

For lovers of green tea

"SALADA" GREEN TEA

Explains Why Fats Are so Valuable in the Diet

Besides Their Caloric Value, They Seem to Regulate the Time of Digestion, Says Culinary Expert in Interesting Article. Also There are Here Some More Recipes.

"I never eat fat," pronounces some one at the table when the roast is being carved and the host asks whether some of the crisp brown cracklings shall be included in the serving. Of course, I am one of those persons who



(By Edith M. Barber)

always demands as much fat as meat. On the other hand there are persons who object to meat fat, although they are fond of butter and cream and perhaps of olive and other salad oils. They also get fat through the shortening of butter, lard or hardened vegetable fat which is used in hot breads and cakes. They may also be fond of the fat which is an integral part of bacon.

With the exception of cream, fats have practically the same food value, of which the body makes use for the

production of fuel which supplies us with energy. This fuel is in a concentrated form. From an ounce of pure fat, for instance, we get over twice as many calories as from an ounce of pure starch or sugar. Because even thick cream contains a large percentage of water, it can not be called a pure fat. Both cream and butter, however, do furnish us with liberal amounts of vitamin A and the first can be counted on for some vitamins B and G. Vitamins have also been added to one of the margarines which, of course, provides calories equal to butter.

Fats are valuable in the diet both because of their caloric value and because they apparently regulate the time of digestion and aid the other foods in making a smooth passage through the alimentary canal. There is good reason for man's choice of a mixed diet.

French Fried Onions

Select six large onions, peel, slice crosswise one-eighth inch thick. Separate the rings, using only the larger one, saving the rest for other use. Cover with milk; soak one hour. Drain, and fry in deep, hot fat (385 degrees Fahrenheit) about two minutes. Drain on soft paper.

Spinach With Cream

1 peck spinach
Salt, sugar
Pepper
1 teaspoon minced onion
½ cup sour cream

Look over spinach and wash carefully. Cook with water to cover in a covered kettle with a little salt and sugar ten to fifteen minutes or until tender. Season with pepper and more salt, if necessary. Serve on a hot dish. Add minced onion to whipped sour cream and pile on top of spinach.

Hard Sauce

½ cup butter
1 cup powdered sugar
2 tablespoons milk
¾ teaspoon vanilla
½ teaspoon lemon extract

Cream butter, add the sugar gradually, then the milk and beat until very light. Add the flavouring.
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Typographical Error Continues to Have Fun

(Hartland Observer)
That bugbear of all newspapers, the typographical error, is at it again. We are reminded of a near catastrophe in the columns of The Observer when an article speaking of the "Reformed Baptists," almost appeared in print as the "Reformed Baptistists." Fortunately the error was caught at the last minute or the editor might have had to leave the country. Last week a Fredericton daily speaking about the potato market, proclaimed in a headline "No Table Stock," and in a few editions previous had headed a personal little note with the words "Cad of Thanks." The Saint John Telegraph-Journal, however, takes the cake. In a front page story in its Friday edition, speaking of the self-imposed fast of Rev. Israel H. Noe, an Episcopal clergyman of Memphis, Tenn., that paper states that the reverend gentleman is fasting "to attain immortality."

Try The Advance Want Advertisements

Some Recipes for Use of Graded Beef

Roast Beef, Sirloin, Steak Broiled, Fillet Mignon.

Marketing by grade, as represented by the increasing sales of branded beef over several years, is becoming popular in Canada, proving conclusively that the assertion "Grading takes the hazard out of buying" is true, particularly in the case of beef. Possibly there is no other article of food in which high quality is more important, or in which the quality is more variable, more difficult to identify, more subject to misrepresentation. None of these hazards can affect the buyer of Government branded beef, which carries with it the guarantees of good beef in two qualities or grades—Choice or Red Brand, and Good or Blue Brand.

A red ribbon-like mark running along the full-length of the carcass denotes the Choice Brand; a similar mark in blue signifies the Good grade, so that when the beef is cut up a section of the brand appears on every important cut. These are the marks of quality and must not be confused with the round "Canada Approved" mark which does not denote quality but only the fact that the beef has passed the Dominion health inspection. The ribbon marks indicate both health and quality, for only "Canada Approved" beef can be used for grading.

The following recipes are taken from the 52-page illustrated bulletin, "Beef, and How to Choose and Cook It," which may be obtained from the Publicity and Extension Branch, Dominion Department of Agriculture, Ottawa, free on application:

Roast Beef

Wipe off with a damp cloth. Rub well with salt and sprinkle with pepper. Place the fat side up in an open roasting pan. If roast is very lean, place additional layer of suet on top. Place roast in hot oven of 450 degrees F., and sear 15 to 20 minutes. Reduce heat to 350 degrees F. and continue roasting. Allow 15 to 18 minutes to the pound, according to how well done the roast is desired. If a roast thermometer is used—and this is very advisable—it should read 180 degrees F. for a rare roast; 155 degrees F. for a medium roast, and 175 degrees F. for a well-done roast. Serve with horse radish sauce or Indian chutney.

Sirloin Steak, Broiled

Wipe steak with cloth wrung from cold water. Trim off superfluous fat. Grease broiler with fat, place meat on broiler, and broil under or over strong heat, searing first one surface and then the other. When both surfaces have been seared, reduce heat and complete cooking. Steak should be cut 1½ inches thick. Time for broiling 12 to 15 minutes. Sprinkle with salt, pepper, and butter. Remove to hot serving platter and smother with salted mushrooms.

Fillet Mignon, Maitre d'Hotel Butter

Cut beef tenderloin in slices 1½ inches thick, trim in circular shape, surround with a thin slice of bacon, fasten with a small wooden skewer and broil 6 minutes in a hot, well-greased frying pan, turning often. Remove to hot serving platter and spread generously with Maitre d'Hotel butter. Surround with broiled mushrooms.

Prize Winners in National Flower Show Posters

Prize winners were announced today in the National Flower and Garden Show poster contest for school children of Ontario. The object of the contest was to obtain the best four-colour poster design to be used in connection with advance publicity for the National Flower and Garden Show to be held March 25th to April 2nd in the Automotive Building, Canadian National Exhibition, Toronto.

The grand prize of \$50.00 went to Harold Swinerton, 129 Day Avenue, Toronto, a student of the Central Technical School. The first prize in class "A" consisting of \$20.00 cash has been awarded to Norm Laws, 5 Poplar Plains Road, Toronto, a student of Northern Vocational School; the first prize of \$20.00 in class "B" went to Reta Grushinski, Walkerton. Season tickets were awarded as follows: Class "A": Jack McNie, 218 Gil-

BE BEAUTIFUL

By ELSIE PIERCE
FAMOUS BEAUTY EXPERT



ANITA LOUISE keeps wrinkle-free around the eyes by patting very gently with a nourishing skin cream.

Wrinkles Around Eyes Dim Their Sparkle

It is amazing how many young girls write me about wrinkles around the eyes. They are concerned and rightly so. The eyes have been called the highlights, the mirrors, the pictures of soul and the face. They have a definite frame around them made up of the lids, the fleshy part under the brow and the brows themselves, also the lashes and the delicate tissue directly under the eyes. When the frame is wrinkled it detracts from the beauty of the eyes, no question about that!

Faint little lines may be due to nothing more than whole-hearted laughter. These are innocuous enough. In fact, they are commendable. But definite, deep wrinkles are not to be treated lightly. A check-up is necessary to determine whether eyestrain or squinting or pinching shoes or slight organic trouble or pain is causing the pained expression that is the forerunner of the wrinkles. Then, of course, check on your diet, make sure you are drinking enough water and getting sufficient outdoor exercise.

First Step is Rest
If you are convinced that you are in good health, that your eyes are not being abused, and that there is no underlying cause for the wrinkles, or after the cause is removed, the first step is to get more rest and relaxation. A rest period during the day, if your programme permits, is splendid. Lie down in a darkened room with herbal eye pads, steeped in hot water, over your eyes. These may be used over and over again, once or twice a day.
At night, before retiring, pat oil, preferably warm, or cream around the eyes. Don't rub. Follow a light, finger-printing motion. Shall I tell you my favourite? A little warm anti-wrinkle cream, just a drop or two, mixed in the palm of the hand with about a thimbleful of my favourite nourishing cream. It is very soothing. In the morning, I dash cold water into my eyes, and pat iced skin tonic on a pad around them.
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If You Like Books

(By A. H.)

Sometimes one finds a poem that you just can't talk about, but that is so real and so pleasing that you want to tell everyone else to read it. That's what "Kissed His Mother" is like. Its descriptive details are apt and give plenty of scope for the imagination, and its story is kind and true—which would make up for any faults.

Kissed His Mother

(by Eben E. Rexford)
She sat on the porch in the sunshine,
As I went down the street—
A woman whose hair was silver,
But whose face was blossom-sweet,
Making me think of a garden
Where, in spite of frost and snow,
Of bleak November weather,
Late fragrant lilies grow.

I heard a footstep behind me,
And a sound of a merry laugh,
And I knew the heart it came from
Would be like a comforting staff
In the time and the hour of trouble,
Helpful, and brave, and strong,
One of the hearts to lean on

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When we think that things go wrong,

I turned at the creak of the gate-latch,
And met his manly look;
A face like his gives me pleasure,
Like the page of a pleasant book.
It told of a steadfast purpose,
Of a brave and daring will—
A face with a promise in it
That God grant the years fulfill.

He went up the pathway singing;
I saw the woman's eyes
Grow bright with a wordless welcome,
As sunshine warms the skies.
"Back again, sweetheart mother!"
He cried, and bent to kiss
The loving face that was lifted
For what some mothers miss.

That boy will do to depend on;
I hold that this is true;
From lads in love with their mothers
Our bravest heroes grew.
Earth's grandest hearts have been lov-
ing hearts
Since time and earth began,
And the boy who kissed his mother
Is every inch a man!



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

That Body of Yours

Finding the Cause of Asthma

As a medical student I was taught that as the cause of asthma was unknown and there was no known cure, all that could be done was to give the usual treatment—amyl nitrite, nitroglycerin, and not to worry about the case as the asthmatic seldom if ever died from an attack. To-day asthma is not thought of as a disease such as diabetes, Bright's disease, typhoid fever, but as a group of symptoms due to various causes which tend to contract or tighten the little air tubes so that a little plug of mucus gets caught in these tightened or contracted tubes and the individual has great difficulty in coughing up the mucus in order to get relief.

Naturally the first thought in the treatment of an asthmatic attack is to open up or dilate these little air tubes so that not only is the plug released but the air in the bottom of the lungs can be breathed out more readily because the little tubes are open more widely. Thus adrenalin, amyl nitrite and other drugs that dilate or open up the little tubes give relief during an attack.

However, during recent years it has been found that various substances and conditions of the body itself bring on asthmatic attacks and every few weeks some new substance is discovered as a cause of these attacks.
Among the conditions in the body known to cause the attacks are deformities of the nose and throat—enlarged tonsils, adenoids, enlarged turbinates bones—an alkalosis (instead of acidosis) of the blood, and an allergy or sensitiveness of the individual to various substances. Among the substances known to cause asthmatic attacks are pollen of plants, fur of animals, feathers, house dust, molds, spores of fungi.

Thus when the cause of asthma is sought, the physician examines nose and throat, sinuses, x-ray of chest, tries to find if all the glands are working properly—no, too slowly or too rapidly—and also has skin tests made to see if the patient is sensitive to various substances or to such common foods as eggs, wheat, beef, milk, potatoes and orange juice.

You can readily see that it may take a long time to find the cause or causes of asthma in any individual.

In the meantime breathing in amyl nitrite will, usually relieve an attack and the breathing exercise—trying to breathe out every portion of air in the lungs—often prevents an attack.

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 other substances and will have colds in their heads, asthmatic attacks, "sniffy" noses, one-sided headaches, pains in the stomach when they eat these foods, while other people suffer no ill effects eating the same food. "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 cost of service and handling, to The Bell Library, 247 West 43rd St., New York, N.Y., mentioning The Advance, Timmins.

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London Free Press:—The suggestion was made at Ottawa that Canada adopt a compulsory voting scheme similar to that used by Australia. There would be much to commend the proposal if provision could be made for compulsory thinking on the part of the electorate as well.

How to Grow Plants Without Use of Soil

Expert Says Vigorous Plants May be Grown in Sand.

In this part of the North, and particularly in Timmins, where there is so much sand (in the summer time, of course, and not counting the sand put on the sidewalks that gets into stores and homes) there will undoubtedly be very general interest in an article just received by The Advance from the Dept. of Agriculture at Ottawa. The article is by Wm. Ferguson, Division of Horticulture, Central Experimental Farm, Ottawa. Mr. Ferguson claims that strong, healthy, vigorous plants may be grown almost as well in sand as in soil. He goes further—he tells just how this may be done.

"As a matter of fact he sees many advantages in the use of sand. Of course, a certain amount of assistance has to be given to assure the plants securing sufficient nourishment. This nourishment cannot be given by the sand. But Mr. Ferguson shows the way the necessary assistance may be given without too much cost or effort. Here is the article in full by Mr. Ferguson:—

Growing Plants Without Soil
A good rich soil is not always necessary to produce strong, healthy, vigorous plants. Plants can be grown just as well or better in ordinary sand as in a good, rich compost soil.

The advantages of using sand are many. The initial cost is very small. The sand is clean and easily handled. It does away with the difficulty of obtaining composting sod and the work of preparing compost soils. It is not exhausted and discarded after growing one or two crops but may be used repeatedly. All that is necessary when a crop has been removed from a sand bed is to thoroughly hose the bed so that any residual substances left by the previous crop will be washed out. This leaves the sand ready for the next crop.

A great deal of study has been done at the Horticultural Division at Ottawa on growing plants in sand. Very good success was obtained with carnations grown in sand. The procedure is not at all difficult. The cuttings are rooted in the usual manner and the young plants potted and allowed to develop until they are planted out. When the plants are brought back into the greenhouse from the field they are planted or benched in the bed of sand instead of soil. The sand should be six or eight inches deep and the plants spaced ten inches in the bed.

Naturally there is no food in the sand. The plants must be fed with a mixed fertilizer. It is the fertilizer which makes this type of artificial culture successful. The sand merely holds the fertilizer so the roots can reach it and acts as a support through which the roots may grow.

A fertilizer mixture which has consistently given good growth and excellent, high quality yield may be made up with the following quantities:—
Commercial ammonium sulphate—9 lbs., 12 oz.

Commercial muriate of potash—1 lb., 15 oz.
Commercial superphosphate (16%)—7 lb., 8 oz.
Magnesium sulphate (Epsom salts)—5 lb., 11 oz.

These substances should be ground to a fine powder and thoroughly mixed. When this has been done add:—
6 grams of fine boric acid.
6-10 grams of fine manganese sulphate and mix thoroughly.

This fertilizer mixture is applied at the rate of one-half ounce per square yard. The best way to apply it is to measure out the amount according to the size of the bed and mix it thoroughly with fine sand then dust it evenly over the surfaces of the bed.

In addition, dissolve 12 ounces of calcium chloride in one gallon of water. This is kept as a stock solution. When applying the fertilizer mixture measure one fluid ounce of stock solution of calcium chloride into 2-3 quarts of water, per square yard of bed, and sprinkle evenly over the sand.

The fertilizer and solution are applied once every three weeks and may be gradually increased if desired to once per week as the plants grow. The bed is watered as necessary.

Vancouver Province—Blame sunspots for the weather and radio static, and the aurora borealis for the state of Europe, and taxes for the business curve, and, if you need anything else, Parliament is open.

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