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Young Man Looking for Girl to Make Cherry Pie

Girl of To-day can Make a Chiffon Pie in Half a Twinkle, Says Culinary Expert, who Gives the Recipes for Several Samples that Sound Good.

(By Edith M. Barber)

"I am looking for the girl who can make a good chiffon pie," announced a young man not long ago in my hearing. That is modern. Once upon a time, you remember it was: "Can she make a cherry pie, Billy Boy, Billy Boy." And the answer was, "She can make a cherry pie in the twinkle of an eye."

The girl today, however, can make a chiffon pie in half a twinkle. For pastry she may use plain paste for a baked pie shell, or she may use another modern recipe for a crecker, cornflake or nut pastry. This latter type of pastry is not only quick but foolproof.

Most of the fillings, whatever flavour is used, are all made very much the same way. Gelatin is soaked in cold water, the egg yolks are beaten and cooked with the sugar and flavouring over boiling witer until the mixture is thick. Then the softened gelatin is added, the mixture is cooled and the egg whites are folded in. Some recipes call for only egg whites or whipped cream instead of whole eggs.

After the fillings have been made they are poured into pans, lined with pastry and chilled in the refrigerator. Whipped cream flavoured according to the mixture, may be piled on the top, which may be also garnished with cut nuts, shredded cocoanut or fruit.

Chocolate Chiffon Pie

1 tablespoon granulated gelatin.
¾ cup cold water
½ cup sugar
2 squares melted chocolate.
1 cup hot milk.
½ teaspoon salt.
1 teaspoon vanilla
1 cup cream, whipped.

Soak the gelatin in the water five minutes. Make a sirup of the sugar, chocolate ,hot milk and salt. Add the softened gelatin to this mixture, stirring thoroughly. Allow to cool, add the vanilla and as the mixture begins to thicken, fold in the whipped cream. Fill a baked pie shell with this mixture and chill. Before serving garnish with whippqd cream.

Strawberry Chiffon Pie

1 tablespoon granulated gelatin
¾ cup cold water.
½ cup boiling water
¾ cup sugar.
1 cup strawberry pulp and juice.
¼ teaspoon salt
2 egg whites
¼ cup sugar
½ cup cream, whipped.

Soak gelatin in cold water five minutes. Combine the boiling water, sugar, strawberry pulp and juice and salt. Add softened gelatin to hot strawberry mixture and stir until dissolved. Cool. Beat egg whites until stiff and dry, folding sugar into beaten whites. Fold in whipped cream to gelatin mixture when it begins to thicken. Fold in egg whites and pour into baked pie shell and chill. Serve garnished with whipped cream and whole strawberries.

Lemon Chiffon Pie

1 tablespoon granlated gelatin.
¼ cup cold water
1 cup sugar
½ cup lemon juice
½ teaspoon salt
4 eggs
1 tablespoon grated lemon rind

Soak gelatin in cold water five minutes. Add half the sugar, lemon juice and salt to the beaten egg yolks and cook over boiling water until of custard consistency. To this mixture, add the grated lemon rind and the softened gelatin and stir well. Cool. When mixture begins to thicken, fold in stiffly beaten egg whites to which the remaining sugar has been added. Fill baked pie shell and chill. Just before serving spread a thin layer of whipped cream over the pie.

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New Game Overseer for Abitibi Region

Iroquois Falls Rod and Gun Club Seeking Shipment of Elk.

There were several items of importance at a meeting last week of the Iroquois Falls and District Rod and Gun Club. One of these items was the announcement of the appointment of P. J. Conway as overseer for the Game and Fisheries Department, in succession to Ed. Olavson. Mr. Conway was present at the meeting and the club expressed its goodwill to him and offered him all assistance and co-operation in his work. He was told that he had the offer of the use of any of the club's camps or equipment at any time he desired to use them in the course of his duty. On his part, Mr. Conway expressed his appreciation of the goodwill extended to him by the club and explained that he would be ready and willing at all times to co-operate with the club in all matters relating to the enforcement of the fish and game laws and the conservation of fish and game.

Another item before the meeting was a resolution opposing the resident angler's license discussed at a recent meeting of the Ontario Federation of Anglers.

Correspondence was read in regard to the Iroquois Falls and District Rod and Gun Club's efforts to secure a shipment of elk to be placed in the Abitibi preserve. It was stated by the department that if there was sufficient increase in the herd of elk at Burwash this coming summer, a carload of elk would be forwarded to Iroquois Falls for the purpose noted.

Other matters were discussed at the meeting and the secretary was instructed to secure information concerning the Michigan Game Commission, in order to be able to intelligently discuss the resolution of the Ontario Federation of Anglers that a similar politics-free, permanent commission be established in Ontario.

Egg with Two Shells the Latest Freak at Haileybury

"A freak of nature, in the shape of an egg with two shells, was shown to The Haileyburian this week by A. Hurteau, who keeps a pen of barred rocks at his home west of the T. & N. O. Railway," says The Haileybury newspaper, continuing:—

"When the egg was discovered, it was believed to be a double-yoked one, similar to those occasionally laid by hens of various breeds, but it was larger than any that the owner of the bird had ever seen. It weighed six ounces and measured nine inches around the long way. In replacing it in a paper bag, Mr. Hurteau accidentally cracked the shell and when he went home he found that there was another large-sized egg inside. The inside one was complete, with a good firm shell, but it is of the brown variety, while the outer shell was white. A quantity of ordinary 'white of egg' separated the shells."

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Addition to Empire Hotel to Replace Old S.A. Hall

Demolition of the old Salvation Army citadel on Fourth avenue was begun last week to make way for a further addition to the Empire hotel. The work proceeded rapidly and is now almost complete.

The newest part of the Empire will house a convention hall on the lower floor, it is understood, which can be used for dances and banquets alike.

"Shorts" from the Science of the Day

Collected by Shakes

Five minutes work by a quarter horse power motor will grind all the kitchen garbage, except tin cans and bottles, so that it can be flushed down the kitchen sink, a recent American patent claim says. The apparatus, which weighs about 75 pounds, is now on the market and it expected to be popular not only in cities where frequent garbage collection is a problem but also in the smaller towns where there is sometimes no collection at all.

Artificial Fever Useful

New methods of producing temperatures of 105 degrees in patients are being developed every day and the usefulness of the treatment is becoming more and more widely recognized. In both Canada and the United States temperatures of patients are sometimes kept at the 105 mark for as long as five hours. The theory is that the germs causing a disease cannot live in such heat.

Self Heating Canned Food

It's supposed to be for the airways, but probably bachelors will make use of this invention. The food is in a double can. The space between is divided into two parts, one for water and the other for unslaked lime. Punch a hole so that the water gets into the lime and presto—the food in the can begins to warm.

Refrigerated Flies

Here's efficiency for you. A man who raised mushrooms, in manure "soil," was very much troubled by the flies that hatched out from the heated manure. A friend designed a system by which the air in the mushroom basement, and the flies too, were passed over refrigerator coils. Instead of wasting the bodies by throwing them into a fire, the mushroom grower canned them and now ships them to another friend who raises frogs and who can use flies by the thousand for frog food.

The West Is No Desert

There's plenty of talk these days about the Canadian and American West becoming one vast desert. This cannot happen, says Dr. J. W. Humphreys of the United States Weather Bureau, usually a most reliable source of information. The making of a desert would call for a complete change of climate, such as that occasioned by the withdrawing of the glaciers over Europe that left the Sahara as a result. The dust storms of the West may be expected to subside, the scientist claims, through the next few years, and the government aid of planting tree belts will help things along. The dust storms have occurred before, he says, and will occur again.

Lots of Radio

The Queen Mary, Cunard White Star "superliner," is able to use 32 wavelengths, legally, too. Several sets of ship to shore radio telephone communication may be in use at the same time; and the business of running a modern ship with the aid of radio carried at the same time. Nine aerial systems will be placed on the giant ship.

Boulder Dam

Through the construction of Boulder Dam on the Colorado river and the piling up of storage water behind the dam, an additional weight of 41½ billion tons will be placed on the earth at that point. Scientists believe that "adjustments" will have to be made in the earths' crust before long.

Mail and Empire — It is announced that alcohol may be useful in treating certain kinds of pneumonia. We were confident that sooner or later some use for it would be discovered.

Crime on South End to Timmins Highway

Magistrate, the Poet Suggests, Considered the Crime Sheet was Wrong.

South Porcupine, Ont., April 8th, 1936. Special to The Advance.

Dear Sir:—Your South End correspondent indites this simple ode to chronicle a shaking-up on the South End-Timmins road.

Police Court News

The charge was one of speeding and
the magistrate looked grim.
The culprit saw by his worship's face
that things looked bad for him.
"How fast was defendant driving?—at
twenty-five or so?"
"Your honor, he went at thirty, you
should have seen him go!"
"This crime occurred on the Timmins
road?" "Yes, sir," the chief replied.
"Your charge-sheet's wrong," said the
magistrate—"Attempted suicide!"

VANCOUVER'S SEA SERPENT GETS IN THE SWIM AGAIN

Vancouver's playful sea serpent, rival of the Loch Ness "animal" and the monster of the Okanagan Lakes, is back for the jubilee celebration at Vancouver, it's been said.

This time the coils of the serpent were seen by three fishermen (professionals).

Senseless Destruction in Haileybury District

Referring to a case of apparently senseless destruction recently at the old pulp mill near Haileybury, The Haileyburian last week says:—"Destruction, pure and simple, appeared to be the desire of a party or parties who broke into the office of the Canada Northern Power Corporation, at the pulp mill on the Lake Shore road, sometime on Saturday night last, according to provincial police officers at headquarters here, who investigatekd. There did not appear to be anything missing from the building, but there was practically nothing moveable left untouched and the damage will run into some hundreds of dollars, it was estimated.

"The officers found that a glass in the door had been shattered in order to gain ingress to the small structure and before the marauders left a typewriter had been smashed, the telephone instrument torn from the wall and broken, every pane of glass in the windows broken and some of the window sash, filing cabinets and other furniture upset and their contents strewn around and the place generally wrecked. A hand fire extinguisher and a garden hose with a steel handle, apparently used as wrecking tools during the depredations, had been carried across the road and thrown through a window of the mill building. While the time of the damage done could not be definitely fixed, the police learned that it was probably between dusk and 11 o'clock. The office and mill have not been in use for a considerable period and there is no watchman. Should there be anyone who was passing during the evening who noticed anything out of the ordinary going on, a word to the officers would be appreciated, as little or nothing in the way of clues was left. The same evening there were several panes of glass broken in the Allard service station, at the northern limit of Haileybury, and the police are of the opinion that the same parties may have been responsible for the damage at both places."

Settler Near Cochrane Dies from Knife Wounds

In a recent issue The Advance referred to the case of Joseph Kowalski, a settler living near Cochrane, who was brought to the Lady Minto hospital in that town a little over three weeks ago, after having stabbed himself in the abdomen. Doubt was expressed as to the chances of recovery for the man, and a week ago Kowalski passed away. Last week Coroner E. R. Tucker investigated the case and a jury inquest was considered unnecessary. It seemed to be established that Kowalski deliberately stabbed himself while in a state of mental depression. No serious reasons have been found for his action. The man himself during his illness at the hospital maintained that he did not know why he attempted suicide, but that he "had not been feeling good."

Plant Still in Neighbor's Yard to Get $25 Reward

"One of the most despicable episodes I've had before me in a long time," was the way Magistrate J. S. McKessock at Sudbury last week characterized the case of Napoleon Couture and Emile Herbert, of Neelon township, whom he convicted of having an illegal still in their possession, for which they were fined $125 and costs.

The pair had planted the still in the barn of a neighbour, Charles McGowan, and then informed R.C.M.P. officers for the $25 reward offered in such cases. McGowan and Couture had had a dispute over wood some time previously, and it was surmised Couture was also motivated in his attempt to "frame" McGowan by a desire for revenge. Evidence was conclusive that the still had been manufactured by Couture at his own home, mounted police using real Sherlock Holmes methods to pin the crime on Couture.

Constable John Burger, of the Royal Canadian Mounted Police, stated that he had first seen the two accused on March 8, when the provincial police had turned over a case to him to investigate in Neelon township. At that time, Couture had asked him about the reward for informing on a person having a still illegally, and had been told that it was $25.

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Damage of $1000 by Fire at Steam Baths

Good Work of Firemen Averted a More Serious Fire on Saturday.

More than a thousand dollars damage was done in the steam bath building at 57 Balsam street north on Saturday morning when fire spread from the furnace room and destroyed much of the interior. The furnace was being stoked hard to prepare hot stones for the afternoon's steam baths. Karl Niemi, operator of the place, had gone out for a few minutes and Mrs. Niemi was working in an upstairs room. Flames must have shot through the open furnace door, setting fire to the nearby woodwork and sweeping up through an opening.

Firemen laid a line of hose from the corner of Fourth and Balsam within a minute of the box alarm turned in from the corner of Fifth and Balsam. Within a short time they had a second line from the first hydrant and a third from the corner of Fifth. Water pressure was good and by getting into the building immediately, the firemen were able to stop the flames breaking through either the walls or roof.

Oakum used for packing the spaces between the legs of the main part of the building caused most of the heavy smoke that made the fire-fighters' job difficult. No insurance was carried either on the building or contents. Mrs. P. Kyollonen is the owner.

Drivers Show Little Sense

Within a few minutes of the alarm, a crowd of about three hundred men, women and children were attracted to the scene by the billowing smoke. For the most part they were a well-behaved lot, though occasionally people did get in the way of the firemen. Drivers of motor cars and trucks were the worst offenders and made no apparent effort to avoid driving over the lines of hose.

Alterations were made to the steam bath building just a short time ago, following a small blaze caused from the same furnace.

That Body of Yours

By James W. Barton, M.D., Toronto
Why the Patient Should Remain in Bed During an Illness

Perhaps you wonder why the physician is so anxious to keep a patient—young or old—in bed during an illness. The patient is recovering rapidly and feels that if he could get up and around his appetite would improve, the bowels would act regularly and would regain his strength in much less time. Now this would all be true if it were not for one important organ of the body—the heart.

Even if no treatment were given in various ailments, except that the patients remained in bed, the chances are that they would recover in due time, as most ailments run a more or less definite course. However whether the patient is to recover or not doesn't depend so much on the disease as it does upon how the heart is able to keep up the extra work that is put upon it. If the heart is very strong it is possible that even if the patient gets up before he should he will likely get along all right and no real damage will be done.

On the other hand, however, the average individual with the average heart may do some real damage to the heart if he asks it to do real work when it has become more or less weakened from its efforts in fighting the ailment.

Fortunately a method has been found which enables the physician to actually measure the amount of work the heart is doing when the patient is resting quietly in bed, sitting up in bed, walking about the room or actually going outdoors about his work.

Thus when the physician points out to the patient that even sitting up in bed means that the heart has to do twice as much work as when he is lying down, and that the reserve strength of the heart is needed to fight the ailment, the patient is more willing to lie quietly in bed.

The extra work the heart has to do when the patient sits up, stands up, walks around, or takes a brisk walk is found by measuring the amount of oxygen the lungs have to breathe in to do the extra work. Thus sitting up needs twice as much as when the patient is lying down, standing up about three times as much, and walking around about four times as much.

This then explains very clearly why the physician wants the patient to remain in bed as long as is necessary.

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Chicago Herald:—An optimist is one who writes his crossword puzzles in ink.

Barrie Examiner:—Dr. G. A. McQuibban, M.P.P. has bought a pair of black bear cubs. Can it be that the purchase was suggested by the bear garden tactics evident in the Legislature at times during the present session?

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