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## Goodbye — Hello!

Here we are, all of us, ready to wave "Goodbye" to Old Year 1937—Smile "Hello" to Young Year 1938.

Before we leave the one and turn to the other, let's pause a minute or so — '38 shows this: People are now living longer than ever before, their health is better, their "pep" greater.

During '37 our Friends have been good to us, and we have tried to be good to them.—Thanks, and may '38 bring you increased health and prosperity.

D. J. Shea

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## A MESSAGE TO INVESTORS IN THE MARITIME PROVINCES —

Surplus funds invested in sound development of natural resources and industry within the Maritime Provinces will return maximum income—Increase Purchasing Power—Create Permanent employment and prove the greatest benefit to general business. A list of carefully selected offerings will be forwarded on request.

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Announcement of  
importance to owners  
of the shares of

HALLIWELL GOLD MINES LTD.

(No Personal Liability)

Owners of these shares who hold certificates in the name of others are urged to have them placed in their own names, so that receipt will be had promptly of a new circular letter describing an important and favorable development in the Company's affairs which will mark a milestone in its history.

HALLIWELL GOLD MINES LTD.

360 St. James St. W.  
Montreal, Que.

... OF ...

## Interest to Women

## MRS. FISHER SUGGESTS FOR BREAKFAST

## Canadian Fish Hash

Chop from four to six slices of bacon and fry the pieces until crisp, then add the following mixture: Two cups of any Canadian cooked and flaked fish, two eggs, two slices of onion, finely minced, and one-half cup of fish or meat stock. Heat slowly, stirring meanwhile, brown and serve folded. Chopped parsley, minced green pepper or other like ingredients may be added for a change of flavour.

Canadian Fish and Shellfish are especially good foods because they are so easily digested and are rich in vitamins and health-giving mineral substances.

## Canadian Creamed Fish on Toast

Take a cup or 1½ cups of any Canadian cooked or canned fish, flaked; season the fish with salt and pepper and a dash of lemon juice. Make a white sauce by blending two tablespoons of butter and two tablespoons of flour, adding a cup of milk and cooking the mixture until it is thick and smooth, stirring constantly. Then combine the sauce and the fish, reheat the combined mixture and serve on slices of buttered toast. If desired, a tablespoon of minced parsley and one hard-cooked egg in slices may be added to the sauce before it is combined with the fish.

Canadian Fish and Shellfish are especially good foods because they are so easily digested and are rich in vitamins and health-giving mineral substances.

in vitamins and health-giving mineral substances.

## Canadian Fish Cakes

Any meal is a suitable time for serving fish cakes but if they are to be served for breakfast it is perhaps most convenient to make them the night before and keep them chilled until cooking time. Take a cup of Canadian flaked, cooked fish, mix with it a cup and a half of mashed potatoes, one beaten egg, one tablespoon of butter, salt and pepper to suit the taste, and, if desired, a half teaspoon of onion juice; beat the mixture until fluffy, then form into balls or cakes and roll in finely-sifted bread crumbs. Sauté or fry in deep fat, which is hot enough to brown an inch cube of bread in forty seconds. Drain the cakes and serve hot, using a tomato sauce with them if desired.

Any kind of Canadian cooked or canned fish may be used. If dried salt fish is used it should first be "freshened" by tearing it into strips and covering the strips with lukewarm water. How much freshening will be required depends upon individual taste. Changing the water frequently will hasten freshening. Allow the dried fish to simmer, not boil, until cooked.

Canadian Fish and Shellfish are especially good foods because they are so easily digested and are rich in vitamins and health-giving mineral substances.

## MRS. FISHER SUGGESTS FOR DINNER

## Canadian Oven-fried Fish

Using fillets or steaks of any desired kind of Canadian fish, wipe each piece carefully with a damp cloth wrung out in cold salted water. Dip each piece in egg, beaten slightly with a tablespoon of cold water, or in salted milk. Toss the fish into a pan or bowl of finely-sifted, dry bread crumbs, coating each piece of fish with the crumbs. (Use one hand for dipping the fish in the liquid and the other for working with the crumbs). Place the pieces of fish on a greased baking pan, add salt, and sprinkle lightly with cooking oil. Leave the fish in a hot oven, 500 degrees F., until it has lost its watery colour and no juice escapes when the slices are pierced with a knitting needle. The length of cooking time required depends on the thickness of the fish; not more than ten minutes in a hot oven is needed for a piece of fish an inch thick. Over-cooking is the most common mistake in fish cookery.

Canadian Fish Foods, rich in nourishment and health-giving substances are unexcelled anywhere.

## Canadian Fish Loaf

Take two cups of Canadian fish—'left-overs' if desired, or a pound tin of canned fish, flake the fish, and add to it two cups of fine, soft bread crumbs, two beaten eggs, three-quarters of a cup of milk, salt and pepper to suit the taste, a tablespoon of onion juice, or a finely minced onion, and a teaspoon of lemon juice. After mixing the ingredients well, place them in a greased pan, dot with butter, and bake in a moderate oven, 350

degrees F. for three-quarters of an hour or until the loaf is firm and browned. Any kind of Canadian fish may be used in making this loaf. If canned fish is used, the oil from the tin should be poured in with other ingredients and the bones crushed and left with the fish. The bones of fish contain calcium and the oil contains vitamins. Creamed peas or tomato sauce may be served with fish loaf, as well as baked potatoes.

Canadian Fish Foods come from pure, cold waters and they are caught and marketed by the fishing industry in accordance with the most approved methods. There's no food more healthful or more nourishing.

## Canadian Fish Steaks in Milk

Wipe steaks of any desired kind of Canadian fish, or fillets cut into serving portions, with a damp cloth, wrung out in cold, salted water, sprinkle them with salt, pepper and flour, place them in a greased baking pan and cover with milk. Cook in a hot oven, 450 degrees F., until the flesh has 'set'. Having sliced two medium-sized onions, sauté them in butter or fat until they are browned and then place the slices on the fish, with strips of bacon on each piece of fish. Return the dish to the oven until the bacon is cooked. Two pounds of fillets will serve six people. If desired, mushrooms may be placed around the slices of fish and baked with them.

Canadian Fish Foods are comparable to meats in nourishment and are especially easy of digestion.

## Way to Ease Headaches, Pain Almost Instantly

METHOD OFTEN RELIEVES NEURALGIA AND RHEUMATIC PAINS IN MINUTES!

Remember the pictures below when you want fast relief from pain. Demand and get the method doctors prescribe—Aspirin.

Millions have found that Aspirin eases even a bad headache, neuritis or rheumatic pain often in a few minutes!

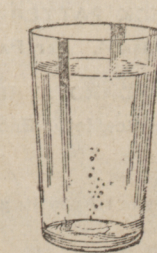
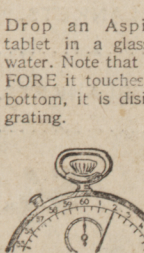
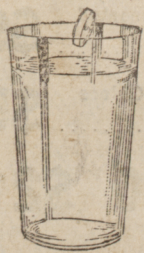
In the stomach as in the glass here, an Aspirin tablet starts to dissolve, or disintegrate, almost the instant it touches moisture. It begins "taking hold" of your pain

practically as soon as you swallow it. Equally important, Aspirin is safe. For scientific tests show this: Aspirin does not harm the heart.

Remember these two points: Aspirin Speed and Aspirin Safety. And, see that you get ASPIRIN. It is made in Canada, and all druggists have it. Look for the name Bayer in the form of a cross on every Aspirin tablet.

Get tin of 12 tablets or economical bottle of 24 or 100 at any druggist's.

## Why Aspirin Works So Fast



IN 2 SECONDS BY STOP WATCH

An Aspirin tablet starts to disintegrate and go to work.

What happens in these glasses happens in your stomach—ASPIRIN tablets start "taking hold" of pain a few minutes after taking.

• When in Pain Remember These Pictures •

## HANDS UP! LOOK AT THEM

Have They Got Character? Are Your Gestures Graceful and Expressive?

So many women are inclined to believe that if hands have smooth white service, if nails are manicured and varnished, their duty to their little mitts is done. They should delve a little deeper. Hands should have character, they should move beautifully, they should be expressive.

What a professional dancer does with her hands is almost as important as what she does with her feet. Stars of the stage and silver screen would never have made the grade had they been hand-conscious, kept fingers stiff and wrists rigid. All the body should be flexible and resilient. And most of all, the hands.

Hands that behave prettily are re-posable or active, as time and occasion demand. We're not throwing any flowers at hand-wavers, girls who fling their arms in the air so that you may better understand what they have to say. They are distracting, these pretty lassies. They lack poise. Some do it because they know they have pretty hands, want to show them. It is a silly habit, gets on the nerves of the beholder. But there are restricted gestures that are most attractive.

If a girl is aware that she uses her hands awkwardly, she can be pretty sure that the rest of the body does not express poise and grace. It lacks ease, tranquillity, sureness. For this young lady, a dancing school is a mine from which she can extract beauty gold.

Every dancing teacher of established reputation had definite ideas about posture and deportment. If a young woman lacks muscle snap does not know what to do with her hands and her feet, and does her stepping before the professional eye, she is bound to be benefitted.

Perhaps you have never noticed the movements of your hands, the poses assumed by thumbs and fingers. Make it a habit to observe them. Note how you pick up a book, how you turn the pages when you read. There's a graceful way and a clumsy way to turn the handle of a door. Manipulating the knife and fork at the table is a test. What about hand behavior at the bridge table?

Graceful movement, like many another beauty quality, begins in the mind. Desire to be graceful, cultivate a feeling of beauty. Awkwardness is not natural, it is a bad habit. Children and animals are nearly always graceful. They have a sense of freedom, move naturally.

## WOMEN AS HATERS CALLED THE TOPS

Far More Persistent and Vindictive than Men

When it comes to real hate women are the tops. Mere men—the toughest sex—just mellow second-raters.

Such is the opinion of legal experts of the British Divorce Courts on the cruel streak in the feminine makeup. When it comes to 'getting their own back' women are far more persistent and vindictive than men, D Grazebrook, Jr., counsel, told Justice

Bucknill, a magistrate of the Divorce Courts in London.

Elaborating his view afterwards, Grazebrook said: "In my experience women seem to be considerably more vindictive than men, particularly when the object of their hate is another woman. In many cases which have recently come under my notice they have gone to the most drastic lengths to 'get even'."

"There have been instances of jilted women who have refused to give evidence against their husbands for fear it would be sufficient to free the man and enable him to marry again."

Margaret Rawlings, an actress who has become prominent in Britain by her clever psychological studies of such women, takes an entirely opposite view.

"Women no longer have the need to 'get their own back,' she declared. "Women today have more to do than men, and less time to do it in. They are too busy to worry their heads with silly spites. And they are bigger minded than men. In my opinion it is the blustering male whose pride is assailed who harbors malice."

## QUEBEC'S OWN FUEHRER'S



Dr. Gabriel Lambert, chief lieutenant of Adrien Arcand, leader of the new National Social Christian party, is shown in the above picture snapped recently in Criminal Court just as he gave Judge Tetreau the Fascist salute before leaving after his case was postponed. Lambert is accompanied in the picture, as in court, by the leader of the new party himself, Adrien Arcand. Arcand and ex-provincial detective Lessard were the only two members of the group accompanying Lambert to court who did not wear blue shirts with swastikas on the sleeves.

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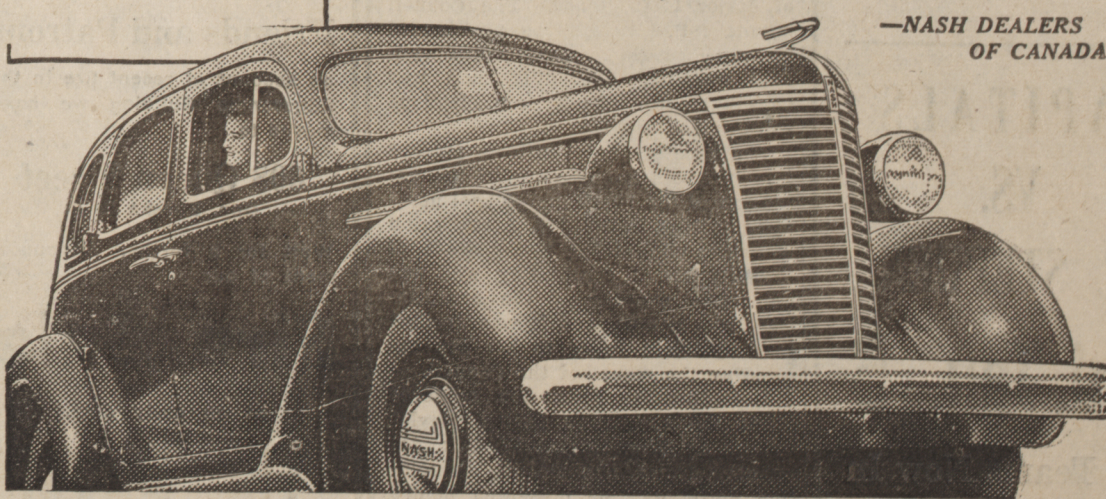
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