

The most important part of any picnic

CANADA DRY

The Champagne of Ginger Ales

Now available in new handy home packages

Various Ways to Use Fresh Strawberries

Recipes for Strawberry Sauce, Raspberry Mousse, Raspberry Rice, Etc.

As each fruit as it appears on the market has some particular appeal, fresh raspberries served with cream and sugar never really lose appeal, but a little variety in serving improves them. The following recipes, prepared by the Fruit Branch, Dominion Department of Agriculture, suggest some delectable methods of using fresh raspberries.

Raspberry Sauce
(For puddings or ice cream)
2 cups raspberries
½ cup fruit sugar
Crush berries with sugar and allow to stand one-half hour. Press through a fine sieve, beat well with a fork and chill before using.

Raspberry Mousse
1 cup raspberries
24 marshmallows
½ cup milk
½ cup whipping cream
Melt marshmallows in milk in top


of double boiler. Cool. Press berries through a fine sieve and add to marshmallows. When thoroughly cold, but just beginning to set, then fold in whipped cream. Freeze in refrigerator tray.

Raspberry Rice
2 cups cooked rice
½ cup whipping cream
2 cup raspberries
4 tablespoons sugar
Whip cream, add sugar and cold rice, then carefully fold in raspberries. Serve very cold.


Raspberry Chocolate Cake
½ cup butter
1 cup brown sugar
2 eggs
½ cup sour milk—½ teaspoon soda
2 oz. (or 2 squares) chocolate
½ cup boiling water
1½ cups flour—2 teaspoons baking powder

Cream butter and sugar. Add eggs one at a time, then add chocolate which has been dissolved in boiling water, then milk in which soda has been dissolved, then flour and baking powder. Bake in 2-layer cake tins. When cool put together and ice top with following icing:—
Crush 1 cup raspberries and add 2 tablespoons melted butter. Stir in sufficient icing sugar to make icing.

Extra-Fresh! Extra-Good!



Nowadays doctors prescribe St. Charles for infant feeding




That Body of Yours

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

Lack of Thyroid Juice Causes Backwardness

I often write about the effects of having too much juice manufactured by the thyroid gland in the neck. This causes nervousness, rapid heart, tiredness and loss of weight. All the body processes work too fast.

However there are cases where this is not enough thyroid juice manufactured and the individual is listless, not active mentally or physically. There is usually an increase of weight because the body processes do not burn up the food well and so allow storage of fat. This ailment is known as larval myxedema or inefficient thyroid and in addition to symptoms outlined above there is low temperature, cold hands and feet.

Dr. A. J. E. Akeleit, Rochester, N.Y., in the Journal of Nervous and Mental Disease declares that in every case of myxedema, where there is no psychosis (fear of an ailment), there is a specific mental condition as shown by the mental and physical backwardness, and an ever present feeling of tiredness. As these patients realize that they are a little backward in everything, they are apt to be depressed and irritable.

The most frequent type of mental disturbance in these cases is where there seems to be a combination of delirious imaginings with hallucinations (when the patient thinks he sees or hears things that do not exist). With this is a clouding of the consciousness so that the patient has difficulty placing himself, things, or other people and he may believe he is being persecuted.

Dr. Akeleit further states that this lack of thyroid juice may start a mental disturbance in the nervous type of individual. "Definite improvement occurs in myxedema under treatment with thyroid extract and the treatment should be individual in each case. It is advisable to start with small doses of thyroid because these patients are extremely sensitive to thyroid extract."

When the symptoms of myxedema (backwardness mental and physical tiredness and overweight) are prominent, it is not hard to tell what is wrong. However there are various ailments such as rheumatism, neuralgia, pain in lowest part of spine, sluggish liver, constipation, extreme mental sluggishness in backward children, where the underlying cause is due to the fact that there is not sufficient thyroid juice being manufactured (myxedema) to fight off the poisons of these ailments.

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Premier Embarks on Tour of Meetings in Province

Hon. Mitchell Hepburn, premier of Ontario, is reported as greatly improved in health and started now on a regular tour of summer public meetings. He is to open the Canadian National Exhibition at Toronto on August 28th and between now and then he is said to have a dozen or more public speaking engagements. The places at which he will speak this summer seem to be scattered over the province. The North is the only section that appears to be completely missed. There are so many speaking engagements for Hon. Mr. Hepburn that it looks enough like an approaching election to justify Hon. Earl Rowe's advice to his followers to be ready any time for a contest.

Blame Dismissals Policy for Some of the Fire Hazard

The increasing fire hazard, destruction of valuable timber, and the existing menace of many settlements in Northern Ontario, are attributed by observers to wholesale dismissals of fire rangers by the Hepburn government, according to a Toronto despatch.

"The reduction of the staff of the forestry department is claimed to have accentuated the dangerous situation brought by the extreme dry spell, and is felt to have had much to do with the headway made by the fires.

According to a return made by the government during the past session of the legislature, 27 members of the department were dismissed from the service. Included in the dismissals were pilots of the forestry patrol, service, ground men and foresters.

Literary Digest:—Proprietors of a Rochester, New York, bowling alley want to know what to do about burglars who can't read. They hung up a sign reading "This safe does not contain money," but yeggmen got away with \$1,100.

Summer Lunches Should be Light and Appetizing

Addition of Hot Soup and Hot Beverage will Turn Meal Plan for Hot Day into Satisfying One, if the Weather Should Suddenly Turn Cold.



(By Edith M. Barber)

Summer luncheons should be light and appetizing whether they are party luncheons or just every day home meals. If a sudden cool day comes upon us and the meals are planned for a warm day, the addition of a hot soup will easily make it into a satisfying meal, or the cold sandwich may be toasted and with a hot beverage will be just right.

In warm weather we naturally depend upon sandwiches and salads for lunch. There are so many different

kinds of both of these that we would not need to use the same one twice all summer. Of course, we will because we have our special favourites. The day after the Sunday roast is a good time for a hot roast beef sandwich with gravy or a chicken club sandwich. Toasted cheese and bacon, broiled tomato and bacon or scrambled eggs with onions and minced ham are all suggestions for satisfying luncheon sandwiches.

Meat, fish or potato make hearty salads. The first two usually have mayonnaise or cooked dressing. Fruit and vegetable salads are lighter and are usually served with cold meat or cheese and egg dishes. Then there are the frozen and jellied salads of vegetables and fruits.

Omelets or other egg dishes with a well seasoned sauce and cheese dishes both fit into warm weather lunches. Try grilled sardines with tomato jelly some day or salmon loaf or deviled shrimp or tuna.

For luncheon desserts there is nothing better than the fruit which is at its best at the moment—melons, berries, pineapple and cherries. Be sure they are chilled before serving. They may be made more elaborate by serving ice cream with them or by mixing them with marshmallows. Cookies or cake may be added also.

For beverages for hot weather Luncheons we find those who prefer hot tea to any cold drink with a meal. Others like iced tea or coffee, ginger ale, cocoa, grape juice, or lemonade. It is often possible to give a choice and then everyone will be satisfied.

Ginger Ale Salad

2½ tablespoons gelatin
3 tablespoons cold water
½ cup boiling water
¼ cup lemon juice
2 tablespoons sugar
1 cup ginger ale
½ cup grapes
1 small banana
¼ cup chopped nuts
Soak gelatin in cold water five minutes and dissolve in the boiling water. Add lemon juice, sugar and ginger ale. Cut grapes in quarters and remove seeds. Separate oranges in sections and remove membrane. Slice banana. When ginger ale mixture begins to thicken fold in the fruit and nuts. Turn into a mold which has been dipped in cold water. Chill, remove from mold, garnish with crisp lettuce leaves, serve with fruit salad dressing.

Mexican Sandwich Filling

1 cup tomatoes
½ can pimientos
1 cup shredded dried beef
¼ pound American cheese
Chili powder
Break beef into small pieces, put into pan and cook without extra fat until brown. Add pimientos cut small, and tomatoes; stew until well blended. Cut cheese into small pieces and add stirring until melted and well mixed. Season with salt, pepper and chili powder. Chill and spread between slices of bread, rolls or on slices of toast.
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Arc Welding is Now Done Under Water

(By Shakes)

Shortly after the war, engineers were astonished to learn that Europeans had successfully used the oxy-acetylene torch for work under water. It was claimed and proved at that time that the torch was capable of cutting metal of almost any kind far below the level of the sea and thus opened great possibilities in salvaging many of the ships torpedoed and sunk during the war.

Adventure story magazines have bristled with tales of hunting treasure under the sea, using the torch to cut away steel plates leading to the vaults. But not everything is possible under water with the oxy-acetylene affair, intense though its heat may be. In the first place, it must be lighted before the diver descends and the only way of lighting it again should it go out is to come up to surface. Then too, the torch must be held at certain angles, else it goes out.

Now engineers announce the success not only of cutting, but welding metal underwater by means of an electric arc. Fantastic though it sounds, the new method has spread so quickly in North

America that it has almost entirely replaced the older idea.

Metal under water provides a perfect "ground," so all that is necessary is a high tension contact to produce an arc of the high temperatures of the electric furnace. This contact is provided by a carbon rod through which two small holes are drilled. When in operation under water, oxygen at high pressure is fed into these holes and emerges at the edge of the arc. A crackling noise, made by the rapid expansion and contraction of the globules of molten metal, comes from the arc when in operation. It cuts faster than the older oxy-acetylene method, is cheaper, and can be used for a greater variety of purposes. The angle at which the "torch" is used does not affect its efficiency.

At first alternating current was used for the arc but this was found to be too dangerous. If the carbon came at all close to the metal parts of the diver's suit, it was likely to produce dire effects, since the diver himself made a fine "ground" for the current. Now, direct current is used and greater safety for the diver has been attained. Still, the man operating the arc dare not be careless. Should he bring the carbon too close to his suit, he might get a shock that would at least knock him out.

SINCE I BEGAN WASHING THE BABY'S CLOTHES WITH PRINCESS FLAKES, HE'S NO LONGER PEEVISH AND IRRITABLE—IT WAS STRONG SOAP THAT CAUSED DIAPER RASH—NOW IT HAS DISAPPEARED!

I'VE NOTICED IT RUTH—NOW HE'S AS HAPPY AS A LARK!



"I do the work ...you take the bows"



"Just choose your menu, snap my switch — AND LEAVE THE REST TO ME. You don't have to worry about my cooking heat; you don't have to hover over me to see whether or not I'm doing the job properly. You take that

for granted, going about other things or enjoying a good rest. Then . . . when mealtime comes, all you do is dish up and serve my culinary masterpieces to a delighted family, taking all the bows for the full, rich nourishment and flavours I've so carefully retained."

Canada Northern Power Corporation, Limited

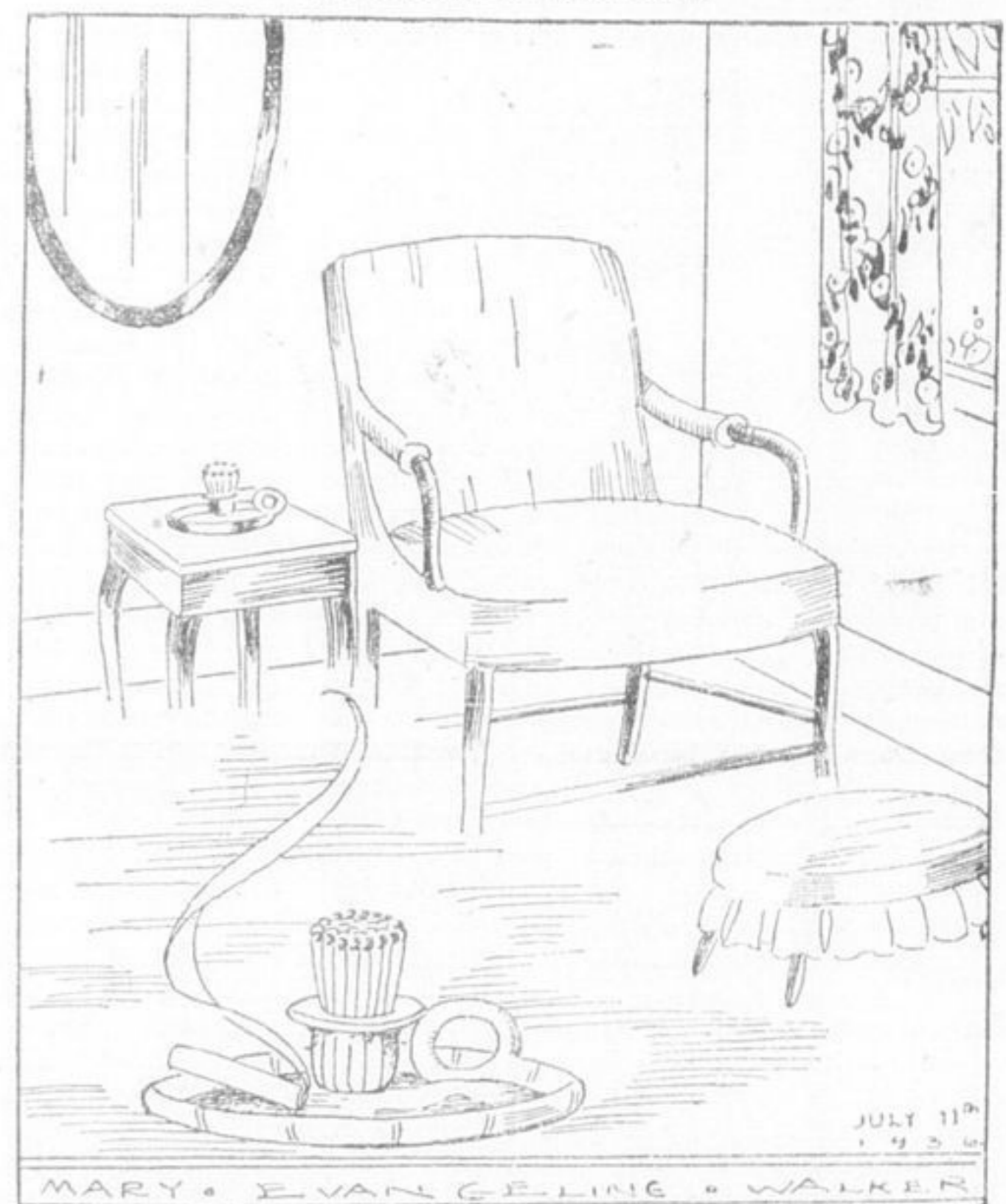
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The Household by Lydia Le Baron Walker

QUAINT FLAT CANDLESTICK ASH TRAYS, NOVELTIES FOR INTERIOR DECORATION



The flat candlestick ash tray (pictured above) is decorative on the table.

A new use for flat candlesticks has been discovered. Instead of the regulation purpose to which these candlesticks were used, and still are in homes minus electricity or gas, a thoroughly modern use has been discovered. So if you have any of this style of candlestick, now is the time to bring them out to use for match box ash trays. Or if you have none of these sticks, you can follow the fashion by purchasing one or two, as they are now fitted with matches formed into conical peaks, and are on sale. They are a gift shop specialty.

Bedroom Candlesticks

Flat candlesticks were generally used to take to bedrooms, being distributed downstairs, so that the light from the candles would illumine the way through the dark halls. Because of this use the name bedroom candlesticks was sometimes given them, although they were flat candlesticks. The holder for the candle is fixed in the centre of a dish at one side of which is a little handle.

Ash Trays and Matches

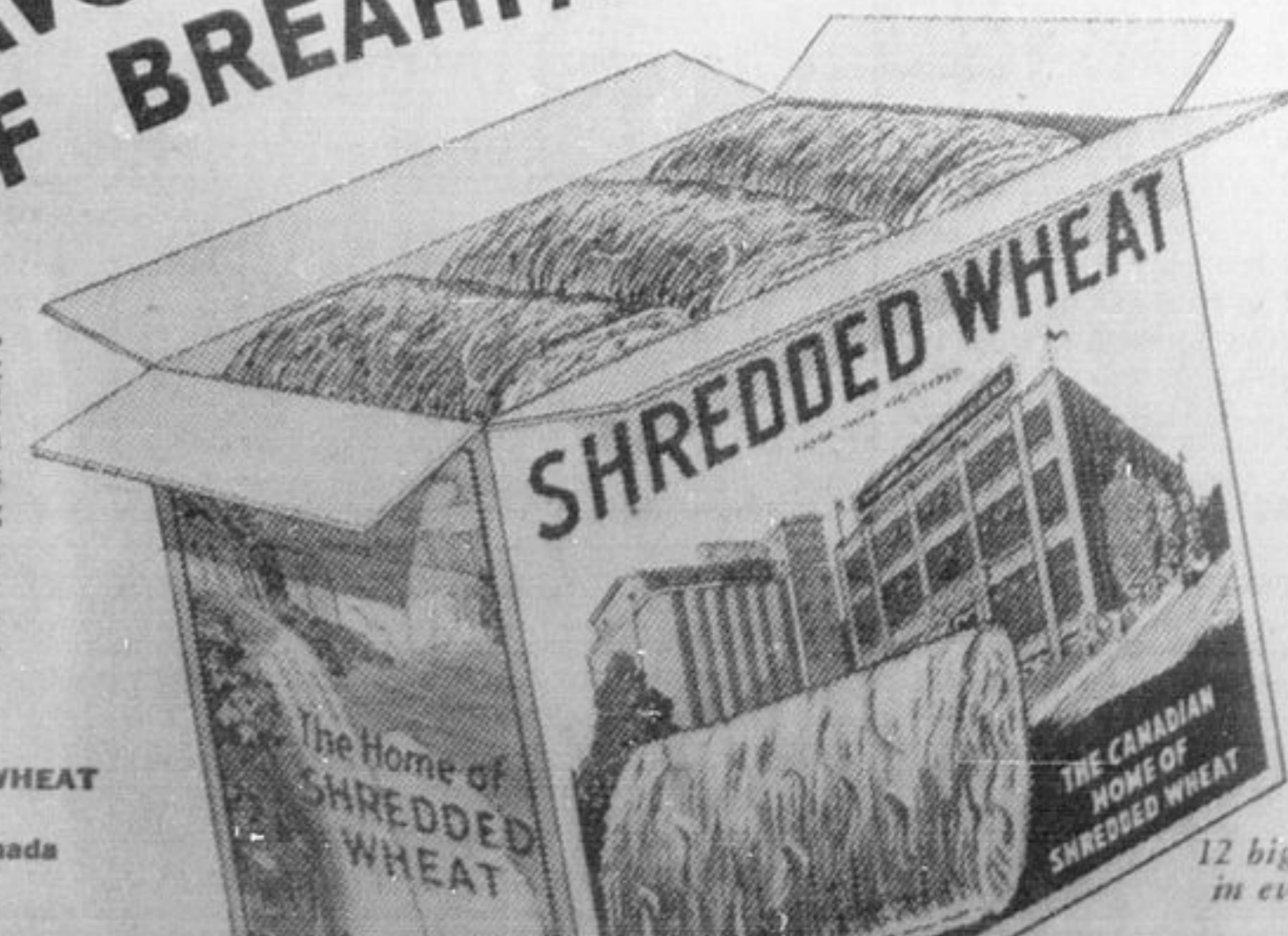
It is these candlesticks that are among the decorative ash trays for modern homes. The candle holder is filled with matches, gay-tipped ones, sometimes arranged in circles of contrasting colors, sometimes in one color. These filters can be purchased for a few pennies or holders can be easily filled. The dish about the holder is the ash tray, and place for burnt matches. Flat candlesticks of China pottery, brass and silver when fitted as described add smart novelty notes to interior decoration.
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