

Some Ways in Which to Cook the Fish Called Shad

Miss Barber Says that Some Epicures Prefer Not to Have This Delectable Fish Boned. Recipes for Baked Shad and for Planked Shad.

I am sure that there is not a better fish any place in the world than the shad which so obligingly comes up our rivers as the spring creeps farther north.

The story goes that in Colonial times the supply of fish was so plentiful that sometimes it choked the rivers and the largest portion was used for fertilizing

and to give it several good rubbings with salad oil, unless you have been using it regularly. If you lack this piece of kitchen equipment, an oven-proof platter may be used.

You may have your shad boned, although epicures feel that for the best flavour the bones should remain. As far as seasoning goes, I use nothing but salt and paprika or pepper with shad. Henry Petlow, author of "On Medlock Farm," recommends a sort of barbecue sauce for basting.

Baked Shad

- 1 3 to 4 pound shad
- 2 teaspoons salt
- 1 teaspoon paprika
- 1/2 cup melted butter or salad oil.

Have fish split and cleaned. Wash thoroughly and wipe with cloth. Place skin side down on a greased oven-proof platter or shallow baking pan. Mix salt and paprika with melted butter or salad oil and brush on fish. Bake in hot oven (450 degrees F.) 30 to 40 minutes, until fish is well browned and flakes from bone when tried with a fork. Garnish with quartered lemon and parsley. Serve with mashed or buttered potatoes, and with baked tomatoes or buttered spinach or other green vegetables. Yield: six servings.

Note: Strips of bacon on top of fish may replace butter or oil.

Planked Shad

Use preceding recipe for baked shad. Arrange fish on hot greased plank and bake ten minutes. Remove from oven and arrange around the fish halved tomatoes sprinkled with salt, sugar, pepper and chopped onion and dotted with butter; halved cooked carrots; and mushroom caps which have been dipped in butter. Return to oven and continue cooking about 20 to 25 minutes, until fish flakes when tried with a fork. A border of mashed potatoes brushed with melted butter may be used instead of the other vegetables.

Note: An oven-proof platter may replace the plank.
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(By Edith M. Barber)

farm lands. The spring run during the Revolution is supposed to have saved the Valley Forge soldiers from starvation.

The shad still runs in the Delawares. A year or two ago I visited a shad ladder in a dam near New Hope and helped purchase a silvery shad from a fisherman and then helped in its preparation for dinner that night. By the way, shad still come up the Hudson although they cannot be caught by hand as was once the case when New York was New Amsterdam.

If you have a fish plank, now is the time to get it out—preferably a few days before you are going to use it

Beauty and You

by PATRICIA LINDSAY



As this earnest beauty sews a spring gown, a cream face masque is beautifying her face, and wayward back curls are pinned under a ribbon band. At the end of the hour she will be groomed for the evening's fun!

How to Get Triple Duty Out of Sewing Hours

All of us sew these days—if not for the family, for war relief. Or we knit, our fingers are kept busy for hours at a time fashioning garments of one sort or another. You can make those hours give you triple duty if you wish.

Before sitting down to sew why not comb and pin up your hair in curlers, tie a pretty ribbon or turban about your head and slip into a comfortable but attractive housecoat. Then you will feel free to put a masque cream on your face and let it do wonders for your skin while you work.

First wash your face well with soap and water, dry it and apply a cream masque. There are several of these film-like preparations which look like cream on your face—no mud pack, no deep colour!

If your skin is very dry you could anoint it all with a fragrant body oil—give it a good massage before putting on your housecoat. Let the oil lubricate and soothe, and the fragrance of it cheer you, as your fingers fly about their task.

That is getting double duty out of the sewing hours. Now, while you sew why not listen to several good radio broadcasts—programmes which will provide dinner conversation or interest friend husband when he comes home? Programmes which will feed your mind. Stay-at-home housewives have a tendency to grow dull because they do not take time to read current news, listen to it, or get out to a stimulating lecture or concert. Don't let that happen to you. Check up on the radio programmes, mark the ones you would like to hear, and select good books to read from reviews. If you

do not sew or knit, then read while beauty is working.

Or you may be tutoring your young offspring. While you sew is a good time to listen to his progress or to discuss his little problems which are mighty important to him. Get the most out of your time, whatever you do, so you will not go about complaining, "I never find any time to do anything for myself that is why my hair and skin look as they do!" I'm convinced, you see, that every woman can find time to groom herself—no matter how check full her day!

A Screen Star's Favourite Masque

If you would like to try the home-made masque which screen star Geraldine Fitzgerald favours, here is her recipe: Mix one teaspoonful of powdered tarragon (purchased at herb shop or a good drug store) with a tablespoonful of cow's cream or lemon juice. Spread it on face and leave for at least a half hour, wash off with warm water and then give your skin an ice rub and complexion oil massage. Wrap an ice cube in a folded linen napkin or towel.
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Police Charge One Man With Being Drunk Friday

Friday night was a very quiet night at the Timmings Police station and only one man was brought in. He was charged with being drunk and police say that it is his second offence. It is alleged that he was wandering the Timmings streets in a drunken condition.



That Body of Ours

By James W. Barton, M.D.

The Family Physician and Weight Reduction

One of the pleasing changes taking place is that the general physician is now treating conditions which formerly he sent on to "specialists." Of course, there are special branches of medicine and surgery that he still refers to specialists—dentists, general surgeons, orthopedic and plastic surgeons, ear, nose, throat, and eye specialists, and others. He does not, however, now send as many mental cases in their early stages because he is often able to get the "whole" story from the patient and prescribe necessary treatment after one or two consultations.

Another field in which the general practitioner now helps patients is in the matter of overweight and underweights.

Instead of just advising the overweight to eat less food and take more exercise, he takes the time to explain why the weight is increasing and its harmful effects upon the body. He then outlines a diet which reduces the fat-forming foods—fats and starches—and also liquids. He explains that he wants the patient to continue eating meat, eggs, or fish at least once a day to maintain the body structures, increase the heat of the body to burn up fat, and also give a satisfied feeling usually found with the eating of animal proteins—meat, eggs, and fish.

The physician points out also that when the patient is resting—asleep or just lying down or sitting down—not much work is being done by the muscles and very little food is used or fat burned. Going farther, he points out that, if instead of resting, the patient is walking or working, he uses up two, three, or more times the food eaten as when he is resting. Exercise or work prevents fat formation and removes fat already present.

Sometimes the patient is sent to a gymnasium for regular exercise or is referred to a physical director who shows the way the exercises should be done at home night and morning.

Since knowledge of the endocrine (ductless) glands and their juices is now available, then physician, in addition to diet, rest, and exercise suggestions which are given in all cases, prescribes extract of the endocrine glands wherever they are needed.

There are various types of gland overweight—thyroid, pituitary, sex, and mixed types. These types are recognized by the appearance of the individual and location of the fat. Thus in overweight due to insufficient thyroid extract, the excess fat is located all over the body and in amongst the various organs. The patient is sluggish mentally and physically. By means of the metabolism test—measuring the rate at which the body processes work—the proper dosage of thyroid extract or the extracts made by reliable drug manufacturers is prescribed. Thyroid extract is very effective in these cases if under medical supervision. The use of thyroid extract by those of normal weight, trying to become "slim" has proven dangerous; the severe type of goitre has resulted from this mistaken method of reducing weight.

With the pituitary type of overweight—excess weight over chest, abdomen, shoulders and hips—the injection of pituitary extract in suitable cases has brought brilliant results.

In overweight due to lack of extract of the gonads (sex) glands, the use of this extract, sometimes combined with thyroid, is often effective. There are cases where two or more of the endocrine extracts are effectively used.

Now that overweight is considered a disease, in that it interferes with health, makes surgical operations more dangerous, and shortens the life span by hardening the arteries, more overweighters are having their weight reduced safely by following the advice of their family physician. This is certainly a forward step from self-treatment by drugs to reduce appetite, Epsom salts to remove liquids from the tissues and such drugs as thyroid extract, strychnine or dinitrophenol which greatly increase rate at which body processes work and may cause death if not under medical supervision.

Eating Your Way To Health

Do you know which foods contain proteins, minerals, starches, or fat? Do you know just what and how much you should eat daily? Send today for this useful booklet by Dr. Barton entitled "Eating Your Way To Health." It answers the above questions and includes a calorie chart and sample menus. Send your request to The Bell Library, P.O. Box 75, Station O, New York, N.Y., enclosing Ten Cents to cover cost of service and mention the name of this newspaper.

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Temiskaming Festival of Music Has Over 200 Entries

There are already over 200 entries for the Temiskaming Festival of Music to be held at New Liskeard on May 7th and 8th. Timmings Festival of Music has around 700 entries. It is interesting to note that Rev. E. Gilmour Smith then stationed at Cobalt, took a leading part in establishing the Temiskaming Festival of Music, just as last year he was largely responsible for the commencement and success of the Music Festival here.

A. A. Rose is Speaker at Weekly Meeting of the Lions Club

Interesting Talk on Problems of Technical School Teaching. Three Other Guests.

Mr. A. A. Rose, principal of the Technical School in Timmings, was the guest speaker at the regular dinner meeting of the Timmings Lions Club on Thursday evening. He was introduced to the club members by Lion Walter Greaves. Club president A. Allen was the chairman of the meeting.

Mr. Rose chose a subject that he was very familiar with. It was a talk on the problems encountered in technical school teaching. It was an exceptionally good talk and was appreciated by the Lions. Mr. Rose showed how the pupils had to be properly taught to take their place in the world's industry. The speaker gave many illustrations from his own experiences during his long career of technical school teaching.

The speaker was heartily thanked by Lion Garth Tseple.

Three other guests attended the meeting: Captain Lloyd Saunders, of Montreal, who was past president of the North Toronto Lions Club; Mr. O. E. Wall, of Timmings; and Mr. W. A. Young, of Timmings.

Mr. Wall and Mr. Young played a duet for the Lions with Mr. Wall playing the violin and Mr. Young playing the piano. They played two fine selections and an encore was demanded.

It was announced at the meeting that a Ladies' Night would be held in the new Lions Hall on Friday, May 2nd. It was also announced that Secretary Harold Pirie had been appointed to the Trophy Committee for the Ontario-Quebec division.

Rebekahs Observe Anniversary of the Founding of Order

Official Visit of Acting District Deputy President.

The founding of the Oddfellows' and Rebekah Lodges on this continent was celebrated after the regular weekly meeting of the Gold Nugget Rebekah Lodge on Thursday evening in the Oddfellows' Hall, the event also taking the form of the official visit of the Acting District Deputy President, Mrs. Betty Morrison, of Iroquois Falls. Miss Essie Banting, District Deputy President, was unable to be present through illness.

Mrs. Geo. Henderson introduced Mrs. James Keene, the past president of the Rebekah Assembly of Ontario, and Mrs. Leck introduced the guest, Mrs. Morrison.

Mrs. Webb acted as soloist during the anniversary service, and speeches were made by Mrs. Keene, Past President of the Assembly; Mrs. Morrison, Acting District Deputy President; Mrs. Leck, Past Noble Grand; Brother "Dad" W. M. Whyte, Mrs. Shub, who is leaving for Toronto, also spoke briefly during the evening.

After the lodge, the members and their guests enjoyed a social hour, during which bingo was played, and a delicious lunch served. Prizes for the bingo, as well as the refreshments, were supplied by the officers of the Gold Nugget Rebekah Lodge, with Mrs. C. Lacy, Vice Noble Grand, as convener.

Temiskaming Motor Club Gives Funds to War Causes

At a slimly attended meeting of the Temiskaming Motor Club last week it was decided to disband, the work formerly done by the association to be carried on by the Ontario Motor League. The Association has a surplus of some \$220.00 on hand, and its meeting decided to turn this over to the Red Cross and the War Services Fund in the district, the division to be made pro rata.

Vaccine Made for 'Flu at Rockefeller Institute

Ever since the time of Hippocrates (400 B.C.) huge tides of flu have washed the world. These epidemics have not always run in cycles of 20 years. In modern times the span between them seems to be about 3 decades. A wave of flu inundated Europe and the North American continent during the 1830's. There were others in 1847, 1899 and the greatest scourge of the kind in history occurred just after the last war in 1918-19, which killed more than 20 millions of people all over the world and more than half a million in the U.S. and Canada.

The cause is a number of mysterious germs only one group of which, the influenza virus A, was identified seven years ago. This virus is now rampant on the Pacific Coast.

Under mild and smiling skies, an epidemic of influenza flared recently in California; swept into Oregon, Washington, Idaho, Arizona, Nevada and New Mexico. Fortunately the visitation was a mild one. The victims had only slight fever, sniffles, headache, sore limbs, backache and a tight feeling in the chest. Los Angeles had 50,000 cases with but 70 deaths, most of these being due to terminal pneumonia. The schools with over 700 pupils had about 29 per cent of the children ill, but very properly the schools still carried on. Half the pretty girls of Hollywood were sick in bed—the proper place for them. Sixteen members of the University of Southern California Football team were put out of business. Hospital staffs were sadly depleted. Men in training camps to the number of 1409 were down with flu.

Dr. Horsfall, Jr., of the Rockefeller Institute has made a vaccine from influenza virus A, and the virus which causes distemper in dogs. He hopes that it will confer immunity for at least 3 months from all types of flu.

Three Hundred Couples Enjoy Ski Club Dance

(Continued From Page One)

Charlotte Ogilvie, Olive Lafremer Gladys McIvor, Ann Wlasi, Ethel Hursley, Lillian Fulcher (of Kirkland Lake) Margaret Easton, Betty Bowyer, Irene King, Anita Quinn, Mary Ramsay, Marion Gillies, Gwen Riley, Eileen Sullivan, Winnie Atkinson, Delta Jacques, Jenny Gillgrass, Kay McMann, Irene Boisvert, Marjorie Nelson, Ellen Harkness, Harriett Harkness, Rita Bissonette, Barbara Campbell, Ann Jopson, Floris Lever, Alice Villeneuve, Evelyn Durkin, Mary Sutherland, Marion Cripps, Pauline Mullen, Hilda Stevenson, Jean Canie, Marjorie Judd, Irene McNulty, Claire Morin, Elsie Franks (of Kirkland Lake), Agnes Evans.

Messrs Harold Johnson, Vic Thompson, Matthew Gooding, Garth Porter, Don Lemieux, Lloyd Black, Dave Rymer, Floyd Corner, Reg. Cooper, Wayne West, Hector Magnon, Ace Dudgeon, Rene Cardinal, Joe Mousseau, Jack Doyle, Jack Dewar, Bert Hornby, Hugh Allen, Gordon Reid, George Marshall.

For Distinctive Service

"SALADA" TEA BAGS

Howard Bengry, Jim Craney, S. Brown, Rusty Pacione, Ernie Lacy, Les Redford, Henry Harrington, Gregory Evans, Sergeant C. N. K. Kirk, Neil O'Connor, Lap Laprairie, Logan Kerr, Elmer Trudell, Tom Brackensbury, John Bracken, Jack Gauthier, Steve Finucan, Ambrose Killeen, Constable Handley, Ted Fitzgerald, Jack Dunn, Arnold Black, Lawrence Stevenson, Frank Wismer, Alex Stewart, Doug Carriere, Chas. Lappan, Elmer Small, Bob Churchill, Rolly Barnes, Roy McCosney, Jack R. Smith, Peter O'Srosser, Frank Everard, Doug Woodell, Rene Cardinal, Nick Basciano, Norman McCraw, Ed Kent, Jack Adams, Larry Rice, Dave Wemyss, Merton Lake, Eric Newson, Gord Denny, Maurice Villeneuve, Jack Marks, Henry Donovan, Gerry Killeen, Leo Giroux, Manny Abrams, Bill Shields, Jack Easton, Eddie Rowe, Eugene Merikallio, Maynard Raveroff, Wilho Sivonen, Don Howard, Willis Barkwell, Chas. Rogers, Merv Keys, Harvey Laine, Dave Sky, Joe Seguin, George Mimm, Bob Wilson, Bill Babcock, Andy Bruce, Cliff Marshall, Eero Niemi, Jack MacDonald, Jack Hill, Bas Bastien, Jimmy Creighton, Bill West, Wayne West, Gus Dixon, Del Wilson, Martin McHugh, Wilf O'Brien, Archie MacDonald, Jack Russell, "Red" Doran.

Brunette as First Vice-President, and Miss Mae Bugera as Second Vice-President.

Other officers elected were: Treasurer: Mrs. L. Pankari. Secretary: Miss Edith Adam.

Miss Mae Bugera, the second vice-president, presided during the meeting, and annual reports were read by Mrs. J. Martin, the secretary, and Mrs. L. Pankari, treasurer, who gave the yearly financial report.

The new executive thanked the members for the confidence that has been placed in them, and Miss Jean K'oon moved a vote of thanks to the retiring executive for the splendid work they had done during the past year.

It was decided to change the meeting night from Thursday, to the last Wednesday of each month. A special meeting will be held on Wednesday, May 7th, to make arrangements for the graduation dance which will be held in early June.

Funeral This Afternoon of the Late John Luchak

Funeral services will be held this (Monday) afternoon at 3 o'clock, for the late Mr. John Luchak, who passed away at St. Mary's hospital early Saturday morning. The services will take place at St. Mary's Rumanian Orthodox Church, and interment will be in the Timmings cemetery.

The late Mr. Luchak was born in Austria forty-three years ago, and came to Canada about twenty-one years ago. He has resided in Timmings for the past two years, and leaves to mourn his loss, a wife and son, and his brother of Hamilton, who is in town for the funeral.

GIRL GUIDES IN TIMMINGS



The 51st I.O.D.E. Girl Guides held their regular weekly meeting in the Hollinger Scout Hall. Captain Sheridan opened the meeting with the taking of inspection and attendance assisted by Co. Leader Langman. Horseshoe was then formed and the colour party consisting of Theresa Lariviere, Doris Simmers, Alice Sheridan, Norce Paver, Joyce Parks, and Viola Harnden marched on the colours. Violet Tonkin, Bernice Langman, M. DeMarco, and Ruth McDonald were enrolled. Joyce Parks passed her Scouts pace. Patrol corners were then held. Following this campfire was formed and several songs sung. Horseshoe was then formed and flags taken down. Captain Sheridan closed the meeting. Our deepest sympathy is extended to Mrs. MacIntosh and family in their recent sad bereavement.

Nurses' Alumnae Elects Officers for Ensuing Year

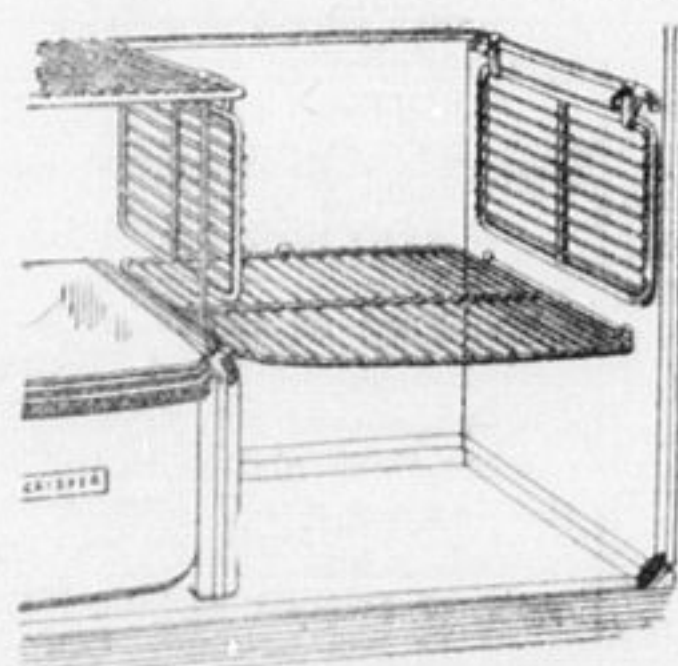
Mrs. J. D. Brady the New President.

Mrs. J. D. Brady was elected president of the Nurses' Alumnae at the annual election meeting held in St. Mary's Hospital Nurses' Auditorium on Thursday evening, with Mrs. A. E.

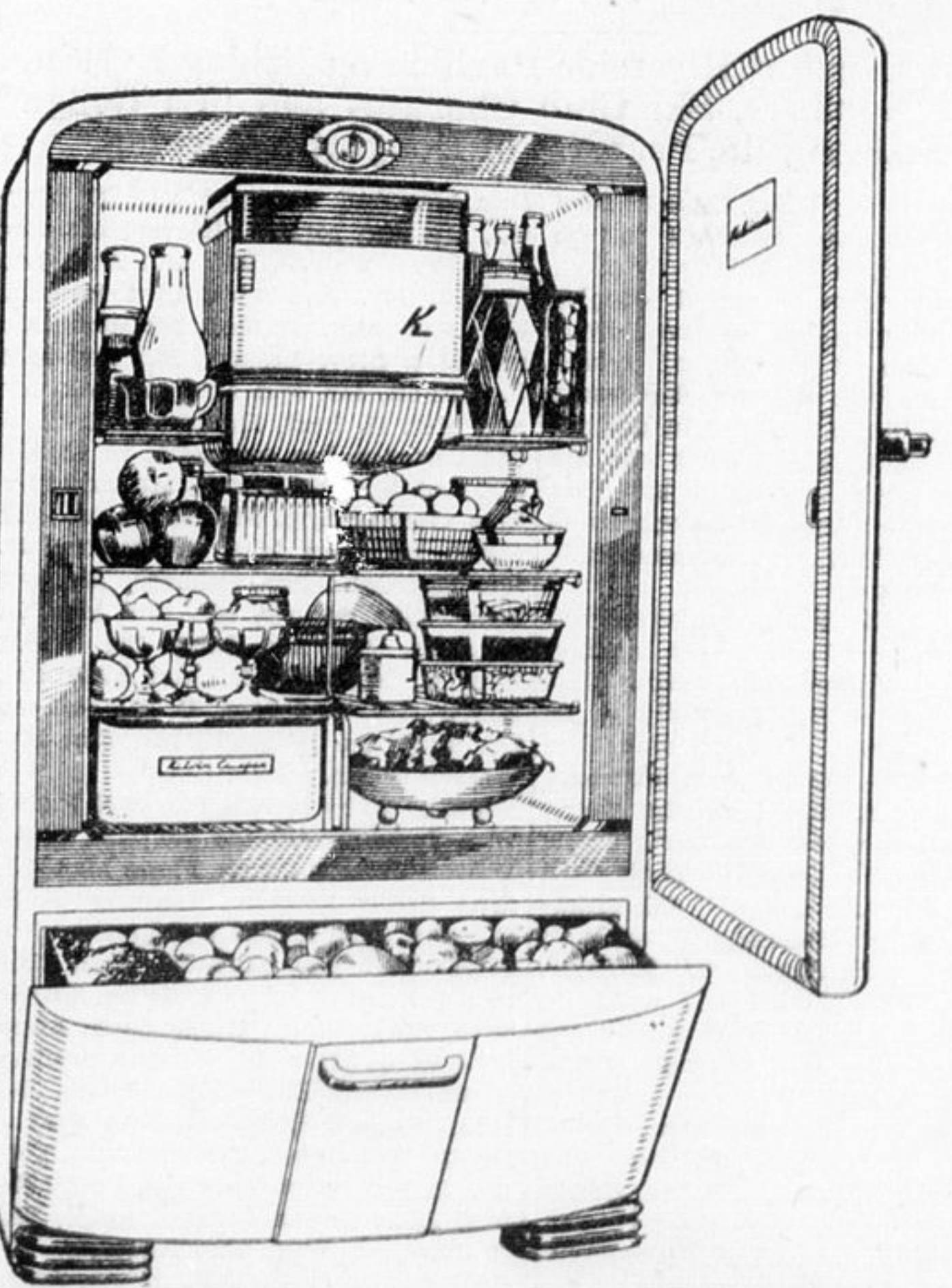
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