On Cooking Vegetables

By SADIE B. CHAMBERS

At some time in our lives, we all, no doubt, have been guilty of unfairness to members of the vegetable kingdom. They, who offer us flavor, minerals and vitamins and are regular storehouses of health and energy, we often unthinkingly or maybe unknowingly cast aside. If properly cooked they're so beneficial, but improper cooking renders them only useful as bulk.

1. Do always use rapidly boiling water, when boiling or steaming except when cooking dried vegetables, which should be soaked overnight and put on in cold water.

2. Do not add salt and pepper at first, but when vegetable is about half done.

3. Do cook strong-flavored vegetables e.g. turnips, cabbage, Brussels sprouts and cauliflower in large amounts of water.

4. Cook mild vegetables e.g. peas, carrots, etc. in small amount of water and save this liquid for soups, sauces etc.

5. Do not overcook vegetables. It is better to have them a little crisp than overdone.

6. Do steam all vegetables possible, for this method retains more food value than boiling. Baking ranks second in value for cooking.

7. Vegetables which can be cooked in their own juices:—tomatoes, squash, spinach and vegetable marrow.

Autumn Shades Are Announced

Violet-reds, Browns and Dark Greens Will Be Leading Fall Colors

PARIS. — Violet-reds, browns and dark greens will be the leading colors in next season's fashion collections. This is true of woollens as well as silks.

One color series promising to be popular is called "wines of France." It comprises 45 shades ranging from a deep chambertin to a pale pink. Intermediate tones are dark violet, currant, amethyst and duby.

Leaf Colors

Among the bronze and leather shades for next season are yellows as flamboyant as those found in autumn foliage, the warm tones of new bronze, and colors suggesting the patina of tarnished brouze.

Lesur in his group of serges, cashmeres and angoras draws exclusively from blue-greens and yellow-greens. Myer's woollen fabrics come in violet-grays, while maillet repeats the sea-greens for which he is noted, for the Molyneux collection.

Bianchini-Ferrier is launching satins for next fall which are inspired by the Louis-Philippe and second empire periods. They are bronze-green with black velvet motifs.

Beauty Parlor For Hospital

Female Mental Patients To Be Helped By Scheme; New Plan Being Adopted by Ontario

Latest advantage offered to women patients of Ontario's mental hospitals is a "beauty parlor" scheme to improve them by relieving abnormal worry and helping them to assert their individuality.

Dr. T. A. Sweet, of Whitby Hospital described the experiment last week to members of the Ontario Neuro-Psychiatric Association at their annual convention. Cooking, millinery classes, music and dancing are included in the revised daily program for the women, Dr. Sweet said.

"And speaking of dancing, we've managed to introduce the Lambeth walk with great success," the doctor added.

Dr. S. R. Montgomery of St. Thomas told the assembly doctors should make a point of dancing with their female patients. "It is an opportunity to get to know the patient better and is useful medical treatment," Dr. Montgomery said.

Pilot's License Is Granted Girl, 17

Youngest flier to pass tests at Hamilton, Ont., Aero Club, 17-year-old Joyce A. Reid, Beamsville, now holds her private pilot's license. Colonel D. G. Joy and Kenneth Whyte, inspectors of civil aviation, conducted the final examination, and the young candidate completed her trial last month in a manner which left no doubt as to her ability to handle the controls. Last year, she was ready to show officials that she was capable of flying, but because of her age she was not permitted to try.

It Makes a Nicer Cool Drink

"SALADA" ICED TEA

SYNOPSIS

Dr. Gillespie, cantankerous diagnostician chief, fires young Dr. Jas. Kildare, as his assistant at the Blair General Hospital and places him in a field dispensary. He plants young and lovely Nurse Lamont to watch Kildare. His first day at the dispensary, Kildare answers an emergency call and finds Nick, a young boy, dying of a bullet wound in a cellar hide-away. Kildare saves Nick's life. Rosalie, glamorous and beautiful red-headed sister of Nick, appears smitten with Kildare. She pleads with him not to report the case as it will mean jail for her brother. Instinct assures Kildare that Jimmy is innocent of any crime. He refuses to divulge the nature of his emergency call; but Mary Lamont finds the bullet in his medical kit. In an effort to help Kildare, Mary tells Gillespie about the bullet. Newspapers headline the police search for a young boy shot while killing gambler Footsy Garson. Gillespie and Mary realise it is the boy Kildare attended on his emergency call.

CHAPTER EIGHT

Romance For Dr. Kildare

Jimmy eyed the huge and luxurious apartment to which Rosalie had taken him.

"Do you live here?" he asked in amazement.

She shook her head and laughed. "Of course not; I told you I am an interior decorator; this is an apartment I've designed. I'm pretending you're a client — that's what I told the agent. That's how I got the key—" she tossed her hat and furs on a chair. "Take off your coat, darling."

Jimmy folded her in his arms. "You're the most amazing thing I've ever met in my life!" he grinned.

She kissed him lightly. "You ain't seen nothing yet."

"I wonder what this place rents for?" he said as his eyes wandered over the room.

"The agent said six hundred dollars a month. Come on — let's see the living room—"

She led the way through the gallery into a splendidly appointed salonette. "Sit down," she invited, patting a place next to her on the deep couch. "We've got a lot to talk over and we can't talk while I am driving."

He sat down beside her. "Rosalie —I spent a whole hour on Nick tonight. And everything's under control."

She kissed him gratefully. "I'm afraid to go too often," she said sadly. "Jimmy. Are you sure that Nick's going to be alright?"

"I am. In three weeks he will be on his feet." He took her hand in his. "Rosalie, I want to ask you just once more — won't you help me persuade him to give himself up?"

"Jimmy!" she cried. "You're sure you didn't hear anything that you haven't told me."

He shook his head. "Only what was in the newspapers."

"And you don't think they can trace anything through you and the hospital?" she asked fearfully.

"What can they find out?" he comforted.

"I'd better not phone you any more. That Gillespie might be tracing the calls."

"I can always sneak out and then phone you," he smiled.

She threw her arms about him. "Three times a day —" she murmured. "Then all we've got to do is to stand pat for a month — and Nick can get on the boat."

They sat in close silence.

Still Believe Him Innocent

"Rosalie," he said at length. "Have you any idea who could have shot Footsy Garson?"

Her eyes filled with tears. "You still won't believe Nick did it," she said wonderingly. "You still believe he's innocent—"

"I know Nick didn't do it," he answered soberly.

She jumped up from the couch. "Look at that radio," she cried. "I was going to get one like it for Christmas — only I took the car instead."

"You mean in the raffle?" he laughed.

"Of course," she smiled. "It was a Christmas raffle; they gave me my choice — radio or car—"

She busied herself with the dials. Soft music sounded from the loud speaker.

"Hey," protested Jimmy. "This isn't your house; maybe the agent won't like you playing that radio."

She shrugged. "Oh, I told the agent my husband was very particular and would want to try out everything in the place." Her feet moved lightly in rhythm to the music. "Can you dance, Jimmy?"

"A little," he laughed, and took her in his arms.

"I wanted to be a professional dancer, once," she said softly. She nestled close to him and cheek to cheek they danced to the soft and seductive music.

The dance over, she led him to the terrace. Together they gazed out over the towers and lights of the city below. She shivered slightly in his arms.

"Are you chilly, City People?" he asked tenderly. "Don't forget— a cold wind around a skyscraper—"

Wanted — On The Carpet

"And a sable coat to keep me warm," she murmured, her head on his shoulder.

"It will be a long time before I can afford to buy you a sable coat."

"This is an awfully nice place to wait for it," she sighed happily.

He kissed her hair. "Have you always lived in New York?"

"Since I was five. Mother died and Dad brought us to New York. He's up in Canada — he has a mine up there."

The radio band stopped its music.

"When you hear the sound of the musical note," said the Announcer's voice, "it will be twenty-nine minutes past eleven o'clock."

"Eleven thirty!" exclaimed Jimmy. "I have to phone the hospital. I'm afraid we'd better go, baby."

"Not yet," she begged. "Use the phone here — tell the switchboard you'll pay 'em as we go out—"

"You're wonderful!" he laughed.

Sally the hospital operator, had a message for him. Dr. Carew wanted to see him at nine o'clock in the morning. Jimmy returned to Rosalie, a worried frown on his face.

"What is it?" she asked anxiously.

"Maybe I'd better tell you. The head of the hospital wants me on the carpet the first thing in the morning."

Her face paled. "Jimmy! You're not going to tell anybody anything are you—"

"No — I know Nick's innocent and I'm going to keep my mouth shut."

She kissed him fervently. "And now you have two reasons for your keeping quiet," she murmured.

He nodded, his eyes shining with love.

When he reported to Carew's office the next morning, Kildare found Gillespie waiting for him.

"Jimmy," the old doctor said seriously, "I had you come here because I was afraid you might refuse to see me in my office. Look, son. You must know what you're doing. I'm not going to talk to you about your duty — or your disgrace in the medical profession for attending a criminal and not reporting it; it's past that. It's the law now. It's murder."

So the old man knew? Jimmy eyed him steadily. "If I thought it was murder I wouldn't be mixed up in it," he replied. "I know I'm a stubborn fool in your eyes — but I still think what I'm doing is right."

Bring Out The Murderer

"There's nothing you've done so far that I can't square," Gillespie pleaded. "Providing one thing—"

"What?"

"Tell me where you've got this murderer hidden."

Jimmy kept an impassive silence.

"Don't you see, Kildare. If you tell me where he is I can notify the police that you reported it. And nobody will bother much that you were a little slow about it."

"Nobody but the boy that goes to the chair," Jimmy answered quietly.

"You're a doctor," argued Gillespie, "not the judge and the jury."

Jimmy shook his head. "Every argument you're going to advance I've thought over a hundred times —but there's more than one reason why I can't do what you want."

Gillespie bowed his head. "I've tried my best," he said sadly. "I can see it's no use."

"I'm sorry," Jimmy answered and quietly left the room.

The minute the door closed behind him, Gillespie's whole being snapped to attention. "No use!" he roarder. "No use, huh!" He wheeled himself furiously to the phone. "Sally," he shouted, "you get me Dr. Stephen Kildare in Dartofrd. And put the call on my private wire —and you'd better do it fast or the next time I won't hold one of my patients here an extra night so you can wear her fur coat to a dance."

He slammed down the receiver, and whirled his chair to the door.

"Nurse!" he bawled. "There's a hot-headed ambulance attendant named Joe Wyman. Get him for me right away!"

(To Be Continued)

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TABLE TALKS

By SADIE CHAMBERS

A FISH CHAT

Summer days should be good days for the serving of fish. Too often is this choice food listed for Fridays and Lenten dishes only. In warm weather as the family loses their appetite for your ordinary meat course, try your tactics on fish dishes. This of course is the best season for fresh fish. Fresh fish is divided into two classifications "white" and "oily". In white fish the oil is in the liver, but in salmon it is all in the body.

The flesh of good fish should be firm and elastic, eyes bright, full, round and bulging. The tail should not be drooping and the gills should be red and full of blood.

—o—

A Simple Dressing

Baked fish or steamed is much better for the digestion than the fried, and serving this way calls for a dressing. Here is a simple dressing:

1 cup cracker or bread crumbs
1 tablespoon salt
1 teaspoon chopped onion
1 teaspoon chopped parsley
1/8 teaspoon pepper
2 tablespoons butter

Clean, wipe and dry fish. Rub with salt. Fill cavity with stuffing, then sew cavity, rub all over with butter and salt and pepper, and a little flour. Place in hot oven to bake. If steaming, prepare in the same manner.

For those who find it difficult to obtain fresh fish, do not think unkindly of canned fish. Canned goods to-day are under very rigid supervision and are thus prepared in a very scientific manner. Insist upon a good brand—it does not pay to buy cheap ones, and in so doing you will be protected. Any pantry lacking these valuable canned goods in summer is only running on three cylinders. We have two special favorites, salmon and tuna. There are two valuable points to remember about canned salmon. Firstly the liquid in the tin should be retained, for it is rich in iodine. Secondly, while we discard the bones of home cooked salmon the canned should be kept and crushed. These bones contain valuable minerals. Tuna, the "chicken of the sea" is the fish we should automatically turn to as an alternative to the faithful bird from the poultry farm. There are few things we do with chicken serving either hot or cold, which are not equally good when made with tuna.

—o—

Baked Salmon Loaf

Put one cup milk into a double boiler and add enough bread crumbs to make a smooth paste. Cook until thick, stirring constantly, add a can of salmon chopped, cup of cream, salt and pepper to season, 3 eggs beaten separately, folding in the stiffly beaten whites last. Mix thoroughly, pour into a buttered mold. Set into a pan of hot water and bake until firm in a moderate oven.

—o—

Jellied Tuna

9¾ oz. tin of cream of spinach soup
½ cup thick boiled salad dressing
1 package (pint) plain gelatine
½ cup boiling water
1 cup flaked tuna fish
¾ teaspoon salt
1/8 teaspoon pepper
2 tablespoons chopped pimento

Heat the soup. Soak gelatine in two tablespoons cold water. Add boiling water, stir thoroughly, add to soup. Now fold in the flaked fish mixing well, then the salad dressing, and lastly pimento, salt and pepper. Place in mold and chill.

This makes a very lovely platter dish, unmould on lettuce (crisp) and surround with the cottage cheese ball salad I told you about a few weeks ago. Decorate platter with salad dressing and top with currant jelly (red).

Kitchens Have Gone To The Dogs Says Laura Wheeler

These cute scotties are ever so quickly embroidered on a set of kitchen towels! They're in 8 to the inch cross stitch and other easy stitches. Pattern 2036 contains a transfer pattern of 7 motifs averaging about 5 x 8 inches; illustrations of stitches; materials required.

Send twenty cents in coins (stamps cannot be accepted) for this pattern to Wilson Needlecraft Department, Room 421, 73 West Adelaide St., Toronto. Write plainly Pattern Number, your Name and Address.

Household Pests: Their Control

Ants, Cockroaches, Moths, Houseflies Are Near the Top of the List of Home Enemies—Different Treatment For Each

Among the enquiries for information on household insects received by the Division of Entomology, of the Science Service, Department of Agriculture, Ottawa, probably the most numerous relate to such common pests as ants, cockroaches, silverfish, clothes moths, carpet beetles, house flies, and bedbugs. Ants, cockroaches and silverfish can be controlled by the same insecticides: namely, by a mixture of equal parts of sodium fluoride and pyrethrum powder, or by the first-named insecticide alone. The powder, which is a poison and should be used with caution on that account, may be applied with a small dust gun or insecticide puffer, blowing it into the cracks and crevices where the insects occur and in other places which they frequent.

The prevention of damage by clothes moths and carpet beetles is less simple and requires special care and forethought.

For further information on the life-history and control of these insects, including houseflies and bedbugs, write to the Publicity and Extension Division, Department of Agriculture, Ottawa, for a copy of Circular No. 137.

Royal Tour Film 80,000 Feet Long

Will Be Cut Down to 8,000 to 10,000 Feet For Exhibition Purposes

The staff of the Dominion Government Motion Picture Bureau at Ottawa face the task of selecting and editing an official film record of the Royal visit from the 80,000 feet of motion picture film ground out by F. C. Badgley, bureau director, and his camera crews as they accompanied the King and Queen across the country and back.

Film coverage at each stop was as complete as possible. Director Badgley also had crews making color movies of Their Majesties.

It is not yet decided what steps will be taken to exhibit the official film record across Canada, but the final product will probably run between 8,000 and 10,000 feet in length, about the length of a feature film.

Musical Hats

Gowns and hats that play tunes are the latest from Paris. Handbags tinkle out faint tunes when opened, hats wheeze bars of music from time to time. From evening gowns come spritely or sentimental songs, when the wearer puts her hand on her heart. Musical boxes are hidden in bouquets, buckles, bows and bells.

Your Household Problems

Have you fussy eaters in your family? Do you have trouble providing a varied and interesting menu? Do your cakes fail? Then write, enclosing a stamped, self-addressed envelope to Miss Sadie B. Chambers, care of this paper, and she will endeavour to solve your problems.

Wear Your Skirt At Right Length

Hemlines Now Are Between 14 and 18 Inches From the Floor

Extreme versions of the school girl silhouette are not for very short women. Nor for tall girls who have flat, straight-hipped, boyish figures. The former type will find most becoming coats that hang straight from the shoulders and those which are easy fitting through the middle with a small amount of hemline fullness.

Not For Short Women

Wide, swirling skirts should be worn slightly shorter than straight ones. However, don't let all the current discussion of skirts getting shorter make you forget the right skirt length for every pair of legs. Hemlines now are between 14 and 18 inches from the floor. If you are young and your legs are beautiful, wear your clothes 18 inches from the floor if you like. If your legs aren't exactly beautiful wear your skirts longer—without any trace of self-consciousness whatsoever.

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IF YOU FEEL SUNK

Read this and cheer up

Are you so blue that life is no longer worth living? Do you cry easily? Do you feel low, mean, depressed—just absolutely SUNK? Then here's good news for you in case you need a good general system tonic—just take famous Lydia E. Pinkham's Vegetable Compound. Let its wholesome herbs and roots help Nature build up more physical resistance and tone up your system, so that it can more easily throw off the "blues" and give more energy to enjoy life.

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Why not take Pinkham's Compound and go "smiling thru"?

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