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ANSWERING YOURSELF GOING "BUSHED" SIGN

FORT McMURRAY, Feb. 26.—There is an old saying in the North. It is: "It's alright to talk to yourself, but when you begin answering yourself, get out of here quick."

At every stopping point along the route to and from Cameron Bay, at every discussion with old-timers, some reference was always made to some fellow that had gone 'bushed.'

Going 'bushed' is the fear of trappers, of men who serve long-term assignments at certain positions and of traders at the outposts that are branches of main trading posts. Going 'bushed' takes queer forms, the most usual being a desire to remain alone and eventually go crazy like the Mad Trapper of Rat River, who was sensational news a few years ago or of wanting to get among people and then never being able to talk sensibly with them, and always being queer.

In one decade, aviation and radio have done more to destroy this dread condition than anything else. In the old days a man alone, or isolated in a little community, would gradually let something get on his mind until it became a major obsession. There are lots of stories about fellows who went crazy because they couldn't get the final instalment of a magazine serial story, or wanted a salmon sandwich, or didn't like the way a partner combed his hair or picked his teeth.

An even greater danger is the one that faces young men who serve at less remote points and are constantly in contact with a society that they cannot mingle in. They find themselves in a community of Indians, breeds and others like themselves, and, despite all the high-sounding platitudes about democracies and the romantic scenes of Rose Marie, the first step towards companionship with the breeds or the Indians means instant dismissal and, worse than all, ostracism by the other whites.

To go into the North, this condition is brought home very vividly and tragically. This reported actually hardly slept for nights, because of the almost frenzied invitations to sit and talk with a group that wanted to hear about what was going on outside. Actually he served only to fill a gap, something that radio didn't quite fill and that the plane pilots constantly find themselves asked to fill.

Actually, in the settlements, radio has made it even a little harder on some of the young fellows. They hear soft dance music, husky-voiced blues singers. Yet the first visit to a local dance is liable to cause complications, because the white women are married to post officials. If they show any attention to an Indian girl or a breed, they are in hot water. The old timers talk to them seriously, because they know that a young fellow will slip too far before he realizes it.

So aviation fills a big need. Today a fellow can hop a plane and hike out when he begins to answer himself, or when he feels that he just has to see some bright lights and hear dance music first-hand. And planes have meant that there are visitors constantly passing up and down from the south, fellows who will sit, and take their minds away from little worries and petty things that can become big.

The fellows call it letting off steam. Edmonton knows what it is like, because it is the point where all the scenes of Jack London's famous "Burning Daylight" are enacted often. One had just hiked down north out of here a day or two ago after spending \$700 in nine days. Most of them come up with the firm intention of heading right through Edmonton to some home town. But few get past Edmonton.

MARSEILLES, Feb. 26.—No one was injured on the Union Castle Liner which struck a mine yesterday off Cape de Creus, easternmost point of the Spanish mainland. There was no panic on the ship which put ashore at Marseilles on the way to South Africa. The passengers enjoyed a dance during the evening.

... OF ... Interest to Women

OLD RECIPES FOR SALAD MIXING SOUND LIKE THOSE OF TODAY

Except That There Was a Time When Lettuce Was Not Held in High Favor --- Epicures Have Their Methods of Seasoning

(By Edith M. Barber)

"Endives and lettuce are dressed with brine, a little oil and chopped onion. "Dress lettuce with vinegar dressing, and a little brine stock."

The above recipes sound very much like our own methods for mixing a salad. They come, however, from the first English translation of the works of Apicius and date back as far as the first century. The book credited to Apicius is probably a compilation of recipes, many of which were brought from Greece to Rome. Apicius has long been celebrated as the gourmet or gourmand who took his own life when his fortune became somewhat depleted because he could not face a future lacking in all the luxuries of the day.

Although there are several recipes for the use of lettuce in its raw form there was at this period suspicion of its digestibility. There was a note that the brine helped digestion and was taken to counteract inflation. It also was recommended that a teaspoonful of a horrid concoction of ground pepper, ginger and other spices, honey and dates, mixed with vinegar be taken after the meal "in order that lettuce may not hurt you." We find a recipe for cooking lettuce with onion and, of all things, in soda water. It is no wonder that with over nineteen hundred years of use behind it, it is difficult to persuade cooks that soda should not be used in cooking vegetables.

Today lettuce is one of our staple foods, especially in its raw form. We value it highly because of its vitamin contributions and because of its crisp texture which gives a refreshing note to any meal. In contrast to the Romans, we consider it an aid to digestion. In the last half century lettuce instead of being a summer garden green has become a year-round vegetable, travelling as some seasons of the year thousands of miles to our tables.

The term lettuce includes a number of leafy vegetables which we distinguish as Boston and Simpson lettuce and as romaine. Chicory, endive and escarole are other greens which resemble lettuce. The salad plant which we know as Belgium or French endive is brought over from Europe and is used to some extent during the winter.

To dress a salad properly is an art which famous men have not and do not scorn. The quality of the oil and vinegar is important. Epicures can distinguish among French, Italian and California oils. The choice is a matter of taste. Some of our own countrymen prefer the blander flavor of the salad oils derived from corn or cottonseed. When they are used, they should be highly seasoned. On the other hand, milder seasonings may be used with the olive oils which provide their own characteristic flavors. The choices of the vinegar which may be cider, malt, red or white wine also will affect the final flavor. Abroad, fresh tarragon is often used in the salad dressings. We usually use, instead, a tarragon-flavored vinegar when we want this particular seasoning.

Many epicures believe that a salad should be dressed first with the oil and seasonings so that every leaf may be coated before the vinegar is added. Salad making at the table is a rite which both the mixer and the future participants enjoy. Even if the dressing is mixed beforehand the greens should be tossed in it at the table if crispness is to be preserved. Just another epicurean note—greens should be torn to pieces rather than cut.

The recipes which I am giving for salad dressing may be mixed accord-

ing to directions or may be put together at the table. In this case the ingredients should be grouped on a tray which may be brought in with the salad bowl, which, by the way, may be rubbed lightly with a clove of garlic even when this pungent ingredient is not mentioned.

Salad Bowl

- 1 head iceberg lettuce or ½ pound sardine
- 1 head romaine or Boston lettuce
- 2 cucumbers
- 1 bunch watercress
- 1 bunch young onions or two medium sized onions
- 1 bunch radishes
- 1 green pepper
- 1 clove garlic
- 1 teaspoon salt
- 1 teaspoon sugar
- ½ teaspoon mustard
- ½ teaspoon paprika
- Black pepper, freshly ground
- 1-3 cup olive oil
- 1½ tablespoons tarragon vinegar.

Wash and separate lettuce and romaine. Pare cucumbers, slice and soak in salted water half an hour and drain. Wash watercress. Slice onions. Wash radishes and pepper and slice. Chill vegetables before or after preparation. Arrange vegetables in large salad bowl, add garlic. At the table, mix seasonings in salad spoon and pour oil over them. Stir into salad and toss the vegetables with salad spoon and fork. Add vinegar and mix again.

Special Tomato Dressing

- 1 can tomatoes
 - 1 clove garlic
 - 1 slice bread (1 inch thick)
 - 6 tablespoons olive oil
 - 2 tablespoons vinegar
 - Salt, pepper and paprika
- Drain the juice from a can of tomatoes and reserve for another purpose. Rub clove of garlic into a slice of bread and allow it to remain on the bread and add bread to the tomatoes and beat well. Add oil and vinegar, season to taste and serve with lettuce, romaine and endive. Let stand two hours in refrigerator before serving.

Shredded Lettuce with Bacon

- 1 head lettuce
 - ½ cup vinegar
 - 6 strips bacon
- Cook the bacon until light brown but not crisp. Cut in small pieces and add with the hot fat over the shredded lettuce. When well mixed, add the vinegar. Mix well and serve.

Sweet-Sour Dressing

- ½ cup sugar
 - ½ cup vinegar
 - 2 tablespoons salad oil
 - 1 tablespoon minced onion
 - 1 tablespoon minced celery
 - 1 tablespoon minced pepper
 - 1 teaspoon salt
 - ½ teaspoon paprika
 - ½ teaspoon Worcestershire sauce
- Mix ingredients, add a small piece of ice and beat a minute until thick.

Fruit French Dressing

- ½ cup salad oil
 - ¼ tablespoon grapefruit, or orange juice
 - ½ teaspoon salt
 - ¼ teaspoon paprika
 - 1 teaspoon powdered sugar
 - 1 tablespoon lemon juice
- Mix ingredients, chill in refrigerator and shake or beat well before serving. A little grated orange or lemon rind may be added, if desired.

Special French Dressing

- 1 cup salad oil
 - 1 cup sugar
 - ¾ cup malt vinegar
 - 1 teaspoon grated onion
 - ½ cup ketchup
 - 1½ teaspoons salt
 - 1 teaspoon Worcestershire sauce
- Mix ingredients, beating until thick. Store in refrigerator and heat before using.

GIVE A THOUGHT TO BABY'S HAIR SHE'LL THANK YOU YEARS FROM NOW

Hints From a Noted Hairdresser on Care of Infant Scalps

(By Victorine Howard)

Proper care of baby's scalp and hair is something every 1937 mother ought to pay attention to. That is if she wants her daughter to be the belle of the sub-deb ball-room sixteen years ahead.

That frail fuzz on a new-born head doesn't need any fancy lotions, nor complicated treatments. But it does

need correct care from the start if the child is to have luxurious hair when it grows up according to a noted scalp specialist, who lays many cases of baldness and scalp trouble at the door of wrong childhood care, or lack of any care at all.

"If a child's scalp is normal to start with," this authority says, "the mothers who observe the following

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First Official Announcement Coming U. N. B. Play

The first official announcement concerning the coming production by the U.N.B. Dramatic Society has just been announced by Professor R. E. D. Cattlely who is the producer of the play.

A three-act play called "Wind and Rain" by Merton Hodge is being presented by the U.N.B. Dramatic Society on March 18th. The scene is laid in a students' lodging house in a Scotch University city, undoubtedly Edinburgh. The play is essentially a contrast of the nine characters and which they react upon one another. It is a comedy of very high order, quiet, humorous and a little pathetic. It has played for two years in London and is believed to be still running in Edinburgh.

The cast is as follows: Mrs. McFie, Scotch landlady, Miss Margaret Fraser; Gilbert Raymond, undergraduate, Douglas Breen; John Williams, another undergraduate, Philip Willis; Charles Tritton, hero, Jack Mompurgo; Dr. Duhanell, French graduate, Byron Fisher; Anne Hargreaves, heroine, Miss Rosemary Durick; Jill, Miss Reta Peeney; Roger Cole, rich young man, Hugh Brennan; Peter Morgan, freshman, not selected.

Lanny Ross, who declined an invitation to the Olympics when he was an undergraduate dash-man at Yale, rarely misses a Yale meet in New York.

five simple rules will do most to keep it that way.

1. For shampooing, use only the mildest soap and soft water, rinsing the scalp out thoroughly before drying.

2. Don't rub the child's head too firmly when shampooing or drying. Because the hair follicles are open, and the blood vessels dilated, rubbing may stimulate infection.

3. Baby hair should be brushed not combed. A comb may irritate the scalp. The brush should be soft, thick pliable and always scrupulously clean.

4. Let the hair grow in its natural direction; brushing it pompadour or in other unnatural ways often breaks it or discourages growth.

5. Artificial waving or curling is extremely damaging to a very young child's hair.

"If a child's scalp appears to be irritated, or if the hair fails to grow normally, the safest and best thing to do is to consult your doctor. It is always unwise and often dangerous to experiment with home remedies or with any other treatments not prescribed by a person qualified to make a diagnosis.

Many of the hand-me-down ideas regarding children's hair are unfounded. For instance, cutting a small child's hair will not weaken the child. Mothers interested in knowing whether a baby will grow up to be right or left handed can tell by the hair whorl, or curl, at the crown.

"It is an interesting, if peculiar fact," according to this authority, "that in right-handed people, the whorl always curls to the right, and in left-handed, to the left."

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