

Some Recipes for the Shrove Tuesday Event

Suggestions for Appropriate Dishes Which Include Cheese Fritters and Raised Doughnuts, Which are Also Known as "Fasnachts."

Shrove Tuesday in olden times had special celebrations. As was natural when Lent which begins on the following day was a real fast season in Christian countries. Where church rule was strict custom demanded that there should be an avoidance of meat

flour to make a stiff dough; also add rutmeg. Let rise again, and if too soft to handle add more flour. Cut into strips, roll under hands until in long, thin strips and tie. Place on a floured board, let rise one hour, turn and let rise again. Fry in deep fat (365 degrees Fahrenheit) and drain on brown paper. Cool and roll in granulated sugar.

Cheese Fritters
2 cups cornmeal much
1/2 cup flour
1 teaspoon baking powder,
1 teaspoon salt
1 cup grated cheese
1 egg.

Mix mush with flour, sifted with the baking powder and salt. Add the cheese and lastly the egg. Drop by spoonfuls on a hot griddle and fry on both sides.

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By EDITH M. BARBER

throughout the whole six weeks' period.

A state of salvation was judged by absence from all food delicacies. For these reasons Shrove Tuesday was indeed a feast day. The French term "Mardi Gras," takes its name from "gras" or fat which meat contains. The Mardi Gras celebration is elaborate in a number of European countries and in New Orleans.

Certain food customs are associated with Shrove Tuesday and Ash Wednesday. My great-grandmother brought over with her from Germany the recipe for the rich raised doughnuts which are known as Fasnachts or "fast night" cakes. They are still made by a modernized version of the recipe in my house and must be twisted according to directions. When I was a child, each one of us must form from the thin strips of dough a few Fasnachts, which we called "birds."

For some reason pancakes have always been associated with Ash Wednesday in England. We would hardly call them fast day food, but in some hamlets the church bells still ring out to signify that it is pancake time. At noon they toll:

"Pan on, Pan on,
Pull the big one off, put the little one on!
Pan on pan on."

Another interpretation is: "Pancakes and fritters, Say the Balls of St. Peter's" Fasnachts (Raised Doughnuts)

- 1 cup milk
 - 1/2 yeast cake
 - 1/2 cup lukewarm water
 - 1 teaspoon salt
 - 4 1/2 cups flour
 - 1-3 cup shortening
 - 2 eggs
 - 1 cup light brown sugar
 - 1 teaspoon nutmeg
- Scald and cool milk; when lukewarm add yeast dissolved in water salt and enough flour to make a stiff batter; let rise over night. In the morning add melted shortening, eggs well beaten, sugar and enough more

Won \$5,000 and Came to Canada, but Now "Broke"

From Vancouver, B.C., comes this unusual story of an Australian girl who after winning \$5,000 came to Canada, spent all her money, had to go on relief, but who is now returning to Australia.

Vancouver, Feb. 18.—"Gone with the wind—only quicker," said a disillusioned young lady in her third class cabin aboard the Canadian Australasian liner Niagara, today, as she prayed to newspapermen how \$5,000 had been squandered in little over a year. She is returning to her home town in Australia, in the Niagara, which sailed today.

Once a waitress in Sydney, the young lady, who refused to divulge her name, occasionally bought sweepstake tickets, and two years ago won \$5,000. She quit work at once, bought passage for Canada and proceeded to Montreal to visit a sister. She found the latter in relief, and spent money to help her. She loaned money here and there, and bought nice fancy things. As long as there were cheques in her cheque book she figured there was money in the bank. Within a year she was penniless and the borrowers were in like condition.

So she went on relief, and has been that way for a year. Now she is returning home, her transportation provided by a charity organization—a sadler but wiser woman.

Programme for Week at McIntyre Community Rink

The following is the programme for the McIntyre Community arena for this week:

- Monday, Feb. 20—8 to 10 p.m., public skating.
- Tuesday, Feb. 21—8.15 p.m., hockey play.
- Wednesday, Feb. 22—3 to 5 p.m., public skating. 7.15 p.m., Juvenile hockey. Workers at Schumacher, with public skating after game.
- Thursday, Feb. 23—8 to 10 p.m., public skating.
- Friday, Feb. 24—7.15 p.m., Juvenile hockey, Iroquois Falls at Schumacher High School.
- Saturday, Feb. 25—2 to 4 p.m., Junior Skating Club. 4 to 6 p.m., public skating. 8 to 10 p.m., public skating.

Beauty and You

by PATRICIA LINDSAY



This discouraged woman was taught how to dramatize her middle-age beauty. Her youthful coiffure by Monsieur Georges is a splendid model for women of middle age.

How an Indifferent Dowager Turned Into an Attractive Wife.

This is a modern Cinderella story which should inspire many women throughout the country to make the most of their beauty.

And for once Cinderella, is not a young girl with youth and beauty hiding under a bushel, but a despondent woman of middle age who actually looked ten to fifteen years older than she was!

She had dropped into a fifth avenue salon to have her hair dyed. Despondently she said: "I'm just the same age as my husband but I look years older. Friends say it is because my hair has turned grey and his has not. So I have finally decided to have it dyed. Will you do it for me?"

The able beauty consultant gazed critically at her client. Her skin was tired looking with a coarse texture of enlarged pores and blackheads. Her eyes were dull, reflecting the disheveled spirit! Little did she realize that if her hair was dyed she would only look more haggard, more hard. What she actually needed was a good going-over to give her dejected morale a boost.

So skin treatment was suggested first. And effective it was! The particular salon to which our Cinderella had come boasts a novel beauty angle treatment, which consists of having facial while you recline with your feet twenty inches higher than your head! This permits a fresh flow of nourishing blood to tired facial and neck tissue which rarely gets what it needs.

With a special preparation for blackheads—which is applied as a paste and allowed to dry on the face and then vigorously rubbed off—the course, neglected surface skin was removed. A lubricating cream and firming mask did the rest. After six facials (which any woman could give herself at home) this client turned a happier face to the world which had taken on new beauty! Her skin was softer, aging lines had dimmed considerably and the muscles were firm.

So into the clever hands of Monsieur Georges she went for a lesson in proper make-up for her type, and to have a new charming coiffure styled for her which would take years from her looks. You may judge for yourself what success this master craftsman had—our bewildered dowager came to the camera a most attractive woman with her beautiful grey hair dramatized instead of being dyed a harsh unbecoming color!

Every Woman Can Help Herself

If your skin needs reconditioning you can give yourself this treatment at home, especially if your funds do not permit six weekly visits to the salon. Lie on your bed, put your feet up on the footboard and stuff several pillows under your hips that you lie at an angle with your heels about twenty inches higher than your head. Keep your creams on a table near at hand. Apply your pore paste, allow it to dry. Remove it. Then your lubricating cream well massaged into your hungry skin. Skin freshener. And at last a cream mask. Do it all while you recline and new beauty will be yours. Between facials exercise and if you can spare the minutes each day, go into your beauty angle for fifteen minutes. Just lie there and relax! It does wonders for you!



That Body of Yours

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

Most Pain in Heart Region Not Due to Heart Disease

"Pain arising anywhere near the region of the body where the heart is situated is apt to give rise to much more anxiety and concern than is warranted by the severity of the symptoms. Yet it is the commonest of experiences to find that the most anxious patient, with severe pain in the heart region, is suffering from no form of heart disease and is in no danger whatever of dying, while another with the most trifling symptoms and that he dismisses as of no importance, is being afflicted with true angina pectoris. It does not seem to be generally realized that the great majority of all cases in which there is complain of pain in front of the chest can be diagnosed and treated by allowing the patient to describe his symptoms fully."

I am quoting Dr. W. Ford Connell, Kingston, in the Canadian Medical Association Journal. Dr. Connell states that of 166 successive cases sent him during the past year with pain in the front of the chest, thought to be due to the heart, nearly one-third had no discoverable form of organic heart disease.

"A patient has angina pectoris if, being over the age of 50 and a male, he comes complaining of an uncomfortable sense of constriction or tightness, felt beneath the middle of his breast bone or slightly to the left of this point, caused by definite effort, particularly following meals, and often accompanied or relieved by belching gas. The constriction may grow into an intense or burning pain and may extend to one or both shoulders, arms, up into neck, jaw, or behind the ears, or down into the stomach region. It only lasts for a few minutes and is relieved by rest and nitroglycerin. The pain is caused by an insufficient supply of blood to the heart muscle."

What is called neuro-circulatory asthenia—nerve and bloodvessel tiredness or weakness—can cause this pain in the chest and also palpitation and breathlessness, but examination shows no organic trouble, the symptoms being due to nervousness and to being too much aware of the rapid heart beating and pain.

The lesson from Dr. Connell's statement is that only in one-third of the cases is the great pain due to angina pectoris or other heart condition; in the other cases it is due to nervousness, weakness of the nerves and bloodvessels, gall bladder disturbances, and disturbances in other organs and tissues.

If, then, you have pain in heart re-

gion, see your physician and tell him all about this pain. Your physician can give you the necessary advice to relieve your mind and also to give relief for the pain, whether or not it is due to a heart condition.

Why Worry About Your Heart? Is it skipping beats, is it murmuring? Do you get out of breath easily? Send today for this instructive booklet by Dr. Barton entitled "Why Worry About Your Heart?" (No. 102). It tells the story of your heart in a simple and satisfying way. Send your request to The Bell Library, 247 West 43rd St., New York, N.Y., enclosing 10 cents to cover cost of handling and mention the name of The Advance, Timmins. (Registered in accordance with the Copyright Act.)

Annual Music Competition of Vogt Society of Toronto

Announcement is made by the Vogt Society of Toronto, of its annual music competition.

Organized in 1937 to encourage the development of Canadian music, the Society took its name from one of Canada's most outstanding pioneers in this field, the late Dr. Augustus Stephen Vogt, Principal of the Toronto Conservatory of Music and founder and conductor of the now famous Mendelssohn Choir. With such a name as an initial endowment, the Society hopes to continue the work started by Dr. Vogt in developing Canada's music and making it better known both at home and abroad.

To this end, a competition is held for original compositions, the award being the publication by the Society of the winning manuscript. Last year the award went to Walter MacNutt of Toronto, for his "Suite for Piano," a group which has been heard in Toronto on several occasions this winter, and which will be available for wider distribution when it is off the press, within a few days.

This year the competition is for compositions for piano, or some string instrument with piano accompaniment. The rules governing manuscripts submitted are as follows:

1. The composer must be a Canadian.
2. Any number of manuscripts may be submitted but each must be of moderate length.
3. Each manuscript must bear a pseudonym and be accompanied by a sealed envelope containing the name and address of the composer.
4. The closing date is March 15th. Manuscripts should be sent to the Corresponding Secretary, Mrs. D. B. McColl, 145 Highbourne Road, Toronto, Ontario.

The Society reserves the right to make no award if in the opinion of the judges the manuscripts submitted are not of a calibre suitable for publication under the Society's sponsorship.

Toronto Telegram: In making a fool out of a man, a woman can do a first-class job.

Pasteurized Milk Not Less Nutritive

Health League Says Pasteurized Milk has All the Nutrition of Raw Milk.

(By J. W. S. McCullough, M.D., D.P.M.)

There is a disposition among the opponents of the pasteurization of milk to assert without proof that pasteurized milk has less nutritive properties than the raw article. This is a delusion. Pasteurized milk has lost none of its nutritive qualities in the process. This has time and again been shown by experiments in Great Britain, United States and Canada.

The third report on this subject from the National Institute for Research in Dairying at Reading supplements the proof of previous ones. The former reports from the Institute all were to the effect that not only was pasteurized milk quite equal in nutritive qualities to raw milk, but also that calves fed on the former thrived better. Invariably in every experiment, some of the calves fed on raw milk developed tuberculosis and died.

Sixteen pairs of bull calves from tuberculosis-free herds were compared. One animal in each pair was fed on raw and the other on pasteurized milk from the same source. The milk was given in proportion to the weight of the animals. The experiment was continued for 26 weeks. In assessing the results, five pairs of calves were omitted on the ground that three calves on raw milk died of pneumonia, one half on raw milk was ill, and one on pasteurized milk had intestinal obstruction.

The average weight of the remaining eleven pairs was 453.9 lb. in the raw group and 454.36 lb. in the pasteurized. Examination of the raw milk showed that 30 per cent. of samples contained tubercle bacilli, in spite of the fact that it came mainly from accredited herds. None of the pasteurized samples was found to be infected. Tuberculin tests made towards the end of the experiment showed that eight of the eleven calves on raw milk reacted positively.

Taking together all the experiments that have been made in Great Britain on calves, amounting to 250 animals distributed approximately into two groups, the weighted mean increase in weight per calf per day works out at 1.232 lb. for animals fed on raw and 1.273 lb. for animals fed on pasteurized milk. It is possible that if the raw milk used in these experiments had been free from infection the difference might not have been so marked. As they stand these results form an indisputable proof of the superiority of pasteurized over raw milk.

Christian Science Group Enjoy Social Afternoon

The Christian Science group met at the home of Mrs. S. J. Leach, 17 Windsor avenue, on Friday afternoon to enjoy a pleasant social time. The hostess served afternoon tea, and a happy afternoon was had by the ladies. Among those present were Mrs. Kinkele, Mrs. B. Keates, Mrs. Stenhouse, Mrs. Leslie Walker, Mrs. Yuill, Mrs. Shephard, Mrs. Bennett and the hostess, Mrs. Leach.

GIRL GUIDES IN TIMMINS



The 51st I.O.D.E. Company of Guides opened their meeting with roll call. Following that, inspection was taken by Captain Wadsworth. Horseshoe was formed and the flag raised by the Orchid patrol. They then practised singing under Mrs. Theriault's guidance. The songs are progressing quite favourably. All the Guides must know their three songs from memory by next week. The Guides would like to thank the I.O.D.E. for their lovely sandwiches, for they were greatly appreciated.

Will the Guides please learn "O Canada" as well. It only takes a few minutes. O Canada, thine own Girl Guides are we. May we all strive to bravely live for thee.

With trusty, loyal, truthfulness Obedience, courteous, kind, And thrift and cheer for friendliness And pure in word and mind. O Canada! O Canada! O Canada! thine own Girl Guides are we.

Brownie News
The 56th I.O.D.E. Company of Brownies met as usual on Friday night. After roll call, inspection was taken by Brown Owl. Myrla Cousteau, Florence Harris, Mona Law, Gladys Tapping were enrolled and now are full-pledged Brownies.

The "Imps" won the first game and the "Kelpies and Fairies" together won the second game. After the games the Brownies had a little sing song. The meeting closed with the Brownie prayer and squeeze. Here is a song that the Brownies should learn: "Round the blazing council fires light, We have met in comradeship to-night, Round about the whispering trees, Guard our golden memories. And so, before we close our eyes in sleep Let us pledge each other that we will keep Guiding friendship strong and deep. Till we meet again."

Toronto Telegram: If the question is ever settled about which came first, the hen or the egg, they might get around to finding out who will bury the last man.

Quality Guaranteed "SALADA" TEA

Event by Jr. C.W.L. at South Porcupine

Very Successful Bridge and Tea on Saturday.

South Porcupine, Feb. 18.—(Special to The Advance)—The Catholic Women's Junior League were sponsors of a very enjoyable and successful bridge and tea on Saturday afternoon in the parish hall. Seventeen tables were filled for bridge and every one had a wonderful time. Tickets had been sold for three articles and the drawing for these took place after cards.

The first—a reversible woolen blanket—was won by ticket No. 459. The same was not fully legible, but Box No. 30, South Porcupine was discernible.

The second—a lovely lunch cloth—was won by Mrs. Babando, of 44 Golden Ave., and No. 775 was the ticket which won for Mrs. J. C. Leoney, of Pembroke, a smokers' stand.

The prizes for bridge were exceptionally nice. First prize went to Mrs. T. Cahill—12 crystal stem-ware glasses. Second—a hidden number prize—was won by Miss Mary Hammond, and was a very lovely vase.

Consolation prize of a box of powder puffs was won by Miss Corkery.

This is the first big affair put on by the Junior League, and we are glad to note that it was such a success.

Timmins Men Bereaved by Death of Their Mother

Sudbury, Feb. 18.—One of Chelmsford's pioneers, Mrs. Oscar Vaillancourt, died Friday morning at the home of her daughter, Mrs. Eugene Villeneuve, at the age of 80 years. She had resided at Chelmsford for more than 45 years. She was the former Emille Montpelier, and was married at Curran, Ontario, 59 years ago to the late Oscar Vaillancourt, who died 10 months ago. Surviving are three daughters and six sons: Mrs. D. Eaton, of Buffalo; Mrs. E. Bergeron, of Calumet, Quebec; Mrs. E. Villeneuve, Abbe, Raoul, Wilfred and Ernest, of Chelmsford; Nazair and Edmond, of Timmins. Three brothers also survive: Octave Montpelier, of Montreal; Oliver Montpelier, of Plangenet, Ont., and Oscar Montpelier, of Chelmsford. The funeral will be held at nine o'clock on Monday morning at the Roman Catholic church at Chelmsford, with Rev. Father A. Vaillancourt, of Sturgeon Falls, a grandson of the late Mrs. Vaillancourt, officiating.

Doctor Held up by Snow But Stork Got Through

Goldthorpe, Feb. 18.—A race between a doctor and the stork was waged at this little settlement last Thursday night, with Mr. Stork arriving first. Mr. and Mrs. W. J. Oji are today the proud parents of a fine baby girl and are thanking everyone for their help and the part they played in the little drama enacted here during the storm last Thursday night.

The young couple had been expecting the visit from the stork and on Thursday night it was decided that a doctor was needed. A call was sent through to Swastika and from there to Kirkland Lake for medical aid. A doctor accepted the call, and asked how he was to get there. He was informed that he could drive part of the way in, and that a crew of men would meet him and assist him the rest of the way.

Bob Craig organized a group of shovellers from the men in town and those working in the bush and they met the doctor, where the road was clogged with snow. After battling the drifts he had to walk another mile to the Oji household only to find that the stork had beat him by an hour.

Radio Announcer: Ladies and gentlemen, this half-hour of silence comes to you with the compliments of the Machington Company, makes of silent typewriters.—Marianna, Paris.

Just Married but Goes to Jail on Forgery Charge

Kirkland Lake, Feb. 18.—Pleading guilty to separate charges of forgery and theft, Rodney Rossow, of Pembroke, was sentenced to 60 days' hard labour on both counts, to run concurrently, by Magistrate S. Atkinson in police court Thursday morning.

Rossow, who was arrested while trying to cash a cheque at a local bank, drawn on his brother-in-law's account in Pembroke, pleaded guilty to the charge but told the court that he had his relative's permission to receive money from the account in case he and his wife ran short. He was married only two or three days before he came here and was arrested.

He also entered a plea of guilt on the second count of the theft of a \$15 wrist watch from a friend. Crown Attorney Robinson pointed out that restitution had been made in the latter case, but was not necessary in the first as the cheque would not be honoured at the local bank.

Delightful Social Event on Thursday Afternoon

Mrs. A. W. Leach, of 17 Windsor ave. was hostess on Thursday at a delightful social afternoon, when a number of ladies gathered at her home.

A dainty lunch was served and those present enjoyed a happy afternoon. The ladies were Mrs. Demaza, Mrs. Clarke, Mrs. McDivitt, Mrs. Court, Mrs. Pope and Mrs. Jackson.

Len S. Evans the New Chief of Police for Sudbury

At Sudbury last week Len S. Evans, for the past two years a member of the Sudbury detachment of the provincial police, and for nine years prior to that a provincial officer, was appointed chief of police for Sudbury by the Sudbury police commission. The appointment was only made after extended discussion of other applications. There were 56 applicants for the place, but eventually the choice was reduced to three. These three were—Len S. Evans, who was strongly supported by Mayor Laforest; John Brown, a former chief at Sudbury, and now with the provincial police at Blind River, favoured by Magistrate McKessock; and Detective-Sergeant William Hutchinson of the Toronto police force, who was favoured by Judge Proulx, who thought that under the circumstances in connection with the resignation of David Loudon, the last chief of police at Sudbury, it would be best to select an outsider. After talking over the matter and discussing the various angles of the question the police commission eventually appointed the provincial officer to the post.

SOUVENIR SPOONS

(From Woodstock Review)
Teaspoons are said to be disappearing from the House of Commons restaurant, and Peterboro Examiner suspects that with an election drawing near some of the members may feel they would like to have souvenirs of Ottawa. It might bewell to lock the stationary cupboard, too.

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