

# Interesting Features in Factories Handling Food

Great Care Taken in Regard to Cleanliness and Sanitation Under Modern Methods. Information of Comfort to Most Housewives in These Days of Canned Foodstuffs.

Spring arrived with a bang in New York between two days that first weekend in May which I spent upstate. When I went up the river on Friday, the willows were yellow and the fruit trees bare. When I came down on Tuesday, the willows were green and



(By Edith M. Barber)

is done by machinery which seems to be almost human, there are certain old-fashioned processes which have survived modern inventions. Hams and bacon are smoked in very much the same way that they were on the farm of an earlier time, when the year's food supply was largely a matter of home manufacture. A slow fire of beechwood, hickory and another wood—I've forgotten which one—burns continually in the huge ovens which have replaced the farm smoke-house.

In the portion of the factory which is devoted to canning, the huge shining metal utensils were being put to use this time of year in the preparation of strained fruits for infant feeding. In the summer it will be devoted entirely to vegetable preparation. The tomato plants of a special variety are already growing in the hot-houses, ready for distribution to the farmers who will supply the fine, firm tomatoes when they mature.

In another factory crackers were being mixed by machinery and baked in travelling ovens. It was a surprise to me, although it should not have been, that yeast is used in the manufacture of unsweetened biscuits. Of course, there must be something to produce the delicate light texture which crackers have. That is one thing which cannot be made successfully in the home kitchen. In another type of oven beans were baking and gradually attaining a lovely brown, which is the result of many hours in a slow oven. Of course, after the baked beans have been put in the cans they are recooked under pressure.

Huge batches of dough were also being mixed for another food product. The dough is put into a machine and pressed through molds, from which it flows out as spaghetti or macaroni in various shapes. The long strings are folded over poles which are then put into heated drying chambers for many hours. The small products are dried on screens.

In these days when so much of our food is prepared outside of our home kitchens, partially or entirely, it is comforting to know that such clean and sanitary methods are used in the large factories, in most of which employees must undergo a physical examination, so that food will be wholesome and safe for our consumption.

**Italian Sauce**  
One-quarter pound salt pork.  
One clove.  
One tablespoon olive oil.  
Two medium-sized onions, minced.  
One cup fresh or canned mushrooms, finely minced.  
One-third cup minced chicken livers.  
One-quarter cup parsley, minced.  
One-third cup tomato paste.  
One cup mushroom stock or water.

**Salt.**  
**Pepper.**  
**Paprika.**  
Two teaspoons sugar.  
Add salt pork, cut into very fine cubes, with the clove of garlic to the olive oil and fry until light brown. Remove garlic. Add minced onions, mushrooms, chicken livers and parsley and cook three minutes. Add tomato paste and stock or water and cook five minutes. Season to taste with salt, pepper and paprika and sugar. Instead of tomato paste, two cups of canned tomatoes may be stewed until they thicken and then pressed through a sieve.

**Savory Canape**  
One-quarter cup butter.  
Two tablespoons capers.  
One tablespoon minced parsley.  
One teaspoon onion juice.  
One teaspoon lemon juice.  
12 strips toast.  
One hard-cooked egg.  
Two ounces caviar.  
Cream butter and mix with it capers, parsley, onion juice and lemon juice. Spread on toast. In the centre place one slice of hard-cooked egg and a small round of caviar.

**Frizzled Beef**  
One-quarter pound dried beef.  
Three tablespoons fat.  
Three tablespoons flour.  
Two cups milk.  
Pepper.  
Tear the beef into pieces. Melt the fat in a frying pan and cook the beef in it a few minutes. Sprinkle with the flour and pepper, stir well, add the milk, stir until it boils, and boil one minute.

**Baked Bean Stew**  
Three cups cold baked beans.  
Three pints water.  
Two slices onion.  
Two stalks celery.  
One and one-half cups stewed and strained tomatoes.  
One tablespoon chili sauce.  
Salt, pepper.  
Two tablespoons butter.  
Three tablespoons flour.  
Put the beans, water, onion and celery in a saucepan, bring to boiling point and simmer 30 minutes. Rub through a sieve, add the tomato and chili sauce, season to taste with salt and pepper and bind with the butter and flour cooked together. Serve with crisp crackers.

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## Event Thursday Night in Honour of Bride-to-be

Mrs. C. J. Mun, 25 Toke street, entertained a number of friends at her home on Thursday evening at a miscellaneous shower in honour of Miss Stella Burke, Reg. N., whose marriage takes place in June.

The rooms were beautifully decorated with spring flowers. Games were played during the evening followed by a dainty lunch served by the hostess, assisted by Mrs. G. Reynolds.

The bride-elect received a large number of beautiful and useful gifts, presented in a basket decorated with pink and white streamers and miniature wedding bells.

# BE BEAUTIFUL

By ELSIE PIERCE  
FAMOUS BEAUTY EXPERT



Rare seashells were the inspiration for six glowing face powder shades that gives the skin a flattering luminous quality.

Powder . . . and the Role It Plays!

When they, of the sterner sex dig out some statistics and tell us how many tons of powder we use annually, the thing for us to do is to challenge them with "and where would one be without it."

For powder is at once the most important and most popular of beauty aids for men and women, but we are chiefly concerned with women and the part powder plays in making them more alluring.

Because of the tons of powder we women use, manufacturers are constantly experimenting to create better and finer powders. One of the finest created recently is based on the theory that the skin should be permitted to function normally even while wearing powder. The normal skin has a wick-like action which distributes moisture over the skin surface. Powder that absorbs this moisture tends to dry the skin whereas powder that repels the moisture obstructs skin functioning. The ideal therefore was to balance the elements so perfectly that they would neither draw nor repel the moisture of the skin. Added to that this scientific powder, developed by a medical research laboratory, is delicately scented, has remarkable clinging qualities and is wine-textured. As for its shades, the story becomes rather romantic:

**Six Seashell Shades**  
Botticelli, celebrated for his paintings of beautiful women, copied the fragile tints of rare seashells to gain his exquisite, translucent complexion tones. The colors of these same aquatic shells have been matched meticulously in six glowing, lovely shades of face powder. There's one shade to accent the delicate beauty of the very fair skin; a deeper rose tint an exotic evening shade; a luminous

shade for the ivory skin; a lovely golden tone in the shade of the shell from which Venus sprang and finally a deeply burnished gold for sun-browned skins or for a striking evening effect.

## Party in Honour of Miss Stella Burke

Event Last Night at Home of Mrs. E. J. Banning.

Mrs. E. J. Banning, Mrs. Art Moran and Mrs. Giles Reynolds were joint hostesses at the home of Mrs. Banning on Sunday evening at a party in honour of Miss Stella Burke whose marriage will take place in the near future.

About fifty friends of Miss Burke were present to shower her with best wishes for her future happiness. During the evening a delicious lunch was served, the table being daintily decorated with a large centre-piece of spring flowers and with lighted candles. Mrs. J. McNeil and Mrs. M. Bowie poured tea.

On behalf of all those present, Mrs. Banning made a presentation of a beautiful nest of tables in inlaid solid walnut to the guest of honour.

## Services at South End Finnish United Church

Commencing Sunday, May 29th, the public worship services of the South Porcupine Finnish United Church will be held every Sunday at 2 p.m. in the South Porcupine United Church, Bloor avenue. This arrangement will continue during the summer months.

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38			39				40		
41							42		61

**ACROSS**  
1—A deep and long cut  
5—Grooved wheel of a pulley block  
11—Mature  
12—Supple  
13—Verbal  
14—Inside  
15—An obstacle  
16—Affirmative vote  
17—Mammal found in Himalayas  
20—From (prefix)  
21—Suave  
22—A burden  
24—Bill of a bird  
25—Excite  
26—Achievement  
27—To close the eyes of a hawk with thread  
29—Sun god  
30—Come in  
32—Pronoun  
33—Girl's name  
35—Old English (abbr.)  
36—Female servant (China)  
38—Pertaining to the Alps  
40—Hub of a wheel  
41—Loose-fitting jacket of thick material  
42—To corner  
8—Warp yarn  
9—Jewish month  
10—Went astray  
18—Wading bird of the north seas  
19—A reagent used to vary a shade (dyeing)  
21—The ocean  
23—Lubricate  
24—A mace bearer  
25—Observe  
26—A monk of the north  
27—Guide  
28—Titter  
31—No one used to vary  
32—Flutter a shade  
34—Mimic (dyeing)  
37—Impair  
39—Whether

**DOWN**  
1—Moan  
2—Breezy  
3—Mineral spring  
4—A helper  
5—Fling  
6—Female of the red deer  
7—Type measure

ODIC THUMBS  
NORA HELIUM  
SEEN ELLULGE  
ESACPLAL  
TSPOLFIT  
TEEMEMIT  
CUT MASONIT  
ONOSIPI  
RACNE EVIL  
DUDEEN TINE  
STEERS YEAR

# Better Health Needed in Secondary Schools

Health Measures Stop With Primary Schools. Attention Needed in Higher Schools. Importance of Health to the Nation. Plea Made Deserving the Most Careful Consideration.

The Ontario Secondary School Teachers' Federation (embracing teachers in continuation schools, high schools, collegiate and other educational institutions) is sponsoring a campaign for national fitness. The purpose of the campaign and the vital need for it are clearly shown in the introductory article published here-with. The Advance urges all to read and study this introductory article. It is of vital importance to every patriotic citizen. If this article is carefully read, The Advance believes that the succeeding articles in the series will be eagerly perused by all who have concern for the new generation and the future of Canada.

## INTRODUCTORY TO NATIONAL FITNESS CAMPAIGN

By A. T. B.

One of the most evident facts today is that any nation which refuses to survive and to make its proper place in world affairs must seriously and systematically plan to make its citizens as fit as possible, physically, mentally, morally and spiritually. These are complementary fitnesses, interdependent, and any nation falling short in on of these must sooner or later meet disaster.

In Canada we are proud of our democracy and the freedom which it allows to the individual, but it must not be forgotten that individual freedom is not secure unless the state consists of an organized body of individuals who keep themselves fit in every way to play their part as members of the state. It is then not only the state's duty but also its necessity to provide that every citizen may attain and maintain his or her maximum fitness. History records the decay of many nations who neglected this, and disappeared for ever.

Now in the adolescent years spent in secondary schools nothing, except in a very few progressive schools, is being done systematically and persistently to ensure that these, the citizens of tomorrow, shall enter manhood and womanhood as perfectly fit as possible.

After making at least some attempt to supervise and check the health in elementary schools, this is dropped at the very age when some of the most serious and fatal diseases develop. These are the years when tuberculosis commences its ravages, and when serious affections of the heart originate. The general public doesn't seem to realize that these are years of stress and strain, and hence that health supervision is of the utmost importance.

Teachers in secondary schools know that untold time and money are wasted because pupils are under par and not fit to take full advantage of their opportunities. It is useless to change and enrich curricula, and to add cultural subjects to be presented to those who are not in condition to enjoy them. Many pupils have decayed teeth, defective eyesight, are undernourished, and are quite noticeably not well, but there is no school nurse to look after them and no medical or

dental man to inspect. Yet, every year boys and girls in their teens are dying who might be of untold value to their country. Is the state going to keep on saving money at a time when it can be most effectively spent? To prevent disease is much more efficient and economical than to cure it. There are the people going out into life, to business, to industry, to home. If they are not fit when they start, they break down later, and the loss to the state's in many times what was saved through false economy.

This does not mean that Canadians are all weaklings, but it does mean that a large percentage in this formative age in secondary schools are under par, not nearly at their best. Statistics to be quoted in later articles prove it. There are over one hundred and twenty thousand of these boys and girls in the secondary schools of Ontario alone. They are the ones counted upon to be the leaders of the next three decades. Canada's future is in their hands. Are they or their parents or the state going to remain satisfied that anything short of their maximum fitness is sufficient for them to play their part to enable their country to fulfil its destiny?

Canadians must not forget that this is a competitive world, and they can't afford not to measure up in every way with the citizens of any other nation. Being self-satisfied is absolute folly. Nor can it be forgotten that no nation now can live to itself alone. Other nations have been and are concentrating on raising their standard of fitness, some for the sake of war. It is vital to Canada and Canadians that all should have the opportunity to become as fit as possible and to take advantage of it even to be effective in the cause of Peace.

Fowassar News:—Daylight saving is founded on the old Indian idea of cutting off one end of the blanket and sewing it on the other end to make it longer.

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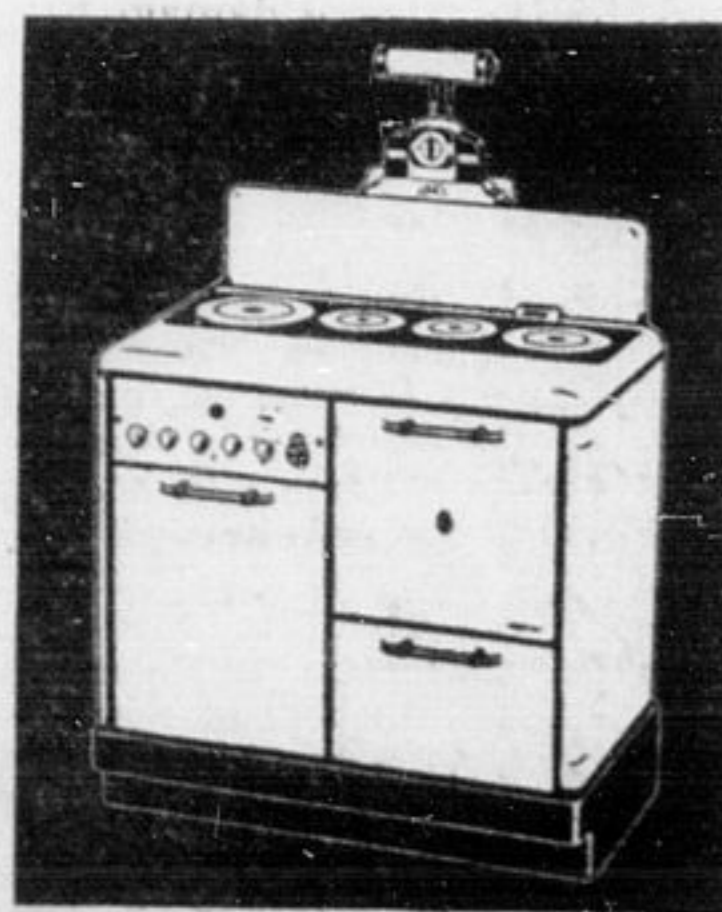


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