

Cool and delicious!

"SALADA"

ICED TEA

Good Things on the Menu Evolved From Gourds

Gourds of Value for Much More than Decoration. Gourd Family Includes Pumpkins and Squashes. Some of the Summer Varieties of the Squash Family.

Among the foods listed on the menus which date back centuries are gourds. Today we consider gourds merely as decorative. The word was used formerly, however, to cover all members of the gourd family, among which are pumpkins and squashes.



(By Edith M. Barber)

Among the summer varieties of squashes are a number of different types, some of which have particular names, and several of them, the scalloped squash, for instance, is known as the pattypan, the cymling and the bush squash. Those of yellow flesh which belong to the latter classification are also called custard squash. Besides these there are the long, narrow squashes with smooth or rough shells, which may be white, yellow or green. These in their turn are distinguished by such terms as summer, crook neck and zucchini. Vegetable marrow, which all of you have been to England have come to know almost too well, is seldom seen in this country.

The most common method of cooking summer squash of any type is to cut it into pieces and either to steam or to cook in a very small amount of water. A double boiler may be used if you like. It may be served in pieces or mashed with plenty of butter, as squash, like spinach, is what the French call a butter assassin. Zucchini is often steamed in pieces large enough for serving and dressed with Hollandaise. Squash may be fried by the same method used for eggplant. Zucchini is also sometimes baked. The pattypan squash may be cooked whole until tender and stuffed with its own contents, after which it is browned in the oven. Because squash cooks so quickly, it may well be used on the menu of a quick meal.

Stuffed Pattypan Squash
6 small pattypan
¼ cup butter, melted

1 tablespoon thick cream
½ teaspoon salt
¼ teaspoon pepper
1 cup cornflakes.

Boil whole squashes until tender, but not soft. Drain and scoop out pulp, leaving just enough to keep in shape. Mash the scooped-out portion, add half the butter, the cream and the seasoning and simmer over a low fire three minutes. Refill the shells with the mixture and place on a shallow baking pan. Mix the cornflakes with the remaining butter and sprinkle over the stuffed squash. Pour a little water in the baking dish and bake in a hot oven (475 degrees Fahrenheit) until well browned.

Baked Zucchini

Cut zucchini in halves, sprinkle with salt and paprika, dot liberally with butter and bake in a moderate oven (375 degrees Fahrenheit) twenty-five to thirty minutes, until tender.

Quick Meal

Creamed potatoes. Buttered squash. Lettuce and tomato salad. Cantaloupe. Coffee.

Method of Preparation

Prepare squash and cook. Light broiler. Prepare salad. Prepare cantaloupe. Broil ham.

Dice cold boiled potatoes, make sauce and combine. Drain squash when tender and dress. Make coffee. (Copyright 1938, by The Bell Syndicate, Inc.)

Mining Industry has Helped Lumber Industry

(From Canada Lumberman)
"There is no question but that the mining industry in Canada has kept us from slipping as low as our friends on the other side of the line. In fact it is a pity that so few of our Canadian people realize what a tremendous benefactor that industry has been for the last several years of otherwise seriously depressed conditions throughout the world," said a representative B.C. lumber producer who added: "We can assure you that we do enjoy a substantial business with the mining trade throughout Canada; as a matter of fact it has been by far our largest business so far as Canadian shipments are concerned for a good many years."

Windsor Daily Star—Margolis, Weir, Schmitt, Niehta, Unger, Osheroff, McCarthy, Bevensee, Civiers, Dogendorf, Siskin, Polen, Cohen, Lidz, Rabie—no, dear reader, this isn't the battling order for a major league ball game; merely the list of wounded American members of the Abraham Lincoln Battalion who have arrived home from Spain.

BE BEAUTIFUL

By ELSIE PIERCE
FAMOUS BEAUTY EXPERT



The upward swing and flat curls are in vogue. They can be achieved easily with a good permanent. (Picture courtesy of Zotos)

There's Plenty of Comfort and Plenty of Style in the Upswept Trend.

Here's a true story that illustrates the typically feminine. Some friends were giving an old-fashioned party and showing movie reels some ten years old, and snapshots taken about fifteen years ago. One feminine onlooker sighed, "It was so much easier then, but who would give up all the sacrifices, all the time spent under permanent waving heaters, dryers, sleeping in nets and curlers for such simple 'plain Jane' styles. We women don't mind having life made simple for us. After all, we welcome the washing machines and vacuum cleaners. But I say give me style and individuality anytime."

It's true. We women don't want the least path of resistance, except when that path leads to the maximum in smartness (and the two simply don't travel together—there's always a detour).

Desire to Look Different

Ten years ago it was quite all right to look exactly like your neighbour (in addition to loving her). Look at your old snapshots sometime (if you are old enough). Two waves on one side, one wave on the other... every last woman in the picture no matter how many feminine heads there were. Life was easier, but infinitely duller. I think. No excitement in discovering a new you—pigeon one season, poised another, a coquette a third, a glamorous, grand lady at another time, even if for one very important evening. The desire to look different is the overwhelming one today. Not only to look different from Aunt Agatha, and Cousin Kate, and Neighbour Nellie. But to look actually different from yourself last season or last week.

Short and Smart

One thing today's styles have in common with the original bob. Hair is

short. But this time there is sense to it—sense and style and comfort and individuality. Comfort is important, especially with summer on the wing. But comfort alone is not enough. Nothing can give one this look of "Plain Jane" as readily as short hair that is not highly styled. And paradoxically enough, nothing can make one look more striking than short hair that is becomingly, artistically and individually fashioned. (Copyright 1938, by The Bell Syndicate, Inc.)

Coniston Rector in the North for Some 33 Years

After 15 years in charge of the Anglican mission at Coniston, Canon C. C. Simpson has submitted his resignation to Bishop H. Rocksborough Smith, at Sault Ste. Marie, and will likely be relieved of his duties at Coniston on August 31.

Although Canon Simpson's resignation has not yet been formally accepted, Rev. L. C. Howell, B.A., L.Th., rector of Holy Trinity Pro-Cathedral at Cochrane, has accepted the invitation of the Bishop of Algoma, to become minister of the Anglican Church at Coniston.

Canon Simpson intimated this week that his duties were becoming too onerous with the growth of Coniston district. He has been in charge of the Anglican mission at Coniston for 15 years, and has been 35 years in the ministry, most of which was spent in Northern Ontario.

The pests did not move much to the north of Capreol. Mr. Overbury said, and were heaviest to the south and over towards Georgian Bay.

Department Fights Against Army Worm

Ontario Invaded by This Pest at Present

From the Department of Entomology at the Agricultural College at Guelph comes the statement that the army worm has recently invaded all parts of the province. It is not made exactly clear that this is in addition to the recent invasion of the cutworm. It is stated that the army worm resembles the cutworm, and so what was termed by so many as a cutworm may have in reality been the army worm, though identification of the pest seems to have been reasonably definite. In referring to the army worm the Guelph authorities seem to be quite optimistic as to the efficacy of the treatment to deal with the invading insects. The Dept. has prepared the following advice:—

During the last week there has been a widespread outbreak of the army worm in most counties of the province. This insect is like an ordinary cutworm. The colour is green to brown or nearly black, with longitudinal stripes along the back and sides. When full-grown it is nearly two inches long. Most of the damage has been done to grasses, barley, oats and corn. Alfalfa, sweet clover, red clover, peas, beans, potatoes, tomatoes and most other crops have not been attacked. When barley or oats are attacked the damage is caused by the leaves and heads being eaten off.

The worms usually came from grass, their favourite breeding place. From this they often move in large numbers to nearby corn or grain. In many cases, however, they actually have bred in the grain itself, the eggs being laid on the leaves. Hence grain may be attacked without any invasion from the surroundings. Every farmer should at once walk through his barley, oats and corn in the evening to see if it is being injured by this pest, and should do this daily until all danger is past.

Control Measures

Poison bait in most cases is very effective, but sometimes must be supplemented by a trench or furrow.

Formula for the poison bait: Bran, 25 lbs.; Paris green, 1 lb.; cheap molasses, ½ gal.; water enough to moisten the bait without making it sloppy, about 2½ gallons.

Mix the bran and Paris green dry, thoroughly, until the green can be seen everywhere through the bran. This can be done most easily on a concrete or tight board floor by shovelling it over just as in mixing concrete. Do not mix with the hands and do not inhale the Paris green dust. Next level the surface of the pile, add the water and molasses thoroughly mixed and shovel again until the mixture is well moistened, but will fall through the fingers like damp sawdust. This poison bait should be applied after 6 p.m. and should be scattered by hand. In corn broadcast it over the ground just as one would broadcast grain. The above amount should be sufficient to cover 1½ acres, but only one acre in a very heavy infestation. Barley and oats may be treated in the same way, but if the grain is very thick or fallen the bait must be thrown forcibly into the crop to reach the ground, and in such cases even 30 lbs. per acre, or more, may be needed. The lodged parts will usually require most bait. Do not treat any grain fields unless noticeable damage is really being done.

Scatter Bait

To prevent the worms moving from an infested field to an uninfested, scattering the bait for a few yards ahead of them may be sufficient, but if they are very numerous this will have to be supplemented by making a trench or deep furrow. In sandy land this can usually be done with a plow, leaving the straight side of the clean-cut furrow towards the crop to be protected. Two furrows about a yard apart are better than a single one. In clay land the furrow must be deepened to a trench 12 inches or more in depth, with the straight wall towards the threatened area cut clean or better even cut under. In both cases poisoned bait should be thrown into the furrow or trench. Post holes at intervals may have to be dug in either the furrow or trench.

The Amplifier

(Just Staff Stuff)

A local man while driving by the near-by mine, remarked: "And some people think that the Paymaster is the boss!"

This same gentleman also noted that "the Ladies' Home Companion is her husband."

The father was having a hard time persuading "sonny" to come home. "Come now, your mother's waiting. Here's an ice cream cone for you if you are a good boy and come home." And "sonny" loudly proclaimed: "No, you are a good boy, daddy, and you can have the ice cream. I'll stay here!"

A local man remarked the other day, that certain people have no sense of humour whatsoever. However, there is often a case where the joke isn't worth the laugh!

When Ernest Manero and his Royal Knights Club orchestra gave their first public appearance at the Riverside Pavilion on Friday night, the crowd at the dance somehow all decided to make it a night for something new all around—and that is how the Friday night dance brought the first public showing of the Big Apple to Timmins. And it has hit hard, for many a mother is complaining of the floors that are being scratched by the dancers who are eager to learn how this "jumble" is

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done. But most of them needn't worry because, judging from the "Big Apple" that was given by the dancers the other evening, it will be a long time before one member of the party can truthfully say that he can teach another to do the dance correctly. But after all, it was and is fun to try and follow the crowd, and with the many go-getters that there are in this North Land it will be safe to say that the Big Apple can't beat them all.



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

That Body of Yours

Attacks of Asthma May be Caused by Emotional Conflicts

As medical students we learned that the cause of asthma was unknown; all that could be done was to try to give the patient some relief by various methods. Then operation for some obstruction of the nose and throat became popular and some cases obtained relief by operation and others did not.

Within the past few years it has been definitely proven that certain substances such as cat hair and ragweed pollen cause attacks just as they cause attacks of hay fever. The individual is said to be sensitive or allergic to these substances. The removal of the individual from these substances has prevented further attacks.

However, for many years there has been in the minds of research workers the belief that in some cases of asthma there is a nervous or emotional factor which affects the nose, throat and chest and brings on the asthmatic attacks.

Both the allergic tendency and the emotional disposition may occur in the same individual and research workers at the Institute for Psychoanalysis, Chicago, Drs. Benjamin Z. Rapaport and Clarence Bernstein Jr., report a number of such cases.

"Our studies, covering a two year period, would seem to show that even in individuals who are definitely allergic—sensitive to various substances—asthma attacks tend to be started by emotional conflict. We find that the asthma attacks occur regularly in reaction to temptation situations which seem to threaten the patient with the loss of love of some person upon whom he is emotionally dependent. These conflict situations resemble the situation of the very young child who is exceedingly dependent upon his mother but is suddenly exposed to a temptation to do something which would estrange him from her. Accordingly we find that asthma attacks are most frequent during periods when patients were struggling over a conflict, the outcome of

which will be a decision as to whether or not to remain at home."

While the relation between the allergic and the emotional factors is not yet entirely clear, in some cases, when the patient has solved the conflict he remains free of attacks of asthma although he is exposed to the substances which had formerly caused the attacks. That there is an inherited tendency to asthma is known, that nose and throat defects may be causes is also known. It is interesting and of help to learn by this work of the Institute for Psychoanalysis that emotional conflicts can bring on attacks.

Neurosis

Are you worried about an ailment that you do not have, bothered by "symptoms" or pains that medical tests do not reveal? Send for Dr. Barton's tremendously interesting and helpful booklet, entitled "Neurosis", explaining how the cure of ailments is accomplished where none apparently exists. Address your letter to The Bell Library, 247 West 43rd St., New York, N.Y., enclosing Ten Cents to cover cost of service and handling, and mention the name of this newspaper.

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Stag Party at Rouyn in Honour of Groom-to-be

The Rouyn-Noranda Press last week in its column of social and personal notes had the following paragraph of local interest:—"H. Roch Grenon, of Rouyn, was the guest of honour at a stag party held at the Royal Hotel on Saturday evening last, when upwards of two hundred of his friends extended their congratulations and best wishes on his approaching marriage and presented with a substantial gift of money. Mr. Grenon's marriage to Miss Glory Savage was solemnized in Timmins early this morning. Following a motor honeymoon trip in the course of which they will visit Toronto, Montreal and New York city, Mr. and Mrs. Grenon will take up residence in Rouyn."

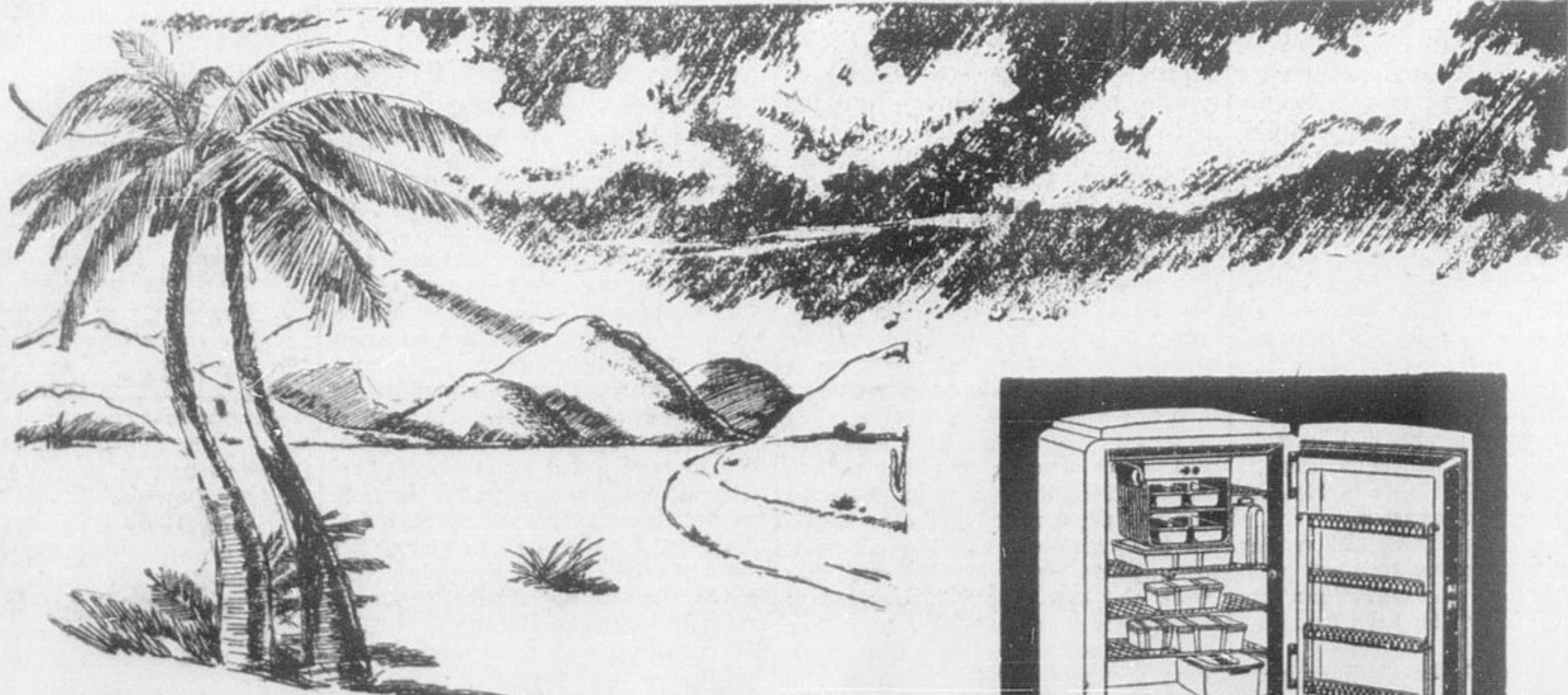
Wife Preservers



By pinning the top's small woolies together with a safety pin before tossing them into the wash, you avoid the bother of sorting them from the larger articles when the wash is finished—Snap.



Cleans Hands Quickly



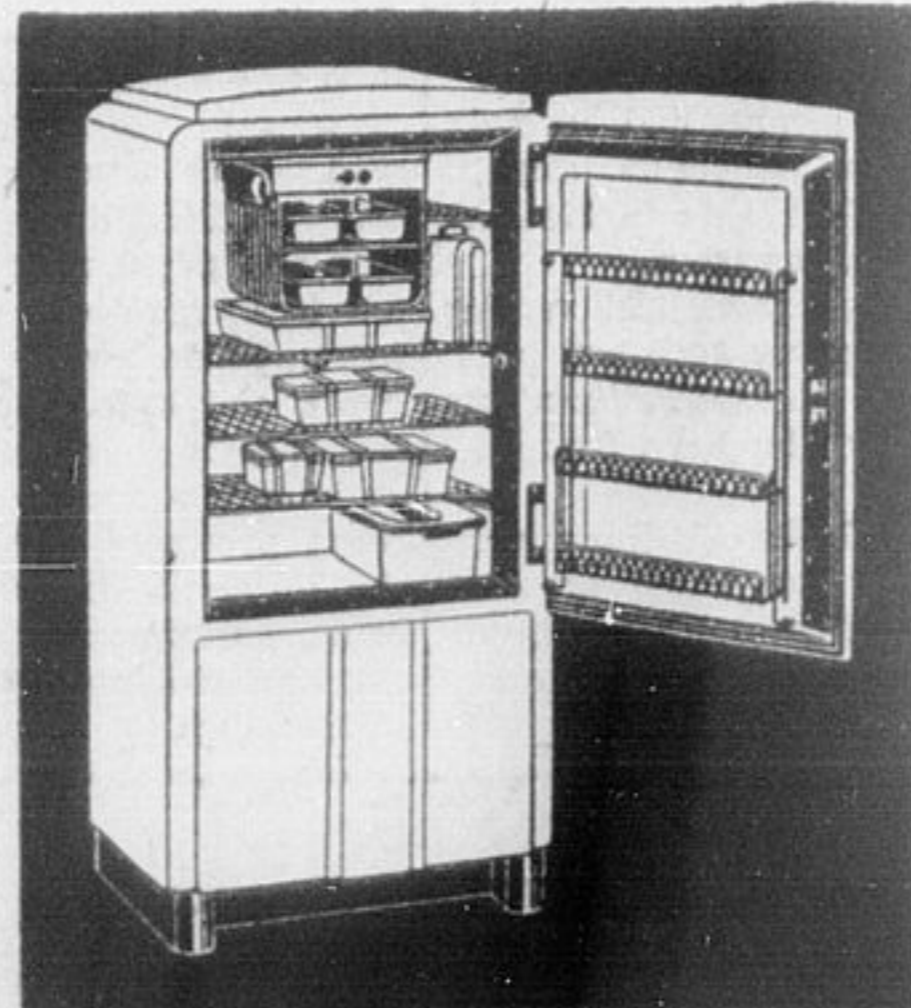
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