

# Not Necessary to Have Grapefruit Sweetened

### Delicate Natural Flavour Better for Less Preparation, Says Expert in Domestic Service. Recipe Given for Citrous Marmalade and Also for Broiled Grapefruit.

(By Edith M. Barbara)

It is a paradox that quality of food products often improves as price goes down. Good quality brings greater demand and therefore cultivation of larger crops for market. Grapefruit



is an outstanding example of this fact.

It was once considered an affliction to pretend to like the sour, bitter fruit of course texture which was accused by its enemies of tasting like quinine. To make it palatable, it was necessary to prepare it and sweeten it and let it stand several hours before serving it.

You may choose Florida fruit with its white meat or the white or pink-meat fruit from Texas. The latter is in market earlier than usual. The prospects for a large crop and a low price are as good as they were last year, when we enjoyed the same condition. Each year we find more varieties free from seeds as methods of cultivation improve.

When preparing the fruit to be eaten in the shell, care should be taken to loosen the pulp by cutting with a sharp knife just inside the rind. The sections should also be separated from the membranes which divide them. You may remove the core if you like, but this is not necessary when fruit is prepared according to the above directions.

Grapefruit should, of course, be served well chilled, unless it is to be served very hot as in the case of the broiled fruit which may be used to begin or end the meal.

**Citrous Marmalade**  
1 large grapefruit  
1 large orange  
1 large lemon  
Water  
Sugar  
1/4 teaspoon salt  
Wash and peel fruit and cut rind in thin strips with scissors. Cover rind with 1 quart water and boil five minutes. Repeat this process three times and drain rind. Cut fruit in thin slices, removing seeds and grapefruit core. Add pulp to drained peel, and measure. Add twice the quantity of water and boil rapidly 40 minutes. Measure this mixture and add an equal amount of sugar and the salt. Stir over high heat until sugar is dissolved and cook about 25 minutes, until mixture is thick and clear stirring frequently to prevent burning. Allow mixture to cool slightly, stir and pour

in hot sterilized jars. Seal immediately. Yield: three pints.

**Broiled Grapefruit**  
Wash and dry grapefruit and cut in halves crosswise. Remove seeds, loosen pulp in sections and remove centre cores. Place fruit in baking pans, sprinkle each half with two tablespoons brown sugar and dot with 1/2 tablespoon butter. Broil six inches from low broiler heat about fifteen minutes.  
(Released by The Bell Syndicate, Inc.)

## Second Timmins Pack of Brownies Holds Meeting

The Brownies of the Second Timmins Pack held their regular meeting on Thursday, December 5, in the Hollinger Hall. The Fairy Circle was formed and Margaret Craig, one of the Brownies, asked Peggy Webster to join the Fairy Circle. Miss Webster is going to be the Towny Owl for the Second Timmins pack. Carline Burt took up the Fairy Bowl and Avis Adamson chose finger-nails for inspection. The Brownie Owl led in a game called Pirate after which the Brown Owl took the four teens and attached them with the tenderfoot, while the Tawny Owl taught the Brownies on health for the second class which will soon be finished. After this the Brownies swore in their new Tawny Owl. Some arrangement for the Christmas party were discussed and it was suggested that each Brownie bring 10c for the presents which the Brown Owl and Tawny Owl will buy. The Brownies then sang a few rollicking songs, one of which they sang with all their might, "I Am a Canadian". Peggy Starling was asked to keep a scrap book of all the Brownie news in local papers. The meeting closed with the Brownies squeeze and "God Save the King". The Brownie text for this week was "Give in to older folks".

## TO-DAY'S FASHIONS



A chic Persian jacket with matching hat and bag  
By VERA WINSTON

THE FLITTED fur jacket is very much in the winter fashion scene this year. It offers a "different" silhouette, as can be noted from the model sketched for this page. This Persian lamb jacket is collarless with a high round neckline into which is tucked the suede coil of the matching pill-box. The yoke is placed high to create a definitely square shoulder effect. Nice worn with a pleated skirt.

## 900 Students Skin Tested and 110 X-Rayed in Month

Lions Hear Report, Christmas Seal Work for T.B. Prevention.  
Nine hundred primary school children were skin-tested and 110 given x-ray examinations in connection with the tuberculosis prevention work of the Lions Club, the Health and Welfare Committee reported at the regular Thursday meeting of the service club, held in the Empire Hotel.

During the next three months further testing and x-raying will be done. Making a report on the work of the Christmas Seal Committee, Dr. Graham Lane said that quarters had been obtained for the women's committee assisting with the campaign for funds to prevent tuberculosis. The mines of the Porcupine had guaranteed their cooperation by making use of Christmas seals on their mail.

Mr. Gil Chenier, third vice-president, was in the chair at the Thursday night meeting. Guests were Jack Fisher, of Schumacher and Harold Collins, of Timmins.

Reporting on the work being done to organize a Lions Club Boy Scout Troop, William King said that the troop started a month ago with four boys and now had a membership of 14.

Do Your Christmas Shopping Early!

## North Bay Couple Observes Golden Wedding Event

### Mr. and Mrs. R. E. Dye, of the Dome, Among the Guests.

North Bay, Dec. 11—Residents of North Bay since July, 1903, Mr. and Mrs. James Abbott celebrated their golden wedding anniversary Saturday evening. The couple were married in Dundee, Scotland, December 5, 50 years ago.

Guests at the anniversary event included two who had been present at the Abbotts' wedding in Scotland George Webster, who was the best man of 50 years ago, and Mrs. Peter Leslie, who was a baby at the ceremony.

**Former Boiler-maker**  
The couple have lived in North Bay ever since coming to Canada. Mr. Abbott was employed by the C.P.R. and T. & N. O. as a boiler-maker. He was then caretaker at Worthington and McIntyre street schools until his retirement 12 years ago.

Mrs. Abbott was the former Ann Webster. They have one son, James Robert Abbott, Detroit, who with his wife and two daughters, Roberta and Adele, were in North Bay for the anniversary occasion. Others present from out of the city were Mr. and Mrs. Robert Dye, of the Dome mine. About 35 guests were present, to extend felicitations to the couple, at their home, 170 Third avenue west.

J. Yorkston read an address to Mr. and Mrs. Abbott and made the presentation of a purse from the gathering. Mrs. J. Pirie presented Mrs. Abbott with a basket of bronze and yellow mums. A humorous mock wedding featured the evening. Mrs. Abbott received her guests in a black broad-crepe gown.

(Mrs. Robt. E. Dye, of the Dome, who was one of the guests at the golden wedding event, is a niece of Mr. and Mrs. Abbott.)

### That Body of Hours

By James W. Barton, M.D.

Notwithstanding that heart disease stands at the top of the list as a cause of death, there are thousands of men and women with heart disease who will live as long or nearly as long as they would if they had a normal heart. Just as it has been found that patients with diabetes can be kept alive by insulin, and pernicious anaemia patients by the use of liver and liver extract, so can patients with heart disease—failing hearts—be kept alive by following the direction of a heart specialist or their own physicians in regard to their health habits—food, rest, exercise—and in some cases the use of a heart stimulant or regulator such as digitalis.

In the treatment of these cases of failing heart, physicians simply call to their aid the help provided by Nature. We all know how generous is the friendly force behind mankind. We have two eyes, ears, kidneys, lungs, a stomach that will hold many times what we can eat; a small intestine that has a surface of 20 feet long to enable us to absorb the nourishment from the food eaten. It is this overflowing generosity of Nature that enables the heart patient to continue to live for many years if he lives as advised by his physician.

I have used the illustration before of the bridge. It was built to carry a load of 10 tons. It has been put under the strain of heavy loads, or perhaps its supports have been weakened by floods. The time comes when it cannot support 10 tons. But it can support 5 tons. Similarly with the heart, it has been put under strain of worry and work and its lining has been inflamed by infections in the body. It cannot do the work it formerly did but it can do enough work to enable the individual to live for many years and earn his living.

We must not forget that the heart pumps blood all the time, even when we are asleep, and pumps much more blood when we are doing hard work. This shows how it is equipped to meet all our needs.

When the body is at rest, the heart pumps blood at the rate of 90 gallons an hour. During hard work or exercise it pumps about 500 gallons an hour.

Somewhere between complete rest and hard work the heart patient can live safely.  
**Why Worry About Your Heart?**  
Does your heart beat irregularly? Does it skip beats? Do you get out of breath on slight exertion? Send for this instructive booklet about the heart entitled "Why Worry About Your Heart", by Dr. Barton. Address your request to The Bell Library, Post office box 75, Station 0, New York, N. Y., enclosing Ten Cents to cover cost of handling and mailing and mention the name of this newspaper.  
(Registered in accordance with the Copyright Act.)

Toronto Telegram: There's a great demand for dimes and quarters says the treasury department. Well, folks must have something to drop into the collection plate.

Exchange: Some thing don't get better with constant use—a temper, for instance.

## Beauty and You

by PATRICIA LINDSAY



Bath luxuries, perennially cherished by women, come in beautifully styled gift boxes which are wrapped in gay Christmas papers. This set of exquisite cologne and dusting powder boasts wrappings of blue and copper foil.

### Make Christmas a Joy Instead of a Chore, Plan Well, Shop Early, Keep Rested.

This year particularly, when most of the world is at war, we should find great joy and comfort in celebrating Christmas in a land of peace and good will. We should not look on this holiday as "just another headache." We should regard it as a sacred trust of a people who cherish the good in life and hope for enlightened progress.

You as a woman, can make this 1940 Christmas a memorable one, by keeping healthy and rested, planning your preparations carefully and well in advance, and sharing your own good fortune with some who are less fortunate. By so doing you will be dramatizing the true spirit of the holiday.

Of course, it is fun to give and fun to receive gifts on Christmas, but the joy of both giving and receiving becomes greatly dimmed if you feel and act exhausted and irritable. Far better would it be if you forego gift exchanging and present to your loved ones a smiling, sympathetic, cheering radiance on Christmas day! And that you cannot do unless you preserve your health and vitality by not attempting the impossible in preparations.

**Simplify Your Shopping**  
You have almost a month to prepare for Christmas and the usual festivities between Christmas and New Year's. If you have gifts to buy, buy them early while the merchandise is fresh, the salesgirls not too tired to give you intelligent service, and the stores and conveyances not too crowded. When you shop, shop early in the day if possible, and go at it looking and feeling your best. An attractive, nicely groomed appearance, and a general manner, will lure better service and

greatly simplify your chores. You know the general reaction if you shop on a day when you feel low, and not looking your most presentable! Then it is even difficult to make up your mind about purchases even though a salesgirl may have patiently dragged out everything she had to offer!

**When You Return Home**  
After your hours of shopping (and they should not be too many at one time) return home, take a relaxing bath change into fresh comfortable clothing, and concentrate on other duties. Leave your packages in their wrappings until the next morning when you should reserve a little time to inspect and wrap them in Christmas motif if the store has not done so for you. Then put them away in a closet until time for distributing.

And don't grow weary worrying over a limited budget! Each one of us would like to play the role of Lady Bountiful, but it isn't always possible. Select for your family and friends appropriate gifts within your allowance—its thought that goes into selection that is always greatly appreciated, not the price of the gift.

If you are a housewife and have menus and home to think about, as well as gifts, do a little preparing each day without fail. If you let it all go until the week before Christmas you will find that the holiday fever is in the air preventing you from getting done what should be done! When Christmas arrives do be rested, and happy, and grateful, and beautiful! Enjoy the day as you should and help those about you to enjoy it too!  
(Released by The Bell Syndicate, Inc.)

## Junior C.W.L. Makes Plans for Christmas Donations

The Junior Catholic Women's League held its monthly meeting in the basement of the Church of Nativity on Thursday evening. In the absence of the treasurer, Mrs. J. Martin, the report was read by Miss May Andrews, president.

Plans were made for Christmas donations and greetings, and it was moved by Mrs. Murtagh and seconded by Mrs. Brady to accept an invitation tendered by the Senior C.W.L. to receive holy communion in the church on the fourth Sunday of the month.

Mrs. Murtagh was appointed as one of the investigators for the St. Vincent de Paul Guild, and it was announced that the general monthly meeting for January will take the form of a Christmas party.

## Comforts for W. A. Services Supplied by Red Cross

Woolen comforts and other necessary articles for the women of the Auxiliary Territorial Services of Great Britain, over whose welfare Her Majesty the Queen has expressed particular concern, have been added to the work programme prescribed by the Women's War Work Committee of the Canadian Red Cross. Mrs. Wallace Campbell, national chairman, announced this week.

"We believe," Mrs. Campbell said, "that we should care as much for these courageous women as we do for the men of the active service forces. They are showing a man's strength in their work. They receive the regular army issue, but it is up to the women of Canada who do not know that it is to brave icy winds on a bleak coastline in the dead of the night or to stand on their feet till they drop—to provide woolen comforts for them."

The women of the Auxiliary Territorial Services act as "observers" on the coast of Britain in all sorts of weather, as cookies, orderlies, firefighters, clerks, truck and ambulance drivers. They often live under canvas or in requisitioned empty houses. They move from place to place at a moment's notice and have no time to look after their wardrobe.

Instructions for the urgently-needed articles are contained in a special Red Cross booklet just issued. The articles include long stockings, socks, knee length socks, combinations, woolen knickers, leather driving gloves and woolen gloves, helmets, scarves, pull-overs and cardigans, small pillows, hot

## Jack Burwell Among the High School Graduates

The name of Jack Burwell was inadvertently omitted from the list of graduates of the Timmins High and Vocational School, in the list that was published in The Advance on Monday. Jack Burwell is a graduate of the High School course, the students receiving their diplomas at the annual commencement exercises at the school on Friday last.

Toronto Telegram: The more the double cross is used in the world the greater is the need of the Red Cross.

North Bay Nugget:—A hound for efficiency says thousands of tons of sugar are left annually in the bottom of teacups. Not only is this sheer waste but it irks the gypsy reader.

### Free! NEW SENSATIONAL RECIPE BOOK!

HAVE YOU EVER MADE BUTTERSCOTCH BISCUITS? It's one of the amazingly delightful recipes given in this new Recipe Book... "52 Baking Secrets", created by Mrs. H. M. Aitken, Famous Cooking Authority... and issued by the Canada Starch Home Service Department. Here's a real gold mine of the simplest, most delicious recipes for Hot Breads, Cookies, Biscuits, Meats, Fish and many other types of foods. Write now for this FREE Recipe Book. Send your request, with a label from any Canada Starch product to Canada Starch Home Service, Dept. DW, 49 Wellington St. E., Toronto. For Better Cooking Results Insist on CROWN BRAND CORN SYRUP THE CANADA STARCH COMPANY LIMITED

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