Macaroni and Spaghetti Need Highly Seasoned Sauces or Flavours

Carrots or Leftover Meat May be Added to Tomato Base for Macaroni and Spaghetti. Recipes for Sicilian Spaghetti and Spaghetti With Quick Meat Sauce.

Method of Preparation

Prepare sauce for spaghetti.

Open can of soup and heat.

Sicilian Spaghetti

medium-sized onion sliced.

teaspoon black pepper.

cups canned tomatoes.

Grated parmesan cheese.

saute over medium heat three minutes.

Add tomato sauce, which has been

mixed with water, in three installments

allowing the mixture to boil after each

addition. Add tomatoes, bay leaf and

salt, and simmer, uncovered, over low

heat forty-five minutes. Remove gar-

lic, add sugar and simmer fifteen min-

utes longer. Cook spaghetti, as di-

rected on package, drain, rinse and

arrange on hot platter. Pour sauce

sauce around it and sprinkle with

NOTE: Minced sauteed chicken liv-

ers may be sprinkled over the sauce,

Spaghetti, With Quick Meat Sauce

cup minced green pepper.

cup diced, cooked meat.

tablespoon minced parsley.

(Relased by The Bell Syndicate, Inc.)

Bu Jomes W . Barton, M.D

What is Neurotic Behavior?

patients that consult a physician have

What is the underlying cause of a

from an effort to: (a) gain satisfac-

ington, Kansas Civ, Kansas, Associat

Dr. Harrington in an address to the

chief trouble with the neurotic patient

is fear; fear about things inside and

He is on "unadjusted" person who

feels helpless in the presence of a

some method to ward off danger and

establish a sense of power over his sur-

roundings, esecially people. He feels

that if he can keep everybody under his

thumb he will be in no danger. But

others resent this attitude and make

things worse for the neurotic in var-

The behavior of neurotics is purpose-

ful. They plan this method of attain-

consists of helping him to accept his

situation if he cannot improve it) and

adjust himself to it. He ought to be

taught to labor and to wait-patience.

If he can learn to follow Osler's "Way

of Life" (do to-day's job and forget

Neurosis

tomorrow's), he will do well."

outside of himself.

ious ways.

ing security.

Copyright Act.)

That

Body

of

Dours

cheese. Yield: Six servings.

21/2 cups canned tomatoes.

tablespoons butter.

package spaghetti.

sauce around it.

sult a physician?

ing the symptoms.

tablespoons flour.

teaspoon sugar.

if desired.

Heat olive oil in heavy saucepan. Add black pepper, onion and garlic, and

clove garlic, peeled.

can tomato sauce.

· Shred pineapple.

Cook spaghetti.

cup salad oil.

bay leaf.

teaspoon salt.

tablespoon sugar.

package spaghetti.

Prepare salad.

Make coffee.



(By EDITH M. BARBER)

It was a clever person who conceived the idea of pressing a mixture of flour and water through holes and thus produce macaroni and spaghetti. The next step is the drying which originally was done in the sun, but which today in this country is part of the factory

operation. China, Germany and Italy all claim the credit for the invention of these flour pastes which may be called by many different names according to the size and shape of the final product. All of them are made from hard wheat which is necessary if we are to have perfect texture. On the other hand noodles may be made of softer wheat on account of the eggs which are used in combination of the flour.

mild in flavor we plan to dress them ture through sieve. Melt butter, stir waging. with a highly seasoned sauce or to serve them with foods of distinctive flavor. All of them should be cooked in plenty of boiling salted water and not too long. They should be tender, but not soft. They should then be drained and rinsed with hot water which will separate the strips but not chill them. I find that hot water is fully as satisfactory as cold.

Tomatoes and cheese are often used with macaroni and spaghetti and some-times with noodles, which, however, are very good when merely well buttered. Any savory material you have on hand may go into that sauce which we particularly like because we make it differently almost every time we use it. Bacon fat or salad oil, bits of crisp bacon, a few sauteed mushrooms, chopped leftover cooked or raw carrots, onion or garlic, chopped or left over meat - any or all - may be added

to the tomato base. A thick tomato sauce also comes in convenient eight-ounce cans. When a sauce of this type is served, grated cheese is usually passed. A rich cheese sauce may be used by itself, especially with macaroni. The business woman housekeeper will often find it convenient to use one of these pastes as the basis for the main course.

Quick Meal

Cream of pea soup Spaghetti, with quick meat sauce Mixed green salad Shredded pineapple Coffee



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ings.

Will be More Members and

Friends at Future Meet-

The knitters of La Federation des

It was noted that several members

Among those present were: Mrs. E.

Cloutier, Mrs. A. Robitaille, Mrs. L.

hostess), and Master Yvon Butler, the

Swift Canadian Co.

Beginning on Monday next, May 11

health. While the company is natur-

foods or the improvement of diets will

Each fellowship will be operative for

one year, unless renewed, and will be

granted in an amount to be determined

ment of the fellowships in nutrition

search Laboratories. Inquiries in re-

gard to the matter may be addressed

to Mr. J. H. Tapley, president, Swift

In referring to the fellowships in a

letter to The Advance, President Tap-

"As a matter of national policy, it is

trition for the better health of all

"To advance fundamental knowledge

of foods and to discover or develop

ways to feed our nation more wisely

Swift Canadian Company is undertak-

Canadian Co., Toronto.

ley says:-

this Dominion.

will be co-ordinated by the Swift Re-

Offer Fellowships

in Nutrition

Femmes Canadiennes-Francaises met

The government has indicated that they want American women to be pa- La Federation triotic but pretty too. Priorities are net going to take away many of our Knits at the beloved beauty aids even though their metal and plastic containers may disappear. We are to have our make-up. Combine tomatoes, sugar, green pep- our fragrances, our lovely soaps, for it per and salt. Cover and simmer over is a definite fast that pretty women Because all of these pastes are so low heat, fifteen minutes. Force mix- are essential to optimism when war is

But, we must learn to economize I in flour and, when well blended, add strained tomatoes slowly, stirring con- Not only to save on quantity of cosstantly until mixture thickens and metics and grooming aids, (So we may boils. Add diced, cooked meat parsley, invest more dollars in WAR SAVINGS and mix well, stirring until meat is Bonds) but to have time for defense thoroughly heated. Season with more help. And this is how you can live on Friday evening at the home of salt, if necessary. Cook spaghetti as best, look best and work best under the Mrs. H. Lloyd, 159 Spruce street north. research in this country. directed on package, drain, rinse and difficult conditions of today:

arrange on hot platter. Serve meat about spending time or dollars on van- | members and friends would be at the | range objective of Canada's Nutrition ity. Neglect of beauty is wasteful.

Bear in mind that the women who Mrs. Lloyd. is sure of herself and satisfied with her appearance is more capable of doing | Dore, Mrs. Bassett, Miss Juliette for others what is needed to be done. If you look fit and well-groomed, Gagne, Mrs. Ian Martin, Mrs. J. Clouyou will impress others with your effic- tier, Mrs. W. Butler, Mrs. R. Rene,

iency and inspire those who have let | Mrs. Joe Laviolette, Mrs. H. Lloyd (the worry take the inroad. Do what you must graciously and group mascot. not with a grim attitude. And because we are meeting an emergency

take every precaution to prevent a worried expression from growing on your face and in your eyes. Strive to create an effect with your make-up and clothes which will con-It is known that more than half the | tribut to your womanly charm, poise

no organic disease. Why do they con- dowdy. Learn about double-duty products- the Swift Canadian Co. Limited will They consult a physician because those which serve two or more steps in make available a limited number of they have symptoms and as these sym- | cne's grooming routine. Use them. If | fellowships to universities and medical ptoms may occur about the heart, repairs are needed during the day while schools, for research in nutrition. To stomach or other organ, they think you are away from your home, carry be eligible for grants the projects must there is a disease of that organ. After sufficient aids in a compact purse.

and serenity. Do not let yourself grow

careful examination, the physician as- | Shop for your beauty aids as care- jectives: (1) The development of funsures them that they have no organic fully as you would for a piece of jew- damental information on the nutritive disease and then goes further and ex- elry. They serve you more constantly properties of foods; (2) The application plain why they have certain symptoms; and if you buy wisely you will cherish of this fundamental information on most of these individuals are satisfied them to the last gram. Ask questions the nutritive properties of foods to the and try to correct the conditions caus- of your cosmetic salesgirl - she is sup- improvement of the Canadian diet and posed to know the answers!

What about these patients who go | Health is vastly more important than ally interested in nutritional research from physician to physician believing entertainment. Get plenty of rest dur- in regard to meat and meat products, they have a disease or ailment when | ing the night, some fresh air and sun- | the grants will not be restricted to work there is no organic cause, the cause of shine during the day, and learn all you in these fields, but any worthwhile their symptoms explained to them, yet can about nutrition. Exercise without study on the nutritive properties of refuse to believe there is no disease fail every day of your life!

Discipline is not easy when it is self- be eligible for a grant. These patients are called neurotics be- imposed. But for patriotism discipline cause this condition is called a neuro- yourself to make the most out of your day and get the most out of the minutes you can spare for personal groom- by the scope of the project. Placeneurosis? "Neurotic behavior develops

(Released by The Bell Syndicate, Inc.)

tion; (2) express spite; and attain I am quoting Dr. G. Leonard Harr- Winners of Prizes at Rebekah Whist in Psychiatry, University School of **Drive and Social** Mississippi Valley Medical Society Meet

now agreed that a higher level of nuing some months ago, stated that the Gold Nugget Lodge Entertains Friends at Pleasant Canadians is an essential objective for Evening.

A fairly large number of district women were the guests of the Gold dangerous world" and must develop Nugget Rebekah Lodge on Thursday evening at the whist drive held by the lodge for women only. A dainty lunch was served by the hostesses, during the pleasant social hour which followed the cards.

Winners at whist were: 1st, Mrs. T. Marriott; 2nd, Mrs. S. Crews, and consolation, Mrs. E. Price.

Even the Potatoes Are Marking "V" for Victory "The treatment of a neurotic patient

One of the North Land exchanges of The Advance comments on the fact that this year the wild ducks and geese are flying north in "V" formation, marking "V" for Victory. Everything seems to be marking the "V" for victory. Eggs are reported with clearly Send today for Dr. Barton's helpful defined "V" in shade on the shell. Rebooklet about neurotic behavior and ports give grain the letter "V" outlined how it is handled. Ask for booklet on the stalk. Some of these "V's" are No. 103 'Neurosis', enclosing a three- simply told about. One that was provcen stamp and Ten Cents to cover cast en by sight was handed The Advance of handling and mailing and address last week. It was a large potato (or it to The Bell Library, Post Office Box three potatoes that had grown into 75, Station O, New York, N. Y., men- one) making a very clearly defined and tioning the name of this newspaper. | perfect letter "V". When the Mur-(Registered in accordance with the phies foretell victory it can not be long deferred.

New Books Added to South Porcupine Public Library

The Street Has Changed-E. Daly. Landmarks-H. Morris My Friend Flicka-M. O'Hara. Bird of the Wilderness-V. Sheen, Cross Creek-H. Rawlings. Mr. Bunting in Peace and War-R.

Greenwood. Second Hand Wife-K. Norris When There is Love-A. Colver Favorite Humorous Stories-I. Cobb The State vs Slinor Norton-M. R. Rinehart

Tarpaper Palace-L. Larrimore North Side Nurse-Hancock The D. A. Calls it Murder-E. Gard-

The Case of the Sleep Walker's Niece -E. Gardner. Pride and Prejudice-J. Austen.

There Was a Crooked Man-G. Yates The Case of Jennie Brice-M. R. Rinehart. Beyond the Ric Grande-W. Raine

No Stranger To My Heart-L. Mont-Ruggles of Red Gan-H. Wilson. Ramona-H. Jackson. The White Ladies of Worcester-F

Barcley.

The Longhorn Feud-M. Brand.

State Fair-P. Strong. The Long Lane-P. Strong. The Yellow Briar-Slater Vengeance Trial-M. Brand. The Body in the Library-A. Christic Three Came to Ville Marie-A. Sull

Hail to Yesterday-M. Miller Corn in Egypt-W. Deeping. Also a number of juvenile books. Non-Fiction

The Setting Sun of Japan-Randall Pageant of Life-L. Thomas The Way of Life of a Military Aviator-R. Peterson. Winston Churchill-Kraus.

Glorious Adventure—Halliverton

Mission to Moscow-J. Davies Education For Death-Ziemer There's Rosemary There's Rue-For-

Perfume From Provence-Lady For-Hope Expressed That There Introducing Australia—C. Gratton

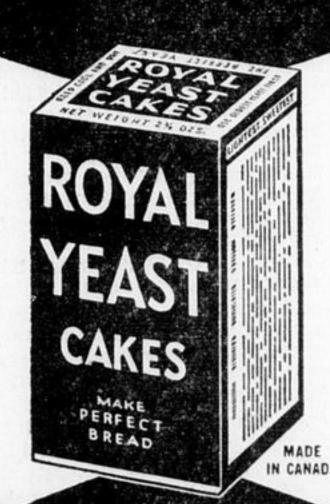
You Pay and You Pay—Goldman Favourite Poems of Faith and Comfort-B. Olds

Dorothy Thompson's English Jour-

ing to extend and broaden nutrition

"The Swift Canadian Company Fel-Be systematic about your beauty rou- have not attended recent meetings, lowships in Nutrition are designed to tine and you need never feel apologetic and the hope was expressed that all facilitate the achievement of the long meeting next Friday at the home of Programme and the current war aims.

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Cobalt Town Hall to be New Testing Laboratory

Cobalt's town hall last week was formerly taken over by the Ontario Department of Mines and in the course The following new books have been of the next few months will be transadded to the South Porcupine public formed into the new plant of the Temsikaming Testing Laboratory, provincially-owned sampling plant whose other property located near the La Rose bridge at Cobalt, was destroyed by fire last July.

> ney-J. Drawbell War and the Americas-Garland

Action Stations-H. Thursfield The Girl With the Pay Cheque -

Herb Stein, writing in the Hollywood Reporter tells of a movie actor who said to a Japanese houseboy in his

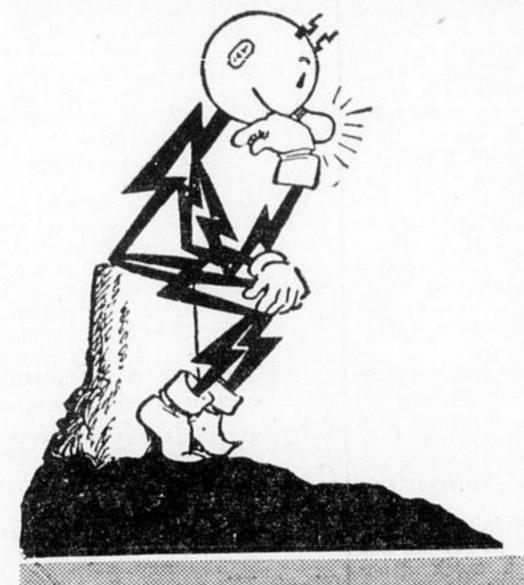
"Togo, if I leave my bedroom open at night, would you stoop so low as to slip in and cut my throat?" "No," said Togo immediately. "That's

the gardener's job. I burn houses!"-North Bay Nugget.

North Bay Nugget-A science note says if mice are given the opportunity. they will drink themselves to death. We feel, however, that this does not answer the old query: "Are we mice

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- 2. Below 50° is the correct temperature for general use. 3. If you have ample storage space, save
- money by buying food in quantity. 4. Don't put hot dishes in the refrigerator
- wait until they cool. 5. Don't let too much frost accumulate before defrosting - it wastes power.
- 6. Don't let acid foods such as tomatoes or lemons touch the enamel unless you're sure it's acid-resisting.
- 7. Avoid quick freezing whenever you can.
- 8. Canned goods keep equally well on the pantry shelf - use your refrigerator for chilling only.
- 9. When away for the week-end, turn the control to the lowest operating temperature - not "defrosting".
- 10. Remove paper coverings from all except frozen foods - it acts as an insulator.

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