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Ask About Chiffon Pie  
 and the Way to Make it

What is Chiffon Pie, is the Question Ask by One Reader. Here is the Answer by a Culinary Expert, Together with a Recipe for Making it. Also Recipe for Scalloped Egg Plant.

"What is chiffon pie?" asks a reader. "Is there any general recipe?" Chiffon pies are newcomers to the menu. A man is supposed to have been the original inventor. He was, however, an experienced chef. I do not know his original recipe, but today you will find pies with a variety of fillings.

foods, such as tomatoes, ham or cheese. The recipe which is printed today will provide a hearty lunch or supper dish.

**Vanilla Chiffon Pie**

- 1/2 cup sugar
- 1/2 teaspoon salt
- 1/2 cup milk, scalded
- 4 egg yolks, slightly beaten
- 1 tablespoon granulated gelatin
- 1/2 cup cold water
- 1 teaspoon vanilla
- 4 egg whites
- 1 baked pie shell

Mix half the sugar, and salt and mix with scalded milk. Stir this mixture slowly into egg yolks. Cook over hot water until of custard consistency, stirring constantly and remove from heat. Soak gelatin in cold water five minutes, add to hot custard and stir until dissolved. Add flavouring. Cool until mixture begins to stiffen. Beat egg whites until stiff and dry, fold in remaining sugar and fold into first mixture. Pour mixture into a baked pie shell and chill. A thin layer of whipped cream may be spread over the pie just before serving.

**Scalloped Egg Plant**

- 1 egg plant
- 1 cup bread crumbs
- 1 egg, well beaten
- 1/2 cup milk
- 2 tablespoons melted butter
- 1 cup minced cooked ham
- Pepper and cayenne to suit taste.
- 1/2 cup grated cheese.

Pare egg plant, cut in bits and cook in boiling water until soft. Drain, add all ingredients except cheese, fill buttered ramekins or one baking dish. Sprinkle grated cheese over top and bake in moderate oven 375 degrees Fahrenheit about thirty minutes.

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(By Edith M. Barber)

all of them, however, delicate, listed under this term. Most of these are made with a gelatin base. Sometimes both the beaten egg yolks and whites are used and sometimes just the latter. Sometimes whipped cream is also an ingredient. Almost any flavouring, even pumpkin may be used. Either a baked pastry shell or a cracker crumb or cornflake "pastry" may form the container. In this case the refrigerator, instead of the oven, may be called upon.

Another reader asks for a recipe for scalloped eggplant which may be used as a main dish. Because of its mild flavour this vegetable lends itself to combination with other more savory

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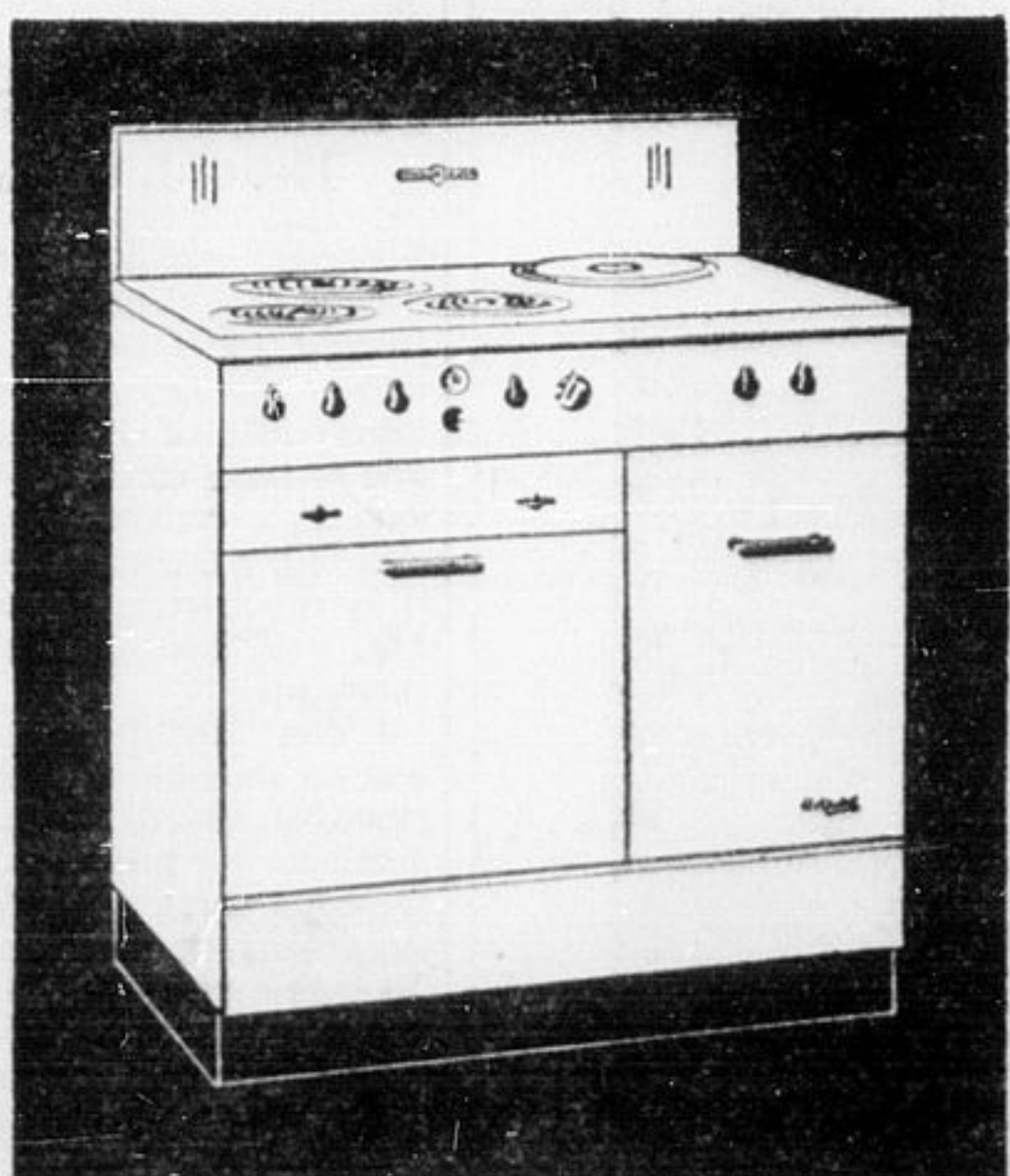
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Reply to Question,  
 "What Do Fish Eat?"

Fifth in Series of Articles on Conservation.

In support of the essay contest sponsored by the Anglers Federation of Ontario to advance conservation of fish and game in the province, The Globe and Mail has been publishing a series of articles written by members of the Department of Biology of the University of Toronto. For the information of local people, and especially for the assistance of any of the boys or girls entering the essay contest, The Advance has been republishing these articles as they have appeared. Below will be found the fifth in the series:—

**What Fish Eat**

Eating is a pretty important business for fish, just as it is for us. When we see little fish newly hatched from the eggs, so tiny and helpless, we wonder that they ever grow up. When we remember that each of these little specks of life must hunt its own food and keep out of the way of the enemies we marvel still more.

These fish "fry" are so small that we have to look closely to even see them in the water. Their chance of growing up rests, as it does with boys and girls, on whether they get enough of the right sort of food. But, unlike us, they have to go and find it for themselves. What do they look for? You'd be surprised at the many tiny animals and plants they find swimming and floating in all our streams and lakes, so small that you and I cannot see them in the water at all without using a microscope, because they are so much smaller than the tiny fish "fry" themselves.

As these little fish grow larger they begin to look for larger things to eat. They prefer worms of various kinds and other water creatures of a suitable size. The worms they like are the larvæ, or young stages of insects, that live in the water before they hatch into mayflies, dragonflies, caddisflies, midges, and several others of the same family. These insect-larvæ form a large part of the food of young fish up to two or three inches long and also of speckled trout even when they are full-grown. In fact, many fish, such as minnows, which never grow larger than two or three inches, eat this sort of food all through their lives.

The biggest fish, such as maskinonge, pike, bass and lake trout, feed on minnows and other fish smaller than themselves. The writer of this article once caught a large lake trout which had eaten a fish called a ling. When the ling was opened it had in its stomach a lake herring, and in the lake herring's stomach were hundreds of tiny, shrimp-like animals.

Lake trout prefer to eat lake herrings if they can get them, because by doing so they are saved the trouble of catching the tiny, shrimp-like creatures themselves. If they have to live on such small food they cannot get enough of it to grow big. It is only in lakes where trout have lake herrings or other fish to eat that they get to be a good size.

So we can understand that it is the very small animal life in the water that supplies all the food for our game fish. When the fish are small they eat these tiny creatures themselves; when they grow into big game fish they eat other fish that in turn have eaten the

**BE BEAUTIFUL**

By **ELSIE PIERCE**  
 FAMOUS BEAUTY EXPERT

For Beauty's Sake Beware Fashion's Loose Look!

I can't remember being at odds with fashion in the last decade. In fact, it seems to me that I've applauded every little whim of hers, no matter how tantalizing or trying. So long as it seemed basically sane or at least offered women a challenge that was all we could ask of any style.

But I do fear for the loose look that marks fashion's latest edict. True, the billowy sleeves, the bloused look, the full skirt all help to make the waist-line look all the slimmer by contrast. True that it is essentially a youthful fashion and we hope only the sweet young things who have nothing to hide will adopt it.

Still, there is the lurking fear that the not-so-sylph-like figure may hide behind the vogue as an excuse for easing up in the curve-control campaign.

**Where's the Challenge**

When clothes are worn so skin tight that they look poured on and reveal every extra pad or bulge, women are quick to work off the excess. The more exacting fashion's demands, the greater the challenge to perfection, the more consistent women are in living up to the higher standards.

Where's the challenge in the loose look? You may say: "women should know that they cannot hide an over-developed arm under a billowy sleeve; or a flat chest under the bloused basques." Maybe not. But, you can't blame them for trying to "get away with it."

I admit I feel that Fashion, in introducing the loose look has failed Beauty. But, there's solace in the fact that Fashion is fickle enough and versatile enough to call for a quick change from a loose bloused afternoon frock to a tight-as-a-second-skin evening

dress. And there had better not be a bit of bulge in that!

A safe and sane reducing regime started now will find you sylph-like for spring and summer fashions (no matter what they may be).



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smaller water animals. If the tiny life in the water is destroyed or if anything happens to the small fish, it has a very serious effect upon the game fish.

Poisons and other pollutants may not kill the larger hardy fish, but if these pollutants and poisons are dumped into streams and lakes they will kill the delicate forms of tiny life, the bottom-living animals and the small fish, and in this way seriously interfere with the game fish.

Floods in the spring often wash down mud and gravel that smother the bottom-living animals and also carry away many larval insects that fish feed on. Boys catching minnows to sell to fishermen may also rob the game fish of quite a few meals without realizing it. Minnows make good bait of course, but it is well not to take too many from any one lake.

The more we know about the habits of fish, the more we will see the need of conservation, or planning for tomorrow. Fish certainly cannot live in lakes and streams where there are raging floods in spring, shallow warm water in summer and where the water is poisoned by waste materials. If we want to have good fishing in the future, we will have to conserve the food supply of the game fish in our rivers and lakes.

"The good sportsman thinks of tomorrow."

**Iroquois Falls Cubs Hold Ice Carnival**

Other News of Iroquois Falls and Ansonville.

Iroquois Falls, April 5.—(Special to The Advance)—The Iroquois Falls Cubs hockey team held their sixth annual ice carnival in the arena on Friday evening, and although this event had been twice previously postponed, the evening of enjoyment was a great success, everybody in attendance having had a wonderful time.

With Al Pierini and his aristocrat orchestra in attendance, everyone was able to skate and make merry to an abundance of excellent music, winding up the season of skating fun for this year.

A great variation of races were started at 7 o'clock, and included events for girls and boys under the ages of 9 years, 12 years and 15 years of age. Each winner of the race was presented with a worth while prize, and felt that their achievement was worth their efforts. Ladies' and men's open relay race was indeed fast, and necessitated the team work of each person entered. Great amusement was aroused in the men's backward race; also the skiing race, many falls being prevalent. Ladies' egg race drew hilarious laughter from the crowd. The art of balance was required in the ladies' and gents' coat race, where all persons participating were without skates. Thrills and spills were the order of the evening.

The single dog derby on the ice was amusing, each dog trying to make headway, but finding the ice too slippery, as also did the firemen entered in the tug-of-war match, that proved so difficult.

Moonlight skating to the rhythm of the orchestra, was then the order of the night, everybody making use of the opportunity, that proved so delightful.

**Contest in Badminton Progresses**  
 In a fine badminton match on Monday evening, Mrs. Babs Armstrong took the title in the singles handicap finals, when she defeated Mrs. Foster in a closely contested match.  
 On Wednesday evening, the mixed doubles semi-finals were played, the contestants being Miss Eloise Rae and Mr. T. Lavallee versus Miss Alma Wilkes and Mr. A. R. Armstrong. In



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**That Body of Yours**

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

**Loss of Hearing in Adults May be Due to Childhood Ailments**

Parents do not fear measles or scarlet fever in their youngsters but ear specialists tell us that a great amount of deafness in adults can be traced to the inflammation of the nose, throat, and the air tube running up from the throat to the middle ear, during and following an attack of measles or scarlet fever. An inflammation of the nose and throat extends up this air tube (eustachian tube) and to the middle ear and interferes with the little bones which carry the sound from the ear drum to the nerve which carries the sound to the brain.

Enlarged and inflamed tonsils not only cause infection but interfere with the ventilation of this middle ear by partly closing the air carrying (eustachian) tube.

Parents are warned that inflammation of the nose and throat can leave products which become organized and cause definite obstruction and interference to proper hearing.

The proper treatment is to have these products removed as early as possible. Any little loss of hearing following any ailment of childhood, or a prolonged cold should receive immediate attention from the family physician or from an ear specialist.

Dr. H. Norman Barnett, in the Medical Press and Circular, London, says: "There is a wide-rooted opinion that deafness is either due to wax which anybody can cure or not due to wax which nobody can cure; or that all deafness after 50 is due to aortic domini (age) and must be put up with."

"The outstanding symptoms of this middle ear deafness are the difficulty in hearing air-borne sounds, and interpreting or understanding the sounds that are heard, sometimes accompanied by head noises which usually occur some time after the hard of hearing has been first noticed."

While much may often be done for adults who are losing their hearing Dr.

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