

Of Interest to Women

Color in Party Menus

Whether we are conscious of it or not, we all respond to the influence of color. Psychologists have written learned books about the effect of color on personality and behavior and upon the interpretation of our reactions to particular color.

There is no doubt that the color of foods in menus has much to do with our enjoyment of meals. Good use of color makes even ordinary food pleasing and a riot of uncontrolled color can make eating a horror.

Of course, color is always important because we see our food before we eat it. In party menus color very often makes the festiveness of the occasion. We feel that such occasions are worth the extra thought and time it takes to match and contrast foods to make a meal attractive to the eye and still have it properly balanced and good to eat.

Civilization seems to have been a process of toning down the bright colors we loved as savages and as young children. When we consciously try to put color into a menu, our first precaution is to check the primitive urge to go too far in making up a color scheme. After all, we want the food we eat to look natural. Emerald green potatoes or pink bread may be interesting as a spectacle, but we are not so enthusiastic about eating them. Such extremes are unnecessary anyway. If we want a green menu for St. Patrick's Day, there are all the green vegetables to help us out. If our theme is pink or red, there are many foods to choose. Watch the reds through the clashing shades. The reds of tomatoes and beets should not appear in full strength on the table at the same time. Yellow is one of our best food colors. It is easy to put into the menu and most yellows blend well. On the other hand, blue is difficult and is best supplied in table decorations—flowers, candles, cloth or dishes. Food should be chosen to set off the blue accessories. Yellows and oranges, green or touches of red worked into the menu will give a

charming and colorful effect.

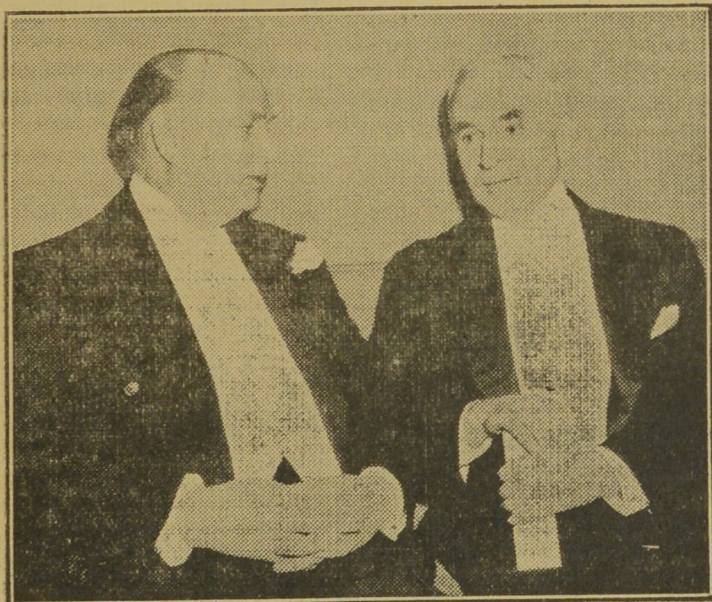
Whatever our picture is to be, there must be a background for balance. The golden browns of hot breads, toasted crackers, cakes and pastry are not to be looked upon as flaws in an otherwise perfect scheme.

These foods are the balancers and background of the picture just as they are of the meal. They give the contrast necessary for enjoying richer colors and flavors.

The following menus have been planned to give both color and balance.

GREEN	
Pineapple Mint Cocktail	
Veal Chops	
Stuffed Baked Potatoes	
Broccoli Hollandaise Sauce	
Perfection Salad	
Finger Rolls	Butter
Pistachio Ice Cream	
Cocoanut Cakes	
Kaffee Hag Coffee	
RED (PINK) MENU	
Cream of Beet Soup	
Croutons	
Cubed Steak	
Browned Potatoes	
Grilled Tomatoes	
Cinnamon Apple Salad with Cream Cheese	
Cherry Tarts	
Kaffee Hag Coffee	
GOLDEN MENU	
Bouillon	
Toasted Crackers	
Roast Pork	
Mashed Sweet Potatoes in Orange Shells	
Peas and Carrots	
Biscuits	Honey Butter
Peach and Banana Salad	
Corn Flakes Pudding	
Kaffee Hag Coffee	

Commercial salt production in Canada during December amounted to 11,531 tons; in the preceding month 20,279 tons, and in December, 1933, the total was 8,613. Production during the twelve months ending December advanced to 195,060 tons as compared with 175,375 tons in the corresponding period of 1933. Exports amounted to 731 tons, and imports 7,642 tons.



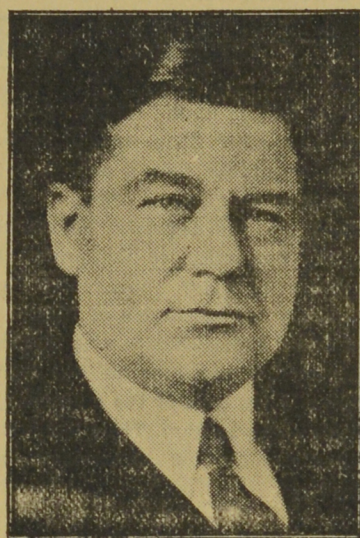
NATION NEIGHBOURS—Premier and Bennett and Cordell Hull, Secretary of State in President Roosevelt's cabinet, talk things over before the annual dinner of the Canadian Society of New York, where they shared chief speaking honours. "Canada and the United States," said Mr. Bennett "nation neighbours in this great new world . . . approach their respective problems with the same consciousness of their obligations and the same resolutions to fulfill them."

METROPOLITAN LIFE BUSINESS SHOWS GROWTH

Insurance in Force Increased—Welfare Work Benefits Policyholders

A highly satisfactory record for 1934 and the maintenance of a strong financial position are revealed by the 68th annual report of the Metropolitan Life Insurance Company just released. A substantial increase in assets to the extent of \$170,346,960 was shown and total life insurance in force was materially increased, while policy loans receded to the pre-depression level. The value of the Company's health services was demonstrated in new low mortality figures. The Metropolitan is an entirely mutual Company and the report shows that total dividends paid to policyholders since organization will pass the billion dollar mark with the 1935 declaration.

"Continuing the policy with regard to our Canadian business, we paid out and invested in Canada during the year about \$10,000,000 more than was collected here in premiums," stated Third Vice-President Wright, the Manager for Canada, "which



HARRY D. WRIGHT

Third Vice-President and Manager for Canada, Metropolitan Life Insurance Company, who reports increased investments in the Dominion.

brings the total of such excess payments and investments over premiums to about \$126,000,000 in the 63 years that we have been doing business in the Dominion." Mr. Wright pointed out that the Metropolitan's investments in Canada had increased during 1934 and now totalled \$256,920,068, of which \$173,744,148 was in Bonds issued or guaranteed by Dominion, Provincial or Municipal governments. "The double value of this type of investment cannot be over-estimated," he said. "Not only is it a safe investment for policyholders funds, but also this money is contributing greatly to the building-up of our country and the betterment of communities all over Canada."

The amount of life insurance in force in Canada now totals \$1,022,859,931, this being a substantial gain over the preceding year. Payments to Canadian policyholders and beneficiaries for 1934 totalled \$28,263,755 and during the year over 400,000 free nursing visits were made to Industrial and Group policyholders in Canada.

It is interesting to note that the Metropolitan's first publication on health was issued in 1871 and that the nursing service for Industrial policyholders started in 1909. Since the Company first cooperated in 1892 with Government officials in a threatened cholera epidemic, it has worked side by side with national, provincial and local health organizations to stamp out preventable disease. It is pointed out that new low mortality figures are recorded in 1934 for practically all of the diseases against which public health forces have directed special preventive measures—notably typhoid fever, tuberculosis, diphtheria, infant mortality and maternal mortality.

Definite evidence of improving business conditions in Canada and the United States is indicated by the increase in the total life insurance in force, in income and in assets.

The amount of new life insurance, including policies revived and increased during the year totalled \$3,287,100,370 which was \$112,105,895 greater than the amount of the past year. This increase is evidence of a healthy progress in business conditions, especially when it is considered that the demand for policy loans has dropped to the pre-depression level, and the demand for surrender values has decreased considerably. The Company's 1934 business was done at an average rate of 19,900 policies for \$10,884,438 issued, revived and increased, for each business day.

A still further indication of better times is the increase in life insurance in force of over six hundred and eighty-six million dollars. The Company at the end of 1934 had 41,970,561 policies in force for a total of \$19,489,805,475 on the lives of about twenty-seven million people. The total of Ordinary insurance in force has now passed the Ten Billion Dollar mark.

Payments to policyholders and beneficiaries resulted in a considerable amount of money being put into daily circulation during 1934. The year's total was over five hundred and twenty-five million dollars, of which more than two-thirds was paid to living policyholders. This sum represented payment of \$4,351.73 during each minute of each business day in the year.

Lucretia Wilder, a Minneapolis laboratory worker was infected through scratch when experimenting with a rabbit to effect a cure for a disease, which annually wipes out hundreds of humans. Thus silently the soldiers of peace daily risk their lives in various branches of human struggle against those forces which would deter or destroy. There was not a single case of small pox in the whole state of New York in 1934.

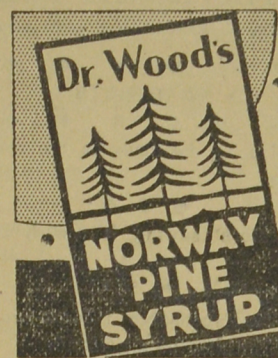
Eldon, Mo., March 4—Imagine Mrs. Charles Caldwell's surprise when her home started to tip over and dishes crashed to the floor. It wasn't an earthquake.

Her husband had started the engine of his dump truck in the basement gar-

GLACE BAY, N. S., March 4—Hindered by stormy weather, colliers of the Dominion Coal Company hoisted

age, not realizing the hoisting apparatus was in gear. The house was lifted six inches off its foundation.

235,745 tons of coal during the month of February, it was announced Saturday. This is a decrease over January when 284,400 tons were brought to the surface. No. 12 mine wash high liner this month with 54,865 tons.



Why Cough Your Head Off?

Half measures are risky in treating coughs or colds. Be sure of relief by taking Dr. Wood's Norway Pine Syrup. The healing ingredients of this well known remedy penetrate inflamed tissues in the throat and bronchial tubes and break up germ-laden phlegm, gently and safely. Children take it willingly. No after-effects.

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