

Tea for every Taste
"SALADA"
TEA

Some of the Things That
 Can be Done with Cream

Cooks Once Used the Sour Kind for Hot Breads, Cookies, and Delicious Cakes. Delicious Things May be Made with Cream. Some Recipes for the Cook.

The thrifty cook of a generation ago was accustomed to making use of the sour cream she often had on hand. Many were the delicious hot breads, cookies and cakes which owed some of their success to this particular constituent. In the days before pasteurization it was a difficult matter to preserve the

It is possible, however, to buy sour cream from the dairy for special dishes which demand it. It is still delicious, but it can scarcely be called thrifty, as its price is not less than that of sweet cream.

If used, in the preparation of cookies, cakes or hot breads, remember that it needs less soda than does sour milk. One-fourth teaspoon of soda to one cup of sour cream instead of one-half teaspoon of soda to a cup of sour milk is the proper proportion. In addition, I like to use some baking powder in order to be sure of lightness. When sour cream is used in a recipe, other shortening may, of course, be reduced.

Swedish Pot Roast

- 3 pounds pot roast
- 2 tablespoons bacon fat
- 1 large onion
- Rind of lemon
- 3 rolled anchovies, chopped
- 1 clove garlic
- 1 pint sour cream
- 1 box noodles

Have the pot roast larded with salt pork at the butcher's. Melt the bacon fat, add the sliced onion, lemon rind, anchovies and garlic and brown five minutes. Brown the pot roast and add sour cream, cover and cook over a low flame about three hours. If the cream does not cover the roast, baste the meat occasionally. Twenty minutes before the meat is done, add a box of noodles and let them cook in the sauce.

Sour Cream Pie

- 3 eggs
- 1 cup sugar
- 1 teaspoon ground cinnamon
- 1½ teaspoon ground cloves
- 1 cup chopped raisins
- 1 cup sour cream

Beat egg yolks; add sugar, spices, raisins and cream. Fold in beaten egg whites and pour into pastry shell. Bake in hot oven (450 degrees Fahrenheit) for fifteen minutes; then lower temperature to moderate (325 degrees). Continue baking until set.

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(By Edith M. Barber)

sweetness of this delicate article of food. It was not uncommon to find that Saturday's cream had "turned" when it came time to serve it at Sunday's dinner. Thunderstorms were often blamed for this result.

Today, cream which is kept in a good refrigerator seldom behaves in this fashion. There will be no minor tragedies when plans for breakfast cereal or coffee and for desserts are upset. On the other hand, there will be no sour cream for use as shortening or for other purposes. When pasteurized cream "turns" it is not sour; it is embittered.

Beautiful floors
 with
 10 minutes work!



JOHNSON'S GLO-COAT
 By the Makers of Johnson's Wax
 Gives Brighter Luster—Longer Wear
 NO RUBBING—NO BUFFING

Presses for New Deal
 for Wild Water-Fowl

Best Thought Necessary to Preserve Wild Ducks and Geese.

Declaring that the time has come when the wild water-fowl of America should be given a New Deal, Dr. T. Gilbert Pearson, President of the National Association of Audubon Societies, says:

"Unless the best thought, foresight and honest convictions of conservationists and sportsmen of our land are speedily and effectively translated into action, there may yet be witnessed in this generation a cessation of the hunting of wild water-fowl as a sport. Those best acquainted with the past and present status of our wild ducks and geese can not but be profoundly convinced that there has been a steady decline in the fortunes of these birds; so great, indeed, that the present numbers are but a pitiful remnant of the vast congregations which in former days thronged our lakes and bays, sloughs, and marshlands.

"All those who have at heart the interests of our native game birds should not forget that this decrease in our wildfowl carries a solemn warning and has a tragic counterpart in that of our shore birds which, at the beginning of

the present century, had been so greatly reduced in numbers that upon passage of the Migratory Bird Treaty Act in 1918, only six species belonging to this extensive group were permitted to be hunted; while today an open season exists on only two of these birds, namely Wilson's snipe and the woodcock.

"Foremost among the factors contributing to the decrease of wildfowl are the extensive drainage of lakes and ponds and marshes, with the accompanying spread of agriculture; the enormous increase of hunters, the amazing construction of highways, together with the almost universal use of motor cars, which has made quickly and easily accessible almost every part of the country. To these factors must be added the use of the magazine shotgun, and the custom of killing these birds from baited shooting-stands, as well as various other minor causes that are part of the destructive processes of civilization.

"It is with these indisputable facts in mind that the Audubon Association feels the time is ripe for a New Deal for our sadly harassed wildfowl. This should include, as its major feature, a greatly changed attitude of mind on the part of many who indulge in the sport of wild fowling, and also would involve a new approach and a new ethics of sportsmanship wherein, both as regards legislation and practice, the advantage at all times would be given to the birds.

"It is in conformity with the principles of such a New Deal that the Audubon Association has stood staunchly for the abolishment of shooting over baited waters, and for the discontinuance of the use of the magazine shotgun. In the minds of some these may seem minor considerations in the large constructive program which must be energetically carried out if America's wild ducks and geese are to survive, in goodly numbers, the vicissitudes of our civilization.

"However, to the ever-increasing number of the non-shooting public who enjoy wild-life for its own sake, and to many sportsmen as well, these items are essential parts of the New Deal by which it is sought to preserve our North American water-fowl for future generations; for it may very soon come to pass, unless adequate breeding stocks of these birds are maintained, that an alarmed public opinion, having in mind the extinction of the passenger pigeon and the heath hen through excessive shooting, may demand a cessation of the hunting of our wild ducks and geese."

Last Election Vote
 in South Cochrane

Official Figures for the Provincial Election in This Riding in 1934.

Enquiries being made recently for the result in this riding in the last provincial election, the official figures for 1934 are given herewith from the files of The Advance:

1934 Election	
John Rowlandson (Lib.)	8,183
A. F. Kenning (Con.)	5,122
A. M. Stewart (CCF)	2,975
W. Lehtinen (Com.)	757
A. Paquette (Ind.)	210
H. Ogilvie (Ind.)	156
Total Vote	17,405
Majority for Rowlandson	3,061

Previous Election—1929

Comparisons with the previous election (1929) are very interesting, and The Advance after the 1934 election gave a number of comparative figures that were of special interest at the time and may still hold some interest. For instance the total vote cast in South Cochrane riding in 1929 was 10,778, as against 17,405 in 1934. In the 1929 elections Fred Kenning had a majority of 594, while John Rowlandson's majority in 1934 was 3,061. In the latter connection The Advance said:—"At first glance this looks like a turnover of 3,655, but there are other factors to be considered. In the first place there were 6,628 more votes cast in the 1934 election than in 1929, the additional votes being greater than the total vote secured by any candidate in the 1929 elections."

Election, 1929	
A. F. Kenning (Con.)	5,686
Dr. J. A. McInnis (Lib)	5,092
Total vote	10,778
Majority for Kenning	594

BE BEAUTIFUL
 By ELSIE PIERCE
 FAMOUS BEAUTY EXPERT



BETTY FURNESS poses in her new travel costume of black and beige light weight wool. In her beauty kit she has a bottle of the new instant remover lotion for use on train and plane.

A Liquid That Instantly Removes Make-up Proves an Ideal Cleanser These Days

Overheard on the beach during one of those oppressive, sticky "dog days" (remember the recent hot spell?): "How do you keep your face looking so clean and fresh?"

Which made me think that it is no mean problem, I myself have come to depend upon a combination of soap (or better yet a soap substitute) and cream for that thoroughly clean feeling. But I confess that during the warm days this season I found cream just a bit heavy and sticky. Perhaps you've had the same experience.

What to do about it? You'll find that the skin thrives on a quick change to a liquid diet. I discovered a lotion that feels so delightfully cool and refreshing that this virtue alone should put it in every woman's wardrobe. But that is only the half of it. An instant remover of make-up, dust, grime and stick sand it is splendid.

It is a boon to the business girl who can keep it in her desk for year 'round use; to the traveller, and to every woman wishing to make a quick make up change without going through

two or more steps of a thorough cleansing-toning treatment. Keep a small perfume vial of it in your purse together with a dab of cotton and a tissue or two.

Even the Dry Skin

Most lotions of this type are slightly drying to the skin. But remember that in the summer the skin secretes more oil and perspiration than at other seasons, because the sebaceous and sweat glands are stimulated in their action. Even the dry skin, therefore, can use this lotion to advantage. Should it prove very drying a bit of tissue cream applied before retiring will counteract this effect.

If you haven't time for the application of a make-up base, it makes no matter because an instant remover will leave the skin so clean, so cool, so fresh and smooth that make-up may be applied immediately over it. It's literally a lotion for loveliness and a welcome change from cream.

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(by James W. Barton, M.D.)

That Body of Yours

More Cases of Pimples (Acne)
 About the time that the growing boy and girl begin to think about their "looks" or appearance, it so often happens that unsightly pimple (acne) appear. On what was formerly a clear, smooth skin this ugly skin ailment appears and often for ten or fifteen years the life of the individual—home, school, business, social—is spoiled and he or she develops an inferiority complex that prevents financial and social progress.

Physicians, recognizing the fact that acne appears just at the time that the boy and girl are emerging into manhood and womanhood, are agreed that glands are not doing their work correctly or completely, particularly the pituitary gland lying on the floor of the skull. The result is that certain foodstuffs, starch foods more than others, are not completely used so that changes occur in the skin itself and to some extent in the oil in the oil glands which is used to keep the skin soft and pliable. The little depressions in the skin holding the oil get filled with hardened skin thus preventing the oil coming out on skin.

I have spoken before of the 15 cases reported by Dr. Charles H. Lawrence in the Journal of the American Medical Association in which the extract of the pituitary gland gave splendid results. Fifteen cases were not many but Dr. Lawrence now reports another series of 30 cases where the extract of the anterior or front part of the pituitary gland was used successfully.

For some time it was believed that the thyroid gland was at fault; in acne as thyroid extract speeds up the body processes. It was thought that this gland was not producing enough juice. However Dr. Lawrence by making metabolism tests found that the thyroid gland in acne cases was supplying the normal amount of juice.

It would thus be good sense in the treatment of acne to try to find out and avoid the various foods that are not handled properly by the body. The results obtained by Dr. Lawrence by the

use of anterior pituitary extract may cause other physicians to try this treatment for this mean ailment.

Food Allergy

"What is one man's food is another man's poison" is an old saying but the truth of it is being proved almost daily by leading research physicians throughout the world. Some individuals are over-sensitive to certain foods and will have colds in their heads, "snuffy" nose, skin eruptions, pains in the stomach or abdomen when they eat those foods, while other people suffer no ill effects eating the same foods. "Food Allergy," booklet (No. 106) by Dr. Barton, tells how to discover the offending foods and what to do about them. You may obtain this booklet by sending Ten Cents, to cover handling and service, to The Bell Library, 247 West 43rd St., New York City.

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THIS STRANGE WORLD

Windsor Daily Star.—Mr. Floyd S. Chalmers, Toronto editor, tells us in effect that if it were not for the troubled international situation we would have little room for complaint about the world in which we are living today. On the economic side, Mr. Chalmers presents a good picture. Using production of the 10 key nations as the yardstick, industrial output of the world reached the highest point in history during the first half of 1937. Recovery was more general than it has been since the Great War, world trade has swung upwards and debts have been liquidated on a large scale.

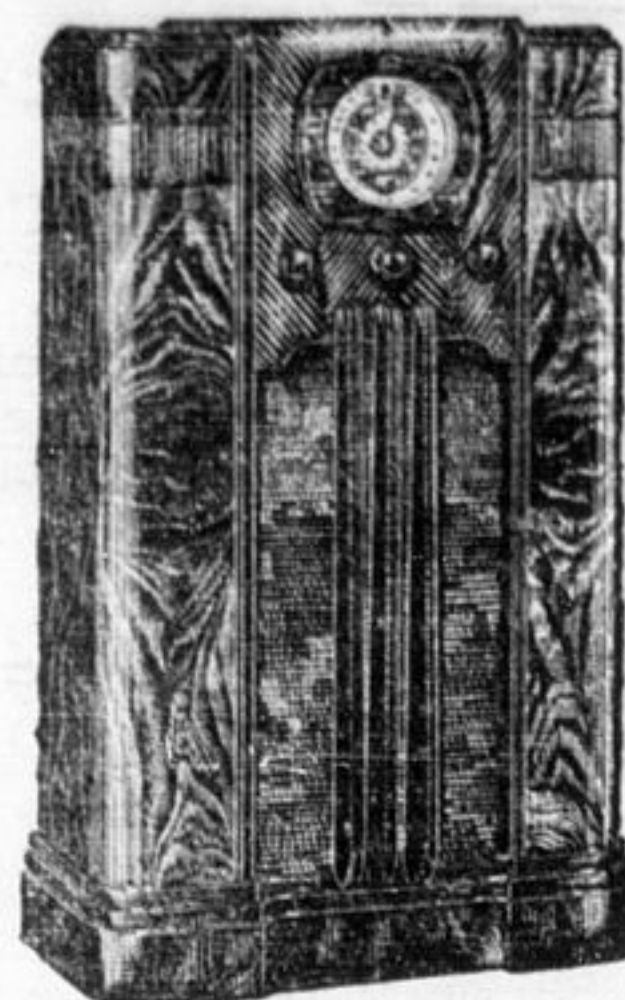
But Mr. Chalmers is gloomy about the political outlook. He says that "political tension and international savagery" have reached perhaps the lowest point in history.

All this may be very true. We can speculate as to what a happy place this would be if we had our new-found economic activity without the international savagery. But one cannot help but ask how much of this economic activity is the direct result of the same international savagery.

WESTERN HUMOUR

(From Blairmore Enterprise)
 A magazine subscription agent was met at the door by the colored maid: "I would like to see the lady of the house," he remarked.
 Maid: "Lawsy, I specs you would—she's taking a bath."

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GENERAL ELECTRIC Magic-Tone RADIO

Cornish Social Club
 Re-opens for Season

Social Announced for Saturday Evening at 8 p.m.

Executive members of the Cornish Social Club held their first meeting on Sunday evening last, at the home of Mr. F. Hocking, 54 Hollinger avenue. Mr. H. Grills presiding, it was decided to hold a social evening in the Hollinger hall on Saturday evening next, at 8 p.m. This social is for Cornish One and All of the Porcupine Camp. There will be games, dancing and refreshments. Mr. Scotty Wilson will be at the piano. Great plans are being made this year to make the club a great success. There are plans for a banquet to be held for all Cornish people of the Porcupine Camp at an early date.

The present committee is as follows: Mr. H. Grills, president; Mr. F. Hocking, vice-president; Mrs. W. S. Jelbert, secretary; executive committee—Mr. E. Street, Mr. T. Venner, Mr. H. Curtis, Mr. W. Jelbert, Mr. C. Magor, Mrs. P. Masters, Mrs. A. Harvey, Mrs. P. Toms, Mrs. E. Street.

Interprovincial Action
 to Eliminate Ragweed

Interprovincial action is needed to destroy Ragweed, Dr. H. B. Anderson, Medical clinician and teacher writes on "War on Ragweed" in the current issue of "Health", organ of the Health League of Canada.

"It is evident that Ragweed control is not a local problem," Dr. Anderson writes. He points out that the Ragweed seed is distributed far and wide by spring floods and freshets.

"It is evident that control of Ragweed is a matter for not only provincial but interprovincial consideration although counties, municipalities and individuals must co-operate in any effective measures for destruction of the weed."

Trains, automobiles and aeroplanes are also responsible for picking up the pollen and carrying it to distant places, Dr. Anderson claims.

Ragweed is an annual, each mature plant having about 5000 seeds, he pointed out. Therefore, there is a need of plant destruction before the yearly crop comes to maturity. A single cutting is not sufficient because after early cutting the plants spread out and a second crop is more abundant than the first.

Dr. Anderson claims that weed cut-

THE SHINE THAT STANDS UP
 LIQUID OR PASTE
ZEBRA
 STOVE POLISH

ting laws are largely ignored by the public. They should be rigidly enforced by municipalities and provinces he argues.
 Dr. Anderson points out that the Quebec Government is taking measures to protect the Lower St. Lawrence and Gaspe from Ragweed infestation so as to preserve it as a sanctuary for hay fever sufferers and similar precautions should be taken by the responsible authorities of every province, states Dr. Anderson.
 David Lloyd George: "The doctrine of a Scrap of Paper is paramount to Europe today."

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 and in receipt of relief will be ending Daily
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 PEPPERMINT FLAVOR
 THE FLAVOR LASTS

After every meal
WRIGLEY'S AID DIGESTION!

Another... It seems... to be moving fast... there is no contentment. Pe... want rest but few go to find... extending it rest. As we sit back look cas