

About the Use of Food Coming to Us in Seeds

"Pulse" was the Biblical Forerunner of the Beans, Peas and Lentils we Eat To-day. Spaghetti with Meat Sauce. Recipes for Lentil Soup, Beans Bretonne, Pumpkin Tarts, Spaghetti Meat Sauce.

Among the foods which we find mentioned in our first written records of history, of which the Bible is the most important, is "pulse." Today, we use many foods which belong to the pulse family, although we do not know them by that name. Possibly we may know them as legumes, but more likely we call them by their common names, beans, peas and lentils.



(By Edith M. Barber)

While we use peas and beans, of course, in their fresh form, enormous quantities of dried legumes are used throughout the world and have been for centuries since the time that it was found that the seeds of pod-bearing plants could be dried and preserved for later use.

All of these dried vegetables provide concentrated nourishment at small cost. They offer protein which we need for building and repairing the tissues of the body, starch which supplied us with fuel for energy, a liberal amount of the most important minerals and certain amounts of vitamins A, B and G.

If it were necessary, we could rely on these dried vegetables to furnish a basis for a well-rounded diet. For the sake of our food budget we will do well to use them to some extent in the preparation of soups, luncheon and supper dishes.

- Lentil Soup**
- 2 cups dried lentils
- 2 1/2 cups water

- 2 onions, sliced
- 1 sprig parsley
- 1 1/2 teaspoons salt
- 1/2 teaspoon pepper
- 1/2 teaspoon celery salt
- 1 bay leaf
- 2 tablespoons bacon fat
- 4 frankfurters
- Horseradish

Soak lentils overnight, drain, add water, onions and seasonings and simmer slowly for two hours. Press through a coarse sieve, return to stove, add bacon fat and frankfurters, cut into one-inch pieces. Cook ten minutes longer and serve with horseradish.

Bean Bretonne

- 1 1/2 cups pea beans
- 1 cup stewed and strained tomatoes
- 1 cup chicken stock
- 6 pimientos rubbed through a sieve
- 1/4 cup minced green pepper
- 1 onion, finely chopped
- 1/2 cup butter
- 2 teaspoons salt

Soak beans overnight in cold water, drain and parboil until soft. Put in a baking dish or bean pot with other ingredients and cook in a stove oven (250 degrees Fahrenheit) until beans have nearly absorbed sauce.

Spaghetti With Meat Sauce

"Will you help me plan an inexpensive buffet supper which I can prepare and serve myself without spending much time in the kitchen after the guests arrive?" so writes a reader. You may be interested in my answer. It seems to me that a good spaghetti which actually improves while waiting to be served is a practical selection for the main dish. Just be sure there is plenty of it and that it is well seasoned. With this a green salad, hot rolls, relishes, coffee or beer, or both will go well. For dessert this time of year, there might be pumpkin or apple or individual tarts.

All the preparations of a meal of this sort, except the combination of the spaghetti with the sauce, the making of the coffee and the final mixing of the salad may be made previously. The hostess will then have time to entertain her guests. This is an important point because it needs more than good food to make a party go.

Pumpkin Tarts

- Pastry
- 2 cups cooked or canned pumpkin, strained
- 1 cup brown sugar

- 1/2 teaspoon ginger
- 1/2 teaspoon cinnamon
- 3 eggs
- 1 1/2 cup milk
- 1/2 teaspoon salt
- 2 tablespoons sherry
- 1/2 cup cream

Line custard cups or tart pans with pastry. Mix the other ingredients together and pour into custard cups or tart pans. Bake in a hot oven, 450 degrees F., for ten minutes, reduce heat to moderately slow oven, 325 degrees F., and bake until filling is firm, twenty-five to thirty minutes. Chill before serving.

Spaghetti Meat Sauce

- 1 pound chopped beef or veal
- 1/2 cup olive oil
- 1 clove garlic
- 1 green pepper, chopped
- 1 onion, chopped
- 1 quart canned tomatoes
- 1/2 can tomato paste
- 2 teaspoons salt
- 1 tablespoon sugar
- 2 cups boiling water
- Grated cheese

Cook meat in oil with garlic, green pepper and onion about five minutes, until light brown. Add strained tomatoes, tomato paste, salt and sugar, and water. Let simmer one and a half hours, stirring occasionally to prevent sticking to the pan. Serve with cooked drained spaghetti. Serve with grated cheese.

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That Body of Hours

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

SEVERE GOITRE AND EMOTIONAL DISTURBANCES

There was a time when an operation for goitre - enlarged thyroid gland in the neck - meant travelling to some large city where a famous surgeon removed the thyroid gland. To-day every hospital has a member or members on the staff who perform this operation. Goitre, requiring operation, was not as common as it is to-day.

Formerly it was thought that this lump or tumor just "happened" with some individuals just as does cancer,

hay fever and other ailments. Then it was found that infection from some part of the body - teeth, tonsils, gall bladder - was the cause in a number of cases. To-day it is known that in a great many cases the individual seems to be born with the right or necessary kind of soil (tissues) to grow or develop the enlarged thyroid gland. And that soil would appear to be a nervous or highly emotional disposition.

Patients suffering with this severe type of goitre which requires removal by surgery or x-ray, are thus often found to be bright, active, and alert young men and women. Dr. I. Bram in the American Journal of Psychiatry states

FIFTY YEARS TOGETHER



Mr. and Mrs. David Lloyd George celebrated their fiftieth wedding anniversary recently at Cap D'Antibes on the Mediterranean, with their family around them. The British wartime Premier and his wife have known each other since they were little children and grew up in the same small town in Wales.

after studying 5000 cases, he has come to the conclusion that there exists a definite predisposition to Grave's disease (the severe form of goitre).

The earmarks noted in a young adult, who is predisposed or likely to develop severe goitre are emotional upsets, a quick worker and quick thinker, rapid heart; brilliant sparkling eyes, and some enlargement of the thyroid gland.

"The average candidate for severe goitre is an idealist and a fighter in any cause that appeals to him."

In this series of 5000 cases, 90 per cent. presented a clear history of having undergone severe shock or other emotional disturbances such as (1) accidents, narrow escapes, 35 per cent., (2) shock following death of a loved one occurred in 32 per cent of cases, (3) repeated emotional shocks, (4) worry over real or imaginary illness, (5) intense worry over financial reverses and distress, (6) worry over work or study, (7) lack of properly family adjustments.

From the information obtained by this study of these thousands of cases it can be seen that "it is highly advisable to study and treat the 'personality' of each patient before as well as after operation if best results are to be achieved."

How Is Your Blood Pressure?

Is it high... is it low? Do you know what precautions to take in either case? Send for this latest Bar ton Booklet (No. 108) entitled "How is Your Blood Pressure" which discusses this interesting subject in simple, easily understood language. Enclose Ten Cents to cover cost of service and handling and send your request to The Bell Library, 247 West 43rd St., New York City, mentioning the name of this newspaper.

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Teamster Had Hands Frozen on Mercy Trip

Bushman with Both Legs Broken by Falling Tree Taken to Cochrane Hospital.

A man with both legs broken by a falling tree and the teamster driving the injured man to hospital having his hands frozen in the trying trip—such is the story that comes from Cochrane in connection with two men treated there.

With the weather more than 30 below zero, Joseph Kratinski suffered two broken legs when a tree fell on him while he was at work in the bush in Fournier township, near Cochrane. The tree crushed down unexpectedly pinning the unfortunate man. The poor fellow was powerless to help extract himself but his cries were heard by a man passing by. The latter immediately ran for assistance, but considerable difficulty was experienced in pulling the tree aside to release Kratinski. Eventually, however, this was accomplished, but in the meantime the injured man had suffered considerably. He suffered still more when he had to travel in an open sleigh in a temperature lower than 30 below, to get to the Lady Minto hospital at Cochrane. Some idea of the intensity of the cold may be gathered from the fact that the hardy teamster, injured to sub-zero weather had his hands rather badly frozen in the drive. The teamster had to be given treatment at the hospital for his frost-bitten hands. There is little doubt but that the man with the two broken legs also suffered considerably from the cold on the trip, though every effort had been made to keep him as warm and comfortable as possible during the long cold drive. Also, it is worthy of note that on account of the cold and the snow, it was necessary to use four teams of horses to drag along the sleigh bearing the injured man. Kratinski is reported from Cochrane as making good progress to recovery.

BE BEAUTIFUL
By ELSIE PIERCE
FAMOUS BEAUTY EXPERT



GINGER ROGERS could not keep up to par if she did not relax and rest following each dance routine. Her weight is watched carefully too, nourishing food and necessary sleep insisted upon.

No Time Like Present to Gain Weight

There's no time like the present to get down and do what it is you want to see done. One of the best golden rules is: "do not put off until to-morrow what you can do to-day."

It is particularly applicable to the subject of weight gaining. The fact is that this is the best time of the year to turn angles into softly rounded curves. It all resolves itself into two good reasons why winter is weight gaining time. First, we exercise less.

Second, we eat more. The body needs more food particularly the rich, heavy fuel foods to keep it warm.

The body actually prefers these foods at this time of the year. During the summer we find salads and light foods more palatable. In the winter we relish cream soups and starches, butter, sugar, poultry, meats fish, vegetables, stuffing, salad dressing, rich desserts.

While the other half of the world is wailing about gaining weight in winter, the thin ones have the fates on their side.

Try This Program

In the first place, if you suspect that you are run-down, that there is

something organically wrong with you. If you have symptoms of any disease, see your physician before you attempt anything. Sudden loss of weight or sudden loss of appetite should be checked immediately. It is up to your physician to determine the cause and map out a routine for the checking. If you have had a check-up or are reasonably sure that you are in fine health start early to bed and early to rise program. Sleep in a well ventilated room. Do a few setting up exercises night and morning (not too strenuous exercise). Take a warm bath before retiring and learn to sip warm milk slowly as a nightcap. Adopt every possible relaxation trick you know. Try not to worry at all because worry is one of the worst weight keeper-downers. Nervousness and tenseness are contributing causes too, so school yourself to "let go." Get more fresh air. A brisk walk for a half hour BEFORE dinner will stimulate your circulation as well as your appetite. Eat more food, more milk, cream soups, butter, cream soups, some candy, whipped cream desserts. Try hard. Soft curves are worth the effort. And, rest after every meal.

BOY SCOUTS IN TIMMINS



Congratulations to the Second and Fifth Groups!

If you haven't heard, it was the 2nd Troop that took away the 1st prize for hobbies in the Scout section, the 5th Pack took the Cub first prize, the 5th Troop the Scout second and the 2nd Pack the Cub second. In addition to this, the 2nd Troop were awarded the Drew Trophy for Camping for their model camp. This they will hold until the summer when the award may or may not find a new home. The trophy was originally given by Mr. Geo. Drew for the best Scout Troop camp in the district camp. It was first won jointly by the 1st and 2nd Troops and to avoid argument it was agreed that it be held by Mr. MacLean, our president, until a single winner was named. However, last year it was impossible to judge the camps fairly as it was not convenient for the judges to visit them all and so instead the trophy was offered in a miniature camp competition. Who will be its next winner?

The hobbies were splendid, so much so that there is no doubt that this show and display will become an annual affair. We liked especially the Queen Mary by a 2nd Troop Scout and the wooden chain and moose by a 4th Troop Scout. Wouldn't it be a great idea to start right now while it is fresh in your mind to start right in and work on hobbies for your next year's show. We'll be expecting a much bigger display, and much stiffer competition.

The success of the whole we must add our sincerest thanks to Mr. Bellamy who so kindly contributed our tickets, and to St. Anthony's Church which allowed us the use of their basement for three days. The 4th Troop did a good job of the hosts. And our thanks to all who contributed to the programme.

To help out our next display, I plan to add a department to this column, describing enough about a hobby each week for some of you to get started. I'll keep it up until I run out of hobbies. Perhaps some of you might help me by sending in your hobby—someone else might like to try it too.

Several Patrol Leaders have asked me the types of games to play at Patrol meetings. "It's O.K. for you Scoutmasters," they say, "you've got a whole gang of us kids to play games; but we've only got 5 or 6. What can we do?"

You fellows can do plenty. Of course you know the Buddy System in swimming. But do you know the Buddy System for games and for instruction in your Patrol. If not try it at the next Patrol Meeting, by staging the following quick games:

Signal works. Divide the gang up into buddies, each pair numbered One and

Two. Place the Ones at one end of the room and the Twos at the other. Give each number One a message of about fifty words to send to his buddy by Morse Code, winking the right eye for dots and the left for dashes. As soon as the team has finished they indicate by giving their Patrol call. First team to finish with the most correctly received messages wins.

Buddy Knottings. Give each buddy team two three-foot lengths of rope. Holding their left hands behind them and the ropes in their right the buddies attempt to tie ropes together with a square knot, without putting them on the ground. First team successful wins. Afterwards try other knots, sheet bend, fisherman's, carrick bend.

Buddy Slings. The buddies take off their neckerchiefs and proceed simultaneously to apply arm slings for the right arm on each other. First team finished with a good job done wins.

Scout Law Acting. Have the teams draw lots for the points of the Scout Laws. After a short conference each team acts out its point. The rest of the teams guess what is represented. Best and original performance wins.

Thereyab! And there are plenty more that you can make up. Cubmasters may be able to develop something like this for their Den Chiefs to use in Cub Dens.

Somebody once said, "Another thing that seems to improve the longer you keep it is your temper." So for another week, Scoutingly yours, Ebi., District Leader.

Temagami Resident Dies in His Eighty-Sixth Year

Temagami, Feb. 7.—Well known throughout the Temagami region, Peter Missabi, Bear Island Indian, died recently in the Haileybury Hospital, following several months illness. He was in his 86th year.

Burial took place last week at Bear Island. The funeral service was conducted by Rev. L. Wittig. High mass was sung at St. Ursula's Church, Bear Island. Burial was performed by the Indians themselves, according to their ancient rites.

Patriarch of the Indians of the region Peter Missabi was the "grand old man" of Bear Island. He lived on Lake Temagami long before the arrival of white men, at a time when supplies were brought by water routes from Lake Nipissing.

He is survived by his wife, two sons, Moses and James, and one daughter, Charlotte Missabi, two grandchildren and two great-grandchildren, all residing at Bear Island.



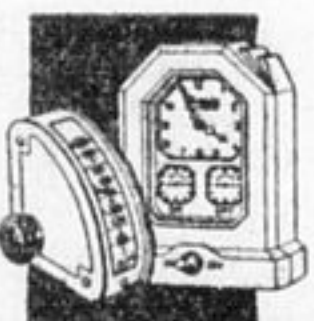
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