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'SALADA' TEA

Carefully Planned Diet Has Influence on Health

Unusual Meal Schedules Play No Part in General Work of at Least One Sanitarium Where Laws of Nutrition Operate.



(By Edith M. Barber)

It's the fashion to "diet" nowadays, as you have probably discovered. Perfectly well people as well as those who are not up to par are discussing loudly the question of what to eat. Sanitariums which specialize in diets are well patronized.

You can imagine my amazement when I went up to the Poconos recently to find a sanitarium where there was no unusual schedule for meals. While there were, of course, a number of persons on special diets, the general menu was based on the same sound nutrition principles which I have been stressing in this column for years.

The menu, except for the fact that there were innumerable vegetables and fruits, differed little from the meals which you choose, or should choose, at home. The vegetables were carefully cooked, and there were always several served raw.

Meats were generally broiled or roasted, and desserts were simple—custards, ice-creams, ices and a large choice of the fruits.

The same choice of diet throughout life has an important influence upon health when age creeps upon us. On the contrary, a program of careless eating, with failure to include plenty of vegetables, fruits and milk in our meals, brings consequences unpleasant and sometimes serious. Ill effects, however, can often be corrected by adopting a new program, perhaps after a regime of special diet.

Glazed Carrots

- 1 or 2 bunches carrots
 - 2 tablespoons butter
 - 2 tablespoons sugar
 - Dash nutmeg
- Scrape and slice the carrots. Cook with as little water as possible and keep covered until tender. Most of the water should have evaporated by the

time they are cooked. Time of cooking depends upon the quality of the carrots, from 20 to 30 minutes. Add butter and sugar, stir gently once or twice over a low fire and cook two to three minutes until sugar melts.

Rice Steamed in Milk

- 1 cup rice
 - 3 cups milk
 - 1 teaspoon salt
- Wash rice and steam in milk in double boiler about 45 minutes. Serve with crushed fruit, shaved maple sugar or hard sauce.

Vegetable With Cheese

- 3 tablespoons butter
 - 1 tablespoon chopped onion
 - 1 tablespoon chopped pimento
 - 2 tablespoons flour
 - 2 cups canned tomatoes
 - 1 cup canned peas
 - 1 1/2 cups boiled rice
 - 1 tablespoon chopped parsley
 - 2 teaspoons salt
 - 1-8 teaspoon pepper
 - 1/2 cup grated cheese
- Melt butter, add onion and pimento. Cook slowly for five minutes. Add flour and mix well. Add tomatoes and cook until mixture thickens slightly, then add the other ingredients. Put in greased baking dish and sprinkle with grated cheese. Bake in hot oven (400 degrees F.) 20 minutes.

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Thinks Relief to be Problem of Dominion

Union of Canadian Municipalities Express Views at Convention at North Bay Last Week.

Relief problems as they affect Canadian municipalities, and the financial responsibility of the Federal Government for relief costs, together with methods of financial and budgetary control for municipalities, formed the principal subject of discussion at the 35th annual convention of the Union of Canadian Municipalities which closed in North Bay shortly after noon on Thursday of last week.

The unanimous opinion that the cost of direct relief was beyond doubt a responsibility of the Federal Government was the result of deliberations on the problem that occupied the greater portion of the time devoted to business sessions. From the very outset of the discussions the delegates were united in this belief, and it was further strengthened as the meetings proceeded.

Resolutions passed at the Dominion Conference of Mayors held at Montreal in March last were concurred in by the U.C.M. delegates, asking that

the Dominion government assume the entire cost of direct relief. In addition, a number of other resolutions submitted by provincial municipal unions, by the executive and by individual municipalities were concurred in.

Officers Elected

The election of officers for the ensuing year held just before final adjournment resulted in the election of Alderman J. J. McRae, Vancouver, B.C., first vice-president in 1934-35 to the office of president for 1935-36; Mayor W. G. Bullbrook, retiring president, was named honorary president of the union, together with W. D. Light-hall, K.C., L.L.D., Westmount, Quebec, the founder of the Union of Canadian Municipalities.

The result of elections to other offices was: First vice-president, Mayor J. W. Brittain, St. John, N.B.; second vice-president, Mayor Camilien Houde, C.B.E., Montreal; third vice-president, Mayor W. J. Cullen, Sudbury; secretary-treasurer, S. Baker, London.

Appointment of an advisory board and provincial executives was left in the hands of the incoming executive.

During the convention papers were delivered by Dr. H. L. Brittain, Toronto municipal expert, on "Municipal Budgets" and "Municipal Taxation," and by Relief Officer B. G. Gosse, of North Bay, on "Municipal Relief Problems."

Montreal Parley Failed

Charging that the failure of the Montreal conference of Dominion mayors in achieving results was because it lacked a definite organization and sponsorship, retiring President Mayor W. G. Bullbrook urged the delegates to make every effort to bind each Canadian municipality into a concrete whole, that through the weight of influence Canadian mayors might become a force in national affairs which no federal government could afford to ignore.

In his paper on "Municipal Relief Problems" City Relief Officer B. G. Gosse advised the delegates to have their relief systems on as simple a basis as possible, in order that a rigid check on distribution might be maintained at all times. No immovable standard allowance for relief could be established and successfully adhered to, in the opinion of Mr. Gosse. The allowance must be graduated to fit the needs of the individual family.

Dealing with the problem of relief for transients—which title he termed very misleading—Mr. Gosse cited this particular phase as an example of the responsibility of the federal government for relief costs.

Members of this particular class were from being "professional" hoboes, rather they were in many cases well educated young men who were the victims of circumstances. One of the most unfortunate aspects of the present unemployment situation, Mr. Gosse said, both as regards to transients and young men and women finishing school, was the breakdown in morale which was an inevitable result of continued unemployment.

Hospitalization

Another example of federal responsibility was to be found in the experience which municipalities had had with hospitalization, according to Mr. Gosse. In many cases relief recipients had gone or been sent to hospitals for operations and treatment when such care was not essential, thus adding to the already heavy burden on solvent taxpayers. In many cases the first notification received that the relief recipient was in hospital was the notification from the hospital itself.

The practice of many landlords in housing relief recipients in homes which under other and more favorable circumstances would be termed unfit for human habitation, came in for sharp condemnation by the speaker. Exacting of a "pound of flesh" by landlords in housing relief recipients in houses of this type, and refusing to

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That Body of Yours

By James W. Barton, M.D., Toronto

Heart Disease May Have No Symptoms

The most serious forms of heart disease do not cause any pain or discomfort or even the consciousness of the heart whatsoever. This is so true that it may be said that heart disease is a disease without symptoms. When there are symptoms it is when some other organ has become involved and the heart disease has existed for a long time.

What, then, are the signs of heart disease?

So long as the heart is able to do its work properly, there are no signs. A valve may leak or be obstructed, the heart may be enormously enlarged or underdeveloped or the muscles of the heart may be affected, but as long as the heart does not break down in its task of circulating the blood there are no signs of any trouble as far as the patient knows.

When, however, the heart fails to pump the blood, there is stagnation in the lungs and the person has shortness of breath, or there is stagnation in the feet and they become swollen and puffed up, or stagnation in the liver and there is pain when pressure is made over the liver.

So we may say that shortness of breath, swelling of the feet, and tenderness over the liver are the cardinal or outstanding signs of heart trouble.

In this clear and simple language Prof. Louis Faugeres Bishop, Fordham University, tells us what we all should know about the signs of heart disease. Thus up to the time the signs—shortness of breath, swelling of the feet and tenderness over the liver—occur, any trouble that exists in the heart can only be found by an examination which may reveal the facts that will later on cause the above signs.

Now there can be pain of course in the heart region in some forms of heart ailment when there is exertion, overeating or an emotional disturbance. This occurs in angina pectoris of which I have frequently written.

The point then is that the heart may have considerable trouble within it and there will be no signs or symptoms.

The thought then is that an examination of the heart by your physician will reveal that you have heart trouble or that you haven't.

If you have heart trouble your physician can outline a course of heart treatment and a safe method of living. If you have no heart trouble it is worth while knowing it.

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7,000 Cocktail Styles on File in London, England

The following was handed in to The Advance this week with the suggestion that "they do things pretty well over home, you know, in some things"—

The United Kingdom Bartenders' Guild opened a club of their own in Old Compton street, Soho, the London Times records. The members of the guild are for the most part expert cocktail barmen, and one of their objects is to maintain the standard of cocktails so that the customer in any hotel or restaurant may be sure that his drink is really the one he asked for.

All the cocktails invented by guild members are registered in the journal of the organization to prevent duplication of a title, and the guild is in regular communication on the subject of cocktails with the large hotels of America and Europe. London, it is stated, has become the headquarters of the "cocktail world." The guild each year holds a competition for a challenge cup, and last year there were more than 400 entries.

Seven thousand cocktail recipes have already been recorded. Fresh fruit juices are an ingredient of many of those which have recently come into fashion and a number are also made with fresh cream and liqueurs.

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BE BEAUTIFUL

By **ELSIE PIERCE**
FAMOUS BEAUTY EXPERT



GLORIA SWANSON realizes the importance of proper carriage to keep a slim look to one's figure, shoulders are down and back, tummy is in, and back is a straight, youthful line.

PROPER FOUNDATION GARMENT HELPS PRESERVE FIGURE PERFECTION AND ENCOURAGES GOOD POSTURE

Not long ago I saw the lovely Irene Castle preside at a fashion showing of undergarments and their relation to various types of costumes. She looked 25, as poised, and graceful as ever. She explained that her carriage is quite natural, that in childhood she had her mother and Lady Ribblesdale as models and both had absolutely perfect posture; and although she herself belonged to the era of the debutante slouch, she did not ape it.

Habits formed at 20 stay with one. Yet posture becomes increasingly important as one grows older so that one has constantly to combat bad habits, undo the effect of wrong teaching, and start from scratch. It may be doubly difficult, but it is also doubly compensating. A woman of 40 who carries herself well is a source of satisfaction to herself and a joy to her spectators.

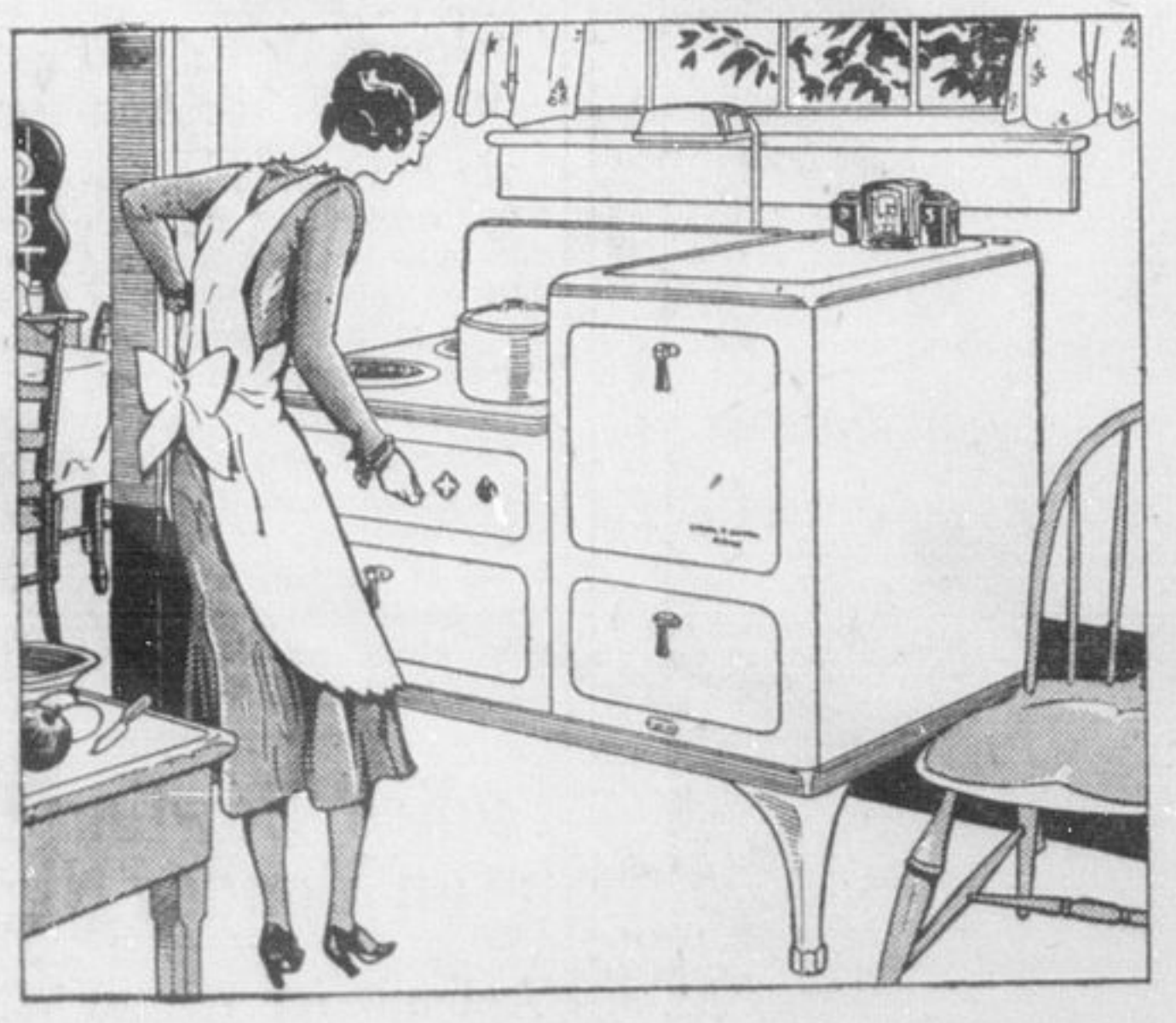
Right Size Important
One point was stressed that impressed me very much: women make the mistake of getting a corset one size too small, which is as serious as getting shoes too small. If you have ever made this mistake you know how a small garment wrinkles up instead of giving a smooth, flawless line. The two-way stretch models worn to-day are a far cry from the steel-ribbed birdcages of years ago. There are special foundation garments for

sports wear that give one control and permit freedom of movement at the same time. Then there are foundations for afternoon and ballroom foundations for evening. There are garments to fit the price of any purse, garments to flatter any figure. For summer there are garments that weigh next to nothing. For flabby or "flaming" busts there are brassieres that lift and give one a very youthful line. For the underdeveloped there are similar "bras" that give the figure a curved, feminine appearance. Wonders, every one of them. Well, corsets have certainly come back to fashion, but are they corsets?
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Hamilton Herald:—All that Mr. Aberhart has to do now is to find the irreducible minimum bonus which he promised to pay the people of Alberta, whether they are employed or not. And Mr. Aberhart may learn the bitter lesson which we learned some time ago—that everybody is very pleasant until you want to raise money, and that when you do it's a pretty tough old world.

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Ho-Hum! Hi-Diddle-Didde! Man Cannot Reach Moon

(Toronto Telegram)
Someone is always taking the joy out of life. Professor E. V. Appleton, chairman of the British National Committee for Radio Telegraphy, says that man will never be able to reach the moon because of a belt of intense heat that encompasses the earth in the upper atmosphere. So ends another cherished fancy. The statement means, if true, that the cow never jumped over the moon. That means that the little dog never laughed to see such sport, and implies that the dish never ran away with the spoon. From this it would not be too much to assume that the cat and fiddle were never in their fabled conjunction and, in fact, that the whole story was a lot of hey-diddle-diddle.

So much for the past; what of the future? It is sad, too. The professor has dispelled the most delightful of dreams—that of a rocket trip to the moon. That was an experience to long for. Think of the start from the earth—whoosh, and you're off—the swift flight through space, the passing of the stars, and the landing on Luna, shining queen of the night. Think of packing your grips for a week-end on the moon and the proud retelling of the events of the journey. It is too sad to think of. It is doubly sad. There is not only a substantial subtraction from the sum of potential pleasure; there is a loss to science that is incalculable. If the facts are correct, one question of immense import can never be answered. No one will now be able to prove that the moon is not made of green cheese.

Canada Lumberman:—The world travels so fast nowadays a man has to run to stay right where he is.

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