

**UNEMPLOYMENT INSURANCE
BENEFIT PAYMENTS
CONTINUED DURING ILLNESS**

EFFECTIVE AUGUST 3rd, 1953

Benefit will be paid for days of illness, injury or quarantine, if claim has been filed and waiting and non-compensable days served.

If you are on claim and are unable to report because of illness, injury or quarantine, write immediately for full particulars to the nearest

NATIONAL EMPLOYMENT OFFICE

**UNEMPLOYMENT INSURANCE
COMMISSION**

Published by authority of

HON. MILTON F. GREGG, Minister of Labour



Hello Homemakers! With the weather warm as it is, we look for cool refreshments that can be done up ahead of time, covered and placed in the refrigerator until the table is set—and what is easier than jellied salads. Cool and inviting, piquant in flavor even the simplest mixture has appetite appeal.

For slices of cold roast pork or tenderloin prepare a mold of gelatine made with apple juice and the addition of a grated carrot and minced cucumber with one pinch of cinnamon. It is something to remember. Also serve potato salad with sliced radishes and top the meal with orange sherbert and cookies.

Both the lemon and pineapple flavored gelatines may be combined with tomato juice or water with seasonings to achieve intriguing flavors. When the mixture begins to jell add chopped crisp greens to make a hearty yet pleasant salad.

Although lettuce frames most salads, there's no need to disregard additions to it or forget chopped spinach, chard, romaine or a few pasturium leaves and parsley twigs. Almost anything that you grow in the kitchen garden can be cleaned, chilled and clipped for a tossed salad bowl—mint, thyme, chives, parsley, sliced raw cauliflower, green beans, grated raw beet, carrot, radishes, tomatoes, and such. When a slightly beaten egg white is dribbled over the prepared bowl it prevents the salad dressing from soaking into the greens during lunch.

As for main course salads you rely on diced cooked meat or chicken, flaked fish or hard cooked eggs, combined with raw or cooked vegetables, for that satisfying quality we expect of a meal.

TAKE A TIP

1. When making molded salads that require grated onion and vinegar use the vinegar from a bottle of pickled onions.
2. Small molds set faster than large ones—so use custard cups or wax paper cups.
3. Rub the molds with a very little melted shortening or oil of French dressing before filling.
4. To ease the unmolding of any mixture dip the containers in and out of the bowl of hot water, shake sideways and turn quickly on the plate, inverted over them.
5. Shake washed greens in a clean towel or let drain in a sieve or colander.
6. Be sure to wash all sprigs

of greens even though it's one nasturtium leaf. Garden sprays and insects may permeate through salad.

Salad Stuffed Rolls
1 cupful cubed cooked chicken (or flaked salmon)
1 cupful chopped celery
1/4 cupful chopped sweet pickle

1 hard-cooked egg, chopped
1 cupful salad dressing
6 weiner rolls
Combine the ingredients and fill split rolls with the mixture. Six servings.

Molded Salmon Salad
2 cupfuls cooked, flaked salmon
2 tbsps. chopped green pepper
1 tsp. salt

1/2 tsp. paprika
2 tbsps. lemon juice
1/2 cupful thinly sliced celery
1 to 2 tbsps. chopped capers, if desired
3/4 cupful mayonnaise
1 tbsps. plain unflavored gelatine
1/4 cupful cold water

Combine the flaked salmon with the chopped green pepper, salt, paprika, lemon juice, celery, capers and mayonnaise. Soften the gelatine in the cold water for 5 minutes, then dissolve over hot water. Combine with the salmon mixture and turn into individual molds, or a loaf pan, previously rinsed with cold water. Chill until firm and serve, unmolded, on crisp lettuce, with a garnish of lemon sections and sprigs of watercress. Six to eight servings.

Cheese and Fruit Salad

2 tbsps. gelatine
1 cup. canned pineapple juice
3 cups cottage cheese
1/2 cup dried apples
1/4 cup drained pineapple
1/4 cup mayonnaise
1 tsp. salt
1/2 tsp. dry mustard
3 tbsps. lemon juice

Soften gelatin in pineapple juice and heat; simmer until dissolved; cool. Blend cheese, chopped apple, pineapple, mayonnaise, salt, mustard and lemon juice. Blend gelatin into cheese mixture and turn into mold. Chill until firm in electric refrigerator.

Frozen Peanut Butter Salad

1 (8-ounce) package cream cheese
1/2 cup chopped green pepper
1/2 cup peanut butter
1 cup chopped celery
1/2 tsp. salt
Juice of 1 lime
1/4 cup mayonnaise
1/4 cup heavy cream whipped

Blend all ingredients and fold in whipped cream. Pour mixture into refrigerator tray and chill until firm.

Peppy French Dressing

1 can condensed tomato soup
1/2 cup vinegar
1/2 cup salad oil
1/4 cup sugar
1 tsp. salt
1 tbsps. Worcestershire Sauce
1/2 tsp. dry mustard
1/4 tsp. paprika
Dash of cayenne
1 garlic bud

Place all the ingredients with the exception of the garlic bud in a bowl and mix with the electric mixer or rotary beater until well blended. Pour dressing into a jar or bottle and add the garlic bud. It will contribute an extra hint of flavor. Cover jar and store in your electric refrigerator.



Had your aluminum today?

CHANCES are you have, because practically everything we eat—grains, vegetables, meat, milk, eggs—contains aluminum. This is not surprising, since one-eighth of the earth's crust is aluminum. Aluminum is most readily available commercially, however, in the form of bauxite ore. Alcan ships this ore from South America to feed its pot lines at Arvida, Isle Maligne, Shawinigan Falls and Beauharnois, P. Que. When the huge new Kitimat development is completed in B.C., refined ore will be shipped up the West Coast from South American or other abundant sources. Aluminum Company of Canada, Ltd. (Alcan).

**Martin Upholds
Federal Gov't.
Health Program**

The Hon. Paul Martin, Minister of National Health and Welfare, spent a day in Ontario Riding last week where he spoke at meetings in Port Perry and Oshawa on behalf of the Liberal candidate, Mr. John Lay.

In a speech delivered at Port Perry Wednesday afternoon, Mr. Martin dealt with what the Federal Government has done for health during the past four and a half years. "The federal National Health Program", he declared, "is perhaps the greatest single event in Canada's health history. It stands as a monument to a great Canadian statesman, the late Prime Minister King, whose name holds a special significance for those who will have the opportunity on August 10th to vote for John Lay. "Under this program," Mr. Martin said, "more than \$167,000,000 has been available to the provinces to help them in surveying their basic health needs; in building additional hospital accommodation; and in strengthening health facilities and services in such fields as tuberculosis control, cancer, mental health and programs for crippled children." The Health Minister felt that this program was one of the most exciting news stories of the day, but unfortunately, a story that had never been adequate-

CENTRAL ONTARIO'S FOREMOST SHOW—

Sutton Horse Show & Fair

— Afternoons and Evenings —
THUR. - FRI. - SAT. - AUG. 6 - 7 - 8

THURSDAY AFT.—Children's Races - Women's Exhibits - Flowers - Vegetables - Grain - School Work.

EVENING—Old Tyme Dance Contest - Fireworks.
FRI. & SAT. AFTERNOONS—Arena Exhibits - Two Three-heat Harness Races Each Day - Steeplechases - Friday & Two on Saturday - 20 Events for Jumping Horses and Hunters.

SAT. AFT.—Cattle - Heavy & Light Horses, Ponies - Hogs.

FRI. & SAT.—Evening Grandstand Variety Show.
Midway - Games - Rides - All 3 Days

Admission 50c Auto 25c Children (Sat.) 25c Thurs. & Fri. - Free

ly told to the Canadian people.

"Just think," he said, "how this program has reached out into our daily lives. These grants have directly touched the lives of fully 75 per cent of the Canadian people." In indicating a few of the major advances made possible by this federal program, the Health Minister pointed out that more than 3,000,000 people, or 60 per cent of Canada's entire population are now served by health units; that with the aid of these federal grants, more than 2,000,000 free chest X-ray examinations are now given each year to help discover tuberculosis in its early and curable stages, or cancer sufferers

he pointed out that diagnostic services have been provided to more than 100,000 persons. "Five years ago, in all Canada, there were only two important cancer research projects underway; today there are more than 100 thanks to this program."

"An interesting feature of the program," the Health Minister stated, "was the great emphasis placed on preventive medicine, particularly in the development of improved services for children." He cited as examples the great increase in school health services, in child guidance clinics, in child and maternal health care facilities

You gave him this job to do

and St. Laurent is getting RESULTS!

In 1949 the Canadian people expressed their confidence in St. Laurent and the Liberal program. This glance at the record reveals some of Canada's tremendous accomplishments under St. Laurent's leadership. No other country has fought a war, balanced its budget, reduced its debt, cut taxes—all at the same time. Now there's another big job ahead. And Louis St. Laurent has proved that he, more than ever, is the Canadian best fitted to do the job.

- Promoting employment and prosperity** ✓ More Canadians working, for higher pay, than ever before... New records established in national production, national income every year since 1949.
- Developing our trade** ✓ Old markets expanded, new markets opened up... Canada third largest trading nation in world... External trade at all-time high... Negotiated mutual tariff concessions with 34 countries—a practical way of freeing international trade.
- Expanding our industry** ✓ Liberal policies have encouraged rapid economic growth... Unprecedented development of resources... Consumer purchases doubled since the war... Investment in new plants and equipment running over \$5 billion a year.
- Strengthening our dollar** ✓ Budgets balanced... National debt reduced... Inflation brought under control... Taxes lowered... Canadian dollar strong.
- Supporting farming and fishing** ✓ These basic industries aided by trade agreements, floor prices... New low-cost insurance plan assists owners of smaller fishing vessels... Farm production and income at record levels.
- Fostering good labour conditions** ✓ New federal legislation prohibits discrimination on grounds of race, colour or religion... Unemployment insurance extended to cover seasonal lay-off of workers... Special efforts to help disabled workers to find useful and satisfying employment... Time loss from strikes at low point.
- Working for National Security** ✓ To prevent aggression, Canada's forces serving in Far East and Europe... Canada making major contribution to NATO defence build-up... Largest peacetime defence program in our history... Full support to United Nations... all to preserve peace.

*A Great Leader
for a Greater Canada—*

**VOTE
ST. LAURENT**

NATIONAL LIBERAL FEDERATION OF CANADA



here is ...
**POWER
EQUIPMENT**

not often obtainable

- I.H.C. No. 62 Combine** — With engine, good tires and Scourkleen. Reconditioned from front to back. It will pay you to see this one.
- I.H.C. Power Corn Binder** — This binder in excellent shape. Hard to get new or used.
- I.H.C. 20-Run Seed Drill** — Double discs — Power Lift — Tractor Hitch — Used very little. This has the famous force feed.
- McKee Suction Blower** — Good shape and Half Price. Saves time and labour.

OUR YARD IS FULL OF GOOD USED FARM EQUIPMENT

Chas. COOPER Equipment

PHONE 103 or 104 CLAREMONT, ONTARIO

**In Ontario Riding vote for
JOHN LAY**