

# Onions Recommended For the Autumn Menus

### How to Cook Onions by the French Method Recipes Given for Baked Onions and Also for Creamed Fried Onions. These Recipes Suggest Onion Popularity.

"Can you tell me how to cook onions by the French method? Not long ago, white onions, which looked as though they had been boiled, were served at a friend's house. They were so much sweeter than usual. What is the trick?" asks a reader.



(By EDITH M. BARBER)

While I cannot be sure from the description just what recipe was used, there are innumerable good recipes labelled French. One of the very good ones is also very simple. The onions are peeled and then cooked in melted butter, over a very low flame. No water is necessary, if you use a heavy utensil of aluminum or glass, and if you keep it covered. In case you use a light-weight kettle, a few tablespoons of water should be added. Not even salt is necessary if only butter is used. You will also like onions baked in butter. These caramelize slightly as they cook in covered casseroles.

And have you ever prepared creamed fried onions? These are delicious, although I am not sure what nation is

responsible for this dish.

#### Baked Onions

Pare and slice onions and arrange in greased baking dish, sprinkling with salt and pepper. Dot with butter, cover and bake in a moderate oven, 375 degrees F., about 40 minutes.

#### Creamed Fried Onions

One dozen medium sized onions. Three tablespoons fat. Three tablespoons flour. Two cups milk. One teaspoon salt. Pepper.

Slice and fry the onions in fat. When light brown, dredge with flour, stir well and milk an seasoning. Cook until thick and serve on French toast, made by dipping bread in milk and frying until light brown.

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### Wedding of Miss K. Martin and Mr. R. E. Hardwick

A pretty wedding took place recently at the home of Mrs. Martin, 114 Cedar street, north, when Kathleen, daughter of Mrs. Martin and the late Mr. Frank Martin, became the bride of Mr. Robert Elwood Hardwick, son of Mr. and Mrs. Marshall Hardwick, of Shelburne, Ontario. The Rev. F. J. Baine, of Schumacher, performed the ceremony in the presence of a few friends and relatives.

The bride was becomingly attired in a gown of rust crepe, with matching accessories, and wore a corsage of pink roses and lily-of-the-valley.

Attendants at the wedding were Mr. and Mrs. Archie Martin. The groom's gift to the matron-of-honour was a lovely cameo bracelet, and to the best man, an elegant cigarette lighter.

After the ceremony a reception was held at the home of the bride's mother, about forty guests being present to wish the bride and groom much happiness, and to shower them with many valuable gifts.

Mr. and Mrs. Hardwick have taken up residence in Timmins.

### About Macaroni and Spaghetti Dishes

#### Macaroni and Cheese, and Spaghetti Salad.

From the Department of Agriculture at Ottawa, household department, comes the following in reference to macaroni and spaghetti dishes:

Dairy and other food products, including cheese and macaroni in the menus are particularly suitable during the autumn season. Typical menus are given below:

#### Macaroni and Cheese

Half pound Canadian macaroni. Two tablespoons butter. Two tablespoons flour. One half cup hot milk. Salt and pepper to taste. Bread crumbs. Grated Canadian cheese.

Make a sauce of one tablespoonful each of butter and flour and one-half cup of hot milk, salt. Put a layer of strong grated Canadian cheese in the bottom of the baking dish; spread over it a layer of macaroni and one of sauce; covering the top with fine breadcrumbs and bits of butter dotted over, and a little grated cheese. Place in the oven and bake until golden brown. If individual dishes are used, place them in a pan of hot water.

#### Spaghetti Chop Suey

Eight ounces Canadian spaghetti. 2 tablespoons butter. Two green peppers, chopped. Two onions, chopped. One and one-half cups chopped celery. Three cups tomatoes. One tablespoon salt. One tablespoon sugar. One-quarter teaspoon pepper. One-half pound round steak, minced.

Place the spaghetti into rapidly boiling water and leave for ten minutes. Add one tablespoon of salt. Drain. Melt the butter in a frying pan; add the green peppers, onions, and celery, and cook slowly for 10 minutes, stirring constantly. Add the tomatoes, salt, sugar and pepper and continue cooking until the mixture thickens. Then add the well-drained spaghetti and cook slowly for half an hour. Fry the round steak in small cakes. Just before serving, scramble over the top of the mixture. Serve piping hot. Mushrooms may be substituted for the steak, and macaroni may be used for the spaghetti.

#### Spaghetti Salad

One-half package spaghetti. Two diced tomatoes. One cupful celery. One pimento. Two sweet pickles. One-half cup grated cheese. Two tablespoons mayonnaise. Salt, pepper, paprika.

Cook spaghetti in boiling water; blanch, drain, and chill. Mix well all the ingredients, and combine with the spaghetti. Serve on lettuce leaves decorated with paprika. As a change, a can of Canadian cooked spaghetti with cheese in tomato sauce could be substituted, leaving out the mayonnaise.

### Services in the Finnish Language Here on Sunday

At the Finnish language service at 1:30 p.m. in the United Church, Bloor Ave., South Porcupine, and in Timmins Finnish United Church at 7 p.m. the subject of the sermon next Sunday will be "The Stone Which the Builders Rejected." In Timmins there will also be special selections by the church choir.

Windsor Star: In short, the newspapers of a democracy constitute one of the most important features of the national set-up. They are essential to the conduct of public affairs because, without them, the public could not know the trend of things.

# Beauty and You

by PATRICIA LINDSAY



Fortunate is the young lady with a skin clear and soft as that of JUDY GARLAND. Here is one adolescent who conscientiously follows the primary rules of beauty—cleanliness and daily exercise.

### Some Girls Do Not Outgrow Adolescent Acne

Mothers, or guardians, are too inclined to shrug indifferently when the adolescent girl calls attention to her blemished face. "Your skin will clear as you grow older" is the doubtful hope they give her.

The truth is some skins will clear as girls mature, while others will not. And just in case your daughter's skin is one that will not, why not take time and consider her problem?

One prominent dermatologist told me that "there are over fifty varieties of facial acne." So you may see that no one treatment will cure, or aid, all conditions. Each skin condition is an individual case and should get individual attention from a dermatologist or from a physician who knows something about skin diseases. Not all do—so shop for your physician just as you would shop for an authority in any other field.

#### What is Acne?

Acne, is the technical name for a skin disease which is indicated by a large number of pimples—some festering. It may be caused by a mild infection which travels down the ducts of sebaceous glands or the roots of tiny facial hair. Or it may be due to physical disturbances such as indigestion, a nervous disorder, faulty diet or chronic fatigue. Physicians differ as to the cause of acne, but the majority of them work on the theory that it is usually a local infection brought to the face by the hands.



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

### That Body of Yours

#### Meeting the Hot Weather

When the hot days are here and the weatherman promises more heat and with the heat a rise in the moisture or humidity in the air, you may wonder if there is anything that you can do to help you meet the heat with some degree of comfort. The old saying that "it is not the heat but the moisture" that puts you down is only too true. A temperature of 90 degrees Fahrenheit with extreme moisture and stillness of the air (no wind) can cause more distress than a temperature of 100 degrees when the moisture is low and there is a breeze blowing.

The moisture in the air means that as your skin gives out heat and moisture in hot weather, this heat and moisture cannot be absorbed into the air because the air has about all the moisture it can carry. As this warm moist air settles about you, you get no relief from the perspiration because there is no wind to break up the moist envelope of air that surrounds your body.

Therefore, any method of creating a draft or breeze will bring some relief. The electric fan moves the moist hot air away from your body and gives the body a chance to get rid of more of its heat.

Getting up earlier in the morning and getting much of your work done before the real heat of the day is good sense.

What about food, because food is the fuel that heats the body?

The first point to remember about food is that whether the weather is hot or cold, food must be eaten to carry on the work of the body and maintain its strength. It would be well, however, to cut down on sugar, bread, potatoes, pastries, fats, butter, and pork. Meat and eggs should not be reduced to any extent.

Water should be taken when needed but a quarter teaspoonful of salt taken with each glass of water will

As I advised, get professional treatment if you can afford it. Otherwise take the child to the nearest skin clinic for examination.

#### This Treatment Might Help

Where the condition is not grave this simple treatment might help. Ask your druggist for a good medicated soap and tell him what you want it for. Wash the face night and morning with the medicated soap and warm water, never hot. Rinse several times in chilled water—the colder the better. If there are no more than three or four festering pimples prick them with a disinfected needle point after washing thoroughly. Pull away from the pimple to relieve it, do not squeeze it. And immediately dab on a diluted solution of a reliable antiseptic.

Advise the girl to keep her hands away from her face to prevent spread of the infection, to use no creams, no make-up (unless a spec of pure powder), to get plenty of rest (hours more than she thinks she needs), a lot of out-door exercise and to watch her diet. All chocolate must be cut out and that means chocolate sodas as well as candy bars! She must eat no rich sauces or desserts and nothing between meals. Plenty of fruit juices might help her, and the juice of half a lemon without sugar in hot water before breakfast.

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prevent the tissues losing water too rapidly. It is the rapid loss of water that sometimes causes heat stroke.

Sometimes a little rest—a siesta—when it can be taken about the hottest part of the day, saves the strength and prevents the weakening effects of the heat.

When the hot days arrive, don't worry about them and further exhaust yourself. Keep the bowel active, eat regularly but not as much as usual, rest if you can, and try to get where the air is moving.

#### Eating Your Way to Health

Send today for this special booklet by Dr. Barton entitled "Eating Your Way to Health" (No. 101). It deals with calories, vitamins, minerals, starches, fats, proteins, 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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### Increase in Deaths from Cancer in Great Britain

(From Health League of Canada) They have 65,000 deaths from cancer in Great Britain annually. Each year since England began her records of mortality cancer has shown an increased mortality. Notwithstanding this apparent increase in cancer it is not believed that the increase is an actual one. The explanation is that increased length of life (fifteen years more than a generation ago) the better ability of the doctors to diagnose cancer and the improved records of the present day reveal cancer to an extent not found in former time. In a word we are finding more cancer cases than our grandfathers or our fathers found.

Lady Barrett, a noted woman doctor, gave statistics of the London Cancer Clinic. She pointed out that of early cancer cases treated five years ago, 33 per cent. are alive and well today; of patients treated later when the disease was more advanced, 65 per cent. still survive. Of all the patients treated, 35 per cent were alive and well at the end of five years. These figures indicate that if patients could be induced to seek treatment in the early stage, there is a very good hope of complete cure.

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### Blame Passed on to Educational System

#### Teacher Believes it a Mistake to Make School a "Show."

October 26th, 1938

To the Editor of The Advance, Timmins.

Dear Sir:—Noticing the attitude of the Advance on what you term, "The New School", and what is undoubtedly a regular trend in education to-day, exported largely from foreign lands, and particularly from the one to the south of the border, I thought, perhaps, you might be interested in the following letter appearing in The Globe and Mail on Monday. The letter was written by a teacher of some experience, and gives a viewpoint that is worthy of emphasis.

Yours truly

"Teacher-under-Thirty"

The letter referred to is as follows: To the Editor of The Globe and Mail: Your editorial entitled "Howlers at University Doors" calls for some explanation on behalf of the teachers. Having taught senior matriculation classes, I am in a position to say that the charges are not exaggerated. But the blame is misplaced. It lies with the policy of the authorities.

The information asked for in Prof. Liddy's questions I learned in a country school, where the teacher had from thirty to forty children in eight or nine classes, and from which I got an entrance certificate at the age of 12 covering a much wider field than the same examination covers today. There were no promotion examinations; the teacher promoted when he considered the class fit—it might be in October or April. Consequently children lost no time waiting for yearly tests. We were sent to school to learn, and if we did not learn there was trouble both at home and in school. The fact that we did not find the multiplication table interesting was never considered; if we did not know it we stayed in and learned it. Roman numerals up to 100 were required for promotion from "part one" and written exercises on them part of the routine; up to five or ten thousand was part of the assignment of "part two" of the first book. A grammar containing lists of classified plurals was put into our hands early, and we learned that words from the Greek, in—is changed is to es—the common ones being given (we were not afraid of big words then, hence plural of parenthesis and phenomenon were given). The part of the teacher consisted in assigning chapter eleven: "Learn the definition and do the exercise at the end." The explanation was all in the chapter—no teaching was needed. When the teacher "took" the exercise difficulties of application came to light. Plenty of dictation and spelling matches looked after the spelling. Plenty of map-drawing got the bays and capes in the right places. The industries carried on in various British cities were given in the small print in the part of the geography devoted to Britain, which I was set to read. I still remember "going up" to ask the teacher the meaning of upholstery found in such a lesson.

Nowadays I have found upper school students who could not define a preposition or a co-ordinating conjunction. Great care is taken to avoid the use of definitions. Rote learning is discouraged. I get students who cannot spell ninety-nine nor forty, nor find chapters in the Bible in Roman notation. Why? Because they were promoted before they had mastered the work assigned for the class. (Can we not get away from the horrible Americanism "grade"?) The normal development of the human mind is imitation, then memory work, then reason, and all under strong compulsion. I have found students of 17 who could not memorize rhymed poetry that had been studied, for the good reason that they had not memorized nursery rhymes at 2½ and Scripture at 4 to 7, and never had learned long definitions and rules. In other words, the memory had never been worked when it was the leading function of the mind.

The faults of the governing policy on education today are three (at least), and I am sure of the indorsement of 95 per cent of the teachers of fifteen years' experience in the province. In the first place, we lose the golden years from 3 to 7 on which the Jesuits laid such stress. (We cannot teach the Jesuits much about getting knowledge in so that it will stick.) Children of average intelligence should be in school at 5, and should get considered teaching by parents long before that. Those who learned at 7 a long collect (all one sentence) for each Sunday will not get lost in a sentence of four lines at 17.

The second requisite is hard work. Normal children prefer play to work, but education is (among other things) a preparation for life, not a variety of entertainment for children. Recently a man in authority said to a teachers' convention: "If the children are not interested, you are not putting on a good enough show."

And the third and great desideratum is discipline. What is method in education but discipline? To learn how and where to find out what you want to know, to learn to help yourself, to learn to persevere to mastery, even when work is distasteful, and all work is distasteful until mastery is achieved, even for adults. This is education in its truest sense.

Complaints are made of good-for-nothing idlers who try to get a living by short cuts. The blame lies in a system of education which forbids strong discipline and discourages hard work and rote learning. Two of these faults contribute largely to the number of weaklings and neurotics with which the body politic is afflicted.

Here speaks one who has taught and studied in all the grades of school. Toronto. Educator.

Huntingdon Gleaner: After Douglas Corrigan landed in Ireland, an offer was made him for his plane by a London museum. The state department at Washington notified Corrigan that the sale of his airplane abroad would constitute a violation of the neutrality act. Yet, during May of this year alone, U.S. airplane manufacturers sold \$1,609,975 worth of planes to China and \$1,889,024 to Japan with the permission of the self-same department of state at Washington.



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GIRL GUIDES IN TIMMINS

The 106th I.O.G.E. Company held their weekly meeting on Monday evening. The Rose Patrol raised and lowered the flag. Inspection was taken by Lieutenant Johnson. Many Guides wore their new red and white ties. The Guides went to their patrol corners where attendance was taken.

The Company is holding a tea at St. Matthew's hall on Saturday, October 29th, from 3 o'clock to 6 o'clock. The hall will be decorated for the event.

Kincardine News: The oldest and most deadly "home-brew" is scandal.

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Water should be taken when needed but a quarter teaspoonful of salt taken with each glass of water will

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Children of pre-school age may receive free inoculation against diphtheria at the clinic on Monday Tuesday and Thursday afternoons, between 3:00 and 4:00 o'clock, October 31, Nov. 1 and 3, 1938.

Inoculation is given in three doses; three weeks between each dose. J. A. McInnis, M.D., M.O.H.