

Full Directions for the Making of Delicacies Known as Quick Pastries

Use Cracker Crumbs, Vanilla Wafers, Ginger Crackers or Any Kind of Crisp, Ready-to-Eat Cereal. Also Form for a Quick Meal. And a Couple of "Quick" Recipes.

Last week I put on a pastry performance by request. Time, or perhaps I should say space, forced me to ring down the curtain before I reached the finale. No word did I say about the quick pastries which have been developed comparatively recently. For these Graham cracker crumbs or corn flakes are generally used. Vanilla wafers, ginger cookies, and other crisp, ready-to-eat cereals may replace the other materials if you wish.

To make pastry of this type, the crumbs should be rolled and if they are not very fine, they should be sifted. The easiest way to roll crumbs is to



(By EDITH M. BARBER)

put them in a salt or sugar bag. You may then dispense with sweeping the kitchen. The butter may be melted in a pie pan. The crumbs and sugar, if used, may be mixed with it and then the shell may be formed by pressing it against the bottom and sides of the pan. And there's your pastry shell ready to be filled with whipped cream combined with crushed peaches or any crushed canned fruit or preserves, or sliced bananas, or fresh berries.

A filling of this sort allows you to make a pie for the quick meal. Almost as quick to prepare is the lemon filling made with a base of condensed milk. This needs, however, some time to chill and set in the refrigerator. If dinner is not to be served early, you may easily have this pie as a dessert for the quick meal.

Quick Meal

- Tomato juice cocktail
- Carrot fingers
- Celery
- Broiled ham
- Baked sweet potatoes
- Buttered patty pan squash
- Quick peach pie
- Coffee

Method of Preparation

Prepare carrot fingers and celery. Make quick pastry shell. Slice peaches, arrange in pastry shell and cover with whipped cream. Scrub potatoes and bake. Prepare squash and cook. Broil ham. Dress squash. Open can of chilled tomato juice, season and pour in glasses. Make coffee.

Quick Crumb Pie Shell

1/4 cup butter, 1 cup fine corn flakes or graham cracker crumbs, 1/4 cup sugar. Melt butter in pie pan. Add sugar and crumbs; mix thoroughly. Press mixture evenly and firmly around sides and bottom of pan. Chill before adding filling. Yield: one eight, nine or ten-inch shell.

Quick Lemon Filling

3 egg yolks, 1 1/2 cups sweetened condensed milk, Juice of 3 lemons, Grated rind of 1 1/2 lemons, 3 egg whites, 6 tablespoons sugar. Beat egg yolks, add milk, lemon juice and rind and mix well. Pour filling in pie plate lined with crumb pie crust. Cover with a meringue made by beating the egg whites and adding the sugar. Bake in a slow oven, 325 degrees F., just until the meringue is delicately brown. Chill in the refrigerator. (Released by The Bell Syndicate, Inc.)

Red Cross Acknowledges More Contributions Here

Mr. Austin Neame, president of the Timmins Branch of the Red Cross asks The Advance this week to acknowledge the following recent appreciated donations:— Croatian Fraternal Union, Lodge 895, \$5.00. Donald L. Fowler, 85 cents collected for the Society. National Slovak Society No. 758, \$25.00.

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Funeral at Eganville of Late Patrick McCormac

In its last week's issue The Eganville Leader makes the following reference to the death and funeral of the late Patrick McCormac: "Mr. Patrick McCormac, whose tragic death in a car accident at Mattawa, was reported last week, was a native of Grattan—a son of the late John McCormac and his wife, Margaret Collins. As a young man he left home to work in a lumber camp. Later he resided with his sister, Mrs. Murtagh, of Bryson, and while there was a mail carrier and assisted in hotel management.

"In 1910 Northern Ontario attracted him and he went to the Porcupine district. He was one of the first to buy building lots at the townsite of Timmins. Some years ago he erected a business block there. This was destroyed by fire in 1918 but he rebuilt the following year. The late Mr. McCormac had a very narrow escape in the great Porcupine fire of 1911.

"In 1917 he married Laura Sullivan, of Almonte. Her death within a year brought sadness to the bereaved husband. He engaged in the hotel business at Timmins for a number of years, and for the past six years operated a club or amusement parlors. The deceased had decided to wind up all business at Timmins and then take up residence at Eganville. It was while motoring from here to the north that death overtook him. The car in which he was riding crashed through the railing of a bridge near Mattawa and plunged twenty-four feet down. Injuries to Mr. McCormac's head resulted in death in a short time. Rev. Father Tait of Mattawa, administered the last rites of religion.

"The body was conveyed to Eganville and to the home of deceased's brother, Mr. James McCormac, of Grattan. From thence the funeral was held on Saturday morning to St. James' church and cemetery, Eganville. The requiem Mass was celebrated by Rev. T. G. May and the sermon delivered by Rev. A. Flynn.

"The pall-bearers were J. J. Gallagher, M. J. McGrath, Leonard Power, T. P. Power, Frank Quade and Patrick St. Louis.

"Mr. McCormac, who was a gentleman of many fine qualities, was esteemed by all who knew him. He is survived by two brothers, Daniel of Arnprior and James of Grattan. A brother, a sister and a niece were called away by death within recent weeks."

TO-DAY'S FASHIONS



By VERA WINSTON

No matter how well stocked a wardrobe may be only a few frocks answer the problem of what to wear on any occasion. Such a dress is this simple black satin which can show up for luncheon or dinner with equal assurance of success. Jewelled studs decorate the bodice. The gored skirt has a zipper at the centre back to ensure snug fit through the midsection.

Progress

Rastus—"Ah's sure advanced in de pas' couple ob years." Most—"How's dat?" Rastus—"Well, two years ago Ah was called a lazy loafer, and now Ah's called an unfortunate victim ob de unemployment sitcheyashun."—St. Mary's Journal-Argus.

Knee Injury is Received by Town Employee Friday

A town employee, G. H. Byram, 42, received slight knee injuries on Friday last at 1.08 p.m. when struck by an automobile. Driver of the car was John Durica, 174 Elm Street North.

Mr. Durica was driving east on Howard street. He turned north on to Burke street and his auto got stuck in soft sand. He accelerated to get out of the sand when the wheels suddenly got traction on firm ground and the car jolted ahead.

Before the driver was able to stop it, it struck Mr. Byram, who was standing by a tool box at the side of the road, on the knee. The injured man was taken to the hospital but when his injury was discovered to be minor he was discharged and sent home.



That Body of Yours

By James W. Barton, M.D.

Pain in the Stomach

When pain occurs in the stomach—stomach-ache—it is only natural to think that there is something wrong with the stomach itself—inflammation of the lining of the stomach, ulcer of the stomach, and cancer of the stomach. All three do cause pain in the stomach and this should never be forgotten, but the liver and gall bladder are more often to blame.

However there are a number of causes for pain in the stomach, and the time the pain occurs after eating often tells just what is likely to be the cause of the trouble.

Dr. F. W. Sherman, Owensboro, in the Kentucky Medical Journal, says, "The painful diseases in the upper part of the abdomen, the region of the stomach—belong to three main groups—inflammations, ulcers, and cancer. Stomach pain is nearly always in the pit of the stomach, but occasionally it may be to the left or right."

"In inflamed conditions of the stomach the pain is likely to appear soon after eating."

"Ulcer of the stomach gives pain within one or two hours after eating, while duodenal ulcer (ulcer of the duodenum or first part of the small intestine) is somewhat later (three or four hours)."

"One of the commonest causes of pain in the stomach is gall bladder disease. It is responsible for more stomach disturbance, so-called indigestion and flatulence (gas) than anything else."

"Disease of the pancreas may resemble gall bladder disease in its persistence but the pain is more often at the back than at the front."

"Disease of the spleen may cause pain in the stomach region but the pain is usually to the left side and lower down."

Thus there are many disorders causing pain in the stomach, besides those above mentioned, that are not due to stomach disease.

"Disease of the oesophagus (tube carrying food from the throat to the stomach) is noticed when food is swallowed, whereas stomach disease—ulcer—is about two hours after eating, ulcer of duodenum three or four hours after eating, and gall bladder, liver and pancreas disease, from four to five hours after eating."

Cancer of the stomach usually causes a constant pain or uneasiness and is often thought to be just chronic 'indigestion'.

These points about pain in the stomach and when they occur should bring relief to many who have pains in the stomach, and should cause careful thought in others.

Health Booklets Available

Seven helpful booklets by Dr. Barton are now available for readers of The Porcupine Advance. They are: Eating Your Way to Health; Neurosis; Why Worry About Your Heart; The Common Cold; Overweight and Underweight; Allergy or Being Sensitive to Various Foods and Other Substances; and Scourge (gonorrhoea and syphilis). These booklets may be obtained by sending Ten Cents for EACH booklet desired, to cover cost of handling and service, to the Bell Library, 247 West 43rd St., New York City. (Registered in accordance with the Copyright Act.)

Funeral Last Week of Pierre Demers at Verner

Verner, Sept. 4—Largely attended by relatives and friends, the funeral of Pierre Demers took place from St. John the Baptist Church, Verner, on Wednesday morning of last week.

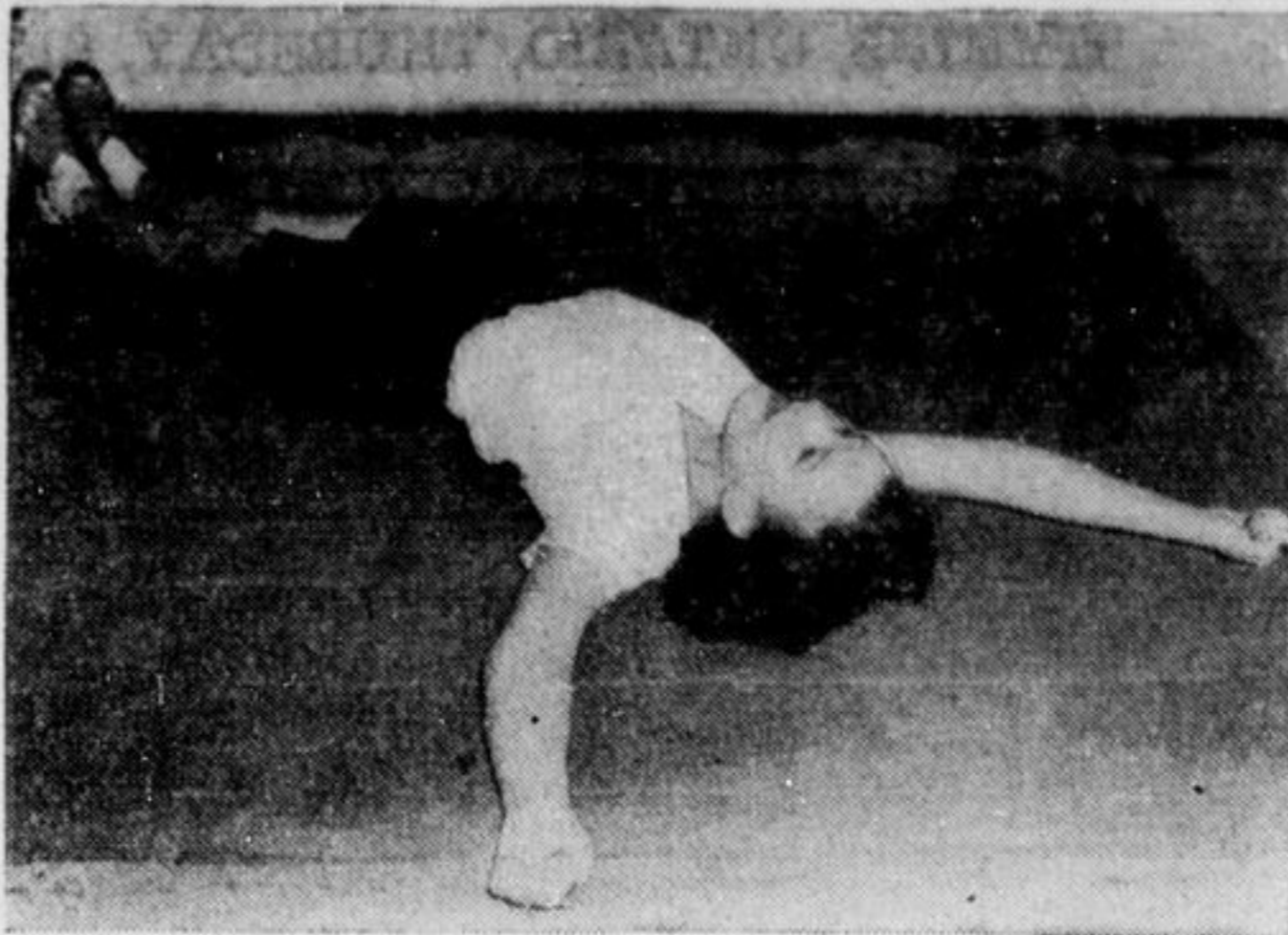
The service was conducted by the Rev. O. Racette and interment was made in the Verner cemetery. The pallbearers were A. Lapierre, J. Gelima, E. Louiseize, W. Pellerin, A. Cossabon and I. Laurin.

Mr. Demers died on Monday following a heart illness of six weeks' duration. He was in his 71st year and was born in St. Sauveur des Monts, Quebec, the son of the late Mr. and Mrs. Pierre Demers. He was a member of the League of the Sacred Heart, which also attended the funeral in a body.

He is survived by his wife, three sons, Edward of Kirkland Lake, Albert and Ernest of Verner, ten daughters, Mrs. A. Pellerin, Mrs. Philip Beauparlant, and Mrs. Walter Gellinas, of Verner; Mrs. U. Langlois, Mrs. X. Trotter, Mrs. A. Vilette and Mrs. A. Robishaud, of

Beauty and You

by PATRICIA LINDSAY



Lying flat on floor, arms outstretched limply is the first step to relieving body tension. GALE STORM of RKO demonstrates relaxing exercise.

Voice Expert Tells How to Relieve Body Tension

Tension is ruinous to beauty. We lack grace of movement if we are tense, we do not walk or dance well; we look strained, and our speech lacks charm. And according to Gertrude Walsh, who has written a successful book on speech improvement, most of us don't know how to relax!

"We don't know how to open our bodies; how to loosen tension," she warns, "and the result is that we have cramped personalities." I shall quote her instructions on how to correct this fault:

Learn to Breathe Easily

"Lie on the floor, close your eyes, unlock legs, move knees apart, stretch arms out behind your head. By stretching, feel how long you are. Your tummy has disappeared—it too has relaxed!"

"Your stomach is important. The abdominal region is the seat of your nervous system. To lie flat on a hard surface is the only way to relax. While stretched out on the floor, become aware of the 26 separate "buttons" on your backbone. Now imagine you are breathing in fresh air through each of these "buttons"—your diaphragm muscles should be pushed down in front up in back.

"Now continue to think about your body. Think that your shoulders are free and loosened of tension. Think that the back of your neck is free of tension. Now think that all tenor has gone from your body—out of your legs, your arms, your eyes, etc."

"Then raise your arms toward the ceiling, not rigidly but relaxed; now

drop them back to the floor. "Control your breathing through abdominal muscles. Breathe carefully, softly, gently. To breathe intensely is one of the most dangerous things. The throat muscles are some of the most delicate in the body.

Cover Up Eyes

"While you relax, cover up your eyes with your hands. Does the body feel any different when you 'black out' the light? Isn't it more restful?"

"Let your lower jaw hang. Ask yourself how long is the lower jaw from ear to ear? Let your tongue hang—how wide a space is there between your tongue and the roof of your mouth?"

"You get a very relaxed sensation, don't you? Continue to relax your jaw and then your throat. There should be no tightening of the throat or jaw, otherwise your speech will be utterly lifeless.

"After lying in complete relaxation, breathing gently, get up early—when you have the desire to get up."

Your Lesson

"Now you have learned that you can take the tension out of your body by putting your mind in every muscle. You are a coordinated being—mind, muscle, voice, speech. There is a reason for every action of every muscle. When a muscle is READY to act, there you are ready to perform in good form. It's as much mental as physical.

"After thus relaxing, when you get up slap your body all over briskly. You will be surprised at the new grace of movement and soft clarity of speech!" (Released by Bell Syndicate, Inc.)

Young Woman With Lost Memory Now Back Home

After all the interest in the case of the young lady at Cochrane who was being observed in the hospital there as an "amnesia" case, and who escaped from the hospital to be found later in a railway car, thus giving rise to all sorts of romantic stories as to the possibility of the young lady being used for enemy purposes, has after all to be proven as an apparent genuine case of lost memory. In any event she has been returned to her home in New York City. The following is the way The Northern Tribune, of Kapuskasing, tells the final chapter in the story:—

The young woman who on August 11th was picked up delicious near Opatatika by police after wandering in the bush, and who for over two weeks baffled all efforts to establish her identity, has now been restored to her mother in New York City through the missing persons bureau. She is found to be Frances Angabright, who left her home last month to visit an aunt in Halifax. Her memory failed her when she was given police protection, and she could not account for her whereabouts or her plight.

"First she was brought to Sensenbrenner hospital, then committed by Magistrate Tucker to observation at the Cochrane Hospital. When all efforts to identify her there failed, she was transferred to a Toronto psychiatric hospital. The girl was carrying her photograph and a telegram from Syracuse when she came out of the bush in a dazed and exhausted condition, and through these means, after extensive police work, she was finally traced back to her relatives.

Receives Service Medal After Twenty-five Years

The Halleyburian last week says:—Peculiar things happen in war-time and one of the most peculiar came to our notice the other day. A local man who fought in the last great war has again joined the forces and is now preparing to again serve his country. He was among the comparative few who did not receive their medals following the last war, and thinking there might be a chance to locate them somewhere in the department at Ottawa he wrote and explained his position. He hadn't any great hope of success and was considerably surprised when in a few days he received medals and ribbons, duly inscribed with his name, rank and regimental number just as he was registered some 25 years ago. Where they had been in the meantime, he has no means of knowing.

Warren; Mrs. A. Ladoucier, of Chap-eau, Quebec, and Misses Emelia and Delima Demers; two sisters, Mrs. Henry Poisson, of Timmins, and Miss Stephanie Demers, of Verner; one brother, Pacific Demers, of Iron Mountain, Michigan, and 31 grandchildren also survive.

When the Printer Takes Unto Himself a Bride

(Brampton Conservator)
In case you're looking for a "different" way in which to write up a wedding, you might take a tip from the following which appeared in a recent issue of Red Van Every's "Around the Town" column in the Tomahawk (Wis.) Leader:

Ed. Note: Editors have long felt that the groom in a wedding report is sort of "left out" of his own marriage so far as the newspaper story is concerned. Revolt against the practice of "playing up" the bride is noted in the following story from The Augusta Union. The story is headed YE IRLINTER TAKES HIMSELF A WIFE. It reads:

Clarence ("Teddy") Rogers, son of Mr. and Mrs. George Rogers, of Osseo, became the husband of Miss Margaret Gilbertson, daughter of Mr. and Mrs. Martin Gilbertson, of Augusta, in a beautiful ring ceremony Saturday noon, June 22, before a justice of peace at Waukon, Iowa.

Blushing prettily, he replied to the questions of the justice in low but firm tones, never indicating that he noted the omission of the "obey" questions in the bride's answers.

He was attractively attired in a three-piece suit of black pin stripe woolen material, consisting of coat, vest and pants. The coat was charmingly festooned with a white flower in the left buttonhole. The vest was sleeveless, closed in the front and gracefully fashioned with pockets. It was held together at the back with a strap and buckle.

His pants were neatly pressed for the occasion and he wore them with an air as if he little suspected it would be the last time he "wore the pants" in that family as the familiar expression goes.

Hose and necktie added just the right dash of color to complement the effect. Shoes were of genuine leather, laced with strings of the same colour, giving a chic effect.

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