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# "SALADA" TEA

## White Sauce Imperative for Use in Home Cooking

Many Uses of White Sauce in Making Left-Over Foods Palatable and Attractive. Recipe for Standard White Sauce. How to Use it to Greatest Advantage. Other Recipes.



By Edith M. Barber

"White sauce, the indispensable," remarked a woman noted for her cookery, as she put together a little left-over chicken, a few peas, some minced celery with a sauce and put it between the "leaves" of a tender omelet she had been making at the same time—and as usual served a perfect meal to unexpected guests.

Of course, as you know from sad experiences some terrible crimes are committed in the name of white sauce. Instead of a creamy smooth mixture with delicate but distinctive seasonings we are often served a lumpy, paste-like concoction which disgraces the name of sauces. To make a really good sauce is actually a simple matter and I am going to give you two recipes for

saucers thickened with either flour or cornstarch, one of which is as good as the other if properly cooked.

I seldom serve a plain white sauce as I almost invariably flavour it in some way, by substituting vegetables or meat stick for half of the milk, by thinning it with ketchup, or by the addition of minced pimento or onion, sautéed mushrooms, or grated cheese. Often I stir in an egg yolk or two just before I serve it and sometimes I add a little sherry flavouring for chicken or lobster. I use these sauces with cooked vegetables, meats or fish, sometimes just to pass with them, more often for a creamed or a scalloped dish. I use the plain sauce, of course, as the foundation for all cream soups, for which I usually cook a little onion with the butter. For croquettes, I make the same sauce but use more flour or cornstarch to make it thicker.

You know French chefs always keep on hand what they call "roux," both white and brown. This is a blend of butter and flour, cooked together and browned for the latter. This is always ready to use as a "basis" for sauce. Of course, you can do the same and keep the "roux" on hand in the refrigerator ready to use. I often go a little further than this and make up my foundation sauce, put it in a jar in the refrigerator and of course cover it tightly. It is then ready at any moment to re-heat. It will need just a little thinning with milk, stock or ketchup perhaps, and can be beaten perfectly smooth as it heats. If you use a double boiler to cook your sauce you can make up a quart (four times the recipe) at once. Two cups of sauce can be made over the direct heat without danger of its burning.

Your mind will always be at ease if you get home late for the preparation of lunch or dinner, or if the man of the family brings home a guest without notice, if you have reserve sauce in the refrigerator.

Recipe for Standard White Sauce  
2 tablespoons butter  
2 tablespoons flour, or 1 tablespoon cornstarch

1/4 teaspoon salt  
Pepper  
1 cup milk  
Melt butter, add flour or cornstarch and seasoning and stir until smooth. If cornstarch is used, cook over direct heat two minutes, stirring continually. Stir in milk gradually and stir over fire until smooth and thick. Boil one to two minutes, stirring occasionally.

**Croquette Sauce:**  
4 tablespoons butter  
5 tablespoons flour or 2 1/2 tablespoons cornstarch  
1/4 teaspoon salt  
Pepper  
1 cup milk  
Make according to recipe for Standard White Sauce. Add ground or chopped meat (2 cups) and seasonings. Spread out on platter to chill before moulding.

**Chicken Croquettes**  
1 cup thick white sauce  
2 cups chopped cooked meat  
Salt  
Few grains cayenne  
1 teaspoon lemon juice  
2 teaspoons onion juice  
Nutmeg  
1 1/2 cups dried bread crumbs, rolled and sifted  
1 egg diluted with 2 tablespoons water

Make sauce, add meat and seasonings and spread out on a platter and chill. Form into rolls, cones or cutlet shapes, dip in crumbs, egg, and crumbs again. Fry in deep hot fat 375 degrees F, until brown, and drain on soft paper.

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

### Gas Symptoms in Stomach and Large Intestine

One of the symptoms of which many complain is gas in the stomach or in the large intestine. It is called flatulence.

Now while this gas may be due to a sluggish liver, to a slow emptying gall bladder, to the eating of gas forming foods (cabbage, onions, peas, beans) it may also be due to the fact that the individual simply swallows air and "eructates" or, brings it up again from his stomach.

One of the world's greatest hockey players had such attacks of "wind" before a game that the trainer always gave him some peppermint candy "to bring up the gas" before he went on the ice and during the rest periods. These gas attacks were simply due to this player's "nervous" habit of swallowing air which formed a bubble in his stomach, the pressure of which gave him distress.

This chap was "cured" of this symptom when the club physician patiently explained to him that the gas was not



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due to "indigestion," but to nervousness, lack of poise or calmness. He pointed out that the gas from indigestion would have an odour, whereas the gas he brought up being simply "swallowed" air had no odour. Thereafter this player learned to talk and joke with the other players, forgot about his "indigestion," didn't swallow air which had to be "gulped up" again and so got rid of his gas attacks.

However gas attacks or discomfort from gas pressure may be due to a tight waist band, to a slouchy position at the table or immediately after eating which interferes with the muscular movements of the stomach.

Also a great amount of gas pressure can be traced to sluggishness of liver and gall bladder because some of the food from the stomach which enters the small intestine flows back again into the stomach. In these cases, small meals, taken often, cutting down on sugar or starch foods and also on fat foods, will bring relief.

When the gas pressure is in the large intestine it is usually due to the eating of too much starch food; at least too much starch food for this particular patient. As you know starch is found in so many of our common and useful foods—bread, potatoes, sugar. It is also found in fruit and vegetables which are so popular because their roughage is helpful in preventing constipation. So much starch is eaten that some of the starch granules get all the way down to the large intestine before they are broken up by the organisms there. This opening of the starch granules causes the gas explosion which is so distressing.

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## Suggests Band Have New Set Instruments

Asks Support for Timmins Citizens' Band, as Well as Praising Boys Band.

Timmins, Sept. 21st, 1936

To the Editor of The Advance, Timmins.

Dear Sir:—As a lover of good band music it was with a great deal of pleasure that I listened on Saturday last to the newly-organized Lions Boys' Band. In your columns of Monday you referred to the splendid manner in which these young lads had mastered their instruments. The waltz which they played, to my musical mind, was one of perfect tone and instrumental blending. Music lovers in town have approved of the Timmins Citizens' Band, but feel now that the older band will have to look to its laurels. To maintain its standing, with the Boys' Band proving so popular, the Timmins Citizens' Band will have to have a fair show. The Timmins Citizens' Band seems to be handicapped by its instruments. The work of the boys on Saturday proved to all listeners that a complete set of new instruments is badly needed for the Timmins Citizens' Band. The talented bandmen cannot do justice to the old masters, if tonal balance is lacking and as one of the many who desire to hear both musical organizations on many a future occasion, I make the plea for a similar plan to that which secured the instruments for the Lions Boys' Band to be inaugurated at once for the Timmins Citizens' Band.

In closing I would like to ask you through your columns to express the fullest appreciation of the audience of last Saturday to the boys along with the general expression that they "Stick to their training and practice."

Thank You!  
BAND BOX

North Bay Nugget:—It is wasteful, to say the least, to allow fire-touched timber to "rot to worms" when an operation, simple when conducted by experienced lumbermen, will save the usable timber and at the same time dress the forest for natural reforestation.

## BE BEAUTIFUL

By ELSIE PIERCE  
FAMOUS BEAUTY EXPERT



MARIA GAMBARELLI, the noted dancer now appearing in films, realizes the beauty shining, gleaming hair adds to any dance number.

### The Lowly Lemon Rates High as Beautifier

Down through the ages the lowly pulp right over the freckled area. Mind you, we don't say the freckles will be removed or disappear, but they will become lighter. The treatment is fine too for the skin troubled with excessive oiliness.

For elbows a half lemon rubbed on vigorously will remove the horny outer layer of dead cells and bleach the skin. And if you have no use for the leftovers just dig the nail tips in and see how white they emerge.

As a rinse for the hair, it is "par excellence." It brings out the golden lights in tress, light brunette or blonde hair. More than that, it cuts the soap curd, makes it easier to rinse out. Cuts oil too, so that it is a double-header for the fair-haired lass whose hair is inclined to look dank and oily a few days after the shampoo. Strain the juice of two large or three medium-sized lemons. Add to a bowl of tepid water. Keep pouring over the hair with a glass. It should leave the hair so clean and free from soap that the hair should squeak to the touch (a test of thorough cleansing and rinsing, you know).

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less perceptible. Or, try rubbing the pulp right over the freckled area. Mind you, we don't say the freckles will be removed or disappear, but they will become lighter. The treatment is fine too for the skin troubled with excessive oiliness.

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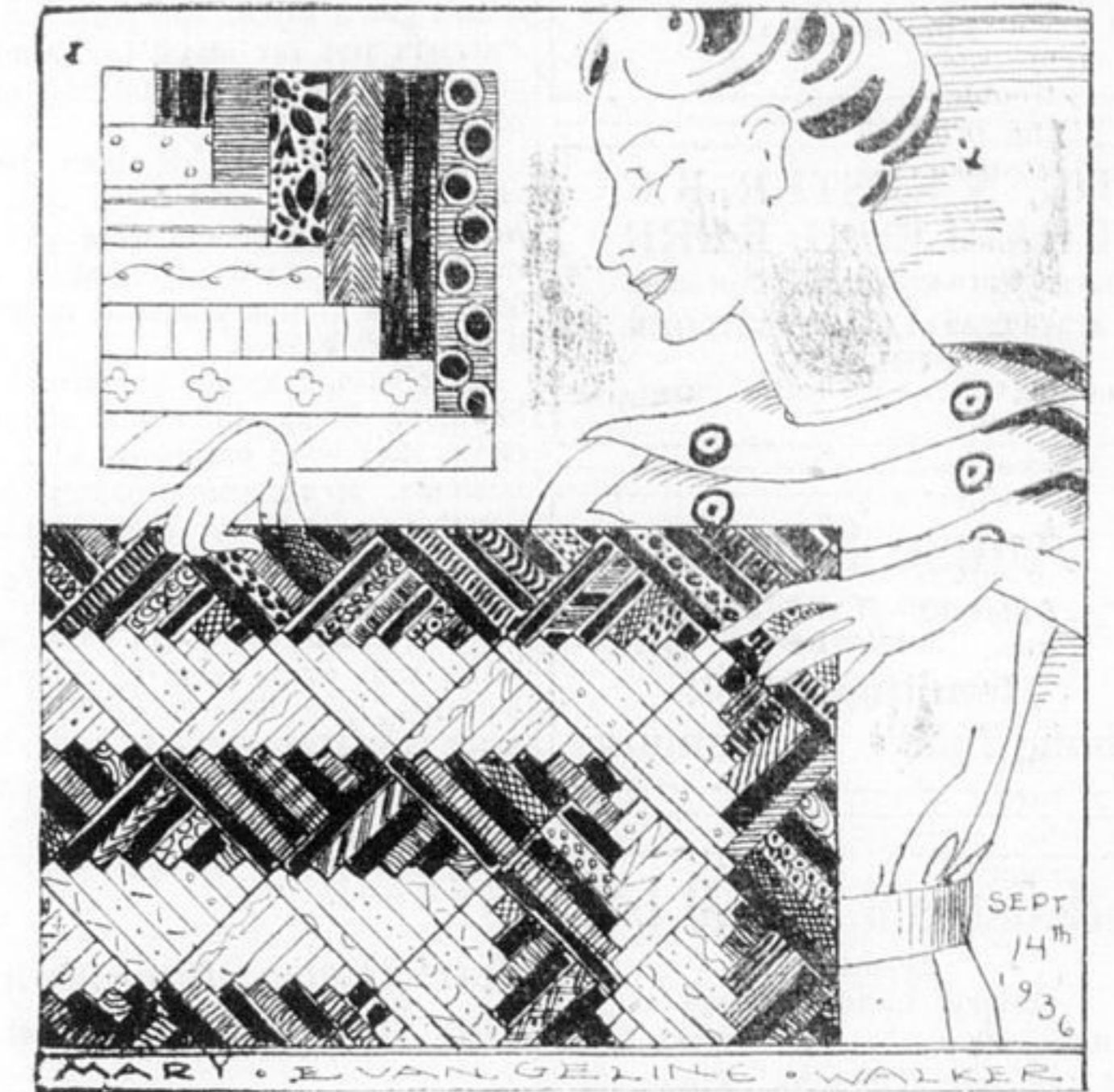
## FRANK BYCK

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## The Household

by Lydia Le Baron Walker

AMERICAN LOGHOUSE QUILTING THE ORIGIN OF THE NAME, AND HOW TO MAKE THE PATCHWORK.



Loghouse Quilting Fashions this Cherished Coverlet.

The name American Patchwork was given by the English to a certain type of piece patchwork evidently originated on this continent. It is a name unfamiliar to most Americans, although credit for the beautiful work is given to the women in the United States and Canada. American Patchwork found its way from this continent to England in the latter quarter of the last century, somewhere about 1875 or 1880. In Great Britain it was attributed equally to the United States and Canada, both countries being in America, and there being an uncertainty about just which section was responsible for the distinctive patchwork.

**Loghouse Quilting**  
The name of loghouse quilting was given the design abroad. It has an odd sound to us for log homes are termed log cabins in America. Here the pattern has been known through the century as the log cabin pattern, but the name loghouse quilting has a fascinating ring to it. The patchwork was, and is, one of the handsomest types of all. Its special feature was its use of ribbons for patches and also silk and satin (and sometimes velvet) cut into strips of ribbon widths.

**How to Make Squares**  
The strips are positioned in ever-widening rows about a small square of one of the materials. In each row strips overlap one another. Ends are straight, that is they are not dovetailed or mitered. The ribbon-like strips can be sewed to a foundation square or be seamed together. In the old work the ribbons were sewed to a foundation, with a square of silk sewed on the exact centre of the foundation square. After this the rows were set in order about it. Edges slightly overlapped so no lining was visible.

**Colour Arrangements**  
The method of arrangement of colours is definite. One diagonal half of a square is of dark coloured pieces, the other of light ones. When squares

are sewed together dark comes against dark and light against light, producing a fascinating sequence of ever widening squares of light and dark. When colours are artistically combined, the quilt with its rich materials is superb. We can well be proud of the quilts which bear the name of American Loghouse Quilting.  
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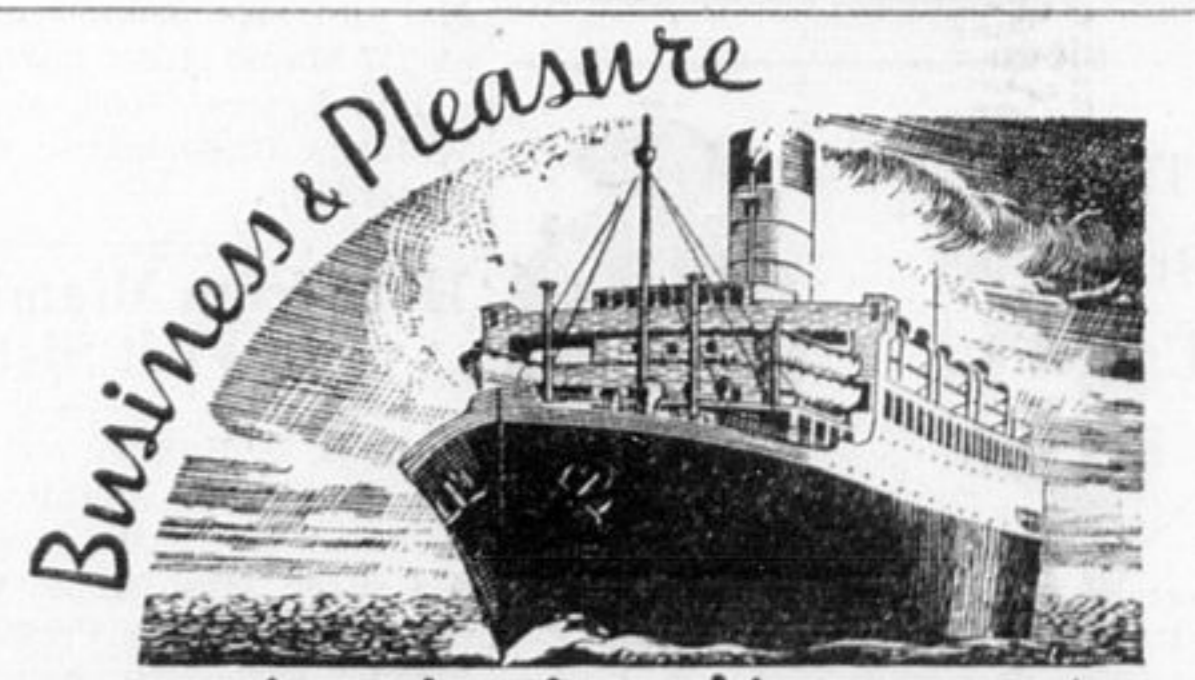
### INDICATION OF THE GROWTH OF THE RED LAKE MINE AREA

Only a few years ago one teacher and a log school house accommodated the primary educational needs of the thriving Red Lake gold camp. Today, 75 children are in attendance and three teachers are on the staff. The school building is now one of the finest in the town.

St. Catharines Standard:—How long can property carry the increasing tax burden? Taxes on property increased 18.71 per cent, in Ontario between 1925 and 1934. When money was comparatively free in 1924, the total levy was nearly 98 millions; in 1934 with hardships everywhere, the levy reached \$116,257,062. And that explains the deluge of tax sales.



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