

Advices Cheese Dishes If Quick Meals Needed

Expert in Culinary Science Says that the First "Cheese" Dish to Come to Mind is the Rabbit, but That There are Others as the Fondues. Other Recipes.

No matter how we know and respect the nutritive value of foods, most of us think first of all of their flavour. And fortunately there is no reason why we should not, if we plan a well-rounded meal. All of us like a food of high

flavour as the main dish of the meal. Meat, of course, has this quality and so does cheese which can replace meat so far as its food value goes.



(By Edith M. Barber)

There are so many good cheese dishes which make satisfactory headlines for a supper and which will naturally be used in the Lenten season. There is the simple rabbit, made with melted cheese and butter. There are other types which demand eggs and cream or milk and which are sometimes known as rabbits and sometimes as fondues. There is that delicate and simple fondus which calls for Gruyere cheese and white wine and which may be made with a very fresh American cheese.

There are souffles, one of which differs from another according to which recipe you use. I prefer one which is crisp on the outside and soft in the middle. Then there is that favourite family dish of mine which in my grand-mother's household was known as toasted cheese, although it is actually baked. It is celebrated because it demands so few utensils for its making as well as because of the appetizing results.

Even simpler are the combinations of bread with cheese and bacon, which are merely baked or broiled. I also like the cheese sandwiches which are dipped in egg and milk and fried in deep fat Italian style.

All of these dishes are suitable for the quick meal in which the business woman housekeeper is particularly interested:

- Toasted Cheese**
 1/2 pound cheese
 1/2 teaspoon mustard
 1/2 teaspoon paprika
 1/2 teaspoon salt
 1 egg
 1/2 to 3/4 cup milk
- Shred the cheese into greased baking dish, add seasonings and egg. Add enough milk to cover cheese and beat slightly to mix egg with cheese and milk. Bake in a pan of hot water in a moderate oven (375 degrees Fahrenheit) about thirty-five minutes, until set.
- Alsatian Fondue**
 1 pound Swiss or American cheese
 3/4 cup white wine
 2 tablespoons brandy or kirsch
 French bread.
- Slice cheese into a shafing dish, cover with wine and let stand several hours. Stir over fire until cheese is

melted. Add brandy or kirsch and serve with pieces of French bread.

Quick Meal
 Tomato juice
 Toasted cheese
 Endive with French dressing
 Danish pastry. Coffee

Method of Preparation
 Light oven.
 Prepare cheese and bake.
 Prepare endive and dressing.
 Cook frozen string beans or open can of beans and heat. Dress string beans. Open can of chilled tomato juice. Make coffee. Heat pastry.
 (Copyright 1938, by The Bell Syndicate, Inc.)

South Porcupine People Attended Recent Wedding

(From The Shawville Equity)
 A wedding of much interest took place last Wednesday afternoon in Sudbury United Church, when Mrs. Elizabeth Baird, daughter of the late Mr. and Mrs. Daniel Smith, of Pembroke, became the bride of John James, son of Mrs. Jas. Morrison and the late Mr. Morrison, of Shawville. Rev. E. W. Cockran, performed the ceremony.

The bride wore a street-length dress of brown crepe with gold trimming and brown hat and shoes to match. Her corsage was of Briarcliff roses and lily-of-the-valley. She was attended by her sister, Mrs. Wm. Scott, who was attired in brown chiffon over printed satin. Her corsage was of red roses.

Mr. John James Baker, nephew of the groom acted as best man. Following the ceremony a wedding supper was served to immediate friends at the home of Mrs. Wm. Scott. The dining-room was tastefully decorated in mauve and yellow. Later in the evening many friends of the bride gathered for a reception. The bride, wearing an evening gown of red taffeta, was assisted in receiving the guests by her sister, who was in green sheer with out velvet and gold slippers.

A reception was held at the home of the groom on Friday afternoon, when a large number of friends and relatives gathered to wish them much joy and happiness. The dining-room was decorated with white streamers and bells. The bride and groom received many beautiful and useful gifts.

The couple will reside on the groom's farm at Clarendon Front.

Those attending from out of town were: Mrs. J. Johnston, Mrs. R. J. Connelly, Mrs. Cyril Pearce, Mr. J. J. Baker, all of South Porcupine, Mrs. John Cunningham and Miss Pearl Baker of Shawville, and Mr. Russel Dean, of Bristol.

Brandon Sun:—Life is a good show but some have such poor seats they don't enjoy it much.

Buy Beef by Grade is Advice of Dept.

Some Recipes from Ottawa Dept. of Agriculture.

Buying beef by grade takes the hazard out of marketing because the quality of the two grades of branded beef is guaranteed by Government inspector. The best grade is known as Choice and the cuts are stamped with a thin red ribbon-like mark, the second grade is the Good brand, marked in blue. Full information as to choosing and cooking beef is contained in the 52-page illustrated pamphlet "Beef, and How to Choose and Cook It," which may be obtained free on application from the Publicity and Extension Branch, Dominion Department of Agriculture, Ottawa. The following recipes are taken from the pamphlet:

Short Ribs with Vegetables
 Brown desired quantity of short ribs on all sides in hot frying pan. Place in covered casserole with a few slices of onion, salt and pepper, and cook slowly for about 3 hours. When cooked remove ribs, thicken liquid with flour, reheat and serve together. If desired boiled potatoes, peas, onions, diced turnips and carrots may be added to the gravy, or served separately.

Pan Broiled Flank Steak
 Trim a flank steak and wipe with a piece of cheese cloth wrung from cold water. Score diagonally in opposite directions on both sides with a sharp frying pan with some of the fat trimmings. Thoroughly grease a hissing-hot platter, sprinkle with salt and pepper and spread generously with butter.

Sirloin Steak a la Hollandaise
 Prepare a Hollandaise sauce as follows: put 4 egg yolks in the top of a double boiler, beat slightly, add 1/2 cup butter, and 1/2 cup cold water. Set over low heat and stir constantly, keeping the water in the lower part of the boiler just below point, the lower part of the boiler having been half filled with hot water at the start. When the mixture thickens to the consistency of boiled custard, add gradually 1/2 teaspoonful pepper and few grains cayenne; continue beating. Then add 2 tablespoonsful lemon juice slowly while beating. Pour half of sauce on to a hot platter; over this place a thick, juicy, broiled sirloin steak; cover steak with remaining sauce and serve immediately.

GIRL GUIDES IN TIMMINS

There was a rally last Wednesday of all Guide Companies in Timmins, to meet the visiting Field Secretary, Miss McMann.

The flag was raised and the National Anthem sung. Patrol Corners were held by the three Companies. After a brief discussion, Guides of the 51st I.O.D.E. Company decided to have a skating party next Wednesday at 7.15 instead of a regular meeting.

Miss McMann led the Campfire. She taught the Guides several new songs and gave an interesting talk on other Guide Companies in Canada. She spoke of some Guide Company making their own uniforms and of what uniforms meant to a Guide. When Campfire was over, the flag was lowered and the meeting closed with "Taps."

Court of Honour was not held last Wednesday so it will be held next Wednesday at 6.45.

BE BEAUTIFUL

By ELSIE PIERCE
FAMOUS BEAUTY EXPERT



Girls of sixteen should not be forbidden the use of GOOD cosmetics. JANE BRYAN protects her lovely skin with a soothing lotion and fine powder before exposure to sun or wind.

Very often a bit of misinformation is passed around so speedily that it soon becomes a fairly general impression, and a wrong one, of course.

I am frequently asked, "Will the use of cream stimulate the growth of hair on the face?" The very number of the inquiries on this subject indicate that there seems to be a general impression that cream will grow hair. The best answer to this is: if cream manufacturers could make hair grow on bald heads they would as quickly make millions. Where there is a predisposition or tendency to grow hair the simple medium of massage will stimulate growth. The cream itself will not.

More impressions. Mothers often say "Girls of sixteen don't need cosmetics." Right! But when they stretch the truth and say, "Cosmetics will harm the skin, will cause it to become dry, drawn, old or will cause blackheads, that's wrong! Because really good cosmetics cannot hurt the skin, in fact that sometimes serve as a protection against

sun and wind and thus help the skin. By the same token it is not true that powder is harmful or causes blackheads. If powder is applied to a skin that is not thoroughly clean or if it is ground into the skin with a soiled puff then, indeed, it may cause blackheads. In that case, however, why not fix the blame where it should be with the faulty cleaning or the medium used for the application rather than with the powder itself.

Furthermore the modern law of balance with respect to make-up asks you to prepare your skin with the proper foundation before using the make-up and emphasizes the importance of removing make-up before retiring so that the skin is left scrupulously clean and free to breathe while you sleep.

There are more and more impressions. Some right. Some wrong. So if you are following any advice, do make sure that it is given by one who knows.
 (Copyright 1938, by The Bell Syndicate, Inc.)

That Body of Yours

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

Taking Vaccine by Mouth to Prevent Colds.

There has been much written the last few years about "colds," because colds not only cause many absences from school or from work, but are the starting point for more serious conditions such as bronchitis, asthma, bronchopneumonia and pneumonia.

That colds are due to the entrance into the body of a tiny organism and its products, is the belief of many physicians, but there are many "head colds" that can be traced to foods, pollen of plants, lack of vitamins, tiredness, moisture in the atmosphere, and infections (teeth and tonsils) which so drain the patient's vitality that a cold has no difficulty in starting up in the nose and throat.

That the use of a vaccine—cold vaccine—has been helpful in preventing or lessening the number of colds cannot be denied but the results vary from 1 percent prevention with some physicians to 40 to 50 percent with others. Also, most of these cases have been treated by injecting the cold vaccine under the skin. It is interesting therefore to learn of results of taking these cold vaccines by mouth instead of by hydropic injection.

Dr. George E. Rockwell, and Herman C. VanKirk, M.Sc., Cincinnati, in the Journal of Laboratory and Clinical Medicine, tell of their studies of 191 patients afflicted with colds, treated by cold vaccine taken by mouth.

"The patients came from various walks of life—boys in an institution, office workers, medical students, factory workers and school children. In each of these groups half the persons took the vaccine and the same number acted as controls (did not take the vaccine). The patients using the vaccine took one capsule with a half glass of water at least one hour before breakfast every morning for seven mornings, after which one capsule per week was taken throughout the season. One hundred persons took vaccine, and 100 did not (controls). All had suffered with about the same number of cold each year in the past."

"Results: During the experimental year the controls (ones who didn't use the vaccine) had 375 colds, whereas the ones who took the vaccine had a total of 94 colds—a decrease of about 75 percent. There was also a very marked decrease in days of illness from all causes among the vaccinated group as compared with the controls."

For those who suffer with frequent colds the cause of which cannot be found, the cold vaccine by mouth treatment should be worth trying.

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 which 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 service and handling, and mention the name of The Advance, Timmins. Send your request to The Bell Library, 247 West 43rd St., New York, N.Y.

Windsor Star:—Just the same, we have a hunch Rome would have been built in a day if Benito Mussolini had been anywhere around to get the contract.

Announcing

the

Re-opening of the ROSE ROOM BEAUTY SHOP

We are pleased to announce to all patrons that we have re-organized our shop and are re-opening for business at our former address.

Only competent, experienced operators will complete your coiffures that breathe youth and vivaciousness and are designed for youthful appearance.

Phone for Appointment
 66 FOURTH AVE. PHONE 2280
 PROPRIETOR—LAURILA

Plans for Comfort on His Horse-Drawn Sleigh

(From The Halleyburian)

We like the idea of the teamster on Lake Temiskaming who has built a small cab on his horse drawn sleigh, in which he can ride in something like comfort on his daily trips across to this side with wood from his farm. It must have been easily and cheaply constructed and only takes up a small part of the area usually devoted to the load, which can perhaps be offset by piling the wood a bit higher. Consisting of only a light frame covered with canvas, it does not add seriously to the work of the team and surely protects the driver from the worst of the storms and cold.

Powassan News:—Someone is now telling a story about an absent-minded professor who sent his wife to the bank and kissed his money good-bye. Why blame it on a professor?

Removes cigarette stains

Science Now Makes Clothes Last Longer

Extra Wear in Garments Reward for Proper Care

Science takes a hand in balancing the budgets of families living in the Porcupine district, according to latest reports. Costly replacements of apparel for men, women and children are cut down by new methods of laundering devised after years of scientific study.

Care Considered Essential
 The new methods offered here by the Timmins New Method Laundry, cut clothing costs by extra care in handling garments. Every step of the process is carefully supervised; a special supply of clear, pure water is used, all soap and supplies are subjected to exhaustive tests before their use, and every employee is specially trained to assure the satisfaction of families using the company's service.

Fabrics, Dyes Studied
 Special emphasis is placed on a complete understanding of the various fabrics and dyes used in the manufacture of present day clothing and the methods recommended by textile manufacturers and chemists are employed to assure a longer life for garments laundered here.

Special phone service makes the use of the Timmins New Method laundering service convenient. The telephone number is 153.

TIMMINS New Method LAUNDRY

FRESH MEATS

—Kept fresh with

KELVINATOR

Electric Refrigeration

Don't take chances with meat! Correct refrigeration eliminates losses from spoilage and keeps customers satisfied. Kelvinator offers the right equipment for every type of food business. The new Kelvinator Forced Convection Cooling Unit controls circulation and humidity in your refrigerator. If you sell meats or other perishable foods we have the right equipment for you.

ATTENTION MERCHANTS!

Kelvinator equipment can be installed at reasonable cost in your present box, if properly insulated. We also supply all types of walk-in refrigerators, counter display cases, reach-in refrigerators, etc. Let us tell you about them.

Canada Northern Power Corporation Limited
 Controlling and Operating
 Northern Ontario Power Corporation Limited
 Northern Quebec Power Company Limited