

Some Suggestions as to How Within the Sugar Ration Regulations

Some Desserts Take Little or No Sugar. Condensed Milk Will Help to Overcome the Shortage of Sugar in the Average Household. Recipes for Custard Pie and Indian Pudding.



(By EDITH M. BARBER)

Our first month of sugar rationing had various results. In the households where sugar is not used in coffee or on cereal it has been possible to prepare most of the usual desserts for the table. Sometimes the amount of sugar in our standard recipes has been reduced somewhat without interfering with the enjoyment of the results. This is particularly true when it comes to custard and gelatin puddings.

When dried fruits are used sugar may often be omitted, but when it comes to rhubarb, corn syrup or honey will be needed to replace and reduce in sugar. The other day a rhubarb pie appeared at the table and without enough sweetening it was just not eaten. That's not thrifty. With an apple pie molasses or dark corn syrup may be used in combination with sugar, but the light syrup or honey is better with rhubarb.

Sweetened condensed milk makes a delicious custard or custard pie, and will release your sugar ration for other purposes. This already sweetened milk is an excellent base for frosting and also for chocolate sauce. Diluted with water, it may be used as the liquid for muffins which demand sweetening. This will be convenient when blueberries come in. What is better than a blueberry muffin.

Sugarless Desserts

For quickly prepared desserts which demand no sugar I suggest various types of marmalade toasts. For these bread is buttered and spread with orange marmalade, strawberry or raspberry jam or any other kind of jam you may have on hand, then placed on a baking sheet and allowed to bake in a moderate oven for eight or ten minutes until the edges of the toast are crisp and light brown. This may be served with a tablespoon of whipped cream. Bread cut in lengthwise strips, one inch thick, may be dipped in sweetened condensed milk and rolled in coconut before toasting in the same way.

Custard Pie

2 1/2 cups hot water.
3/4 cups sweetened condensed milk
3 eggs and 2 egg yolks or 4 eggs, slightly beaten.
1/4 teaspoon salt.
1 1/2 teaspoons vanilla.
1 unbaked pie shell.
Grated nutmeg.

Add hot water to condensed milk and blend. Combine beaten eggs, salt, and vanilla. Add milk gradually. Strain custard mixture into unbaked pie shell and sprinkle generously with nutmeg. Bake in hot oven (425 degrees Fahrenheit) 2 1/2 hours. Serve warm with plain cream or with small balls of ice cream. Yield: 6-8 servings.

Indian Pudding
4 cups milk.
1/2 cup dark molasses.
1/4 cup sugar.
1/2 cup yellow cornmeal.
1/2 teaspoon salt.
1/2 teaspoon cinnamon.
1/2 teaspoon nutmeg.
2 tablespoons butter.

Heat three cups of the milk in top of double boiler. Add molasses, sugar, cornmeal, salt, spices and butter. Cook over hot water, stirring occasionally, about 20 minutes or until mixture thickens. Pour into 1 1/2 quart casserole and add remaining milk without stirring. Bake in slow oven (300 degrees Fahrenheit) 2 1/2 hours. Serve warm with plain cream or with small balls of ice cream. Yield: 6-8 servings.



That Body of Yours

By James W. Barton, M.D.

The 900, 1200 and 1500 CALORIE REDUCING DIET
A physician who has a reputation for reducing weight in his overweight patients "safely and pleasantly", will not allow patients to get on a scale until after they have been following his diet for at least four weeks. Although he knows that a certain number will begin to lose weight at once, he knows that others will not begin losing weight for three or four weeks and if they have been denying themselves food for a week or ten days and no weight loss in that time they would become discouraged and give up the attempt to reduce their weight. By "promising" that they would lose a certain number of pounds (5 to 14) in a month's time, they are willing to follow the diet and look forward to the end of the month and the "certain" loss promised by the physician.

Beauty and You

by PATRICIA LINDSAY



An exquisite coiffure from Primrose Salon, for those special dress-up occasions. Small wax apple blossoms nestle coyly between casual blonde curls.

Keeping Beautiful Is Now Patriotic

Beauty is not now a matter of vanity. You are keeping beautiful not for yourself alone, but for your country, and for the men who are away fighting to preserve a way of living which allows women to be as beautiful as possible as well as useful!

Talk to any man either on the home front or from the battle front and he will tell you that he wants his favorite woman to be beautiful and to keep beautiful despite the hardships of this conflict.

You yourself, if you are at all patriotic, have a burning desire to look your loveliest, to keep fit, to be useful, to be an inspiration to those around you.

More than ever swank salons are deluged with women who are refashioning their figures and faces. A beauty alert, seems to have swept the country and is probably here for the duration. To analyze the "why" of this strange phenomenon (as one would think that deprivation and separation from one's favored men would depress women) we discover several reasons:

1—Every true American woman wants to do her bit of war work. While doing it she wants to look well groomed and attractive.

2—Women know that beauty inspires confidence. Children have less fear if their mothers look and act alert.

3—With men fewer—feminine competition is greater.

4—Some women have shaken lethargies and entered new, more active lives. Consequently they take greater interest in their appearance.

5—Fighting men need inspiration. If "his woman back home" is lovely, greater is his desire to get the war over quickly and victoriously.

6—To be pleased with one's self satisfied with figure and face and wardrobe gives a woman greater energy to tackle the problems which face her daily.

7—It is now considered smart and patriotic to be self-sufficient, attractive, useful to one's community. Duds find themselves out of step with women who have always kept in trim.

8—With one's social life sadly limited because of restrictions and regulations, many women have more time for grooming and self-improvement.

(Released by The Bell Syndicate, Inc.)

Haileybury Father and Three Sons on Service

Haileybury, July 22—A father last week joined his three sons as a member of Canada's fighting forces as Alot Carlson signed up for the duration as regimental tailor with a tank unit at present at Camp Borden, but expecting to be sent overseas in the near future. Mr. Carlson, who has made his home here for many years and is widely known in curling circles, left on Wednesday night's train for camp to begin his new duties. He passed his medical and X-ray tests recently and a few days ago received orders to join up.

Already in the forces are his sons, William, Robert and Hugh, all members of the R.C.A.F. The two latter are on duty overseas, Hugh as a member of the radio branch and now somewhere in the Middle East theatre of war, and Robert a pilot-observer in Britain. William, the oldest son, and who has lived in Saskatchewan for many years is training as a pilot-observer in one of the western camps after joining up last year. In entering the services, their father intimated before leaving he might as well make it a family affair and thought his experience as a tailor would come in useful.

High School Classes to Start This Fall at Hearst

The necessary arrangements and appointments were made last week to give the town of Hearst high school facilities. It is expected to start the high school work this fall. For the present vacant rooms in the public and separate schools at Hearst will be used for the high school classes. It is the intention to start off with two teachers if this staff can be secured for the coming term.

St. Thomas Times-Journal:—Did you hear about the fellow who wanted to pay income tax, to make others think he had an income? Neither did we.

to-day there are suitable sets for every kind of automobile, from heavy trucks down to "baby" cars and even light-weight motor-cycles. The modern sets are characterized by high efficiency and reliability and the traffic, in Stockholm for instance, is to-day running practically as smoothly as during the "petrol" time. The time required for lighting the generator and producing the gas has been considerably shortened, designs existing which allow the start of the motor as soon as half a minute after the generator has been lighted. The majority of the vehicles, or about 60 per cent, are using charcoal as fuel, while about 40 per cent are burning uncooled wood. Wood has been found especially suitable for heavy trucks and buses.

But it is not only automobiles that are being operated on producer-gas in Sweden. The new fuel has also been found serviceable for tractors, fishing boats, ferries, stationary engines, etc. Of the country's 20,000 tractors, over 4,000 had been converted for producer-gas—generally with wood as fuel—at the end of 1941, and during this year the number is expected to rise to about 8,000. The remainder are being run meanwhile mainly on domestic spirit fuel.

Producer-gas traction has contributed heavily to increase the demand for charcoal and wood in Sweden. It is estimated that it consumes about 2,500,000 cubic feet (88,000,000 cubic feet) of charcoal and over 2,000,000 cubic metres (71,000,000 cubic feet) of wood a year. To cover this demand new efficient methods for the production of charcoal have been evolved which enable the by-products that there are about 3,000 charcoal furnaces in the country at present. The motor driver in Sweden of to-day has at his disposal just as an effective service system as before the war. Practically all the former tank stations are selling solid automobile fuel and the service stations and automobile workshops have adapted themselves for the new form of traction.

Thanks to the country's forests and the Swede's natural technical bent, Sweden has succeeded in mastering fairly satisfactorily the transport problem that arose with the severance of the oil supply in connection with the war. Producer-gas and the extensive electrification of the Swedish railways constitute two very great assets for Sweden to-day, and without them her difficulties undoubtedly would have been much greater.

NOTE: Highly successful applications of wood-gas to motor trucks and stationary engines have been made at Duchesnay, Quebec, and elsewhere.

Sweden Running Its Own Motor Cars

Drives 67,000 Autos on Cheap Home-grown Waste of the Forests.

(From Canadian Forest and Outdoors)

The scarcity of imported liquid motor fuel has prompted an extensive use of producer-gas traction in Sweden. Already long before the war, Swedish engineers had evolved effective types of producer-gas sets, although they were used on a very minor scale for long distance trucks and Army cars. Thanks to this pioneering work it became possible, however, for Swedish motor traffic to change over to producer-gas traction very quickly when the war broke out.

At present practically all Swedish motor traffic is handled by vehicles operated from charcoal or wood. The number of producer-gas driven automobiles totalled over 67,000 at the end of March. Of these, the majority, or 35,500, were lorries, 3,400 buses and about 28,500 passenger cars. Before the war, there were about 63,000 lorries, 5,100 buses and 180,000 private cars in Sweden. Comparison with these figures shows that 60 per cent of the lorries and 70 per cent of the buses have been adapted for producer gas, while the corresponding percentage for the private cars is only about 16 per cent. That the latter group displays such a comparatively low figure is largely due to the limitations which the Swedish authorities have had to introduce to the growing scarcity of lubricants and rubber.

During the two and a half years that producer-gas has been employed on a big scale in Sweden, the systems and equipment used have been far developed and have probably reached a higher state of perfection than in any other country. A very large number of aggregate types have been evolved, so that

Timmins Man Married Last Week in Noranda Church

The following report of a wedding of special interest to Timmins friends is from the last week's issue of Rouyn-Noranda Press:

Vaillancourt—Germain
Tall standards of white lilies and of pink lupins adorned the chancel of Our Lady of Protection church and made a lovely setting for a wedding of much charm and widespread interest when Lillian Germain, daughter of Mr. and Mrs. J. C. Germain, of Noranda, became the bride of Eddie Vaillancourt, of Timmins, Ont. The wedding took place at 8:30 o'clock on Monday morning.

The ceremony was solemnized by Rev. Father Angus Vaillancourt, of Sturgeon Falls, brother of the groom, in the presence of some thirty guests, close relatives of the bride and groom.

Mrs. Joan Blais was organist for the occasion rendering the solemn and beautiful nuptial music. The processional was The Bridal Chorus from Lohengrin, and for the recessional the organist played Mendelssohn's wedding march Rev. Father Blais of Sturgeon Falls was present as soloist and rendered "Ave Marie" (Schubert).

The bridal couple were unattended. The bride, who was given in marriage by her father made a charming picture

Avoid waste when you make tea

"SALADA" TEA

in aqua-blue crepe, a street length ensemble. She wore a large hat of natural straw with band of aqua blue and pink. The pretty costume was completed by shoes and gloves of beige kid. Her corsage was of pink roses.

Following the ceremony a reception was held at the Noranda Hotel. The bride was assisted in receiving by her mother, Mrs. Germain, who wore a becoming dress of blue printed crepe with sheer redingote of plain blue in a matching shade. With it she wore a blue baku hat, and her corsage bouquet was of red roses.

After the young couple had received the felicitations of their friends a wedding repast was served. The bride's table was beautifully arranged. The tiered and decorated wedding cake that centred the table was flanked with white tapers in silver holders. The health and happiness of the bride and groom were toasted, and the occasion was one of much happiness on the part of all those present, all of whom shared in the joy of the newly married couple.

Rev. Father J. M. Pelchat was a guest at the reception, together with the members of the two families.

After the reception the bride and groom left by motor for a honeymoon trip to Detroit and Buffalo. The journey included a stop-off in Windsor, Ont., in order that the bride might visit former school friends who live there.

For travelling Mrs. Vaillancourt donned a particularly smart costume. The beige dress featured a straw belt of red and chartreuse green braided together. The same red and chartreuse colors were used as a trim for her hat. All her accessories—hat, shoes and bag—were in brown and her Harris tweed coat was in beige, matching the dress.

Upon their return from their wedding trip Mr. and Mrs. Vaillancourt will take up residence in Timmins. There the groom is the proprietor of the Cartier taxicab service. Before her marriage the bride was on the teaching staff of the Kirkland Lake schools. She is popular alike in Kirkland Lake and in the twin cities. Her associates on the teaching staff tendered her a party just before the close of the school term and presented her with a massive silver serving tray. The bride and groom were the recipients of a fine collection of wedding gifts.

Mr. and Mrs. Vaillancourt will have the best wishes of their many friends for a very happy future.

Among the out-of-town guests present at the wedding were the following: Mr. and Mrs. N. Vaillancourt, Lawrence Vaillancourt, Mr. and Mrs. Lyrette, Mr. and Mrs. Ervin Stack, of Timmins; Rev. Father Angus Vaillancourt and Rev. Father Blais, both of Sturgeon Falls.

THERE'S ALWAYS A CATCH IN IT

"How be Daisy doin' naw she's married?" asked Mrs. Giles.

"She's doin' graand," replied Mrs. Hobson. "She's got the puttiest lil' cottage with a garden an' that, some real mahogany furniture, two pigs an' some fowls, an' the parson's washin' to do once a week reg'lar. On'y thing is she can't abide her man!" But there! There's alius summat." — Saint John Telegraph-Journal.

UPPER CANADA COLLEGE OLD BOYS' ASSOCIATION

Asks all Old Boys who are serving with the Armed Forces, or any relatives of Old Boys, to advise the Secretary of the Association of their unit, rank, promotions and other particulars of service in order that the College war records may be kept up to date.

North American Life Shows Gains in New Insurance

Figures released by the Sales Department of North American Life Assurance Company of 31% gain in new insurance sales for the first half of 1942. Sales for the past month were over \$4,000,000, representing the best total for June in the Company's history. Reflecting the improved economic circumstances of the people, there is reported a continued improvement in conservation of the Company's business, the number of lapses being at a low level. The insurance in force with the Company has increased since December 31st by approximately \$9,000,000. This total now standing at \$270,000,000. This gain in insurance is almost double the amount for the same period of 1941.

Timmins Firemen Answered Three Calls Last Week-end

Last week firemen had three calls, none of which were serious.

Thursday the 16th—a fire at Feldman's mills at 8:01 p.m. A few shavings became ignited and the fire spread from the wall to the rafters before it was brought under control. The loss is covered by insurance.

Saturday, the 18th—at 8:30 p.m., a call to the Reed Block. The smoke from paper and other burning refuse, backed up into the basement and caused a little alarm. No damage was done.

Sunday, the 19th—a call to the Naylor Mine at 3:27 p.m. One of the poles on the transmission line was aflame, due to a short circuit caused from dampness. The booster pump was used to extinguish the blaze.

THE FULL STORY

The teacher had asked the class to write an essay on "Our Dog." Young Jimmy was the first to finish. His effort read: "Our Dog. We haven't got one." — Baltimore Enterprise.

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"Your Electric Range helps you retain those VANISHING VITAMINS" says REDDY KILOWATT

With an electric range and a little care you can keep precious vitamins from disappearing down the drain," says Reddy Kilowatt. "The even, measured heat of electric cooking avoids the danger of 'hot spots' and scorching, and THAT means you can cook in covered utensils, without stirring. It also means you can cook with little or no water.

"And these are two of the most important rules of the scientific, VITAMIZED COOKING with electricity which helps you to give your family a balanced, vitamin-rich diet."

REDDY says: "Don't leave prepared vegetables standing in water a long time before cooking. It destroys vitamins and minerals."

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