

Green tea at its best

# "SALADA" GREEN TEA

## Suggest Menu for Thoses Suffering Hyperacidity

Further Reference to Dietary Treatment for Hyperacidity. Also a Timely Paragraph or Two on the Toothsome Dish, "Frog's Legs." Some Ways of Serving Frogs' Legs.

A few weeks ago an article in regard to the dietary treatment of "hyperacidity" which is the name given to the digestive disturbance caused by an over-supply of hydrochloric acid in the stomach, appeared in this column. Since then a request has come to the writer to



(By Edith M. Barber)

outline the principles of the necessary diet for the opposite condition. When hydrochloric acid is lacking, bacteria, which are always present in foods, may cause trouble both in the stomach and in the intestines. One of the functions of the hydrochloric acid necessary for the perfect digestion of foods is to kill bacteria. In its absence, there may be fermentation of the carbohydrates and putrefaction of the protein.

Foods which are quickly digested should, of course, be chosen. Fried foods, rich pastries and desserts must

**BLACKHEADS**  
Don't squeeze blackheads—dissolve them. Get two ounces of peroxide powder from any drug store and rub gently with wet, hot cloth over the blackheads. They simply dissolve and disappear by this safe and sure method. Have a Hollywood complexion.

be avoided. Pasteurized certified milk which is so low in bacteria content, or acidophilus milk should be used. The latter has the advantage as it helps to eliminate harmful bacteria. Meats, when used, must be thoroughly cooked. Canned meats and fish, by the way, if used as soon as the cans are opened, are free from bacteria. Fruits and fruit juices, vegetables of bland flavour and of tender fibre may be used liberally. Because fats inhibit the production of hydrochloric acid, their quantity must be limited. Cream and butter will be taken better than other types of fat.

The doctor will sometimes order a few drops of diluted hydrochloric acid to be taken before meals. Let me stress again the importance of consulting a physician in all cases of digestive disturbances. The symptoms of hyperacidity and of hypoaecidity are often much alike. Home dosage of bicarbonate of soda which may be helpful in the first place produces the opposite effect in the second.

**Orange Jelly**  
2 tablespoons granulated gelatin  
1/2 cup cold water  
2 1/2 cups boiling water  
1 cup sugar  
1 cup orange juice  
1/2 cup lemon juice  
1/2 teaspoon salt

Soak the gelatin in the cold water, dissolve in the boiling water. Add the sugar, stir until dissolved. Add the fruit juices and salt. Pour into a mold to chill and set.

**Scalloped Potatoes**  
1 quart sliced raw potatoes  
4 tablespoons flour  
1 teaspoon or more of salt  
Pepper  
1 tablespoon butter  
2 cups milk

Slice the potatoes one-fourth inch thick. Arrange them in a buttered baking dish in layers sprinkling each layer with flour, salt, pepper and butter. Add the milk and bake in a moderate oven, 350 degrees F., until potatoes are tender.

**Frogs' Legs in Menu Picture**  
Anniversaries are always fun, especially, to my material soul, when they are associated with food. There is no

annual party which I like better than that to which the members of the press are regularly invited, and which is held at a famous restaurant overlooking the Hudson, where the city and the country meet. The occasion is the opening of the frogs' legs season which fortunately comes at the time when we bid the oysters goodbye.

While frogs' legs are good at any season of the year, we must do without them during the winter in order that we may have plenty in the summer. There is no more delicious meat than the tidbits which are supplied by the tiny legs. One taste and you are converted as I was able to prove to a scoffer the other night at dinner. Because the meat is so tender, it should have but short cooking which should be done in plenty and I mean plenty of butter. Salt, pepper, flour or fine cracker crumbs may be sprinkled over the egg and crumbs and fry them in deep fat. If you like a sauce with this dish, you may cook them for a few moments in a very small amount of water and dress them with a sauce of a delicate flavour.

**Sautéed Frogs' Legs**

Wipe frogs' legs dredge with seasoned flour and saute in butter until brown on all sides. Add one-fourth cup butter and two tablespoons lemon juice and reheat. Serve garnished with minced parsley.

**Tomato Cream Sauce**

2 tablespoons butter  
1 tablespoon flour  
Salt, pepper  
1 cup tomato juice  
2 egg yolks  
1/2 cup cream

Melt butter, stir in flour and seasonings and when well blended add tomato juice, stirring constantly. Cook over low fire until smooth and thick, and let boil one minute. Mix slightly beaten egg yolks with the cream and stir hot tomato sauce into this mixture. Stir over hot water until smooth and thick. Serve with frogs' legs.

**Quick Meal**

Sautéed frogs' legs  
Buttered peas  
Baked potatoes  
Mixed vegetable salad  
Orange ice  
Coffee

**Method of Preparation**

Light oven.  
Scrub potatoes and bake.  
Shell peas.  
Prepare salad and dressing and chill.  
Cook peas.  
Cook frogs' legs.  
Dress peas.  
Make coffee.  
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**Sudbury Star:**—Things have come to a pretty pass. Out on the edge of town Joe Doaks reports that he sat impatiently in his automobile blasting his horn for 20 minutes waiting for the trailer ahead to move on, before he discovered that it was a two-room house just gone up on a city lot.

**Port Arthur News-Chronicle:**—A training school for prison officials is proposed. It is often said the prisons are a training school for prisoners. The officers should have the same privilege.

# BE BEAUTIFUL

By ELSIE PIERCE  
FAMOUS BEAUTY EXPERT



Resolution day finds UNA MERKEL dining on fruits, vegetables and salads for luncheon and dinner. On that day she counts calories and has a low caloric day.

## Screen Stars Have "Resolution Day"

Here's a letter from a reader that throws interesting light on the beauty and diet habits of screen stars:

"Dear Miss Pierce: I know that your theory is a few minutes a day devoted to beauty and there'll never be the necessity of making up by doubling up because of neglect or haphazard care. But, after all, pity the poor working girl; and remember that we are human. Don't you think that a once a week Resolution Day to make up for little skips or sins would sort-of absolve? And don't you think it would help the beauty cause?"

"I happen to know that the screen stars have their 'Resolution Days.' Some have their once-a-week liquid or fruit diet. Some rest in bed for an entire day after a very strenuous workout on the lot. One of the stars—a dancer, by the way—says that in spite of her exercise she usually gains a few extra pounds during the holidays. At Easter, there's the let-down after Lent; at Christmas and Thanksgiving and New Year's there are parties and extra sweets and turkey and pies. And the spirit as well as the flesh seem willing. For several days, then, she goes on a diet of fruit and vegetables. She eats no fat meats, potatoes, bread or sweets. In a few days she is down to her normal

weight and back on her regular, normal diet (which never includes an excess of fattening foods, except at holiday time.)

"You may wonder how I know these things. The secret is out: I was a Hollywood Extra once. But I do feel that 'Resolution Day' might be a good idea for your Readers. It might help them to make up (not to slip up, I hope), for any necessary skipping.

"Just a thought, because I enjoy reading your articles. Pass it on if you think anything of it."

I indeed I think so much of it that I wish I had the "Hollywood Extra's" name and address to send her a personal note of thanks. I hope she will surely see this column and sense my appreciation. I'm all for "Resolution Day" and know it will have the unanimous vote of readers. For the shampoo your hair needs, the little extra attention to the nails, the brushing you've slipped up on (count 100 strokes a day); the setting up exercise you haven't done this past week; the eyebrow cleaning you have been promising yourself; the complete home facial, "Resolution Day" or "Beauty Day" ought to work wonders.

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## The Children's Corner

(By "Your Friend Kip")

Salt—the substance which adds so much to every meal! Do you know where it comes from, or have you, like some other little friends, the idea that it grows like a potato? To be sure that no one will ever "stump" you in your knowledge of salt, here is "The Salty Hour."

"Auntie," petitioned Tommy, in his best wheedling tone, "can't we have a 'salty' hour? Miss Clark gave me 'Where We Get Salt' for a composition subject to-morrow, and I am too lazy to hunt for material!"

Miss Merryhew smiled sympathetically as the lad stretched himself comfortably in the Morris chair. He did look tired. "We might," she conceded thoughtfully. "Have you made a beginning?"

"Yes," he replied quickly, fishing here and there in his pockets. "I have three paragraphs, but I couldn't seem to get any further, and I have to have a thousand words." He drew forth a paper, and unfolding it with a grand flourish, began to read pompously: "Many thousands of years ago the world was covered by a vast sea. As it dried away large deposits of salt were left behind to be covered up, as time passed, by successive layers of sand, gravel, and clay. In our country and in England these great salt cellars are reached by means of wells. In various parts of the continent it is mined in the form of rock salt. Some of these mines are nine hundred feet under the earth."

"Along the Colorado River, in California, is a large salt bed covering one thousand acres. For a depth of eight inches or more the salt has formed a crust so hard that steam plows are used to break it. The sun shines down on the glittering white field so fiercely that white men cannot stand it. The work is done mostly by Japanese and Indians, who wear dark-coloured goggles and suffer always from a terrible thirst."

"Many of the States have salt 'licks' and marshes. The 'licks' are either salt springs or exposures of rock salt. In the early days the settlers knew all the 'licks' for miles around. It was here the deer and buffalo could most often be found. In Kansas there is a salt marsh seven miles long and from one quarter to a mile wide. In Texas the stockmen near Croton Creek get all the salt they need along its banks. The Salt Fork of the Red River, at

low water, is little else than brine. Oklahoma has a number of salt marshes. The largest is Great Salt Plains in the northern part of the State, in the bed of the Cimarron River, which is nearly dry in summer."

"Humm!" observed Mabel, starting off in her usual sky-rocket fashion, almost cutting off Tommy's last word. "There are salt farms along the ocean in many parts of the world, and very queer farms they are, too. They are made up of little square fields separated from one another and from the sea by low clay walls about eighteen inches high. When the tide rises, a sluice is opened in the sea wall and water is allowed to fill the first 'field.' Here it stands smiling in the sun, like a peaceful little lake, for a few days until some of the water has evaporated. Then it is drained into the second field and the sea sluice opened for a fresh supply. Each day the sun draws off more water and the solution left becomes more briny, until by and by, when it reaches the last field, it lies like a sheet of moist snow. Here it is raked and shovelled into little piles, and is finally hauled away to the mill to be crushed and ground."

"Michigan is the greatest salt producing State," informed Auntie, as Tommy looked inquiringly at her. "I once visited one of the large salt plants near Manistee. The salt lies about two thousand feet under ground, in veins fully thirty feet through. More than two thousand barrels of brine are pumped from a well in twenty-four hours. The brine is stored in cisterns, and pumped to the 'settler.' This is a set of shallow pans, seventy-five feet long by twenty-five feet wide. The heat from a furnace below rapidly dries away the water. Then the salt is dipped out into boxes which drain off what water remains. Next the salt goes to the 'grainer.' This is a long shallow tank, with steam pipes in the bottom, and a series of paddles which keeps the salt constantly stirring. The salt is always finest in the bottom of the pan where the heat is greatest. So if very fine salt is desired the manufacturer uses shallow pans and strives to keep the heat steady."

"Salt plants generally have a great supply of salt on hand. It is stored in a long shed, and sometimes becomes so hard packed that it is difficult for the workmen to break it up. They go at it with pickaxes, shovels and drills, drilling a row of holes about six inches above the floor and to a depth of six feet into the salt wall. Enough salt will then fall in to keep a gang of men packing for a number of days."

"Did you ever hear of coloured salt?"

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asked Alice importantly, glad indeed that she had chanced upon this information just a few days before. "Salt is found in almost every colour, in different parts of the world. Blue salt is found in Germany and along the Dead Sea. There are great pink salt mines in India, and a pink salt is evaporated from the sea water on the coast of Cuba. Yellow, red, grayish green, and purple salt are found in Africa. Gray, red, and brown salt are mined in Persia."

Tommy's pencil had been flying like mad, taking notes. He now looked up expectantly, but there were no more volunteers. "Subject closed, eh?" he queried laughingly. "Well, I AM very much obliged. It certainly is a fine thing to belong to a family with brains!"

## Boilers Damaged by Summer Corrosion

Good Plan to Have Boiler Thoroughly Cleaned by Heating Contractor.

"Now is the time to have your heating equipment thoroughly checked over," advises the Canadian Institute of Plumbing and Heating.

"A boiler should, with proper care, give many years of efficient service and the best way to ensure this is to have it thoroughly cleaned by a competent heating contractor.

Damage caused by corrosion resulting from the combination of moisture in the cellar air and the sulphur in the soot, ash and residue, is often more serious than any incurred during the

period of operation in the winter. Cleaning of the boiler therefore, should consist of removal of the soot, ash and residue from all heating surfaces and the removal of clinkers, cinders and ashes from the replot, grates and ash-pit. As an added protection, outer surfaces should also be cleaned.

If you have been burning the maximum amount of coal and getting the minimum amount of hot water, your boiler has probably outlived its usefulness. The new boilers are designed so provide the utmost in heating comfort at the lowest possible cost of operation and are adaptable to any type of fuel or firing equipment.

A loan under the Home Improvement Plan enables any householder to ensure comfort in their home by the installation of one of the new boilers and would be a sound investment," suggests the Canadian Institute of Plumbing and Heating.



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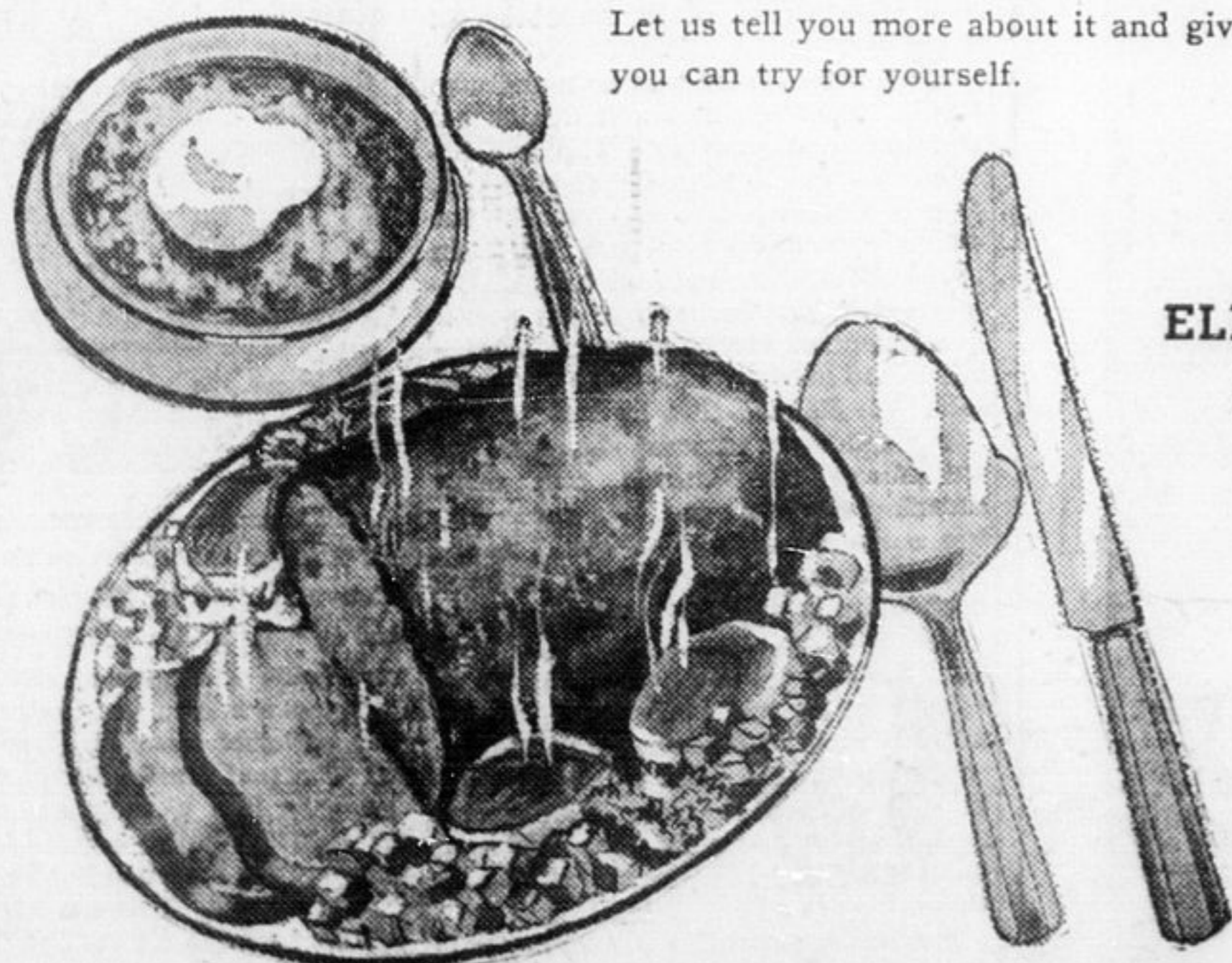


Meat Loaf  
**Oven Dinner**

with browned potatoes and buttered diced carrots.

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