

# Of Interest to Women

## Menu Hints

Recipes for New and Novel Dishes, Household Ideas and Suggestions

### PLEASE SUMMER APPETITES WITH AN ALL SALAD MEAL

By Betty Barclay

An all salad meal answers the problem of something different for summer menus. This three-in-one service is easy and simple to prepare, and will prove popular with family and guests. The salads chosen offer a variety of foods and flavors and are well-balanced in food value.

In a combination Macaroni Salad supplies calories, Tuna Fish Salad takes care of the protein requirements, and Orange Dessert Salad adds important and necessary health factors in minerals and vitamins as well as juicy refreshment. Potato salad may be substituted for the macaroni, veal or chicken for the tuna.

Lemon juice in the salad dressings gives a freshness of flavor and further health value. Some will like more of the tart lemon flavor for the fish and macaroni salads and for these a dish of lemon quarters is provided.

The three-compartment salad bowl is new and smart. If desired, salads may be served in separate bowls. Crisp salad greens are placed on the service plates, which should be large enough to hold good-sized portions of each salad. Salad recipes which follow are planned to serve 4 to 6.

#### MACARONI SALAD

- 2 cups cooked salad macaroni
- 1 cup cooked peas
- 1 cup shredded raw carrot
- 2 tablespoons minced bell pepper
- 2 tablespoons minced pimiento
- Lemon mayonnaise

Combine ingredients with mayonnaise to blend. Garnish with a pepper ring and pimiento strips.

#### TUNA FISH SALAD

- 2 hard cooked eggs, sliced
- 2 7-ounce cans tuna
- 1/2 cup chopped cabbage
- 1/2 cups chopped celery
- Lemon mayonnaise

Combine ingredients with mayonnaise to blend. Top with egg slice and parsley sprigs.

#### ORANGE DESSERT SALAD

- 2 cups slices cut from oranges
- 1 1/2 cups strawberries, raspberries or halved cherries
- Lemon French dressing

Reserve enough of orange slices to garnish top of salad. Cut remaining slices in halves. Combine fruit with Lemon French dressing to moisten well. Top salad with whole orange slices, several berries or cherries, and mint sprigs. Oranges chosen for these slices should be firm-textured and practically seedless. Peel with a sharp knife, removing all outer skin and inner membrane down to juicy meat. Cut in thin, even slices.

#### LEMON MAYONNAISE

- 1 egg
- 1 cup lemon juice
- 1 teaspoon mustard
- 1 teaspoon salt
- 1 teaspoon sugar
- Dash of pepper or paprika
- 1 pint salad oil

Combine egg, lemon juice and seasonings. Beat oil in slowly, using whirl type beater. Continue beating until dressing is thick. (Makes about 2 1/2 cups.)

#### LEMON FRENCH DRESSING

- 1/2 cup lemon juice
- 1 cup salad oil
- 1 teaspoon salt
- 1 teaspoon paprika
- 2 tablespoons sugar or honey

Shake well before serving. (Makes 1 cup.)

### THE DIFFERENCE

The colored youth appealed to his father for an explanation of the working of the telephone.

"Dat's easy, nuff. Rastus," said the old man. "Hit am like dis. Ef dere was a dawg big 'nuff so his head could be put in Boston, an' his tail in New York, den if you tramp on his tail in New York, he'd bark in Boston. Does you understand dat, Rastus?"

"I does, pap. But how am de wireless telegraph worked?"

The old man smiled patiently.

"Dat be see prewely de same, wid de one exception dat de dawg am 'mainery."

### NO WONDER HE WON!

Two Irish farmers, keen rivals entered their horses in a steeplechase. One of them engaged a crack jockey to ride. The two horses were leading at the last fence when both jockeys were unseated. The expert jockey quickly remounted and won the race.

On returning to the paddock he found the farmer fuming with rage.

"Why, what's up?" he asked. "I won, didn't I?"

"Yes, you won all right," roared the farmer; "but on the wrong horse, you idiot!"

## Hints on Fashions

### White Crepe Dress, Black Coat, Smart Combination



Smart Color Scheme

Black and white are giving the well-known navy and white combination plenty of competition. Here is this smart color scheme in an ensemble of white crepe dress with sheer black, full length coat. The dress is simple, with a surplice-draped bodice and slightly flared skirt. A white kidskin belt slips through the otherwise princess line of the coat, lined in the crepe.

### CANADIAN AIRPORTS

#### SALT RUNWAYS

Commercial aviation in Canada has opened up a new field for salt, according to the Department of Mines and Resources, Ottawa. Salted runways are one of the most recent developments in soil stabilization. Salt-stabilized runway bases have been or are being installed at Edmonton, Calgary, Pawa, Earlton, North Bay and other air centres.

The successful use of a mixture of salt and clay as a stabilizer for the foundations of highways as a surface veneer for gravel roads led to its adaptation for air runways. The firmness of a runway is a primary consideration and the necessity for the provision of adequate landing spaces for commercial carriers at the main centres and intermediate points brought salt into the picture. The heavy air liners now require longer runways than was the case a few years ago, as they climb more slowly and descend at a flatter angle.

The production of salt is one of Canada's oldest mineral industries, and almost the entire output is sold in the Dominion, principally to the dairy, meat-curing, chemical, canning and fisheries industries, and to highway and transport departments for soil stabilization, and as table salt for household use.

Consumption of salt in the manufacture of chemicals continues to increase and the chemical industry is the largest single consumer of the commodity in Canada. More than forty per cent of the salt output is used in the form of brine, notably for the manufacture of chlorine and caustic soda. These materials are essentials of modern life; one protects drinking water and the other forms the basis of soap.

Salt production in Canada during 1928 set an all-time high record of 468,717 tons, compared with 458,937 tons in 1927, the former high record. The 1928 output was produced in southern Ontario; at Malagash, Nova Scotia; at Neepawa, Manitoba, and at McMurray, Alberta. Ontario salt is obtained from brine wells, as is also the salt produced in Manitoba and Alberta. The Malagash salt is recovered by mining rock salt and by evaporation from brine produced by leaching the waste material in the mine.

### SALLY'S SALIES



## Chronicles of Ginger Farm

Written Specially for The Acton Free Press GWENDOLINE F. CLARKE

Something seems to tell me that summer is here. Or am I wrong? One thing is certain it's strawberry time and Partner wants to know if we have to live on strawberries all the time now. The answer to that is yes, while they are in season. There are any amount of wild berries this year as well as the tame variety. My only regret is that I haven't the time to pick as many as I would like to.

I am doing my writing to-day outside—the first time I have sat out in the garden this year, and it is grand! It is quite warm but there is a soft wind blowing and the air is fragrant with the perfume of my sweet-scented honey-suckle.

An aeroplane keeps going back and forth right before my line of vision.

It has been around for nearly two days taking up passengers at so much per trip. A few minutes ago I had an awful shock. Just as the aeroplane got right in front of me—only about three miles away—it suddenly took a nosedive. "Aerney," I thought, "it's going to crash!" Breathlessly I watched. Then the plane straightened, roomed higher, circled, dipped again and finally flew off in a straight line. Now I am wondering if some passenger was getting a thrill at his own request or was the pilot doing a bit of stunt flying for the benefit of ground spectators.

Of course our son and one of his boy friends paid a visit to the flying field. The boy friend went up but not our son. And it wasn't because he didn't want to, but because he has already flown on two previous occasions and so we thought he might forget this third trip. A dollar for a five-minute thrill is rather expensive pleasure.

My, but it's nice out here in the garden. The birds are chattering to each other and making such a to-do. Maybe if I wait here long enough a humming bird will come. Right now I see a flash of yellow—yep, it's a little canary, perched on a galleria blossom.

Way in the distance I see the man-made bird approaching again, flying higher and more boldly than the God-given creatures of the air.

I hear the cows coming down the lane, led by following Boney, who thinks it's time her off-spring had its supper. The calf thinks that is rather a good idea, too, so he answers his mother's deep throated call with high, persistent cries of his own "Ma-aa... Ma-aa!"

Well, if it is milking time it must be feeding time, too, and I have hens to feed and chickens to feed and eggs to gather, so away I go for a little while.

And now, that's done. With chickens three different sizes and in two different flocks, it means quite a few steps before they are all fed and watered for the night, to say nothing of caring for The Experiment. "The Experiment" I would have you know, is a little chicken, about four weeks old who has recently developed some kind of leg weakness. He is a remarkably game little fellow and as long as he was with the other chickens he did his best to get his share of food and water, but of course all over him and the poor little chicken didn't get a chance. So now I have him in a shoe-box and besides getting all the food he needs, my little lame chicken is getting several doses of cod-liver oil every day. That is why I call him "The Experiment." Of course there is supposed to be cod liver oil in the feeding mash, but this little fellow evidently needs more than his share of vitamins, so I am just going to see if giving him the oil will make him grow strong and healthy.

Partner is hoping to get some hay in to-morrow if it stays fine. Last week was too wet in this part of the country to be good haying, weather but still we feel the rain we had did more good than hay—was so badly in need of rain.

Here comes our pet toad... now my little fellow, you had better be those beady eyes of yours, keep a sharp look-out for you, because there might be a snake around here some place and you would look like a pretty good meal to a snake. I'm thinking, however, I haven't seen Mr. Snake for a long time now, so maybe you're safe.

Goodness, here comes that aeroplane again—I thought it was through for the night. What I would like to know is how is it a man can run short commercial flying trips on Sunday, when a tradesman doing business on the same day would be heavily fined?

Mersey, I wish these flies and mosquitoes wouldn't do business on a Sunday! There is only one thing for it—I must away to the house, to the protection of screen doors and windows. Good-bye.

## THE ROYAL VISIT

(Continued from Page Three)

making call on President Roosevelt. Not only in the United States was history made, for this first visit of a reigning British monarch to his Transatlantic realm set a precedent at every foot of the way. Just one instance was the occasion in Ottawa when the King and Queen plunged about into a throng of war veterans to become, the first British sovereign ever to walk into the midst of a large public gathering entirely unescorted. Canada's reception, too, must have come close to setting a new high in public enthusiasm. Everywhere the people met their King and Queen with unrestrained fervor and Halifax was no exception. On this last day in the Dominion, Their Majesties were followed about the city by roar on roar of thunderous welcome from the moment their glittering "palace on wheels" rolled into the station from Tyuro, N.S., until the time came to bid them adieu. Bunting and waving, they acknowledged the cheers which they halted for functions at the last. As the "Royal Yacht" slowly lumbered away into the straits, they were standing beside the bridge rail waving a farewell, while Prime Minister Mackenzie King and Lord and Lady Tweedsmuir standing on a platform that projected out over the water, slowly the majestic liner made a sweeping turn and then, gathering momentum, swept down the harbor towards the capes thrusting out into the Atlantic. Overhead dived a squadron and his consort to Canada and last to carry off Canada's good-bye as they circled the ship until it was well away from land.

And to-night, after the excitement had died after the King and Queen had gone, another picture. In the huge dining room of the Nova Scotian, white-clothed tables that extended along two walls in an unbroken stretch, were heavily laden with chicken and ham and lobster and salads, and this, that and the other thing. A buffet supper tendered by the Federal Government to members of the press. Prime Minister Mackenzie King sat among us. And before it ended and we dashed back to the press room to finish our stories, he spoke. He spoke of what the Royal visit had meant. He said the goodwill it had created might be a tremendous factor in the history of the world. He said what the world needed was more things which would create goodwill and fewer things to create ill will and that only thus would the lot of man be improved.

He thanked correspondents from three countries, Canada, the United States and England, and especially he thanked big, genial Walter Thompson, press director of the tour. Mr. Thompson, the Prime Minister said, had served well his government and his country, and it was five minutes before the applause died.

And Ed Angley, famous New York Herald-Tribune correspondent, who came on an amazing imitation of W. C. Fields, also spoke, but he wasn't imitating W. C. Fields to-night. There was earnestness and sincerity in his voice as he thanked Mr. Thompson for all the favors, big and little, he had done for those who travelled on the Royal pilot train. And for those assembled he presented to the press director and the members of his staff tokens of appreciation. And Mr. Thompson spoke in reply and said in all his years of association with the press he had never been prouder of its members than the tour had made him. N.B. once from the time the King and Queen landed at Quebec had anybody even hinted that certain things should not be published or that stories should be written in a particular way. Correspondents had followed their own taste and judgment and it had not been found wanting. The Throne and the members of the Fourth Estate had been brought far closer together as a result of the Royal visit than ever they were before.

Halifax, June 15th—Their Majesties paid tribute to the fourth estate before their departure for home to-night at an interesting ceremony on the liner Empress of Britain. Newspapersmen who had followed the Royal tour were commanded to appear at a farewell gather-

ing and each was presented to the King and Queen, and the weekly papers were represented by Frank Burns, President of the Canadian Weekly Newspapers Association, and George Murray, Vice-President of the Nova Scotia Weekly Newspapers Association.

(By) FRANK BURNS

### EDUCATION NEEDED

"To do," said the mistress to the maid, "just look at this table. Why, I can write my name in the dust!"

"It must be wonderful," commented the colored maid. "Ah wishes Ah was educated."

### AT LAST!

A fad who had with the same hat for fifteen years, decided, with heavy heart, to buy a new one.

Cloning into the only hat shop in his neighborhood, he said "Well, here I am again."

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## GRAY COACH LINES

### Vast Ontario Lignite Field to be Developed



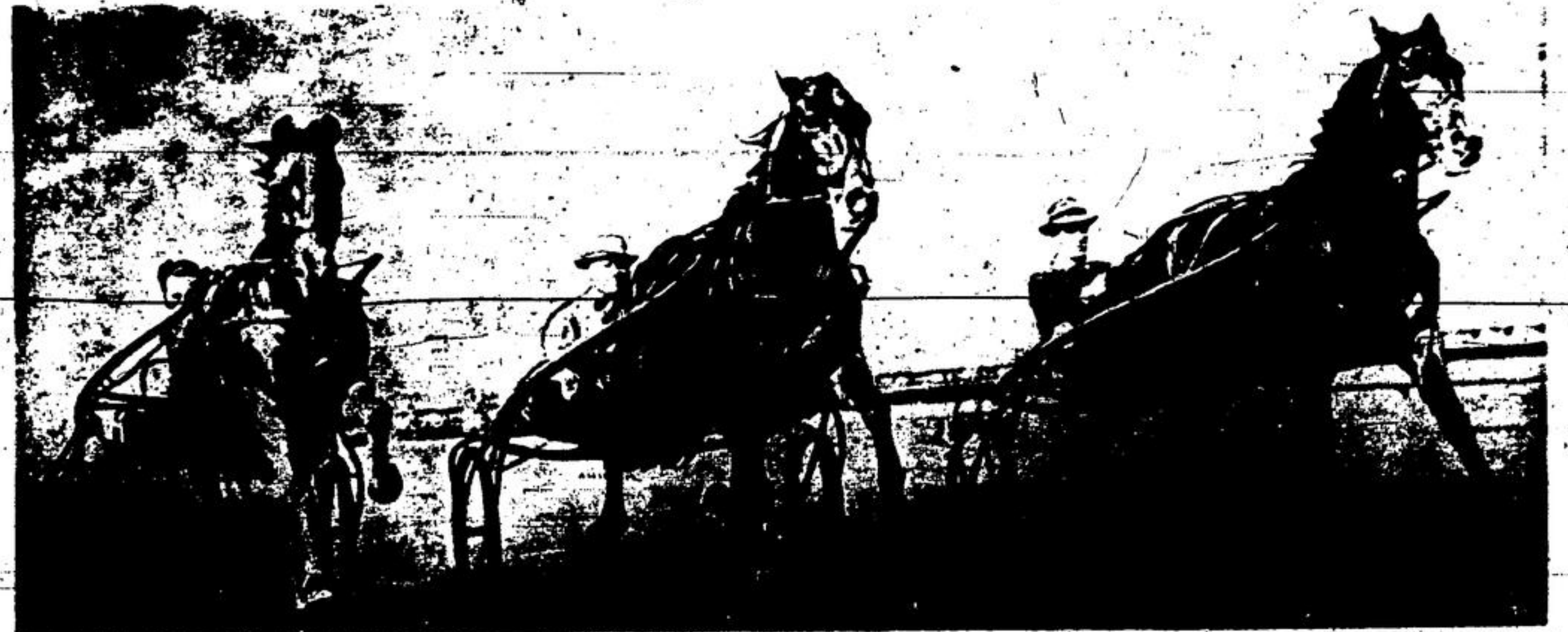
Ontario is planning to develop the vast lignite field in Northern Ontario. These pictures show early operations in the field. Drillers are shown. Upper Left, drilling to protect it from deer flies. Lignite is being loaded into all-terrain trucks. Lower Right, for shipment to Germany for testing.

### Important Indian Discoveries Made in Ontario



Added to the list of discoveries of Indian relics in Canada, can be two made recently in Ontario, one of a minor nature of skeletons, and another that has created much interest of a Huron village. Edna Amis holds aloft a skull at the left, part of the discover of seven skeletons, said to be those of Huron Indians, and some coins near Trenton. At the Right two young ladies scrape through material dug up near Ridgeway, site of the ancient Clearville Indian village, where many important finds have been made. No articles made by white men were discovered, indicating the village strategically located upon a hill, enjoyed prosperity before the coming of explorers. Professor T. F. McIlwraith, of the Department of Anthropology at the University of Toronto, and Dr. Philip Nash, associate keeper of the Royal Ontario Museum are examining the ruins.

### One Picture But It Illustrates Three Different Gaits of Trotting Horses



This is said to be the first picture ever made of three horses in action, each illustrating the three gaits used by trotting horses. The picture was made in Syracuse, where the horses are training for the summer season, and in the Centre, Vic Flemming drives Billy Trotter, world champion pacer, using the sidwheest gait. At the Right, Jimmy Fleming is up behind Volle Abbey, a candidate for this year's Hambletonian Stake, making speed with the diagonal gait, and at the Left, Bill Fleming handles the reins of Maise, a galloping thoroughbred-runner, the latter being used as a "prompter" for the other two, Bill and Jimmy Fleming are sons of the famous Vic.