Recommends Cranberries for Jelly Sauce and for Flavouring Desserts

Ways to Make Cranberry Jelly and Sauce. How to Make Relishes. New Ideas in the Use of Cranberries.. Out- on public affairs for Kiwanis Interna- was formerly Miss Patricia Richardson line for a Quick Meal. Some Cranberry Recipes.

tal and physical tiredness.

'musi' do certain things.

vomiting, and diarrhoea.

Neurosis

Dr. Barton's interesting booklet en-

titled "Neurosis" (No. 103) explains

Office Box 75, Station O, New York, N.

as in epilepsy.

use of these tart berries for relishes to understand such common conditions army use. Wives of Kiwanians have take up residence in town. and for flavouring desserts. A cobbler as neurasthenia, hypochondriasis, hy- been active in making bandages and in a tapioca pudding, a nut bread, each steria, psyasthenia, and anxiety states. gathering clothing. is something new when cranberries | 1. Neurasthenia: A condition of menare added.



Edith M. Barber

results depend upon the amount of Y. mentioning the name of this newswater used with the berries and upon paper. whether the fruit is strained after it | Registered in accordance with the has been cooked. For a very delicate copyright Act. jelly the cooked fruit is put in a bag and allowed to drip.

A relish is made from grinding the raw berries and adding ground orange pulp and rind. After the sugar is added, it should stand a number of hours before serving and can be put in glasses and sealed with paraffin for

You may like to add a little minced onion and green pepper if you are making it for immediate use.

A new idea for the use of cranberries is to cook some of them with your pot roast. The acid acts on tough meat to make it more tender and at the same time the berries themselves give a very good flavour both to the meat and to the gravy. The proportion recommended is two cups of cranberries to three pounds of pot roast.

Quick Meal cranberry relish Broiled ham Baked sweet potatoes

Creamed cabbage Celery salad Coffee Coffee eclairs Method of preparation: Light oven Scrub potatoes and bake. Light broiler. Shred cabbage. Prepare salad

Broil ham. Cook cabbage. Make sauce. Make coffee. Cranberry Orange Relish

1 pound (4 cups) cranberries

2 oranges 3 cups sugar

Put cranberries through food chopper. Peel oranges, remove seeds and put rind and oranges through chopper Mix with berries and sugar. Let stand for a few hours before serving. This easy, popular uncooked relish can be put up for future use in sterilized glasses covered with paraffin.

Ten Minute Cranberry Sauce

116 cups sugar 2 cups water

1 pound (4 cups) cranberries Boil sugar and water together five minutes. Add cranberries and boil without stirring until all the skins pop open. (Five minutes is usually suffi-Remove from fire and allow the sauce to remain in the saucepan until cool. Seal in sterilized jars, if desired.

(Released by The Bell Syndicate, Inc.)



That Body

Bu lames W. Barton, M.D.

Neurasthenia Hypochondriasis, Hysteria, Anxiely States

The specialist in nervous diseases in my student days was called a neurologist or alienist. We are taught about nerve structure and about the diseases resulting from infection or other damage to the brain, spinal cord, and nerves. There was not much instruction given on "behaviour" problems, or phsychiatry as it is called. We were taught considerable about whether an individual was sane or insane by the professor of medical jurisprudence; that is whether the ment's requirement to be harmless. law considered him sane or insane

neurology (knowledge of nerves) the to do yourself as the wax must be rassed about her legs. As long as we study of behaviour (psychiatry) and are pulled in strips after it has hardened expose them as we do we will have to thus qualified to tell us when the slightly. That hurts and it is better groom them carefully! symptoms are due to a disturbance of for another to pull than yourself. It (Rleased by The Bell Syndicate, Inc.) the nerves themselves or whether the is a good salon treatment. the emotions, circumstances, surround- | Cream depilatories are simple to use. ings are effecting the individual's They are spread over the hair growth judgement and so effecting his behav- with a wooden spatula, allowed to dry A unique job for the British propa-

When there is no real disturbance or water followed by splashing, of cold member of Parliament (Mr. Thorne), changes in the structure of the nerves or water. The newer formulas are perfum- At question time recently, he asked the nerve tissues, yet the individual be- ed and do not have the terrible odors Minister of Information: "Is it poshave in an abnormal or strange man- that the first depilatories had. I do sible to persuade Herr Hitler to get ner, the condition is called a neurosis. think, after observation, that cream married to a sensible woman?"-Ma-A simple classification of the neuroses | depilatories somewhat discourage hair gazine Digest.

Every Kiwanis Club In War Service Now

Sarnia, Ont.—"Every Kiwanis Club in Canada, from the smallest to the tional, announced today.

"Canadian Kiwanis clubs are more anxious than ever to make the great-Speaking of jelly and sauce, you may 2. Hypochondriasis: A hypochondriac est contribution possible to aid Cantake your choice among recipes. The is a patient who has the fixed idea ada's war efforts, now that the enemy that he is suffering from organic dis- will make a tremendous effort to eases, when no disease is present. destroy the British Commonwealth by 3. Hysteria: Where patient thinks he a series of smashing blows of unprecannot walk cannot remember throws cedented severity," Mr. Dawson states.

himself about but never hurts himself 'Clubs in Canada were organized because he is conscious-not unconscious during the dark days of the last war and club leaders were quick to recog-4.Psychasthenia "Psych" means mind nize it. Since 1915, Kiwanis has conor nervous system, "a" mean not, and tinued to stress the value of service in "thenia" mean strength thus mind or the fields of welfare and civic life," he nerves are not strong and there are said.

thus fears, obsessions, a feeling that he Members of the public affairs committee to promote a war work speed up 5. Anxiety states: A continuous state are: Alex J. Irving, Saskatoon, Sask .: of anxiety with rapid or hard beating of John F. Sweeney, Regina, Sask .; John C. Westaway, Hamilton, Ont

SUFFICIENT

many behaviour problems and how they When Mrs. Pierre Riendeau, 79 years are managed. Send for it today. En- old, asked for a legal separation from close 'Ten Cents with your request to her 86 year old husband, the judge cover the cost of handling and mailing asked how long they had been married. held at the Masonic Hall on Wedand sand to The Bell Library, Post "Sixty years," she replied.

"Why are you seeking a separation after all this time?" the court asked.

"Enough's enough," she said. The court agreed to hear suit.—Unit

Beauty and You by PATRICIA LINDSAY



Keeping Legs Smooth and Lovely Essential to Exquisite Grooming

Leg beauty is made possible by the use of the first electric shaver made exclusively for women. It leaves the skin velvety smooth, free ef all superfluous hair.

hair and other blemishes. There are three ways of doing this-

(1) by the use of an emery pad, (2) by method of beautifying them, but the applying a cream, liquid or wax hair should first be softened by warm depilatory, (3) by using a razor.

Young girls under twenty usually do not have a leg beauty problem, but there are of course exceptions. Some girls have more superfluous hair than others, and if they step out to parties they are sensitive about this condition. They should remove the hair if it shows darkly through their hose for otherwise it makes them selfconscious.

which is not good. About Treatments

claim that certain depilatories destroy you like cutting the hair instead of hair growth at the roots after a few using a depilatory.

and then washed off with clear warm ganda machinery is suggested by a

As long as we wear sheer hose we growth through weakening the strength must keep our legs free of superfluous of the hair, but they do not discourage it altogether.

Shaving the legs is a clean and simple water and soap, just as a man's beard is softened. Only a safety or electric razor should be used and if your skin is tissue paper thin, you must be careful not to cut it accidentally.

Many women are favouring a new electric shaver which was especially designed for feminine use. It is a handy little instrument which may be plugged into any current and they claim it nips off the hair in such a fashion that prevents stubbles of new growth from penetrating their hose. There is no truth whatever in the You might investigate this shaver if

applications. Depilatories, like the The remaining method - using an wax treatment and shaving process, emery board-is particularly satisfacnips off the hair close to the root, and tory for young girls, or for those who it will eventually grow back. Any have only a light blonds growth to product which destroys the hair growth contend with. These emery pads slip would be harmful to the skin and all over your fingers mitten fashion and such products must pass the govern- you rub in circles gently until the hair

Personally I do not favour any one So there is the story—it leaves little Today most neurologists combine with method. The wax method is difficult excuse for any woman to be embar-

REMEDY

in Canada Engaged Dropped Between Stitches

A TO THE THE PARTY OF THE PARTY Congratulations and best wishes to Mr. and Mrs. A. M. Glendinning, whose largest, is engaged in war service," marriage was a lovely event at the Frank P. Dawson, of Sarnia, Ont. Timmins United Church on Friday chairman of the Canadian committee morning-Valentine Day . . . the bride daughter of Mr. and Mrs. R. Richard-This work, started very shortly after son, popular and well known through-There is still a large supply of cran- is outlined by Dr. A. L. Mackinnon, the outbreak of the war, includes out this North Land, and the groom is berries among the winter fruits. | Homewood Sanitarium, Guelph, in the gathering garments for the Red Cross, the son of Mr. and Mrs. George Glan-You will be able to indulge your Canadian Medical Asociation Journal, entertainment for soldiers on leave, dinning of Toronto . . . the couple is taste for jelly and sauce and to make This classification makes it easy for us and collecting new and used skis for honeymooning in Montreal, but will

> Here are a few more of the lovely ladies who will take active part in making the Purim Ball a success . . . they are Misses Laura and Jean Canic, Edith Hill, Grace Yuill and Irene McChesney Mrs. Dickson and Mrs. Floyd . . . Some will take part in the

Queen Esther contest, and others will act as hostesses . . . of course, you know that the Purim Ball is only two days away, coming on Wednesday evening, with both the gymnasium and the auditorium of the McIntyre Community building in use for the event . . . music will be supplied by the orchestras of Henry Kelneck and Walter Jackinski and there will be all sorts of novel entertainments to add to the evening's enjoyment . . . and too, all proceeds will be used to further the sale of war savings Stamps.

Early plans are being made by the Arbutus Chapter. Eastern Star for an afternoon tea and fashion show to be nesday, March 5th. . . . the local chapter is to be complimented on the success and pleasureable entertainment at past events, and certainly from advance reports it seems that this event will be another to add to the long list . . . the display of smart new spring apparel will be given by the A. J. Shragge store.

Some time ago a few letters published in The Advance told the interesting story of the apes at Gibraltar, who, if they visit newcomers to the island within two weeks of their arrival are the bearers of "good luck" to these newcomers . . . well, the Canadian troops that arrived on the "Rock" not so long ago, received a visit from the apes only a few days after their arrival, and now, these apes have become frequent visitors . . . on cold. rainy days, the apes leave their "home" at the top of the rock. and come right into the barracks one pair has become quite . . . friendly, coming into the barracks each day for a "snack" with the troops . . . seems like a good omen for the Canadian boys over there as well as to the whole British Empire.

Compliments to the Women's Auxiliary of the Trinity United Church on its very successful afternoon tea, held in the McIntyre Community hall on Friday afternoon, Valentine Day over three hundred women from points throughout the district enjoyed the hospitality of the members of the Auxiliary and admired the lovely spring costumes displayed by the A. J. Shragge Store . . . a novel idea introduced at the event was the serving of tea from tea wagons which proved a very satisfactory and pleasing way of looking after the large crowd that attended

It seems that in every home in every club-room and at every social event throughout this Porcupine camp, the energetic

women are busily knitting more and more articles to send to Canadian troops stationed at numerous points throughout the Empire . . . again, on Thursday afternoon, the members of the W. A. of the Presbyterian Church met at the home of Mrs. Robert Taylor, 299 Tamarack street, to continue their fine work . . and at the same time they made plans for the next knitting meeting which will take place at the manse . . . another group which worked on socks, sweaters, etc., on Thursday afternoon was the Eastern Star afternoon knitting circle, which met at the home of Mrs. Geo. Moore, corner Maple and Third.

The wedning of Dorothy Leach and George McLean scheduled for this ev- it's a lot of money . .. and even more ening has been postponed till Thursday so when you stop to think that it's Black outs, spot dances, birthday as Sergt. Chserver McLean was unable all made up of individual contributions greetings and piano selections . . . these to get his leave on time . . . then the and proceeds from parties, teas, etc . . . were only a few of the interesting Eastern Star Knitting group meset at that, however, is the amount expended "specials" at the Ca Bo Gi Club dance the home of Mrs. L. Halperin, 7 Maple by the Ladies' Auxiliary of the Can- last night . . this club has sarned a street south, with Misses Doherty and adian Legion in its war effort during reputation for many friendly activities Tackaberry as hostesses . . . the Nurs- the past year . . . certainly those ladies and the merriment of the dancers last ing Auxiliary of the S. J. A. B. . . . a who have worked so hard to reach this night proved that they were all "pals" lecture entitled 'Here Comes the Bride' fine total, deserve a special pat on the . . the event took place at the former by the Rev. J. D. Parks, at the Tim- back, and a "word bouquet" as tribute Finnish Hall, now operated by the Kimins United Church at 8 p.m. . . . and to their fine effort a Valentine Social by the Ladies' Auxiliary of the Canadian Legion at the Legion Hall, with proceeds to go to the Comfort Fund . . . then, on Tuesday comes the regular whist drive by the Ladies' Auxiliary of the Canadian Legion . . . a knitting group of the Gold Nugget Rebekah Lodge at the home of Mrs. Masters, 67 Lakeshore Road . a C. G. I. T. group The organization of a new nursing group.

Wednesday brings the monthly meeting of the Women's Institute . . the Sweet Caporal Club and Dime Club knitting groups . . . the Y. P. U. and the A. Y. P. A. . . . the Ladies' Auxiliary Comfort Fund Tea . . . and the big event you've all been waiting for, the annual Purim Ball at the Mc-Intyre Building . . . Thursday. there're several meetings including the Gold Nugget Rebekah Lodge

. . . Friday offers tea and coffee at the home of Mrs. M. P. Honkala, 58 Balsam street north rear, with proceeds to go to the Lord Mayor of London's Bombed Victims' Fund . . . tea and coffee will be served from 2 to 9 p.m., and featured will be special Finnish coffee bread and pastry. . . . in the evening, the Women's Institute will celebrate its second anniversary with a dance at the Hollinger hall . . . Saturday has, among other things, a wedding, and Sunday, the Kirkland Lake Ca Bo Gi Club will entertain at a Parish night, to which Timmins

members of the club are invited. Mrs. Carl Briggs, who is doing such splendid work as the convener of the war services committee of the Women's Institute, received a letter recently from a sailor on the ship "Gaspe," which shows in a small measure the gratitude of the sailors on the ship which was "adopted" by the W I. quite me time ago . . . It says:

Dear friend: Just a few lines to thank you for the nice things you sent . . . Well now I guess I should thank a lot of you people up in Timmins for so much . . . They have done so much for us boys up here and so I will thank you again, as I like them so much . . . It was so nice hearing from you as I am all alone here

Pledge for War Savings

in Halifax, my home being in Vancouver, and I do appreciate being able to write to a nice lady in Timmins. . . . I do hepe you do not mind me writing, but you have used all our boys so well, so "Thank you" once more, wishing all the best for you and your family . . . From a sailor off the Gaspe, Art Hilton.

Six hundred and fifty dollars . . .

Cupid's a busy little man once again . . . latest "recruits" to his Schumacher Clubs.

forces are Rose Baratto and Mel Murphy . . . no definite date has been set for the wedding, but Rose is wearing a lovely diamond on the "third finger, left hand . . and announcement has been made of the engagement of Laura Gertrude Dunn to Andrew Millen Farrel the marriage planned to take place here on Saturday March 8th . . . best wishes to both couples

wanis .. and present as guests of the Timmins Ca Bo Gi Club were the members from Kirkland Lake and

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