

# Canada's Favourite Tea

## "SALADA" TEA

### How Diet May be Used to Help Healthful Living

Domestic Science Expert Recommends New Book That Tells About Food Functions in Terms that All May Understand. Also a Couple of Recipes.

Once upon a time food substances were judged by their caloric fuel or energy producing value. Research in nutrition long ago discovered that there were other contributions which are just as important. In the book by Sansum, Hare and Bowden, "The Normal Diet and Healthful Living," the first chapter

there are discussions of the causes of upset digestion, of overweight and of underweight. Sample menus for general diet and for overweight and underweight conditions are supplied. Charts, which show the chief contributions of important foods, supply the answers to the questions of this sort which so often come to the editor of Gals column. As evidently a number of readers interested in the following requested list of books which discuss diet in terms that can be easily understood:

The Normal Diet and Healthful Living, Sansum, Hare and Bowden. The Macmillan Company.

Feed the Family, by Mary S. Rose. The Macmillan Company.

Food and Health, Henry C. Sherman. The Macmillan Company.

Nutrition in Health and Disease by Copper, Barber and Mitchell. J. B. Lippincott Company.

What Shall I Eat? by Edith M. Barber. The Macmillan Company.

Nutrition and Physical Fitness, by L. Jean Bogert. W. B. Saunders Company.

Foods in Health and Disease, by Lulu G. Graves. The Macmillan Company.

Hartford Sauce

1/4 cup chili sauce

1 cup mayonnaise

1/2 teaspoon or more curry powder.

Stir the chili sauce into the mayonnaise and sprinkle in the curry powder as generously as your taste allows. More curry rather than less is desirable. Serve with sliced cold meat or with lobster or crab cocktail.

Philadelphia Pepper Pot

1/4 cup sliced onion

1/4 cup chopped celery

1/4 cup chopped green pepper

1/4 cup butter

3 tablespoons flour

5 cups chicken stock

1/2 pound honeycomb tripe, cut in cubes.

3/4 teaspoon salt

1/2 teaspoon peppercorn

1 1/2 cups potato cubes

Cook onion, celery and green pepper in butter three minutes. Stir in flour slowly and when well mixed stir in the remaining ingredients except potatoes. Cover and cook a half hour. Add potatoes and cook until tender.



(By Edith M. Barber)

is devoted to food substances which give energy and the second chapter to those which do not contribute in this way. Among the first are proteins, carbohydrates and fats. Minerals, water, cellulose and vitamins come under the second classification. The authors pronounce them to be equal in importance, although the purposes which they serve are different.

Not only are the functions of food substances explained in simple terms in this interesting volume. As well,

### BLACKHEADS

Get two ounces of peroxide powder from your druggist. Sprinkle on a hot, wet cloth and rub the face gently. Every blackhead will be dissolved. The one safe, sure and simple way to remove blackheads. Have a Hollywood complexion.

## BE BEAUTIFUL

By ELSIE PIERCE  
FAMOUS BEAUTY EXPERT



DOLORES DEL RIO is an exquisite example of a figure of beauty and fashion, slender but revealing flattering curves as well.

It's Swell To Be Slender... But Fashion Frowns on the "Too-Thin"

Much like the Brook we go on and on, constantly accusing Dame Fashion of being inconstant and inconsistent. Yet, lo, these many years she has proved anything but fickle in her favoritism of the slender, but not the "too-thin."

This year with the sleek tailleur, the molded lines, the utterly feminine puffed and mid-afternoon and evening dresses, the stout's are having an awful time of it. But so are the skinnies.

Because, if you'll note carefully, the line from bust to hips is exaggeratedly long and flat as the proverbial pancake. But that's where flatness ends. Just as no pads are in evidence, so there are no bones, either. From the almost concave tummy line, there's a gradual, beautiful, firmly rounded bustline. And a similar, gradual, beautiful, rounded line at the hips. Yes, women are quite frank about the fact that they have curves, not exaggerated or over-developed curves, but more than a mere sug-

gestion of them. Certainly the straight up and down—no hips, no bust, no buttocks—figure doesn't belong in the fashion scheme today.

### See Your Physician First

What to do about it? See your physician before you see your fashionist. You tell him all about yourself and then let him determine why you are underweight. You'll protest and say you eat well, very well, and sleep, or yes, you do sleep, and you get fresh air and you aren't nervous or fidgety and nothing worries you. But, the truth, now. Admit it to your physician as you'll admit it to no one else in the world that you don't relax and rest enough (if that is the case), that you aren't out enough in the grand open spaces, that you could take more food, particularly butter and cream and milk, if you tried hard enough. Unless there is some definite organic or systemic trouble you should find the cause for your underweight in one of these lacks: rest, food, fresh air.

With your help (by telling the truth, the whole truth and nothing but the truth) your physician will soon determine what is keeping you on the skinny instead of the slender side. That done, follow his diet or his advice on relaxation... and it shouldn't be long before you're among Fashion's favorites.

The lovely figure of Dolores Del Rio is an example of extreme slenderness plus the flattery of feminine curves that Fashion favours these days. (Copyright 1937, by The Bell Syndicate, Inc.)



Jas. W. Barton, M.D., Toronto

### That Body of Yours

### Every Normal Individual Has a Daily Range of Temperature

One of the mistakes often made by intelligent individuals is to take their temperature from time to time during the day, and count the rate at which the heart is beating. In fact instruments are now seen showing the blood pressure of any one who wants to spend a dime or twenty-five cents in this manner.

Your temperature, the rate at which your heart beats, and your blood pressure all vary throughout the day, all three being at their lowest or slowest on awaking in the morning. Any little excitement, eating food, taking exercise will all increase the temperature, pulse rate, and blood pressure. Even the hour of the day and night has its effect upon these measurements, the temperature particularly being at its highest point at 4 o'clock in the afternoon and at eight o'clock at night.

We should all remember also that the daily range of temperature in the average individual is about two degrees; thus the temperature may be 97 degrees in the early morning and 99 at 4 p.m. or 8 p.m. and be considered normal. Changes in the pulse rate and blood pressure also are found according to the time of day or the habits of the individual.

This variations in temperature during the day is a normal condition and each individual seems to have a temperature range of his own. Dr. H. A. Reiman, Minneapolis, Minn., in Clinical Medicine and Surgery says:—"Every normal person has a temperature range of his own which, for him, is 'normal,' even though it may be higher than the average or usual range. When a patient like this consults a

physician, he should be given a thorough and searching examination and, if no underlying organic disease is found, this 'normal' variation in temperature should be explained to him thus relieving his mind."

The thought then is that for the average well or normal individual to be taking his temperature frequently is not a good "mental" habit; that a range of 1 1/2 to 2 degrees is considered "normal" and should cause no alarm.

However, it must also be remembered that if "tired," run down, lazy, or sleepy during the day, and there is an afternoon temperature above normal, an examination by your physician may reveal an infection—teeth, tonsils, intestine or even early tuberculosis.

Are you susceptible to colds? Do you worry about your heart? Are you overweight or underweight? Does your food agree with you? Do you have to watch your calories, fats, starches, etc? Do you believe you have an ailment that medical tests do not reveal? The following booklets by Dr. Barton will be helpful to many readers and can be secured by sending ten cents for each one desired, to cover handling and service to The Bell Library, 247 West 43rd Street, New York, N.Y.—The Common Cold; Why Worry About Your Heart? Overweight and Underweight; Food Allergy; Eating Your Way to Health; Neurosis.

(Registered in accordance with the Copyright Act.)

### Splendid New List of Fiction at Library

Many Interesting New Novels Added to Library Shelves.

Even those who are hardest to please will be delighted with the new group of fiction that has just arrived at the library. It is a very satisfactory list, among which are:

Death Took a Publisher—Norman Forest. Willoughby Royle, a famous publisher, is murdered by a diabolical device. There are several theories and complications, only solved by the late arrival of Sheraton Andrews' eagerly awaited murder-story.

The Woman Drives—Mrs. Fred Reynolds. A Victorian setting, and the story of a Victorian "mama's" rule and how papa and daughters react.

The Long Knives—Hugh Pendexter. The story of the endeavours of an adventurous young man.

Coronet—Philip Hughes. The havoc caused in an English village by "Cynthia", who is a very delightful and romantic heroine.

The Third Eye—Ethel Lina White. A very startling story about a very ordinary person—a very enthralling mystery.

Scarecrow—A. Fielding. Various reasons bring four men across the channel to find death waiting at the white cliffs of Dover.

The Staff at Simson's—Frederick Niven. A frank and interesting story about ordinary people in the late nineteenth and early twentieth century.

Spies in Spain—J. M. Walsh. A tunnel is the cause of all the trouble.

Death At The Club—Miles Burton. A meeting is called, the secretary fails to arrive and the Assistant Commissioner of Police finds his body.

The Fight Along Big Creek—Charles Wesley Sanders. A mystery of the plains.

Halfway to Horror—David Hume. A story of the London underworld by one who understands it all.

Bats in the Belfry—E. C. R. Lora. A whole family is involved and one of them is found dead.

Peoples in Cages—Helen Ashton. The zoo on a hot July afternoon makes a brilliantly original setting and affords material for entertaining satire.

# Every Mother

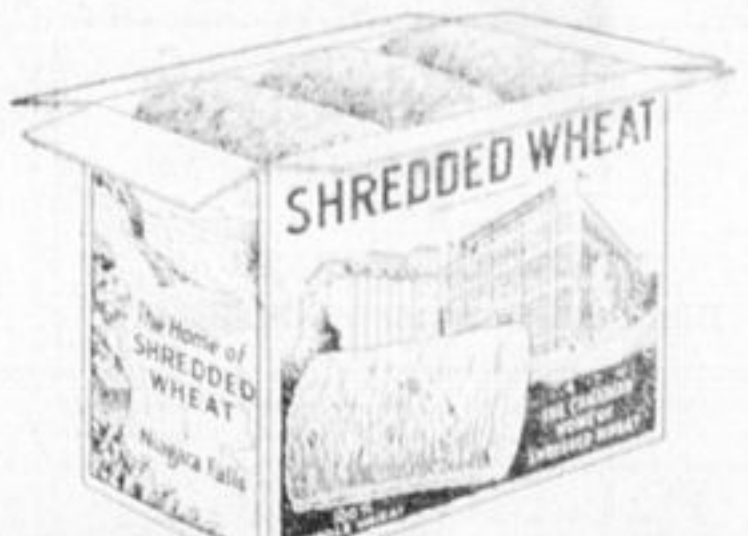
SHOULD KNOW THE ENERGY-VALUE AND ECONOMY OF SHREDDED WHEAT

YOUNG bodies need food like Shredded Wheat which gives them the rich, vitalizing nourishment whole wheat alone can offer—natural elements that promote energy, body-building, resistance to illness—along with Bran to keep the system active. And how children love Shredded Wheat with hot or cold milk, fresh fruits, canned fruits, or a dozen different ways. The natural food for children—good and good for everybody—Shredded Wheat.

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Start your children on the daily Shredded Wheat habit. It helps give them the energy they need!



## SHREDDED WHEAT

MADE IN CANADA - OF CANADIAN WHEAT

### SUMMER DAWN

(Triolet, by Francis Franklin)  
When first we woke, we saw the sun,  
And opened our sleepy eyes in rapture,  
For glorious day had just begun  
When first we woke. We saw the sun—  
How could we know such joy we'd  
capture.

When first we woke? We saw the sun,  
And opened our sleepy eyes in rapture.

Canada Lumberman—China has so many governments and so many armies they can stage a pretty fair war themselves without calling on outside assistance.

Globe and Mail—The great event of the week being over, on with the Spanish war, the labour troubles and other depressing business in various countries.



JOHNSON'S GLO-COAT  
Beautiful floors with 10 minutes work!  
By the Makers of Johnson's Wax

### Hither and Yon

(By Frances Franklin)

The trees are in leaf, with their tiny spears of tender green arrayed in lacy pattern against the sky.

There is a creek in the scrub woods near town, where the slow trickling water is mantled in an emerald-green velvety coating of what men call impurity. But as I watched the clear stream rippling through the rifts in the brilliant green I wondered if Nature does not call it by another name.

There are a few gardens in town whose display of spring flowers cheers the winter-chilled heart with the fresh soft colours of their blooms and the crisp green of their leaves. These are surely worth all the work of starting the plants, protecting them against frost, and tending the tender younglings in our fickle spring weather. There are other kinds of civic spirit beside that which leads us to make long-winded campaign speeches for the purpose of self-advancement.

Add Smile: As perky as a crocus.

Slenderness—Silver birches in the moonlight.



### "MADE TO ORDER FOR ME"

"Life Insurance! Where would I get the money to pay for it? That's what I used to think! But this Life Preferred Policy was made to order for me. My family will get \$6,000 (\$50 a month for 10 years) if I should pass out. And if I live to be 65, as I expect to, I'll get a regular income for life. So I'm protected both ways—I can't lose. This Life Preferred Policy is profit-sharing. Dividends are paid annually."

Is a policy like this worth \*25 cents a day to you? If so—and if you are in good health—you can arrange for it with a North American Life representative.

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Just make a small down payment. Balance on easy terms.

## COOK with ELECTRICITY

Dependable  
Time-saving  
Economical  
Healthful

After your first week with an Electric Range you will wonder how you ever managed with old-fashioned methods.

Your cool, clean kitchen will seem like a palace. The days of ashes, kindling and sulky fires will seem like nightmares.

With an Electric Range, you have quick, even cooking heat at the snap of a switch for just as long as you want it. You save endless footsteps.

The full-flavor and nourishment value of every dish is retained. Food goes farther. You save money. Free yourself from mealtime slavery. Cook with electricity.

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