

# Fasnachts for Shrove Tuesday Menu this Week

### To-morrow is "Pancake Day." This Gives Hints for Observance. Ceremonies Associated with Shrove Tuesday are Said to be Older than the Christian Religion.

(By Edith M. Barber)  
The ceremonies which are still associated with Shrove Tuesday, which is the name given to the day before Lent begins, are far older than the Christian religion. The ceremonies originated among the primitive tribes who at this time of year made sacrifices to the gods in order to insure that the grains which were to be planted shortly would produce a good harvest.



(By Edith M. Barber)

In many countries, both in Europe and in the Orient, a straw figure was carried with pomp in a procession and finally burned in a fire whose warmth was associated with that of the sun, whose influence was necessary for fertile crops. Often a bell was rung throughout the period. We find the relics of these early customs still carried on in England where the church bells are rung vigorously as a signal that it is the hour to consume the Shrove Tuesday pancakes. Perhaps their association with this day could be traced back so as to have a relation with the planted seeds.

In Germany, instead of pancakes, we find raised doughnuts known as fasnachts or fast-night cakes associated with Shrove Tuesday. From my German great-great-grandmother comes a recipe for the raised doughnuts which were always made in our household on this day.

- Fasnachts**  
(Raised Doughnuts)
- 1 cup milk
  - 1/2 yeast cake
  - 1/2 cup lukewarm water
  - 1 teaspoon salt
  - 4 1/2 cups flour
  - 1/2 cup shortening
  - 1 cup light brown sugar
  - 2 eggs
  - 1 teaspoon nutmeg
- Scald and cool milk, when lukewarm, add yeast dissolved in water, and enough flour to make a stiff batter; let rise over night. In the morning add

melted shortening, eggs well beaten, sugar and enough more flour to make a stiff dough; also add nutmeg. Let rise again, and if too soft to handle add more flour. Cut into strips, roll under hands until in long thin strips and tie. Place on a floured board, let rise one hour, turn and let rise again. Fry in deep fat (365 degrees F.) and drain on brown paper. Cool and roll in granulated sugar.

**Lobster Newburg**

- 1 pound lobster
- 1/2 cup butter
- 1 tablespoon flour
- Salt
- Paprika and nutmeg
- 1 cup thin cream
- 2 egg yolks
- 2 tablespoons sherry

Remove meat from shell and cut in cubes. Melt butter, stir in flour and seasonings and add cream gradually. Add lobster and when thick add egg yolks and flavouring mixed with some of the sauce.

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## Surprise Farewell Party Friday Night

### Delightful Event in Honour of Miss Rosamond McCulloch.

A delightful surprise farewell party was held at Miss Margaret Easton's studio on Friday night by Miss Ann Semchison, in honour of Miss Rosamond McCulloch, who is leaving in the near future for England, where she will take up residence with relatives. The happy and carefree evening was a joy to those who attended, and all eagerly joined in the many dances. There were specialty dances such as Paul Jones, and when the orchestra, composed of Messrs. Peter Boychuk, Harvey Perron and Paddy Quinn, was not giving out tuneful melodies, the radio or gramophone would do the honours. Sing-song, which seems to add something to every get-together, was heartily enjoyed, and a lovely lunch was served by Misses Semchison and Geraldine Turcotte. Miss Semchison had also prepared souvenir novelties which she distributed to the young ladies and gentlemen. Adding another surprise to the surprise party, the guest of honour, Miss McCulloch, was presented with a beautiful fitted aeropack, which will keep her friends in mind when she is far away.

Those who were present at the very enjoyable event were: Misses Brodie, Brisbois, Katie Burke, Winnie Atkinson, Maizie Newton, Grace McQuarrie, Gwen Webb, Madge Webb, Thelda Stevenson, Rose Martin, Geraldine Turcotte, Irene Salley, Margaret Easton, Diane Melville, Jessie O'Brien,

## Eleven Babies Born At S.P.G. Hospital

### New Hospital at South Porcupine Has Every Bed Occupied. Other South Porcupine News

South Porcupine, Ont., Feb. 26th.—(Special to The Advance)—Born—On Saturday, Feb. 26th, in the Porcupine General Hospital, to Mr. and Mrs. Arthur Chevrier—a son.

The stork finally decided to bring a girl to the new hospital, and then brought two more in quick succession. The hospital has only been open ten days, and they already have eleven babies there! Mrs. J. Hoy had the honour of being mother to the first baby girl on Feb. 24th but on the same day the stork arrived with another girl for Mrs. Tony Guidolin, and yesterday (25th) a baby daughter was born to Mrs. William Mawhinney. If any more arrive the nursery will be overcrowded! The hospital has every bed occupied! The third annual bonspiel commencing on Monday at 4:30 p.m. at the South Porcupine curling rink bids fair to eclipse all predecessors. There will be 50 or 60 rinks competing. To date are entered 23 rinks from Timmins, 13 from Dome, 1 from Pampour and 13 from our own club.

The ladies' schedule is over. The Lamotte trophy winners (won all five games) are:—Mrs. Moore (skip); Mrs. H. M. Turner (vice-skip); Mrs. Ivy

Cameron (second), and Miss Gwen Fowler, lead. The runners-up, winners of the Marshall-Eccleston prizes, (won four games and lost one), are:—Mrs. Raymer (Paymaster) skip; Mrs. Lewis, vice-skip; Mrs. Maxwell-Smith, second, and Mrs. Cahill, lead.

Winners of the McLellan Consolation prizes (silk stockings) are:—Mrs. Wm. Fairhurst (skip); Mrs. McLellan vice-skip; Miss Gina Higgins, second, and Mrs. Emerson Smith (lead). These ladies played off to-day with the rink of Mrs. Davis, who had also only won one game in the schedule, and was the most spectacular game of the whole two weeks.

At the last end the score was 6-6, necessitating another end, and when the end was played two rocks were so near the centre that it required the compass of the rink manager to decide the winner.

The Fairhurst rink won by the barest fraction of an inch. This game was watched by a number of hardened veterans who said they had never seen such a close finish to any game.

Congratulations! And we hope to publish in the next issue a photograph of the first Porcupine Lady Curlers' winning team.



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

## That Body of Yours

### Still Another Treatment for Acne

Although a definite organism has been found in smears taken from the pus in pimples (acne), this ailment is not usually transferred from one patient to another.

As acne comes on at puberty, 13 to 16 years of age, most physicians now agree that the symptoms are due to some gland change which affects the oil in the little oil glands of the skin. It becomes thick and hard and so cannot escape readily to the surface of the skin through the little hole. As the oil gradually accumulates in the gland and cannot escape, the gland enlarges, the oil, now a hard mass, becomes infected. Some pimples contain just the hard oil while others contain pus.

Pimples disfigure the skin and cause so much embarrassment that the individual is apt to develop an inferiority complex which interferes with business and social progress.

Formerly treatment was by salves and lotions, cutting down on certain foods, and keeping the intestine active. Today the internal treatment is by some gland extract—usually pituitary extract—and the external treatment is by X-ray. In fact X-ray treatment is considered the best single treatment.

What is known as the viosterol treatment discovered by two members of the staff of the University of Chicago—as used on themselves and later on a number of students—has given excellent results in many cases. Ten drops of viosterol were taken daily in a half glassful of water, gradually increasing the dose until at the end of two weeks 20 drops were being taken daily. Twenty drops were taken daily for two or more weeks. The treatment was repeated after an interval of ten days.

Then followed the gland treatment— anterior pituitary— injected twice weekly for two months.

What may prove to be a "sure" for acne of the hard or tough skin type is recommended by Dr. E. A. Mullen in "Handbook of Treatment."

Calcium (lime) gluconate in doses of 75 drops of ten per cent. solution, injected into the veins at intervals of three days for a period of twenty days will give spectacular results.

The thought then is that if the present treatment—X-ray—does not affect the cure, the viosterol, the pituitary extract, and the calcium gluconate methods are all worth trying.

**How Is Your Blood Pressure?**  
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## SPECIAL MEETING OF NURSES OF THE DISTRICT TO-MORROW

A special meeting of the R.N.A.O. will be held in St. Mary's hospital on Tuesday (to-morrow) evening March 1st, at 8:15 p.m. All nurses are invited to attend.

## BE BEAUTIFUL

By ELSIE PIERCE  
FAMOUS BEAUTY EXPERT



FRANCISKA GAAL is a natural blonde blessed with deep blue eyes and dark lashes. She uses soft-make-up colours that harmonize and do not clash.

## Debs and Sub-Debs Take Note—Natural Blonde is National Choice!

No less an authority than Cecil B. DeMille says: "Most men prefer blondes unless a clever brunette gets to them first. But artificial blondes who wear slacks and paint their fingernails a gruesome red are a nuisance in Hollywood and everywhere else."

Asked to describe his idea of the typical American girl, Mr. DeMille says: "Blonde, blue eyes, natural colour in cheeks, fairly full lips, straight and fairly short nose, active, fun-loving and intelligent, five feet, four inches tall, thirty-four-inch bust, twenty-four-inch waist, thirty-four-inch hips, weight 110 pounds."

**"As Heaven Intended You"**  
As for those made-up blondes, Mr. DeMille says, "Casting directors look right over their heads for someone with complete naturalness and most men like to see pretty women, pretty

much as heaven intended them."  
**Blondes at Their Best!**  
I address this particularly to debs and sub-debs because I think the young ones make the gravest mistakes in make-up. In their eagerness to keep their hair a golden colour, they use harsh bleaches instead of harmless rinses or brightening oil treatments. Instead of merely enhancing their natural colour, they exaggerate it. This applies to cheek and lip rouge, powder and especially eye make-up. Black mascara or brow pencil will give the blonde a hard look, whereas brown will give just the right accented note. The blonde, more than any other type, should avoid a "made-up look. Blondes at their best are those who look natural, or at least very nearly so."  
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## Another Pleasing Event by Golden Beaver Lodge

The Golden Beaver A.F. & A.M. held an exceptionally successful and entertaining At Home in the Masonic Hall on Friday evening. The music for the dancing was supplied by Gordon Archibald and his orchestra, and a delicious lunch which had been prepared by the Anglian ladies was served by the members of the lodge. Favours were distributed throughout the large crowd, and such specialty numbers as Paul Jones and the Rye Waltz caught the fancy of those attending, all agreeing that these dances added to the pleasure of the evening.

## Charge Reckless Driving Four Ride in Front Seat

Stopped by police early Thursday morning with four persons riding in the front seat of his car A. Chevrier, 161 Tamarack street, will face a charge of reckless driving in police court here Tuesday afternoon.

## Saskatchewan Clubs Being Formed Throughout North

Recently The Advance noted that a Saskatchewan Club had been formed in Kirkland Lake. Last week there was a notice in The Northern Tribune that suggests it is planned to form another Saskatchewan Club in Kapuskasing. The notice asks for the names of all present residents of Kapuskasing who previously lived in Saskatchewan. There have been hundreds from Saskatchewan coming into the North since the hard times hit the West so seriously. It is easy to see that these people will have a common bond in their residence in Saskatchewan in its happier days, but there are so many clubs and associations—all with worthy purposes and aims—that it is becoming increasingly difficult to advocate any more in the North.

**HOCKEY**  
N.O.H.A. INTERMEDIATE PLAY-OFFS  
**PAMOUR vs. CONIAURUM**  
(DYNAMITERS) vs. (FLYERS)  
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