

A Trip Through Canada's Inland Ocean



1. View of Manitowish Island from aboard ship.
2. S.S. ARSINIROA passing through Sault Ste. Marie locks which connect Lakes Huron and Superior.
3. Deck scene on S.S. KEWATIN on Lake Superior.

The Great Lakes—Canada's inland ocean—opened to navigation last month, are just entering on their summer season of offering one of the major attractions of the Dominion to tourists. Vistas of beautiful islands and growing headlands present some of the most beautiful scenery on the North American continent, while the illusion of sea travel is given to passengers when for a full day at least nothing but water is visible from the ship. Canadian "lakes" ships, traversing their waters weekly, supply every up-to-date comfort and facility to travelers and remarkable engineering works add to the list of sights and beauties which nature gives in profusion.

Often you say "some day I'll take an ocean voyage," but did you ever stop to think that next door to you is an inland ocean where for two glorious days aboard a Canadian Pacific ship you can enjoy your long-desired voyage? If you have, the chance lies open to you and you can take the delightful cruise across Huron's blue waters, through the lovely St. Mary's River and away over the broad expanse of Lake Superior, the largest body of fresh water in the world.

You can take it as a trip in itself or you can take it as a break in your rail journey across the continent. It carries you from Port McNicoll to the Head of the Lakes at the Twin Cities. The great white ships of the Canadian Pacific speed along with all the swift grace of gulls that circle and slip at the mast heads by perch and flutter above the deck rails. Perfected of service adds a last pleasing touch to the voyage, the comfort of the staterooms and the social affairs on deck and below.

Since the level of Lake Superior is 21 feet higher than that of Lake Huron the Sault Ste. Marie lock has been constructed and the Canadian Ship Canal to join up the two lakes. This remarkable engineering work is one of the sights of the voyage. These fine ships make the trip weekly for the Canadian Pacific, the "Kewatin," "Aviation," and "Manitowish," two from Port McNicoll and one from Owen Sound, with the same number of eastward sailings from the Twin Cities.

Popular Comedy Success to Open Canadian Chautauqua



"SCENE FROM OUTSTANDING COMEDY 'THE FAMILY UPSTAIRS'"

The uproarious comedy-success "The Family Upstairs," which will be presented on the first night of the coming Chautauqua here, is a long and continuous stretch of laughter. Here is a play that warms the heart with its vivid pictures of the little near-tragedies, hopes, ideals, ambitions and misadventures crowded into the average family life. It rings with wholesome laughter and tells a touching and beautiful love story that you will remember with pleasure for many months afterwards. "The Family Upstairs" will be presented here by the noted Martin Erwin Players.

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Wednesday Evening, July 3rd**

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GOOD THINGS TO EAT

WHEN DAYS ARE HOT

(By Betty Barclay)

Ice Cream is always appreciated as a dessert, but when the weather is hot it is particularly desirable. A light fruit sauce, a fruit, a Bavarian cream, or some other light dessert is also fitting in hot weather—when heavy foods should be reduced and the lighter, quickly digested foods featured. Here are two delicious junket dishes—economical too:

VELVETY BANANA ICE CREAM

- 2 junket tablets
- 2 tablespoons cold water
- 3 cups milk
- 1 cup sugar
- 1 cup mashed banana
- 2 tablespoons lemon juice
- 1 pint cream

Crush junket tablets and dissolve in cold water. Mix sugar and milk and warm to lukewarm—not hot, stirring until sugar is dissolved. Add dissolved junket tablets; stir at once into freezer can. Let stand in a warm place until firm; add mashed banana, lemon juice and cream; whip until stiff. Pack in ice and salt and freeze.

FRUIT SOUFFLE

- 1 package vanilla junket
- 1 pint milk
- White 1 egg
- 1 cup powdered sugar
- 1 cup fresh berries

Mix junket according to directions on package. Place the berries in a bowl and sprinkle with powdered sugar. Add the unbeaten egg white, and beat with a wooden spoon or silver fork slowly, until the berries are broken, then rapidly, until stiff—about 30 minutes—then place in ice box. Pile lightly on junket when serving.

BROWN RICE POP OVERS

- 1 cup boiled brown rice
- 1/2 cup flour
- 1 pint sweet milk
- 3 eggs
- 1 tablespoon butter
- 1/2 teaspoon salt

Soak sweet milk and stir into the rice, flour, butter and salt. Beat thoroughly together and add eggs well beaten. Bake in hot oven twenty minutes.

BROWN RICE FRITTERS

- 1 cup brown rice
- 1 pint milk
- 3 eggs
- 1 tablespoonful sugar
- 2 tablespoonful butter

Boil rice in milk until soft and all milk is absorbed, strain, remove and add yolk of egg, sugar and butter; when cold serve with butter and jam.

SCALLOPED HAM AND POTATOES

Into a well-buttered pan put slices of raw peeled potatoes and a little pepper. Then a layer of uncooked, sliced ham and potatoes on this create a sauce (1 tablespoon flour, 1 tablespoon butter, to 1 cup milk). Sprinkle bread crumbs on top and bake in a moderate oven until brown and potatoes are well done. Serve hot. Just enough ham can be used to give the desired flavour which has the advantage of making a little ham go a long way. For picnics this can be baked at home in a heavy tin dish with a cover and reheated over hot water on a campfire.

NEW YORK SALAD

- 4 slices pineapple
- 1/2 cup nuts chopped
- 2 oranges
- Cream mayonnaise
- Lettuce

Arrange slices of pineapple on nests of lettuce leaves. Cut celery in slender strips, one and one-half inches long, and mix with nut meats. Pie in centre of pineapple, and garnish with four sections of orange, free from membranes, laid symmetrically on pineapple. Pass dressing separately.

OATMEAL DROP CAKES

- Two third cups butter
- 1 cup sugar
- 3 eggs
- 1 cup milk
- 2 cups rolled oats
- 2 1/2 cups flour
- 1 teaspoon baking powder
- 1 teaspoon salt
- 1 teaspoon cinnamon
- 1 teaspoon nutmeg
- 1 cup chopped seeded raisins

Cream butter, add sugar, eggs well beaten, milk, and roll in raisins. Mix and mix dry ingredients. Add flour mixture to first mixture, thoroughly mix. Drop by spoonfuls on a greased baking pan and bake in a hot oven. This makes 25 to 30 cookies.

FIRST TRANS-ATLANTIC FLIGHT

The first non-stop trans-Atlantic flight was successfully accomplished by two British aviators, Captain John Alcock, D.R.C., pilot, and Lieutenant Arthur Whitten Brown, navigator, the machine used being a Vickers Vimy. Both aviators were seen in the air over the Atlantic Ocean. It was a marvellous flight and greater glory attaches to it because it was made under bad weather conditions; indeed, fog so obscured vision at times that the machine was discovered to be flying upside down and once only fifty feet from the water.

The project of the Atlantic flight was originated by the late Viscount Alcock in the London Daily Mail in April, 1918 and suspended during the war.

Captain Alcock and Lieutenant Brown left St. John's, Newfoundland, at 8:15 p.m. Saturday, June 14th, 1919, and landed near Clons, County, Ireland, at 6:30 the next morning—a flight of 1980 miles, taking only 15 1/2 hours and fifty-seven minutes—a truly marvellous flight, which won for the victors a prize of £10,000.

Both Captain Alcock and Lieutenant Brown were knighted by His Majesty the King in 1919. Sir John Alcock crashed during a flight about a year later and was killed.

**Baseball Saturday
JUNE 22nd**

**ACTON
vs.
GEORGETOWN**

In Georgetown Park
ADMISSION GAME CALLED
25 Cents at 8:15 p.m.

Here and There

(228)

Music bath charms to soothe the average breast and has been waxed its well-known effect on animals, since the deer at Banff have been listening to the dance strains from the orchestra at the Banff Springs Hotel. Three mule deer were seen the other night listening with astonished ears to the symphony within. Both deer and elk are unusually tame this season and stunts are being hunted with cameras in lieu of firearms.

Aviation is coming into its own in Canada and Canadians are becoming thoroughly air-minded. Three airports were opened early in June at Ottawa, Kingston, and Hamilton, at which a great assemblage of planes took place and large crowds witnessed the proceedings. Many took advantage of the opportunity to send mail and parcels by air express during these functions and the Canadian Pacific Express Company used the planes to advantage.

Richard Barthelmess, moving picture star, accompanied by his bride, made a three-day honeymoon stay at Banff Springs Hotel early in June. He says he will be back in the Fall to get some big game hunting in the Canadian Rockies.

Dock dues on parcels from Chertoung are now lifted under an order from the French Government and there will be consequently a great increase in despatch of these parcels from France to Canada, according to word recently received by the Canadian Pacific Express Company. Prior to this, parcels from France had to be shipped from Southampton causing a loss of a couple of days' time in reaching Canada.

Loans to harbor boards totalling nearly \$200,000 to be spent on improvements of extensions and developments have been approved by the House of Commons. Of this amount, ten millions each goes to Montreal and Vancouver, \$5,000,000 for Halifax, and balance for three rivers and Chicoutimi, Quebec.

The average cash income per farm house in the Prairie Provinces was \$1,544, exclusive of the value of seed, feed, stock, and other commodities produced and retained by the farmer for his own use, according to the Northwest census, published at Winnipeg.

The younger generation, we are often told, is apt to be left to find its own way around these days, but not quite to the extent of the woman who left her 7-month-old baby asleep in the Windsor Street Station, Montreal, while she went shopping in the city. It was taken to the ladies' waiting rooms and cared for. Several hours later the mother returned and was told of its whereabouts. It was still sleeping and she decided to have her supper before she "disturbed" it.

Wheat from the Prairie Provinces of Canada is the finest received in Germany from any country in the world, according to Johann Lange, one of the noted German millers making a tour of the North American wheat-growing and milling centres. "Canadian mills are second to none, if mills visited in Winnipeg may be accepted as representative of Canadian plants," said Mr. Lange. "In operation cleanliness and the beauty of the flour turned out we have seen nothing better since we arrived at this port."

Car Load of Live Muskrats Take Long Trip



1—Boat car that carried the muskrats; 2—Large cage on board S. S. Beaverford where the rats had accommodations; 3—Disposition of muskrat selected a career.

There were a thousand of them, all alive and hungry, shipped by Canadian Pacific Express Company from Oak Lake, Manitoba to Hamburg, Germany, via Canadian Pacific freighter Beaverford. Fluffy and friendly they went through the long trip away from their native marshes in good shape and were never so tired that they couldn't put away their carrot rations. It took fifty men several weeks to capture the requisite number without damage and by the use of special traps.

Two attendants in charge of the rodents were kept moving twelve hours a day each feeding and watering them. They travelled overland in specially constructed galvanized iron crates netted with wire and with an enclosed trough in each from which fresh water was available. On board the Beaverford, large cages were built as shown above in which the rats had more space to move around.

This shipment which was made recently, constitutes a record for movement of muskrats or any other fur-bearing animal out of Canada overseas.

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