

# Best By Every Test!

## ST. LAWRENCE CORN STARCH

Product of the St. Lawrence Starch Co. Limited, Port Credit, Ont.

### Discusses Question of State Medicine

Dr. John W. S. McCullough Weighs the Subject From Various Angles. Touches on Advantages and Disadvantages

The depression set many people thinking along social lines that they would have given scant attention in other times. Of course, in this there is perhaps the danger of going to an extreme. For this reason it is of particular value and interest to read an article regarding "State Medicine," such as the one by Dr. John W. S. McCullough in the current issue of "Canadian Health." The article deals with the question from all angles and makes neither the mistake of adopting a "hard-boiled" attitude, nor yet that of being unduly "soft" in the matter.

Dr. John W. S. McCullough, the author of the article on state medicine, is well-known to the medical profession and public health workers of North America. For nearly a quarter of a century he has been one of the foremost figures in Ontario's health affairs. Recently as secretary of the Ontario Cancer Commission, he has been engaged in bringing the facts of the cancer situation before the people of Ontario. His article is in part an answer to that of Dr. McPhedran's on the same subject in the last issue. It would be well if all took the

### Beneficial Dollars

#### HEALTH PLEASURE

The most beneficial dollars you spend each year are your

#### Holiday Dollars

Wide variety of places well worth visiting.

For

**SPEED—SAFETY—**

**COMFORT**

**TRAVEL BY TRAIN**

Consult

**Canadian Pacific**

-22-32

Try The Advance Want Advertisements

### Spicy Adventures in the Art of Cooking

Story of Spices in Cooking Is a Romantic One, Says Barbara B. Brooks, the Well-Known Culinary Expert

The following article headed "Spicy Adventures" is contributed to The Advance by Barbara B. Brooks, the noted expert in the culinary art.—

A spirit of adventure is quite the proper one for cooking with spices. The story of spices is a romantic one. The Bible and early histories tell us that spices were the wealth of kings. Medieval merchants, who dealt in spices, became the kings of trade. Man roamed over the entire surface of the earth searching for spice-growing lands and new routes to the old markets.

If suddenly all our spices were taken away from us, we should miss them and find our plain foods rather uninteresting. We could then better appreciate the zeal of ancient kings who went so far as to wage wars to control the spice trade routes.

However, many cooks overlook entirely the possibilities of spices in their every-day cooking. A dash of ground cloves in rabbit or cheese sauces does something that is difficult to describe, but pleasant to taste. Some people like a trace of sage, mace or nutmeg with cheese. The child, and also the adult, who dislikes milk, will find it transformed in flavour and appearance if a little ground nutmeg or cinnamon is sprinkled on it.

A few well-chosen seeds or sprigs of herbs in salads give the magic touch which has made chefs famous. Recipes are difficult to give because seasoning is a delicate matter. The rule is to proceed with caution, but to experiment. Try combinations of seasonings whether or not you have ever heard of them. Always remember that it is usually the trace that can hardly be detected that is the most interesting and effective. There are exceptions to this rule. For instance, celery seed generously used in potato salad or slaw improves the flavour for most people. Taste is the test.

So often spices are associated in our minds with hot foods that we are apt to use them only for cold weather cookery. However, not all spices are "peppery." Even spicy gingerbread has an after-cooling effect. Try this recipe to prove it. It is not a rich cake. Bran is used to improve colour and flavour and to add to the fiber, minerals and vitamins of the outer wheat coatings.

#### Bran Gingercake

- 1-3 cup shortening
- 1-2 cup brown sugar
- 1 egg (well beaten)
- 1-2 cup molasses
- 1 cup bran
- 1 1/2 cups flour
- 1-2 teaspoon salt
- 1 1/2 tsp. ginger
- 1 tsp. cinnamon
- 1 tsp. baking powder
- 1-2 tsp. soda
- 1-2 cup buttermilk or sour milk

Cream shortening and sugar. Add egg, molasses and bran. Sift dry ingredients and add alternately with the milk. Bake in a moderate oven (375 degrees F.) for about 30 to 40 minutes. Yield: 12 servings (1 cake 8 by 8 inches).

Instead of salted nuts for your summer luncheon or dinner party, serve Hindu rice krispies. The recipe comes from the home of spices.

#### Hindu Rice Krispies

- 2 tbsps. butter
  - 1 tsp. mustard seeds
  - 1-2 tsp. curry powder
  - 1-4 tsp. salt
  - 1-4 tsp. cinnamon
  - Speck of pepper.
  - 1-2 box rice krispies
  - 1 cupful fresh salted peanuts
- Melt butter, add mustard seeds and cook until they begin to pop. Add the other seasonings, the rice krispies and peanuts. Stir constantly until the rice krispies and peanuts are thoroughly heated.

Spices are good in many fruit and milk beverages. Cloves or a little ginger in tea is not new, but have you tried spices in coffee? If caffeine-free coffee is used, the beverage is wholesome for young and old alike.

#### Spiced Iced Coffee

- 6 cups double strength decaffeinated coffee
  - 20 whole cloves
  - 5-inch stick of cinnamon
  - 1 cup powdered sugar
- To hot freshly-made coffee add cloves and cinnamon. Hold just under boiling for about five minutes. Strain and add powdered sugar. Chill and serve with crushed ice. Dust with powdered cinnamon and top with whipped cream if desired.

### Princeton Students to Visit Canadian Mines

Last week The Advance noted the visit here of students from Miami University, Oxford, Ohio. Another group of students will visit here in August.

Princeton University has announced the itinerary of its joint Canadian field trip of the Summer School of Geology and Natural Resources and the School of Public and International Affairs.

The party will leave New York on Sunday, July 29th, and will be in Toronto the following Tuesday. It will then proceed to Sudbury and from there westward to Fernie, B.C., Tadana, Vancouver and Victoria. Starting the return trip on August 13th, stops will be made at Jasper, Edmonton, Minaki, Nakina, Hearst and Cochrane. The party will be at Timmins on August 21st and 22nd; at Kirkland Lake August 23rd; at Noranda, August 24th; Quebec, August 25th; Montreal, August 26th and 27th; Ottawa, August 28th; Toronto, August 29th.

### HOW TO KEEP COOL

Take an effervescent glass of pleasant-tasting Andrews Liver Salt when you begin to feel the heat. At once you will feel cooler—and you'll stay cooler. Andrews not only quenches thirst, but cools your blood. Taken occasionally—say twice each week—Andrews will keep you fit by purifying your system and insuring regular and complete elimination. At all druggists. In tins, 35c and 60c. New, large bottle, 75c. Sole Agents: John A. Huston Co., Ltd., Toronto. 25

### Experts Make Plea for Bronze Screens

Use of Bronze Screens Suggested as More Satisfactory and Economical Than the Ordinary Type of Screens

One of the weekly letters from the Home Builders' Service Bureau, 177 Jarvis street, Toronto, deals with the matter of screens for homes to avoid the pests, flies, mosquitoes and the other insects that cause so much annoyance. This weekly letter should be of particular interest at the present time when the question of screens is of so much importance. The letter from the Home Builders' Service Bureau (Letter No. 15 in the series) is as follows:—

**Screens That Meet the Test**  
With the warm weather comes the necessity of securing your home or summer cottage against the annoyance of flies, mosquitoes and other winged insects that can do much towards making life unbearable.

Thousands of home owners at this time are bringing their screens out from storage and preparing them to do duty for another year. Thousands, too, are buying new screens to replace screens that have become worn, rusted and useless.

The largest item in the cost of screens made, as is true in the case of most equipment and material for the home, lies in the expenditure for labour. For example, the labour cost for making repairs to roofing or plumbing is exactly the same, whether your material be copper or rustable metal; or whether your plumbing be

of rustproof brass pipe or iron pipe. So it is with screening. It costs just as much for labour to make screens of ordinary galvanized wire as it does to make screens of rustproof copper or bronze. The only difference is in the cost of the screening itself and this is very slight. As a matter of fact, if one thinks of the many extra years of service rendered by copper or bronze screens, the slightly higher cost of this material is soon saved over and over again, for copper and bronze cannot rust. And it is rust more than anything else that shortens the life of galvanized wire screens.

Home owners who have used screens of galvanized wire in the past admit that it is expensive to patch, paint and repair these screens year after year. In many cases the home owners, tiring of this heavy maintenance expense, have graduated to the use of bronze screening, which lasts for years without costing a penny for upkeep. It stands to reason, too, that the beating of the rain and the force of summer windstorms will soon cause to bulge and make unsightly a screen that has already been weakened by the attack of rust.

Screens come in for a lot of hard usage, too. Children at play often fall against screen doors or window screens and adults encumbered with parcels often find it necessary to kick a screen door open. In winter storage heavy objects are often placed on top of screens. Screen cloth of bronze retains its tenseness even under this hard usage.

The colour of bronze screen is another advantage that home owners should not neglect to consider. The natural gold tint of bronze screen happily described as "antique" gives a particularly pleasing appearance to the windows of your home. This golden colour gradually changes with the years to a soft neutral shade.

When selecting screening be sure to consider the type of insects your screens are required to keep out. In certain localities there are tiny insects which require a particularly fine screen mesh. In other places flies and mosquitoes are the chief offenders, and a large mesh will suit. Copper or bronze screening can be obtained in a range of meshes to suit every requirement.

To summarize—home owners who select screens of copper or bronze as-

No purer, safer soap than



## PRINCESS FLAKES

GUARANTEE ON EVERY PACKAGE

# 15¢

sure themselves of freedom from the expense of painting, patching and repairing rustable screens each year—enjoy full protection from insect annoyance, which is the prime duty that screens must fulfill—pay very little extra in the first place for these material advantages, and save much in the long run, because bronze screen cloth gives years of additional service.

### To Make Appetizing Dishes from Canadian Salt Fish

The Dominion Dept. of Fisheries sends The Advance the following for the benefit of readers:—

Dried salt fish, such as dried cod or dried haddock, is one of the Canadian sea foods which are on the market all the year 'round and there is this further advantage in connection with its use that it may be served in a wide variety of ways. Of course, like all other foods, it must be properly cooked if all its natural tastiness is to be brought out; but to cook it is really a simple matter. For instance, creamed dried fish is very easily prepared. All that needs to be done is to take, say, three pounds of fish, freshen it in water for a time to remove some of the salt, put it on a wire rack in a kettle, cover it with milk, and allow it to simmer for about a half an hour, or, in other words, until it is tender. Then remove it to a heated platter (placing the skin side down) and pour over it a white sauce before serving. If desired, the creamed fish may be served on pieces of toast.

Fish balls made from dried fish and potatoes are also very appetizing. One cup of fish, freshened and broken into strips, and two cups of diced potatoes

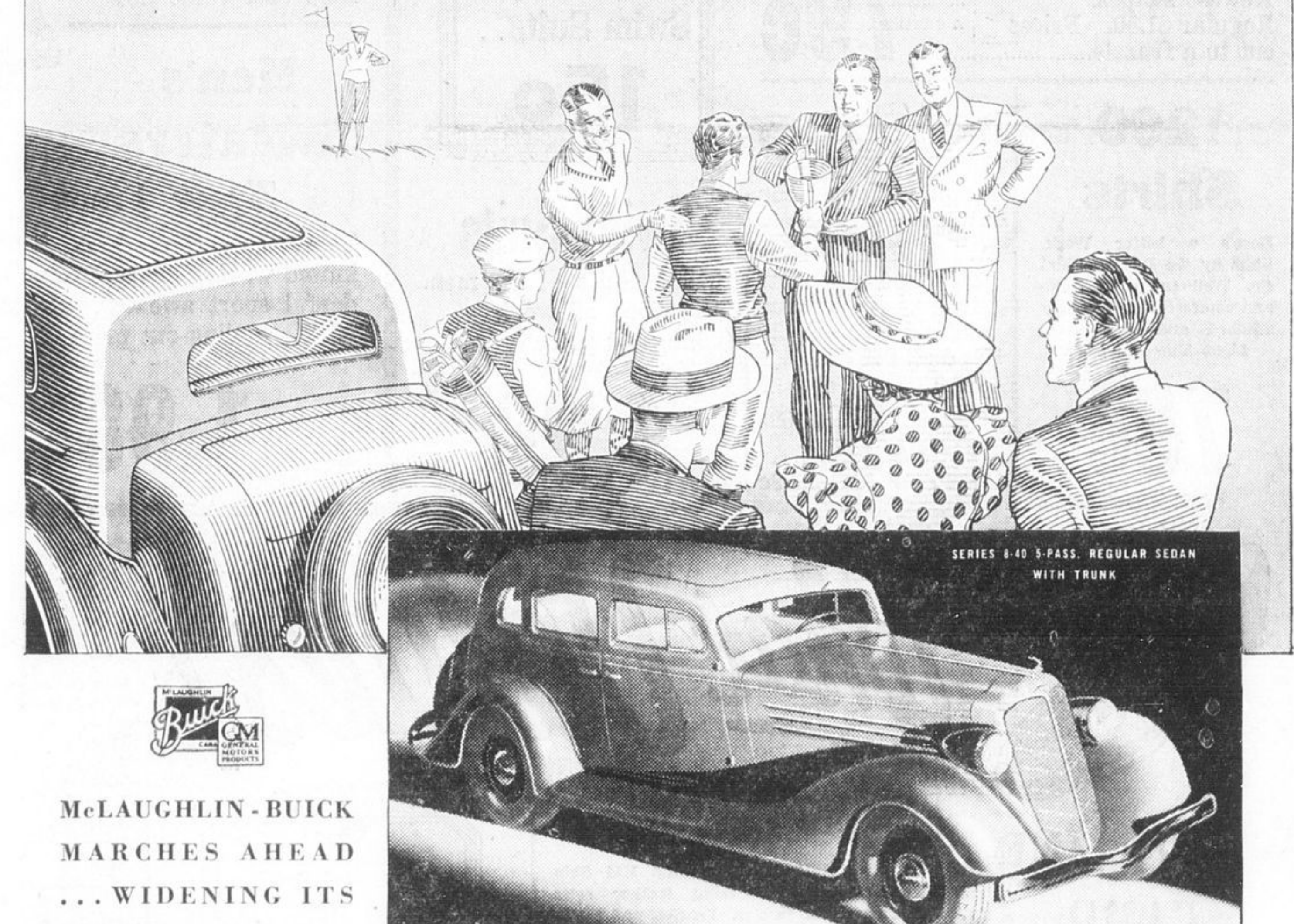
will make a quantity sufficient for six persons. The potatoes and fish are boiled together until the former are cooked; then the water is drained off and the fish and potatoes are mashed thoroughly together. After that a teaspoon of butter is added, together with enough pepper to suit the taste, and the mixture is beaten until it becomes light. Then it is allowed to cool slightly, a well-beaten egg is added, and pieces of the mixture are shaped into balls about the size of large walnuts. In cooking they are dropped for one minute into deep, smoking-hot fat (390 degrees F.). On being taken from the fat they are drained on a piece of paper. They should be served piping hot, with any desired sauce.

One thing to be remembered in using dried fish is that it should always be "freshened" by first rinsing it and then letting it stand in fresh water for some time before it is cooked. Exactly what degree of freshening is required depends upon individual taste but it may easily be determined by experience.

Brampton Conservator:—It is not generally known that the bonus of 5 cents a bushel on wheat produced in 1932 amounted to the enormous sum of \$12,000,000. This bonus was paid by the government of Mr. Bennett to the farmers of Canada, and is one of the reasons for increasing expenditure.

**TRAFALGAR LONG LAC LIMITED**

# ANOTHER TRIUMPH



McLAUGHLIN - BUICK MARCHES AHEAD ... WIDENING ITS PRICE RANGE ... WELCOMING NEW THOUSANDS OF OWNERS

YOU just can't beat a McLaughlin-Buick! And that holds true whether you choose one of the famous, familiar McLaughlin-Buicks or the newest McLaughlin-Buick at a new record low price.

Never before has any McLaughlin-Buick been priced as low as this new Series 8-40. Yet it's every inch a McLaughlin-Buick. Big and spacious. Beautiful and distinctive. Offering you a Valve-in-Head Straight Eight Engine ... Torque Tube Drive ...

Knee-Action Wheels ... Improved No-Draft Ventilation ... Automatic Starting ... and even greater McLaughlin-Buick economy of operation. Drive it today. If you have always wanted a McLaughlin-Buick, here is the car for you.

This new Series is companion to the famous 8-50, -60, and -90 models (24 in all), priced from \$1550 (at factory), featuring greater size, greater luxury and Vacuum-Power Brakes.

## McLAUGHLIN-BUICK STRAIGHT EIGHTS

**Marshall-Ecclestone Ltd.**  
Timmins Ontario

EVERY INCH A McLAUGHLIN-BUICK  
NEW SERIES 8-40 STRAIGHT EIGHT 6 NEW BODY STYLES  
AT A NEW RECORD LOW PRICE  
PRICES BEGIN AT \$1243  
(for the 2-Passenger Regular Coupe)  
Delivered, fully equipped, at factory, Ottawa, Ont. Freight and Government license only extra. Convenient C.M.A.C. terms.

Smoke **WHITE OWL CIGARS**  
5¢

A WISE OLD OWL sat on an oak:  
The more he saw, the less he spoke;  
The less he spoke, the more he heard;  
Just take a tip from this wise old bird!

**HILL-CLARK-FRANCIS LTD.**  
PHONE 126

**BUILDERS' SUPPLIES**  
Sanding Floors A Specialty