

Squash Has a Number Of Varieties and Also Several Better Names

Cymling is the More Attractive Name the Southerners Give to Squash. The Italians Also Have a Name for it. Recipes for Baked Acorn Squash and Vegetable Goulash

There is only one thing about squash which I don't like and that is its name! Very uninteresting in my opinion. I don't wonder that the Southerners, who use squash of the summer type so much, have given them



(By EDITH M. BARBER)

the more attractive name of cymling.

Generally speaking, this word is applied to the "patty pan" creamy white, flat vegetable with scalloped edges and to the yellow and white, long, straight or crooked neck varieties. Zucchini is another interesting name which the Italians give to a long, green squash. Actually you can find squash in practically any shape, white, yellow, bright orange, green, plain, striped, or mottled. An exhibit of the various types of squash makes a picture of which any artist would approve in regard to color, form, and contrast.

As far as the flavour goes, one squash may differ from another but not to the extent that appearance might indicate. The flavour is delicate and for this reason cooking is particularly important. It may be done either by steam or by the use of a very small amount of water. They all need lots of butter for service. Of course, cream may be substituted. Sometimes I flavour the butter with lemon juice, and sometimes I add a few pieces of sliced onion to the squash while it is cooking but then, of course, I'm likely to put onion into almost anything.

I also like to fry squash, after slicing it and dipping it in flour. Before the summer is over, you will surely like to make a vegetable goulash using all the vegetables in season and frying them delicately in salad oil. By the way, acorn squash, although it comes to us in summer, is more like the fall type of Hubbard squash in texture and flavour. I'm giving you the recipe today for my favourite method of cooking this vegetable.

Baked Acorn Squash
Allow one small squash for each serving. Wash, place in a baking pan with water to the depth of one-half inch. Bake in a moderately hot oven, 400 degrees F., about 30 minutes, or until the skin is tender when touched. Remove from water, dry, and serve whole, for cutting at the table. The squash may be halved before baking. In this case, remove seeds, dot each half liberally with butter and sprinkle with salt and pepper or half-fill with top milk or cream. Bake in water until tender.

Vegetable Goulash
2 onions
2 green peppers
8 tomatoes
1 long squash
3 ears corn
1/4 cup salad oil
Salt, pepper

Slice onions and green peppers. Scald, skin and slice the tomatoes. Pare and cut squash and remove kernels from ears of corn. Heat salad oil, add onions, green peppers, corn and squash and cook five minutes. Add tomatoes and cook until they are soft. Season to taste with salt and pepper. (Released by The Bell Syndicate, Inc.)

Not a Good Description of Reginald Stewart's Playing

Large numbers of people in Timmings and district recall with great pleasure the visit a year or two ago of Mr. Reginald Stewart, noted pianist, now the leader of the Toronto Philharmonic Orchestra. Not only his playing but his wise and witty comments on music won his audience. Accordingly, there will be entire lack of agreement with the point of the story given below, as far as it is applied to Mr. Stewart, though it will be admitted that there are others whose music certainly smells to high heaven. However, Mr. Stewart tells the story himself. Here it is:

"During my recent tour in the United States I played the Ravel 'Jeux d'eau'. At one concert I took the occasion to mention to the audience that this was music quite different from anything I had played before—music in which the composer described the voices of nature—the fountains playing in a garden and the leaves rustling in the trees—impressionistic music. After I had finished playing a woman came up to me and said: 'Oh, Mr. Stewart, I enjoyed your playing so much! You know it was so atmospheric that some of the notes smelled!'

Report for June of the District Children's Aid

The following is the report for the month ending June 30th, 1940, of the District of Cochrane Children's Aid Society, as presented by the local superintendent, Mr. A. G. Carson:—

Applications for children for adoption	3
Office interviews	89
Interviews out of office	135
Complaints received	15
Investigations made	14
Children involved	17
Mail received	102
Mail sent out	183
Children in Shelter	9
Children boarding out	63
Wards visited	39
Court attendance	4
Juvenile cases	6
Children on probation to court	12
Children released from guardianship	1
Adoptions completed	1
Mileage travelled	325
Children placed in foster homes (not wards)	2
Children admitted to Shelter (not wards)	6
Children given hospital and medical care	5
Children returned to parents	2
Investigations for other societies	1
Cases under the Unmarried Parents Act	5

CRITICS MIGHT NOTE THIS

Sibelius grand old music-master of Finland was bidding farewell to a young protegee who was about to embark upon a career when the young man expressed concern regarding the treatment he might suffer at the hands of the critics. "Don't let that trouble you," said Sibelius; then, with a sly wink, added, "Remember, there has never been set up a statue to a critic."—(From the Christian Science Monitor).

Most Popular Song of To-day is "There'll Always be an England"

Sweeping All Parts of the Empire These Days.

The applause given the selection, "There'll Always be an England," when it was played at the band concert by the Timmings Citizens' Band on Thursday night may remind people in general that this is the most popular song in the Empire to-day. It has been played and sung on innumerable occasions recently in Timmings, but people do not appear to weary of it. Instead, it would seem that the more they hear it, the better pleased they are. It outclasses "Tipperary" of the last war for popularity. Usually it is the music that makes the popular hit catch on, but in the case of "There'll Always be an England," the sentiment of the words was the deciding factor, enabling all to put into song the thought of their hearts.

It is interesting to note that this theme song of the British war effort has been heard, too, in the United States. A large Chicago industrial firm ends all its letters to Canada with the postscript in red ink:—"There'll Always be an England." The publisher of the song, Gordon V. Thompson, Toronto, would like to see Canadian firms copy this idea. He also has given out information that many Canadians have been buying copies of the song to send to friends in the United States.

Mr. Thompson is said to have laid out a small fortune to secure the rights to the song for this continent. He is confident that he will not lose on the venture, because of the universal popularity of the song. It is not too much to say that it is "the rage" in England, and Scots and Welsh are singing it too, perhaps with the mental reservation that "England" means "Britain." It means more than that! It means the whole Empire founded on the ideals of liberty and progress. "There'll Always be an England" says Mr. Thompson, and he adds:—"And there'll always be a song, 'There'll Always be an England!'"

Recent interviews by city newspapermen with the publisher Mr. Gordon Thompson, brought out some interesting facts about, "There'll Always be an England."

Written in April, 1939, five months before the outbreak of war, the song caught on at once in the Old Country and swept through the whole of the western world, once hostilities began.

"The song is worth millions to the British Empire," Thompson told reporters. "Why, it's another 'Land of Hope and Glory'." It's the "Marschallaise" of the British Empire, he said.

"It's the hit song of this war in England," Thompson said. "Britishers sang it in the streets after the Graf Spee episode and the evacuation from Dunkirk. 'I've been in the business for thirty years and I have never seen any song take hold of a nation as this one has.'"

The song was written by Ross Parker and Hughie Childs, the latter having never written a song before. Both are Manchester boys.

Deplores Tendency To Commercialize Many Sentiments

Mr. Holtze, Sr. Called to Ottawa as Shoe Inspector

Speaking on propaganda, Maurice Williams decried the tendency to commercialize many of the finer sentiments of life, at the regular meeting of the Lions Club, held in the Empire Hotel on Thursday evening.

The speaker called for every individual to live morally. As the individual did, he said, so would governments do. To him the important thing was not only the winning of the war but what was going to be done after the conflict. If people improved themselves the conditions which brought war about would disappear.

Secretary of the club, Harold Pirie, read out the resignation of John Holtze from the club. Mr. Holtze has been called to Ottawa by the Department of National Defence. He will act as a government shoe inspector. The chairman, Alex Allen, wished Mr. Holtze luck on behalf of the club and announced that nominations for the office of treasurer, which the resignation of Mr. Holtze leaves vacant, would be held next week.

Action of the Board of Directors of the club in subscribing for \$1,000 worth of War Savings Certificates was unanimously approved by the members. A guest at the meeting was Hyle Terryberry of Sault Ste. Marie.

Value of Books Great in Days of War and in Peace

The Times (London): A distinguished deputation recently visited the Chancellor of the Exchequer in order to plead for the exemption of books from the proposed purchases tax. The tax, it will be remembered, is to be

Haileybury Dog Tag Found After Thirty-two Years

Haileyburian:—Darius Cook, Albert Street resident, has proof that the metal of which the municipal dog tags are composed is of a pretty fair lasting quality, or at least it used to be. A few days ago when working in his garden he unearthed one of the metal discs, which is in a good state of preservation and plainly inscribed "Municipality of Haileybury—1908". Mr. Cook cannot remember whether it belonged on the neck of his own dog or that of one of his neighbors, but is keeping the relic and plans to wear it on his watch chain.

imposed at the stage at which goods pass from wholesalers to retailers, but though it will thus fall, in the case of books, to be accounted for by the publishing houses, the actual burden will undoubtedly be borne by the book-buyer and can only result in a substantial contraction of the home trade. With almost every other commodity, the diversion of purchasing power into channels more obviously useful for the prosecution of the war would be no bad thing, and is in fact one of the purposes of financial and economic policy today. But books are in a category by themselves. They possess a moral, educational, cultural and recreational value which won exemption for them from the import duties imposed in 1931, and makes the continuance of a large output essential even in time of war. To give only one example, the demand of the fighting Services for books during this war has been startling, and the demand has been for a very wide variety of books. And what is true of the fighting front is true also of the civilian front, where books are not only "silent friends" but also can be indispensable guides. No doubt the hardy is possible in any scheme of value of books is unequal, but it would taxation to differentiate between the various categories.

Teachers' Available for Important Work of Registration

Teachers Asked to Send in Their Names to Registrars or Deputy Registrars.

Only those who have had experience in such work before can realize the immense work that will be entailed in the national registration next month. Some idea of the time and labour involved may be gathered from the fact that a test made suggests that it will take fully half an hour to complete the registration of a single person. So get a picture of the situation it is only necessary to ask:—"What would be necessary in an election if it took half an hour to have each individual voter exercise his or her franchise?" The answer, of course, is the need not only for an immense staff, but also for one thoroughly and completely competent. This will be one of the chief difficulties of the registration—to secure a complete large staff of competent registrars at every centre. One local gentleman discussing this phase of the matter suggested that the school teachers would be the ideal people for this work and that if their assistance could be secured in any large way the problem would be solved. "But they are all away now on holidays," he added regretfully. Answer to this, however, comes in a letter to The Advance from Mr. S. H. Henry, formerly principal of Timmings High School, and now in Toronto. Mr. Henry writes as secretary of the Ontario Secondary School Teachers' Federation. He points out that the Dominion Government expects most of the work in connection with the national registration in August to be done on a voluntary basis. Mr. Henry points out that the teachers of Ontario have offered in large numbers to do any kind of war work during the summer that the government may desire. This registration, he suggests, is one place in which both their training and the time of their vacation would make them particularly well adapted to the task. "As a matter of fact," says Mr. Henry, "some of us remember very vividly the time when we did similar work for the Dominion in 1917." As it is impossible for this executive of the teachers' organizations to reach their members individually at this time, appeal has been made to the editors of the daily newspapers and other leading journals to secure the co-operation of these newspapers in publishing a news item along the lines of the memorandum below:—

Memorandum
The National Registration which the Dominion Government proposes to carry out in August will be conducted chiefly on a voluntary basis and the Government will require a very large number of helpers.
The Ontario Teachers' Council, through its constituent organizations, namely, the Federation of Women Teachers' Associations of Ontario, the Ontario Public School Men Teachers' Federation and the Ontario Secondary School Teachers' Federation, sent circulars before the close of the school term to the schools of the province and received in reply many hundreds of names of teachers who were anxious to do any kind of war work during the summer, on a voluntary basis.
Since it is impossible for the Executive of the teachers' organizations to reach individually their thousands of members during the summer vacation, they have asked the co-operation of the newspapers in this effort. All Ontario teachers who will be free to assist the Government during the week of August 19th to 23rd are urged to forward their names immediately to the Registrar either of the Dominion riding in which the teacher's school is situated, or of the riding in which the teacher expects to be during that week of August. If any teacher wishes to lend such assistance and is in doubt about the method of procedure, such teacher should communicate at once with the Ontario Teachers' Council, Room 406, 30 Bloor St. West, Toronto.

W. I. Rummage Sale to be Held at Ambulance Hall

In the account of the Women's Institute meeting on Thursday's Advance, it was erroneously stated that the rummage sale to be held in the near future by the Institute would take place at the Red Cross Rooms. However, the place for the rummage sale is the St. John Ambulance Hall and proceeds will be used in the war charity work of the Institute.

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Beauty and You

by PATRICIA LINDSAY



JANE DARWELL'S alert, smiling countenance indicates that she has found the magic formula for keeping young!

Youth is a State of Spirit—Beauty is Determination.

Once an elderly lady in her late seventies said to me: "I don't get as much enjoyment out of new clothes and things, since my husband died, but it is still fun to go to the beauty salon every two weeks! I imagine someone is admiring me, anyway!"

Bless her heart, of course plenty of people are admiring her for keeping herself as pretty as possible, and none thinks she is a vain old lady. For deep in the heart of every woman is a strong urge to be as lovely as possible. Even those very busy women who have little time to think of themselves yearn for loveliness. They live with the hope that one day circumstances will be easier and they will have time and a little money for primping.

The desire for attractiveness among women is universal. And so it should be. For women are meant to be the inspiration of the world. I for one will do my utmost to encourage this normal vanity in women, especially women who are at the turning point of life and feel a little bit as if they were being put on the self!

No woman should feel she is growing old—ever. And no woman should feel that it is hopeless for her to be attractive. No matter how many beauty flaws a woman has there is always hope that they may be corrected or modified, and that she will rate as being attractive. But determination is essential.

Why Grow Old?
Why let a few added years age you? It isn't the years which make you old, but the spirit you have. If your spirit is listless, if hope has gone from your heart, then beauty will go from your face. But if hope, and determination live within you, your attractiveness will

be untouched.
Today, in this enlightened era when women are taught how to keep healthy and young, we see women in their sixties and seventies and even the eighties whose agility, mentality and bodies would challenge the adjective old. They are as young as their spirits and they are meeting life fully. They have not let graying hair and thickening waistlines beat them down!

How to Stay Young
There is no known formula for women to keep the figures they had when they were sweet sixteen, nor that youthful beauty. But there are formulas for women to remain attractively beautiful as long as they live. If a woman will cast out resentment, jealousy, malice, and other small petty characteristics, her energy will be conserved and she can look life square in the eyes and challenge:—"Come on, what do you hold for me?"

She will embrace current changes in living. She will keep current herself, liking the new fashions, the younger generations. By being mentally alert she will remain physically alert. Her body will keep attractive proportions for she will not allow excess pounds to accumulate in unlovely bulges. Nor will she permit worry to undermine her health and make her body a scarecrow's model. She will want to keep her skin clear, her hair groomed. She will want to look as stunning as other women in her group.

If fate robs her of one or two or three interests, she will immediately, through exercising her will, acquire a new interest. She will think enough of herself to keep healthy and attractive. She will think of others, and their needs, to keep her spirit young! (Released by The Bell Syndicate, Inc.)

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