

Describing Three Good Sauces for Asparagus

Easy Dressing Made by Adding Egg Yolks and Lemon Juice to Cream Base. Recipe for Quick Hollandaise Sauce and Michael Sauce.

"Set the asparagus draining and in the meantime make the sauce; this must be made of butter, pepper and salt, some vinegar, and the yolks of a couple of eggs beaten up; these last to be carefully mixed in and kept from curdling and they will thicken it very finely. This done the asparagus is to be laid in a dish, evenly and regularly and the sauce to be poured over them without any toast under the asparagus."

"This recipe is over two hundred years old and describes pretty well the Hollandaise which is so popular today with asparagus. We generally use lemon juice instead of vinegar and we cook

cream sauce base to which egg yolks and lemon juice are added. This sauce is known as quick Hollandaise.

Quick Hollandaise Sauce
 4 tablespoons butter.
 1 tablespoon flour.
 1/2 teaspoon salt.
 1/2 teaspoon pepper.
 1 cup milk.
 2 egg yolks, slightly beaten.
 2 tablespoons butter.
 1 tablespoon lemon juice.

Melt half butter and stir in flour and seasonings. When well blended, add milk slowly, stirring constantly over low heat until mixture boils and thickens slightly. Stir a little of the hot mixture into the slightly beaten egg yolks. Pour egg mixture into remaining hot sauce and cook over hot water until sauce is smooth and thick. Add lemon juice and remaining butter. Yield: about 1 1/2 cups sauce.

Hollandaise Sauce
 1/2 cup butter.
 2 egg yolks, slightly beaten.
 1 tablespoon lemon juice.
 Dash of cayenne.

Divide butter in two portions and put one piece in small saucepan with slightly beaten egg yolks and lemon juice. Hold saucepan over a larger pan containing hot—but not boiling—water and stir constantly until butter is melted. Add remaining butter and stir until sauce thickens. Remove from heat and season with cayenne. Serve at once. Serve with poached or steamed fish, asparagus, broccoli, cauliflower, or artichokes. Yield: About 1/2 cup sauce.

Michael Sauce
 2 egg yolks, slightly beaten.
 1/2 cup sour cream.
 2 teaspoons tarragon vinegar.
 1/2 teaspoon paprika.

Mix slightly beaten egg yolks with sour cream, vinegar and paprika in small saucepan. Hold saucepan over a larger one containing hot—but not boiling—water and stir constantly until mixture thickens and becomes smooth. Remove from heat and season with salt, if necessary. Serve at once with poached or steamed fish, asparagus, broccoli, or cauliflower. Yield: About one cup sauce.

(Released by The Bell Syndicate, Inc.)



(By Edith M. Barber)

the sauce over hot water. I do not use a double boiler, but instead hold a saucepan containing the sauce over an open kettle of boiling water while I stir. This is the secret of preventing curdling.

For another sauce which is a little more delicate than Hollandaise and which I call Michael sauce, you may use a small double boiler, as there seems to be no danger of curdling when you combine egg yolks with either sweet or sour cream. Perhaps it should be noted that this sauce is not so thick as Hollandaise. An even easier dressing may be made with a

officials are anxious to get to Britain as much civilian clothing and knitted comforts as possible as a reserve for the future.

"It is hoped that every woman will realize how necessary it is to redouble our efforts and do twice as much work this summer and that it will be a disastrous thing if holidays cause a drop in the quantity of Red Cross supplies," Mrs. Campbell said.

Warm clothing for bomb victims, quilts, knitted comforts for civilians and sailors; sweaters, gloves, mitts, are all needed and volunteer women workers are reminded that supplies sent overseas now by Red Cross will scarcely reach England before the cool weather.

The United States Marines are said to have boarded six Danish ships that were in United States harbours yesterday. They are said to have boarded the vessels in New York, Boston and Portland.

Red Cross Urges Increased Effort

Should be No Slackening of Work for Summer.

The decrease in the amount of Red Cross supplies for overseas now being sent by provincial Red Cross branches to the Ontario warehouse, has brought a warning to women from Mrs. Wallace R. Campbell, national chairman Women's War Work Committee, against any slackening of war work during the summer months.

"The war is gathering in momentum," Mrs. Campbell said, "and it is little enough for us to give a few hours each day to a job we can still accomplish in the safety of comfortable work-room or the shelter of our own homes."

Red Cross has secured extra shipping space for the month of June and

Preventing Heart Attacks

"I have a friend who runs a ten-year old automobile, and he keeps it going very well; but he puts it in a garage at night, always oils it carefully, keeps it in adjustment, never goes at a high rate of speed and even stops to let it cool off once in a while."

I am quoting Dr. Louis Fugeres Bishop Jr., in Hygeia, the health magazine, who points out that just as an automobile that is growing old needs special attention if it is to be kept going, so should the middle-aged man or woman remember that his heart and bloodvessels are gradually getting older and are therefore in need of more care than when the individual is young and the elastic muscle tissue of his heart and in the lining of the bloodvessels is strong and flexible.

I have spoken before of the bridge that is growing old and worn which was built to carry a load of ten tons. It can no longer carry the load of ten tons, but it can carry a load of 5 tons for many years.

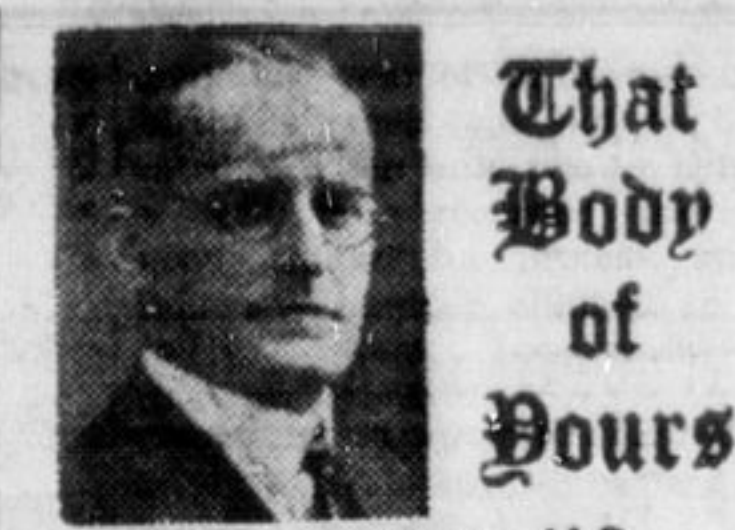
Just as the ten ton bridge will carry a load of 5 tons, so will a heart that has lost some of its strength because of infection or the plugging up of a bloodvessel supplying muscular walls with blood, continue to pump "enough" blood if the individual will go down into second or even first gear in his manner of living. Naturally it is difficult for a middle-aged man or woman, who has always been active and running on high gear, to eat less and rest more. It requires thought and patience to do this.

Dr. Bishop states that the man of middle age should sleep under a cover and be well protected. He must get up in a leisurely manner in the morning, and carefully prepare himself for the day, avoiding haste in all things. He will go on smoothly day after day if he will lead a quiet outdoor life, take a monthly dose of castor oil, observe a diet of a few well chosen articles of food, stop work and rest if he feels any distress in heart region, avoid controversies and, in general, slacken his pace.

The thought then with those subject to real heart attacks, or to pain under breast bone from effort, and for everybody is to "ease up" as we grow older.

Cancer: Its Symptoms and Treatment
 Cancer is one of the disease most common to those of middle and past middle age. We should remember that cancer is curable if it is caught early but that in many cases the symptoms are so slight that they go unnoticed. Send for Dr. Barton's helpful booklet entitled "Cancer: Its Symptoms and Treatment" (No. 110) enclosing Ten Cents to cover cost of handling and mailing. Address your request to The Bell Library, Post Office Box 75, Station O, New York, N.Y., mentioning the name of this newspaper.

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By James W. Barton, M.D.

That Body of Yours

children, and to speak to those in charge of their education.

On sale during the afternoon and evening, were "white elephants", unnecessary articles to the home which the students had brought, because they knew that what might be a white elephant in their home, would be an attraction in another home. A candy sale and fish pond also netted a further amount to the proceeds, which will be used in war effort, preferably, if possible, to buy a Victory Loan Bond in the name of the school.

Another feature that was a special treat was the group of shooting games, which afforded all visitors an opportunity to "take a shot" at Hitler. That man must feel very weak after the continuous battering he received on Friday.

Kiwanis Anxious to Protect Democracy Says President

Over Six Thousand Delegates from Canada and United States Present at International Convention.

Atlanta, Monday, June 16—Kiwanians from Canada arriving here for the 25th annual convention of Kiwanis International made ready today to begin conferences for 1941-42 programmes in citizenship, public affairs, vocational assistance for youth, urban-rural relations, juvenile delinquency and general welfare. The convention will last four days and has attracted over 6,000 delegates and many visitors from all parts of the United States and Canada.

The Canadian Kiwanis delegation is in charge of three district governors: John MacDonald Burden, of Toronto, leads the Ontario-Quebec-Maritime group. George H. Burke, of Port Arthur, Ont., has the Western Canada and Arthur S. Cory, of Chehalis, Wash., the Pacific-Northwest delegates.

Mark A. Smith, of Cacon, Ga., president of Kiwanis International, in his annual message today said: "Both the United States and Canada are united in their efforts in the task of bringing a victory for those who see life as a spiritual adventure and not merely a blind will to live. Our common faith is that we live for one another and upon our sacrifices depends the future of civilization.

"Our strength lies in the capacity and the swiftness with which we produce. In many ways Kiwanis can participate in defending democracy. We shall continue to insist upon the full recognition of human values and see in

Warning Issued Regarding Dogs Running at Large

(Continued from Page One)

and barking at them or barking at any animals, etc., it shall be the duty of charges and if it is found that such dog is dangerous or in the habit of running after, barking at or attacking any person, horse or any other animal, he shall order the owner of the dog to have him removed from the town. The magistrate may also order any policeman to kill such dog.

Any person refusing to remove the dog from the limits of the town inside of twenty-four hours after receiving the notice shall be liable to a fine of \$50.00 or a term not to exceed twenty-one days in jail.

Another clause in the by-law says that it is unlawful for any person to tie any kettle or any other article to the tail of any dog and turn such dog at large. It also says that no person shall set on or encourage any dogs to fight, or aid or assist in doing so.

Any police constable or any other person authorized for that purpose by the Mayor or Police Magistrate may seize any dog that is found running at large elsewhere than on the premises of the owner. After seizing any such dog it shall be delivered to the pound keeper and the pound keeper will keep the dog supplied with water for a period of forty-eight hours after which it shall be his duty to kill such dog or dispose of it in any other manner that is prescribed by the Mayor or Police Magistrate.

Any dog owner may claim his dog upon application to the Pound Keeper on proof of his ownership and on payment of \$1.00.

The owner of any dog shall not allow his dog to be taken into any building or on any street or any place where the public may congregate unless such dog is held in check by means of a leash or chain. Neither shall the dog be allowed to enter any building or property unless with the consent of the owner.

Every person shall pay the taxes for his or her dog promptly and any dog found without a tag shall be impounded.

Concluding Meeting of the W. M. S. for the Season

Cwing to the absence of the president, Mrs. A. Gillies, Mrs. J. P. Teeple, vice-president, took the chair at the meeting of the Woman's Missionary Society of the United Church on Thursday.

Mrs. P. J. Howard conducted a very impressive worship service.

A letter was read from two W.M.S. missionaries, telling of their work among the New Canadians in Montreal.

The society decided to send a letter to Mr. and Mrs. J. J. McCarthy on the occasion of their recent observance of their forty-fifth wedding anniversary, Mrs. McCarthy being a member of the W.M.S.

A quilt was donated from the W.M.S. auxiliary to the Women's Institute, to be used for bombed victims in the Old Land.

Mrs. A. A. Rose gave a very excellent and interesting report of the Presbyterial held in Cochrane in May. Mrs.

TOWN of TIMMINS Tenders Wanted

Sealed tenders will be received by the undersigned until 12 noon, June 18th, for the purchase of scrap metal at incinerator property. Full particulars may be obtained from Town Engineer.

Highest or any tender will not necessarily be accepted.

A. L. SHAW, Clerk.

Beauty and You

by PATRICIA LINDSAY

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"We are in an area of the world where democracy is the strongest. Our rapid growth in Kiwanis is due to our belief in democracy and in many fine welfare and civic projects. In a world of war the spirit of Kiwanis, of tolerance, of free speech and of fair play must be kept alive. This calls for unity and courage among our entire membership," he said.

Shower in Honour of Bride-to-be

Miss Mary Ramsay was guest of honour on Friday at a shower held at 122 Maple street south, when Mrs. Jenkins and Miss Lillie Sullivan were joint hostesses. The home was charmingly decorated for the occasion with spring flowers, and the guests present enjoyed numerous interesting games.

A ghost story, told during the blackout, by one of the guests, was a "highlight" of the evening. When the bride-to-be entered the room, the guests sang "Here Comes the Bride," and the gifts were presented to her in a cedar chest decorated in pink and white.

Mrs. J. J. McCarthy and Mrs. A. B. Ramsay poured tea during the serving of a dainty lunch.

Among those present were: Mrs. A. B. Ramsay, Mrs. Harry Hammerstrom, Mrs. J. Beauchamp, Mrs. B. Donoghue, Mrs. H. Downing, Mrs. Monck, Mrs. Bill Dunn, Mrs. B. Rutherford, Mrs. J. J. McCarthy, Mrs. B. Leek, Mrs. W. Raycroft, Mrs. L. Johnstone, Mrs. W. J. Ramsay, Mrs. J. Foster, Mrs. O. Farnan, Misses Grace Ramsay, Ella Mae White, Floris Lever, Marjorie Nelson, Ruby McCarthy, Valerie Morley, Eva Raycroft, Carroll Jenkins, the hostesses, Mrs. Jenkins and Miss Lillie Sullivan, and the guest of honour, Miss Mary Ramsay.

Unable to attend but sending gifts, were Mrs. S. T. Walker, Mrs. E. L. Urquhart, Miss Carrie Ferguson and Mrs. T. Clark.

Attractive Display of Work at Holy Family School

The display of work given by the pupils of the Holy Family School on Friday afternoon and evening proved the great ability of the pupils, and their eagerness to help in Canada's war effort. Included in the display were the knitted and sewn articles made by the girls, art and wood-craft made by the boys.

During the afternoon, the pupils enjoyed the display which took place in each room, and in the evening they held "Open Night" for their parents, many of whom took advantage of this opportunity to see the work of their

Beauty Spotlight Falls on Lips

Spotlight your mouth with a fascinating rascal red, applied in smooth outline, to contrast your summer's tan.

Tanned skins, gay eyes, turbaned again. Thus your "new" mouth will keep its shape!

To Change Your Expression
 A mouth grows lazy and droops unless you do something to keep its expression sweet and alert. Exercise is the thing to banish drooping corners. Force the corners of your mouth up into a half-smile—not in a Cheshire Cat grin—but a gracious, sunny expression. Hold this expression whenever you are not eating or talking until it becomes an unconscious habit. At first practice before a mirror. When you acquire a pretty expression, close your eyes and learn to "feel" it.

If you work under high tension and your lips have a tendency to tighten, practice this relaxing trick. Open your mouth wide as if you were yawning. Stretch your lips wide. Then instead of closing them together tightly, keep them slightly parted. It takes practice to get over the fish-out-of-water expression stage, but keep trying. Soon you will be able to almost close your lips in the most fascinating expression!

If deep lines from nose to mouth mar your beauty take to blowing feathers about the room! Relax once in a while and then blow again. Soon you can blow without the aid of the feathers. This will prevent your lower cheeks from sagging.

(Released by The Bell Syndicate, Inc.)

Warning Issued Regarding Dogs Running at Large

and the owner shall not be given possession of the dog before paying \$1.00 to the pound keeper as well as purchasing a license for the dog.

The by-law specifically points out that it is unlawful for any dog to be running at large either with or without a tag. Any time a dog is in public it must be held in check by a leash or a chain. No dog shall be allowed to run at people or to bark at passing animals, etc.

The Timmins police department has decided that they are going to strictly enforce this dog by-law in the very near future and any dogs picked up on the street will be placed in the pound. The dogs will be held at the pound for a period of twenty-four hours after which they will be put to death in a special gas box that is supplied for that purpose.

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HE'LL HELP YOU, TOO!

Yes, Reddy Kilowatt surely makes things hot! Just snap the switch and your electric iron is ready to use in no time. You'll find the new, lightweight, fast heating, automatic irons a wonderful improvement on the old fashioned kind. These speedy irons make hand ironing a much simpler task. See them today.

HE'LL DO THE WORK OF 10 MAIDS!

You don't need to worry about giving Reddy Kilowatt too much work to do. He'll make your toast, brew your coffee, grill your bacon, iron your clothes, cook delicious waffles, sweep the rugs and do scores of other things without complaining! Just give him the tools to work with and Reddy will do the rest.

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"Reddy Kilowatt"

"P.S.—Have you bought your Victory Bonds yet?"

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