

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.



(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.

Because all of these pastes are so mild in flavor we plan to dress them 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 still as satisfactory as cold.

Tomatoes and cheese are often used with macaroni and spaghetti and sometimes 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 sautéed 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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Beauty and You

by PATRICIA LINDSAY



Lipstick, nailgroom and waterproof mascara come in a hand-painted Mexican Wedding Chest, which makes a wonderful after-use box for jewelry or cigarettes. The handbag and slip-on gloves match the lipstick in colour which is one of the most interesting spring shades.

A Waste-Not Campaign for All Beauties

The government has indicated that they want American women to be patriotic but pretty too. Priorities are not going to take away many of our beloved beauty aids even though their metal and plastic containers may disappear. We are to have our make-up, our fragrances, our lovely soaps, for it is a definite fact that pretty women are essential to optimism when war is waging.

But we must learn to economize. Not only to save on quantity of cosmetics and grooming aids. (So we may invest more dollars in WAR SAVINGS BONDS) but to have time for defense help. And this is how you can live best, look best and work best under the difficult conditions of today.

Be systematic about your beauty routine and you need never feel apologetic about spending time or dollars on vanity. Neglect of beauty is wasteful.

Bear in mind that the women who are sure of herself and satisfied with her appearance is more capable of doing for others what is needed to be done.

If you look fit and well-groomed, you will impress others with your efficiency and inspire those who have let worry take them in hand.

Do what you must, graciously and 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 contribute to your womanly charm, poise and serenity. Do not let yourself grow dowdy.

Learn about double-duty products—those which serve two or more steps in one's grooming routine. Use them. If repairs are needed during the day while you are away from your home, carry sufficient aids in a compact purse.

Shop for your beauty aids as carefully as you would for a piece of jewelry. They serve you more constantly and if you buy wisely you will cherish them to the last gram. Ask questions of your cosmetic salesgirl—she is supposed to know the answers!

Health is vastly more important than entertainment. Get plenty of rest during the night, some fresh air and sunshine during the day, and learn all you can about nutrition. Exercise without fail every day of your life!

Discipline is not easy when it is self-imposed. But for patriotism discipline yourself to make the most out of your day and get the most out of the minutes you can spare for personal grooming. (Released by The Bell Syndicate, Inc.)

Winners of Prizes at Rebekah Whist Drive and Social

Gold Nugget Lodge Entertains Friends at Pleasant Evening.

A fairly large number of district women were the guests of the Gold 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

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 defined "V" in shade on the shell. Reports give grain the letter "V" outlined on the stalk. Some of these "V's" are simply told about. One that was proven by sight was handed The Advance last week. It was a large potato (or three potatoes that had grown into one) making a very clearly defined and perfect letter "V". When the Murphies foretell victory, it can not be long deferred.

New Books Added to South Porcupine Public Library

The following new books have been added to the South Porcupine public library:—

- Fiction**
- 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. Gardner.
 - 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 Rio Grande—W. Raine.
 - The Lighthouse—M. Brand.
 - No Stranger To My Heart—L. Montrose.
 - Ruggles of Red Bank—H. Wilson.
 - Ramona—H. Jackson.
 - The White Ladies of Worcester—P. Barclay.
 - State Fair—P. Strong.
 - The Long Lane—P. Strong.
 - The Yellow Briar—Slater.
 - Vengeance Trial—M. Brand.
 - The Body in the Library—A. Christie.
 - Three Came to Ville Marie—A. Sullivan.
 - 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—Fortescue.
 - Perfume From Provence—Lady Fortescue.
 - Introducing Australia—C. Gratton.
 - You Pay and You Pay—Goldman.
 - Favourite Poems of Faith and Comfort—B. Olds.
 - Dorothy Thompson's English Jour-

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 of the next few months will be transformed into the new plant of the Temiskaming 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—Maule.

FRANKLY SPEAKING
Herb Stein, writing in the Hollywood Reporter tells of a movie actor who said to a Japanese houseboy in his employ:
"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 or are we men?"

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La Federation Knits at the Home of Member

Hope Expressed That There Will be More Members and Friends at Future Meetings.

The knitters of La Federation des Femmes Canadiennes-Francaises met on Friday evening at the home of Mrs. H. Lloyd, 159 Spruce street north. It was noted that several members have not attended recent meetings, and the hope was expressed that all members and friends would be at the meeting next Friday at the home of Mrs. Lloyd.

Among those present were: Mrs. E. Dore, Mrs. Bassett, Miss Juliette Cloutier, Mrs. A. Robitaille, Mrs. L. Gagne, Mrs. Ian Martin, Mrs. J. Cloutier, Mrs. W. Butler, Mrs. R. Rene, Mrs. Joe Lavolette, Mrs. H. Lloyd (the hostess), and Master Yvon Butler, the group mascot.

Swift Canadian Co. Offer Fellowships in Nutrition

Beginning on Monday next, May 11, the Swift Canadian Co. Limited will make available a limited number of fellowships to universities and medical schools, for research in nutrition. To be eligible for grants the projects must be aimed at one of the following objectives: (1) The development of fundamental information on the nutritive properties of foods; (2) The application of this fundamental information on the nutritive properties of foods to the improvement of the Canadian diet and health. While the company is naturally interested in nutritional research in regard to meat and meat products, the grants will not be restricted to work in these fields, but any worthwhile study on the nutritive properties of foods or the improvement of diets will be eligible for a grant.

Each fellowship will be operative for one year, unless renewed, and will be granted in an amount to be determined by the scope of the project. Placement of the fellowships in nutrition will be co-ordinated by the Swift Research Laboratories. Inquiries in regard to the matter may be addressed to Mr. J. H. Tapley, president, Swift Canadian Co., Toronto.

In referring to the fellowships in a letter to The Advance, President Tapley says:—

"As a matter of national policy, it is now agreed that a higher level of nutrition for the better health of all Canadians is an essential objective for this Dominion.

"To advance fundamental knowledge of foods and to discover or develop ways to feed our nation more wisely, Swift Canadian Company is undertaking

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1 cup flour
1 egg

1 teaspoon Magic Baking Powder
1/2 teaspoon salt

Sift together flour, salt and baking powder. Add mashed potatoes and egg, knead slightly, form into roll 1 1/2" in diameter, chill. Cut off 1" pieces, steam over stew about 30 minutes. An excellent addition to lamb or beef stew.

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1. Don't open the door more than you have to, and close it as quickly as possible.
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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