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wrap our puddings in cloths and boil them according to the old-fashioned method. Instead, we fill greased bowls or cans three-fourths full and cover them tightly before steaming. Oiled paper, by the way, held closely to the bowl with a rubber band, will do just as well as a cover which fits. Water should be kept boiling rapidly in the steamer during the whole time. Large puddings should be steamed from five to six hours; smaller puddings demand about an hour's less time. When they are finished covers should be removed at once, but may be returned after the puddings are cold. They may then be reheated from half an hour to an hour before serving time.

Now just a word about sauces, fully as important as the pudding itself. Hard sauce, liberally flavoured with brandy or rum, or a rich creamy sauce may be used. My favourite, which is perhaps easiest to make of any sauce I know, is called Christmas sauce.

Suet Pudding
 1/2 cup suet chopped
 1/2 cup figs, finely chopped
 2 1/2 cups stale bread crumbs
 1/2 cup milk
 4 eggs
 1 cup brown sugar
 1 teaspoon salt
 1/2 teaspoon cinnamon
 1/2 teaspoon nutmeg
 1/2 cup nuts, cut
 1/2 cup seeded raisins, cut
 2 tablespoons flour
 2 teaspoons baking powder

Work suet with hands until creamy. Add figs. Soak bread crumbs in milk, add well beaten eggs, sugar, salt and spices. Combine mixtures, add nut meats and raisins dredged with flour. Sprinkle over baking powder and mix thoroughly. Turn into greased mold and steam three hours.

Plum Pudding
 1 1/2 pounds seedless raisins
 2 ounces citron, cut fine
 2 sour apples, cut fine
 1/2 cup fruit juice
 1/2 cup brandy
 Grated rind of a lemon
 1 cup chopped Brazil nuts or almonds
 1 1/2 cups dry bread crumbs
 1 cup suet, chopped fine
 1 cup flour
 1 teaspoon cinnamon
 1/2 teaspoon allspice
 1/2 teaspoon ground cloves
 1 teaspoon salt
 1/2 cup sugar
 1 cup molasses

Soak fruit in the liquid overnight; then add remaining ingredients. Put in greased molds and cover tightly. Steam five hours.

Steamed Carrot Pudding
 1 pound flour
 1 teaspoon salt
 1 teaspoon soda
 2 teaspoons baking powder
 2 teaspoons each of cinnamon, cloves and mace
 1 cup chopped suet
 1 pound grated carrots
 1 1/2 pounds raisins
 1 1/2 pounds currants
 2 eggs, beaten
 1 1/2 cups light molasses
 1/2 pound sliced Brazil nuts or almonds.

Mix in the order given. Fill greased molds two-thirds full. Cover tightly. Steam five hours. This makes four small puddings each of which will serve five persons.

Hard Sauce
 1/2 cup butter
 1 cup powdered sugar
 1 tablespoon brandy

Cream the butter, add the sugar gradually and beat together until light and smooth. Add flavouring.

Christmas Sauce
 1 egg
 1 cup powdered sugar
 1/2 cup cream
 2 tablespoons sherry

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NICK BREN
CRAWFORD ST. S. PORCUPINE

Beat, egg add sugar, beat until smooth. Beat cream, fold into first mixture and flavour.
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By James W. Barton, M.D., Toronto

That Body of Yours

Home Treatment of Burns
For years every first aid kit carried a bottle or tube of carroll oil for use in burns. It was a sticky or sticky method but gave ease and seemed to heal the average burn.

That carroll oil is helpful in other irritating conditions of the skin has been discovered by physicians who, having always a supply in their bag, tried it out on these other conditions. As you know 3 to 5 per cent. tannic acid is now used for all degrees of burns instead of carroll oil. Carroll oil has been replaced in the kit bags by tannic acid.

A level teaspoonful of tannic acid to 20 teaspoonfuls of water gives the 5 per cent. solution. Two or three years ago it was reported in the Journal of the American Medical Association that if tannic acid were not available the use of strong tea would do equally well; tea is available in practically every household.

Dr. Stewart Middleton, Edinburgh, reports: "Some years ago I was able to treat alternate cases of a series of fairly severe scalds in children with tannic acid and tea. So far as results were concerned there was no difference between the two."

For first aid purposes in the home the brew of tea should be of the "lumberjack" variety produced by boiling a handful of tea in a pan of water for a few minutes. Strips of linen may be sterilized by boiling them at the same time, then lifted out and allowed to drip until cooled to body temperature before being applied to the burn.

Dr. Donald R. Wells, in the Journal of the American Medical Association, suggests immersing a badly-burned patient in a tub filled with warm tannic acid solution—using enough tannic acid powder to give it a good muddy colour. Fresh water is run in and the solution drained out continuously and more tannic acid is added from time to time. The solution softens, loosens, and raises the destroyed tissue. For slight or medium burns spraying paraffin over the burn with a fine sprayer or painting it on with a fine brush is now being used to a considerable extent.

However, using a strong brew of tea is the best and simplest home treatment of burns.

"It is not generally recognized that strong tea was an old wife's method of treating burns and scalds in Scotland in generations past."

Are you susceptible to colds? Do you worry about your heart? Are you overweight or underweight? Does your food agree with you? Do you have to watch your calories, fats, starches, etc.? Do you believe you have an ailment that medical tests do not reveal? The following booklets by Dr. Barton will be helpful to many readers and can be secured by sending ten cents for each one desired, to cover handling service, to the Bell Library, 247 West 43rd St., New York, N.Y.—"The Common Cold," "Why Worry About Your Heart?" "Overweight and Underweight," "Food Allergy," "Eating Your Way to Health," "Neurosis."

Meeting This Evening of Schubert Choral Society

Members of the Schubert Choral Society are specially urged to attend the meeting of the society this (Monday) evening. The time now is short before the first public appearance in Timmins of the Schubert Choral as announced elsewhere in this issue. It is desired to make this first appearance a notable one and rehearsals are very necessary for this, so all members will kindly turn out for the meeting this evening.

Funeral Last Week of Late J. Kingston

Large Attendance at Funeral. Many Beautiful Floral Tokens.

On Monday of last week The Advance announced the death the previous Saturday of James D. Kingston at New Liskeard. Again on Thursday last there was reference in The Advance to the passing of this popular pioneer of the North. The late Mr. Kingston was so well known and so highly regarded in Timmins and district that the following from The New Liskeard Speaker will be of special interest and will be kept as a record of a good friend of the North who has passed on. The New Liskeard Speaker says:—

"On Saturday afternoon news flashed around town that James David Kingston, one of the North's best-known pioneers, had suddenly passed away in a down town business place, from a heart attack. The news could hardly be believed by our citizens because just a few hours previously he had been the centre of a jolly bunch of citizens and wherever he was to be found there was always a considerable amount of merriment in the conversation. The "blues" and the late Mr. Kingston were so far apart that it was always a pleasure to be in a group of men of which he was one, and his gift of good fellowship was appreciated from the most southerly part of the mining region to James Bay, where he was also highly respected by the natives of that far north country."


"The deceased was born at Chatham, New Brunswick, in 1874 and first came to this part of the North in 1905, when he joined in the boom days at Latchford, from which point all business up the Montreal River penetrated into the Elk Lake and Western mining fields. At Latchford he established one of the first modern hotels in the country and for several years he remained at that centre. Eventually Latchford lost the business it had been previously favoured with and Mr. Kingston returned south, settling in St. Thomas, where he remained until 1916. He again brought his family north and from 1917 until the day of his death New Liskeard was the real home of the family. During the intermediate years the deceased was actively engaged in business at various northern centres, including Timmins, Iroquois Falls, and Moosonee, while he had also been connected with the lumbering business at various Northern Ontario points."

"The late Mr. Kingston is survived by his widow, and three daughters, Muriel, at home; Mrs. W. A. Plant, Smooth Rock Falls; Mrs. John Fee, Hamilton, and three sons: Robert and Thomas, South Porcupine, and David at Howey Red Lake."

"The Rev. Mr. Kerr of St. Andrew's Church conducted services at the family residence on Tuesday afternoon and at the grave, after which the burial rites of the Masonic Lodge were carried out by the New Liskeard Lodge and fellow members from Haileybury and other centres."

"The immense banks of flowers were mute testimony of the respect in which the deceased and his family are held in the community, as well as amongst those from distant points, who thus paid tribute to his memory."

"Floral tributes were received from the following: "Cassie and Jack; Mr. and Mrs. J. Bucher and family; E. McDermid, Iroquois Falls; Bill Romon, Iroquois Falls; Mrs. A. G. McArthur, Haileybury; Mrs.



Phone 153

and end Your Wash Day Work and Worry

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"Municipal Corporation Twp. Tisdale; Mr. and Mrs. W. Wilson, South Porcupine; Chas. V. Gallagher, South Porcupine; Myrtle and Arnie Wright, Kirkland Lake; Dr. and Mrs. R. Neelands, Kirkland Lake; Family, Temiskaming Preceptory No. 60; Mr. and Mrs. Percy Knox; Dr. and Mrs. Farlinger; Mr. and Mrs. C. B. Stevenson; Mr. and Mrs. Geo. Taylor; Mr. and Mrs. I. B. Bradley, Latchford; Mr. and Mrs. A. G. McArthur, Haileybury; Mrs. C. J. Belanger and family, Haileybury; Dr. and Mrs. Young, Iroquois Falls; Mr. and Mrs. Caldwell, Haileybury; Ada and Wilbur and family; Mrs. C. W. Walkinshaw; Mr. and Mrs. J. F. Mulligan; Mr. and Mrs. L. R. Newman, Iroquois Falls; Mr. and Mrs. E. J. Miller and family; Temiskaming A.P. & A.M.; Mr. and Mrs. S. G. Eplet, Jr.; Mr. and Mrs. Osborne, Iroquois Falls; Ray and Ethel Eades, Smooth Rock Falls; J. H. and Mrs. Sumbler; Les Appleton; Austin Clarabut; Rein, Ken and Mary Donoghue; Mrs. Beatrice King; Conlin Bros.; Mr. and Mrs. Amm; Alf and Glad; Liberal Conservative Association; Kwanians, New Liskeard; Mr. and Mrs. Howard Walter; Mr. and Mrs. J. R. Bailey; H. W. Sutcliffe and family; Leslie and Bessie Shore, Smooth Rock Falls; Mr. and Mrs. J. Beemans; Hendry family; Mr. and Mrs. Len Hill; Mr. and Mrs. Frank Evans, South Porcupine; Larry Newton; Mr. and Mrs. Donald McKay; Mr. and Mrs. C. Sharp; Mr. and Mrs. T. S. Armstrong; Mr. and Mrs. H. Stone, Smooth Rock Falls; Mr. and Mrs. W. Brown; Mr. and Mrs. Meisner; Mr. and Mrs. W. L. Purdon and Arnold, Timmins; Judge and Mrs. F. L. Smiley, Ottawa; A. J. Kelly, Iroquois Falls; Iroquois Falls Hunting and Fishing Club; Mr. and Mrs. J. Thornam, Cobalt; Mr. and Mrs. Russell Murphy, Haileybury; Mr. and Mrs. Thos. Moore, Smooth Rock Falls; Mr. and Mrs. L. Bigelow, Smooth Rock Falls; Dr. and Mrs. D. R. Fleming; Carl and Toots, Kirkland Lake; K. Bromley; Mr. and Mrs. S. C. McDonald; Mr. and Mrs. W. A. Taylor; The T. C. Grills; Ladies Circle, Smooth Rock Falls; Mr. and Mrs. Terry Smith, Haileybury; Mr. and Mrs. S. E. Thicke."

Christmas Puddings and Something About Sauces

Almost All Christmas Puddings have the Same Basis of Flour and Suet, with Variations of Fruit, Spices and Nuts to Add Flavour. Plum Pudding, Steam Pudding, Sauces.



(By Edith M. Barber)

"When good King Arthur ruled the land He ruled it like a king; He stole three pecks of barley meal, To make a black pudding."

A black pudding the king did make. He stuffed it well with plums, And in it put great "gobs" of fat As big as my two thumbs.

"The king and queen did eat thereof, And noblemen beside, And what they could not eat that day The queen next morning fried."

So goes the nursery rhyme of ancient date. We do not know when it was written but history tells us that from medieval times plums and puddings have been associated. The oldest recipe to be found is for a sort of porridge which actually demanded plums instead of the fruits of the present-day which have replaced everything but the name. From Christmas Day to Twelfth Night plum pudding was customarily served each day. It was supposed to be unlucky to eat it before December 25, but good fortune was guaranteed if pudding were eaten daily for the following 12 days. Neighbours and friends exchanged puddings perchance for variety, but also to insure special good fortune for the year.

To-day nothing is more appreciated for a Christmas remembrance than a share from the results of an old family recipe for Christmas pudding. Both Syracuse and Boston are appreciated contributors to my Christmas dinner. Last year the jury disagreed as to which deserved the prize.

While practically all puddings have the same basis of flour and suet, variations of fruits and spices, the use of sugar or molasses, or the inclusion of nuts will produce differences in richness and flavour. Both Scotch and German recipes call for grated carrots as well as fruit. English recipes sometimes call for brandy, rum or sherry as part of the liquid. My own preference is to save my liquor to soak the pudding in after it is steamed. In these modern days we seldom

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