

Cooking Rice the Mexican And in the American Way

In Mexico Rice is Served with Red and Green Tomato Sauce and Avocado Pulp as Accessories. Recipes for Cooking Rice. Caramel Rice Pudding.

The rice fields of Arkansas and Texas were masses of even green, outlined and cut into perfect oblongs by the irrigating ditches, as I flew over them recently. When Columbus landed on this continent, just 445 years ago today, rice was an unknown grain.

It was not until two hundred years later that rice cultivation first was introduced in this country in South Carolina, which, with Louisiana, Arkansas and Texas supply most of this staple today.

When I was in Mexico, I found another only proper way to cook this grain. I was given detailed instructions

cook over a low fire until yellow then remove. Add rice and stir constantly until it begins to turn yellow. Add boiling water, salt and tomato paste. Cover and cook over a very low fire about 20 minutes until rice is tender and water is absorbed.

Caramel Rice Pudding

- 1/2 cup rice
- 4 cups milk
- 2-3 cup brown sugar
- 1/2 teaspoon salt
- 1/2 cup seedless raisins or slices dates.

Add rice to milk, stir in sugar and salt and pour into baking dish. Bake uncovered in slow oven, 300 degrees Fahrenheit, for two to three hours, stirring occasionally during the first hour. Add raisins or dates and continue cooking.

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By EDITH M. BARBER

by one of my friends as well as a demonstration of how Mexican rice, a favourite dish, should be prepared. Although tomato paste or condensed tomato soup, is sometimes added during the cooking, both the red and green tomato sauces, highly flavoured with red chili, were passed at the table and as well, the pulp of the avocado. We helped ourselves and mixed these accessories with the rice, to our own taste; a very good idea, especially when it comes to hot sauces.

The business woman housekeeper might make this type of rice, as a basis for a quick meal with leftover minced ham deviled ham, or any other leftover meat or grated cheese. Chili sauce and pickle relish may also be used.

Rice is also convenient to use as a dessert when it may be steamed in milk and served with maple or brown sugar and cream, or with preserved fruit, or chocolate or caramel sauce.

Quick Meal
Chicken soup
Mexican rice
Mixed green salad

Method of Preparation
Soak rice.
Prepare salad and dressing.
Prepare rice.
Prepare avocado and other accessories.

Mexican Rice
1 cup rice
3 tablespoons salad oil or other shortening
1 sliced onion
1 clove of garlic
1 1/2 cups boiling water
1 teaspoon salt
1/2 cup tomato paste or condensed tomato soup, if desired.
Soak rice in cold water for one hour and drain thoroughly. Heat oil or shortening, add onion and garlic and

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Meeting of the Girl Guides in South Porcupine

Address on Fire Prevention by Mr. Skinner, of S.P.F.D.

The regular meeting of the First South Porcupine Girl Guides was held Wednesday at 4:15 in the Parish hall. Horseshoe was formed followed by a much enjoyed lecture on Fire Prevention by Mr. Skinner of the South Porcupine Fire Department.

The company then joined in a game conducted by Ranger Helen Hannebury and then went to Patrol Corners to discuss any business and do any necessary work. The meeting closed with Campfire and "Taps."

Court of Honour was held for the Leaders.

Canadians in London Anxious to Serve Canada in War

Letter Received Here from London Tells of Clamor Around Canada House.

A local man this week received a letter from his former home in London, England, and this letter suggests that a regular attack or series of attacks are being made daily now on Canada House. The attacks are the work of Canadians living in England who are anxious to serve Canada in the war. The most of these young men would be exempt from service if they wished that way, not being British-born and so not coming under the conscription plans. In addition many of them have unusually good positions, and so are showing anxiety to throw away pay and prospects for the chance to serve Canada and the Empire. In addition to those who have been regularly resident in London, there are a large number of Canadians, some of them Canadian-born, who hurried to England with the idea that they would be able to enlist and get on actual service sooner if they joined up in England.

Dominion Apiarist Says Sugar May be Replaced by Honey

Some Advantages of Honey in Cooking.

Honey is a super-saturated solution of sugars and as such may be satisfactorily used to replace other sugars in cooking, canning or preserving, provided certain general rules are followed. Honey and sugar differ in that sugar is a sweet containing no moisture or acid, while honey consists of different kinds of sugars in solution with water and contains a small amount of acid, explains C. B. Gooderham, Dominion Apiarist. Perhaps the chief advantage of substituting honey for sugar in cooking is that the final product will remain moist for a much longer time than if sugar alone is used. Bread, cakes, cookies, and other comestibles in which honey is used in place of sugar will keep moist for long periods of time without any deterioration of flavour; in fact the flavour will usually improve with storage.

Honey may replace all sugar in cases where the amount of sweetening material is small, such as in muffins and bread. The following rules are based on experimental work that has been done at the Central Experimental Farm, Ottawa, with honey in cooked foods, and by following these rules any recipe may be adapted to the use of honey.

1. Measure honey always in the liquid form. If it is granulated, heat over warm water until it is liquid.
2. For every cup of honey used, reduce the liquid called for in the recipe by one-fifth.
3. One cup of honey is as great in sweetening power as one cup of sugar.
4. Use 1/4 to 1/2 teaspoon of soda to each cup of honey.
5. Increase the amount of salt by 1/4 to 1/2 teaspoon.
6. When substituting honey for sugar in cake, reduce the liquid of the recipe by one-fifth and use half honey and half sugar.
7. In milk puddings, pie fillings, and such like, add the honey with the thickening agent, e.g., flour or cornstarch.

It should also be remembered that honey from different sources varies greatly in flavour. Generally speaking, the lighter the colour of honey the milder is its flavour.

Experiments have also been conducted with satisfactory results on the use of honey in canning. In the manufacture of ice-cream, honey may be used in the place of sugar, and in addition the honey will impart a flavour of its own, so that no other flavouring need be used. Honey may be used in many other ways, and housewives who are interested in it as a substitute for sugar are advised to write the Publicity and Extension Division, Dominion Department of Agriculture, Ottawa, Ont., for copies of the following pamphlets which are issued free:

- "Honey and Some of the Ways It May Be Used," and "It's Canning Time."

Sweets From the Sweet

"Yes, being engaged involves certain duties. I send my fiancée sweets every day."
"Certainly does. But there's one compensation... there's a dinky little girl in the sweetshop."

Attractive Wedding at United Church Here on Saturday Afternoon

Miss Emily Kader and Mr. Denis Lawley Married. Two Bridesmaids with Identically Fashioned Gowns. Wedding Dinner Served at Home of Bride's Parents. Reception in the Evening.

Pink and yellow blooms adorned the altar of the United Church on Saturday at 4:30 o'clock, when Miss Emily Kader, daughter of Mr. and Mrs. Louis Kader, of 223 Hemlock Street, became the bride of Mr. Denis Lawley, son of Mr. and Mrs. S. Lawley, of 222 Tamarack Street. The Rev. W. M. Mustard officiated in the presence of a large number of friends, and Mr. Herbert C. Treener, church organist, played the wedding music.

Mr. and Mrs. Lawley will reside at 259 Hemlock Street.

Entering the church on the arm of her father, who gave her in marriage, the bride made a charming picture in her bridal gown. She wore heavy ivory satin, made on long fitted lines, with inserts of lace at the neckline and in the long leg o'mutton sleeves which tapered to a point over the wrist. Her long veil of embroidered silk net, was caught in a coronet of orange blossoms, and she carried a large bouquet of calla lilies and fern.

She was attended by Miss Anne Koretz and Miss Gilza Medve, who wore identically fashioned gowns, made on princess lines, with full flared skirts and bearing short bolero jackets. Miss Koretz wore blush-rose taffeta, embroidered in gold, and Miss Medve chose dusty pink net. Both wore silver sandals, and a headdress of roses, and their bouquets were made up of Tallman roses and fern.

Mr. Wm. Wallace, brother-in-law of the groom, acted as groomsman, and Messrs. Howard Wallace and W. Willis were the ushers.

Following the ceremony, a wedding dinner was served at the home of the bride's parents, 223 Hemlock Street, where the bride's mother received the guests, becomingly attired in an ensemble of black crepe, with matching accessories, and a corsage of red roses. Mrs. Lawley, mother of the groom, assisted, wearing an attractive rust suit, with a corsage of pink roses.

The home was attractively decorated for the occasion, and many friends of the popular bride and groom were present.



GIRL GUIDES IN TIMMINS

The regular meeting of the 51st Guides was held in the Hellinger hall. The meeting was opened with the National Anthem. Ann Butting was then enrolled by Captain Wadsworth. Patrol corners were taken where badge work was carried on. Next Wednesday is a Guide badge night and all first class Guides are asked to attend. Later campfire was formed and Guide work was discussed. The meeting was then closed with Taps. Court of Honour was held after the meeting.

Pretty Wedding Event at Notre Dame Church

A pretty autumn wedding took place at the Notre Dame des Lourdes Roman Catholic Church on Saturday morning at 8 o'clock, when Miss Marie Portelance, daughter of Mr. and Mrs. Samuel Portelance, became the bride of Mr. Joseph Prince, son of Mr. and Mrs. Joseph Prince. The marriage ceremony was performed by the Rev. Fr. Morin.

Given in marriage by her father, the bride was becomingly attired for the occasion. The groom was attended by Mr. Paul Prince.

Mr. and Mrs. Prince will reside in Timmins.

Beauty and You

by PATRICIA LINDSAY



School Girl Advised Attractiveness Begins With Clean Body and Skin.

This charming young lady protects her skin beauty by carrying loose powder and a fresh velour puff each day in an attractive squashey compact. She knows that beauty depends upon clean pores, free of matted powder!

When we speak of "school girl" in copy, we actually refer to all girls of the school age—let us say from fifteen to twenty-one. It makes no difference whether you are a career girl, an office girl, a factory worker, or a stay-at-home. If you come in that age group we speak of you as the "school girl!"

During those adolescent years your beauty problems suddenly take on an importance you never before experienced. Several things cause this. You may suffer from a little adolescent acne which causes unlovely blemishes when you yearn for a "flawless" skin. You may be in love for the first time in your life and you want to be most beautiful for your prince charming!

You may be in a group which sponsors gay little mixed parties and you are feeling feminine competition for the first time in your young life. You want to be as attractive as the other girls. Your job, if you have one, may depend partly on your attractiveness and because you want to succeed you try to be just as attractive as possible. Or your hopes for the future might involve physical beauty—that is, if you desire to be a model, an actress, a social glamour girl. All these reasons and a great many more, make Beauty a pretty important subject for the "school girl!"

And alas, the girl of this age group usually thinks of beauty as a beautiful face. Only the more sophisticated realizes that a pretty figure, a charming speaking voice and a manner, healthy hair and a sound mind are all necessary elements to the term beauty. And that's what I want to bring home to you to-day.

Begin Right
It may sound awfully old-fashioned to your young ears when I say personal attractiveness begins with a clean body, a clean skin and a clean mind! Cleanliness is your cardinal rule.

If you begin with a clean healthy mind you are beginning right. Like to be healthy, gay, versatile. Meet life willingly and don't grouch. Like to eat your meals on time and eat the foods you should. Like to get the rest you age requires, and the exercise. Like the tasks you have and the studies you must embrace. All those make for what I call a clean mind—which is really a healthy mind—the foundation to all success and all happiness.

Then think of your body. If you desire it to be clean you will bathe frequently if not every day. You will not allow it to grow too thin or too plump—unless of course, illness prevents you. Fresh undies will be your love. Your dresses will be fresh also, and your hose.

If you live according to health rules. It will be simple to keep the internal you as fresh as the external you. It is every bit as important for your wonderful body to function regularly each day, as it is for it to be bathed!

And all facial beauty depends upon clean skin! Don't slap fresh make-up over a skin which was not washed well with soap and water. Keep your pores free of grime, and let the air and sunshine do their good work. Then blemishes will not be one of your worries! Keep clean and you will grow beautiful!

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Spaghetti Supper Being Given in Aid of the Red Cross

Canadian-Italian Ladies are Sponsoring Event.

Mrs. A. Mazzoli in heading a group of Canadian-Italian ladies who are presenting a spaghetti supper in aid of the Canadian Red Cross. The event will be held in the Palais Royal, Balsam Street, south, on Wednesday of this week, Oct. 25th, from 5 to 9 p.m. This is an event that none should miss. The cause is the best—the Red Cross—and the supper to be served will be worthy of the cause. The Canadian-Italian ladies know how to serve such a supper and the Palais Royal offers full facilities for comfort and convenience. Previous events under the same auspices give guarantee that the event will be a not able one for all attending.

Remember the time—5 to 9 p.m. Remember the date—Wednesday, Oct. 25th. Remember the place—the Palais Royal. Remember the cause—the Red Cross. And remember the sponsors—the Canadian-Italian Society.

Well-Known Former Northerner Passes at Toronto.

Colin E. F. Galbraith Buried at Prospect Cemetery.

Word was received here last week with deep regret of the death at St.

Michael's hospital, Toronto, of Mr. Colin E. F. Galbraith on Monday, Oct. 16th. There was a private service at the funeral chapel of Morley S. Bedford on Wednesday, and interment was made at Prospect cemetery, Toronto.

The late Mr. Galbraith was well-known in the North when he lived for many years. For several years he was in the employ of the Northern Canada Supply Co. He married a Halleybury young lady, Miss Montgomery, and lived for some years at Halleybury, and also for a time was resident in Timmins. He was born in Spokane, Washington, U.S.A., the son of Judge Galbraith and M. S. Galbraith of that city, one of the old and respected families of the state of Washington. He spent many years in the North and held this country in high esteem. A friend visiting from Toronto since his death says:—"His last expressed wish was that all his old friends from the North might call and say 'goodbye.'"

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