

Berries Offer Chance for Many Pleasing Dishes

Berry Puddings Help to Add to the Joys of the Season. Cobblers and Dumplings are also Worth Consideration. Recipes or Shortcake Dough and Blueberry Cobbler.



By Edith M. Barber

While berries and cherries are in season you will certainly want to put a cobbler, dumplings or steamed batter pudding on your dessert list. Any of these hot desserts is particularly good after a cold meal. They may be served with cream or a sauce.

The base for them is generally a rich biscuit dough. Sometimes a plain cake or a sponge cake batter is used. The business woman housekeeper will often use a biscuit mix and enrich it by using cream instead of milk as the liquid. The pudding may be prepared while she is getting dinner and can be baking or steaming while the first part of the meal is being eaten. All of these desserts should be bubbling when they come to the table.

While you find the amount of sugar listed in the recipes which are given below, don't scant your measurements. If the fruit is not perfectly ripe, be sure to add a little extra sugar. In any case, you can't spoil a cooked fruit dessert by being liberal, as the syrup which forms should be thick rather than thin. In this case you may do without any sauce except the natural one which forms during the cooking.

Quick Meal

Broiled hamburger with onion rings
Grilled potatoes.
Carrots with lemon butter
Mixed green salad
Blueberry Cobbler
Coffee

Method of Preparation

Prepare dough for cobbler and put in refrigerator
Prepare fruit
Prepare carrots and cook
Light broiler
Prepare hamburger cakes and broil
Dip potatoes in melted butter and grill

Slice Onion
Dress carrots
Bake cobbler
Make coffee.

Shortcake Dough

3 cups sifted flour
4 1/2 teaspoons baking powder
3/4 teaspoon salt
1 tablespoon sugar
1/2 cup shortening
3/4 cup milk (about)
2 tablespoons softened butter

Mix and sift dry ingredients. Cut in shortening with pastry blender or two knives. Stir in milk gradually, mixing just enough to make a smooth dough. Divide dough in half. Pat one half in seven-inch pan, spread with butter, and pat other half, patted to fit, on top. Bake in hot oven (450 degrees Fahrenheit) 15 to 20 minutes. For individual shortcakes, pat dough in twelve two-inch rounds. Put together with butter. Place on baking sheet and bake in hot oven (450 degrees Fahrenheit) about twelve to fifteen minutes. Yield—six servings.

Blueberry Cobbler

1 recipe Shortcake Dough
2 tablespoons milk
1 quart blueberries
1 cup sugar
1 teaspoon grated orange rind
1 tablespoon butter

Make soft shortcake dough, using about two tablespoons more milk.

Wash berries, mix with sugar and orange rind, and place in greased two-quart casserole. Cover berries with dough and dot with butter. Bake in 35 to 40 minutes until golden brown. moderate oven (375 degrees Fahrenheit). Serve with plain or whipped cream. Yield: six servings.
(Released by The Bell Syndicate Inc.)

Helping to Health During the Holidays

Vacation Time Should Restore Health Not Endanger It.

On the idea that health is particularly important at this time in that health is necessary for victory—that vacation time should restore health not endanger it—the Health League of Canada has issued a pamphlet giving very sensible advice as to vacation days, and concluding with rules for safe and happy holidays. Here is the pamphlet, in part:—

Your Vacation Should Restore Your Health

Summer is a period of recuperation from winter's ills. Plan your vacation and week-ends so that you get the maximum of fresh air and sunshine in enjoyable doses. Relax from the cares of work amid pleasant surroundings. Vacations should restore health, some-

Good Crowd Out for Citizens' Band Concert Last Week

Patriotic Numbers Please the Music Lovers.

Another outdoor band concert was given at the bandstand on Spruce street on Thursday evening, when the Timmins Citizens' Band presented another in its series of open air band programmes under the direction of Bandmaster F. J. Wolno. There was a good crowd present for the occasion. The programme was featured by patriotic numbers and these were given much appreciation. The following was the programme:—

- O Canada.
 - March Pot Pourri, "Passing of the Regiment" (Aubrey Winter).
 - Fantasia, "Operatic Beauties" (J. A. Greenwood).
 - Pot Pourri, "More Melodious Memories" (Herman Fink).
 - "There'll Always Be An England."
 - Popular Marches.
- The band closed a pleasing programme with "The Maple Leaf For Ever" and "God Save the King."



By James W. Barton, M.D.

That Body of Hours

How Low Back Pain Due to Injury Can Be Relieved

For a number of years after the X-rays were discovered, a good picture of the spinal column with its bones and ligaments and its connections with the hip bones, was difficult to obtain. This made treatment of low back pain and sciatica rather difficult and operations to "steady" the spinal column upon the hip bones were not numerous.

Today with the great advances made in X-ray equipment it is possible to get a splendid picture of the lower back region. In this region there is the joint between the last spine bone and the hip bone, and the joint between the last spine bone and the bone that lies between the two hip bones at the back. If anything happens to these joints—a strain, sprain, dislocation—it means that the top "half" of the body cannot be firmly set or attached to the lower half.

Injury to these joints can be caused by lifting, a fall, swinging a golf club, a misstep, or other accident. The usual treatment is rest, a plaster cast to hold joints together for some weeks, a Goldthwait or other brace which supports the joints but allows the patient to move about. In severe cases, operating may be necessary.

In speaking of injuries in the low back region, Dr. Gilbert E. Haggart, Lahey Clinic, Boston, in the Journal of the American Medical Association says that the problem of treating patients whose first symptoms are low back pain, often with sciatica in hip and leg, continues to worry the orthopedic surgeon. In cases where rest, strapping with adhesive tape, and the application of a cast or a brace has not brought relief, operation to cause the joint between the last spine bone and the bone beneath it to grow solidly together has given excellent results.

I am passing on the above information because so often I meet or come in contact with cases of "unstable" condition in lower back, often with severe sciatic pain.

Nearly all cases of low back pain due to injuries can obtain relief without operation, that is by rest, heat, and support. And even in severe cases, operation to fasten the "loose joint" together is now available so that low back weakness and severe pain going down the leg, can be relieved.

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 the name of 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 and 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.
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- Rules for Safe and Happy Holidays**
1. Take sun baths in easy doses.
 2. Learn what poison ivy looks like and teach your children, too . . . then avoid it.
 3. Be sure your water-supply is pure.
 4. Make certain the milk you buy is pasteurized . . . if not, pasteurize it yourself.
 5. Don't take too much exercise at once.
 6. Don't swim on a full stomach.
 7. Learn how to paddle or row.
 8. Learn how to do artificial respiration . . . you may save somebody's life.

Beauty and You

by PATRICIA LINDSAY



The occasional luncheon date in town calls for a pretty halo. This beauty brushes a few stray hairs in place with her liquid-clear plastic brush.

Keep Hair Lustrous in Spite of Summer Play

You do not want to be numbered among the girls and women who discover, come September, that their hair has been neglected beyond reconciliation. That can happen if you do not take certain simple precautions during summer playtime.

Unless your hair is unusually oily it should never be exposed to hot, direct sun rays longer than fifteen minutes. And during that time the hair should be party about every two minutes so all the scalp will benefit by the rays. The rest of the time keep your head covered with a hat, turban, kerchief or towel.

If you insist upon playing tennis, or any other game, without covering your head then you should anoint the scalp with a lubricating oil or salve, and brush a protective pomade or cream on the length of the hair. Thus your tresses will not be scorched or bleached.

The girls who swim every day has two things to remember—to wear a suction-tight bathing cap and to give her hair a hot oil treatment every two weeks. If through neglect her hair does get wet with pool, sea or lake water, she should rinse it after her bath with fresh water. Otherwise her hair will lack luster and her scalp will be unclean.

Added Precaution

As swimming is the major sport for summer let me again suggest taking the added precaution to keep hair dry by winding a band of chamois about the head before slipping on the suction rimmed bathing cap. The chamois repels the water. Take time to put your cap on according to the directions which come with it—if you slip up on haphazardly you can expect water to creep under it.

Keep Pretty

I for one, lament the habit of younger girls going about with dull, stringy hair all summer. That is not chic, pretty or dainty! Summer is the time when your hair should look its loveliest—fresh and shiny and casually dressed. Keep yours that way. Pin in a nice fresh flower or other gay ornament to point up your gown or play clothes. Be as pretty as you can. If you simply cannot bear to sit under a beauty parlor dryer for a setting, learn how to pin up your hair in small pin curls or even roll it in rags to give it body and softness. If it is clean, remember it will be ruly if it is unclean it will mark you as a very indifferent beauty.

Fortunately this summer's hair-do's are most casual—the trick is to get heavy hot hair up. Don't have it hanging about your neck. With the aid of a pair of combs, a few bobbies or barrets to match your hair, ingenious things can be done to make your hair a most attractive feature during summer!

Honour Golden Wedding of Ottawa Valley Couple

The following from The Pembroke Standard-Observer will be of general interest here:—

"Mr. and Mrs. James Tait, residents of Rapides des Joachims for many years, were honored by the members of their family Tuesday on the occasion of their golden wedding anniversary, when a purse of gold was presented to them by their youngest daughter on behalf of the family.

"Suitable addresses were delivered by a number of the close friends of Mr. and Mrs. Tait and an enjoyable time was spent by all. The tea table was centred with a bride's cake and the rooms decorated with baskets of summer flowers.

"Mr. and Mrs. Tait, who have spent all their married life at Rapides des Joachims, were married in Pembroke on July 15, 1891. Mr. Tait was a son of Mr. and Mrs. Ralph Tait, of Rapides des Joachims, while Mrs. Tait was formerly Sarah Ann Retty of West-wealth. Both are now 74 years old and are in good health.

Their family consists of three sons, James and Leslie, both of Timmins and Ralph, Rapides des Joachims and six daughters, Mrs. Conrad McConnell, Aylmer, Que.; Mrs. Albert McDonough, Kirkland Lake; Mrs. Elwood Brown and Mrs. Luke Vondette, Pem-

Charming Home Wedding on Friday

Miss Genevieve Beryl Summers and Mr. Robt. Barringer Married.

A lovely wedding ceremony took place Friday evening at 48 Fifth avenue, when Miss Genevieve Beryl Summers, daughter of Mr. and Mrs. R. Summers, was united in marriage to Mr. Robert Barringer, son of Mr. and Mrs. J. Barringer, of Beverly Hills, California. The Rev. J. Gilmore Smith officiated.

The house was decorated in ferns, spirea, delphinium, gypsophila and mock-orange blossoms and made a perfect setting for the ceremony.

The bride's mother played the wedding music and Miss Beulah Wood sang, "I Love You Truly," during the signing of the register.

The bride looked lovely in an ensemble of navy sheer suit with a white collar and a navy turban with a shoulder-length veil. She carried an arm bouquet of white roses, white gladioli and bouvardia.

Mrs. Leo DelVillano, sister of the bride, was matron-of-honour, and wore a redingote of rose and blue crepe and a white turban. She carried a bouquet of pink roses and forget-me-nots.

Mr. Andrew Farrell attended the groom.

After the ceremony a buffet supper and reception were held at the Timmins Golf Club where the bride's mother received wearing a redingote of beige and white crepe with matching accessories and a corsage of violets. During the reception Mr. R. P. Kinkle proposed the toast to the bride and groom.

The bridal couple left after the reception for a trip to the Muskoka district. For travelling the bride chose an ensemble of white gabardine with navy sheer blouse, navy turban and accessories. She wore a corsage of white orchids.

Upon their return the bridal couple will reside in Timmins.

Mrs. Winford Summers, of Powsan, sister-in-law of the bride was a guest at the wedding.

Mrs. Dillon, Formerly of Schumacher, Died Saturday

Schumacher, July 21st—(Special to The Advance)—Mrs. M. Ferguson, Second avenue, received word that her sister-in-law, Mrs. Dillon, of Calabogie, had passed away Saturday evening in the Ottawa hospital. The late Mrs. Dillon had many friends here. She was a sister of the late Jack Ferguson, First avenue. Her son, Bill, was a former employee at the post office, but is now employed at the McIntyre Mine. A sister, Mrs. Lee, resides in Timmins. Sympathy is extended to the family and friends in their sad loss.

Believed that British Justice Would Triumph

(Leeds Yorkshire Post)

—A case with sharply conflicting evidence in Leeds County Court promised Judge Stewart to recall an episode in which a man's belief in British justice led to the winning of a difficult case.

"I once had a case myself," he said, "in which a host of witnesses were against my client and everything seemed to point to his not being a man speaking the truth. I tried to warn him about this, but he said: 'I don't believe that any judge or jury will disbelieve me when I give my evidence on oath.'"

"The case was fought before the late Lord Chief Justice," Judge Stewart added. "It was one of the most dramatic cases I have ever fought. My client went into the witness-box and convinced the judge and me, and, I believe, my opposing counsel. He won."

Toronto Telegram: Oh, what is home without a good bomb shelter?

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False Impression Created in Kirkland Labour Case

(Northern News)

"A great deal of attention has recently been focussed on the local labor situation," said a spokesman for the mining companies in a statement to The Northern News today, "and the impression may have been gained that the feeling between the employees themselves and the mine managements is not harmonious.

"That is really no issue yet as far as the mines are concerned. There has been no disturbance of any kind in the relationship between the employees of the mines and the mine operators.

"The relationships have always been of a friendly and personal nature and there is every reason to believe they will continue in this manner"

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