

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. Outline for a Quick Meal. Some Cranberry Recipes.

There is still a large supply of cranberries among the winter fruits.

You will be able to indulge your taste for jelly and sauce and to make use of these tart berries for relishes and for flavouring desserts. A cobbler, a tapioca pudding, a nut bread, each is something new when cranberries are added.

Speaking of jelly and sauce, you may take your choice among recipes. The



Edith M. Barber

results depend upon the amount of water used with the berries and upon whether the fruit is strained after it has been cooked. For a very delicate 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 future use.

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

- Broiled ham
 - Baked sweet potatoes
 - Creamed cabbage
 - Coffee
 - Celery salad
 - Coffee
- 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

- 1 1/2 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 sufficient). 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 of Yours

By James W. Barton, M.D.

Neurasthenia, Hypochondriasis, Hysteria, Anxiety 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 psychiatry 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 law considered him sane or insane. Today most neurologists combine with psychiatry (knowledge of nerves) the study of behaviour (psychiatry) and are thus qualified to tell us when the symptoms are due to a disturbance of the nerves themselves or whether it is the emotions, circumstances, surroundings are effecting the individual's judgement and so effecting his behaviour.

When there is no real disturbance or changes in the structure of the nerves or nerve tissues, yet the individual behaves in an abnormal or strange manner, the condition is called a neurosis. A simple classification of the neuroses

Every Kiwanis Club in Canada Engaged in War Service Now

Sarnia, Ont.—"Every Kiwanis Club in Canada, from the smallest to the largest, is engaged in war service," Frank P. Dawson, of Sarnia, Ont., chairman of the Canadian committee on public affairs for Kiwanis International, announced today.

This work, started very shortly after the outbreak of the war, includes gathering garments for the Red Cross, entertainment for soldiers on leave, and collecting new and used skis for army use. Wives of Kiwanians have been active in making bandages and in gathering clothing.

"Canadian Kiwanis clubs are more anxious than ever to make the greatest contribution possible to aid Canada's war effort, now that the enemy will make a tremendous effort, to destroy the British Commonwealth by a series of smashing blows of unprecedented severity," Mr. Dawson states. "Clubs in Canada were organized during the dark days of the last war, and club leaders were quick to recognize it. Since 1915, Kiwanis has continued to stress the value of service in the fields of welfare and civic life," he said.

Members of the public affairs committee to promote a war work speed up are: Alex J. Irving, Saskatoon, Sask.; John P. Sweeney, Regina, Sask.; Walter M. Walker, Victoria, B.C.; and John C. Westaway, Hamilton, Ont.

SUFFICIENT

When Mrs. Pierre Riendeau, 79 years old, asked for a legal separation from her 86 year old husband, the judge asked how long they had been married. "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.—United Press.

Dropped Between Stitches

By Ann

Congratulations and best wishes to Mr. and Mrs. A. M. Glendinning, whose marriage was a lovely event at the Timmins United Church on Friday morning—Valentine Day. The bride was formerly Miss Patricia Richardson daughter of Mr. and Mrs. R. Richardson, popular and well known throughout this North Land, and the groom is the son of Mr. and Mrs. George Glendinning of Toronto. The couple is honeymooning in Montreal, but will take up residence in town.

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 Canis, 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 Kalneck 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 held at the Masonic Hall on Wednesday, March 5th. The local chapter is to be complimented on the success and pleasurable 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. Shrage 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. It 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. Shrage 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 wedding of Dorothy Leach and George McLean scheduled for this evening has been postponed till Thursday as Sergi. Chasver McLean was unable to get his leave on time. Then the Eastern Star Knitting group met at the home of Mrs. L. Halperin, 7 Maple street south, with Misses Doherty and Stackberry as hostesses. The Nursing Auxiliary of the S. J. A. B. a lecture entitled "Here Comes the Bride" by the Rev. J. D. Parks, at the Timmins United Church at 8 p.m. and 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 McIntyre 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, 53 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 "Gaspé" which shows in a small measure the gratitude of the sailors on the ship which was "adopted" by the W. I. quite some 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 "SALADA" TEA

in Halifax, my home being in Vancouver, and I do appreciate being able to write to a nice lady in Timmins. I do hope 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 Gaspé, Art Hilton.

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. The marriage planned to take place here on Saturday March 8th. Best wishes to both couples.

Six hundred and fifty dollars is a lot of money. And even more so when you stop to think that it's all made up of individual contributions and proceeds from parties, teas, etc. that, however, is the amount expended by the Ladies' Auxiliary of the Canadian Legion in its war effort during the past year. Certainly those ladies who have worked so hard to reach this fine goal, deserve a special pat on the back, and a "word bouquet" as tribute to their fine effort.

Cupid's a busy little man once again. Latest "recruits" to his

Black outs, spot dances, birthday greetings and piano selections. These were only a few of the interesting "specials" at the Ca Bo Gi Club dance last night. This club has earned a reputation for many friendly activities and the merit of the dancers last night proved that they were all "pals". The event took place at the former Finnish Hall, now operated by the Kiwanis, and present as guests of the Timmins Ca Bo Gi Club were the members from Kirkland Lake and Schumacher Clubs.

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By BASIL HAYE

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