

Sea Foods a Feature of the Menus Popular in the Homes of New England

Now is a Good Time Says Edith M. Barber to Pattern the Menu on the Famous Dishes of New England. Area has Reputation for Good Food. Recipes from Yankee Cookbook.

New Englanders have a reputation for eating well and lavishly all the year 'round. By personal experience I know that this is true but for obvious reasons, I also try to plan my visits there for the summer. That's when the lobster, the swordfish and the clams are at their best.



(By EDITH M. BARBER)

overs which Vermonters like so much when fried in deep fat. Among the other New England recipes are Rose Petal Jam and Popdoodle Cake. On my last trip to New England I had a delicious shore dinner at a well-known restaurant near Providence. With the cocktails were served tiny codfish balls and lobster Newburg and tiny baking powder biscuits. With the luncheon itself, we had a clam bisque in which were whole small clams which are never seen outside of New England. Then came tender, broiled lobsters and broiled swordfish. Garden sals, sliced tomatoes, cucumbers, onions, each in its own dish, were on each table and of course there were blueberry muffins and cornbread. For dessert there was frozen rum punch and believe it or not, rum cake to go with it.

This luncheon was served to celebrate the eightieth anniversary of the beginning of the manufacture of a famous baking powder, which of course, was put to use in the hot breads and cake. At the factory which was inspected beforehand, a bust of Count Rumford, a famous American who was given title in Bavaria for his contributions which helped solve the food problem of the people of Bavaria.

Today we can hardly imagine cooking without the use of a baking powder of some type but it is actually less than a hundred years since housekeepers have had this at their disposal. The recipes originally called for soda and sour milk for the rising. Many of them have been adapted to the use of baking powder.

Slump Blueberry
(A Delicious Main Recipe)
2 tablespoons butter.
1 cup brown sugar.
1/2 cup blueberry sirup.
1 medium-sized tin blueberries, drained.
3 egg yolks, beaten
1 cup sugar.
5 tablespoons blueberry sirup.
1 cup flour sifted.
1 teaspoon baking powder.
1 teaspoon salt.
3 egg whites, beaten stiff.
Whipped cream.
Cook together butter and 1/2 cup blueberry sirup from a tin of blueberries until sugar is dissolved. Cover the bottom of a 10-inch baking dish with all the blueberries. Pour the cooked sirup over berries. Make a batter by beat-

ing together egg yolks, sugar and the five tablespoons blueberry sirup. Sift flour, baking powder and salt and add. Fold in egg whites. Pour mixture over the blueberries and bake in a moderate oven (350 degrees F.) forty-five minutes. Serve upside down, topped with sweetened whipped cream or berry sauce.

Original Injun' Puddin'
(One of the oldest of New England's desserts.)
5 cups milk.
2-3 cup dark molasses.
1-3 cup granulated sugar.
1/2 cup yellow cornmeal.
3/4 teaspoon cinnamon.
3-8 teaspoon nutmeg.
1 teaspoon salt.
4 tablespoons butter.
Heat 4 cups of milk and add molasses, sugar, cornmeal, salt, spice and butter to it. Cook twenty minutes or until mixture thickens. Pour into baking dish, add remaining cold milk. Do not stir. Put into slow oven (300 degrees F.) and bake for three hours without stirring. Serve warm with cream or hard sauce or vanilla ice cream. Serve eight. This pudding is also called Whitpot (also Whitspot) pudding.

Fannie Daddies
(The Cape Cod name for fried clams)
3 dozen clams, removed from shells.
1 cup fine bread crumbs, cracker crumbs or cornmeal
1/2 teaspoon salt.
Pepper.
2 eggs
1 tablespoon water.
Drain clams and dry between towels. Dip in seasoned crumbs, egg diluted with water and then in crumbs again. Fry in deep fat (325 degrees F.) until golden brown. Drain on soft paper and serve with tartar sauce. Fried oysters are prepared in the same way.

Popdoodle Cake
(Sometimes called coffee cake)
2 1/2 cups flour, sifted.
2 teaspoons baking powder.
1/2 teaspoon salt.
1 cup milk.
1 egg beaten.
2 teaspoons cinnamon.
1/2 cup sugar.
Mix and sift dry ingredients; cut in egg and add. Spread dough on a greased layer pan. Before baking sprinkle top with sugar and cinnamon, mixed. Bake in a hot oven (400 degrees F.) about thirty minutes. Make one coffee cake.
(Released by the Bell Syndicate, Inc.)

That Body of Hours
By James W. Barton, M.D.
Insulin or Protamine Insulin in Diabetes
Insulin has been established as a life saver in diabetes in that as long as the insulin is taken life will be preserved to the ordinary limits. The fact that insulin must be taken so often and so regularly has imposed a burden on my diabetics, so that when protamine insulin was so favourably reported by Dr. H. C. Hagedorn and his associates some months ago it was hailed with relief by patients and physicians alike. The protamine insulin, by acting more slowly, prolonged its beneficial effects and thus the treatments were taken less often.

However research workers, while acknowledging the great advantage of this slow effect of protamine nevertheless find that there are disadvantages also, and for the benefit of the large number of diabetics now on diets alone, or diets and insulin, I am quoting from an article in the Journal of the American Medical Association by Dr. Anthony Sindoni, Jr., Philadelphia, Chief of Diseases of Metabolism, St. Agnes Hospital.—
Advantages of protamine insulin are:

1. With one injection of protamine insulin when the patient retires, the sugar in the blood is slowly reduced—showing the delayed, slow prolonged but continuous action of insulin. This effect will avoid the necessity of awakening the patient who previously required an early morning dose of ordinary insulin between 3 to 4 a.m.
2. Protamine insulin combined with ordinary insulin will not only reduce the total amount of insulin needed to keep patient free of symptoms but surgical wounds and infections clear up more rapidly by the use of the combined treatment.
Disadvantage of the protamine insulin is:
Because of its slow absorption protamine insulin may, were much starch food is eaten, allow symptoms to get started that upset patient and physician and too many injections may thus be given to control these symptoms.
Dr. Sindoni Concludes with this reassuring statement for that large group of diabetics now taking ordinary insulin but wondering if they should not be taking protamine insulin.
"If a diabetic patient is responding favourably with small doses of ordinary insulin after meals that maintain a blood sugar that is within normal limits two hours after meals, it is not advisable to use protamine insulin."
(Copyright, 1937).
"What is one man's food is another man's poison" is an old saying but the truth of it is being proved almost daily by leading research physicians throughout the world. Some individuals are over-sensitive to certain foods and will have colds in their heads, "Snuffy" noses, pains in the stomach or abdomen when they eat those foods, while other people suffer no ill effects eating the same foods. "Food Allergy" booklet (No. 106) by Doctor Barton, tells how to discover the offending foods and what to do about them. You may obtain this booklet by sending Ten Cents to cover handling and service, to the Bell Library, 2247 West 43rd Street, New York, N. Y.
(Registered in accordance with the Copyright Act).

Reception to be Held at South Porcupine for Newly-Weds

Dr. Kochikian and Miss Irene Armstrong Married at Rochester, N.Y.

South Porcupine, July 27—(Special to The Advance)—Mrs. Charles D. Kochikian (Irene Armstrong) is expected by her parents, Mr. and Mrs. James E. Armstrong, to arrive in South Porcupine with her husband on Tuesday.

On Tuesday evening (July 30th) a reception is to be held at the Armstrong home, 55 Rae Ave., when Dr. Kochikian and his bride will receive the good wishes of friends of the family.

Their wedding took place on Saturday afternoon (July 27th), at 3:30 in the Colgate Divinity School Chapel at Rochester, New York.

The bride was Miss Beatrice Irene Armstrong, elder daughter of Mr. and Mrs. James E. Armstrong, of South Porcupine, and the bridegroom was Dr. Charles D. Kochikian, of Hooverhill, Mass.

The Rev. Conrad Mollhonas officiated.

The bride, who was given in marriage by her uncle, Mr. Luther Pedlar, looked lovely in a simple long gown of cream chiffon velvet; a fingertip veil

Notice to Mothers of Small Children at S. Porcupine

South Porcupine, July 27—(Special to The Advance)—Please note—mothers of small children—the advertisement printed elsewhere in this issue concerning admission of children to school in September. No children under five years will be admitted or whose fifth birthday occurred after May 31st, 1940. Birth certificate as proof may be asked for with new Kindergarten.

Carey Williams: The truthful man is the one who never sends a friend a card telling him how many blankets he is sleeping under.

was caught to the head with knots of seed pearls. She carried a white bible from which descended streamers of white velvet ribbon trimmed with gardenias.

Her only attendant was Miss Ouldge Tupper, who was gowned in pale pink net with lace insets, and who carried a shower bouquet of garden flowers.

Dr. E. D. Nassit officiated as best man.

Ushers were John Lambay and Robert Driver.

A reception was held later at the home of Dr. and Mrs. Nassit, Mrs. Luiner Pedlar, the bride's aunt, receiving in a gown of peach lace with a corsage of tallman roses.

Dr. and Mrs. Kochikian left later for honeymoon by motor to Canada.

Collision Between Car and Heavy Truck at South Porcupine

Other News of South Porcupine and the Dome.

South Porcupine, July 27—(Special to The Advance)—An accident between a heavily laden truck and a car on Rea Hill occurred on Thursday evening around 10 o'clock. A car driven by a Mr. Rathwell, leather traveller, from North Bay, was proceeding towards Timmins when it came violently in contact with the rear end of a heavy truck, carrying rock. The impact stove in the engine of the car and broke the windshield, the driver being cut about the head and face by flying glass, while being jammed behind the steering wheel. He was taken to Porcupine General Hospital where his injuries received attention, and was able to leave next morning.

Mr. and Mrs. Frank Welsh left by car this week for holiday in Timagami, Ottawa, and New York World's Fair.

Mrs. G. F. W. Anderson, of 33 Golden avenue, left on Saturday for a week's vacation at Barber's Bay.

Guests of Mrs. McAlpine, of Crawford St., are her mother Mrs. Frank Plato, and Mrs. Eric Gremlik, and daughter, Geraldine, Mrs. A. Hovney and Mrs. A. Beckie with children, all of Fort Erie.

Mr. and Mrs. Hodgins, of Cecil Ave., and family, left on Friday for holiday in Shawville and other points.

Mr. and Mrs. Ivan Horner left on Friday for holiday in the Ottawa Valley.

Mr. and Mrs. V. James spent last week-end in Arnfield, Quebec.

Born—To Mr. and Mrs. Lloyd King, of 173 Pine St., Timmins, a daughter, on Saturday, July 27th, in Porcupine General Hospital.

Mrs. R. Mitchell, with son, and Miss Dorothy Andrews, of Dome Ex., left on Saturday for holiday in Toronto and points east.

Mr. R. Connelly and family, of Dome Ex., are leaving on Sunday for holiday in Shawville.

Mrs. McIntosh and son, Homer, left this week for holiday on Lake Temiskaming. Betty McIntosh will spend a holiday at Camp Lorraine, and Miss Mary McIntosh is taking a summer course at the Toronto Conservatory of Music.

Mr. and Mrs. Jack Pether, of Moore St., are on holiday in Thornbury.

Mrs. Lorne Callahan and family of Golden Ave., left on Saturday for holiday in Chatsworth.

Mrs. H. Disher, who has been visiting for the past few weeks in Toronto, returned home this week.

Mr. and Mrs. Roderick and baby returned this week from holiday in Toronto.

Mr. and Mrs. E. Breakey are leaving on Monday to take up residence in Toronto. Mr. Breakey having enlisted for overseas service.

Mr. Louis Gentile, of Slotnick's staff, left on Friday for holiday in Sault Ste.

Miss Clemis Honoured at South Porcupine Event

South Porcupine, July 27—(Special to The Advance)—The home of Mrs. William Farren, of Connaught Hill, was the scene on Friday night of a surprise party and shower for Miss Beulah Clemis, who becomes the bride of Mr. Harry Hall on August 1st.

Joint hostess with Mrs. Farren was Mrs. J. Burns, and the gifts for the guest of honour were placed in a pink and white decorated basket for her acceptance.

She received many useful gifts for the kitchen of her future home.

The hostesses served a delicious lunch after the guests had enjoyed an evening of cards.

Will Knit for Red Cross During August at South Porcupine

Sewing to be Discontinued for the Month.

An announcement from A. G. Trueblood, secretary of the Eastern Porcupine Branch of the Canadian Red Cross South Porcupine, says:—

"A meeting was held at Mrs. R. E. Dye's home on Saturday afternoon, July 20th, to discuss the recommendation received from Red Cross Divisional Headquarters in Toronto that all ladies not working on knitted articles be given a brief vacation. The meeting was attended by ladies of the district who have been in charge of supervising Red Cross workrooms in the District and who have headed day and evening classes in these workrooms. It was their decision that all work with the exception of knitting be discontinued for the month of August. Knitted articles are urgently required, however, and it is hoped that this part of the work will continue to go forward. To this end the workrooms in South Porcupine will be open on Tuesdays and Thursdays of each week in August from 2:30 to 4:30 p.m., for giving out wool and receiving completed knitted articles. Sewing will be suspended for the month of August.

"The rooms will be reopened again for daily routine work in September and exact dates will be announced toward the end of August.

"The above notice is effective August 1st."

Notice to Parents

This is to notify parents that we shall not enroll in KINDERGARTEN in SEPT. 1940 any child who is not 5 years of age on or before May 31st, 1940.

Furthermore, if the teacher has any reasonable doubt of the age of such children we will require a birth certificate.

B. M. C. Shaw,
Principal S. S. I. Tisdale

Beauty and You

by PATRICIA LINDSAY



This beauty is using that new clear liquid which instantly removes mascara and brow pencil. Said to be perfectly safe to use on the lashes and brows.

New Make-Up Kit Offers Variety of Effects

In speaking of the latest cosmetic innovation I would like to call it the "fun make-up kit," for with its four shades of foundation cream two of

rouge, three of lipstick, four of eye-shadow and one of mascara, any girl can make herself look as she pleases—she may be the rose-bud type or a sultry South American!

With this palette of make-up colors comes an eye brow pencil, a brush with which to apply lipstick evenly, and one for mascara. Indeed one feels like an artist with the lovely array of make-up shades ready for the brushes to dip into. And the set is a big, big bargain, when you stop to count what you get for your money. You may change your type in a jiffy and that is always great fun!

Exquisite Summer Fragrance
To look as fresh as a new field of clover (and to smell as sweetly) is now quite possible if you will invest in that delightful sequence of bath luxuries whose fragrance is the very breath of summer meadows. There is a water softener, a body powder, an exquisite cologne which stays with you, and perfume for added fragrance when you want to radiate great charm! They are the perfect hot weather aids for youth or age, and their exquisite containers give you a pleasing sense of luxury when you look at them.

If you desire to go the whole hog, so to speak, you may have a complete line of make-up in the same tantalizing scent. And the compact which tops this moderately priced group of beauty aids, is of so luscious a pink with a wee touch of gold that it looks good enough to eat!

More Fun for the Beach
In an honest-to-goodness canteen, with a strap for your shoulder, comes the latest of sunburn preventatives—a Gardenia scented oil which promises you a gradual tanning until you reach a lighter golden bronze. An authentic replica of the marine signal code of flags decorates the gay canteen, and can bet your boots that every man on the beach will want to show off his marine knowledge by telling you what the flags mean! If you have gone in for a red, white and blue beach outfit this season, or all white, nothing could be smarter than swinging over your shoulder that this useful container! After you have bronzed sufficiently you may use the canteen for other purposes—which is always an incentive to buy!

(Released by The Bell Syndicate Inc.)

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Save work and fabrics with an automatic iron that never overheats.

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TOWNSHIP OF TISDALE

Proclamation

By Resolution of the Council
I hereby declare

Monday, August 5th

A CIVIC HOLIDAY

and I respectfully request all citizens to observe the same.

South Porcupine, July 25th, 1940.
Victor H. Evans, Reeve.

GOD SAVE THE KING