

Heat No Bother to Him



Here's one youngster not bothered by the sudden spring heat wave. Little Billy Drysdale, aged five, is still enjoying winter sports on the slopes of Mount Rainier near Seattle, Washington.

Some Herbs For Use and Beauty

(By Jason Hill in 'The Listener' London.)

A close reproduction of the Elizabethan or even the medieval herb-garden can be made quite easily, if we take the trouble to apply to the right nursery men for the material; it will be very obviously a reproduction, with much the same value as a concrete sundial or a warming-pan on the wall. It will not have the quaintness of the writings of the old herbalists, with which the gardening public has been regaled, unless special selection is exercised to this end. Lovage, Alexanders and Good King Henry sound much better in a poem than they look in the garden, where there is no concealing the fact they are rank and weedy plants. But the obsolescence of the herb-garden has driven into obscurity one of two good plants that are worth recovering; Costmary, Tansy and Fennel, for example, are not only decorative, but, for some of us at least, they have enough culinary merit to ensure them a place in our garden.

Costmary (Tanacetum Balsamita) is still used in some Lincolnshire villages as a traditional component of veal stuffing and it is known there as "Sage o' Bedlam" (i.e., of Bethlehem), a romantic name which it acquired by misapplication, like a beautiful but slightly spurious patina, for it was called originally 'Costus amarus', the Bitter Costus, to distinguish it from the curiously scented Oriental Costus, with which it was associated. The corruption of the Latin name into "Costmary" enabled medieval piety to give its associations a new direction, and, with the sage-like appearance of the leaves, produced the name "Sage of Bethlehem," and this was worn down by long usage to its present form. It is known also as "Alecost", as "Frauenmünze" (Our Lady's Mint) and as "Coq des Jardins."

Costmary is a good-looking plant, spreading by runners into a wide clump of pale greyish-green leaves, whose shape and coarse regular notches gave the plant another of its many names, that of "Goose Tongue"; in summer the leafy stems rise up about two feet and break out into the rayless brass buttons of the Tansy family. The "Camphor Plant" of cottage gardens (Balsamita vulgaris) resembles Costmary and is sometimes confused with it, but its flowers are small Marguerite Daisies and its leaves are smaller, grayer and smell strongly of camphor, while those of Costmary taste of mint with a pleasant astringent bitterness, and they may be used with very pleasant effect for stuffing or forcemeat balls in the following proportions: 6 leaves of Costmary chopped fine, 2 teaspoonfuls of parsley, 1-2 teaspoonful of chives, 1-4 teaspoonful of thyme, 4 oz. of breadcrumbs, 1 oz. of butter, 1 egg, pepper and salt.

The other Tansy of the herb garden the Common Tansy (Tanacetum vulgare), which is grown usually in its crimped and curled form, is another handsome foliage plant, but in a very different way, for its dark green leaves curl solidly like formal Prince of Wales' feathers. It is called "Ginger" by the cottagers, and in Lincolnshire they still use it to make Tansy or Easter Pudding which is a kind of ritual dish for Easter Sunday, surviving from the time when Tansy was taken to represent the "bitter herbs" of the Passover. Here is a recipe for it: rub together 2 breakfast-cupfuls of bread-crumbs, 3 oz. of fresh butter, 1-4 lb. of sugar and 6 young leeks of Tansy chopped very fine; pour over the mixture 3-4 pint of boiling milk and leave to cool; beat 3 eggs into 3-4 pint of new milk and stir it into the mixture; bake in a buttered pie-dish until it is well set. To be eaten cold with sugar and cream. The flavor of Tansy in this dish is remotely like ginger in its warm spiciness, but it is really peculiar to itself and everyone seems to like it.

Fennel is a noble and decorative plant, with its great fountain of fine-cut green leaves (there is a good bronze form) and the bold pattern of its glaucous stems with their almost white bracts. Its culinary value has been obscured, I think, by its use in a rather dismal white sauce for mackerel, and to bring out its good qualities it should be used as a seasoning for a plain salad (it is particularly good with tomato or cucumber) and in vegetable soups; its flavor combines well with that of Parsley, for example, as a seasoning, with melted butter, for broad beans, or in vinaigrette sauce, but it does not associate so happily with thyme and the more spicy herbs. Fennel should be planted out as a seedling for it makes a long tap root and cannot be easily divided; but it seeds freely, sometimes rather too freely, and so it is well to cut down

IN MEMORIAM

MRS. ARCHIBALD B. MACDONALD

On March the 27th, there passed away at Nine Mile Creek, Mrs. Archibald B. MacDonald, who before her marriage was Isabella MacKenzie, daughter of Mr. and Mrs. Norman MacKenzie of Glen Valley. The deceased was a true Christian character and highly respected in this community and her many kind deeds in times of sickness and trouble which she rendered willingly, will long be remembered, as well as the smile that greeted you when you entered her home. She had considerable trouble during her past few years, which she bore with a calm patient attitude in the passing away of her husband fifteen years ago as well as three daughters namely Florrie when just a young girl of seven years. Mrs. Louisa Harlow in U. S. A. wife of Albert Harlow about 10 years ago, and Mary, wife of S. F. Currie who died a year later.

She also leaves to mourn four sons and two daughters living, Angus of Vancouver, B. C.; Norman in Nine Mile Creek; Donald of New York City and John B. at home. Mrs. James MacNevin Jr. of Canoe Cove and Mrs. Robert Currie of Cumberland. Also two step-sons, James in U. S. A. and Martin of Nine Mile Creek as well as four brothers, Malcolm, James, Norman, and John all of B. C. and a sister, Mrs. Murdoch MacKinnon of Sydney, N. S. who attended her funeral. She also leaves 15 grandchildren, three of whom she was a mother as well as grand mother to George, Arthur and Jean Harlow since their mothers' death.

Her funeral was largely attended and was conducted very nicely by the Rev. Mr. Ross, who although not her pastor visited her many times in the past few years, and was much appreciated by her. Interment was in Canoe Cove Cemetery.

the towering flower stems before their seeds ripen.

If a few leaves of Rue (a very few, for they are strong and bitter) are chopped fine and mixed intimately with butter, they will be found to make a sandwich which is curiously appetizing, but beyond this use it has, I think, no comestible value; on the other hand, it is one of the most decorative hardy foliage plants, in color and design, that anyone can desire, and as such it is strangely neglected. Its good qualities can be appreciated, while still keeping it among the herbs to which gardeners seem determined that it shall belong, by planting it with Costmary, Fennel and Tansy, thus making a very handsome group of foliage plants. The addition of the dark red Valerian (Centranthus ruber concineus) will light up the picture and contribute to the idea of a herb garden, and if it is not a true Valerian it is all the better for that. All these plants will flourish on a dry bank in the poorest soil and, with a bush of Rosemary and a few bushy Thymes, make a natural herb-garden, such as you may find on the shores of the Mediterranean, a kind of miniature maqui which gives a fine mixed scent on a hot day.

Tansy (Artemisia dracunculoides), unlike the foregoing plants, is nothing to look at, but of great value in the kitchen. It does not seem to have been much esteemed by the old herb gardeners, perhaps because its peculiar flavor is very delicate—so delicate, in fact, that it should never be mixed with other herbs, but used alone in flavoring those dishes for which good cooks have discovered it to be most appropriate, notably boiled chicken, eggs in aspic and cucumber salad.

It is not grown very often in English gardens, partly, I think, because a false Tarragon, Artemisia dracunculoides, is often sent in place of it; the imposter is a coarser plant with broader, rather hairy leaves and a rough, unpleasant flavor. The true Tarragon has not been known to set seed in this country, but it can be propagated very easily by pulling the rooting side-shoots off the parent plant in early Summer and setting them in a light, well-drained soil or by striking the cuttings that we buy from the greenhouses.

The Tarragon (Laurus nobilis) is generally regarded as a tree and too often as merely a clipped and formal doorkeeper of impressive hotels, but it may be planted more advantageously by the kitchen door, for we are inclined to forget its merits as a herb, though good cookery books always remind us to include a leaf of it with the thyme and parsley of the bouquet garni and the marinade. It is, I think, nearly as hardy as the common Laurel and it is quite as tolerant of shade, and there is no reason why it should not be used in place of it as a low hedge in all but the bleakest parts of the country. English cookery books have been derided, sometimes justly, for translating "feuille de laurier" as "Laurel leaf" instead of "Bay Leaf," but in certain old English recipes for 'velvet-cream', hulled custard, etc., a Laurel leaf—a leaf of the common Laurel—really is intended; and it will be found to impart a pleasant and complex almond flavor without, as far as my experience goes, any harmful results; those who do not care to take the risk can use a leaf of Bay.

"LET US BE GAY" NEW SOVIET SLOGAN

MOSCOW, May 13. Three thousand women, singing and tossing flowers; at Josef Stalin, illustrated today the dictator's own declaration that life in Soviet Russia "has become more joyous."

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COAST FISHERMEN CAPTURE HALIBUT

(By The Canadian Press) ALERT BAY, B. C., May 13—A pair of Pacific Coast fishermen claim the largest halibut catch of the season with a fish weighing 169 pounds, caught near Mitchell Bay on the British Columbia Coast. The fishermen, Spencer Turner and J. Suvenson, operating from Alert Bay, while proud of their catch recall in early days before the banks were depleted halibut were sometimes caught weighing 400 pounds.

Last season the heaviest fish tipped the scales at 260 pound. Fishermen claim age improves the flesh of halibut. The 196 pound fish is estimated to be between 120 and 130 years old, according to a table drawn up by scientists.

HISTORIC MARK FOUND IN PORT

(By The Canadian Press) VANCOUVER, May 13—A block of stone engraved with lead letters, left here in 1898 by the crew of H. M. S. Egeria to determine longitude and latitude, has been uncovered near the sunset gun in Stanley Park. The stone, buried under moss and gravel, was formerly used to correct errors in ship's instruments but fell into disuse and was completely forgotten. Inscribed on the stone is the ex-

act longitude and latitude of its position with a note it was placed there by the Egeria, historic British survey ship.

The mark is badly worn by feet of careless visitors who were unaware a historic relic lay hidden beneath them. Steps are being taken to preserve the landmark. A protective barrier of chain and concrete will be erected around it or it will be raised on a stone pedestal surrounded by a small garden plot.

IDENTITY OF SNAKE REMAINS A SECRET

(By The Canadian Press) PORT WILLIAM, Ont., May 13—Identity of a three-foot snake

which arrived here in a shipment of bananas from the West Indies remains a secret.

The reptile has been captured and efforts made to determine whether it is poisonous. Experts who have examined the odd visitor have so far been unable to identify it, but it is not a native of North America.

The species, which resembles several large and deadly snakes of the tropics, has eaten no food since its capture. Pieces of meat, banana and a live rabbit thrown into its cage aroused little interest.

Authorities, continuing the investigation, believe the snake's indifference to food and its surroundings is caused by the sudden change of climate.

A worker carrying a bunch of bananas from the docks to a warehouse was startled to see head of the reptile peering at him from the centre of the fruit. He dropped his load to the ground. A venture-some lad captured the snake and later sold it for a dollar.

VICTORIA PRESENTS LILIES

VICTORIA, B. C.—Potted lilies to the number of 2,000 were sent to Vancouver by the tourist trade development association of Victoria for distribution among mothers of Vancouver on Mother's Day, May 10. They were presented to mothers of war veterans and mother in hospitals.

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