

Cheese Now Popular in Many Places on the Menu

Once the Idea of Eating Cheese with Pie was an American Custom, but in Recent Times More and More Dishes are Calling for the Use of This Delicacy.

The epicure considers a fine taste for cheese as important as discrimination among vintages of various wines. Most of us Americans lack these talents, although we are beginning to cultivate them. It is only within recent years that the cheese production of this country has become at all versatile. We

meat at the noon meal. Cheese is also used in many other dishes and invariably accompanies vegetable soup in Italy. It is an important ingredient of the well-known onion soup. It is indispensable with spaghetti.

In this country we are accustomed to the service of crackers with cheese. Abroad we find that French bread is used instead. Sometimes butter is served as well and you may see it being mixed with certain kinds of soft cheese before it is spread on the bread. With berries we often find a delicate, smooth cream cheese rather than that of a stronger type. This cheese is often molded in heart-shaped baskets and is turned out on a platter where it is surrounded with the berries. This cheese is always used when it is fresh. The flavour which develops in the stronger types of cheese is a product of age and also of the harmless molds which act during the aging. In Roquefort bread crumbs which have been allowed to mold are actually put into the curdled milk which forms the basis of this cheese which we all value for its sharp, sweet flavour. Its texture is different from that of other cheese and, of course, quite unlike that of Camembert, for instance, which is so highly valued in Normandy, where it originated, that we find a statue of its inventor in a market place. Pages would be needed to name and describe the other kinds of cheese which have attained fame outside of their native province.



(By Edith M. Barber)

were content with our American cheddar, known commonly as "store" cheese and with cottage cheese which is also known as pot cheese.

Then came cream cheese and our proudest native production, Liederkrantz, which compares with the finest cheese of Europe. Recently, however, efforts have been made to reproduce products native to Europe and which are called by the same names. In addition we have a number of combinations of cheese with savory ingredients which are known as spreads.

The practice of eating cheese with pie is considered a typical American custom. It dates back to our English ancestors who customarily served it with fruit as is always done in France and Italy for dessert. Cheese is served with apple tarts in many places in England. One of the most interesting things to collect in Europe is cheese experience. Practically every section of each province has a specialty which may remind you of a famous cheese, but which is just a little different. In many of the restaurants a huge tart completely filled with different kinds of cheese is offered for your choice when the fruit is served. In the home the variety is smaller, of course.

The use of cheese abroad, however, is not limited to dessert. A yard or so of bread and a slab of cheese, sometimes accompanied by an onion or a garlic, often provides lunch for the workman. The fondues and the souffles are often used for a course which precedes the

Coeur a la Creme

3 cakes cream cheese.
1/2 cup sour cream, whipped.
Mix the cream cheese and cream together, stirring them with a fork until the cheese has absorbed all the cream. Place in a heart-shaped mold and put in refrigerator for two hours. Remove from the mold and serve with fresh or stewed fruit.

Spanish Souffle

2 tablespoons butter
4 tablespoons flour
1 cup milk
4 eggs
1 1/2 cups tomato pulp
2 jars cottage cheese
1 tablespoon onion juice
1/2 teaspoon salt.

Melt butter, add flour and when well blended add milk slowly, stirring constantly. Let cook one minute. Remove from fire and beat in one egg yolk at a time. Add tomato pulp, cottage cheese, onion juice and salt. Mix well. Beat egg whites until stiff and fold into cheese mixture. Pour into a well-greased baking dish and bake in a hot oven (425 degrees Fahrenheit), twenty to twenty-five minutes, until set.

Stilton Canape

12 rounds Boston brown bread
Stilton cheese in port
2 tablespoons minced celery
2 tablespoons minced pimento.
Spread rounds of bread with softened cheese and dip in the mixed celery and pimento. Serve as an appetizer or with salad.

Fondue a la Alsace

1 pound cheese, Gruyeres or American

3/4 cup white wine
1/2 cup brandy or kirsch.
Cut the cheese and soak in chafing dish in the wine for several hours. Heat oven chafing dish flame, until cheese is melted. Add brandy or kirsch. Serve hot with French bread.

Old-fashioned Rabbit
1 pound American cheese
1 tablespoon butter
2 teaspoons salt
2 teaspoons dry mustard
1 teaspoon paprika
1/2 bottle beer
Toas.

Shred cheese with a fork. Melt butter, stir in seasoning, add cheese and stir over low fire until melted. Stir in beer gradually and cook, stirring over fire until the mixture is smooth. Pour at once over hot toast. A dash of cayenne pepper may be added if desired.

Roquefort Dressing
1 teaspoon salt
1 teaspoon mustard
1/2 teaspoon paprika
1/2 teaspoon sugar
1 teaspoon onion juice
2 tablespoons vinegar
1/2 cup salad oil
2 ounces crumbled Roquefort dressing.

Mix dry ingredients and add to onion juice, vinegar and oil. Mix well. Add cheese and beat well with a fork.

Cheese Platte
On a large platter arrange a box of Camembert cheese and surround with wedges or cakes of other types of cheese, such as Roquefort, Swiss, Bel Paese, Liederkrantz and cream cheese. Provide a cheese knife for service. With this, pass toasted biscuits and a variety of other crackers and thick slices of French bread and one or two varieties of mustard.

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

That Body of Yours

Head Cold Usually Affects the Sinuses.

Also.
What have always been "head colds" are now known to be more than a "cold" or inflammation of the lining of the nose and throat, but also a cold or inflammation of the sinuses adjoining the nose. For, after all, these cavities or hollows are just depressions in the bones of the face and are really extensions of the same lining or mucous membrane as the nose itself. "It is not possible, therefore, to have inflammation of the lining of the nose without some inflammation of the sinuses."

In speaking of the acute cold-head cold—before the Post-Graduate Institute of the Philadelphia Medical Society Dr. Karl Musser Houser, University of Pennsylvania, stated that for convenience sake three stages should be recognized.

First, sneezing, feeling of tiredness, slight "fullness" in the head, unpleasant dryness of the nose, and an irritation at the back of the throat. Headache and fever may be present.

Second, a few hours later the head seems to "loosen up" and there is "running" of water from the nose, and the lining of the nose is fiery red; the sense of smell is nearly, if not completely, lost, and the tiredness and headache are usually increased. It is during this second stage that the cold or inflammation of the sinuses probably takes place. Sometimes there is fullness in the ears.

The third stage occurs when this water or mucous turns into pus. When this stage arrives the patient feels less toxic (that is, the tired, depressed feelings due to poisons formed become less), and if there is no obstruction at openings of the sinuses, the pus drains out and the individual soon gets well. Although it is generally thought that sinus inflammation is always painful, Dr. Houser states that "as a matter of fact, hundreds of cases of acute sinus infection occur and neither the patient nor even his physician may be aware of it."

When pain does occur it is because pus accumulates faster than it can drain out due to obstruction to the small openings from the sinus into the nose, or from enlarged turbinate bones. The services of a nose specialist may be required in these cases.

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, and send your request to The Bell Library, 247 West 43rd St. New York, N.Y., mentioning The Advance, Timmins. Other Barton Booklets available at Ten Cents each are: Eating Your Way to Health, Why Worry About Your Heart, Neurosis, Overweight and Underweight, Food Allergy and Scrouge (gonorrhoea and syphilis). (Registered in accordance with the Copyright Act).

Death of Mrs. J. M. Frawley Pioneer of Sudbury Area

Sudbury, Jan. 22nd.—Death last Monday evening removed one of Sudbury's pioneer residents, in the person of Mrs. James M. Frawley, who came here as a bride 41 years ago, and spent her entire married life here. She was 61 years of age. The former Miss Johanna Rajotte, a daughter of the late Mr. and Mrs. Louis Rajotte, one of the first families to settle in Pembroke, she was born and raised in that town. On

BE BEAUTIFUL.

By ELSIE PIERCE
FAMOUS BEAUTY EXPERT



LORETTA YOUNG can never "let down" a minute from the "perfection" standard she has set by her beauty and costume.

Once You Start

We've started and are well on our way in the upward climb to new heights of loveliness so that the end of the year will find us at least one year better looking and certainly no older looking than we are to-day.

Once you start the going gets harder. Once you achieve greater beauty your own standards will automatically get higher and the goal will be increasingly difficult to attain. But, what fun in the trying, to say nothing of the achieving. You've got to keep going though. There's no standing still. And a step backward may be damaging and dangerous. People do take things for granted. They'll be quick to compliment to be sure. They'll say: "How well you look, how young, how lovely. What have you been doing to yourself? You are slimmer today than you were ten years ago, life must be treating you swell, . . . and all that." But, if you slip though they probably won't say it, they'll think and you'll feel it.

A dowdy woman can send her whole life being dowdy. And people say, "That's her way or her nature." and excuse her at that. But once a woman takes herself in hand and achieves more beauty than Nature intended, she is expected to keep it up. If there's a let-down the contrast is unmercifully magnified.

February 11, 1896, she was married in Pembroke to Mr. James M. Frawley, who predeceased her in January, 1936. The late Mrs. Frawley had been in ill health for some time, and was confined to St. Joseph's hospital for some seven weeks prior to her death. A faithful member of the Church of Christ the King, she was a member of the Catholic Women's League and the Altar Society. Of a charitable, though retiring nature, the late Mrs. Frawley was deeply loved by her many friends in Sudbury, and while her whole life was devoted to her home and family, she was always ready to lend a helping hand to any individual or organization which asked her advice or assistance. Surviving are five daughters three sons: Mrs. P. J. Rainville, of MacTier; Marion, Margaret, Marie and Irene, at home; Joseph J., of Portland, Oregon; Frank, of Timmins; and M. J. Frawley, of Sudbury. Eleven grandchildren also survive. Requiem solemn mass was sung in the Church of Christ the King on Thursday morning, January 20, at nine o'clock, by Rev. Father J. J. O'Leary, with Rev. Father John Coughlin of Garson Mine as deacon, and Rev. Father J. Cowan of the Church of Christ the King as sub-deacon. Interment was made in the Sudbury Roman Catholic cemetery.

Money Available Here for Financing New Buildings

According to J. J. McKay, real estate dealer and insurance broker, McInnis Block, 20 Pine Street north, several million dollars are available in the way of loans for financing new homes and business buildings in Northern Ontario. Money is also obtainable for cleaning up a number of accounts and improving in this way the credit and business standing. Repayment of the loans is spread over one to three years, with the privilege of retiring all or part of the loan before due. Mr. McKay, after several years of effort in this direction has been successful in arranging with a large financial corporation, a plan whereby money is loaned to those with steady employment and good standing, on terms that are decidedly reasonable and on plans that very properly may be referred to as easy payment plans. Mr. McKay is also working in hopes of securing a Government Housing Act loan plan which would finance up to 80 per cent of the cost of building homes, with ten to fifteen years to pay, and a very low rate of interest.

Keep It Up.
If you are out to achieve more than your present status of good looks, don't start unless you are sincere with yourself, unless you can promise yourself that you will keep it up, devote enough time and energy and whatever else it takes to a diligent, daily program. More consistency and persistence your watchwords. No haphazard, helter-skelter, feverish anxiety interspersed with periods of negligence and indifference.

Specifically.
That much for generalities. Specifically, once you start a reducing program, don't let yourself slip into old gorging habits, not even for a day. Once you start having your hair tinted you will have to keep it up. Once you have your eyebrows plucked you should continue to keep them clean because shaggy growing-in wild hairs will be more noticeable than the natural brow no matter how heavy. Once you start having the cuticle out it is more difficult to keep the nail rim smooth without cutting and this is one little detail you might as well skip than start. But, for the most part if a beauty regime is worth starting and it is worth keeping up.

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GIRL GUIDES IN TIMMINS



As the meeting opened inspection was taken by Captain Tyrrell, after which "God Save the King" was sung. Further arrangements were made pertaining to the sleigh-riding party, to be held on Saturday evening, Jan. 22 at 7 o'clock. After these arrangements were made, games were conducted by Jean Cowan until the Guides were dismissed.

Pleased with Rink at South Porcupine

Ratepayer Congratulates Township on Good Work Done.

South Porcupine, Ont., Jan. 18th, 1938

To the Editor Porcupine Advance Timmins Ont.
Dear Sir: One of the best things that the Township of Tisdale has done lately is to build a fine skating rink in the public school grounds in South Porcupine and maintain it for the use of the 500 or so pupils attending school there. The rink is well constructed and has an ice surface about 72 feet wide and 174 feet long. It is well lighted with 22 lamps and there are two good dressing rooms kept warm for the use of the pupils.

I was told that the initial cost of the rink and equipment was about \$1,500, but when I inquired at the Township office I found that this was not correct. The following is a statement of the correct initial cost:

Materials including wiring	\$588.08
Labour	240.00
Total	\$828.08

I think the Township engineer, Mr. Anderson, is to be congratulated for providing such a fine rink at this low cost.

The value of such an enterprise can only be estimated as one sees so many pupils on the ice enjoying the best of exercise under the care of a supervisor.

Yours Sincerely,
A TAXPAYER

Wood Carving From Finland Shown Here

Outstanding Array of Notable Art Work Displayed in Timmins Last Week.

On Friday and Saturday from 2 p.m. to 12 p.m. Mr. Arthur Bergman, of Toronto, representative of the Home Art Company of Finland, had on display at the Harmony hall one of the most outstanding arrays of wood-carving that has ever been brought to this North. The articles displayed were on sale, but admission to the hall was free and certainly afforded a marvellous opportunity to see some very excellent work.

Besides the wood-carving, there were on display loom rag rugs, ryja carpets and tapestry, candlesticks, and a genuine Laplander costume, probably the first ever displayed in the district. Although the door of the hall was always opened by one person or another, and several people remarked on the cold, the gentleman wearing this costume said "I am absolutely roasting" when asked by The Advance if this clothing were warm. A display of Finnish knives, popularly known as "Kauhavalais" (a state in Finland from which the knives derive their name), drew the attention of most men who entered, these knives being made of nickel steel, all stamped by the government of Finland, and encased in leather holders.

Some of the outstanding relief carvings represented every-day scenes in Finnish home life, such as horses grazing in a field while the farmer sat on the fence smoking his pipe, and three gossiping women over their coffee cups.

The Finnish steam bath was portrayed, and there were carvings of: the Finnish Navy Cadet School Ship, "Suomen Joutsen"; a blacksmith extracting a tooth as if it were a nail in the horse's hoof; lumbermen; the Viking attack on Finland with the Finnish people in ambush; and one especially delicate carving named "The Model-Victim." A Laplander sleigh, commonly known as a "pukka" had been carved out of wood, with the Laplander and his deer in place.

Sometime in April, when the Ladies Aid present their concert and sale of work, Mr. Bergman will return to Timmins and display more home-art at the Finnish United Church. On his return Mr. Bergman will bring a magnificent moose carving, which won the first prize at the Paris Exposition.

Iroquois Falls Man Hurt in Fall at Mill

May have Fracture of Skull. Other Iroquois Falls News

Iroquois Falls, Ontario, January 19, 1938.—(Special to The Advance)—Mr. George Sabourin, Mount Rock, who was elected as President of the Local Union No. 90, for 1938, had a very unfortunate accident in the mill today, when he slipped off the scaffolding, to the concrete floor below.

Mr. Sabourin, who works in the Bull Gang, was chipping concrete from a high scaffolding at the time, and slipping, fell to the concrete floor below, sustaining severe lacerations about the head and shoulder. There is a possible skull fracture, but at the time of writing, definite information as to this injury was still unlearned.

He was immediately rushed to the Anson General hospital, where medical treatment was administered, and his condition is reported as favourable.

Wedding at Iroquois Falls
The marriage took place in the St. Mark's Vestry, on Tuesday, January 13, of Mary, daughter of Mr. and Mrs. N. Gregorschuck, Ansonville, to Charles, son of Mr. and Mrs. Fred Taylor, Noranda, the Reverend Francis Joy officiating.

The bride was given in marriage by Mrs. N. Gregorschuck, and she wore a gown of blue with navy accessories.

She carried a bouquet of red roses. She was attended by Mrs. D. McDonald as bridesmaid, who wore a frock of black and white, with a hat to match. The best man was Mr. Peter Gregorschuck.

After the ceremony a reception was held at the home of the bride's parents, where the bride's mother received wearing a gown of brown net.

Among the many friends that gathered together in the evening to congratulate and extend their wishes to Mr. and Mrs. Taylor, were: Mr. and Mrs. D. McDonald, Mr. and Mrs. R. Wallis, Mr. and Mrs. M. Abel, Mr. and Mrs. M. O. Susie, Mr. and Mrs. Leo McDonald, Miss P. Sobchuck, Mr. G. McDonald, and Miss K. Lutzig.

Later the bride and groom left for a trip to Ottawa, and on their return they will live in Noranda, Quebec.

Court News
Taken to court, held in Cochrane on Monday, January 17th, Joe Granger, Kirkland Lake, William Condon, Peterborough, and Leo Cagen, Montreal were all arrested by Provincial Police A. Stringer last week when he was called to locate a stolen pack-sack, and on arrival at the scene found the three men in a drunken condition.

Leo Cagen was charged and found guilty of theft, and given three months at Halleybury, as was Joe Granger, being charged and found guilty of having liquor. The charge against William Condon was withdrawn.

C.W.L. Hold Delightful Card Party
A very delightful card party was held in the Knights of Columbus hall on Tuesday evening, under the auspices of the Catholic Women's League.

A good attendance turned out to play with interest the games of bridge and 503.

The winners of the bridge game were: ladies first, Miss Racine; second, Mrs. A. Sarmiento; men, first, Mr. H. Doyle; second, Mr. R. Sawyer. For the game of 500 the winning ladies were: first, Mrs. A. Gignac; second, Mrs. Durant; gentlemen first, Mr. J. Beaudoin, Jr.; second, Mr. Durant.

After a pleasing game of cards, a lovely lunch was served, all participating heartily.

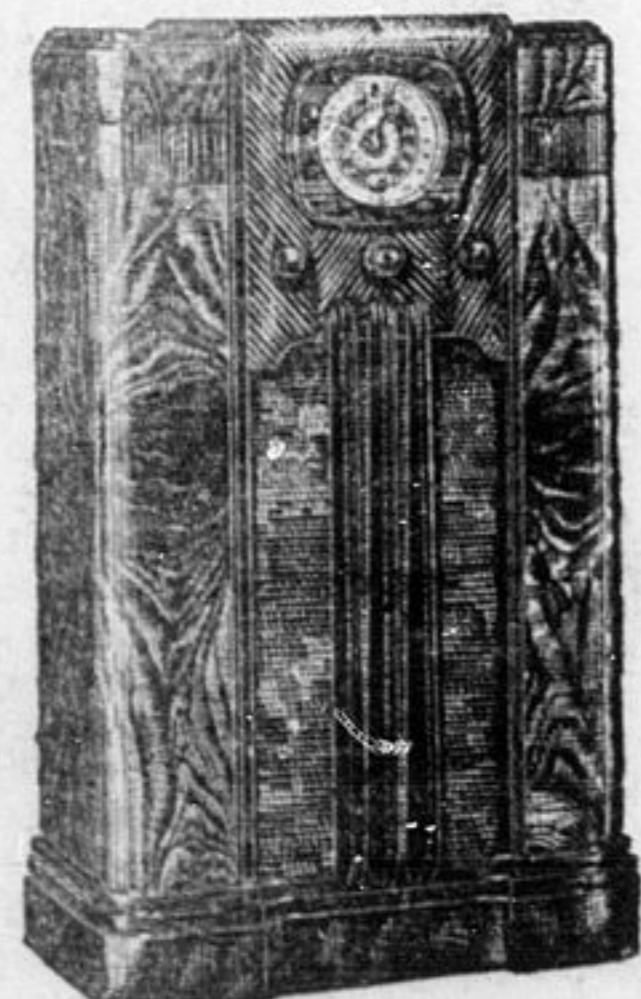
Three Years Since 73 Below Zero
It will be three years on Sunday, January 23rd, since Iroquois Falls had the new low temperature record of 73 degrees below zero. This memorable and eventful day happened on January 23rd, 1935, when the day was described by all as being bitterly cold.

It is very unlikely that Iroquois Falls will get anywhere near that record this year, as to date Iroquois Falls has experienced a moderately mild and sunny winter. The lowest temperature reached this winter to date is 38 below zero, the average temperature for the month of January being approximately 8 below. 1937 lowest temperature was 43 below, and average for January, 1937, 15 below. Lowest for 1936 was 39 below, average for January, 1936, being 13 below.

Globe and Mail: A star almost as large as our whole universe has just been discovered. It must be mortifying to astronomers to reflect that it was there all the time.

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