

Domestic Science Expert Finds that the Far West Offers Tempting Foods

Notes from the Author's Food Diary That Should Give a Zest to the Reader's Appetite Recipes for Broiled Sword Fish, Creamed Crabmeat, Veal Scallopino, Thousand Island Dressing, Etc.



(By Edith M. Barber)

"Denver, Los Angeles, Santa Cruz, San Francisco, Portland, Seattle, Milwaukee, Chicago, Battle Creek, Detroit!" Sound like a train caller, don't I. And sometimes I felt as if I were a traveling salesman, with this difference, I was being sold the advantages and beauties of the various cities instead of trumpeting my own goods. Of course everywhere I was looking out for food specialties, satisfying my curiosity as to whether the variety of products had increased since I last visited the far west and as to whether food tastes had changed. Some of the notes from my food diary follow.

The mountain trout from the Colorado streams is just as good as ever and was invariably well cooked. No better however than that eaten at Brookdale Lodge near the Redwoods of the Santa Cruz mountains. The Lodge by the way is one of the most attractive places I have seen in any part of the world. The brook actually runs through the dining room and small redwoods and shrubs and vines grow luxuriously on its banks.

The markets of Southern California are outstanding. Besides the large Farmers Market there are many food shops with open air displays of varied fruits and vegetables which are lovely still life pictures. Not so still after all as shoppers pushing small wicker two-wheeled basket carts for which they are selecting their orders, are many. Among the many different types of melons the Persians were in their prime and among the seventeen kinds of squash the tiny patty pan no larger than a dollar and the large banana squash were outstanding. Peaches rosy and juicy and golden oranges were unbelievably cheap. In fact all market produce was low in price. The salt water fish, the most delicious and popular in California, were sand dabs, turbot, and sword fish.

Both in Los Angeles and San Francisco you may dine according to any nationality you wish and at almost any price you wish to pay. The Beachcombers Club in Los Angeles offers the best oriental food I have ever eaten. I owe my introduction to it to the Russell Wrights who took me there to sample it. Such perfectly cooked and subtly seasoned vegetables and meat! The most unusual note was furnished by the bobby pods of peas as tender as string beans. The restaurant is authentic Tahitian and you will find the most fascinating things typical of this island in the shop. The giant clam shells especially appealed to me.

One of the meals which I enjoyed the most was at Lupo's, a small Italian restaurant in San Francisco where the owner prepared the pizza before us and baked it in the brick oven from which it came bubbling to our table. The pizza is made from a bread dough which must ripen in the cellar at least two weeks before it is formed in flat cakes and spread with olive oil or lard, anchovies or ham, tomato paste and

cheese sometimes of several types. Then came a scallopini, as good as the first course.

Both in California and farther north on the coast I enjoyed the tiny tender shrimp which are so often served at the beginning of a meal. Sometimes the large shrimps which are properly called prawns there, are served instead. Crab is always a specialty. Best of all however, was the Dungeness crab of the north. Cracked crab means a whole boiled crab usually served cold with mayonnaise. Sweet and tender as a shell fish can be, it is worth the trouble of eating with the fingers. The legs are often fried or barbecued and sometimes creamed crab is baked in shells with potato crust. Cold with Russian Dressing we had what is called Crab Louis. At one place Crab with New York dressing was listed on the menu. You might like to learn that it turned out to be Thousand Island dressing. Well they are in New York State, aren't they?

Oregon and Washington pears were in season and as good as their reputation. Some were brought in specially from my friend Mrs. Stephenson's ranch for me to sample. The peaches were as good.

Broiled Sword Fish
3 pounds sword fish
1 teaspoon salt
4 teaspoon paprika
¼ cup melted butter or salad oil
Wash fish and wipe with cloth. Mix salt and paprika with melted butter or salad oil and brush over fish. Place fish on well greased broiler rack, and broil 2 inches from heat about 10 to 15 minutes, until brown and flesh flakes when tried with a fork. Serve on hot platter with Lemon Butter or Almond Sauce.

Creamed Crabmeat
1 pound (2 cups) cooked or canned crabmeat
4 tablespoons butter
4 tablespoons flour
1 teaspoon salt
¼ teaspoon pepper
1½ cups milk
½ cup thin cream
1 tablespoon lemon juice
1 teaspoon Worcestershire sauce
Pick over crabmeat to remove cartilage and flake. Melt butter, stir in flour, salt and pepper, and when well blended, add milk and cream slowly, stirring constantly over low heat until mixture thickens and boils. Stir in Worcestershire sauce, lemon juice, and crabmeat. Pour in greased 1½ quart baking dish and bake in moderately hot oven (425 degrees F.) 15 minutes, until golden brown. Serve with ring of mashed potatoes.

Veal Scallopini
1½ pounds veal cutlet
Flour
Salt, pepper
2 tablespoons olive oil
1 clove garlic, peeled
½ cup white wine
½ cup water
1 tablespoon lemon juice
Have veal sliced ¼-inch thick. Wipe meat with cloth. Rub with seasoned flour. Heat olive oil in frying pan and saute garlic and veal until light brown. Remove garlic. Add wine, water and lemon juice, and simmer 30 minutes, until veal is tender. Serve on hot platter and garnish with parsley.

Thousand Island Dressing
½ cup mayonnaise
1 tablespoon tarragon vinegar
½ cup heavy cream, whipped
1 chopped hard cooked egg
1 tablespoons chopped green pepper
2 tablespoons chopped cooked beet
1 tablespoon chopped onion
½ teaspoon minced parsley
2 tablespoons chili sauce
Combine ingredients and mix well.

Peach Jam
4 pounds peaches
4 tablespoons lemon juice
4 cups sugar
Select firm, ripe fruit. Wash, peel

and remove pits. Crush peaches (there should be about 5 cups), add lemon juice and sugar, and bring to boiling over low heat, stirring constantly. Cook over high heat, stirring as needed to prevent burning, until syrup thickens, about 30 minutes. Pour in hot, sterilized glasses and seal. If peaches are not juicy add a small amount of water to crushed peaches. One or two cracked peach stones cooked with peaches will give additional flavor.

Catholic Young People's Club at Church of Nativity

Officers Elected. Glee Club Being Formed.

A most interesting evening was spent on Thursday in the parish hall of the Church of the Nativity when about one hundred young men and women gathered to form the nucleus of a Young People's Club.

At a previous gathering candidates had been nominated for executive positions. Elections were held on Thursday and the following were given the task of supervising the running of the club for its inaugural year:
President—Victor Copps
Vice-president—Gregory Evans
Recording Secretary—Elsie Sullivan
Treasurer—Katrine Morin
Corresponding Secretary—Olive Lafrenier.

As part of the social activity of the evening boys from St. Pat's Club under the direction of Mr. Jack Burgoyne gave demonstrations of tumbling; Ambrose Killeen was heartily endorsed for his renditions of French-Canadian songs and the members entered wholeheartedly in community singing, after which an appetizing lunch was served. The newly elected president gave a few concluding words, mentioning that already plans had been laid for the formation of a Glee Club.

GIRL GUIDES IN TIMMINS



The 51st I.O.D.E. Girl Guide Company held its regular meeting Thursday, November 10th.

The meeting was called to order by Captain Wadsworth. The inspection was taken by Captain, assisted by Company Leader Katheline Stouling.

Horseshoe was then formed. The colour party for the month being Eileen Dichev, Alice Sheridan and Theresa Larriere with the Union Jack and Helen Smith, Dora Knell and Jean Smith with the Company flag. The Guides then practiced marching.

Campfire was then formed and many songs were sung. The Guides then sang "Taps" and Captain Wadsworth closed the meeting.

After Guides, Court of Honour was held in which important business was discussed.

All 51st Guides are asked to attend the special meeting next Thursday night, commencing at 7 o'clock.

Miss Isabel Lang Passes at Her Home in Elgin County

Sister of A. W. Lang and Col. Mac Lang Lived for Some Years in Halleybury

Halleybury, Nov. 13.—(Special to The Advance)—Colonel Malcolm Lang, chairman of the Temiskaming and Northern Ontario Railway Commission, and A. W. Lang, well-known resident of the Porcupine, were bereaved on Saturday evening by the death in St. Thomas of their sister, Miss Isabel Lang. Colonel Lang received the news when he was attending the annual banquet of the Cobalt Post of the Canadian Legion, to which he was an invited guest. He left immediately for his home here.

The late Miss Lang, who was in her 72nd year, was the oldest member of the family of the late Daniel and Ann Jane Lang, and she had spent most of her life in Elgin County, where she was born. She had been in failing health for the past year and a half. Colonel Lang told The Advance yesterday, but had been about until ten days before her death. Colonel Lang said he had visited her for a day in the past week.

Miss Lang was a former resident of Halleybury, she having lived here from 1908 until 1917 with her parents in the latter year, the family returned to Elgin county, taking up residence in St. Thomas, and Mr. and Mrs. Lang, both died in the same house where Miss Lang passed away. The funeral is being held tomorrow to Brock cemetery in Alborough township, Elgin county, where Miss Lang's parents also are buried.

Surviving members include also two other brothers, D. W. Lang, K.C., of Toronto and formerly of Timmins, and Mayor Hector Lang of Medicine Hat, and one sister, Mrs. J. B. Ferguson of Elgin county. Colonel Lang and Wilson Lang have gone south to attend the funeral if their sister.

One Explanation

(From The Montreal Star)
Wife: "You don't seem to enjoy the dinner, dear. What's the matter?"
Husband: "I was wondering if there weren't some typographical errors in that cookery book of yours!"

Beauty and You

by PATRICIA LINDSAY



JANET WALDO, one of Hollywood's promising newcomers has risen to fame through sheer determination. Other girls can get places too!

Let's Try to Like Ourselves More

You have been told before this, that if you haven't a good opinion of yourself no other person will have.

Now this doesn't mean you have to be insipidly vain or egotistic. But it does mean that you should like what you do, how you do it. You should also be satisfied with how you look and what thoughts you think. In fact it is just another way of saying, "To your own self be true." For if you think and act and look to the best of your ability you are a nice person and people will have high regard for you.

You know how out of sorts you feel when you need a shampoo, a good sudsy bath, a skin cleaning and personal grooming. And you also know how self-satisfied you feel after you take time out and made yourself lovely!

I want to urge all my readers to make an autumn resolution to like themselves more this year. I want you to know the joy of having a healthy body, a quick interesting mind, and personal attraction. And YOU CAN HAVE, remember that. It takes determination on your part but if you will wake up each day and say "I will be lovely" and go through the necessary routine, why you will be lovely before long.

In the beginning you have to learn how to jump hurdles. Those hurdles which are limitations in your life like little spending money, little leisure, daily duties, and other circumstances stare you in the face and say, "I defy you to jump over me to beauty!"

Because you are a woman, you have two big things in your favor. It is an accepted fact that women have the right to be just as beautiful as they can make themselves. They are the decoy, the inspiration. It is also accepted that you have intuition and courage. With these to serve you you can and must find a way to loveliness.

Don't sit by and envy other women who seem to have fortune favoring them. You have read and you have seen enough Cinderella stories lived to know that every woman alive has an opportunity to make a lot out of what the Creator gave her. It takes gumption to help yourself but you can lick any problem if you hold tight to gumption.

And don't be satisfied with the rut you are in. Autumn is like Spring—a season to do things. Shake out of your lethargy—look at all the happiness and joy you are missing and decide to go grab yourself some.

You will not like it but one of the very best ways to begin is to jump out of bed the moment you awaken in the morning. Up and out! Don't lie and wait until worries and problems creep into your mind. Go through the exercises you need in five or ten minutes and say to yourself, "I will make this day count. I will get more out of it than I got out of yesterday."

Brush your hair, care for your teeth, your skin, your eyes. After the days chores are pretty well in hand glance at your hands. Can't you give them a minute's pampering? Then think of the books you want or should read. The pictures you would like to see. The sewing you would like to do. And schedule some of that in today. Get out in the air for a romp with yourself, child or dog. But get out. If you are very exhausted take a catnap before four in the afternoon.

Then think about something big you would like to do. Perhaps a trip to the World's Fair next Spring. Perhaps to Hawaii. Perhaps you want to buy an automobile. Well, plan and do it! Concentrate some energy each day toward a very satisfying goal.

Keep up with your woman's page in the newspapers so you will be current with the times. What other women are wearing, what beauty they are seeking. What's good to eat. What's interesting to do and see. Learn about books and if you can adopt a hobby. With that gumption I talked about

you can improve your lot one hundred per cent. And don't say you cannot for I've seen women in all circumstances do it. But you've got to hop out of bed at once tomorrow morning!

(Released by The Bell Syndicate, Inc.)

Second Timmins Rangers to Hold Dance on Nov. 24

The Second Timmins Rangers held their regular meeting on Wednesday. After inspection and roll call horseshoe was formed and the National Anthem sung. Maisie Doling and Elsie Clatworthy were enrolled as Rangers. The Rangers, then continued their knitting for the Red Cross and discussed the coming dance which is to be held on Nov. 24th. After a little marching drill, the Rangers formed campfire. The meeting closed with "Taps". All Rangers are to be at Central School at 10 o'clock Saturday morning.

Attractive Wedding at The Church of Nativity On Saturday Morning

Miss Elizabeth Daly and Mr. Harold Koen United in Marriage. Wedding Breakfast Served at Fern Cottage After the Ceremony. After Honeymoon in South Mr. and Mrs. Koen Will Reside in Timmins.

A quiet yet attractive wedding was solemnized at the Church of Nativity on Saturday morning at 9:35 o'clock when the Rev. R. J. Roney united in marriage Miss Elizabeth Daly, daughter of Mr. and Mrs. Thomas Daly, of Ottawa, and Mr. Harold Koen, son of the late Mr. and Mrs. John A. Koen, of Sydenham, Ontario.

During the ceremony, wedding music was played by Miss Olive Lafrenier at the organ, and the church was decorated with lilies and fern in tall baskets.

The bride was charmingly attired in a lagoon green wool tailored suit, with beige blouse, black velvet hat, and black accessories. She wore a corsage of cream roses.

Miss Verna Hogan was the bridesmaid, wearing a becoming ensemble of black crepe, with a powder blue jacket, fashioned with black embroidery. She wore a black sate jacket and black felt hat, with matching accessories, and a corsage of roses.

Mr. Wilfred A. Koen, brother of the groom, was the groomsmen.

Following the ceremony, a wedding breakfast was served in the dining-room of the Fern Cottage restaurant, the tables being adorned with mixed flowers.

Later in the day, the bride and groom left by train to honeymoon at points south. Upon their return they will take up residence at 163 Pine street south.

Prior to her marriage, the bride was entertained at a shower at the home of Mrs. W. J. Flynn.

Globe and Mail—This is the time of year when hunters who look anything like deer ought to keep out of the woods.

Holding Out
(From The Montreal Star)
And what is the result? Twenty-five years later, we have yet another All-Highest in Germany—Hitler. It is on his shoulders that the clock of the zine.
The ministry of Information might at least have said something about that little bit of fun.

No Cause For Complaint
(Exchange)
Cafe Proprietor: You come into my cafe, you order a glass of water, you drink it, you smack your lips, you rise, and you calmly walk out!
McPherson: An' what were ye expecting me to do—stagger out?

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