

# Some Noted Foods We Know by Other Names

The Casava, as an Example, is the Name in Jamaica for What we Term Tapioca. Recipes for Cranberry Tapioca, and for Cheese Souffle.

Always on the lookout for new dishes when I am travelling—and at any other time—I ordered casava pudding when I saw it on the menu at the charming Manor House in Jamaica where I spent some time. I have been introduced to



(By Edith M. Barber)

so many new fruits such as the stewed cashews and the guavas, which I had in this form before, and innumerable fresh fruits, such as the nazzberry, the sour sop and the star apple. Perhaps because the word "casava" sounded so much like "casaba" I was surprised that the dessert turned out to be tapioca pudding!

I really did not know that what we call tapioca comes from the root of a plant which is variously known as the the casava, the manioc, the mandioca and the cassada. The starch or flour which comes from this root is also known as Brazilian arrowroot. While it is used baked in the form of thin cakes in tropical countries, we know it in this country after it has been exposed to heat until the starch grains break and then forced through sieves

or ground to form the tapioca which we know.

Because it is mild in flavour, tapioca is always combined with foods which contrast with it in this respect, as well as in texture. Custards variously flavoured and fruits are particularly good in combination with it.

Because tapioca has a property which allows it to hold together particles of air and moisture, it can be used in preparation of certain dishes such as omelets and souffles for the special purpose of preventing shrinkage, or what we call "falling."

### Cranberry Tapioca

- 1/2 cup granulated tapioca.
- 1/2 teaspoon salt
- 3 1/2 cups boiling water
- 1 pint cranberries
- 1 cup sugar
- 1/2 cup water

Cook tapioca, salt and boiling water together until clear. Cook cranberries and water until soft and add to the tapioca with the sugar. Cook five minutes, pour into a wet mold, chill and serve with cream.

### Cheese Souffle

- 3 tablespoons granulated tapioca
- 1 cup milk, scalded
- 1 cup grated cheese
- 3 egg yolks, well beaten
- 3 eggs, whites, stiffly beaten
- 1 teaspoon salt

Add tapioca to milk and cook in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Add cheese and stir until melted. Cool. Add the well-beaten egg yolks and mix well. Fold in the egg whites which have been beaten with the salt. Bake in a greased baking dish, placed in a pan of hot water, in a moderate oven (350 degrees Fahrenheit) 50 minutes, or 30 minutes in individual ramekins.

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Globe and Mail:—"There are quite a few drivers who are safe enough in the daytime but not at night," says a police inspector. They are something like husbands.

Peterborough Examiner:—"We hear of a new device used in the places where they test eyes for glasses. If the customer can see the 1938 auto markers at a distance of six feet then it is decided no glasses are needed.

Dundee Courier:—"People, on the whole, give about as much advice as they get."

# BE BEAUTIFUL

By ELSIE PIERCE  
FAMOUS BEAUTY EXPERT



GLORIA DICKSON tries the new manicuring method of applying a coat of special nail wax under the polish.

## A New Method Said to Keep Polish Smooth and Nails from Splitting.

We don't know just what it is that causes nails to split. We tell you so very honestly. We've asked a dozen authorities—physicians and beauticians and some feel that a deficiency of calcium in the diet may cause the nails to crack. Some say, "Avoid washing the hands too often and do not use caustic soaps or cleansing agents." (Well, don't use them on general principles). The fact is, however, that there is no general consensus of opinion among authorities as to just what causes the nails to crack.

We do know, however, that the beauty mart has come to regard brittle, breaking nails a major ill. Witness the many creams, oils, jellies and other correctives for the purpose.

The latest novelty to come out of Hollywood is a nail wax. She who by appointment to some of the most famous hands in Hollywood, manicured their nails, did, in the course of her work, develop a rather remarkable wax. She would apply the wax first and then the polish. The combination seemed conducive to the growth of longer nails. As Hollywood's nails grew to new lengths, Hollywood itself went to great

lengths in singing the praises of this protective procedure. The wax has a lustre and sheen of its own, in addition to its protective powers. The lacquer that comes with it shines smoothly and clings long and affectionately.

### Follow Directions

I particularly like the frankness with which you are warned to follow directions to the letter. I also like the caution that at first the wax (not your nails) may chip off until your nails become obediently accustomed to it, but gradually it will do its smooth job. When the nails have grown out quite a way you can put the protective wax on the underside as well over the nail.

If your favourite manicurist does not have them, you can buy the wax and the lacquer and take them to her, or play around with them yourself, if you like. It seems to me that any woman who has had the hateful experience of having her nails chip and break, and just when they were a perfect length too, would be happy to try anything once.

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## That Body of Yours

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

### The Liver is the Great Provider of the Body

I have written so much and so often about the liver that my readers may think I am too much "liver-minded." Yet when I remember that the liver has been rightfully called the 'king of the organs' I realize that nothing I could write touches the health of my readers to the same extent as the liver.

As mentioned before the liver is the largest organ in the body, contains at least one-quarter of all the blood in the body, manufactures bile for breaking up fats, killing off harmful organisms, and aiding bowel movements (Nature's purgative), stores up sugar for future needs, supplies some of the substances forming the blood, filters poisons out of the blood, and does other useful duties in the body. It is not to be wondered at therefore that with all these forms of work so many individuals have a "little trouble" with their liver. And this little trouble is usually due to eating meals that are too large, or meals containing too much fat and starch foods.

The other reason for having a little trouble with the liver is lack of exercise of the trunk or body—not enough bending and twisting to squeeze the liver and help its circulation, and not enough general exercise to make the lower part of the lungs go down and squeeze the floor of the chest against the liver lying beneath it.

It is certainly of great interest to all of us to have Dr. P. C. Mann, Mayo Clinic, in the American Journal of Digestive Diseases and Nutrition, refer to the liver as the commissariat (provisions and transport of an army) of the body. Dr. Mann believes that he has collected sufficient evidence to show the importance of the liver in maintaining a constant supply of "usable" food for the body. "The liver can be considered as a large "storage" and "manufacturing" plant constantly teeming with activity." Through and by means of its cells are transported the various materials on which the tissues of the body must rely for their source of energy, growth, and repair, and for maintaining the processes of life. Surely the liver can be called the "provider" of the body.

Remember, the liver can usually be kept in good condition by a little daily exercise and eating less at each meal even if more meals are eaten.

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## Inquest at Iroquois Falls Last Saturday

Mr. Vanasse, Well-known in Timmins, Died from Heart Failure. Other Iroquois Falls News.

Iroquois Falls, Ont., Feb. 5th, 1938.—(Special to The Advance)—At the inquest held in the Ansonville town hall on Saturday afternoon, concerning the death of Mr. L. H. Vanasse, deceased, who died in the Allies Hotel on January 30th, about midnight, the nine jurors summoned, presented the following verdict to Mr. W. J. Grummett, district coroner, who conducted the inquest:—"We the investigating jury, summoned to inquire into the death of L. H. Vanasse, find that he came to his death in the Allies Hotel, Ansonville, on January 30th, about midnight, due to heart failure."

**Lovely Dance Held in Parish Hall**  
A most enjoyable round and square dance was held in the Parish hall here, on Friday evening, February 4th, under the auspices of the St. Mark's Parish Guild.

A large gathering of merry-makers turned out to dance to the excellent music supplied by Mrs. Macdonald and Mr. Geo. Wilkes, who put considerable pep into the merriment. Mr. Pat Walsh and Mr. J. Brown assisted in calling of the square dances.

Mr. Horace Jones, floor manager of the dance, also assisted the ladies of the Guild in serving a delightful lunch during the course of the dance.

Many of the attending persons voiced their delight in having attended, and hoped that more similar events would be held.

**Another Delightful Dance**  
A delightful dance was held in the Peole Memorial Hall on Tuesday, Feb. 1st, under the auspices of the Ansonville Branch of the Women's Auxiliary.

A large attendance turned out to make merry to the usual excellent music.

In conclusion of an enjoyable evening's entertainment, a lovely lunch was served, all participating heartily.

## Job Offered to the Dean of Canterbury

Henry Ford Interested in Address on Safety.

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

Bob Davis, who writes some of the best stories of adventure and sport on land and sea, tells in Canada Cavalcade a good one of the Dean of Canterbury cathedral, who is facial appearance is an almost exact replica of the late George Washington, one time President of the United States. The Dean—he was the Dean of Manchester—attended a banquet given on the occasion of the celebration of the manufacture of the first quarter-million of Ford motors in England and, much to his surprise, was asked to speak at the conclusion of the dinner. He might well have spoken on his experiences when he was preparing for the career of an engineer in the same shop as Charlie Chaplin, but he took another line. He said something like the following: "Much has been said and written concerning the number of children that have been run over by the automobile since its advent in our daily life. Statistics as to the maimed and killed are startling."

This sounded like a bad beginning for the Dean, but he improved as he went on. "However," he continued, "there is another phase, bearing as it does upon mortality among infants. It is this: Henry Ford, in producing a comparatively cheap motor, has rendered it possible for small tradesmen, butchers, bakers, fish vendors, milkmen and so forth, to make deliveries by gas rather than by horse-driven vehicles. The advent of a Ford car meant the elimination of one or more horses; the elimination of a horse meant the elimination of a stable and the passing of a stable man doing away with flies that spread unsanitary conditions fatal to children. Every Ford car sold to a London shop-keeper making delivery to his patrons serves to lower the annual deathrate and improve the health of England's posterity."

The Editor of an automobile trade journal in the audience, said to his fellow-guest beside him, "Introduce me to the Dean."

"I will," responded his neighbour, "if you will give him trade rates for his 'copy'."

Thus it came about the Dean received 7 guineas for his extemporaneous remarks. Shortly after, he received a proposition from the Ford publicity department to write automobile advertising at a salary considerably in advance of a Dean's income. He preferred to remain a theologian.

## General Protest Against Increased Radio License

(From Globe and Mail)

Protest against the increased radio license is as vigorous as it is widespread. The question asked is: Why the higher fee for no better return? The injustice suffered by private companies also is stressed. These developed broadcasting to the point where the Corporation stepped in. Any programmes available now were provided by privately owned stations. These companies bore the cost of broadcasting. They were looking after improvement and extension of radio service; and they were taxed by Government. The Corporation not only takes command of national broadcasting, but underbids the private companies for United States radio advertising. And still the listener turns to the United States for the kind of radio entertainment he was getting anyway before the Corporation and its ascending fees appeared on the scene. These are views held by the Corporation's critics.

One letter received by The Globe and Mail is typical of many others. The writer knows well his particular section of rural Ontario. Radio sets owners are in open rebellion against the increase. Another complaint is that but a few pay the levy, while others ignore the license fee. "They claim that CBC does nothing for them. They never listen to its programmes, and would quit using radio rather than pay to contribute—as they put it—to a flock of salaries at Ottawa." The inference is that a considerable percentage of set owners in rural sections pay nothing in the way of license, and get away with it, while more conscientious owners have to whack up. This condi-



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tion also is resented by those who pay. The license evaders are law-breakers, of course, and this correspondent asks: "Are we going to develop a nation of law-breakers and cheaters?" There is significance in the fact that in all other respects these offenders are honest, law-abiding citizens, but they are determined not to pay out money for their radios rather than submit. There is the apprehension that gradually the fee may be increased to \$5, and perhaps \$10. This is a bad situation, but it indicates what is thought of the Corporation and its work.

Admittedly the Corporation and its officials have a difficult task. There is no possibility of either Government or private stations satisfying all listeners. But the general protest is against higher license fees, and the question asked is: For what?

Each day I thank God for the things That give my wandering spirit wings; Like morning glories soft and blue, And grasses drenched in sparkling dew;

For gardens bright with stately bloom, For roses spreading sweet perfume, And planting time and garnered grain, For singing winds and silvery rain.

I'm thankful for the joys I know, Of home and firelight's cheery glow, Of friends who've proven true and kind, And for an intellectual mind;

For rosy morn and starry night, For hate of wrong and love of right, Each day I thank God for the things That give my wandering spirit wings.

## Believes the Radio Tax Unjustified and Unfair

(Collingwood Enterprise-Bulletin)  
If Ottawa is "listening in" it must have heard the round of protest across the Dominion against the announced new radio license fees. Long has been since there was such a wave of dissent against any government action that might be termed minor in importance. For the increase of twenty-five per cent, from \$2 to \$2.50, on the top of the increase of one hundred per cent, of very recent memory, the public can see no justification. It is felt that with so little given in return at two bucks any attempt to gather in more in the form of fees is little short of an outrage. Contrasted with the receipt of the increase in the price of newspapers, it is not in the same category. The newspapers had been giving value hence, though not desired, the advance was accepted without an outcry. Against the radio "new deal" the indignation is not confined to any one section of the country or people. Its unpopularity is general. County, city and town councils. Boards of Trade and other bodies are protesting while the press is almost one voice against it. The quarrel is not with the value of the radio. Rather is it public opinion ranged against an unjustified tax for an inadequate service. Sized up from almost any angle it would appear that a grave error has been made, that unwittingly a government department has got loose and that a cancellation of the new order is already overdue.

North Bay Nugget:—"When Ireland takes up electioneering, there's no sham about it."

## If You Like Books

(By A. H.)

To-day's poem expresses a thought in simple language, and in verse, which it must be admitted, is not at times perfect. But poems like these are the ones that are treasured by readers, and that find their way into many a collection. And "thank you" to the reader who sent in "Favours". May others follow her example.

### Favours

(By Alice Whitson Norton)  
Each day I thank God for the things That give my wandering spirit wings; Like morning glories soft and blue, And grasses drenched in sparkling dew;

For gardens bright with stately bloom, For roses spreading sweet perfume, And planting time and garnered grain, For singing winds and silvery rain.

I'm thankful for the joys I know, Of home and firelight's cheery glow, Of friends who've proven true and kind, And for an intellectual mind;

For rosy morn and starry night, For hate of wrong and love of right, Each day I thank God for the things That give my wandering spirit wings.

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