

Recommending Baked Fish for a Quick Meal

Timely Article by Domestic Science Expert, "Use Fillets," Says Miss Edith M. Barber. Stuffing has Plenty of Butter, Lemon Juice and Parsley. Try the Spencer Method.



By EDITH M. BARBER

Baked stuffed fish for a quick meal? Yes, indeed, it is possible. If you use fish fillets which may be rolled and fastened with toothpicks and the centres stuffed before baking. Stuffing seems to blend with fish as well as with poultry. While we usually associate it with a large fish, you will like it with fillets and with small pickered perch, which may be suitable for a small family.

For fish stuffing, I like to use plenty of butter, parsley and lemon juice besides the salt and pepper. I generally omit onion, although if you are a devotee of this particular flavour, you may use it discreetly. Chopped pickle is another good addition.

One of the easiest and best ways to prepare fish is by what is known as the Spencer method. For this the fish fillets are dipped in milk, then in fine crumbs or rolled cornflakes and sprinkled with oil or melted butter before baking in a hot oven for ten minutes.

Of course, fish may be broiled very quickly and nothing is better if it is dipped in well-seasoned salad oil before it is put under the broiling flame. The oil will keep it moist and tender. While the flavour of pan-fried fish is delicious,

Fillets do not keep in shape so well as when they are baked or broiled, or fried in deep fat.

A tartare sauce is often served with broiled or fried fish, while a thinner sauce is generally chosen for baked fish. The latter is flavoured often piquantly with lemon juice or made with a tomato base.

Baked Stuffed Fillets

- 2 1/2 cups soft bread crumbs
- 1 teaspoon salt
- Pepper
- 1/4 cup melted butter
- 2 tablespoons lemon juice
- 1 tablespoon chopped parsley
- 2 pounds fish fillets.

Mix bread crumbs with salt, pepper, butter, lemon juice and parsley. Shape fillets into rings, secure with toothpicks and arrange on a greased baking pan. Fill centres with stuffing, piling it high in centres. Brush fish with salad oil and bake in a hot oven fifteen to twenty minutes until fish flakes when tested with a fork.

Baked Fish Spencer

Dip fish fillets in salted milk, using one tablespoon of salt for each cup of milk. Dip into fine dried bread crumbs or cornflake crumbs. Arrange on well oiled baking sheet and sprinkle liberally with oil. Bake in a very hot oven (500 degrees Fahrenheit) for about ten minutes.

Quick Meal

- Apricot juice
- Stuffed fish fillets
- Buttered spinach
- Carrots with Lemon butter
- Cucumber salad
- Hot gingerbread
- Coffee

Method of Preparation

- Prepare carrots.
- Light oven.
- Prepare fish and bake.
- Cook carrots.
- Prepare salad.
- Cook spinach.
- Mix gingerbread according to directions on package and bake when fish is ready to come out of oven.
- Dress vegetables.
- Make coffee.

(Copyright 1939, by The Bell Syndicate, Inc.)

Funeral of Mother of Mrs. Chas. Coll, Timmins

Sudbury, March 28—Funeral services for Mrs. Annie Archibald, widow of Robert Archibald who died at her home in Copper Cliff on March 21, were held on Friday afternoon at 2 o'clock at the family residence, 32 Power St., with Rev. J. W. Houston, of the Copper Cliff United Church, officiating. Pallbearers were: Matt Irving, Alvin Dickie, Peter Stewart, Cecil Stoddart, Everett Gillespie and George Ferguson. Interment was in Park Lawn Cemetery. The late Mrs. Archibald, who was 63 years of age and a resident of Copper Cliff for more than 30 years, is survived by four sons and five daughters: Robert, Harry and John, at home; Ernest, of Siscoe, Quebec; Mrs. M. A. Grandy, of Florida; Mrs. A. Helfant, of New York; Mrs. Charles Coll, of Timmins; Mrs. Lorne Miller, of Noranda, Quebec; and Mrs. Peter Robertson, of Sudbury.

Pleasing Programme at Music Club Here Monday

Life and Works of Chopin Dealt With in Effective Way. Talented Artists Contribute to Programme. Next Meeting to Have "Request" Programme. Address Monday on Current Events.

A pianist, two soloists and a speaker were featured on the regular programme of the Porcupine Women's Music and Literary Club, held in the Harmony Hall, Fourth avenue, on Monday afternoon.

Mrs. W. O. Langdon, president, was in the chair, and introduced each number on the programme. Mrs. E. Fitzgerald, acting secretary in the absence through illness of Mrs. Arch. Gillies, read the minutes of the previous two meetings, and announced that a meeting of the executive had suggested that the first meeting in April, which was to be a business and election meeting, be entirely omitted and this business left over to the request programme meeting.

The members unanimously voted to do away with this meeting, and the next meeting of the club will be held in the McIntyre Community hall on April 24th.

Mrs. Keates, Mrs. Harper, Mrs. McClinion, Mrs. Waddell, and Mrs. Russell were announced as having been elected to a nominating committee. Election will take place in conjunction with the request programme, for which members are asked to tender their requests. Members of the nominating committee were requested to remain after the regular meeting for a special meeting.

The members decided that the books would be audited, and it was voted that Mr. Laporte of the Porcupine Credit Bureau be asked to take this work. It was also suggested that afternoon tea be served after the next meeting, and members of the executive will furnish the luncheon for the occasion.

Mrs. G. F. Mitchell was the first artist on the day's programme, very pleasingly singing "At Morning," and "A Fat Little Fellow With His Mammy's Eyes." She was accompanied by Mrs. K. B. Kennedy at the piano.

Before playing three selections from Chopin, Mrs. J. G. Sipprell outlined the life of the famous pianist and composer, telling of the value to the world of Chopin as a pianist and composer. Chopin, she said, was born in Warsaw, Poland, in the year 1810. At an early age he showed remarkable genius, and appeared in public for the first time at the age of eight years. His first composition was published in 1825, when he was only fifteen years of age.

Chopin was educated at the Warsaw Conservatory of Music, and while still a young man went to Paris where he was hailed as an outstanding pianist and composer by such famous men as Schumann and Liszt. Until 1835 he appeared at public presentations, although he preferred to play only to his

Germany and Italy are the aggressor nations, and Britain may have to accept the support of Russia in case of war. Rumania is definitely "on the fence" since her trade agreement with Germany. Although Rumania is on friendly relations with Great Britain and France, she would not depend upon these nations to give her support, and therefore was forced to sign the agreement with Germany. Hitler seized Czechoslovakia in much the same manner as a man would rob a store.

Mr. Wren asked the question, "How much American and British money has been lent to further German rearmament?" and added that it will take Great Britain and France at least another year to equal the arms of Germany.

Hitler had seized Memel to provide a strange hold on Poland, and a key to the west. This aggressor nation also practically controls Danzig, another seaport.

Germany looks southward to Jugoslavia, where the minority problem offers another good reason for seizure. This would give Germany control of the Adriatic Sea, and Germany and Italy hope to oust Britain and France from the Mediterranean Sea.

To understand the German expansion programme, viewing the nations of the world gives a good understanding. Switzerland, said Mr. Wren, was sending its gold to America, and though it was a peaceable nation, was arming. The Netherlands have also mobilized their army, and France and Britain are both carrying on a vast rearmament programme. It is there that Hitler is expected to strike, and therefore all possible victims are arming to protect themselves.

The very last nation which was expected to voice an opinion in world matters, has taken a decisive step. The United States made a public statement of its disapproval of German tactics, and the attorney-general authorized a 25 per cent tax on all Czechoslovakian goods as they are now German territory.

Hitler has said that if Germany does not export it will die, and this is a mighty weapon in the hands of her opponents which should be taken into consideration by other nations besides the United States. If the nations of the world would arm heavily on air, land and sea, Germany and Italy would not dare to fight.

In explaining the state of Germany, Mr. Wren said that where peoples have suffered as they have in Germany there is likely to be a feeding-ground for fanatics, but he also added that it is



CHILDREN of all ages thrive on "CROWN BRAND" CORN SYRUP. They never tire of its delicious flavor and it really is so good for them—so give the children "CROWN BRAND" every day.

Leading physicians pronounce "CROWN BRAND" CORN SYRUP a most satisfactory carbohydrate to use as a milk modifier in the feeding of tiny infants and as an energy producing food for growing children.



dangerous to punish a nation in the manner which Germany was punished after the war, and then allow it to heal its wounds in the manner which it has been doing in the last few months.

The speaker suggested that Canada would stand firm with Great Britain, and concluded by saying that Canada should arm to protect her frontiers.

Triplets Born to Lady At Burks' Falls on Sunday

Kirkland Lake has been inclined to put on airs with other Northern towns because the Lake Shore municipality is the proud home of triplets. "No other town in the north has healthy, happy and lovely triplets, like Kirkland Lake," is the attitude of Kirkland. Indeed, Kirkland seems to feel that it is in the Callendar class, more or less. But this triplet business is becoming common. On Sunday triplets—two boys and a girl were born to Mrs. J. F. Kickham, wife of Dr. Kickham, of Burks' Falls.

TO-DAY'S FASHIONS



Untrimmed Model (By Vera Winston)

The smartest coats this spring are the untrimmed models. These adorned coats rely on colour, and interesting detail for their charm. Here is a coat that conforms to all these specifications. It is of wool in a delicate shade of almond green. A stitched collar and a stitched band all the way down the front lend an attractive note. Large leather buttons to tone. Slit pockets are in one with the seams at the side, from which terminate inverted flares on the skirt.



That Body of Yours

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

Exercise and Play for Overgrown Delicate Children

I have spoken before of the number of recruits who were rejected for war service because the chest was too small. Practically every one of these fellows, on questioning, stated that they had never played games because their parents were afraid they would get hurt.

When parents see that their children are not as others, underweight, tall for their age, round or drooping shoulders, it is only natural that they are somewhat alarmed at the thought of games or vigorous exercise. The result is that these youngsters do not get any exercise, and properly directed exercise at this "growing" age is exactly what the body, including heart and lungs, greatly needs.

"There are children who show pallor, excessive growth, muscular weakness, bad posture—sitting and standing. There are rapid fatigue, palpitation of the heart, stitches in the side, stomach ache, headache, dizziness and fainting spells."

Dr. L. F. Meyer, in Oriental Journal of Internal Medicine, reports that the general test of circulation by exercise (10 deep bends of the knees) shows that this group reacts otherwise than completely healthy children. The pulse remains fast in one-third of the children for longer than five minutes after exercise. The blood pressure differs from normal for it also remains high for more than five minutes. These two tests—heart beat and blood pressure increased for longer than five minutes—show insufficiency of circulation and inability to react properly from exercise.

Upright posture—sitting and standing straight—is a strain on these children. Signs of fatigue come sooner than in normal children; headache, dizziness, and even fainting fits may occur.

Dr. Meyer suggests that as children are nearing puberty, the circulation may improve and be equal to the demands made upon it. However, the treatment recommended is "invigorating of the body by gymnastics and sport, especially by breathing exercises."

The point then for parents is to have these slender, gangling, pale overgrown children attend a gymnasium where exercise and group games are supervised. All group games not only strengthen the circulation by calling on the heart and lungs for more blood, but develop self reliance in these delicate children.

Overweight and Underweight
A splendid booklet by Dr. Barton entitled "Overweight and Underweight" is available. It deals with the subject of your weight as a factor in good health. Do you know how much you should weigh? Do you weigh too

much—too little? What do you do to control your weight? Send for this Barton Booklet, enclosing ten cents to cover cost of service and mailing, and mention the name of The Advance, Timmins. Send your request to The Bell Library, 247 West 43rd St., New York, N.Y. (Registered in accordance with the Copyright Act.)

What to Do by Phyllis Belmont



I EXPECT to have ten guests for a first wedding anniversary dinner. Will you suggest table decorations and menu? Could I use paper plates and cloth with a cooked meal to carry out the idea? Thank you. MRS. M. Y. B.

Answer—To carry out to a T the spirit of your first wedding anniversary, it goes without saying that you will want a paper table cloth or place mats, napkins, plates and even paper forks and spoons. However, if you are planning to serve hot foods, be sure to get paper plates that are nonabsorbent. You can also make crepe paper flowers for the centerpiece. But a Jack Horner pie of paper is another alternative, and it would be a grand place to hide a favor for each guest, attaching a ribbon streamer to each favor and letting the guests draw. These favors might be desk pads, coasters, cocktail napkins, lace paper doilies, playing cards and so on—all made of paper, of course. The menu for the anniversary dinner could be tomato juice cocktail, fried chicken, candied sweet potatoes, corn pudding, cold slaw served in individual fluted paper dishes, ice cream, wedding cake, of course, and coffee.

GIRL GUIDES IN TIMMINS



The Girl Guides of the 108th I.O.D.E. Company held their weekly meeting in the basement of the St. Matthew's Church.

The girls were called by the Captain. Inspection was taken by the Captain. The horseshoe was formed and the flag broken by Bernice Bridgman, assisted by Betty MacDonald and Elizabeth Curtis.

Patrol corners was taken and knots were studied. First Aid was taken up by a Scout. Campfire was held and many familiar songs were sung. Horseshoe was formed and was ended with the singing of "Taps."

There will not be any Guide meeting next Monday because it is Holy Week.

Beauty and You

by PATRICIA LINDSAY

Tall, Ultra-Streamlined Figure Criticized by Group of Young Girls.

Recently I received a letter from a group of young, intelligent girls in Iowa, in which they questioned the beauty of the tall, stream-lined figure which has been called glamorous for the past few years.

"Everywhere the nicest people seem to admire the slim but feminine figures," their letter challenged. "Many men and women think there is something queer about to-day's fashionable figure. They doubt the appeal of thinness very much. If girls are to have broad shoulders, thin waists, and narrow hips, how should our brothers look?"

Slimness, Not Thinness the Vogue
I agree heartily with these girls that thinness is not to be desired. But slimness is to be desired!

These girls do not seem to realize that the current fashionable figure is very feminine—full bosom, slim waistline (which is ever appealing) curved hips (but no bumpy!), and straight shoulders softly covered with flesh. The figure they object to went out of vogue a year ago—everywhere except in Hollywood!

Unfortunately, we too frequently draw our glamour models from the screen. I say unfortunately, because work before the camera requires that stars be very slim to film well, and their hair usually is dyed or bleached and set in some ultra-fashion to dramatize the story they are acting for us.

The glamour measurements of these stars are publicized and little copy-cats throughout the country diet and exercise to similar thinness! Little do they realize that most of the stars would gladly add five to ten pounds, if the camera would permit them to do so! And when stars are not working, they wear their hair in becoming and simple coiffures, just as you and I!

Slim Figure Is Healthy

In the first place the slim figure became the vogue because medical science convinced us that overweight is dangerous. It is healthier to be on the slim side than to be overweight. Therefore many women were warned to keep to normal weight, or slightly under it, in order to keep healthy. But as is usually the case, some women reduced too drastically and their figures lost feminine allure. And I think that every beauty authority agrees that the "skinny" girl does not possess as much physical charm as does the girl who keeps close to normal weight for her height and years.

Regarding "broad shoulders," (to which the Iowa girls also objected) I can only say that the girl of this generation seems to be taller than the girl

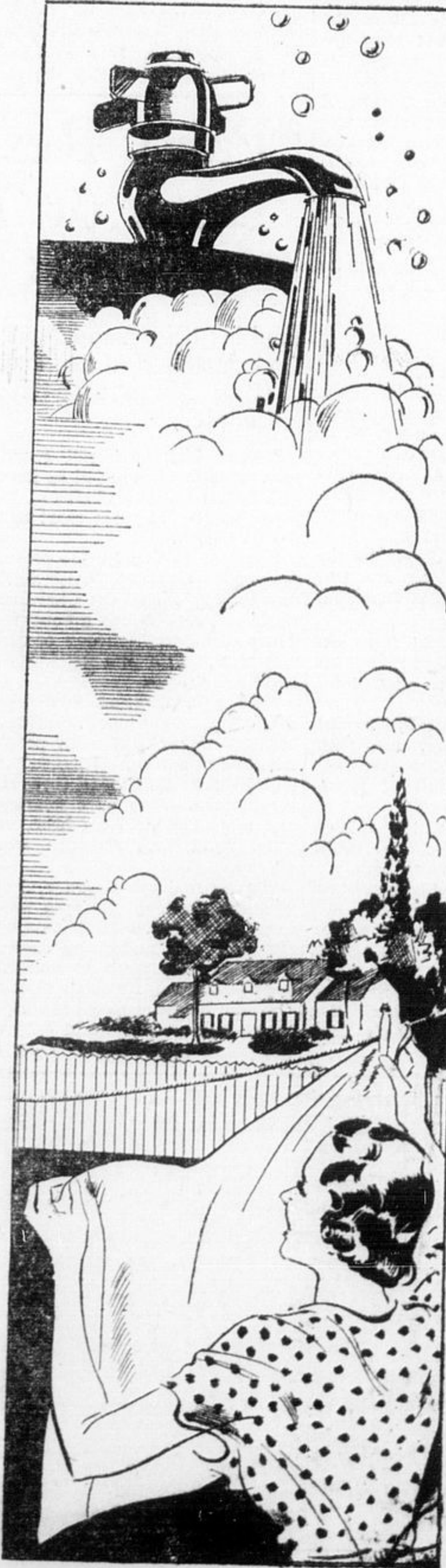


PRINCESS BABA has a typical modern-girl figure. Tall, slender, broad shoulders and slim waist—and no one can say she lacks allure!

of the past generation, and her shoulders seem to be broader. Good posture—even though shoulders are broad—is very essential to health and to beauty.

And I personally, will not criticize a tall, well proportioned slim figure, as long as the girl walks gracefully and is not too thin. If she resembles her brother, that cannot be helped—because we do not order our figures, they are given us at birth! Heredity, diet and training during formative years, are strong influences. But we can correct figure faults through corrective exercises and proper menus, if we are dissatisfied with the figure the Creator gave us! So after all, it is up to the individual.

(Copyright 1939, by The Bell Syndicate, Inc.)



Orange Pekoe Blend "SALADA" TEA

Plenty of HOT WATER for Easy Washdays with an ELECTRIC WATER HEATER

It's fun to just turn on the tap and have piping hot water for washing, for the dishes and for every other household need. That's what you'll be able to do all summer long if you install an Electric Water Heater in your home. It's an inexpensive convenience you should no longer do without. Make only a small down-payment. The balance on comfortable easy terms.

Canada Northern Power Corporation Limited

Controlling and Operating Northern Ontario Power Company Limited Northern Quebec Power Company Limited