

Chinese Food Preferred In This Country Over Other Foreign Dishes

Chop Suey's Popularity One Evidence of This Tendency in Canada and the United States. American Bureau for Medical Aid in China has Arranged Dinners of Chinese Foods.

(By Edith M. Barbara)

If you ask most Americans what type of foreign cooking they like best, you will often find that Chinese foods get the most votes. Perhaps this is because there are restaurants which



serve food of this type in every large city and in almost every town.

Every one knows a few specialties, but not so many have eaten an elaborate banquet meal with its many different dishes. During the past year, there have been some interesting opportunities for us to learn more about Chinese food through the dinners which have been arranged by the American Bureau for Medical Aid in China.

In New York the arrangements for the dinners are being made by Mrs. Parn B. Chu with whom I lunched recently, and who introduced me to what is known as tea parties. There were innumerable pastries of all different shapes, filled with savory mixtures and either steamed or fried. Mrs. Chu told me that these are seldom made in American-Chinese homes, but are always enjoyed at good restaurants. The same thing is true of the more elaborate banquet dishes.

"Home cooking is simple and easy and meals can be prepared very quickly," said Mrs. Chu. At my suggestion Mrs. Chu sent me several of her favourite recipes which will be appropriate for the quick meal in which the business woman housekeeper is interested.

Beef With Peppers and Tomatoes
2 large, sweet green or red peppers
2 large tomatoes
1 pound round steak
1 clove garlic
2 tablespoons cooking oil
1 1/2 tablespoons soy sauce
2 teaspoons cornstarch
1/2 teaspoon salt
1/2 teaspoon sugar
1/2 teaspoon ginger
1/2 cup water
Clean and cut each pepper in small pieces and put in a small amount of boiling water for three or four minutes, rinse in cold water and drain. Cut tomatoes in small pieces. Slice beef very thin. Put beef and garlic in hot frying pan greased with cooking oil. Add soy sauce. Sauté three or four minutes. Add peppers and tomatoes and mix well. Mix cornstarch

with salt, sugar and ginger and blend to a smooth paste with the water. Stir into beef mixture and cook over medium heat two or three minutes.

String Beans and Eggs

4 to 6 eggs
1 cup cooked sliced string beans
1/2 cup cooked minced ham or bacon.
Break eggs into very hot greased frying pan. Add string beans and ham and cook over low heat until eggs are set, stirring two or three times during the cooking.

Quick Meal

Cream of mushroom soup
Beef with peppers and tomatoes
Boiled rice
Endive salad

Coffee.

Method of Preparation

Prepare salad and dressing and chill. Boil rice. Prepare beef with peppers and tomatoes. Open can of soup and heat. Drain rice. Make coffee.

(Released by The Bell Syndicate, Inc.)

Funeral Service Held for Late Alexander Girard

North Bay, Dec. 18.—Funeral services for the late Alexander Girard who died in the Brebeuf Hospital at Sturgeon Falls, Wednesday, December 11, were held Friday morning in the Sacred Heart Roman Catholic Church at Sturgeon Falls by the Rt. Rev. J. A. Leuyer officiating. Interment was in St. Mary's cemetery.

Succumbing to a lengthy illness, the deceased man was in his 62nd year. He was born at Rutherglen, Ontario, the son of the late Mr. and Mrs. Alfred Girard. He was married to the former Agnes Gaudette of Calumet Island, seven years ago.

Surviving him are his widow; four sons, William, Raymond, Christie and John, all of Sturgeon Falls; one brother, Andrew Girard, of Sturgeon Falls; and three sisters, Mrs. Frank Jewell and Mrs. Jack Cull, of Sturgeon Falls and Mrs. And. Kilbride, of Timmins, Ontario.

Palbearers were: William Maher, James Ryan, Paul Villeneuve, Jack Zull, Jules Charbonneau, and Joseph Juenette.

Five Births Registered During the Past Week

The following are the births registered during the past week:—

Born—on December 2nd, 1940, to Mr. and Mrs. Moise Major (nee Gabrielle Breton) of 84B Fifth Avenue—a son.

Born—on November 29th, 1940, to Mr. and Mrs. Joseph Emilie Therrien (nee Yvette Calve) of 11 Kirby Avenue—a daughter.

Born—on November 27th, 1940, to Mr. and Mrs. George Chalifoux, of 65 1/2 Lakeshore Road—a daughter.

Born—on November 21st 1940, to Mr. and Mrs. Gerald Joseph Auger, of 10 McLeod Street—a daughter.

Born—on December 2nd, 1940, to Mr. and Mrs. Harry Blackmore, of 220 Balm street north—a son.

Try The Advance Want Advertisements

That Body of Yours

By James W. Barton, M.D.

Most Digestive Disturbances Are Due to Liver and Gall Bladder

Some years ago my secretary (nurse) called my attention to the fact that I was finding a sluggish liver and gall bladder a frequent condition among patients who consulted me and also that I seemed to be writing about the liver and gall bladder in my daily articles more than any other one subject. Since that time I have not written so much about the liver although I still think it is the most needed subject about which to write.

You can imagine then how "justified" I felt in spirit when I read in the Canadian Medical Journal an article by Dr. Fraser B. Gurd, Montreal, in which he stated that authoritative figures show that whereas 69 per cent of all complaints made to the physician are because of some digestive disturbance, disease of the gall bladder is the most frequent cause of indigestion. Fifteen per cent of the population of the United States and Canada suffer from gall bladder disease or disturbances, and 30 per cent of the population over 45 years of age.

In other words, if all physicians, including myself, were to tell all patients past 45 years of age that sluggish or diseased gall bladder was the cause of their digestive disturbance, we would be right in about one in every three cases without asking them about the symptoms of their digestive disturbance or using the x-ray.

In acute attacks of gall bladder inflammation the majority of surgeons advise early operation as in acute appendicitis. However, the important point for most of us is to try to prevent acute attacks by keeping our liver and gall bladder properly active.

Let us consider how common gall bladder disturbance is by remembering that three of every four gall bladders examined after death in those past middle age show evidence of disease or disturbance of some kind. This means that while only a small percentage require operation, practically all men and women past middle age should try to keep their gall bladder in good health by doing just two things.

First, eat small meals even if four or even five meals are eaten daily. While fat and starch foods should be cut down, a little fat food is useful to help keep gall bladder active.

Second try to get a little exercise daily. Bending such as in housework is a good exercise. Walking or deep breathing squeezes liver and helps empty the gall bladder.

Scourge
Every one should know the truth about those two most dreaded social diseases—gonorrhoea and syphilis. Dr. Barton's booklet on this subject entitled "Scourge" (No. 107) will answer your questions. To obtain it just send Ten Cents to The Bell Library, Post Office Box 75, Station O, New York, N.Y. and mention the name of this newspaper. (Registered in accordance with the Copyright Act).

TO-DAY'S FASHIONS



By VERA WINSTON

WHETHER you are heading south or planning a big time in the old home town, or doing both, you'll be the lady of the hour in either of these two smart new hats.

The one at the top of the sketch is made of navy blue woven straw with a visor like brim rolling up to show a lining of red, white and blue striped taffeta. This same trim is used for the jaunty little bow with its stick up ends.

The other model has a gnome type crown which is conveniently collapsible for packing. It is made of dark green suede with a huge brim that turns up towards the front. The top of the crown and the facing of the brim is of bright scarlet.

NOW IT CAN BE TOLD

Willie (reading article on India)—Whats an untouchable? Dad—It's a guest towel. —Exchange

Beauty and You

by PATRICIA LINDSAY



An English tweed brush brings a delighted grin to this man's face on Christmas morning. In the foreground is a compact case, holding military brushes and comb—another thriller!

Cosmetic Counters Display Gifts All Men Cherish

You needn't go beyond the cosmetic counter of your favourite store to clean up your Christmas gift list for male relatives and friends. Displayed there are brushes, toiletries and gadgets which all men adore. And these gifts are usually missed by women who rush to a men's department for inspiration.

Brushes, my dears, are always sure bets for pleasing men. Clothes brushes, shaving brushes, hair brushes, nail and tooth brushes (in cases for traveling) and bath brushes. And if you shop early enough to allow time for a burned-in monogram your gift will be doubly cherished, for the ego of man is flattered by a monogram!

Aids in Leather
Another gift winner is a leather toiletries case either bare of fittings,

or intelligently fitted. When buying one of these you should consider your man's habits. If he has a few favoured implements of grooming and scorns those which come in a fitted case by all means, buy him an oilskin-lined, leather case large enough to accommodate his favoured aids. But if he likes to have a "traveling set" of aids, you will be a wise lady if you buy a fitted case not too large or too weighed down with unnecessary toiletries and (this is important) with enough free space to throw in two or three indispensables! You will find several such cases this season which merit hurrahs for intelligent designing on the part of the firms which offer them.

I would include in stocking-gift suggestions a pocket comb and nail file

"WE LIVE AGAIN"

(By A. J. Doling, B 16023)

We are only a bunch of youngsters; None over forty-nine. Yet we considered ourselves fit To fight once again in the line— To live the life we lived Twenty odd years ago. But the men who run the Government Gave us a decided "NO"

They say: "You boys! We know quite well Your hearts are over there. You want to be in the thick of it And know that you're doing your share. But we also need you over here. So here you'll have to stay".

In an English pigskin case, a new shaving brush in a self-draining holder (which adds to the life and service of the brush), a folding, compact manicure and pedicure set. Such a set includes sturdy scissors for the nails, and nippers for cuticle—two aids all men find essential. It pays to get a good nail set for it receives hard usage throughout the year which requires well made scissors, nippers and files.

Toiletries Always Welcome

Combination sets of shaving and personal grooming aids are out in all their splendor this Christmas — and men like them. You must, of course, know if a man uses an electric shaver or a razor in order to select the most appropriate combination. From a c-census the favorite scents are pine, old English lavender or a woody fragrance. Any cosmetic which borders on a floral perfume is usually disliked, so do sniff before buying any soap, after shave lotion, or cologne.

Deodorants and colognes have become established aids to masculine grooming, so if a set includes one or both of these don't hesitate to purchase it. Once a man has either handy he will use it—and too many men neglect to take the precaution of using a deodorant before a dancing evening. Women don't expect them to take this precaution before a day of exercise, but we do want them to realize that it becomes a social requisite when we dance with them!

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So we fellows just saluted And let the government have its way.

So here we are together, All gathered in one spot. And when you get to know us You'll find we aren't a bad lot. 'Tis true we grumble and growl And holler out loud sometimes, But we're soldiers when we're on parade And we work for our dollars and dimes.

We have the same old bugle call To wake us in the morn. And on the morning after the night before We curse the day we were born. And then the bugle blows for the sick And we wonder if 'tis worth while, And then we decide it isn't. So we face the day with a smile.

For the notes of the bugle remind us Of the job we have in hand; A job we are determined to do As long as we can stand. And the bugle is most sarcastic When it's blowing the doctor's call. For if you answer you are very sick, Or you are not a soldier at all.

'Fall in the sick! Fall in the lame! In civilian life again. You're all swinging the lead! That is the way she blows. And those are the words we sing. So we're rather soldier until we drop Than go sick with some petty thing.

Some time we'll all be back In civilian life again. We'll walk familiar streets In sunshine or in rain. But all the time we'll be looking For Barney and Ironsides, and Bob. And all the other old timers, Whom we knew while on the job.

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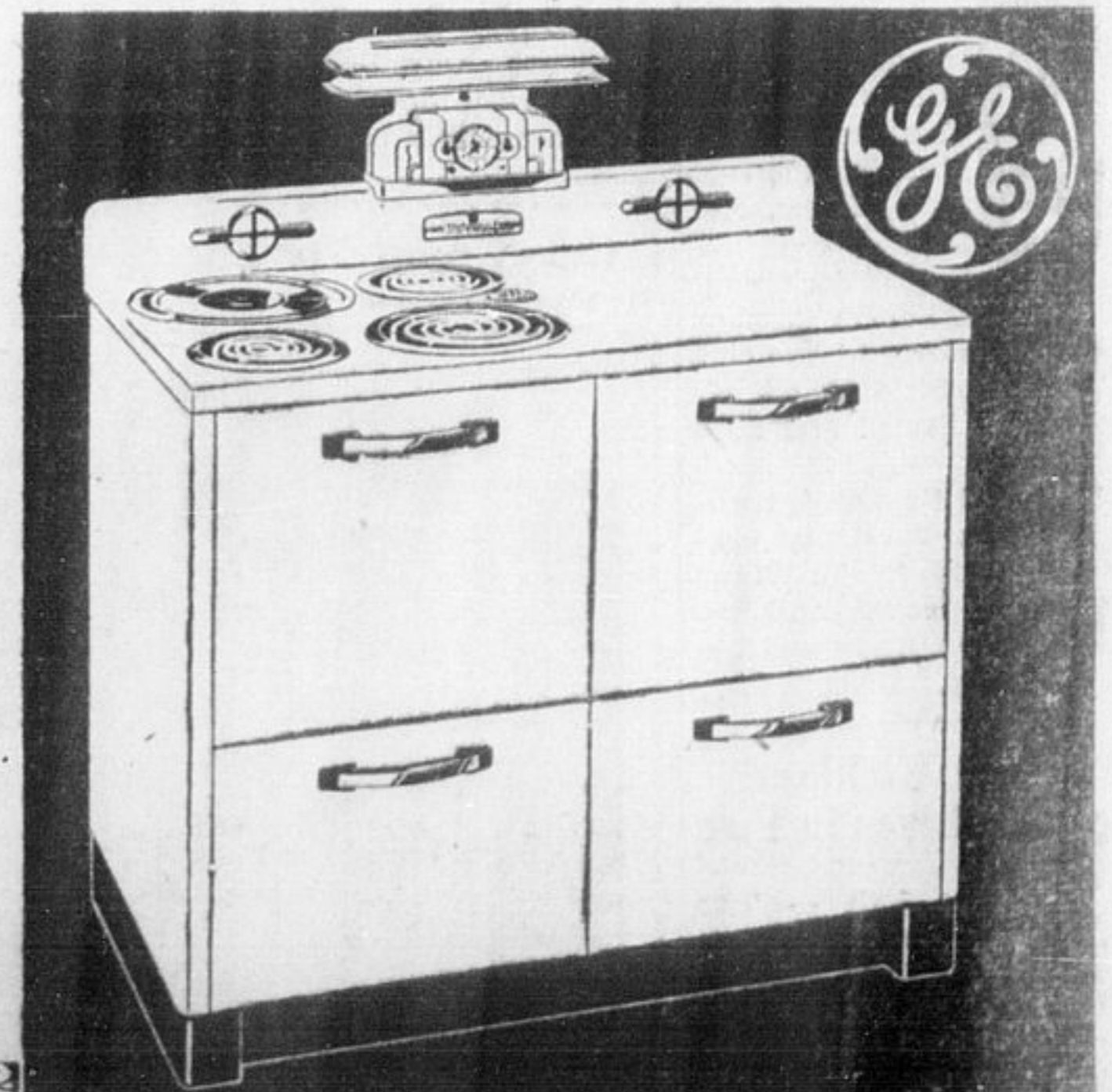
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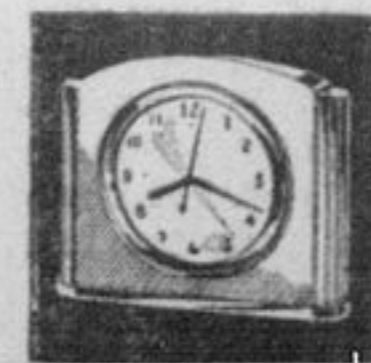
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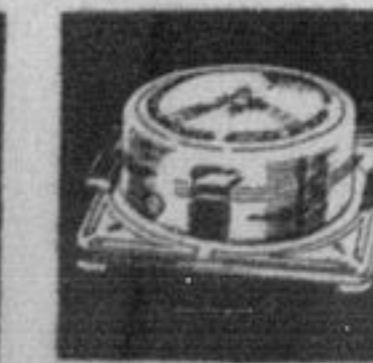
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