

Vary Use of Ice Cream by Serving Different Sauces

Ice Cream Popular All the Year Round, but Specially So During the Warm Weather. Some Way to Vary the Serving of Ice Cream. Also Some Recipes for Sauces.

While there is no closed season for ice cream, the return of warm weather always sees an increased use of this favorite dessert. We seldom find any-



By EDITH M. BARBER

one who complains about repetition of this dish.

The use of various sauces will allow us to have a different dessert every time we use ice cream. At this time of the year, fresh strawberries and finely shredded pineapple, which have been allowed to stand some time after the sugar has been added, are appropriate. These two fruits, when combined, make a particularly good sauce. Ever popular are chocolate and butterscotch sauces which are generally served hot. Toasted nuts or shredded coconut may be added to either. A quick chocolate sauce may be prepared by simply melted sweet chocolate over hot water and serving it while still warm with vanilla or coffee ice cream.

Chocolate Sauce

Two squares chocolate.
One cup water.
Two cups sugar.
Two cups sugar.
Salt.
Two teaspoons vanilla or one teaspoon essence of mint.
Two tablespoons butter.

Cut chocolate into five or six pieces and stir over direct heat with the water until smooth and thick. Add sugar and salt and stir until dissolved. Boil three minutes, add vanilla or mint and butter and serve hot with ice cream, cottage pudding or short-cake.

Butterscotch Sauce

Two cups granulated sugar.
One cup cream.
Put sugar in heavy frying pan and stir with wooden spoon over a low heat until melted. Add cream gradually. Stir until smooth and serve hot over ice cream or cottage pudding.
(Released by The Bell Syndicate, Inc.)

Woman Appointed Mayor of Gogama for Royal Visit

Several communities in the North that are not organized as municipalities have found that a mayor is necessary to meet royalty when the royal train stops at these places. As soon as this was known these towns promptly appointed a mayor, this being done in a matter of minutes in some cases. One of the places where the royal train stopped for service just for a few minutes was Gogama, and to meet the situation a mayor was appointed by the people, the honour falling on Mrs. M. J. Poupore, who promptly exercised her prerogative by declaring Monday, June 5th—the day of the royal visit—as a public holiday. Gogama, near Sudbury, is a town of about 1,500 population, but apparently has not been incorporated as town or village.

What to Do by Phyllis Belmont



WHILE having lunch at a counter the other day I noticed several men eating their lunches with their hats on. This seemed like very poor manners to me, but I find some of my friends do not agree. What do you think?
MISS M. H. P.

Answer—My first reaction coincides with yours, on the broad assumption that a gentleman never eats with his hat on. But, on second thought, what is a man to do at the average lunch counter? How many provide any convenient place for men to put their hats? Under these circumstances, can we really blame men for using their heads as the safest and sanest hat-parking place? The only other thing left for them to do would be to hold them in their laps, but isn't this expecting too much unless the proprietor of a lunch counter has solved the dilemma by providing a convenient place for men's hats?

Some Misconceptions in Regard to Acidosis

(By J. W. S. McCullough, M.D., D.P.H.)
The term Acidosis does not mean that the stomach is overfilled with acid. Acidosis is a different thing altogether.

Where there is a real acidosis condition this has been brought about by accident or disease. It is incidental to such conditions as diarrhoea, excessive vomiting and starvation, to such diseases as diabetes and Bright's disease of the kidneys, to severe skin burns and absorption of certain poisons.

Quacks have exploited acidosis to the limit. The quack puts forth the erroneous doctrine that acidosis is produced by a wrong combination of foods. He wrongly asserts that sugar, starchy foods and vegetables should never be mixed in the same meal with proteins, that is meat, eggs, milk, etc., though Nature has generally balanced such elements in foods such as cereals, vegetables and eggs. He talks of acid blood, (forgetting that such a condition is incompatible with life). Blood is actually neither acid nor alkaline, rather it is neutral, or at the most slightly alkaline.

In one's choice of food, neither a weighing scale, a measuring glass nor a book on diets is needed. In temperate climates, experience teaches that cereals with milk and cream, fruits, meat, fish, eggs and vegetables are the best foods. Similarly the cold of the Arctic and Antarctic regions demands a strong protein diet such as meat and fat, while carbohydrates and fruit are the foods for the Tropics. When used with discretion, these various diets will suit man's needs.

Dr. L. I. Bogart in Nutrition and Fitness, says that 90% of digestive distress attributed to the kind or combinations of foods eaten is due rather to unfavourable emotion or mental states, to eating when over-tired, to taking at one meal too many foods which are difficult to digest than to the sort of food. There is no association of acidosis with water-brash or heart-burn commonly found in hyper-acidity of the stomach.

KING AND QUEEN SEE REGINA



Something caught the Queen's attention—something of particular interest along the cheering avenues of Regina as the royal car drove them through Saskatchewan's capital. She raised her hand to draw the King's attention to it, but he seemed to have spotted something else. Note the King's bandaged fingers, injured in a door.

Final Meeting for Season Held by Junior C. W. L.

Presentation Made to Mrs. J. Martin, President for Two and a Half Years.

The final meeting of the Junior C.W.L. was held in the Church of Nativity hall on Thursday evening, with the newly elected president, Miss Charlotte Cylvie, in the chair. Other newly elected officers also carried out their duties during the evening.

A large number of members were present at this final meeting until the new season in September. The members made plans to hold individual card parties at their homes, to supply funds to send the Junior C.W.L. Guide Company to summer camp this year. It was decided that the captain of the Guide Company would ask the mothers of the Guides to co-operate in this manner, and to help the Junior C.W.L. in their campaign for funds, by holding similar card parties at their homes.

The secretary read a letter written by the Rev. Fr. O'Gorman, and thanking the members for a \$100 donation which they had made.

Another letter was received from the National Executive Office, thanking the Junior C.W.L. for their contribution to the Junior C.W.L. fund and for their contribution to the Sisters of Service. Several other letters of thanks for donations had also been received.

A special feature of the meeting was the presentation of a gold locket to Mrs. J. Martin, past president. Mrs. Martin was president of the Junior C.W.L. for the past two and one-half years, that is, since the inauguration of the club in Timmins, and ably carried out her duties in this position. To thank her for the manner in which she performed her duties, the members presented her with this suitable gift as a token of their appreciation.

Following the business of the meeting, a pleasant social evening was spent by the members, who joined in several interesting games. A dainty and tasty lunch was served.

Ottawa Journal: Nearly 100,000 Canadian boys are enlisted in the Boy Scout movement. What a force for future citizenship.



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

That Body of Yours

Low Blood Pressure May Mean Long Life But Not Buoyant Health

Of four brothers in a family, three died between the ages of 50 to 60. The remaining brother was asked why it was that he was still alive at the age of 76 and he replied, "Well you see, I was the skinny one of the family, always underweight, and never had a good appetite."

One of the big points about this being thin and having no appetite is that the blood pressure is likely to be low, the individual will not feel like doing much mental or physical work, which together with eating only small meals, will not put so much work on the heart, bloodvessels and kidneys.

Dr. A. Blaine Brower, Dayton, in the Ohio State Medical Journal, says, "Hypotension (low blood pressure) is not a disease, and if no symptoms are present, treatment is not required. When there are no symptoms nor complications after the age of 50, it is a pretty good sign that the patient will live beyond the normal span, because of the blood, there is less strain on the heart and bloodvessels."

"About 70 percent of those with low blood pressure are underweight due to frequent attacks of influenza, taking less exercise, heredity, or some low infection or other trouble in the body." As mentioned above then if there are no symptoms nor complications, it is possible that the low blood pressure is a family characteristic. I have in mind a brother and sister, both well over sixty, who have blood pressures twenty points below what is considered normal for their age, and they enjoy excellent health.

However the individual who is in his thirties or forties should not be congratulating himself upon having a low blood pressure just because low blood pressure means a longer life. What he should be doing is to have his physician and dentist try to find out why he has low blood pressure, why he is underweight, why he is never really hungry. In many cases it will be found that

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Infuse 6 heaping teaspoons of Salada Black Tea in a pint of fresh, boiling water. After 6 minutes strain liquid into 2-quart container, while hot, add 1 to 1½ cups of sugar and juice of 2 lemons, strained; stir until sugar is dissolved, fill container with cold water. Do not allow tea to cool before adding cold water or liquid will become cloudy. Serve with chilled ice. The above makes 7 tall glasses.

"SALADA" ICED TEA

some low infection is present from the gall bladder, large intestine, teeth, tonsils, or sinuses. The individual with low blood pressure due to some infection or gland deficiency may live a long time but he will not feel strong or live abundantly.

After removing the cause of low blood pressure, treatment consists of "plenty of sleep and rest, avoidance of strains and infections, proper diet and graded exercise."

How Is Your Blood Pressure? Is it high? Is it low? Do you know what is the cause and what precautions to take in either case? Send today for this latest booklet by Dr. Barton entitled "How Is Your Blood Pressure?" (No. 108). It makes this interesting subject understandable by all. Send Ten Cents to the Bell Library 247 West 43rd. St. New York to cover cost of service and handling, and mention the name of the Advance, Timmins. Be sure to mention the booklet by name and number.

TO-DAY'S FASHIONS



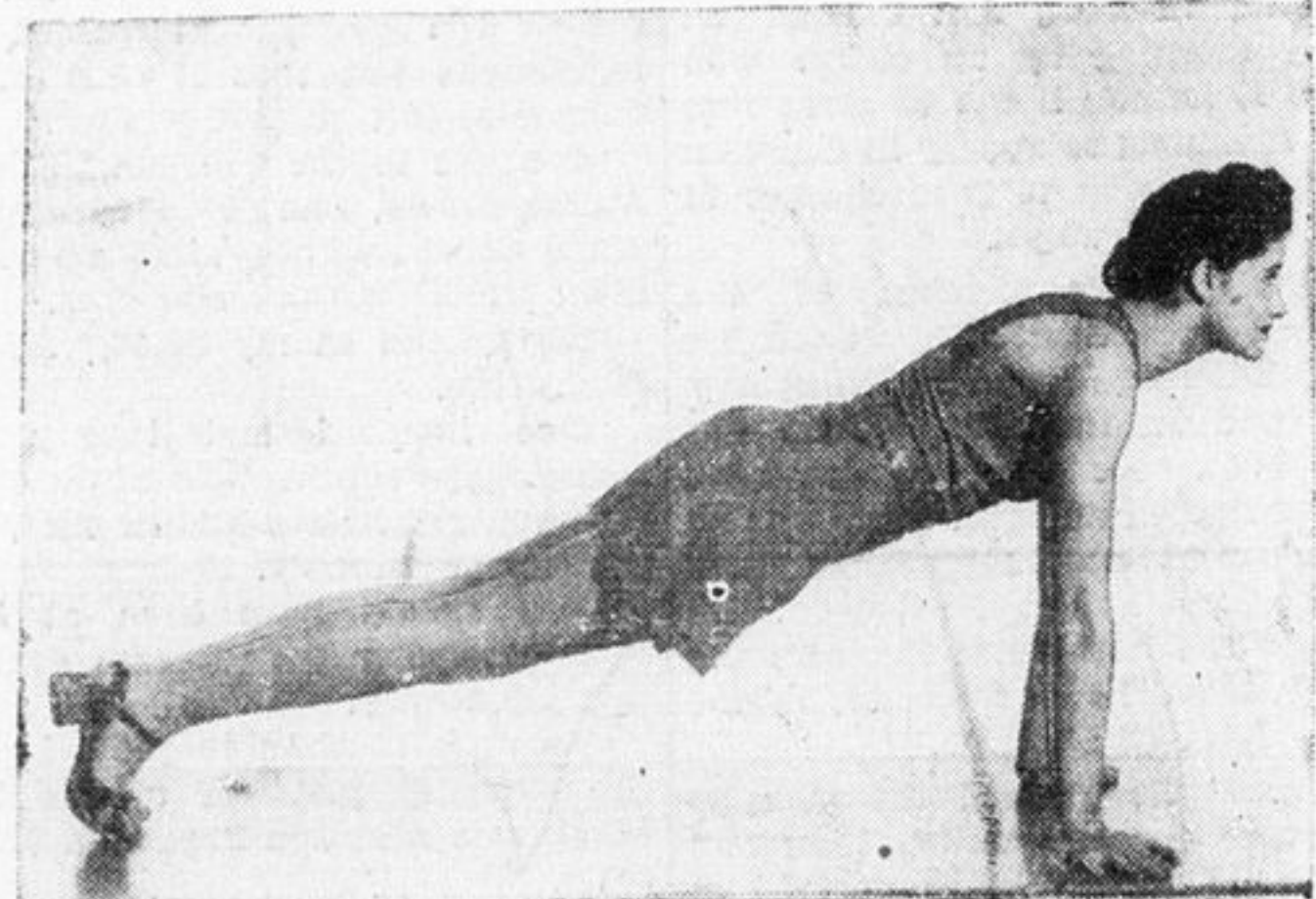
Sharkskin for Summer

WHITE sharkskin appears once more as an ideal warm weather fabric. It looks fresh, is cool, and takes to the tub without complaint. Styled here into a smart sports frock, it has a full length navy blue slide fastener and two pockets bound in navy blue. A bolero of navy blue goes along.

Canada Lumberman: You can spot the man who enjoys his home. He removes his shoes and props his feet while reading the paper at night.

Beauty and You

by PATRICIA LINDSAY



Raising and lowering your body on arms without bending knees is a splendid way to strengthen the spine and abdomen. Repeat ten times.

Medical Authorities Baffled at Number of Weak Spined Women!

My headline may be misleading—it isn't meant to be! But the medical profession is actually baffled at the increasing number of women who have a spine ailment.

"Why are so many women troubled with weak spines?" I queried of an outstanding medical authority. "Is it because of the way they live or because of something we do not do to keep healthy?"

He looked at me for a moment and said, "Frankly we do not know. Spine ailments have been definitely on the increase during the past five years, maybe longer. Women do suffer from weak or weakened spines but we do not know all the causes—in fact we are sure of only a few." So that left me out on a limb, because I wanted to tell you what to do about a weak spine and why you have a weak spine!

Generally Accepted Facts

Any woman with a weak spine realizes how difficult it is to keep a good posture. Perhaps a faulty posture during early youth, malnutrition (even unwittingly), or lacking vitality for exercise, caused the weak spine. Perhaps a hidden infection within the body caused the spine to weaken. But whatever the cause, physicians seem to agree on certain phases of treatment.

Of primary importance is the need for rest and nourishment. Build up your blood with proper foods, a corrective tonic, and rest until you feel actually fed up on going to bed early and taking naps! Just about that time nature is telling you that you have had enough of "extra" sleep for the present and she wants a little action. Then you must begin exercising.

At first stretching exercises (given in my Slumber Inducing Leaflet) or walking, are the sanest approaches. Slowly as you feel your muscles become more responsive, and your vitality less taxed, take on certain corrective exercises which strengthen the spine, the neck and the abdomen. All this will be gradual. But as you exercise feel in your mind that you are growing stronger, life is getting brighter and before you know it your spine will actually be stronger.

Good posture returns of its own accord. That is, as your spine ailment disappears you will find yourself "wanting" to stand up straight for comfort. It is quite likely that your old posture will be vastly improved upon and if you make good posture a habit—whether you are sitting, walking, dancing or sleeping—fresh beauty will soon be yours!

(Released by The Bell Syndicate, Inc.)

Prospector Drowned in the Elk Lake District

Edward Blake McLellan, well-known prospector of the North, was found drowned in Houston Lake, Natal township near Elk Lake, last week by Constable Arthur Stringer of the Elk Lake detachment of the Provincial Police. The late Mr. McLellan had been missing for a month or so. It is thought that he was on his way to the Shining-tree area when the accident that resulted in his death occurred. He was about 54 years of age at the time of death and had prospected in many parts of Canada during his busy life.

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