

For lovers of green tea

"SALADA" GREEN TEA

Asparagus Quick Meal Dish Has Its Advantages

With Toast and a Hollandaise, Nothing can be More Delicious for Supper. Menu for Quick Meal and Recipes for Hollandaise Sauce and Special Sauce.

"In order to have it most agreeable to the palate, asparagus must be immersed in boiling water backwards," states Apicius in a recipe which dates back nineteen hundred years.



(By Edith M. Barber)

We may translate the backwards to mean that only the stalks should be put in water. The hops will cook in the steam if the pot is tightly covered. I have created an asparagus boiler by using one part of the double boiler as a cover for the other. After the stalks have been thoroughly washed to get rid of the sand, I refile them into a bunch and cook them in a small amount of boiling water, seasoned with a little sugar and a little salt. And remember that asparagus should not be overcooked. If the tough ends are removed before cooking, fifteen or twenty minutes will usually be long enough for the tender stalks.

Every once in a while when asparagus is at the height of its season and therefore reasonable in price, I like to have enough of it for a full meal and to make it the supper dish. I must have toast with it and a Hollandaise, sour cream or sweet cream sauce. And once in a while I like to serve it cut into pieces and dressed with sweet cream seasoned with salt, pepper and a little nutmeg.

The business woman housekeeper will find asparagus with her favorite

sauce and toast a perfect main dish for a quick meal.

Hollandaise Sauce
 1/2 cup butter
 2 egg yolks
 1 tablespoon lemon juice
 Few grains cayenne

Divide the butter into two pieces, put one piece in a saucepan with the yolks of eggs and lemon juice, hold the saucepan over a larger one containing boiling water, stir constantly until the butter is melted, then add the second piece of butter and stir until it thickens. Remove from the fire, season with cayenne and serve at once.

Special Sauce
 2 egg yolks
 3/4 cup sweet or sour cream
 1/2 teaspoon lemon juice
 Salt
 Paprika

Beat egg yolks slightly; add other ingredients and stir over hot water until sauce begins to thicken. Serve with cauliflower, asparagus, broccoli or with fish.

Quick Meal
 Shrimp Cocktail
 Asparagus With Special Sauce
 Toast
 Cucumber Salad
 Strawberries
 Coffee
 Cookies

Method of Preparation
 Prepare asparagus and cook
 Slice cucumbers and dress
 Prepare strawberries
 Prepare cocktail
 Make sauce
 Make toast
 Drain asparagus
 Make coffee
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Bear Burglarizes Dairy and Drinks Pail of Milk

Residents of Giroux Lake district in the Cobalt area recently have been looking for a bear burglar. Bruin one night broke the door on the dairy of Mr. and Mrs. L. Heikkila, Sr., drank up the contents of a 20-quart milk pail and upset the contents of a nearby cream pail into the well which is housed in the dairy. The well had to be bailed out before the water could be used next day. The bear is a comical fellow in his tricks, but often the pranks are so costly or annoying to those concerned that Bruin becomes unpopular.

Globe and Mail:—For a while there may be need in this vast new Globe and Mail building for interior radio broadcasting to locate lost members of the staff.

BE BEAUTIFUL

By ELSIE PIERCE
 FAMOUS BEAUTY EXPERT



Leading department stores now offer lessons on the correct routine for home facials. ANNE SHIRLEY views the result following her treatment.

The Three-in-One Facial-izer Ensemble

The other day we discussed the structure of the skin, and from this semi-technical bit of information it must be obvious that any abnormality in the functioning of any one of the skin's so-called "layers" must be understood or at least recognized before corrective treatment can be attempted.

Too many women do not know how to recognize their particular type of skin condition. And even those who do, often fail to select the group of preparations best suited to their needs. Carrying it a point farther even fewer women know how to use the preparations correctly so as to derive the maximum benefit from their beauty routine.

An Education

The mere use of cosmetic preparations is not enough for a sound, intelligent beauty routine. The ideal set-up calls for three things: first, know your skin; second, know the preparations it needs and third, know precisely how they should be applied for best results.

These three essentials are included in a program being followed in some of the leading beauty salons throughout the country. The plan offers three things: first—a lovely, luxurious facial, but mind you stay awake because it comes a lesson on the exact routine to follow at home. That done, you are ready for the facial-izer kit itself containing the very preparations used in the facial... preparations individualized for the dry or oily type of skin. The preparations in the kit are said to be sufficient for twenty-four home facials. To cap it all there's a box of powder blended to the individual coloring. Facial, instruction, kit... a perfect three-in-one ensemble. The kit is rubberized, a genuine fitted bag which means it's a perfect traveling companion and quite the thing for the beach in summer. It offers real value plus a beauty education and eliminates a lot of guess work and grief.



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

Diet in Disturbances of Liver and Gall Bladder

I believe that most physicians, including myself, when there are abdominal and stomach symptoms that are not acute and there are not definite symptoms of ulcer, cancer, or appendicitis, are likely to oblige the symptoms on a sluggish liver and gall bladder. As two of every three individual of middle age really have some liver and gall bladder disturbance anyway—inflammation or gall stones—the physicians is likely to be right two out of three times if he prescribes treatment for sluggish liver and gall bladder. These symptoms are discomfort, nausea, gas pressure, clay coloured stools.

If the adult is in good health, exercises to squeeze the liver such as long deep breaths or bending exercises keeping the knees straight are used.

About the only medicine given may be small doses of Epsom salts daily for one week in each month.

The principal part of the treatment is by diet and so every book on diet now has a diet for liver and gall bladder disturbances. Thus "Practical Dietetics" by Dr. Sanford Blum, F. A. Davis Co., Philadelphia, gives the following suggestions:

May take: vegetables, especially green ones, limited quantity of boiled, mashed or baked potatoes; farinaceous foods—rice, farina, barley, arrowroot, cornstarch, oatmeal, cream of wheat, and other ordinary cooked breakfast foods; water, mineral water, tea, milk, buttermilk; fresh meat or white fish or game or poultry once a day; eggs in moderation; cottage cheese; limited amount of butter; toast, bread, zwieback; plain cake and puddings; fresh fruit—apples, grapes, pears, peaches, figs, oranges, grapefruit, pineapple juice; salads of fresh green vegetables, raw or cooked.

Should avoid: salt, canned, preserved and spiced meats and fish; herring, salmon, sardines in oil, mackerel; stews, goose, domestic duck, oysters and shellfish; old cheese, American cheese, Swiss cheese, cream cheeses except cottage cheese; dry beans, corn, sprouts, cold slaw, cabbage, cauliflower, sauerkraut, onions, garlic; rich soups; berries, preserves; gravies; nuts; sweets; pies; pastry; fats and oils; alcoholics.

In "Barborka's Treatment by Diet," J. B. Bippincott Co., the diet for one day is as follows. The amounts should be increased when the individual does hard physical work.

Breakfast: 1 serving fruit, 3/4 cup cooked cereal, 1 egg, 2 thin slices toast, 1/2 square butter, 1 glass skimmed milk, 1 tablespoon sugar, tea, coffee or coffee substitute.

Luncheon: clear soup (no fat) if desired, 1 serving vegetable, 1 slice bread or toast, 1/2 square butter, 1 serving fruit, 1 glass skimmed milk.

Dinner: 1 glass fruit juice, 1 serving meat, 1 small serving potato or substitute, 2 servings vegetables, 1 slice bread, 1/2 square butter, 1 glass skimmed milk, 1 serving fruit.

Eating Your Way to Health

Send today for this special booklet (No. 101) by Dr. Barton entitled "Eating Your Way to Health." It deals with calories, minerals, vitamins, and what and how much to eat. Enclose Ten Cents to cover cost of service and handling and be sure to give your name and full address. Send your request to The Bell Library, 247 West 43rd St., New York, N.Y., mentioning The Advance, Timmins. (Registered in accordance with the Copyright Act.)

Wedding at Toronto of North Bay Young Lady

North Bay, May 10.—Great interest in North Bay was centred about the wedding of Kathleen Lanore Young, daughter of Mr. and Mrs. R. E. Young, North Bay, and Frederic Walton Maund son of Mrs. and Mrs. W. H. Maund, North Bay, which took place quietly in St. John Street United Church, Toronto, Saturday, May 7.

The church was lovely with spring flowers for the occasions. Rev. J. D. Parks officiated, and during the signing of the register Miss Strehel Walton sang a solo.

The bride was attended by her sister, Mrs. A. K. Kembar, Toronto, and William Maund, North Bay, brother of the groom, was best man.

Given in marriage by her father, the bride was stunning in a street-length gown in powder blue shade, fashioned with a flared skirt and with bodice pleated in front. Her accessories were navy blue and she wore a corsage of pink sweetheart roses.

Mrs. Kembar chose a grey suit with which she wore robin red accessories and a corsage of gardenias.

After the ceremony, a reception was held in the roof garden of the Park Plaza Hotel where Mrs. Young received gown in navy sheer material. She wore a large navy straw hat with white facing and a corsage of gardenias. The groom's mother also received. Her lovely gown was of night-fall blue chiffon, with a corsage of lilies-of-the-valley. She wore a white baku hat with blue flowers.

Mr. and Mrs. Maund left later for a motor trip to the United States. For travelling, the bride donned a two-piece tailored suit in powder blue shade with which she wore robin red accessories.

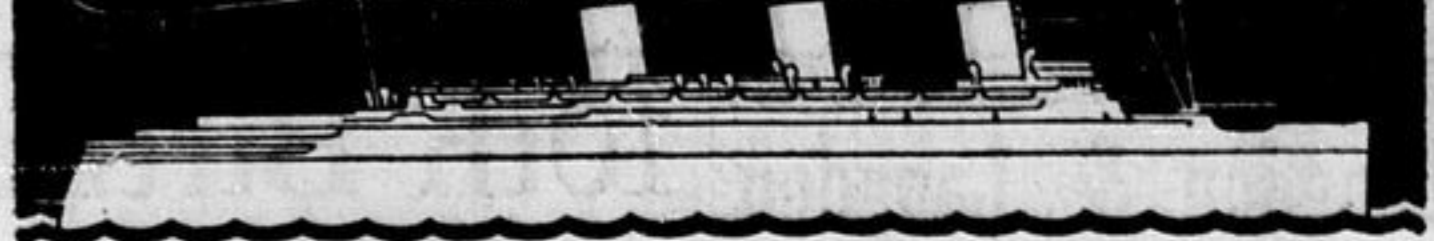
They will reside in Sudbury. Besides the parents of the bride and groom, those from North Bay attending the wedding were Miss Patricia Maund and William Maund, sister and brother of the groom. Fred Maund, Belleville, was also present at the marriage.

Radio Telephone System Reaches Past Red Lake

From Northern Tribune, Kapuskasing. In keeping with the trend toward modern conveniences, the Ontario Provincial Government, in co-operation with the Canadian Marconi Company, have installed an up-to-date radio telephone system, connecting Red Lake or Pickle Lake to Sioux Lookout or Kenora, for hookup with any land line telephone system.

A radio telephone long distance call is handled in much the same manner as an ordinary long distance call. The calling party merely picks up their local telephone and asks for long distance, giving particulars of the call. The local telephone exchange is then connected with the radio transmitting station, and the conversation sent via radio to its destination, where it is picked up by one of a battery of eight receivers, and put back on the telephone lines, enabling an ordinary tele-

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Canadian Pacific

phone conversation to take place.

Installed in the transmitter house at block ten, north of the town, are three transmitters besides that used for public telephone. One used for ground to aircraft communication, enabling any local aircraft company subscribing to the service to keep in constant communication with any of their machines in flight, this being a great step forward toward the safety of travel by air. Another transmitter operating on three channels, to cope with varying radio and weather conditions is used for the transmission of ordinary radiograms, to all parts of

the North. The third transmitter for local work between Sioux Lookout and any properties, lumber camps, etc., within a radius of fifty miles requiring communication.

Also in the above buildings are the bank of eight loudspeakers, terminal rack connecting any of the eight receivers to the telephone exchange or radio station, and the privacy equipment which will provide privacy to any radio telephone conversation.

The system now installed and operating is the first of its kind in Canada and was specially designed to suit the purpose.

CREDIT

It belongs to you—the community does not own it.

BANKS live by lending.

That is their major source of income, their principal business. They are always on the lookout for good risks. They have to avoid poor ones.

Let us give an instance. Suppose, say, a man seeking a bank loan, is known to the banker as having no business capacity to carry out the purposes for which he wants the money. He is not credit-worthy—he has accumulated nothing, has no stake.

The banker, anxious though he is to make loans, knows there is not the remotest chance that this man would succeed in his purpose and tells the would-be borrower that the bank cannot take the risk.

But this man has a friend—a man who has accumulated something and has a stake. Hearing of his neighbour's difficulty, he goes to the bank and urges that the loan be made.

"Whose money would you have me lend him?" asks the manager. "You have a deposit here. Would you lend your own money?"

"Not on your life," retorts Mr. Blank. "Lend him the bank's money."

The bank manager, as custodian of this very man's own money, then takes pains to point out that what the substantial citizen is really expecting, is that the bank should make a loan which the citizen's own common sense and caution would compel him to refuse.

Before such a man leaves the bank he usually agrees that he had expected the bank to lend where he himself would be unwilling. Banks have no magic source of credit.

Here is the core of the whole business of a bank's extending credit. Because of the bank's responsibility to its depositors it can make loans only where repayment is reasonably certain.

To obtain a loan from a bank a borrower must have credit of his own. Seldom, if ever, is his credit spendable. You cannot spend cattle, goods in process of manufacture, uncaught fish, uncut timber, or wheat in the granary.

The bank has credit too. Millions of small depositors have, in effect, lent it their money. A percentage of this money, based on bank experience of withdrawals, is kept in cash, some more in items of a cash nature, more still in assets quickly convertible into cash, and more in safe investments such as marketable government and other bonds. Based upon this, the bank can extend credit.

Because people have confidence in bank credit, and because every promise-to-pay of a

chartered bank is redeemable in cash, on demand, or on a fixed date, this form of credit is spendable.

In the case of the borrower, credit is the personal possession or attribute of the individual—you yourself, if you are the borrower—in character, goods, possessions, integrity, ability and willingness to repay.

Your credit is not social, in the sense of belonging to the community. When you have credit, it is your own just as your money in a savings account is your own. The people at large have no conceivable claim upon it.

Who exchanges non-spendable credit for credit that can be spent?

The answer for all practical purposes is this: The man who owns and therefore controls his credit takes the initiative. The bank does not go to him. He goes to the bank and asks it to enable him to obtain credit in spendable form in exchange for his own unspendable credit. The bank does so; and charges him a rental in the form of interest, until he repays.

What happens when he secures this credit in spendable form?

He spends it. He pays the wages of labour, the cost of raw materials and of manufacture; the cost of seed, of feed for pigs and cattle, or the expenses of cultivating and harvesting; of buying bait or catching fish; of cutting trees or transporting goods.

The whole banking process is made possible by the concentration and cautious handling of other people's money.

Banks simply dare not risk their own solvency and so jeopardize the safety of their depositors' funds, by making loans to people who have neither character nor credit—nor by making loans even to those who have both, without taking every reasonable precaution to ensure repayment.

THE CHARTERED BANKS OF CANADA

Your local branch bank manager will be glad to talk banking with you. He will be glad to answer your questions, from the standpoint of his own experience. The next article in this series will appear in this newspaper. Watch for it.



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