

Washing Vegetable and Fruits to Assure Safety

Reader Reassured in Regard to Avoiding Danger from Sprays that may be Used to Get Rid of Insects on Plants.



(By Edith M. Barber)

"How can I be sure that fruits and green vegetables are safe to use? The other day I read a report in the paper that the sprays of poisonous materials used to get rid of insects are dangerous." Several times last week questions of this type have come to me since the research made on this subject was made public.

A careful study of fruits in the market showed that in many cases the residue of the sprays, which are necessarily used to prevent their destruction by insects, is large enough to produce ill effects. The interpretation of these results, as far as the housewife is concerned, means not that she should discontinue the use of fruits and vegetables, but that she should be even more careful than usual in washing and preparing them for the table. Some growers take care to remove a large part of the material used in spraying before the products are shipped, others are not so careful, and in some cases it is probably impracticable. The housewife, therefore, should take no chances, but should give all fruits and vegetables a thorough washing before she uses them.

Particular care should be taken to remove the blossom ends of fruits, where the residue of the spray is likely to accumulate. Berries should be put in a large bowl of water, which should be changed several times. They may then be put in a strainer, given an extra rinsing under the faucet and shaken to remove excess moisture.

The outside leaves of cabbage, lettuce and salad green should be removed and discarded. The inside leaves should be carefully separated and washed thoroughly, after which they may be shaken

in a colander or dried with a towel before they are put into the refrigerator to chill.

Let me note that it is the accumulated effect of these products, which stored in the body, may have bad effects. There is seldom enough residue on one serving on any of them to be harmful.

The housewife has usually been accustomed to exercising care in the preparation of food for the table, but it will be worth while for her to take even more seriously this one of her many responsibilities.

Spinach With Sour Cream.

- 1/2 cup sour cream.
- 1 tablespoon tarragon vinegar.
- 1 tablespoon grated horseradish.
- Salt.
- Paprika.
- 4 cups cooked spinach.
- Whip cream, add seasoning and pass with spinach which must be very hot when served.

Mixed Vegetable Salad

- 1 cup shredded cabbage.
- 1 sliced cucumber.
- 1 cup sliced beets or two tomatoes.
- 1/2 cup French dressing.
- 2 hard-boiled eggs.
- 1 bunch young onion.
- 1 bunch radishes.
- Lettuce.

Mix the cabbage cucumber and beets or tomatoes with the salad dressing and let stand in the refrigerator half an hour. Arrange lettuce in a salad bowl and on this place vegetable mixture. Garnish with the radishes, onion tops and sliced hard-boiled eggs. Mayonnaise may be passed with this.

Fruit Mousse

- 1 1/2 tablespoons gelatin.
- 1/4 cup cold water.
- 1/2 cup boiling water.
- 1 box berries or 2 cups chopped fruit and juice.
- 1 cup or more sugar.
- 1 quart cream.

Soak the gelatin in the cold water and dissolve with the boiling water. Crush the berries with the sugar; add to the gelatin. Set in a pan of ice water and stir until it begins to thicken. Then fold in the whipped cream, put in a mold, cover, pack in ice and salt, two parts to one, and let stand four hours.

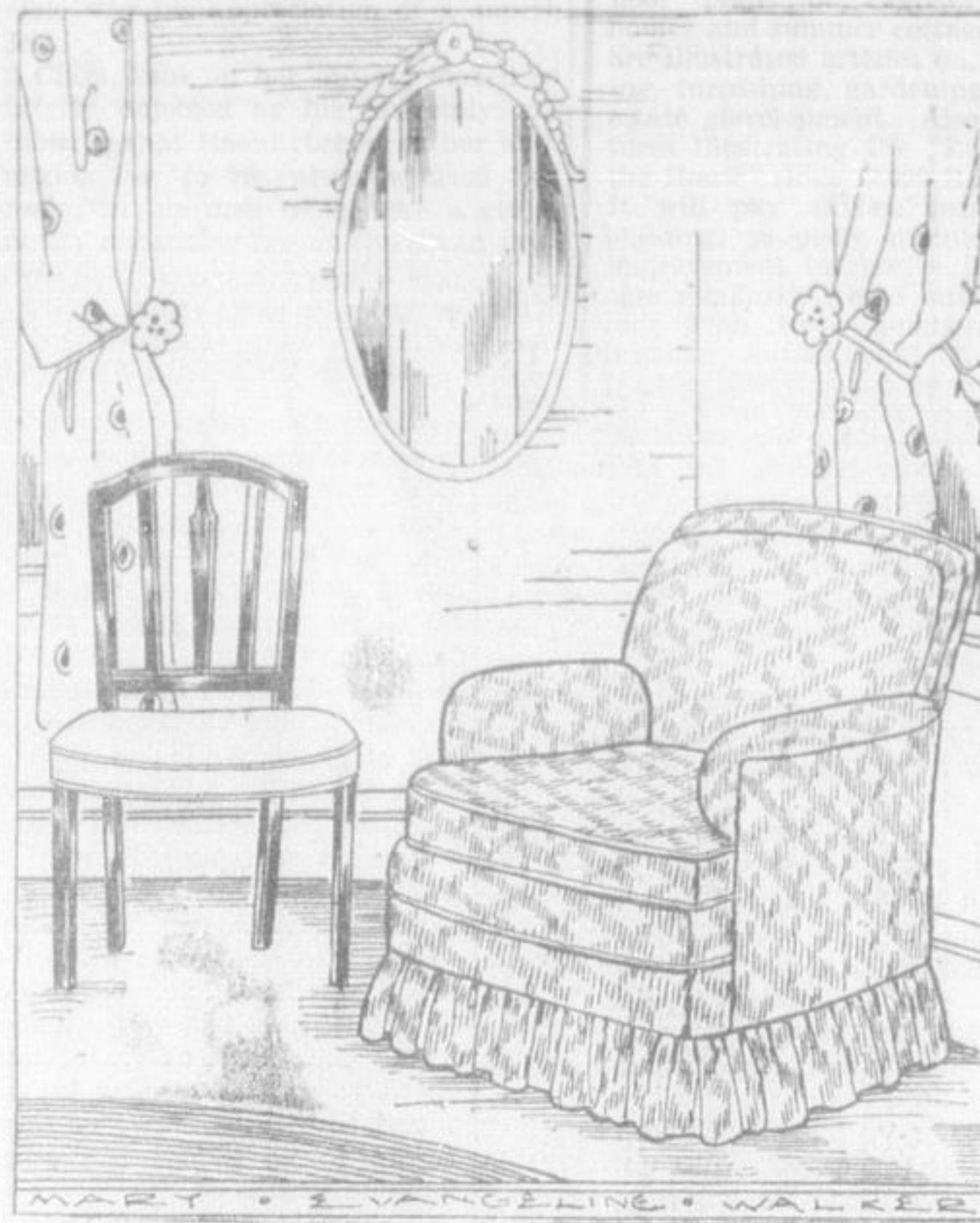
(Copyright, 1935, By The Bell Syndicate, Inc.)

FURTHER EXPLORATION OF MINERAL WEALTH OF CANADA

Canada is to be more fully explored for mineral wealth and water power than ever before, if a proposal now before the House of Commons is passed. It is proposed to employ 900 men this summer in a nation wide search.

The Household by Lydia Le Baron Walker

THIS SEASON'S SLIP COVER STYLES



An over-stuffed chair with a decorative patterned slip over, and a side chair with a tailored slip over the seat.

The vogue for slip covers has reached a new peak.

A high-water mark. It has been a score of years or more since they held the attention of decorators as they do today. The old idea was to protect the furniture upholstery from summer wear and tear and to introduce a cool element into the furnishings. Today the former remains one of the features and the latter should also, but decoration pushes this somewhat into the background. The slip covers of today stress decoration above all else. Perhaps we should call them ornaments plus, and let the last word stand for protection and coolness.

Linen
The materials for slip covers used to be linen, chiefly because linen is the coolest of textiles that are durable. They were frequently white since this is the coolest tone of the eye. Couple this with the coolness to the touch and it is an ideal combination in a hot weather textile. Not only were articles of furniture covered with this coloured linen, but whole carpeted floors were similarly concealed, and cooled. I can remember one Philadelphia living room in such summer attire, and immediately you entered a sense of refreshment.

Textiles of Today
Today the textiles may be linen, cotton, silk, rayon, etc., and the colour is seldom plain white. As a matter of fact colours are apt to be gay and consequently warm in tone. When solid tones are chosen, they retain colour as a pronounced feature, the hue being black, seal brown, rich yellow, Chinese red, etc., more often than light tints. If the colour is subdued vivid bindings are used for seams and edges, thus promoting colour schemes and retaining notes of brilliance.

English Slip Covers
It will be observed that in these, decoration is the prominent element. The English delight in patterned hand blocked linens for their furniture covers. These are apt to be kept on the furniture most of the time, and the upholstery is thereby kept like new for occasions which warrant the removal of the covers.

Textiles and Textures
One good point in the ultra-modern slip covers is that they are of glazed chintz, and the finish on the textile being polished, supplies a coolness to the touch even when the colour is

warm. Rayon mixtures are well-liked for slip covers. The green is attractive, silk is a bit bizarre, suggesting money spent, rather than utility. It is well to bear in mind that texture is most appropriate when it is smooth like linen, glazed chintz, and mercerized satin, which by the way is excellent.

(Copyright, 1935, by The Bell Syndicate, Inc.)

Canadian Peat Moss for Insulation Uses

At Present Sphagnum Moss is Attracting Considerable Attention as a Means of Insulation.

It is only recently that peat moss as an insulator has attracted considerable attention in Canada. Its value for this purpose has long been recognized in Northern European countries where its production is well established.

Canadian developments have evolved slowly. Commercial production of peat is accompanied by certain hazards and is dependent on many variable factors, all of which have given rise to the many financial failures which have followed attempts at development of our Canadian supplies. Lately however, distinct progress in development has been made and commercial production of peat moss in Canada is now an established fact says the Canadian Lumberman.

True peat moss is produced from Sphagnum moss. Sphagnum, in its natural bog condition, is subject to great variations in quality, the highest quality being undecomposed, light in colour, light in weight, loose, soft, and elastic and free of unsuitable peats dirt or earthy admixtures. Dark colour, increased weight, impurities and decomposed fibres all indicate low quality.

In structure Sphagnum moss consists of millions of sponge-like hollow, thin-walled plant cells, held together by a network of still more minute hollow cells. Based on the general assertion that the best insulating material is that which, for a given weight and volume, will contain the largest quantity of air in the most minutely subdivided particles, it is readily seen why Sphagnum moss provides a valuable insulator.

Good Sphagnum insulation has a thermal conductivity ranging from .28 to .29. Added to this high efficiency rating is the fact that in practice it is usually installed with a loose fill thickness of from 3 1/2 inches to 8 inches. This tends to take full advantage of the very important fact that insulating efficiency increases in direct proportion to the thickness of the insulator used.

The moss is quite durable, the life of its plant cells being as permanent as that of wood. It will not rot, mold, ferment or decay under any conditions of temperature or dampness. Where, however, it divides wide ranges of temperature under moisture laden conditions air inflation should be controlled by lining the walls with asphalt paper. The moss is also sterile, prevent the growth of bacterial organisms, is slightly acid in reaction and is odourless so that it is adaptable to storage plants where foodstuffs affected by odors are stored.

It is not fire-proof but is fire retardant in that, when ignited, it will not burst into flame but smolders slowly. It has a density when installed ranging from 4 lbs. to 6 lbs. per cu. ft. This lightness makes it very valuable in wide roof expanses where weight is a big factor in construction.

Although new to Canadian conditions it is old as an insulating material and its use in Canada has had to await successful methods of its production. Where a filled or poured insulation is used, and especially where considerable thickness is required, there is no question but that Sphagnum moss of high quality can fill an efficient place in our Canadian insulation field.

Sphagnum moss for insulating purposes is available as "Peat Moss", "Insul-Moss", Moss-Tex and other trade names.

Use of Blood Tests Now Legalized in N. Y. State

The courts of New York State may now legally use the evidence of blood-tests in cases involving disputed paternity, wrongly identified infants, and the like. Gov. Herbert H. Lehman signed three bills a few days ago that placed this class of jurisprudence in New York State on a par with that in Austria, Germany, Denmark, Italy and Sweden, which have used blood-tests since about 1924.

The validity of the tests depends on the fact that there are four types of human blood, known respectively as Types O, A, B, and AB. These blood-types are inherited by children from their parents according to exact and well-defined laws, and the bloodtype of an individual does not change throughout his life. (Literary Digest, January 27, 1934.)

The existence of four types of human blood was discovered in 1900 by Dr. Karl Landsteiner, of the Rockefeller Institute, who received the Nobel Prize in Medicine in 1930. Determination of blood-type requires only a drop or two from each individual.

These tests can not be used to prove paternity, because when the putative father's blood is of the right type, it does not indicate that he must be the father; only that he might be. On the other hand, if his blood is of the wrong type, it is incontrovertible evidence that he could not be the father. Tests based on the blood-groups and also other inheritable characteristics of the blood give a falsely accused man about one chance in three of exonerating himself. Seven out of ten cases of interchange of infants, such as sometimes occur in maternity hospitals, can be corrected.

Some Facts from Ottawa on Washing

by "Shakes"

You would hardly imagine that the government interfered in so common a business as your laundry. Possibly few of those who do send clothes out to a mechanical wash know what sort of process they go through. All that is necessary to them is that the shirt that goes out covered with grease, returns snow white—with luck.

The Dominion of Canada maintains a department known as the National Research Council, which, though similar to the Ontario Research Foundation, is somewhat larger and consequently comes in contact with an amazing number of problems. They don't have to look far for problems in this day and age—Canada needs so many things for which she must depend on the rest of the world that a bureau the size of the Ottawa one should be kept busy on one subject alone. But the idea of most government departments being to serve a large proportion of the population, it is only right that the laboratories should work on all sorts of everyday problems.

The council, and no doubt the laundries too, have realized in the past that one of them may be more efficient than another. So a typical "test bundle" has been evolved. The various kinds of cloth in the bundle are brought to a certain stage of "dirtiness" by the laboratories and sent to the laundry along with everybody else's washing. The chemist knew exactly how dirty the cloth was when it left. He had ways and means of finding out, through chemical processes, how clean the cloth was on its return.

Some laundries discovered that they only removed 75 per cent of the dirt. They applied to the council for help and the chemists soon found where the trouble in the laundry was. The same laundry to-day, in one particular case, now removes 98 per cent of the dirt and at the same time reduced the washroom costs.

When the government discovers a new process of cleaning, for instance, it is not buried in some file somewhere. Last year they tested 13 different "wetting out" agents for the removal of stains from cloth. Every registered power laundry in the country received a copy of the council's discoveries and profited from it. The general public benefitted in the long run—stains are

now removed more completely, with less rubbing and consequent damage to the fabric. The council not only told the laundries which were the best cleaners; they told how to mix them at their own shop.

There is one other problem in the laundry business on which the council has done extensive work. Hard water, that is water containing some minerals in solution, is a well known destroyer of soap efficiency. Millions of pounds of soap are used in the world each year to "soften" water before the soap really take action. This difference is easily realized by any one coming to Timmins from Toronto. In Toronto when the hands are washed, it takes some time before the soap begins to feel slippery. The reason is that the soap is busy forcing the minerals out of the solution and until then has no value as a cleanser. In Timmins it's different. The water has very little mineral in it and becomes active immediately.

Where hard water is the only thing available, it pays a laundry to artificially "soften" the water before using soap, as quite a large percentage of the soap is otherwise used to soften the water. To do this softening, it is often necessary to import the chemicals. What the council is now trying to develop is a Canadian water softener that is cheap enough to be used all over the country. The research men have a good idea where they're going to get that material—in the asbestos mines of Quebec. "The results from this piece of research are quite promising," says a government report on the subject. And when a chemist says that, he's very close to solving his problem.

A Quicker Brighter

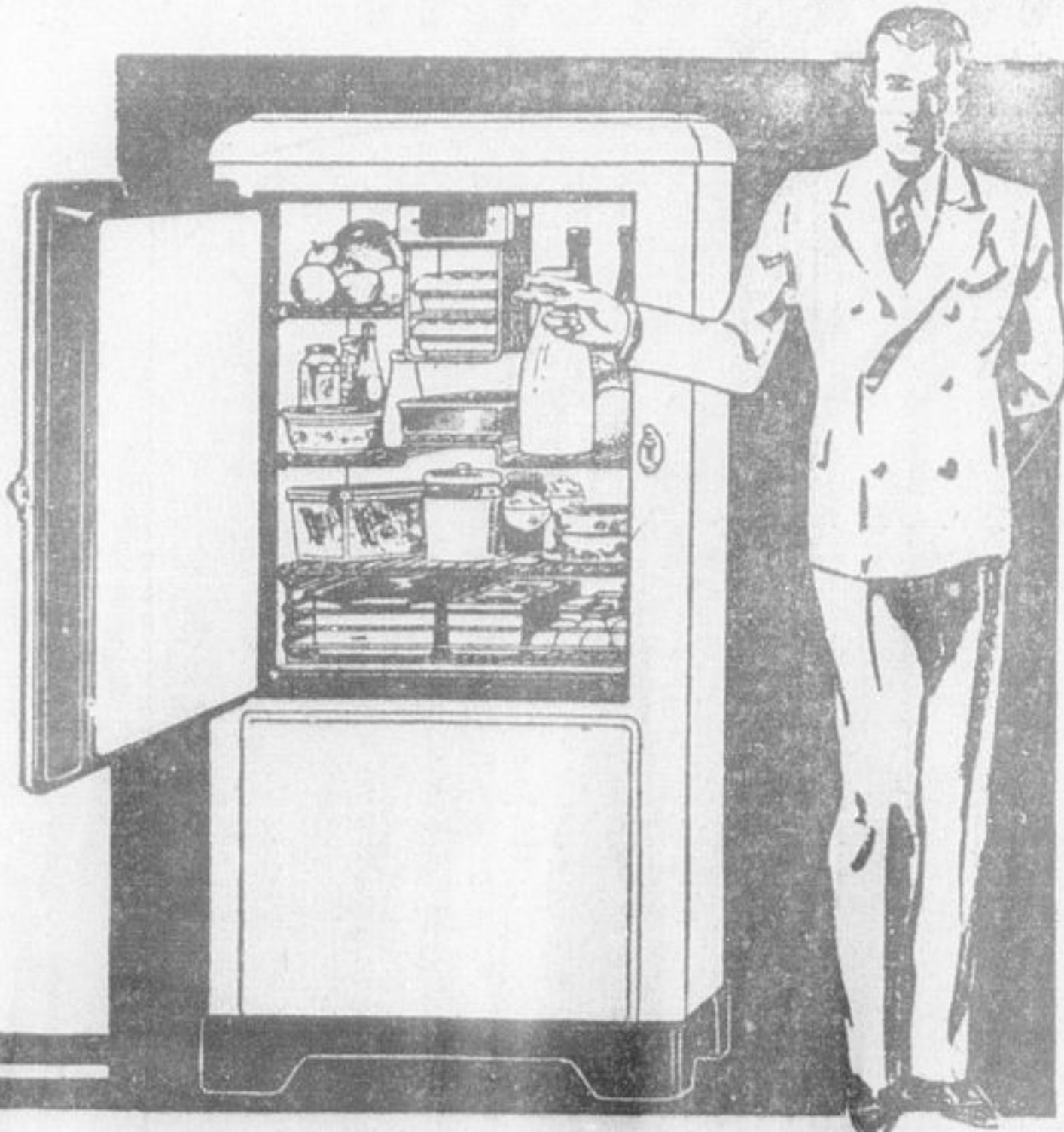
Better Shine

ZEBRA LIQUID or PASTE STOVE POLISH

FOR HEALTH AND COMFORT SCREEN EVERY DOOR AND WINDOW

ONTARIO Safety LEAGUE

As low as
15¢
A DAY



buys an ELECTRIC REFRIGERATOR

This is the greatest refrigeration opportunity it has ever been our privilege to offer; a chance to give your home and family the health and flavour of perfectly refrigerated foods, cool drinks with tinkling ice cubes, delicious frozen desserts; a chance to give your pocketbook a continued rest with countless savings. Choose your refrigerator NOW. Pay as little as \$3.75 a month (less than 15¢ a day) depending on the model, and let it start saving for you; saving ice bills, saving food and saving cash by letting you buy in larger quantities at bargain prices.

Canada Northern Power Corporation Limited
Controlling and Operating
NORTHERN ONTARIO POWER COMPANY LIMITED
NORTHERN QUEBEC POWER COMPANY LIMITED