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CORNERED BEEF HASH

"Cornered beef hash was a natural sequence to the boiled dinner," says Della T. Lutes in The Country Kitchen.

Now cornered beef hash, rightly made is a dish fit for kings, but it needs a craftsman's hand to preserve it from the ranks of the trite—or worse.

The first mistake made by many is the overproportion of potatoes, thinking to economize, but sacrificing quality to quantity. There should be an equal amount of chopped meat—but not mashed or pulverized. On the gristle—and chopped potatoes.

A second mistake is to chop meat and potatoes together. To do this is to create a gummy mess uninviting and unappetizing. And both meat and potato should be chopped fine—but not mashed or pulverized. On the other hand, chunks of either are repulsive. It remains, therefore, to determine exactly the right degree of fineness for both and then mix them together with a wide fork. Now moisten the whole with just enough top milk or cream to hold the ingredients together, but never enough to make a sloppy conglomeration. Season with salt and pepper, and place in a heavy aluminum or steel frying pan in which a generous amount of butter has been brought to a smoking heat, but not browned. Stir with a wide fork until well blended, then spread it over the bottom of the pan and let it cook slowly. Do not put it over a hot flame to scorch before being cooked through. It should brown slowly, taking anywhere from half to three quarters of an hour, depending on the amount.

When it is browned on the bottom and slightly crisped, fold it over and lift to a platter. Poached eggs may be placed around it, making a heavier meal, and the whole garnished with a green—cress, parsley, or strips of pepper.

ANNUAL MEETING BANK NOVA SCOTIA SHAREHOLDERS

TORONTO, Ont., Jan. 23—Accompanied by a number of Ontario directors of the Bank of Nova Scotia, J. A. McLeod, president, and H. F. Patterson, general manager, will leave Toronto on Sunday, on the International Limited on the Canadian National Railways to attend the annual meeting of Bank of Nova Scotia shareholders in Halifax on Jan. 27. At Montreal the party will be joined by a party of Quebec directors.

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... OF ...

Interest to Women**MORE MENTAL TESTS TO APPLY TO GUESTS****Cynthia Proctor Points Out How a Poet Would Shine at a Psychological Party--And There's Plenty of Fun to Some Proposals**

(By Cynthia Proctor)

And here's the last part of that psychological psychology party. An original verse written in ten minutes by the guests on some given subject, such as love, marriage, friends or cats. These poems have to be written by teams composed of one man and one woman each. There is no limit to the length of poems. All poems have to have rhyme and rhythm. No free verse allowed. The prizes are given by popular acclaim—books of "Mother Goose" jingles.

In test No. 5, the guests are given paper and pencils and then the lights are turned off. The leader tells them to draw a picture of a horse in the dark. After this is done, he tells them to put a man on the horse and write onto it. Finally each guest signs his name to the drawing. The lights are then switched on and the drawings, if such they can be called, are judged by three "art critics." A framed picture of a man on a horse is given as an award to the artist who draws the best picture.

Test No. 6 is a mirth-producer—although the foregoing tests have probably done nothing else but produce hilarious laughter. This test is similar to the regular psychological test to discover what is hidden away in a patient's mind. The master of ceremonies stands in the centre of the room, with the guests in a circle

around him. He points suddenly to some guest and gives a word, such as "knife." The guest at once says the first word that comes into his mind as associated with knife. He may say "kill," which brings down the house when the leader explains that that means the man who said "kill" has a suppressed desire to kill some one present. The leader does not give words straight around the circle, but takes any one by surprise. No one can answer out of turn or change his mind once he says a word. Words that bring out comical responses are love, kiss, secret, chew, owe, hug, paint, gun, sweetie and hide.

The gastronomic efficiency test is just another way of saying "refreshments." The appropriate menu consists of:

Mental Stimulus—Coffee
Mind Food—Fish Sandwiches
Food for the Highest Minded—Angel Cake

Food for the Mentally Deficient—Salted Nuts
Who Am I?

This very amusing game is still very popular. Cut out photographs of well known people from newspapers and magazine and pin them on the backs of guests. No guest knows what personage she represents and the trick is to find out by questions and answers what person is represented on his back. The one who guesses his identity first could be given a prize.

AGAIN, THE CANNED FOOD QUESTION**Once Each Year or So, the Matter of Its Nutritive Value Comes Up for Discussion**

(By Edith M. Barber)

Every so often as the year rolls around the editor of this column is questioned in regard to the nutritive value of canned foods. It seems as if this question should have been settled long ago. Billions of cans of food have been contributing to good nutrition in an ever increasing number since canning process was initiated.

In general there is little difference in the food values of fresh and canned products. It is actually a fact that certain foods canned in the absence of air offer more liberal quantities of vitamins than fresh foods which are cooked in an open kettle. Of course, where fresh foods are available, as they are so generally throughout this country during the whole year, we will make good use of them, with special emphasis on raw vegetables and fruits. It would be possible, however, to plan a well-rounded diet in their absence, if special care was taken.

In order to produce canned food which will bring practical returns to the canning industry, food must be fresh and of good quality. It must be handled carefully and sterilized during the processing in order that it may reach the consumer in good condition.

Our everyday diet has been im-

proved and varied by the ever increasing number of canned foods which are offered us.

Apple Cake

2 cups flour
1 teaspoon salt
3 teaspoons baking powder
1-3 cup shortening
¼ cup milk
1 can apple sauce
½ cup sugar
1 teaspoon cinnamon
Mix flour with salt and baking powder, cut in shortening and stir in milk to make a soft dough. Spread in a baking pan, cover with apple sauce, sprinkle with mixed sugar and cinnamon and bake in a hot oven, 450 degrees F., 15 to 20 minutes. Serve with cream or hard sauce.

Corn in Cream

1 can corn
1 teaspoon salt
½ teaspoon paprika
1-3 teaspoon white pepper
1 cup light cream
1 tablespoon butter
6 slices toast
3 tablespoons chopped parsley.
Cook the corn and seasonings until the liquor from the corn has almost evaporated. Add the cream and butter bring to the boiling point, serve on toast, sprinkling half a tablespoon of chopped parsley over each serving.

WOOLEN GARMENTS NEED MORE CARE THAN SILK FABRIC

(By Kathleen Enright)

If we are to make our wardrobe budget stretch to cover not only our needs but the luxuries we would like to have as well, it is important to give our clothes the proper care.

Woollen garments need more care than those made of other fabrics. It is important to remember that wool absorbs oil from the skin. When any dust or dirt comes to the woollen fabric it mixes with this oil and the result is a greasy spot which is very difficult to clean.

Wool dresses should be brushed frequently preferably just before wearing. Brush well at all the points where the dress comes in direct contact with the skin. For example the neckband and under the arms. Wool gets dirty rather slowly but this should not prevent its being cleaned frequently.

It is a good plan to hang woollens out doors at frequent intervals. Even if you are sure that your clothes closets contain no moth, wool needs to be aired. Never wear a woollen dress while cooking. Wool absorbs

odors much quicker than any other fabric and kitchen odors are not excepted. If you discover a stain or spot on your woollen garment, remove the stain at once while it is fresh.

In order to remove spots, sponge the fabric with warm water and soap Always rub up and down. Never rub a woollen crosswise of the fabric. Be sure that whatever soap you use for the purpose is mild enough so that the fabric will not be injured by rubbing in one spot. If the stain or spot is too difficult to remove by a little rubbing send the dress to the cleaners or, if you understand the laundering of woollens, do the cleaning yourself.

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EDUCATOR SAYS TRAILERS SHIFT FAMILY CONCEPT**U. S. Rapidly Becoming Nation of "Gypsies" as All Classes Take to Houses on Wheels, He Says.**

(By Clyde R. Miller)

NEW YORK, Jan. 23—We are rapidly becoming a nation on wheels. Today hundreds of thousands of families have packed their possessions into travelling houses, said goodbye to their friends and taken to the open roads.

The recent survey conducted by the Hoover Social Trends commission disclosed that the automobile has become a significant factor in changing our pattern of family life. Now the auto has made a further raid upon the American home by adding the trailer. Everywhere we see them, these impudent giants of the road, lumbering on the highways, going North, South, East, West. Will these houses on wheels make of us a nation of gypsies?

Those who attended the annual automobile show in New York city this year saw the latest designs in trailers.

They saw expensive luxury-cars, containing showerbaths, de luxe sleeping quarters, dining facilities, private studyrooms. For the man of average means, cars of simpler standards were displayed, yet comfortable and adequate for long cross-country tours.

Who owns a trailer? We can classify the wandering population in four groups:

1. The very wealthy, who hitch an expensive trailer behind a powerful automobile, and set forth to Florida, New Orleans, Los Angeles, bent on vacation travel. These individuals have found it more pleasant to travel by private trailer than by private train, and motor along the highways with their servants, butlers and chauffeurs.

2. The retired, middle-aged couple, freed after a lifetime of work from store and business, with several thousand dollars in the bank.

These people can travel much more cheaply and conveniently in this manner than they can by boat or train. They are in no hurry to get anywhere in particular, and find life more interesting on wheels. They have no worry about rent or taxes this way.

3. People from the lower economic stratum. They find trailers cheaper to own than homes. A refill of gas and a change of oil, with an occasional can of paint, and you have a redecorated ready-to-use apartment. No further worry about the rent collector or each month; no upkeep of a house no instalments to pay on the piano.

4. Transient and seasonal workers using this means of transportation in growing proportions. Adventure may be one incentive. Desire for travel another. Or the nomad spirit may be in their blood.

The growth of these "houses on wheels" cannot be dismissed lightly. This movement is not a passing fad or novelty. The trailer has come to stay and will exert a significant influence upon the American home. Within the next few years, when the industry has become still further stabilized, trailers will be available at prices within the range limits of almost every family. Accordingly, more families will take to the road, making an important proportion of our people into wandering gypsies.

What will the effects of this type of living be upon the family? Sociologically, the entire concept of the family may change. Because space will be at a premium, the tendency toward smaller families will continue

JASPER LODGE OPENS JUNE 15

MONTREAL, Jan. 20—The opening dates of the summer hotels and resorts of the Canadian National Railways were announced today by Joseph Van Wyck, general manager of hotels for the system.

Jasper Park Lodge, famed bungalow resort in Jasper National Park, Alberta, will be open this year from June 15 to September 15. Medicine Lake Chalet and Maligne Lake Chalet, in Jasper National Park adjacent to glacial fed waters offering some of the best trout fishing to be found in North America, will be open from June 15 to August 31st. Minaki Lodge, in Ontario's beautiful Lake of the Woods region, will be open from June 24th to August 31. Pictou Lodge a seaside resort overlooking the waters of Northumberland Strait, near Pictou, Nova Scotia, will be open from June 28 to September 6.

In addition to these summer resorts in a natural setting, the chain of all year round hotels of the Canadian National railways in the principal centres across the country take on a special character during the tourist season when visitors from all parts of the globe travel from coast to coast.

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