

If there's one thing the average housewife will give three cheers for, it's a new recipe for cooking fish—

Jellies. especially if some member of the 5. Canned Soups - Tomato, veg family has to be coaxed to eat fish.

Here is a choice European fish recipe

table, chicken, pea, consomme,

6. Dried Fruits — Apriocts, figs, with a modern touch.

Casserole of Fish 14 pound (1 cup) mushrooms washed and sliced 1-3 cup diced celery medium onion finely choppe

4 tablespoons butter 3 tablespoons quick-cooking tapioca 11/2 teaspoon salt teaspoon pepper

2 teaspoons sugar 2 cups flaked cooked haddock or cups canned tomatoes

biscuits, rolled ½ inch thick Saute mushrooms, celery, and spices.

Saute mushrooms, celery, and spices.

12. Shortenings — Butter. lards, salad oil and your pet kind of substitute.

With the electric refrigertor bedegrees F.) 25 minutes, stirring mixture twice during first 10 minutes of baking. Place biscuits on top of fish mixture after it has baked 10 minutes; return to oven, and bake in a hurry. And a recipe or minutes; return to oven, and bake 12 to 15 minutes longer, or until blscuits are browned. Serves 8.

LONDON. — The which it is cutting marshmallows in small pieces. Whip cream until stiff. Use a rotary beater to whip the cream, which should be thoroughly chilled. Combine cream and prepared marshmallows. Soak gelatine in cold water for five minutes. Bring pineapple to the boiling point and add soaked gelatine. Remove at once from the fire and add sugar and lemon piece. Place the sauce pan containing this mixture in a larger pan of ice water and chill, stirring constantly. When the look of the salad or sandwich that must be made in a hurry. And a recipe or two may also be helpful when that two may also be helpful when that two may also be helpful when that the salad or sandwich that must be made in a hurry. And a recipe or two may also be helpful when that two may also be helpful when that two may also be helpful when that the salad or sandwich that must be made in a hurry. And a recipe or two may also be helpful when that two may also be helpful when that two may also be helpful when that the salad or sandwich that must be made in a hurry. And a recipe or two may also be helpful when that two may also be helpful when that two may also be helpful when that the salad or sandwich that must be made in a hurry. And a recipe or two may also be helpful when that two may also be helpful when that two may also be helpful when that the salad or sandwich that must be made in a hurry. And a recipe or two many in those days: and when they hear to whip the cream, which should be thoroughly chilled. Combine to whip

A GOOD RESOLUTION
One of the reasons why good resolutions are so frequently broken is that they are not adopted on practical subjects—or do not make the same allowance for human nature that an engineer makes as his "margin of safety" in building a bridge. Take the average cook, housewife, or home maker, for example, Every time she finds she has "just run out of" something when the is right in the middle of some this time hereafter. Does she? That's the right answer!

One good way to stop "running out of" things this year, is to form the 'pad and pencil habit" in your kitchen. Buy a small packet of pads and have a couple of short lead pencils handy. Keep these in the shooting rout of" things this year, is to form the shooting out of" things this year, is to form the shooting out of" things this year, is to form the shooting of ferace for any one except you to use them or remove them. Then, when you find your supply of short the sum of the care of the sum of the sum

any item on your cupooard or pantry ahelves is running low, write is tunning low, write it down on the pad and keep it in plain sight until next market time. Write your shopping list below it, and you simply cannot overlook it. Economy almost demands that you buy your canned goods in quantities—they do not lose food value. Furthermore, a good assortment tends to give more variety or ment tends to give more variety or dilly menus, and also prepares you to meet the emergencies of extra guests or lack of time, with ease and comfort of mind and soul, it a good idea to keep a little "stock of canned goods and mark off" stock of canned goods and mark off stock of canned goods and mark off stock of canned goods and mark off stock of canned goods and mark off.

ways.
So as a New Year Resolution — Sunday night supper is a nine casion to start with. And there's a shelf well stocked!"

matoes, peas and baked beans, baby tea.

Mane the dessert Saturday morn-2. Canned Sea-Food - Salmon, ing. Here is the recipe: tuna, shrimp, crabmeat, lobster. 3. Canned Fruits - Grapefruit, ches, pears, cherries, blueberries, sliced and crushed pineapple.

4. Canned Garnishes - Pickles

dates, raisins, currants.
7. Cereals — Rice, macaroni, spa ghetti, noodles, tapioca.

8. Crackers — Salted and unsalt-

l, graham wafers, cheese or whol wafers for soups. 9. Fresh Fruits - Depending, course, upon the season, bananas, ranges, apples, grapefruit, cranber-

10. Staples — Canned milk, gela- cup cut marshmallows, 1½ tabletine—plain and flavored, syrup, mo-lasses, sugars — granulated, brown, cold water, 1 cup crushed pineapple,

cod
cups canned tomatoes
to 10 unbaked baking powder
biscuits, rolled ½ inch thick

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11. Baking Supplies — Bread and cake flour, baking powder, soda, cornstarch, cornmeal, extracts and cutting marshmallows in small pieces.

list" hanging on a hook or fastened with a thumb tack handy to your stock of canned goods and mark off each item as you take it out of stock. It's a handy record in many

Can your son and daughter cook? They'd get lots of fun out of preparing and serving simple meals even before they've reached their teens.

Can your son and daughter cook? They'd get lots of fun out of preparing and serving simple meals even before they've reached their teens.

And when I thither go, as oft I signature of the confession in the

"I am going to keep the pantry menu thats appetizing and within a beginner's ability to prepare: Spaghetti with mushrooms, pine-1. Canned Vegetables-Corn, to- apple marshmallow charlotte, milk,

Pineapple Marshmallow Charlotte One-half cup whipping cream, ½

Winter Sports Seems To Have Gone To The Heads Of The Chorus



The camera caught these chorus girls off balance as they enjoyed themsel ances in the snow on the roof of the Radio City Music Hall, New York City.

CUNDAY

tes; return to oven, and base of the properties of the properties

and slide under the broiler long finely chopped, 1 pimiento, chopped, 2 cup chopped nut meats, salt, and item on your cupboard or pantry shelves is running low, write it Method: Make a salad of flaked slowly five miutes. Add chopped shelves is running low, write it Method: Make a salad of flaked slowly five miutes. Add chopped shelves is running low, write it Method: Make a salad of flaked slowly five miutes. Add chopped shelves is running low, write it method: Make a salad of flaked slowly five miutes. Add chopped shelves is running low, write it method: Make a salad of flaked slowly five miutes. Add chopped shelves is running low, write it method: Make a salad of flaked slowly five miutes. Add chopped shelves is running low, write it method: Make a salad of flaked slowly five miutes. Add chopped shelves is running low, write it method: Make a salad of flaked slowly five miutes. Add chopped shelves is running low, write it method: Make a salad of flaked slowly five miutes. Add chopped shelves is running low, write it method: Make a salad of flaked slowly five miutes. Add chopped shelves is running low, write it method: Make a salad of flaked slowly five miutes. Add chopped shelves is running low, write it method: Make a salad of flaked slowly five miutes. Add chopped shelves is running low, write it method: Make a salad of flaked slowly five miutes. Add chopped shelves is running low, write it method: Make a salad of flaked slowly five miutes. Add chopped shelves is running low slowly five miutes. Add chopped shelves is running low slowly five miutes slowly five

and sweet,

And in that sanctuary set apart

I tend a lilled shrine—an office meet

For one who gave me life and faith and love.

And when I thither go, as oft I do,

To tell my rosary of thanks to you, I feel your smile upon me from above

For patient understanding through the years,

For virtue, honour, fortitude from fears,

I am a debtor, I, of little worth.

To flowers are always fresh with

I man debtor, I, of little worth.

The flowers are always fresh with

The flowers are always fresh with

And in that sanctuary set apart tion; the echoes in the outward world of the Messianic Kingdom and that all beddily shame and suffering which of the world might be evaled.

"If thou therefore wilt worship before me, it shall all be thine." Notice the awful price the Lord would have to pay for unlawfully pos issing the sale worship of the devil.

"And Jesus answered and said unto him, It is written, Thou shalt worship the Lord thy God, and him only wards of 39-inch mater thou serve." Again the Lord thy God, and him only wards of 39-inch mater was the Anointed One of high heaven, confronting the whole empire of evil and of darkness in the person of its ing about God and he had said nothing. He had said nothing. He had said nothing. He had said nothing. With person coin (a in stamps or coin (both wise lay before the Saviour of the world might be evaled.

"If thou therefore wilt worship before me, it shall all be thine." Notice the awful price the Lord world nothing less this say her very sow the world nothing less the world nothing less than the worship of the devil.

"And Jesus answered and said unto him, It is written. Thou shalt worship the Lord thy God, and him only what thou serve." Again the Lord with person of our Lord. He was the Anointed One of high heaven, confronting the whole empire of evil had said nothing. He had said nothing. He had said nothing. He had said nothing about which the devil discussion of the world might be evaled.

"If thou therefore wilt worship before me, it shall all be thine." Notice th

is delicious

"And when the dea

ed every temptation from him for a seaso

Jesus was gloriously victorious over Satas his other temptaties

and the apostles late John 14:30; 16:33; h Rev. 3:21.)

Weight of W.

BERLIN.

mains on a gold but the weight of

ment Gazette s weight in fine

trade in old gold.

It is part of a c

Beauty of a

Depends on

Easy To

A decree published

dding rings, and

Rings

as she gone—she's out with

he is not."

the principle that one must an guessing, had told Al the yacht. Once more Joan was alone; t it was herself, not Joan, it was time to dress, and she put on en cared for. It was easy her home-made dinner frock of cheap Al Brooks seldom saw any black silk, that became her figure and family, save Maude. her colouring so well, despite its in-

She went down, and there he was we curse our luck.—We can't truly ne where she is, and Pil its youthful freshness, with the drab willing to see that the buttons are a hiding she won't forget!" shabbiness of the poor little kitchen. on a man's clothes, she ought never

MOTHER SAVED THE DAY...

## INEPT USE OF SMILES IS BAD

mpossible, Impractical Ex-amples Cited; "Feel Like" Anything

king's English, according to a friend of ours, the greatest massacre is not lady. She writes to me in part:—

### REDICATION

| The State | The Company of the Co

Disgusted with Maude for telling such lies, there was very little that Joan cuta say. She did not like to give Maude away, though as soon as she saw her sister she would scool her very soundly and force her to tell the truth to Al Brooks.

"I'm sure there's nothing in it," said Joan. "In fact I know there's nothing in it!"

Al Brooks, though, was not in a mood to grasp a hint readily.

"I'll show him—I'll show her too! I'll show him—I'll show her too! I'll bust him, I'll bash his face in.

"By went down, and there he was can't truly some correctly is your fortune correctly is your fortune correctly is your banker. — A fellow's assets don't give his liabilities enough of a race to make it interesting— The terrible thing about divorce is the statement you get from your lawyer—Long green is the most comforting color—The job you like that pays a living is the most priceless of all possessions.—When we are right we credit our judgment. When we are wrong we curse our luck.—We can't truly our fortune correctly is your banker. — A fellow's assets don't give his liabilities enough of a race to make it interesting— The terrible thing about divorce is the statement you get from your lawyer—Long green is the most priceless of all possessions.—When we are right we credit our judgment. When we are wrong we curse our luck.—We can't truly

perature of the Gulf Stream, which he has been studying for several years, J. W. Sandstroem, expert of the Swedish Meteorological Office, Stockholm ever that the studying for several was a "writeup" to show off the Steeling champions, wearing belt or medals. They may be proud of their decorations, but they merely as a "writeup" to show off will be executed by ordinary folks.

mitted suicide before the second monthly part was out, his immediate LADIES! SPECIAL! Fine Celanese Silk Stockings All the newest shades — Greys - Fawns - Browns 39c per pair, or \$1.10 for 3 Pair Lido Sales Company
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EVERY DAY LIVING

A WEEKLY TONIC by Dr. M. M. Lappin

WINNING AND LOSING Many strange letters reach my desk, and I am asked all sorts of

of ours, the greatest massacre is not in the use of slang. Rather, it's the inept use of similes.

It's funny, says our friend, but those people who watch their speech carefully and avoid slang expressions often are the worst violators of what I intended? I think that what I am going to do will turn out successfully, but as a rule it turns out the reverse. I make a sale custom.

The holiday season is over, and the quiet month of January is with us. Those who were fortunate enough to receive books as gifts now have leisure to catch up on their reading. Glance over the following list of books reviewed in this column. Undoubtedly one will appeal to you in the reverse. I make a sale custom.

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against it at the start Seymour com

fourth part that in Hablot K. Browne ("Phiz") there was found an artist

pict the gallery of Dickens' charact-

ers. Even so the public displayed only

fifth part. The monthly parts con-tinued until the story was wound up

wick" had ensured enduring fame

Dickens Fellowship Will Mark Anniversary of LONDON -- One hundred years ago a 24-year old parliamentary re-porter whose "sketches" under the name "Boz" had attracted some at-

the Swedish Meteorological Office, merely as a written to show the Stockholm, says that this winter will the abilities of the artist, Robert who always leave the first "h" be comparatively mild in Europe.

Seymour.

"Pickwick" had the fates strongly

Sent postpaid on receipt of paymen Specify color and size. Your mone back if not delighted.

questions. Consider, for example, the following coming from a young The holiday season is over, and the ning, THE ASIATICS by Frederic

The Book

Shelf

and Ben might themtime seems propitious for launching he story of their trip in such an endeavor."

ent. She has never acquired the art of positive thinking. She is thinking negatively. And negative thinking negatively. And negative thinking never makes for successful living.

ent. She has never acquired the art once daily, and during very cold negatively. And negative thinking never makes for successful living. My advice to her is to try and change her mode of living. Go in for The eggs should be taken at once to some form of mental training if a cool cellar, where there is usually a fairly uniform temperature. windows and substitute screens for the relief of headaches; or pains of rheumatism, neuritis or neuralgia, ask your doctor what he thinks about it—in comparison with "Aspirin."

We say this because, before the covered with cheesecloth to carry off odour or excessive moisture. Dirty Pickwick Noted eggs should be cleaned with coarse sandpaper, but not washed. Stains may be removed with a little vinegar We say this because, before the discovery of "Aspirin," most so-called "pain" remedies were advised against by physicians as being bad for the stomach; or, often, for the heart. And the discovery of "Aspirin" largely changed medical practice.

Countless thousands of people who have taken "Aspirin" year in and out without ill effect, have proved that the medical findings about its safety were correct.

Remember this: "Aspirin" is rated among the fastest methods yet discovered for the relief of headaches and all common pains . . and safe on a clean cloth. Washing eggs destroys the protective coating and lowers the grade.

Revive Spelling Bees

(The Toronto Globe) She went down, and there he was in the kitchen; his eyes drank in her loveliness, which contrasted so, in all loveliness, which contrasted so, in all its youthful freshness, with the drab shabbiness of the poor little kitchen.

(To Be Continued.)

Predicts Mild Winter

Why not revive the spelling bee? During these hard times it would provide inexpensive entertainment reading world with "The Posthumous Papers of the Pickwick Club." Now the Dickens Fellowship is making plans to celebrate the Pickwick Centenary.

On March 31, 1936, the first month ly part of this immortal work appeared. Neither publishers nor author had an inkling of the stupendous success awaiting their enterprise. The munities spelling champions, wear-Why not revive the spelling bee

"ASPIRIN"

WHAT! YOU CAN'T HANG ON TO MONEY?

successor was unequal to the job, and it was not until the issue of the Well now, here's a chance win a Drize. The choice of an Art Course, or an Original Magazine Illustration, a Political or Sporting Cartoon, or a Comic Drawing made by a professional artist will be pre-sented for the best sketch submit-ted 4 inches wide. This contest closes on January 29, 1936. Prizes for the next best five drawings. a tepid interest in "Pickwick" until Sam Weller was introduced in the

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discovered for the relief of neadacand and all common pains . . . and safe for the average person to take regularly.

"Aspirin" Tablets are made in Canada. "Aspirin" is the registered

Demand and Get

in the form of a cross on every to

FU MANCHU

By Sax Rohmer



"What shall we do?" "Wait. We must try to rush the stairs. When at little yellow devil comes back for another man I'll give the word. You're nearer, and will have to go first, but I can deal with the hunchback . , .":













leaped to my feet and made for the stairs . .

that altar, builded just for you.

The flowers are always fresh with heaven's dew.

was the Anointed One of high neaven, confronting the whole empire of evil and of darkness in the person of its over-lord, Satan. "And he did eat over-lord, Satan. "And he did eat over-lord, Satan." red; wrap it cared dress your order tern Service, 73
Street, Toronto.