

# Many Tasty Dishes May Be Made of Mushrooms

### It's the Flavour that Makes Mushrooms Popular. Their Food Value is of Secondary Interest to the Housewife. Mushrooms on a Quick Meal Recipe.

Edith M. Barber  
It is not so long ago that mushrooms were a seasonal luxury, their consumption limited to a few fortunate places where they grow wild in pasture lands. Occasionally, city folks bought a can or two of imported French mushrooms.



Next cultivation began in underground beds and a limited supply of fresh mushrooms came to city markets. And very expensive they were. I can remember when they were around a dollar a pound. The supply kept pace with the increasing demand and today we have truck loads coming daily to market from early fall to late spring. Quality has improved as price has gone down. We also find it convenient to keep a few on our domestic mushrooms on hand. These will help to make left-over meals for a second meal and are always on tap for a sauce.

Mushrooms are one food which we choose particularly for flavour instead of for food value. As we usually combine them with other food materials, the food value is not of particular interest to us.

Creamed mushrooms on toast often furnish the main dish for a quick meal. Sometimes left-over meat will be put with the sauce and again canned crab-meat or sliced hard-boiled eggs will be chosen.

Fresh creamy mushrooms have such tender skins that they need not be peeled. Almost all of these stems can be used. The hard ends may be cooked in water to provide stock which will give extra flavour to your sauce when used as part of the liquor. If you like, you may add a little sherry at the last moment.

**Creamed Mushrooms**  
1 pound mushrooms  
4 tablespoons butter  
3 tablespoons flour



### TIRED EYES

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Women who hesitate to wear glasses forget the fact that strained, tired eyes soon lose their clearness and sparkle. They become old before their time. Come in for an examination today. You may find it necessary to wear glasses only for close work, if you do not neglect your eyes too long.

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## May Christmas bring a bundle of joy to you and yours

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New Method

## Twenty Years Ago

From the Porcupine Advance Files

The chief item of business at the regular meeting of the town council twenty years ago was the appointment of M. Greer as chief of police for Timmings. There were thirteen applications for the position most of them from out of town. On motion of Councillor W. DeFou and E. L. Longmore, the appointment of M. Greer was made. The Advance believed that Mr. Greer would make an unusually capable chief of police and said so at the time of his appointment. Mr. Greer held the position for six years and proved his capability in very effective way, earning the high regard of all good citizens and a lot who were not so good. The reports of the fire chief and of the medical health officer for the year were before the council. Referring to Dr. Moore's reference to the need for a chlorination plant, Councillor D. Laprairie thought the matter should be attended to at once in the interests of the public. The clerk was asked to secure prices for the type of chlorination plant needed. The report of the fire chief showed only one really serious fire in 1920. The loss for the year also showed only one fire, the year was \$81,020.00 covered by insurance to the extent of \$104,810.00. The report for the year also showed that building permits totalled an estimated value of \$50,850.00. Chief Borland recommended the purchase of a ladder truck at an early date as need for this equipment was a handicap in fighting fires. In his report the fire chief expressed the sincere thanks felt by himself and the department to the mayor the chairman of the fire and light committee, members of the town council, the press and the public for co-operation and courtesies extended.

The Advance of Dec. 15th, 1920, said: "This week Mr. Geor. S. Drew, secretary of the Admiral Beresford (Porcupine) Branch, Timmings, of the Navy League of Canada, received a letter from headquarters at Toronto approving and commending the expenditure by the branch here in connection with the burial of the late Robt. Gibson who was drowned at Hoyle last summer. The late Robt. Gibson was drowned at Hoyle on June 6th, 1920 and at the time of his death there were no particulars available or secure as to his relatives or friends or personal matters except that it was understood that he was an Englishman just out from the Old Country and that he had given service to the Empire during the war as a member of the British navy. The Navy League Branch at Timmings learned of particulars regarding his naval service and were interested at once. The branch here saw to it that he had received a proper burial and earnest effort was also made to locate his relatives or friends. Interment of the body was made at Timmings cemetery and the grave was properly marked with a suitable marble footstone. The secretary was eventually successful in getting into communication with the dead sailor's mother and received her letter of thanks for what the branch had done as well as confirming the account of the late Robert Gibson's service in the Empire Navy. After the war he had come to Canada in hopes of bettering his prospects, but had fallen on ill-fortune and at the time of his death he was without money and among strangers. The Navy League headquarters have now formally approved the expenditures necessary in connection with the said incident, the letter of approval pointing out that this is one of the ways in which the Navy League can prove its title to being the "Friend of the Sailor wherever he may be."

Another item from The Advance twenty years ago reads as follows:—"Mr. Kingsbury of Hoyle, was brought to St. Mary's hospital here on Saturday suffering from serious wounds in the chest from a shot gun. Under the care of Dr. Moore he is now making excellent progress to recovery and will likely be out and around again shortly. Mr. Kingsbury was out hunting between Hoyle and Drinkwater Pit. He leaned his shot gun against a stump for a minute or two, and some way or another it slipped down and discharged, the charge of shot entering his left breast. The full charge seemed to strike the breast, scattering in dangerous fashion, but by a very miracle no vital spot was touched by the shot. The wound or wound however were very painful, and Mr. Kingsbury lost considerable blood. The distance from medical assistance was another serious matter, but eventually Mr. Kingsbury was able to reach the T. & N. O. line and was taken on the train and brought to Timmings where every possible care an early and complete recovery from the unfortunate and dangerous accident. Mr. Kingsbury is a returned soldier who served in France during the great war. He came to this country with his bride, a young lady of France, whom he married in that fair land. They have only been in this country a couple of months or so."

The Advance twenty years ago carried extra pages to handle the extra advertising for Christmas. There were four full-page advertisements by local merchants and a number of half-page and quarter-page advertisements. In reference to the preparation made by the local merchants for the attracting of Christmas trade. The Advance said:—"There are a large number of attractive window displays in town these days, well worth the notice of the townspeople and visitors. In originality and artistic design several of them are unusually effective."

Misses Margaret and "Bunnie" Burke, students at McGill University, are spending the holiday at the home of their parents, Mr. and Mrs. P. M. Burke, of Hemlock street.

## Beauty and You

by PATRICIA LINDSAY

### Sickness and Shorter Lives Caused by Lack of Regular Exercise — Famous Physician Asserts.

"No horror artist could adequately portray the flabby degeneracy muscular and organic—that has attacked the modern man and his mate," states Doctor William R. P. Emerson, outstanding medical consultant widely known for his promotion of health guidance in schools and colleges.

"I once saw a middle-aged woman on the operating table. To reach her appendix the surgeon had to cut through pendulous layers of goose-like fat, approximately four inches thick! One third of this human creature was sheer grease—impeding circulation, laying a frightful burden on heart and liver. No operation could ever make that woman healthy; no cathartics could possibly relieve her constipation. What she needed—what fifty million Americans need—is a rational system of exercise which will call into function the degenerated muscles and organs of their inert, comfort-smothered bodies. The vaunted comforts that science has given us in modern life must be counteracted by a conscious physical effort on our part. MORTALITY INCREASES ONE PER CENT FOR EVERY POUND OF OVERWEIGHT, which is usually the result of excessive eating, and insufficient exercise."

### Exercise Suggestions

"To prolong life and tone up our atrophied muscles and organs, we must take a work-out of some kind THREE TIMES A WEEK, followed by a hot bath and rest period. Games, walks, outdoor chores such as gardening, carpentry, or even mowing the lawn, should be indulged in regularly. If these are not possible, a simple routine of setting-up exercises should be followed. Naturally a commonsense attitude must be adopted toward exercise; excess is as bad here as elsewhere. But it is safe to say that optimum health cannot be enjoyed by any person of any age unless regular exercise is taken."

### Poor Eating Habits Also Deplored

According to Dr. Emerson the science of dietetics has progressed enormously in the past fifteen years, but our eating habits grow steadily worse! He writes: "We habitually overeat, gorging ourselves especially with starch and sugar."

habit; seventy per cent of all Americans eat with nervous rapidity. Inevitably we pay for our speed-at-table with a long list of digestive ailments ranging from sour stomach to intestinal ulcers. Under no circumstances should you eat while you are angry or excited. . . . and above all never eat when you are overtired. You should make it a firm rule to rest for half an hour before the evening meal." Fast eating has become a national bad



Feet first! Stand erect, step into centre of little line, curl the toes over it pushing the heel lower than the toes. Keep the knee straight. Raise the leg as high as you can, contracting the stomach muscles hard at the same time. This exercise firms the hips, thigh and abdomen. It is also excellent for tired feet and low arches.

## LOCALS

Mrs. Craik, of Hearst, left on Saturday after spending some time visiting her sons, Osborne and Sandy Purdon, the latter being quite ill at St. Mary's hospital.

Her many friends will be glad to know that Mrs. Fred Redden, who has been ill at St. Mary's hospital, is reported as making good progress to recovery.

Mr. William Hodgins, teacher at the Timmings High and Vocational School, left after the fall term to take a new position at Chatham.

Geo. Darling, taking a post-graduate course at Michigan School of Mining and Technology, is spending the holiday with his parents, Mr. and Mrs. H. W. Darling, 134 Wilson avenue.

John Todhunter has returned to spend the holiday season at his home, after the fall term at the Michigan School of Mining and Technology, Houghton, Mich.

### SAY TWENTY FOUND IN ELM STREET HOUSE; CHARGES LAID

When police walked into 205 Elm street north, at 3:05 o'clock yesterday morning they found twenty persons in the place.

Alphire Chartrand and Naomi Radriquo each face two charges; one of keeping a common bawdy house and another of keeping liquor for sale. Also charged, with being an inmate of a common bawdy house, is Esperance Goyer, Oak street.

Police said today that there was a possibility that all persons found in the place might be charged.

### Wounded Canadian Has High Praise for Red Cross

Schumacher, Dec. 21st, 1940. Activities of the Red Cross Society in England are highly praised in a letter received by Mrs. William Woods, of Hespeler, from her son, Gunner Robert Woods. Several weeks ago Gunner Woods suffered an injury to his leg and he has been in hospital since mid-October. "The Red Cross certainly deserves a lot of credit for what they are doing for us," the letter states. "They do a

wonderful work among the refugees who have lost their homes. Everything is gone for some, and they are in a bad way with winter nearly on them."

"I used to think the Red Cross was a racket, but, believe me, I know better now. I have seen with my own eyes how their money is spent. Everything in this hospital has been supplied by them, even the beds, tables and bed clothes. The ward I am in was supplied by the Province of Quebec Red Cross, and each province has its own ward. It sure is a lovely place," the letter concludes.

### Initiate Two New Members at Meeting of Rebekahs

The Gold Nugget Rebekah Lodge held its regular weekly meeting on Thursday evening in the lodge rooms of the Oddfellows hall.

One member of the lodge received a transfer to another lodge, and two new members were initiated. A quilt was won by Mrs. T. Scott of 24 Hollinger avenue, with ticket number 2A.

After the business of the meeting, refreshments were served. There will be no meeting on Thursday evening, December 26th, the next meeting to be held on Thursday, January 2nd, 1941, and to take the form of a children's party. The party will commence at 6:30 o'clock.

### Plans to Convert Cobalt "Y" Into Community Hall

In its issue of last Thursday The Halleyburian has the following: "The town of Cobalt will use the Y.M.C.A. building as a community hall if present plans are carried out, it was reported following a meeting last Thursday night when a committee of nine citizens was named to deal with the project. The committee is composed of one representative each from the councils of Cobalt school boards, the Kiwanis and Badminton Clubs, the Red Cross and the "Y" directors. The latter hold the building in trust for the local members of the Association and it does not come under the control or jurisdiction of the main body of the Y.M.C.A.

"An executive committee of three, Mayor-elect C. H. Taylor, Reeve-elect J. H. Price and Dr. H. H. Abell, will go further into the proposed arrangements and report back to the main committee, it was decided.

## DANCING EVERY FRIDAY NIGHT

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### Christmas Services at Trinity Church at Schumacher

Other News from Schumacher and District.

Schumacher, Dec. 23—(Special to The Advance)—Christmas services were observed at Trinity United Church on Sunday. The church was filled to its utmost. The Rev. F. J. Baine, minister of the church, conducted the services. The special Christmas anthems by the choir, with Miss Gertrude Bristow, Mrs. Armitage and Mrs. Randolph taking the solo parts, were much appreciated by the congregation. Another feature during the service which made comment and appreciation was the singing of Christmas hymns by the Sunday School Choir. The children sang beautifully. Mrs. J. Huxley accompanied at the organ. The minister in remarks said he was glad to welcome to the church the men in uniform who attended the service; also he expressed thanks to Mr. Stan Kitchen for the adornment of the church at this season. In the afternoon the Sunday School held their White Gift Service.

Miss Kathleen Christopher, teacher at Matachewan public school, is spending the Christmas holidays with her parents, Mr. and Mrs. H. Christopher, Gold Centre.

Pte. Ed. Carswell is spending Christmas with his wife and family.

Pat Waddell, of Queen's University, is spending the holiday season with his parents, Mr. and Mrs. Howard Waddell, Fourth Ave.

George Percival, of Queen's University, Kingston, is spending the holiday season with his parents, Mr. and Mrs. Percival, Third Ave.

Born—Friday, December 20th, at the Porcupine General Hospital, to Mr. and Mrs. Don Campbell (Loretta Proulx) Fourth Ave.—a daughter.

Mr. Claude Browncombe, First Ave., left Friday for Toronto, where he will spend Christmas with his parents.

The Schumacher Happy Gang met on Wednesday evening at the home of Mrs. J. Hamilton, Second Ave. Five hundred was played and the prize winners were—1st, Mrs. Finch; 2nd, Mrs. Lenchuk; consolation, Mrs. Lewa. After the cards a social time was enjoyed. During the evening the hostess served a delicious lunch.

### Four Births Registered During the Past Week-end

The following are the births registered at the town hall since Thursday last week:—

Born—To Mr. and Mrs. Chas. Edward Butler of Nobel, Ontario at St. Mary's Hospital on December 13th, 1940—a son.

Born—To Mr. and Mrs. Ronald Buck (nee Aura Wainio), of 87 Sixth avenue at St. Mary's Hospital on December 10th, 1940—a daughter.

Born—On December 7th, 1940, to Mr. and Mrs. Chas. Robt. Gallagher (nee Patricia Bowie) of 78 Cecil avenue, South Porcupine, at St. Mary's Hospital—a daughter.

Born—On December 2nd, 1940, to Mr. and Mrs. Romeo Lelievre (nee Yvonne Labelle) of 106 Balsam street south—a son.

Toronto Telegram:—The cream of society sometimes needs to be skimmed.

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