



Believe it or Not....

I'm waiting for PATENT'S New Bread Announcement

### Some Tricks to Learn to Make Tender Omelet

Here is Recipe for Omelet that has No Water, No Salt, No Pepper. All There is to it is Eggs, Just Eggs. And is it Good?



(By Edith M. Barber)

Can you make a good omelet? That is to say a tender-well-flavoured omelet that deserves its name? It is really easy to make but you must know a few tricks of the trade. I shall never forget the first one that I made which finally came to the table as scrambled eggs as I should have never dared to unpeel the hoots of my family which would have resulted if I had called that concoction an omelet.

I used to prefer what is known as the French omelet as far as flavour was concerned, although the fluffy omelet has a much better appearance. Now however, I have become an addict to one which looks as well as the fluffy and which tastes better than either the fluffy or the French. When I was in Normandy a year or so ago I watched again and again the making of a world famed omelet at the Maison Poulard

at Mont Saint Michel. Travelers go to Mont Saint Michel to see the famous abbey, that huge pile rising out of the sea and to eat the omelet which Mme. Poulard created and which is cooked in a long handled frying pan over the coals in a fireplace of the lobby. Of course they tell you that you can not duplicate this omelet except over the coals. After much experimentation, however, I have been able to reproduce it quite successfully over my modern gas range.

Believe it or not this omelet contains nothing but eggs. No water, no salt, no pepper. The eggs are broken into a bowl and beaten together until very foamy. In the frying pan is a large amount of butter, one-fourth cup to six eggs, is heated. The eggs are poured into it and stirred over. The pan is then shaken over a low fire. As the eggs set they should be lifted to let some of the liquid underneath. There should however, be some foam which is not really cooked. The omelet should not be very brown when folded. French omelets are never browned. The large amount of butter gives enough salt to suit, and taste of most persons, but if you like you may add more at the table. I think that when you try the recipe you will agree with me that its tenderness, its flavour and its appearance make its reputation deserved.

**Quick Meal**

- Hot Bouillon
- Omelet a la Poulard
- Creamed Mushrooms
- Lettuce and celery salad
- Strawberries and Cream
- Coffee
- Open can of mushrooms and cream.
- Make salad and chill. Prepare dessert.
- Make bouillon. Make omelet. Make coffee.

Omelet a la Poulard  
9 eggs

**1/2 cup butter**  
Beat the eggs until light and foamy. Melt the butter over a low heat, add the eggs and stir once. Continue cooking over a low heat, pushing back the edges and letting the liquid run into the bottom of the pan. There will be some foam remaining on the top. Increase the heat and shake the pan until the omelet loosens. Fold omelet in two with a spatula and slip onto a hot platter.

**French Omelet**  
6 eggs  
6 tablespoons water  
1/2 teaspoon salt  
1 tablespoon butter  
Beat the eggs slightly, add the water and seasonings. Melt the butter in hot frying pan and pour in the mixture. Cook gently over low fire until firm, then with a knife lift the edges and let the liquid run underneath. Brown on the bottom, fold and roll onto a hot platter. Garnish with parsley or slices of cooked bacon.

**Fluffy Omelet**  
2 tablespoons granulated tapioca  
1/2 teaspoon salt  
1/2 cup milk, scalded  
1 tablespoon butter  
4 egg yolks, beaten until thick and lemon colour  
4 egg whites, stiffly beaten  
Add tapioca, salt and pepper to milk and cook in double boiler ten minutes, stirring frequently. Add butter. Combine with egg yolks, stirring constantly. Fold in egg whites. Pour into hot buttered frying pan. Cook over low flame fifteen minutes. Dry top of omelet in slow oven (275 degrees Fahrenheit), five minutes. Cut across at right angles to handle of pan, being careful not to cut all the way through. Fold carefully from handle to opposite side.  
(Copyright, 1935, by The Bell Syndicate, Inc.)

### Suggests United States Return to British Empire

Suggestions that war debts might be paid and world peace achieved for ever through Canada being turned over to the United States are common—and cheap.  
Here, however, is a new and original twist to the idea, so far as letters to the newspapers are concerned. The idea has been expressed before in The Advance, but it is something new to have it come from the other side. However, here is what a letter to The Boston Post says:—  
Sir:—I have a plan which will insure prosperity in this country and I know that many Post readers will agree with me I have struck the solution.  
My idea is to have the United States return to the British Empire as a Dominion, under a Governor-General appointed by His Majesty the King. All our difficulties with the Mother Country are now ironed out and she would appreciate our returning to the fold. Then we could do away with tariffs, get real law enforcement under English law to curb the criminal, and could stand united against the world and preserve peace. Besides this, we could dispense with Congress and all these silly state legislatures.

## The Household by Lydia Le Baron Walker

NET CURTAINS WITH BUTTON FASTENED HEMS LATEST STYLE—HOW TO MAKE AND TRIM THEM



On the net curtains for one room she worked little Pine Trees while on those for another room she made the novelty buttoned hems.

The vogue for wide mesh net curtains is one that may well be welcomed by homemakers, since they can embroider borders and corner motifs to lend distinction and individuality to their window decorations. The work is rapidly done and the cost is trifling. Heavy mercerized crocheted cotton or course linen thread is used as the embroidery medium, and the stitches are taken long extending the length designated in the pattern. Or the design is darned, in running stitches taken through the net and over and under the bars. Filet net is the favorite for this embroidery.

**Patterns Described and Offered**  
Two designs are offered to-day, each is 5 cents sent with stamped (3-cent), self-addressed envelope to Lydia Le Baron Walker care of this paper. One is for flowers which are enclosed with bands of straight weaving or darned, whichever you prefer to call it. The other is of wee Pine Trees in panels. The designs are accompanied by suggestions for colour schemes. The Pine Tree has a shaped edge for lower end of curtain, and is so designed that the little trees stand upright around side border edge. The net can be cut away after the embroidery is completed at bottom and curtain has been button-hole stitched with three or four stitches in each square taken 1 square deep. Or the net may remain with a straight edge at bottom as it will have at sides.

**Three Uses for Each Pattern**  
These pattern-designs are for filet crocheted and cross stitch as well as for net darning, so three different types of work may be done from a single pattern sheet.

**Filet Net and Button Fasteners**  
Genuine filet net is used for handsome curtains with this beautiful embroidery. Or any quality of net may be used. The very latest idea in finishes for filet net curtains is to fasten the edges with double button fasteners which snap together through the mesh after correctly positioned in edge of hem. These fastenings are spaced widely apart, about 6 inches being left between them when they are the size of a nickel. Smaller buttons would be about 4 inches apart.

**Crochet-Button Fasteners**  
These buttons can be of plain crocheted circles fitted over button molds and having large snap fastenings sewed on, one part on each couple of buttons so they will snap together. The colour of these buttons may match or contrast with the net. When the embroidery is done in colour use the same crochet cotton for making the button covers.

**Chic Advance Style**  
Nothing could be smarter than these button-faster, d filet net embroidered curtains. They are in advance style, and when the colour scheme accords with that of the room they have the chic that lends distinction to window hangings.  
(Copyright, 1935, by The Bell Syndicate Inc.)

### The North's Dishes Will be Home Made

By "Shakes"  
Some time in the not too distant future the North is going seriously into the business of producing chinaware and pottery that will supply part of the Canadian market as well as some foreign markets. There are huge deposits of the mineral used for making pottery along the banks of rivers not so far distant from Timmins.

"China clay," or if you would rather call it by a more technical name, kaolin, is just as much a mineral as gold bearing ore is. Minerals like coal, asbestos, gypsum, mica, salt, sulphur, talc and kaolin are described as non-metallic minerals to differentiate them from the metal-bearing ores.  
The total production in Canada of non-metallic minerals represents approximately one-quarter of the mineral production of the country, though china clay is only a very small portion of this. When Canada does take her place among the pottery producing nations of the world, Northern Ontario will play a large part in at least supplying the clay, if not in manufacturing the chinaware.

At present plans are being laid for at least one plant in the North and it is there that our kaolin will get its first real chance to step out in competition with world-famous chinas.  
The ceramic arts, as the businesses of making china and pottery are usually called, are among the oldest industries in the world. The evolution of the processes used to-day is buried in antiquity, for almost the first record we have of civilization shows that clay was used for the manufacture of utensils.  
It seems likely that the discovery of glazing came as a direct result of cooking. Perhaps some prehistoric men fashioned their crude dishes of clay dug from along some river bank. The natural thing to do would be to place them near the fire in order to keep food or liquids warm. No doubt some of them crumbled away, but others stood the heat and in fact, improved by the application. A shiny skin of "glass" appeared over the clay enhancing the value and utility of the vessels to a large degree.

However the science of glazing came to be known, it has changed much with the years. The process of making china, simplified, is something like this: The clay is molded to the desired shape; the article is then placed in an oven and heated to a high temperature; removed from this first oven, it is coated with a paste of finely ground minerals; a second "firing" gives the finished article, for all practical purposes. These are the basic processes of making chinaware. Decoration is usually done after the second "firing" and the object then placed in a hot oven again so that the pigments sink into the "glaze" and are covered by it. "Underglaze" decoration is done before the second firing.  
The process sounds simple and is comparatively so, provided long experience has been had in the business. Even to-day some of the changes that place in the manufacture of chinaware are only slightly understood. It is known however that when the clay is originally moulded, it consists merely of millions of separate particles of mineral, held together by a cement like action that allows the object to be handled when dry. The process of firing makes these little particles melt and run into one another until a certain amount of glass is formed. At higher temperatures, needle-like series of crystals are formed that interlace to join the whole object into a solid mass.  
The paste that later becomes the glaze is made of minerals such as feldspar that when melted and allowed to cool form a layer of glass all over the exposed surfaces.  
One peculiar circumstance was discovered recently in connection with glazed pottery. It appears that the product of a certain firm showed silver marks on it after a knife had been drawn across it. While investigating the reason for this, it was found that a knife drawn across a plate "skates" on a film of moisture. Thus it does not actually touch the glaze at all. To prove the point, plates were taken from the kiln before they had a chance to gather a moisture film and tested with silver. It was found that all plates marked easily. The explanation of the maker's trouble who had difficulty even after the surfaces of his plates had obtained films, lay in the fact that the fuel used to heat the ovens contained more than the usual amount of sulphur. The sulphur caused microscopic "craters" in the glaze and since these stood up above the average level of the surface, they tore bits of silver from the eating utensils and left a mark.  
This is just a single example of how modern research may be able to aid the Canadian ceramic industry on its way to expansion of output and quality of production.

Hamilton Herald:—At the reception to Capt. Anthony Eden in Moscow, guests danced to the tune, "Who's Afraid of the Big Bad Wolf." It's a cheering thought that they didn't choose, "I'm Headin' for the Last Round-up."

# Have you Tried? DURHAM CORN STARCH

Product of the St. Lawrence Starch Co. Limited, Port Credit, Ont.

### New Fiction Added to Public Library

Ten Volumes Placed on the Shelves of the Fiction Department of the Timmins Public Library.

Fiction added this week to the Timmins public library includes: "Dream End," by Joseph McCord. (Love story of the ideals and adventures of a small town girl.) "Destiny's Man," by T. F. Tweed. (The son of a Hungarian plumber threatens the whole of Europe in a well worked out plot.) "American Family," by Faith Baldwin. (Following an American family through three generations in their exploits all over the world.) "Aletta Laird," by Barbara Webb. (Love and Romance in Bermuda of 1775 wherein a young American revolutionist meets an English girl.) "Young Bride," by Helena Grose. (Second edition of an English love story.) "Beauty for Ashes," by Grace Livingstone Hill. (American love story of a girl whose fiancé was untrue.) "Chief Mate," by Marjorie M. Price. (A wife steals away on a pleasure cruise but finds her husband there too.) "Amorelle," by Grace Livingstone Hill. (Two men attract a fatherless girl.) "Wild Pasture," by Rex Beach. (A Mexican girl enters an American story of the southwest.) "Big Business Murder," by Margaret Cole. (Mystery story.)

### Report for March of the District Children's Aid

The following is the report for the month of March of A. G. Carson, local superintendent of the District of Cochrane Children's Aid Society:—  
Application for children for adoption 1  
Office interviews 51  
Interviews out of office 35  
Complaints received 23  
Investigations made 29  
Children involved 47  
Children in shelter 27  
Children boarding out 15  
Mail received 52  
Mail sent out 77  
Court attendance 3  
Juvenile cases 2  
Mileage travelled 740  
Official warnings given 2  
Wards visited 10  
Children admitted to shelter (not wards) 1  
Wards placed in foster homes 1  
Meetings addressed 1  
Cases under the Unmarried Parents Act 1

Detroit Free Press:—Baseball is being introduced in Soviet Russia. Now if Moscow refuses to recall its Communists we can retaliate by flooding Russia with some of our blind umpires.  
Boston Herald:—To become a great orator Demosthenes put a pebble in his mouth. Sometimes we wish our would-be orators would try a cobblestone.

### Scarves



### GLOVES



In Fact All your Spring Things will look so smart when carefully cleaned and perfectly pressed by

**Miss Betty**  
Cleaning and Pressing Shop  
10 Cedar Street North  
Phone 1120

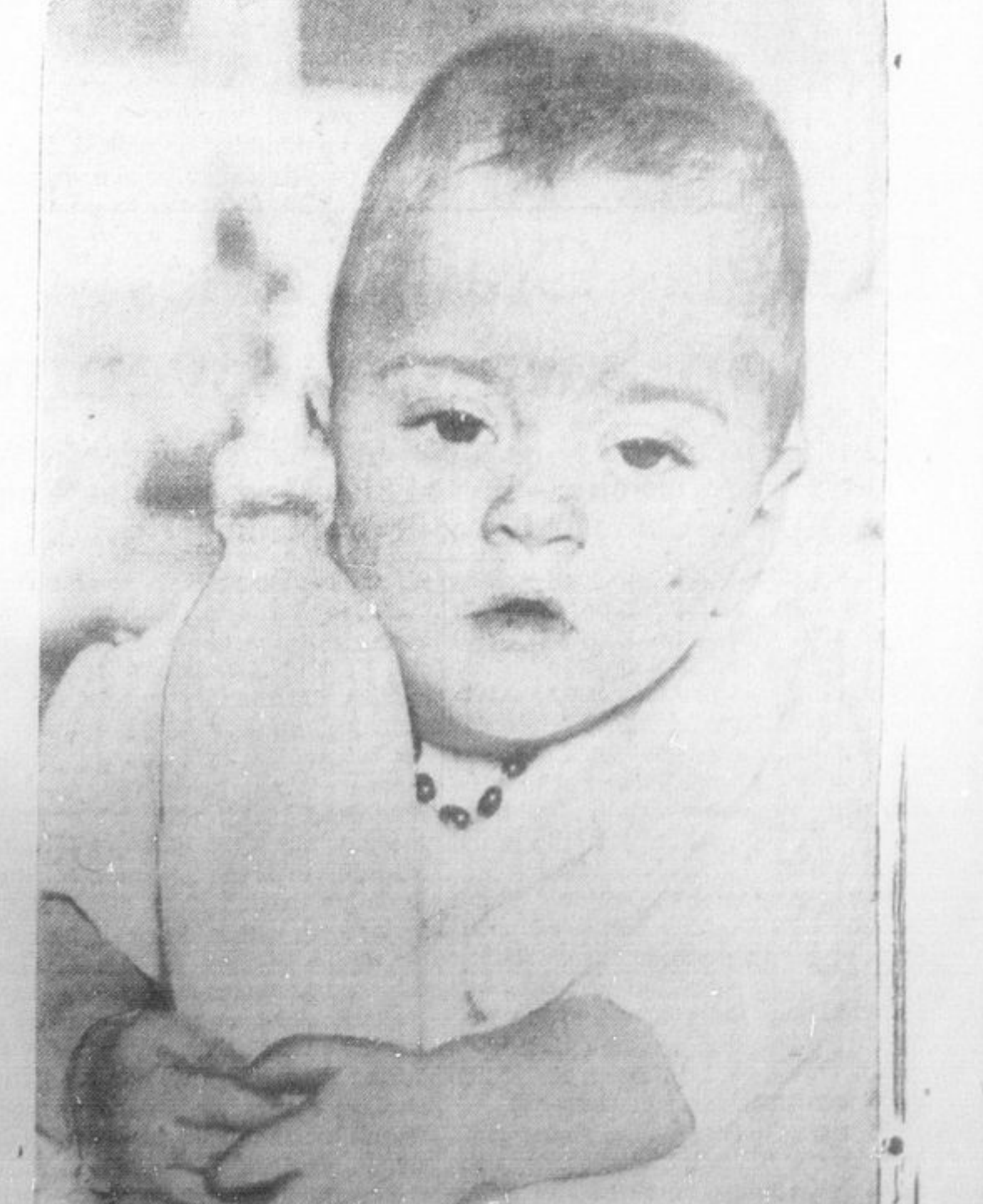
### Physical Culture and Dancing Classes Here

Mrs. Harold Burt recently returned from a visit to England and has brought back with her many ideas for the development of boys and girls along lines of grace and health. The new physical culture exercises impressed Mrs. Burt as certain to benefit any child here, as they have hundreds of children overseas. Mrs. Burt has added these new exercises to the dancing courses offered and is sure that any child will be advantaged by taking these physical exercises in conjunction with the dancing lessons. Healthy and graceful limbs, correct deportment and carriage and the ability to dance well can belong to any child. Mrs. Burt says, if advantage is taken of the spring term commencing now, Mrs. Burt has had seven years' professional experience in singing and dancing.

### Chapleau Indian Woman Celebrates 104th Year

Word from Sudbury last week is to the effect that Mrs. Jacob MacOwitch, a full-blooded Cree Indian, recently celebrated her 104th birthday. She is in full possession of memory and all faculties and actually danced a jig on the verandah of her daughter's house where a party was held in honour of the birthday. The old lady is the widow of Jacob MacOwitch, an Indian chief who went to the Chapleau area from Moose Factory about 42 years ago. The lady who claims more than a century of life now lives at the Lady Minto hospital at Chapleau.

### Now, Marie Has a Tooth!



Stop the jargon! Marie is the smallest of the famous quintuplet sisters of Callendar, Ontario, joins her sisters in growing up. Here is a new study of the pretty Marie with her bottle. (Photos copyright by Central Press Canadian.)

## For One Week Only! April 13th to 20th

\$ 1.29

This Great Electric Iron Value



30 Cents Extra for cord and plug

A timely quantity purchase enables us to pass this sensational value along to you... a smart, splendidly made Electric Iron, compact, easy to handle and weighing 6 lbs. for only \$1.29. It's one of the best looking irons you ever saw. Nickel finished and a great worker. Get YOURS without fail. Remember the dates, April 13th to 20th.

### Canada Northern Power Corporation, Limited

Controlling and Operating  
NORTHERN ONTARIO POWER COMPANY LIMITED  
NORTHERN QUEBEC POWER COMPANY LIMITED