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CHEESE GIVES BAKED FISH SCALLOP GREATER APPETITE APPEAL

J. Lecker, Montreal, is a registerguest at the Queen Hotel today.

HOUSE CLEANING TIME IS HERE

JUST ARRIVED ... Shipments of New Spring Tapestries, Home Spuns, Slub Repp, Jungle Repp, Shadow Cloths, Cretonnes, Casement Cloths and Deaperies. etc.

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. Stanley Delong

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French Toast with Jelly Coffee Luncheon Fluffy Omelet Creamed Celery Orange and Strawberry Salad Cinnamon Buns Tea or Coffee

Pineapple Juice

Dinner Baked Fish Scallop or Shepherd's Pie Buttered Carrots Rice Lettuce-French Dressing

(By Frances Blackwood)

Menu for Thursday)

Breakfast

Lemon-Crumb Pudding Coffee

Cinnumon Buns

cald them. Let cool to lukewarm.

34 cup milk 34 cup water 2 cups flour

1 teaspoon salt 1 teaspoon sugar

1 yeast cake 2 well heaten eggs

3/4 cup sugar

½ cup shortening 2% cups flour Combine the milk and water and

Sift 2 cups flour, salt and one tablespoon sugar into a mixing bowl and make a hole in the centre of these dry ingredients. Stir 1/2 cup of lukewarm liquid into the yeast cake to dissolve it, then combine with all the liquid and pour into the hole in the mound of flour. Then with a stout spoon beat the flour into the yeast mixture and continue the beating until it is smooth. Cover and set aside in a warm place while you proceed to cream the shortening, beat the remaining sugar into it, add the eggs and beat until sugar, shortening and eggs are a smooth and fluffy mixture. Then take the sponge that was set aside and beat the second mixture into it, a little at a time. When it is well beaten in, then beat in the remaining flour. Don't beat that hard just enough to mix it all in. Cover and set the dough in a warm place to rise to double in bulk. Prepare the pans. Butter them generously and cover with a generous layer of syrup. Roll out a portion of the dough at a time to an oblong sheet a little less than half an inch in thickness. Sprinkle it with brown sugar and press lightly with rolling pin. Make a trail of syrup, snail-fashion, from outer edge to centre of the dough. Sprinkle liberally with cinnamon raisins and dot with butter. Roll up, cut in inch-long pieces with a knife, dipped in flour. Set the pieces so that they don't quite touch, cut side down

ly quick oven. Turn out of pan, upside down, as soon as done. Baked Fish Scallop

2 cups flaked cooked white fish

2 tablespoons fine bread crumbs

1 cup mashed potatoes

3 cups milk 4 cup butter

1-3 cup Roquefort cheese Salt and pepper to taste

The fish may be a flounder, halicod or haddock, as you wish. Beat the fish together with mashed edges with red, yellow and blue dots. perfect Spanish party. potato (hot), one egg and 21/2 cups milk, mixing well. Stir in the butter, melted and salt and pepper. Put this in a buttered casserole or deep baking dish. Beat the remaining egg until quite light, then beat in the the crumbs and the remaining 1/2 cup of milk. Spread this over the fish mix ture. Sprinkle the top with Roquefort cheese broken into fine crumbs (or forced through a sieve). Beat in moderate oven 350 degrees F., about

half an hour, until set. Lemon Crumb Pudding

2 cups fine dry bread crumbs 2 cups milk, scalded

1/4 teaspoon salt

6 tablespoons sugar

1 egg, well beaten

1 teaspoon grated lemon rind

3 tablespoons lemon juice 2 tablespoons melted butter

Pour the milk over the crumbs Let stand until cool. Beat thoroughly. Stir in other ingredients. Put ina slightly buttered baking dish and bake about 40 minutes in a slow oven. Serve with cream or any desired sauce. This may be made in exactly the same way using orange instead of lemon.

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... OF ... Interest to Women

PARTIES THAT BOX THE COMPASS FOR INTEREST

Cynthia Proctor Tells How to Conduct a Series of Merrymaking Reflecting the Environment of Holland, Russia, Mexico and Spain

With so many of our friends be- as Mexicans and if they are in doubt

few paragraphs.

Holland

Use blue and white for your Dutch effect, with a white paper table covtulips around the base of the mill. Make nut cups of two wooden shoe utouts of pale yellow stock. Fasten a nut cup in between, fasten a paper tulip and ribbon with place card at back of shoe.

Costume accessories might include white Dutch caps (crepe paper), with two long yellow crepe paper braids for girls, and big blue cat's whisker paper bows for boys.

Room decorations can be made of arge blue and white tiles with silhouettes of windmills, tulips, wooden shoes. Tiles may be cut of crepe paper and fastened to the wall with transparent tape.

Mexico

What a chance to use your bright pottery dishes in a Mexican party! Red, yellow, national blue and dark amber for your color scheme, of

Cut invitations from black card- written on the back. in the prepared pans. Cover, let rise board in the shape of a Méxican to double in size. Bake in moderatesombrero, and paste red dots around

coming cruise-minded and starting about what to wear, suggest a wide for the West Indies and All Points or a wide brimmed sombrero. Lack-North, East, South and West, we ing that, a ten gallon hat will do. have been besieged on all sides for Have the ladies arrive demurely Let's take a hop, skip and a jump mitts, couquetting behind a wide ence on the peace of the world. o Holland, to Mexico, Russia and black fan. Large silhouettes of cacti, corations. Now to skip the continent and the

type may be placed at either end of and the United States. decorated in bands of bright colors. Mark features on the doll and add a kerchief made of a white hanky.

Russian food is so popular your party is sure to be a success. Spain

red rose cut from cardboard. This is home in this country. course, and as many bright wall sure to interest and excite curiosity.

white ink. Table covers will look low crepe paper covered with large said: like Mexican blankets if you overlap flat flowers in American beauty and "I may be entirely wrong, but

SLEEPY EYES ARE

(By Elsie Pierce) Come spring with everything new parties.

and budding and bright and beautimore than any other feature.

You wonder, then, why women don't give their eyes more attention and less abuse. So do I. It is one of those little ironies.

The screen and stage stars, more than any other class of people, know the importance of keeping their eyes youth lies in clear, healthy eyes unmarred by surrounding lines.

particularly between pictures. She also keeps her eyes as clean as her soothing eye preparations.

Most screen stars emphasize these imagine the stars get plenty of rest many male and female stars go on persist see your physician.

strict rations of rest instead of

Recently we discussed make-up for ful and unless your eyes are bright the eyes and noted how cleverly and shiny they seem all out of keep- shadow can be employed to make ing with the season. Our eyes tell protruding eyes look less prominent, more about us than any other fea- small eyes look larger, close-set eyes ture. Our eyes are used more and seem wider apart; eyes set far apart abused more than any other feature; seem to look closer together and so military campaign based on the be our eyes can help as achieve beauty on. There is no doubt but that we can do a great deal with make-up to create optical illusions. In fact once the art is mastered one's poorest feature may apparently become one's

beautiful and bright. They know that Dark hollows or circles, for instance, of battleship, cruisers and destroyers may be disguised temporarily by a would perhaps be less suitable for Louise Latimer says 'get enough Can you be wholeheartedly content countries. In any case, the prime sleep' if you would keep your eyes to go on for more than a day or two minister goes to the London conferyoung. She makes it a point to do so, with such concealing make-up know- ence without being committed to any skin by bathing them frequently with often caused by lack of sleep, by eyestrain, fatigue, by some systemic or physical disturbance. External aptwo points. Contrary to what many plications won't shoo dark circles away. You've got to check on your and sleep. In fact, between pictures health, on your diet and if the circles

Itching, Burning, Stinging Eczema or Salt Rheum



Eczema or Salt Rheum as it is often called is one of the most agonizing of skin

torturing blood and skin disease

The intense burning, itching, smarting, especially at night, or when the affected part is exposed to heat, or the hands placed in water, are almost unbearable.

Use Burdock Blood Bitters internally, and apply it externally. A few bottles are usually sufficient to afford relief from this

NATIONAL UNITY FOR DEFENCE

The Ottawa Citizen says:

Right Hon. R. B. Bennett made a otable contribution to the cause of national unity when he spoke on the Canadian defence policy in the House last Thursday. The structure of national defence could be built up in spite of partisan opposition, but the stability of the structure is more assured when there is leadership on both sides of the House for a united

At the same time, the value of Canaca's contribution to the defence of the British Commonwealth is greatly enhanced. This evidence of Canadian solidarity may well have a moral effect on the situation in world polit-Ask your guests to come dressed ics.

There is little doubt that the state of affairs within the British family out for the Coronation, for France, 'cummerbund' of a giddy-colored cloth of nations is noted by the advisers on military strategy in other countries. The results of the Imperial Conference in London next June are thus ideas for 'Parties 'Round the World.' dressed with mantilla and black lace likely to exercise a profound influ-

A united front throughout the Bri-Spain and give you the highlights of sombreros, possibly donkeys or the tish Commonwealth should help to pleasant parties for all these spots. bright colored pigs, and large drap- cool down the arrogance of Fascist Sort of a round the world flight in a ed blankets or shawls will form de- adventurers whose policy is based on the belief that there are glittering prizes for sharp swords. The last ten years of experiment with disarmamparty, cut invitations from cardboard high seas to Russia with its still ent has demonstrated that when the in the shape of wooden shoes or brightly colored vermillions and its democratic countries weaken them-Dutch mill. For a table cover, the tile yellow and gold to contrast with selves, the Fascist states become sombre black. Cut invitations in the more aggressive. Built on force, they er, and perfectly square place mats shape of a Russian boot, cover your have no respect for more civilized cut out of blue crepe paper. For a table with a vermillion crepe paper methods. They take advantage of evcentrepiece, make a yellow cardboard with gold lace edge crepe runner ery sign of weakness abroad. They windmill with silver sails and blue through the centre. Bands of crepe are keen to thrive by discord within roof, removable for favors, with small in the same colors around the edge the British Commonwealth or by any of this skirt may be stitched to the appearance of strained relations between the great democracies, partic-Brass candlesticks of the forked ularly the United Kingdom, France

the table and in the centre you can Because of Canada's strategic posplace a Russian doll. You can make ition on this North American continone by wrapping a megaphone topped ent, there is a special weight of rewith a new tennis ball and wrap spensibility attached to the Canadian both in a gay shawl of crepe paper. part at the next conference of Commonwealth statesmen. There is no need to stress the military aspects of unity within the British Commonwealth. Even less is it necessary to propound policies for the pooling of defensive resources under any form If you'd like to strum a guitar un- of imperial high command. On the der a langorous moon, plan a Span- military side of defence, it has come ish party. Use canary yellow, Amer- to be the accepted view that for Canican beauty and jade green with ada, at any rate, the most effective black accents. For the men send in- contribution would be to strengthen vitations written on the back of a the structure of national defence at

As Premier Mackenzie King pointhangings and blankets as you can The ladies get a guitar cut from the ed out in the debate last Thursday, black cardboard, with the invitation in the event of an outbreak of war abroad, there is much less likelihood Go in for discreet shadows and of troops being transported from one much romance in Spanish decora- country to another as they were in the edge-write the invitations in tions. Use on your buffet tables, yel- the last war. The prime minister

crepe paper in gay colors and fringe jade green by cutting large and small doubt very much if the British govthe ends. For a centrepiece use a circles and pasting them on the pa- ernment itself will ever send another basket of heavy pottery bowl con- per in irregular form. Fringe around expeditionary force to Europe. I think taining pineapple, red peppers, green the skirt of table to match. The hot it is extremely doubtful if any of the peppers, if you can get them, bana- spicy, Spanish dishes for your menu, British dominions will ever send annas, oranges and alligator pears. Or a the rhumba and the slow tangoes for other expeditionary force to Europe beautiful mound of burnished gourds dances, an imitation moon, soft Were war to come suddenly, I think will do. Small sombreros will cover music and sweet nothings whispered we would find that the conditions of nut cups for favors. Decorate the in the breeze should provide the a world conflict would be so differthat anything in the nature of expeditionary forces to be sent from one continent to another would occasion a great deal more than second thought."

It may be that other means of cooperation for the security of the nations within the British Commonwealth may be considered desirable. The lessons of history would endorse the prime minister's view that conditions in a world conflict would be profoundly different to what they were in the last war.

The high authorities have repeatedly been in error by planning for a lief that it would be fought along lines similar to a former war.

For this reason, although the sound ness of Sir Wilfrid Laurier's policy in 1910 has at last been acknowledged on the Conservative side of polit-In the matter of eyes, however, ics in Canada-handsomely acknowhealth comes first. This holds true leaged by Mr. Bennett in the House for the eyes above any other feature. last Thursday-a Canadian fleet unit heavy make-up base and a blend of Canadian defence or for co-operation rouge. But is it really satisfactory? with the defensive forces of other ing that you are not getting at the military policy apart from the measroot of the trouble? Dark circles are ures approved for home defence during the present session of parliament.

> Nor need the Canadian people, or any group of opinion in Canada feel apprehensive lest this country should be committed to military responsibilities outside of Canada. Only with the consent of parliament is it possible to do anything even for home defence. Premier Mackenzie King's long record in public life is the best guarantee that parliament will continue to decide on Canadian policy. Experience has demonstrated that there is no possibility of national unity in any other way: without national unity there can be no national security for Canada.

Friendly discussions around a table are infinitely more efficient than discussions with cannon, which solve nothing .- Richard E. Byrd.

"What color accessories shall wear with my spring suit, coat or dress?

First it was an occasional question from a reader, but now it's become a chorus!

So here are 1937 color combinations-basis costume colors and smart accompanying accessory shades. For it's the way you combine colors that labels your Easter finery 1937! and no mistake. You simply can't escape the importance of color, this spring, and I, for one, wouldn't want to. But the maze of color may seem confusing, and evidently does, judging by a deluge of letters from puzzled readers.

Remember that not more than two or three accessories should be in a contrasting color. Just your handbag and gloves, gloves and shoes, or the handbag and shoes-plus a boutonniere or flower on your hat for a third small note.

If your costume is navy blue, ac cessories are smart in white, green, red, turquoise, dusty and bright pink yellow, and the two exhilarating new colors-red earth and carnelian; do see them both.

With black, contrast should be white, dusty pastels, especially the shades of rose and pink, yellow and

With beige costumes, the color lineup is green, wine, violet, black bright blue and navy. A light color, you see, is highlighted with darker and brighter tones. And a dark color takes light or bright contrast.

Thistle is lovely with touches of wine, brown or brown-wine. You can also use accessories in navy, black, biege and dark brown. Be careful of your hosiery shade; a rosy-beige cast is best with thistle.

Gray, always a spring favorite, is a neutral that looks stunning with many bright colors, sunny yellow chartreuse (vellow green), blue and

APPROVES PACT ON INCOME TAX

OTTAWA March 31-Approval was given by the House of Commons today to the convention signed by Canada and the United States Dec. 30, 1936, providing reciprocity for a maximum of 5 percent income tax on non residents. Revenue Minister J. L. Ilsley sponsored the resolution, which was adopted without opposition. The U.S. agrees to charge no more than 5 percent on the income derived from ources in that country by Canadians having no residence or place of bus-

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