarters at Hubbards. Many of the larger yachts will sail over the broad reaches of St. Margaret's Bay this summer. Hubbards is 35 miles down the south shore from Halifax.

The club at Halifax will remain open, however, and some of the smaller craft are expected to stay here. Some of the craft at the R.N.S.Y.S. have warrants permitting their owners to fly the blue ensign from the peak of the mainmast or the ensign staff. These warrants have been revoked until the war is over.

EXPECT 500,000 MORE TO VOTE THAN LAST ELECTION

Ottawa, March 20.—In the Dominion election on Tuesday next probably 600,000 more persons will cast ballots than in 1935.

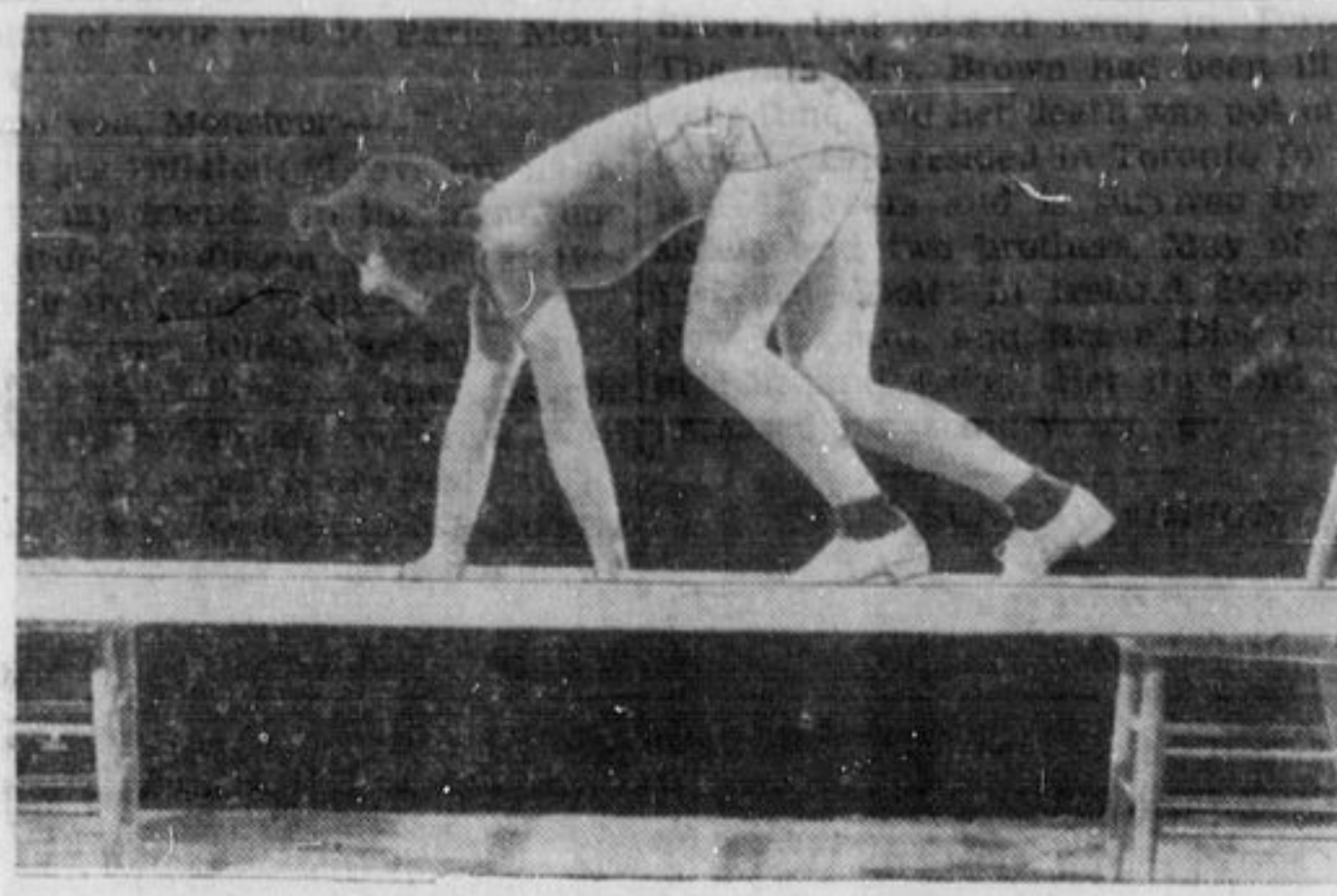
Preliminary returns of names on voters' lists, made public here by the chief electoral officer, Jules Castonguay, show a total of 6,487,010 voters and it is estimated that this will be increased by 50,000 in revisions. In 1935 the total was 5,918,207 persons and 4,452,675 voted.

With the increase in the voters' list, this election bids fair to establish a record number of voters for any Canadian election. In 1930, there were 3,992,481 ballots cast.

The active service vote overseas and in Canada could mean a change after the civilian vote is known only if the civilian vote shows a close result, it was indicated here. With about 90,000 members of the fighting forces entitled to vote, this would mean an average of a little under 400 for each of the 243 constituencies.

Beauty and You

by PATRICIA LINDSAY



GOOD INDOOR EXERCISE

Place a sturdy, small ladder on two chairs, then mount it crab-fashion. Walk forward from rung to rung, keeping the head up and wrists vertical. Only the balls of the feet should rest on the rungs—not the entire foot.

Don't Allow Vitality to Slacken During Late Winter

February and March are nasty months in localities which experience bitter winter weather. They are the tail end months of a winter which has used up much of the vitality we stored during the pleasing summer and autumn. During this period we should keep a diligent eye on our health.

If the weather is still cold, dress for it, no matter if jaunty spring clothes are making their appearance. Even if you are sick to death of your old winter coat don't discard it until you are certain spring has come to stay.

Watch your menus too. Eat of the foods which build energy and serve to heat your blood, no matter what the thermometer reads. If you find you are growing listless perhaps you need more vitamins. Most likely you began to take vitamins in concentrated form regularly at the beginning of the winter, but now seldom think of them. Buy a fresh supply and take them—if your vitality is dwindling.

What Fun Are You Having? If you shut yourself in to hug the fire, and ignore all the friends you have and get little or no amusement, no wonder you are growing so dull that you are boring even to yourself! Man is a social being, he needs the company of others. He must share thoughts and experiences, joys and sorrows, or his personality dims sadly. Get out and have fun. If you are young enough get out and have fun through winter sports.

Skating, skiing, sledding — all have devotees and the glorious body exercise you get makes the very temperature seem degrees warmer. Dancing is a splendid exercise also and it makes for merriment. Roll up a rug and turn on the radio and forget that winter is outside your door.

Remember that your skin and hair need attention too. Cleanse your face

daily with a liquefying cream and protect it with a richer cream—especially when you do stick your nose out of doors. Once a week at least you may steam it, and should do so, if you do not exercise sufficiently to perspire. Physical inaction dulls your skin.

It is not necessary to shampoo your hair more frequently than every ten days or two weeks, providing you brush it well daily from the scalp upward, and clean the brush on a fresh towel after each fifty strokes. Stimulating your scalp by finger massage is good too, and once a month at least you can give it an oil or tonic treatment before you wash it. Even excessive oily hair will improve by such care.

NUMBER OF UNEMPLOYED NOW IN GREAT BRITAIN

(London Daily Express)
One million, five hundred and eighteen thousand, eight hundred and ninety-six. That is the figure. That is the number of unemployed in this country. Look at it as you will, twist and turn it as you will, subtract what you can for special causes. Blame the weather, accuse the snow, condemn the frost. The fact still remains: there are nearly a quarter of million more unemployed than when war started. These figures will give fresh arguments to those who demand a new minister to direct our economic effort.

Exercise Indoors Too

Some of you may find yourselves confined to home during these months with no way of getting out. Then you should air a room well, get into easy clothes such as a play suit, and exercise at home. Twenty minutes a day, exercising, will keep your figure lovely and come spring you will be glad you did not permit it to grow bulges! (Released by The Bell Syndicate, Inc.)



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That Body of Yours

(By James W. Barton, M.D.)

Colds and Fatigue May Cause Pneumonia

The story is often told of the man being examined for insurance who was asked if he had had any of the diseases of childhood.

"No," was his answer.
"What! Have you never had measles, chickenpox, scarlet fever or mumps?"
"Oh, yes," he replied, "I've had all those diseases half a dozen times."

Most diseases of childhood seldom occur more than once, but in this man's opinion they were unimportant. There is, however, one ailment that may occur more than once and each time it occurs it lessens the resistance of the patient so that he is more apt to have another attack. That disease is pneumonia. Hospital statistics show that about two of every three pneumonia patients had a head cold, sore throat, or slight bronchitis before the pneumonia appeared.

What does this mean? This means that either the lining of the nose, throat, and bronchial tubes becomes less able to ward off infection each time the individual has a cold, or the infection lowers the general strength of the body so that the body as a whole is less able to fight off each succeeding attack of colds and bronchitis, which may be followed by pneumonia.

However, pneumonia may attack an individual who is not subject to colds and bronchitis, and may also in some cases attack an individual without starting in with a cold or bronchitis. However, the reason the pneumonia attacks the individual, whether or not a cold is present, is because he is not well, is run down, is very tired, or has been exposed to cold and dampness. The fact that pneumonia occurs five to ten times as often in the cold weather shows that cold and dampness lower vitality.

As pneumonia organisms are present in individuals in perfect health, the reason that these organisms do not set up an infection in the body is because the individual is in good health. "Pneumonia does not, as a rule, attack a perfectly healthy person."

The lesson is plain. Try to avoid colds, but if a cold occurs, get off the feet, and give the body its best chance to prevent an attack of pneumonia. Should pneumonia occur, the heart will have some reserve power with which to fight it.

The Common Cold
The common cold is probably the most neglected of all ailments yet it may lead to serious complications—bronchitis, bronchopneumonia and pneumonia. Send for Dr. Barton's helpful booklet about it entitled "The

TO-DAY'S FASHIONS



Black crepe with white

By GRACE THORNCLIFFE
BLACK with a touch of white is a perennial favorite, no matter what color is the darling of the moment. This lovely frock is of black crepe with a separate gumpie of snowy white handkerchief linen. It has an interesting yoke and pocket treatment.

Common Cold" (No. 104), enclosing Ten Cents to cover the cost of handling and mention this newspaper. Address: The Bell Library, 6Pat Office Box 75, Station O New York, N.Y. (Registered in accordance with the Copyright Act.)

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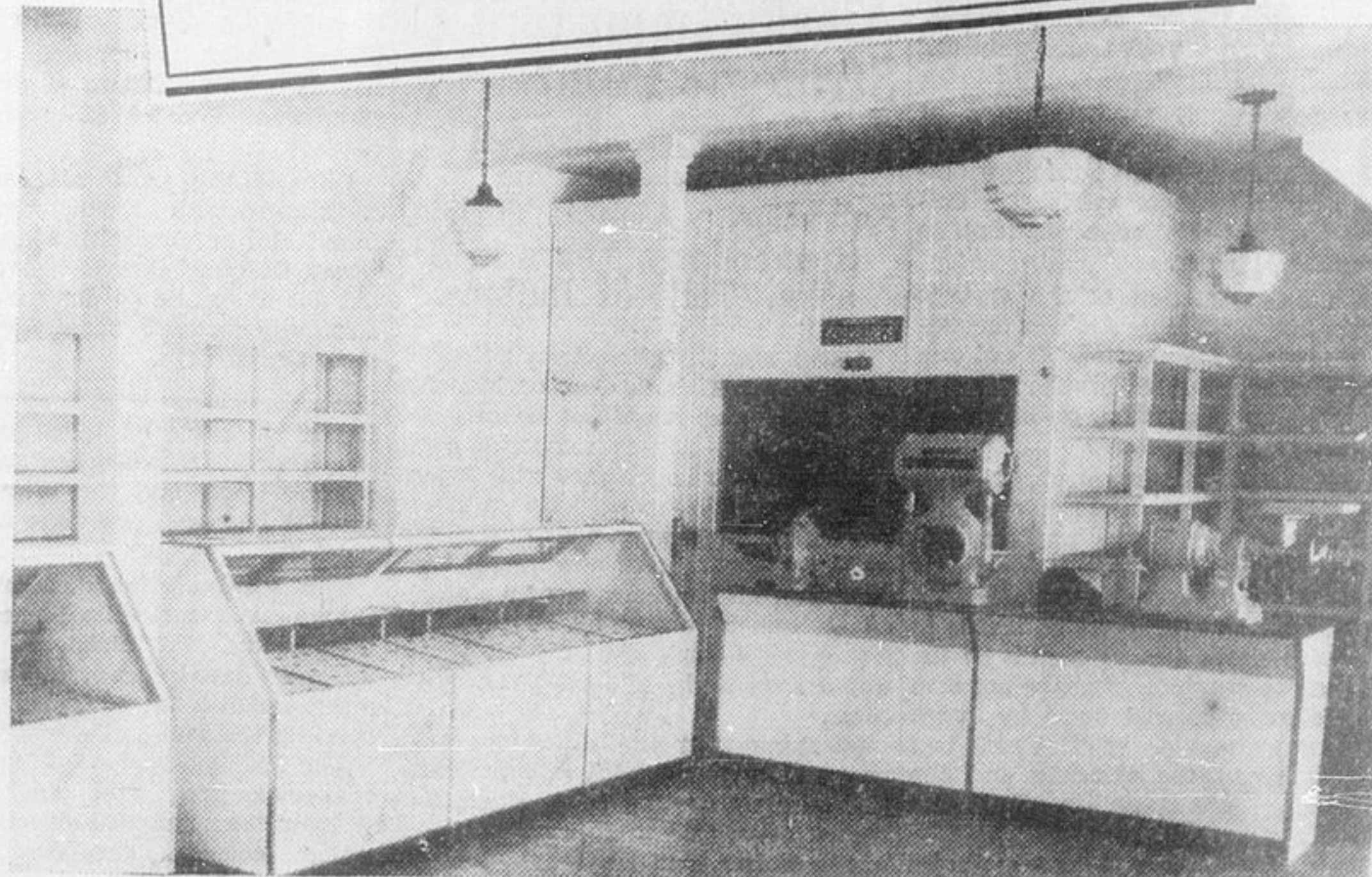
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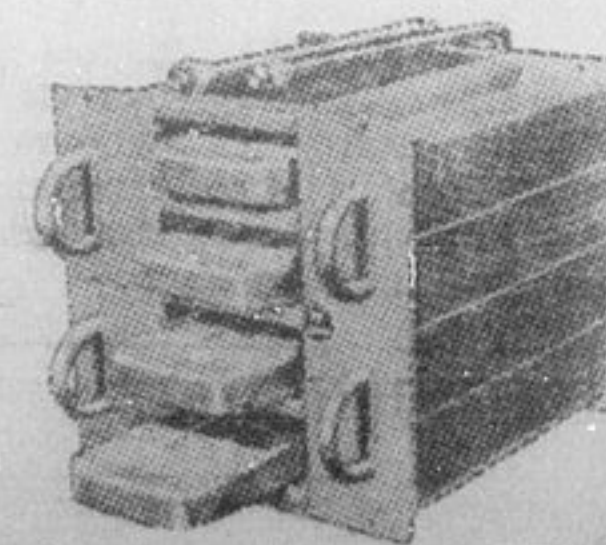
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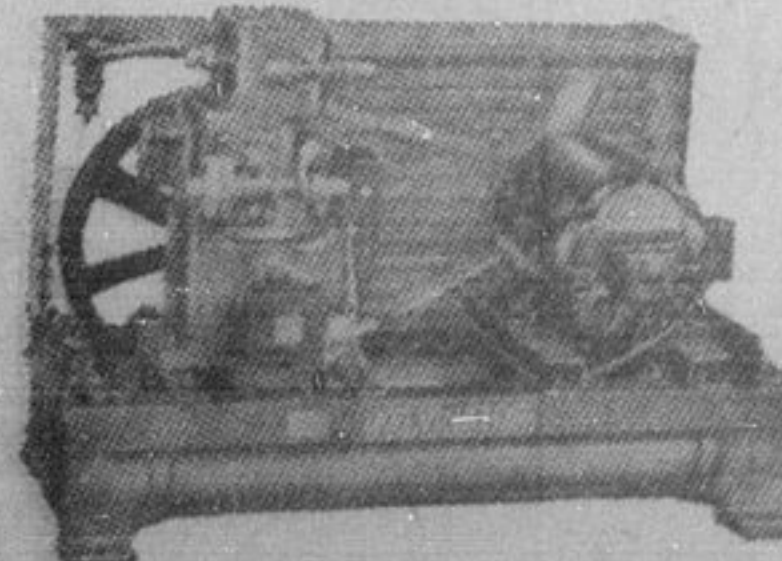
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