

Voice of the Press

Canada, The Empire and The World at Large

WHAT'S IN A NAME?

In annual session at Montreal members of the Canadian Weekly Newspaper Association chose A. L. Sellar as their president. That's a mighty good name for the head of this aggressive organization—Bramford Esposito.

A GOOD REASO

Feminine leader says the Great War showed men what women could do. That's one of the main reasons why there shouldn't be another Great War.—North Bay Nugget.

THE WESTERN CROP

The Canadian crop, on the whole, is not nearly as hard hit as that of the United States. Latest estimates there predict a yield of 490,960,990 bushels, the smallest since the nineties.

Another point to be noted in mind about the Canadian crop is that in some sections of the prairie country there will be excellent yields. There are indications of crops running as high as 20 bushels to the acre.

Against this fair crop in certain sections and the higher price of wheat must be balanced the terrific burden to be placed on the drought-stricken areas—the large territory where there is practically nothing.

DO YOU REMEMBER

If he remembers the bicycle racks outside the drug stores, he looks a lot younger with his hat on.—Brandon Sun

THE DAILY NEWSPAPER

Where else we ask them, our readers, could they buy so much for so little as they can get for three cents a day, in the newspaper shop? What else can they buy, anywhere, that is half as much value for the money.

Oh, yes, we know well enough who should know better?—how many things might be better that they are in this commodity of ours. But that is not the present point.

A BANKER'S PASSPORT

All passports bear a photograph of the holder, but there is one properly authorized and issued to a Canadian without his photograph—it carries an engraved portrait clipped from a 310 Frank of Montreal bill.

The circumstances under which Sir Frederick clipped the bill and attached the engraving to his passport application are not known, but this well-known Canadian exercised the usual caution attributed to bankers by retaining the serial number in order that the bill might be replaced by a new note.—Financial Post.

POVERTY AMID PLENTY

"An apt utterance" is the way the Toronto Globe characterizes a remark which it attributes to Hon. Duncan Marshall, Ontario's new Minister of Agriculture. The poverty amid plenty will not be solved by attempting to abolish the plenty.

It is an apt utterance one which has lost none of its point since Ogden L. Mills, former United States Secretary of the Treasury, said last Spring:

"We shall never solve the paradox of want in the midst of plenty simply by doing away with the plenty."—Financial Post.

SEVEN TO ONE

The muscle men of the underworld have things their own way because they are so tough that people fear to oppose them. Once in a while, however, some two-fisted citizen comes along to demonstrate that the underworld plug ugly is pretty much a hollow shell.

It was 55 with a Chicagoan recently. A man named Richard Johnson one night surprised four young hoodlums robbing the store which is under his apartment. But Johnson is not at all of a fight, so he waded in and rounded up the four single handed, and turned them over to the police.

Next day a mysterious stranger warned him not to testify against them in court or he would be taken for a ride. Johnson laughed at him. A couple of nights later three men jumped on him near his home, to put the threat into action. Johnson started his fists swinging—and pretty soon these three were in the police cells along with the other four.

These city gangsters evidently are not quite so tough after all—it one lone citizen equipped only with courage and a good physique can handle seven of them.—Victoria Times.

THE KING'S ROAD

An old corduroy road made of split tree-trunks has been found under a busy Buffalo street. These roads, at one time quite common in Ontario, derived their name from the well known cloth material, a name which is said to have been first applied to a ribbed silk cloth worn by French kings in the chase. This corde du roi, or king's cord, was never, it is said, so called in France, the name being an invention of the English. It appears curiously enough, in ancient French lists, as "king's cord," the English translation of the French name the English had invented for it.—Toronto Star.

Lady Floud and Her Son



New study of Lady Floud and her son Bernard Floud. They are the wife and son of Sir Francis Floud, Secretary of the Ministry of Labour and Fisheries, and the Chairman of the Board of Customs and Excise, of England, who has been appointed High Commissioner in Canada for His Majesty's Government, in succession to Sir William Clark.

school on the Fairbridge plan is about to be created in Western Canada.—Glasgow Herald.

"SCOOPS" BY AIR

Although the staff of The Pioneer can legitimately take some pride in having once again "scooped" their competitors over the publication of the High School results, they would be the first to admit that the bulk of the credit belongs to Major Vetch, of the U.P. Flying Club who, by beating the telegraph actually demonstrated the value of the aeroplane to the modern newspaper. In Europe it has long since been realized and some of the most daring flights of pilots like Captain Barnard and Captain Hope have been made in order that newspaper readers should have the latest photographs on their breakfast-tables. In India the carriage of news by air is still something of a novelty, but it is likely to become more and more a matter of course as the advantages of the aeroplane are appreciated.—Lucknow Pioneer.

Milady Will Be Armored Like a Medieval Knight

Metal Among Newest Fabrics for Autumn Wear and It Doesn't Wear Out

Chicago.—Armored like a medieval knight, or a well-protected bank truck the lady of fashion will sail forth to the social fray this autumn.

If you see an apparition on the boulevard, daintily arrayed in an aluminum cape or a chromium cowl, replete with stream-lining, don't get her a new berth. She isn't one of those newfangled autos; she's just a modern miss dressed in the height of chic.

Style artists, gathered here for a preview of fall fashions, revealed metal as one of the newest fabrics for autumn wear. Its use, they admitted, is limited as yet.

While aluminum capes may break they never wear out; for cleaning, just a quick wipe with the polish, and they are glittering as new, and best of all they are light and so flexible they may be rolled up into milady's purse.

As for accessories, at least one item is certain to attract attention of strolling policemen.

That figure coming down the street with the glittering belt. Don't shoot—it's just a fashionable girl clad in a new cartridge belt made of brass, aluminum or gold.

"Between You and Me"

The debate over "I" and "me" goes on unendingly, but there is one thing that we ought to stop. It is the phrase, "between you and I." If the people who use it would reverse the pronouns and say "between I and you," they might learn to use the correct form, but every day we hear from the most unexpected sources the heart-rendering "between you and I." The correct form, of course, is "between you and me."

Then there is the precisian who insists that we should say "It is I," instead of "It's me." He is right, but he is fearfully stilted, and there is a general feeling, even among the most authoritative grammarians, that "It's me" is allowable. The French say "C'est moi," and no doubt we have derived our colloquial phrase from this direction, just as we learned to drop our h's as they do. The argument for "It is me" is that it is an idiom, and idioms are independent of rules.

One very bad error is to be seen every day in one newspaper or another, the substitution of laid for lain. In Ontario many speakers appear to be unaware that there is such a word as lain. Laid is also used for lay, and people say "I laid down," when they mean "I lay down." If one says, "I laid down," the inclination is to ask what did he lay down. If he wishes to use the word laid, he should say "I laid myself down," but it is simpler, as it is correct, to say "I lay down."

American newspapers are having an immense influence on the Canadian use of English. They have cut off the possessive case in words ending with s. Instead of saying "James's coat," they say "James coat," probably not being aware that the old custom was to say, "James, his coat," which is contracted into "James's coat."

There are exceptions to almost every rule in English grammar, and the only standard is the best usage. There used to be an inflexible standard in the English stage with its faultless accent and perfect grammar. But the stage is not what it used to be, and has been ousted by the moving picture and the "talkies," with their "unspeakable" accents.

The radio has also done much to change the current of speech and may do more, so that it is not without reason that attempts are being made to get the announcers to speak correctly.



Woman's World

By Mair M. Morgan

SOAKING HAM

Before the days of scientific refrigeration ham and cured meats of various sorts were the principal summer meats. Now although fresh meats are available in abundance, ham still finds special favor during hot weather.

If you are going to bake a ham or several pounds of bacon always let it stand in cold water for at least eight hours, depending of course on the size of the cut. Both the flavor and texture of the meat are greatly improved by the soaking.

Cook In Low Temperature
Another point to keep in mind is the necessity of slow cooking. The curing process dries and hardens the fibers of the meat, so, in order to prevent brittleness, slow cooking is imperative. Whether the cooking process be boiling, broiling or baking, low temperature must be maintained.

Something tart seems essential as an accompaniment to salted meats, but try to avoid the monotony of always serving the same thing. If you are in a rut and continuously serve pineapple slices with your ham, the following list may help you to concoct some original mixtures or combinations: Slices of orange—rind and all—brown in ham fat, grilled apple slices, glazed baked apples, chilled spiced apple sauce, broiled bananas, glazed apricots, spiced peaches, ices and sherbets of pineapple, orange, lime or lemon. Raisin sauce always is liked, but orange sauce, tomato sauce, frozen horseradish sauce and frozen mustard sauce are simple and delicious for summer meats. The combination of horseradish and mustard is splendid, too.

The next time you must resort to cold boiled ham as an emergency try ham rolls. They take only a few minutes to prepare and are quite unusual.

Ham Rolls

Four slices cold boiled ham, 1 cup stale bread crumbs, 1 tablespoon melted apple or currant jelly, 5 tablespoons milk, 4 teaspoons prepared mustard, paprika.

Combine bread crumbs, milk, jelly, mustard and paprika. Spread a thin layer on each slice of ham. Roll and fasten with wooden toothpicks. Place in a shallow baking dish and bake in a moderate oven for 20 minutes. Baste two or three times during the baking with fruit juice or vinegar from sweet pickles. Serve with grilled apple slices or a spiced fruit pickle.

SWEET HERBS

Spare a corner of your perennial border for a few of the old-time sweet herbs that were always to be found in your grandmother's garden and you'll rejoice the palates of your household.

Some herbs are perennial and, when once established, will come year after year. These include thyme, sage, sweet majoram and lavender.

Many may be dried and stored for winter use. Some may be used fresh, just as they come from the garden. Borage, burnet, sweet basil, thyme, sage and savory are used only after being dried. Chives, parsley, dill, chervil and mint are good fresh as well as dried.

The secret of fine cooking lies in the seasoning and no French housewife ever makes a soup without a fagot of herbs or kitchen bouquet. This kitchen bouquet usually contains bay-leaf, parsley, pepper-pod, carrot, celery and thives. Soups and stews seasoned with these herbs have a savoriness impossible to gain any other way.

Sage, thyme, savory and marjoram are used in stuffings for poultry and meats. Dill, caraway, fennel, mustard, burnet, horse-radish and mint are for sauces.

Herb Vinegars

Herb vinegars are specially good in salad dressings. Basil, tarragon, garlic and parsley vinegars are easily made at home. Most fancy grocers also keep these vinegars on their shelves. Often it is the vinegar that is the source of the indescribably agreeable taste found in French dressing served in fine hotels and restaurants.

Tarragon vinegar should be made

in August when the leaves are at their best, although the dried leaves may always be used. Four cups of hot vinegar are poured over one cup of fresh leaves and allowed to stand three weeks, stirring each day. The vinegar is then strained and bottled ready for use.

Basil vinegar is made by steeping the leaves in vinegar. For two weeks the vinegar is heated each day and poured over the leaves. The infusion is strained and more basil added until the desired strength is obtained.

Garlic vinegar is unusually good with summer vegetables salads. Head lettuce, sliced tomatoes, cucumbers, new cabbage—in fact any vegetable served with French dressing made with garlic vinegar gains a distinctive flavor.

Garlic Vinegar

Six cloves garlic, 2 leaves basil, ½ nutmeg, 3 lemons, 3½ cups vinegar. Grate nutmeg, squeeze juice from lemons, heat vinegar to the boiling point. Combine all ingredients and bring again to the boiling point. Bottle and let stand three weeks. Strain, bottle and seal.

BAKE VEGETABLES

Experiments have shown that the method of cooking, the manner of cutting, and the extent of surface exposed during cooking have much to do with the loss of flavor, minerals and food value of vegetables.

The mineral loss of vegetable, classed as roots and tubers is less than for those known as stalks and leaves. Cabbage, celery, beet greens and onions lose most minerals during cooking. Spinach loses none of its calcium but much of its iron unless properly cooked. Practically all minerals lost from vegetables remain in the water in which they are cooked. That is why it is so important to utilize the water.

AIR DESTROYS VITAMINS

The destruction of vitamins is caused more generally by exposure to air than by heating, but not all vitamins are susceptible to these factors. A plant source of vitamin A is less liable to injury by exposure to air than an animal source; in fact, most foods suffer little loss of vitamin A when properly cooked.

Vitamin B remains unchanged by heat as long as the natural acidity of a food is maintained. As the acid is neutralized, and its destruction becomes complete in a strong alkaline solution within an hour.

Expose to air and the duration of the heating period have marked effect on the destruction of vitamin C. Heat alone, even at a high temperature, causes only a small loss of vitamin C in foods. Prolonged cooking is the cause of unnecessary loss of all three vitamins.

So far as is known, vitamins D and E are not likely to be affected by ordinary cooking methods.

Baking is recognized as the best way to preserve all minerals. Next comes steaming or pressure-cooking. The method which taxes the skill of the cook is that of cooking in as small an amount of water as possible until the vegetable is tender. Then letting the water cook away. This method closely resembles steaming, because most of the extracted nutrients cling to the vegetable.

TOMATO RECIPES

For scalloped tomatoes you need four ripe tomatoes, 4 green peppers, 1 package cream cheese, 1 cup cracker crumbs, ½ teaspoon salt, 2 teaspoons sugar, 1 teaspoon white pepper, 1 tablespoon butter, 1-3 cup milk.

Scald and peel tomatoes. Cut in slices about ¼ inch thick. Wash peppers. Remove seeds and white pith and cut in crosswise slices about 1-8 inch thick. Put a layer of tomatoes in a buttered baking dish and cover with a layer of pepper slices. Sprinkle with salt, pepper, sugar and crumbled cheese. Cover with cracker crumbs. Repeat layer for layer, until all is used, making the top layer of cracker crumbs. Dot with bits of butter and pour milk over the whole. Bake thirty-five minutes in a moderate oven. Serve from baking dish.

Tomatoes and Mushrooms
Then there are tomatoes and mushrooms on toast!

Four large tomatoes, 2 sweet green pepper, 2 small onions, ½ pound mushrooms, 2 tablespoons butter, 1 teaspoon salt, 1 teaspoon sugar, 1-8 teaspoon pepper, 4 squares hot buttered toast.

Scald, peel and chop tomatoes. Wash pepper and remove seeds and white pith. Cut flesh in thin strips. Peel and slice onions. Combine peppers and onions and cook in butter over a slow fire for ten minutes. Add mushrooms which have been peeled and sliced quite thin. Cook five minutes longer and add tomatoes. Cook fifteen minutes, until all are tender. Serve on hot buttered toast.

The combinations and possibilities for stuffed tomatoes are endless. Add meat for savoriness with bread crumbs, rice or macaroni. Beef, ham, veal, lamb or chicken may be utilized for this purpose. Other vegetables such as corn and sweet peppers and green beans and lima beans may be used singly or in combination. So may nuts and cheese.

Broiled Tomatoes
Wipe and cut in halves crosswise, cut off a thin slice from rounding part of each half. Sprinkle with salt and pepper, dip in crumbs, egg and crumbs again, place in a well buttered broiler and broil 5 to 6 minutes.

Tomatoes A La Creme
Wipe peel and slice 4 or 5 large tomatoes. Sprinkle with salt and pepper, dredge with flour and saute in butter. Place on a hot platter and pour over 1½ cups white sauce.

Devilled Tomatoes
Three tomatoes, salt and pepper, flour, butter for sauteing, 1 teaspoon mustard, ¼ teaspoon salt, few grains cayenne, yolk of 1 hard-boiled egg, 1 egg, 2 tablespoons vinegar, 4 tablespoons butter, 2 teaspoons powdered sugar.

Wipe, peel and cut tomatoes in slices. Sprinkle with salt and pepper, dredge with flour and saute in butter. Place on hot platter and pour over dressing made by creaming butter, adding dry ingredients, yolk of eggs rubbed to paste, egg beaten slightly and vinegar, then cooking over hot water, stirring constantly until it thickens.

Baked Tomatoes
Wipe six small tomatoes and make two one-inch gashes on blossom end of each, having gashes cross each other at right angles. Place in pan and bake until thoroughly heated. Serve with sauce for devilled tomatoes, adding, just before serving, 1 tablespoon heavy cream.

Stuffed Tomatoes
Prepare six medium-sized tomatoes. Take out seeds and pulp sprinkle inside of tomatoes with salt, invert and let stand half an hour. Cook 5 minutes 2 tablespoons butter with ½ teaspoon finely chopped onion. Add ½ cup finely chopped cold cooked chicken or veal, ½ cup stale soft bread crumbs, tomato pulp and salt and pepper to taste. Cook 5 minutes, then add one egg slightly beaten, cook 1 minute and refill tomatoes with mixture. Place in buttered cracker crumbs and bake 20 minutes in a hot oven.

Tomato Canapes
Three ounces cream cheese, 2 tablespoons Roquefort cheese, 2 tablespoons heavy cream, ¼ teaspoon salt, shake of cayenne, 2 medium-sized tomatoes, toast, mayonnaise.

Mix the two cheese together with cream and seasoning, until smooth. Cut rounds of toast the same size as tomato slices. Spread with cheese mixture, cover with slice of tomato and garnish with mayonnaise and parsley.

Tomato Custards
Four cups fresh tomatoes chopped, 1 sliced onion, 1 bayleaf, 1 sprig parsley, 1 teaspoon salt, ¼ teaspoon pepper, 3 eggs.

Boil all ingredients together except eggs for 20 minutes. Put through coarse sieve. Add water if necessary to make 2 cups puree. Add beaten eggs, pour into greased custard cups standing in shallow pan of water. Bake till firm, about 20 minutes in moderate oven. Turn out and serve with cream sauce to which peas or cheese has been added.

Fried Tomatoes
Dip thick slices of tomato in flour, and fry in bacon fat. These fried tomatoes provide a nice luncheon or supper dish if served with bacon. Fried tomatoes with eggs is also a popular dish about this time of year. The possibilities of tomatoes hot or cold on your menus are legion.

WHAT THEY MISS

Pyromaniac motorists who scatter burning cigarette stubs along country highway might enjoy their pleasure trips more if they stopped to watch the prairie and forest fires they start.—(From the Chicago Daily News.)

MUTT AND JEFF



By BUD FISHER