

# Food Experts Discuss Merits of the Swordfish

### Looked on Swordfish Only from the Angle of Value as Food. Discussion Developed into Talk About Experiences with Fish Dishes in General.



By EDITH M. BARBER

"What do you see on the menu that is different?" we asked our Los Angeles friends the other night when we were dining with them at one of New York's better restaurants. This had been chosen, by the way, because of the hospitable air which the open doors give to this particular group of eating places and because rumors of the food service had reached the West Coast. "What about swordfish? That's what I'm going to have."

They did not duplicate my order, however, although they appreciate the delicacy of broiled swordfish as much as I do. Instead, they demanded oysters, soft shell crabs and lobster, all of which are different species than those of the Pacific.

As we dined Agnes White Tizard, who is a well-known food expert both in the writing and radio worlds, and I compared notes on our food experiences. While we were discussing swordfish she told me that filets of shark, which is exceedingly cheap, are sometimes served by the cheaper restaurants in California which feature swordfish on the menu. I suppose it is as legitimate as is the local custom of calling flounder "filet of sole." The Western crabs are many times the size of the Atlantic shellfish, and the meat has a different texture and flavour. Easterners, when they visit the West Coast, enjoy them as much as the Westerners appreciate the Eastern product. The West Coast lobster is actually a large crawfish, delicious in itself, but different from our own native crustacean. By the way—I seem to have the cart before the horse—we began our meal with cold vichoise, that savory soup which is as good cold as it is hot. We chose baba au rhum for dessert. Filled with ice cream, it was a novelty to our

visitors. It is some time since I have been to the West Coast myself, but I hope it will not be long before I can renew my acquaintance with sand-dabs and other specialties.

#### Vichoise

- 3 leeks.
- 2 onions, sliced
- 1/4 cup butter
- 1 quart chicken stock
- 4 medium sized potatoes, peeled and cut thin.
- 1 teaspoon salt
- Pepper
- 1 cup cream.

Cut off green part of hearts of leeks and split them down the centre. Wash well and remove all sand. Chop leeks and onion very fine. Melt the butter in a saucepan and cook leeks and onion in it until yellow, not brown. Add chicken stock, potatoes and salt and pepper. Cook until the potatoes are thoroughly done. Force through a fine strainer, add cream and heat.

#### Broiled Swordfish

Dip filets in melted butter or salad oil into which paprika has been sprinkled. Or broil swordfish steak with same mixture. Put under broiling flame and broil on one side until brown, turn and broil on other until tender. Serve garnished with lemon and parsley.

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### Deputy President Visits Gold Nugget Rebekahs

The Gold Nugget Rebekah Lodge held its regular weekly meeting in the Lodge rooms on Thursday evening, with the Noble Grand, Mrs. A. Borland Jr., in the chair, and many members present at the meeting.

Sister Beatrice Anthony, Deputy President, of South Porcupine, and several other South Porcupine visitors were present at the meeting, during which the usual business was discussed. After all matters had been disposed of, court whist was played by the gathering. Winners were—Ladies, 1st, Mrs. T. Scott; 2nd, Mrs. Beaulne; and 3rd, Mrs. Thomas; gentlemen, 1st, Mrs. Warton; 2nd, Mrs. Dean, and 3rd, Mrs. Delgarne (all playing as gentlemen).

A dainty lunch was served after the cards, and announcement that the next regular meeting would be held on Thursday, February 16th, was made.

Regina Leader-Post: A strange thing maybe, the British Empire, a strange thing of lights and shadows, but underlying it and seeming to run all through it there has appeared a binding bond, not of force, but of regard for principles held almost eternal.

# Beauty and You

by PATRICIA LINDSAY



A velvety-smooth skin retains all the charm of youth. Arresting JUNE LANG, with her serene beauty, has the beautiful texture of an infant's skin.

### Dry, Tender Skin Requires Specific Preventative Treatment.

Dry skin seems to be a nation-wide feminine problem, and when football weather comes along, women everywhere frantically seek a treatment, or beauty aids, to prevent their skin from becoming harshly irritated and unlovely.

Peculiar to a dry skin condition is the fact that many women cannot use a foundation cream or lotion with good results. Some skin textures will not absorb these formulas sufficiently, to allow the make-up to be applied smoothly and remain intact. And many women tell me that a too rich cream left on overnight causes a slight irritation which is reason enough to discontinue its use.

#### Specific Aids Needed

It stands to reason that a dry skin needs lubrication. Nourishment from within such as cod-liver oil affords, or halibut oil, is of course to be desired. But until the skin can draw such nourishment from an active blood stream something must be done locally to keep the skin protected.

To my desk has come a most delicate of oils which claims to be a normalizer for these dry, tender skins. It does not claim to be a beautifier complete in itself, for you may continue to

use the cosmetics of which you have grown fond, in conjunction with it.

The ingredients of this oil are supposed to supply what the skin needs to keep it smooth and receptive to the aids of other creams and lotions. This formula may be used for muscular toning during the night, as a brief half-hour lubricant treatment with nourishing cream, or thinly spread on your face for a make-up foundation. And do not let the term "oil" frighten you. This preparation is quickly absorbed by the hungry skin, so delicate is its mixture. And it has a natural, pleasing fragrance.

The registered pharmacist (whose product it is) urges that with it you use a bland, superfatted cleanser which comes in a soap-like consistency. The reason for this, she explains, is that many soaps which women use, are excessively alkali and rob the dry skin of the little natural lubricant it has.

These two products are not newcomers. But because of their merit I bring them to your attention, hoping they might be the solution for your current skin problem. Legion are the women who praise them, and their combined skin treatment, that any woman can prove their efficacy to herself at home.

If you desire to know the names of these products, just drop me an inquiry and enclose a self-addressed, stamped (3-cent) envelope, as it is against the policy of this paper to name products in this column. My leaflet "How to Clear a Blemished Skin" should prove helpful. Be sure to enclose a self-addressed, stamped (3-cent) envelope for it. And write me in care of this paper. (Copyright 1938, by The Bell Syndicate, Inc.)

### GIRL GUIDES IN TIMMINS



Guides of the 51st I.O.D.E. Company held their regular weekly meeting Wednesday, Feb. 8.

Attendance was taken and horseshoe formed. The flag was lowered by the Colour Party, consisting of Kay Starling assisted by Marion Johnson and Florence Gledhill. The Guide Song for "O Canada" was sung and the Guide Prayer repeated. The Guides practiced singing after Patrol Corners with Mrs. Morin accompanying on the piano and under the instruction of Mrs. Therriault.

The new ties were given out and will all girls please sew their ties and tie them so that they are 9" in length. Inspection will be taken next week. Mrs. Wadsworth wishes to thank all the girls that turned up Friday. They had a very nice time.

Guide Song for "O Canada" O Canada! Thine own Girl Guides are we. May we all strive to bravely live for Thee.

With trusty loyal truthfulness, Obedience, courteous kind; With thrift and cheer for friendliness. And pure in word and mind.

Brownie News The 51st I.O.D.E. Company opened its meeting with Brownie circle and roll call. Inspection was then taken. E. McCann, J. Parks, F. Harris, E. Feltmate, M. Feltmate, M. McChesney, M. Gibson, M. Reid, M. Croteau and G. Tapping passed their ball throwing and skipping. They then played "Bridges" and "The hen and the chicks."

The Brownies are having a skating party at 28 Messines Ave. on Tuesday, so, Brownies, don't forget your dime and skates.

The meeting closed with Brownie prayer and squeeze. Brandon Sun:—Probably no man lives long enough to buy a shirt that fits him all over as it were.

### Importance of Menus for the Winter Time

#### Body Needs to be kept in Vigorous Condition to Combat Winter Ills.

The following is from the Department of Agriculture at Ottawa:— Winter is a time when colds and other infections are prevalent. For this reason it is wise to keep the body in a healthy, vigorous condition so that it will be able to resist or throw off infections to which it is subjected. The diet should include, in addition to those foods which furnish energy, an abundance of the so-called protective foods which are valuable for their protein, mineral and vitamin content—milk and milk products, meat, eggs, vegetables and fruits.

A simple day's menus designed to satisfy both appetite and bodily needs is suggested:—

- Breakfast**
- Tomato Juice
- Cracked wheat with milk or thin cream

- Buttered Toast
- Coffee for adults
- Milk for children

- Dinner**
- Vegetable Soup
- Meat Loaf

- Buttered Carrots
- Baked Potatoes
- X Rice Pudding

- Whole wheat bread and butter
- Milk for children

- Lunch or Supper**
- X Cheese Fondue

- (Poached egg for very young children)
- Shredded cabbage salad
- Bread and butter

- Baked Apples or Apple Sauce
- X Oatmeal Cookies
- Tea for adults

- Milk for children
- Baked Rice Pudding

- 1/2 cup rice
- 1/2 teaspoon salt
- 3 cups boiling water

- 1/2 cup sugar (white or brown)
- 2 egg yolks
- 3 cups milk

- 2 tablespoons butter
- 1 teaspoon vanilla or grated lemon rind
- 2 egg whites.

Wash rice thoroughly. Cook with salt in the boiling water 5 minutes. Drain through a sieve and pour hot water over rice to separate kernels. Combine sugar, egg yolks, milk, butter and flavouring with rice. Fold in beaten egg whites. Place in buttered baking dish and bake in pan of hot water in moderate oven (325 to 350 degrees F.) until firm—about 30 minutes.

Note: The cooking of the pudding may be completed in the top of double boiler, egg whites being folded in when pudding is cooked.

#### Cheese Fondue

- 1 1/2 cups milk
- 1 1/2 cups grated cheese
- 1 1/2 cups soft stale bread crumbs

- Yolks of 2 eggs
- 1/4 teaspoon salt
- 1 tablespoon melted butter

- Whites of 2 eggs
- Soak bread crumbs in milk for a few minutes and add cheese and beaten egg yolks. Season and add melted butter. Fold in stiffly beaten egg whites. Pour into buttered baking dish and bake in a moderate oven (350 to 375 degrees F.) about 30 minutes.

#### Oatmeal Cookies

- 1 cup butter
- 1 1/2 cups brown sugar
- 1 egg

- 1 1/2 cups pastry flour
- 1/2 teaspoon soda
- 1 teaspoon baking powder

- Pinch of salt
- 1 cup coconut
- Cream butter. Add sugar and cream well together. Add well beaten egg, then dry ingredients and coconut. Drop by spoonfuls on buttered baking sheet and bake in moderate oven (375 degrees F.) about 8 to 10 minutes.

### Valentine Parties at Finnish Church

#### Interesting and Enjoyable Event Last Week.

Two very enjoyable Valentine parties were held at the Finnish United Church last week, the first on Friday evening being for members of the Young People's Society and their friends, and the second on Saturday evening for the children and their friends.

At the Young People's Valentine Party, Miss Elma Nykkanen presented a very interesting paper on "Meaning, Origin and History of St. Valentine's Day Celebrations," and a mock wedding was a special feature of the event. Helge Hongisto was the minister, Helen Lehto the bridegroom. Eli Heinonen the bride, Veikko Paakkola the groomsmen and Elma Nykkanen, the brides-wedding group were assisted by Germaid. The flower girls were Helmi Lehto and Myra Heinonen, and the trude Heinonen and Veikko Lehtinen.

Refreshments were served, the kitchen committee being made up of Helen Lehto, Esther Leiman, Gertrude Heinonen and Eli Heinonen, and games and a pleasant social evening were greatly enjoyed.

On Saturday evening the church was crowded with a happy crowd of youngsters who made their special Valentine party a big success. The kitchen committee was made up of Lilie Johnson and Aune Hemming, and during the evening games, stunts and other amusements added gaiety to the event.

Valentine mail was distributed at both parties.

Buffalo Courier Express: Apparently it takes a lot more champagne and what-not to launch a glamorous debutante than a destroyer.

Tea At Its Best

# "SALADA" TEA

## Pot Luck Supper Enjoyed by Business Girls' Club

### Original Type of Menu Proves Interesting and Enjoyable. Porcupine Business Girls' Club Outlines the Aims and Purposes of the Club at Meeting on Thursday Evening.

Members of the Porcupine Business Girls' Club met at the home of Annette Garlepy, 56 Sixth avenue, on Thursday evening at 6:30 o'clock, to hold a "Pot Luck Supper."

Before the supper, some of the members had been a bit dubious as to the outcome of such a "surprise" supper, but they were the ones who received the "surprise" as the food just could not have possibly been more appetizingly served, nor contain more wholesome ingredients.

Two little brown glass "jugs" contained real old-fashioned "kind that mother made" (baked with molasses, etc.) Boston beans and kidney beans, which were brought all the way over from South Porcupine by a popular young lady from that town, and proved one of the most favoured dishes. Dishes of scalloped potatoes, pickled sauerkraut topped with celery stocks, pickles, wieners and hot rolls, celery hearts with cheese, jello, ice cream, home-made apple pie, nut loaf, home-made cream puffs, fruit, nuts and candies, more than made the young ladies forget they ever heard of such a thing as a well-regulated diet. The food was served in buffet style, which added a touch of merriment to the occasion, as second "helpings" were the order of the day.

Many of the girls had come directly from their work, and the well-cooked dishes could never have looked and tasted quite so good.

Following the acceptance and welcoming of new members, the remainder of the evening was spent in a sociable way, with the playing of games. Miss Eve Marshall was the lucky winner of a bridge set, and the door prize was won by the hostess herself. Her prize was a lovely pair of Madeira guest towels, and both prizes had been donated by a well-wisher of the club.

It was noted during the evening, that Schumacher was lacking in the membership list, and while quite a few were contacted in that part of the camp during the last two weeks, no new members were forthcoming. Some of the club members previously came from Schumacher, and once more a very cordial invitation was extended to girls to join.

A list compiled by the secretary was read, and showed that over 200 girls and women are employed in business capacity in the town. Some of these had been contacted by telephone, but it was noted that the task of reaching all individually would be far too great. Members were asked to keep up the work of enlarging the club.

The purpose and ideals of the club were explained as follows: "Perhaps, like you, they are girls with but little leisure... they are tied in a town office all day, while their greatest desire is for a brisk walk, but with whom to go... they are surrounded they say to go... they are interested in the theatres, dances, and that there is not one congenial companion among their colleagues... and bemoaning the fact that not on a Saturday afternoon is there one. Such girls are in every office. Why not find them, and try to explain to them that among the girls

in the club are girls who long to shake the dust off their office feet and get out in the fresh air. Of course, it needs initiative to start campaigns of this description; to get things going, and to say, "Won't you come, too?" But once you have acquired the art of finding your interests in those people you will become a very busy person... tell them that concentrating on their own and individual interests tends to narrow them and isolate them from their fellow creatures, whereas concentrating on the things that interest other people tends to enlarge their minds and their sympathies, and their list of friends. Also it will enable them to become useful to the community in regard to public matters; and public affairs on every hand are crying out for women's guidance."

"Nothing that may at some time or other become useful should be thrown away," might be a term used regarding the donations that the members contributed to a needy family. They were collected by the president, who thanked the girls for their generosity. The articles donated on Thursday evening, were for the use of the mother of the family, and were practically all new. The members will also gather articles for the use of the children, to be brought to the next regular meeting.

The regular meeting of the Porcupine Business Girls' Club will be held at the home of the treasurer, Isa Hampton, 206 Balsam street south, Timmins, at 8 o'clock on Thursday, January 23rd.

### Many Pleasing Features at Golden Beaver Dance

About fifty couples were present at the enjoyable dance held by the Golden Beaver Lodge, No. 528, A.F. & A.M., in the Masonic Hall on Friday evening, to take part in one of the happiest dances numbered among the successful events held by the lodge.

Music for the occasion was supplied by Andy Cangiano and his band, and during the evening distinctive novelties were distributed. A dainty lunch was another feature of the very enjoyable event.

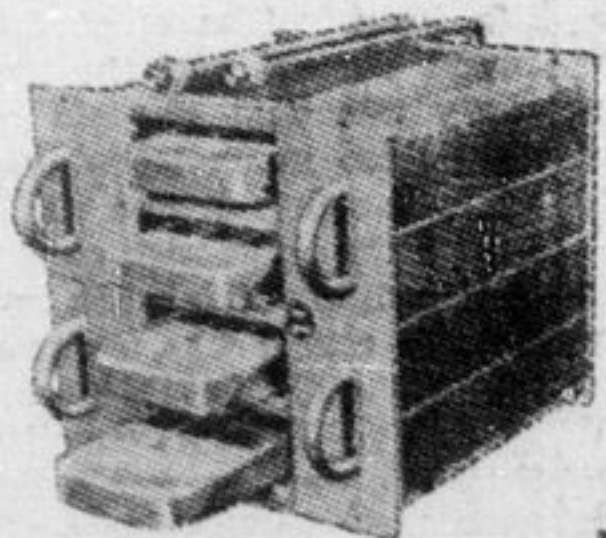
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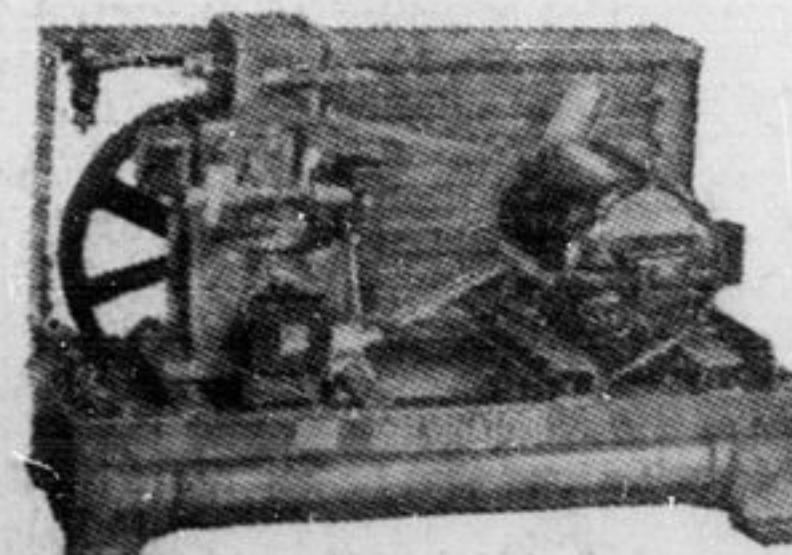


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