

Give Your Party Foods That "Different" Touch

A Little Special Care and Thought will Make the Entertainment More Successful, while at the Same Time the Expense will Actually be Lessened for the Event.



(By Edith M. Baber)

If you look back over your party experiences, which are the ones you remember? Why—of course—the ones that were different.

When I first began to go to parties, menus were perfectly stereotyped. For a bridge party of the formal type there must be cold ham, cold tongue, chicken salad, potato croquettes, pickled peaches, hot rolls, brown bread, coffee, ice-cream and cake. This "simple little menu" was served at four-thirty or five in the afternoon, after which you went home to your usual dinner.

That old custom, fortunately, is now pretty well in the discard. Luncheons are served at noon before bridge or the simplest kind of tea refreshments come afterward. Luncheons follow no rules. In fact, they may even be breakfast. If you want to give your friends the opportunity of sharing with you that maple syrup from up-state.

An unforgettable luncheon in my past is that one which started out with grapefruit, followed by tiny baked sausages, creamed potatoes and waffles

with the famous maple syrup. There was coffee of course, and dishes plentifully supplied with celery hearts and thin slices of tender raw carrots.

There is another memorable luncheon that began with a cream of mushroom soup made from a recipe for which the hostess is famous and for which guests always beg. Then came a mixed salad, called Mexican, arranged on a huge chop plate. Around the edge were ham rolls—thin slices of Virginia ham rolled around cottage or cream cheese. Potato croquettes were passed as well as hot rolls and strawberry jam. For dessert there were hot chocolate puffs with supreme sauce. Coffee was served with dessert.

Among my friends are a young couple exceedingly popular with a group, most of whom are older and better established financially. Yet this couple have made a reputation for themselves as host and hostess, because, instead of trying to compete with their friends, they entertain in a different way. Being from New England they ask their friends to enjoy with them typical New England food, and their supper parties of fish cakes, baked beans and brown bread, and their chowder parties have become famous.

Another friend of mine is of southern parentage and she has made a reputation for her parties with her fried chicken, candied sweet potatoes, spoon bread and lemon soufflé pie.

Of course, I do not mean to say that parties following the general rule will not be successful. They can get their originality from the inclusion of one or two novel touches in one or more courses.

For instance, a hot mushroom canape for a first course, and baked tongue with blackberry jelly for a main course or the novel combination of string beans and celery dressed with cream for a vegetable, or special tomato dressing for the crisp lettuce salad, or a dessert of lemon ice flavored with minted cherries.

Sometimes, just one or two novel touches will give a meal distinction, as

almond sauce with a thick broiled steak for instance. For dessert, we will choose vanilla ice-cream with salted pecans and caramel sauce. And have you ever tried that devil's food cake made with coconut?

Mexican Salad

- 1/4 cup olive oil
- 3 slices onion
- 1 clove garlic or 3 slices onion
- 1/2 cup diced celery
- 1 cup diced bread
- 1 pimento
- 1 cup diced potatoes
- 1 cup shaved onion
- 1/2 cup finely shaved raw carrot
- 2 tablespoons green pepper
- 1 cup cooked beans
- 1 teaspoon salt
- 1 teaspoon chili powder
- 2 tablespoons vinegar

Heat one tablespoon of olive oil and add the clove or garlic or three slices of onion. In this cook the diced bread until light brown. Remove garlic and add the rest of the oil, the vegetables, seasoning and vinegar. Serve on a large salad bowl with lettuce or water cress.

Devil's Food

- 1 cup fat
- 3/4 cup white sugar
- 2 cups brown sugar
- 3 egg yolks
- 3 whole eggs
- 6 squares melted chocolate
- 2 cups flour
- 1 teaspoon baking powder
- 1 teaspoon soda
- 1 cup sour milk
- 2 cups coconut

Cream the fat and sugar together, add the egg yolks. Beat well and add one-fourth of the mixed flour, soda and baking powder. Add the unbeaten eggs, beat well, and add the rest of the flour alternately with the sour milk. Add the coconut and the chocolate and bake in three layers in a moderate oven (375 deg. F.) or in a loaf-cake pan (350 deg. F.). This cake will keep moist a week.

Nut Potato Croquettes

- 2 cups hot mashed potatoes
- 1/2 cup cream or milk
- 1/2 teaspoon baking powder
- 1/2 teaspoon salt
- Dash of pepper
- 1/2 cup finely chopped Brazil nuts
- 1/2 cup crushed Brazil nuts

To the hot potatoes add the milk, baking powder, seasoning and chopped Brazil nuts. Spread mixture on plate and cool. Shape, roll in crushed nuts and cook in deep, hot fat, 395 deg. F.

until golden brown. Drain on soft paper. (Copyright 1935, by the Bell Syndicate, Inc.)

Evolution of Blasting Caps

By "Shakes"

In last week's issue of The Advance, the danger of allowing detonators to be left lying around where they might fall into the hands of children was emphasized. The natural impulse of youngsters seems to be to pound anything that is found and appears to have no other particular use.

Blasting caps, even as at present made, won't be pounded unmercifully without exploding in most cases. It is true that instances have been known, even in Timmins mines, of detonators being crushed without exploding but this is unusual.

Refinements have made a difference. The old style blasting cap was contained in a copper tube about one and a half inches in length and a quarter of an inch in diameter. The explosive content of the tube was fulminate of mercury and this substance re-acted very decisively to shock.

The modern tube is aluminum and two charges are contained in it. The initial one is a mixture of lead azide and lead stypnate to the amount of two grains and the "base" charge is five grains of tetryl. This apparently minute amount of explosive, seven grains, is in reality very powerful and has in more cases than one caused death to those who have used it improperly.

The reason the change was made from copper to aluminum was in part due to the fact that copper will combine with the contents of the tube to form cupric azide, a more sensitive compound. Aluminum does not react with the three other explosives.

To the layman, detonators might seem a thorough-going nuisance, but if an evil while left lying about unused, detonators are necessary. Dynamite and most other explosives in use now are not set off with a mere fuse. They require something that causes more heat to ignite the blasting compounds. This is the prime function of a blasting cap, or detonator as they are known to the trade.

The evolution of the detonator has

been an interesting part of modern chemical progress. As explosives were made to withstand rougher use, they became somewhat harder to set off. This necessitated a detonator having a better "flash," yet even detonators must be made to store for long periods of time and not be liable to explode with ordinary handling. The Department of Mines of Canada maintains a very strict supervision over the manufacture of all explosives, from ordinary gunpowder to the highly sensitive ones used in blasting caps and high-powered shells. Manufacture of blasting agents is now confined to one firm in Canada, so that government supervision is much simplified. All imported materials are carefully examined before being permitted to go on sale here.

In addition to ordinary detonators set in action by a fuse, there are electrically operated ones that can be timed. These are somewhat longer and the length varies with the delay of the action. Into the top of the tube, two wires are led that go down into a loosely packed mixture. The leads are bridged by a very fine wire. When current is supplied, the fine wire becomes red hot and ignites the material around it. In the tube designed for immediate explosion, this flash ignites the highly explosive powder in the base, which in turn bursts the tube and ignites the big charge that does the actual blasting. Delay in the final action of the detonator is accomplished through the introduction of a comparatively slow burning material, before the high explosive is fired.

At present there is a suggestion made that all who do blasting, more especially those who work above the surface of the earth, should have permits, showing that they are qualified to be "shot" men. The test would probably be a simple one, and in this day and age when there is a definite shortage of trained powder men, would be invaluable to employers and an added protection to the public.

One of the first questions asked of a permit applicant should be "Do you leave detonators around where it is possible for children or others who do not know their uses to reach them?" In that way the terrific toll of life and limb taken each year by blasting cap accidents might be partially prevented.



By James W. Barton, M.D., Toronto

That Body of Yours

Dinitrophenol Reduces Weight in a Similar Manner to Exercise

Most of the heavyweight wrestlers take off from 4 to 12 pounds during a half or full bout, but as they usually wrestle three to five times each week, they must get this lost weight back before the next bout, otherwise they would become thin and stale.

As they are usually hearty eaters they have no difficulty in keeping their weight up to the desired point. In fact most of them carry an extra 6 to 10 pounds to prevent getting "fine" or stale.

However, my point is that if a half to an hour's exercise and modern wrestling while spectacular and entertaining, is not harder than other games, will take this much weight off athletes in good condition, how valuable then it must be to those who are greatly overweight if they are willing to take exercise.

The first tissue that exercise goes after to burn up is fat. This is because fat is not an active tissue like other body tissues, but simply stored food or fuel as it were.

Now there are certain individuals who cannot take exercise for various reasons and as their weight must be reduced for safety's sake, some physicians are using the new drug dinitrophenol because its effects are more nearly like exercises than any other drug.

Experiments on men and animals show that the rate at which the body processes can be made to act by dinitrophenol may be five times the normal rate, whereas a safe amount of exercise cannot more than double the rate.

In a dog under dinitrophenol the body action rate goes up five times and the animal shows evidence of being very warm. This continues for some hours. By next day the dog will be normal again and will have lost considerable weight.

Dr. J. Markowitz, Toronto, who reports 90 cases of overweight treated by dinitrophenol points out that there are some cases where thyroid extract is the proper treatment because the overweight is due to the thyroid gland not manufacturing enough thyroid juice. But in cases where the thyroid gland is not at fault, thyroid extract does harm by making all the body processes (including the heart) work too fast and yet does not reduce weight. He advises therefore that in those cases where reducing the food does not reduce the weight, small doses of dinitrophenol be given over a long period of time as it greatly resembles exercise in its effects.

(Registered in accordance with the Copyright Act.)

Sherbrooke Record:—Vacant seats in the Canadian Senate now number 16, which marks a high degree of mortality within two years. The average age of a Senator is over 65, and only a few would be able to get an insurance risk at reasonable rates. There are about as many applicants for the 16 vacant seats as there were for the King's silver medals.

BE BEAUTIFUL

By ELSIE PIERCE
FAMOUS BEAUTY EXPERT



There is probably no more valuable habit a child could form than the correct care of the scalp and hair. And many a lovely debutante is grateful, today, for the care she was taught to give her hair in her childhood.

BARBS FOR BEAUTY!

Bars, bars everywhere and not all for cocktails! They're beautiful bars. First they were make-up bars. These have sprung up everywhere. In the toilet goods departments and in the beauty salons of leading stores throughout the country. The woman who says, "but I don't know what rouge or lipstick to use or how to apply it," or the woman who flits from X make-up to Z make-up without a definite idea of how to make the most of that make-up has herself to thank.

These make-up bars are equipped with mirrors, chairs or stools and best of all with operators who know a thing or two about make-up and colours. The mirrors, by the way, are often the cruel, revealing, magnifying type that tell a tale and send a woman hurrying home to do right by her face. Or they may be the new type electric mirrors that throw ample light on the subject. Again they may be the day-night combination that show the mirror-gazer exactly how she will look in a certain make-up under the influence of sunlight or shadow. It's all scientific enough to convince the sourests of male skeptics. And we're ready to wager that if the lesson thus learned at the bar is carried home and perseveringly practised, there'll be plenty of ohs and ahs from those males, in spite of themselves.

Unless you're very shy about seeking such advice (in which case, do write me) it is well worth spending a little time at these bars. Service is quite without charge in the majority of them. The operator will show you the shades of rouge, powder, lipstick, shadow and so on that suits you best or harmonizes with the particular costume you're wearing and in addition she may even apply it for you, showing you how to blend and how to create optical illusions to make your face broader or longer and call attention to your best features.

Children's Hair Brushing Bars A recent addition in beauty bars is a children's brushing bar. For sometimes we have maintained that hair brushing is one thing mothers should start children doing, and start them young. But it took one of the leading hair-beautifying establishments to think up the kiddie bar which is being installed in many of the leading department stores. The children sit on little leather stools at be-mirrored bars, with bottles of hair tonic on them. Special brushes are made for small hands and made, mind you, of natural yellow Siberian boar bristles. The children are taught how to hold the brush and how to exert the right vibratory pressure to make their little locks soft and shiny! A lesson well worth learning.

Notable Special Issue for Sydney's 150th Anniversary

To commemorate the 150th anniversary of the founding of Sydney, Nova Scotia, The Sydney Post-Record has issued a remarkable special number. There are 48 pages in the issue and everyone of them has something of very special interest and value. All people from Nova Scotia will enjoy reading this special number. It takes up the history of Sydney and district, practically all of the excellent articles being illustrated.

The Sydney Post-Record contains very interesting and informative articles. It depicts in graphic way the whole history of Sydney and its place in modern thinking.

DOES YOUR CAR USE TOO MUCH OIL? Consult

New Ontario Machine Works
Cor. Spruce & First Timmins

STOP! AND READ THIS Special Message!

Friedman's

DEPARTMENT STORES LIMITED.

"Satisfaction Guaranteed or Your Money Refunded"

June Profit-Sharing Sale

Starts Tomorrow

TUESDAY, JUNE 25

TIMMINS' GREATEST BARGAIN EVENT

TWO HUGE SELLING FLOORS WILL BE CROWDED TO-MORROW WITH EAGER THROUGS FOR THE MOST DRAMATIC AND POWERFUL OF ALL TIMMINS SELLING EVENTS, IT'S THE OUTSTANDING

JUNE Profit-Sharing SALE

THAT BRINGS BARGAINS AT UNBELIEVABLY LOW PRICES

This sale presents over a Hundred Thousand Dollars worth of brand new Spring and Summer merchandise at savings you'll never forget. Watch for a circular at your door for full details. Tune in on local radio station tonight for messages and announcement of tremendous importance.

FOLLOW THE CROWDS TO-MORROW TO TIMMINS' GREATEST DEPARTMENT STORE

ICE performs EVERY NEED at Lower Prices



IT'S the ONLY refrigerant that removes the "food odor" from the ice box instead of allowing other foods to absorb it. The result is better tasting food and untainted ice for beverages. And remember, ICE is also the most economical in every respect!

UNION

COAL COMPANY LIMITED

35 First Avenue

Phone 102