

Which Came First the Egg Or the Chick and Which Do You Like the Best?

Manifold Uses of Eggs and Chickens on the Menu. Chicken Custard with Creamed Mushrooms for a Quick Meal. Recipes for Tabasco Eggs and Chicken Custard.

Which came first—the chicken or the egg? That was a question upon which my father delighted in stirring up debates among us. We took this problem



(By EDITH M. FARBER)

very seriously and racked our brains to think of convincing theories pro and con.

It usually ended with a more practical discussion as to which we liked better, chickens or eggs.

So far as eggs are concerned, there is no time of the year at which they are more plentiful than at this season. Both quality and price attract us. Because the winter has been comparatively warm, the egg crop is large, and in order to aid the farmers to dispose of their products while they are at their best, the chain stores of the nation are sponsoring a campaign to encourage the use of this valuable food, which has a place at any or all of the three meals of the day.

Eggs, poached or boiled, scrambled or in omelet form, are as welcome for lunch as they are for breakfast, and we will not feel the extravagant when we make an angel food or an soufflé. When we use the whites by themselves, the yolks will go into mayonnaise, Hollandaise sauce, a gold cake or a chicken custard for which the recipe is given today.

Tabasco Eggs

- 1 cup rich milk
 - 8 drops tabasco sauce
 - 1/2 teaspoon salt
 - 1 teaspoon butter
 - 2 tablespoons chopped chives
 - 6 eggs
 - 6 slices buttered toast
- Scald rich milk with tabasco, salt, butter and chives in a frying pan. Drop eggs, one at a time, into hot mixture, basting frequently until set. Serve on toast.

Chicken Custard

- 1 cup concentrated chicken broth
 - 1 cup rich milk
 - 6 egg yolks or 3 whole eggs
 - 1/2 teaspoon salt
 - Pepper, nutmeg
 - 2 tablespoons chopped parsley
- Scald broth and cream. Beat eggs and stir hot mixture into them. Season to taste with salt, pepper and nutmeg and pour into custard cups. Set cups in pan of hot water and bake in a moderate oven, 350 degrees F., about forty minutes, or until knife inserted in centre comes out clean. Serve warm with broiled bacon.

Quick Meal

- Tomato juice cocktail
 - Chicken custard with creamed mushrooms
 - Baked potatoes
 - Mixed vegetable salad
 - Strawberry tarts
 - Coffee
- Method of preparation: Light oven. Scrub potatoes and bake. Lower temperature of oven, prepare custard and bake. Prepare salad. Prepare mushrooms. Open can of chilled tomato juice. Make coffee.

(Released by The Bell Syndicate, Inc.)

WOULD-BE BANK ROBBER CAPTURED AT CADILLAC

Cadillac, Que., May 15—A would-be hold-up man, Mickey Banner, was arrested here on Friday by Chief of Police Charles Ross, after he had entered the Bank of Montreal at about one o'clock D.S.T., with the intention of holding up the teller.

Four men who were in the bank at the time, called his bluff and gave chase when he turned to flee. He had gone but about a quarter of a mile when they caught him, and held him down while one of their number notified police headquarters by phone. The chief responded immediately and Banner was taken into custody at about 1.30. He was subsequently turned over to the Provincial Police at Lamacque, and lodged in Val d'Or jail, where he awaits trial.

When arrested, Banner was armed only with a toy pistol, but there is a suspicion that he may have had something more dangerous when he entered the bank and had disposed of it while in flight. He was obliged to take to flight before obtaining any money.

Sudbury Star.—The puzzled Norseman now finds himself in the quandary of the unhappy Spaniard, who couldn't understand his war because he only spoke the language of the country.

Housewife's Duty to Use Essential Foods for Health To-day

All Housewives Can "Do Their Bit" in Campaign to Win the War.

"Every housewife can do her bit—and help others do theirs—by keeping her family's health at a high level."—Canadian Medical Association.

"This ends the introduction on the inside front cover of a new booklet just now coming off the presses, entitled 'Food for Health in Peace and War.'"

Prepared by the nutrition experts of the Canadian Medical Association, and embodying knowledge gained after years of study and research, including the very latest, the booklet is published by the leading life insurance companies in Canada.

It is written in the simplest language, and instead of rambling on about vitamins and calories—about which the average housewife knows very little of practical use in the kitchen—quickly turns into a set of weekly food budgets for single persons, children, and various size families. So many quarts of milk, pounds of cheese, bread and so forth, for a family of five. Cost, \$8.95—on the basis of city prices. For those living on the land, the quantities are given in pounds and fractions of a pound.

It all boils down to this: Eat first the kind and amount of food required to maintain a normal disease-resisting health, then add whatever you wish or can afford after that. But GET THE ESSENTIALS—and thwart the germs that may descend on the world as did the 'Flu in 1919.

On page five is a special note: "The Canadian farmer produces all the foods necessary for good health," a real boost for Canadian agriculture.

Recently, in Toronto, Dr. Frederick F. Tisdall, chairman of the Committee on Nutrition, Canadian Medical Association, in a nation-wide radio broadcast stated that if every Canadian would eat the proper foods in the proper quantities (set forth in the booklet) the consumption of Canadian-grown foods would be increased by 12 per cent.

One million, two hundred thousand copies of this booklet have been printed in English and 300,000 in French.

They are free for the asking, to any Canadian housewife or genuinely interested person, and can be obtained through your local physician, life insurance representative, medical health officer, Red Cross worker, or travelling registered nurse, or many of the volunteer social welfare workers' organizations.

Paris Writer Pays Tribute to Canada's Governor-General

Leon de Laperouse Says Earl of Athlone Popular With French Troops.

Paris, May 15—French writers are recalling with pleasure and commendation the associations of the Earl of Athlone, governor-general-designate of Canada, with France and the French troops in the First Great War.

Leon de Laperouse writes of the new governor-general in the warmest terms, recalling that 26 years ago Count Athlone was once before appointed to that high post, but when the war intervened and he, as a staff officer, joined the British troops in France.

The Earl came in contact with the French forces when British, French and Belgian troops fought in one of the stiffest periods of the war, in October and November, 1914, and stopped the Germans on the banks of the Yser river in northern France and Belgium.

Popular With Men
"If he is Count Athlone to the world, brother of the Queen Mother of England and uncle of His Majesty King George VI, he was for us the young captain of the British army who was at our side in the tragic days of the Yser," writes de Laperouse. "He remains in the memories of the survivors of that heroic brigade. He was a charming and much-liked comrade of the French officers."

"I remember this English officer at the Yser passing his days at the side of General Grossetti. He said one day—for the general, in order to comfort his troops and keep up morale, used to sit on a folding stool at a crossroads which was within the range of enemy's fire and particularly dangerous—'Bad day today . . . and that man's too brave for me.' Yet he was a connoisseur (expert) of bravery and himself used to stroll through the Belgium trenches particularly exposed with the same composure that he might have shown in the meadows of his own estates.

"All the virtues of simplicity, friendliness and a sense of humour, united with the qualities necessary for the high charge with which Count Athlone is invested will endear him to the Canadians as they did to the Union of South Africa, where he was preceding governor-general. While his French comrades of 20 years ago are far from having forgotten him," says de Laperouse.

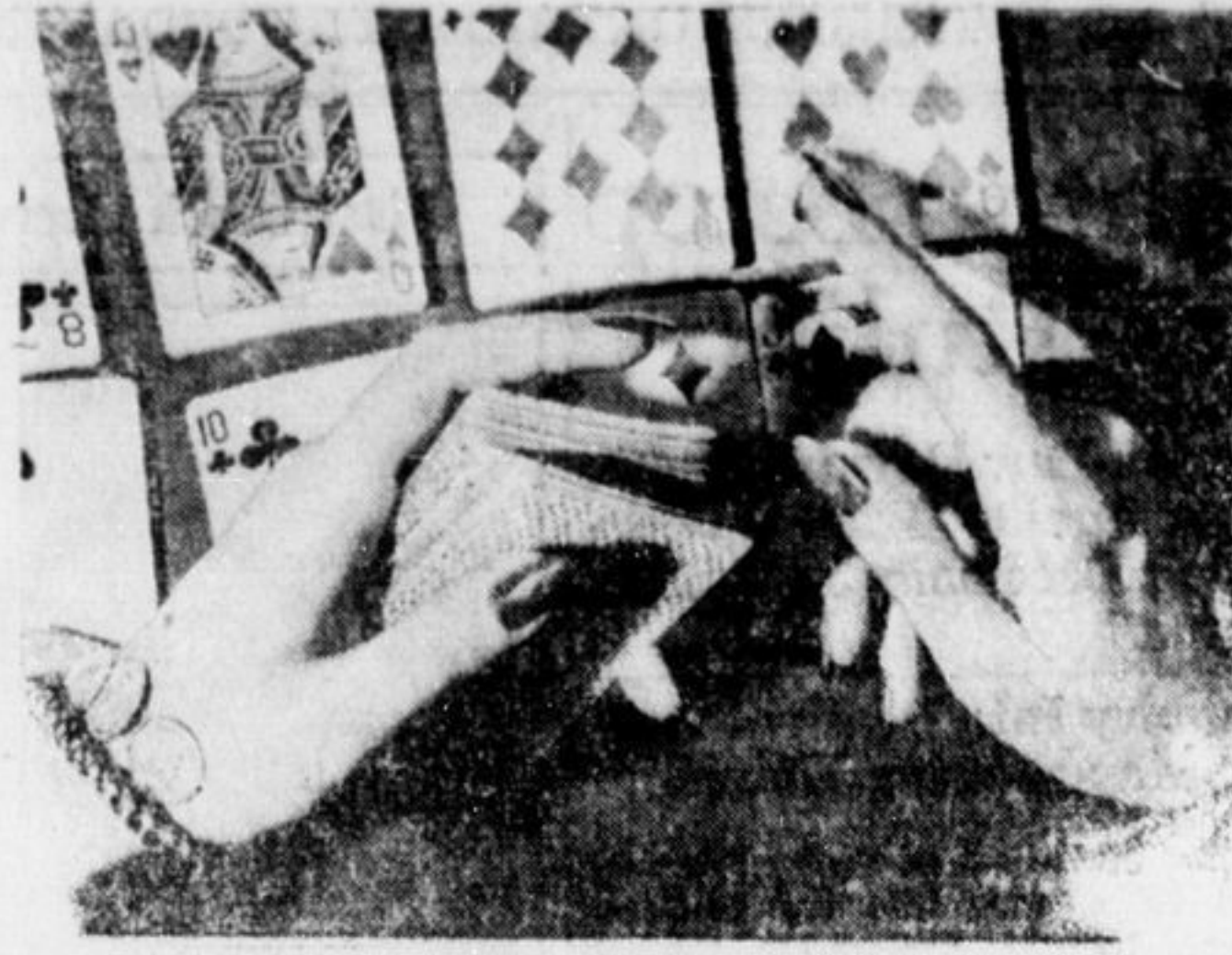
Sturdy Girl!

He—Did you enjoy your ride in Charlie's car?
She—Yes, it was lovely. The constant oscillation didn't bother me a bit!—Globe and Mail.

Toronto Telegram.—What has become of the old-fashioned man who was too proud to accept charity?

Beauty and You

by PATRICIA LINDSAY



Owner of these hands is FLORENCE PEARSALL who has the luck to own hands "photo-plastic" discovered by a noted New York photographer and signed by him to an exclusive contract. Her hands are perfectly photogenic not only because she takes perfect care of them but because she has studied before a mirror, the angles from which they are seen by the rest of the world.

Exquisite Hands Earns Model Fame

Florence Pearsall has been signed in contact by commercial photographer, to pose exclusively for lovely hand photographs—those photographs you see advertising nail aids, toying with a cigarette, or fingering a rare bit of art—hands with appeal are hers, and very photogenic.

This is the first time in the recorded history of artists and models that a pair of hands has been contracted for on a long-time basis and it parallels the booking of a beautiful voice for a series of concerts. The photographer who discovered and signed Miss Pearsall, explained that hands must be "photo-plastic" to be photogenic. This is the rare quality that few hands have without a lot of pampering! Hers are strikingly beautiful from any angle, long, graceful fingers with flawless nails.

How She Models

It is a novel experience to watch Miss Pearsall model her lovely hands for the photographer. She works long and patiently, sitting for hours under strong, hot, white lights. Since only her hands show in a photograph (never her face) she indulges in wise comfort by wearing a smock, a mob cap and dark glasses to protect her eyes. An amusing contrast to the glamorous photographs of her flower-like hands.

Since her hands are her fortune, she is extremely careful of them. They are pampered as diligently as time permits. Lotions to keep the skin soft and white, and frequent manicures. Being an honest sort of person she confesses to idleness—"I never do anything strenuous with them." A flesh scratch or a torn cuticle or a broken nail might mean the loss of several posing jobs!

Your Hands and Mine

As Miss Pearsall is the exception instead of the rule, we all cannot hope to have our hands earn us a living by posing in front of a camera. But we might all use the beauty of her hands as an inspiration for making our own lovelier. By looking at hers we realize just how beautiful hands can be. That should make us resolve to use a hand cream several times daily, care for our cuticle and nails and every once in a while resort to a hand facial.

We must use our hands for other work. We cannot sit idly and permit them to be idle. But there is beauty in strong, capable hands, too, if they are cared for properly.

And how good it is to accept any

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Settler Walks With Head Nearly Severed from Body by Knife

Had Been Lying Helpless for Hours on Floor

Cochrane, May 15—Joseph Beaudoin, 69-year-old district settler, was confined to hospital in critical condition today following an altercation in which his head was all but severed from his body. Matti Jalko, was arrested Saturday on a charge of inflicting bodily harm.

Despite the injury and the fact that he lay helpless on the floor of his shack, 20 miles west of here, for 23 hours, Beaudoin walked unaided to the hospital receiving room from an automobile that brought him here. Doctors said only his magnificent physical condition kept him from bleeding to death. He was operated on Saturday night and it is believed he will recover.

Beaudoin told police he and Jalko had an argument and that Jalko knocked him semi-conscious, then attacked him with a draw knife which is used for peeling pulpwood. When admitted to hospital, Beaudoin had a seven-inch cut along the back of the neck of a depth enough to strike the spinal column.

Police said the settler told them Jalko left the shack following the dispute, which occurred Friday night. According to police, Jalko went to Drifwood, two miles north of the cabin, and informed Beaudoin's son that "your father is sick."

The son went to the shack and found

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Sense and Nonsense.—Happiness is one of the few things you can't find on the bargain counters.

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