

Potato the Cinderella of Vegetable Kingdom

Description Given by Culinary Expert, who Advises the Trying of Variations in the Various Processes of Cooking, Boiling, Baking, or Frying of the "National Flower" of Ireland.

The potato may justly be called the Cinderella of the vegetable kingdom. We could not get on without it, but we usually take it for granted. We recognize its homely virtues but too often forget how well it responds to careful treatment.



(By Edith M. Barber)

While the potato is usually considered to have a bland flavour, proper cooking brings out subtleties. What is better than a hot mealy baked potato? And what is worse than a luke-warm potato? For good results, use a hot oven for fifteen minutes, a moderate temperature for the remainder of the time and as soon as it comes out of the oven, break it open. This lets out the steam and insures that dry "mealiness." If you are not quite ready to serve your potatoes when they are ready to come out of the oven, cover them with a towel so that moisture will be absorbed and at the same time warmth will be retained. Smooth, even-sized potatoes, especially adapted for baking are now sent to market from Maine, and the Far West. Long Island, of course, also provides us with part of our supply.

Although there are only three basic ways of cooking potatoes, boiling, baking and frying them in their raw form, there are innumerable variations of each of these processes. The contents of baked potatoes may be removed, mashed, thinned with milk or cream and seasoned highly before they are put back in the shells and put back in the oven to brown. Baked potatoes may be creamed, stewed, or fried. The raw potatoes themselves may be cut thin or thick, in strips or slices and fried in deep fat or country style. You may, if you like, have a different pota-

to dish almost every day of the year.

Toasted Potato Fluff

- 3 cups mashed potatoes
- Seasoning
- Hot milk
- 1/2 cup whipped cream
- 1/2 cup grated cheese
- Paprika

The mashed potatoes should be well seasoned and beaten with milk until creamy. Spread on a deep plate, cover with whipped cream and cheese, and sprinkle with paprika. Bake in a hot oven (500 degrees Fahrenheit) until brown.

Lyonaise Potatoes

- 4 teaspoons butter or bacon fat
- 2 onions, sliced
- 3 cups cooked potatoes
- Salt, pepper
- 2 tablespoons finely chopped parsley

Heat the fat in a frying pan and cook the onions in it a few minutes. Add the potatoes and cook slowly, stirring occasionally until all sides of the potatoes are golden brown. Season with salt and pepper. Press flat with knife and shake over low fire until brown on bottom. Turn like an omelet. Serve on a hot platter with finely chopped parsley sprinkled over the top.

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Wedding at United Church Manse Here

Miss Edna Salt and Mr. James Gregulski United in Marriage.

The manse of the United Church was the scene of a very pretty wedding on Wednesday, January 12th, at 7.30 p.m. when Rev. W. M. Mustard united in marriage Edna, daughter of Mr. and Mrs. Salt, of Elgin, Manitoba, and Mr. James Gregulski, son of Mr. and Mrs. John Gregulski, of Schumacher. The bride, who has been in the camp for about a month, has made many friends here, who unite in wishing her and her husband all future happiness.

The bride was charmingly attired in a gown of coronation blue velvet, made on fitted lines with trimming of silver metallic, a Peter Pan collar, silver buttons down to the waist at the front, and long fitted sleeves. She wore a matching turban of velvet and a corsage of beautiful pink roses.

Miss Phyllis Gregulski, sister of the groom, attended the bride as bridesmaid, attractively attired in a gown of blue crepe with matching turban and a corsage of roses.

After the ceremony, many friends gathered at the home of Mr. and Mrs. John Gregulski, 124 Fourth avenue, Schumacher, where a wedding reception in honour of the bride and groom, was held. Mrs. Gregulski received the guests, wearing a becoming gown of black crepe trimmed with lace.

Mr. and Mrs. James Gregulski will reside at 124 Fourth avenue, Schumacher.

Three Births Registered During the Past Week

Born—on January 13th, 1938, to Mr. and Mrs. Steve Merchoff, of 109 Oak street—c son.

Born—on January 11th, 1938, to Mr. and Mrs. Walter Paterick, of 257 Railway street—c daughter.

Born—on January 11th, 1938, to Mr. and Mrs. John Hunter, of 47 Lakeshore Road—c son.

BE BEAUTIFUL

By ELSIE PIERCE
FAMOUS BEAUTY EXPERT



ANITA LOUISE follows the beauty rule—"Always pat with iced skin tonic after cleansing with cream and to stimulate the circulation before applying make-up."

Beware the Blurred Beauty of a Gray Tinge

A heavy, gray, dull tinge flimsy as string and make-up. And you'll look fresh as a daisy, with not even a teeny, weeny veil of gray.

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(James W. Barton, M.D.)

That Body of Hours

Silence First Point in Treating Sore Throat

After, or during, a cold in the head the voice is often affected owing to the fact that the "cold" has not only inflamed the lining of the nose and throat but has extended downwards to the vocal cords causing the hoarseness or a high pitched squeaky voice.

As the patient feels pretty well he is apt to think little or nothing of the hoarseness or squeakiness and so has to put some extra effort into his speech or talking as he goes about his daily work. And it is this extra effort to talk with inflamed vocal cords that roughens up these vocal cords and prolongs the symptoms, which may mean considerable loss of time and money.

As mentioned before, many, including myself, have found that if the voice gets husky or squeaky from over-use or from a cold the biggest part of the treatment is to stop using the voice entirely, if possible, or if the voice must be used, to whisper or else allow the voice to come from the mouth without any expression whatever.

It is interesting therefore to have such high throat authorities as Dr. Chevalier Jackson and Dr. Chevalier L. Jackson in their book "The Larynx and Its Diseases" say:

"Silence is the first point in the treatment of laryngitis. The patient should write out questions and answers. Inhaling steam from boiling water containing a few drops of a saturated solution of camphor and menthol will relieve soreness. Freshly ground horse-radish, taken liberally on buttered bread will clear out the sinuses (and thus prevent re-infection of the larynx) better than any known substance taken by mouth."

I have spoken before of the friar's balsam (tincture of benzoin compound) for relieving the soreness of the throat and vocal cords. A teaspoonful is put in the bottom of a jug or other vessel, and a quart of boiling water poured over it. The patient puts a large towel over his head and the jug and inhales the steam.

Remember, then, that silence—not using the voice at all—is the first or main point in the treatment of laryngitis. Drs. Chevalier state that the eating daily of four tomatoes, one lime or lemon, and a head of lettuce will prevent laryngitis.

The Common Cold
Are you bothered with colds three or four times a year? Have you ever stopped to consider the consequences? Send for Dr. Barton's illuminating booklet, The Common Cold, the ailment that receives so little attention yet may be as dangerous as being attacked by a hungry lion. Ask for Booklet No. 104, enclosing Ten Cents to cover cost of handling and mailing, and mention the name of this newspaper. Address: The Bell Library, 247 West 43rd St. New York, N.Y.
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North Bay Nugget:—A practical, Brockville Recorder and Times:—It seems only right that drivers who have freedom from accidents, and claims, to their credit, should be given some recognition of that freedom in their insurance premiums. Reintroduction of that principle in this country will do something to reward careful drivers and at the same time to offset the higher rates that are in prospect.

Scalding Water the Cause of Boy's Death

Little Six-year-old Ansonville Boy Dies from Burns.

Iroquois Falls, Ont., Jan. 28.—(Special to The Advance)—Little six-year-old Marcel Harvey Marman, bright eyed, jovial and happy little youngster, died in the Anson General hospital yesterday, at 10 a.m., the results of burns received on Friday.

Harvey's mother, Mrs. Irene Marman, was doing her washing at the time, at her home, 64 Main street, Ansonville, and while taking a pail of scalding water from the stove to the nearby washing machine, Harvey, who was accustomed to run and tell his mother little stories, came running out of an adjoining room, to collide with the pail held in her hands. The little lad's story was never told, for the impact of the rush caused the boiling water to spill all over his back, burning it from the neck to the hips.

Dr. Boutin, Ansonville physician, was summoned, and on his arrival, the boy was immediately rushed to the operating room of the local hospital. The doctor proceeded to operate on his back in an endeavour to save his life, and hopes were held for his recovery, after the boy came to. On Sunday, it was found that infection had set in, which later caused his death. The boy suffered greatly from the agony of the burns, but all through the ordeal of the necessary treatments, Harvey stood it bravely.

Little Harvey was not yet of school age, but if he had lived, he would have started in 1938, at the Ansonville Separate School. He will be greatly missed by his brother and sister, who survive him.

On Tuesday, he was taken to the funeral parlours of R. W. Smith, where preparations were made for his burial.

Rev. P. Pelletier, of the St. Anne's Rectory, held services for the little lad, and taken from his home he was buried in the Iroquois Falls cemetery this afternoon.

When Food Cache Lost on Lake Abitibi

Recent Stories of Men Failing to Find Food Cache Equalled in Early Days.

(From "Grab Samples" in Northern Miner)

Out of the North of late has come a spate of tales about lost survey parties, bushed prospectors, overdue pilots and starving, scurvy stricken miners. These stories run in cycles. News scouts of one paper dig up a yarn and rivals at once set out to go them one better. Actually most of the thrilling stories about lost people and parties have never been published.

The most prolific source of tales of this kind lies in the history of the building of the Transcontinental railway. This line started from Quebec city to run straight west across the hinterland of Canada, through a region of which practically nothing was known. There were no maps of any account, much of the country had never been seen by white men. There were no aeroplanes, no aerial maps, no topographical surveys. Where the great rivers running north to Hudson or James Bay, crossed the projected line of construction, parties were sent in, with instructions to work east and west to meet each other. It was a remarkable undertaking but in that day, when Canada was really being opened up and when the pioneering spirit was abroad, nothing much was made of the feat.

Operations were directed from Montreal. Surveyors flocked in from all over the continent. They assembled their instrument men, secured their equipment and supplies, took train for the nearest jumping off place, there secured their canoe, Indian guides, packers and axemen. The supply of trained bushmen was abundant and usually the local inhabitants had considerable knowledge of their own hinterland. The expedition embarked, headed straight north to points predetermined roughly by the chief engineers at Montreal. Great care was taken with equipment and in laying out a line of communication with the south, because the parties were destined to spend anywhere from one to three years away from civilization. Some of the supply routes were two hundred miles long and as the country in which the parties were operating offered nothing in the way of food except moose and fish it was necessary to transport supplies and equipment of all kinds.

One device adopted—and it proved to be a risky one—was to put in "caches" of food well ahead of the line of advance. These depots would be established in the summer months by water routes and the theory was that the survey parties would reach them just about the time that they would be out of food. It was a fine theory but sometimes it did not work out. For one thing, nobody knew what the surveyors were going to run up against in the way of rough or drowned country in between "caches". Sometimes they were bogged down in long stretches of muskeg and failed to keep schedule. Other times they ran into mountains and broad, swift rivers. Frequently, when the frost cracked down, they were obliged to delay for weeks for the formation of ice or, in the spring, for the breaking up of the rivers and lakes.

One instance was that of a party headed by an engineer who prided himself on travelling light. He was a bear at calculating exactly how much food he should have to pack across country. He had it figured out to the last raisin. His party was held up by freeze-up at a point north of Lake Abitibi and when the ice was strong enough to travel

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Canadian Fish Cutlets Suggested for Luncheon

Mrs. Fisher suggests for luncheon:—Canadian Fish Cutlets:—Flake two cups of any desired kind of Canadian fish or shellfish and add salt and pepper to suit the taste and two tablespoons of onion juice, two teaspoons of lemon juice and, if desired, two teaspoons of Worcestershire sauce. Add to the fish and seasonings two cups of thick white sauce which has been thoroughly chilled. Form the mixture into cutlets and roll in finely sifted bread crumbs. (It is well to chill the cutlets again after they have been shaped.) Bake the cutlets in a greased pan in a moderate oven or fry them in deep fat, having the fat sufficiently hot to brown an inch cube of bread in forty seconds. The white sauce may be made by melting a quarter of a cup of butter, or using a quarter of a cup of cooking oil, blending in a half a cup of milk, adding two cups of warm milk, and cooking the mixture until it is thick and smooth, stirring it constantly. A tomato sauce goes well with the cutlets.

Canadian Fish Foods, rich in nutritive value and in vitamins, are very easily digested because of the tenderness of their flesh.

Child's Health Conference at Schumacher, Jan. 21st

The Child's Health Conference will be held in the Schumacher Public School on Friday afternoon, January 21st, from 3 to 5 p.m.

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