

# Discussing Gravies and Sauces and Their Various Characteristic Points

Miss Edith M. Barber, Noted Culinary Expert, Points Out That Well-made and Well-Seasoned Gravies and Sauces Add Zest to Meat and Fish Dishes.

The famous French ep<sup>ic</sup>ure Brillat-Savarin, who visited this country during the French Revolution, remarked that the French people were a nation of a thousand sauces and one church while Americans have a thousand churches and one sauce. Other ep<sup>ic</sup>ures have been more generous to us

is made by melting butter which may be browned or flavored with lemon juice or minced parsley. Sauces of the brown and cream sauce type are thickened with flour or cornstarch. For other more delicate sauces such as Hollandaise, egg yolks provide the thickening. The liquid used in sauces or gravies may be water, milk, cream, meat or vegetable stock. Fruit juice, vinegar, or wine may replace part of the liquid. When stock is lacking, bouillon cubes, meat or vegetable extracts dissolved in boiling water, or canned consomm<sup>e</sup> may be used.

**Brown Gravy for Roasts**  
After meat has been cooked and removed to a hot platter, pour off drippings, allowing about 1/4 cup to remain in pan. Stir in 5 tablespoons flour, and when well blended, cook over low heat, stirring constantly until flour is well browned. Add slowly about 2 cups cold water or stock, stirring constantly until mixture thickens and boils. Season with salt and pepper. Yield: 2 cups gravy.

**Variations of Brown Gravy**  
Giblet Gravy:—Add chopped cooked giblets when gravy has thickened and reheat. The water in which the giblets have been cooked may be used for all or part of the liquid in the gravy.  
Cream Gravy:—Substitute milk for the water or stock.

**Brown Sauce (Espagnole Sauce)**  
2 tablespoons butter or drippings  
1 tablespoon minced onion  
1 tablespoon minced carrot  
1 small sprig thyme  
1/2 bay leaf  
2 tablespoons flour  
1 cup meat stock  
Salt, pepper  
Melt butter or drippings in small saucepan, add onion, carrot, thyme and bay leaf and cook over low heat until onion is slightly brown. Stir in flour and when well blended and well browned, add stock, stirring constantly until mixture thickens and boils. Strain and season to taste with salt and pepper, if necessary. Serve with roasted meats. Yield: 1 cup sauce.

**Variations of Brown Sauce**  
Jardiniere Sauce:—Cook 2 tablespoons each minced green pepper, and celery with other vegetables in butter or drippings before adding flour. After sauce has thickened, add 1 tablespoon minced pimiento. Do not strain sauce, but remove bay leaf. Serve with beef or tongue.  
Piquant Sauce:—After sauce has been strained, add 1 tablespoon vinegar, 1 tablespoon drained capers, 1 tablespoon minced pickles and 1 tablespoon minced olives. Serve with fish or meat.  
Olive Sauce:—After sauce has been strained, add 1/4 cup minced olives. Serve with corned beef or tongue.

(Released by The Bell Syndicate, Inc.)  
**Believes Tuberculosis Will be Conquered by Year 2,000**  
The great white plague, tuberculosis, will be wiped out by the year 2000, Dr. Henry D. Chadwick of Waltham, Mass., president of the National Tuberculosis Association, predicted at the first general session of the association's convention at Cleveland.  
His prediction was based on the way the tuberculosis death rate has been dropping during the twentieth century, and assuming that the average decline of approximately one-third every ten years can be maintained.  
**HIS INCENTIVE**  
Laugh at "puppy love" if you like, but it's the only thing that can reconcile a boy to washing his neck and ears.—Montreal Star.



(By EDITH M. BARBER)

and have given us two sauces, one of which is brown gravy and the other the insipid white sauce which is often so badly made in this country. A well-made sauce of this type deserves the title "cream sauce" and does have a place in cookery when it is well-seasoned or combined with food of high flavor. It takes imagination to prepare almost any type of good sauce.  
Gravies and savory sauces have many of the same characteristics. The simplest type of gravy which is known as dish or platter gravy, is provided by the juice which is drawn out of the meat while it is cooking and after it is placed on the platter and brought to the table. The simplest type of sauce

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## Attempt to Burn Down Sudbury Relief Office

Some person or persons Sunday night or Monday morning broke into the Sudbury relief office, tore up loose records, piled files on the floor, and started a fire that did much damage to the property. So extensive was the damage that the office had to be closed for a few days. Entry was made by smashing the lock off a side door. There were evidences to suggest that the intruders had attempted to crack the safe in the office, but were unsuccessful in this. Not satisfied with the one fire started, a second blaze was started in one of the back offices where a new typewriter and an adding machine were destroyed.

## Italian Consul at Sudbury Closes Office This Week

G. C. Colombo, Italian consul at Sudbury, closed the office there this week, taking down the coat of arms from in front of the office before he received word from Ottawa. He said that there would be no trouble with the large Italian population at Sudbury as they were all loyal to Canada.

## TO-DAY'S FASHIONS



By GRACE THORNCLIFFE

A LIGHTWEIGHT, dull-surfaced rayon jersey is a good choice for summer days in town, and for the traveler who speeds about in hot weather. This model is made with a flattering—and cool—deep V neckline, and a skirt which fits at the hips and then flares to a good striding hem line. Accessories may be white, or red and white like the halo candy-stick hat sketched with the dress here.

## Health Authority Says Hay Fever May be Avoided or Cured

Treatment Should be Begun Two Months Before Season for Attack.

(By J. W. S. McCullough, M.D., D.P.H.)  
Hay fever can be cured. The larger number of cases are caused by pollen from windborne pollinated plants, including certain grasses, weeds, especially ragweed, and trees. Flowering plants such as the rose, dandelion and goldenrod cannot be blamed. Certain foods, powders, animal dandruffs and feathers may act as causes.

But everyone does not contract hay fever. It occurs in persons with an inherited sensitivity to one or other of the causes. Over 80 per cent of persons who suffer from hay fever or asthma have inherited a sensitivity to the various agents.

- Chief causes:—**
1. Grasses such as timothy, red top, blue grass and others.
  2. Trees such as the cottonwood, oak of many species.
  3. Weeds, of which the chief offender is ragweed. It is said that 70 per cent of all hay fever victims in America owe their trouble to common ragweed and related species.

Hay Fever Seasons: Grasses and trees as a rule, cause attacks in the Spring and early Summer, whereas weeds are the cause of late Summer and early Fall attacks.

In Canada, the common ragweed, the chief offender, is found at its worst in the southwestern peninsula of Ontario, and almost equally so in the rest of settled Ontario and Southern Quebec. Through all the sparsely settled North, from Gaspe to Rainy River and even on the open prairie, the ragweed found is usually the related perennial ragweed of the West or the great ragweed both of which occur rather sparingly eastward. Relief depends on:—

1. Getting beyond the bounds of the plant to which the individual is sensitive, or
2. Having determined what pollen is responsible, submitting to desensitization with the appropriate pollen extracts for protection.

Change of Climate:—Sensitive persons should get away in the hay fever season to resorts on the north shore of the St. Lawrence, on the Gaspe Coast or nearby Lake Superior or Rainy River. Comfortable places to stay will be found in either area.

Desensitization Treatment:—A series of small scratches is made on the surface of the skin without piercing the true skin. On these scratches extracts of pollen, animal dandruff, foods or dusts, etc., are placed. If a hive or reddened area is produced by one or more of the extracts used, it is an indication that the individual is sensitive to that particular product. Having discovered the cause or causes, the next step is to desensitize by injecting a

## Mrs. Paul-Emile Piche's Pupils Win High Honours

Eight of Mrs. Paul-Emile Piche's pupils successfully passed their music examination on Friday, June 7, when Mr. John W. Bearder, Musical Director, F.R.C.O., of the Dominion College of Music, conducted an examination at Mrs. Piche's home, 28 Cambrai Ave. Two groups tried their examinations: the junior and the transition group (grade 4). The junior grade pupils all passed with honors and three of the transition group passed with high honors and the others passed with honors.

Miss Therese Charrette came first in the transition group with Miss Ida Essomette and Mignonne Roy tied for a close second. Rita Mainville and Germaine Pichette also passed their transition examination. The successful pupils in the junior grade were Lillian Vaillancourt, Joyce MacMillan, Jeanette Mainville.

In appreciation of the high marks obtained by her pupils Mrs. Piche will conduct a piano recital for the mothers and pupils during the first week of July. The prizes won by the successful pupils will be awarded and a dainty lunch will be served.

## How Silver Bullets May be Used To-day to Help Win War

Dominion Government Offering the People Plan for Direct Aid.

Ottawa, June 12.—Mr. Lloyd George, in the Great War, spoke of "silver bullets."

He was thinking of the savings of the people, of the money they could give to provide food and guns and shells for the Allied armies.

Canadians today, in all ranks and walks of life, and of all ages, get the opportunity to provide "silver bullets." It comes through War Savings Certificates.

Under this War Savings Certificates plan—described in Government advertising—a five dollar certificate may be purchased for four dollars; a ten dollar certificate for eight dollars; a twenty-five dollar certificate for twenty dollars; a fifty dollar certificate for forty dollars; a one hundred dollar certificate for eighty dollars. A guarantee security, and with provisions for redemption before the date of maturity (they mature in 7 1/2 years) they are an admirable investment: simple, safe, profitable, fitting the smallest of budgets.

small quantity of the offending agent or agents.

Treatment should be begun 2 months before the season when the attack usually occurs. If the attacks are due to pollen, it will be necessary to continue the desensitization for three or four years. Most of the sufferers will say that, having gained a cure, it has been worth while.

But the real argument for War Savings Certificates is the opportunity they afford for war service. In the Great War we spoke of people "doing their bit." Here, now, all of us are given the chance to do "our bit." People of small incomes, artisans, people too old for active war duties, even children—all can strike a blow in this struggle by investing in these securities.

Our Government needs money, needs it desperately. Only by money, by what it can raise in taxes, by loans, and by these War Savings Certificates, can it help win the war. Therefore, if we believe the things we profess, if we are sincerely anxious to strike a blow for freedom, if we want, in short, to save Canada from the "night of barbarism" of which Mr. Churchill has spoken so solemnly, we must—all of us who can—buy these certificates.

In Britain they are giving of their last farthing to help win this war. In Nazi Germany they are giving everything—are having everything taken from them, including their liberty—to win this war. Are we capable of less? Are we of weaker fibre?

After all, a good investment—good interest on and security for our savings—is a small thing to be asked in this crisis. Small, pitifully small, in comparison to what we ask of those who go to fight and die for us. At this hour, there is a poem which should have a poignant appeal to us:

What have I given, bold sailor of the sea,  
On Earth or Heaven, that you should die for me?

What can I give, Oh soldier leal and brave,  
Long as I live, to pay the life you gave?

What tithes or part can I return to thee,  
Oh! Stricken heart, that thou should'st break for me?

The Wind of Death for you hath slain  
life's flowers.

It withereth, God grant, all weeds in ours.

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## Beauty and You

by PATRICIA LINDSAY



SUSAN HAYWARD takes an early sun bath with her eyes protected and a strapless suit to assure an even tanning.

### Hot Oil Facial Excellent for Drying Climate

During a recent visit to southern California, I realized how drying was the climate and the women constantly discussed the best treatments for dry skin and hair. They were, naturally, out of doors a good deal, and the sun took its toll of their beauty. So they resorted to oil—an oil facial for the skin, and various oil treatments for hair. Being curious I tested two of these treatments in a famous Hollywood salon which the stars of the screen and social beauties favor.

#### The Facial

After a thorough rich cream cleansing (cream removed with a linen towel, not tissue), soothing hot oil with a delicate fragrance was massaged over my face, neck and upper chest, as I lay on a most comfortable lounge. Quantities of this oil was put on my skin and I was amazed how my skin literally drank it in. Over the oil more of the rich cream used for cleansing was patted and the two mixed by several minutes of finger massage.

Because constant bright days cause squint lines, the women of southern California resort to an eye cream which is a combination of oils. This cream was put about my eyes just before refreshing eye pads were placed over them, and a cooling masque was tied on. For one half hour I rested in the luxury of a cool, dark, quiet room.

Then deft fingers removed the masque and eye pads and gave my skin a

good cleansing with a liquid tonic, free of alcohol. Just enough of the lubrication remained on my skin to protect it and before make-up was applied, more of the eye cream was used. To all this pampering and exquisite beauty aids, my skin responded admirably and I was very pleased with it when I scrutinized it in a hand mirror.

#### Hair Care

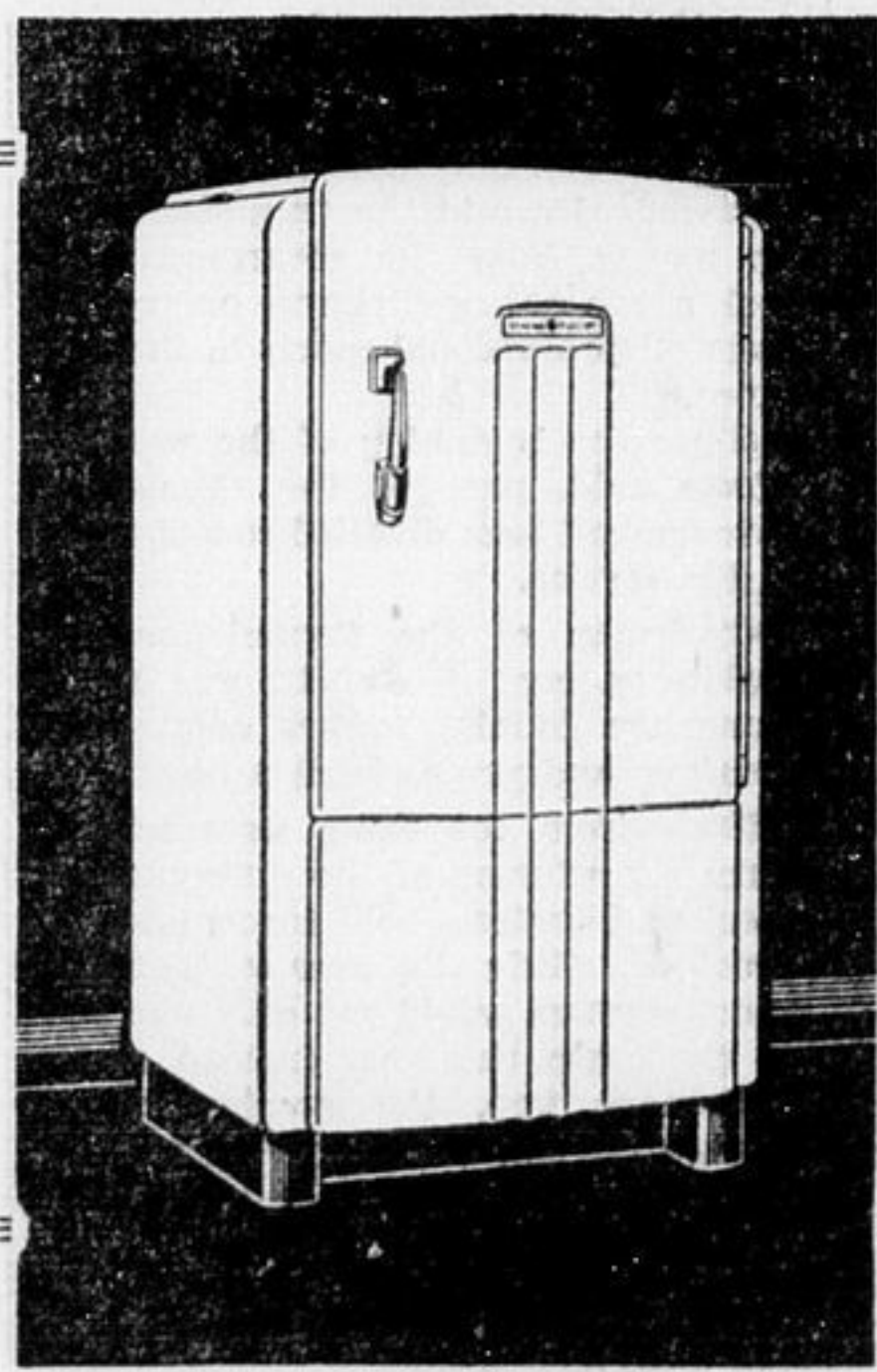
In the same shop they have two outstanding treatments for dry hair. One is a forty-five minute oil treatment with steam, after a scalp massage and invigorating hair brushing, and the other is a whipped oil shampoo, which I chose.

This combination of whipped oils is rubbed all over your hair as if it were soap and your scalp gets a workout too. After a rinsing, a pure castile soap is used for the regular shampoo. In some manner part of the oil clings to your hair and leaves it very soft and pliable and gives it a flattering sheen. It too serves as a slight protection from the sun's heat; just as the oil does on your face.

Both of these treatments are excellent for skin and hair if you live in a drying climate, where the water is hard, or if a heat wave strikes your territory. Both may be administered at home if you cannot afford the relaxing experience of a salon visit.

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