

# Suggesting a Menu that May be Prepared Quickly

Some Hints as to Tasty Meals that do Not Take Long to Prepare. Baked Ham with Glazed Fruit. Company Quick Meal. Potatoes With Cheese.

When the business woman house-keeper entertains on a work day, she will naturally choose a menu which will be quick to prepare. Perhaps she will make some of her preparations the night before. For instance, creamed



(By Edith M. Barber)

potatoes can be made ready for the oven and the casserole set in the refrigerator ready for baking long enough to heat and brown them.

For the meat, she may like to choose one of those delicious hams which are cooked while they are smoked and which need only to be spread with a mixture of brown sugar and mustard. An attractive garnish may be furnished by slices of pineapple or whole apricots fastened to the ham with cloves and a few toothpicks to hold in place. With a large bowl of mixed green salad, hot rolls and relishes, a first course will be complete.

Time of preparation may be cut even further if, instead of creamed potatoes, canned whole tomatoes, dressed with parsley butter flavoured with lemon juice, is chosen. The dessert may be ice-cream, perhaps vanilla with crushed strawberries. With this may be served small fancy cakes. This menu was served at my own house recently with the exception of the dessert which consisted of homemade cream puffs which, however, take more time for preparation than most business women have at their disposal excepting on holidays.

**Baked Ham With Glazed Fruit**  
1 boiled ham  
1 cup brown sugar  
1 tablespoon prepared mustard  
1 can sliced pineapple  
Whole cloves  
1 dozen candied cherries  
Spread ham with brown sugar mixed with mustard. Put ham in roasting pan, press pineapple rings into the sugar and stud the sides of the ham with cloves. Add pineapple juice to pan and bake in a hot oven (450 degrees F.) for thirty minutes. Baste with pineapple juice several times during cooking. Remove from the oven and garnish with candied cherries.

**Potatoes With Cheese**  
2 1/2 cups diced cooked potatoes  
3 cups well-seasoned white sauce  
1/2 cup finely cut cheese  
Combine potatoes and white sauce and mix well. Pour into greased baking dish and sprinkle top with cheese. Bake in a moderate oven (375 deg. F.) 15 to 20 minutes until potatoes are light brown.

**Company Quick Meal**  
Cocktails  
Crackers Olives Pickles  
Salted Nuts Cheese Popcorn  
Baked Ham With Glazed Fruit  
Potatoes With Cheese  
Mixed Vegetable Salad  
Mixed Pickles Jelly Hot Rolls  
Ice-Cream, Strawberry Sauce  
Little Cakes Coffee

**Method of Preparation**  
Light oven.  
Prepare ham and bake.  
Prepare salad.  
Crush strawberries with sugar.  
Brown potatoes.  
Heat rolls.  
Make cocktails; arrange accessories.  
Make coffee.

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## Children's Aid Has a Successful Year

Financial Statement Presented at Annual Meeting on Thursday Night.

The following is the financial statement for the District of Cochrane Children's Aid as presented at the annual meeting on Thursday evening last:

Covering the operations from March 31st, 1936, to March 31, 1937.	
<b>Receipts</b>	
Balance on hand March 31, 1936	\$ 1,193.10
<b>Donations</b>	
Dome Mine	\$ 200.00
Hollinger Mine	1,000.00
McIntyre Mine	500.00
Township Tisdale	250.00

Centaurum Mine	200.00
Town of Timmins	750.00
Buffalo Ankerite	100.00
Iroquois Falls	49.85
Paymaster Mine	85.00
Trinity Male Choir	35.75
Arbutus Chapter O.E.S.	10.00
Porcupine A.F. & A.M.	15.00
Golden Beaver A.F. & A.M.	178.00
Royal Arch Chapter	15.00
Spruce Falls Lodge	20.00
Campaign Funds	1,232.76

**General Maintenance** \$ 4,641.36

Township of Tisdale	540.00
Town of Timmins	2,904.75
Town of Cochrane	297.00
Province of Ontario	7,580.21
Town of Kapuskasing	139.50
Miscellaneous	93.75
Travelling Refunds	392.60
Government Grant	500.00
Box Collections	3.25
Typing	96.00
Total receipts from all sources	\$18,381.52

**Disbursements**

Travelling	843.20
Office Expense, Including Rent	394.37
Provisions Shelter	2,428.33
General Maintenance	887.19
Outside Maintenance	550.21
Outside Board	5,500.83
Light and Fuel	907.98
Hospital and Medicine	305.36
Clothing	799.05
Petty Cash Expense	263.10
Salaries	4,743.50
	\$17,623.12

Balance on Hand 758.40

**Bank Reconciliation**

Balance as Shown Bank	773.40
Book	15.00
Cheque No. 12 Outstanding	15.00
	\$758.40

Audited and found correct and as shown by the books and records of the Society.

W. D. Cuthbertson, C.P.A., Auditor

(Dated at Timmins, May 11, 1937.)

**Assets and Liabilities, March 31, 1937**  
The following are the assets and liabilities as at March 31:

<b>Assets—Accounts Receivable</b>	
Town of Timmins Travelling	\$ 53.35
Township of Tisdale Maintenance	35.00
Cash on Hand in Bank	758.40
<b>Liabilities—Accounts Payable</b>	
Bertrand Bros.	\$108.69
Sam Bucovsky, Ltd.	15.66
Mrs. M. Copps	2.10
Golden North Bakery	15.29
Mosley and Ball	8.60
Marshall-Eccleston Limited	15.85
Smith and Elston	2.05
Timmins Electric Co.	1.50
	\$169.74
Net Surplus	\$677.01

Stanley Baldwin:—Dictatorship is like a great beech tree—nice to look at but nothing grows under it.

Sam Shipman:—Here's what I found out about Success: five meals a day isn't good for you.

## DON'T SUFFER FROM RHEUMATISM

No sensible person should continue to suffer from rheumatic pains and miss the pleasures of life because of stiff joints. Before resorting to operations, injections or other drastic measures try a bottle of Curtis Rheumatism and Arthritis Treatment.

This powerful, yet harmless internal remedy is easy to take and in numerous cases very effective. Get a bottle at Curtis Drug Store, 14 Pine Street North and start to-day. In a short time note the improvement. Then continue until your condition is entirely relieved. Money returned if not satisfied.

## Englehart Parade Remarkable Event

Celebration of Coronation Day Would Have Done Credit to Much Larger Place.

Englehart, Ont., May 14th, 1937.—(Special to The Advance)—The Coronation celebration in Englehart went over with a royal bang. The streets were gaily decorated with streamers of flags and coloured lights, whilst the stores and residences were profusely decorated.

The proceedings commenced with a parade of the High and Public School pupils to the children's park, where Coronation mugs, filled with chocolates, were presented. Through the generosity of the Mayor, Billy Weeks, each boy and girl was presented with a bronze Coronation medal.

The Girl Guides and Brownies then marched to the Red Cross hospital, headed by members of the Legion, where they planted oak trees.

At 1:30 p.m. the main parade formed up in the school grounds, and proceeded to the athletic grounds, led by the Englehart Band.

The following floats were in the procession:—  
Englehart Legion—Cookhouse with seven soldiers doing fatigue, peeling potatoes, and handing out soup, etc.

Red Cross Hospital—with nurse, and several cots containing children, who were supposed to be sick, but whose bright smiles belied their supposed condition.

Englehart Chapter Eastern Star—Brianna, in gold helmet, holding trident.

The I.O.D.E.—Royal coach, drawn by four greys, with coachman, footmen, postillions, containing the King and Queen in royal robes, with two outriders on white horses and an escort of three on white horses following the coach. The coach itself was a work of art, and was gaily decorated in red, blue and gold, with the royal arms on the panels.

The Rebekah Lodge float carried a happy family, representative of the Royal Family, in a garden of flowers, and was wonderfully effective.

The Public School float represented the King and Queen on their thrones, with representatives of the various countries in the Empire kneeling in front of them, holding flags and emblems of their country.

Interspersed in the procession were gaily decorated cars and bicycles, and the Boy Scouts, Girl Guides and Brownies looked exceptionally smart, and marched well.

On arrival at the grounds, there were all kinds of races, and softball games between the council and school boards, the trustees proving too good for the councillors, and another game between Englehart girls and the country.

In the evening at 8 o'clock the residents of the town and surrounding country gathered at the athletic grounds, where community singing led by the Englehart Band took place, until dark enough for the fireworks. This was a wonderful display, and took about half an hour. The largest crowd in the history of the town was present, and thoroughly enjoyed the display.

Much credit is due our energetic mayor for the way he has worked to make the day a success. He spared no time and effort, and incidentally no expense to ensure a good day, especially for the children who will long remember Coronation Day in Englehart.

After the fireworks, there was a dancing competition, both Highland and tap dancing, in the Masonic hall, followed by a dance, sponsored by the Legion, which drew a capacity crowd, and was a fitting ending to a wonderful day.

## Coronation Event Held at Golden City

Township of Whitney Joined in Observation of May 12th.

South Porcupine, Ont., May 15, 1937. (Special to The Advance)—Coronation Day was celebrated in Golden City with the children as the chief centre of things.

Medals in commemoration were bought by the Township of Whitney and distributed in the school, and two large tubs of ice-cream and lots of "pop" were given away during the afternoon.

A day of sports for the children, prizes being given to the champions by the trustees, with racing, boxing, etc., was carried through, culminating with fireworks and a big bonfire on the beach at dark. The Edgewater Beach pavilion was the scene of a fine dance in the evening, the Pamour officials providing the orchestra.

## Cobalt Complains About Firecrackers

Clothing Injured by Silly Use of Firecrackers on Street.

Cobalt, May 17.—(Special to The Advance)—Sequel to complaints said to have been made of damaged clothes and of other inconveniences suffered at Coronation festivities here last week, steps to prevent the promiscuous discharge of fireworks in Cobalt may be taken at to-night's meeting of the town council, it was learned over the week-end. Councillor H. W. Rowdon told The Advance he had under consideration the giving of notice of motion to introduce a by-law to that effect. According to him, women's clothing and stockings had suffered from the effects of fireworks being tossed about on the streets, and he had heard also, he said, of one instance where some were thrown partly down one passerby's neck. Councillor Rowdon said he appreciated that it was impossible for the chief of police alone to handle what he considered this nuisance and that the only way to control it would be along the lines indicated, as is done in other towns, he said.



**That Body of Yours**

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

## Treating Stomach and Intestinal Ulcer by Injecting Histidine

I wrote recently of the patient with ulcer of the stomach (peptic ulcer) who became so tired of watching his daily diet, and taking alkalies several times a day that he underwent operation to remove the ulcer thinking this would cure the condition for life. He was greatly disappointed when he learned that it was his "personality," his high strung nervous personality that caused peptic ulcers, and that if he were not still careful of his diet another ulcer would form.

Naturally therefore when a "new" cure for peptic ulcer is announced that doesn't interfere too much with the diet and makes the use of alkalies unnecessary, there is going to be a real trial of the method by patients and physicians.

Dr. John T. Eads, Philadelphia, in the American Journal of Digestive Juices and Nutrition, in referring to cases treated at Jefferson Hospital, says:—

"Over a course of about six months we have treated 35 cases of peptic ulcer with histidine injections. The patient's weight, blood count, stomach analysis, pulse, blood pressure and X-ray findings were recorded before the proposed course of injections was started." Practically no special diet was given or treatment by medicines followed; none of the patients was confined to bed and the majority was permitted to continue usual occupations.

There were both stomach and duodenal (intestinal) ulcers; the average length of time the symptoms had been present was seven and one-half years. The results showed that there was no "reaction" following the injections in the skin itself or in the body as a whole—no change in pulse, blood, or blood pressure. Sixteen patients gained weight, 13 remained the same weight and six lost weight. The X-ray examination showed that in 6 cases all evidence of ulcer had disappeared. In eight other cases there was definite improvement in symptoms and in the X-ray findings; in the remaining 21 cases there was little or no change noted."

Briefly six cases were cured and X-ray showed no evidence of ulcer; eight cases showed some improvement in symptoms and X-ray findings; nine cases showed improvement in symptoms but no X-ray change; 12 cases were unimproved at the end of the treatment.

Granting that this is not a large number of cases, nevertheless "the histidine treatment's chief benefit would appear to be getting away from the special diets and medicines, and prompt and early relief of symptoms with no disagreeable reactions."

**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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## Once a Shipmate of King, at Sault Coronation Day

Lawrence Hemy, once a lieutenant in the British Navy and now a Korah Township farmer, marched in Sault Ste. Marie's Coronation parade yesterday with light step, recalling that the man on whom the eyes of an Empire are turned was once his shipmate on the H.M.S. Collingwood. Hemy recalls that when George VI first joined the ship as Prince George, the Collingwood was loading coal along with other ships of the fleet. The Collingwood finished coaling first and Hemy stepped up to the Prince. He was about to slap his shipmate over the back but changed his mind, merely saying: "Well, Buddy, guess we licked 'em again."

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## BE BEAUTIFUL By ELSIE PIERCE FAMOUS BEAUTY EXPERT



LUISE RAINER'S coiffure is a most distinctive one. A short lock of hair is pulled over the left eye but nevertheless a lovely high forehead is clearly revealed.

## Emphasizing One's Good Points (More About Optical Illusions)

Recently we talked about lines... vertical lines and horizontal lines and how they carried the eye up and down or across, depending upon their own direction. We studied the long face and make-up tricks that make the long face look rounder, and by the same token the exactly opposite rules to make the too-round face look more nearly oval.

To-day let's start with the forehead and work down, emphasizing the good features and calling on optical illusions to work their magic on the not-so-good ones.

**Low Forehead**  
A low forehead is considered a not-so-good point. But many who possess it are clever enough to cover just the hairline or a little more with curls or rolls, particularly a few flat curls or a horizontal roll or a soft wave... just a wee bit of the top of the forehead, mind you, so that no one will guess just where it touches the hair. It is a mistake to sweep the hair back because this reveals precisely the expanse (or lack of it, rather) of the forehead. Keep the eyebrows nicely groomed—a little toward the thin side. A high forehead is balanced by fairly generous brows not too thick, but not too thin, either.

**Large Features**  
Remember this: that small curls, too-set waves, or corrugated waves, severe coiffures or extreme or fancy coiffures all emphasize the size of the features. Small waves and curls make large features seem even larger, more masculine or coarse by comparison. The best rule is: soft, fairly close to the head, but not too sleek arrangements. Hats should be medium size and preferably brimmed. Small hats, particularly turbans, throw the face and features into relief.

**IMPORTANT**

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