

Proudest Productions of Foreign Cooks at Fair

Many Interesting and Elaborate Dishes Seen at World's Fair, New York. Also Many Simple Ones That Will Please Most People. Also a Couple of Recipes.

Food Editors and other gourmets—food editors should be gourmets—recently had an opportunity to see the proudest productions of all the foreign chefs at one time. The chefs themselves and the guests were invited to



By EDITH M. BARBER

luncheon at the large restaurant of the Swift Company at the Fair. The specialties which the chefs had chosen, and their finest, came in succession for all us to admire and then later we were allowed to taste them. Many of them were so elaborately garnished that it seemed like a desecration to demolish and experimented with every national dish.

While many were elaborate, some of the finest dishes were simple. The art of the chef is shown, of course, by this Roast duck stuffed with apples and prunes prepared by a Danish woman chef received just as much approval as did the chicken with foie gras offered by the chef of the Italian Pavilion.

The Polish ham with wine sauce divided honors with the ham prepared American style. It was interesting to find that the Finnish chef chose scrambled eggs as his best specialty in game which the Swedish chef offered. Every guest to whom I talked mentioned the fact that never before had so many pounds of pate de foie gras been seen at one meal.

"Hans Christian Andersen's Ug'ly Duckling", by Miss Emilio Andersen of the Danish Pavilion.

Clean duck thoroughly. Place in roasting pan with a very small amount of water and a small piece of butter. Take a diced apple and two cups of prunes from which the seeds have been removed, and stuff the duck with this mixture. Salt and pepper to taste. Roast for three quarters of an hour, basting duck thoroughly every ten minutes. Let it cool, then place in an ice box to chill thoroughly. Carve and serve.

"Munakokkoll" (Scrambled Eggs with Reindeer Steak Sandwiches) by Rysto Nyholm of the Finnish Pavilion.

8 eggs
1 cup milk (half pint)
1 teaspoon salt
1/2 teaspoon sugar
2 tablespoons butter
Mix ingredients. Stir all together well. Put in double boiler and cook until the mixture thickens. Remove from boiler and set in mold or bowl to cool. Place in ice box and serve cold with reindeer meat open sandwiches. May also be served hot.
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TIMMINS NEW METHOD LAUNDRY

Message from the President Canadian Jewish Congress

Inspiring Message Issued to All Branches of Congress.

The local branch of the Canadian Jewish Congress has received the following inspiring message from the president of the Congress. Similar messages have been sent to all branches of the Congress in Canada. In Timmins the work has already been organized, but all other suggestions in the letter have been currently accepted, and will be carried out to the very fullest extent possible. Every member of the local Jewry is pledged to do his or her utmost for the success of the Allies in the war. The following is the message:—

A Message to the Jews of Canada
Our Country is at war. As a member of the British Commonwealth of Nations, our Dominion has been engaged, for a month now, in the vital struggle against those dark forces of Hitlerism which seek to dominate the world, and threaten to destroy the hard-earned civilization of our time. The character of this struggle permits of no ambiguous interpretation—it is the fight between democracy and totalitarianism, between the protagonists of freedom and the organizers of slavery, between the powers of decency and the forces of barbarism. Our country is busily engaged in organizing all its resources, military, economic, and spiritual, to the end that the great conflict forced upon a peace loving world may be successfully prosecuted and directed to a victorious conclusion.

As citizens of the Dominion, we Jews are deeply conscious of the imperative duty that we owe to our country in its time of need. Indeed, it is a duty towards which we direct not only all the zeal of our patriotism but also those particular emotions which have been evoked from us by the would-be tyrant of mankind. For six years the Nazis have carried on a relentless war against our people, a war directed against the defences, inspired by no reason save the instincts of savagery, and conducted without let-up without restraint, without quarter. Its objective has not been concealed—the utter destruction, the complete annihilation of Jewry. Upon every occasion and at every opportunity it has vented its bestial "schrecklichkeit" against us. It has been made very clear, indeed, that should the evil forces of Nazidom emerge victorious — may the Lord defend—then that victory spells the end of our people, its culture, its religion, its individual lives.

Confronted with this situation, the Canadian Jewish Congress, the authorized body of Canadian Jewry realized that this was no occasion for the mere issuance of statements. A statement of allegiance? What could be more superfluous emanating from a group of Canadians whose loyalty has never been in question! Indeed, as early as August 5th, 1939—one month before the declaration of war, the Canadian Jewish Congress held at Calgary, heard from its president, the following words: "We, as members of Canadian Jewry, are essentially Canadians—To those who consider it a fine sport to criticize contemporary British politics, may I say that if you drew up a list of countries and nations which deal fairly with all the different groups within their realm, the name of the British Empire would head that list... When there is so much unrest in the world—and remembering our history—let us be thankful that we are in the British Empire, but for the existence of which the forces of destruction would spell our doom."

Action, therefore, was necessary! Accordingly, the Canadian Jewish Congress, after a number of preliminary meetings, called together a meeting of the Dominion Council, with representatives from every part of the country, to consider—not the whether or the wherefore—these things were decided by Parliament's declaration—but the manner in which all the resources of our people could best be mustered towards our Government's aid.

Towards this end there have already been established four national committees: A Military Committee, whose duty and jurisdiction is indicated in its name; A Patriotic Efforts Committee to aid in Red Cross work, in patriotic fund-raising, and kindred purposes; A Committee of Co-ordination of Labour and Industry to mobilize the industrial and labour resources of Canadian Jewry in such manner as best to serve the Government; and a Committee of Information and Public Relations for the purpose of keeping Canadian Jewry in touch with the daily duties incumbent in time of war, and maintaining a united esprit de corps with fellow-citizens. The Chairmen of these committees, together with co-opted members, will constitute a National Emergency Committee under the chairmanship of your president.

The Congress is assured that every Jew, whether in his individual or communal capacity, will co-operate with our committees to the fullest extent; and will give his unrestricted energy and unqualified devotion to the great cause of our country.

Our Dominion Council has also considered ways and means of coming to the help of those war victims who have already borne the brunt of the dictator's attack, entire populations which have seen their homes destroyed and their kith and kin murdered, and themselves become refugees and people enslaved. Accordingly the Dominion Council of the Canadian Jewish Congress has decided that the Refugee Committee (an arm of the Congress) in co-operation with the Joint Distribution Committee and other Relief Agencies shall be constituted into the United Jewish War Relief Societies of Canada, and launch a national campaign for

Jitterbug Contests at the Riverside Pavilion

Mr. Wilton Burgess and Miss Geraldine Beaudin won the "Jitterbug" contest at the Riverside Pavilion on Wednesday evening, when during the regular Wednesday evening dance a contest was staged to choose the couple who knew the art of combining intricate "jitterbug" steps with modern swing.

Each Wednesday evening, the Riverside will feature an amateur contest and a jitterbug contest, in which talented local people may take part. Music for the dancing will be "given out" by Henry Keineck's orchestra, and those who do not wish to take part in contests will find enjoyment in watching others and in the pleasure of dancing at the Riverside.

Apple, the King of Fruits and Its Food Value is Very High

Recipes for Canned Apple Sauce, Baked Apple Sauce, Apple Chutney, Deep Apple Pie.

The apple is the king of fruits and its food value is high. One large apple alone provides 100 calories. Under ordinary circumstances, the annual average export of apples from Canada is approximately two and a quarter million barrels of an average annual crop of more than 5,000,000 barrels. This year's crop is estimated at 5,135,000 barrels, but owing to the probable drastic curtailment of shipping as a result of the war, it will consequently be necessary to find a larger market for apples in Canada. Apples are good food at any time either as fresh fruit or cooked in the variety of ways they can be used in the diet. Following are some recipes taken from the pamphlet "Canadian Grown Apples" a copy of which may be obtained by writing to Publicity and Extension Division, Dominion Department of Agriculture:

Canned Apple Sauce
Any amount of apples may be used. In making the sauce, use 1/2 cup of sugar and 3/4 cup of cold water to every ten apples. Wipe, quarter, core and pare sour Canadian-grown apples; add the water and cook until the apples begin to grow soft; press through a strainer. Fill in hot sterile glass jars; seal tightly. Sterilize 5 minutes. This apple sauce will keep as well as any other canned fruit. Sweeten when using.

Baked Apple Sauce
Fill a two-quart earthen pudding dish with alternate layers of sliced tart Canadian-grown apples and sugar; cover with water, place a cover over pudding dish and bake in slow oven two or three hours, being careful to add a little water as required.

Apple Chutney
12 sour Canadian apples
3 peppers—1 red
1 pint cider vinegar
1/2 cup currant jelly
Juice 4 lemons
1/4 teaspoon cayenne
1 mild onion
1 cup seeded, chopped raisins
2 cups sugar
1 tablespoon ground ginger
1 tablespoon salt
Chop the apples, onion, and peppers very fine, add the vinegar and jelly, and let simmer 1 hour, stirring often; add the other ingredients and cook another hour, stirring constantly. Store as canned fruit.

Deep Apple Pie
Line a deep pie dish with paste. Pare core, and chop 1 quart of tart apples; mix with them 1 cup granulated sugar mixed with 1 tablespoon flour and a pinch of salt, and fill the pie dish. Dot with small pieces of butter and sprinkle with cinnamon. Lay 1/2 inch strips of pastry across the top, crossing them in diamond shape. Bake in moderate oven until the apples are tender.

Kirkland Gives \$360 for Salvation Army War Work

The Salvation Army Tag Day at Kirkland Lake for war work netted \$360.28, which is considered a generous response by the Kirkland Lake S. A. officers.

The Salvation Army tag day in Timmins for war work is on Tuesday of this week, Oct. 17th, and Timmins should exceed the Kirkland Lake contribution. The tag days are being held to secure funds to carry on the special work of the Salvation Army in the war. Soldiers of the last war will remember the fine way they used the soldiers at the Army huts, both those near the front lines and those in the larger centres. The Salvation Army has already established itself as close as permitted to the firing line and is carrying on its good work in this war as in the last.

Warton Echo:—Three Hepworth chaps were so annoyed with Hitler's speech that they went and signed up.

the above-mentioned sacred purpose. We feel sure that for the attainment of all the foregoing objectives, our country can rely upon the full enthusiastic support of every Jewish citizen in Canada. For the issue is clear, and clear is the answer of Canadian Jewry. Every effort will be bent, every ounce of energy will be spent, every sacrifice will be made, to see to it that we—all of us—country, and Empire, and people, emerge victorious. Wickedness has thrown down the challenge and righteousness must take it up! We are fighting a fight for all those things which we know to be sacred and vital, and our courage will be as high as the stake is great!

(Signed) S. Bronfman, President, Canadian Jewish Congress

S. Porcupine Young Lady Guest at Many Social Functions

Other News of South Porcupine and the Dome.

South Porcupine, Oct. 14th, (Special to The Advance)—Miss Dorothy Kaufman leaves on Sunday night for Toronto, to become the bride of Mr. Lambert Hancock, of Timmins. The ceremony will be a very quiet one, and will take place on Thursday in St. Stephen's Anglican Church, Toronto, the bride wearing a blue travelling ensemble. Since the announcement of her engagement this popular young lady has been the guest of honor at many functions.

A miscellaneous shower was held at the home of Mrs. J. Fera; Mrs. Rye held a personal shower for her. Last given for her at the home of Mrs. R. J. Harrison.

A dinner and accessory shower was given by Mrs. Frank Williams, and on Saturday last another miscellaneous shower was held at the home of Mrs. George Kaufman.

On Friday a surprise party, combining a miscellaneous shower, was given her at her home on Crawford St., Mrs. Ed. Hanson, and Mrs. A. Schmeyle acting as joint hostesses; twenty-seven of her young friends met to present her with their gifts and good wishes. Miss Kaufman leaves with the best wishes of all, and we hope that her married life will be a happy one. She will reside in Toronto.

Mrs. Peter Smith and Wilmer Fera are spending the week-end in Orillia. Miss Ellen Whetham is visiting at the home of Mr. and Mrs. Andy Whetham.

Mrs. Cunningham and Miss Eleanor Cunningham returned on Monday from holiday in the Ottawa Valley and New York.

Mr. Blake, principal of the High School, and Miss Scully, representative from Schumacher High School, formed part of a party of representatives of the Ontario Secondary School Teachers' Federation, who flew to Sault Ste. Marie this morning to attend a meeting of this body.

A regular meeting of the A.Y.P.A. was held on Wednesday evening in the Parish hall. After a business meeting prior to an educational evening session, a report of the fifth Dominion biennial A. Y. P. A. Conference, held in Vancouver, May 30th to June 3rd, was given by delegate Miss D. H. Walker. Miss Walker gave a vivid, interesting and extremely enjoyable account of this conference, which was much appreciated by the members. After the report pictures were shown of the trip to Vancouver, and Banff. Luncheon was served. Next week Mrs. Johns will lecture and show pictures based on the book, "From Tragedy to Triumph." This will be a joint meeting, and all organizations in the church are invited.

Annual Meeting of Music Teachers' Association

Officers Elected for the Ensuing Term.

On Thursday, October 12th, the Porcupine Chapter of the Ontario Music Teachers' Association held their annual meeting at the home of Mr. E. Nathanson. On the recommendation of the nominating committee, the following slate of officers were elected for the ensuing year:—

President, Mrs. T. Wilkins.
Vice-president, Mr. W. Brown.
Secretary, Mr. E. Nathanson.
Treasurer, Miss Mary McIntosh.
Executive Committee, Mrs. Summers, and Mr. E. W. Young.

Those present tendered a vote of thanks to the retiring executive, which was reciprocated by Herbert C. Trener the retiring president who consented to act as press correspondent for the ensuing period of twelve months.

The highlight of the meeting proved to be an interesting discussion on "How to Secure Pupils" which was participated in by all those present and brought out many suggestions which will undoubtedly prove of material benefit to the local musical profession.

Mr. George Bender, by unanimous consent, was elected convener of the Syllabus Committee of the District of Cochrane Music Festival Association, and at the suggestion of the latter organization will serve on its executive in order that a connecting link may exist between the two organizations.

At the suggestion of Mr. Bender a special meeting of the Music Teachers' Association will be held at his home on Sunday, October 22nd, to form the Syllabus Committee, and to consider further suggestions and recommendations which have been passed primarily responsible for the inauguration of the music festival. The meeting then adjourned.

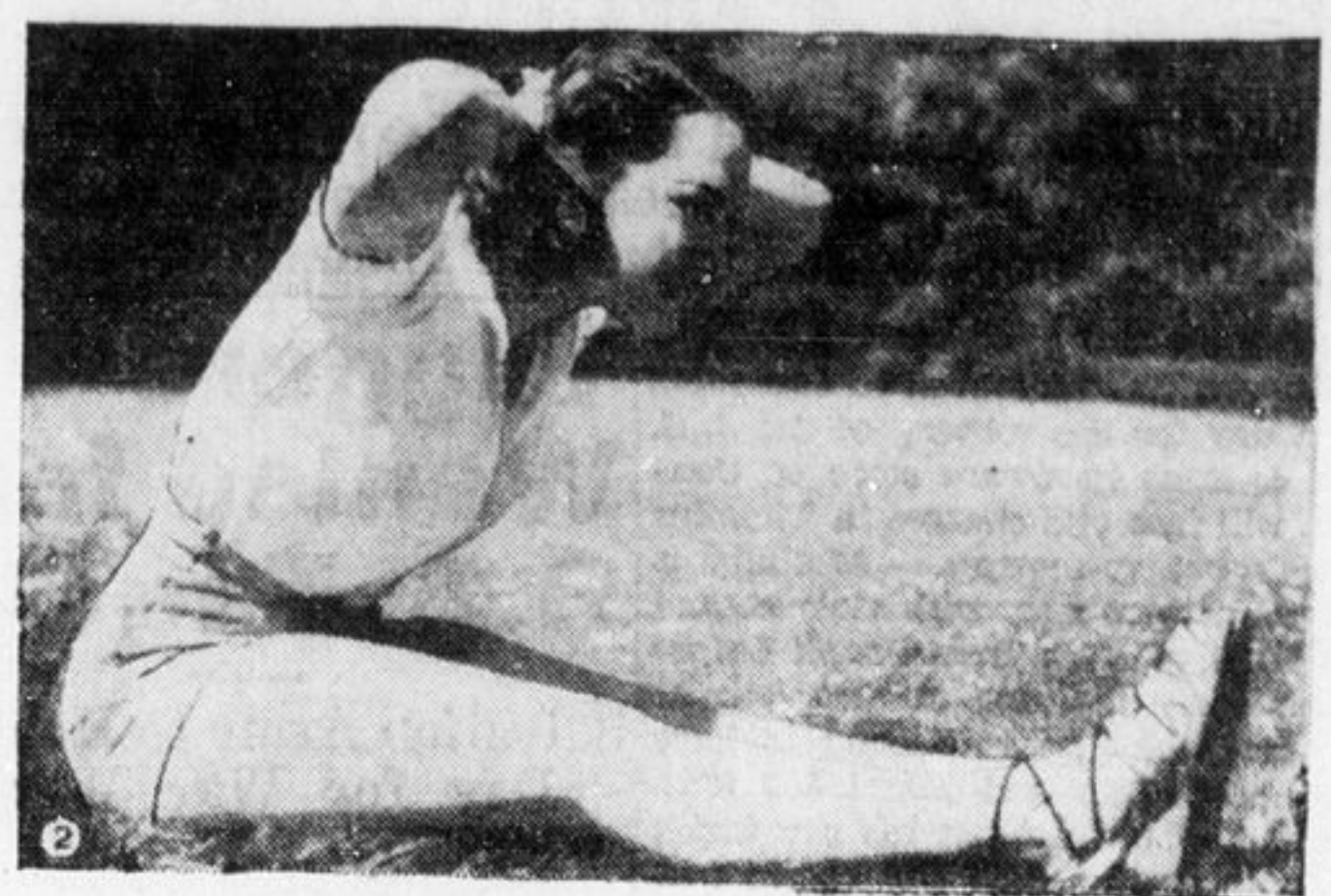
New Victorian Order Nurse Engaged for Kirkland Lake

Kirkland Lake, Oct. 14th.—Miss Hatlie Hooper, supervisor of the Victorian Order of Nurses in Kirkland Lake, presented her resignation at the board meeting held in the town hall on Tuesday night. The resignation of Miss Hooper, who is leaving to be married, takes effect on November 1. Dr. McKee, president thanked Miss Hooper for her work and willing co-operation and extended to her the best wishes of the board.

The secretary, Mr. T. Grey, was asked to write to the chief superintendent in Ottawa, accepting her recommendation of Miss Horton of Toronto, Miss Horton to take over from November 1.

Beauty and You

by PATRICIA LINDSAY



1. JUNE DUPREZ, English movie favorite, demonstrates back muscle easing exercise described in to-day's column.
2. Practice permits June Duprez to rise and bend from the grass without bending her knees. A grand accomplishment!

Two Effective Exercises Come from Britain's Shores.

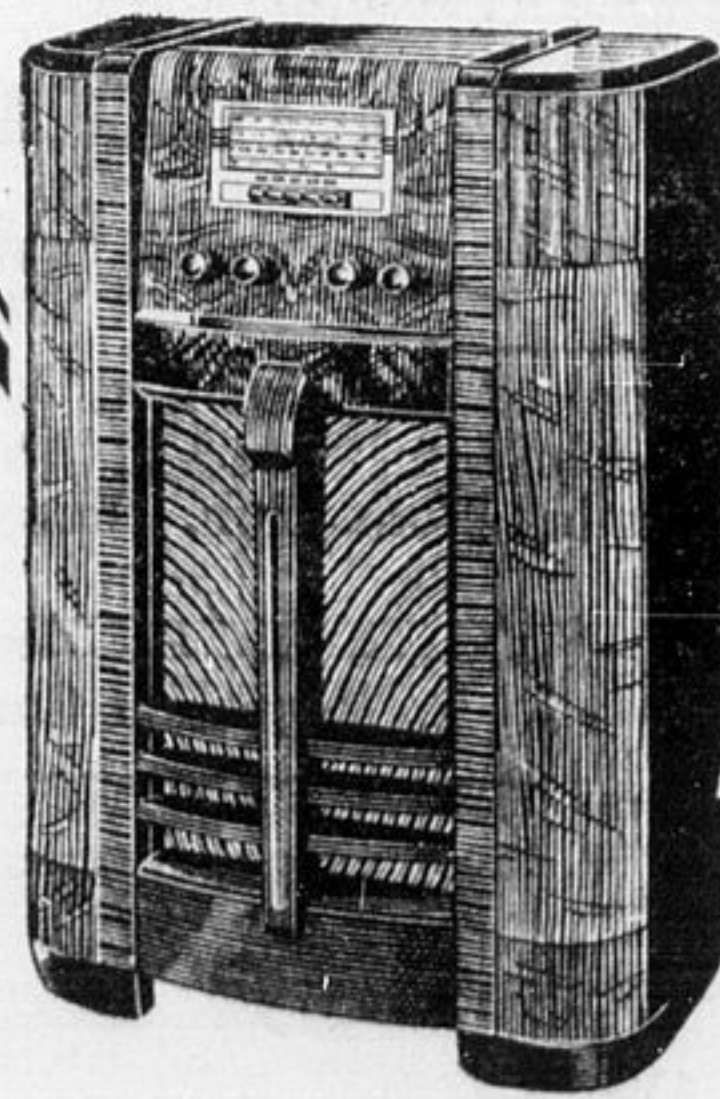
Our British sister is, I must admit, one ahead of us when it comes to calisthenics. We Americans have little desire to embrace mat exercise unless we decide to reduce unlovely pounds, or are told to exercise in order to relieve body aches. Miss Britain, on the other hand enjoys exercising for "conditioning," and she willingly goes through her daily dozen to keep her health up to par and her reputation for glorious skin texture intact!

It will not be long before American women will be following suit. Instead of our interest waning in corrective and beautifying exercises, it is being stimulated. Many women and girls have faced grave beauty problems because they allowed their bodies to slump—become so inert that beauty of hair, figure, skin, eyes and personality suffered! But we are at last demanding authentic exercises—not mere movements invented by some Hollywood photographer in order to get a little starlet a mite of publicity on a woman's page!

Two Conditioning Exercises
We investigated pretty June Duprez of the English films to pose in two of a group of exercises which have become nationally famous in England. She herself firmly believes in the value of daily exercising and gets out of patience with women who exercise only to reduce. "One can get so much joy out of life, if one is feeling fit," claims

At first you must bend your knees slightly as you come up. But once you master your back and abdomen muscles you should keep your legs and knees straight! A hard one at first but it gives you great comfort once you learn how to do it easily.
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