

Use Fish with Sauce in Planning Quick Meals

Lots of Choice in Variety of Fish. Fillets are the Easiest and Quickest to Make, and may be "Poached," Fried or Baked in Fifteen Minutes.



(By Edith M. Barber)

Fish plus—that is, fish with a special sauce—is something which the business woman housekeeper who specializes in quick meals should consider. Perhaps many of them are already doing so, because this week's mail has brought several requests for fish sauces.

There are many kinds of fish from which to choose. The fillets are the easiest and the quickest to prepare. You may "poach" them, fry them or bake them in about 15 minutes.

While they are cooking you can make a delectable sauce. Perhaps nothing is better with fish than a Hollandaise or Bearnaise sauce, which are much alike except that the first is flavoured with lemon juice and the second with vinegar. You may also add minced parsley, if you like, to the latter.

A recent letter asks how to wash butter for Hollandaise. The answer is don't wash it. If you want the delicate flavour which unsalted butter gives to the sauce, buy fresh butter.

Another very good sauce to be used with fish is that very simple one made by browning a few nuts in a little butter and then adding more butter and a little lemon juice.

Still another very good sauce is furnished by covering the fish in your baking pan with sour cream and a liberal amount of paprika. If you would like a more pungent sauce, use that combination of minced bacon, sliced onions and tomatoes, well seasoned with a bit of bay leaf and a few cloves. This is variously known as Creole and Spanish sauce.

Quick Meal

- Poached Halibut, Bearnaise Sauce
 - Buttered Potatoes
 - Corn on the Cob
 - Sliced Tomatoes and Onions, French Dressing
 - Strawberries and Cream
 - Coffee
- Method of Preparation

- Prepare potatoes and boil.
 - Prepare salad.
 - Prepare berries.
 - Cook fish.
 - Prepare corn and boil.
 - Make sauce.
 - Make coffee.
- Almond Sauce**
- 1/4 cup butter
 - 1/2 cup shredded blanched almonds
 - 1 tablespoon lemon juice
- Melt one-half tablespoon of the butter and brown the almonds in it. Add the remaining butter and lemon juice and serve with broiled or fried fish.
- Creole Sauce**
- 1 tablespoon chopped green pepper
 - 3 slices bacon
 - 1 tablespoon chopped onions
 - 2 tablespoons sliced mushrooms
 - 2 cups tomatoes
 - 4 cloves
 - 1 bay leaf
 - 1/2 teaspoon sugar
 - Salt, pepper, paprika
- Cook the bacon and mince. Cook the green pepper, onion and sliced mushrooms until brown in the bacon fat. Add the tomatoes and seasonings, cover and cook until thick. Remove spices and serve.
- Hollandaise Sauce**
- 2 egg yolks
 - 1/2 cup butter
 - 1 tablespoon lemon juice
 - Cayenne
- Mix the egg yolks, half the butter and the lemon juice in a small saucepan. Heat over hot, not boiling, water until butter melts. Add remaining butter and stir until thick and smooth. Do not let water boil, and serve immediately after making.

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Friends of J. T. ("Scotty") Andrews will be sorry to learn that he is confined to his home through illness.

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Checking-up on People Listening on the Radio

On this subject of the value of radio, the Kitchen Record recently collected some interesting figures. After Mr. King gave his third radio talk, it called up 188 persons selected at random, and asked if they had listened to the Liberal leader. The replies showed these results: absent from home, 84; no radio, 8; radio not in use, 65; listening to other things, 21; listening to Mr. King, 10. During the indoor season, probably the proportion listening to such a political address would be larger. But there is little doubt that a political address over the radio may reach a far more limited audience than is generally supposed. Further, of those who do listen, many do not follow the address right through, or their attention wanders back and forth. Again, even those who do listen closely do not get the same lively grasp of it as they do of an address at a public meeting.

DR. ARMSTRONG, LISKEARD, WILL NOT BE CANDIDATE

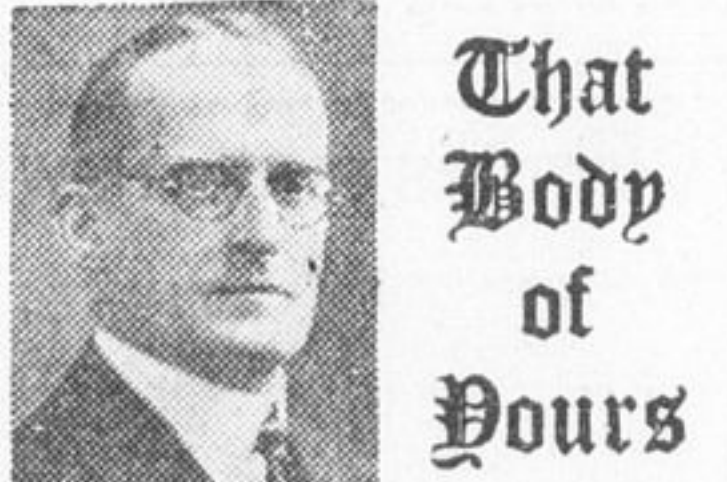
For some time past the name of Dr. Armstrong, mayor of New Liskeard, had been mentioned as a possible Stevens candidate for South Temiskaming. Some days ago, however, Dr. Armstrong made emphatic denial of any intention to run under the Stevens banner. Three Kirkland Lake men of prominence are also reported as refusing to accept the Stevens candidature. Some think there will not be any Stevens candidate in South Temiskaming.

Increase in Voters in Tisdale Township

Three Hundred and Fifty-six More Names on List than in 1934, and Nearly 700 More than 1933.

Three hundred and fifty-six more voters should go to the polls in the Township of Tisdale this winter than in last year's election. The 1934 voters' lists showed a total of 2,685 enfranchised men and women, where this year's shows 3,041. In 1933 there were just 2,344.

The growth of Schumacher during the past year and the increased prosperity of South Porcupine due to the revived mining activity are the large factors in increase.



That Body of Yours

By James W. Barton, M.D., Toronto
The Great Need of Lime in the Body

The great number of uses research physicians are now finding for that simple substance lime or calcium is a matter of surprise to themselves and to physicians generally.

That lime helped to form bones thus giving the body its strong, rigid foundation, has, of course, been known for a long time.

That it helped to form the teeth has likewise been known for a long time but that the taking of lime in foods or otherwise would actually prevent the decay of the teeth is only a recent discovery.

Another discovery is that "rickets" that give children the bow legs and other bony deformities was due to lack of lime and sunshine, and lime is now used in the prevention of rickets.

However lately it has been found that lime does a great deal more than form solid bone and teeth; that it has many uses in the soft tissues and in the blood and other fluids of the body.

Thus digestion is promoted and ulcer of the stomach and of the small intestine prevented by the use of sufficient lime in the body.

Lime has been used for a number of years now in the treatment of "bleeding" as it helps the blood to thicken or coagulate. And in St. Michael's hospital, Toronto, some years ago, Dr. M. H. Cameron discovered that a number of cases of "free bleeders" who were given lime to coagulate the blood found that their old varicose ulcers of the leg had been completely healed by the lime. Lime is now used regularly in varicose ulcers.

Lime prevents nervous spasm and skin irritations.

Lime is now used as a heart tonic, has been found to ease the pain in the advanced type of cancer, has a healing influence on tuberculosis and reduces enlarged glands.

For those who have any of the above disabilities lime is often of great help. It may be obtained in foods or taken direct if necessary.

For those who are free of such ailments it would be wise to make sure of a good daily supply of lime as a means of maintaining health. Fortunately milk or cheese or both will give us all the lime we need.

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News and Notes of Timmins Girl Guides

First Meeting of the Fall Season Held Last Week. Patrol of Rangers to be Formed in Near Future.

The first meeting of the fall season of the Timmins Girl Guides was held on Friday evening. The attendance was taken by Lieutenant Habib, Horseshoe was formed and the flag was raised by Betsy Dodge, assisted by Patricia King and Phyllis McCoy.

A game was played and the Guides then went to their respective Patrol Corners.

While at camp, Helen Landers passed her Swimmer's and Athlete's Badges and Kettle Leman passed her Swimmer's Badge.

A patrol of Rangers is to be formed in the near future in the present company. This will be for Guides over 16 years of age. They will carry on more complicated Guide work.

Miss Dorothy Walker, captain-in-training, was present at the meeting. She is to be the captain of the South End Guides.

A circle was formed for Campfire and some of the songs learned at camp were sung. Captain Cranston told the Guides all about the Officers' Camp. Captain Cranston, while at the camp, passed her tests and has received her Camper's License.

The meeting was brought to a close by the singing of "Evensong" and "Taps."

Some Facts About the Ethiopian "Queen of Kings"

The newspapers have been filled with items and articles about the King of Ethiopia, the "King of Kings," and "Lion of Judah," but the mention of the Queen of Ethiopia has been rather scanty. Women are not subservient in Ethiopia, but have their recognized place. As a matter of fact the proudest boast of the Ethiopians is that they are descended from a Queen—the Queen of Sheba. The acceptance of an army of women to aid in the defence of Ethiopia is another example of the attitude of that country towards women. In one of the rare references in the newspapers to the Queen of Ethiopia, it was stated recently that she had expressed a wish to fight at his side if need for this arose. The wife of the commander of the "doomed battalion" is with her husband and intends to stay with him during the campaign or till death parts them. One despatch from Addis Ababa, Ethiopia, gives interesting information of the Queen of Ethiopia, who is known as the "Queen of Kings."

"Through all the worries and anxieties brought upon him by Italy's threatened conquest of Ethiopia, Emperor Haile Selassie's most devoted companion and counsellor has been his wife, Empress Waizeru Mennen. Gifted with uncommon intelligence, astuteness and foresight, the 41-year-old Empress urged the Emperor not to yield to Mussolini's threats but to defend the kingdom to the last.

Emperor Haile Selassie is Waizeru's

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Monday Red Letter Day for Moose Here

Deputy Grand Secretary to Visit Here and Motion Picture Films to be Shown to Moose and Friends.

Monday, September 23rd, will be looked upon in Timmins as a red letter day for the Loyal Order of the Moose, for on that day Harry Jeffers, the Deputy Grand Secretary, will pay his first official visit to the local lodge. The proceedings will commence at 5:30 p.m. when Bro. Jeffers will meet the officers of the local lodge and discuss matters pertaining to the Order.

At 8 p.m. there will be an entertainment in St. Anthony's parish hall, to which all members of the lodge and their wives are invited. The films, "Tomorrow's Citizen" and "The Greatest Crime," will be shown. There will also be one or two comedy films shown. In addition to these films there will be songs by well-known local artists. The public will be admitted to the entertainment by invitation card only. These invitation cards have already been issued.

PORCUPINE DISTRICT PIPE BAND WHIST AND DANCE

The Porcupine District Pipe Band has an enviable reputation not only for the excellence of the music presented by its members, but also for the fact that anything they undertake is well done. This applies to social occasions as well as other events. Accordingly there should be special interest in the announcement that the pipe band is giving a whist drive and dance in the Hollinger hall to-morrow (Friday) evening, starting at 8:15 sharp. Refreshments will be served during the evening and there will be good prizes for the cards, and the best of music for the dancing. A welcome to the event is extended to all.

Pleasing Weekly Paper Issued at South Porcupine

Volume 1, No. 1, of "The Porcupine Prospector" is just to hand and proves to be a bright and unusually well-printed journal. Its sub-head says that it is "published weekly at South Porcupine, Ont., in the heart of Canada's Greatest Gold Camp." It is edited by Wm. Cameron and in its opening announcement promises to work for the benefit of South Porcupine and the people of the town and district. A number of local pictures add to the interest of the first issue.

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