

Combination for Quick Meal to be Served in Less Than One Hour

Frozen Foods Help a Lot in Preparing a Quick Meal. Some of the Advantages of the Plans for Quick Meals—Recipes for Use at the Quick Meal.

The business woman housekeeper has been responsible for a lot of things. She has come in for both admiration and criticism. In any case she is, in my opinion, here to stay. Food manufacturers have recognized this by developing ready to use foods which need little preparation for the table.

She can drop into market on the way home from the office and make her selections for a meal which will be on

Make coffee (Released by The Bell Syndicate, Inc.)



That Body of Yours

By James W. Barton, M.D.

SEVERE TYPE OF GOITRE CURED BY X-RAY TREATMENT

I have spoken before of a physician friend with a goitre of the serious type. His pulse rate was 110, the eyes were beginning to bulge slightly, and he was extremely nervous and irritable. He had the goitre removed and remained in hospital over two weeks. Three weeks, to the day, after operation, he walked from his office—six blocks—to mine, sat down for a minute and then asked me to take his pulse. The pulse rate was just 72 to the minute; that is, it was down to normal.

It is because of brilliant results such as this that the family physician advises the removal of the thyroid by surgery. There is, of course, the operation and the anaesthetic to be considered, and despite the fact that the removal of the thyroid gland is now done in every hospital and considered as "safe" as other operations, there are other cases also where the physician believes that operation would be unwise, even dangerous.

Prolonged rest and the use of iodine (Lugol's solution) will help some cases but there are many severe cases where more than this treatment is absolutely necessary to save life. Thus the X-ray has been used for many years when surgery is inadvisable, or the patient unwilling to undergo operation.

Dr. P. Hess, in Strahlentherapie, Berlin, reports the results of X-ray treatment in 140 cases of the serious form of goitre. He shows that where good results were not obtained by X-ray treatment, there had not been enough of the treatment given, or the patient was not given proper encouragement.

Not only do on deaths occur from the X-ray treatment, but there are many severe cases that are unsuitable for surgical or medical treatment, that are completely cured by the X-ray method.

The thought then about the treatment in the severe type of goitre—rapid heart, trembling limbs, bulging eyes, nervousness, sleeplessness—is that where rest is too slow or not sufficient, and surgery inadvisable the X-ray offers a safe and efficient method of treatment.

Dr. Barton's latest booklet, "Scourge" with reliable information regarding the two most dreaded social diseases, gonorrhoea and syphilis, is now available. Know the facts, protect yourself, and save endless worry. Address your request to Dr. Barton, in care of this newspaper, 247 West 43rd Street, New York, N.Y., enclosing ten cents. Please request the booklet by name and be sure to give your own name and address in full.

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Winchester Press: Italy's entrance into the war is typical of the Italian style of knifing an opponent in the back when he isn't looking. Had France been free to throw her full weight against the Italian military machine, Italy would have remained in the side lines. But maybe that Italian boot that stretches out into the Mediterranean will need half-soling before the war is over—that is if there is enough of the boot left to repair.

Blueberry Pickers Gathering for Work in Matheson Area

Crop of Berries This Year Not as Good as Usual.

Reports from the Matheson area this week say that about the usual numbers of berry-pickers are gathering in the Matheson area for the blueberry season. One gentleman from Matheson told The Advance this week that blueberry picking for the immediate present is the chief industry around Matheson. Scores of berry pickers are busy on the sand plains near Matheson. Some of these pickers come from as far away as Timmins, while others are members of the large army in the North looking for employment. Matheson and other nearby communities are adding their quota of men, women and

children seeking to make an honest dollar or two picking berries. This year circumstances will make it more difficult than usual to secure any very noticeable profit from the berry patches. In the first place the blueberry crop this year is reliably reported as somewhat below the average yield. The late frosts and the heavy rains have had their part in holding back the blueberries this year will be less plentiful than in most recent years. At the same time, while there are, perhaps, fewer people attempting to make money from the picking than was the case last year, other conditions, including chances for a market for the berries in quantity, will offset the fact of the reduction in the number of berry-pickers.

Globe and Mail: The tallest man in the world is dead in Michigan as a result of a foot infection. In view of the fact that he wore No. 39 shoes, it probably spread like a prairie fire.

Information About the New Training Policy of Canada

Facts Embodied in Addresses in House of Commons.

There has been very great interest in the addresses by the War Service Ministers in the House of Commons at Ottawa this week. There are many of the details in regard to the new training policy that are of very special interest and memoranda on these have been prepared by the executive assistant to the Minister of National Defence. This memorandum is given here with the advantage of readers:—

Summary

The problem is the defence of Canada.

Present Army Establishment

1. The C.A.S.F. comprising at a total 133,572 men, from 19 to 45 years of age, who are serving at home and abroad. Pay—\$1.30 per day plus allowances.

2. The Veterans' Home Guard companies, comprising veterans of the Great War, 50 years and under, who are doing full-time service defending key points. There are authorized 22 companies of 250 men each. Pay is the same as C.A.S.F.

3. The Non-Permanent Active Militia (N.P.A.M.) comprising men, 18 to 45 years of age, who have volunteered for service in the militia and who do part time training. Pay \$1.20 per day without allowances. They are paid only for the time spent in training.

4. The Veterans' Home Guard Reserve, comprising war veterans, of 59 years of age and under, who are doing A.M.

The New Policy

Voluntary recruiting for the N.P.A.M. as distinct from the C.A.S.F., will be suspended on August 15 for the time being.

Provision will be made to bring into the Militia the men who are to be called for training, duty and service in Canada under the National Resources Mobilization Act. The men thus recruited will be brought directly into the militia regiments throughout the country.

These men will be called for 30 days' training, beginning, it is expected, about October 1, 1940, in groups of approximately 30,000 men per month. Single men in the lower age categories will be called first. It is unlikely that married men will be called during the first year.

In one year, therefore, approximately 300,000 men will have received initial training. These 300,000 men are to be regarded as the vanguard of a mighty Canadian Army which will be available to defend this country.

There are difficulties in withdrawing so many men from the normal life of the community even for the comparatively short period of training but difficulties cannot be allowed to obscure the goal to be reached. This is the beginning, not the end, of a policy. The plan has been worked out so that it

can be speeded-up or slowed down as events require.

There are difficulties, also, in building quarters and manufacturing the equipment for this citizen army. Every effort is being made to guard against failure on either count.

One of the difficulties of the scheme is the shortage of competent instructors to train these men. Several thousand instructors will be needed. The problem has been foreseen and some schools have already been established. The instructors are being drawn from N.P.A.M. units and ex-service men.

This policy has been evolved to cause the minimum dislocation to industry. The rule will be that there can be no exemptions. Any postponements must be so arranged that everyone within the groups called who is physically fit must undergo training within a year. Physical fitness is defined as everyone classified by military medical standards as being C1 or better.

No distinction of any kind will be made between the new recruits, thus drafted, and the rest of the militia—except that the men called under this plan will not be available for duty outside of Canada unless they volunteer for such service. It is important that from the outset these men be regarded as members of the Canadian army. As recruits they will pass directly into the militia regiments. Automatically they will become members of the Canadian militia in their own right. They will share its traditions and be the custodians of its honor.

Thirty Days' Training

It may be thought that 30 days is too brief a period in which to train men. It is a brief period. But the weight of opinion is that we must lay as broad and as deep a foundation as possible for the Canadian army. To withdraw 300,000 men from their work for more than 30 days over a year might jeopardize production of essential war commodities. It is necessary to give the largest number of men elementary military training in the shortest possible time.

No Discrimination

It is imperative that no distinction be drawn between the men called for training and the other men in the Canadian militia. They are to be welcomed into the Canadian army and they have every right to feel that their country honors them for the service for which their training will help to fit them.

Many who are called for training

will have already offered themselves for active service in one or other of the special services—air force, tanks, etc. They are now awaiting this opportunity. If they are not absorbed before their class is called they will train the same as everyone else.

No Specialization

The plan may not seem to be sufficiently comprehensive because it will give to the men who are called only the basic infantry training—physical training, squad drill, small arms, gas and anti-tank training—and discipline. The grim lesson of the war to date is that specialized services—tanks, artillery, armoured cars, machine guns, etc.—are all-important. But it should be remembered that initial military training is common to all arms; specialization comes later on. It has been thought best to give this initial training to all men called. After they have absorbed something of the spirit of the army, they will have instinctive preferences with respect to the branch in which they desire to serve.

There is an obvious advantage in allowing individualism full play. These men will return each year for further training and specialization will follow naturally. Besides in each case of necessity these men can be instantly called for duty and as a result of their training, knowledge of military matters and discipline will without confusion readily fall into the ranks of their own regiment. Should a local emergency arise such as sabotage or civil disturbance they can immediately be called for duty. Should Canada require them for the defence of its territory they will be placed on service.

There is no intention of treating these men as so many human units to be put through a stamping machine and turned out as military robots. Every opportunity will be taken to cultivate our Canadian endowment of initiative resourcefulness and self-reliance.

Listowel Banner: Enjoy the holiday season, but always remember that it is better to be safe than sorry. Swimming long distances without training may end in tragedy. Diving in water without first knowing its depth is courting death. Undue and prolonged exposure to the sun may lead to painful burns. Drinking water from unknown streams, no matter how sparkling in inviting, may bring illness and possible death. Burning up the highway in a speedy car is neither healthful nor safe.



(by EDITH M. BARBER)

the table in less than an hour. To make even the selection easier, combinations are suggested to her. For instance, she will often find specials on combinations of the quick frozen foods such as mackerel, green beans, and raspberries, or instead she may select a chopped steak, spinach, and blueberries. If she would like to serve an oyster cocktail as an introduction to a meal, she may choose oysters, chopped steak, cauliflower, and strawberries which will take only a short time to prepare.

Some of the advantages of these combinations are that she knows beforehand how much her food budget will get from her purchase. The quick frozen foods may all be cooked without previous thawing if you like. Fruits which are to be served raw should, of course, be allowed to thaw.

Broiled Mackerel

Remove quick-frozen mackerel from package. Arrange on greased broiler rack. Brush with salad oil which has been seasoned with paprika. Broil three inches from heat until light brown. Turn, brush with salad oil until fish is golden brown. Serve on hot platter, garnished with lemon sections.

Chopped Beef Cutlets

1 tablespoon chopped onion
1 tablespoon butter
1 pound quick-frozen chopped steak, thawed.
½ teaspoon salt, dash of pepper
½ cup fine fresh bread crumbs
1 egg slightly beaten
¼ cup milk

Saute onion in butter; add to chopped steak. Add salt, pepper, crumbs, egg and milk, and mix well. Shape into six cutlets. Broil in hot skillet ten minutes, turning carefully to brown both sides. Serve at once on cutlet-shaped pieces of toast, if desired. Garnish with parsley. Serves six.

Quick Meal

Broiled Mackerel
Creamed potatoes

Buttered string beans

Cole slaw
Sponge cake with raspberries
Coffee
Method of Preparation
Light broiler
Prepare beans and cook
Make cole slaw
Cook mackerel
Dice cold boiled potatoes and cream
Sweeten raspberries
Cut sponge cake

Beauty and You

by PATRICIA LINDSAY

These Exercises Will Straighten and Beautify Knees



If your knees are not as straight as they should be the chances are that you have been encouraging ugly leg and knee shape through postural faults. (Remember all my lectures about improving your posture!) For instance, when you stand with your feet apart and your weight resting on the inside of the foot you are flirting with knock-knees! The muscles of the calf will gradually lose all of its muscular development and will make the knee appear knobby and turned in.

To correct knock-knee position you must put your weight on the outer border of each foot and make the toes grip the floor. Gradually bring the feet close together (keeping above position) and you will notice how the legs show intention of straightening.

Don't Toe-In

A leading beauty salon is paying particular attention to knees this season. They have a shadograph which reveals poor knee and leg formation. One common fault, they say, is that of toeing-in—the beginning of bowed-legs! If you toe in when you walk, the muscles of your body must maintain a balance. They therefore pull your legs outward—or bow them. You must train your feet to remain in normal position—parallel, neither pointing outward or inward.

Standing on one foot, more than on the other, is another thing we should not do. One can actually make hips crooked by standing on the same foot again and again. Check yourself and see if you do this. If you do, stand on your neglected foot most of the time for one week—then resolve to stand firmly on both feet all of the time, with your weight evenly distributed. If you don't, you will find one shoulder drooping toward a crooked hip, and that doesn't make for a very alluring figure!

New Knee Exercise Leaflet Available

Because I have not enough space here to direct you further in knee beautification, I have prepared a leaflet giving four excellent knee exercises which are practised daily in the classes of the salon to which I referred above. A request addressed to me care of this paper for "Corrective Leg and Knee Exercises" and a stamped (3-cent), self-addressed envelope will bring this leaflet to you.

Mothers, whose children show signs of knock-knee or bow legs should most certainly send for these exercises. They should then devote time to teaching their offspring the exercises and impressing upon them that persistent exercising will make them better looking. (Released by The Bell Syndicate, Inc.)

Play fashions for summer make knee and leg beauty imperative. Here RITA HAYWORTH models a yellow play outfit. Both shorts and skirt are knee revealing.

Ontario Women's Institutes Making Jam for Soldiers

Seven Tons of Strawberry Jam for Men in Hospitals.

Information from the Ottawa Department of Agriculture is to the effect that the Ontario Women's Institute is making up tons of strawberry jam for wounded soldiers. It will be shipped to Britain for Canadian boys in hospital—Red Cross supplies can—60 tons objective for season—currants and raspberries next.

Wounded Canadian soldiers in British hospitals this winter are going to send up fervent prayers of thanks to 2000 members of the Ontario Women's Institutes who have already made almost seven tons of strawberry jam for their hospital breakfasts. Before the snow flies it is confidently expected that the 30,000 cans supplied by the Red Cross to the W.I. will be filled with currant, raspberry, plum, peach and grape jam to the imposing total of sixty tons.

British children who have been evacuated from the larger cities and towns to the country will also get a share of this Canadian jam, states Miss Mary Clarke, Supt. of Women's Institutes, Ont. Dept. of Agriculture, who is supervising this important war-time activity originated by the Norfolk County Institutes and enthusiastically backed by the Hon. P. M. Dewar, Ont. Minister of Agriculture.

Reports from 65 W.I. branches show 13,584 pounds of strawberry jam have been made to date and final reports will total over seven tons. Canning has been done in the fruit districts, in homes, church kitchens, community kitchens and in canning factories. The fruit and sugar have all been donated to or purchased by the Women's Institutes.

Jam is being made by the W.I. in the following Southern Ont. counties: Essex, Kent, Lambton, Elgin, Middlesex, Norfolk, Oxford, Hadliland, Brant, Welland, Lincoln, Wentworth, Halton, Peel, South York, Durham, Hastings and Prince Edward.

Currants and raspberries are next on the list, and donations will be gladly received from fruit growers and others. Just get in touch with your nearest Women's Institute Branch if you want to provide some good Ontario jam for the boys who have fought for you. It is just another way, and a very good way, of showing your appreciation. The Women's Institutes will do the work.

Norfolk County W.I. has been outstanding in this work to date, Port Dover putting up 325 cans and Simcoe 326. Jordan has prepared 152 cans. Waterloo 306 and Stoney Creek 106 cans of four pounds each.

TO-DAY'S FASHIONS



Reefer of Checked Woolen

Pick your coat in the late summer with an eye to early autumn. Choose a model that is colourful and casual but one that is of a different genre from the usual summer coat. It should be light-weight, yet warm enough for the first chill days of autumn.

A good choice would be this new version of the reefer of brown and white checked woolen with brown velvet piping on the collar, cuffs and pockets, which are detachable.

You too can SERVE—by SAVING!

BUY WAR SAVINGS CERTIFICATES

DOMINION OF CANADA WAR SAVINGS STAMPS

War Savings Stamps are issued and guaranteed by The Dominion of Canada. Sixteen of them will be redeemed for one \$5.00 War Savings Certificate.

As a contribution to Canada's War Effort and to popularize the new War Savings Stamps, the TIMMINS DAIRY makes it easy for every householder to obtain stamps. Remember your Timmins Dairy Man carries a supply; so help Canada Win the War by taking your change out in War Savings Stamps.

Timmins Dairy
Corner Birch St. & Kirby Ave. Phone 935
Milk — Cream — Ice Cream — Buttermilk
Owned & Operated by Canadians

KEEP COOL THE "SALADA" WAY

Infuse 6 heaping teaspoons of Salada Black Tea in a pint of fresh, boiling water. After 6 minutes strain liquid into 2-quart container; while hot, add 1 to 1½ cups of sugar and juice of 2 lemons, strained; stir until sugar is dissolved; fill container with cold water. Do not allow tea to cool before adding cold water or liquid will become cloudy. Serve with chilled ice. The above makes 7 tall glasses.

"SALADA" ICED TEA

ELECTRICITY is your cheapest servant

... it can cool you, cook for you, give you hot water or ice cubes, do your ironing, brown your toast, make your coffee!

Don't deny yourself the many advantages of electricity — the cheapest of all servants. Make your summer more enjoyable with electric refrigeration, electric cooking, electric fans, an electric water heater and the many small appliances that help to lighten household tasks. This week we are featuring modern electric irons, electric toasters and electric coffee makers. You can buy all three for a small down payment.

Canada Northern Power Corporation Limited
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Northern Quebec Power Co., Limited

The toast pops up when it's done—always the way you want it.
With a Silex Coffee Maker you can enjoy delicious coffee daily.
Save work and fabric with an automatic iron that never overheats.