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OUR
BOY
SCOUT
TOYSHOP

Monday ushered in a new week of activity; three big city stores made large and most useful contributions to us; there is no falling off in gifts from private sources, and the work goes forward, with numbers and skill akin to last week's six days of free labor, by Cubs, Scouts and Rovers.

We have received from Toronto, a singularly appropriate greeting card, appropriate both to the uniting of our three branches in this Toyshop work, and to the worldwide brotherhood of Scouting. The card shows the Holy Crib at Bethlehem with, kneeling by the Infant Jesus, a Wolf Cub; behind him stand three Scouts, with staves, Patrol pennants and hats in hand. The Scout at the back is obviously of Rover Scout age. The four modern Wise Men, you remember that there were three in the Gospel Story, but there was also the Other Wise Man, have travelled far, to bring gifts to the Prince of Peace. What better gift can we Scouts bring Him at this season, than our sympathy for the unfortunates, through the Toyshop; our Loyalty to the Laws and Promises, through our extending the right and left hands of fellowship to many who are unfortunate fellow-men, though we may never see them; and our quest of how to brighten the lives of the innocent children, who are suffering through no fault of their own?

In the same picture, is the Guiding Star; which reminds us that the Star holds a prominent place on the Wolf Cub and Boy Scout Uniforms. On the Cub Uniform, two stars are worn on the cap, as soon as a boy has passed his First and Second Stars. Remember that a real Wolf Cub is born blind, for some days, he is blind, until his eyes open to a strange world. A boy will open both his eyes, by passing certain tests that are intended to help him to help himself and others. When he "goes up" to a Scout Troop, he will have opened both his eyes, to see what Good Turns he can do; and his Scout Buttonhole Badge will carry two stars, each one of which has five points; making ten in all, one point for each of the ten Scout Laws. And there are ten points in our Toyshop work: Patience, Neatness, Application, Skill Cleanliness, Self-sacrifice (time and sometimes exposure) Thrift, Good Judgment (in selecting), Service for others, Pride (justifiable). To see the application of this, call in some time at the Toy shop, corner of King and Regent Sts. or encourage it, by calling 63.

ROBT. PUGH,
Provincial Field Worker and Acting
District Commissioner.

THE SPLENDID YIELD

I have no orchards heavy with bright fruit,
No acres where the golden grain took root
And yielded its abundance for my own;
But through the long sweet summer I have known
Glad growing days beneath the arching sky;
I have caught the flying wind as it raced by;
I have captured the high singing of the birds;
I have learned their tunes, I have heard their secret words;
I have had in my possession for a while
Far distances, I spanned them mile on mile;
I staked my claim where silver rain mists shine;
I circled the hills and plains, I have called them mine;
And now today with the autumn coming down,
Here in my quiet little house in the town,
My heart is a granary, my mind is a bin.
That I have stored my golden harvest in,
And my gratitude is earnest and sincere
For the splendid yielding of a glorious year.

—Grace Noll Crowell.

... OF ... Interest to Women

OYSTERS RANK HIGH IN HEALTH VALUES

Doctors Commend This Type of Sea Food as Possessing Principal Elements Essential to Well Being --- New Way of Serving Delicious Bivalve Revealed.

(By Marjorie Mills)

If by chance you missed the opportunity to eat the first oysters of the season, 'eat double the quantity every hour; the effect will assuredly prove near the same and cure every ill that doctors can name.' Thus boasted an old photograph used as part of an advertising poster in England in the time of Dickens. For centuries it has been a popular superstition that luck favors the man who tastes oysters on the first market day. Thousands of men are busy again dredging, opening, washing, packing, harvesting the season's expected bumper crop of oysters. In millions of homes, in restaurants and hotels, oysters will be eaten.

Not only good to the taste, but good for us, are oysters. Scientists have found them to be veritable mines of iron, copper and manganese. Oysters are easily digested, and raw they contain an abundance of the important vitamins A, B, C and D. Whether you buy oysters in the shell, oysters in bulk or one of the many excellent brands of canned oysters, remember that you are buying a food high in food value, so the rest of your meal can be planned accordingly.

And now to explode a few pet theories—ice cream and oysters are not enemies. It has been proven that the pair may share dinner honors in perfect harmony. And that the oyster should not be eaten in months with "out" is another libel on that sweet and juicy bivalve. It is all right to eat them any time, but you won't like them in May, June, July and August.

During those months the oysters are either full of spawn, which gives them a flat taste, or they have recently spawned, and the flesh is thick with an unpleasant stringiness.

In old England, as in the case of the 'walrus and the carpenter' of Alice-in-Wonderland fame, only pepper, vinegar and bread were added to the oysters. In this country, when we eat our oysters raw we generally fancy 'dunking' them into flavorful cocktail sauce. Here are a few suggestions for cocktail sauces and a few oyster dishes to start your season off with a flourish.

Cocktail Sauce for Shellfish
¾ cup tomato catsup
¾ cup grated horseradish
1 tablespoon Worcestershire sauce
2 tablespoons strained lemon juice
10 drops tabasco sauce
¼ teaspoon salt
Mix ingredients together and serve in small cocktail glasses.

Oyster Cocktails
1 heaping tablespoon grated fresh horseradish root
One-third teaspoon tabasco
1 teaspoon vinegar
1 teaspoon Worcestershire sauce
4 tablespoons tomato catsup
2 tablespoons lemon juice
Scant teaspoon salt
Oysters.
Mix all ingredients and chill well. Allow from five to six freshly opened oysters to a glass and dress with a tablespoon of the above sauce.

Seafood Cocktail Sauce
½ cup French dressing
1 cup Russian dressing
Paprika
Marinate prepared fish in French dressing for an hour or more, keeping it well chilled. Drain and add to Russian dressing. Place in cocktail glass and garnish with a sprig of parsley and a small lettuce leaf pressed down at one side of the glass. Sprinkle paprika over top of the cocktail.

Oysters Casino

Select large fresh oysters for this recipe. Arrange oysters on the half shell in a shallow baking pan. Season with salt, cayenne pepper and a little paprika. On each oyster place a piece of sliced bacon that is about the size of the oyster, one pinch of finely chopped green pepper, one pinch of chopped pimento and a few bits of fresh butter. Now broil under moderate flame until cooked. Bacon will

cook first so when both sides are broiled remove to a hot dish while oysters cook a little longer. About 10 minutes should cook the oysters and peppers. Keep oysters moist by adding a little butter or oyster liquor while cooking. Serve in the shells and garnish each oyster with a small piece of broiled bacon and a tiny sprig of parsley.

Baked Oysters, Longchamps
4 chopped shallots
12 medium sized oysters
2 tablespoons sherry
1 teaspoon finely chopped parsley
Little salt, few grains pepper
¼ cup cream sauce
¼ cup finely chopped mushrooms
Cook the shallots in butter until lightly browned. Add oysters and moisten with sherry. Cook gently for five minutes. Sprinkle with chopped parsley, season with salt and pepper. Add cream sauce and mushrooms and pour into a buttered baking dish. Sprinkle top with bread crumbs and dot with small pieces of butter. Place in moderate oven until nicely browned.

Fried Oysters
Allow six or eight medium sized oysters for each portion. Drain, reserve liquor, season with salt and a few grains of cayenne. Roll in cracker meal and dip in egg beaten with two tablespoons strained oyster liquid. 1 teaspoon Worcestershire sauce and ½ teaspoon English mustard. Then roll in bread crumbs mixed with an equal quantity of finely shredded crab meat. Fry in clarified butter until nicely browned. Arrange on a hot platter and garnish with parsley and quartered lemon.

Sweet Relish
12 large sweet red peppers
1 tablespoon salt
1 pint vinegar
3 cups sugar
Remove seeds from peppers and put peppers through food chopper. Sprinkle with salt. Let stand three or four hours. Add sugar and vinegar and cook until thick. Pour while hot into hot jars and seal immediately.

Sweet Indian Chutney
4 cups chopped sour apples
4 cups chopped raisins
10 ripe tomatoes
¼ pound preserved ginger
3 pounds light brown sugar
1 onion or 1 shallot
½ cup salt
1 quart strong vinegar
¼ teaspoon cayenne pepper
½ pound white mustard seed
Peel and quarter tomatoes. Combine all ingredients and cook gently about three hours. Watch carefully as mixture thickens, since it will burn easily. Seal in jars.

End-of-the-Season Relish
2 quarts green tomatoes
1 quart ripe tomatoes
½ head cabbage
3 green peppers
3 red peppers
3 stalks celery
3 large onions
1 peeled cucumber
½ cup salt
3 pints mild vinegar
1½ pounds or 4 cups sugar
1 teaspoon mustard
1 teaspoon paprika
Chop the tomatoes, cabbage, celery, peppers, onions and cucumbers. Place in a kettle in layers and sprinkle the salt in between. Cover and let stand overnight. In the morning drain and press out all the liquid. Add to the vegetables the sugar, vinegar, mustard and paprika. Cook about one hour or until transparent. Pour into clean, hot jars and seal.

WASHINGTON Dec. 15.—Determination of the most distant star of the universe, swinging two quintillion miles away in space, was reported today by the Carnegie Institution of Washington.

"Labor unionism and collective bargaining are as integral and necessary a part of our modern age as machines and factories."—Harry Elmer Barnes.

EXERCISE IS NEW FETISH OF FASHION

(By Elinor Williams)

Beauty is more than face-deep. What good are a pretty face and clear complexion if the figure that goes with them is neglected—a sorry sight of shapeless, sagging muscles?

Exercise is the new fetish of fashion. But don't think for a moment that it is a passing whim. Far from it. Exercise is now recognized as the most important single factor of health and beauty. And this modern life of ours provide so little of it!

Exercise is more than just a means of making it possible for you to wiggle into your new streamlined princess dress. Scientific exercises not only reduce the weight, but keep it down to normal. You can regain the suppleness of youth and the lithe, vital figure every woman dreams of.

Chances are that you won't have even a pretty face if you neglect the rest of you. Posture actually affects personality and poise, as well as health.

Of course you can exercise regularly at home, but will you keep at it? Probably not. That's why classes in scientific and rhythmic exercises are held now at the salon of a famous beauty expert. And similar classes under her trained instructors are being formed in private Boston schools and women's clubs. A grand idea.

You begin with easy limbering exercises, and gradually correct your posture. Figure problems melt away. Here's a sample of what you can accomplish. The swayback figure of so many mature women, for instance—you know, a tummy that you can't overlook, curved-in back, and large hips—an S curve. You learn to correct the curve of the spine, and this puts your tummy in its place.

Maybe you have the debutante slouch—round shoulders and small, bust. This eventually makes the internal organs sag—bad business. You are taught to raise your shoulders, expand your chest, and lift your head. This completely corrects your posture and you'll love what it does to your figure. Once you've corrected the trouble, you'll be so proud that you'll stand correctly until it becomes a habit, totally unconscious.

That ugly dowager's hump is caused by holding the head forward at a nervous, tense angle. To banish it forever, you simply relax the tense muscles, and lift your head from the back. Exercises of lifting the head from side to side reduce the fatty 'hump' and put the head in correct position. Sounds simple, and it is.

You'll feel better, too. Sluggish circulation is awakened and stimulated and this is as good for your skin as for the rest of you. Your muscles become supple, limbs more flexible, making it easy to move with grace and walk with a light step.

If you want to go on from here, learn tricks in make-up and care of the skin, you'll find that five minutes a day will do wonders for your appearance. New color harmonies make it possible for any woman to wear all the daring colors of fashion in a fashionable this year.

MARKET FOR CANNED SALMON

There is usually available an ample supply of fresh fish of good quality in the Irish Free State, and this limits the demand for canned fish, writes A. J. Tingley, Assistant Trade Commissioner in Dublin, in the forthcoming issue of the Commercial Intelligence Journal. The bulk of the fresh salmon caught in Ireland, is, however, exported to England, where it brings fancy prices on the London market, and consequently offers little competition to the canned variety.

The chief demand for canned salmon in the Irish Free State is for the working classes, and in consequence pink salmon has a greater sale than red. It is estimated that out of approximately 200,000 cases of canned salmon consumed, over 125,000 cases were pink and the balance divided between reds and medium reds.

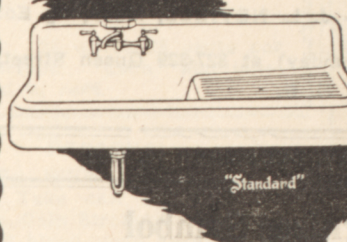
In 1931 and 1932 imports of canned fish (mainly salmon) amounted to approximately 5,000,000 pounds valued at approximately £150,000; in 1935 these had fallen to just over 3,000,000 pounds valued at £75,000. The total for 1936 is likely to show a slight increase over that of 1935. Up to three years ago, Canadian pink salmon was competitive in price with that from other sources of supply, and secured a fair share of the trade. Within the past two years, however, Japanese salmon has been somewhat cheaper in price, and the sale has increased largely at the expense of the Canadian product.

AUGUSTA, Dec. 15.—Maine legislators were called today to meet in session primarily to 'consider legislation relating to unemployment compensation' under the Federal Social Security Act.

"They're verra thorough in London," said Mac. "I lost a shillin' in the Strand an' reported it to the police. Next morning I went to search again and they'd got the road dug up."

R. Cumming, Toronto, is registered today at the Queen Hotel.

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