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Mayonnaise and Other Salad Dressing Recipes

Edith M. Barber Answers a Question from a Reader who Wished Enlightenment on the Matter of Mayonnaise. In Addition There are the Usual Recipes.



(By Edith M. Barber)

"What is the difference between mayonnaise and salad dressing?" asks a reader. Most housekeepers use the term indiscriminately. If we want to quibble, however, we could probably define mayonnaise as the uncooked combination of eggs with a salad oil, vinegar or lemon juice and seasoning. The Federal Drug and Food Administration demands that it contains not less than 50 per cent. of edible vegetable oil.

A salad dressing, when used in the commercial sense, may have a binder in it. When we make salad dressings at home we often use flour to thicken the dressings which are known as boiled. Of course, we are careful not to boil them, but instead cook them over hot water in order that they will not curdle. It is the common practice in most households to keep chilling in the refrigerator jars of mayonnaise and salad dressing which are ready-to-use. Often, however, an individual touch is added to a standard dressing. Sometimes it is a little grated horseradish or mixed mustard; sometimes it is chili sauce or ketchup or a mixed pickle, depending upon what the ingredients of the salad are. Sometimes the mayonnaise or salad dressing may be thinned with whipped sour cream. Occasionally, minced celery, green pepper, pimiento and onion as well as chili sauce are added to make what is called a Thousand Island dressing. To make Tartare sauce we add minced pickles, onion, and sometimes olives, capers and parsley. There is no reason why salad dressing and mayonnaise made with a standard base cannot be different.

Mayonnaise

- 1/2 teaspoon mustard
- 1 teaspoon salt
- Cayenne
- 1/2 teaspoon sugar
- 1 egg yolk
- Lemon juice
- Vinegar
- 1 cup salad oil

Mix dry ingredients and add yolks of egg. Mix well and add one-half teaspoon vinegar. Add salad oil gradually, drop by drop at first, then more quickly, beating with egg beater. As mixture thickens, then with lemon juice or vine-

SNAP
Cleans Hands Quickly

gar and continue adding oil. When finished mixture should be very stiff. Keep covered in the icebox.

Quick Meal

- Cream of Mushroom Soup
- Cold Cuts
- Tartare sauce
- Creamed potatoes
- Corn on the cob
- Sliced cucumbers
- Melon
- Coffee

Method of Preparation

Dice cold potatoes and cook in milk. Prepare cucumbers and chill. Boil water for corn. Husk corn and cook. Open can of soup and heat. Make Tartare sauce. Dress cucumbers. Make coffee.

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Building Better Roads Would Bring Dividends

(From Fort Erie Times-Review)

Although the federal and provincial governments have instituted road building programmes in Northern Ontario for the last few years this Mecca for tourists could be more widely developed as an industry which would yield good returns.

With the surplus of labour to be found on relief lists in many municipalities, a programme of road-building which would open up untravelled reaches of the North Land could be started. Beauty spots which are now so inaccessible they can be visited only by a few would attract more tourists. The tourist industry is now one of Canada's largest but it can be developed still further. And placing more of the country's attractions within reach of visitors should pay dividends.

Not only that, but in the road building campaign new resources of the country might be discovered. Northern Ontario has yielded many fortunes to people who have searched its interior. More may still remain to be discovered.

The objection that building more roads would destroy the picturesque of the country is a small one. Most tourists are willing to sacrifice a little of the picturesque for a few less bumps.



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

That Body of Ours

"It is easy to reduce weight. All you have to do is to eat less food." This is a true saying but hardly fair to the overweight.

The fact that if less food is eaten every overweight will get rid of some of his or her excess weight is absolutely true, whether the cause of the overweight is overeating, underexercising, some gland disturbance or any other cause.

However cutting down on the food intake is not "easy" to one who is overweight.

Nature has been kind to him in a sense by blessing him with a good appetite, a good digestion, and such a economic body that it actually stores up the extra food as fat, whereas in one of normal weight the food is used up by the body and any balance thrown out as waste.

Further, with such a good appetite one who is overweight is not easily "filled" or satisfied with the amount of food eaten as is one of normal weight. This is one of the reasons that bulky foods of low food value are always prescribed on the reducing diet. Thus cabbage, lettuce, celery, Brussel sprouts are given in large amounts, whereas sugar, butter, cream and bread are given in small amounts.

Another interesting point regarding overweights as recorded in the Archives of Internal Medicine, Chicago, by Drs. G. Booth and J. M. Strang, Pittsburgh, is the "changes in temperature following the eating of food."

"They examined the blood pressure and the temperature of the skin after a meal of meat designed to give a satisfied or "filled" feeling in nineteen persons of normal weight and fourteen overweights. The response of the blood pressure was the same in both groups. In the group of normal weight there was a rise of the temperature of the skin which began shortly after the start of the meal and reached a maximum of 3.5 degrees Fahrenheit in sixty minutes. The rise in temperature of the skin in the overweights was definitely less and slower in reaching its full height than in those of normal weight. The point as suggested by Drs. Booth and Strang is that the delayed sensation of being satisfied with the food eaten in the case of overweights may be the reason that they continue to eat longer than others; it takes longer to give the full or satisfied feeling.

The lesson of course is that overweights must stop eating just a little while at least, before they feel "satisfied." They can't afford to wait until they feel satisfied if they wish to reduce weight.

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Ottawa Journal:—That Toronto "baby derby" is now running in second place to the Dionne quintuplets in oddity publicity for Canada. There have been broadcasts about the "anxious mothers," case histories of the leading contenders in the papers, movie "shorts" on the various families. And now word comes from New York rehearsals have started for a stage play called "Stork Mad" dealing with the maternity marathon. The further this thing goes the worse it gets, and it's going a long way yet.

Believes Effective Action to be Needed

Advocates Trial of Boycott of South Until North Us-ed Fairly.

The following is an editorial in the last issue of The Northland Post, Cochrane:—

"In noting in these columns last week the widespread dissatisfaction in the North with the treatment which the North is getting, particularly in regard to its roads and highways, we took some exception to the strong political element that is obvious in much of the complaining. We made it quite clear, however, that we did not agree with the present Government's policy in Northern Ontario any more than we did with the previous administrations. In pushing its economy programme to the limit insofar as northern roads are concerned, the present government is laying up plenty of trouble and expense which will have to be shouldered sooner or later, by itself or a succeeding administration.

"Since writing last week's editorial on this subject we note that Premier Hepburn, in answer to some very pointed criticism, has followed in the footsteps of his Conservative predecessors, and informed the people of the province that the government is spending far more in the North than it receives in revenue. For many years the former Minister of Lands and Forests had harped on that same statement, repeating it on every conceivable occasion and producing figures which apparently proved the truth of the statement.

"As a matter of straight bookkeeping this is on the face of it, quite correct. The government does spend more each year in the North than it receives from timber dues, taxes, etc., from the North. But that is a very one-sided way of viewing the situation. We have only to ask where Old Ontario would be today without the timber and mining industries of the North, to expose the utter fallaciousness of such a way of looking at it.

"As we observed last week, we do not agree with the present government's policy in the North, but we do believe in fair play. And in discussing this subject we believe that it is only fair to admit that previous governments did very little better by way of the North. The Ferguson government, it is true, built the Ferguson highway, but everyone then living in the North must be able to remember what a fight the North had to put up to get it. And not only is the present administration more or less following the mistaken footsteps of its predecessors in this regard, but it is following the attitude of the business and industrial community of Old Ontario. The sooner the people of the North awake to a full realization of the situation, the better. And as we see

it, the situation is this: that business and industry in Southern Ontario is interested in the North in only one way—how much can they sell here and how much money can they make on the sales. As to settling the country and building up flourishing communities, they simply are not interested and do not intend to become interested. And the succeeding administrations at Queen's Park taking their cue from big business, have adopted the same attitude.

"Can the North do anything about it? Well, it would be most surprising if, out of the mass seething discontent that one finds on every side these days, nothing was done about it. It is reported that the Liberal Association of one section is petitioning for a plebiscite on the question of secession. Talk of secession is also being heard from other quarters, so it might be worthwhile to briefly consider the proposal. What, if anything, would the North gain by secession? It would get control of all timber limits and mines, which are about the only revenue producing enterprises in the North. But the present provincial revenue from these sources does not equal present expenditures in the North, so, unless there were a drastic upward revision of rates and taxes on these natural resources, the new province would be faced with an annual deficit even to maintain the present unsatisfactory level of services. That such an upward revision of rates and taxes might be justified, we will not deny, though there is a strong feeling in the North against such a course of action. But in any case, so far as the secession movement is concerned, we do not believe that it will even get well started.

"There remains then, only one course of action which might produce the desired results—the use of the boycott. Supposing that every business establishment, every individual, north of North Bay decided that until such time as the North received better treatment, all purchases of goods and stock would be made elsewhere than in Old Ontario? How long would it be before Old Ontario business and industry would bring sufficient pressure to bear on the government to get things done? Our guess is that it would not take very long to bring Old Ontario to its senses! That there is even now a growing tendency on the part of many of the North's retail establishments to deal with Montreal and Winnipeg firms instead of Toronto firms is a fact. And unless conditions vastly improve, that tendency will develop into a virtual boycott, if not in name, at least in action. Unless the business interests and the government of Old Ontario wake up soon, it will be too late.

Five Million Scots Will Want to Know the Meaning

(Baltimore Sun)

What I still should like to have explained to me is the meaning of the remark attributed to the Mrs. B. Evans, of Llkynroedwen Farm, who was the first person to see and speak to Dick Merrill and Harry Richman after their transatlantic flight. According to the reporters, Mrs. Evans said:

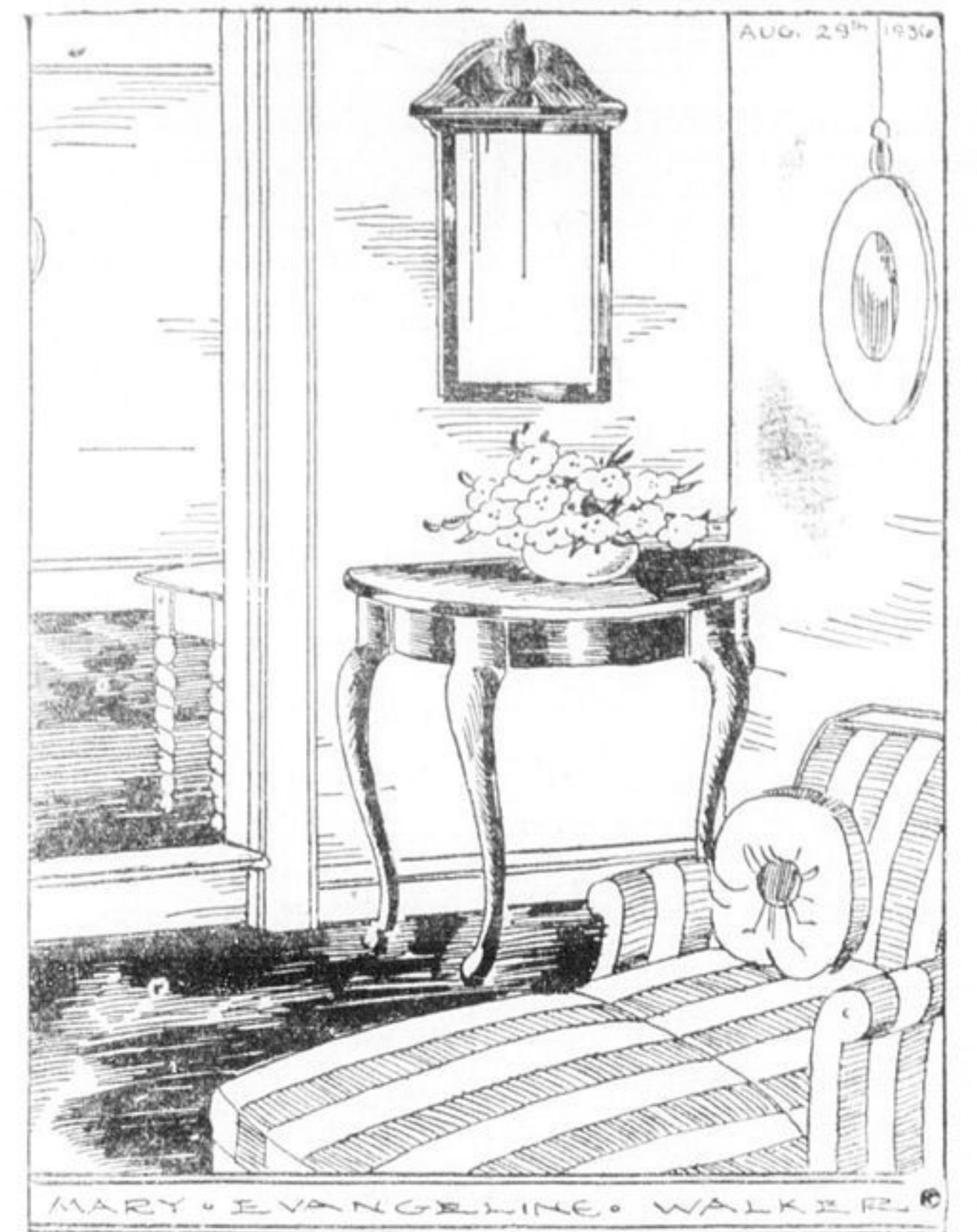
"As soon as they landed I ran across the field and the first question they asked me was 'Is this Scotland?' I told them they were in Wales, and they seemed relieved."

I ask Messrs. Merrill and Richman for an explanation only out of mild and quite impartial curiosity. But there are, I feel, some 4,800,000 Scotsmen who will ask for it in a very different spirit.

New York Herald-Tribune:—A visitor to the Canadian prairies has discovered that most cowboys are excellent cooks. One would expect them to be at home on the range.

Any Time is Tea Time "SALADA" TEA

The Household by Lydia Le Baron Walker



VARYING FLOOR LEVELS IN HOUSES, THEIR CAUSES, DANGERS AND REMEDIES. The difference in the levels of hall and boudoir is noticeable because of the white-painted step.

In many old-time houses, and in those that are reproductions, the floors are not all of uniform height. Discrepancies exist both upstairs or down. There may be one step from a hall into a room, or from one room to another. Sometimes there are two or three steps, but more often a single step.

The reason for the differences in levels was originally due to additions being made to a main house. An ell was added which was not quite so high as the main house, and floors were on different levels. This was remedied simply and easily by steps where entrance doorways came. Or a lean-to was built for a summer kitchen, which eventually became the all-year-round kitchen, and the old one became the dining room.

Another Reason

Two buildings, the dwelling and a shed or outside building close to the house, were sometimes connected by an entry. The two floors would not be on the same level, and a step was made into the entry or to the new room. One of the fascinating features of these old houses is their rambling character and the difference in floor levels.

Family Safety

While recognizing the attractiveness that varying floor levels impart to the architect are of a house, the discrepancies have an element of danger attaching also. The family becomes used to the sudden change in levels, and instinctively step up or down as needed when going down a hall, or from one room to another.

Danger To Guests

Visitors find the steps a menace. To open a door and attempt to enter a room, supposedly on the same level and suddenly step down or fall down, is disturbing, and may result in a minor or major accident.

Warning Signals

To guard against such disasters it is well to have some warning signals. If the floor is painted, a line of white may be made at the threshold. The tread of the step may be white or some striking colour that will harmonize with a chosen colour scheme or the room. An electric light may be fixed to flash in the floor when the door is opened. Or the opening of the door may flash a danger signal from a side light or one over head, while floors remain undisturbed. In halls where the light is dim, a lamp or small electric light should be kept burning night and day so steps can be seen.

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