

'SALADA' TEA

is delicious

About Preparing for a Happy January Party

Baked Ham, Creamed Potatoes or Noodles, and Mince Pie for Dessert. Also a More Solid Menu, Including Chicken Pie, Dried Beef, Southern Eggnog, Compote of Fruit and Nuts, Etc.

Ting a ring goes the telephone. "I have just decided to have a party. What can I serve? I want things that are pretty nearly ready, so that they won't take much time to prepare, and yet I want a nice supper. What do you suggest?"



(By Edith M. Barber)

That's an easy question to answer with all of the ready-to-use foods on the market. What about making a baked ham your piece de resistance? No, it will not take hours to cook, if you select one of those hams which are cooked while they are smoked. They are tender and rich in flavour. Try spreading the ham with brown sugar and mustard mixed with vinegar. On top of this place pineapple rings with candied cherries in the centre and bake half an hour in a hot oven.

With the ham, you might serve creamed potatoes or noodles with browned crumbs, if you want another hot dish. Otherwise a well seasoned potato salad will be very good. You will serve a green salad in any case. Thin slices of bread and butter, both brown and white, or hot rolls, pickles, jellies, jams, cheese if you like, coffee and either beer or a red wine all go well with ham.

For dessert, nothing could be better than a mince pie, full of plums "with a stick in it," as we used to say. You probably know where you can find one which is—and I mean this—as good as the home made product. If you prefer, you may serve instead one of those attractive molds of ice cream which may be found in holiday style.

Just one more note which probably should have come first. With the cocktails which start the party, you will probably like to serve cheese, popcorn, olives, sliced dill pickles, potato chips, cocktail crackers and some hot hors d'oeuvres, so that you may use one of those servers which you, without doubt, received for Christmas last year.

Baked Ham With Glazed Fruit
1 pre-cooked ham
1 cup brown sugar
1 tablespoon prepared mustard
Whole cloves
1 can sliced pineapple
1 dozen candied cherries
Remove skin from ham and spread 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 Fahrenheit) half an hour. Baste with pineapple juice several times during the cooking. Remove from oven and garnish with candied cherries.

Pigs in Blankets
34 oysters
12 sliced bacon
24 toothpicks.
Drain and dry oysters. Wrap each oyster in half a slice of bacon and fasten the ends together with a toothpick. Brown very quickly on all sides.

in a hot frying pan or under hot broiling flame. Serve immediately.
If you prefer a more substantial meal there may be cold meat, scalloped oysters or chicken pie. There may be hot rolls or biscuits or Melba toast. There should be jellies and jams or spiced peaches or pears.
The dessert may be a fresh or canned fruit compote flavoured with cognac, a cordial or sherry. Mince tarts or the always popular ice cream. There will, of course, be some of your best fruit cake and Christmas cookies.

Chicken Pie
4-pound fowl
2 cups water
2 slices onion
1 bay leaf
4 peppercorns
1 teaspoon salt
3 tablespoons butter
1/2 pound sliced mushrooms
4 tablespoons flour
1 cup chicken stock
1 cup mushroom stock
1 cup milk
1 cup cream
Pastry

Disjoint chicken, put in kettle with water and seasonings. Cover tightly and cook until tender. Drain, cool, remove meat from bones and cut into inch pieces. Melt butter, cook two minutes, stir in flour, add chicken and mushroom stock (made by cooking the tough part of the stems), stir until sauce thickens over the fire. Add the milk and cream and more seasonings to taste. Add chicken. Line casserole with pastry, pour in chicken mixture. Cover with pastry, make several slits in top. Bake fifteen minutes in a hot oven, 450 degrees Fahrenheit.

Dried Beef, Peanut Butter and Catsup
Filling
1 cup peanut butter
1/2 cup shredded dried beef
1/4 cup catsup
1 teaspoon prepared mustard.
Mix all ingredients together and use as spread for Viennese canapes.

Southern Eggnog
6 egg yolks
1 cup brandy
1 pint milk
1 pint cream
Beat egg yolks slightly, add brandy and milk and stir over hot water until mixture begins to just thicken. Stir in whipped cream and when hot serve at once.

Compote of Fruit and Nuts
1 can cherries
1 cup shredded Brazil nuts or almonds.
1/4 cup brandy or
1/2 cup sherry.
Mix all ingredients together, chill and serve.

Mulled Wine
1/2 cup sugar
Rind of two lemons
4 inch stick of cinnamon
6 cloves
1/2 cup water
2 bottles claret
1 glass brandy
Boil the sugar, lemon rind, cinnamon and cloves in the water for ten minutes. Add claret and reheat mixture, add brandy and serve.

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Iroquois Falls Event by Pioneer Chapter

Other News of Iroquois Falls and Ansonville.

Iroquois Falls, Ont., Jan. 1.—(Special to The Advance)—The Pioneer Chapter held a delightful Christmas party for the members, their husbands and families, in the Orange hall on Thursday evening, December 30th.

The exceptionally large attendance enjoyed the musical entertainment and dancing during the evening, which had been arranged for by Worthy Matron Mrs. Hazel Dixon, and Worthy Patron Mr. W. Butcher.

The piano solos by Shirley Falter, Peggy Cutten, and Jackson Ede, at present a visitor in Iroquois Falls, were greatly enjoyed and heartily applauded by the audience. The piano solo by Joan Needham, and violin accompaniment by Sheila Needham, was very good and drew great applause. A piano duet by Mrs. P. Falter and her daughter, Shirley, was lovely and proved delightful to the audience.

Following the musical entertainment, the younger crowd started to dance to the excellent music by Mrs. L. McDonald and Mr. Geo. Wilkes, while the older ones participated in card games.

During the course of the evening's entertainment a lovely lunch was served by the ladies, all participating heartily.

Personal
Mr. and Mrs. J. R. Spence celebrated another wedding anniversary on Monday, December 27th.

Mr. Thomas J. Hogg, mayor of Iroquois Falls, and Mrs. Hogg, celebrated another wedding anniversary on Saturday, January 1st.

Mr. and Mrs. Gordon Morrisette are at present spending a few holidays in Western Canada.

Dr. and Mrs. H. M. Young, and family are at present spending a few holidays in Montreal with relatives.

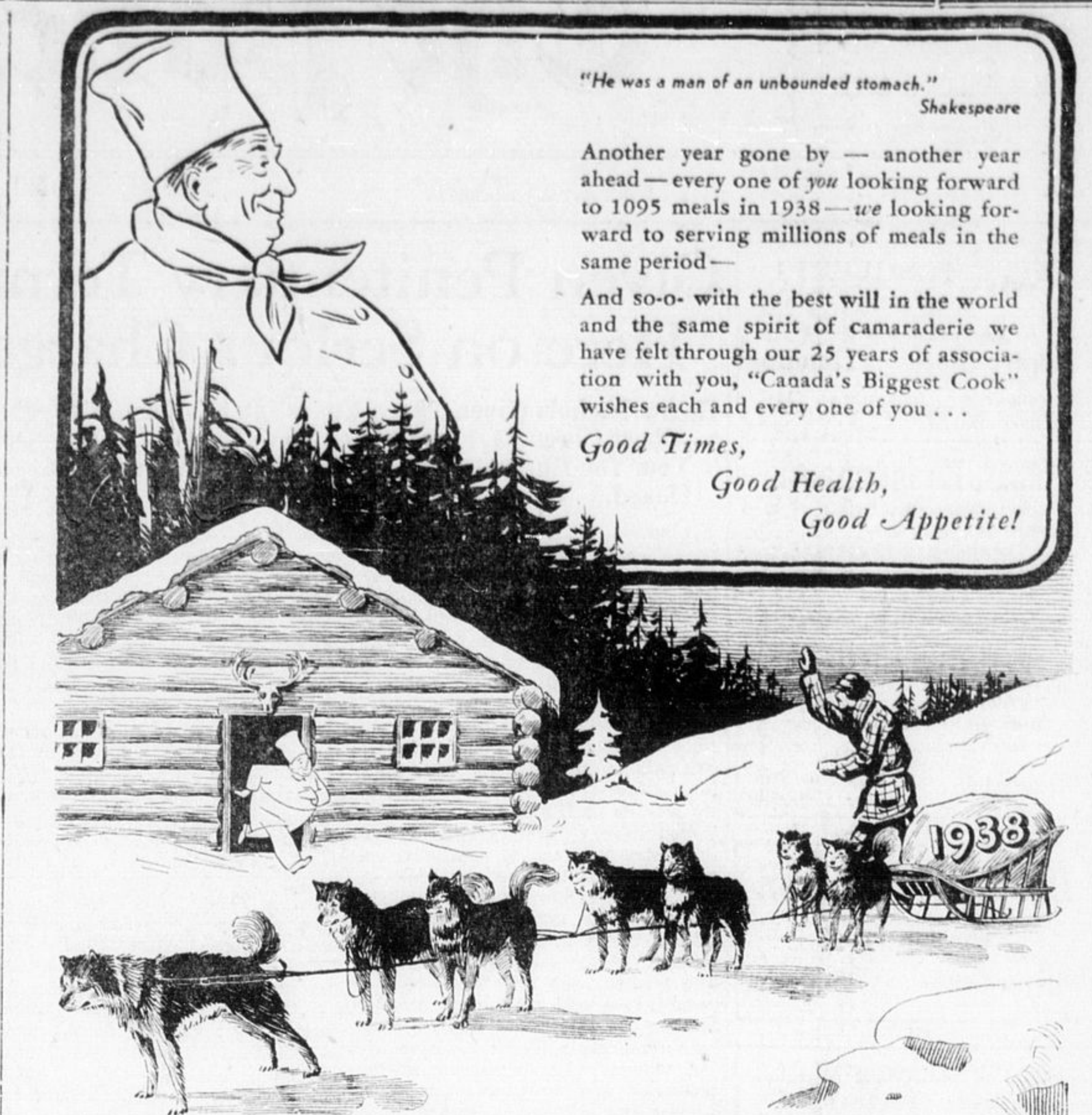
Mr. Jim Brown, superintendent of the Sulphite Mill, and Mrs. Brown, are at present spending holidays in Montreal.

Miss Bertha Miller has joined the main office staff of the Abitibi Power and Paper Co. as stenographer.

Mr. Robert Lowe, of Rouyn, spent the Christmas holidays with his uncle and aunt, Mr. and Mrs. George Brewinell.

Dr. and Mrs. George Seymour and son, Clark, of Barry, Ont., together with Dr. Tom Wilson, of St. Michael's hospital, Toronto, are at present visitors at the home of Mr. and Mrs. Geo. Wilson.

Mr. and Mrs. Jack Wilkes, Kirkland



"He was a man of an unbounded stomach."
Shakespeare

Another year gone by — another year ahead — every one of you looking forward to 1095 meals in 1938 — we looking forward to serving millions of meals in the same period —

And so-o- with the best will in the world and the same spirit of camaraderie we have felt through our 25 years of association with you, "Canada's Biggest Cook" wishes each and every one of you . . .

Good Times,
Good Health,
Good Appetite!

CRAWLEY & McCRACKEN COMPANY, Limited



That Body of Yours

(by James W. Barton, M.D.)

Gastroscope Enables Physician to See Inside of Stomach

In my student days the three principal diseases of the stomach were (a) chronic inflammation of the stomach—gastritis, (b) ulcer of the stomach, and (c) cancer of the stomach. By test meals, removing part of the contents of the stomach at certain periods after taking the test meal, by the location of the pain and its particular type (sharp, dull, persistent), by testing amount of acid in the stomach digestive juice, by loss of weight if any, by blood in the stools, and other symptoms, we tried to tell whether the "dyspepsia" or indigestion present was due to one of the three above-mentioned ailments. Shortly after this time, the x-ray was discovered and by the use of the barium meal the differences were more easily learned and the necessary treatment given.

With the x-rays to help in discovering the condition present, it was thought that it completed the examination.

However another device—the gastroscope ("gastro" stomach, and "scope" to see), seeing the lining of the stomach by the eye, is now giving one more method of telling which condition is present—inflammation, ulcer, or cancer. Drs. J. Schloss, A. Ettinger, and J. H. Pratt, in the Aermican Journal of Medical Sciences, tell of the advances and improvements in the gastroscope in learning the exact disease present in the stomach.

Combined x-ray and gastroscopic studies have been made on 100 cases. By this method of study it was possible to demonstrate chronic gastritis (inflammation), stomach ulcer, and even stomach cancer, in cases where these diseases were not suspected by the usual tests and even by the x-ray.

In the 100 cases studied the x-ray examination revealed stomach ailments in only 40 cases, whereas the use of the gastroscope showed stomach ailments in 62. Such conditions as erosions (wearing away) of the stomach lining, can, as a rule, be discovered only by the use of the gastroscope.

These physicians therefore believe that the use of the x-ray and the gastroscope combined, makes the ideal method of stomach examination, particularly in cases of ulcer, cancer, or conditions resulting from operations on the stomach.

Overweight and Underweight

A splendid booklet by Dr. Barton, dealing with the subject of your weight as a factor in good health, is available. Do you weigh too much—too little? What do you do to control your weight? Send for this Barton Booklet, enclosing Ten Cents for handling, give your name and full address, and mention this newspaper. Ask for booklet No. 105, and send your letter to The Bell Library, 247 West 43rd St., New York, N.Y.

Huntingdon Gleaner: In Mt. Vernon N.Y., Paul Klues addressed some letters in the post office. While doing so, he laid his telephone statement and a \$5 bill with which he intended to pay it on the writing desk. He mailed his letters and forgot all about his telephone bill and the money. Later when he returned, both were gone. Next morning when he stopped at the telephone office to pay his bill he found it was paid. The finder of the \$5 and telephone bill had paid it but did not leave the quarter in change.

Co-operation Needed to Raise Health Standards

Not regimentation, but co-operation, must be the basis for Canadian effort to raise health standards, is the view of Canada's Minister of Pensions and National Health, as expressed in an interview with Hon. C. G. Power by "Health."

In the winter issue of the official publication of the Health League of Canada, Major Power expresses his belief that Canada is on the eve of a yet wider and larger conception of health and the State's duty toward it. Referring to the need for national health conservation, the Minister says: "Someone has expressed the thought that the State can no more tolerate an ailing than an illiterate people. National health conservation means that we must maintain health standards in Canada that are comparable, if not superior, to those of other countries. "In certain European States there is evidence of increasing interest by the State in the health standards of the people. Compulsory military service has given the State a direct and personal interest in health and, where the military ideal predominates, it is only natural that physical development should be regimented. Unquestionably military exercises have helped in the physical development of youth.

"In Canada there has been no attempt made to establish a scheme of regimentation nor do the Canadian people, young or old, take very kindly to mass organization of this nature. The spirit of individuality, independence and of personal liberty appear to be too deeply ingrained to permit of regimentation, nor is it considered desirable.

"That, however, does not mean that the State should not do everything consistent with the principles of individual liberty, to improve the physical condition of the youth of the country, and in this respect I believe that we in Canada can emulate Great Britain to advantage. The recent Health Crusade which has been inaugurated in Great Britain has as its object the physical development of youth through improvement of public health standards and increasing opportunities for physical development.

Globe and Mail: Australian natives are said to be disappearing rapidly like other natives, they seem to realize what is expected of them.

Sudbury Star:—A reader wants to know if the sudden falling of the barometer is not a sign of stormy weather ahead. Either that or the nail's come out.

"CANADIAN MAID" COOKING SCHOOL

Grand New Soup for Chilly Days

You'll like this soup, it's an old Paris recipe made extra fine and creamy with Canadian Maid Evaporated Milk.

TODAY'S RECIPE

Cup mashed potato, 1/2 cup chopped onions, celery of fried, salt, a few slices of fried, chopped bacon, 2 cups water. Simmer 20 minutes and add 2 cups of Canadian Maid Evaporated Milk. Salt and pepper to taste. For the Extra Fresh Cream Flavor be sure to get Canadian Maid—there's a difference.



BE BEAUTIFUL

By ELSIE PIERCE
FAMOUS BEAUTY EXPERT



4-19
of polish called banana red, applying it to the very tip.

Being a Beauty Columnist, we're not concerned with magic, although that which some of the newest beauty wrinkles accomplish is nothing short of magic.

Here's one that sounds a little unreasonable, but I have it on fairly good authority that it is really so.

Gladys Swarthout, recognized as one of Hollywood's most chic members, still wears beautiful, deep, red nail polish, with the proper costume and at the proper time, of course. When closely cross-examined as to how she keeps her nails so long, well-shaped and free from tearing or breaking she confessed that she was human, after all, and that her nails do happen to crack occasionally (even as yours and mine).

But, it seems that her manicurist puts tiny pieces of tissue paper under the liquid polish and this thin layer keeps the contents of the polish from affecting the structure of her nails. In case of emergency, if she does happen to crack or tear a nail, her manicurist mends it with a bit of adhesive which is so thin the polish can be applied right over it. Clever—that manicurist—say I . . . and it must have taken plenty of practice to perfect that trick.

Hand Tricks

However, speaking of cracking and breaking nails the newest anti-nail breaking tonic claims remarkable success records. It is an oily tonic and it helps nail condition as well as cuticle, softening the latter, making the former harder. You put this tonic on your nails before going to bed. It's supposed to be a splendid preventive against nail breaking and if you haven't had your nails as long as you'd like them, try the tonic. Maybe you'll have a surprise coming. Then, when your nails get nice and long there'll be so many more exciting nail polish shades you can try out.

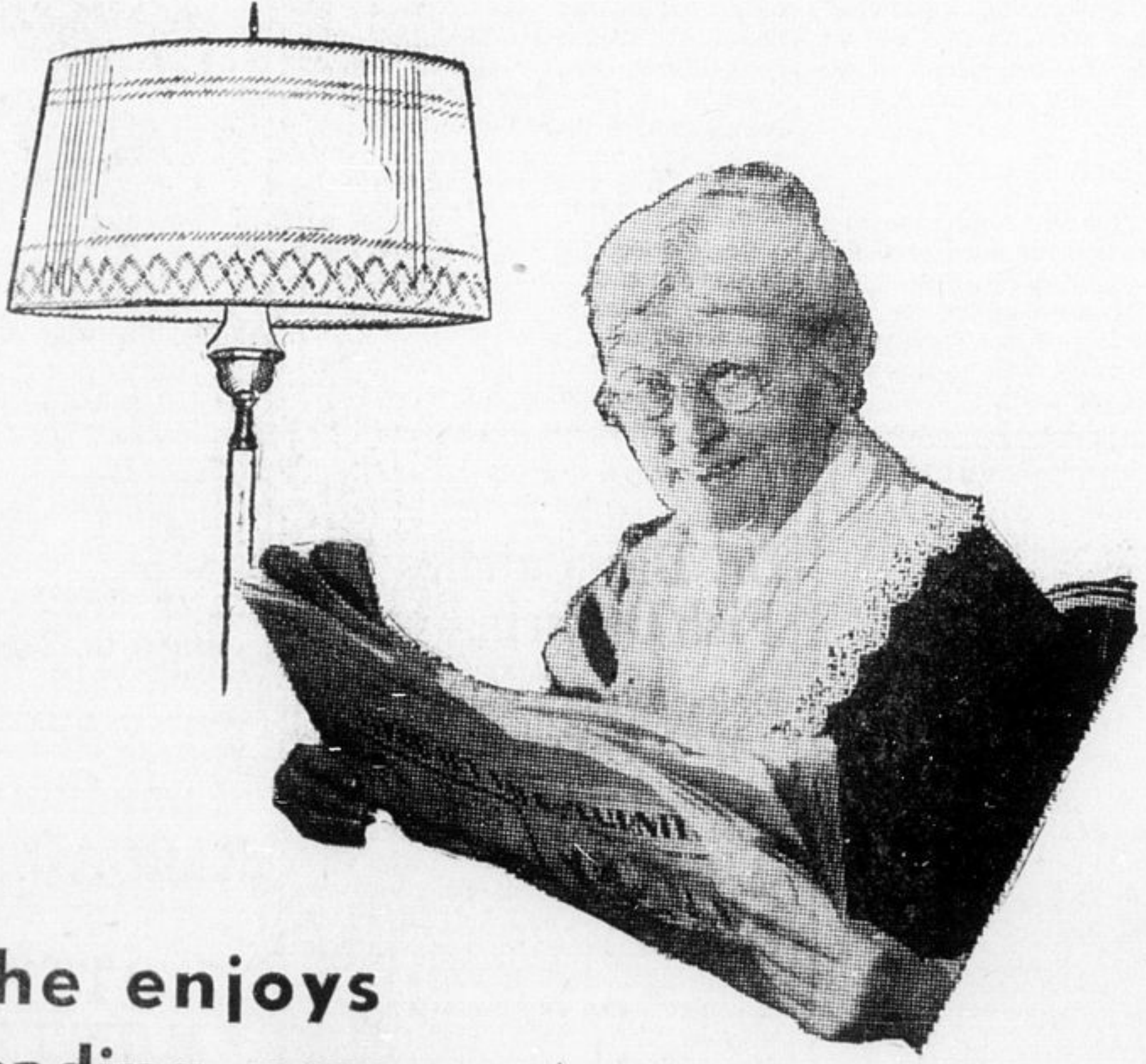
Try Before You Apply

Which brings us to another neat hand trick . . . one wonders why no one "pulled" that one before. Suppose you're not quite sure of the nail polish shade you want. Instead of having the manicurist exhaust your patience and her polish shades, you slip on little celluloid "thumbies" with artificial nails attached (various colours—the colours of the polishes, of course). These show you exactly how your own nails will look.

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KLEEREX FOR SKIN DISEASES

The quick-healing salve for Cyanide Poisoning, Eczema, Psoriasis, Impetigo, Salt Rheum, Itch, Chaps and most skin ailments. 50c; \$1.00; \$2.00 sizes. (Medium and strong). Ask your local Druggist or write Kleerex Manufacturing Co., Toronto, Ont.



She enjoys reading now — with BETTER LIGHT

Everybody needs enough light to be able to read comfortably. One way to check this is to notice how long they DO read. If an hour's reading makes Father or Grandma drowsy, it's quite likely that there is insufficient light or else glaring light.

Reading is so important that every member of the family should be provided with the kind of light that will protect their eyes and give them the full enjoyment of the great blessing of sight. The modern table and floor lamps we are showing this year offer scientific protection. They give ideal, glareless light for reading, studying or sewing. We have a wide variety of really beautiful lamps at surprisingly low prices. You can have your choice for as little as \$1 down.



Keep sockets filled

See that all burned out or old, dim lamps are replaced with genuine Mazda lamps. 25, 40 or 60 watts now only 20c each. Buy a carton for \$1.20.

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