

Nourishing Food for Hungry Appetites

PURITY FLOUR

Best for all your Baking

This is for Those Who Delight in Sauerkraut

Some Folks are Prejudiced and Some are Not, Those who Like it, Like it Very Much. Both of Cooking No Longer Present. Frankfurters with Sauerkraut, Spareribs and Sauerkraut.

If you like it, you love it. If you dislike it, you hate it! It's sauerkraut I'm talking about. I'm on one side, my assistant is on the other. My experience has been, however, that I have more



(By Edith M. Barber)

supporters than she has. Her dislike is no longer a sign that she is more "gentle" than I am. If there are any ladies nowadays, you will find that many of them admit without shame that they are lovers of this plebeian vegetable.

There was perhaps some reason for the prejudice against sauerkraut when it was necessary to cook it for hours and hours to make it ready for the table. Today we buy it ready cooked in canned form, and it demands only a short extra cooking. I'm old-fash-

ioned enough, however, to give it a little longer than absolutely necessary. Every so often I must have my sauerkraut with mashed potatoes, creamy and fluffy, and with frankfurters or spareribs. Perhaps you like it Alsatian style, with caraway seeds, boiled bacon, pork and sausages. I draw the line only at adding champagne, according to the best Alsatian tradition.

I hope for the sake of the quick meal that the family of the business woman housekeeper and she, herself, belongs to the society of sauerkraut fans. In this case you have a few cans of this vegetable in reserve for the day when you are too busy to do your marketing.

Frankfurters with Sauerkraut

- 2 cans sauerkraut
- 1/4 cup sausage or bacon fat
- 12 frankfurters.

Cook sauerkraut slowly in sausage or bacon fat for half an hour or more. Add frankfurters to sauerkraut and cook fifteen minutes. One teaspoon of caraway seeds may be added if desired.

Spareribs and Sauerkraut

- 3 pounds spareribs
- 3 cups sauerkraut
- 1/4 cup brown sugar
- Salt, pepper.

Choose spareribs with meat on them. Place on rack in roasting pan in a hot oven (500 degrees Fahrenheit) for twenty minutes, until well browned. Reduce heat to very moderate (300 degrees Fahrenheit) place sauerkraut on ribs, sprinkle with brown sugar, salt and pepper and bake until tender, about fifteen minutes.

Quick Meal

- Tomato juice cocktail
- Sauerkraut with frankfurters
- Mashed potatoes
- Lettuce with Roquefort dressing
- Pecan ice cream. Cookies.
- Coffee

Method of Preparation

- Prepare potatoes and boil.
- Cook sauerkraut and frankfurters.
- Prepare salad dressing.
- Open can of tomato juice cocktail.
- Mash potatoes.
- Make coffee.

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Sudbury Star:—The farmer of 1930 is foreseen by a publicist as a composite of chemist, economist, dietitian and accountant. In short, a corner druggist.

BE BEAUTIFUL

By ELSIE PIERCE
FAMOUS BEAUTY EXPERT



(Picture courtesy of Richard Hudnut)

It is easy to compliment and highlight skin and eyes when sets may be purchased with the correct shades of powder, rouge, lipstick, eyeshadow and mascara assembled to match one's eyes.

The Purely Physical Side!

Forgetting the more complicated components of feminine charm, let's look at the purely physical side today. The best way to start a self-beautifying campaign is:

First—know your good points and those not so good. Know precisely what it is you wish to correct.

Second—if beauty aids will help you, determine precisely what are the best aids for your particular needs. Head straight to the counter where these are obtainable. Don't let anything cause you to detour. Don't let anyone tempt you to try something else or something as good. If your skin is dry and you know you need cream, don't experiment with an astringent no matter how delightfully it smells or how wonderfully Cousin Cynthia's skin is acting up under its influence. The only thing that matters is YOUR beauty campaign is YOU—your skin, your hair, your needs and therefore your beauty aids.

Third—find out the best way of using these best beauty aids for YOU.

Fourth—and use them faithfully, consistently, regularly. Remember that

persistence pays dividends. Don't try it twice and forget about it. Don't collect a lot of idle jars and bottles. Don't flit from one preparation to another.

If you are at all in doubt, write me your problem—the condition of your skin, or if you can't judge it, describe it to me, your hair, your colouring, your figure. I shall be happy to help you.

A Daily Programme
Above all, remember that a definite, daily programme devoted to beauty is the surest short-cut to loveliness. A half hour a day will have a cumulative benefit at the end of a month. You'll look young and lovely longer if you follow a regular routine. You'll find that consistent, well-planned effort will bring with it consistent results, while even if lengthy, frantic, occasional treatment fails.

And it's easy now to choose make-up that's becoming, make-up that's correct and make-up that matches. Choose your powder, rouge, lipstick, eye shadow and mascara by the colour of your eyes.

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That Body of Yours



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

The Treatment of Epilepsy

Those physicians who had to treat attacks of epilepsy before the value of the barbitol drugs was known will tell you that the attacks were difficult to treat and most distressing and embarrassing to the patient and family. The attack would come on in the morning, a short time before breakfast, and as the patient usually went off into a sound sleep immediately after the attack, he had to remain at home for half or the whole day.

That some food or foods are responsible for the attack was, and is still, the belief of many physicians, an experiment some years ago proving this in a most dramatic way. About a dozen epileptics who each usually had from one to six attacks daily were kept without food for ten days and not one had a single attack during all that time. This proved that food was the match that started the fire that was all ready for lighting; that epilepsy is a form of nervous ailment and food causes the upsetment in the nervous individual.

Unfortunately now that phenobarbital and the proprietary preparations containing phenobarbital usually prevent and control attacks, many patients are forgetting about food as a cause and eat and drink any amount and any kind of food instead of sticking closely to what is known as the ketogenic diet—small amount of starch food (bread, sugar, potatoes, pastry), and a large amount of fat foods (butter, cream, fat meats, egg yolks.)

The diet for the normal individual should be one part of proteins (meat, fish, eggs, cereals) to 2 parts fats, to four parts starches; whereas for the epileptic the diet should be 1 part proteins, 1 part starches, and 3 to 4 parts fats.

That too much liquid can cause epileptic attacks has been known for some time as experiments have shown that when liquids have been prevented from leaving the tissues, epileptic attacks occur.

The thought then in the treatment of epilepsy is to gradually get the dose of phenobarbital adjusted so that just the "needed" amount is taken and the patient doesn't feel drowsy during the day, and also to follow the ketogenic diet which may greatly reduce the amount of phenobarbital needed to prevent attacks.

Eating Your Way to Health

Send today for this special booklet called Eating Your Way to Health (No. 101) by Dr. Barton which deals with Minerals, Vitamins, Fats, Starches, Proteins and What and How Much to Eat. Enclose Ten Cents to cover cost of service and handling and mention the

Apples Valuable as a Part of the Menu

Some Special Ways to Use Apples.

(From Dept. Agriculture, Ottawa)
Apples may rightly be regarded as among the cheapest and best of fruits principally because of their high nutritional value. Modern dietiticians stress the fact that three vitamins A, B and C are found in apples. Vitamin A is essential to growth and raises body resistance to disease; vitamin B is essential to growth, stimulates appetite and promotes good digestion, and vitamin C prevents scurvy and also assists in tooth development, helping to prevent tooth decay. In cooking apples lose none of their virtues.

Apple Pradding (Old Fashioned)

- 4 large tart Canadian-grown apples
- 1 teaspoon ground cinnamon
- 1 teaspoon salt
- 4 oz. stale bread crumbs
- 1/2 grated nutmeg
- 4 eggs

Pare and chop apples; mix with crumbs; beat yolks of eggs lightly and add to crumbs; then add salt, cinnamon, and nutmeg; then stir in carefully the whites of eggs beaten stiff. Mix thoroughly; steam in a well-greased mould for three hours. Serve with custard or lemon sauce.

Apples a la Parisienne

Pare several sour Canadian-grown apples; cut them in half crosswise and remove the cores. Cook the apples until tender in syrup made of 1 cup of sugar, and 1 cup boiling water, being careful to retain the shape of the apples. Drain the apples and set each half apple on a round of stale sponge cake, sprinkled lightly with orange juice, and either orange or peach marmalade. Cover apple with a meringue and some chopped almonds. Brown in the oven to a delicate brown. Serve either hot or cold.

Apple Roly-Poly

Pare, core, and slice sour Canadian-grown apples. Roll a rich baking powder dough 1/2 inch thick. Lay the sliced apples on the dough and roll as for jelly-roll. Tuck in the ends and prick deeply with fork. Place on a plate dredged with flour; cover with a cloth and steam 45 minutes. Serve with sugar and cream or a sauce.

Apple Fritter Batter

- 2 eggs
- A speck of salt
- 1/2 cup cold water
- 1 cup flour
- 2 tablespoons melted butter
- 1 teaspoon sugar

Stir salt in egg yolk, add butter slowly, then sugar, and when well mixed stir in the flour slowly. Then add the water a little at a time. Beat well, set aside in a cold place for 2 hours then fold in the beaten white of the eggs. The batter must be thick. If not soft enough, add white of another egg.

Apple Fritters

Pare, core, and quarter Canadian-grown apples; roll in powdered sugar, and dip in fritter batter. Before sugar has time to dissolve, fry in deep fat like doughnuts. Roll in powdered sugar before serving. Serve hot.

Lack of Calcium May Cause Appendicitis

Dr. F. F. Tisdall Makes Interesting Suggestions in Health League Address.

Modern scientific knowledge of nutrition has made man master of his fate, enabling him to increase his own and the stature of his children, to live in increased vigor and to increase his longevity. This declaration was made by one of Canada's foremost research workers in nutrition, Dr. F. F. Tisdall, of the University of Toronto, at the inaugural meeting of the 1938 series of lectures arranged by the Health League of Canada here.

Dr. Tisdall, is assistant physician at the Hospital for Sick Children and Director of Research Laboratories. He is a Fellow of the American Academy of Paediatrics and an international authority on diseases of children. Outlining various experiments at the famous children's hospital, he made another statement that is certain to attract wide attention—that there is a probability that appendicitis is caused by lack of calcium.

Experiments, he said showed that lack of calcium in the diet of children caused constipation and further indicated that it might be a cause of appendicitis. As this was new work he did not enlarge upon it.

The need of calcium, however, was one of the principal points of Dr. Tisdall's lecture. The quantity of calcium essential to health, he said, varied from one gram a day for the infant, increasing for the growing child, and decreasing to half a gram for the adult. Indicative of the value of milk as a concentrated, cheap source of the mineral, it was shown that to get the equivalent of one gram of calcium, available in a point of milk, one would have to consume 4 ounces of cheese, or 3 pounds of celery, or 8 loaves of bread, or 5 pounds of cabbage, or 17 pounds of roast beef. An adult, he declared, needed half a pint of milk a day either

Paule, the simple gendarme, belongs to the Union of French Civil Servants, the most powerful in France, but there is in France no union of abdicated queens. Queen Samilla Machimba might start one. If President Lebrun does not make haste to raise her palmy royal pension it is to be hoped that she does.

She will have to do something of the sort, for no retired Queen, however queenly, can keep her husband calling her "Your Majesty" forever if he has to provide more than half the house-keeping money.

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Curlers at Iroquois Falls Enjoy Matches

Ollivier's Team Wins Dewar Cup After Thrilling Battle

Iroquois Falls, Ont., January 22, 1938. Special to The Advance.

Curling Match

The Dewar Cup playoffs were held in the curling rink Saturday afternoon, to decide the winner. F. Charron's team, having won all his games in his section, was matched up against C. C. Ollivier and his team, having won their division.

The game looked cinched for Charron when he had clinched down 6-0 at one point in the game, but Ollivier's team put on the pressure, and at the end of the 9th end, Ollivier had come up to 7, with Charron at 8. With intense interest the game continued, and the 10th end found Charron again leading with a score of 10 to 7. The eleventh end looked bad, but here Ollivier's team scored a point making it 10 to 8 for Charron still. With one more end to play, and Charron on the button, it looked a sure winner for him, but Ollivier in a lovely shot put Charron off the button, and with 2 tones to count, evened up the score with 10-10 at the 12th end. They had to play the 13th end to decide. Charron's man placed a beauty, and Charron put a guard in front. Ollivier's team placed some nice ones to count, but had to remove this one of Charron's. It was a difficult shot, and with two stones to go, they were successful in putting it out. This left Ollivier's team with 3 stones to count, making their team victorious with a score of 13 to 10 at the 13th end.

It was a hard, well played game, both teams evenly matched. Players in F. Charron's team were: skip, F. Charron; Bert Goram, A. Dixon, E. Ingley, C. C. Ollivier; Steve Farel, Herb Reid, and R. Sawyer.

In the Code Cup tournament, Homer Banting has defeated all his division and will play off with the winner in the second division. This tournament is one of keen interest also.

Meeting of St. Mark's Guild

The St. Mark's Parish Guild held a successful meeting in the Parish hall on Thursday evening, with a good representation of its members.

Rev. and Mrs. Francis Joy were present at this meeting, receiving a cordial welcome at their first meeting.

After discussion of the regular business, it was decided to hold a dance in the Parish hall on Friday, February 4th, to help defray current expenses.

Sudbury Star: Reports come to hand of a police quartet in Oklahoma which sang to suspect, until he confessed. This may come to be regarded as the fourth degree.

HER CHRONIC BACKACHES GO

Another Woman Ends Long Siege of Trouble

The right remedy often clears up drabby backaches, dizzy headaches, so surely that folks are astonished. Mrs. S. J. S. Galt, writes, "Backaches and headaches bothered me for a long time until shortly after I started Fruit-A-Tives. Then they stopped entirely. It's surprising how completely this fruit, herb and tonic remedy clears up constipation, sluggish kidneys, and other causes of back pains and headaches. Leave pains and ill-health behind. Try Fruit-A-Tives. Quick, Sure, 25c. and 50c. **FRUIT-A-TIVES LIVER TABLETS**

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