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... OF ...

**Interest to Women****REFRIGERATION HELPS TO PREVENT FOOD POISONING**

The reason that most cases of food poisoning occur during the warm or hot weather is because the harmful organisms in the food multiply faster in a high than in a low temperature.

Any and all kinds of foods can be rendered unfit or poisonous—meat, milk, eggs, fish, canned food and various other foods handled by those with unclean hands. A food can be made unfit or poisonous without much or any change that can be noticed by the one eating it—no noticeable odor or taste.

Fortunately in most cases the effects come on within an hour or two after eating the affected food and the nausea and vomiting often rids the system of much of the food. There is also cramps and great prostration, thirst, a rise in temperature and extreme nervousness. The attack usually passes over within one or two days. The effects however may be felt for days and even weeks.

As food poisoning may cause death in some cases owing to the great strength of the harmful organisms, or the weakness of the individual, every effort should be made, especially during hot weather to prevent food becoming poisonous. And prevention, it is generally known, can be accomplished by keeping the food cold thus preventing the growth and development of the harmful organisms.

Dr. Philip P. Maiz, Medical Bulletin of the Veterans Administration, insists that proper refrigeration or cooling of all foods both before and after cooking and insistence upon personal cleanliness of food handlers, will prevent food poisoning outbreaks in institutions. A review of four such outbreaks shows that the principal factor responsible for the poisoning was insufficient refrigeration or cooling of various foods.

"Frequently large amounts of food, such as hash, diced chicken, beef stew salads, are placed in a refrigerator the temperature of which is improperly adjusted. As a consequence the central portion of the food does not undergo sufficient cooling, with the result that the organisms multiply and manufacture their poisons. Instead of leaving large quantities of food in single containers in the refrigerator it is better to divide the food into smaller portions so as to make sure that all parts of it are soon chilled."

Foods should be put into the refrigerator as soon as delivered to the home.

**Beware of Poison Ivy—Some Remedies**

"Poison ivy is more prevalent in summer and summer tourists and cottagers would be well advised to acquaint themselves with the plant itself, and the remedies for poison ivy" say officials of the Health League of Canada.

The plant may be found growing in a variety of conditions and can best be recognized from the leaf formation which is arranged in threes, similar to the strawberry plant. Unlike the soft strawberry leaves, the ivy leaves are smooth and somewhat leathery in appearance.

The irritating oil from the plant produces a severe inflammation of the skin which spreads from one part to another by rubbing and scratching. It is important therefore, that soothing

applications be used such as cold boracic solution, cold epsom salts solution and the astringent effect of a weak sugar of lead solution is also beneficial. Isolated patches of poison ivy inflammation may be painted twice a day with a one per cent solution of Potassium Permanganate; this stains the skin, but the stain may be removed by gently scrubbing with soap and water.

**RECIPES****Nut Macaroons**

Put through the food chopper  $\frac{3}{4}$  cup of nuts and  $\frac{1}{2}$  cup of corn flakes or stale bread.

Now place in a mixing bowl white of one large egg, beat until the white is stiff, then beat in slowly  $\frac{1}{4}$  cup of granulated sugar, then fold and cut in the prepared nuts, and drop by the teaspoon on a well greased and floured paper; bake in moderate oven for twenty minutes.

**Lake Bluff Muffins**

Place in a mixing bowl:  
 $\frac{1}{2}$  cup sugar  
1 egg  
4 tablespoons shortening  
 $\frac{1}{2}$  teaspoon nutmeg  
Cream well and add:  
 $2\frac{1}{4}$  cups flour  
1 teaspoon salt  
4 teaspoons baking powder  
One cup milk  
Beat well to blend and then add:  
 $\frac{1}{2}$  cup seeded raisins, cut in bits  
1 cup finely chopped apples  
 $\frac{1}{2}$  cup nuts.  
Mix well and turn in well greased and floured muffin pans and bake 30 minutes in hot oven.

**Cheese Balls**

Place in a bowl the whites of two eggs, and whip until very stiff. Now cut and fold in  $\frac{1}{2}$  cup grated cheese, 2 tablespoons of bread crumbs, sifted before measuring.  
Drop by the spoonful into smoking hot fat and brown, then lift with a wire spoon, and drain on soft paper and serve on toasted crackers.

**Canned Corn au Gratin**

Open a can of corn and turn at once into baking dish, now add:  
4 tablespoons melted butter  
2 pimentoes, chopped fine  
Two onions, grated  
 $\frac{1}{2}$  cup bread crumbs  
1 teaspoon salt  
 $\frac{1}{2}$  teaspoon pepper.  
Mix and spread the top smoothly, sprinkle six tablespoons of bread crumbs and three tablespoons of grated cheese over the top and bake in a hot oven for twenty minutes. Serve from the dish.

**Cheese and Celery on Toast**

Cut celery in inch pieces, cover with boiling water and cook until tender, drain. To three cups of the cooked celery add:

2 cups thick cream sauce  
2 pimentoes, chopped fine  
1 tablespoon grated onion  
3 tablespoons finely minced parsley  
 $\frac{1}{2}$  cup grated cheese  
2 tablespoons melted butter  
1 teaspoon salt  
 $\frac{1}{2}$  teaspoon pepper.  
Mix and heat to boiling point and serve on toast and dust with paprika.

**CANADIAN WOMEN LIKE NEW CUSTOMS' REGULATION, OVERSEAS TRAVELLER FINDS****Examination of Baggage Loses Its Terrors for Women Tourists**

TORONTO, July 15—"Yes, indeed, the ladies seem to like this new customs regulation," stated an official at one of Canada's ports as he paused in the perusal of the long, white sheet of paper presented to him by a returning citizen who had "shopped abroad."

"Just what do you include in souvenirs, madam?" asked the official, running his finger down the neatly penned list of articles with their balancing purchase prices.

"Oh, that's an assortment of gift ties and novelties in Scotch tartans, ranging from penknives to golf gadgets," laughed the newly landed passenger. "It put them all in this suitcase; they're really all the most fascinating things . . ."

"Okay, ma'am," replied the official glancing at the array of checks and plaids. "If they'd come from Ireland I'd have been more interested," he remarked, as he chalked the bag and turned to the next in line.

Customs examination of baggage has lost its terror for the tourist who, with modest attempt to please friends, brings a collection of small gifts from foreign countries. Two days before landing, the sudden activity with pen and long sheets of paper began in the writing-room on a liner which docked last week. All writing desks were full, and there was a waiting line. Fountain pens were in demand on the decks also, for many crouched or sprawled on the hatches, busy with their "shopping lists," as the women called them. Recent acquaintance and acquired familiarity with pounds, snifflings and pence, as well as the

francs, lire and other foreign currency, were brought into the arithmetic problems. Everybody had a good time with it, and nobody seemed to mind the novel experience of working out the costs.

The news that travellers could bring home goods to the value of one hundred dollars, spread rapidly in London. Canada House had many questions on the subject.

Officials at Montreal have had over a month's experience with the ruling and are satisfied also. They claim it has given them more work, but it is a good system, and it can be made to serve for speed and efficiency in handling of luggage at the ports.

Baggage is still examined thoroughly. The arrangement chose by most of the women is to put all their aforesaid dutiable goods in one bag, even though the officials must go through others as well.

"All we have to do now is to open the suitcase," said one traveller, "and say, 'There it is.' I'm glad to be able to show it all instead of crumpling all my frocks and gift boxes into an untidy heap to make them look worn and used."

"After all, it is something we have wanted a long time," declared another. "I used to envy my United States cousins who could shop so contentedly and shout at us any time they bought anything: 'Of course, it is all right with our customs; we can take \$100 worth back with us, you know.'"

"Now we can do the same and enjoy the crossing of the border without that awful feeling of having to face the customs man."

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sions of a recent voyage was the difference in the manner and the methods of the passing of the customs officials, under present arrangement. It left nothing to mar the end of a perfect trip.

**Mouth Keswick**

Mrs. Ella Barton of Upper Keswick and grandson were guests for a few days recently of Mrs. Grant Hawkins. Mission Band of the United Baptist church was held last Monday at the Parsonage. The band is under the leadership of Miss Estella Williams. Fifteen dollars has been given for missions.

Mrs. Arnold Williams from Saint John is a guest of her mother, Mrs. Harry Pichard.

Mrs. Harry Pichard, her daughters, Mrs. Williams and Mrs. Stanley Hawkins were in Fredericton on Monday on business. They were accompanied by Stanley Hawkins.

Donald Jewett, son of Mr. and Mrs. C. W. Jewett is ill at his home here, his many friends wish him a speedy recovery.

C. W. Jewett, Woodford Merrithew, Walter Inch and Harold Sharpe, were in Taymouth Sunday last attending the service for Orangemen. They were greatly refreshed with the address given by Rev. Mr. Sharkland.

Mr. and Mrs. Elwood Hawkins spent Sunday at Lake George as guests of Mrs. Hawkins' father.

Their daughter Alice who had been spending a few days vacation with her grandfather, returned with her parents.

Mrs. Buchanan, accompanied by her grandson of Boston, is here as guests of her son, Roy Buchanan.

Rev. John Car and Mrs. Car of Burr's Corner were in Fredericton on business last Monday.

Miss Etta Williams of Devon is a guest of her sister, Mrs. Oliver Currie.

The Ladies' Sewing circle met Thursday at the home of Mrs. Ray Williams. All reported as having a good time.

Mrs. Vernon Brewer was in Fredericton Thursday consulting an eye specialist.

Clara Hawkins was working for C. W. Jewett, Wednesday.

Eric Clark is working for the summer for Roy Buchanan. Mr. Clark will be teaching at the opening of the school term.

COLUMBIA, Mo., July 16—Lloyd L. Gains, 24, St. Louis Negro, is in court at the hearing of his writ of mandamus against the University of Missouri to compel them to admit him. Since it was founded in 1839 it has refused to admit Negroes.

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TADOUSSAC, Quebec, July 16—Honour for discovery of North America belongs to Noah instead of Christopher Columbus if legends of Quebec's Indians are to be believed.

Among tribes which inhabited the Saguenay river valley there was a legend that the Ark or 'Big Canoe' landed on the top of Cape Trinity, 2,000 feet above the level of the river. This, says the legend, was the last point of dry land left during the Biblical flood.

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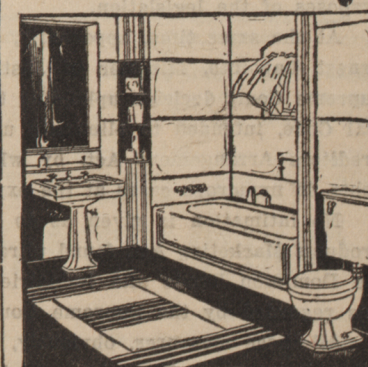
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