

NANCY, THANKS FOR THE TIP ON PRINCESS FLAKES—THEY'RE JUST PERFECT FOR DISHES—AND THEY LEAVE THE HANDS SOFT AND WHITE

THAT'S BECAUSE ITS PURE SOAP—NO INJURIOUS CHEMICALS IN PRINCESS.

PRINCESS PURE SOAP FLAKES

Some Food Observations Made in Panama Area

These Ships from All Nations Bring Their Foodstuffs, but What is Chiefly Eaten in the Area is Something Altogether Different. Interesting Notes and Some Recipes.



(By EDITH M. BARBER)

Panama—where East meets West and North meets South, where ships of all countries pass slowly through the canal, that wonderful man-made waterway which brings the Atlantic and Pacific together! From the bank of the Gatun Lock, we saw ships from Italy, Denmark, England, South and North America. On each one of the food customs of the native countries were being practiced. In the Spanish cities local foods and seasonings and native dishes remain the same. For the large American colony, every boat brings the products of our own market. The foreign ships bring from China the favourite foodstuffs for the merchants whose shops line the street.

A visit to the market house to show you the local products—the casaba, the yam, the breadfruit, the chayote or chocho, that squash-like vegetable which is so plentiful. It will show you the mangoes and papaya, the pineapple and the other tropical fruits. At the

Army commissaries you will find many of the vegetables and fruits which we see every day in New York. At the market you may buy local or American meats, which differ enormously in price. There was much discussion and a great difference in opinion as to whether the local meats have flavour. I should note that I had no criticism and nothing but praise for the steak of local origin which I enjoyed at dinner with some of my Army friends at Albrook Field, where you can imagine how much I appreciated a home-cooked meal whose finale was lime meringue pie.

A high spot in my travels, however, was the luncheon of native products so thoughtfully arranged for me by Mr. Lewis, manager of the Washington hotel, on the eastern side of the canal and owned by the United States Government. First came a papaya cocktail, balls of golden molon with a highly flavoured tomato sauce. Then broiled lobster, which is really a crawfish, but which is tender and full of flavour. With this there was chocho with Hollandaise. The finale was an ice flavoured with the native mint. For a drink we chose limeade rather than a rum cocktail or planter's punch, as in my opinion the tropics are too hot in the daytime for the enjoyment of alcoholic drinks.

The Stranger's Club prides itself upon its planter's punch, and after the usual late afternoon shower and the consequent lowering of the temperature a planter's punch can be appreciated.

On the Pacific side of the canal the Hotel Tivoli offers pleasant accommodations to travellers, and there are several large restaurants of the beer garden type which are popular with inhabitants and visitors. You may eat and drink to music while the breeze from the open side cools you.

Although the distances are so short between the Pacific and the Atlantic there is no automobile road across the isthmus, which may be crossed by plane on a few minutes, by train in a couple of hours or by boat in seven or eight hours instead of the weeks which it once took for the journey around the cape at the tip of South America.

Broiled Live Lobster
Split a live lobster or have it split at the store. Place on a buttered wire broiler. Broil eight minutes on the flesh side, turn and broil six minutes on shell side. Serve with melted butter.

Steamed Squash
Wash squash, quarter or cut in thick slices. Steam fifteen to twenty minutes until soft. Drain well and serve with Hollandaise sauce.

Mint Ice
2 cups water,
2 cups sugar
1 large bunch mint, finely chopped
Juice of six lemons

Juice of two oranges
1 teaspoon grated lemon rind.
Green colouring matter
1 egg white.
Boil water and sugar to a syrup five minutes. Pour over chopped mint, cover and let stand one hour. Then strain over fruit juice and rind. Add green colouring matter and fold in beaten egg white. Freeze. Decorate with sprigs of mint.

Cocktail Sauce
1 cup ketchup
2 tablespoons tarragon vinegar
1/2 teaspoon tobacco sauce
1 teaspoon Worcestershire sauce
1 tablespoon horseradish
1 tablespoon celery, finely minced
1 tablespoon onion, finely minced
Salt
Mix ingredients thoroughly and serve with oysters, clams or any sea food.

Lime Meringue Pie
1/2 cup flour
1 cup sugar
1 1/2 cups boiling water
2 eggs
Grated rind of one lime
1 tablespoon butter
3 tablespoons lime juice
3 tablespoons powdered sugar
1 baked pie shell.
Mix flour and sugar, add boiling water slowly and cook five minutes, stirring constantly. Cook over boiling water ten minutes, stirring occasionally. Add well-beaten egg yolks to the cooked mixture. Return to boiler and add one lime rind, butter and lime juice and cook until the mixture thickens. Cool and fill a baked pie crust. Cover with a meringue made by beating the egg whites and adding the powdered sugar. Brown meringue in a 225 degree oven.
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Why Do Some Newspapers Side with the Communists?
(From Peterborough Examiner)
It is difficult to understand the viewpoint of those newspapers which seem to take a delight in taking the side of Red agitators against the police officers whose duty it is to enforce the law of the land. The justification given for this perpetual nagging at the police is that the papers are fighting for freedom of speech and sometimes one could wish that some loud-voiced soap box orator might take up his stand in front of the office of one of these journals and start haranguing the crowd as to the paper's editorial and business mispractices so that we might see just how sincere this anxiety for free speech really is.

The police in a city like Toronto have troubles enough without being attacked unfairly by a section of the press. A few nights ago a band of Reds attempted to hold a meeting in one of the city's parks and because they had neglected the formality of securing a permit for such a gathering the police broke up the meeting and eventually two or three of the ring leaders were taken to the police station. The outcry from one of the city's papers could not have been louder had the officers turned a machine gun on the 35 or 40 persons.

The law in regards to gatherings of this kind was well known to the disturbers who attempted to stage the meeting. They knew they had no colour, or right, as the by-laws of the city of Toronto stand, to hold a public meeting in a park without securing permission and yet they went ahead with the demonstration and defied the authorities. The police did not make the law but it was their duty to see that it was respected and because they proceeded to that end they were assailed as if they were members of the O.G.p.u.

Try The Advance Want Advertisements

The Canadian Legion in the Porcupine

By One Interested in their Welfare

Now that the Pilgrims are on their way home, the Legion can settle down once more to things on hand. The Pilgrimage has been a wonderful success, and has given Europe a lesson which will do much to cement the nations in a solid frame for peace—not war. The great gathering of 7,000 Canadians at the unveiling ceremony, gave all the nations something to think about. France showed its appreciation by giving the visitors a wonderful tour, with lots of banquets and social events thrown in. Belgium reacted rather strangely considering what that country owes the Allies, but although the Pilgrims were sneered at in some quarters, and charged exorbitant prices for tea, and other edibles, the men who captured Passchendaele put it down to the change of time and the strong communistic element in the country, more especially among the young folk. Germany took a great deal of notice of the Pilgrimage and Berlin papers gave big space to the event. One paper praised the organizers of the trip and the Canadian people for its beautiful tribute to its heroes.

Those Canadians Again!
Of course the trip has had its humorous sides and some of the letters reaching here tell some very good ones. One letter mentions the story of the King's garden party at Buckingham Palace. It seems that there was no parade to the event. Some went in taxis, others by bus, but some said to Ze of Cockney birth, but adopting Canada as their country, hit upon the novel plan of driving up in true London style—via the hansom cab route. The Legion beret was the Alf's Button and a touch of the head-dress and the portals were open. Outside the Guards were on sentry duty, and it is a nationally known custom that these men do not speak while on duty. Those Canadians, descended from their antique conveyances and walked right up to the Guard, and asked in regular style: "Is this 'ere the 'ouse where Prince lives." The sentry remained dumb. "We've come all the way from Canada, and this is 'ow yer treat us, we'll say, and can keep yer 'igh at on, were going in, see." The friendly London bobby opened the gates and with a L.W. which would have made Pavlova jealous the group entered. The letter says that later while the rain was pouring down outside, it was fun to watch the antics of many of the Pilgrims. Mothers were shown chairs where Queen Victoria sat, and of course had to try them out. One old trooper was observed sound asleep on an early Victorian davenport, and the guide remarked:—"If he don't wike up soon, we'll have to charge room and board." The episode which flabbergasted the real staid Britisher was when the gathering sang: "For he's a Jolly Good Fellow," right in the King's own garden at that. Those Canadians sure have made history. It's the first time a gathering ever sang anything but the National Anthem in the massive grounds of Buckingham Palace, and both our young King and his mother were deeply touched by this show of heartfelt loyalty and love. There is no anthem written yet which can express in words and music the true feeling of loyal people to our young King, but the 7,000 mixed voiced choir, gave the only one at present available. Some of the pilgrims performed individual services for those unable to take in the trip. They have visited relatives, decorated graves, transacted business and there is no doubt that each and every one will return home with interesting highlights of the Legion's effort

to foster comradeship and maintain peace. Premier Baldwin's words "There must be no more Vimys" echoes the sentiments of all true, loyal Canadians and those 7,000 Pilgrims have shown Europe they can never forget. **One Gong! One Hammer! Wanted**
When it comes to novel events in the way of entertainment, one finds the Timmins branch of the Canadian Legion always to the fore. They made a great success of bazaar features. The other organizations followed suit and the summer bazaars got to be a nuisance. The Legion stopped holding them, and again all others quit as well. Another event was the very novel way the Timmins branch made a draw for a car. It was one of the best ever devised. Then others saw the possibilities and it became a case of being stopped continually on the street to buy these tickets. Again the Legion stopped their own draw. Now the local branch intends holding another big event. A load toned gong is wanted. A very heavy hammer to strike it, and dozens of people who think they can sing, dance or play to finish the setting. Yes, you've guessed it—The Legion is going to run a gigantic Amateur Night, or maybe two or more nights—if need be. The whole thing has been boiling for some time now. It started from the smokers held monthly at the Legion hall. Each and every one has been a success. Some of the chairmen have claimed getting the best talent, so to speak the argument they are going to let the public decide. It is understood the event will be carried through in true radio style. And the gong will be given no mercy if "The Major" thinks the artist is not worthy. Tap dancers, ukelele strummers, sax blowers, singers,—ballad, popular and just plain singers,—no crooners,—piano thumpers and what have you in the line of entertainment, will be tolerated. Get practicing now for the biggest event of the season—the Legion Amateur Show. Watch for dates. Some wonderful prizes. That's all! Copyright no doubt will be reserved, until some others admit it has great entertainment possibilities.

Zone Picnic Sunday
By general conversation this year's Zone Picnic is going to be the biggest yet. There are buses going from Timmins at 10:00 a.m. Any one wishing to go to Child's Beach, along with the Legion and Auxiliary, are asked to get in touch with the officers or stewards at the club. For a couple of dollars, you can take your family and have a great day. Races and other sports have been planned. If you intend to take in the picnic make your reservation before Friday (to-morrow). Yours for service.
—W. A. Devine, Box 1428

To Preserve Some of the Dialects of Great Britain

From London, England, comes an interesting account of a planned effort to preserve for posterity some of the leading dialects of Great Britain. Actors and actresses called upon to take a dialect part will feel grateful to the British Drama League for their two years' work in recording on gramophone disks 24 English, Scottish, Welsh and Irish dialects.

Of course this number does not represent the total in the British Isles, for it is calculated by the Yorkshire Dialect Society that there are at least 100 shades of difference in that county alone.

At a demonstration of the disks Mr. Geoffrey Whitworth, a director of the league, told how the 24 dialects and their speakers had been selected. Each speaker had to be brought to London to the studios of the Columbia Graphophone Company, sometimes more than once.

One would have thought that a London cockney would be easily obtained, but at his first rehearsal he delivered his talk in a most correct Oxford accent. His education had taught him how to lay aside his normal speech and the microphone had taken the place of the schoolmaster.

Each of the speakers had to repeat a set "piece," comprising all the sounds of the phonetic alphabet. It was interesting to note the wide divergence in some cases, not only of pronunciation, but of the way the sentence would be twisted round to suit the speaker.

Following the set piece came items of stories and readings of the speaker's choice. It was an unusual experience to hear these dialects following each other and to realize the great difference between, say, Devon, Yorkshire and the Irish Free State.

The 12 disks having one complete dialect on each side are put up in three albums of four each. Mr. Whitworth says that most of the speakers, especially those from the south, were agreed that dialects would in course of time die out, and that words and phrases remembered by the older people in their boyhood had even now become obsolete, slight inconvenience.

Milk can be pasteurized in the kitchen by heating in a double boiler to 145 degrees F. and being held at this temperature for 30 minutes. It should then be cooled quickly to 40 degrees F. and held at that temperature in a cool, shady place until used.

Huntingdon Gleaner—Sunlight may be enjoyed at night if the invention of an engineer in Warsaw, Poland, is a success. He is working day and night to perfect a lamp which actually uses sunlight to provide illumination. The sunlight is absorbed during the day by a kind of accumulator and is given out again when the lamp is switched on.

HOW TO MAKE ICED TEA

Infuse six heaping teaspoons of Salada Black Tea in a pint of fresh boiling water. After six minutes strain liquid into two-quart container. While hot, add 1 1/2 cups of granulated sugar and the juice of 2 lemons. Stir well until sugar is dissolved; fill container with cold water. Do not allow tea to cool before adding the cold water; otherwise liquid will become cloudy. Serve with chipped ice.

"SALADA" ICED TEA

The Household by Lydia Le Baron Walker

BAGS FOR HOLDERS ARE DESCRIBED AND DIRECTIONS FOR MAKING THEM ARE GIVEN



Both gay decoration and convenience are features of this bag for holders.

A holder bag is one of the nicest solutions of what to do with the essential accessory of the kitchen, namely hot dish holders. Many ways of keeping holders handy, and in trim array, or in safe hiding have been devised, but the bag is to be commended. It should be large enough to contain several holders, and sufficiently open for them to be easily accessible. The bag should be decorative, an attractive furnishing for the kitchen. The bag that I am describing and giving directions for making has all the wanted characteristics. And to continue the good things about it, the bag is quickly made and costs but a few cents to complete.

Material and Dimensions
The material is table oil cloth. The dimensions are nine inches square, with a handle of two-inch strips one and one-quarter inches wide and tapered to points at ends. All edges are bound with cotton bias binding. An eight petal flower is centred on the front of the bag. At two tips of the handle is a ring worked over with button hole stitches. This ring does double duty as it holds the handle straps together so that they are inseparable at this place and it also is the loop by which the bag can be hung up.

A Flower
A fancy oilcloth is used for the outside, while two predominating colours in plain oilcloth are used for alternating petals of the flower. Each petal is two and three-quarter inches long by one and one-half inches wide and is rounded at one end. The straight end is folded to half its width. Petals are held together in the centre of the flower by a one inch circle of black oilcloth having five or more large French knots distributed over it.

Lining, Etc.
The lining of the bag is one of these plain coloured oilcloths with the crocheted cotton (mercerized) covering the ring, is of the other colour. The handle is attached by machine stitching to one corner of back and front portions. These

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