

New Method of Poaching Eggs with Use of Butter

Culinary Expert Suggests This Form of Poaching will Prove Popular. Eggs Specially Associated with the Month of April. Some Recipes.



(By Edith M. Barber)

Easter week and April month are closely associated with eggs. With the first, eggs were used for a traditional and possibly historical reason that they symbolize the beginning of a new life. With the month of April they have a far older association. Because of their plentifulness at this time of the year, April eggs are synonymous with quality. This is the time of year when we particularly like our eggs boiled or poached. A delicate flavour responds to such simple treatment. Actually, I like my boiled eggs coddled instead of boiled. I have the water boiling and put the eggs into it, cover the pan quickly and turn out the fire. I let them stand in the water just twice as long as I would boil them. An egg coddled seven minutes will be of the same firmness as one boiled three and a half minutes. It will, however, have a more tender texture.

I also have an original method of poaching eggs. Instead of water, I use about a tablespoonful of butter to a medium-sized frying pan. When the butter is melted in the hot pan, I break the eggs into it and cover them. I let them stand about five minutes without a fire under them. If they are not set enough by the end of this time I light the fire for a moment.

For the quick meal a mushroom or tomato sauce or a creamed chicken or fish may be served around the poached eggs. You may also serve them on a bed of cooked spinach with a cheese sauce. The eggs may be broken into individual shallow dishes, covered with any savoury sauce and baked in a moderate oven until they are set.

Eggs Mornay

- 6 eggs
- 1 cup thin white sauce
- 1 cup grated cheese.
- Paprika
- 1 egg yolk

Break eggs into individual greased baking dishes. Cover with the sauce to which the cheese, paprika and egg yolk have been added. Cover with grated cheese and bake until firm in a moderate oven (350 deg. F.).

Quick Meal

- Vegetable Soup
- Eggs Mornay
- Potato Chips
- Buttered Lima Beans
- Avocado Salad
- Toasted Crackers
- Coffee

Method of Preparation

- Make salad and chill
- Make sauce for eggs
- Open can of soup and heat
- Open can of beans, heat and dress
- Heat potato chips
- Poach eggs
- Make coffee

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Ask that J. A. Bradette, M.P. Added to Radio Committee

At a meeting of the executive of the Timmins Board of Trade last week a resolution was passed endorsing the resolution of the New Liskeard Board of Trade in the matter of recommending to the Dominion Government that Jos. A. Bradette, M.P., be added to the committee enquiring into radio matters in Canada. A copy of the New Liskeard resolution had been forwarded to the Timmins board. The resolution pointed out that the North was not represented on the radio committee of Parliament, though radio was a very important matter to the North, and the North very important to radio. Also it was noted that Mr. Bradette had for years taken a very keen and able interest in radio matters and had carefully watched the interests of radio owners in this part of the North. The New Liskeard Board of Trade felt that from all viewpoints Mr. Bradette should be on the committee. Timmins Board of Trade decided to send a similar resolution to the Government asking that Mr. Bradette be added to the committee. It is also decided to send a copy of the resolution to New Liskeard Board of Trade and to Mr. Bradette.

Cochrane Board of Trade Again Asks Better Radio

Radio reception was again one of the chief topics of discussion at a meeting of the Cochrane Board of Trade last week. Again there was very outspoken demand for better radio reception in the North. One suggestion was that the government should either discontinue collecting license fees in this part of the country not served by Canadian programmes, or see to it that a station of sufficient power to ensure full reception is erected immediately.

Children's Aid Holds Annual Meeting

(Continued from Page One)
E. L. Longmore and Mrs. J. M. Douglas. The following is a summary of the financial report:—

Receipts
Balance on hand, Nov. 1st, 1934, \$869.35.

Donations:—From campaign committee, \$1990.25; Royal Arch Chapter, \$40.00; Porcupine A. F. & A. M., \$30.00; Arbutus Chapter, O.E.S., \$10.00; Golden Beaver, A.F. & A.M., \$211.50; Timmins I.O.O.F., \$25.00; Town of Timmins, \$750.00; Township of Tisdale, \$250.00; Eastern Star, \$10.00; Timmins Theatres, \$200.00; miscellaneous, \$40.00; box collections, \$5.17; total, \$3561.92.

General Maintenance
Town of Timmins, \$2,528.25; F. Hartley, \$419.00; Town of Cochrane, \$381.75; Province of Ontario, \$9,957.30; Township of Tisdale, \$675.00; township of Calvert, \$173.75; miscellaneous, \$90.72; Refunds, travelling, \$193.15. Government grants, \$541.69. Total receipts from all sources, \$19,392.08.

Disbursements
Travelling expenses, \$836.90; office expense, including rent, \$436.74; provisions, Shelter, \$3,131.87; general maintenance, \$993.89; outside maintenance, \$5,401.78; fuel and light, \$792.80; hospital, medicine, etc., \$294.28; clothing, \$632.71; petty cash expense, \$311.65; salaries, \$5,366.36.

Balance on hand as shown by bank book, \$1,193.10.

Audited and found correct as shown by the vouchers and records of the Superintendent.—W. D. Cuthbertson, auditor.

Assets and Liabilities

A statement of the accounts payable as at March 31st, 1936, and the accounts receivable at the same date were read. The accounts payable, some of which have since been paid, were chiefly current accounts, and totalled \$3,393.72. The accounts receivable totalled \$1,272.42, with cash in bank, \$1,193.10, a total of \$2,465.52, leaving a book deficit of \$928.20. It was pointed out that all the accounts receivable were accounts that would be paid in the course of a short time, all being good, and no doubtful accounts included. The fact that the usual grants from the Hollinger, McIntyre, Dome, Town of Timmins and Township of Tisdale had not yet been received for this year, left the financial outlook still better, as with these grants received there would be a surplus over all indebtedness.

Appreciation Expressed

G. A. Macdonald, president of the District C.A.S. for the past ten years, expressed sincere appreciation of the notable work of A. G. Carson, local superintendent, Mrs. E. M. Condie, matron at the Shelter, and of the executive and members of the society—with special praise for the Iroquois Falls and Ansonville branch and its president, F. E. Miller, and secretary, J. W. Regimbal. The co-operation of the police, the nurses, the doctors and the general public was also referred to, and thanks expressed. About a year ago the president had protested against the

\$534.00 in CASH PRIZES for one Contest alone!

3 OTHER CONTESTS ... FREE OFFERS ... BARGAINS!

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low grading of the Society despite the acknowledgement of the department that excellent work for the children was being done; protest being also made against the apparent desire of the department to increase the field staff and add a full-time stenographer, while at the same time reducing the grant to the Society. In accordance with the understanding at that time, the president announced that he was dropping out of the Society at this time. On motion G. A. Macdonald was appointed an honorary member of the Society.

Election of Officers

The following were the officers elected for the ensuing year:— President: Mrs. K. A. Eyre. First vice-president: P. E. Miller, Iroquois Falls. Second vice-president: P. H. Laporte. Third vice-president: Mrs. Marwick, Cochrane. Secretary-treasurer: A. G. Carson.

Directors: E. L. Longmore, Rev. Fr. O'Gorman, C. V. Gallagher (South Porcupine), Mrs. M. E. Welt (Schumacher), Mrs. C. Monck, Rev. Bruce Miller, Geo. S. Drew, R. Richardson, J. W. Regimbal (Ansonville), A. G. Carson.

There was a general discussion of matters of interest in connection with the work of the Society, the question of the time for the next membership campaign being among the items referred to. It was generally agreed that June would be the best month for a canvass. The matter was left for the executive to deal with.

Mrs. Monck brought up the case of a crippled lad at the Shelter and the need for him to be taken to an institution. Application has been made more than once to have this lad received at the proper provincial institution, but up to date it has been impossible to secure the necessary transfer for the boy. The matter was left for the executive to deal with.

The matter of some remuneration for the local superintendent for the general use of his car for Society business was referred to by G. A. Macdonald. The use of the car means a very material saving in travelling costs for the Society. On the suggestion of E. L. Longmore, the question was referred to the executive, the members present agreeing that some repayment should be made for the use of the car during the year.

Geo. S. Drew suggested that much of the expense and travelling would be avoided if a separate Society were formed for North Cochrane. In the past a large part of the work was in that territory, while the finances had to be raised in Timmins and district. While agreeing with this, other members of the Society pointed out that the children in North Cochrane should be looked after until such time as there was a society there. Doubt was expressed as to how and where the proposed new society would secure its finances. Mr. Drew felt that the province should assist, rather than leaving the burden on this area.

Address by Miss McCabe

Miss McCabe, inspector of Children's Aid Societies for the North, gave a brief address on the Children's Aid work. She referred to the extension of the work since the time, over 40 years ago, when the Children's Aid Societies were organized by the late J. J. Kelso. Miss McCabe classified the types of children coming under the notice of the Children's Aid and the way that each type should be dealt with. She emphasized the necessity for keeping detailed records of all cases. Miss McCabe mentioned instances where young men and young women who had been wards of the C.A.S. were unable to find out who their parents were, whether they had any relatives, or other details that they desired to know about their early life. On being pressed, she admitted that all these items were covered by the records kept at the Cochrane District Children's Aid Society office, but she added that the records here were not in the form that she favoured. In reply to Mr. Longmore Miss McCabe said that the department record form studied at a meeting here a year ago was only tentative and had been withdrawn.

Miss McCabe gave interesting review of the value of boarding children at private homes, though the greatest care had to be taken to see that the homes were suitable in every way. Shelters, she said, should be viewed only as clearing houses and wherever possible children should be placed in homes.

Other interesting phases of Children's Aid work were touched upon by Miss McCabe. Councillor P. H. Laporte expressed appreciation for the address by Miss McCabe.

On motion of J. M. Douglas and E. L. Longmore the meeting adjourned.

Midland Free Press: Mayor McBride kissed Beatrice Lillie when she came back to her native Toronto. Think of the job the mayor of Callendar is going to have some day when the Quints return home after a trip to New York.

Associates Honour Veteran Engineer

Tribute Paid Last week to James T. Wilson, of T. & N. O. Also Honour to Late T. Hamilton.

At North Bay last week 35 members of railroad brotherhoods met to honour James T. Wilson, veteran T. & N. O. engineer, who retires on pension at the end of 1936. All branches of the railway were represented at the banquet given in the Empire hotel, North Bay, in honour of Engineer Wilson. Among the guests at the gathering were Col. Mac Lang, present chairman of the T. & N. O. Commission, and Geo. W. Lee, former chairman and general manager.

Engineer Wilson was presented with an elegant easy chair as a mark of esteem from the friends present.

The banquet was presided over by Alderman R. J. McMillan, the arrangements being made by a committee including "Bud" Copeland, T. Muldown, H. McLean and G. Gubb.

Speakers for the evening included Col. Mac Lang, Geo. W. Lee, Bud Copeland, H. Muldown, Charles Hardwick and others. The presentation was made by Bud Copeland, after an address had been read by T. Muldown. In responding, Mr. Wilson expressed regret that he was about to sever the happy associations of a lifetime's work, but he hoped indeed to hold the friendships he valued among the employees of the T. & N. O.

During the evening a one-minute period of silence, all standing at their places, was observed to honour the memory of Tom Hamilton, T. & N. O. conductor who died in Timmins last week.



By James W. Barton, M.D., Toronto Which is the Weaker Sex

"It is a common observation that in almost every community there are more widows than widowers. This may be explained in part by the fact that widowers are more likely to remarry."

"When the newspapers report a sudden death from heart disease, the deceased usually is a man. Men are the victims of gout, of cancer, inflammation and stones of the kidney more frequently than women. In 1927, at the age of ten years the average expectancy of life for males was almost four years less than females."

"Serious diseases of digestion affect men more frequently than women. Ulcers and cancers of the stomach, cancers of the lip, mouth, tonsils and intestine and hardening of the liver affect men more frequently than women. The single exception in this group is disease of the gall bladder, including inflammation, gall stones and cancer, all of which affect women and girls more than men." Formerly tight corsets were considered the cause of so much liver and gall trouble in women and there must have been some truth in it as the proportion of women to men some years ago was about four to one. The proportion now is considerably less.

Dr. Edgar V. Allen tells us in Hygeia that man is really the weaker sex after an examination of 300,000 cases of diseases observed at the Mayo Clinic.

Even in infancy more male than female children die at birth during the first year.

However it must be admitted that men work harder, smoke more, drink more alcohol and live more irregularly as regards food and rest. This accounts to some extent for the higher rate of sickness and death among men.

I believe however that Dr. Allan has overlooked one important point and that is that man's work takes him away from his home every day. He has to be quite weak and ill before he will remain at home. The result is that he is often on his feet and at work for one, two or even three days after the beginning of an illness. This means that his heart reserve and vitality which he needs so greatly to fight the ailment are being used up at his daily work and he has nothing left with which to fight the illness.

The greatest proportion of deaths in any community during the flu epidemic was among the "strong young men" who remained on their feet the first few days instead of going to bed.

Women may be just as good fighters as men when attacked by ailments but being at home there is always the chair, couch or bed available for "rest."

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Kirkland Man Sentenced to Four Years in Prison

John Tornowsky, Kirkland Lake, convicted of attempting to murder his wife on Oct. 30th last, was sentenced to four years in the penitentiary after he was convicted on the charge. Charges of attempting to murder Sam Szack, a cook, in the restaurant where the shooting occurred, and of armed robbery of the restaurant, were dropped at the suggestion of Mr. Justice Making who presided at the Hailybury assizes. Counsel for the accused asked for leniency on the grounds that Tornowsky had served in the Canadian forces overseas; that his home life had been unhappy; that he was drunk or he would not have run amok; that he was a good cook and a steady worker; and that the accused was in poor health and would not live very long.

The Household by Lydia Le Baron Walker

APRIL SHOWERS FOR JUNE BRIDES AND SOME SMART GIFTS TO MAKE FOR THEM.



The arrangement of dusters simulates a bunch of flowers. The napkins are shown boxed, while glimpses of the silverware cases indicate their attractiveness and utility.

April showers for June brides are raining down good things on prospective newly-weds. The ideas today suggest the beauty of Spring flowers and the safe blending of colours of a rainbow—that emblem of good promise, or daintily provide ways for the good care of flatware, that silver so delighted in by brides. With all these happy combinations of ideas, the articles themselves for the shower are inexpensive.

Dusters in Floral Array
Hem squares of six or nine different colored pieces of cheese cloth, or silk muslin, if you prefer. The sheen of the latter adds to the beauty, but cheesecloth is a favourite fabric for dusters since it is absorbent. Fold each square into a six inch wide strip and roll. Arrange rolls to form a circle, and tie them together near one end. Loosen the rolls at the other end so that they uncoil slightly, suggesting flowers about to bloom. A smart arrangement is to hem a 6 or 7-inch square of green cheesecloth and centre the tied ends of dusters in it which allows the corners to come up like fronds of a calyx about the cheesecloth blossoms. Wind a length of ribbon about the outside and tie in a natty bow.

Rainbow Napkins
Fringe eight inch squares of six, nine or twelve pieces of linen, making the fringe one-half inch deep. Use smaller squares for cocktail napkins. The linen should be in six different pastel colours for a set of six or twelve napkins, and be of three or nine different colours for a set of nine napkins. Fold napkins to one-quarter this size, and arrange in a shallow box so that a bit of each colour is visible.

Cases for Silver
A pattern for knife, fork and spoon cases is available. On the printed pattern sheet (illustrated in full size) are complete directions for cutting and making each case, and designs for decorating each. Three pastel colours in Canton flannel with contrasting silk binding makes an attractive set of cases similar to those used by silversmiths. Handsome sets are made of wadded and quilted silk. Since these cost more, three different persons may each contribute one case for the set presented. Patterns for all cases as described may be had for ten cents accompanied by a self-addressed, stamped (3-cent) envelope sent with a request directed to Lydia Le Baron Walker care of this paper.

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Sudbury Star: The value of proficiency in the art of swimming was once more exemplified in the act of Emmet Faulkner, 12-year-old Sudbury boy who had the courage and sufficient confidence in his own prowess to plunge into the icy waters of Junction Creek and rescue a little boy from drowning. It is such instances which prove justification for the time expended in training the youth of the land how to handle themselves in the midst of danger.



Thief, Murderer

and shady solicitor, Terrivale Wake is one of the main characters in The Advance's new serial "Truant Fortune." As guardian of beautiful young Phyllis Lalaham, he finds his position becoming precarious as Elise Harrison blackmails him and one of his henchmen, Jennings, saw too much for his own good.

Things might have gone on like that indefinitely but for a

Modern Knight

Jimmy Ashcroft and his jovial chum 'Tubby' Baring who get seriously mixed up in the Wake affairs when they see evidence of his unusual power over Miss Lalaham.

Remote Sea Beach . . .

Roma Clefts makes an ideal setting for a story that will thrill and entertain every reader. Begin reading it with the first long instalment.

"Truant Fortune"

by ELLIOT BAILEY

begins on Thursday this week in

The Porcupine Advance



... not if Electric Refrigeration cost dollars instead of cents!

The man of the family sees the practical side of the modern electrically controlled refrigeration. He sees the safety first value of it. He sees the economy side of it, after he has regaled himself a few times on tastily concocted dishes which in reality are choice left-overs. The refrigerator keeps them so fresh that he realizes what a safe-guard against bacteria it is. He thinks of his children and the necessity to safe-guard their health, and the new electric refrigerator becomes his pet hobby. Incidentally, he revels in the quiet lunches he sneaks from its contents when no one's looking. The wonder of the mechanism also interests him, for he is a believer in progress, and the modern electrically perfect refrigerator is a prime example of progress. The low rates of electricity make it so economical that he approves that side of the matter.

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