

# Some of the Many Ways For Using Blueberries And Huckleberries

### These Berries May be Served in Their Natural Form in Pies, Cobblers, Muffins or Tea Cakes. Griddle Cakes with Blueberries Added Make an Extra Special. Some Recipes.

The very sight of frosty blueberries is refreshing and what could be better than a dish of these huge cultivated berries served with cream for dessert? Much as I like blueberry pie and cobblers, I can hardly bear to use ber-



By Edith M. Barber

ries of this type in any way except their natural form. For such purposes you can purchase at a lower price the smaller berries which grow wild and which come from New Jersey.

There is always a controversy as to the difference between blueberries and huckleberries. The latter, strangely enough, are really bluer, at least they are darker in colour and do not have the delicate frosting which looks like mist. They are later in maturing than the blueberries. Earlier in the summer, I located a number of bushes in a secluded spot in Connecticut and I hope to have an opportunity to do my own picking.

Cobblers, muffins, tea cakes and even griddle cakes become something special when a few berries are added. Perhaps you will have some left over from those which you used plain for a dessert for lunch or dinner and there is no better place for them than a hot bread of almost any type.

**Blueberry Muffins**  
2 cups sifted flour  
3 teaspoons baking powder  
1/2 teaspoon salt  
1 cup blueberries  
1/4 cup shortening  
1/4 cup sugar  
1 egg, well beaten  
1 cup milk  
Mix and sift flour, baking powder and salt. Mix berries with flour mixture. Cream shortening, add sugar and cream until fluffy. Stir in well-beaten egg. Add dry ingredients alternately with milk, beating well after each addition. Bake in greased muffin pans in moderately hot oven, 425 degrees F., about twenty to thirty minutes. Yield: Eighteen small or twelve large muffins.

**Huckleberry Pudding**  
2 cups sifted flour  
4 teaspoons baking powder  
1/2 teaspoon salt  
2 tablespoons sugar  
2 tablespoons butter  
2 tablespoons molasses  
7-8 cup milk  
1 cup blueberries, floured  
Mix and sift flour, baking powder, salt and sugar. Cut in butter. Combine molasses and milk and add gradually to first mixture. Stir in blueberries. Pour into greased mold and steam 1 1/2 hours. Serve with hard sauce. Yield: Six generous servings. (Released by The Bell Syndicate, Inc.)

### No Protest if Passengers Help Pay for Gasoline

The Ontario Government has no intention, at least for the present emergency, of taking action against motorists who take their friends in their cars and charge them a share of the gasoline costs. Hon. T. B. McQuesten, Minister of Highways, told The Telegram at Toronto this week.

"Four in a car" plan which has been evolved for transporting men to work each day, has recently been expanded to "home for the week-end" excursion, with the suggestion that it be followed more generally in order to assist in conserving gasoline. Mr. McQuesten said today that bus companies had been "very patriotic" in their attitude towards this sort of thing, and had indicated they would not press for strict observance of the law which forbids operators of private cars to accept money from their passengers.

"When it is necessary for the Dominion to save on gasoline consumption, the province has no intention of clamping down on motorists for trying to help out by filling their cars with people who would ordinarily be driving their own cars," Mr. McQuesten declared.

He said the bus and taxi companies realize that such methods cut in on their business, but were taken in the interests of conserving gasoline.

"The people can rest assured that any plans like this which are aimed at reducing gasoline consumption will not be stopped by any literal enforcement of the law," the highway minister declared.

Globe and Mail—When is a blitzkrieg not a blitzkrieg? Almost any Russian can provide the answer.

### Not First Time Britain Has Faced Great Peril

(From a letter in Leeds Yorkshire Post) Sir:—You mention, in commenting upon Mr. Churchill's classic speech at St. James' Palace, that once before in our history this nation was called upon to save Europe by its example.

At that time England was in dire straits, waging a war of eight years—a life and death struggle on the Continent, with varying fortunes, up to the signing of the Treaty of Amiens in 1801.

It may be helpful in these difficult days to recall the position of this island fortress as pictured by Lord Rosebery, who declared that the year 1797 was the darkest and most desperate that any British Minister had ever had to face. Pitt, then Prime Minister, was even ready to make overtures for peace. Austria, England's last ally, had laid down her arms. France was now free to turn her victorious armies and her inexhaustible resources to the destruction of England; and she was determined to do so.

At this moment, said Lord Rosebery, Great Britain was paralyzed, the Channel Fleet at Portsmouth for five weeks was in a state of mutiny; the worst of wars was raging in Ireland; and Scotland was discontented. We were entirely on the defensive. Two invasions had been attempted; a third was impending and could scarcely be opposed. Never in the history of England was there a darker hour.

As we review the momentous happenings of those anxious and critical years, it must be fully realized that it was the dauntless spirit of the nation which enabled it finally to overthrow the would-be dictator of Europe, when Napoleon was defeated at Waterloo 129 years ago.

With the same tenacity of purpose as shown by Pitt and his colleagues (despite all their miscalculations) there should be no doubt as to the result of the present struggle for victory over Hitlerism and all that it represents.

Yours, etc.,  
HERBERT WADDINGTON,  
Leeds, July, 1941.



By James W. Barton, M.D.

### Persistent Sore Lip May be Caused by the Sun's Rays

When cows are not getting enough sunlight, many large dairies now have sun lamps installed in the buildings housing the cows because it is known that sunlight enriches the milk.

That sunlight enriches the blood in human beings is likewise known and the use of sun lamps is becoming more widespread every year. However, like every other good thing, it is known that too much sunlight, that is enough sunlight to cause severe burning of the skin, shocks and poisons the system, just as does any other severe burn. It is for this reason that those who spend their lives indoors should, when on vacation, take just a few minutes of the direct sun the first few days and even then should keep turning their bodies at very frequent intervals.

About five years ago I spoke of a number of cases of sore lip which occurred during the warm weather which failed to heal despite all the usual forms of treatment—salves, heat, cold, X-Rays and others.

For years many sores on the lips have been blamed on smoking. That some of these are due to the direct rays of the sun is now reported by Dr. George C. Andrews, Presbyterian Hospital, New York, at a meeting of the American Society for the Control of Cancer some months ago.

"Sunlight, like most things that are good for us, if indulged in to excess may be harmful, even to the point of causing cancer."

Fortunately for us, as a sore on the lip is so noticeable by the patient and others, any delay in healing causes the physician to suspect cancer and early treatment of lip cancer is usually effective.

However, for those who suffer with a persistent sore lip in the summer and are unable to find the cause or adequate treatment, the fact that the sun's rays may be causing the sore, even in those not of cancer age, should be remembered.

The suggestion given in previous article was that a hat with a wide brim should be worn to prevent the sun's rays striking the lip, and applying a heavy, greasy lipstick to the sore thick enough to prevent penetration by the sun's rays.

**Cancer: Its Symptoms and Treatment**  
Every one should know the facts about cancer. Remember, cancer is curable if treated early but is fatal if treatment is left too late. Send to-day for Dr. Barton's helpful booklet entitled "Cancer: Its Symptoms and Treatment" (No. 119). Address your request to The Bell Library, Post Office Box 75, Station O, New York, N.Y., and enclose Ten Cents to cover cost of handling and mailing.

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suggestion has the approval of the majority of our organizations across the country, suggestions as to how to raise the funds will be sent to those participating, should they so desire."

Jeanne Travers,  
President, Conservative Business Women's Club, Ottawa, Ontario.

# Beauty and You

by PATRICIA LINDSAY



This healthy little chap is anointed with a reliable sun cream each morning after his bath before he goes out to play. Thus he is protected from sunburn or windburn.

### Protect Child's Skin from Sun and Wind Burns.

Young skin is tender and can be quickly irritated by sun or wind, and unless it is properly anointed, serious discomfort can follow exposure during summer time.

Not long ago I saw a mother wheeling her child in an open carriage during the noon hour of one of the hottest days. The child's head was not covered and its little bare shoulders and arms were burned an angry red from the intense sun. For the child's sake I spoke to the mother and asked her if she realized what a burning the child had. She said, "But sun is good for her, the doctor told me to take her out in the sun."

"But," I replied, "the sun at this hour of the day is too strong for an adult—you would feel it severely if you were not wearing a large brimmed hat. Your child's head should be covered by a light bonnet and her skin should be anointed with a protective cream or ointment. I am afraid she will be ill tonight."

The mother looked at me a bit sullenly and then asked, "What should I rub her with? I don't know anything about protective creams."

Naturally, then, I took time to explain to her that there are several prepared sun creams on the market which will not hurt the most tender skin, and they are most effective in preventing sun and wind burns. If a mother could not afford to buy one of these, or if she preferred to mix her own, she could use good mineral oil with five drops of red iodine mixed in to a six ounce bottle, or cocoa butter, or even pure olive oil. However olive oil tends to attract the sun's rays and it is not too good as a preventative but it is better than no lubrication if the child is to be out in the sun.

### Rules to Obey

Here are a few rules regarding the care of a child's skin during summer.

1—From the first sun bath anoint the exposed skin with a protective formula.

2—Gradually expose your child to the sun—beginning with ten or fifteen minutes. Then cover his or her arms and back and head. Each day the child can take the sun a few minutes longer. (Of course if the child has been used to playing hours out-of-doors all through the year his skin has become weathered and so careful tending is not necessary.)

3—No child should be allowed to play out in the sun—either at home or on the beach—during midday on a hot summer's day. He should play in the shade or rest in the house.

4—Strong, strained tea will draw out the burn if a child should get one, or a combination of vinegar and fresh lime juice. Do not let a child suffer with a burn that might have serious results during his entire life.

5—In strong sunlight like that reflected on water, your child should wear a good pair of sun glasses to protect his vision.

6—While a child is playing in the sun he should be anointed freshly every hour with the protective cream or lotion.

(Released by The Bell Syndicate, Inc.)

### Thirteen Births, Registered in Three Days This Week

Registration of births is a little better than usual this week, there being thirteen births registered at the town hall. If the balance of the week is good, the total will be a little ahead of the weekly average for last year. The following are the births registered this week:

Born—On July 25th, 1941, to Mr. and Mrs. Grenville Burton of 33 Way avenue—a son.

Born—On July 13th, 1941, to Mr. and Mrs. Arthur Lionel Charette of 115A Mountjoy street south—a daughter.

Born—On June 23rd, 1941, to Mr. and Mrs. George Adalard Laderoute of 253 Elm street south—a son.

Born—On June 28th, 1941, to Mr. and Mrs. Edwin Johnson of Queen avenue—a daughter.

Born—On July 8th, 1941, to Mr. and Mrs. George Clifford Armitage of 61 First avenue at St. Mary's Hospital—a daughter.

Born—On July 7th, 1941, to Mr. and Mrs. Ray McGee of 59 Balsam street south—a son.

Born—On July 13th, 1941, to Mr. and Mrs. Marcel Charlier of 24 Feldman avenue—a son.

Born—On July 15th, 1941, to Mr. and Mrs. Mose Jasmer of 126 Commercial avenue—a son.

Born—On June 24th, 1941, to Mr. and Mrs. Donald Edward McAfee of 54 Birch street south—a son.

Born—On July 11th, 1941, to Mr. and Mrs. Edgar Rusenstrom, of 12 Cody avenue—a son.

Born—On June 26th, 1941, to Mr. and Mrs. Arthur Joseph Brown of 162 Maple street north at St. Mary's Hospital—a daughter.

Born—On June 26th, 1941, to Mr. and Mrs. Hugh Jones of 9 Way avenue—a daughter.

Born—On July 10th, 1941, to Mr. and Mrs. Roland Bazinet of 53 Montgomery avenue—a daughter.

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### Kirkland Lake Cafe Owner Robbed by Fellow With Gun

It is only a few weeks ago that an armed thug held up and robbed the Chinese cafe owner at Swastika, Kirkland Lake police this week have another similar hold-up to investigate. George Tom, of the Boston Cafe, Kirkland Lake, was held up at the point of a gun and robbed of six or seven dollars. He told police that a man who asked to rent a room stuck a gun in his side and demanded his money. When he did not take out the money at once, the man thrust one hand in his pocket and took out the \$6.00 or \$7.00. George Tom describes the hold-up man as 5 foot, 7 inches tall, about 30 years old, dark complexion, unshaven, wearing a light gray suit and gray fedora.

Exchange: The only bottlenecks in the kitchen are usually caused by the bottles left there by the man of the house.

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A little minute is long enough for a big rest when you drink an ice-cold bottle of "Coca-Cola". So when you pause throughout the day, make it the pause that refreshes with ice-cold "Coca-Cola".

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Reddy Kilowatt says: "ENJOY SUMMER—LEAVE COOKING TO ME!"

With an ELECTRIC range you'll be CAREFREE...

"Yes, I'm a Chef, too," says Reddy Kilowatt. "In fact, there's nothing I enjoy more than a few hours in the kitchen saving your footsteps and worry and cooking the finest meals your family ever sank a tooth in. With me on hand, you just snap a switch and perfect, even cooking heat is there for as long as you want it. I help keep the kitchen cool and clean, an all-weather service you'll particularly appreciate in summer time. And you'll notice big savings in food bills too, because everything I cook retains full nourishment value; nothing goes up the chimney, nothing is wasted. Electric Ranges come in sizes for all families. And my wages—for cooking all your meals—average less than \$3 a month."

REDDY says: "War Savings Stamps will help us win the war. Do your share. Buy all you can."

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