

Domestic Science Expert Writes About Searing as Applied to Cooking

Subjecting of Meats to Dry Heat Until Surface Darkens. Oven and Frying Pan Methods. Recipes for Veal Scallopini and Breaded Fresh Pork Tenderloin.

"Every once in a while I see a recipe which calls for searing meat. I am just an amateur at cooking, and a man at that, and I would like to know just what the word means." This from a correspondent.



(By Edith M. Barber)

For a few moments until the surface darkens and incidentally forms a thin crust which keeps in the juices. Searing may be done under the broiling flame, first on one side of the steak or chops, or it may be done in a frying pan, greased just enough to keep the meat from sticking to the pan. Roasts are seared by oven-heat.

The business woman housekeeper often uses steaks and chops which cook so quickly. If she is cooking a small amount, she is inclined to avoid the broiler, because the pan must be scrubbed afterward. When meat is pan-broiled it must be turned often. Don't try to pan-broil a large steak. It can't be done.

Meat such as veal and pork, which need a comparatively long cooking, are often seared on both sides until they are a lovely brown. Then liquid is added and the pan covered tightly during the remainder of the cooking over a low heat.

Quick Meal
Chicken gumbo
Baked sweet potatoes, buttered cabbage
Strawberries and cream
Coffee

Method of Preparation
Light oven.
Scrub potatoes and bake.
Prepare tenderloin and cook.
Prepare strawberries.
Prepare cabbage and cook.
Open can of soup and heat.
Dress cabbage.
Make coffee.

Veal Scallopini
1 1/2 pounds of veal cutlet
Flour
Salt
Pepper
2 tablespoons olive oil.
1 clove, garlic, peeled
1/2 cup wine
1/2 cup water
1 tablespoon lemon juice
Have veal sliced 1/4 inch thick. Wipe meat with cloth and rub with seasoned flour. Heat olive oil in heavy frying pan and saute garlic and veal until light brown. Remove garlic. Add wine, water, and lemon juice, cover and simmer thirty minutes over low heat until veal is tender. Serve on hot platter and garnish with parsley.
Yield: Six servings.

Breaded Fresh Pork Tenderloin
2 pounds fresh pork tenderloin
Flour
Salt
Pepper
1 egg slightly beaten
2 tablespoons water
Fine, dry crumbs
2 tablespoons bacon fat
Have meat cut in pieces for serving. Wipe meat with cloth and rub with seasoned flour. Heat olive oil in heavy frying pan and saute garlic and veal until light brown. Remove garlic. Add wine, water, and lemon juice, cover and simmer thirty minutes over low heat until veal is tender. Serve on hot platter with tomato sauce. Yield: Six servings.

Globe and Mail—In Glasgow 75,000 people assembled on Saturday to see England defeat the Scots at soccer. The Englishmen "came from behind" to win—and there is a moral in that.

BY HIGHWAY CRUISER!
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STANDARD TIME
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Ar. TORONTO 3.05 p.m.
9.45
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EXCURSION
Lv. TORONTO 7.15 a.m.
Ar. NORTH BAY 3.10 p.m.
UNION BUS TERMINAL "C" Phone 101-3-3
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GRAY COACH LINES

TO-DAY'S FASHIONS



Smart Coat and Dress Ensemble

Navy blue, ever young, ever smart and fresh, is again playing lead in the spring fashion picture. Here is a new and smart outfit for present wear, a navy coat and dress ensemble with plenty of interesting detail. The coat is pinstriped from throat to hem and has a set-in band at the waist that ties centre front. Buttons are set into a band. It has a detachable white pique collar. The short-sleeved dress is piped in pique and has a gored skirt. Both coat and dress can be worn separately.

Preparedness of the Canadian Red Cross Again Vital Value

The following given over the "Voice of the Red Cross" on Sunday, April 27th, is another proof of what The Advance has emphasized so often—that the Red Cross is prepared all the time—for everything—in most remarkable way. Read this message as it came over the air:—

"Many of us had an anxious time ten days ago when word came through that London and other parts of England had suffered the worst Nazi air raid of the war. But as the wires across the Atlantic brought stories of the devastation and casualties, cables also arrived at Red Cross headquarters here giving a thrilling description of how we Canadians had been able to help Britain at that time of need. You will remember the raid began in the evening and lasted until early morning. It was in those early hours that Canadian Red Cross offices in London received an emergency call for help. And just ten minutes later, our trucks, driven by Canadian drivers, were on the way with supplies. Part of the secret of this speed was—preparedness. Thousands of parcels of food and clothing were already packed in anticipation of just such a blitz. And so when morning came and London's stunned civilians emerged from shelters to find their homes nothing but smoking ruins, they also found Canadian food and clothing waiting to tide them over the first few hours of shock. For when dawn was breaking and disaster was still raining down from the sky the Canadian Red Cross had rushed into disaster areas gar-

What type of hernia is suitable for the injection method? While surgeons are not in complete agreement on what are suitable cases, it is agreed that—
(a) Hernias that have occurred recently.
(b) Hernias in thin individuals.
(c) Those in which the hernia can be readily pushed back into the abdomen, and
(d) Those who are older and would not undergo operation so well.
Can be called suitable cases for the injection method.
Dr. Lazarus Manoil, New York, N.Y., in Archives of Surgery, states that, in addition to a safe and effective "hardening" substance, the use of a well-fitted truss is absolutely necessary. The truss must be worn day and night during the entire time the injections are being given. The injections are given 2 or 3 times weekly for 6 to 8 weeks. After injections have been completed, the patient must remove the truss at night but wear it during the day for 4 to 6 months.
The poor results obtained in some cases may be due to the patient not wearing the truss for this long period. Although this is a long time to be under treatment, the patient loses no time from his work.

Health Booklets
Ten Barton Booklets are available to readers who send Ten Cents for each one desired to The Bell Library, Post Office Box 75, Station O., New York, N.Y., mentioning this newspaper:
(No. 101) Eating Your Way to Health.
(No. 102) Why Worry About Your Heart?
(No. 103) Neurosis.
(No. 104) The Common Cold.
(No. 105) Overweight and Underweight.
(No. 106) Allergy or Sensitiveness to Various Foods or Other Substances.
(No. 107) Scourge—(gonorrhoea and syphilis).
(No. 108) How Is Your Blood Pressure?
(No. 109) Chronic Rheumatism and Arthritis.
(No. 110) Cancer; Its Symptoms and Treatment.
(Registered in accordance with the Copyright Act).

POTS and PANS KEPT CLEAN this EASY way

NO more rubbing and scrubbing to get grease and hard-baked food off pots and pans—Gillett's Lye cuts right through dirt of any kind!

Use Gillett's Lye, too, to keep drains clean and running freely. Doesn't harm enamel or plumbing. Keep a tin handy.

FREE BOOKLET—The Gillett's Lye Booklet tells how this powerful cleanser cleans clogged drains, keeps out-boards clean and odorless by destroying the contents of the closet... how it performs dozens of tasks. Send for a free copy to Standard Brands Ltd., Fraser Ave. and Liberty Street, Toronto, Ont.



*Never dissolve lye in hot water. The action of the lye itself heats the water.

ments for men, women and children, plus fifteen hundred blankets and food supplies that included soups, stews, hash, cheese, jam. In one borough a thousand civilians were made homeless and every one of them received help from Canada. Every other affected London borough was aided in the same way. This also applied to other parts of the country where a first distribution of 8,000 garments was made followed the next day by a second release of 6,000 garments. All our goods were given out in emergency centres set up in the heart of bombed areas. Victims were sent to these centres by air-raid workers and there they got holo-caust. Londoners were more than appreciative of such help. It was the speed of our assistance that amazed them most and during the next two days almost every London paper carried stories pointing out that Canadian Red Cross was right in the front line placing supplies in all needy zones.

"In country areas of England a contribution from Canada that gives wonderful service in air raids is our fleet of 36 mobile field kitchens, three of which are placed in each of England's 12 defense areas. These units are driven by English girls of the Women's Voluntary Services and are moved at a moment's notice to the newest blitz area to provide food for civilians, firemen and air raid workers. Each kitchen bears the Canadian Red Cross insignia and is as fully equipped as a restaurant with a cooking range, fuel, water and supplies of meat and vegetables to feed 250 people."

North Bay Nugget—If, by smashing Greece, Hitler thought he could kill democracy in its cradle, he was very wrong. There are several con-CRETE reasons for knowing Greece and democracy still live.

Profit Up for 1940 For Young-Davidson

Estimated Ore is Enough for Over Ten Years.

Young-Davidson Mines had a net profit of \$63,409 in the year 1940, equal to 4 cents per share on the 1,584,108 shares outstanding. Company's share of the operating profit was \$76,443, and an adjustment of taxes brought a further \$631, making income of \$77,044. Administrative expenses were \$7,261, sum of \$4,159 was deducted to apply to preproduction expenses while \$2,194 was provided for taxes. Statement of current position at the end of 1940 shows \$1,047 cash, with \$45,044 due from Hollinger, making total of \$46,091, against which accounts payable totalled \$3,426, leaving net current assets of \$42,665.

Production from the mine totalled \$1,565,338, from which a net operating profit of \$421,056 was derived, of which sum \$382,214 was available for distribution, to Hollinger and Young-Davidson. Latter's share of the year before, \$18,210 more than the year before. Mill handled 368,247 tons of ore, of which 46,578 tons came from surface pit operations and balance from underground. Recovery was \$4.09 a ton, compared with \$3.82 the year before. Exclusive of taxes, costs per ton treated \$2.79, while taxes amounting to \$60,273, represented 16 cents per ton milled.

Broken ore in stopes at the end of the year totalled 626,696 tons, which at the present milling rate is sufficient for a period of approximately twenty months. At the present milling rate, a conservative estimate indicates a tonnage sufficient to supply the mill for

a period in excess of ten years. With the completion of the installation of a crusher plant underground between the fourth and fifth levels, no further major mine undertakings are contemplated for some time.

There are encouraging indications that a sizable orebody may exist on the northeast portion of the property. President Weldon C. Young reports that directors understand exploration work will be undertaken this year in this favourable area.

Try the Advance Want Advertisements

SO FORTUNATE!
"That teacup you broke yesterday can't be matched anywhere, Mary!"
"Oh, aren't I lucky, mum? I thought I should have to buy a new one!"—Globe and Mail.

SOME SUCCESS
"Mother told me to keep Mr. Huggins at a distance while here."
"And are you?"
"Well, I'm succeeding in keeping him at a distance from the other girls."—Exchange.

Thirst asks nothing more

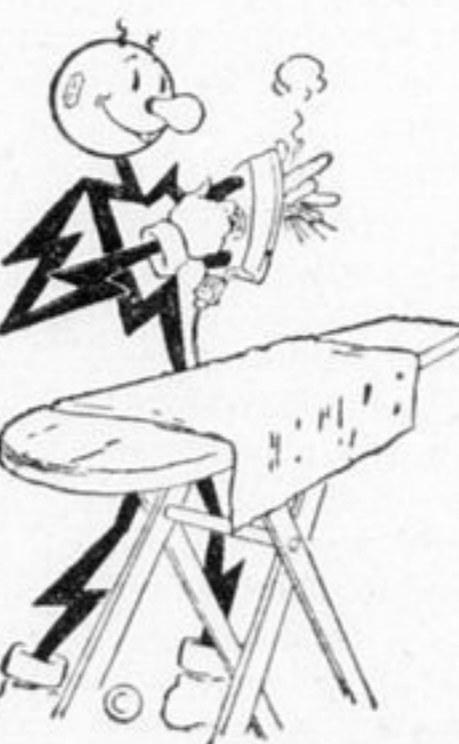
DRINK Coca-Cola

5¢

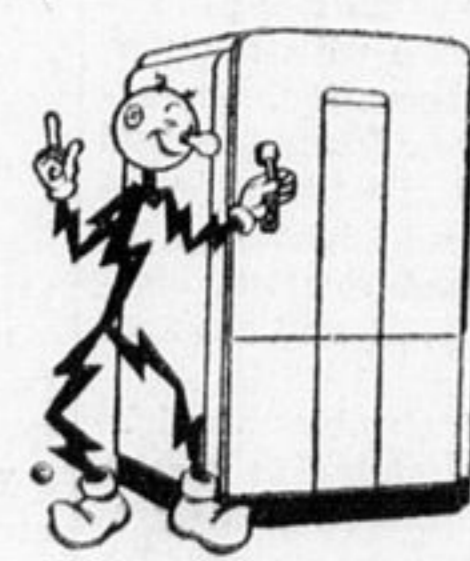
"Here I am, folks" says:
REDDY KILOWATT

"From now on you'll see quite a lot of me because I've been hired to help tell you folks about Electric Living. As you can see, I'm not the most handsome fellow in the world, but I'm nearly always smiling and I'll try to make you smile too. They call me "Reddy Kilowatt" because I'm always ready to do your bidding wherever there's an electric plug. I'll cook for you, clean for you, keep your food fresh, do your washing and ironing, light your home, heat your water and make your toast. On the farm I can milk, cool the milk, pump water, saw wood and light the barns and houses. I never take a day off, I never sleep and my wages are only a few cents a day.

"Just by way of introducing myself to you and showing you how I go about my business, my new boss has made some pictures of me doing a few chores around the house."



"Take a tip from me—electric refrigeration saves you money. I should know, I run thousands of the things and I see all the leftovers that are saved to be made into delicious meals."



"Nobody can call me a sissy, but I do love ironing. Really, these automatic irons they have nowadays are positively tops because the heat is always just right for the fabric to be ironed."



"Anybody hungry? Like some scrambled eggs and coffee? O.K. folks, we'll have them ready in a jiffy on this new electric range. It's the speediest thing that ever came down the pike and clean and safe, too."



"You ought to see me go after dirt and dust. I'm really the cleanest little fellow you ever saw. Put me on the business end of a vacuum cleaner and I'll have your rugs and furniture cleaned before you can say 'Jack Robinson'."



"And when it comes to kitchen chores an electric mixer really goes to town! Believe me, I just love beating up eggs, mashing potatoes and doing all the many other jobs possible on one of these gadgets!"

Northern Ontario Power Company Limited

WATCH FOR ME EVERYWHERE. I'LL BE SEEING YOU!