

Boston Has Personality Even in Matter of Food

Domestic Expert Thinks It is an Attractive Personality in Food. Doughnuts for Breakfast, Fish Balls for Lunch, and Baked Beans and Brown Bread for Dinner.



(By EDITH M. BARBER)

I always take advantage of any excuse to go to Boston. It is a city with personality and this extends to the food even in these days of standardization.

There were doughnuts for breakfast and I forgot that my breakfast always consists of orange juice and coffee. There were fish balls, not cakes and you might have them for breakfast or lunch. There were the brown pots of baked beans and the steaming loaves of brown bread for Saturday night dinner.

And, of course, there was lobster. How difficult it was to choose between the famous stew and the boiled lobster with butter sauce, both of which are typical New England dishes. Then there was a fish dish which was novel to me. Have you ever had scalloped scallops? They were fully as good as oysters prepared in this way, and will be a useful addition to the quick meal menu now that the next few months lack the essential "R."

Quick Meal

- Cream of tomato soup
- Scalloped Scallops
- Asparagus with lemon butter

Buttered Carrots
Ginger Bread, Whipped Cream
Coffee

Method of Preparation

- Light oven.
- Prepare scallops and cook.
- Prepare asparagus and cook.
- Prepare carrots and cook.
- Make ginger bread according to directions on carton and bake.
- Open can of soup and heat.
- Dress carrots.
- Dress asparagus.
- Whip cream.
- Make coffee.

New England Codfish Balls

- 1 pound (2 cups) salt codfish.
- 5 cups cubed potatoes.
- 1 tablespoon butter.
- 2 eggs.
- 1/2 teaspoon pepper.

Soak codfish in cold water thirty minutes, or scald twice and drain. Cut in small pieces with scissors. Combine with potatoes and cover with boiling water. Cook until potatoes are tender, ten to fifteen minutes. Drain well and shake over heat for a moment. Beat with wooden potato masher, mix with egg sauce or tomato sauce. Yield: Six servings (12 medium-sized balls).

Scalloped Scallops

- 4 tablespoons butter.
- 5 cups soft bread crumbs.
- 1 1/2 teaspoons salt.
- 1/4 teaspoon pepper.
- 1 tablespoon lemon juice.
- 1 pint scallops.
- Melt butter, add crumbs, seasonings, and lemon juice, and mix well. Arrange scallops in alternate layers with buttered crumbs in a greased 2-quart baking dish, using crumbs for the top layer. Bake in hot oven (450 F.) twenty minutes. Yield: Six servings.
- Note: Large scallops should be sliced.
- (Released by The Bell Syndicate, Inc.)



ATTRACTIVE BRIDAL PARTY

Pictured above are Mr. and Mrs. Frank Boivin and their attendants, as they paused on the steps of St. Anthony's Cathedral following the wedding ceremony on Saturday morning. In the photo from left to right are: Miss Cecile Sebastian, maid-of-honour, sister of the bride; Mrs. Boivin, the former Gilberte Sebastian; Mr. Boivin and LAC Camille Sebastian, groomsmen, brother of the bride.

Health Better in Old Country Despite War

Toronto—In connection with its campaign for increased health and efficiency as a part of the Dominion's war effort, the Health League of Canada points to what has been effected in Britain by the added insistence on public health measures.

Official figures from London, says the League, show that the general health of the people is higher today than it has been for several years, despite the appalling conditions under which they are forced to live.

There had been fear that damage to drains, as a result of bombing, might produce epidemics of typhoid in the large British cities. Actually, there was less typhoid in Britain during the early months of 1941 than in corresponding periods in 1939 and 1938, though the incidence remained about the same as in 1940.

The crowding of air raid shelters has not resulted in epidemics of sickness, to the contrary, a communicable disease has decreased. In part, this result is attributed to the provision of medical service in the shelters, and to the avoidance of delay in the treatment of illness.

The Health League believes that greater attention to public health in Canada should be paid at this time, and that thousands of working hours now lost yearly could be saved by the elimination of preventable diseases.

Provincial Police Strike Twice in Cook's Lake Area

Four Persons Charged with Keeping for Sale as Result of Two Raids.

Four men will face Magistrate Atkinson in Tuesday afternoon's police court in Timmins as a result of two Provincial Police raids over the weekend at Cook's Lake, about five miles west of the town. Both establishments that were raided had been under police observation for quite some time and over the week-end Provincial officers laid charges against the four men of keeping beer for sale.

Jack McCaul and Stan Rawlinson were placed under arrest and locked up in the Timmins jail for a short while as a result of the first raid. Both were charged with keeping beer for sale.

In a second raid across the lake from the first place, the Provincial police laid charges against Tony Sandrell and Aetstora Stefanelli. Sandrell's address was given as Cook's Lake and Stefanelli gave his address as 116 Pine Street South, Timmins.

Police say that Sandrell owns the place where the second raid was made and also say that Stefanelli admitted to them that he was the brewer.

Police are still investigating and more charges may be laid against the four men. They may face an additional charge of illegal possession of beer.

McCaul, Rawlinson and Sandrell were released on bail at the local police station but Stefanelli was still in custody to-day.

Institute for the Blind a Notable Organization

Annual Appeal Should be Given Hearty Response.

The Canadian National Institute for the Blind employs more blind people than any other agency in America, if not in the whole world. It is not a government organization but it is recognized by the Dominion Government and the Provincial Governments and given some financial support. The main bulk of the revenue required by the Institute comes from public subscriptions. The policies and financial set-up of the Institute are in the hands of a publicly elected board, none of whom are employees of the Institute. Some of the members of the

board are blind, as it is the policy of the Institute to consult with men with the practical experience of blindness in the development of a programme of social service for the blind of Canada. The managing director is blind. He is, as a matter of fact, one of the best known Canadians—Colonel E. A. Baker, O.B.E., M.C.; Croix de Guerre. The librarian is blind. He is Dr. S. G. Swift, who graduated from McGill University with high honours in modern languages. There are many other blind people employed by the Institute in executive positions. The guiding principle of The Canadian National Institute for the Blind is that, if a competent blind person is given some assistance and a measure of well-directed co-operation, he can take his place alongside his sighted fellows in many occupations and positions. In its twenty-three years experience, it has proved that the principle is sound. When it is considered that there are approximately twelve thousand blind people in Canada, the extent of the work undertaken by the Institute can be appreciated. To carry on its great task it needs funds. On May 31st there will be a tag day in Timmins under the auspices of the Women's Committee I.O.D.E. There is an opportunity for the citizens to assume their share of an important national duty which is being magnificently discharged. The tag day is designed to give those opportunity to help who have not sent in donations to the local treasurer, Mr. A. F. Burt, Dominion Bank, Timmins.

Bridge at 'Calamity Gulch' Now is Being Dismantled

Work on dismantling the steel and concrete bridge generally known as the "Calamity Gulch" bridge, because of the number of accidents there, has been in progress for some days. This bridge is about two miles from New Liskeard on the Ferguson highway and for the six years or so of its use it has been the scene of a series of mishaps and some tragedies. The bridge itself at times has been considered unsafe from the action of the water and quicksand. After spending considerable money to make the structure and approaches safe, the authorities replaced it with a "fill-in" nearby. This fill-in has taken the place of the bridge route and decision was made to salvage the steel from the bridge. The concrete will be left as there is no salvage value to it.

Timmins Police Charge Three Under Liquor Control Act

Two Persons are Charged With Illegal Possession After Raid Sunday Morning.

Armand Boulanger, 44 Commercial Avenue, Timmins, and Lucienne Allard, 59 Preston Street South, will face charges of illegal possession of beer when they appear before Magistrate Atkinson tomorrow afternoon. Timmins police raided an establishment at 59 Preston Street South, at 3:10 a.m. on Sunday morning and the two persons that are charged were alleged to have been drinking a pint of beer each when the police entered.

After the police entered the place they conducted a search and are said to have found a quantity of beer that was not purchased in the proper manner.

A charge of having liquor in other than his private residence was laid by the Timmins police against Donald MacLennan, Room 21, Albert's Hotel, early Saturday morning. MacLennan is alleged to have come out of the hotel with a parcel under his arm. Just before he got into a car that was in front of the hotel, an alert con-

Despite every effort to discover new orebodies during the past year Moneta Porcupine was able to develop very little additional tonnage, the president, W. E. Segsworth, states in the annual report for the year ending March 31st. Exploration is continuing at the property and meanwhile officers of the company are endeavouring to find a new property worthy of development.

Production in the fiscal year showed a gain, grade was higher but operating costs also rose. Ore reserves, however, showed a drop from 135,229 tons to 83,258 tons and grade was off from \$19.46 to \$18.73 per ton. As Moneta mills 65,000 tons of ore annually the reserves are good for less than two years, unless supplemented.

The balance sheet discloses that the company is in a strong financial position, total current assets being of \$206,113, the latter including a dividend payment of \$76,316 disbursed in April. This represents a gain in working capital of \$207,666 in the year. Net earnings, after all writeoffs and taxes, totalled \$494,035, or 19.42c per share; this compares with \$519,434 and 20.42c per share in the preceding year. Taxes rose from \$40,446 to \$82,003 in the year. Dividends amounting to 12c were paid in the fiscal year.

Moneta Treasury in Strong Position

Annual Report for the Moneta Porcupine Issued.

J. D. Barrington, manager, reports that during the year 3,929 feet of drifting, 993 feet of crosscutting, 270 feet of raising and 29,860 feet of diamond drilling were completed. The major part of the underground development was done on the 975 and 1,425-ft. levels, where long exploration drives were made to the south and southwest. In addition an extensive diamond drilling campaign was carried out underground. This exploration did not result in the finding of any new orebodies. Operating costs were \$7.078 per ton.

Commencing January 1st, 1941 a war time bonus of 21c per shift has been paid to each employee to offset the increased cost of living. This amounts to 12.2c per ton milled; so far 78 per cent of the bonus has been used by the men to purchase war saving certificates. In addition the men are contributing one and one-quarter hours per month of their pay to the Red Cross and War Services, with the Company adding an equal amount to the fund. One hundred per cent of the company's employees are contributing to these services.

stable appeared and asked the man what he had in the parcel. Upon investigation it was found to contain a bottle of liquor.

Seven persons will face charges in tomorrow's police court as a result of a police campaign to stop the dangerous practice of speeding on the highway. They were all charged with speeding on the Hollinger Flats at various times over the week-end.

Three persons face charge laid under the local by-laws. One for going through a red light, another for failing to bring his car to a full stop at a stop sign and another for failing to have his name on his truck.

Two lonely drunks were picked up over the week-end and will face the magistrate charged with their first offense.

Annual Report of Mines Satisfactory Says Vice-President

McIntyre Porcupine Mines Limited in its annual report issued last week reported \$3,819,632 net profit for the fiscal year ended March 31. This was equal to \$4.78 per share on the 798,000 shares of \$5 par value issued and compared with \$3,719,257, equal to \$4.66 per share, the preceding year.

Gross bullion produced was valued at \$9,452,491 from the milling of 884,000 tons of ore compared with \$8,793,575 from 883,780 tons of the previous fiscal year.

The company's balance sheets showed current assets of \$19,806,099 and net liabilities of \$2,346,076, leaving net working capital at \$17,460,023 compared with \$15,640,805. Broken ore received at the end of the year totalled

177,701 tons with a value of \$1,636,127 at \$35 per ton, compared with 166,801 tons with a value of \$1,565,368 a year before. Ore in place is estimated at 4,029,690 tons valued at \$47,883,413 compared with 4,078,605 tons valued at \$47,750,063.

General Manager R. J. Ennis reports operating costs during the year were \$5.14 per ton compared with \$5.22 the preceding year. The earned surplus was \$15,702,673 compared with \$13,832,170 the previous year-end.

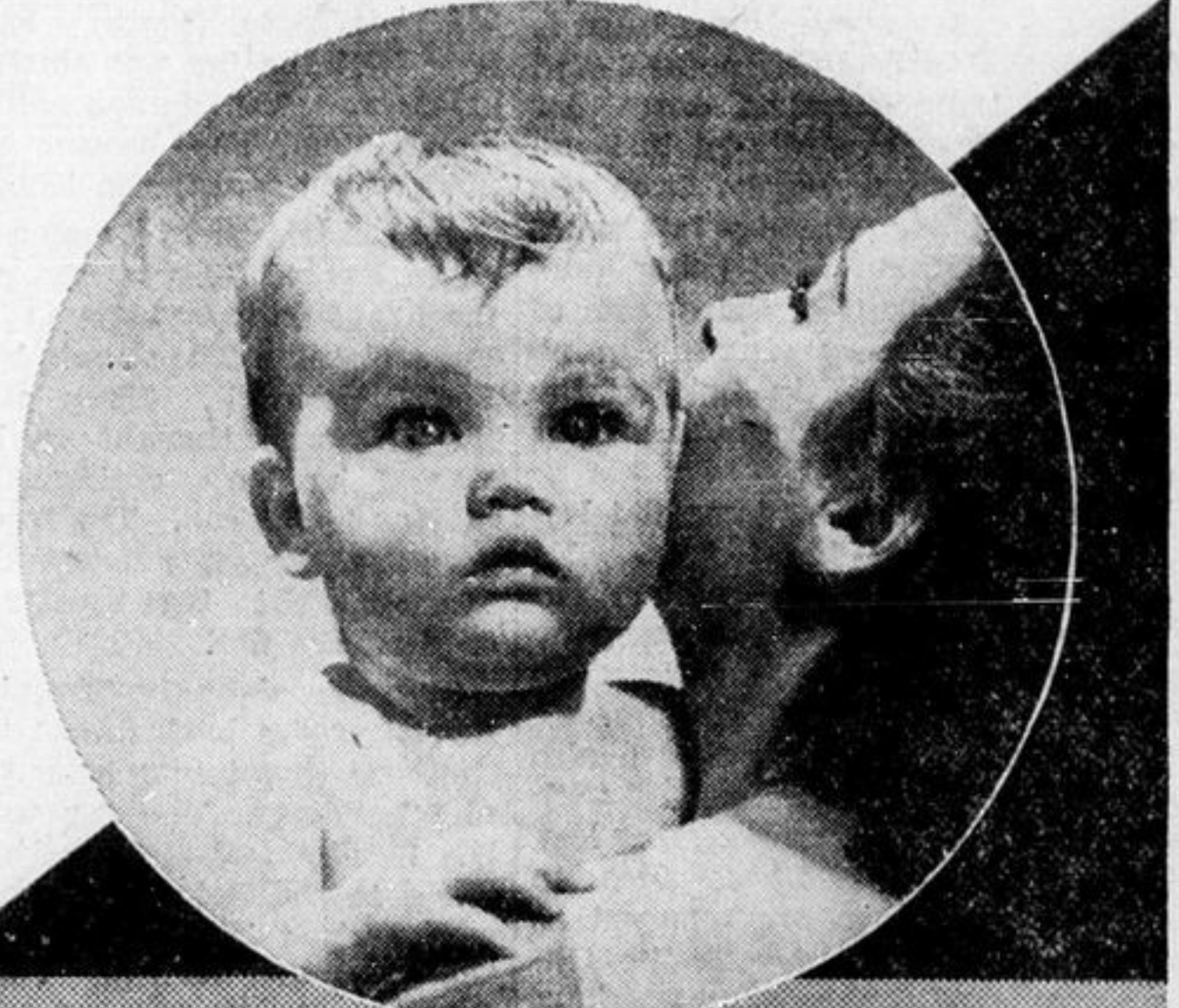
In the current liabilities provision for taxes is \$1,759,688 compared with \$1,029,304 a year earlier.

The year sets a new company record in point of bullion production and income and the net profit was the best for seven years.

In his report Mr. R. J. Ennis, general manager, says:—"The Clinic at St. Mary's Hospital, Timmins, financially supported by the mines in the Porcupine district, has made very satisfactory progress in the treatment of silicotic miners with aluminum powder. The number of men under treatment will be gradually increased, and it is hoped that added knowledge, gained during the next twelve months, will warrant the publication of the detailed clinical results. In the meantime, the use of aluminum powder is being continued in our underground workings."

Schumacher Lions Start Their Jamboree To-Night

The annual Jamboree of the Schumacher Lions Club opens to-night at the McIntyre Arena, and will continue Tuesday and Wednesday evenings. The events start each evening at 8.30. There will be games and fun and frolic and prizes and a generally happy time. The programme includes four boxing bouts each evening.



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You really can't afford to be without it because it will actually save you money by stopping wasteful food spoilage.

There are many models available at terms that make it easy to enjoy the benefits of electric refrigeration NOW.

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"Invest in an electric refrigerator and you'll be able to buy lots of War Savings Stamps with the money you'll save."

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That Body of Yours
By James W. Barton, M.D.

THREE SIGNS OF FLAT FEET
You read so much about flat feet that when you have the slightest pain in the feet you may wonder if you need arch supports and perhaps straight-way purchase a pair. Now, arch supports are of great help when they are needed as they make it possible for these individuals to earn a living and get about for business and pleasure. They mean freedom from pain which means less strain on the nervous system.

However, the wearing of arch supports should be left until it is definitely known that they are really needed and when measures to correct the arches have failed.

We should realize that the foot is an organ of the body just as is the stomach or heart and the cause of any ache or discomfort should be investigated. Infected teeth or tonsils can cause pain in the joints and tendons of the foot just as in other joints—wrist, knee or shoulder. Infection can cause pain in a flat foot; treatment of the flat foot itself may thus give little or no relief.

What are the signs of a flat foot? There are three outstanding signs that the patient can see for himself:

1. He stands on a large sheet of white paper and outlines his feet with a pencil. If left foot is flat, the inner side is down on the floor and bulges to right. If the right foot is flat, inner side bulges to left. In the normal foot the arch of the foot is entirely off the floor, the left curving to left and the right curving to right.
2. If right foot is flat, outer edge curves inward to the left, instead of outward to right; if left foot is flat outer edge curves inward to right instead of outward to left.
3. In a normal foot, the large tendon which raises the heel bone upward off floor runs straight downward to heel bone. If left foot is flat, this tendon turns outward to left; if right foot is flat, this tendon turns outward to right.

With these three signs, and particularly if feet are "rigid" arches are made to fit the feet. This is done by making a plaster cast of foot in a correct or slightly overcorrect position and making a support from the cast.

Remember, (a) this treatment is for the middle arch, not the front arch of foot, and (b) flat feet may often be prevented by exercises such as walking on outer sides of feet and gripping, or trying to grip, small objects with the toes.

SCOURGE

The two most dreaded social diseases are gonorrhoea and syphilis and it is wise to know the essential facts about them. Send for Dr. Barton's helpful booklet entitled "Scourge" (gonorrhoea and syphilis), addressing request to the Bell Library, Post Office Box 75, Station O, New York, N.Y., enclosing ten cents.

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Temiskaming and Northern Ontario Railway
The Nipissing Central Railway Company
WILL OPERATE
BARGAIN COACH EXCURSION
FRIDAY, MAY 30, 1941
TO
Pembroke Jct., Ottawa, Montreal and Quebec
via North Bay and Canadian National Railways
Excursion travel will be handled on Train No. 46, connecting at North Bay with C.N.R. No. 2
On the RETURN journey, tickets will be valid for travel on C.N.R. Train No. 1 from Montreal 8.20 p.m., Monday, June 2, 1941.
BARGAIN COACH EXCURSION
THURSDAY, MAY 29, 1941
TO
Points in the Maritimes
via North Bay and Canadian National Railways
Tickets will be valid to leave destination points Wednesday, June 4, 1941.
Bargain Coach Excursion tickets not valid for travel on the "NORTHLAND" Trains 49 and 50.
FOR FURTHER PARTICULARS APPLY TO LOCAL AGENT