

# Some Pleasing Recipes for the Lenten Season

### Advise to Start Lent With Eating Salt Fish, Mackerel, Codfish and Kipperd Herring Can Be Made Very Savoury, Says Domestic Science Expert.

With the beginning of lent, fish will appear more often on the menu than it usually does the rest of the year. While there is fresh fish all the year



By EDITH M. BARBER

around, as well as the frozen variety which is now of such good quality, salt and canned fish will find many uses, especially during the first weeks before the spring run begins with the breaking up of winter.

Nothing is more savoury than a baked salt mackerel dressed with cream or a kippered herring which needs to be baked just long enough to heat it. Minced celery and green pepper and a few bits of bacon will give an added touch of flavour. The salt mackerel, on the other hand, should be soaked a number of hours, both to draw out the salt and to soften the fibres.

Salt cod, which is one of the few things which belongs with a white sauce may be either soaked or scalded in boiling water before it is flaked. Baked potatoes seem to belong with this fish. As this is rather a white meal, spinach, beets or some other vegetable, which will contrast, should be served with this dish.

Any one of these dishes is suitable for the quick meal and will furnish an inexpensive main dish.

#### BAKED SALT MACKEREL

Soak mackerel over night. Drain, dredge well with flour and pepper. Arrange on a greased pan and half cover with rich milk. Bake in a moderately hot oven, 400 degrees F., about ten minutes, until fish is tender. Add one-fourth cup of cream and cook five minutes more.

**Kipperd Herring With Cream**  
2 onions, sliced.  
3 tablespoons butter.  
1 can kippered herring.  
1/4 cup thin cream.  
Paprika.  
Fry onions in butter until light brown, then remove from the pan. Drain the herring and fry lightly on both sides in the same pan. Add cream, heat well. Serve garnished with onions and dash of paprika.

**Quick meal**  
Cranberry juice cocktail.  
Baked salt mackerel.  
Potatoes with parsley butter.  
Beets with lemon butter.  
Lettuce with french dressing.  
Cream puffs. Coffee.  
**Method of Preparation**  
Light oven.  
Prepare potatoes and cook.  
Prepare salt mackerel, which has been soaked during the day, and bake.  
Prepare salad and dressing.  
Open can of beets, heat and dress.  
Drain and chill potatoes.  
Open can of dressed cranberry juice.  
Make coffee.  
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### Business Girls' Club to Hold Banquet on March 9

A telegram was received on Saturday morning by the Porcupine Business Girls' Club, containing the information that Miss Kennedy, who will address the club here, will be in Timmins on March 9th. A banquet will be held in the Fern Cottage dining-room on Thursday, March 9th, to which all business and professional girls, both members and non-members are invited. Tickets may be purchased from Miss Eve Marshall, at the Town Hall, or from any of the members of the Porcupine Business Girls' Club. Further details about the event are given in the account of the club meeting in today's Advance.

### U. C. Choir Enjoys Pleasant Evening

#### Choir the Guests of Mr. and Mrs. W. M. Mustard.

The United Church Choir members were the guests of the Rev. W. M. and Mrs. Mustard at the manse on Friday evening, when one of the most pleasant and most enjoyable monthly social events of the choir took place.

Mr. Wilson Thomson, convener of the entertainment committee, and Mrs. F. Moody, were responsible for making the event a great success, and members of the choir are enthusiastic in their praise of the arrangements for the occasion.

Mr. W. Allen and Mrs. T. Gay, "brought the house down" with their portrayal of "Romeo and Juliet." The balcony scene was very ably performed, by these two popular choir members, who sang their allotted parts in a very pleasing manner.

Mr. W. Thomson and Mrs. Moody were loudly applauded for the comic duet which they performed. This short skit presented the troubles of a singing master as he taught his student the intricacies of the scale, and its humour greatly appealed to all present. Mrs. Moody also gave an entertaining humorous recitation.

Mrs. P. H. Pond, who accompanied at the piano, merits high praise for her able accompaniment.

The games were in charge of Miss M. White, and proved to be another enjoyable feature of the event.

After a very dainty and tasty lunch, Mr. H. Trener, choir-master, thanked the Rev. Mr. Mustard, and Mrs. Mustard for their kind hospitality, Mrs. Jardine, kitchen convener for the excellent luncheon served, and Mrs. Moody and Mr. Thomson for arranging the exceptional programme and the pleasant evening.

### Odd Disappearance Of Kapuskasing Man

#### Philip Tremblay Last Seen At Minnow Lake.

Last week Kapuskasing and Sudbury police were much exercised at the mysterious disappearance of Mr. Philip Tremblay, of Kapuskasing. Mr. Tremblay, who is about 55 years of age and a prominent citizen of Kapuskasing, has not been seen by his relatives since Jan. 31st. He was then visiting his sister-in-law, Mrs. Joseph Tremblay, Minnow Lake, near Sudbury. While the police have no particular reason to suspect foul play, nor is there anything to suggest misadventure or accident, there is much mystery as to the present whereabouts of Mr. Tremblay.

The first hint that there was any trouble in the matter came to Minnow Lake on Feb. 7th, when a letter from Kapuskasing informed his sister-in-law at Minnow Lake that her brother-in-law was wanted back at his work on Feb. 15th. At the time the letter did not create much special worry as Mrs. Joseph Tremblay thought that her brother-in-law had probably gone to Michipicoten Harbour there, and that he would likely be back. Information gathered by the police suggests that Tremblay arrived at Sudbury on Jan. 28th, and on Jan. 31st got a cheque for \$20 from Mrs. Joseph Tremblay at Minnow Lake. He said he was going out to cash the cheque and that he would be right back. He set out for Sudbury, and that seems to be the last trace the police have been able to find him. The sister-in-law at Minnow Lake has heard nothing more from him and no word of any kind has been received at Kapuskasing. From the time he set out for Sudbury to the present, there appears to be a mystery. He has apparently vanished from sight, relatives and friends are naturally very anxious to receive any information or clues that will lead to the finding of the man.

Toronto Telegram: It's getting where the price of peace is nearly as high as the cost of war.

Blairmore Enterprise: Three things that cause young men to marry: Spring, moonlight and living in a boarding house.

Brooklyn has a service which, for the price of \$5 a pair, will coat with brass, bronze, or silver the shoes of your first born.

### Rebekah Lodge Holding Social Hour After Meetings

The Gold Nugget Rebekah Lodge held its regular meeting on Thursday evening, with sister Hocking occupying the chair in the absence through illness of Noblegrand Mrs. A. Borland, Jr.

One new member was received through transfer card, and another name was proposed for membership.

Plans were made for two members to entertain after each meeting. A social hour will be held after the meetings and the members will take part in presenting a programme.

Members are asked to note that the next regular weekly meeting on Thursday, will commence at 7:30 o'clock, as there will be many features to deal with that evening. The first programme in which members are to take part, will be presented after the meeting, and all members who enjoy a happy social event will wish to be present at the event.

### Cornish Social Club Hold Sleighing Party

#### Enjoyable Event on Saturday Night Well Attended.

Two sleighs filled with members of the Cornish Social Club left the Hollinger hall at 8 p.m. on Saturday the 25th for the Porcupine Ski Club house.

Upon arriving at the club house the evening commenced with community singing and dancing. Fred Parsons, H. Tonkin, L. Magor, G. Tapper, H. Hooper, conducted by the president, L. May, put on a little act, "Ten Nights in a Bar Room," which was much enjoyed by all. Then a very enjoyable lunch was served.

Eric Kent, H. Hooper, G. Griffen, E. Richards, M. L. Williams, took the ladies tobogganing and all enjoyed a thrilling time.

The sleighs returned home in the early morning in perfect weather, and all agreed it was a perfect night.



### That Body of Hours

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

MENTAL HEALTH  
Practically every automobile owner has his car overhauled from time to time to keep it in its best possible condition. However, man is different from an automobile in that he has a mind, and very often the body may be doing its fairly well, because of regular habits of work and rest, but the mind has formed faulty habits which render the individual unhappy or restless which interferes with the happiness and restfulness of others. Just as an infected tooth or an ulcer of the stomach can affect the health and so the mind, by making one irritable and impatient, so can a restless, discontented mind interfere with the workings of the body and cause, in some cases, real or organic trouble. Therefore, just as one undergoes a physical examination by his physician, so should he undergo an examination of his other life, his behaviour, his life. He must make this examination of himself by himself.

Dr. Frederick L. Patry, Albany, N. Y., in an address to the Biology Club, newsletter Polytechnic Institute, Troy, N.Y., said: "Since mind and body are inseparable it is important that behaviour be functioning at its best level. Periodic health examinations are desirable in bringing out faulty habits (as well as organic troubles) in order that they may be corrected."

"We are largely persons who live by habit. It is therefore, desirable that a critical inventory be taken of our habits, in order that they may be of the type and quality which make for particular moment are habits of work, diet, elimination of wastes, rest, sleep, social and recreational life."

"Facing reality is necessary if we are to live effectively in the world as it actually is, rather than a world which we have made in fancy to meet our wishes and fancies." As you know, the dementia praecox patient lives in a world he has made in fancy, and as he measures up to the requirements of this fancy world he has made, he is just not fitted to live in the real world with the rest of us.

"One should make a consistently sincere effort to know oneself better, accept oneself (weaknesses as well as strengths), be oneself, but feel the challenge for self-improvement."

So let us take a look at ourselves, find out why we are restless, dissatisfied, unhappy. There may be a lack of philosophy or religion, a lack of humor, perhaps a little selfishness, overambition or underambition. If we find or recognize these faults, the battle is more than half won. "Man know thyself."

#### NEUROSIS

Are you worried about an ailment that you don't have, bothered by symptoms or pains that a medical test does not reveal? Send for Dr. Barton's tremendously interesting and helpful booklet entitled "Neurosis" explaining how the cure of ailments is accomplished where none, apparently, exists. Address your letter to the Bell Library, 247 West 43rd St., New York, N.Y., enclosing Ten cents to cover cost of handling, and mention the Advance, Timmins.

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Sense and Nonsense: What the country really needs is a workable system that will give people work.

# Beauty and You

by PATRICIA LINDSAY



Honey is her name, and honey is the colour of her hair! This young beauty is dressed warmly and her skin protected with a pure lubricant so she may enjoy playing with her dog.

### Old-Fashioned Beauty Aids Excellent for Children's Skin During Winter.

Tender soft skins, cannot be exposed to nippy weather without chapping, and mothers should take a few precautions to keep the young child's skin from getting chapped. Severely chapped skin cracks, and the little hand or arm or face is then open to infection, and naturally to a lot of discomfort.

During the severe winter weather mothers should resort to an entire body massage for children under eight. Good old fashioned olive oil heated a bit may be rubbed into the skin after the evening or morning bath—over the entire body including the face and hands.

Even a drop or two well massaged into the scalp about twice a week is not only beneficial to the hair but helps to keep the face skin lubricated.

Rose Water and Glycerin  
Of course, if the child's skin has plenty of natural oil and is not dry and delicate, then you may skip the body massage but use a chap preventative in the face neck and hands.

That quaint formula of our grandmother's day, rose water and glycerin, is still kind to youthful skin textures and good to have on hand. It is made of half glycerin and half rose water with a bit of benzoin added, and any druggist will mix it for you freshly. The only warning I must give is this—some children are allergic to the rose water—either its scent or its consistency. In that case do not use it and

buy instead, one of the delicate prepared lotions in liquid form. Most creams are too heavy for young skins.

#### Dress Them Warmly

It is good for children to get all the sun and air they can during the cold weather. Winter sunshine stimulates the formation of red blood corpuscles as well as summer sunshine, and anemic children especially should play in the sunshine as much as possible. But see that they are dressed warmly! Forget style and think only of warmth.—snugly fitting woollen sweaters, socks and caps and mittens. The wind-breaker materials for play clothes are marvellous, providing you have warm woollens beneath the jacket or play suit.

#### Check Winter Diet

As Vitamin D. is most necessary to the health of your child, see that the foods he eats contain it. Milk, egg yolks, butter, salmon, California sardines, and cod liver oil. Most children benefit from cod liver oil, either in capsule form or by the spoonful. It is a wise investment throughout the cold weather.

If you have any problem about your child's skin, hair or body, write me and enclose a self-addressed, stamped (3-cent) envelope for my reply. Address me care of this paper.

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### GIRL GUIDES IN TIMMINS

Guides of the 51st I.O.D.E. Company held their regular weekly meeting Wednesday, Feb. 22.

Patrol formation was formed and the attendance taken. Inspection was taken by Captain Landers assisted by Elsie Sheridan.

Horseshoe was formed and the flag raised by Helen Smith assisted by Gladys Roy and Myrtle Knell.

The National Anthem was sung and the Guide Laws and Guide Prayer repeated.

Patrol corners were held for a few minutes followed by the inspection of patrol boxes.

The Guides practised singing and horseshoe was formed. The flag was taken down by the Colour Party and the meeting closed with "Taps."

We were pleased to have Captain Landers with us and hope she will come again.

#### Brownies

The usual meeting of the 56th I.O.D.E. Brownies opened with Brownie circle. Following that, the Brownies went to their corners where inspection and attendance were taken. Mona Law is leaving the pack was presented with a book by Eva McCann. Service stars

were given and to Eva McCann, Joyce Parks, Mabel Reid, Marjory McCheaney, Peggy Harris, Elizabeth Feltnate, Mary Feltnate and Eileen Stuckley. The following girls then passed their flags test—M. Crotau, E. Feltnate, A. Stuckley, E. McCann, M. Reid, M. McCheaney, P. Harris, F. Harris, J. Parks. The Imps and the Fairies combined won the relay game. A sing song was held and the first part of a fairy story read. The meeting closed with Brownie prayer and squeeze.

### Leadership League Branch Started at King Kirkland

King Kirkland, a suburb of Kirkland Lake, has the first branch of the Leadership League in the North, so far as noticed to date. The King Kirkland branch of the Leadership League was started last week, A. Mashian being elected president, and C. Cole secretary.

H. Suddes, of Swastika, assisted in the work of organization. The King Kirkland branch of the Leadership League intends to hold weekly meetings for the discussion of citizenship problems of common interest. The Leadership League was recently inaugurated by Mr. George McCullagh, publisher of The Globe and Mail, to rouse Canadians to closer study and action in regard to the questions of the day in Canada.

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# Blended For Quality "SALADA" TEA

### Business Girls' Club to Join Federation

#### Organizer for National Association to be Banqueted by Porcupine Business Girls' Club.

At a regular meeting of the Porcupine Business Girls' Club on Thursday last, it was decided to have an organizer from Owen Sound visit Timmins with a view to having the Porcupine Business Girls' Club affiliated with the "Canadian Federation of Business and Professional Women's Club of Canada."

Miss Jacqueline Kennedy, of Owen Sound, has been chosen to represent the "Canadian Federation of Business and Professional Women's Clubs" on the visit to the North land. The local club will hold a banquet in the Fern Cottage dining-room. Guest speakers will address the gathering, and music will be supplied during the evening. Tickets, limited in number, are on sale and may be purchased from Miss Eve Marshall, president, Town Hall, or from any of the members.

On her tour to the North country, Miss Kennedy expects to address girls at North Bay, Sault Ste. Marie, Sudbury, Kirkland Lake and Timmins, and will be here in the early part of March. The exact date of the banquet will be announced in a future issue of The Advance.

The banquet is open to all business and professional girls, to members and non-members.

The members also discussed plans for raising funds for future events, and suggestions were made for entertainment for Miss Kennedy while she is in the Porcupine. It is hoped that a tour of the mining camps may be arranged. Following the business of the meeting, a delicious lunch was served by the hostesses.

Previous to the meeting the members of the Porcupine Business Girls' Club paid a visit to what they term a "sky studio."

One has often heard of painters making the sky their studio, but not often does one hear of a studio being made in the sky. On Thursday evening, however, the group of girls belonging to the Porcupine Business Girls' Club had the privilege of a personally conducted tour through a "sky studio," namely C. K. G. B.

Through the kindness of Mr. Wm. Wren, and his able assistants, Mr. Murray Morrison, Mr. Jarvis, announcers, and Mr. Laplante of the control room, a visit lasting nearly two hours was the treat given the Porcupine Business Girls' Club.

After an inspection of the Library, containing over 16,000 records, the members visited the large studio, where in silence they listened to Mr. Jarvis, when he broadcast an evening's programme. Previous to this broadcast, the various signals, telephone system, microphone, etc., were explained to the members, and when the words "On The Air" flashed on the electric light plate, everyone felt that there was a special thrill in the visit.

When the broadcast was completed,

a tour of the control room followed. The types of discs used, their manner of use, and timing provided interesting information.

Mr. Wren willingly gave of his time, explaining the various types of programmes, and gladly answering questions regarding equipment used, expense and the privilege of the members to inspect some of the 300 new records which have just been received. These, it was noted constituted only one week's supply, making almost 50 records a day! The standing bet of \$5.00, to anyone naming a popular record not owned by the radio station, was offered to the members, but none were able to claim the money.

Various selections, including the popular "Stardust" were played at the request of the members, by Mr. Morrison, in the large comfortable studio.

The Porcupine Girls' Club wishes to express its appreciation and thanks for the very cordial reception given one and all the members by the staff of station C. K. G. B.

### Suggests Settlers for Northern Farms

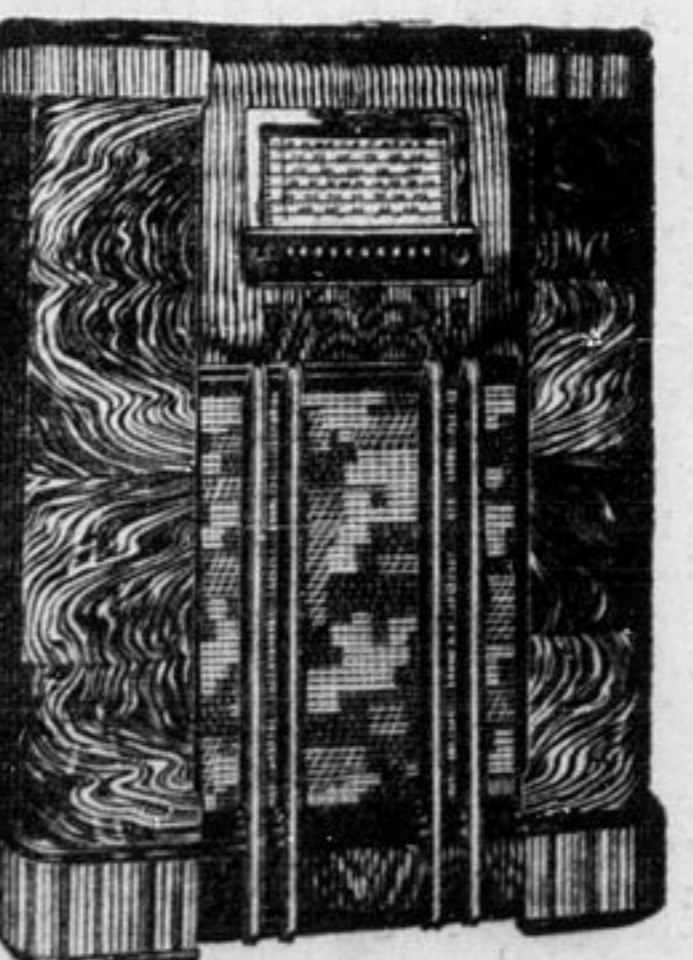
#### But Wants New Method Used in Placing Settlers.

Speaking at the Ontario Good Roads Association convention last week, R. N. Young, Reeve of Shuniah township, near Port Arthur, suggested that there are still great potentialities for establishing families on the land in the Northland. He was anxious, however, that the wrong methods used in the past should not be repeated under any new plan. A settlement plan, he indicated, could only be successful "if some other method be adopted than the ones tried in the past."

"Survey should be made of different areas available for farming," he suggested. "The settler should not be placed upon the homestead unless at least 75 per cent. of this land is suitable for farming. The settler so placed should be a man of farming experience, and one who is taking up the homestead with the intention of making a living off the land and not for the sole purpose of taking off the timber."

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