

Culinary Expert Refers to the Importance of the Use of Cheese in the Diet

Made from Milk Alone, It is Highly Nutritional, Says Miss Edith M. Barber. Recognized Now as One of the Most Important Foods. Recipe for Che-Braz.



(By EDITH M. BARBER)

Almost everyone likes cheese. Many persons, however, think of it as an appetizing accessory rather than a food. Actually, it is one of our most important foods, as would be expected if the fact that it is made from milk and milk alone, were realized.

Cheese was probably the first manufactured food and may be called a concentrated form of milk. Only the whey which carries with it some of the calcium and phosphorus and some of the Vitamin B content, is lost in most cheese. Of course, if skimmed milk is used, as it is for a few forms of cheese, the fat and some of the vitamin A content is lacking.

Cottage cheese, which is generally made from whole milk, contains more water and therefore is a less concentrated food than other forms of cheese. For this reason it is used more often in the diet of children and invalids than is the more pungent cheese.

Another milk product which was used in Europe for centuries has recently come into distribution in New York. This is known as yogurt and looks very much like junket. It has a slightly acid flavor caused by the action of the *Bulgarius* bacteria which acts to coagulate the milk. And extra amount of *Bulgarius* is often ordered by doctors when it is deemed necessary to add to the natural store furnished by the body. Yogurt, however, is often used for no other reason, than because its flavor and texture are well liked. It may be eaten plain or with sliced fresh or canned fruit.

Che-Braz

- 1 1/2 cups flour.
 - 1 teaspoon baking powder.
 - 1 teaspoon salt.
 - 1 teaspoon paprika.
 - 1/2 teaspoon dry mustard.
 - Dash of cayenne.
 - 1/2 cup shortening.
 - Cold water about 2 tablespoons.
 - 1/2 cup (3/4 pound) grated cheese.
 - 1 egg white.
 - 1/2 cup chopped Brazil nut meats.
- Mix and sift flour, baking powder and seasonings. Cut in shortening with pastry blender or with two knives until the mixture is well blended. Add cold water to make a stiff dough. Turn out on a lightly floured board. Roll into thin sheet, sprinkle with cheese and make three folds. Turn dough one quarter way round, roll thin, sprinkle with another layer of cheese and make three folds. Repeat until cheese is

used. After the final rolling, the dough should be about one-eighth of an inch thick. Cut into fancy shapes. Brush with unbeaten egg white and sprinkle with nut meats. Bake on an ungreased baking sheet in hot oven (450 degrees Fahrenheit) eight to ten minutes. Yield: about 110 small rounds.

Note: Celery, caraway or poppy seeds may replace the nut meats.
Released by the Bell Syndicate, Inc.)

Film on War Work is Shown Knitting Group of Auxiliary

Friend of Organization Donates Rug From Which Proceeds are to be Used for Comfort Fund.

A series of films on war production and scenes of England was featured at the regular knitting bee of the Ladies' Auxiliary of the Canadian Legion held on Thursday evening in the Legion hall with a good attendance of members. Mr. Gordon Adamson, educational director of the Workers Co-operative Society, presented the film for the entertainment of the members, and appreciation was expressed to him.

A lovely hand-made rug was donated to the comfort fund convener, Mrs. T. Gay, for a raffle for the fund, by Mrs. Ida Vallier, of 158 Cedar street. It is expected that the tickets for this rug will add a considerable amount to the fund coffers.

Hostesses for the evening were Miss Mamie Boyland and Mrs. A. Borland, Sr., who served a delicious lunch. Among those present were Mrs. W. A. Devine, Mrs. J. McGarry, Mrs. A. Borland, Jr., Mrs. Margaret Ross, Mrs. Hitch, Mrs. A. Cannell, Mrs. Fisher, Mrs. J. E. Brown, Mrs. F. J. Hornby, Mrs. T. Gay, Mrs. T. Lainsbury, Mrs. J. Shaw, Mrs. J. Ormiston, Mrs. W. Johnson, Mrs. B. Richards, Mrs. J. Smith, Mrs. E. George, Mrs. J. Precious, Mrs. L. Nielsen and the hostesses.

Small Boy is Literally "Kicked Out of His Boots"

Donald Johnson, the four-year-old son of Mr. and Mrs. Robert Johnson, of Buckle township, near Cobalt, last week was literally "kicked out of his boots" by an excited horse. The boy, accompanied by his pet dog, was following his father across a plowed field. The father was leading one of his horses and the animal, apparently annoyed by the presence of the dog, lashed out with his feet, hitting young Donald in the chest and throwing him considerable distance. So sudden and so great was the force of the kicks that the child was lifted clean out of the rubber boots he was wearing. At first the father did not know the little lad had been kicked, all attention being centred on quieting the horse. As soon as the father noticed that the little boy had been kicked, the child was carried home and a doctor summoned. The boy remained in an unconscious condition for some time. After the little fellow regained consciousness a thorough physical examination was made and it was found that the child was not seriously hurt in any way.

Exchange—A smart man is the one who knows how to get out of helping his wife with the spring house-cleaning.

WITH THE BOY SCOUTS

One of the things we failed to mention last week in connection with the Annual Display was the displays of Scoutcraft presented by members of the eight local Troops. These displays attracted a lot of attention and gave those who witnessed them an idea of the type of instruction and training given the Scouts in the Troops. Sections of the floor were set aside and separated by barricades of poles lashed together in real Scout fashion. Behind these the Scouts carried on their work. The Second Troop constructed a trestle bridge of a semi-permanent type, such as is used in crossing small streams. The entire project was completed with the use of poles and ropes, and was a credit to the boys. The Fifth Troop worked along the same lines, but instead of a bridge constructed a training tower and rope ladder, using the same equipment, poles and ropes, as did the Second. These two displays demonstrated the outdoor pioneer work which is one of the highlights of the Scouting programme. The First Troop were right in their glory with a demonstration of signalling, carried out mostly by the use of special signalling lamps of their own design. The First Troop has for some time been placing special emphasis on this type of work, with the result that a number of the boys are quite expert at it.

The Third and Sixth troops combined their talents to present a display of Tenderfoot test work. Knotting, Laws and Promise, uses of the Scout staff, trail signs, knowledge of the Union Jack, all had their place and were well presented. One of the features was the quick way in which an improvised stretcher was made and used by some of the boys. Two Scout staves and a couple of coats, pulled over their heads and onto the staves, were soon carrying their patient to the nearest First Aid Station. Here the Fourth and Seventh troops were in action, demonstrating a complete line of elementary First Aid as taught in their Second and First Class tests. The programme was rounded out by Eighth Troop which presented more signalling, the importance of which cannot be stressed too greatly at this time. Each and every one of the Scouts played his part in the presentation with skill and finish. Good work, fellows, and let's have more of it.

The regular meeting of the Second Timmins Pack was held at St. Matthew's Church hall last week. The thirty Cubs present played games and considerable work was done in their corners. D. Hindson passed his toy-makers' badge, submitting an excellent model house which he had made. A hike was planned but due to the unfavorable weather had to be postponed. A going-up ceremony is scheduled to be conducted on Tuesday evening. In this ceremony Cubs B. Halperin, A. Southam and A. Zender will graduate from the Cub Pack to the Scout Troop, having reached the age of 12 years. They will be missed by the Pack, but are to be congratulated for having gone through the Cub ranks, and will be made very welcome in the Troop.

The Fourth Troop are back to their regular meetings again and last Monday Simon Magnan and Hubert Lafleur passed their Interpreters' Badge. Mr. Fernand Gauthier of the Executive Committee acting as examiner. First Aid games and instruction were conducted and a Message Relay run. The final message was quite different from the original and more practice in this is needed. The meeting was wound up by a Court of Honour meeting.

It has been decided by the Sixth Troop to give much more attention in the future to the B.-P. Chins-Up Fund, and also to the obtaining of uniforms by the Scouts as soon as possible. Don Royland will contact every Scout each week and all have promised to give regular donations. The summer promises some real opportunities for Scout efforts and uniform is very desirable when boys are engaged in hiking, camping, first-aid drills, ARP work and numerous other activities. A fund has been opened for the convenience of the Scouts in saving their money to purchase their own uniforms, and all are expected to take full advantage of it.

Test work was again the feature of the regular meeting of the Fourth Pack held at St. Anthony's Church last Monday evening. Omer Carboneau and Rudolph Tremblay passed their handicraft tests; Lucien Cote, physical exercise; Charles Eugene Theriault, Gabriel Blain, Arthur Boisvert, Raymond Desjardins passed the compass test. Games on knots and flags were conducted with the Yellow Six under the leadership of Omer Carboneau winning the competition. The first eight letters of the alphabet were used in Morse instruction, and the Cubs are making real progress in this field.

The difficulty of maintaining suitable leadership for Boy Scout groups throughout the Dominion, due to the heavy enlistment of Scout leaders and older Scouts in the Active Service Forces, was one of the problems reflected in the Annual Report of the Boy Scouts Association for 1941, just issued. The resulting drop of 6 per cent was less than expected, however, and has to a considerable extent been made up since the October Scout census on which the report was made. New leaders for Scout Troops are being sought among older men and for Wolf Cub Packs among women.

The monthly meeting of the Executive Committee of the Local Association was held in the Municipal Building last Friday evening with a good attendance. Reports on current activities were received and discussed. A committee was appointed to promote camping for the coming season, consisting of Mr. F. Gauthier, Commissioner S. Caldwell and D.S.M. Greene. Group Committees and Scouters will be contacted in the near future with the aim of determining the extent of individual Troop

camping planned for this year, and to assist in the organizing of them. It is hoped that a record number of Scouts will attend camps this summer.

A total of 978 applications for medals awarded for Boy Scouts, for life saving and other courageous acts, have been dealt with by the Dominion Medal Board of the Boy Scouts Association under the chairmanship of Dr. Francis H. Gisborne, of Ottawa, since his appointment to the Board in 1939. Dr. Gisborne, former Dominion Parliamentary Counsel, recently retired as Honorary Dominion Counsel of the Scout Association, after serving 25 years in that capacity. The Hon. Mr. Justice W. H. Harrison, K.C., D.S.O., of Saint John, N.B., was named Dr. Gisborne's successor at the recent annual meeting of the Scout Association. The latter will continue in the chairmanship of the Dominion Medal Board.

The meeting of the Executive Committee decided again to assist Cub and Scout leaders who wished to attend the Gilwell Courses for leaders being conducted at Blue Springs. This assistance has in the past couple of years enabled several leaders to take advantage of this training, and it is hoped that several more will attend this year. Those interested are asked to contact the District leaders as soon as possible.

Last Friday evening a going-up ceremony was conducted at the Hollinger Scout hall when four Cubs of the First Pack were accepted into the First Troop. Akela Wright and Scouters Morgan and Powell conducted the ceremony, with all the Cubs and Scouts taking part. The four boys were Donald Partridge, Ivan Cameron, Ron Turner and Donald Doyle. The ceremony was made very impressive, and we know that these four Cubs go into the Troop well versed in the law of the jungle and anxious to continue their training and make real Scouts. Good luck to you, boys.

Following the going-up ceremony war films were shown to the boys. Cubs of the Second Pack and Scouts of the Second, Third and Fifth Troops were the guests of the First Group to witness these films. Some of the events depicted in the films were the evacuation of London and numerous instances of the great speed-up of war production in Great Britain. The evening was enjoyed by all and the thanks of the visiting groups goes out to the First for their thoughtfulness in inviting them to be present, and to the Workers Co-operative for their kindness in showing the films.

The Timmins Scouters Club will meet next Wednesday evening at 8 p.m. in the Committee Room of the Municipal Building. Reports of the committees of the Annual Display will be received and plans made for the activities of the coming season. A good attendance is hoped for.

Scouts of all Troops will meet this Wednesday afternoon after school at the Lions Club hall on Mountjoy street to assist in Canada's war effort. Leaders of all Troops will be contacting their boys on this matter before that time. It is pointed out that time spent on this work by the Scouts is credited to their war service record. One hundred hours on such work entitles a Scout to wear the War Service Badge.

Cub and Scout leaders are asked to turn in reports and proceeds of tickets sales for recent Display as soon as possible to Scouter Harry Atkinson. A report is expected at the Scouters Club meeting Wednesday next, and your cooperation is expected.

Keep the Pack and Troop activity reports rolling in, and we'll be back next week with more news.

—D.S.M.

house furnishings priced at \$10.00 or over.

"Approval sales or deliveries have been banned except on house furnishings costing more than \$10.00. Exchanges or refunds for goods made to order, altered at the customer's request, worn by the consumer or specially cut from any bolt of cloth or other material have been forbidden unless the goods are found to be faulty."

The board said its restrictions crack down on the practice known as "short-circuiting" by forbidding manufacturers or wholesalers from selling consumer goods direct or on the order of a purchasing agent to any consumer unless the manufacturer or wholesaler has an established retail outlet.

Sales direct to employees for their own use of any goods manufactured or distributed by their employer have not been touched.

New Liskeard Reduces Its Municipal Tax Rate

New Liskeard town council has made a material reduction in the town tax rate this year. Last year the tax rate was 43 mills for public school and 60 mills for separate school supporters. This year the rates will be 40 mills for public school and 54 1/2 mills for separate school supporters. This is a reduction of three mills for public school supporters and five and a half mills for separate school supporters.

Lots of Legs of Mutton in This Renfrew Lamb

At Lake Dore in Renfrew County some days ago there was born a freak lamb with five legs, instead of the ordinary four. The extra leg is a hind leg and is fully formed and reaches to the ground. It has three toes instead of the regulation two. The lamb is one of twins and is quite smart and healthy and normal, except for that extra leg of mutton-to-be.

Blairmore Enterprise—Many a man is sowing wild oats when he ought to be hitting the hay.

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PUBLIC ANNOUNCEMENT

EVERY CANADIAN CITIZEN IS HEREBY ADVISED:

- (1) THAT a Proclamation of the Governor in Council dated the 9th day of March, 1942, ordered a plebiscite to be taken in every electoral district in Canada on the question set out in the ballot papers to be used thereat in the following words and form:

Vote by making a cross, thus **X**, after the word 'Yes' or after the word 'No'.

Are you in favour of releasing the government from any obligation arising out of any past commitments restricting the methods of raising men for military service?	YES
	NO
- (2) THAT the date fixed as polling day for the said plebiscite is Monday, the 27th day of April, 1942.
- (3) THAT polls will be open in each polling division from 8 o'clock a.m. until 8 o'clock p.m. (daylight saving time).
- (4) THAT new lists of voters have been specially prepared for the said plebiscite.
- (5) THAT the said lists are what may be termed "open lists" which means that, in either urban or rural polling divisions, any qualified voter whose name has been omitted from same may vote on polling day in his polling division upon taking the required oath and upon being vouched for on oath by a voter whose name appears on the list of voters for such polling division.
- (6) THAT National Registration Certificates are required to be produced by qualified urban voters whose names have been omitted from the lists of voters, and by those voters only, before being allowed to vote.
- (7) THAT advance polls will be opened in the same localities and on the same conditions as at the last General Election.
- (8) THAT, as a general rule, every person who has ordinarily resided in Canada during the last twelve months is entitled to vote at the said plebiscite if he is twenty-one years of age and a British subject.
- (9) THAT voters will be entitled to vote in the polling division in which they were ordinarily residing on the 30th day of March last.
- (10) THAT urban voters have been advised of the location of their polling stations on the notices left at their dwelling places by the enumerators.
- (11) THAT rural voters have been notified in the Notice to Voters posted up in the post offices, and should have been verbally advised by the rural enumerators of the location of their polling stations.
- (12) THAT, generally, polling stations for the said plebiscite will be established at or near the same premises as at the last General Election.
- (13) THAT arrangements are being made to collect the results of the plebiscite on the evening of polling day as is done at a General Election.
- (14) THAT every Canadian on active service or in training in any of His Majesty's forces or corps, within or without Canada, is entitled to vote at the plebiscite in advance of polling day by virtue of a special procedure provided.

Dated at Ottawa this 20th day of April, 1942.

JULES CASTONGUAY
Chief Plebiscite Officer.

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