

About the Use on Menu of Salmon, Canned or Fresh

One of the Deservedly Popular Dishes. In Casserole, or a La King, Salmon Makes a Delicious Part of the Menu. Crabmeat, Tuna or Shrimps May be Used— Adds Domestic Science Expert.

Each season huge schools of salmon swim from the sea into fresh rivers to spawn and incidentally to furnish us with our supply of canned salmon. Perhaps the first fish to be canned for future use, salmon has become a staple household product. Although now tuna fish, crabmeat, lobster and shrimp have



By EDITH M. BARBER

been added to the list, salmon is as widely used as ever.

The business woman housewife finds canned fish an asset throughout the year and Lent gives her a good excuse to use one or the other often. A recipe which calls for the use of one variety can usually be adapted to another. The casserole of tuna fish for instance, which is one of my favorite recipes, may be made with salmon or crabmeat. The a la King recipe for which salmon is indicated may be used with shrimps or any other shell fish. Most fish recipes are the better for the addition of piquant seasonings, such as mustard, Worcestershire sauce and lemon juice. For the sake of contrast in texture, you may like to add minced green pepper or celery. Cheese is also combined well with many fish dishes. For Sunday night suppers or for luncheons, nothing is more attractive than a mold of jellied fish, well seasoned perhaps with tarragon vinegar, minced onions and celery or cucumber. With this mayonnaise, mixed with minced parsley and a little onion juice may be served.

Salmon a La King

- One-quarter pound mushrooms, sliced.
- One medium-sized onion, sliced.
- Two tablespoons butter.
- Two tablespoons flour.
- Three cups milk.
- Two egg yolks.
- One pimento, chopped.
- One-half teaspoon lemon juice.
- One-half teaspoon paprika.
- Salt, pepper.
- One pound can salmon, flaked.

Cook the mushrooms and onions in the butter until tender and slightly browned. Add the flour, and when well blended add the milk slowly and cook until smooth and thick, stirring constantly. Stir a little of the hot mixture into the beaten egg yolks and then stir back into the sauce. Add seasonings and salmon and heat. Serve on hot toast or in patty shells.

Casserole of Tuna Fish

- Four tablespoons butter.
- Four tablespoons flour.
- Three-quarters teaspoon salt.
- Pepper.
- One-half teaspoon Worcestershire sauce.
- Two cups milk.
- Two pimentos.
- One 13-ounce can tuna fish.

Melt butter, stir in flour and seasonings and when well blended, stir in milk gradually. Stir over a low fire until thick and smooth. Cut six strips of pimento and reserve for garnishing. Cut remaining pimento into small pieces and add to white sauce. Flake tuna fish into one-inch pieces and add to white sauce. Pour mixture into greased baking dish, arrange strips of pimento and bake in moderate oven (350 degrees Fahrenheit) fifteen minutes.

Quick Meal

- Grapefruit
- Salmon a la King.
- Saratoga potatoes. Buttered peas.
- Lettuce, with pickle dressing.
- Toasted sponge cake with chocolate sauce.

Method of Preparation

- Prepare salad and dressing.
- Prepare grapefruit.
- Make chocolate sauce and keep warm.
- Prepare salmon.
- Cook peas.
- Make toast.
- Toast sponge cake.
- Make coffee.

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Cheque Late, So Wants To Change Children's Names

Huntingdon Gleaner—When a son was born to Mr. and Mrs. John Ehlig, Akron, Ohio, in 1934, the father, strong for the New Deal, named the boy Franklin Delano Ehlig. Two years ago the stork brought a girl to the Ehlig home and she was named Eleanor Elizabeth Ehlig for the same reason. For a month Ehlig looked for his WPA cheque, past due, but hoping it would reach them in time for Christmas. The cheque didn't come. Now Ehlig has asked the probate court for permission to change names of his children to Lincoln Delano and Jessie Elizabeth.

Recommends Tea for Treatment of Burns

Some Interesting Facts About Burns.

(By J. W. S. McCullough, M.D., D.P.H.) About 45 per cent of fatal burns occur during the first five years of life. Why is this? Chiefly because of the carelessness of parents, nurses and servants. Three out of five death-dealing burns occur in women and girls. From the fourth to the thirty-fifth year, there is a relatively high death rate in females. Between the ages of five and nine, twice as many girls as boys die from burns. After thirty-five there is a higher death rate from this cause in men than in women. In old age the rate is again higher in women. Burns in women are more frequent because of the type of dress they wear. These fatalities in women usually occur in the home. They are commoner in winter than in summer.

According to the damage they do, burns are classified into those of first, second and third degree. In burns of the first degree, the skin becomes inflamed and reddened. Except for the pain caused this degree of burn is not very serious. In second degree burns, the skin is reddened and blisters form. Third degree burns include those of great severity including charring of the skin and deeper tissues.

The danger of a burn usually depends upon the extent of surface skin involved. The simplest and most convenient household remedy for a burn of, say, the first two degrees is the application of a strong infusion of tea. This remedy has been used by the Chinese for 5000 years. In all cases of any severity the aid of a doctor is necessary, but the use of tea as an emergency measure will relieve the pain and make the victim of a burn comfortable.

Death of Mrs. A. Brassard at West Ferris on Sunday

North Bay, March 15.—The death of Mrs. Alfred Brassard, well-known resident of West Ferris and formerly of Corbell, occurred Sunday morning at her home, 18 Kennedy avenue. She was in her 74th year, and had been ill for seven weeks prior to her death.

Born at Buckingham, Que., the former Louise Beauchamp, she was the daughter of the late Mr. and Mrs. Louis Beauchamp. She married at Buckingham, moving to Corbell with her husband 37 years ago. She farmed there for 27 years, taking up residence with her daughter, Mrs. E. Brousseau, 18 Kennedy avenue, about 10 years ago.

The funeral took place at 9 a.m. Tuesday, with service at St. Vincent de Paul Church conducted by Very Rev. Dean J. A. Chapleau.

The pallbearers were six grandsons, Francis, Edmund and Hector Corrier, Anatole Duchene, Emile and Alfred Fournier. Interment was made in St. Mary's Cemetery.

Mrs. Brassard is survived by four daughters, Mrs. E. Brousseau of West Ferris, Mrs. E. Corrier, of Corbell, Mrs. L. Jolicoeur of Ottawa, and Mrs. P. Fournier, of North Bay; two sons, Joseph Darrin of Timmins, and Louis Corrier of French River; two brothers, Lillie and Joseph Beauchamp, both of Buckingham, Que., and two sisters, Mrs. P. Paquette, Ottawa, and Mrs. X. Cadieux, of Buckingham, Que.

Benefit Whist Drive by Ladies' Auxiliary

Pleasant Evening at Cards Followed by Tasty Lunch.

The Ladies' Auxiliary of the Canadian Legion were hostesses on Monday evening at a very well attended and successful benefit whist drive. Twenty-six tables of whist were played, the occasion being a very happy one.

Mrs. A. Harvey, Mrs. W. A. Devine, Mrs. R. Hardy, and Mrs. McGarry acted as M.C.'s during the evening, and after the cards an especially tasty lunch was served by the kitchen convener, Mrs. Jean Smith, and her committee.

Prizes, which were donated by the members, were won as follows: Ladies, 1st, Mrs. Elles; 2nd, Mrs. Richardson; and 3rd, Mrs. L. Sinclair; gentlemen: 1st, Mrs. Durkin; 2nd, Mrs. Hass; and 3rd, Mrs. L. Davidson (all playing as gentlemen).

A partner whist drive will be held by the Auxiliary in the Legion hall on March 27th, and on March 17th, St. Patrick's Day, the members of the Auxiliary and their husbands are extended an invitation by the Legion to attend a joint social in the Legion hall. Most of the members of the Auxiliary who are planning to attend the event, will be attired in costume, although dress is optional.

TO-DAY'S FASHIONS



Navy Wool Jacket Frock (By Vera Winston)

There's always a demand for the pretty yet practical costume that goes everywhere and anywhere. Here is such a find, a navy blue wool crepe jacket frock. The one-piece dress has a white linen top which is removable, with a fluted neckline caught by a band that buttons in back. The midriff minimizes the waistline, where a cluster of flowers is placed under the suede navy belt. Four rows of sun-burst plaits, two in front, two in back, trim the skirt. The simple bolero has long sleeves.

GIRL GUIDES IN TIMMINS



The Guides of the 106th I.O.D.E. Company held their weekly meeting in the basement of the St. Matthew's Anglican Church at 7 o'clock Monday night.

The meeting was called to order inspection was taken by Mrs. Johnson and the Horseshoe was formed. The flag was lowered by Ruth Hansen, assisted by Elizabeth Curtis and Edythe Golden. Muriel Crispin received her first class badge. The Guides assisted by Mrs. Carson practiced singing.

The Guides went to patrol corners to work on badge work.

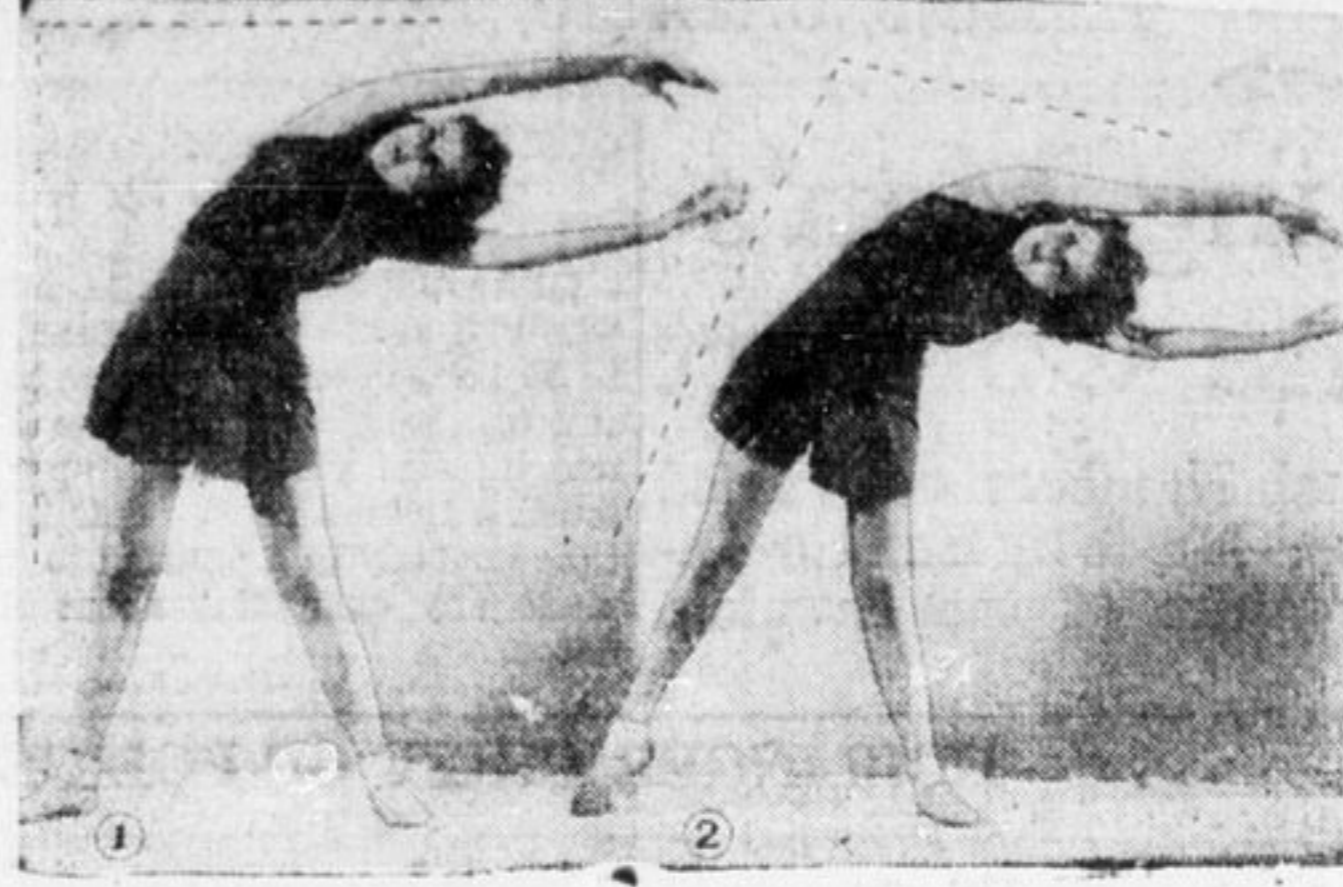
Elizabeth Curtis and Edythe Golden passed their test of making beds.

Campfire was formed and many camp songs were sung.

The meeting was closed by singing "Taps."

Beauty and You

by PATRICIA LINDSAY



1—Streamlined ELEANOR HANSEN demonstrates the exercise described in Part I. 2—Streamlined ELEANOR HANSEN demonstrates the exercise described in Part II.

Abdomen and Diaphragm Most Important in Any Exercise Program.

One of New York's best "figure-beautifiers" has as her salon slogan, "Begin in the Middle!"

"Why?" I asked her. "Because the organs upon which the major health and comfort of the body depend, are situated in the middle of the body. There they hang in a cave-like area known as the abdominal cavity. Supporting them, like a great elastic band, are large, sheath-like muscles. In this area, too, are important veins, arteries and nerve centres. Glands and ductless glands that strongly affect and regulate the body functions are there. Yet the middle of the body—the most vital area—is usually its most neglected portion."

She went on to assure me that it is more frequently thickness than weight which proclaims the passing of youth. Middle age beings in the middle!

Strengthen Abdomen and Slim Waist So youth, and a youthful figure depend greatly on exercises which are specific movements to strengthen and firm the muscles of the stomach, and those which keep the waist beautifully slimmed.

In my leaflet "Patricia Lindsay's Five Pet Exercises" there is a splendid abdominal exercise with its movement illustrated. And we have asked pretty Eleanor Hansen of the screen to demonstrate another waist-line exercise which you can easily do every day at home.

Part I

Stand barefooted, or in stocking feet, in good posture. Place feet comfortably apart and raise arms up over head and high as you can stretch with palms facing each other.

Keep eyes riveted straight ahead, and bend slowly from the waist to your right. Keep arms and knees straight, shoulders square. As you bend, your upper shoulder points to ceiling.

Part II

When you are bending over to the right as far as you can go (keeping the

position described in Part I) slowly lift your left heel off the floor and bend more sharply to the right. You will feel a stretching of your entire left side from toe to hands.

Slowly return heel to floor, come to erect position with arms still overhead, then drop arms and relax.

Reverse the movement—stretching your right side—and repeat each ten times.

In my leaflet, "Beautifying Your Midriff" there is a beautifying exercise for both the thin and stout woman. Be sure to enclose a self-addressed, stamped (3-cent) envelop when you send for it.

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Modern Policy in Regard to Disinfecting Methods

(From Health League of Canada)

It is a generally accepted fact that infection does not live in bedding, clothes, old mattresses and other inanimate objects, and that disinfection of such articles is a waste of time and a needless expense. The discovery that diphtheria carriers and mild overlooked cases of scarlet fever and the carriage of infection by sprays from the mouth and nose were the chief routes of transmission in these afflictions has discounted the value of terminal disinfection (that is, the disinfection used at the termination of the disease).

The germs which cause disease in man fail to thrive outside the body unless they exist under conditions of moisture, food and warmth conducive to their life. The only ones that remain active outside the body are those like anthrax and tetanus, which live long in old mattresses, bedding or clothing.

The orthodox disinfection of mattresses and bedding was abandoned in Brighton, England in 1910. The boiling

of sheets, washing of blankets, dusting of bedrooms and scrubbing of floors was substituted. Home contacts of measles have not been excluded from school at Brighton since 192 and this without any noticeable increase of infection.

In general the foregoing is the policy followed by health officers in this country and in the United States. It is a wise policy. No increase of disease has been known to follow it. It serves to keep children in school without endangering anyone. The course of education suffers less interference. Old mattresses and bedding may be dirty but they do not carry disease.



C.W.L. GIRL GUIDES

The regular meeting of the first Timmins Girl Guide Company was held in the basement of the Church of the Nativity Parish hall, at 7.15 p.m. on Monday evening.

The meeting was opened with inspection taken by Captain Landers and Mrs. Martin.

Horseshoe was then formed, and the colour party raised the flag. They were Joyce Lalonde, Mary McLean and Betty Morin.

The Guides formed in two lines and march drill was practiced. Next the Guides played games. Some of them were musical games, rapid tying of knots, and a racing of putting on Guide tie, hat and belt.

Campfire was formed, and the Guides sang their most popular Guide songs. The flag was then lowered, the meeting closed with "Taps."

The Guides had as their guests a number of the Junior C.W.L. members. The Guides were informed that there will be no meeting on the following Monday.

Brownie News

The usual meeting of the Catholic Brownies was held at 6.15 p.m. on

Monday evening. The fairy circle was formed. A number of games were suggested.

The Brown Owl, Miss Gladys Cooper, taught them a new game called "Mickey and Minnie Mouse," which was thoroughly enjoyed by the Brownies.

The following Brownies passed their test of tying ties:—Joy Beetham, Joan Hunt, D. Eatham, Dorothy Lapine, and Colleen MacNamara. The meeting was closed with the pack howl.

Sudbury Star: Books alone aren't education. Since the beginning of the century a Toronto book house has published a volume "How to Play Hockey," and look at them.



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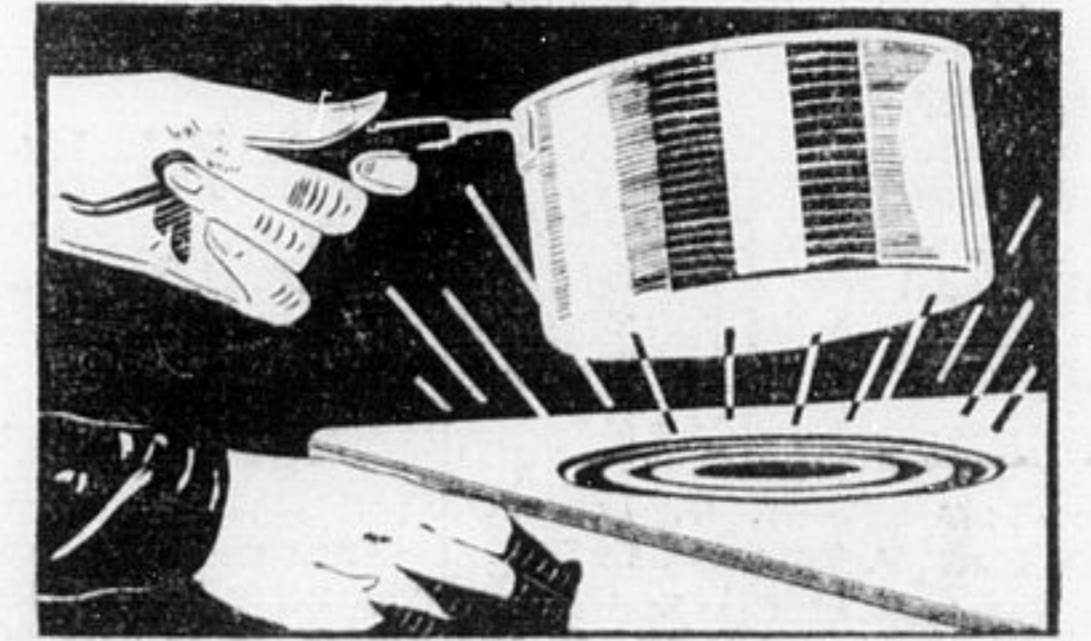
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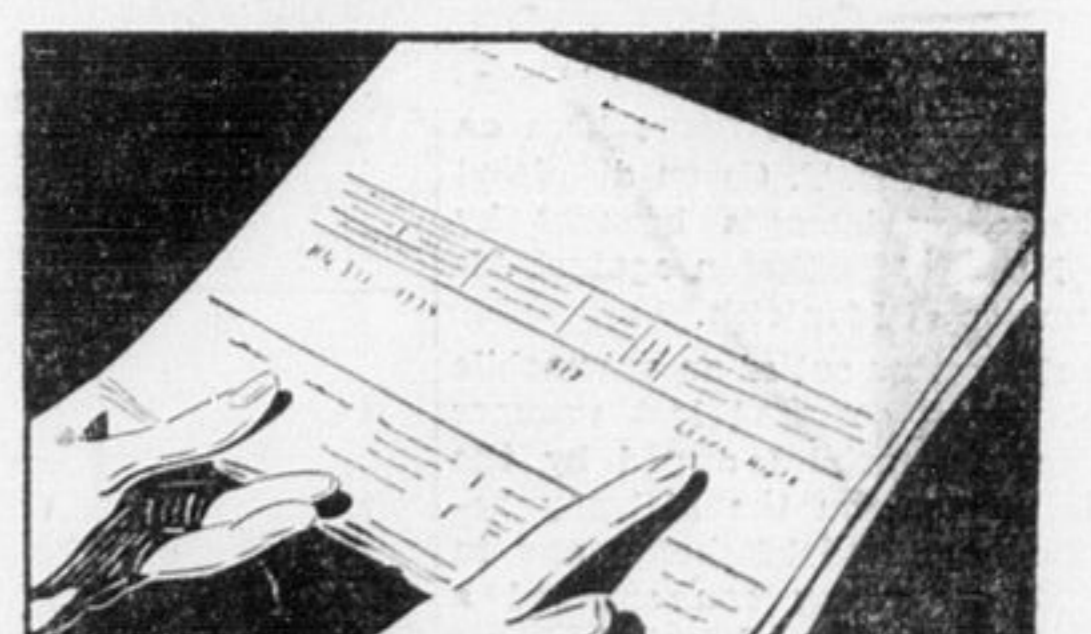
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