

Oyster has High Place In Schedule of Foods

Claim Made for Oysters That They are Easily Digested and are Called Speedily Restorative. Seeking Pearls, Julius Caesar was Content With Oysters. Some Oyster Recipes.

Julius Caesar is said to have been quite consoled for the failure of the Romans to find pearls in Britain by the oysters which were the incidental result of the search. British oysters are famous, but most of us on this side of the ocean believe that American oysters are even better. They are certainly

to be invited never miss if we can help it. Each year at the beginning of the oyster season we set out from a point on the Connecticut or Long Island shore with the fleet of oyster boats, newly painted and polished.

From the decks the huge metal dredges are let down to the bottom of the bottom of the shallow waters of the bay where the oyster farms are located. They come up dripping with sea water and filled with not only the oysters but with many strange inhabitants of the sea. There are the spider crabs, the blue crabs, the star fish, the drills, the blow fish and small members of the eel family. All of these, except the star fish and drills are thrown overboard. The latter, which correspond to insect pests on a land farm, because they are the enemies of the oysters, are not allowed to go back to the sea. The oysters themselves are then opened and are tested by taste. They were pronounced by the experts to be plump and of good flavor this year. Methods of cultivation have nothing to do with this; nature is responsible, and this year she is beneficent.

There is a trick to opening oysters. There must be a double-bladed knife and apparently a special twist to the wrist, so that the "oyster is hardly conscious that it is being ejected from its lodgings till he feels the teeth of a piscivorous gourmand tickling him to death." This is the pronouncement of Dr. Kitchener, the famous English gourmet, who also states that the oyster deserves the best character as an "easily digestible and speedily restorative food." We will agree with the first phrase, but he a little more definite about the food value, as today we know that this shellfish supplies valuable minerals and vitamins as well as a high quality of protein. While we recognize this, most of us after all, use oysters because we like their flavor and texture, whether we eat them raw, on the half shell, or cooked in stew, creamed or fried, or prepared by some other favorite recipe. Whatever method of cooking is used, the cooking must be short and generally at a low temperature, unless it is very rapid, as in the case of fried oysters. Overcooking toughens the delicate texture and at the same time changes the flavor. Good food deserves proper treatment.

Oysters, by the way, deserve their rating as good food for still another reason. The beds where they grow and from which they are harvested are under Government inspection to make sure that they are uncontaminated. Oysters may be grown only in clean water, and the Health Department of the State of New York makes sure that this is the case.

Oyster Fritters
One cup flour.
One-half teaspoon salt.

Two-thirds cup water.
Two and one-half tablespoons melted butter.
One egg white.
One pint oysters.
Salt, pepper.
One tablespoon lemon juice.
Mix flour with salt, stir in water gradually and beat until smooth. Stir in melted butter and fold in stiffly beaten egg white. Drain oysters, dredge with salt, pepper and lemon juice. Drop one oyster at a time into the batter. Using a tablespoon, drop oyster mixed with batter into very hot deep fat (395 degrees Fahrenheit). Cook until golden brown and drain on soft paper. Serve with tartar sauce.

Fried Oysters
Three dozen oysters.
One cup fine bread crumbs, cracker crumbs or corn meal.
One-half teaspoon salt.
Pepper.
Two eggs.
One tablespoon water.
Drain oysters and dry between towels. Dip in seasoned crumbs, eggs diluted with water and then in crumbs again. Fry in deep fat, 385 degrees F., until golden brown. Drain on soft paper and serve with tartar sauce.

Oysters Benedict
Six thin slices boiled ham.
One pint oysters.
Three English muffins, or 6 slices bread.
Hollandaise sauce.
Six strips pimento.
Saute ham lightly in its own fat and remove from frying pan. Drain oysters and saute one minute in ham fat. Split muffins and toast on cut side. Arrange one slice of ham and four oysters on each split muffin. Cover with Hollandaise sauce and garnish with pimento.

Oyster Bisque
One pint oysters.
Four cups milk.
One slice onion.
Two stalks celery.
Sprig of parsley.
Bit of bay leaf.
One-third cup butter.
One-third cup flour.
Salt, pepper.
Drain oysters and chop. Heat slowly to the boiling point and press through a coarse sieve. Scald milk with onion, celery, parsley and bay leaf. Melt butter, stir in flour and strain milk until mixture thickens. Add the strained oysters and season with salt and pepper to taste. If a thinner soup is desired, more milk may be added. Serve with fried croutons or toast stalks.

Panned Oysters
One pint oysters.
Four tablespoons butter.
Two tablespoons lemon juice.
Pepper.
Salt.
Lemon wedges.
Drain oysters, place in a heavy frying pan and cook over a low fire until the edges curl. Add butter, lemon juice and pepper and salt to taste. Bring to a boil. A dash of Worcestershire sauce may be added if desired. Serve on hot toast and garnish with lemon.
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Beauty and You

by PATRICIA LINDSAY



ELIZABETH ALLAN, fascinating English star, believes in allowing the sun to reach every hair after she has given herself a hot oil shampoo. Then she brushes it well for at least ten minutes.

RECONDITION HAIR BEFORE GETTING FALL PERMANENT

Despite what any hairdresser says to the contrary, you should not get a permanent wave until your hair has been properly reconditioned after your summer's carelessness. Assuming that most of us are more careless in hair grooming during summer months.

If you can manage somehow, let most of your old wave go out before getting a new one. Unless your operator is very skilled, hair ends, curled twice will split and even fade. To get a truly beautiful wave all the old curl should be cut off.

You cannot blame your operator if you insist upon a wave when your hair is not in a good condition. For at least one month before getting a new wave you should brush your hair daily, massage your scalp with finger tips and good tonic and give it weekly hot oil treatments.

Buy Good Wave, If Any
Even though you might be an inveterate bargain hunter it is being penny wise and pound foolish to get a bargain permanent wave. Good permanent waves have pretty stable standard prices. The prices fluctuate only according to the salon rating. A salon which boasts very capable operators naturally charges more for a wave than a salon with less capable operators. Of

course there is always the possibility of finding a very excellent operator in a less ritzy shop. Then you are in good luck and not only should you patronize him yourself, but spread the good news to others!

If your current allowance for beauty does not permit the price of a good wave of the entire head by a superior operator, then you should compromise and have only the ends of your hair waved—which costs only a little more than half the price of having the entire head done.

Incidentally speaking of having only the ends waved—for most women that is the better course. When the entire head is waved it is difficult to manage if yourself. A setting each time it is shampooed is absolutely essential if your hair is to look well. And unless you are most adept in dressing your own hair, you must have it done at a salon. Frizzy hair, not set, detracts more from beauty than perfectly straight hair, simply combined!

With just the ends permanently waved it is possible for you to set your hair becomingly at home, by rolling the ends on curlers, or on a pencil, and pinning them to your head with hairpins or bobby pins until they are dry.
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By EDITH M. BARBER

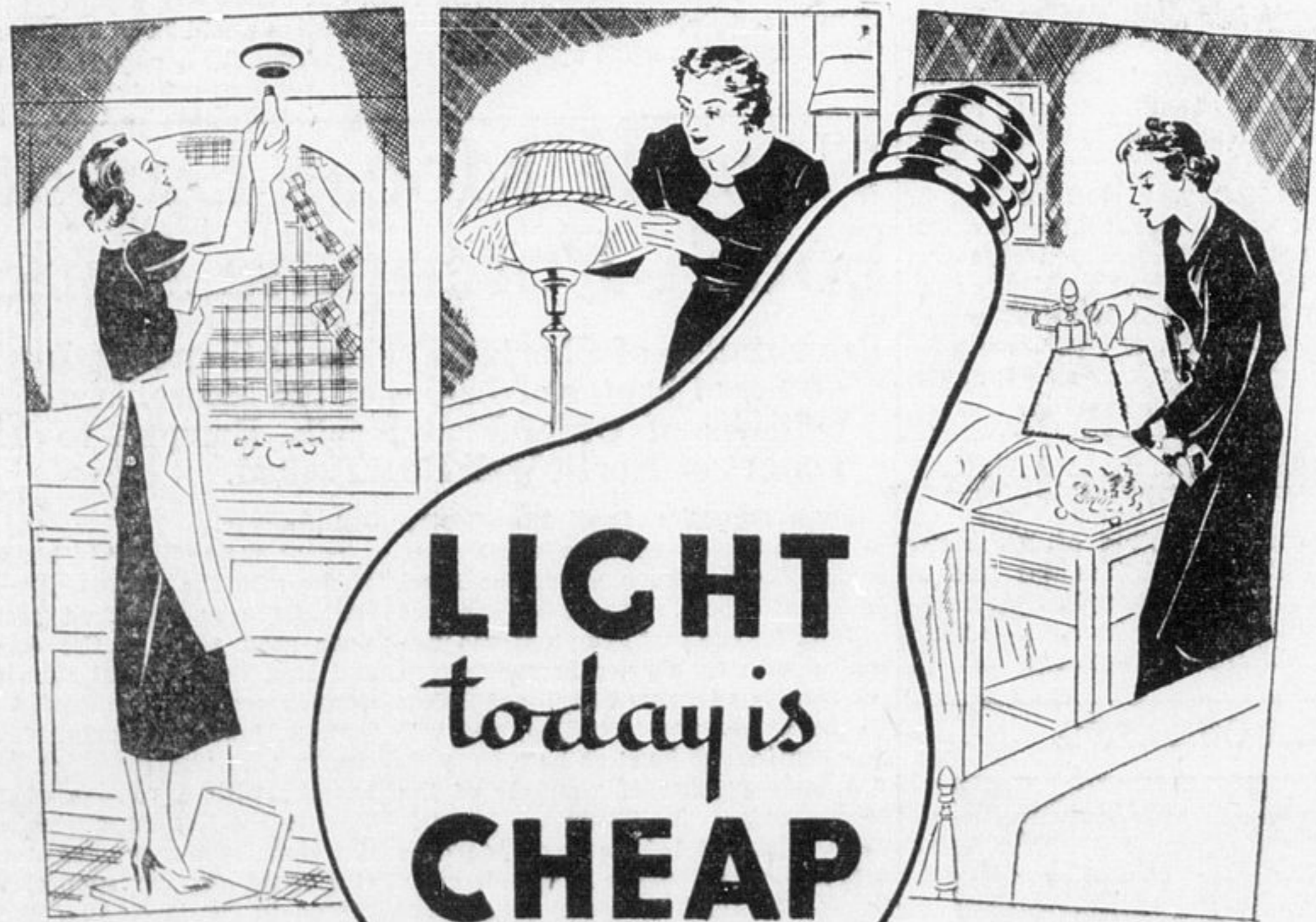
more delicate in flavor. It all depends upon which side of the water I am on when the oyster season begins, as far as my own opinion is concerned.

The return of the oysters to the table after an absence of several months is considered a matter for celebration in Europe. It does not go without recognition in this country. There is as well a special event which has become a regular pilgrimage and which those of us who are fortunate enough



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South Porcupine High School Field Day Event

Weather Good for Event on Friday. Attendance Large. Number of Competitors Add to Interest of Event. Porcupine Hardware Shield in Competition. Other News of South Porcupine and the Dome.

South Porcupine, Sept. 24.—(Special to The Advance)—The South Porcupine High School track and field meet was held in the ball park on Friday afternoon September 23 from 1:30 p.m. The track was heavy for the racing, but the weather was perfect, and the number of competitors was large. Quite a few spectators enjoyed watching the young people show their ability, agility and skill, and the general opinion is that this field day was one of the best yet held by this school.

Mr. Mulcahy of the staff, was in charge of the boys' events, while Miss Wilkins supervised the girls. Judges and measurers were Father Gelinus, Mr. Wm. Pearce, W. S. Blake and J. C. Nix. Timer, Mr. R. C. Ellis; and starter, M. T. Mulcahy.

The Porcupine Hardware Shield was the trophy offered for the inter-form champions and was won by Second Form who obtained 93 points, against First Form, 79½ points, and Third and Fourth-Forms (combined) 34½ points. Second Form were led to victory by Pearce and Romanick who moved up a class in their specialties.

Mahon and Leito of First showed up well against stiff competition. Paul and Dagne monopolized Junior and Midget. McNevin was leader of the small group from Upper forms.

In the girls' events the junior leaders were Shirley Burke with 23 points, B. Malmstedt with 21, H. Rotondo also 21, and Marjorie Ewing with 18.

In the intermediate class, leaders were H. Steeves with 21 points, G. Pirie with 19, H. Haneberry also 19, and Viola Mansfield, 18.

Senior girl leaders were Jean Stringer with 28, L. Kellow, 21, and Dot Deacon, 19. Elaine Dagne with 18 to her credit came next.

Events were—Basketball throw; baseball throw; target throw; 55 yard dash; sack race; potato race; Olympic race; team relay; obstacle relay; three-legged race; needle-and-thread race.

Boys' Events
100 yard dash—Senior—Pearce, McNevin, E. Romanick, time 12 seconds. Intermediate—Pearce, Lehto, Romanick, time 11 4-5 seconds. Junior—Paul, T. Romanick, Coot, time 14 seconds. Midget—Dagne, Allen, Lee, time 14 seconds.

Robinson, Cole, time 36 seconds. Midget. Dagne, Allen, Richardson, time 35 seconds.

Half mile run—Senior — McNevin, Mahon and Hortie (tie for second). Intermediate—Mahon, Pearce, Hortie.

Form relay—(Third and Fourth)—McNevin, Mitchell, B. Evans, S. Evans; (First and Second).

Field Events
Broad jump—Senior—Cunningham, McNevin, Hortie; distance 15 ft. 9 ins. Intermediate—Lehto, Pearce, Mahon; distance 16 ft. 1 in. Junior—Paul, Robinson, Dagne, distance 12 ft. 4 ins.

High jump—Senior and intermediate—Mahon, Lehto, Pearce, height 4 ft 9 ins. Junior—Paul, Dagne, Allen, 4 ft. 3 ins.

Pole vault—Senior and intermediate—Christie, Pearce; Kautto and Mahon tied for third place; height 7 ft.

Shot put—Senior—G. Romanick, Uren, B. Evans, distance 26 ft. 4 ins. Intermediate—G. Romanick, Uren, Pearce, distance 28 ft. 5 ins.

Javelin throw—Senior—B. Evans, Cunningham, D. Maki, distance 111 ft. 6 ins. Intermediate—Pearce, G. Romanick, Uren, distance 109 ft. 6 ins.

Discus throw—Senior—Purdy and Brown (tied); G. Romanick, 68 ft. 1 in. Intermediate—G. Romanick, Uren, Kavanagh, distance 68 ft. 3½ ins.

Mr. C. P. Walker returned on Saturday after spending a week in Kingston and Preston. While in Kingston he attended the Kiwanis convention as delegate from the South Porcupine group.

Mrs. Jones, of Connaught Hill, is spending two weeks' vacation in Toronto.

Miss Mary Gallagher left on Thursday for Toronto where she will resume law studies at Osgoode Hall.

Born—On Thursday, Sept. 22nd, to Mr. and Mrs. Breakey, of Timmins, (nee Corrine Carlson) in the Porcupine General hospital, a son (stillborn).

Mr. and Mrs. Eli Cantor, of Golden Ave., announce the engagement of their elder daughter, Rosalind, to Dr. A. Miller, of South Porcupine. Marriage date to be announced later.

Miss Betty Gallagher leaves on Monday for Toronto University—also Josephine Ceconci is leaving to enter the U. of T. on Monday.

The tea sponsored by the ladies of the United Church Guild held at the home of Mrs. R. E. Dye, Dome Mine, on Friday afternoon, proved to be a

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wonderful success, both socially and financially. The day was perfect, and drew a large crowd of ladies from town, and also from Schumacher and Timmins. The baking table was filled with a marvelous display of culinary triumphs and bread buns, pies, and cakes soon found ready sale. The house was beautifully and artistically decorated with blooms from the garden, and the dainty tables with attractive setting were filled with patrons coming and going from 3 to 6 p.m. The ladies are keenly appreciative of the kindness of Mrs. Dye in allowing them the use of her home, and are delighted with the results of their efforts. Mrs. Libby, who is president of the Guild, wishes to thank all who helped in any way to make this tea such an outstanding success.

The guest speaker at the Kiwanis dinner on Thursday night, Mr. Wilson Lang, of Timmins, gave a most interesting talk on public speaking, cleverly done and proving most entertaining to the Kiwanians present. Next week invitations are given for a "ladies' night" to be held in place of the regular meeting, at the Buffalo-Ankerite lodge, and a happy evening of high-tea-dancing-bridge is anticipated.

The Kiwanis are definitely planning to hold a four or five-day bazaar in South Porcupine during the month of November—possibly from 22nd to 26th—and they hope to make arrangements to hold it in the curling rink. This, of course, to swell their funds for further philanthropic work in the community.

Miss Bernice and Miss Pansy Sheppard, of Ottawa, with Mr. Gilbert Sheppard, are expected on Monday at the home of Mrs. Wilson Rayner as guests for a few days.

Miss Marietta Arbour is spending the week-end in Kirkland Lake. Mrs. Mill, Mrs. Ehler, and Miss Gladys Ehler, of Iroquois Falls, spent last week-end visiting friends in town.

Mrs. James Fell, who has been on holiday in Toronto for three weeks, returned home on Thursday.

Miss Janet Dye, who has been spending the summer at the parental home, Dome Mine, leaves on Monday for McGill University.

We are sorry to learn that Mrs. H. Burton, of the Dome, had the misfortune to fall on Friday while hurrying to assist at the Guild tea, sustaining a bruised arm and leg.

Mr. G. Reichelt, of Sesekinska, is the guest this week-end of Mr. and Mrs. W. W. Wilson.

Mr. Kitchener leaves today for a week's vacation in Toronto and Owen Sound.

Mrs. Scott, who has been visiting her son, Keith Scott, for the past month, left on Saturday for her home in Gravenhurst.

We hear that Mrs. Logan, who is at present managing the lunch room at Timmins Golf Club house, will be re-

turning this winter with Mrs. Christie in her new building.

News of the death of Nancy Holding, aged 21, which occurred on Sept. 11th in Queen's Park Hospital Blackburn, Eng., will recall to mind the little girl, who nine years ago resided in South Porcupine with her family. She died of a very rare disease, that known to the medical fraternity as the "stone disease". For some years she had gradually been turning to a hard fixity of limb and face similar to the effect of turning to stone. She was a relative of Mrs. Gibbons and Mrs. Singleton, of South Porcupine, the former having seen her on her recent visit to England.

The Porcupine branch of the Canadian Legion put on a bridge party on Friday Evening in the Masonic hall. The affair was rather poorly attended, which was disappointing to the Legion, who, after all, are deserving of our heartiest support in anything they undertake. We hope that future social affairs which they intend to sponsor will be patronized in a more worthy manner. Prizes given on Friday were exceptionally nice and were won by: Ladies, 1, Mrs. D. A. Froot; 2, Mrs. Laforest; and 3rd, Mrs. Spitz; gentlemen, Mr. P. T. Cole; 2nd, Frank Clarke; and 3rd Vic. Burke.

Born—To Mr. and Mrs. Russell Lang, of Dome Ext., on Thursday, Sept. 22, a son, in Porcupine General hospital.

Born—To Mr. and Mrs. Clarence McCaffery, a son in the Porcupine General hospital, on Thursday, Sept. 22nd.

Charles Gordon, Son of Hon. W. A. Gordon, Called to Bar
(From The Halleyburian)
Charles Gordon, who received his early education in Halleybury, was called to the Bar at Osgoode Hall on Thursday last, September 15th, 1938. A graduate of the University of Toronto, with the degree of B.A. he has been attending the Law School at Osgoode Hall, where he successfully passed his final examinations after completing his course. Congratulations from his many friends in Halleybury are in order.

Charles, who is the eldest son of Honorable W. A. Gordon, K.C., and Mrs. Gordon, inherited his talent for the legal profession from his father, who was one of the early practicing lawyers in Halleybury and who some 10 years ago was honored by being elected as a Benchman of the Upper Canada Law Society.

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