

# Hamburg Steak Good for Preparing Quick Meal

The Easiest Way to Cook Hamburg is to Season the Meat and Form it into One Flat Cake. Recipes to Stock the Fall Preserve Shelf.



(By Edith M. Barber)

Hamburg steak is a good choice for the meat at a quick meal. The easiest and quickest way to cook it is to season the meat and form it into one flat cake. Place this under the broiler or in a hot oven. When it has browned take it out and sprinkle with finely minced onion. If it is baked in the oven the onion may be put on top before cooking and browned.

Another way of seasoning Hamburg steak is to make it "white with salt, black with pepper, yellow with mustard," before cooking. I am suggesting rice instead of potatoes to serve with the meat.

Rice can be cooked in about twenty minutes. After it is drained it may be stirred into a frying pan containing about two tablespoons of melted bacon fat and a quarter of a cup of minced green pepper. It should be stirred with a fork over the fire until heated through.

New cabbage, shredded will cook in boiling water in about ten minutes. Be sure not to cover it while cooking. It is

good dressed with a little cream or top milk after it has been drained.

Several requests have come in this week for special recipes. The answers are given to-day, which may be of interest to other readers.

The grape conserve is a favourite winter jam, and if you get an opportunity to buy a basket of grapes at a reasonable price you will get full value for your money, for grape conserve and buttered toast are an unbeatable combination.

Recipes have been given before for curry sauce, but this one is a sauce which can be made up in quantities and stored. It may be served cold or hot with meat or with rice and meat dishes. The pear conserve is another spicy jam to use with the meat course. The recipe calls for ten pounds of fruit. A reader asked recently how weight could be turned to measure. This is a difficult question to answer, as the shapes of fruit vary and even when sliced it may be packed. This is the reason why weights rather than measures are used for such recipes.

Cucumber pickle recipes have been requested. The ever-popular dill pickle is one which is usually made in large quantities, but there is really no reason why they cannot be made in smaller lots, if desired.

### Dill Pickles

- Grape leaves
  - Bunch of dill
  - Cabbage leaves
  - 1 1/2 gallons water
  - 1 pound coarse salt
  - 1 peck 6-inch cucumbers
- Add salt to water, bring to boiling point, skim. Scrub cucumbers, dry, put layer in bottom of crock, add layer of grape leaves, then bunch of dill. Repeat until all cucumbers are used, and cover top with cabbage leaves. Put ten-pound weight on and fill with brine. Cover and let stand until cucumbers are transparent and light in colour—two to three weeks.

### Pear Conserve

- 5 inches ginger root
  - 10 pounds pears
  - 1 cup water
  - 1 tablespoon allspice
  - 3 sprigs mace
  - 5 pounds sugar
  - 2 tablespoons bark cinnamon (broken in small pieces)
  - 1 tablespoon cloves
- Tie the spices into cheesecloth; cook all the materials together until thick. Remove the spice bag. Pack and seal. This recipe may be used for peach jam using peach juice instead of the water.

### Indian Curry Sauce

- 3 tablespoons oil
  - 3 white onions
  - 3 tablespoons curry powder
  - 1/2 tablespoon ground mixed spices
  - 1 can tomatoes
  - 1 cup stock
  - 1/2 green pepper
  - 1/2 lemon.
- Use heavy kettle if possible. Brown chopped onion in oil. Add remaining ingredients, except lemon, and allow to simmer gently all day until cooked down to the consistency of a sauce. Last half hour add the lemon chopped fine. Place in glass or stone crock, cover and store. Serve with lamb, chicken, ham.

### Pumpkin Chips

- 2 pounds pumpkin rind
- 2 lemons
- 1 green ginger root
- 1 1/2 pounds granulated sugar
- 2-3 cup water, if needed.

Remove outer skin and seeds and cut rind into strips about 1 inch wide. Cut strips crosswise into thin chips. Place the chips in a deep dish with alternate layers of sliced lemon and sugar. Allow to stand twenty-four hours. Add the water and ginger and cook gently until the pumpkin is transparent and tender and sirup-like honey. Pour into hot jars and seal with paraffin. Serve with fowl and cold meat.

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## Magazine Apologizes to the City of North Bay

In a recent issue of the United States magazine, "Liberty," reference was made to North Bay as a "bankrupt city." And was North Bay annoyed? Well, anyway a resolution was passed by the North Bay city council demanding a retraction of this statement and an apology for the use of a suggestion that was considered derogatory and libellous. Last week the city of North Bay received a letter from the publishers of "Liberty" with a full apology and retraction. The letter explained the policy of "Liberty" as being very strongly opposed to any misrepresentation or abuse or mis-statement. In addition the magazine in its issue of September 7th also published the retraction of the offensive statement to which North Bay called attention.

## Operations Resumed by the Thompson-Cadillac

Reports from Amos are to the effect that operations in the old workings of Thompson-Cadillac in Cadillac township, Quebec, are proving up encouraging sections of commercial grade ore.

The new company, Thompson-Cadillac Mining Corporation, are driving new headings, and current sampling is checking very closely with the records kept by the former operators before the company became involved financially. At that time it was stated the 150-ton mill was entirely unjustified by the ore developed.

In the new work under way, the west drift on the 150-foot level is giving the best results. This heading has now reached a point 925 feet west of No. 1 shaft and opposite the old prospect shaft. A crosscut will be run from the drift to a point beneath the old shaft and a raise put up to provide another opening. The shaft is down approximately 100 feet.

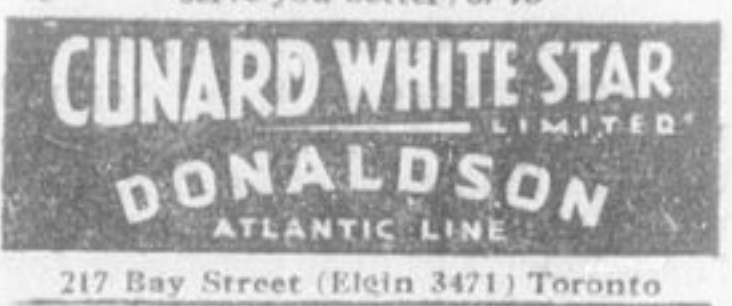
## TIMMINS MAN IMPRESSED WITH NORTHERN QUEBEC

The Rouyn-Noranda Press last week says:—"Fred Stock, of Timmins, northern manager of the Mutual Life Assurance Co., was in the twin cities last Saturday after spending a few days in the Val d'Or district in company with M. J. McParland, local representative. It was his first visit to that section of the Quebec mining field and he was greatly impressed by its development and growth and the promise it holds of future greatness. The extent of the building operations carried out during the past year and the work at present under way he regarded as amazing, and he returned home with greatly enhanced confidence in the future of this district."



## TO BRITAIN for Christmas SPECIAL CHRISTMAS EXCURSIONS

- Nov. 22 — "ANTONIA" to Glasgow, Belfast, Liverpool  
 Nov. 22 — "AURANIA" to Plymouth, Havre, London  
 \* Personally conducted excursion to Continental Europe.
- Nov. 29 — "LETTITIA" to Belfast, Liverpool, Glasgow  
 Nov. 29 — "AUSONIA" to Plymouth, Havre, London  
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- Nov. 8 — "ALANIA" to Plymouth, Havre, London  
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## EXACT WAY FOR A MAN TO LOOK WHEN HE'S ARRESTED

(From Ottawa Journal) Magistrate—"What did the defendant look like when you arrested him?" Constable—"Well, sir, he had a sort of a pinched look."



## That Body of Hours

By James W. Barton, M.D., Toronto An Improvement in the Treatment of Burns

A number of years ago I went with the surgeon of a railroad company to visit about 30 victims of a train wreck. One of the patients was the fireman and as he appeared cheerful I asked the surgeon about his chances for recovery. "He hasn't a chance," he replied, "as more than one-half of his body has been badly burned." The victim died a short time later.

However, since the treatment of burns with tannic acid most of these badly-burned patients are now saved. In fact tannic acid has now replaced carroll oil and the other useful methods of treatment formerly used. Thus when tannic acid is not at hand, strong tea is now poured over the burn because of the tannic acid in the tea.

Not content with the success of tannic acid alone, Dr. A. G. Bettam, of Portland, Oregon, in the Northwest Medicine submits an improvement in the tannic acid treatment of burns. The method consists in the use of a 5 per cent. (one ounce in 20 ounces of distilled water used fresh) followed by a 10 per cent. solution of silver nitrate.

He states that far better results are obtained as the following are some of the advantages:

- The saving of lives that would be lost through the "slower" method of tanning.
- The immediate stopping of the loss of body fluids, thereby preventing the concentration of blood that would otherwise occur.
- The immediate prevention or lessening of shock.
- The immediate prevention of the absorption by the body of poisonous substances developed by the burn.
- The prevention of infection because of the rapid action of the tannic acid and silver nitrate combined.
- The saving of the kidneys and other organs from the effects of concentration of fluid and absorption of poison.
- The greater comfort of the patient.
- The patient is more likely to be carried through the first twenty-four hours—the most critical period.
- Avoidance of the second critical period when infection and absorption of wastes usually occur.
- The prevention of further breaking down of the tissues and the preventing of chilling which results from long application of wet dressings.
- A thin flexible coagulum or covering is formed over the burned surface.
- Healing is much more rapid, less scar tissues are formed, and less skin grafting is needed.
- Dr. Bettam has treated 20 cases by this method with gratifying results, except in the case of a man of 77, who had an 80 per cent. burn (four-fifths of his body surface) who died ten hours after the accident.

North Bay Nugget:—If all the campaign speeches to be made in the next month were to be placed end to end, or on top or one another for that matter, what would they amount to? You answer that one!

## Premier's Addresses Summarized in Brief

Salient Points of Platform Expounded in Addresses by Hon. R. B. Bennett, Premier of Canada.

In recent issues of The Advance there have been references to the three opening addresses given by Premier Bennett in expounding his platform for the present election. As these addresses were given over the radio their form is necessarily more transient than they would otherwise be. It was left to the newspapers to give extended review of the addresses the day after the delivery. This plan has proved very ineffective for apparent reasons. At the request of some readers the following summary of the three addresses is given:—

- First Address**
- To maintain peace for Canada, except where the rights of Canadians are involved.
  - To continue to protect Canadian markets for Canadian producers against the influx of cheap foreign goods.
  - To safeguard Canada's higher standard of living by—
    - (a) Returning agriculture and industry to prosperity.
    - (b) Decreasing Canada's burden of debt.
    - (c) Restoring the labour market to a sound condition.
    - (d) Removing unjust and unnatural inequalities.
    - (e) Better utilization of our natural resources.
    - (f) Better distribution of agricultural and industrial products.
    - (g) Strengthening the Confederation and so increasing our power to work together and achieve these purposes.
  - No surrender in trade fight with Japan.
  - Minimum wheat price of 87 1/2 cents, basis No. 1 Northern at Fort William.
- Second Address**
- Reconstruction of the public debt structure.
  - Apply principles of Farmers' Creditors Arrangement Act to city home owners.
  - Debt conversion at lower rates of interest.
  - No more tax-free bonds, to be offered by the Dominion Government.
  - Co-operation with provinces and municipalities in refunding operations.
  - Establishment of a Loan Council to advise the government in matters pertaining to loans and refunding.
  - Increase revenues by direct taxation.
  - Increase trade with the United States, formerly Canada's principal export market. (Negotiations now in progress).
  - End unemployment.
  - Retirement of industrial workers on pension at 60 or 65 years of age to make room for younger men.
  - Ask parliament for money for technical training of boys and girls whose parents, through unemployment, are unable to so train them.

- Third Address**
- Continuance of reform measures.
  - Controlled inflation.
  - Easier credit.
  - Lower interest rates, bank rates, mortgage rates.
  - Pledges of 1930 fulfilled so far as conditions would permit.
- Fourth Address**
- Investigation of transportation and communications problem by new Economic Council.
  - Ask public mandate if amalgamation of railways recommended by Economic Council.
  - Reduce costs of production.
  - Full inquiry into whole question of power industries.
  - Take steps to relieve treasury from debt burden.
  - Increase support for civil aviation.
  - Improve national radio broadcasting.
  - Complete trans-Canada highway.
  - Recast freight rate structure of entire transportation system.
  - Modernization of rail transport.

### Death of Rev. Fr. Lefebvre at San Antonio, Texas

The following is from The Ottawa Journal on Friday last:—Residents of both Ottawa and Hull, as well as the communities in this archdiocese, will learn with deep regret of the death at San Antonio, Texas, of Rev. Father Francois-Xavier Lefebvre, Provincial of the Congregation of the Oblates of Mary Immaculate in Texas, and a native son of the city of Hull. He has several relatives in this district.

Father Lefebvre, O.M.I., was born in Hull on December 3, 1883, son of the late Joseph Lefebvre and his wife, the former Henriette Hurlbut. He made his classical studies at the Juniorate of the Sacred Heart, and took his final vows in Ottawa on September 8, 1905. His philosophical and theological studies were made at St. Joseph's Scholasticate. In 1908 he was sent to Texas. He was parish priest of St. Louis Cathedral and for several years Superior of the Motherhouse in New Orleans, La. He was appointed Provincial in 1933.

Surviving are two sisters, Rev. Sister St. Eugene, of the Grey Nuns of the Cross, of the Motherhouse, Ottawa, and Mrs. F. X. Laurin, and Mrs. Eugene Lefebvre and Mrs. Henri Lefebvre, of Hull, and several nephews and nieces, Rev. Father F. X. Lefebvre, O.M.I., of the Juniorate of the Sacred Heart; Mr. and Mrs. Edgar Dussault, Mr. and Mrs. Joseph Lefebvre, Lionel Lefebvre and Cecile and Jacques Lefebvre, all of Hull; Mr. and Mrs. Ivanhoe Couture, Ottawa; Mr. and Mrs. Lefebvre, Aylmer; Anatole Lefebvre, Montreal; Mrs. Lea Laframboise, Detroit, and Mr. and Mrs. Olivier Lefebvre, of Timmins, Ont.

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One very important executive was singing his admiration of his young secretary to me recently. And he added: "The nicest thing is, you never see her priming or fussing. So many of our other girls have their hair up in pins much of the day, and even curlers, and you see them filing their nails or putting on new polish. It has come to such a stage that I am seriously considering issuing an order that priming should be confined to their own time. But that little Miss S., she is pretty and dainty and always beautifully groomed yet one never sees her putting powder on her nose."

**Husbands Too**

All this applies to the woman in the home as well as to the woman in business. Modern men don't mind make-up. They agree that a little artifice adds to a woman's attractiveness. But they do admire the finished product. They don't want to know what it is that makes your cheeks bloom or your skin silky. The woman who greets her husband and children looking the picture of loveliness wins their love and respect so much more than the woman who permits them to see her face covered with cream or masquerade, or her chin tied up in a strap or her hair in curlers. Certainly no woman wants anyone to see her a caricature in curlers.

**Budget Time for Beauty**

It all comes down to the sermon: budget your time for beauty and attend to your beauty needs in privacy. While the children are at school or

the baby is napping, or in the privacy of your bathroom while taking your morning shower or in the evening before going to bed; but behind locked doors. Not that there's anything to be ashamed of—of course not. In fact, the woman is to be congratulated who has sufficient interest in her appearance to spend enough time every day preserving and enhancing her good looks. But it does take a little of the glamour away if the men and the children, too, see the beauty treatments under way. Much the same, for instance, as if you showed them a dress seam by seam, sleeve by sleeve. On the other hand, if without their knowing that you were making it, you donned the dress all finished and beautiful how much more they would admire it!

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