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Maryland Chicken and Other Ways of Cooking

Fricassee Chicken or Fowl is Also Very Delicious and Full of Flavour After it has been Properly Cooked, Says Domestic Science Expert. Some Interesting Chicken Recipes.

"I have always heard that you could not get chow mein in China or spumoni in Italy, but I did expect to be able to get Maryland chicken in Maryland," remarked one of my friends the other day after her return from a trip. Of course, you can not get the chicken dipped in batter and fried in deep fat surrounded by a white paste which is so often served outside of Maryland and credited to that State.

bacon fat and part lard or other unsalted fat. The chicken must be turned often and when it is a lovely golden brown the pan may be covered and the chicken allowed to remain in the hot fat without any fire under the pan until you are ready to serve it. Young chickens will be ready to use without the last extra touch.

When you are ready to make the gravy you take some of the fat from the pan, stir in an equal amount of flour and let brown. Then add milk or cream and stir until the sauce is smooth and thick.

Chicken Baked in Casserole

I also like to bake chicken in a casserole with minced vegetables, cream and a little sherry. Of course, I have a pet recipe which I think is better than any other and I am sharing it with you today. You may like to use small whole onions and baby carrots instead of the minced vegetables.

Then I have a favourite way of treating broilers which I like to bake in a hot oven with onion rings and plenty of butter or bacon fat. This is a particularly good method because the chickens do not need to be turned although they are the better for an occasional basting. I reserve the giblets and after cooking them in salted water cut them in small pieces and cook them in some of the fat left in the pan, before I make a very brown gravy, using water as the liquid.

Fricassee chicken or fowl may be delicious and full of flavour if it is properly cooked. I use a small amount of water into which I put sliced onion, peppercorns and salt and other seasonings and I keep the pan covered during the cooking. The stock, of course, makes a delicious gravy, for which the flour may or may not be browned with the butter. I like to add a few egg yolks and a little cream just before serving.

Large Chickens for Roasting
Large chickens are especially suitable for roasting after stuffing, which, in my opinion, should be moistened only with melted butter. I like to cook minced onion in the butter before I add the crumbed bread which has, of course, been well seasoned. And no water should ever be used when you are roasting chicken. The butter or bacon fat with which you rub it and the natural chicken fat will provide plenty of fat for basting. Chickens should never be covered during baking.

Maryland Chicken

1 young chicken
1 cup flour
2 teaspoons salt
Pepper
Fat.
Cut chicken in pieces for serving. Wipe well. Put flour and seasoning in bowl, place chicken in mixture and rub into chicken with fingers until no flour is left. Melt fat which, after melted, should be over half an inch in depth. When very hot, add chicken and cook until golden brown, turning often. Cover and set one side for half an hour. Serve with cream gravy.

Cream Gravy

Leave four tablespoons of fat in the pan in which chicken was cooked. Stir in three tablespoons of flour and when well blended, add two cups of milk, stirring constantly until smooth and thick. Season to taste with salt and pepper.

Oven Cooked Broilers

Arrange broilers which have been quartered in a baking pan with the skin side up. Dot liberally with butter, cover with sliced onions. Cook uncovered in a hot oven (450 degrees Fahrenheit) for thirty minutes. Lower temperature and continue cooking for fifteen minutes.

Smothered Chicken

Have broilers cut into pieces for serving. Roll in flour. Brown in fat. Place the pieces of brown chicken in a casserole. Place the frying pan with one cup of water, pour water over chicken; add one cup of cream and bake in a moderate oven (350 degrees F.) for forty-five minutes. Serve from casserole.

Special Chicken Fricassee

1 four-pound chicken
1 quart boiling water
1 onion, sliced
3 cloves
4 peppercorns
1 tablespoon salt
1/2 cup chopped carrots
1 tablespoon celery leaves
3 tablespoons butter
1/2 cup flour
2 cups stock
2 egg yolks
1/2 cup cream
2 tablespoons lemon juice or sherry
1 tablespoon chopped parsley
Cut chicken into pieces for serving, add water, onions, cloves, peppercorns, salt, carrots, and celery leaves. Bring to a boil, cover and simmer for an hour or more until meat is tender. Drain and reserve stock for sauce. Melt butter, stir in flour and when well blended, add the stock and stir over the fire until thick and smooth. Beat egg yolks and stir into them the cream and lemon juice or sherry. To this mixture, add a little of the hot sauce and pour back into the hot sauce. Cook two minutes and serve over hot meat. Sprinkle with parsley.

One cup of cooked mushrooms may be added to the sauce if desired.

BE BEAUTIFUL

By ELSIE PIERCE
FAMOUS BEAUTY EXPERT



BETTE DAVIS illustrates the right way to apply lipstick. Be sure to blend well inside of the lips and then blot with a tissue to remove excess.

Some Make-Up Mistakes Are Inexcusable

We are quick to excuse and forgive youth. Because of its bubbling enthusiasm which sometimes is carried to extremes, we are not so quick to condone some make-up mistakes, but there are others that are really inexcusable.

For instance, there's the matter of matching one's powder to the skin's natural tone. With experts everywhere so very willing to help, with powder blending service available in most cities, it seems a pity to use a powder several shades lighter than the skin so that every little mark and blemish is emphasized; or so much darker than the skin that it loses all signs of "the fresh look" which is one of the attributes of youth.

The application of lipstick is something that every young girl who uses a lipstick should master. Very few older women are guilty of "piling on" the colour. But, I have seen many young girls with the lip rouge so heavily applied that the colour separated into sections. You can't pile colour on

colour and grease on grease and expect a smooth effect. The way to do it is with one skillful stroke on each side of the upper lip from cupid's bow to corner. Then press the lips together so that the lower lip gets some of the colour. Finally take a small piece of tissue and blot by pressing the lips together. Thus the colour is carried well inside the lips leaving no ugly line of demarcation which becomes apparent when you smile or talk. And the colour is permitted to "set" smoothly.

Check Rouge

I've heard cosmetic saleswomen talk about "the two headlights glaring on cheek bones." I should be happy to feel it is only an expression, but I regretfully admit it is a reality. Young ones may think they are being different or eccentric when they apply their rouge in that way. It's not at all becoming. Rouge should be blended to look like a natural blush.

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Casserole of Chicken

1 chicken (three and one-half pounds)
Butter
1/2 cup chopped celery
1 cup chopped carrots
2 tablespoons minced onion
1 cup cream
1/2 cup sherry
Cut chicken in pieces for serving. Melt butter, cook vegetables in it until they are yellow, not brown. Remove vegetables. Cook chicken in butter on all sides until golden brown. Place chicken in a casserole, cover with vegetables, and cream and wine and cook in a moderate oven, 350 degrees Fahrenheit, until chicken is tender.

Chicken and Bacon Salad

2 cups diced chicken
4 slices broiled bacon cut in small pieces
1/2 cup mayonnaise
1 whole tomato diced
Mix together and serve on a bed of crisp lettuce.
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That Body of Yours

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

Value of a Good Breakfast
One of the mistakes that we make as a nation is to forget that breakfast means breaking our fast, that after 14 hours without food—6 o'clock in the evening to 8 o'clock in the morning—the whole body is not only ready but asking for food in order to do its daily work.

Early in the morning the temperature is down to 96 or 97, the blood pressure is down to 10 to 20 points, and the pulse rate is down 4 to 8 beats. All the body processes want stimulation or "starting" for the day's work and only food can give them the proper start.

That is why a good breakfast is so necessary. Of course the man or woman who does physical work—the farmer, the factory hand, the housekeeper—must have a large breakfast not only to get the body processes started, but to keep the body processes going till the next meal, besides furnishing food to do the hard physical work.

However, it is hard to convince the business man or business woman, the clerk and stenographer, that they need a good sized breakfast. They state that they wish to feel keen minded for their work and that a large breakfast is apt to "sink" them mentally.

As a matter of fact, if they arose a few minutes earlier, ate their breakfast leisurely, and did not hurry away, they would find that the breakfast would be almost completely digested by the time they were ready to commence work in office or home.

All that is necessary to add to the

usual cereal, toast, marmalade and coffee (or tea) is a couple of strips of bacon or an egg, or both, in order to get a breakfast that will start the body processes and maintain them at good working strength until the noon hour. This complete breakfast is particularly needed by those who feel that only a light lunch can be eaten at noon if the mind is to remain alert. It came as a great surprise to many when Drs. Haggard and Greenberg, Yale University, were able to show that it was "hunger" not "tiredness" that lessens the working ability toward the end of the morning or afternoon hours.

So break your fast with a good-sized breakfast even if it means getting up a little earlier in the morning. Growing children particularly need a good breakfast.

Eating Your Way to Health

Send today for this special booklet (No. 101) called "Eating Your Way to Health" by Dr. Barton dealing with Calories, Vitamins, Minerals, and What and How Much to Eat. Enclose Ten Cents to cover cost of service and handling and send your request to The Bell Library, 247 West 43rd St., New York, N.Y., mentioning The Advance, Timmins.

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SCHUMACHER CHILD CLINIC POSTPONED TO APRIL 22ND

Owing to last Friday being Good Friday and a public holiday, the Child's Health Conference at Schumacher was postponed to Friday of this week, April 22nd. The conference accordingly will be held in the Schumacher public school basement from 3 to 5 o'clock on Friday of this week, April 22nd.

GIRL GUIDES IN TIMMINS



The meeting of the 51st I.O.D.E. Company opened with inspection taken by Jean Cowan and Elsie Sheridan. The flag was then raised and the National Anthem sung.

The Purple Heather Patrol produced a short act on the first aid of a fractured skull. The Poppy Patrol also gave a short act on first aid, but this was for a broken arm.

Mrs. Reeves then spoke about scratches, bruises, blisters, insect bites, and foreign bodies in the eyes. When she had finished this interesting talk the Guides were questioned about what she had spoken of during this meeting. Captain Tyrrell taught the Guides the last step of "Selienger's Round," with Mrs. Morin accompanying at the piano.

The new song from "Snow White and the Seven Dwarfs" was sung, and Jean Cowan taught the Guides another new song called "My Old Flivver." Guides were then dismissed.

Cadets Band Pleases Crowds in Timmins

In Charge of Major Green Group Proves Popular in Marching, Playing, Singing.

Pioneering and prospecting is not uncommon or unusual in this part of the Dominion, so there was no special surprise to hear the tuneful strains of the Cadets Band from the Salvation Army Training College, Toronto, also the stirring vocal melodies of the party who from the Salvation Army standpoint are making history as this is the first time a party of this kind has visited the North Country.

Their marching, playing, singing, broadcasting and personal witness have created much interest, which has been evidenced by the splendid crowds that have shown a deep and sympathetic interest in the movements since they arrived in town last Saturday morning.

The introductory meeting on Saturday night was well attended the Coast to Coast Non-stop Flight gave all present a great thrill as Canada was travelled from the Atlantic to the Pacific, covering points of interest both from the Dominion and Salvation Army standpoint. The Cadets are a representative group of the forty students at present engaged in an intensive course of Training for officership. The personnel of the party is as follows: Major Ernest Green, Chief Side Officer for Men; Orderly Gillingham, son of Brigadier and Mrs. Gillingham, Calgary, Alta.; and Cadets J. Gillespie, Drumheller, Alta., J. Robertson, Wacrouis, Sask., G. Oystryk, Yorkton, Sas., F. Brightwell, Toronto, J. Edmiston, Montreal, E. Jarrett, Windsor, Nova Scotia.

At the close of the Easter Morning Sunrise service the Cadets Band and local comrades, marshalled by Adj. Cornthwaite, officer in charge of the local corps, paraded the town with suitable Easter music.

The topic for the morning service was the "Seven Shortest Prayers in the Bible," each student dealing with the character and circumstance leading to such prayer.

The afternoon broadcast was full of variety and inspiration and many favourable comments both in letter and by telephone were received by the Student Party.

Following the evening open-air service which witnessed an unusually large crowd intent on receiving all the comfort and cheer possible, the students were greeted by a full hall of warm and expectant followers. The theme of the night service was "Seven Leaves from the Book of Experience." Each Cadet gave a convincing and up-to-date testimony of the reality of God and His power to work miracles in the lives of youth in this day of change and chaos. The service closed with an old-fashioned, old-time prayer meeting, when six surrenders were made for future service.

The Cadets will tonight be presenting in the local Citadel, a dramatization, "The Challenge of the Cross," and

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Pretty Wedding at Notre Dame Church

Miss Marie Lauzon and Mr. Joseph Philip Boudreau Married.

A pretty Easter wedding took place in the Notre Dame des Lurdes Roman Catholic Church today, Monday, at 8 a.m. when Marie, daughter of Mr. and Mrs. Joseph Lauzon, became the bride of Mr. Joseph Philip Boudreau, of Timmins. Rev. Fr. Chapleau officiated at the ceremony.

The witnesses were the groom's brother, Mr. J. Boudreau, and the bride's father, Mr. J. Lauzon.

Bowmanville Statesman—Then there was the Super Nudist who refused to be covered even by insurance.



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NOTICE

Effective Sunday, April 17th, 1938, rail service between Porquis and Iroquois Falls will be cancelled and Bus Service, via Highway, established. Buses will connect with all trains at Porquis, and will operate on the following schedule.

	READ DOWN				
	P.M.	P.M.	P.M.	A.M.	A.M.
Iroquois Falls	8.00	6.20	2.10	9.00	7.10
Porquis	8.30	6.50	2.40	9.30	7.40
	READ UP				
	A.M.	A.M.	P.M.	P.M.	P.M.
Iroquois Falls	8.40	10.20	3.55	7.40	9.25
Porquis	8.10	9.50	3.25	7.10	8.55

EXPLANATION OF SIGNS
a Daily, c Sunday only, d Daily ex. Sun., b Daily ex. Sat.

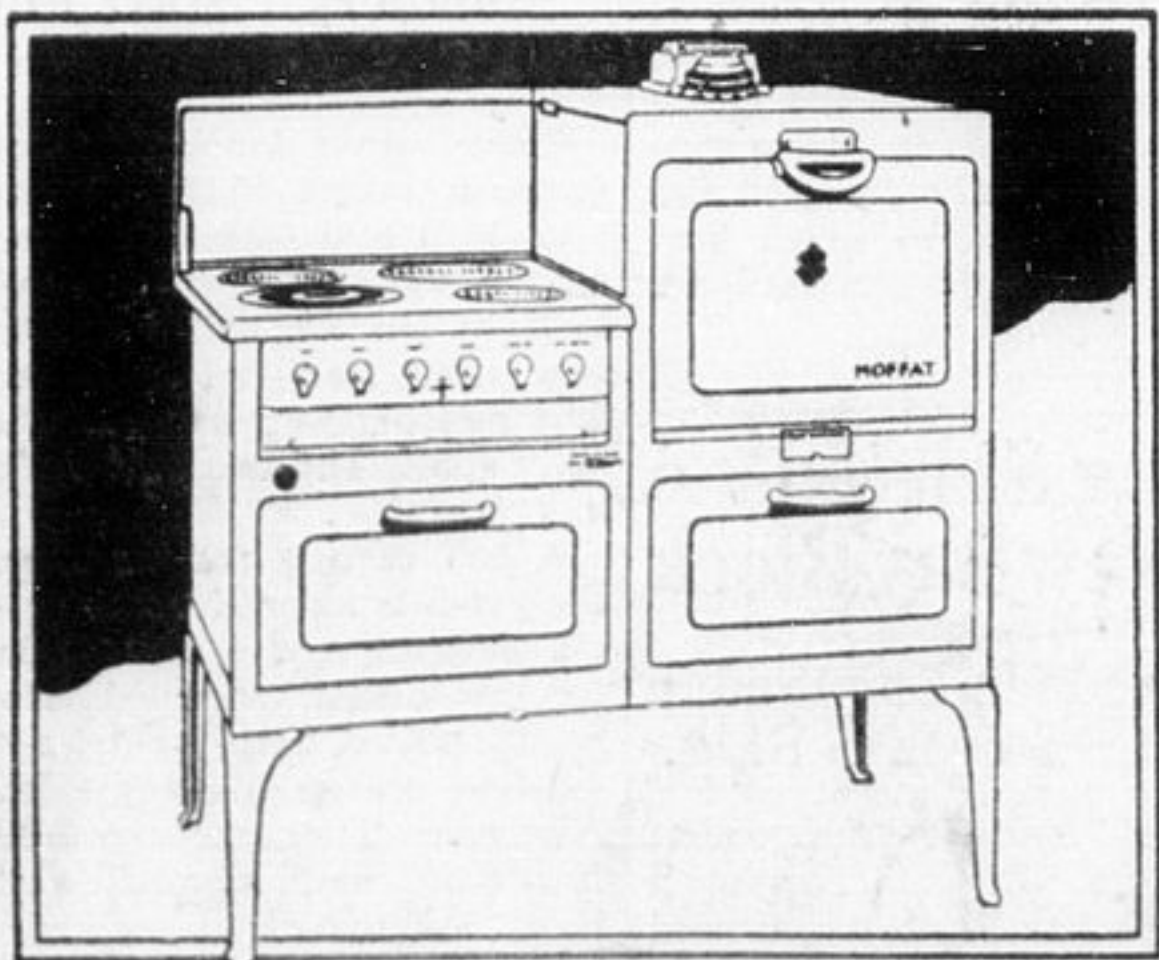
Connection from Cochrane for No. 46, at Porquis, Sunday only, due to leave Cochrane 12.40 p.m., will depart at 1.40 p.m.—same time as on week days.

Connection from Porquis for No. 47 to Cochrane, Sunday only, due to leave Porquis 4.25 p.m., will depart 3.20 p.m.—same time as on week days.

A. J. PARR,
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