

AS SEEN FROM LONDON

The Changing Holiday Habits of the British Public

LONDON, Aug. 1.—In the last year or two, many American visitors to Britain have been digressing from well-beaten tourist paths to sample various types of holiday resorts in this country. If the digression coincides with the month of August, the obvious places to visit are on the coast, where millions of King George's subjects are then to be found. Certain elements of the community avoid the resorts which have amusement parks of American pattern or palatial piers jutting far out into the sea, as they are a magnet for day "trippers" or excursionists. Nevertheless, they are becoming increasingly popular, because of the Coney Island brand of entertainment they provide. It must be added, though, that hot dogs are obtainable at only a few, and corn on the cob at none at all. The American in search of a shore dinner is doomed to disappointment, as the only things to remind him of one are the fried fish—fish-and-chips—shops in side streets of the town proper. When the weather is fine the family at the seaside puts in the maximum time at the water's edge, only going home for luncheon or supper, the inevitable tea even being an outdoor affair. Seaside landladies still seem to abide by a set of rules of mid-Victorian origin, for there is a deadline for the service of hot food. In thousands of boarding houses or lodgings there is a mid-day hot dinner and a cold supper. Sometimes when the weather has become chilly the landlady will surprise

the guests with hot potatoes at supper time, but they arrive on the table as an act of grace, not in discharge of an obligation.

As in other lands, the seaside resorts in Britain have been greatly affected by sartorial whims. Watch committees in some places still frown upon the extreme in bathing or sun-bathing costumes and prescribe that bathers must not stroll too far away from the beach or the water's edge, unless a bathrobe or dressing gown is worn. But the majority of the popular resorts, with an eye to increased patronage, tell the world at the outset of the vacation season that good taste and not Mrs. Grundy is the final arbiter, so far as they are concerned. As "good taste" has become a very indulgent censor, it is not surprising that the squeamish minded among the subjects of the King sustain puzzling, often nerve-shattering, reactions when they essay a seaside vacation. Yet surprise at seaside sparsity of raiment should not be so acute. At the Wimbledon tennis tournament recently some women spectators wore backless costumes and at this time of year hundreds of women motorists in the environs of London are to be seen similarly attired. Stringent parking regulations have worked in the interests of decorum at many coastal resorts, especially those within an hour or two of the metropolis, for the automobiles must now be parked so far away from the beach that they can no longer be used as substitutes

for bathhouses or tents. In most instances, however, the parking regulations were adopted to prevent traffic jams and to encourage day visitors to pay for the use of bathhouses and tents, thereby giving some pecuniary support to local enterprise. Notable among masculine sartorial changes is the exotic "blazer." Of course, the "blazer" has long been a badge of the school or college life, and likewise a most comfortable, skeleton-lined jacket. Those which bear the distinctive color combinations of the famous schools and colleges are recognizable at once to the initiated. But nowadays all sorts of outdoor organizations have their own "blazers" and ties, and for proletarian use, there has been mass production of some extraordinary varieties.

The automobile, charabanc, motor bus and speeded-up railroad services have wrought changes in the holiday habits of a large number of persons not entirely palatable to all the seaside resorts. For there has been a great encouragement of the practice of taking a week-end holiday at several places, and also the single-day trip to the seaside in the course of a summer, instead of a fortnight's or three-week stay at one place. It is the contention of those who have changed their vacation habits that they are spending just as much as they did before, but in a great many more places. There are charabanc trippers, though, to whom the glad hand is not given on their arrival at the more select resorts, because when they do not arrive "well primed," they are almost certain to leave in that condition. Through the speeding-up of railroad services, several more South Coast resorts have recently become attractive

to day excursionists from London. Even before this was done, it was possible to go to Brighton by express in fifty or sixty minutes. This particular resort is often on the English Channel, and with good reason, in view of its accessibility and the fact that thousands of those who work in London live there the year round. If the prophets are right, the ever-sprawling metropolis will soon be at Brighton's door. Even now the outer rim of what is known as "traffic London," which has an area of 1,841 square miles and a population exceeding 9,000,000, has a southern boundary, which is more than half-way to the big Channel resort. Of course, Southend, near the mouth of the Thames, is already a "sea front" for throngs of cockneys. The amusement park there, founded by an up-state New Yorker named Morehouse, is London's "Coney."

CECIL G. SMITH ADVOCATES NAT. GOVERNMENT

Fairly Well Attended Meeting — Deplores Pegging of Prices

Cecil Gordon Smith of the League for National Government, speaking before a fairly attended meeting in the city council chambers last evening, lectured on the need for the dropping party lines and have a national government in order to cope with the problems of railways, wheat, and the B. N. A. Act. Mr. Smith thinks that Canada should follow the lead of Great Britain, South Africa and Australia in formation of National Government.

Thinks Taschereau Statesman

Mr. Smith thinks that Taschereau is a truly great statesman which he believes he has shown in his ability to cope with unemployment. Taschereau, he believes, along with Elmer, Stevens, Gardner, Ralston, LaPointe, Bennett and MacKenzie King as a brain trust have the capabilities and familiarity in politics to overcome the bigger problems of the day, and only that these problems could be corrected through a national government composed of all interests from all sections of Canada.

Mr. Smith stated that many things that have been pictured as world problems and demanded world wide correction were purely national problems and capable of national correction. Mr. Smith thinks that Canadian ownership of steamship lines and losses accumulated, not a world cause; giving figures to substantiate his remarks showing that Canada has sustained a bigger loss per capita in shipping investment than other countries that had state ownership of shipping.

He thinks sheriff sales a good index of the need of reform as he stated 1-10 of the potential taxpayers are able to meet the taxation demands; a number of people that is gradually growing less and less to share in the upkeep of a nation.

Mr. Smith in speaking of the wheat problem stated that the big wheat carryover is colossal and that it was not a western problem but a combined problem of the West and the East, a truly national one; yet he stated that the government's move in pegging wheat prices was not a sound business practice because at the bottom of it all world wheat prices were set by world demand, and that wheat pegging prices were an added burden to the taxpayer in a false assumption of what would bring prosperity.

Open Forum Discussion

At the close of the meeting an open discussion was held on the merits of national government. Mr. Smith stated that a bureau of the League would be opened here soon to carry the red, white and blue button hole ribbon of the League for National Government. Mr. Hubbard was chairman.

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Of Interest to Women

WATCH YOUR FIGURE

Grow Supple and Slim in this Way

In good dancing schools in England or on the Continent these two exercises are much used.

Try them. They give suppleness to the figure and special elasticity to the hips and thighs.

Hold firmly by your right hand to the top of a chair. Put your shoulders well back. Swing your right leg backwards and forwards as high as you can manage, keeping the upper part of your body still, but not stiff.

Do this a dozen times. Change the hands and feet, and repeat. When you have practised a little (and easy as it sounds, it has its difficulties), you should make the change from right to left leg and hand all part of the same swinging motion and without any pause.

Then this: Lie on your back and imitate the pedalling of a bicycle with your legs. Keep in rhythmical time.

You may be inclined to pant but you shouldn't, as that shows you are not in good condition.

Practice the movements slowly and for a short time until you can do them breathing deeply but evenly as you do so.

After these exercises imitate a footballer and suck half a lemon. Refreshing—and slimming in itself.

WHY AND HOW WE USE SODA IN BAKING

Wherever questions on cookery are asked there are sure to be some about using soda in baking. Even quite experienced cooks may wonder why soda is needed when there is no sour milk in the recipe, or why both soda and baking powder are indicated. Many cooks feel less sure of results when soda rather than baking powder is the leavening agent.

Except in mixtures where air is incorporated by beating or by adding beaten eggs, the leavening agent for quick breads and cakes is always some form of soda and acid. These are the principal ingredients of baking powder itself. In the presence of moisture soda and acid react and give off carbon dioxide. This gas escaping into dough or batter makes it light. Heat speeds up the process and expands the volume of gas so that mixtures become still lighter when baked.

In general there are three ways of using soda in baking. The only difference among them is the source and the amount of acid in the mixture. If none of the ingredients in the recipe is acid, baking powder (a mixture of both soda and acid) is used. Biscuits or bran muffins made with sweet milk are examples of this type. When sour milk, buttermilk or other ingredients supply the acid soda is used as the leavening agent. The recipe for Bran Brown Bread which is given below, is a good illustration of the second use of soda.

There are many ingredients which are weak acids, or mixtures, in which only a small amount of an acid ingredient is used. Because the quantity of gas depends upon the amount of soda that will react with acid in the third type of mixture it is necessary to use both soda and baking powder to get a light product.

Recipes using molasses, honey, dark syrups, brown sugar, apple sauce or banana pulp need a little soda to react with whatever acid these ingredients yield and some baking powder for additional leavening. It takes skillful balancing of such recipes for the best results. Very experienced cooks soon learn what changes are necessary when substitutions are made

such as molasses for sugar or apple sauce for milk. However, it is best to rely upon recipes from standard cook books and experimental kitchens for satisfactory results.

The following recipes have been triple tested and illustrate several of the principles of baking with soda.

Bran Brown Bread

1 cup bran
1 cup sour milk
1 cup raisins
1 tablespoon molasses
½ cup sugar
1 cup flour
1 teaspoon soda
1 teaspoon salt

Mix together the bran sour milk and raisins then add the molasses sugar and flour which has been sifted with the soda and salt. Put the mixture into a greased pan, cover lightly and steam for three hours (12 ounce baking powder can is suitable size). Yield: 2 12-ounce cans.

Soda in the next recipe reacts with the brown sugar and helps develop a mild but rich chocolate flavor.

Devil's Food Cake

1-3 cup butter
1 cup sifted brown sugar firmly packed

1 egg and 2 egg yolks, well beaten.
3 squares (3 ounces) unsweetened chocolate, melted and cooled
2 cups sifted pastry flour
1 tablespoon baking soda
1 teaspoon salt
1 cup milk
1 teaspoon vanilla extract

Cream butter and add sugar gradually, beating after each addition until light and fluffy. Add eggs. Add chocolate and blend well. Add sifted dry ingredients alternately with milk, a small amount at a time, beating until smooth after each addition. Add vanilla. Turn into two greased 9-inch layer pans. Bake in moderate oven 325 degrees F. 30 minutes.

Soda is needed to neutralize the mild acid of bananas. This reaction does not give sufficient gas for leavening, so baking powder is added.

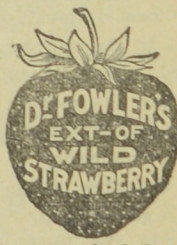
Banana Bran Bread

1-4 cup shortening
½ cup sugar
1 egg, well beaten
1 cup bran
1½ cups flour
2 teaspoons baking powder
½ teaspoon salt
½ teaspoon soda
½ cup chopped nut meats
1½ cups mashed bananas
1 teaspoon vanilla extract

Cream shortening and sugar well. Add egg and bran. Sift flour with baking powder, salt and soda. Mix nuts with flour and add alternately with mashed bananas to which the water has been added. Stir in vanilla. Pour into greased loaf tin. Bake at 325 degrees F. for 45 minutes. Finish baking, 30 minutes, at 375 degrees F. Yield: 1 loaf 8½ by 4½ inches.

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