

# Canada's Favourite Tea

## "SALADA" TEA

### Some Recipes that Make Pleasing Use of Shellfish

Lobster a la Newburg. Devilled Crabs. Honey Salad Dressing. Cheese Cake. Culinary Expert Devotes This Article to a Number of Recipes of Interest.

Requests for special recipes this week have centred around shellfish. "Can you give me a real devilled crab recipe, one that is soft and creamy?" asks a reader. I see at once that she is looking for Philadelphia-style crab, which is also my favourite type. Some one else asks for a recipe for lobster Newburg with a sauce which will not separate. That, of course, depends upon the method of cooking.

**Devilled Crabs**  
 1/2 cup butter  
 2 tablespoons flour  
 1 cup milk  
 1/2 teaspoon salt  
 1/2 teaspoon paprika  
 Nutmeg  
 2 tablespoons chopped parsley  
 1 tablespoon lemon juice  
 1/2 teaspoon prepared mustard  
 2 cups crabmeat  
 1/2 cup buttered crumbs  
 Melt butter, stir in flour and add milk. Cook, stirring constantly, until thick. Add seasonings and crabmeat and pack into crab shells or into a greased casserole. Sprinkle with crumbs and brown in a moderate oven (350 degrees Fahrenheit).

**Honey Salad Dressing**  
 1/2 cup salad oil  
 1/4 cup honey  
 2 teaspoons salt  
 1 teaspoon mustard  
 2 teaspoons paprika  
 1/4 cup vinegar  
 2 tablespoons catsup  
 2 tablespoons lemon juice  
 Mix all ingredients together and beat well with an egg beater.

**Cheese Cake**  
 1 1/2 cups zwieback or corn flake crumbs  
 1/4 cup melted butter  
 1/4 cup sugar  
 1/4 cup butter  
 5 egg yolks  
 2 teaspoons lemon juice  
 1 teaspoon lemon rind  
 1 pound cottage cheese  
 2 tablespoons cornstarch  
 1/2 cup cream  
 5 egg whites  
 Mix the crumbs with melted butter and one-quarter cup sugar and press this pastry in the bottom of a spring form pan, saving half a cup for later use. Cream the butter, add the sugar and when well mixed add the beaten egg yolks, lemon juice and rind. Beat well. Put cottage cheese through ricer or colander several times until very fine. Add the cornstarch and cream. Combine the first mixture. Fold in beaten egg white. Pour the cake mixture into spring form and cover top with remaining crumb pastry. Bake in moderate oven (350 degrees Fahrenheit) until firm, about an hour.

**Lobster a la Newburg**  
 2 pounds lobster  
 1/4 cup butter  
 1 tablespoon flour  
 Salt  
 Paprika and nutmeg  
 1 cup thin cream  
 3 egg yolks  
 2 tablespoons sherry  
 Remove meat from cooked lobster and cut into cubes. Melt butter, stir in flour and seasonings and add cream gradually. Add lobster, and when thick add egg yolks and flavouring, mixed with some of the hot sauce.



(By Edith M. Barber)

While a recipe for cheese cake was published not long ago, a reader asks for one made with cottage instead of cream cheese. A very good cheese cake can be made with this kind of cheese, although it will not be quite so smooth as when cream cheese is used.

The final request was for a salad dressing which demands honey. The use of honey in a dressing affects texture as well as flavour, as you will find if you try this recipe.

**BLACKHEADS**  
 Blackheads simply dissolve and disappear by this one simple, safe and sure method. Get two ounces of peroxide powder from any drug store, sprinkle it on a hot, wet cloth, rub the face gently—every blackhead will be gone. Have a Hollywood complexion.

## BE BEAUTIFUL

By ELSIE PIERCE  
 FAMOUS BEAUTY EXPERT



OLIVIA DE HAVILLAND is photographed at a college prom wearing an evening frock of simple and youthful lines with the thrilling addition of a flattering corsage.

### A Beauty Graduate From College

By the time she is ready for her college commencement exercises the lovely lady is ready for a free fling in the realm of beauty. To be sure she does not, as yet, need chin straps or astringent preparations but one can run the whole gamut of gifts the beauty mart offers in choosing for the college graduate.

At twenty or twenty-one humiliating blemishes are usually a thing of the past. The occasional blemish is not unusual for any of us and a spot stick which works like lipstick, is a fine thing to have handy by way of concealing the hateful spot. If it is more serious than that, it needs the same scientific care as does the adolescent skin.

Remember that as an elementary school graduate she was initiated into a few little luxuries that would encourage cleanliness such as her own towels, wash cloths, bath brush, nail brush, soap, bath dusting powder or talcum. To these a deodorant should be added when she is about high school age or a little older; certainly she should have among her daily essentials a deodorant or non-perfaint when she is leaving college. To these cleanliness aids may be added a few actual luxuries in the form of eau de cologne, a powder or perfume spray, bath salts—anything to make the cleanliness rite which has become such a delightful habit, little more luxurious, a little more the beauty ritual.

**Wardrobes of Perfumes or Cosmetics.**  
 Cosmetic wardrobes have become very popular. Several sets of rouge, powder, lipstick, eye-shadow, mascara, and so on—to harmonize with various costume shades. For those who can afford it, this makes a very luxurious gift indeed and I can't imagine any college woman not "adoring" it.  
 Perfume wardrobes ditto—a few different odors for different moods or occasions.

**Nail Driven in Tree Will Remain at Same Height**  
 (From Forest and Outdoors)  
 If you drive a nail in a tree when the tree is five feet in height will the nail in the tree be any higher when the tree is one hundred feet tall?  
 The answer is "no." The New York State College of Forestry, states that after the first year's growth on a tree occurs that portion of the tree never grows in length. In answering this trick question, the college points out that the tips of the branches put on new shoots each season, and by the end of that year's growth that part of the tree is never extended in height. It does, however, grow larger around with the passing of the seasons.

The following explanation is given for the information of those who are unfamiliar with tree-growth: The growth of a tree occurs almost entirely growing season a row of cells called the cambium layer multiplies and adds a thin layer to the outside of the wood of the trunk and a still thinner one to the inside of the bark. This new growth has been compared to a glove pulled on over the old growth. Hence, when a tree is cut in two, many circles appear in the wood. Each circle marks a year's development and by counting the rings on a log or stump one may ascertain the age of the tree. These circles are narrow or wide according to the conditions under which the tree grows. If it lacks sunshine or moisture the circles will be closely spaced showing a small growth; if the circles are far apart excellent growing conditions are indicated.

So, if you have, out of curiosity, driven a nail into a tree and have intended to watch it grow upwards, don't be disappointed if you find the nail is still the same height above ground many years afterwards. The nail may disappear as new rings grow over it but it will never change its distance from the ground no matter how tall the tree becomes or how large around it may grow.

### LADY-LIKE REPLY

(From Sudbury Star)  
 Then there's the sad tale of the local laddy who went to a Sudbury theatre the other evening, where a double feature was playing. He was advised that there would be no more seats until 5.45 p.m.

"What feature will be playing then?" he asked.  
 "Mind your own business," replied the sweet young thing that sells tickets.  
 "Pardon?" said the young man.  
 "Mind your own business," she repeated and it suddenly dawned on our hero that that was the name of one of the features.

Globe and Mail:—To save cloth, Hitler has ordered that Germans' shirts be shorter. This is getting too personal altogether.

## If You Like Books

(By A. H.)

Are there times when you feel like laughing and laughing and laughing, even though there is nothing to laugh about? Perhaps if you take a peek at Mary Brown, in one of these moods, you will feel less inclined to "giggle"—but, after all, a hearty laugh never did any one any harm!

**I've Got the Giggles Today**  
 A nice young man about the town was long in love with Mary Brown. And one fine day proposed to crown His lengthy adoration;  
 But as he fell up his knee Exceedingly surprised was he To hear her shout with girlish glee  
 This chilling observation—

"I've got the giggles today!  
 Everything's making me laugh!  
 Once in a while I like a good smile—  
 Today I'm too tickled by half.  
 Don't think it's anything personal, please,  
 But really you do look a fool on your knees!  
 I see it was rude of me now,  
 But I suddenly thought of a cow,  
 Well, a rather nice calf—  
 Oh, don't make me laugh.  
 For I've got the giggles today!"

Sweet Mary took her favourite car,  
 And drove it very fast and far;  
 Wherever dangerous corners are  
 The little monster snorted;  
 A constable's hand inclined,  
 But Mary bumped him from behind,  
 And when he mildly spoke his mind,  
 She laughingly retorted—

"I've got the giggles today!  
 Sure you understand that?  
 Doesn't life seem to be rather a scream?  
 How can you stand there in that hat?  
 I noticed your signal and thought I should burst—  
 You were just like the statue of Edward the First!  
 You can't think how funny you look!  
 The moment I saw you I shook.  
 Don't be a Dean,  
 You know what I mean—  
 I have got the giggles today!"

**Poor Mary!** As the years flew past  
 Her mirth grew more ill-timed and vast,  
 But Albert stuck it, and at last  
 He led her to the altar.  
 And when the parson murmured low  
 The words which all young women know  
 She quivered like a jelly-o  
 And smilingly did falter—

"I've got the giggles today!  
 It's really too funny to miss  
 Mother in tears! And how many years  
 Has Mother been living for this?  
 I've only just noticed that Albert is fat,  
 And why do the clergy wear collars like that?  
 Oh, hold me or else I shall fall—  
 I'll never be married at all!  
 "Obey," did he say?  
 Please take me away  
 For I've got the giggles today!"

Poor Mary's married life was short,  
 A rumour of a painful sort,  
 And then they questioned in the court  
 Her matrimonial fitness;  
 But when the lawyer sought to pry  
 Exactly what she'd done and why  
 This most unsuitable reply  
 Was uttered by the witness—

"I've got the giggles today!  
 And you're such a master of chaff;  
 I cannot recall what happened at all  
 Because you keep making me laugh.  
 Well, why do you wear those ridiculous bibs?  
 I'm going home now, for it's hurting my ribs.  
 Of course, you were born at the Bar,  
 You don't know how funny you are!  
 Some other time  
 We'll chat about crime,  
 But I've got the giggles today!"



## That Body of Hours

**Dentists and Physicians**  
 For years health writers, including myself, have been suggesting that it would be a great boon to all patients—medical patients and dental patients—if medical students and dental students took the first two or three sessions together, that is, received the same lectures. After the first two years, dental students would necessarily have to give more time to their laboratory work. When they graduated, both medical and dental students would be physicians with the dental student a specialist in dentistry, foods, and mouth hygiene, and the medical student a general practitioner or a surgeon.  
 Of course I realize that there would be difficulties and there are likely many difficulties, that I do not realize, but I have only one thought or idea and that is the patient. The physician recommends the removal of certain teeth or all the teeth because he has searched elsewhere—tonsils, sinuses, gall bladder—and can find no other infection. Naturally he recommends the removal of the teeth. In the majority of cases the patient improves and patient is happy.  
 Unfortunately the patient does not always improve, the symptoms are still present, and to add to his discomfort



**AFTER EVERY MEAL!**  
**WRIGLEY'S SPEARMINT GUM**  
 THE PERFECT GUM  
 SWEETENS THE BREATH  
 "Wrigley's of course!"

is wearing a plate—artificial teeth—which even if made and fitted perfectly cannot do the work or give the comfort of his own teeth.

Strange to say the dentist has to stand the brunt of the patient's displeasure and dissatisfaction because he extracted the teeth and put in the plates. And if the symptoms for which the teeth were removed are still present, the patient not only has these symptoms but also has the discomfort and irritation of artificial teeth.  
 Now there is no question but that infected teeth cause rheumatism, rheumatism causes heart disease and heart disease causes death. It is therefore better to have some good teeth removed with the infected teeth than develop heart disease. But if dentists and physicians could work together—be really of the same profession and so respect one another's opinion—the patient, the one most concerned, would get the benefit.

(Copyright, 1937.)  
 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.

**Health Official on Infantile Paralysis**  
 Conditions and Remedies Discussed by Officer of Health League of Canada.

(By J. W. S. McCullough, M.D., D.P.H.)  
 "There's a terrible lot of this infant paralysis, isn't there doctor?" said pretty Mrs. Collingsby, mother of four handsome children, as she wiped the perspiration of anxiety from her face. "My doctor," she went on, "there's nothing I dread more than the paralysis." "If you want to keep free of infantile paralysis," I replied, "you must see that your children stay away from crowds of children and other persons, that they use their own tops, chewing gum, ice cream cones and so on, and not share these things with the neighbours' children. There's no need of your getting panicky about it, Mrs. Collingsby. There are lots of things far worse than infantile paralysis."

"D'ye think the serum I read about in the papers is any good doctor?" enquired the anxious mother. "You've heard of the Scotch verdict haven't you Mrs. Collingsby?" I said. "Yes, not proven," she answered. "Well, it's like that," I said. "Not proven. It may be of use. I should not hesitate in a case of paralysis to give it. It can do no harm and a lot of doctors think it of great value."  
 "What's the cause of the thing anyway?" enquired the mother.  
 "A virus," I answered. "A thing so tiny that it cannot be caught in the finest kind of filter. Far smaller than a germ. It is said to lodge in the noses of persons who have had the disease or who are 'carriers.' Some doctors advocate spraying the nose and throat of children who have been exposed to infantile paralysis. There's nothing wrong with spraying if it is done by someone who knows the proper way in which to carry it out."  
 "What causes the paralysis, doctor?" asked my interrogator. She was bound to have the ins and outs of the matter. "The virus I spoke of," I said, "enters the nerves, reaches the spinal cord and there sets up inflammation in the tiny cells. The front part of the cord is the one affected. The effect of the paralysis depends on the extent of this inflammation and upon the portion of the cord involved. It is much worse the higher up the cord it extends."

**MAY WE HAVE A STATEMENT FROM THE WINNER?**

**EAT TO FEEL FIT**

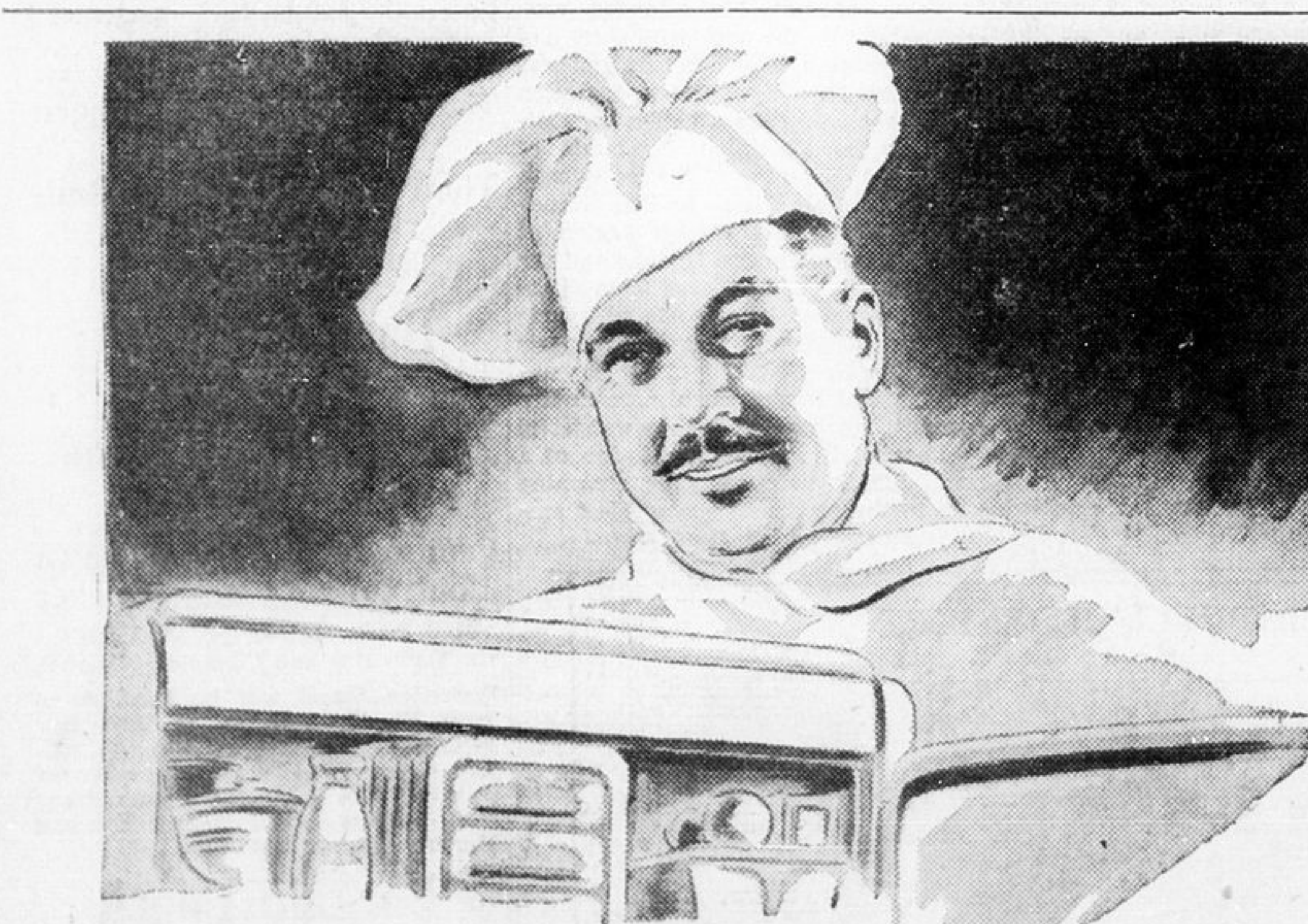


Kellogg's Bran Flakes have the wholesome nourishment of whole wheat . . . in delicious toasted flakes. Packed with food for fitness. Packed with flavor and crispness.

There's just enough bran to be mildly laxative.  
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## Even the Greatest Chef can't do better than this

Even the most famous hotel chef can't put flavour into food that is not already there. All he can do is to conserve and bring out the natural flavour. And that is precisely what a modern electric refrigerator does. The minute it goes on duty in your home, you know it. Everything "tastes" so much better. That is because the natural flavours of the foods are preserved until you are ready to serve them—even if you buy considerably ahead to take advantage of grocery bargain days.

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