

# Some Suggestions in Reference to Preparing Fish for the Season

"When Boiled, Let it Simmer," is the Advice of Miss Barber, who Adds, "When Broiled, Dip in Melted Butter or Salad Oil. Some Further Recipes.

Ash Wednesday, which marks the beginning of the Lenten Season, once upon a time opened a period of actual fasting from meat. For this reason sailing vessels searched the sea for fish, which was the daily fare. The chefs in noble households used all sorts of ingenuity to prepare and dress fish in such a way that it would have not only the flavour but the appearance of the forbidden meat.



(By Edith M. Barber)

To-day when even during lent, there are but two meatless days during the week, our efforts are used to do justice to the fine products of the sea which can stand on their own merits. Too often fish is treated badly in the kitchen. Deep-seated prejudices against it can often be traced to this fact. No one likes dried-up broiled fish, or overcooked. For the first, the fish should be dipped in melted butter or salad oil and served just as soon as it is ready. For the latter simmering rather than boiling is the answer. The addition of herbs is an improvement. Boiled fish, by the way, should always be served with a sauce.

Immediate service is also necessary for fried or sautéed fish. Dipping in flour, cornmeal or bread crumbs provides a nice brown crust for either fillets or whole fish. And then there is baked stuffed fish, which in my opinion is as delicious as anything can be. Fully as good are the more elaborate dishes given such names as Marguerite and Bonne Femme.

### Baked Stuff Fish

- 1 three-pound fish.
  - 3 cups soft bread crumbs.
  - 1 teaspoon salt.
  - Pepper.
  - 4 tablespoons melted butter.
  - 2 tablespoons lemon juice.
  - 3 small tomatoes.
  - 6 onion rings.
  - Salt, pepper.
- Split and clean fish. Mix crumbs and seasoning add 2 tablespoons of melted butter and lemon juice. Mix well and stuff fish with mixture. Sew split edges together and place fish on ovenproof platter. Halve tomatoes, place around fish, sprinkle with salt and pepper and arrange an onion ring on each half. Pour remaining butter over fish and tomatoes. Bake in hot oven (450 degrees Fahrenheit), about fifteen minutes until fish is tender. Remove from oven and garnish with sliced lemon and parsley.

### Fish Fillets in Sour Cream

Arrange fillets in a greased ovenproof platter. Add sour cream to the depth of half an inch. Sprinkle with paprika. Sliced mushrooms of minced chives may be sprinkled on top. Bake in hot oven (450 degrees Fahrenheit) about ten minutes, until fish is tender.

### Quick Meal

- Tomato juice
  - Fish fillets baked in sour cream
  - Baked potatoes
  - Buttered beets
  - Sliced cucumbers
  - Coffee
- Mixed fruit
- Method Of Preparation**
- Light oven
- Scrub potatoes and bake.
- Slice cucumbers and make dressing. Prepare fish and bake.
- Open can of beets, heat and dress.
- Open can of chilled tomato juice. Make coffee.

(Released by the Bell Syndicate, Inc.)

## Banks Agree to Pay All Red Cross Cheques at Par

The Canadian Bankers' Association has informed the Red Cross that all of the Canadian chartered banks have agreed to the following proposals:

1. Cheques drawn by the Canadian Red Cross Society on their own bankers may be crossed by the Society "Negotiable without any charge at any branch of a chartered bank in Canada (Yukon and Northwest Territories excepted)"
2. Cheques payable to the Canadian Red Cross Society drawn on any point in Canada will be taken on deposit by their bankers at par.
3. Cheques in favour of the Canadian Red Cross Society will be accepted at points at which the clearing bank has no branch.

### Likes Them Better

(From Exchange)  
"My dear," a little girl's mother said, "don't you think you are getting too old to play with boys?"  
The little girl was astonished.  
"Why no, mamma!" she replied. "The older I get the better I like them."

## Tested Recipes for Eggs, Recommended by Dominion Dept.

Eggs Easy to Cook, Economical and Healthful also Taste Good.

### Eggs for Lent

Eggs are easy to cook. They are economical, a real health food, and they taste good.

Eggs may be served as the main part of any meal, but are equally good as an entree or in desserts.

The Consumer Service Section, Marketing Service, Dominion Department of Agriculture, recommends the following tested recipes:—

### Golden Glow Eggs

- 6 eggs.
- 1 small onion.
- Salt and pepper.
- 2 cups milk.
- 5 tablespoons butter.
- 4 tablespoons flour.

Hard cook eggs, remove shell and cut in halves lengthwise. Remove yolks and press through a sieve or break with a fork. Beat until smooth. Add 1 tablespoon butter and a little salt and pepper. Pile lightly in the whites. Make a cream sauce: Melt butter, add onion thinly sliced, and cook until clear. Add flour. Stir until smooth. Gradually add milk. Stir until thickened. Season. Pour over and around eggs in a casserole. Reheat. Garnish with minced parsley before serving. Serves 6.

### Scrambled Eggs and Carrots

- 6 eggs.
- 6 tablespoons butter.
- 1 cup grated raw carrots.
- 1 cup bread cubes (about 1/2 inch square).
- 6 tablespoons milk.
- Salt and pepper.

Melt butter, add bread cubes, and saute until golden brown. Meanwhile beat eggs until very light. Add milk, carrots and seasoning. Pour over browned bread. Cook slowly stirring occasionally to prevent sticking. Serves 6.

### Apple Mist

- 4 eggs.
  - 1 cup rolled dry cake crumbs.
  - 2 cups sweetened apple sauce.
  - A little salt.
- Press apple sauce through sieve. Add well beaten egg yolks and then cake crumbs. Beat well with Dover egg beater. Have egg whites very stiffly beaten. Fold in apple mixture. Serve very cold with whipped cream.

### Sponge Cake

- 6 eggs.
  - 1 tablespoon lemon juice.
  - 1 cup fruit sugar.
  - 1/2 teaspoon salt.
  - 1 cup flour.
- Beat egg yolks until thick and light. Add sugar and continue beating until sugar is dissolved. Add lemon juice. Beat whites until very light. Add salt. Fold egg whites and yolks together. Fold in well sifted flour carefully. Bake in an angel cake pan 1 hour in a slow oven (325 degrees F.)

## Joseph MacDonald Killed by Fall of Rock at Kirkland

Joseph B. MacDonald, one of the best miners at the Lake Shore mine at Kirkland Lake, was killed by a fall of rock at the mine last Wednesday night. The fall of rock was said to be due to one of the rockbursts that have troubled the Lake Shore mine in recent years.

## Pasteurization of Milk Prevention of Disease

(By J.W.S. McCullough, M.D., D. P. H.)

The National Committee For Mental Hygiene has just issued a volume descriptive of the health services available in Canada. The work is of particular value as a book of reference and is a result of the joint effort of Dr. Grant Fleming, head of the department of preventive medicine, McGill University and the Hon. George Hoadley, a former minister in the Saskatchewan Government. Many of the paragraphs contained in the report are of National interest. For example a statement is given of the mortality from milk-borne diseases in the years from 1912 to 1937. In this period there were in all, 63 such epidemics causing 8,999 cases with 703 deaths; 47 of the epidemics were typhoid fever. Incidentally the authors point out that all milk-borne diseases can be prevented by pasteurization.

Authoritative evidence of the value of this measure is afforded in the quoted statement of Dr. Ray M. Price of the Hospital for Sick Children, Toronto, as follows: "Dr. Price reports that in the study of 500 tuberculosis children, under 14 years of age (Toronto) during the 1926-38, in 9.6 per cent of the case of tuberculosis, other than tuberculosis of the lungs, the disease was of the bovine type. All cases gave a history of having been fed raw milk for some time. No cases came from children living in Toronto and using pasteurized milk. Tuberculosis in cattle (bovine) is transmitted to children through milk from tuberculosis dairy cattle.

Contaminated milk is the chief cause of diarrhoea and enteritis (summer diarrhoea) in children under two years of age. What inspection with pasteurization can do to prevent deaths from diarrhoea and enteritis is shown by the experience of the City of Montreal as follows:

In 1916 the number of deaths under 2 from this cause was 1,894. In 1925 a milk by-law providing for inspection and pasteurization was enacted and in the following year the number of deaths was 877. In 1936 these deaths had been reduced to 204."

St. Mary's Journal: If you race through traffic you may limp through life.

## Funeral on Friday Last of the Late John Nukari

The funeral service for John Nukari, of 54 Elm St., North, Timmins, who died after a few hours' illness at St. Mary's Hospital, Wednesday, Feb. 14, was conducted by Rev. A. I. Heinonen, minister of the Finnish United Church, at Walker's Funeral Chapel, Timmins, Friday, Feb. 16th, at 2 p. m. in presence of friends of the deceased. The interment was at Timmins Cemetery.

The late Mr. Nukari had no relatives in Canada. His wife died in Finland a few years ago. They have one son and one daughter in Finland.

The late Mr. Nukari was born at Hunttervorkya, Jaakkimantiaja, Viipurinlaani, Finland, about 48 years ago. He came to Canada in 1924, and settled in the Porcupine District about 13 years ago. He was last employed at Niemi's Camp of A. E. Wicks Co. Ltd., as a lumber worker. Leaving the camp about 4th of Feb., he had been in Timmins daily a few days.

## Letter About Death of Rev. Heinonen's Mother in Finland

Writer of Letter Formerly Deaconess for United Church in Canada.

Rev. A. I. Heinonen, minister of the Finnish United Church here, received a letter from Finland February 16th, informing him of the death of his mother, Sophia Heinonen, at Kiveia Hospital, Helsinki, on the 23rd day of December. The funeral was conducted from Hietaniemi Funeral Chapel, Helsinki, Dec. 25th, to Helsinki New Cemetery, where the interment took place in the family plot at the side of her husband, Isaac Heinonen, who predeceased her by about fifteen years. Mrs. Heinonen was born at Pippola, Oulu Prov., Finland, October 11th, 1862 and her age at death was 77 years 4 months and five days.

The letter informing Mr. Heinonen of the death of his mother was written by his sister, Miss Vieno S. Heinonen, who until, evacuation of civilian population from Helsinki, was teacher of English, French and German languages at a Lyceum in Helsinki, and during her stay in Canada of about ten years, was Deaconess of the United Church of Canada. Miss Heinonen has been evacuated to Nasby Public School at Suintio, some 40 miles north of Helsinki. The bombardment of Helsinki had apparently been too much for the aged mother, and she passed away quietly to her rest. Miss Vieno Heinonen writes that although the day of the funeral was a clear winter day, no bombardment occurred during the hour of the funeral. Those present at the funeral were two daughters: Aino, born in U. S. A., and Vieno; No mention was made of her two sons, Levi and Onni, and their families. A letter—written sometime earlier—by Aino (who also had married during these troublesome days), has not arrived here. In this letter she had given all details of the last days of the life of her mother, the funeral, etc., but it has not arrived.

The letter written by Miss Vieno Heinonen was dated at Nasby Public School, Suintio, Jan. 16th, 1940. When she wrote the letter the thermometer showed 30 below zero, but one was not allowed to keep fire in the class room, where she lived.

## Garden Novelties for 1940 and More About Vitamin B1

Number of New Flowers to Make Their Debut in Gardens This Year.

(By Percy Ghent)

It was the opinion of someone that to give a real garden lover expensive books on flower growing or garden lore in general was a waste of money. He—or she—asks nothing more alluring in the way of reading matter than seed catalogues. And at this season of lengthening days and rising hopes, these colorful and highly optimistic offerings from the seed houses arrive by every mail. They are good medicine for winter-weary souls.

Even if this stimulus had been lacking, however, a letter received from a friend in Vancouver the other day would have been enough to bring on the symptoms of gardening fever which breaks out like a rash every spring. In that lovely city by the sea, we were told, crocuses are abundant, primroses and wallflowers abound and the golden forsythia glows in the sunshine. Moreover, an item in the New York Times of yesterday brought a thrill. A gardener in that big city reports the happiest harbinger of an early spring—the first bluebird.

In the gardens of 1940, according to enthusiastic advance notices, a number of new flowers will make their debut. Among them are three varieties of sweet peas which should please the admirers of these dainty flowers. Certainly they must have pleased the committee responsible for the all-America flower selection for this year.

### From X-Rayed Seed

For the rose-pink variety of this new sweet pea a silver medal has been awarded, a bronze medal for the blue and honorable mention for the lavender shade. Blooming very early on long stems, the floral trio is said to be hardy stock and heat-resistant—the latter quality, some discouraged growers will agree, being of no small importance.

Exchange:—Love may be blind, but it sure can find its way around in the dark.

# Beauty and You

by PATRICIA LINDSAY



This ingenious new coiffure created by Eric of the Helena Rubinstein Salon achieves a becomingly youthful effect by emphasizing the shape of the head. The hair is drawn softly up and back from the face and arranged in soft sculptured curls. The back hair is curled close to the head to give that which is flattering under a hat or for formal occasions.

### Smart Coiffure for Gray Hair

Just because your hair is grey is no reason to feel your attractiveness has diminished. In fact, silver-gray or white hair can be so striking that it should be considered a beauty asset. But it must be thoroughly groomed and smartly set in an attractive and appropriate coiffure.

### How to Care for Grey Hair

Hair which has lost its pigment tends to be dry, so that you should have a corrective oil treatment before each shampoo to keep it in condition. And one hundred sweeping strokes with a narrow stiff-bristled brush each day does wonders in preserving a natural sheen. On the other hand, if your scalp happens to be oily you should use a corrective tonic daily to keep the hair fluffy.

### Good Permanent Is Important

The gray-haired woman must take certain precautions when she shops for a permanent wave. A hair stylist who specializes in coiffures for graying hair, at one of our leading beauty salons, makes these suggestions.

"Perhaps you need a series of balsam oil treatments to preserve the bal-

lanciness of your hair before your permanent wave. A special silver tint lotion must be used, in correct proportion, to keep the true gray tone of your hair. As gray hair discolors easily we take these precautions. Unless your hair is in perfect condition do not have a permanent for brittle hair, though curled is not manageable."

### How To Dress Your Hair

This same stylist also cautions gray-haired women against dressing their hair in elaborate coiffures. "Extreme

hair styles are not for gray or white hair. Modified versions of current styles are far smarter and create a youthful effect for the face. There are three styles I recommend which are distinctive and flattering.

One is a modification of the bustle-coiffure. The hair is cut to a four-inch length all over the head and curled. The side hair is brushed up and away from the face to give dignity, and softly waved bangs are arranged over the forehead—no tight curls, but deeply waved bangs which are immensely flattering. The back hair is curled to the head following its natural shape. It appears to be "done up," so sleek is the back hair line.

For the woman who likes the comfort and smartness of short hair another coiffure emphasizes the contour of her head. This is done with a suggestion of a swirl in back which falls into deeper waves at the sides. A group of soft sculptured curls are set high in front (as shown in photograph). These curls are worn flat during the day and brushed out for a more striking formal effect for evening.

### If Your Hair Is Long

"For the woman who has long hair a smart hair-do is achieved by parting the hair low on one side, drawing it smoothly around the head to the part where it is fastened securely. The ends are curled into a soft roll. Shorter strands of hair from the lower side of the part drawn to the back, crossing the other hair and tucked under in a smooth flat, side roll. The crossed arrangement in back is striking.

Toronto Telegram:—Job had patience but, of course, he never tried to find an unused spot on a bathroom towel.

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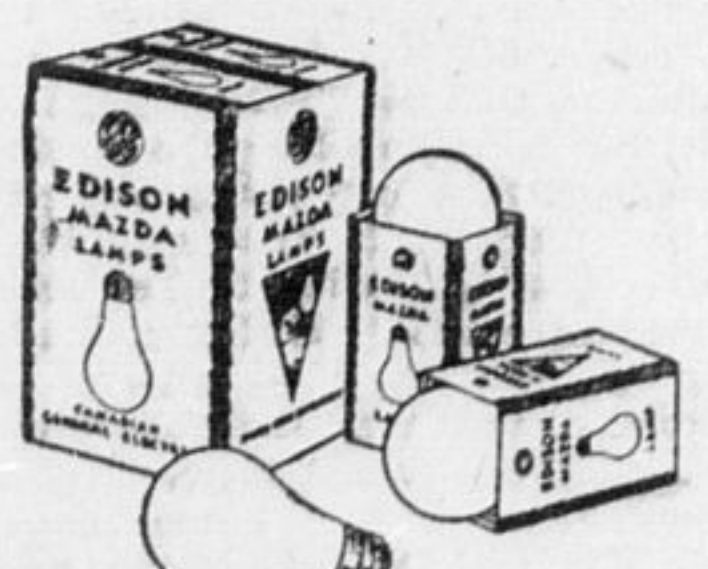


Home work, or any kind of detail work requires good light. When you see clearly it is easier to think clearly. Eyes are priceless so don't take chances. Modern lighting is scientifically designed to help you avoid eyestrain.

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