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Using Sour Cream for Making Potato Dishes

How to Make Peach Melba and Other Dishes. Apple Grunt. Potatoes Salzburg. Getting the Best Out of Broccoli. Also a Crumb Cake Recipe and One for Banana Bread.

A reader complains that vegetables often soften when kept in the refrigerator. I have not had that experience myself, but then I always make sure that they are clean and put into a cov-



(By Edith M. Barber)

ered pan or into one of those convenient oiled silk bags which can be tucked away in a corner. If I have an unusually large supply I wrap what I have not room for in these protectors of waxed paper. Of course, this does not apply to onions and potatoes, which I keep in the vegetable bin, through which air can circulate.

A reader asks how to prepare peach Melba.

A pared, ripe peach is placed on ice cream and over this is poured a sauce



made by crushing raspberries with sugar and pressing them through a strainer. You will often find sponge cake served as a basis for peach Melba, but this is not part of the original recipe. Canned peaches are often used to replace the fresh peaches when those are out of season.

Another request which has come to this column is for a recipe for apple grunt, which is another title for cobbler. The new crop of apples is beginning to come into market and they are particularly good at this time of year in sauce and in pie.

Another reader is interested in potatoes prepared with sour cream. I am therefore printing a recipe which I got one summer in Austria. There is a simpler method, which demands that the boiled potatoes be cooked in butter for a few moments, after which sour cream is added with salt, pepper and nutmeg and the mixture reheated.

Apple Grunt

- 2 cups flour
- 3 tablespoons baking powder
- 1/2 teaspoon salt
- 2 tablespoons sugar
- 5 tablespoons shortening
- 1/2 cup milk
- 3 cups sliced apples
- 1/4 cup sugar
- 1/2 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 2 tablespoons butter

Sift the first four dry ingredients and rub in the shortening. Add one-half cup of milk and stir lightly with a knife until a soft dough is formed. Remove to a floured board, scrape together the remaining flour in the bowl and add enough milk to make a soft dough. Arrange apples with sugar, cinnamon, nutmeg and butter in a baking dish and cover with dough, and bake in a modern oven, 375 degrees Fahrenheit, about thirty minutes or until apples are tender.

Potatoes Salzburg

- 6 medium-sized boiled potatoes
- 1/2 cup soft butter

- 2 eggs
 - 1/2 cup sour cream
 - Paprika
 - 1/2 cup grated cheese
 - Salt
- Cut the potatoes in thin slices. Blend the butter with the egg yolks, the stiffly beaten whites of the eggs, and the sour cream. Season and mix with the potatoes. Place in a greased plate, sprinkle with grated cheese and bake in a hot oven, 450 degrees Fahrenheit, ten minutes.

Getting the Best out of Broccoli
"How should broccoli be cooked?" asks a reader. First of all it is a good idea to soak the heads in salted water after the outer leaves and tougher portions of the stalks have been removed. Then tie the stalks in a bunch as you would asparagus. Stand them upright in salted water an inch or so deep, cover and cook until both stalks and heads are tender. The time for cooking broccoli varies with the quality of the vegetables. Twenty to twenty-five minutes will often be sufficient.

There has also been a demand for crumb cake. This is usually made with a rich yeast dough which is allowed to rise a second time in a cake pan. A mixture of butter, flour and sugar is spread over the top before baking. Sometimes a rich muffin mixture treated in the same way is called by the same name.

A recipe for a moist nut and banana bread has also been requested. This bread improves upon keeping and is a good thing to have on hand in the summer time.

Crumb Cake

- 2 cakes compressed yeast
- 1 cup milk, scalded and cooled to lukewarm
- 1/2 cup sugar
- 1/2 teaspoon salt
- 4 egg yolks
- 4 cups flour
- 1/2 cup melted shortening

Crumble yeast into a bowl, add milk and stir to dissolve the yeast. Add sugar, salt, beaten egg yolks and flour. Mix and add melted shortening and mix well. Turn out on floured board, knead two or three minutes until the dough is smooth and put into a bowl. Cover and let rise over, hot, not boiling water until double in bulk. Divide into two portions and pat into greased cake pans. Sprinkle with a mixture made of rubbing together two tablespoons of butter, two tablespoons flour and one-quarter cup of sugar. Let rise until double in bulk over hot, not boiling, water and then bake in a moderately hot oven, 375 degrees F., about thirty minutes.

Banana Bread

- 1/2 cup sugar
- 1 egg, well beaten
- 1 cup bran
- 1 1/2 cups flour
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1/2 cup chopped nuts
- 1 1/2 cups mashed bananas
- 2 tablespoons water
- 1 teaspoon vanilla

Cream shortening and sugar well. Add egg and bran. Sift flour with baking powder, salt and soda. Mix nuts with flour and add alternately with mashed bananas to which the water has been added. Stir in vanilla. Pour into greased loaf pan. Let stand thirty minutes and bake in a moderate oven, 375 degrees F., one hour. Let cool before cutting.

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CHINA A HARD DISH

(London Economist)

China is an awkward dish to swallow. Like a string of macaroni, she is too long to swallow hole, but also too tough to bite off short. If anyone is rash enough to take one end between his teeth, he finds himself forced to go on swallowing till he chokes.

BE BEAUTIFUL
By **ELSIE PIERCE**
FAMOUS BEAUTY EXPERT



DOLORES DEL RIO'S lovely hair is always gleaming from brisk brushing and a light spraying with liquid brillantine.

Brunettes: Will You Be Outdone?

From all sides we hear that the blonde is the darling of fashion once more. But brunettes will not be outdone... not if we know our women and the competitive urge for gentlemen's preferences.

It is true that golden glints warm the heart as much as the sun itself. But the brunette in her deep, dark way, can be just as dazzling.

Compete by Contest

Let the very contrast be your weapon of competition. Keep your hair as sleek and dark and highly polished as possible.

This means plenty of brushing for dark hair, even more than light, needs sheen for beauty. Brushing cleanses the scalp, stimulates the circulation, polish every hair. To be of maximum value brushing must be done properly, and with a clean, clean brush.

This also means proper shampooing to remove every bit of surface dust, grime, dirt for a coating of dust makes dark hair look drab and grayish, detracting from brunette beauty.

By the same token dandruff destroys dark-haired loveliness. Brushing and shampooing will help and a special tonic, oil treatments or pomade usually puts an end to an ordinary case of dandruff. The brunette does not have to worry about oil treatments darkening the colour of the hair, as is the case with her fair-haired-cousin, nor about certain hair tonics or sulphur ointments or tar shampoos. It's darkness and sheen that characterize the beauty of the brunette.

Rinses

For the finishing touch there are rinses for the brunette, just as there are rinses for the blonde. For the latin brunette with black hair there's a blue-tinge rinse to make the hair almost jet black, or blue black—dazzling indeed. For the dark brown head with reddish lights there's the camomile rinse to emphasize the titian tones in a dark sea. There are any number of ready-prepared vegetable rinses, harmless ones too, that add gloss and sheen and are by no means of a dye nature, because they come off in the next shampoo.

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If You Like Books
(By A. H.)

On Saturday night and Sunday, the first deep snow of the season fell, so that it is fitting to quote at this time the poem "First Snow" by Edmund Blunden.

By the red chimney-pots the pigeons cower,
With heads tucked in, to find what warmth they may;
Swift the white motes are come in a glistening shower,
And the blue brightness that unsealed the day
Is lost in wreathing grey.

Green tea at its best
"SALADA" GREEN TEA

Half hoping, and half doubting, small birds came
And whistle on the taloned boughs; where still
Pale apples swing, like masks that in old Rome
The gardeners hung to warn each pliffing bill;
But here worse gods kill.

The shower convulses and drives: all the trees' arms
Are whitened over till small birds well know
What fate has bidden. Faint from lonely farms
Guns speak like echoes of the croaking crow.
How silent comes the snow.

Now what shall warm the frost-burnt grape that clings
To the green sapless vine? Poor budding rose
And lavender's late blossom, get you wings
To flee the death that in the winnow goes.
Mute the cloaked village grows;

Not a bird pipes; nor cockerel calls the tune,
Who underneath the ivied paling passes
With all his hens. The church clock drones the noon;
In the brown gaping grave the snow amasses,
The thin wind shakes the grasses.

To-day they bear the priest unto his rest
Among his own, where he so long had willed.
There he shall lie, time's winter in his breast,
There the harsh tongue of malice shall be stilled,
There toll's reward fulfilled.

If only through the snow and stomped mould he
Might hear the bells or horses' brasses ring,
The lads at football still, the children's glee
At slide; the rooks, the baaing lambs in spring,
Even his enemies sing!



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

That Body of Hours

Taking Time For a Thorough Physical Examination

A boxer and his manager consulted a physician as the boxer maintained that he felt tired all the time and the manager stated that the boxer was "too lazy to train."

"I had him over to see Dr. Blank whom he knows, and he just suggested that I give him a dose of salts and let him stop training for a week. I did this and he was a little more willing to work but he's getting lazy again."

The physician began to examine the boxer and found his blood was thin and his blood pressure low. An examination of the throat revealed a pair of tonsils (and the lining of the throat around them) very much inflamed.

"There's your trouble; your boxer has a chronic tonsillitis which is poisoning his blood (making him lazy), and also draining the blood of iron. No wonder his blood pressure is now low and that he feels tired all the time."

The boxer was referred to a throat specialist and after a few weeks of treatment he was not only willing but anxious to train.

It is because the busy physician does not get enough time to make a thorough examination during the regular office hour or hours (perhaps two hours at most) that there is not enough time for an examination of the teeth (by light or x-rays), tonsils, blood, urine, blood pressure, eyes, stomach and intestine, and so common conditions are often missed. For instance this boxing manager stated that there were at least a dozen patients waiting at 2.30 p.m. in Dr. Blank's office and his hours were from 2 to 4 p.m.

The point then is that if you can afford it you should make a special appointment with your physician when you feel "out of sorts," tire easily, get out of breath on slight exertion, have chronic indigestion and constipation. By spending a whole half hour or even forty minutes in examining you, and giving you a chance to state your symptoms fully, the physician gets a real opportunity of locating your trouble and giving the necessary treatment.

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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, 2447 West 43rd Street, New York City. The Common Cold; Why Worry About Your Heart?; Overweight and Underweight; Food Allergy; Eating Your Way to Health; Neurosis; Scourge (Gonorrhoea-Syphilis). Registered in accordance with the Copyright Act.

Pleasant Social at Ladies' Auxiliary

Dancing, Programme and Lunch Enjoyed by Happy Crowd.

"A pleasant evening was had by all" is the usual conclusion to accounts of some events, but in the case of the social evening held by the Ladies' Auxiliary of the Canadian Legion in the Legion hall on Monday night, it is only fitting to begin the account in this way, for the evening was "pleasant" from beginning to end. The master of ceremonies for the evening was G. Nippers, who filled the position in his usual able and merry manner. For the dancing, the music was supplied by W. A. Devine at the piano. A Paul Jones and several other special numbers contributed to the evening's entertainment. A delicious lunch, of coffee, sandwiches and cakes, was served by the ladies during the latter part of the evening, before which a pleasing programme was presented.

The first number on the programme was a vocal selection "Thera" by Mr. George Bergin, and in response to the loud applause he gave a suitable encore.

Miss Elsie Yates then stepped into the hearts of her audience, beautifully performing the "Sword Dance". She was accompanied by Hugh O'Neill, playing the bagpipes. At the conclusion of her number the gathering went "wild" in its eagerness to applaud the young dancer, and she graciously gave her version of "Shean Trews", another Scottish dance.

"Mountains of Morn" was the song sung by Wilson Thompson, and "Trail of '23", both being much enjoyed.

After some dancing, Wilson Thompson again delighted the audience, with the comical selection "Paddy McGinty's Goat".

Mrs. W. A. Devine, who is social convener of the Auxiliary, arranged the programme, and late in the evening another successful event by the Ladies' Auxiliary of the Canadian Legion came to a close.

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