

Maryland Chicken and Right Method to Cook it

Important to Have Skillet Filled with Fat to the Depth of an Inch Around Chicken. Then About the Meringue Question. It All Depends on the Type You Want.

A meal partaken at a home on the Eastern shore of Maryland is something to be remembered. There is one which lingers in my memory. It began with oysters fresh from the bay; then came chicken Maryland, baked yams, corn pudding, accompanied by many preserves with mince pie for dessert.



(By EDITH M. BARBER)

The Maryland chicken, by the way, was quite unlike the dish as it is conceived by hotels outside of the south, where the chicken is usually dipped in a batter and fried in deep fat. In Maryland, the method is quite different. There are discussions, even among the good housewives of this state, as to the exact way in which the chicken should be prepared. There is certainly nothing better however than a recipe which comes from the state and which I am giving to-day. There is a disagreement as to what fat should be used in the cooking. It may be all butter, or part bacon fat; it may be all lard, or a mixture of lard and butter or bacon fat. The important point is to have your skillet filled to the depth of an inch

around your chicken. If you decide to make gravy after the chicken has finished cooking, most of the fat must, of course, be removed from the pan.

Maryland Chicken

1 young chicken
1 cup flour
2 teaspoons salt
Pepper
Fat
Cut chicken, in pieces for serving. Wipe well. Put flour and seasoning in bowl, place chicken in mixture and rub into chicken with fingers until no flour is left. Melt fat in skillet which after melted should be over half an inch in depth. When very hot, add chicken and cook until golden brown, turning often. Cover and set to one side for half an hour. Serve with creamy gravy.

Cream Gravy

Leave four tablespoons of fat in the pan in which chicken was cooked. Stir in three tablespoons of flour and when well blended, add two cups of milk, stirring constantly until smooth and thick. Season to taste with salt and pepper.

The Meringue Question

Meringues! The question keeps cropping up every so often. The recipe depends upon the type of meringue which you prefer. If you wish it to tower to the skies and to be dry, one tablespoon of sugar should be used to each white-beaten egg white. If you prefer a sweeter and more flavoured topping, you may use from two to four tablespoons of sugar for each egg white.

With the small amount, you have a fluffy meringue, although it will not rise so high as when one tablespoon of sugar is used. With the larger amount, you will have a frosting type of meringue which will keep soft and shiny and which in my opinion is more delicious, although not so spectacular as the others.

There is one other point besides the amount of sugar, however, which must be considered in making the perfect meringue of any type. The oven temperature must be low; otherwise you

will have a tough product. Besides this, if you use a hot oven and a short cooking, your beautiful meringue may shrink almost to nothingness. Like all other rules, this one has one exception. When you are making a baked Alaska, that combination of cake, ice cream and meringue, you must use a hot oven as the ice cream will not hold up during the longer time necessary for the browning.

Just one more note: When you are making the type of meringue known as "a kiss," use a dry pan, rather than the usual greased baking sheet. If, however, you wish to keep the bottom of the shells soft so that you may fill them with ice cream, they should be baked on a wet bread board.

Meringue Glace or Kisses

Whites of four eggs.
1 1/4 cups powdered sugar or
1 cup granulated sugar
1 teaspoon vanilla
Beat egg whites stiff add gradually sugar, beat until mixture will hold its shape. Add flavouring and drop by spoonfuls from top of spoon on ungreased pan. Bake thirty minutes in a very slow oven (250 degrees).

Baked Alaska

1 Sponge cake
1 pint ice cream
3 egg whites
3 tablespoons sugar
1 teaspoon vanilla
Remove center from top of cake, leaving a shell at least 3/4 inch in thickness. Fill with ice cream and cover with meringue made by beating egg whites and adding sugar and vanilla. Bake in a hot oven, 450 degrees F., until light brown and serve at once.

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Lieutenant Governor Shook Hands with 2,257 People

Last week Lieutenant-Governor Dr. H. A. Bruce entertained the delegates to the Ontario Education Association meeting at Toronto, a reception being given in their honour at Chorley Park, the official residence of the Lieutenant-Governor. During the reception it is estimated that Lieutenant-Governor Bruce shook hands with 2,257 people, which is a work of some importance and very wearing.

Dayton Journal—How does a dictator feel? Well, you know how you feel when you sit on a cushion and hank for curb service.

BE BEAUTIFUL

By ELSIE PIERCE
FAMOUS BEAUTY EXPERT



MYRNA LOY has given us a delightful intriguing screen characterization of a charming vivacious wife, always lovely, amusing, entertaining

Want a Spring Tonic? We Suggest Day of Coddling

Just about this time of the year women are apt to be down in the depths of the doldrums. Spring isn't quite here, even though Easter did come early this year. Even the purchase of a new hat and wardrobe doesn't bring the usual thrill. In short, a spring tonic is sorely needed.

What to do? My suggestion is a whole day devoted to coddling, pictorially speaking. If you're a housewife and your husband has gone off to business and children are safe in school and you're blissfully alone, make the most of your spare time.

First—A Scented Bath

First, get into a tepid, scented bath. There's nothing quite like a scented bath to lift one out of the blues, to flatter one's ego. Take pine, for instance, the very odor is invigorating, stimulating to the entire system. A pine-perfumed bath can turn the same trick as the proverbial "rose-coloured glasses."

Relax in the tub. Meantime, give yourself a facial. The facial might be started just one jump ahead of the tub. Cleanse the face thoroughly. Remove cleansing cream with tissues. Then apply a stimulating cream, the type that stings a bit and leaves the skin tingling. Out of the tub, pat yourself dry and use a perfumed bath or oil or

bath dusting powder—again anything that seems to set you up. Remove the stimulating cream from face. Apply a good emollient cream and massage gently. Leave a thin layer on the skin for a while. Now lie down—yes, actually. Your ironing isn't done, and a million other little details to attend to, but the mere fact that you have the courage to let them ride for an hour or two or even "until to-morrow" will add a valuable ingredient to the "spring tonic."

From this point on you can add as much "spring tonic" spice as you wish. Do a few setting up exercises, bend and stretch and twist and breathe deeply. You can give yourself a home-massage, you can set your hair, put it up in little curls, put on a net and wait for the ringlets to dry in. You can pluck the stray hairs in your brows, you can pedicure your toenails. Let your time and inclination guide you.

Gradually you'll begin feeling like a million dollars. Apply your make-up, put on your favourite costume—and if you have more courage go out for lunch or tea. Forget your thousand little duties. Presently you'll be out of the doldrums—that much nearer to beauty.

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Jas. W. Barton, M.D., Toronto

That Body of Yours

Preventing Gall Stone Formation

Although it is agreed that gall stones exist in not less than 5 persons in every 100, or 1 in every 20, there are a great many of these who never know they have them or suffer very slight discomfort because of them.

Of course when an attack of colic—biliary colic—occurs with its agonizing pain in the upper right side of the abdomen, often extending over into the right shoulder, lasting usually from 3 to 12 hours but sometimes much longer, there is no doubt that the gall stones are attempting to pass through the little tube or bile duct into the intestine.

However before the attacks of gall stone colic occur, there are usually symptoms of distress and indigestion, inability to eat fat foods and coarse vegetables, a great amount of gas in the stomach and intestine, stools light coloured (clay), and sometimes nausea and vomiting.

The formation of gall stones is believed to be due to (a) infection from elsewhere in the body which inflames the lining wall of the gall bladder and thickens the bile; (b) to stoppage or slowing up of the movements of the gall bladder thus interfering with its emptying properly or promptly, the "thickened" bile thus forms the little start in building up the stone; (c) precipitation of waste matter in intestine—constipation. Thus in the prevention of gall stones, the aim now is to prevent this slowness, stoppage (stasis as it is called) by keeping the lower bowel active, so that there will be no passage upwards of organisms from the lower bowel to the liver and gall bladder. Anything that will keep the bile more liquid and flowing freely into first the small and then into the large intestine will prevent gall stones. Bile is nature's purgative; if it flows freely there should be no constipation and no gall stones.

There are two methods of making the bile flow freely—eating the proper foods, and squeezing the liver and gall bladder by means of exercise, particularly bending exercises. The proper diet is that containing plenty of roughage—cellulose—found in

vegetables and fruits, cutting down on fats (except the small amount found in milk). As a little fat or oil helps to empty the gall bladder, olive oil is often recommended.

The exercise treatment consists in exercises in which the body is bent forwards, backwards or sideways from the hips, knees kept straight.

Eating Your Way to Health

Send to-day for this special booklet (No. 101) by Dr. Barton, dealing with Vitamins, Minerals, Calories and What and How Much to Eat. Enclose ten cents to cover service and handling and be sure to give your name and full address. Send your request to the Bell Library, in care of The Porcupine Advance, 247 West 43rd Street, New York, N.Y.

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Nellie Lake Booming at the Present Time

Higher Rents for Houses Asked To-day at Nellie Lake than at Cochrane.

Iroquois Falls, Ont., April 1, 1937.—(Special to The Advance)—The village of Nellie Lake, ordinarily very quiet, is at present a booming hive of industry due to the fact that the materials for the new Frederic-khouse dam are being unloaded there. Some 200 men are already at work and it is expected the project in all will eventually employ a thousand men, at Nellie Lake and at the dam site.

Three tractors, hauling sleigh trains of thirty tons each make the thirteen-mile trip from Nellie Lake to the site three times daily and at present are working on a high-speed schedule in order to beat the spring thaw. The hauling is in charge of Jim Kitts, Matheson, and Bill Kitts, Cochrane.

Some indication of the extent of the boom may be gathered from the fact one of the men employed at Nellie Lake at present on the project attempted to rent what might well be termed a shack. He was asked \$35 a month and when he demurred on the basis he paid only that much for a good house in Cochrane, was told "Oh, yes, but there isn't the boom at Cochrane there is at Nellie Lake."

It is expected that when the dam is completed the water will rise roughly seven feet in Frederic-khouse Lake and five and half feet in Night Hawk Lake. Barber's Bay will be wiped out and the road at Connaught will be raised five feet at the approach to the bridge.

We Asked 292 Young Women "How do you expect to hold your man"



51 said, "With my father's money."

241 said, "By keeping young by sending everything to the TIMMINS LAUNDRY... it's Thrifty too."

Looks like there's a shortage of heiresses in the district. But don't fret you working girls, hopes are high for a happy married life if you just stick to your resolution. Remember, your husband doesn't marry you to turn you into a washwoman. Your job is to stay the young and attractive girl that you are. Timmins New Method Laundry Service is really more economical, too, and your husband will like the way they do his shirts.

Phone 153 and our driver will call

TIMMINS New Method LAUNDRY

Slim Creek, flowing from Wilson Lake to the Frederic-khouse, will be backed up to such an extent that it will likely be possible to get from Wilson to Frederic-khouse by boat. Thus it will be possible to get by boat from Wilson to Frederic-khouse and from Frederic-khouse into Night Hawk, since the dam at Connaught will, in all probability, be eliminated.

Says Streamlining has Now Reached Basement

Streamlining is invading the basement, reports H. G. Laidlaw, of Patricia Engineering Limited, local Iron Fireman dealer, who has just returned from the annual national sales convention of the Iron Fireman Manufacturing Co. of Cleveland.

"Modern automatic coat stokers are completely enclosed in smoothly-rounded, sound-proofed, dust-tight housings," he said. "Great refinements have been made in the 'coal flow' type stokers, which convey their own coal automatically from bin to fire."

Information on the new models will be available from the local dealer, Smith & Elston, Timmins, Ontario.

Featuring Notable Palestine Picture

"Land of Promise" to be Shown at Goldfields on Friday, April 9th.

"The Land of Promise," admitted by critics to be one of the really outstanding films of recent times is to be shown at the Goldfields Theatre on Friday, April 9th, matinee and evening. This picture not only has sentimental appeal but it has also notable historical and educational value, dealing as it does with an incident of world importance and interest—the return of the Jewish people to their promised land of Palestine. As a work of art, the picture has been given much praise, but it is in its fidelity to actual life that it will prove of highest value. Every scene in the film was taken in Palestine under actual conditions obtaining there and every artist in the picture is a citizen of Palestine. The Jewish "Chalutzim" who are toiling on the land in Palestine are featured, as is also the industrial development of the new-born cities of the land. The beautiful scenes of the Holy Land shown in the picture are themselves alone well worth seeing, while the historic value of the film is specially noteworthy.

"The Land of Promise" is brought here by the Zionist Society of Timmins but the film should prove of very wide appeal to all interested in travel, history of the Bible. The Zionist Society expresses its appreciation of the co-operation given them by the Mascioi Theatres Ltd., and the Hanson Theatres of Toronto, and the public no doubt will add its thanks to the Zionist Society for the benefit in bringing this excellent picture here.

In order to afford all an opportunity to see this remarkable picture, two showings have been arranged. There will be a matinee on Friday afternoon, April 9th, and the evening showing on the same date at the Goldfields theatre.

The Zionist Society is taking steps to interest all the local schools so that as many children as possible may see the picture, as it is considered of special historical and educational value.

IS THIS LEGAL?

(Globe and Mail)
"Ignorance of the law," said the Judge at a certain crisis in a case, "is no excuse for violation of the law."
"May I ask, m'lud," asked the prosecuting counsel, "whether your remarks are directed at the defendant or his lawyer?"

King Not in Uniform on New Issue Stamps

Canadian Postage Stamps Recently Issued have Many Points of Interest.

The new issue of postage stamps bearing the picture of His Majesty, King George VI, is on display in the lobby of the Timmins Post Office. The new King is portrayed in a business suit, this being the first time a King has been pictured on Canadian stamps in any but a uniform of the Imperial army or navy.

The colours of the recent issue remain the same, the green emerald stamps, the brown twos, and the red threes. The red, however, is of a slightly different shade than that of former issues and another noticeable difference is the style of wording; the word "Canada" being curved within the oval about the pictorial part of the stamp instead of in a horizontal position across the top.

Baltimore Sun.—In Little Falls, N.Y., James Hallinan reported the theft of a granite monument weighing 1600 pounds.

No Aches or Pains No Stiff Joints...

since I started using Curtis Rheumatism and Arthritis Liniment. It's astounding how quickly and effectively it gives relief," said one old gentleman who had rheumatic trouble for years. It can do the same for you. Don't suffer from rheumatism, sciatica, neuralgia, gout or lumbago. Try this harmless, yet powerful treatment now. Get a bottle at Curtis Drug Store, 14 Pine Street North, Timmins. Just 50c a bottle and if you are not entirely satisfied your money will be refunded. Don't delay. Call in to-day. Adv.



ATTENTION!

GRAND OPENING OF FISHMAN'S DEPARTMENT STORE

TUESDAY MORNING 9 a.m.

Be here when the doors open Tuesday morning for the greatest value sensations Timmins has ever seen. The opening of this Big Modern Department Store, one of Timmins finest, is an event you should not miss.

Our complete new stock of Men's, Ladies' and Children's Wear goes to the public at sacrifice prices. It is only possible to mention a few of our many bargains, so we invite you to come and see for yourself the great values this new department store is offering.

Values! Values! Values!

<p>Men's Dress Shirts English Broadcloth, Astoria Brand. Real good quality.</p> <p style="font-size: 1.5em; font-weight: bold;">59c</p>	<p>Work Boots Parco, solid leather, all men's sizes. Opening sale price.</p> <p style="font-size: 1.5em; font-weight: bold;">1.69</p> <p style="font-size: 0.8em;">Bargain Basement</p>	<p>Socks Both Dress and Work Socks. For our opening sale.</p> <p style="font-size: 1.5em; font-weight: bold;">5c</p> <p style="font-size: 0.8em;">Bargain Basement</p>	<p>Men's Suits With two pair pants. Get your new spring suit here!</p> <p style="font-size: 1.5em; font-weight: bold;">9.98</p>
<p>Ladies' Shoes Values to \$3.95. For our opening sale.</p> <p style="font-size: 1.5em; font-weight: bold;">98c</p>	<p>Panties Ladies' good quality panties.</p> <p style="font-size: 1.5em; font-weight: bold;">15c</p> <p style="font-size: 0.8em;">Bargain Basement</p>	<p>Silk Dresses Values to \$6.95. Ladies here is your opportunity. Stock up with these.</p> <p style="font-size: 1.5em; font-weight: bold;">1.98</p>	<p>Men's Ties 9 a.m. to 12 a.m. special. Be early for these.</p> <p style="font-size: 1.5em; font-weight: bold;">10c</p> <p style="font-size: 0.8em;">Bargain Basement</p>

Sam Fishman

THE NEW FASHION CENTRE OF TIMMINS

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