

# Very Little Change in Food Values Through the Process of Canning

### Professor of Bacteriology Quoted to Show that Canned Goods May be Considered as Safe. They Add Much to the Average Home Meal. A Couple of Special Recipes.

Dr. Gail M. Dack professor of the department of bacteriology and parasitology of the University of Chicago, made a statement of great interest to all of us not long ago. It was in regard



(By Edith M. Barber)

to the safety of commercially canned goods. "I know of no case of botulism resulting from the use of commercially canned foods during the last twelve years."

Any case which have occurred he went on the say have been caused by eating vegetables canned at home without the use of a pressure cooker. Of course, fruits and tomatoes may be safely prepared by home methods of

canning.

Dr. Dack's pronouncement answers the question which comes to me from time to time in regard to the safety of canned products. The ever increasing variety foods which can now be obtained in this convenient form allows us to vary our meals and at the same time aids us in planning an adequate diet.

It has been found that there is very little change in food value when foods are cooked in the usual open kettle at home. In order to get value received, the liquor which surrounds vegetables should be heated with them, as some of the important elements have naturally entered this.

**Scalloped Corn and Tomatoes**  
3 tablespoons butter or bacon fat.  
1 minced onion.  
1 cup canned whole kernel corn.  
3/4 cups canned tomatoes.  
Salt, pepper.  
Heat fat and cooked minced onion in it until yellow, add corn and tomatoes, season to taste and put in greased baking dish. Bake in moderate oven, 375 degrees F., about twenty minutes. Buttered diced bread may be placed on top of the vegetables if desired.

**Poached Peaches On French Toast**  
1 can peach halves.  
6 slices French toast.  
1/2 cup white grapes.

Open can of peaches, pour sirup into shallow pan and cook over a low fire five minutes. Place peaches halves in the sirup and let simmer until thoroughly heated. Arrange peach halves on hot French toast and pour sirup over them. Garnish with white grapes or candied cherries.  
(Released by The Bell Synicate, Inc.)

# Many at Market on Saturday

### New Quarters on Cedar St., South Being Well Attended.

Saturday morning and afternoon were busy times at the Timmins Market, now located at 112, 114, 116 and 118 Cedar street south. The farmers had large quantities of meats and dairy products on sale, and these found a ready market.

A large number of people who have visited the market every Tuesday and Saturday since the time when it was located at the curling rink, find the new location much more satisfactory, despite the fact that it is not central and is not the best sort of place for a market. Many people who have not visited the market earlier, find that they may purchase fine fresh-cut meats, and the newly-laid eggs also find a ready sale.

# GIRL GUIDES IN TIMMINS



The meeting of the 51st I.O.D.E. Girl Guides took place in the Hollinger hall on Thursday, Nov 23rd. The meeting was called to order by Captain Wadsworth. Inspection was taken by Lieutenant Sheridan and Company Leader Kay Stirling. Horseshoe was formed and the National Anthem sung. Viola Harnden was enrolled. Patrol corners were held and the badge night discussed. Campfire was formed and many Guide songs were sung. The meeting was closed with taps and the flags brought down.

# Apples Should Make Very Popular Christmas Gifts

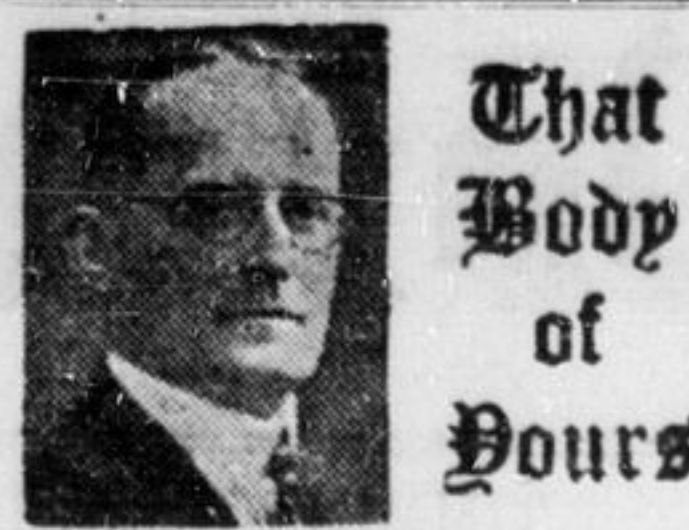
The apple as a Christmas gift to relatives and friends overseas continues to grow in popularity and as a result a heavy traffic in this commodity is anticipated during the approach of the Yuletide season, according to G. E. Bellerose, general manager of the Canadian National Express.

Gift apples are larger than the ordinary commercial variety and are wrapped separately in thick tissue paper, being known as "extra fancy." These apples are packed in standard boxes and barrels, full or half size, and the Canadian National Express announce that they are prepared to assist in selecting a suitable gift along this line and make all arrangements for forwarding. "As a result, many thousands of individual Christmas gift boxes of Canadian apples from various parts of the Dominion will be collected by the Canadian National Express for delivery in the United Kingdom during the Yuletide season," stated Mr. Bellerose.

Apple growing is the mainstay of the fruit industry in Canada, the value of commercial production averaging more than \$10,000,000 annually. With the interruption, as a result of the war, of usual shipments to various countries, there is now available a particularly large and choice stock of this native fruit to send to relatives and friends and, considering conditions existent in the United Kingdom, the sending of an individual gift shipment of apples will undoubtedly be doubly acceptable to the receiver.

"There are no restrictions whatever on the importation of gift shipments into the United Kingdom, provided they are forwarded in accordance with regulations as set down by the Canadian Department of Agriculture," stated Mr. Bellerose.

Bowmanville Statesman—We have never cultivated the expensive hobby of collecting "First Editions." But we came very near landing one the other day when Mrs. E. V. Scobell gave us a copy of a T. Eaton Co. catalogue for 1896-97 in a fairly good state of preservation. This 53-year-old annual is not in a class with its 20th century edition with its appealing and beautiful multi-colored rotogravured illustrations. There wasn't a picture in the whole book but several pages made interesting reading. Such as: Hoop Skirts, 8, 12 and 20 springs, for 20c to 35c; Extra Strong Wire Bustles, with leather binding, 35c to 40c each. Introductory remarks referred to "the immense store, 52 feet frontage and three flats." Wonder how they would describe the present Eaton store which occupies a whole city block. Truly, time marches on!



# That Body of Yours

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

## Reducing Weight Safely And Scientifically

Physicians doing special work in reducing weight tell us that the overweight is due to at least 5 times in a hundred, to some gland condition—thyroid in the neck, pituitary lying on the floor of the skull, and the adrenal glands situated one on top of each kidney. Other physicians state that the overweight is due to gland condition in 5 per cent and a combination of overeating with a gland condition in another 5 per cent, or 10 in every 100 cases might well be treated by cutting down on the food intake and the use of some gland extract.

Other physicians are of the opinion that some gland condition is often present that cannot be detected. It is easy of course to tell the overweight type due to lack of pituitary gland substance as the excess fat is over chest, abdomen, shoulders, upper arm and hips, leaving forearms and lower legs free of fat. In overweight due to lack of thyroid gland substance the excess fat is distributed over all the body, but the metabolism test—showing rate at which body process works—shows that these processes are working at a lower rate than normal, hence fat is accumulated instead of being burned.

It would seem then like good sense for the overweight to be examined by his or her physician and if pronounced fit to undertake a reducing diet, this should be followed faithfully for about

three months. If at that time the loss of weight is not satisfactory then the physician will feel justified in prescribing a gland extract or gland extracts whilst still persisting with the reducing diet.

Dr. M. B. Gordon in Journal of Pediatrics puts the condition of obesity (overweight) in brief form as follows: "Obesity is a manifestation of a general disturbance (in the body), and its treatment should be directed against the underlying causes, which we feel are mainly endocrine (glands). The best results are obtained by a combination of gland treatment, a low calorie diet (low in food value), with high protein—meats and fish; low fat—cream and butter; low carbohydrate—bread, potatoes, and sugar, cutting down on liquids—water, tea, milk, coffee, and also on table salt."

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# Pot Luck Supper of Business Girls Delightful Event

### New Club Rooms of Business Girls' Club Being Much Used.

At the "Pot Luck Supper" of the Porcupine Business Girls' Club on Thursday evening, the old saying "Good Food Makes for Good Humour" truly held. The supper was held in the new club rooms of the organization, and the comfort of their "own home" added to the enjoyment of the evening.

Over such appetizing dishes as jellied salad (made with finely sliced shavings (or strips) or shreds of carrots, cabbage, seasoning and vinegar, and jellied (demon), piping hot serving of meat loaf (made of the meat, onion, seasoning, peppers and covered with tomato soup sauce), tuna fish and lettuce salad (served on a large plate with celery stalks sprinkled with Canadian Cheese melted and arranged in spoke-wheel fashion, with mayonnaise dressing and hot biscuits, good humor ran high and much good-natured "kidding" as to just how much some of the biscuits would weigh.

Desserts in the form of butterscotch and apple pie, white cake Scotch scones, buttered rolls, Swiss apple tarts, (delicious pastry, tart apple filling with top crust and powdered sugar were white as snow-capped mountains) and grapes as fruit, with tea and milk and all the good vitamins and fortunes that go along with them, completed the supper.

Each member certainly felt she had partaken of more than her share of the "pot luck."

At the long, narrow, table which had been decorated with gay bordered paper, and novel cards, bearing bits of humor and wit, with the club colours of maroon and gold, and three small old-fashioned posy table ornaments of dark red roses the members of the Porcupine Business Girls Club thus held this, their second "Pot Luck Supper."

Several of the girls met at the club-room on Saturday for luncheon, this meeting place being open at all times of the day or evening to club members. The girls were urged to make it a place of relaxation, rest or amusement, as they so felt and to be used as often as desired.

To girls in office positions and working stores and other business institutions the Porcupine Business Girls' Club extends a welcome to become a member of this worth-while organization. The club desires to bring friendship into the life of every girl in the district, and its members have learned through companionship a better understanding of each other and of each other's work.

The next regular meeting will be held in the clubrooms on Thursday, November 30th at 8.30 o'clock.

Try The Advance Want Advertisements.

# Beauty and You

by PATRICIA LINDSAY



The enchanting songstress AURELIA COLOMBO, hands red peppers around her neck and in her ears and than matches their colour in her lipstick. Her vividness fascinates and charms.

## Each Beauty Type Attracts Man, Simply Emphasize It.

If you are not getting the admiration and attention you desire from the men you know, it is about time you had a frank session with yourself.

Why sulk because you are not the current "oomph" girl or as talented as Bette Davis? Doing so only makes you morbid and turns down your mouth unattractively. Far better to concentrate on making yourself over into the beauty type you want to be, and can be, and put an end to the defeatist attitude.

For it stands to reason if you find yourself sitting alone at home unloved when other young girls are out having fun, the trouble is with your attitude. Do you honestly make the effort necessary to attain attractiveness.

Do you dress as smartly as your budget allows? If your clothes are "all wrong" seek the advice of a department store stylist whose services are free and who is willing to select colors and cuts to flatter you.

If your skin and hair and figure gets only infrequent attention it is no wonder that Romeos do not cast loving glances your way. Mea like beauty, so

why not live up to their expectations? Your skin should be as flawless as beauty aids and time can make it; your hair must shine from daily brushings and be worn as a lovely frame. Make-up must be meticulously chosen and very carefully applied to enhance the latent beauty of You. It takes effort too, to watch menus and to exercise enough to keep your figure trim and attractive, but the dividends such efforts pay will include admiring glances from those you want to impress.

Bear in mind one more thing—you can be the most gorgeous creature in town to look at, and still be unpopular, if your mannerisms are reproachful. What do you do and say, and how do you do it and say it, are very important if you desire people to like you.

Try being as nice as possible—in your own home as well as abroad—and don't think for a moment that "nice girls" are outmoded. Men today admire generosity, sympathy, tolerance, kindness, just as much as men did when the world began. Those traits, expertly handled, are winners every time, and if you meet up with a swain who minimizes these essentials to loveliness, don't waste another moment in his company! He is not worth your time!

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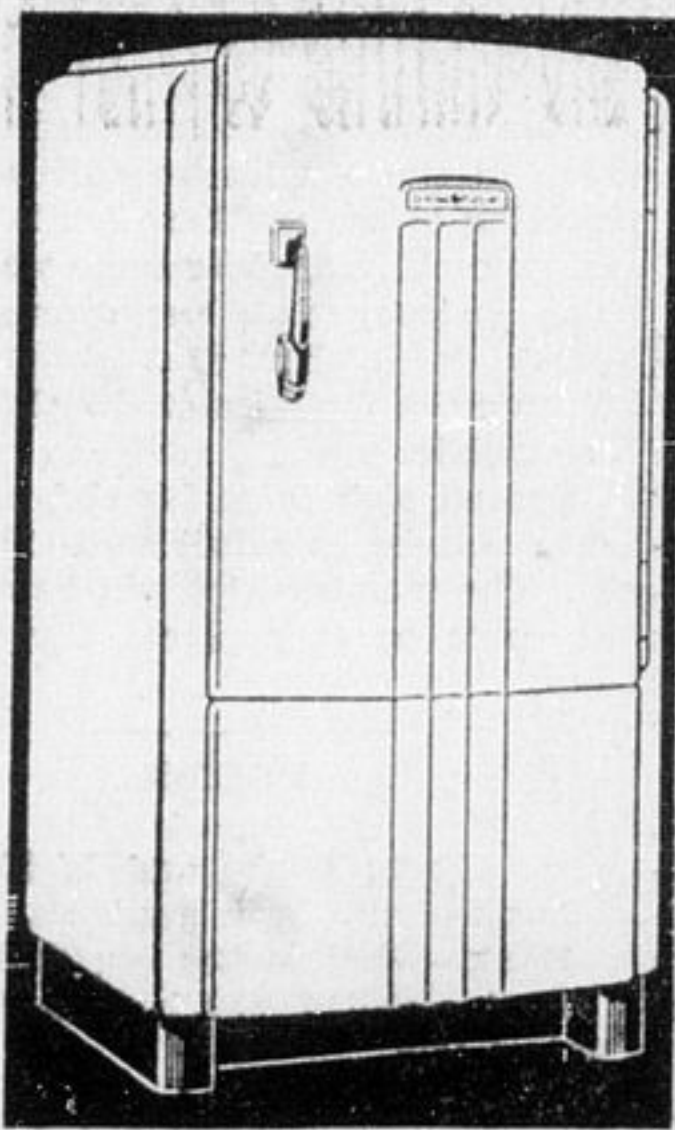
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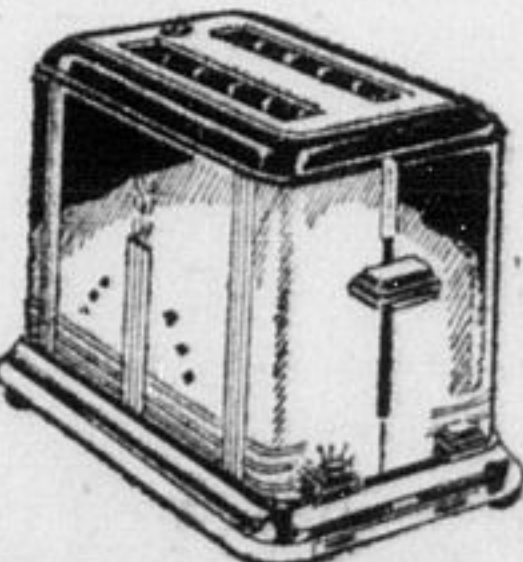


## ... give PLEASURE that will last the whole year through

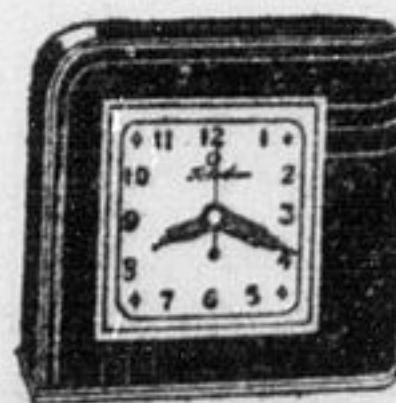
There are many different kinds of electrical gifts to choose from. Each is sure to give real, lasting pleasure, not just on Christmas morning but throughout the year and for many years after that. Just a few of the useful and practical electrical gifts are illustrated here. Come in and see how many more there are.



Here's a gift to make any woman happy — and the whole family will be thrilled too, with a gleaming, white, electric refrigerator. Easy terms, of course, and special Christmas Eve deliveries can be arranged.



Every one in the family will enjoy toast made in this completely automatic, attractive toaster — the toast pops up when it is done; adjustable to light, medium or dark.



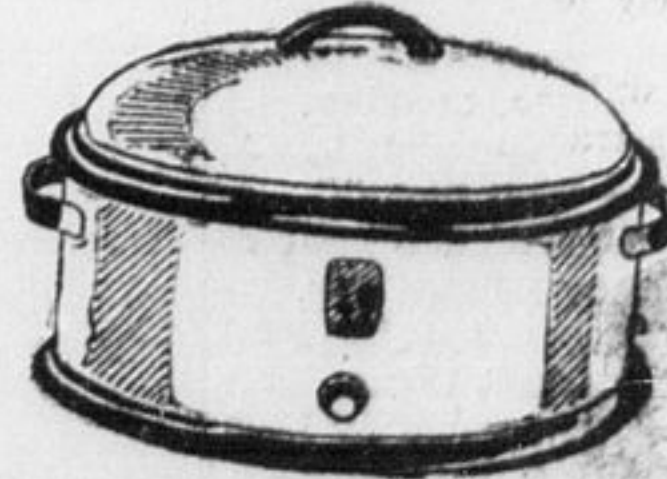
An electric clock makes an excellent gift. Attractively finished in different colours, suitable for any room. No need to wind it, you merely set and start the clock and electricity does the rest.



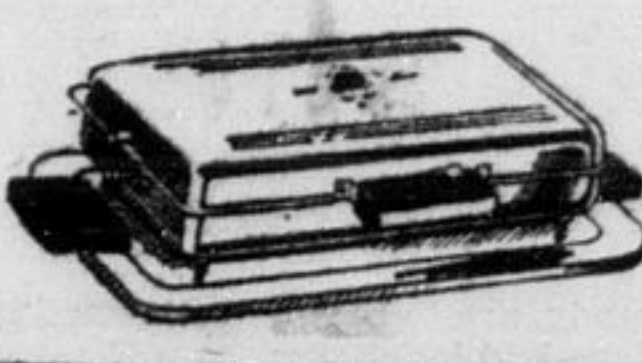
Every housewife would love an electric mixer. In the kitchen it becomes many extra pairs of hands to make her work easier and quicker.



Good eyesight is a gift that no one can give but here is a gift that will be appreciated. Because these lamps give correct light, make reading, knitting or studying easier, and help preserve the precious gift of sight.



This electric roaster is a complete and compact electric oven occupying very little shelf space. Fully insulated and easy to clean, it cooks an entire meal for six.



An electric grill — a boon to the hostess for impromptu parties or snacks. Toasts sandwiches, fries eggs, bacon or small steaks.

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