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Meals served daily in the lunchroom—moderate prices.

Reheatable Dishes Save Kitchen Times

Stews, and practically all soups are improved by reheating, and many other dishes are as tasty and enjoyable after careful re-heating as when they were first served.

Homemakers may save themselves considerable hot-weather cooking and fuel by preparing vegetables, casserole dishes, soups and stews in double portions and cooking extra large roasts and meat dishes. Store the remaining portions in a refrigerator of sufficiently low and constant cold temperatures to keep the food fresh and unchanged, and reheat these dishes the second or third day following. This eliminates any monotony in menus and represents an economy both in time and money.

Dishes should be reheated by the same method by which they were originally cooked. A pot roast or stew should be returned to the pot for re-heating. An oven roast may be put back again in the roasting pan with the gravy which remains.

Green vegetables are brought back to their original appetizing flavor by placing in a sieve over the bottom section of a double boiler which is filled with boiling water. If the vegetables were buttered first place the sieve under warm water and thoroughly wash off all traces, which may taste rancid, before steaming the vegetables. Butter the vegetables fresh for the second serving.

Creamed vegetables are reheated by placing them in the top part of a double boiler over hot water and adding a little cold milk.

Roast beef is one of the few meats which does not respond satisfactorily to re-heating. A roast leg of lamb, pork or veal may be reheated for serving by slicing the meat into the remaining gravy after it has been brought to the boiling point on the surface of the range.

Though cooking prolongs the preservation period of food, no cooked food can be expected to retain its goodness or regain its first flavor upon reheating, unless kept sweet and fresh at sufficiently low storage temperatures. The constant, below 50 degrees coldness of the Kelvinator food compartment is ideal for storing re-heatable dishes and will actually set and blend the flavor of an Irish stew.

Nature Forgot The Fish, Man Remedies Neglect

Nature put plenty of trout in many British Columbia waters but happened to forget about Peterson, Jackson, and Neveu lakes and it remained for the Dominion Department of Fisheries to make good the old lady's neglect, which has been duly done. Thanks to departmental action in stocking these lakes with Kamloops trout several years ago, the angler can now add them to the waters where he can find satisfying sport. They're no big lakes but the trout are of good size and full of the fight which is characteristic of the Kamloops species.

Trying out Peterson Lake last year one fly fisherman landed 15 fish in an hour. At Jackson Lake, which, like Peterson and Neveu, is in the Penask area, good sized fish were taken and at Neveu one of the trout that was landed moved the indicator on the scales to six and a half pounds. At another lake in the district which was also stocked two or three years ago, Peter Hope Lake, 7-pound fish were taken in '34.

It's part of the job of the department's Fish Culture Branch to give whatever attention may be feasible to effort toward improving and widening the angling resources of the country, though its first task is to help in maintaining and increasing the stocks of commercial fish, and Peterson, Jackson, and Neveu testify that the effort gets results. As a matter of fact, much the same story is told of these three lakes can be told also of various other waters both East and West.

WINS NEW PLACE WITH SCULPTURE

(Canadian Press)

LONDON, July 23—A remarkable exhibition of sculptured horses was shown recently at Londonderry House. There, hundreds of them in plaster, each about a foot high, expressed every possible attitude of the horse in action. They are the work of Madame Vera Lombardi, sister of Captain Esme Arkwright and wife of an Italian cavalry officer.

An interviewer found them covered with plaster among her horses. They had come from Rome, and she had forgotten to mark the boxes "fragile." She mended legs while she talked, and these are some of the surprising facts about her:

Until a year or so ago she had never dreamed of being an artist. She was a business woman and still spends eight hours a day in an office. She has never had an art lesson in her life, and knows nothing about anatomy. Her studio is her bed, where she works until she falls asleep.

Mme. Lombardi was "discovered" 18 months ago by the great Spanish painter, Zuolaga. She has had a remarkable career. She nursed at base hospitals throughout the war, being in charge of an operating room for two years.

After the war she became manager for Chancel, the famous Paris dressmaker, and has taken Chanel collections all over the world. She started a sports department, which built up Chanel's workrooms from 200 hands to 2,400.

Fanning School

The annual examination of Fanning School, Malpeque was held on Friday afternoon June 28th., with about fifty parents and visitors present. The room was nicely decorated with maple leaves and flowers.

The program which consisted of readings, recitations, vocal and instrumental music was well carried out thus showing the careful training the pupils had received by their teachers, Principal, Mr. James R. Murphy, Assistant, Miss Olive Gillespie.

Hon Thomas MacNutt presided, and Rev. M. A. MacMillan presented the prizes to the different pupils for highest rank in each grade, he also presented Public School Certificates to Jean Stewart, Lawrence Ramsay, Gerald Lockhart.

Following the program pupils and visitors were treated to candy by the teachers. Several who were present expressed their pleasure in the entertainment and congratulated pupils and teachers on the spendid work of the past year. The members of the Women's Institute of Malpeque were also congratulated for having placed in the school room a tablet on which are inscribed the names of the teachers who have taught in this historic school from 1834 to 1934.

The following is the program—Opening chorus, The Last Day of June, by school; Exercise, Welcome Friends, Seven Junior pupils; Essay, Progress of the Community, In Which We Live, Jean Stewart; Essay Progress of the Community in Which We Live, Marjorie Bryanton; Song, When It's Springtime In the Rockies, Grades IV and V; Recitatation, Two and Two are Always Four, Ruth Wall; Dialogue, The New Teacher, Senior Pupils; Our Confessions, Six Junior Pupils; Recitation, Good Bye, Owen MacGougan; Instrumental Music, Lorne Owen and Kenneth MacKay; Reading, Vacation, Kentford Abbott, A Sermon to the Grown-Ups, Six Junior pupils; Our Motto, Borden Champion; Address, Rev. M. A. MacMillan; Recitaiton, Wish I Were A Boy, Shirley Woodside; Presentation of Prizes and Certificates; Valedictory, Lois Wall; Closing Chorus, Vacation's Call by School; National Anthemn.

PRIZE LIST

Scholarship, Marjorie Bryanton, $30.00; Grade IX, Marion Abbott, $5.00; Grade VIII, Helen Wall, $2.50; Grade IV Sr., Ralph Owen, $2.00; Grade IV Jr., Erma Bryanton, $2.00; Grade III Sr., Lois Wall, $1.50; Grade III Jr., Althesia Bryanton, $1.50; Grade II Sr., Eva Wall, $1.00; Grade II Jr., Jack Bearisto, $1.00.

Special prizes: Grade X, Lorna Owen, $1.50; Grade IX, Elenor Ramsay, $1.50; Grade VIII, Lawrence Ramsay, $1.50.

Perfect attendance — 4 years, Kenneth MacKay, $3.00; 3 years, Roy Abbott, $2.50; 3 years, Marion Abbott, $2.50; 2 years, Kentford Abbott, $1.50; 3 years, Jean Stewart, $2.50; 1 year, Athesia Bryanton, $1.00; 1 year, Erma Bryanton, $1.00 2 years, Erma Abbott, $1.50; 2 years, Ralph Owen, $1.50. Prize donated by Women's Institute for best Essay in Grades IX and X won by Marjorie Bryanton.

Prize donated by Women's Institute for best Essay in Grades VI, VII and VIII, won by Jean Stewart.

Most stars in Grade I Sr. Owen MacGougan.

Most stars in Grade I Jr., Jimmie Mac Kinnon.

TEACHERS VERGE ON STARVATION

(Canadian Press)

LONDON, July 23—Many London teachers, some of them with honor degrees, are in such plight through unemployment that they are almost on the verge of starvation and walk miles every day vainly seeking temporary jobs. A statement to this effect was made at a meeting of the Supply Teachers' Association.

SHELL CAUSES INJURY

(C. P. By Guardian's Special Wire)

QUEBEC, July 22—A shell manufactured during the Great War 21 years old, seriously injured a young lad on the Island of Orleans yesterday. Louis Busque, a farm hand, 16 years of age, found the explosive on the beach at St. Laurent and when he let it fall on a stone while playing with it, the shell exploded.

Young Busque suffered injuries to his legs and at a local hospital where he was taken, a piece of the shell was removed. It is not thought his hurts are dangerous.

Royalty Weary of Public Applause

(By The Canadian Press)

STOCKHOLM, July 22—One of the hard-working royal families in the world has retreated to summer palaces, wearied by a strenuous season of festivities and ceremonies, but not without a certain amount of mental satisfaction.

For members of the Swedish royal house, from top to bottom, have had convincing proof that Socialist Sweden has no apparent desire as yet to do away with Kings and Queens.

At the wedding of Princess Ingrid and Crown Prince Frederik the largest street crowds ever to assemble in Stockholm roared their approval of a royal family.

Husky Socialist workmen stood on stepladders, climbed trees and struggled for a chance to look at royalty along with the dyed-in-the-wool Royalists. Sweden with a Socialist ticket in one hand used the other to wave a handkerchief at a Princess who married a Prince.

St. Catherines School

The annual public school examination of St. Catherines school was held on the afternoon of June 28. There was a large number of ratepayers and visitors present. The pupils were examined in their various subjects by their teacher, Marguerite Crosby, assisted by the Misses Annie MacNevin and Jean Moore. They showed by ther quick responses that they had been thoroughly traned during the year. A special feature of the afternoon was a Junior Red Cross meeting carried out by the pupils, which was enjoyed by all present. The following program was capably carried out:—

Opening chorus, by school; Solo, Lester Lowry; Recitation, Lelia Moore; Solo, Margaret Lowry; Duet, Teacher and Florence Moore; Recitation, Vivian MacEachern; Solo, Dorothet Moore; Dialogue, The Saftey First Train, by school; Solo, Lela Moore; Duet, Margaret and Lester Lowry; Closing Chorus, by school.

Prizes for attendance were won by Vivian MacEachern and Lelia Moore. Ruth Morrow was presented with her Grade VIII certificate. Complimentary remarks were made by those present to both pupils and teacher. The pupils and visitors were generously treated to candy by the teacher. The pupils were treated with fruit from the Women's Institute. The pupils presented the Teacher with a lovely purse and silk stockings accompanied by the following address.—

Dear Teacher: As we now terminate our school exercises and consign this schoo year to the treasures of the past, we wish to express ourselves by the way of offering you a tribute of praise. We feel thankful for your efforts to help us along with our tasks and for so much patience manifested in dealing with us. Through we lock the door on the past, we will not throw away us a year of good work done. We have kept up a good attendance throughout the year. As to our conduct, it would be useless for us to commend ourselves as the ways of children, though excusable, are somewhat complex. Perhaps if you were unreasonably severe, we would not be spared to enjoy this school closing. We know you will forgive us for our faults. There is great reason for us to rejoice on this occasion, not for that we have added considerably to our stature both mentally and physically, but also that we are entering on our summer vacation. We now tender you our best wshes along with these small gifts.

Signed on behalf of the Pupils of St. Catherines School.

The meeting closed by singing the National Anthem.

(Patriot Please Copy.)

WOMAN DESCRIBES QUETTA SHAKE-UP

(Canadian Press)

CAWNPORE, India, July 23 — A letter to the Times of India describes the recent earthquake in Quetta as experienced by Mrs. John Manuel, wife of the telegraph master of the devastated city.

"When we were awakened by the shaking of the house and realized what was happening, I snatched my baby from his bed and tried to run outside, but the rocking was so severe that I was thrown down near a box. The tearing, rending noise all round was awful. I crouched over baby, trying to protect him while bricks and plaster showered down on us.

"I was pinned down by bricks and was unable to move. I was holding baby with one arm and trying to move away the bricks, but was too exhausted and frightened. My husband was pinned down under the bed and all I could hear were moans. You can imagine my feelings, pinned to the ground and not able to render him any assistance. I shouted for help till I was hoarse.

"At last some people passed by—a group of men, women and children fleeing from the horror that a little while previously had been a peaceful, sleeping city. I begged and pleaded with them to come and help help me out, but they were too scared to risk it and, after stopping and looking our way, they moved on. My husband's voice was growing weaker and I was getting desperate, when three more men passed by.

"This time I prevailed to them to come to our aid. Fortunately they had a lantern and so we were able to see what we were doing. I succeeded in liberating myself, and then we worked feverishly to dig out my injured husband."

3 KILLED, 7 INJURED

(A. P. By Guardian's Special Wire)

TEGUCIGALPA, Honduras, July 22—Three men were killed and seven injured yesterday in a fire which burned down police headquarters, the city jail and the emergency hospital and seriously damaged the telegraph and telephone buildings.

Several prisoners in the jail were injured. Authorities were unable to determine the origin of the fire.

SALE OF RARE STAMPS

Early postage stamps of the Hawaiian Islands, known to philatelists as "Missionaries" because the majority of them were found on letters from American missionaries in the islands, fetched high prices at the resumed sale of the "Hind" collection at Harmer's Bond Street Galleries, London.

The highest price was for the 2 cents type II. with a small defect, which realized 2,050 pounds. Next in order came the same stamp type 1., repaired at the lower left-hand corner, for which 1,500 pounds was paid. The 5 cents type 1. used on part of the original cover in conjunction with two 5c. U.S.A. stamps paying postage in America made 650 pounds, and a copy of the same stamp but type 11. 475 pounds.

LOSES NERVE ON CLIFF

ILFRACOMBE, England. July 23—It took eight men nearly two hours to rescue a young Portsmouth girl, Doris Dampier, on the cliffs here. The girl with a man friend, started climbing the 400-foot cliff but lost her nerve when 200 feet up.

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Here's an opportunity that demands prompt action.

Jantzen Bathing Suits Worth to $5. $2.50

We'll be frank . . . these are not quite so bold as modern taste demands . . . but if you want a wonderful bargain on a thoroughly good bathing suit . . . do not miss this.

Last Season All Wool Bathing Suits $1.

No . . . they are not this season's . . . they are good bathing suits though, and they sold up to $1.50 each

The water's fine these days . . . come on in!

All white Crepe and Felt Hats $1.39 for $1.00
All white Crepe and Felt Hats $1.79 for $1.39

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Golf, swim, dance, play tennis, hike, climb, fish, ride the trails on Canada's Sky Line. Banff-land provides the best holiday in the world, unsurpassed for comfortable quarters and exhilarating sports. Take advantage of exceptionally low rates to plan a summer holiday at Banff, Lake Louise, Emerald Lake Chalet, or at the Chalet-Bungalow Camps!

8 Colorful Days—2 days at Banff—2 days at Lake Louise—126 miles of mountain motoring, including visit to Moraine Lake and Emerald Lake. All Expenses $55.

8 Wonderful Days—2 days at Banff—2 days at Lake Louise—plus 1 day optional at Banff or Lake Louise—1 day at Emerald Lake. 126 miles of spectacular motoring, including visit to Moraine Lake. All Expenses $70.

All Tours begin at Banff or Field, June 21. All include transportation from Banff to Field (or Field to Banff), modern hotel room, meals and Alpine motoring. Add rail fare from starting point. Banff Springs Hotel open June 16-Sept. 10. Chateau Lake Louise and Emerald Lake Chalet open June 21-Sept. 10.

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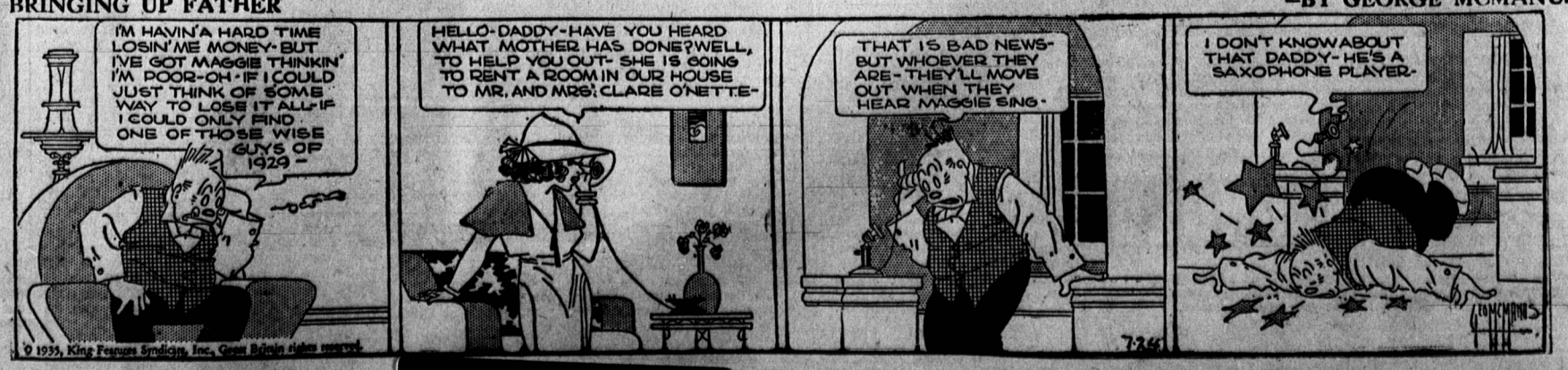
BRINGING UP FATHER —BY GEORGE MCMANUS