

Discussing Mushrooms Used for the Quick Meal

To Many There is Something Specially Appetizing Even About the Word, "Mushrooms." How Mushrooms May be Used in Making a Quick Meal.

Mushrooms! There's something appetizing about the word, although in itself, it is not particularly musical. The sight or sound of it brings to me



(By EDITH M. BARBER)

memories of bright mornings after a rain when I went searching for the tiny creamy buttons which sprang up like magic in August or September. They must be picked before the sun darkens them and before other searchers had filled their baskets.

Today I do most of my searching for mushrooms at the market around the corner. I find them in baskets and fresh and creamy in appearance. As the fall advances, they become continually cheaper. Huge trucks bring them from mushroom houses, some of which I saw recently over in Chester county, Pa. They are picked, packed

and sent to market daily. The creamy color is the symbol of tenderness and freshness. Even the stems, excepting for the ends, may be sliced with the caps. The ends may be cooked in water to provide stock for the sauce which you may use with the cooked mushrooms or which will add an extra touch of flavor to soups.

Because mushrooms have such a meaty flavor, they may serve as a main dish for the quick meal. Creamed on toast or with shortcake, they may replace both meat and potatoes for an occasional meal. Perhaps you may like to cook them in butter until they are tender and then add extra butter, which will be enough to moisten the toast upon which you serve them. If you have some left-over meat, you may combine it with this savory vegetable. A mushroom sauce is particularly good with an omelet or with scrambled eggs. A tiny bit of onion is an addition to flavor in this case.

Speaking of flavor, mushrooms are one of the few foods which we value almost entirely on this account. When we use them, we are content to forget about food value.

Mushroom Sauce

Two tablespoons butter.
One-quarter cup sliced mushrooms.
One teaspoon minced onion.
Two tablespoons flour.
One-half teaspoon salt.
Pepper.
One-half cup milk.
One-half cup mushroom stock.
Melt butter, cook mushrooms and onion in butter five minutes. Stir in the flour and seasonings and when well blended, stir in the milk. Stir over fire until smooth, add the mushroom stock (made by cooking mushroom stems in water) and continue stirring until smooth and thick. Let boil one minute.

Stuffed Mushrooms

One and one-half pounds mushrooms (even sized).
One-quarter cup butter.
One chopped onion.
One cup soft bread crumbs.
One cup chopped left-over meat.
One teaspoon salt.
Pepper.
One tablespoon tomato catsup.
One tablespoon lemon juice.
Three strips bacon.
One-half cup cream.
Wash mushrooms and remove stems. Chop stems fine. Melt butter and cook onion and mushroom stems in it for about five minutes. Stir in bread crumbs and meat and cook two minutes. Stir in seasonings. Stuff mushroom caps with this mixture. Garnish with narrow strips of bacon and arrange on an oven-proof platter and pour cream around them. Bake in a hot oven, 400 degrees F., 25 minutes.

Quick Meal
Pineapple juice cocktail
Stuffed mushrooms
Buttered noodles
Carrots with lemon butter
Lettuce with olive dressing
Coffee eclairs
Coffee
Method of Preparation
Light oven.
Prepare mushrooms and bake.
Prepare water for noodles.
Prepare salad and dressing.
Cook noodles.
Open can of chilled pineapple juice and flavor with lemon juice.
Make coffee.
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Household Hints

By MRS. MARY MORTON

When winter moves in, so does the soup season. So today we'll talk about soups. So much can be done with good soups. Tomato soup, thick and condensed, just as it comes from the can, is a perfect tomato sauce for meat loaf, hamburger and things like that. It is grand to add to pan gravy; and poured over pot roast in the cooking, it brings out the flavour of the meat.

Soup Pointers

Before we move on to some delectable soup combinations, here are some soup pointers. In emptying the contents of a can of chicken soup, be sure to scoop out the rich chicken fat that clings to the lid and sides of the can. The cream of mushroom soup must be stirred vigorously to smooth it out. Also add milk and water before heating, and stir it to smoothness. Then heat. The same goes for pea, asparagus and celery soups. The cream of mushroom makes a grand sauce when one-quarter to one-half cup of milk or water is added.

Vegetable Chowder

Vegetable chowder, grand for this time of year, is easily made by combining and heating one can condensed vegetable soup, one can condensed pea soup and one can of milk. It serves four or five.

Pepper Pot Potage

Pepper pot supper potage is the sort of dish to serve on Sunday night when it is cold and blowy. To make from five to seven portions use one can pepper pot soup, one can tomato soup and one can of milk (always using soup can to measure). Use soups condensed, that is, just as they come from the can.

Tomato Variations

Two variations on the popular tomato soup theme include tomato and vegetable-beef and chicken-tomato. The former calls for one can each condensed tomato soup and vegetable-beef combined and heated to boiling point. It serves five to seven. The second soup calls for two cans condensed chicken soup, one can condensed tomato soup, one can light cream or milk and one can water. Empty can of tomato soup in a saucepan and to it add two cans of chicken soup. Then add one soup can of light cream or milk and a can of water. Heat and serve. It makes seven to nine portions. This is also a grand buffet supper dish.

Business Meeting of the Junior C.W.L. This Evening

All members of the Junior C.W.L. are requested to be present at the business meeting to-night, (Thursday), this meeting being a very important one. Plans will be discussed for the Christmas season, and it is necessary that all members are present.

Beauty and You

by PATRICIA LINDSAY



DOROTHY LAMOUR has preserved her own personality by wearing her hair in this simple coiffure and not cutting it short! Men rave about her—why? Dorothy has been clever enough to remain an individual!

Young Girl Should Acquire Poise and Individuality.

The young girl, whether she goes to business or is still attending school, should strive to develop a pleasing personality which is definitely her own. I mean by that, she should not sacrifice her own specific charm in her effort to look like, or to act like another person who is probably not the same type.

Too frequently in the office, or in school, the pace setter of fashion and popularity is not the best of models. And girls who have not yet found their true selves, are an individual who is far less attractive than their own hidden personalities.

Of course, all of us, young or old, do yearn to be in step with the new. The new in fashion, the new in beauty; the new in diversion. That is one of the incentives of living. If we stagnate in our desires, we also stagnate in our persons. So it is good to have inspiration, providing the person or thing we choose to inspire us, is worthy of our adoration.

Try Setting Pace Yourself

If you take a few moments in solitude you can determine what is good for you. Clothes, habits, friendships, diversion, foods and exercise. It isn't difficult to learn just what ties in smoothly with your living. You perhaps already know that cucumbers do not agree with you. It is just as simple to discover that certain characteristics you admire in a popular girl friend, do not become you. Because you are an individual. You do not have to like any other person. Spend your time in developing your own capacities instead of apeing another's mannerisms!

It is difficult to get over to you as clearly as I would like to, especially if you are in your teens or early twen-

ties. Because those years comprise the transition period of growing from a little colorless tadpole into a colorful, engaging personality — and they are difficult years.

But just realize that hidden down in you is an inventive genius. It is just as possible for you to make a lumber jacket fashionable as it is for another girl of your acquaintance to make a strapless gown the rage of an evening. Perhaps that lumber jacket adds more to your charm than the strapless gown would! If your straight hair is a charming frame for your small featured face, or your bright sparkling eyes, do not curl it. Wear it straight. Make straight hair the fashion for you. If your desires for recreation centre on outdoor sports instead of bridge games indoors—choose companions who like outdoor sports too. Don't just tackle bridge because others play it.

By becoming acquainted with the individual you and being true to yourself, you will unconsciously acquire a sureness and serenity. And that means you will have a cool poise, which is any woman's most alluring asset at any age!

I have written a leaflet called "Secrets of Charm for the Growing Girl." If you would like it, send a self-addressed, stamped (3-cent) envelope for it. Address me care of this paper. (Copyright 1938, by the Bell Syndicate, Inc.)

Sudbury Star: A report of the Dominion Bureau of Statistics states that employment at the beginning of October was in greater volume than in any year since 1930. And still the relief bill does not seem to grow less.

Ask King to Visit the Dionne Quintuplets

(From Ottawa Journal)

When the quintuplets celebrate their fifth birthday on May 28 next, guests at their party might be Their Majesties, King George and Queen Elizabeth, who are coming to Canada towards the latter part of May.

This hope was expressed to The Journal on Monday by Dr. A. R. Dafeo, general country doctor, who brought the quintuplets to the world and now is in charge of their health and welfare. Dr. Dafeo was in Ottawa to address a tourist meeting at the Chateau Monday evening.

Would Extend Invitation

"The babies are the most famous wards of the King and it would be nice to have His Majesty visit them on their fifth birthday," Dr. Dafeo said. The doctor will ask the Government to make the invitation to Callander official and include it in the program now being arranged for the visit of Their Majesties.

Asked if there was a possibility of bringing the quintuplets to Ottawa to see the King and Queen Dr. Dafeo said it was one of the questions. They could not be taken out of Callander.

He also said there was no possibility the quintuplets would be taken to the New York World's Fair. "We now have to consider their education and they will not be exhibited anywhere." The quintuplets will be educated in their own school along with other members of the Dionne family. They would not be permitted to mingle with other children at a public school because there would be no privacy for them. "In the future the only privacy they will have they will have to buy," said the doctor.

Canada's famous babies are now worth \$700,000 and with the expenses and upkeep so high the interest being secured is not sufficient to maintain them. It was the hope of the guardians to establish a fund which would produce enough in interest to maintain them. He had no doubt they would be millionaires soon.

Dr. Dafeo said the babies had recovered exceptionally well from their operations to have their tonsils removed. "They come of the very best French-Canadian stock and are fine sturdy children," the doctor said.

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they were adopted and became known as the billycock in honor of the inventor. From this the conventional hatter made adaptations. The Britisher of today will describe what he wears either as a billycock or a bowler. Our own name of derby is rather silly.

"I suppose that our topper came originally from the hunting field, wherein it afforded a certain protection if the rider came a cropper and landed on his head.

"Some of the other vagaries of men's present dress have historic and reasonable associations. The buttons on our sleeves are now merely ornamental, but once they enabled the sleeves to be buttoned tightly around the wrists as a protection against the weather, which was worth while if a man was riding in a storm. The buttons on the back of a coat are relics of the time when they supported a sword belt. The trousers of the sailor, wide at the bottom, permitted them to be rolled up above the thighs when a boat had to be beached requiring the crew to wade in the water, or when they had to work on sloppy decks. And so on.

"The mariner's sou'wester is protective, just as is the fireman's helmet, and I suppose that both of them are variations of the miner's hat."

Do Your Christmas Shopping Early.

Says Miner's Hat Model for the American Derby

A hard, round hat worn commonly by men is known variously as the derby (in America) and as the bowler or the billycock (in Great Britain). "It would be interesting to know how in this country we came to call this form of hat the derby," writes a correspondent to a New York paper.

"You have traced the British name bowler, no doubt correctly, to William Bowler. However, if he got the design from a Norfolk farmer it must have been a re-invention, for billycock antedates it.

"Some of us who were students at Freiberg, or visitors there, fifty years ago were familiar with the hard round hats that were worn by the miners in the Erzgebirge. We used to roam, on foot, down into Bohemia, visiting the ancient mines at Zinnwald and elsewhere.

"The reason for the miner's hat was protection against falling fragments from the roof. Its design probably traced back to the Middle Ages. So much for fact.

"I understand, although I have not verified, that a century or more ago a Cornish miner by the name of William Coke (pronounced Cook) visited Freiberg and thought that these hats for miners were such a good idea that he introduced them in Cornwall, where

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Many women think of electric cooking as slow, yet a modern electric oven heats to baking heat in a very few minutes. And, what's more, electricity KEEPS the oven at exactly the temperature you want for as long as you want it. Take bread-making, for instance . . . many recipes say to bake bread for 15 minutes at 425°, then 45 minutes at 375°. An automatic electric range can do that for you. All you need to do is put your pans of dough in the oven, set the controls and forget you are baking! Your electric range NEVER forgets. And that's only one advantage of electric cooking. A very important feature is economy . . . by actual test you can cook with electricity for less than half-a-cent per meal per person. Let us tell you more about electric cooking.



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