

The Final Judging  
For The Main Prizes  
in The Daily Mail  
Culinary Contest  
will take place Wed.  
Jan. 15th at the Store  
of Colwell & Jen-  
nings, Ltd.

# Grand CULINARY CONTEST

## Of Interest to Women

### MRS. ROOSEVELT KNOWS WAY AROUND THE KITCHEN

Newspaper Women Visiting White House Give  
Imitation of U. S. President's Wife —  
To Her Amusement

WASHINGTON, Jan. 4—Your correspondent has been out among the ladies and thus has picked up certain items which could hardly have come to him had he been playing around poolrooms and other haunts of the male, writes Rodney Dutcher.

One of the most exciting of these bits of news is the fact that Mrs. Franklin D. Roosevelt can find her way around her own kitchen.

Some of the girls who attend Mrs. Roosevelt's press conference give their sworn word that she showed them through the new White House kitchen and demonstrated an astonishing familiarity with all gadgets, fixtures and employees.

There are no end of cupboards and closets in the new presidential kitchens and the First Lady of the United States could tell just what each was used for, without peeking in to see.

Nor did she mind showing whole shelves of canned vegetables to a group of young women who had automatically supposed all such stuff in the White House would be bought fresh.

Incidentally, Mrs. Roosevelt spoke to all the servants and all the servants spoke to Mrs. Roosevelt in a way which showed very plainly that they had met one another before.

Another thing on which your correspondent has certain information, was the Gridiron Widows' party at the White House, given for newspaperwomen.

They all had a good time when Mrs. Jay Hayden impersonated Mrs. Roose-

velt, voice and all. When a lady acting as stooge asked her, "What does Your Majesty think of the latest fashions for women?" Mrs. Hayden grabbed a microphone and said:

"Whether the beret should be worn on formal occasions is a matter of taste. I hope that during the coming summer each little family will get into its motor and inspect the great natural beauties of our land."

"Then when the winter comes you can sit happily by your own fireside and remember the pleasant times you had among the birds and the flowers and the bees. And besides, the peace of the world lies in women's hands."

"On the picnic we had cold chicken salad, pineapple, and cheese. But the children had hard-boiled eggs. I sometimes think there is better character and more kindness among people in the high income tax scale than there is among people in the low income tax scale."

"On Thursday I am riding a bicycle down to Windsor for breakfast. And on Saturday morning I have an engagement with the Lord Mayor of Dover to swim the Channel to Calais for lunch."

"The World Court must have the support of its friends. In a few minutes this interview will be terminated as I have an engagement to open a gold mine on the air. I shall proceed immediately thereafter to pilot the China Clipper."

One is assured that Mrs. F. D. laughed very heartily at this take-off of her press conferences.

## TESTED RECIPES

The following recipes, each for 12 servings, are recommended for this time of the year, when entertainment is general, by the Milk Utilization Service, Dairy Branch, Dominion Department of Agriculture.

### Crabmeat Salad

1 tablespoon gelatine  
¼ cup cold water  
1 cup pineapple juice  
1 lemon (juice)  
1 can crabmeat  
1 cup white cream or cottage cheese  
1 cup whipping cream  
Pinch of salt.

Soak gelatine in cold water. Dissolve in hot pineapple juice. Add lemon juice. When chilled and partially set mix in crabmeat and fold in cream whipped and blended with the cream cheese. Pour into moulds. Unmould and serve on slices of pineapple. Garnish with sections of grapefruit.

### Moulded Chicken Salad

2 tablespoons gelatine  
¼ cup cold water  
1 cup cooked salad dressing or mayonnaise  
1 cup whipping cream  
1 cup Malaga grapes, pineapple, orange or grapefruit  
½ teaspoon salt

2 cups chicken (or turkey), diced.  
½ cup almonds, blanched and browned  
2 tablespoons green pepper or pimiento or  
1 tablespoon of each.

Soak gelatine in cold water. Dissolve over hot water. Add to salad dressing. Fold in cream, whipped until stiff, salt, chicken, almonds and fruits, green pepper and pimiento. Turn into individual moulds. Chill. Serve on crisp lettuce. Garnish with watercress and grapes, orange or grapefruit.

### Tomato Cheese Salad

2 tablespoons gelatine  
2-3 cup cold water  
1½ cups tomato juice  
1 slice of onion  
1 bay leaf  
1 cup tomato juice  
1 cup cream or cottage cheese.  
1 teaspoon Worcestershire sauce  
Salt to taste  
1 cup whipping cream  
Few pepper berries.

Soak gelatine in cold water. Simmer the 1½ cups tomato juice with onion, bay leaf and peppers five minutes. Strain and dissolve gelatine in hot tomato juice. Blend together the cheese and the 1 cup tomato juice. Add Worcestershire sauce. Combine mixtures. Season to taste. When partially set fold in cream, whipped until stiff. Turn into large or individual

"ring" moulds. Chill. Unmould and arrange on beds of lettuce. Fill centre with chicken salad.

## FEET ON DESK

Brockville Recorder and Times: Detroit Saturday Night, edited by a well-known graduate of Queen's University, Dr. H. M. Nimmo, who once lived in Brockville, contributes this interesting bit to relieve the Christmas season tension:

"The learned professors are continually adding to our store of knowledge, proving the whys and wherefores of commonly observed truths, or upsetting antiquated notions."

"At Colgate University, for instance, earnest researchers have brought to light an amazing fact. Most of us, in our ignorance, have supposed the man who tilts back in his chair and cocks his feet on the desk to be self-explanatory; a lazy, slothful fellow. But not so. The Colgate savants, testing a group of students, found that the young men add figures 7.1 per cent, faster and 14.1 more accurately with their feet on the desk than when they sat in the normal position."

"Such a discovery makes us blush for shame. How often have we scoffed and shaken our heads at the sight of feet on a desk-top! In many an office, men have been fired for it, whereas in reality they may have been working at high efficiency. Bank presidents, steel magnates, automobile executives, bookkeepers, any one who deals in facts and figures—let them put their feet on the desk to prove they are busy and no one will dare awaken them. The professors have spoken, so it must be true."

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## HAND-RAISED BIRDS FAMOUS

### Vancouver Park May Be Bird Sanctuary

VANCOUVER, B. C., Jan. 4—Wild birds so tame they will pick the hair from your head for nesting material, the peck food from your mouth and take joy-rides on a dog's back are the results Charles E. Jones has achieved from his system of hand-training the feathered folk.

Out of a hatch of 108 egg he raised 101 canaries, recognized as a major achievement. Since then Mr. Jones's collection has greatly expanded and the Vancouver Golden Jubilee committee is considering establishing the birds in the park and presenting them to the city as a Jubilee memorial.

In the spacious backyard of the family's suburban home, given almost entirely to partitioned cages, live four hundred or more birds, including native and imported wild species who are now wild in the name only, various domesticated types and a predominate of canaries. Bushes and trees grow inside the cages and a miniature stream adds to a natural atmosphere.

### Walk Carefully

Visitors ushered into the cages amid a flutter of wings are asked to step carefully lest they trample the little creatures who show no noticeable distinction between strangers and their keepers. Cedar waxwings, purple finches, grosbeaks, Indian spice birds and many others including a timid, natured Lady Amherst cock pheasant flock about each new arrival.

A cocky little meadowlark, brought from a wild nest when near death and raised by Mr. Jones, struts about and will stage a sham battle with your finger, if annoyed. From their perches, Indian bulbuls observe visitors for

currents which they have been taught to catch in their sharp little beaks.

Two robins will perch on any one's shoulders waiting to take food from the stranger's mouth, and, becoming impatient will tug an ear lustily on being told to "ring the bell". A tiny siskin has a method all his own, perching on your nose upside down and picking morsels from your mouth.

### Bath In Ice Water

So hardy are the hand-raised stock that the window of the perching and nesting building is left open through the seasons and many times ice on the stream has been broken for robins and others to take a bath in freezing temperatures.

A license issued by the Dominion Government permits Mr. Jones to collect certain wild species of fledglings. The practice is a step to collect toward conservation of bird life. Mr. Jones states, for only about 25 to 30 per cent. of wild birds leave the nest alive.

Many are carried off by birds of prey attracted by the screaming of the young for food, and, if they escape this danger, they may die through being reared in vermin-infested nests. The aviaries are kept in strict cleanliness, nests being inspected with magnifying glass and disinfected.

Under the system used, the secret of which lies in the food preparation and feeding process, the fledglings are taken from the parent birds upon hatching. The actual feeding is very tedious, the young having to be fed just as often as they would be by the parent birds or, oftener, from sunrise to sunset. Three to four months are required for the birds to mature to the point where they can care for themselves.

Despite centuries of domestication,

the ordinary cage canary is still the hardest to tame, Mr. Jones states, but he has yet to encounter a bird that will not become docile if hand-raised.

If established in Stanley Park, Vancouver's bird man proposes to make the whole park a bird sanctuary, stocking it with numerous wild songsters which would be trapped and cared for during the winter and released again in the spring to mate and nest in the park. He would have his tame flock on view to tourists throughout the year.

The present aviaries are well known to tourists over the North American Continent. Last year the Zoological Garden of Philadelphia, through C. Emerson Brown, former director, purchased twenty-six tame male canaries. The garden reported the birds a great success as a tourist attraction. One

of the birds partakes of breakfast with the director every morning, eating from his fork.

A native of England, Mr. Jones was born at Oswestry, Shropshire, and came to Canada in 1904. He has three children and until a few years ago served in the Canadian Customs Service until a spinal condition forced his retirement.

### OLD MAN DEAD

MISSION CITY, B. C., Jan. 3 — Charles Carlson, 80, who lived a frugal existence in his Cedar Valley shack, is dead. In his home were found Victory bonds worth \$10,000, bank-book deposits of \$6,000 and papers indicating he owned much property in several Provinces.

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## HEALTH

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### SCARLET FEVER

A great deal could be accomplished in the way of preventing the spread of communicable diseases in the home, if it were to be made a household rule to isolate, from all other children, any child who is ill.

The child who falls ill with vomiting and fever may be suffering simply from a digestive upset. Nevertheless, this picture of vomiting and fever, which may be accompanied or followed by a sore throat and perhaps a running nose, is typical of the onset of several communicable diseases, including scarlet fever.

To place the ill child in bed is the best thing for him, and by keeping the other children out of his room, the chances of his transmitting any disease to them is removed. Later, the doctor will decide as to the nature of the illness, and this will determine the necessity or otherwise of continued isolation. It is worth while remembering that an isolated child, or adult, cannot transmit disease.

For quite some time, scarlet fever has not been nearly as fatal as it previously was. It is just as prevalent as ever but, in most countries, it shows itself in a mild form. A few countries in Eastern Europe continue to experience a severe type of scarlet fever.

The term "Streptococcus" has come into fairly common usage. The streptococcus group of germs is a large one, the members of which have certain common characteristics. There is, at the same time, a great difference in other of their characteristics, as shown in the various conditions to which one or other streptococcus gives rise in the human body.

It is one of the streptococci which is responsible for scarlet fever. The poison or toxin which it produces causes the symptoms of the disease. An antitoxin, which counteracts the toxin, is available, and it is used in the treatment of scarlet fever.

By means of the Dick Test, it is possible to recognize individuals who are susceptible to scarlet fever, and these susceptibles may be rendered immune or resistant through a series of injections of very small doses of the toxin. This method of providing protection for the individual against scarlet fever is used by many doctors. It is practised as a routine in most children's institutions and is used by doctors and nurses, who are likely to be exposed to the disease, if the Dick Test has shown them to be susceptible.

Questions concerning health, addressed to the Canadian Medical Association, 184 College St., Toronto, will be answered personally by letter.



## New Year Prices for January 3-4-6

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CANADIAN BEANS	
H. P. WHITE 4 lbs.	19c
YELLOW EYE, 3 lbs	19c
SPECIAL	
RED ROSE COFFEE	38c
1's Per tin	
Packed in Saint John	
SPECIAL	
SCHWARTZ PREPARED MUSTARD	10c
9 oz. Per jar	
SPECIAL	
MAGIC SOAP	39c
10 cakes	
Made in Windsor, N. S.	
SPECIAL	
RANKINES STAR MIXED CAKES	29c
2 pounds	

BONELESS COD	15c
From the Maritimes. Per lb.	
BRUNSWICK SARDINES	05c
Oil or Mustard Per tin	
"Packed in the Maritimes"	
SANI FLUSH	25c
Per tin	
KOKO BUDS	25c
Per pound	
LOGGIE'S BLUEBERRIES	25c
2's 2 tin	
BROCK'S BIRD SEED	15c
10 oz. Per package	
AUNT JEMIMA PANCAKE FLOUR	18c
Per package	
SPLIT PEAS	19c
3 pounds	
MARVEN'S CREAM SODAS	17c
15 oz. Per package	
"Made in the Maritimes"	
OXYDOL, Large, per pkg.	25c
50 per cent more suds means 47 per cent less work	
SUPER CLEANSER, 2 packages	19c
"Made in the Maritimes"	
WAXED BALOGNA per lb.	17c
Bayers ASPIRIN TABLETS, per tin	22c
Nature's Best Asparagus Tips, 12 oz. per tin	25c
EXERCISE BOOKS 10 books for	25c
SCRIBBLERS, 10 for	25c
WASHBOARDS, zinc, each 40c; Glass, each 60c	
Cod Liver Oil, Newfoundland, 8 oz. per bottle	29c
Cod Liver Oil, Newfoundland, 16 oz. per bottle	49c
TYBURGS ZWIEBACK, per package	15c
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