

Fishing From Pantry Shelf for Quick Meal

Domestic Science Expert Suggests That There Should Always be Canned Products on the Pantry Shelves Available, When Needed, for the Quick Meal.

The business woman housekeeper often does her fishing for the quick meal from her pantry shelf which she probably keeps well stocked with canned products from the northern or southern seas. There will be shrimps,

erate oven (350 degrees Fahrenheit), fifteen minutes.

Quick Meal

- Pineapple and grapefruit juice
- Grilled sardines on toast
- Buttered carrots
- Cucumbers with sour cream
- Hot cross buns. Coffee.

Method of Preparation

- Prepare carrots and cook.
 - Prepare salad and dressing.
 - Light broiler.
 - Open cans of fruit juices and combine.
 - Grill sardines.
 - Make toast.
 - Make coffee.
 - Heat rolls in warm broiler.
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(By Edith M. Barber)

from the Gulf of Mexico, salmon and tuna fish from the West Coast, lobster from the Atlantic, crabmeat from Russia and Japan, herring and finnan haddie from various parts of the world, and sardines which may be native or from Portugal, France or Norway.

Probably more of the latter type which are actually bristlings or small herrings of particularly delicate flavor are now used in this country.

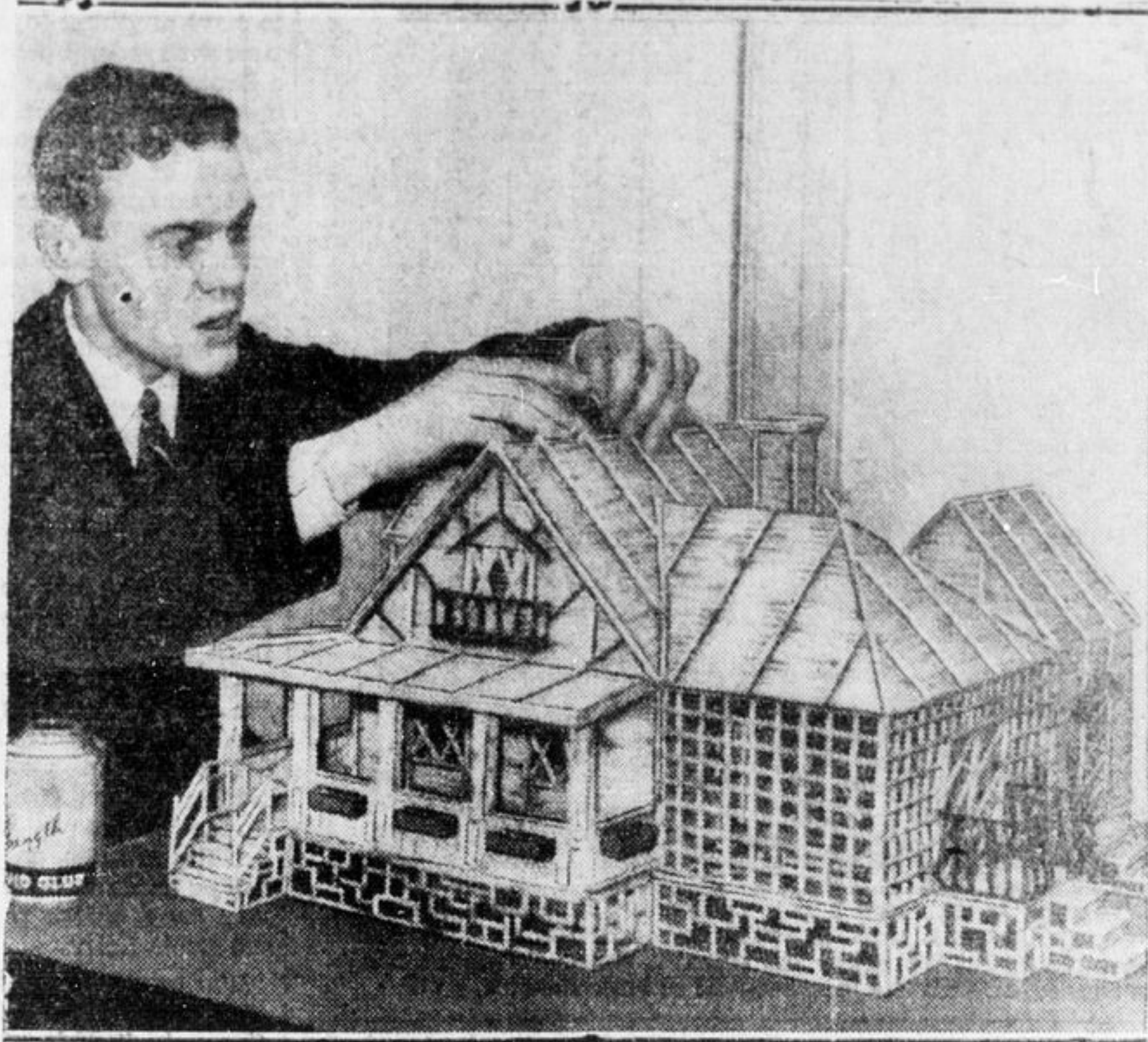
While sardines are often used just as they come from the can, they make a savory supper dish when they are grilled or broiled for a moment. They may also be served with the cream sauce, highly seasoned, of course, which is used so much with the other types of sea food. A toasted sardine sandwich with a piquant salad is almost a full meal in itself.

While there are any number of appealing supper dishes which can be prepared from the more delicate types of fish, I suggest the following as among the best—shrimp creole, scalloped salmon, tuna fish with cheese sauce, lobster Newburg, deviled crabmeat, herring with sour cream, finnan haddie with horseradish sauce.

Grilled Sardines

- 6 slices bread
- 1 can sardines
- Lemon juice
- Worcestershire sauce
- Toast the bread on one side. Arrange sardines on untoasted side, season with lemon juice and Worcestershire sauce and cook under the broiler until toast is brown and sardines hot.
- Baked Tuna Fish with Cream Sauce**
- 4 tablespoons butter
- 4 tablespoons flour
- 1/2 teaspoon salt
- Pepper
- 1/2 teaspoon Worcestershire sauce
- 2 cups milk
- 1 cup grated cheese
- 2 pimentos
- 1 thirteen-ounce can tuna fish
- Melt butter, stir in flour and seasonings and when well blended, stir in milk gradually. Stir over a low fire until thick and smooth. Stir in cheese and cook over low fire until melted. Cut six strips of pimento and reserve for garnishing. Cut remaining pimento into small pieces and add to white sauce. Flake tuna fish into one-inch pieces and add to white sauce. Pour mixture into greased baking dish, arrange strips of pimento on top and bake in a mod-

MATCHLESS EFFORT BUILDS MATCH HOUSE



Five months of effort, 9,000 matches and three pints of glue went in to the two-storey bungalow shown above with Russell A. Dade, 819 Hartland avenue, Oshkosh, Wis., architect and builder. "I took nearly every hour of my spare time, and actually became an obsession with me," he confessed. "My friends used to pick up matches—burned matches—used pilot lights on the gas stoves." "And did you smoke many cigarettes while making it?" the reporter asked. "I gave up smoking," he grinned. "I think I'll make it out of imitation pearls," he said. "Those white ones and the golden ones too—if I can make the pearls stick to one another."

Expect Compulsory Pasteurization Law

Measure Before Ontario Legislature at Present.

(From Health League of Canada) The unanimous passage of a compulsory pasteurization law by the Ontario Legislature is expected to give leadership to the rest of the Dominion in making man's greatest food, milk, as safe as it is nutritive.

In many cities and towns throughout Canada, milk has been pasteurized for a number of years but the importance of this safeguard against epidemics has still to be impressed upon hundreds of other municipalities. This was evidenced when the Ontario act was considered in committee, many members of the Legislature agreeing that pasteurization was necessary to health but pointing out the further need of education.

Dr. Alan Brown, of the Hospital for Sick Children, pointed out that for many years the Health League of Canada had devoted great energy in the effort to convince the public of the need for pasteurization. The League has had the co-operation of the Canadian press in passing on information to the public and during the last few months, when Ontario's proposed law was under consideration, the movement for pasteurization has been strongly supported by editors in this province. In fact, the opposition to the proposal was almost negligible.

In view of this, it is expected by the Ontario Government that its plan enforcing pasteurization gradually will be readily accepted.

Two questions raised in the Legislative Committee that are expected to have an echo in some parts of the province are the problem of cost and question whether milk from accredited herds is not safe unless pasteurized.

In regard to the latter point, health authorities here draw attention to the fact that milk-borne diseases have had numerous victims on farms where herds are accredited. One case cited before the Ontario Legislature was of a child being stricken with bovine tuberculosis on a farm where the cattle had previously been accredited but afterwards had to be slaughtered. It was pointed out that infection of milk often comes not from the cow itself but from environment.

The question of cost was answered by Dr. Alan Brown who stated that it costs \$3.50 a day to maintain a child at the Hospital for Sick Children and on an average, victims of bovine tuberculosis of the bone remain in the hospital for two to five years. Pasteurization plants, therefore, would pay for themselves many times over in preventing the necessary expense of maintaining victims of raw milk.



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

Sore Throat, Rheumatism and Heart Disease.

Some years ago it was common practice in a hospital near my home to see children attending a throat clinic Saturday morning, have the tonsils "snipped" off and the youngster back to

school the following Tuesday or Wednesday. Large tonsils were all removed in those days.

To-day while a great many youngsters have their tonsils removed, it is usually because they have a sore throat often, or the tonsils are interfering with their breathing. Most physicians now believe that the tonsils are of value in filtering poisons from the blood and that they are best left in until the danger of all the diseases of childhood has passed.

What about tonsils? Why should they be removed if Nature has a use or purpose for them? Does removal of tonsils prevent diseases or make them less dangerous if they do occur?

As rheumatism and heart disease are the serious ailments following infected tonsils it would be well to consider the effect of the removal of tonsils from this standpoint.

A report of the research study of 4600 school children by Dr. A. D. Kaiser, Rochester, N.Y., who has done a great amount of research study on this question is given in the Journal of Laboratory and Clinical Medicine. Dr. Kaiser states that while rheumatism disease occurs in children who have had their tonsils removed, it is less likely (by 25 to 35 per cent.) to occur in those who have had their tonsils removed than in those who still have their tonsils.

It was also shown that when rheumatism did occur in those whose tonsils were removed the chances of developing heart disease were less.

Finally, the study made of 597 rheumatic children showed that the death rate among children whose tonsils were still in during the rheumatic fever was 13 per cent. and only 7 per cent. among those whose tonsils were out at the time of the first attack of rheumatism.

"Statistics and the experience of physicians studying this question justify the removal of the tonsils in practically every rheumatic child; but the operation should not be done during an acute attack of rheumatism."

I have quoted Dr. Kaiser's study before but I believe the relationship of sore throat, rheumatism and heart disease should never be forgotten.

Why Worry About Your Heart?

Is it skipping beats, is it murmuring, is it small . . . send today for this instructive booklet (No. 102) by Dr. Barton entitled 'Why Worry About Your Heart' which tells the story of your heart in a simple and satisfying way. Enclose Ten Cents to cover cost of service and handling and send your request to The Bell Library, 247 West 43rd Street, New York, N.Y., mentioning The Advance, Timmins.

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Protect Children From Diphtheria

Warning Issued by Health League of Canada

"Every child between six months and 12 years of age—if not already protected against diphtheria—should be given toxoid treatment."

This warning is issued by the Health League of Canada, which points out that the earlier a child is given protection the better. Special attention is drawn to the subject at this time because in the past many parents delayed until late in the Spring with the result that the summer holidays arrived before the third inoculation.

Up to the beginning of this century diphtheria epidemics took a terrible toll in this province. With the discovery of anti-toxin in 1894 the control of diphtheria really began and in a few years, the death rate was considerably reduced.

Diphtheria is a most dangerous disease. When it occurs, the child may complain that the throat hurts or there may be a croupy cough. Usually some fever is present, with an increased pulse rate. Before the doctor had anti-toxin from 25 to 40 per cent. of diphtheria victims died. Today, among

those given treatment within two days not one of fifty dies. Delay means death in many cases.

When toxoid was discovered, a further reduction in diphtheria deaths occurred, for toxoid prevents the disease being contracted. This newer product is diphtheria toxin modified in such a way that its poisonous qualities are removed, yet it retains its power of stimulating the tissues of the body to manufacture their own supply of anti-toxin. This remains as a barrier against disease for a long time, probably for life. Toxoid is not a serum. It is administered without causing pain or illness but it takes time to act. Three doses are given at three weeks' intervals. As pointed out, it is important to have all three before summer vacation.

With the general adoption of toxoiding, diphtheria incidence fell off splendidly, many cities in Ontario having a record of no cases in years. During the past three years, the number of children immunized has not been maintained with the result that diphtheria is on the increase again and health authorities are alarmed.

In the absence of adequate preventive

measures, Ontario might suffer a serious epidemic and for this reason, renewed efforts are to be made this year to secure a wider use of toxoid.

PEPPING THEM UP

(St. Catharines Standard)

A Toronto pastor where the congregational singing had been half-hearted, painfully so, is reported to have secured great results when prior to the singing of the Doxology at the close of the service, he remarked to his parishioners: "Just imagine you are singing 'Hail, hail, the gang's all here.'" The response was vociferous.

Charlottetown Guardian—Canadians are eating more onions, with the result that there is a scarcity at the present time, which is being met by imports from the United States. Egyptian onions are expected to arrive in Canada shortly, according to the Agricultural Department of the Canadian National Railways. Canada also imports onions from New Zealand and exports to that Dominion, the seasons being opposite.

BE BEAUTIFUL

By ELSIE PIERCE
FAMOUS BEAUTY EXPERT



GRETA GARBO, one of the most glamorous personalities of the screen, believes there is no more effective beautifier than the sun.

Glamorous Greta Garbo Gives Us a Few Simple Slants on Beauty.

As the whole movie loving world knows, Greta Garbo is one of the most glamorous and unique personalities of the screen. She is five feet six inches tall, has golden hair, light blue eyes, very fair skin.

Her golden hair is shampooed every night with soft water and soap. She wears it in the long bob that is now internationally famous. Off the screen, she wears little or no make-up. Her favourite colour has always been red, yet she dislikes flashy things, never wears jewelry off the screen and has definite ideas about clothes, discarding the exotic gowns she wears "in pictures" for rough tweeds and simple sports clothes.

Her teeth are perfect and have never needed dental repair.

When she feels specially fine she likes to whistle; a fine beauty habit which should keep that chiselled contour of hers firm long past the time when the calendar usually indicates that sagging and drooping are due.

Believes in Sun and Strenuous Exercise.

Her beauty message is "There is no beautifier as effective as the sun. Get plenty of it." This is particularly good advice for spring, when the sun's rays are not direct enough to burn the skin.

She feels that exercise is the best beauty routine to keep the skin clear and lovely—the strenuous type, preferably with a heavy medicine ball—that's what she recommends to keep the waistline slim.

Miss Garbo is a born athlete and, seeing her as a fragile beauty in one of her roles, one would never suspect that she enjoys swimming, rowing and tennis; that when she rents a cabin in Yosemite or Lake Arrowhead, she hires a canoe or rowboat with it and goes out on the lake alone.

Every noon there's a raw vegetable salad (diet hint for those who have heavy lunches). She is naturally shy and timid, as started by strangers as she is startling!

Tuesday 10 P.M.

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If You Like Books

(By A. H.)

To-day's poem is the third and last of the poems that were mailed by Mrs. Kay Bailey of Blackpool, England, for publication in "If You Like Books." The other poems by Mrs. Bailey which were published in this column are "The Querist" and "White Magic," both of which were original poems like "In Gratitude." These poems have been greatly enjoyed by those who have read them, and the readers will certainly be looking forward to poems that Kay Bailey may send in the future.

In Gratitude

(By Kay Bailey—copyright) No greater joys than these I know— A healthy child's sweet singing, My man's return at evening's glow, His soul's love to me bringing, The first-light gleam upon the wall And in the soothed gloaming Lung gold-flecked twilight shadows fall All mated creatures homing.

Though the rich pursue their pompous way Let us remain thus lowly, This is our stronghold—here we stay, For LOVE has made it holy, Such comfort earns a fervent prayer At the long day's close beguiled, This peaceful rapture is too rare— Dear Home—keep undefiled.

Another Happy Dance by the "Get-Together" Club

The Porcupine Get-Together Club held their regular monthly dance at the Hollinger Recreation hall on Wednesday evening. A large crowd was present to dance to the music of Al Fiacini and his band, and to take part in all the fun and merriment of the occasion. This Get-Together club has helped to introduce many of young people of the town to each other, and the dances are always successful affairs, that provide a happy and hilarious time for the members and their friends.

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SHERIFF'S SALE OF LANDS

Under and by virtue of a Writ of Fi Fa issued out of the Supreme Court of Ontario and to me directed against the Lands and Tenements of Two-in-One Gold Mines Limited, wherein Andrews, Andrews and McBride are the Plaintiffs and Two-in-One Gold Mines Limited are the Defendants, I have seized and taken in Execution and will sell by public auction to the highest bidder at my office in the Court House at the Town of Cochrane in the District of Cochrane on Tuesday the 12th day of April, 1938, at the hour of 11 o'clock in the forenoon all the right, title, interest and equity of redemption of the above named Defendants, the Two-in-One Gold Mines Ltd. in, to and out of the following described lands and tenements, namely:

- (1) Parcel 1846 Whitney and Tisdale. Being the North half of Lot No. 7 in the 1st Concession of the Township of Whitney.
 - (2) Parcel 961 Whitney and Tisdale. Being the North half of Lot No. 8 in the 1st Concession of the Township of Whitney.
 - (3) Parcel 779 Whitney and Tisdale. Being the South half of Lot No. 9, in the 2nd Concession of the Township of Whitney.
 - (4) Parcel 2965 Whitney and Tisdale. Being the Northwest quarter of the North half of Lot No. 6, in the 1st Concession of the Township of Whitney.
 - (5) Parcel 2966 Whitney and Tisdale. Being the North-east quarter of the North half of Lot No. 6, in the 1st Concession of the Township of Whitney.
 - (6) Parcel 3008 Whitney and Tisdale. Being the South-east quarter of the North half of Lot No. 6 in the 1st Concession of the Township of Whitney.
 - (7) Parcel 3009 Whitney and Tisdale. Being the South-west quarter of the North half of Lot No. 6 in the 1st Concession of the Township of Whitney.
 - (8) Parcel 3014 Whitney and Tisdale. Being the South-east quarter of the South half of Lot No. 6 of the 2nd Concession of the Township of Whitney.
 - (9) Parcel 3015 Whitney and Tisdale. Being the North-east quarter of the South half of Lot No. 6 in the 2nd Concession of the Township of Whitney.
 - (10) Parcel 2718 Whitney and Tisdale. Being the North-west quarter of the South half of Lot No. 8 in the 2nd Concession of the Township of Whitney.
 - (11) Parcel 2719 Whitney and Tisdale. Being the South-west quarter of the South half of Lot No. 8 in the 2nd Concession of the Township of Whitney.
 - (12) Parcel 2720 Whitney and Tisdale. Being the North-east quarter of the South half of Lot No. 8 in the 2nd Concession of the Township of Whitney.
 - (13) Parcel 2721 Whitney and Tisdale. Being the South-east quarter of the South half of Lot No. 8 in the 2nd Concession of the Township of Whitney.
 - (14) Parcel 4011 Whitney and Tisdale.
- Firstly: The North-east quarter of the South half of Lot No. 5 in the 2nd Concession of the Township of Whitney.
- Secondly: The South-west quarter of the South half of Lot No. 5 in the 2nd Concession of Township of Whitney.
- Thirdly: The South-east quarter of the South half of Lot No. 5, in the 2nd Concession Township of Whitney.

SHERIFF'S OFFICE, Cochrane, Ont.
Dec. 30th, 1937.
-21-23-25-27.

JOHN D. MACKAY,
SHERIFF, District of Cochrane.

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