

# Studying Food Customs in Little Rhode Island

There is Where the Real Clam Chowder Comes from, and, of course Everybody knows About the Famous "Jonny Cakes." Also, Here are Some Recipes.



(By Edith M. Barber)

Rhode Island is a small state. It is only a few miles anywhere within its borders to Connecticut and to Massachusetts, and yet it has a distinct personality and a great pride in its special food customs. "Rhode Island clam chowder" you perhaps know, that show-dish made with milk which sometimes is known as New England chowder, but which this State claims as its own. Of course, you know Little Neck clams, too, but you may not know as well the large "quahogs" used in clam chowder.

The greatest pride evidenced as far back as 1850 by a whole book called "Jonny Cake" papers, is in its water-ground white cornmeal. Up near Tiverton is a mill which is grinding the local corn into meal even to-day. There is a tea shop known as the Jonny Cake shop, where the specialty is Jonny Cakes in summer. Note the plural—the Jonny Cakes are a sort of cross between the griddle cake and a fritter. They are baked on a griddle, but are thicker than the usual cake of this sort. The griddle must be well greased, because no fat is used in the mixing of the batter. In fact, there is little else but cornmeal in the batter, just salt and enough liquid to mix it well. The flour of the water-ground meal is supposed to be—and is—good enough in itself to need no addition of egg and butter. These Jonny Cakes are served with meat instead of potatoes.

At the "farm" where I was visiting we had them with fresh mackerel, caught off the shore beneath the window. The mackerel are just beginning to run, as the fisherman told me. The great net brought in herring, flounder, flat fish, a few shad and mackerel the day I was there.

Lobster at its best, of course, is found on this coast. It was served plain broiled and stuffed and broiled. The

stuffing was soft crumbs seasoned lightly with onion juice and a dash of nutmeg besides the usual salt, pepper and butter. Asparagus, cut from the home garden, with lemon butter was a welcome addition to the lunch or dinner menu every day. Rhubarb also from the garden furnished the filling for pie for dessert, and there was, of course, mince pie for one meal. Mince pie is the favourite pie in Rhode Island as it is on Cape Cod. The mince meat is delicious in flavour, but it is called "plain" by the natives. Sometimes a green tomato mince meat with little or no meat is used.

For breakfast there were fresh laid eggs from the farm and, of course, on Sunday morning codfish balls—not cakes, you understand—fluffy and light. There were corn muffins and popovers as well, hot and sizzling. On Saturday night—again, of course—there were baked pork and beans and steamed brown bread.

Can you imagine better food than these—to quote my hostess—"simple dishes, plainly cooked." There just isn't any better any place. I am certainly going to remind my hostess of her invitation to me to go back in the summertime in the famous clam bake season, when the food is cooked between hot stones, much like it was in early Colonial days. If you would like to see some good examples of old New England architecture, as well as the lovely shore you can satisfy that wish up Tiverton and Little Compton way and perhaps you will find the food at some of the inns worthy of your consideration, even if you are not fortunate enough to visit a native Rhode Islander.

### Clam Chowder

- 1 quart of clams.
- 1 slice of salt pork (about 1/2 pound)
- 1 sliced onion
- 4 cups of potatoes cut into cubes
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 4 cups boiling water
- 4 cups scalded milk
- 4 tablespoons butter
- 8 large crackers.

Pick over the clams carefully and drain, reserving the liquor. Heat the liquor to the boiling point, strain, and set aside. Chop hard portions of the clams; cut the pork in small pieces and fry out; add onion, fry for 5 minutes, and strain into a kettle. Put a layer of potatoes in the bottom of the kettle, add chopped clams, sprinkle with salt and pepper, and dredge with flour. Add the remaining potatoes, dredge with flour, and add 4 cups of boiling water. Cook 15 minutes, then add the milk, the soft portions of the clams and butter; boil for 3 minutes and add crackers split and soaked in enough cold water to moisten. Reheat the clam liquor to the boiling point, then thicken

slightly with a little butter and flour rubbed together. Add this to the chowder before serving.

### Rhubarb Pie

- Pastry
- 2 cups rhubarb
- 1 cup sugar
- 2 tablespoons flour
- 1 egg

Line pie plate with pastry. Mix rhubarb, which has been cut in half inch pieces, with sugar, flour and egg. Cover with upper crust, make double slits on top of crust and bake in a hot oven, 450 degrees F. for ten minutes, lower heat to moderate, 350 degrees F. and bake forty to forty-five minutes.

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### Appointed Engineer for the Township of Tisdale

In a front-page item in its issue of last Thursday, The New Liskeard Speaker says:—"Friends of Tom J. Kingston, and his father, Mr. Jas. D. Kingston, well-known Northern pioneer, will be very much pleased to learn that the former has received the appointment of resident engineer for the town of South Porcupine and adjacent township. Mr. Kingston, who has been residing here, took charge of his new position on the first of April, and expects to move his family to his new home in June. For several years Mr. Kingston has been connected with the Sutcliffe Engineering Co., specially featuring in the electrical and water-works departments of the firm's business enterprises. The new appointment is a most important one to Mr. Kingston and local friends will extend their best wishes to him for future advancement."

### John McFarlane, Haileybury Married at Toronto Recently

Many friends in town of John McFarlane, of Haileybury, but formerly of Timmins, where he was for years on the staff of The Advance, will read with much interest the following from The Haileyburian and will extend the sincerest good wishes. The groom was a visitor here last summer renewing acquaintanceships in town and district. The item from The Haileyburian last week is as follows:—

Haileybury residents were interested to read in the Toronto papers this week the announcement of the marriage of a local resident, John McFarlane, and his bride when they arrive in town. Mr. McFarlane is a well-known prospector and has had his home here for a good many years. The announcement says:—"On Saturday, April 25, 1936, at 2:30 p.m. at St. Paul's Anglican Church, Bloor East, by Rev. J. M. Crisall, Ruth Bernice, daughter of Mr. and Mrs. W. H. Pike, 60 Withrow Avenue, to Mr. John McFarlane, son of Mr. and Mrs. Jas. McFarlane, of Haileybury, Ontario."

London Free Press:—Hon. David Crell wants to tax hydro. What would be more to the point would be to tax the liquor stores.

## BE BEAUTIFUL

By ELSIE PIERCE  
FAMOUS BEAUTY EXPERT



Sigs of spring bring thoughts of spring clothes and "tailleurs" are now the vogue. Your figure will need to be as flawless as PAULETTE GODDARD'S in her new grey costume. Follow the regime Miss Pierce suggests to attain it.

### THREE DAY LIQUID DIET A GOOD SPRING TONIC

It was sulphur and molasses in Grandmother's day. And as much the fashion for a young Miss to take this tonic in the spring as for the young Man's fancy to "lightly turn to love." The sulphur and molasses was supposed to do things to you; clear your skin, make you bloom. If it did a skin-clearing job, it must be that the complexion and the digestive tract are related.

Let's talk about the digestive tract. We don't often do it. For one thing we do believe that it belongs to the physician's province. For another, it isn't exactly glamorous and we do like to talk about beauty and to look at beauty from the glamorous, rose-coloured-glass-angle, don't you? But occasionally, it is well to be reminded that the functioning of our internal organs has a marked effect on external beauty.

Also, though we definitely do not believe in, nor recommend making a habit of cathartics, it isn't a bad idea to take a dose occasionally, particularly if there is a feeling of fullness or dullness or if bowel movements have been irregular.

Spring Fever  
It is often referred to as spring fever.



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

### That Body of Yours

Finding Whether the Liver is Doing Its Work Properly

When we remember that about 2 of every 3 persons during their lifetime have more or less inflammation of the liver and gall bladder, and that about one in every 20 persons has gall stones, the great wonder is that so few operations for gall bladder trouble seem to be needed. Thus when an operation is advised by the physician or surgeon it is good evidence that it is needed.

However before operation is performed tests are made to see how well the liver and gall bladder are doing their work.

Dr. M. Zimny, Buenos Aires, reports a test for the way the liver and gall bladder are working, the results of which show whether or not an operation, especially the removal of the gall bladder, should be done.

Some dye is injected into a vein and a tube is passed through the mouth and then downwards through the stomach right into the small intestine into which the bile flows down from the liver and gall bladder. By means of this tube the contents of this part of the intestine are drawn up and examined during the first hour that the liver is getting rid of the dye.

The colour of these contents is then compared with a set of test tubes containing definite amounts of dye. If the liver and gall bladder are normal—doing their work properly—the dye appears in the contents (withdrawn by means of the tube) within fifteen and thirty minutes after it was injected into the vein. It takes about three hours for the dye to be completely removed.

### Railways Not to Change to Daylight Saving Time

Official announcement was made last week by H. C. Bourlier, General Passenger Agent of the Canadian National Railways, that all trains will continue to be operated on standard time and not on the daylight saving time in force in a few communities, chiefly the larger cities. There have been a number of changes in schedule announced for the summer in regard to the C.N.R.

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## STAR TRANSFER

"The Yellow Fleet"

### Hon. R. B. Bennett Said to be Ready to Resign as Leader

A report from Ottawa last week was given wide circulation throughout Canada to the effect that Hon. R. B. Bennett is seriously considering the idea of resigning as leader of the Conservative opposition. It is understood that he feels he has not received the co-operation and support from the party in the House that he feels should have been given. Certainly as leader of the opposition Hon. Mr. Bennett has given not only his party but the country at large the most wonderful service. His remarkable grasp of so many questions, his indefatigable energy, his great devotion to what he believes to be the best interests of the country, make Hon. R. B. Bennett the ideal leader. It would be regrettable indeed if the country should lose his services in the capacity of leader of the opposition. From this distance it does appear when the matter is called to attention that he has not received the support from his followers that his aggressive leadership seems to deserve. Hon. Mr. Bennett is so outstanding in parliament, so well able to take care of himself, that it may be that his followers and the public have been taking too much for granted and allowing him to shoulder too large a part of the burden.

### Unorganized Areas Also Required to Hold Clean-up

Regulations of the Ontario Department of Health require a general clean-up in all towns and villages in unorganized territories on or before May 15, and notices to this effect have been posted in outlying districts by provincial health officers.

All yards, premises, lanes, outside toilets and urinals must be cleaned up, and all refuse, garbage, etc., must be carefully drawn away to an established refuse ground, not dumped on streets or public land.

All outdoor toilets must be repaired and made fly-proof on or before May 15. Failure to carry out these regulations under the Public Health Act will be followed by prosecution, and any persons who have refuse on their land will be held responsible for its immediate removal.

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