

# At Home

Come in & Chat Awhile

—Ruth Raeburn.

## THE FASCINATION OF FLAVORS

by The Priscilla Proving Plant from The Modern Priscilla

### Variety in Flavoring

It is well worth while in the interests of better cooking, to add from time to time to one's collection of flavorings a few of the less usual varieties and experiment with them until their peculiarities and possibilities are thoroughly mastered. The list of flavorings grows surprisingly long—vanilla, lemon, orange, almond, pistachio, maple, pineapple, strawberry, raspberry, banana, cherry, anise, rose, violet, mint, peppermint, wintergreen. The vegetable flavors, celery and onion, are also obtainable in extract form and prove surprisingly useful.

### Vanilla Heads the List

Vanilla has long been and probably always will be the most important of the flavorings. It is lawfully entitled to this first place for it is the one flavoring which blends with all others and is so delicate that it never grows tiresome.

Vanilla is the perfect complement to chocolate and also has an affinity for caramel, butterscotch and coffee. In combination with other extracts vanilla has an important function, modifying them pleasantly and providing taste sensations that are entirely new. With almond, lemon or orange it gives distinction to the plainest of cakes. Vanilla with rose or violet is an elusive flavoring for a delicate white cake. Spiced cakes, cookies and puddings will seem more mellow if a little vanilla is included in the recipe.

The addition of vanilla to milk is a ruse often effective in inducing the child—or adult—who finds plain milk distasteful, to take an adequate amount of it. Fruit flavors and a bit of coloring also give variety to milk drinks. The everyday cereal which sometimes becomes monotonous can be given a fresh appeal by the addition of a few drops of vanilla, or by serving cream flavored with the extract.

The fruit flavorings of today are remarkably successful, for modern methods make it possible to extract the essential oils from even delicately flavored fruits like strawberries and cherries without destroying the natural flavor by heat.

Such extracts make possible great variety in ordinary dishes without variation from the basic recipes for they can be combined in countless ways.

### Less Usual Flavorings

Anise is a flavor common in European cookery and we would do well to become better acquainted with it. Because of peculiarly penetrating quality it is not for everyday use, but proves acceptable occasionally in cakes and cookies.

Mint and wintergreen are also flavors too pronounced to be used frequently but on the other hand they need not be limited entirely to candy as they so often are. Spearmint corresponds to the common garden variety of mint and is most used in jellies and jellied salads. Peppermint is usually preferred in confections and frostings. Either is good in certain sherbets and iced beverages.

### Color Enhances Flavor

A dish of unusually interesting flavor should be heralded by its unusually attractive appearance, and a discriminating use of food coloring contributes much toward the desired end. All the colors of the rainbow, with some to spare, are available in paste tablet, or liquid form. These are entirely harmless and so may be used freely when the natural color of a food needs reinforcement.

### Vegetable Extracts

Every good cook knows how essential a suspicion of onion is but it is often omitted because it is too much trouble to cut and scrape an onion for the few drops of juice which are needed. Onion extract solves this problem. Celery extract is equally convenient and increases the palatability of soups, sauces and meats.

### Combinations of Flavoring

A drop or two of orange, lemon, mint or rose on sugar tablets for tea. Mint, strawberry, raspberry or other fruit flavor in ice cubes for tea or lemonade.

Mint or peppermint in lemonade or orangeade.

Peppermint in old-fashioned molasses candy.

Vanilla in iced coffee.

Rose and almond in sponge cake.

Vanilla and violet in angel cake.

Strawberry or raspberry in angel cake colored pink.

Maple or almond or a combination of the two in chocolate cake.

Lemon in chocolate cookies.

Almond in gingerbread.

Strawberry, pineapple, or raspberry in coconut cake or icing.

Wintergreen in icing for chocolate or spice cake.

Lemon and raspberry in cornstarch pudding.

Pineapple and vanilla in chocolate pudding.

Almond and vanilla in whipped cream for chocolate pudding.

Strawberry in orange gelatine.

Anise in lemon gelatine.

Maple in crust or basting liquid for baked ham.

## Miss Macphail's Letter

Ottawa, May 2, 1930.

It is good to be in Ottawa when the Budget comes down. And better still to be in Parliament. The expectation of momentous words falling from the lips of the Finance Minister will fill the Galleries, but a member is always sure of his place on the floor. May Day was chosen as the time for Mr. Dunning's first Budget, and when he rose at 3.35 he was the central figure in a crowded House. Not since 1925 has the Budget been awaited with such tenseness of expectation. Mr. Dunning's extreme pallor showed that he felt the strain, but his voice was clear and controlled, reaching easily the far corners of the Chamber.

Parliament is always extraordinarily quick and fervent in the expression of its feelings with its "Hear! Hear!" sharp and militant, and its cheers of approval or derision, but on a Red Letter Day it is especially so. When Mr. Dunning announced a surplus of revenue over expenditure, he was carried high on the rising waves of his party's applause. As he proceeded and it became evident that concessions were to be made to the protectionists principle on agricultural products, the ironic cheers of the Opposition prevented the Finance Minister from proceeding. From a dramatic point of view the best bit was when Mr. Dunning quite evidently lured the Opposition into loud jeers by announcing free trade on fresh fruit and vegetables from the British Empire. When they had finished reviling him he said: "In taking this action we have had in mind the growing ability of Bermuda, and the West Indies, to supply the Canadian market during the Canadian off season, a possibility which is rendered more feasible than before, now that Canada has her own direct steamships connected with these Islands, employing vessels especially built for efficient transportation of perishable commodities." And then the wild storm of the Liberal's supporting applause broke.

Just what the Budget means it is yet too soon to say. Everybody can find something in it they like, and some other thing they dislike. It does seem to attempt to be, "everybody's budget". It claims to extend greatly the British preference; it gives a considerable increase in protection to the iron and steel industries; it reduces the tariff on tea, seven cents a pound under the British preference; it protects beans, butter, fresh fruit and vegetables; it announces the abrogation of the New Zealand treaty in October of this year, and introduces for the first time countervailing duties are made effective on potatoes, soups, livestock, fresh meats, cured and pickled meats, butter, eggs in the shell, frozen eggs, wheat, wheat flour, oats, oatmeal, rye, cut flowers and cast iron pipe. By this it would appear whatever the American tariff against us on these commodities is, that same tariff do we now impose against them. Mr. Dunning said, "Canada will not engage in a tariff war with any country. The world shows at the present time too many examples of disaster following such a course. As a great exporting nation, our course must be the contrary one of facilitating trade with those who facilitate trade with us. Those who raise prohibitive barriers against our products entering their market must expect that we will extend favour to our own good customers rather than to them. I speak in no spirit of retaliation. I would much rather extend lower tariff favours to those who extend them to us than to impose prohibitive tariffs in return for like treatment." Mr. Dunning claimed that by the Budget the rates under the General Tariff would be increased on 54 items, and decreased on 46. Under the Intermediate Tariff, the rates would be increased on 35 items and decreased on 98, and under the British Preferential Tariff the rates would be increased on 11 items and decreased on 270.

Everyone is asking everyone else what they think of the Budget. One hears all sorts of answers, such as, "It is an attempt to go two ways at once"; "a mighty clever budget"; "an attempt to take the ground from under the Tories' feet"; "an election budget"; and "a shrewd interpretation of the people's thought". We can at least agree that it is a momentous budget, affecting one half the items in the Customs tariff. There will be considerable in the way of repercussions and what these will be it is at the moment impossible to say. That the Liberals have definitely accepted the Fiscal Policy, hitherto advocated most loudly by the Conservatives seems definite.

The rest of the week was particularly dull, most of the time being spent in discussion of the legislation by which the Natural Resources of Manitoba, Saskatchewan and Alberta will be returned to these Provinces. The resources are being given back without any ear-marking. The Provincial Government will be in full control. The School Land Fund will be subject to certain Sections of the Dominion Land's Act which specify that the interest accruing on the School Land Fund is to be used for education in accordance with the law of the Province. Under this public and separate schools will benefit.

Mr. Woodsworth Bill, Bill No. 20 advanced from the Committee stage and is now ready for third reading. By arrangement the vote on it will come on Tuesday, May 6th. Should it carry the grounds for divorce will be exactly the same as they are now. The method of dealing with them will be changed. A court, not a committee of the Senate will be the Tribunal and the court will have the authority to provide for the children, which Parliament cannot do. This week a block of divorce readings, numbering 38 were given second reading. No one in the Commons knew anything about the cases, yet under the present system we had to pass them or have them sent to a Committee of the House of Commons for investigation, which would consume at least weeks of time. We are all conscious of

being used as rubber stamps to O.K. a set of decisions by the Senate of the merits of which we are in entire ignorance.

—Agnes C. Macphail.

## VISIONS TRIP TO MOON POSSIBLE IN FUTURE

Scientist Declares Voyage By Rocket Ships to Be Feasible.—Dr. John Q. Stewart Looks Into Future as Far as 2050.

Earth dwellers will probably be able to travel to the moon and to communicate with their terrestrial home by telephoning over a beam of light in another 120 years, Dr. John Q. Stewart, associate professor of astronomical physics at Princeton University, declared at the Brooklyn Institute of Arts and Sciences.

In making what he called an "educated guess" about the future of rocket travel through interplanetary space, he predicted that persons would travel in a rocket ship at a speed of some 50,000 miles an hour. Far sooner—and probably by 1950—it is likely that a speed of 1,000 miles an hour will be possible, he said.

Study of the increase in rate of travel of passenger-carrying vehicles during the past century leads to a guess that by the year 2050 sufficient speed will be realized to overcome the force of gravity, thus enabling trips to the moon.

"Sufficient energy to create these speeds may be forthcoming from several sources," he declared. "At present in the laboratory minute quantities of very

concentrated energy stores have been obtained, such as ionized hydrogen, which contains 100 times the energy of coal and oxygen. Triply ionized lithium contains 16 times as much energy again. No one knows as yet how to make such energies available for engineering purposes."

Dr. Stewart declared that the one theoretically feasible method of journeying to the moon that has been suggested is a vehicle propelled on the principle of the rocket.

Such a ship, he believed, would be spherical, perhaps 110 feet in diameter. Projecting from it in all directions would be a dozen or more cannons. When one of these was fired the ship would be propelled in the opposite direction. The ship would weigh about 70,000 tons, of which 28,000 tons would be shot from the guns to give propulsion. The crew would number about 60 and a dozen passengers might be carried on a two-months' cruise. A desert would be the starting place to prevent damage underneath the guns.

Once at the moon, Dr. Stewart declared, communication "by telephone with the earth might be carried on over a beam of light or the Kennelly-Heaviside layer might make radio possible. To return, the ship would take off in the same way that she left the earth, coasting most of the way, because of the earth's greater gravitational attraction. But care would have to be taken in landing, for if the ship came down too fast over a city and the rockets were fired to check the fall it would be disastrous to the people below.

## MOVIES

MANY BREATHE-TAKING SCENES IN "THE FLYING POOL" William Boyd's Star Picture Is Filled With Drama and Appeal.

Appearing in a series of breath-taking, death-defying aerial exploits in "The Flying Pool" comes to the Star Theatre on Friday and Saturday of this week in the person of William Boyd, Pathe star. It is a thrilling air drama in which this popular player is supported by Marie Prevost, Tom O'Brien, Russell Gleason and other notable screen artists.

While this new air picture has an aviation background and contains some of the most sensational air stunts ever photographed, it is essentially a high powered drama of humor mingled skillfully and blended into a fine network of entertainment.

It is the story of a stunt flyer, who risks his life every day to satisfy a thrill-hungry mob. He is a devil-may-care personality whose other chief interest in life is women. But, he boasts, he has never fallen in love. Then his kid brother becomes interested in a cabaret dancer and the Flying Pool decides to "save" him from this supposedly designing woman. What happens after that is plenty and the story is said to raise to a tremendous climax in the air. Marie Prevost plays the cabaret singer.

## CONSTIPATION COMPLETELY GONE

Write Mrs. W. White, Toronto, for complete information, and complete relief. Constipation cured this night. Service, "The Great One" "The Great One" "The Great One".

Mr. Tom O'Brien has a serious heavy role that suits him ideally. Russell Gleason plays the brother. Others in the cast are Dan Wolheim, Kate Bruce and Dorothy Ward.

CRISP COMMENT Debating clubs might find a more lively issue to discuss than annexation of Canada and the United States.—Woodstock Sentinel-Review.

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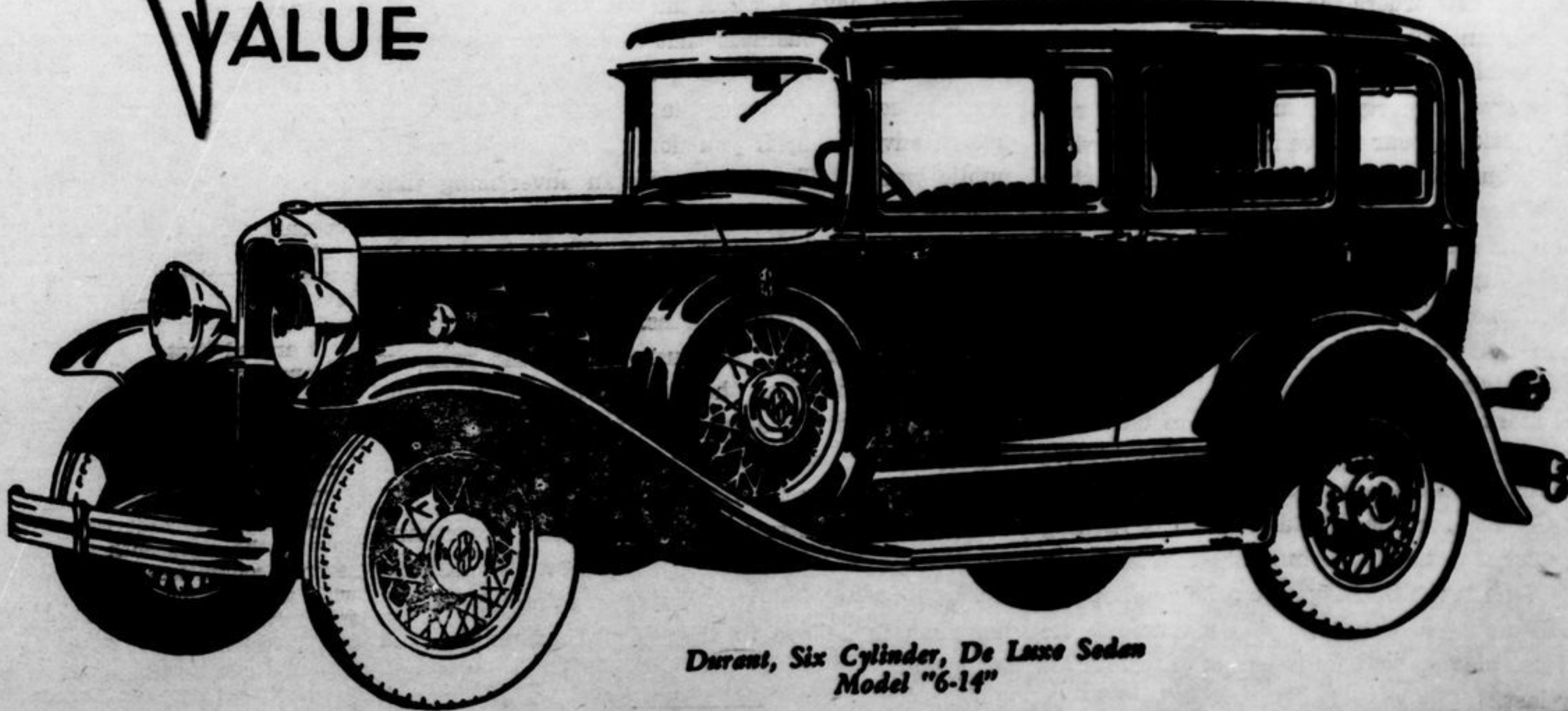
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