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... OF ...

Interest to Women**SALAD PLATTER FOR THE QUICK MEAL**Cold Meat or Fish May Be Used in Combination—
Let the Refrigerator Do the Work

During summer the business woman housekeeper makes good use of salad platters for the quick meal. She may precede these with a hot soup if she likes. In selecting the combinations for the salad platter which is to serve as a whole course, one hearty leader should be chosen first. Cold meat or fish, dressed with mayonnaise, may be the central note. Instead of this, eggs, boiled and stuffed, avocados halved and stuffed with a hearty salad may be used. The central note may, instead, be sardines or anchovies, smoked salmon or cold ham, cottage or cream cheese.

A potato, a macaroni or a rice salad with which French dressing is used will add a satisfying note. The addition of minced onion, green pepper or pimiento to any of these will provide flavor and also add to the appearance. Sliced cucumbers with sour cream dressing add a note of crispness to a salad plate, as do lettuce, romaine and other greens, which will, of course, be used.

Nothing is more attractive for a salad platter than a ring of aspic, tomato or cheese jelly which, however, must be planned and prepared ahead. A few moments the night before or in the morning will suffice for its mixing. The refrigerator will do the rest. Individual molds of stuffed eggs, surrounded with jelly, are both delicious to the taste and attractive to the eye.

Special Potato Salad

4 cups cold boiled potatoes, diced
1 cup pecans, broken in small pieces
1 chopped onion.
¼ cup mayonnaise.
¾ cup whipped sour cream.
2 hard cooked eggs.
Pimiento strips.

Mix all the ingredients together except the eggs. Arrange on a bed of lettuce and garnish with the sliced eggs and strips of pimiento.

Tomato Shrimp Jelly

2 cans tomato juice.
1 can boiling water.
2 tablespoons gelatin.
¼ cup cold water.
½ pound shrimps, peeled and cooked.

12 stuffed olives.
Heat the soup with the boiling water. Soften the gelatin in the cold water, add the soup, stir until dissolved. Arrange stuffed olives and shrimps alternately in a mold and add carefully a little of the gelatin mixture. Place on ice to harden, and repeat. A ring mold is attractive when it is turned out—and the center can be filled with sliced cucumber mixed with whipped sour cream seasoned with onion and tarragon vinegar. When the mold is set, turn out on a platter and garnish with lettuce or romaine. Pass the sour cream dressing or mayonnaise. Canned shrimps may be used if desired.

Quick Meal

Vegetable soup
Hot crackers
Salad platter
Strawberry tarts Coffee
Method of Preparation
Prepare salad plate.
Open can of soup and heat.
Heat crackers.
Make coffee.

Crushed Strawberries

Use thoroughly ripe fruit in perfect condition. Remove hulls and weigh the fruit. To every pound al-

low one and one-quarter pounds sugar. Put fruit in a bowl. Add sugar and crush berries with a heavy spoon. It is necessary to crush every berry. Put fruit in a cold place for 24 hours, stirring frequently to be sure sugar is dissolved. Pour into clean, cold jars, filling to the top. Place rubber and top and seal immediately. Dip top, over the rubber, in melted paraffin to be sure the seal is perfect. Place in a cool dark place.

Last year I told you that you could have fresh strawberry sundae or shortcake at Christmas time, if you used this recipe, and sure enough just around that time someone called to tell me she had served the sundae and everyone thought she had used fresh berries!

This same method is splendid for red raspberries. Directions in some books say that cherries, currants and blueberries can be done in the same way, but there is not the same object since none would be as attractive.

Success depends upon having the sugar completely mixed with the crushed berries so it will preserve them. That's the reason they have to be crushed so thoroughly.

And you'll like another strawberry recipe but this is not to be stored for the future, it is for immediate service on hot cup cakes. It masquerades as fruit whip or fruit meringue and you'll like it.

Strawberry Meringue

1 egg white.
1 cup granulated sugar.
1 cup crushed strawberries.

Put together in a deep bowl and beat with a rotary beater until mixture is very light and thick.

"Light and thick" does not mean that the mixture will be as stiff as meringue though it will be stiffer than the usual pudding sauce.

And that's the dessert for tomorrow when most of the meal is cold.

GODERICH POLICE OFFICER KNOWS HIS LANDLADIES

GODERICH, July 8—The resourcefulness of a policeman in an emergency knows no bounds.

At 1:30 a.m. a touring motorist, having checked in at a tourist home earlier in the evening, was hopelessly lost. He had forgotten the name of the landlady and the street. He had already called three houses and they were all the wrong ones. What was he going to do?

"Describe the landlady," commanded the sergeant. "Is she fat or thin, what color hair, what manner of speech?" The motorist did so, and was promptly directed to the right home without further ado, as the constable proceeded on his beat.

HOLLYWOOD, July 8—A \$1,000,000 cast that wasn't paid a cent ran down the curtain early today on Hollywood's most colossal show. It had 1,700 stars. It lasted six hours. And it swelled the Actors' Fund of America by \$30,000 or more.

Eleven thousand persons, paying from \$1 to \$100 a seat, watched top-notchers of the stage and screen do song, dance and drama on the fifty-two act programme. The show started a fund for a Western home for actors.

Boiestown News

The stork visited the home of Mr. and Mrs. Bernard Doak, Saturday and left a baby boy.

Mr. and Mrs. Frank Parant, Mr. D. Hayes and Mrs. R. Lavon and son, Robert from Woodland, Maine, spent Sunday at the Scott Brothers Moonlight Inn. They caught several trout.

Mr. and Mrs. Jack Whitman from Boston, Mass., are guests at the Moonlight Inn. They report the fishing very good.

A large number from this place attended the Boiestown picnic.

Elby and Clarence Hunter have completed their pulping operation on Hayes Brook.

Mr. and Mrs. Zenus Crocker and family and Miss Augusta McDonald from New York, spent the week with Mrs. Eliza McDonald, and Mrs. Lottie McDonald.

Gordon Robinson accompanied by his father, George Robinson, from San Francisco arrived here last week on a motorcycle.

Miss Agnes McLellan of the teaching staff at Hayesville, has returned to her home at Avrey's Portage.

Mrs. Joe Davis from St. John has returned to her home after spending a few days with her father, Robert Palmer, who is seriously ill.

Mr. Otto Hunter spent the week-end in Fredericton.

Mr. and Mrs. Everett Parker had the misfortune of losing their home by fire last Monday.

Mr. and Mrs. Stuart Spencer have moved in to James Pond's house.

Mrs. Billie Scott spent Wednesday evening with Mrs. Maxie Green and Mrs. Clair Hunter.

Misses Evelyn MacDonald and Annie Boies were calling on Mrs. Wilfred Hunter and Mrs. Joseph Calhoun one day last week.

Mr. and Mrs. Tom Saurby of Dover, N. H., are spending a few days with Mr. and Mrs. Perley Calhoun.

Lie. Julian Green held service in Hayesville Friday evening.

Granite Hill News

Herbert Reach, Scotch Lake, spent Sunday with Wesley Sinnott of this place.

Mrs. Eueline Kelly spent Monday with Miss Pauline Elligard, Duffries, N. B.

Mr. and Mrs. Harry Chown, and daughter Kathleen of St. Stephen, spent Tuesday with Mr. and Mrs. Thos. L. Hanson of this vicinity.

Mrs. T. L. Hanson, Mrs. Chas. Stilwell and daughter, Roberta and Monte Kelly spent Thursday with Mrs. Hanson's daughter, Mrs. Allan Elligard and family.

Mrs. Hallie Doak, of Los Angeles, California, who spent some time visiting relatives and friends in this place and Bear Island, has returned to her home.

Miss Pauline Belle of Dayhill school staff spent a day recently with Mrs. Kenneth Morrison.

Our school which has been progressing under the management of Miss Olive Grieve of Harvey, closed on Tuesday last, the children all enjoyed their lunch in the woods and a lovely treat which was given them by their teacher. Those who won prizes were: Miss Bernice Huestes, for perfect attendance; Stanley Hagerman, for highest standing, best spelling and the most flowers got, Miss, Roberta Stilwell, her average being, 99.5.

We're sorry Miss Grieve is not returning next term. But as she has charge of the Fredericton Junction school we wish her success.

Rain Brings Relief to the West

(Special to The Daily Mail)

MOOSEJAW, July 7—Drought conditions were relieved somewhat here today when rain fell for the first time in ten days. Other prairie provinces, however, are still in the throes of the most serious drought conditions to strike this year. Similar conditions exist in the United States, where the situation is even worse. Crops are suffering.

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POLIOMYELITIS CAN BE CHECKED IN EARLY STAGE

By DR. JAMES W. BARTON

With infantile paralysis (poliomyelitis) occurring in small and large epidemics from time to time it is only natural that parents should always be worried as they remember that even when life is spared the paralysis that follows may mean permanent crippling.

Unfortunately the symptoms at first are like any other acute ailment. The child is irritable, weak, nauseating, may have a "running" nose and then the ailment develops suddenly. There is a rise in temperature, some vomiting, diarrhoea, slight headache and sometimes pain in the back and limbs. In about one-fourth of the cases the onset may begin with a convulsion.

After a period of excitement the child becomes drowsy and is a bit confused on waking. Pain comes on early in the back of the neck and the spine. After two or three days, but sometimes longer, the fever and general disturbance passes away and not till then does the true nature of the ailment become known—there is a paralysis of the trunk or the leg and arm muscles.

Within a week after the general paralysis passes away it will be found that one arm or leg or one group of muscles remains paralyzed and in a week or two wasting of the muscles begins.

However such has been the progress in the treatment of these paralyzed limbs that a great number are now corrected and the child is able to walk, run and play as well as other children. By cutting the nerve supply to the group of muscles affected the blood vessels are not contracted or closed to the same extent and a good supply of blood reaches these muscles. If these muscles are supplied with blood and can contract or work, they continue to increase the blood supply and the muscle grows in a normal way, thus preventing shortening of the leg. Early operation, at the age of 6 years if possible, is considered best.

The thought for parents then is that when there is any infantile paralysis in the district and the child has any suspicious symptoms, the family doctor should be called at once. Early treatment may save life and prevent crippling paralysis.

If the serum to prevent infantile paralysis is used before the paralysis stage sets in, paralysis is prevented in most cases. And the use of the serum at any stage may be of help, and cannot do harm.

ROCKEFELLER'S WAY TO HEALTH

Here are ten rules of health which members of the household of John D. Rockefeller, Sr., who will be 97 Wednesday, said he has followed since his youth:

1. Never lose interest in life, business and the outside world.
2. Eat sparingly and at regular hours.
3. Take plenty of exercise, but not too much.
4. Get plenty of sleep.
5. Never allow yourself to become annoyed.
6. Set a daily schedule of life and keep to it.
7. Get a lot of sunlight.
8. Drink as much milk as will agree with you.
9. Obey your doctor and consult him often.
10. Don't overdo things.

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