

# Gives Welcome Back to The Country Sausage

## Revival of Interest in the Sausage Brings Back the Old Question, "Which is the Better, the Link Sausage or Sausage Meat?" Of Course, There are Some Recipes.

There are so few reasons as far as foods are concerned these modern days. For this reason, we are ready to give a royal welcome to any one of them which takes a vacation and then returns to the market. Country sausage,

more interested in the way the meat is seasoned in its making and will choose after various trials the one which has the most taste appeal. Whichever kind is chosen, the method of cooking is important. I get the best results by one or two methods. I either bake the sausage in an uncovered pan in the oven or I cook it in a covered pan on the top of the stove over a slow fire. Either method prevents shrinkage and bursting of the links which need not be pricked.

Apples are closely associated with sausage. Sliced apples may be fried in some of the fat taken from the pan as the sausage cooks, or they may be baked separately with only a small amount of sugar. Some people think that potatoes should be in mashed form when served with sausage. Instead of potatoes, you may like to provide griddle cakes or waffles, even if the meal will then duplicate breakfast more completely.

**Sausage With Poached Egg**  
6 English muffins  
1/2 pound sausage meat  
6 eggs

1 cup tomato or mushroom sauce. Split the muffins and spread with the sausage. Place under the broiler for five minutes. While broiling poach the eggs. Place an egg on each muffin. Four tomato or mushroom sauce over them and serve at once.

### Savory Sausage

Cook small sausages until they are light brown. Remove from pan, pour off all but two tablespoons of fat and add one tablespoon butter, two tablespoons minced celery and one-half cup tomato catsup (to three-fourths pound sausage). Stir until hot and serve with sausage on buttered toast.

### Quick Meal

Vegetable soup  
Sausage  
Mashed potatoes. Fried apples.  
Lettuce salad. Pickle dressing.  
Crackers. Cheese. Coffee.

### Method of Preparation

Boil water for potatoes. Prepare potatoes and cook. Prepare salad and dressing. Cook sausage. Fry apples. Open can of soup and heat. Mash potatoes. Toast crackers. Make coffee.

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St. Mary's Journal-Argus—"Can you tell if the defendant was expensively garbed?" "Deed she was, suh. Ah knows expensive garbage when I sees it."

# From Mad Europe to Roquefort Cheese

## Passing Dress Goods on the Way by Remote Control.

(By Thomas Richard Henry)  
Affairs in Europe are drifting back to the worry, worry stage.

The high hope for "Peace in Our Time" is dimmer than it was the day the whole world cheered Chamberlain. Part of it is the hopelessness of Herr Hitler and his cronies.

Hitler is so decidedly one of these people to whom if you give an inch, he will raise all.

Then there is another man and his cronies who can always be depended upon to be panhandling popularity contrary to the common weal.

He has done his share to doom Mr. Chamberlain's Peace plan to an early grave.

We refer to that great armchair warrior, the loquacious disturber from yapping-yapping; the glittering irresponsible; Britain's burden — Winston Churchill.

And the future "Though we cannot see, we doubt and fear."

In the face of so many people who are willing to make faces at Hitler when he is not actually on the march, the champions of peace will have to be determined, or the Winston Churchills of our Empire will manage some way to talk us into another war.

### Remote Control

You can now have a radio with a gadget that will change the station from another room without wires or any visible connection with the radio.

They will never get one of those things in our house.

We like hockey games and our permanent critic likes orchestral music.

We get hockey games on the radio by camping on the chair in front of the radio.

We are not going to have any improvement (?) introduced in our house that will allow somebody to recline on a chesterfield in an adjoining room and take control of our radio right out from under our nose.

### Dress Goods

We notice that there is now a piece of female wearing apparel known as a "fluffy."

We don't know what a "fluffy" is but with "nighties" and "scanties" and "fluffies," etc., we will refuse to be surprised when we hear about "skirties," "shirties," "shoesies" and "gloviess"—not to mention silk stockings.

And we think that the feminine hats of 1938 look more like Happy Hooligan headgear than anything else we can suggest.

### Fragrance

Iowa State College announces a new type of Roquefort cheese.

"Full dignity and fragrance" are claimed after two to four months.

We think the Pure Food Act should stick to "bouquet" or "smell."

We don't know about "dignity," but

we distinctly object to "fragrance." Roqueforts may not be limburger, but neither is it attar of roses.

# Annual Report of the B. and F. Bible Society

"Bread"—Being the Popular Report (1937-38) of the British and Foreign Bible Society, by the Rev. John A. Patten, M.C., M.A., its Literary Superintendent.

The Popular Report of this world-wide Society, under the captain "Bread", maintains the high level of all past issues. Mr. Patten bases his report on the general principle: "Whether he knows it or not, man is hungry, and that hunger can only be satisfied by heavenly food." With this truth as guiding principle this little book essays to tell the story of how the Bible Society supplies to needy multitudes of men and women of many races and languages "the Bread of Life."

The headings of the chapters give an indication of the attractive way in which the whole subject is treated: "Bread for the British People"; "Distributors of the Bread"; "Bread for the Multitude"; "The Same Bread: The Story of Translation"; and "The Price of Bread." The bare outline of these readings is filled out with apposite literary quotations, including a characteristic line from Rupert Brooke. "The strong crust of friendly bread." This moving account of the work of the British and Foreign Bible Society throughout the world is written with our hundred years of the open bible in English, and all that it has meant and can mean to that race, as its great background.

The romance of the Society's progress since 1804 is never lost sight of, and like a golden thread through the report runs the fundamental idea that the Bible Society's one aim is to place in the hands of men "the Bread of Life."

Due acknowledgment is made of the assistance given to the Society by the nations of the British Commonwealth, and Canada and its contribution is given honourable mention. The story of the work is its appeal, and the gifted author very clearly indicates the vital need of increased resources if the Society is to maintain and extend its world-wide mission.

In this four hundredth year of the open bible in English, the Society, though still faced with a deficit, seems confident that its appeal will find a response from all vitally interested in the Christian missionary enterprise, and in giving to the peoples of the world the one Book that can truthfully be described as "the Bread of Life."



# That Body of Yours

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

## MOUTH INFECTIONS AND ARTHRITIS

What was a dramatic incident to me occurred some years ago whilst listening to an illustrated lecture by Dr. Weston Price, the noted dental authority of Cleveland.

On the screen was a picture of a woman so badly crippled that she was unable to walk or use her arms. Dr. Price said, "I am responsible for this woman's terrible condition as I did not remove some infected teeth many years ago and put in some crown and bridge work, extracting some infected pulpless teeth. I have been able to give her some help at this late time—ten or fifteen years later." A picture then showed the woman sweeping the floor and doing other housework, but Dr. Price stated that she would never recover the full or proper use of her arms and legs. He then strongly advised that before crown and bridge work is done, the dentist should make sure that no infection is present if crippling arthritis (rheumatism) was to be avoided.

The matter of removing the pulpless teeth is still dividing the dental profession. Dentists who feel strongly that no teeth can give the service and comfort of the natural teeth do not like to sacrifice pulpless teeth which by X-ray and clinical tests appear to be free of infection. On the other hand, Dr. Weston Price and Dr. Charles Mayo of the Mayo Clinic, feel that as pulpless teeth are so apt to harbor infection, no chances of arthritis or following heart disease should be taken.

Dr. Clarence A. Dun of the Roosevelt Hospital, New York, states that at the present time the pendulum is swinging from the wholesale removal of teeth to a saner or more conservative viewpoint. It is the pulpless teeth (nerve and bloodvessels removed and canal filled) that cause the differences of opinion among dentists. However an examination for organisms of a large majority of these pulpless teeth show infection present, and if no other cause of arthritis can be found, these teeth should be removed.

Dr. Dunn states that other mouth conditions besides pulpless teeth may cause arthritis such as pyorrhea, unsanitary crown and bridge work, and impacted teeth with infection present. **HEALTH BOOKLETS AVAILABLE**—Eight helpful health booklets by Dr. Barton are now available for readers of the Porcupine Advance. They are: Eating Your Way to Health; Why Worry About Your Heart?; Neurosis; The Common Cold; Overweight and Underweight Allergy or Being Sensitive to Various Foods and Other Substances; Scourge (gonorrhoea and syphilis); and How Is Your Blood Pressure? These booklets may be obtained by sending Ten Cents for Each one desired to The



# Beauty and You

by PATRICIA LINDSAY

Pick up your self-confidence with a thorough back treatment. You can beautify your back along with your bath. A brush and plenty of soap are two of the essentials!

## GIVE YOUR BACK A FACIAL

Extra sunning pays a heavy toll when you slip into your new season evening gown! A toughened, deeply bronzed back is not the most attractive contrast to a fragile gown or one of the deep vivid hues of fall finery. And during the fading time one is apt to get quite annoyed with its muddy complexion unless you give it frequent "facials" to lubricate the too-exposed skin and to atone for summer's abuse.

The very creams you use for your face may be used to give your back a nourishing. Of course if you can afford the luxury of having it done at a salon, so much the better, but with a little aid you can do much at home to make it velvet smooth.

For the first treatment you should have someone massage your back thoroughly with a good cleansing cream. Enough to get what blemishes you have softened for removal. Remove the cream with tissues or a soft linen towel, and apply a toning tonic just as you do to your face. Slap on a bleaching cream generously. Allow it to remain for five minutes, massaging as best you can and then jump into a tub of water and brush your back vigorously with suds of a superfatted soap. Take a cold shower or rinsing, and wrap in a huge towel for the final step.

### Analized Skin Condition

One salon tells me "there are four principal back problems, roughness, enlarged pores, blackheads and pimples. These are listed in the order of their general occurrence. Incidentally, one leads to the other. Roughness of the

Bell Library, 247 West 4rd. St., New York, N. Y., mentioning The Advance, Timmins.



# C.W.L. GIRL GUIDES

The 1st C.W.L. Girl Guides Company held their regular meeting in the Church of Nativity hall on Monday evening. The meeting opened with inspection. Then the Guides formed a horseshoe for flag raising. The flag was raised by Viola Hunt, assisted by Eileen Murphy and Geraldine O'Gillivie.

The guides were divided into three groups. Captain Sanders took one group for Morse Code, and Mary MacLean and Doreen Murphy took the second for First Aid; and Joyce Lalonde and Mary Beattie took the Tenderfoot Guides.

Helen Ritchie and Hilda Moore passed "Bed-making."

A circle was formed for camp fire and the girls sang a few songs. The meeting closed with singing of "Taps."

Ottawa Journal: Replying to the usual comments about railway meals being expensive, the Peterboro Examiner quotes from the record to say that in 1937 the customer of the C.P.R. who paid \$1 for food and service was having \$1.42 spent on him. The C.N.R. spent \$1.56 per \$1.00 received. The second piece of pie is on Sir Edward Beatty and Mr. Hungerford.

# KLEEREX FOR SKIN DISEASES

The quick-healing salve for Cyanide Poisoning, Eczema, Psoriasis, Impetigo, Salt Rheum, Itch, Chaps and most skin ailments. Size: \$1.00; \$2.00 sizes. (Medium and strong). Ask your local Druggist or write Kleerex Manufacturing Co., Toronto, Ont.

# Just a Few More of Those Examination "Howlers"

"It's some time since you had any of those alleged 'schoolboy howlers' in the paper," writes a reader of The Advance. Now just what is meant by that is not exactly clear. It isn't so long ago since a number of the alleged schoolboy howlers were published. However, taking the gentleman at his word, and the words are those of a gentleman, here are a few more alleged howlers that are new, or so old that they may be new again:—

LXXX: Love and kisses.

Catarrh is a musical instrument, especially in Spain.

Letters in sloping style are in hysterics.

People go about in Venice in Gorgonzolas.

Al Baba means being away when the crime was committed.

A spa is where people drink bath water.

A casseroles is a garment worn chiefly by curates.

A cipher is a bottle that perils.

An interval in music is a period for refreshment.

Corps diplomatique means shamming dead.

Belle is the feminine of gong.

A sculptor is a man who makes faces and busts.

Coup de grace: A lawnmower.

Kiwanis Magazine:—There was never a real leader who was against things. Men who get out in front and lead, are for things.

# ONLY THE BEST



## IS GOOD ENOUGH

This outstanding triumph is proof of quality. Twelve first prizes in twelve classes, in this year's Baby Shows at the Toronto and Ottawa Exhibitions, were won by babies fed on "Crown Brand" Corn Syrup.

What better evidence can there be of the confidence which Canadian mothers and their physicians have in the purity and quality of "Crown Brand."

A delicious table syrup, "Crown Brand" is a treat for the whole family.

Tell the boys that pictures of famous hockey stars can still be obtained for "Crown Brand" Corn Syrup labels.

# CROWN BRAND CORN SYRUP

THE FAMOUS ENERGY FOOD  
The CANADA STARCH COMPANY Limited

"... and it's just as economical in Winter as in Summer ..."



# ELECTRIC REFRIGERATION! Always Pays

"Look at the quantities I can buy at bargain prices because I know my Electric Refrigerator keeps everything safely," says the thrifty housewife. "It saves a lot of cold weather shopping trips too," she adds, "and it makes such delicious and econom-

ical frozen desserts that cost so much less than baked dishes do." Yes, Electric Refrigeration always pays. Winter or summer, it saves you time and money and guards the family's health. Ask about our Small Down Payment—Easy Terms Plan.

# Canada Northern Power Corporation Limited

Controlling and Operating  
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# that FISH smells good!

## DRESSED FILLETS OF HADDOCK

1 cup of milk  
1/2 cup of flour  
1 tablespoon of mustard  
2 cups of grated old Canadian cheese  
2 tablespoons of butter  
fresh chopped parsley  
Prepare a white sauce with the butter, the flour, the mustard, and the milk; add the grated cheese, season. Wipe the fillets with a damp cloth, cut in individual pieces, cover each piece with the cheese mixture, sprinkle with chopped parsley, place on well buttered oven dish, and cook 20 minutes in moderate oven. Fillets of any other kind of Canadian Fish may be used instead of Haddock fillets.

THE KIDDIES' EYES will sparkle when you bring in an appetizing platter of Fish. It's a dish fit for a king, with its delicious, palate-pleasing flavour... yet so inexpensive that you will have money left over for extra meal-time treats.

You can enjoy Canadian Fish and Shellfish all the year 'round — over 60 different kinds — fresh, frozen, smoked, dried, canned or pickled... as often as you wish. Many tempting recipes make it easy for you to offer delightful variety to hearty appetites.

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400 Please send me your free Booklet, "100 Tempting Fish Recipes"  
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ANY DAY A FISH DAY