

Try Salada Orange Pekoe Blend

# "SALADA" TEA

## Experts Say that Yams are Not Sweet Potatoes

They Look Alike, but They're from Different Families, is the Finding of Edith M. Barber, who Advises the Use of Yams for the Quick Meal at Home.

When is a sweet potato not a sweet potato? The answer is—when it's a yam. Although these two products resemble each other, they are actually



(By Edith M. Barber)

from different botanical families. The latter word is sometimes used to describe a sweet potato which is particularly high in sugar and which develops a syrup when it is cooked.

As neither this type of sweet potato nor the yam stand long distance transportation very well, we know best the potatoes which are mealy after cooking and which are generally lighter in the shade of their yellow flesh. Their colour seems to vary as you probably have noticed.

Sweet potatoes seem to need a shorter cooking than do white potatoes. Those of larger size lend themselves particularly well to baking while the small and oddly shaped ones do very well for boiling. The potatoes are usually boiled before they are used for frying, for mashing or for candying.

One of my favourite ways of preparing them, however, is to slice them in thin strips, to add butter, brown sugar and a very little water; then to cover

them and to bake them in a moderate oven for several hours.

I have recently brought out of the barrel the recipe for Potatoes Imperial which was stored away during prohibition. This is an attractive chafing dish recipe which delights guests as they watch the basting with flaming rum.

### Sweet Potato Imperial

5 or 6 sweet potatoes  
Butter  
1/2 cup sugar  
1/2 cup Jamaica rum  
Boil sweet potatoes; cool, peel and slice. Brown lightly in butter in a frying pan. Place in chafing dish, sprinkle with sugar, add one-fourth cup of butter and mix lightly. When thoroughly hot pour in rum, set on fire and baste with the syrup and the flaming rum.

### Sweet Potatoes with Pineapple

5 or 6 sweet potatoes  
1 cup crushed pineapple and juice  
1/2 cup butter  
Salt, pepper  
Boil sweet potatoes until tender. Pare and mash well. Add pineapple and butter and beat until fluffy. Season to taste and serve at once.

### Quick Meal

Creamed frizzled beef  
Baked sweet potatoes. Buttered betts  
Lettuces salad with spicy dressing  
Sliced oranges and grapefruit

### Coffee

### Method of Preparation

Light oven.  
Scrub potatoes and bake.  
Prepare salad and dressing.  
Prepare fruit.  
Open can of beef, heat and dress.  
Prepare frizzled beef.  
Make coffee.

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Blairmore Enterprise:—Might we suggest to Premier Aberhart that, instead of employing "foreign" experts he called in Premier Mitchell Hepburn to tell him how to do things right. "Mitch" would tell him more in five minutes than all the Douglas "experts" could tell him in the rest of time.—Ex.

# BE BEAUTIFUL

By ELSIE PIERCE  
FAMOUS BEAUTY EXPERT



JOAN FONTAINE "spotlights" her lips as her best feature and makes them up carefully and calls attention to their perfection.

## Spotlight Attention on Your Good Points

We who write reams in defense of self-enhancement would like to challenge the skeptics and die-hards who pretend they decry it. All the world loves beauty.

We've seen ugly ducklings transformed into beautiful swans, and we've seen the same face change in the eyes of the beholder because that face was clever enough to spotlight the better features so that the eye forgot the others. . . . just as you are oblivious of the darkened portion of a stage when the spotlight is thrust on the other side.

Some twenty-five years ago, someone I know, who was seven at the time, overheard an unkind soul say: "She'd be homely if it weren't for her eyes and hair." Her mother overheard it, too, and being a very sensible mother she proceeded very subtly to route any possibility of a complex or self-consciousness because of the "homely" reference. The child herself being very precocious, fixed "eyes and hair" in her one little mind's eye. And she has been focusing the eyes of the rest of her world on her eyes and hair ever since. . . . so much so that one forgets the fact that her nose isn't straight, that her chin recedes a bit. Her scalp is kept in pink of perfection and her hair is polished to a high sheen and very becomingly arranged. She varies her hairstyle very frequently and invites the exclamation: "You're wearing your hair different again." Her deep blue eyes are rimmed with luxurious black lashes and fairly heavy brows frame them. She keeps the brows groomed, but not thinned. She wears just a hint of blue eye-shadow for evening, but always a little oil on the lids during the day; she uses a deep blue instead of black mascara and wears blue as much as possible to compliment her eyes.

An unkind remark may set one on the right road to beauty. But more often it's the compliments a woman gets on one feature or another that give her the cue as to what her best feature is.

### Way, Away

Perhaps the most important thing in the delightful deception of "spotlighting" is the fact that by calling attention to the better features you automatically call attention away—away—from the less perfect features. If your mouth, for instance, is more interesting than your eyes, highlight it with a vivid shade of lipstick and if your nose is very good use a lighter powder on it than you do on the rest of the face—that'll "spotlight" it.

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

## That Body of Yours

Four Degrees or Stages of Rheumatism  
Rheumatism is one of the oldest diseases known to man; the joints in the oldest skeletons ever found have shown rheumatic changes in and about the joints.

However there are different degrees of rheumatism from the slight pain in a joint to the severe pain and crippling that keeps the patient always in bed. And just as there are different degrees or stages in tuberculosis, heart disease, kidney, liver, gall bladder and other diseases, so are there various degrees of rheumatism.

It is therefore helpful to patients, the

families of patients, and to the physician also to have a table showing the degree or stage of the rheumatic condition.

Dr. Douglas Taylor, McGill University in the Canadian Medical Association Journal gives the following table showing the four degrees of chronic arthritis or rheumatism. The table shows (a) the degree or stage as shown by the x-ray examination, and (b) the symptoms as seen by the physician and complained of by the patient.

The x-ray findings are:

1st Degree or Stage:—Soft tissue changes—swelling inside and outside the joint, some loss of calcium or lime with a little extra bone formation at edge of bones forming the joint (dipping).

2nd Degree or Stage:—Joint space definitely altered; loss of cartilage or bone substance, some loss of lime, further changes in soft tissues, swelling of the capsule covering the joint with a wasting of the tissue adjoining the capsule, definite little bony lumps or spur formations.

3rd Degree or Stage:—Destruction of joints; deformities, stiffening of joints (loss of motion in joint).

4th Degree or Stage:—Extreme widespread joint changes; further destruction, and growing together of ends of bones forming the joints.

The "symptoms" in the four stages are:—

1st Degree:—Slight symptoms: pains or aches; discomfort; may be stiffness and swelling; patient active.

2nd Degree:—Moderate symptoms: pain, stiffness, creaking (crepitus); lessened movement in joint; patient getting about to some extent.

3rd Degree:—Severe symptoms: deformity; lessened movement; patient unable to completely look after himself; may be able to walk with difficulty.

4th Degree:—Although there may be no actual pain the patient is helplessly crippled, usually bed-ridden.  
Dr. Taylor states further that it is unfortunate that those in the third and fourth stages did not receive the necessary treatment earlier as much of the crippling could have been prevented if more institutions were equipped to treat these cases.

### Scourge

Dr. Barton's latest booklet, "Scourge" with reliable information regarding the two most dreaded social diseases, gonorrhoea and syphilis, is now available. Know the facts, protect yourself, and save endless worry. Address your request to The Bell Library in care of this newspaper, 247 West 43rd St., New York City, enclosing Ten Cents.  
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## Young People Hear of Medieval Artists

Illustrated Address at Schumacher by Miss Evelyn Flowers.

It took more than a disagreeable rain on Monday evening to prevent a large attendance at the regular meeting of the Young People's Society of Trinity United Church, Schumacher. The efforts of those present were amply rewarded, too, when they were treated to a highly instructive and very interesting discussion of medieval artists and their work, presented by one of the members, Miss Evelyn Flowers. The address was illustrated throughout by lantern slides depicting the masterpieces of the famous painters of the past, including among many others, examples of the work of Andrea del Sarto, Titian, Michael Angelo, Botticelli, the Van Eycks, Durer, Holbein, and Raphael. By means of these slides Miss Flowers was able to show the development of form and realism in art which gradually transformed the formal, unnatural drawings of earliest times into portraits of vigour and life-like reality.

A hearty vote of thanks was moved by the members to Miss Flowers for her generous gift of time and effort in making the evening a memorable occasion for all who were fortunate enough to hear her. On Monday evening, November 15, a literary meeting is planned to which all young people of the congregation and their friends are cordially invited.

Pembroke Standard:—The Japanese think that our sympathy in their war is pro-Chinese. They are absolutely correct.

## Heart Disease Not Necessarily Fatal

Some Advice as to How to Live Long, Though Having Heart Trouble.

(By J. W. S. McCullough, M.D., D.P.H.)

In persons having disease of the heart, particularly that form called coronary disease, attacks of indigestion are prone to occur following exertion. Indeed in some cases, the heart condition may be overlooked and the distress attributed entirely to indigestion. Such attacks of indigestion are probably due to cardiac embarrassment the result of over-exertion.

An example is seen in the following account. A married woman of 60, had frequent attacks of indigestion for the past year or two, most of which had occurred when she had visited the city on a shopping trip. The attacks were characterized by distress in the region of the stomach, gas and nausea. The chief complaint was a severe constant epigastric pain which lasted about 4 hours. There was no shortness of breath but the heart beats were poor in quality.

When recovery follows in cases of this nature, the future prospect of the patient depends on the length, as one writer puts it, of his rope. If his rope is short—in other words, if when he starts to walk again he is soon halted by distress or pain about the region of the heart, or if there is shortness of breath—the prospect is poor. If, however, after a good rest, the heart reserve is found to be large, there is good reason for hoping that he will go on to live in comfort for many years.

Cases presenting the signs outlined, should maintain regular habits of life. They should, especially if inclined to stoutness, cut down on foods of a battenning character. They should have easy outdoor exercise every day, lots of sleep and be sparing in the use of alcohol and tobacco.

Persons with heart disease do not necessarily live under the sword of Damocles. They are not, in most cases, sentenced to early death. A vast number, probably the majority, may with good care live long and useful lives.

## Judge Valin Observed 80th Birthday on Monday

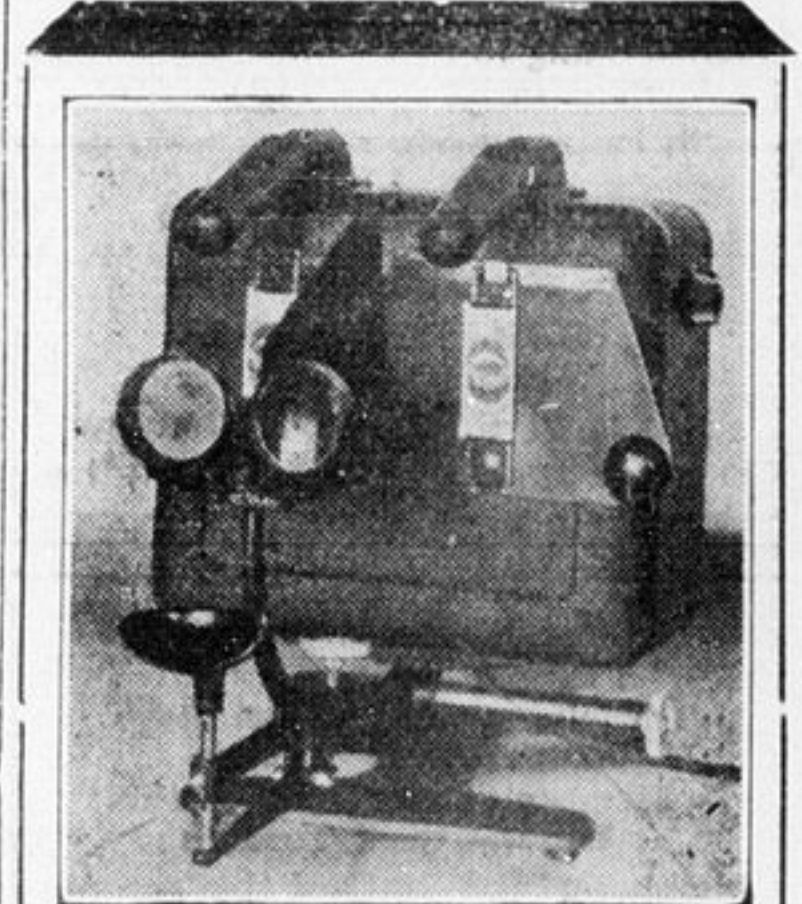
Judge J. A. Valin, of North Bay, the veteran jurist of Nipissing district, and known and esteemed all through the North, observed his 80th birthday on Monday of this week. The event was not marked by any special observance but was passed quietly at the Valin home.

Appointed first judge of Nipissing district March 13, 1895, the distinguished gentleman retired from the bench five years ago, on his seventy-fifth birthday.

His original jurisdiction extended north to James Bay, west to Sudbury and east to Renfrew County.

Well known throughout Northern Ontario, Judge Valin is now a member of the board of guardians of the Dionne quintuplets, together with their father, Oliva Dionne, their physician, Dr. A. R. D'Arce, and Percy D. Wilson, administrator of minors' estates for the Province of Ontario.

Financial Post:—Premier Hepburn guards himself "with an armoured car and bodyguard," according to The Digest. Interesting, if true, but after the sweeping victory of October 6th it hardly seems necessary. There is so little opposition.



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