

Great Variety of Fish to Choose for Cooking

Preparations for Sauteing or Broiling Fish Should be Completed Before Putting in Oven, Says Miss Edith M. Barber. Recipes for Boiled Fish and Pan-Fried.

There is no food which responds so sensitively to good or bad kitchen treatment than does fish. Perhaps you have to like fish to cook it well. On the other hand, you have to cook it well to like it. It looks as if every cook needs to pay special attention to cookery methods.

Every once in a while I hear some one say "I don't like fish, because I could never get a good fish in the inland town in which I was brought up." Again I will hear some one from the seacoast say "I don't like fish, because I have had too much of it."



(By Edith M. Barber)

There is no reason why cod or haddock fillets should be ordered every week when we can choose small smelts from Newfoundland, salmon steaks from the West Coast, shrimps and Spanish mackerel from the Gulf, whitefish from the Great Lakes, when a varied supply is available in the market. Then there are salmon, tuna, crabmeat and shrimps in canned form.

For sauteing, deep fat frying or broiling, fillets may be a good choice. For poaching and serving with a sauce either fillets or large steaks may be selected. When fish is broiled, it should always be brushed with salad oil. When it is to be sauteed, it may be dipped in flour or corn meal. Whatever method you choose, be sure that your cooking is done at the last moment. Fish objects to waiting in the warming oven.

Poached Fish (Boiled Fish)

- 2 tablespoons butter
- 1/4 cup chopped celery
- 1/4 cup chopped carrot
- 1/4 cup chopped onion
- 4 peppercorns
- 2 cloves
- 1 bay leaf
- 2 tablespoons salt
- 2 tablespoons vinegar
- 2 quarts water
- 2 pounds fish.

Melt butter, add vegetables and cook one minute. Add peppercorns, cloves, bay leaf, salt, vinegar and water, cover, and bring to boiling point. Boil fifteen minutes. Wash fish and wipe with damp cloth. The fish in cheesecloth or parchment paper, and plunge into water. Bring again to boiling and simmer 20 to 25 minutes, until fish flakes when tried with a fork. Remove from cheesecloth or parchment paper and drain. Serve on hot platter with egg sauce or Hollandaise sauce.

Sauteed Fish (pan-fried)

- 6 small fish or 1 1/2 pounds fish fillets
- Flour, cornmeal or fine, dry crumbs
- Salt, pepper
- 2 tablespoons melted fat.

Wash fish thoroughly and wipe with damp cloth. Roll in seasoned flour, cornmeal or crumbs. Melt butter or bacon fat, or heat salad oil in a heavy frying pan and saute fish until brown on one side, then turn with a pancake turner and brown on the other side. Allow eight to ten minutes for cooking. Serve on hot platter with parsley butter or tartar sauce. (Released by The Bell Syndicate, Inc.)

Northern Firm Awarded Further War Contracts

In the announcement of contracts awarded last week, there was one awarded to Hill-Clark-Francis of New Liskeard, Timmins, Noranda, etc., for the erection of eleven buildings for the R.C.A.P. at Trenton. The work is to be done in three months or less. The firm has several other war contracts, one for \$500,000 for buildings at Hamilton for war purposes.

In English Hearts

In English fields the morning breaks
On furrows bright with rime;
And through the tattered woods there blows
The breath of Wintertime.

In English towns assaulted by
The malice of the Hun;
The washing hangs upon the line,
And folk find time for fun.

In English homes the hearts glow warmly
In the meanest street;
With windows shuttered fast against
The whisper of defeat.

In English hearts there flames today
A faith in victory,
From which the new world will re-light
The Lamps of Liberty.

—Patience Strong.

Grateful for Help Given Polish Troops in England

Count Edward R. Raczynski, Polish Ambassador in London has sent the Canadian Red Cross Society an expression of gratitude for the help given by the Society overseas in supplying woollen comforts and hospital supplies to the Polish hospital and Polish troops in England. Count Raczynski's message delivered to Major C. A. Scott, overseas commission says: "It is with very deep gratitude that I learn of this generous assistance and I am certain that our people will be greatly indebted to the Canadian Red Cross Society for such kindness. May I ask you to convey on behalf of my fellow countrymen and myself our very warm thanks to the Canadian Red Cross Society for their most benevolent action."

In the past 70 days, the Red Cross in England has released such staggering quantities of woollen comforts, relief clothing and surgical supplies, that the Overseas office has stated that further shipments "in as large quantities as possible" will be urgently required. To refugee committees alone including the Polish, and the Women's Voluntary Services have been given since January 376,055 woollen comforts and 225,666 articles of relief clothing. Blankets, quilts and relief clothing are needed immediately. Major Scott has cabled and further supplies will be wanted shortly of socks, sweaters, scarves, helmets, gloves mitts, pyjamas, bed jackets, dressing gowns, T bandages and wash clothes. To date the Canadian Red Cross has devoted two million dollars to the relief of bomb victims in England.



By James W. Barton, M.D.

Preventing Serious After Effects of Removal of Tonsils

Most physicians are of the opinion that where there are repeated attacks of rheumatism, infected tonsils should be removed. The question arises, however, as to whether the tonsils should be removed when the patient is not completely recovered from his rheumatic attack because a number of cases have been reported where the removal of infected tonsils in these cases caused complications after operation and sometimes a severe attack of rheumatism.

In order to make the removal of infected tonsils "safe" in rheumatic patients, Dr. G. Costa Bertani, Buenos Aires in Argentine Review of Rheumatism advises that the degree of active infection should be measured by sedimentation tests before operation takes place. The sedimentation test is where a quantity of the patient's blood is put in a glass jar and the time taken for the red corpuscles in the blood to sink to the bottom of the jar, is measured. If the infection is very active, the rate is high or rapid and if infection is not very active, it takes a much longer time for the red corpuscles to reach the bottom of the jar. In several cases where the sedimentation was high or rapid, the extraction of a tooth increased the sedimentation rate, thus showing a clear connection between infection and a high rate of sedimentation.

Dr. Bertani points out that if the patient is receiving enough salicylic acid (aspirin) to contract the rheumatic symptoms and keep temperature down to normal, he should not be considered in fair or proper condition to take the sedimentation test.

An interesting fact brought out by the tests was that patients who showed a low or slow sedimentation rate before operation showed a low sedimentation rate after operation and vice versa.

Observations made in 11 cases showing a high sedimentation rate before operation signified a high degree of reabsorption of poisons. By waiting until the sedimentation rate becomes lower or slower before removing infected tonsils, shock and other reactions may be avoided.

Because, then, of the relation between high sedimentation rates and active infection, Dr. Bertani believes that tonsils should not be removed when the patient is undergoing an attack of rheumatism unless all other methods of treatment have failed.

Serious attacks of painful and swollen joints and muscles—arthritis—may follow operation for removal of tonsils in patients with a high sedimentation rate although the patient may not be suffering with rheumatic symptoms to any extent. In addition to the joint and muscle symptoms, heart and blood-vessel complications may also follow operation when the sedimentation rate is high.

Chronic Rheumatism and Arthritis
Sufferers with chronic rheumatism and arthritis will receive many helpful suggestions by sending Ten Cents for Dr. Barton's booklet entitled "Chronic Rheumatism and Arthritis" (No. 106) to The Bell Library, Post Office Box 75, Station O, New York.

Beauty and You

by PATRICIA LINDSAY



OLYMPÉ BRADNA of Warner Bros. is another beauty who prefers the lighter shade of nail polish.

Two Famed Beauties Prefer Lighter Fingernail Polish

If you do not like the vivid shades of nail polish, or if the man in your life objects to them, you may still be in the fashion swim with one of the lighter shades. In fact two famed beauties of our era prefer the more delicate shades of polish and always wear them.

The two women are none other than the Duchess of Windsor and Mrs. Harrison Williams, much photographed society woman of New York City. The Duchess is a brunette, Mrs. Williams is a white-blonde (her hair being beautifully prematurely white). So you see there is no hard and fast fashion rule of colours for brunettes and colours for blondes!

Each of these women are extremely chic in their dressing—chic with the maximum of good taste. They both wear their hair coiffed upward away from the face in front, with the back hair set in rolling, swirling waves. No long bobs for them—they realize the shorter hair, dressed high and revealing the ear lobes is far more flattering to women in their forties. Both women also like to wear earrings on occasion.

Making Nails Beautiful

When using the lighter shades you will find that it is not possible to cover the line where the flesh ends and the nail extends. Therefore the soft pink or rose polish must not be applied over that line nor below the "moon" line at the base of the nail.

Recently I had my nails manicured and painted with a very neutral rose shade at the most fashionable nail salon in America and here the procedure is described, step by step.

- 1—The old polish was removed with cotton and liquid remover.
- 2—The nails were shaped with an emery board to a pleasing oval.
- 3—Softening cuticle cream was worked around the nail before my right hand was soaked in a small dish of soap, warm water.
- 4—Steps 1, 2 and 3 were taken with my left hand.
- 5—My right hand was dried thoroughly and the cuticle pushed back with a cotton wrapped cuticle stick. An occasional hang-nail was lightly trimmed with nippers (I try to avoid hangnails).
- 6—The under nails was washed with soapy water and a cuticle stick then hand was scrubbed with small nail brush and dried again.
- 7—Whitening was put under the nail sparingly. Nail base was applied over entire nail (this is a colorless substance which dries like polish with a sheen).
- 8—The neutral rose polish was applied from moon to rim evenly.
- 9—My left hand was completed.
- 10—A colorless nail polish was painted over the entire nail of each finger. This prevents chipping and makes the nail smoother.

I must admit that I liked looking so refined, after having tested every new colour that has come to my desk. And here's a tip to all women—my man noticed the change that night and commented favourably on the job! Perhaps you are due for a change too but it is nice to know the other colors are there if we want to pep up our fingers!

(Released by The Bell Syndicate, Inc.)

Youngster Dies After Falling Into Tub of Eye

Jean Roch Lacroix, aged two years and a half, died last week in hospital at Noranda from injuries received when he fell into a tub of lye water at his home at St. Laurent, north of LaSarre, Northwestern Quebec. The lye solution was a weak one but the water was warm and the lye burned quickly and deeply. The settlement nurse gave the child first aid and had him rushed to hospital, but it was impossible to save his life. It was the second death in a week in the district from burns, a Rouyn township child falling into a boiler of water just taken from the stove by the mother.

N.Y. mentioning the name of this newspaper. (Registered in accordance with the Copyright Act.)

Daily Average Gold Production Second Highest in February

Porcupine Now has 19 Producing Mines.

The following is the February Gold Bulletin issued by the Ontario Department of Mines:

Ontario producing gold mines by fields for the month of February follow:

Porcupine (19)—Aunor, Broulan, Forcupine, Buffalo-Ankerite, Coniarrum, Delmitte, DeSantis, Dome, Faymar, Hallnor, Hollinger, Hoyle, McIntyre, Moneta, Nakhodas, Naybob, Paymaster, Pamour Preston East Dome, Ross (Hollinger).

Kirkland Lake (11)—Bidgood, Golden Gate, Kirkland Lake Gold, Lake Shore, Macassa, Morris, Kirkland, Sylvanite, Teck-Hughes, Toburn, Upper Canada, Wright Hargreaves.

Larder Lake (3)—Chesterville, Kerr-Addison, Omega.

Matachewan (3)—Matachewan Consolidated, Tyrantite, Young-Davidson.

Sudbury and Timagami (1)—New Golden Rose.

Algoma District (1)—Cline Lake.

Thunder Bay District (11)—Bankfield, Hard Rock, Leitch, Little Long Lac, MacLeod-Cockshutt, Magner, Northern Empire, Sand River, Sturgeon River, St. Anthony, Tombill.

Patricia Portion (13)—Bernes River, Central Patricia, Cochenour Williams, Gold Eagle, Hasaga, Howey, Jackson, Madson Red Lake, McKenzie Red Lake, Pickle Crow, Sachigo, Uchi, McMama.

Kenora and Rainy River Districts (3)—Straw Lake Beach, Uppen Seine, Wendigo.

Miscellaneous—Includes Mayboro Milling Company, Regnery, etc.

Daily average production of Ontario's 65 gold mines during the 28 days of February was the second highest in the history of the industry and a few hundred ounces above the records for the previous two months. The increase resulted partly from the inauguration of a new 450 ton mill at the Hoyle Gold Mines, in Porcupine. This new property is situated in the North-easterly limits of the Porcupine camp and its mill turned over at the end of January. Returns for the Ontario Department of Mines monthly gold bulletin were also received from the Nakhodas property which ships ore to the Faymar mill in Porcupine, and the Mayboro Milling Company in Hastings County. Mayboro, operating a 25-ton mill is treating ore from the old Diamond property.

Total production during February amounted to 250,320 ounces gold and 37,881 ounces silver valued at \$9,650,000.

For That Quick Pot of Tea

"SALADA" TEA BAGS

300 from 955,676 tons of ore milled.

The daily average figures for February were: Tons milled, 34,131, gold ounces 8,940, silver ounces 1,353, valued at \$344,654; for January, tons milled 32,789, gold ounces 8,417, silver ounces 1,116, valued at \$324,723, and for the previous record daily average production which was established in November 1940, figures show tons milled, 32,892, gold ounces 9,994, silver ounces 1,501, and value \$347,305.

Monthly Output of Ontario Gold Mines 1940-41.

	1940value	1941value
Porcupine Belt—		
January	\$4,412,581	\$4,639,787
February	4,383,472	4,457,362
Kirkland Lake-Larder Lake Belt—		
January	3,327,962	3,094,439
February	3,197,520	2,894,755
Matachewan-Sudbury Timagami Southeastern Ontario—		
January	274,620	243,155
February	237,320	222,761
Northwestern Ontario (includes Algoma, Thunder Bay, Patricia Portion, Kenora and Rainy River Districts)—		
January	1,994,315	2,087,008
February	1,922,259	2,069,861
Miscellaneous—		
January	2,258	2,028
February	2,258	5,267
Total for Ontario—		
January	10,009,478	10,066,417
February	9,742,829	9,650,309

Only One Birth Registered in Timmins in Four Days

In four days last week there was only one birth registered at the town hall. Last year's average was twenty per week. Last week's registration was the following:
Born—on February 27th, 1941, to Mr. and Mrs. Victor Jodouin (nee Rose Pelletier), of 141 Commercial Avenue—a daughter.

Sudbury Star—What's a fuedrer to do about a race that writes leisurely letters to the London Times on "the behavior of birds during heavy bombing."

SENT M.P.'S AFTER HIM.

"And how is your son getting on in the Army?" a friend asked Mrs. Smith. "He's getting on very well," answered Mrs. Smith, proudly, "and he's very highly thought of. Last week, when he overstayed his leave, the Army authorities sent two Members of Parliament in uniform to take him back!"—Exchange.

APT

Towns: I'm going to call my drama the "Vacuum Cleaner."

Brown: That ought to have some drawing power.—Montreal Star.

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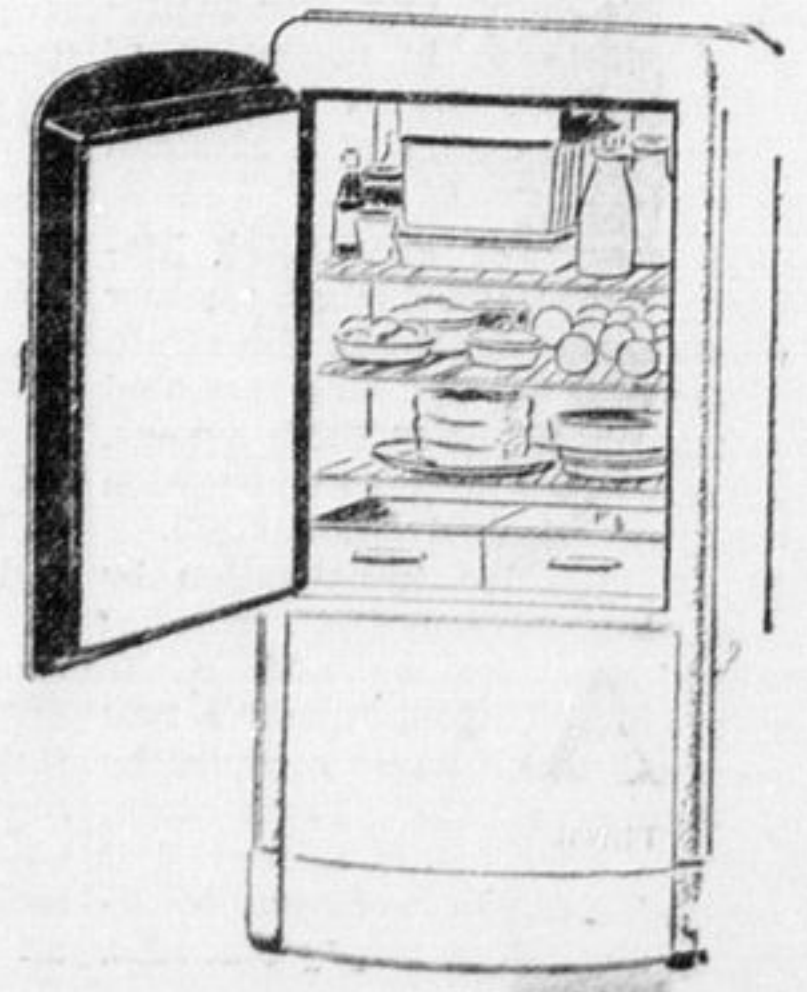
Confederation Life Association

"You wouldn't be throwing away those leftovers if you had an

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Northern Ontario Power Company Limited

QUESTION IN ORDER.

"There's an unexploded bomb buried here," said the A.R.P. chief, as he posted a warden. "Just keep an eye on things and blow your whistle if anything happens." "O.K.," replied the warden. "But do I blow it going up or coming down?"—Exchange.