

For lovers of green tea

# "SALADA" GREEN TEA

## Now's the Time to Think of the Christmas Turkey

The Turkey that Made Thanksgiving Famous in the U. S. A. is a Popular Bird the World Over at Christmas Time. Some Hints on the Cooking of Turkey. Some Recipes for Trimmings, Etc.

"The turkey is an American from head to tail. He is a bird of course," according to Benjamin Franklin. Many of us agree with Franklin that the turkey instead of the eagle should have been chosen as the national bird for the United States. Around Christmas time it is a "national bird" all right.



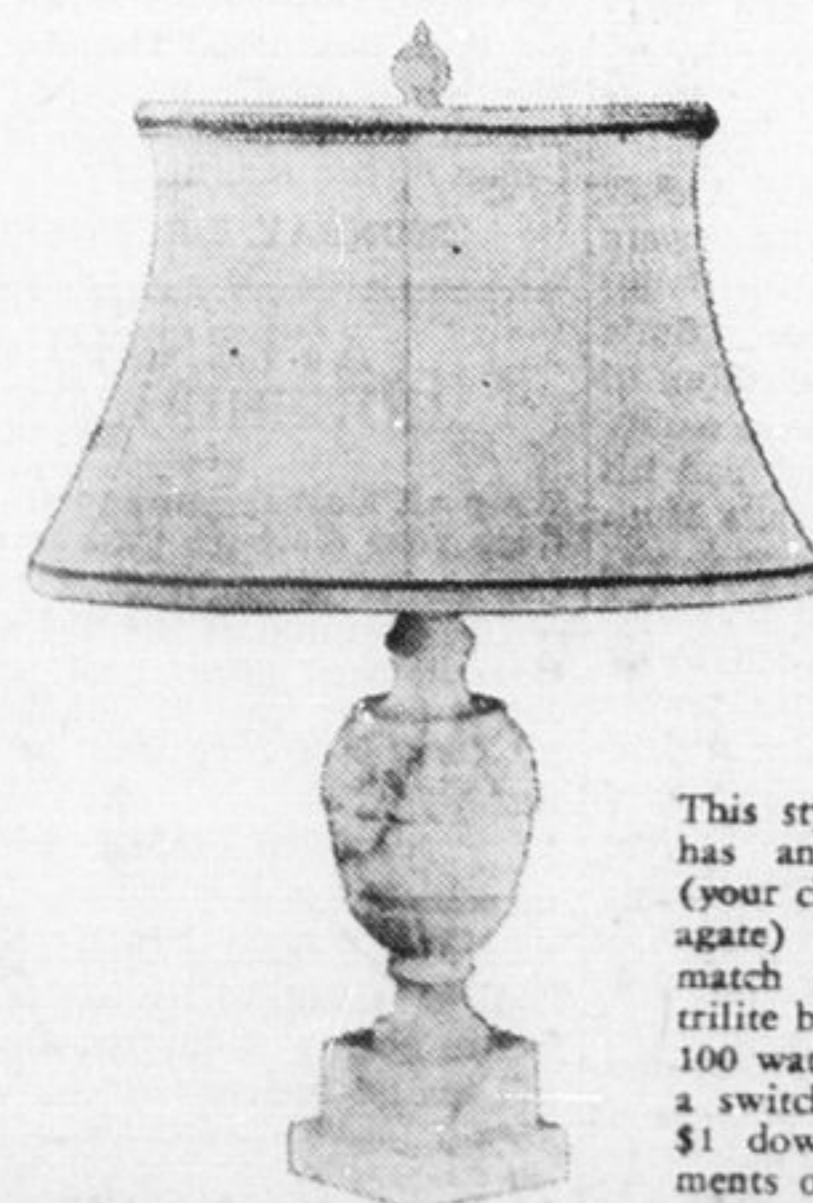
(By Edith M. Barber)

While wild turkey was plentiful in the days of the Pilgrim fathers and was snared by the orders of Bradford, the Governor, "to increase the scanty fare" of the first Thanksgiving, there is a possibility that this bird had been known to them before they came to American shores. Spanish explorers had domesticated it in Europe during



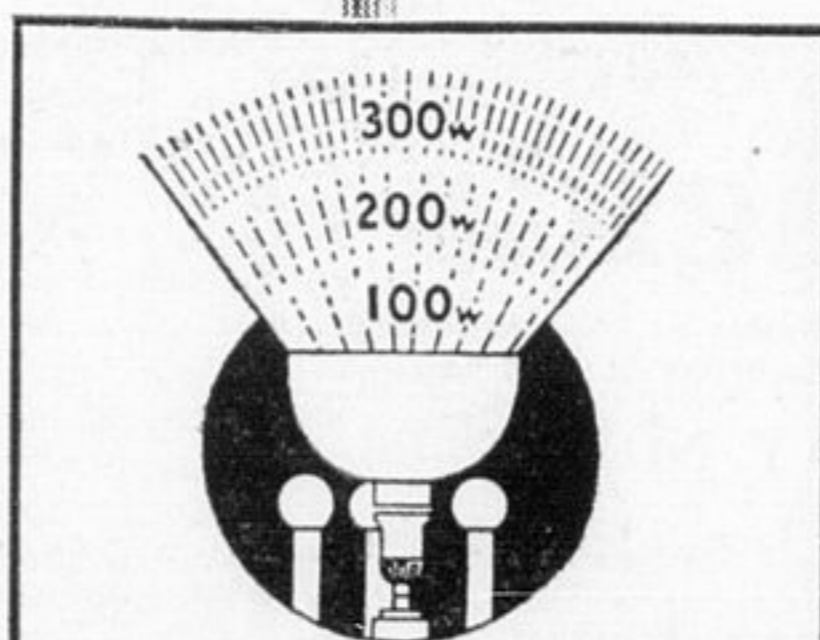
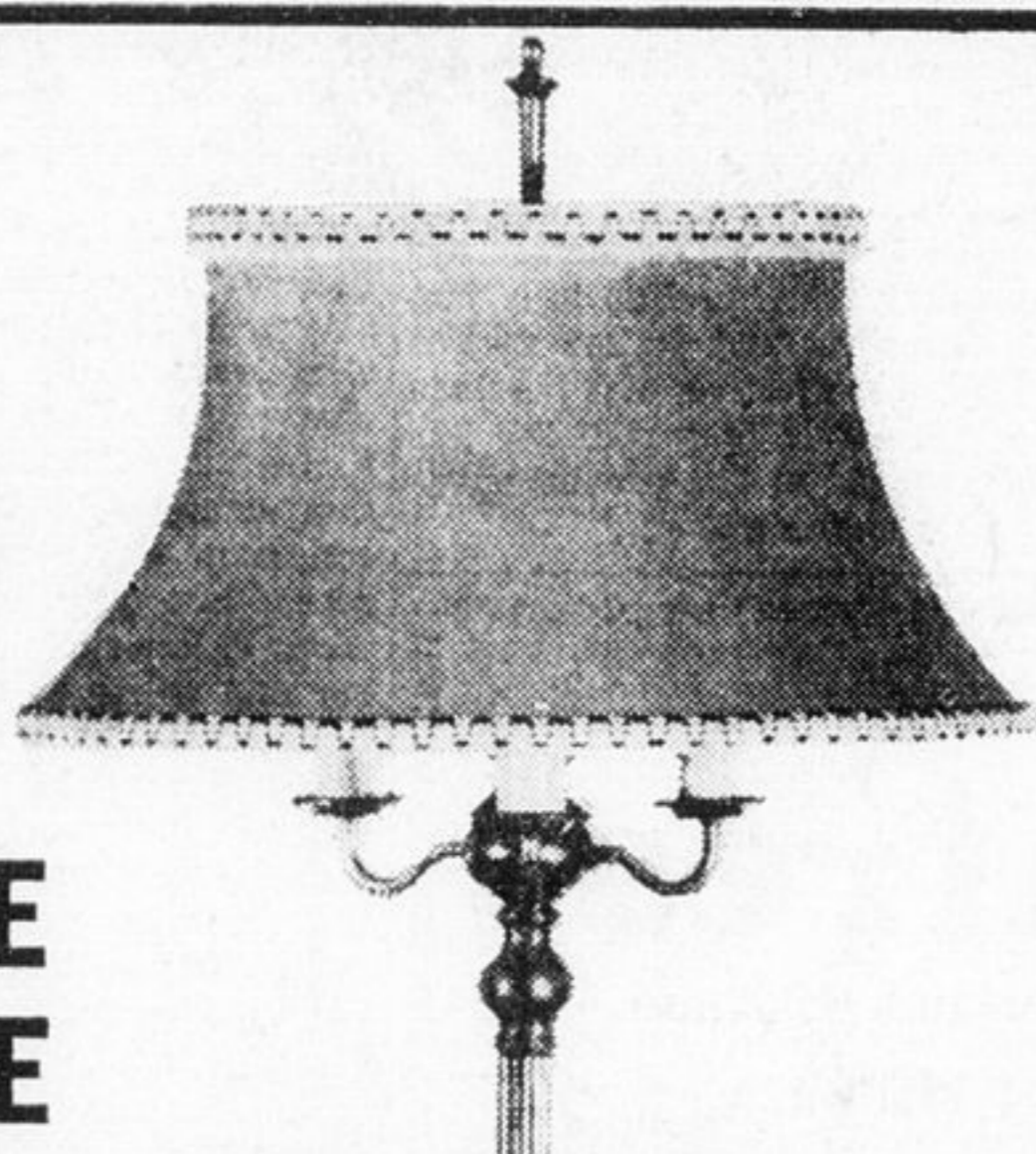
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fer to arrange the bird on its back after it has been stuffed and trussed. Either strips of salt pork or a liberal amount of butter may be put on the breast. I then roast it in a hot oven for twenty to thirty minutes, after which I lower the temperature.

A very important point — turkey should be roasted uncovered and no water should be used. The bird may be basted from time to time with the butter and the fat which will collect in the bottom of the roaster.

Not a word has been said about stuffing! This question, however, will be discussed in detail on next Monday. I certainly could not neglect my favourite part of the Thanksgiving dinner.

### Roast Turkey

Dress, clean and stuff the turkey. Sew and skin together over the stuffing in the breast and neck. Rub with salt, flour and do with butter. Place in a hot oven 450 degree Fahrenheit twenty to thirty minutes until brown. Reduce the heat and baste occasionally with the juice and fat in the pan. If the fowl is lacking in fat, dissolve butter in hot water and use for basting. When the breast meat is tender, the turkey is cooked enough. A ten-pound turkey should cook about two hours. A chicken may be roasted by the same method. A chicken will cook in about an hour and a half.

### Giblet Gravy

Cook giblets until tender in salted water. Reserve stock and cut giblets into small pieces. After turkey is cooked, remove to hot platter and pour off fat if necessary so that not more than half a cup remains in pan. Add giblets, set pan over low heat and stir in one-half cup of flour. When smooth, add stock from giblets and enough water to make three cups of liquid. Stir until smooth and thick, add salt and pepper to taste and more liquid if necessary. Gravy may be made in frying pan if desired.

### Squash Pie with China Ginger Meringue

2 cups squash, cooked and strained  
1/2 cup granulated sugar  
1/2 teaspoon salt  
1/4 teaspoon nutmeg  
1/2 teaspoon ginger  
1 cup milk  
1/2 cup heavy cream

Steam squash and run through pure strainer and drain off water before measuring. Weigh and sift dry ingredients, add to squash, stir until mixed and add eggs, slightly beaten. Add milk and cream. If there are any lumps, strain before pouring into unbaked pie shells. Bake forty-five minutes in moderate oven (350 degrees Fahrenheit). If possible have oven 400 degrees Fahrenheit when pie is first placed in oven; decrease after fifteen minutes.

### China Ginger Meringue

2 egg whites  
1/2 cup granulated sugar  
1-16 teaspoon salt  
1 tablespoon candied ginger, chopped fine.

Beat egg whites, add sugar and salt slowly and continue beating until stiff

but moist. Fold in candied ginger. Spread on squash pie about fifteen minutes before done; bake until meringue is a light golden brown.

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## That Body of Yours

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

### Foods to Which One is Sensitive May Raise the Blood Pressure

It would seem that instead of "operation" being the favourite topic of conversation, discussing blood pressure—mostly high blood pressure—is now becoming more popular.

This is only natural when we remember that high blood pressure in the brain may cause a break in a little blood vessel and a stroke, and high blood pressure may cause dangerous kidney and heart conditions.

That blood pressure can be raised by emotional upsets, and eating and drinking too much, has been established, and that certain types of food raise the blood pressure in practically everybody is known. However that foods to which an individual is sensitive or allergic can raise his blood pressure and not that of another individual who is not sensitive to that particular food, has not heretofore been known. A history of fifteen such cases is recorded by Dr. O. Liston, Oak Grove, Mo., in the Missouri State Medical Association Journal.

Dr. Liston is convinced that certain foods eaten by individuals sensitive to these foods, will cause overstimulation of the nerves that lighten or close the small blood vessels thus raising the blood pressure as long as any of the food remains in the system. And that many individuals have had high blood pressure for many years due simply to being sensitive to certain foods eaten regularly was proven by the fact that the blood pressure fell to normal within four days after these individuals stopped eating these particular foods.

Even in cases where the blood vessels were actually hardened—elastic tissue of blood vessel being replaced by white fibrous tissue—the blood pressure drop-

ped after they had stopped eating these offending or allergic foods.

"One patient, sensitive to pork, cannot eat eggs fried in lard without a rise in blood pressure. Another patient, sensitive to wheat, has a swelling of the tongue and a rise of 60 points in blood pressure, after eating any wheat."

In all cases Dr. Liston uses the "elimination" diet—leaving out of the diet each suspected food in turn until he finds the one offending, or the skin test—rubbing food into a scratch in the skin, or injecting it under the skin.

While fifteen cases is not many, nevertheless when we see the other symptoms of food allergy—swollen eyes, swollen tongue, intestinal upsets—the fact that it may raise the blood pressure may well be investigated by all physicians.

### 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

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oversensitive to certain foods and will have colds in their heads, "snuffy" noses, 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, in care of the Timmins Advance, 247 West 43rd St., New York City.

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## Made a Ton of This Christmas Pudding

Recipe Given for Pudding Made on C.N.R. Diners

Working in the tiny kitchens of two dining cars, one at Montreal and one at Winnipeg, Canadian National Railway chefs made a ton of plum pudding to be served to travellers this Christmas.

Here is the recipe—an old English one—for a family-size pudding. It will make two and a half pounds—ten generous individual portions.

### Ingredients:

- 1/2 lb. bread crumbs
- 1/2 lb. beef suet
- 2 oz. flour
- 1/2 lb. brown sugar
- 2 oz. mixed peel
- Pinch salt
- 1/4 teaspoon baking soda
- 1/2 pint milk
- 3 eggs
- 1/2 lb. sultanas
- 1/4 lb. raisins
- 1/4 lb. currants
- 1/4 oz. cinnamon
- 1/4 oz. nutmeg
- 1/4 oz. allspice
- 1 1/2 oz. brandy

### Procedure

Mix the dry ingredients together thoroughly, then add the beaten eggs, milk and brandy, and mix all together thoroughly. Grease inside of pudding bowl or covered mould to prevent pudding from sticking. If pudding bowl used, cover bowl with floured gauze tied tightly around bowl to keep moisture away from pudding. Boil pudding for three hours. Heat thoroughly before serving, then unmoil on dish. Serve with sprig of holly on top.

Serve with either hard or custard sauce, made as follows:

### Hard Sauce

Ingredients—1/4 lb. butter, 1/4 lb. sugar. Procedure—Mix butter and sugar until the mixture becomes snow white; add a few drops of lemon extract. Roll in wax paper, place in refrigerator until hard. Cut in slices. Serve slice on top of plum pudding.

### Custard Sauce

Ingredients—2 eggs; 1/2 cup powdered sugar; 2 cups milk; 2 tablespoons corn starch.

Procedure—Beat up eggs, corn starch, sugar together thoroughly; add milk; beat together again. Place in double

boiler. Allow mixture to become hot at same time beating it up to prevent it from becoming lumpy. Add few drops vanilla extract. Allow mixture to thicken. Serve hot over pudding.

If it is desired to serve brandy with pudding, unmoil plum pudding on dish, place sprig of holly on top of pudding, pour brandy around base, light brandy with match.

## Planned to Blast Vault and Then Steal Gold Brick

At Val d'Or some days ago a man named Paul Lacheck, 21 years of age, and giving the home address of Montreal, was arrested on a charge of illegally possessing high-grade ore. Investigation by the police in the case soon disclosed the story that Lacheck had proposed a scheme for dynamiting the vault at the Shawke Gold Mines and stealing the gold brick therein. The gold brick represented one of the mill runs of the mine. It was an 85-pound gold brick and valued at \$40,000. Lacheck told an acquaintance about his plans for dynamiting the vault and the story eventually came into the knowledge of the police. In police court Lacheck pleaded guilty to possessing dynamite with the idea of blasting open the vault and stealing the gold. The accused man was found in possession of three sticks of dynamite—enough for the purpose, if used rightly, it was said. Judge Metayer sentenced Lacheck to six months' imprisonment.

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Your hands can be as smooth and fingertips as tapered as MADELEINE CARROLL'S if you will massage them with cream nightly.

### Homework on Your Hands While You Sleep

Sleep, it seems, does more than knit like a lot, consider the fact that your hands are every bit as much in evidence as your face, and carry quite as much weight in the beauty picture. And think of how much they express your personality! Why there's double drama right on your own hands!

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You can go Nature one better by making sleep literally a beauty treatment, combining rest with beauty rites. Homework for your hands is very necessary at this season of the year when the first chill winds threaten to coarsen the outer skin, making it harsh, red, rough. Homework becomes very easy when it requires only a few minutes time and puts in hours of corrective work while you sleep.

At night before retiring wash the hands thoroughly, rinse carefully and dry. Then apply a good emollient cream massaging in a firm rotary movement over the hand, then working over each finger and pinching the tips and smoothing the cuticle. That done, don a pair of soft gloves. And, so to bed. In the morning the gloves come off, and there you are, your skin ever so much more silky soft and shades whiter.

### Hand Set

One of the leading purveyors of beauty, who anticipates every beauty need it seems, offers a hand set as her latest contribution to pulchritude. This consists of a soothing, softening hand cream that promises to give you skin like satin; there are a pair of soft gloves in the bargain. Homework on your hands, as you sleep. In addition to this set there is a special hand tonic which should be used every time the hands are washed. And there's another tonic for the nails and cuticle. If all this care for one's hands seems

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