

Scandinavian Food is Particularly Interesting

You May Dine as you Would in Norway, Sweden or Denmark and yet not Need to Leave Canadian Soil. Some Adventures in Scandinavia by Edith M. Barber.



(By Edith M. Barber)

All over the country we can find restaurants which offer little adventures to those of us who are interested in the food customs of various countries. Today, I shall take you for a visit to Scandinavia. There are restaurants where you may dine as well as you would in Norway, Sweden or Denmark, where the food customs are much the same. Perhaps the majority of the patrons are of Scandinavian parentage and therefore the food must be typical to draw them.

Scandinavian food is particularly interesting. The outstanding note is the enormous table called the smorgasbord, where you find dozens of appetizers arranged most attractively with regard to contrast in both appearance and flavour. You begin your meal by making a trip to the table and filling your plate to overflowing from the many cold and hot dishes which are designed to give you an appetite for the rest of the meal. Remember that there is a large meal to come and do not be tempted to indulge too heavily in the smoked and pickled herring, the sardines, the anchovies, the cold meat, the cheese, the shrimps, the smoked eels, the salads, the pickles, the olives, the radishes, the celery, the hot fish custard and the other hot meat dishes. On some of the more elaborate smorgasbords you may even find a cold pheasant in the centre.

At the table when you have finished the smorgasbord, you will be served with soup, with fish and with meat, for which I suggest Swedish meat balls with their sour cream sauce or beef Lindstrom. You will have potatoes with both the meat and fish courses. Stewed preisselbeeren, those tiny, cranberry-like berries will be sure to appear with the meat course or as a sauce with the dessert. Soft, rye bread, the firmer black bread and the crisp rye cracker-like bread will be sure to appear throughout the meal. Of course, there will be coffee which all Scandinavians demand and make so well. The meal may end with Swedish punch, a sweet, strong liqueur. In the Scandinavian countries schnapps will be served instead of cocktails before the meal, beer with the smorgasbord and wine with the main course. At home in the Scandinavian countries you will find the smorgasbord in a much less elaborate form appearing at breakfast as well as at the main meal. As you have probably gathered, food is an important item in Scandinavian life.

"Swedish" Quick Meal

Swedish meat balls
Potatoes, parsley butter, cauliflower
Preisselbeeren jam

Swedish tea ring
Coffee
Method Preparation
Prepare potatoes and cook.
Prepare meat balls and cook.
Cook cauliflower.
Make coffee.
Heat tea ring.
Swedish Meat Balls
2 cups soft bread crumbs.
3-4 cup milk
1 onion
4 tablespoons butter
1 pound ground beef
1-2 teaspoon salt
1-4 teaspoon nutmeg
1-4 teaspoon pepper
1 egg
2 tablespoons flour
1-2 cup rich milk or cream
Soak bread crumbs in milk ten minutes. Mince onion and fry lightly in half the butter and add to soaked bread. Add meat, seasonings and egg to bread mixture and put through the meat grinder. Form into small round balls and fry in remaining butter until light brown on all sides. Sprinkle with flour and roll each ball until well covered. Cover and cook five minutes. Add milk or cream, cover and cook five minutes more. Add more salt and pepper to the gravy if necessary.

Beef Lindstrom

2 pounds of ground beef.
1 onion, chopped fine
2 dill pickles, chopped
1 tablespoon of sweet mixed pickles, chopped.
1-2 cup of pickled beets, chopped
1 tablespoon of capers, chopped
2 eggs
Salt and pepper
2 tablespoons butter.
Mix thoroughly all ingredients except the butter, make into oval cakes, and cook in a hot well-greased pan until brown on both sides. Add the two tablespoons of butter and cook one minute. Serve garnished with sliced dill pickles and sliced beets. The cakes should be very brown on the outside but rare inside.

Fish Sauce

1 tablespoon butter
1 tablespoon minced onion
1 tablespoon flour
1-2 cup water
2 tablespoons vinegar
1-2 cup sour cream
1 dill pickle, chopped
1 tablespoon minced parsley
Melt butter, add minced onion and cook until onion is light yellow. Add flour, blend well and then add water and vinegar, stirring constantly. Add sour cream and cook until mixture is smooth and thick. Add sugar, pickle and parsley, season to taste with salt and pepper.

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SENTENCED FOR ROBBERY AT KAPUSKASING RECENTLY

Word from Kapuskasing is to the effect that the robbery of the Kapuskasing Supply Co. store by four men had its sequel in police court at Kapuskasing recently, when Russell Lombard was found guilty of breaking and entering, and theft, and sentenced to two years less one day by Magistrate E. R. Tucker. Elwin Arbour, one of Lombard's companions, appearing on the same charge, was given one year at hard labour.

Ottawa Journal:—A New Hampshire woman put 225 strands of thread through the eye of one needle. She thinks this must be a record of some kind, but we are too polite to give her the answer.

Prospectors Do Not Favour Govt. Scheme

Do Not Believe Prospecting by Government would be Practical. Politics would Figure Too Much Also.

Reference was made last week to the proposal of the Ontario Government to speed up prospecting in the North to the extent of outfitting and perhaps financing young prospectors. The reaction of local prospectors has not been favourable to the idea. Most of them say "Impractical and impossible" for a start. There is also a general tendency to avoid being quoted in the matter. This is not altogether due to modesty either, though the average prospector is a modest man. One prospector put it like this:—"I can't afford to be quoted in opposition to the scheme which I think is utterly impossible and absurd. But I would like to get a slice of any of that sort of 'gravy' if it is going round. So keep my name off the record. There wouldn't be a chance for me or any of my friends if it were known that we were not government supporters."

That prospector touched on a point that presents the greatest objection to the scheme—that point being the political feature. No one here thinks that the scheme will be carried out except on a political basis. No prospector who is not an ardent Liberal will have a chance. The prospectors spoken to argue on this line:—"Is it likely that the Government that is spending its time firing all the Conservatives that have government jobs is likely to do anything to make new jobs for any but Liberals?" One or two prospectors who expect that they may get in on the deal express approval. If they are not outfitted and financed pretty soon, however, they will certainly lose their approval of the scheme. As it is, the majority of prospectors appear to doubt the practicability of the plan. "Just another political dodge," says one, who adds that while a few favourites may get a few dollars from the plan, the prospector in general is not likely to be benefited.

Somewhat similar results to those here were met at Toronto when The Mail and Empire took up the question. The Mail and Empire article is as follows:—

Thumbs Down on Government Prospecting

The claim that the Hepburn Government may be backing a proposal to select, train and finance young men who may prove to be adaptable as prospectors, brought considerable criticism from certain circles of the mining fraternity yesterday. Several old time prospectors were interviewed by The Mail and Empire and they opposed any such move by the Government. One old-timer asked: "What is the use of prospectors going out to find new mining properties, when we have thousands already staked that cannot be financed under present Government regulations?"

Another stated: "It seems that the Ontario Government is following the example of Russia, but is not going as far as the latter." Still another stated: "We already have had too much Government interference in mining and instead of aiding, it has disrupted the industry to such an extent that it may take years to overcome."

Others spoke along similar lines, and one who has been fairly prominent in new fields of late stated there was little use of a prospector going out to-day. If he makes a find, there is little chance of obtaining finances for exploration and development.

J. W. Callinan, one of the early prospectors, stated: "Prospecting is a job for persons trying to make a living and also with the promise of a real stake should anything worth while be found. A prospector usually is broke; if not, he is not prospecting. Now put it the other way—put men out by the Government and what happens? Nothing.

Nox-a-Pain TABLETS

FOR HEADACHE, RHEUMATIC PAINS, NEURALGIA, MONTHLY PAINS, STOMACH ACHE AND TOOTHACHE.

Without a doubt Nox-a-Pain Tablets are the most wonderful little tablets known to kill pain. They act so quickly and do not leave any had after-effects.

FOR HEADACHE
Generally one or two tablets taken with a little warm water will stop the most severe headache in from three to five minutes.

MENSTRUAL PAINS
Taken at the beginning will save a lot of discomfort and pain.

TOOTHACHE
Two or three tablets taken with warm water will stop the most stubborn toothache in a few minutes.

NOX-A-PAIN Tablets are put up in three sizes 25c., 50c. and \$1.00 For Sale at the Goldfields Drug Store, Timmins, Ont.

They sit around and eat the grub, tell funny stories and let the work go. Even if they did find something they would cover it up and keep their discovery a secret rather than see the Government benefit.

"I know the boys and those interested, and I will say this Government help would be the most foolish thing that can happen, it would put prospecting back 50 years and land us nowhere."

"The real incentive for a prospector is to stake something big, to find another Dome, Hollinger or Lake Shore. Prospecting demands many hardships, and don't overlook that fact. Men sponsored by the Government and whose expenses are defrayed would not make the sacrifices. It is the man who is broke that makes the real prospector and he is the one who works, because unless he does and makes a find he is out of luck. Personally I believe the Government going into the prospecting game is just one more way of getting rid of the people's money."

Called in Court, but Man Reported Dead

Casimir Pucitawski, Accused at Montreal and New York, had Taken his Cases to a Higher Court

At Montreal on Friday last the name of Casimir Pucitawski, well-known to many in Timmins, was called in the Court of King's Bench. "He died a suicide at Rouyn early last fall," said one of the lawyers present. This was accepted as a reply to the calling of the name, though it did not cover the facts

of the matter. Casimir Pucitawski died on Christmas Day last year in Rouyn. He had been in Timmins last year and fell into trouble with the police who accused him of high-grading operations. He visited here on various occasions but seemed to make his headquarters in Kirkland Lake where he and his wife conducted a restaurant business. His wife apparently left him and went to Rouyn where she and another man were conducting a restaurant. On Christmas Day Pucitawski visited the place kept by his wife and the other man and shot the man, the bullet striking the man in the thigh. The man managed to reach a taxi and was driven to the police station where he told of the shooting. He was rushed to the hospital where it was found that the wound was only a flesh injury and that he was in no danger of death or serious injury. In the meantime, however, a police officer went in search of Pucitawski. As the officer entered the building he heard a shot and rushing in found Pucitawski dying from a bullet wound self-inflicted. Later another man was arrested and is waiting trial on a charge of complicity in the shooting. On Christmas Day, the police saying that this man kicked the gun within reach of Pucitawski after the weapon had been knocked from his hand.

Pucitawski was wanted in Montreal on a charge of selling fake high-grade ore to a Montreal restaurant keeper. He was also wanted in New York on a charge of having burned down the home of a fellow countryman in that city.

The two charges against Casimir Pucitawski will never be heard by any earthly court, as his suicide on Christmas Day relieved him from charges in this life and took his cases to a Higher Court for any decision that may be given.

Walter Little for the Railway Board
Council and Citizens of Kirkland Lake Urge the Appointment of Well-Known Old-Timer.

The appointment of Walter Little, of Kirkland Lake, as one of the commissioners of the Temiskaming and Northern Ontario Railway Commission is being urged on the Ontario government at present. Such an appointment would be especially popular in the North. Walter Little is one of the pioneers of the North. Few men have done more in the upbuilding of the country. He has been strikingly successful as a business man, while his public spirit and his generous heart are by-words in the North.

Mr. Little's name has been mentioned many times recently for a place on

Have you Tried? DURHAM CORN STARCH

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the T. & N. O. board, and the matter was brought to special attention last week by the passing of the following resolution by the council of the township of Teck in regular session at Kirkland Lake:—

"Moved by Councillor Williams, seconded by Councillor Daniels:
"Whereas there is a vacancy on the T. & N. O. Railway Commission and whereas the Northern section of the territory served by the railway is ably represented by Commissioner Charles Gallagher, and the southern section by the chairman, Col. M. Lang, this council respectfully requests that Councillor Walter Little of Kirkland Lake be appointed to the commission to represent the Kirkland Lake, Matachewan sections, and that copy of this resolution be forwarded to Premier M. Hepburn and the member of the legislative assembly for Temiskaming and Cochrane."

Mutual Life Co. Moves into Advance Building

The Mutual Life Assurance Company of Canada last week moved into the upstairs premises of the new Advance building on Fourth Avenue, and are now comfortably settled in the new quarters and ready to meet all old and new clients in the new premises. The growing business of the Mutual Life made more commodious quarters necessary and accordingly the whole second storey of The Advance building has been leased by the company and the removal to the new offices was accomplished last week.

The Mutual Life of Canada enjoys a nation-wide reputation as one of the oldest and strongest Canadian life insurance companies with an outstanding record of low cost insurance to all policyholders.

It may be termed a pioneer company in the North, having been actively represented in this district for almost twenty-five years. As a result the business is particularly well established locally and the company is in a position to give the best of service to its

many policyholders. The company enjoys a very active and growing business in Kapuskasing, Amos, Noranda and Kirkland Lake as well as the many other centres in the mining and paper areas of North Eastern Ontario and North Western Quebec. All of this territory comes under the administration of the branch office at Timmins.

The branch manager, Mr. Fred Steck, who was some time ago transferred to this office from Toronto, is a man of thorough training and experience in the field of insurance underwriting. He enjoys the support of a very capable staff and the public of this district are assured of competent service in all matters pertaining to life insurance.

The Mutual Life of Canada are fully alive to the wonderful growth and development of the North country and are planning to constantly keep pace with its future expansion.

ONLY ONE BRITISH FILM REJECTED DURING 1934

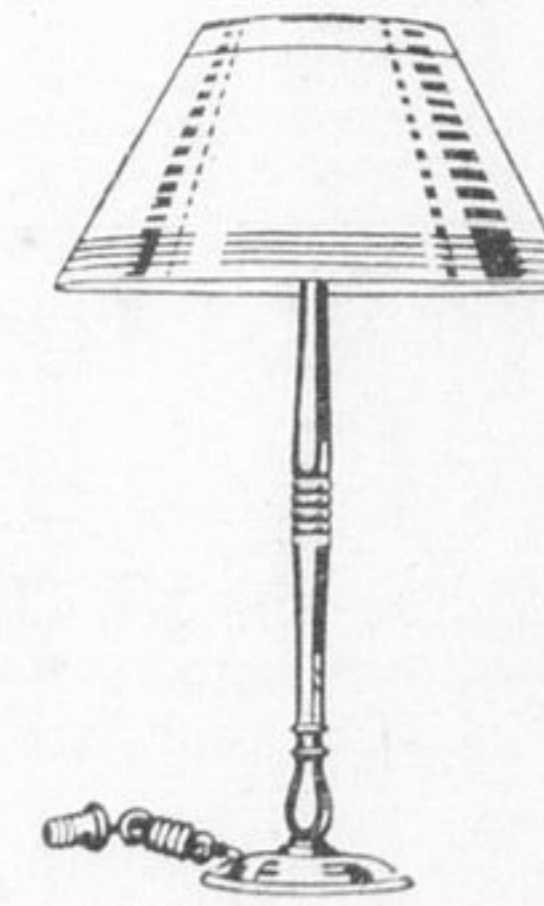
Only one film of the 150 British productions submitted to the Ontario Board of Motion Picture Censors during the last fiscal year was rejected. According to the annual report, released at Toronto last week by Chairman J. B. Hardwicke, 110 of the 150 subjects were approved as submitted, and 39 others were approved after certain deletions had been made. All told, during the year the board had 2,161 film subjects to deal with. Of this number 1,399 were approved as submitted; 816 were approved after certain deletions, and 36 were not approved.

The Semi-Weekly Smile

There are few elevators in the town of Timmins, so it is safe to tell this one: "Mamma."
"Yes, darling."
"Mamma, daddy isn't like other men, is he, mamma?"
"Why, what do you mean?"
"Because he just got tired waiting for the elevator and went down the shaft without one."

Overworked Eyes? Does Your Child Squint? Do You Strain for Every Word You Read?

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Letter of Appreciation

Toronto 2, January 30th, 1935

The Porcupine Advance,
TIMMINS, Ont.

Dear Sirs:

"SALADA" Tea sales in Timmins in 1934 showed a considerable increase over 1933. We attribute this to the fine quality of our product and to the use of advertising in The Porcupine Advance.

We take this opportunity to express our appreciation of the valuable service rendered by your publication.

With kind regards, we are,

Yours truly,

SALADA TEA COMPANY OF CANADA, LIMITED

per A. G. Jarvie,

Advertising Manager