

Many Good Cook Books Are Available To-day

Some Suggestions on Valuable Cookery and Housekeeping Aids. Recipe for Making Molasses Squares, as Requested by Several Readers. Also Recipe for Tuna Fish With Cheese.

"I would like to help a young friend of mine who has recently been married start a little library of books on cookery and housekeeping. I know that there are enough for a 'five foot shelf,' but will you suggest half a dozen from which I can choose for Christmas, birthday and anniversary gifts?" writes a reader.

That's some question to ask an author who has published Edith Barber's Cook Book and Speaking of Servants, both in the same year. I can be unprejudiced enough, however, to admit that there are a number of good cook books

squares. -- For a rich molasses square, 1/2 cup chopped but meats may be added with the dry ingredients.

Baked Tuna Fish With Cheese

- 4 Tablespoons butter.
- 4 tablespoons flour.
- 1/2 teaspoons salt.
- 1/2 teaspoon paper.
- 2 cups milk.
- 1/2 teaspoon Worcestershire sauce.
- 1 cup grated cheese.
- 2 pintinos, cut in small pieces.

Melt butter, stir in flour, salt and pepper and when well blended add milk slowly, stirring constantly over low heat until mixture thickens and boils. Add Worcestershire sauce. Add cheese and stir until well blended. Add pintinos and flaked tuna fish. Mix well, pour in greased 1 1/2-quart baking dish and bake in moderate oven (375 degrees Fahrenheit) fifteen minutes. Serve with buttered noodles. Yield: six servings. (Released by The Bell Syndicate, Inc.)



(By EDITH M. BARBER)

such as the Boston Cook Book, America's Cook Book, Good Cooking and The Settlement Cook Book. The list is too long to mention all.

There are any number of good books of a special type, such as The World Wide Cook Book, Food and Flavor and The Tool House Cook Book. Then there is that charming modernized version of Martha Washington's cook book. Marie Kimball was allowed the privilege of modernizing the recipes from the original manuscript, which is owned by the Historical Society of Pennsylvania. It is attractively illustrated and full of human-interest stories about the Washington family and their food customs. Coward McCann Company publish The Martha Washington cook book.

To get back to that five-foot shelf, every housekeeper will be interested in Mary Swartz Rose's Feeding the Family, which gives in simple form the nutrition information which she needs. And America's Nutrition Primer by Eleanor Sense, published by Barrows, Pennsylvania, is priced at only \$1.00.

From the marketing angle we have to Market, to Market by Gamble and Port published by Bobbs-Merrill.

Molasses Squares

- 1 Cup sifted flour.
- 1/2 teaspoon salt.
- 1/2 cup shortening.
- 1/2 cup molasses.
- 1/2 teaspoon baking soda.
- 1/2 cup brown sugar, firmly packed.
- 1 egg, well beaten.

Mix and sift flour and salt. Add shortening to molasses and stir over low heat for two minutes until shortening is melted. Add soda and sugar, stirring well until sugar is dissolved. Cool. Add well-beaten eggs and sifted dry ingredients. Mix well. Bake in two greased nine-inch square pans in a moderate oven (350 degrees Fahrenheit) about thirty minutes. Cut in two-inch squares. Yield: about thirty

Beauty and You

by PATRICIA LINDSAY



A three-piece travelling set delights this young beauty. The glistening featherweight plastic comes in clear crystal, sapphire, ruby and emerald.

Here is a Timely Gift Suggestion for the Girl Who Travels.

I realize that many of us are limited this year in the money we have to spend on Christmas gifts so I offer this suggestion which will be fun to execute and cherished by the friend who receives it. It is a marvelous idea for the girl or woman who travels considerably.

Buy an oil-skin lined, leather box and have initialed. Or take a convenient for packing size box and cover it with gay paper or material. Then go shopping for small quantities of the following beauty aids with which you will fill the box.

Every gad-about uses these: (five and dime stores can supply most of them).

Dental floss, tooth brush, paste or powder.

A germicide which may be used in first aid or as a mouth wash.

Ordinary handkerchief - sized face tissues.

A small tube of cleansing cream and lubricating cream.

A bar of fragrant soap (bland).

A midget set of nail aids; tiny nail brush.

A tube of hand cream.

A tube of depilatory cream or a small razor with blades.

A tube of foot cream (so necessary!).

A tiny jar or tube of a scalp ointment or hair dress. Needed for drying climates, trains, etc.

Bobby pins or hairpins.

A small can of fragrant talc.

Perfumes or cologne. (Some perfumes come in pomade form).

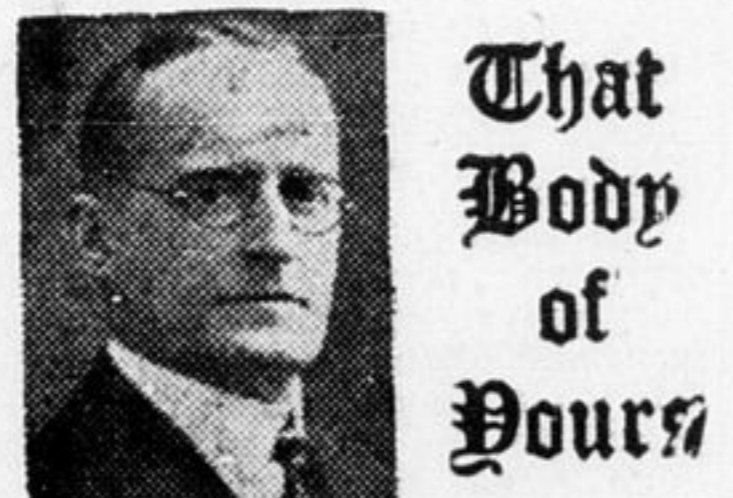
An eye cup.

A face cloth, or a box of those small sanitary sponges which may be discarded after use.

We assume the travelling beauty will carry make-up in her hand bag, and a brush and comb and clothes brush in her suitcase. But if you want to go whole hog, you could include in your beauty box, a set of make-up and a small comb.

For Men Too

The same idea holds good for men with a few substitutions. He naturally would not need make-up, face creams, perfume, etc. But he would like shaving aids, a mildly scented after shave lotion or cologne and all the other mentioned cosmetics. But men would want a very masculine looking box and those leather ones, lined with oil skin, are highly favored. If you have a beau at camp he certainly could make use of such a gift--and an extra supply of all aids is a good idea. Men like small quantities with which to travel but they hate to shop for more when they are used up. (Released by the Bell Syndicate, Inc.)



By James W. Barton, M.D.

One of the mistakes many overweights make is to lay out for themselves a reducing diet of 1200 calories as they think that the 1200 calorie diet is "safer" than the 800 calorie diet often advised or prescribed.

No overweight, man or woman, should go on a reducing diet until he or she has been examined by a physician. There are cases where some "complication" is present, due sometimes to the overweight and sometimes other conditions. To cut down from an 1800 or 2000 calorie diet to a 1200 calorie diet might endanger life due to one or more complications being present.

The following disorders are commonly encountered as complications in overweight: heart disease, disorders of the kidneys, disorders of the blood-vessels - high blood pressure and hardening of the arteries, gall bladder dyspepsia, diabetes, constipation, and shortness of breath. When a complication is present, the diet must be adjusted to meet the complication.

The commonest complications are the heart and bloodvessels, particularly the bloodvessels in the kidneys and because proteins - meat, eggs, fish, cereals - are rich in nitrogen, proteins are reduced slightly in amount in those of normal weight and to an even greater extent in the overweight.

If too much nitrogen is eaten, some of the nitrogen remains in the kidneys causing a degree of poisoning that may

fresh apricots (or other fruit); 5 ounces orange juice.

Supper: 2 ounces baked halibut; 3/4 ounces spinach; thin slice whole wheat bread; baked apple with skin; 1 glass lemonade.

Diet 2 -- Breakfast: 5 ounces orange juice, one shredded wheat, 3/4 ounces skimmed milk; thin slice whole wheat toast; level dessertspoon butter.

Lunch: Vegetable salad - 1/4 ounce lettuce, 3/4 ounces tomato, 2 ounces cucumber (mineral oil, lemon juice, French dressing); 1 thin slice whole wheat bread; 3/4 ounces spinach; 1 fresh sliced peach; 1 glass lemonade.

Supper: 2 ounces sirloin steak; 3/4 ounces mushrooms; 3/4 ounces cauliflower; 1 ounce celery; 1 thin slice whole wheat bread; fresh grapes or baked apple with skin; 5 ounces orange juice.

These diets fulfill the requirements of a 1200 calorie, low protein, alkaline ash diet.

Chronic Rheumatism

Send today for Dr. Barton's interesting booklet entitled 'Chronic Rheumatism and Arthritis', (No. 109), with suggested exercise, diet, and other helpful notes. Address your request to The Bell Library Post Office Box 75, Station O, New York, N. Y., mentioning the name of this newspaper and enclosing Ten Cents to cover cost of handling and mailing.

Finnish V Club Pledges Loyalty to the War Effort

Meeting Last Sunday Attended by About 125 Finnish People. Collect \$38 for Russian Red Cross Drive.

A meeting of the Finnish V Club was held in the Recreation Room of the Workers Co-operative Society Store last Sunday afternoon and was well attended with about a hundred and twenty-five members being present. Considerable discussion took place and a resolution was passed and sent to the Dominion Prime Minister, the Rt. Hon. W. L. Mackenzie King.

The Rt. Honourable Mackenzie King, Prime Minister of Canada.

WHEREAS we, the Finnish Canadian People of the Town of Timmins, have gathered at a mass meeting to pledge our loyalty to this just war against Fascism and Nazism.

AND WHEREAS we realize that our homeland is now considered enemy territory through the treachery of its leaders, and realizing also that only through the victory of Canada, Britain and her allies, will our former homeland be free of its Nazi oppressors.

THEREFORE BE IT RESOLVED that we, the members of the Finnish V Club of Timmins, reaffirm our loyalty to Canada and pledge our whole-hearted support to the Canadian War Effort.

Passed unanimously Sunday, December 7th, 1941.

Canadian Finnish V Club of Timmins
A. Korhonen, President.
E. Kirrkala, Secretary.

At the meeting the members also took up a collection that has been turned over to the Canadian Red Cross Society to assist them in their drive for funds to supply medical supplies to the Russians. The amount collected, \$38.00, was turned over to local officials of the Society.

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Bride-Elect is Honoured at Shower by Fellow-Workers

Miss Brone Plioplis Guest-of-Honour, While Miss D. Kyllonen Acts as Hostess.

Miss Brone Plioplis, of the Timmins Post Office staff, was guest-of-honour on Monday, December 8th, at a shower event attended by her fellow-workers and other friends. The event took place at the bride-elect's home, 185 Elm street north, with Miss Dorothy Kyllonen as hostess, and a very pleasant evening was spent by the many friends of the popular bride-to-be.

Court whist and bingo comprised the evening's entertainment, with a bean-guessing contest as a special feature. Whist was won by Miss Jacqueline Canie, who also took first prize in bingo with 2nd prize going to Diane Melville and 3rd prize to Margaret Carruthers. Mrs. Yvette Parent took the prize for the bean-guessing contest.

The guest-of-honour was presented with a pair of Colonial sheets, an Irish Linen damask cloth, and a pair of pillow slips, as joint gifts of the group.

Present were: Miss Diane Melville, Mrs. Yvette Parent, Miss Iris Tilley, Miss Jacqueline Canie, Miss Mamie Borland, Miss Margaret Carruthers, Mrs. W. P. Barkwell, Mrs. J. vanRassel, Mrs. E. L. Reid, Mrs. H. Nashlund, Miss Elsie Sullivan, the hostess, Miss Dorothy Kyllonen, and the guest-of-honour, Miss Brone Plioplis.

Report of Children's Aid Society for November

The following is the report of the District of Cochrane Children's Aid Society for the month of November, as submitted by A. G. Carson, local superintendent:

Applications for children for adoption	3
Office interviews	79

Interviews out of office	98
Complaints received	12
Investigations made	12
Children involved	16
Mail received	85
Mail sent out	163
Children in Shelter	11
Children boarding out	68
Wards visited	29
Court attendance	5
Juvenile cases	50
Children on probation to court	19
Adoptions completed	1
Official warnings given	1
Mileage travelled	1352
Children committed to an industrial school	3
Meetings addressed	2
Children placed in foster homes (not wards)	1
Children admitted to Shelter (not wards)	2
Children given hospital and medical care	7
Children given assistance in their own homes	5
Investigations for other societies	5
Cases under the Unmarried Parents Act	4

Exchange--Hell hath no fury like a woman accused of having a double chin.

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