

Jellied Soup, Once Only for Special Occasions, Now Used for Quick Meal

Jellied Soup May be Used with Diced Vegetables and Left-Over Meat. Menu for Quick Meal with Instructions for Preparation. Recipe for Jellied Summer Salad.



(By EDITH M. BARBER)

Can you remember when a jellied soup was something which you had only at special parties or when you indulged in the luxury of dining at a fine restaurant? It wasn't so long ago.

Then stock had to be made especially for this purpose, although gelatin was added in small quantities to increase the natural jelly of the stock. Once upon a time on occasions such as illness the housekeeper bought a calf's foot and boiled it for hours to a thick jelly.

Today we can buy consommé and add gelatin to it if we wish, but we are much more likely to purchase a soup which already contains this. All we need to do is put it in the refrigerator to harden most convenient for the business woman housekeeper who may have forgotten to restore her depleted stock.

Nothing is more refreshing than a jellied consommé or Madrilène to begin a meal on a hot night.

Any of these jellied soups may be used in combination with crisp diced vegetables and left-over meat if you like to make a salad or even a main dish for a quick meal. If they are allowed to remain at room temperature the other ingredients can be folded in before the mixture is poured into a mold.

A condensed tomato soup makes a good base for a dish of this sort although, of course, it needs the addition of gelatin.

This soup and certain others may replace a sauce in the preparation of casserole dishes or may form the sauce itself for an omelet, a meat loaf or a spaghetti or an egg dish.

Quick Meal
Jellied consommé
Broiled lamp chops
Stewed potatoes. Buttered peas
Blackberries. Iced coffee

Method of Preparation
Slice cold boiled potatoes and cook with milk.
Prepare berries.
Light broiler.
Shell peas.
Broil chops.
Cook peas.
Make coffee
Open can of chilled soup and serve.

Jellied Summer Salad
1 cup mixed shredded raw vegetables (cabbage, onion, celery, carrot etc.)
Mixed vegetables with Madrilène, pour into small oblong mold or into six small molds and chill in refrigerator one hour, or more, until set. Unmold and serve with lettuce or other green. For a main dish, double recipe and add shrimps, finely chopped leftover cooked meat. Yield: six servings.

Jellied Tomato Ring
2 tablespoons granulated gelatin.
1/2 cup cold water.
2 cans condensed tomato soup.
1 cup boiling water.
12 stuffed olives, sliced.

Soften gelatin in cold water. Heat soup with boiling water, remove from heat and add dissolved gelatin, stirring until dissolved. Arrange sliced olives in one-quart ring mold and carefully add a little of the gelatin mixture. Chill until partially set, then add remainder. Chill until set and turn out on salad platter, garnish with romaine or lettuce. Serve with sour cream dressing or mayonnaise. Fill center with vegetable salad.
(Released by The Bell Syndicate, Inc.)

Hotel Haileybury to be Closed Down Indefinitely

There will be regret throughout the North at the announcement last week that the handsome Hotel Haileybury is to be closed for an indefinite time. The hotel closed last week due to conditions largely arising from the war. The Hotel Haileybury was built as a community enterprise, following the big fire of Oct. 4th 1922. The company which operated the hotel was formed in 1925 and citizens subscribed \$150,000, but the costs exceeded this amount considerably and a mortgage on the building was necessary. Some years ago the services of Mr. T. Sammon were secured as manager and the hotel appeared to be carried on in acceptable fashion by him, making Hotel Haileybury well known for its good service to the travelling public and as a community asset. Some months ago Mr. Sammon resigned to accept the management of the Park Lane Hotel at Kirkland Lake. Previous to going to Haileybury, Mr. Sammon had been manager of hotels at Pembroke, Timmins and North Bay.

In announcing the closing of Hotel Haileybury the president, M. J. Conkey, and the secretary-treasurer, J. A. Legris, K. C., said the step taken was due to what was termed "uncontrollable circumstances aggravated by war conditions, and necessary controls imposed as a direct result of the war." Mr. Legris said there was no other statement beyond intimating the hotel would be closed for an indefinite period.

Deliveries by Wholesalers to be Restricted Now

New Order Effective on August 3rd.

Restrictions on wholesale deliveries in line with regulations already imposed on retailers were announced by James Stewart, services administrator for the Wartime Prices and Trade Board.

The new order is effective August 3rd and prohibits delivery of individual wholesale orders totalling less than \$3. Provisions of the order apply to deliveries by horse-drawn and automotive vehicles but not to deliveries made by messengers on foot or on bicycles.

Deliveries of any but perishable goods are limited by the order to three regular deliveries a week on alternate days "over any particular route or in any specific area." Perishables, defined as cut flowers and plants, bread, and bakery products, milk and cream, fresh and frozen fish, fresh fruits and vegetables, may also have one regular delivery on any week day other than the three days on which regular deliveries of all goods are permitted.

Wholesalers delivering in or to large cities are required to prepare delivery plans and file them with Mr. Stewart.

"The intention is that wholesalers handling similar classes of goods will make deliveries in the same areas on the same days so that the number of days on which a retailer may receive deliveries of such goods will be the same whether he deals with one or more wholesalers," Mr. Stewart said. "The order further provides that a retailer may not use his own vehicles to pick up goods from a wholesaler except on a day on which a wholesaler might lawfully make delivery of goods to the retailer."

Deliveries of builders' supplies, raw materials, semi-finished goods and machinery or parts to a contractor, manufacturer, processor or farmer are exempt from the order, as are deliveries to railway, express companies, steamships, air lines and freight department, munitions and supply department, and to naval, military or air force camps and barracks.

Oil companies, automobile parts wholesalers and daily newspapers are also exempt since they are already cooperating with the administrator to work out plans expected to result in even greater savings of motorized equipment.

Starting August 3rd, no wholesaler shall use any automotive vehicle for delivering any goods for which a firm order has not been received. An exemption is provided for deliveries of bread, bakery products, fuel made from an established distributing centre, for deliveries of farm, forest or fisheries products to a manufacturer, processor, jobber, broker or another wholesaler or to a public market, and of deliveries by a farmer or gardener of his farm or garden products, or by a fisherman of his catch. With these exceptions the wholesalers may not "sell from his truck."

Jams Made Under the Sugar Quota Even Better, Says Experts

Dept. of Agriculture Home Economists Issue Tested Recipes.

One of the big war jobs facing women in town and country this summer is canning, jam and jelly making. It was always been considered a good thing to put up fruit and insure variety in next winter's diet but this year the clatter of preserving kettles has a patriotic ring. Nowadays it is vitally necessary to conserve food, for no-one can tell what calls will be made on Canada by the United Nations at war.

Fruit has to be put up this year under the sugar rationing order laid down by the Wartime Prices and Trade Board. This allows 1/2 pound of sugar per pound of fruit for canning, and 3/4 lb. of sugar per pound of fruit for jam and jelly making. This, of course, means per pound of fruit as it is purchased, or picked from the trees, not after it has been pitted and prepared for the preserving kettle. In order to get the special canning sugar ration, the grocer must be told the weight of fruit which is being "put up" and the purchaser will be asked to sign a special voucher for the sugar bought.

Miss Laura Pepper, chief of the Consumer Section of the Department of Agriculture reports that many women write to her office asking if it is possible to make a good jam that "keeps" within the sugar quota. "Our answer to that is emphatically, Yes," says Miss Pepper. "In fact, we feel that these new jams made on the sugar allowance are not only better for health but they have a truer fruit flavor and better color than the old-fashioned 'pound for pound' or 'sweeter still, the 'cup for cup' jam."

For days, that have extended far into the evenings, experts of the Consumer Section have been working hard testing out recipes made under the new sugar orders. Here are some of those which they have approved and according to Miss Pepper if the directions are followed exactly, housewives can rest assured that their products will be good:

Raspberry Jam
2 quarts raspberries.
3 cups sugar
Crush fruit and simmer 10 minutes. Then add sugar and cook until thick — about 25 minutes. Pour into hot sterilized jars and when cool, seal with par-

Beauty and You

by PATRICIA LINDSAY



A few strokes with this coloured stick of rich foundation cream makes your leg look as if it were wearing the sheers of hose! A cool fashion for hot days!

Stocking Rationing Causes Little Gloom—Summer Hose Now Painted on Leg!

Tuck away your precious hose in airtight boxes until next autumn. This summer you can paint on a fresh pair of hose every day!

Girls throughout the land are having fun with the new leg-covering cosmetics which substitute so nicely and inexpensively for stockings.

A giant stick of an alluring deep beige preparation provides from 25 to 30 "painted" pairs of hose. You simply apply it in even strokes to your legs and blend the color with tissue or the palms of your hands. And lo! you have a new pair of hose. To deceive the public more, you may use a brown eyebrow pencil to draw a fake seam up the back of your leg!

A striking liquid comes in sun beige or sun bronze. This is applied directly to the leg by the palms of the hand. When it is smoothed and dry it gives a chiffon-like sheen to the legs and will not come off on clothes although you can quickly remove it with soap and water.

Both these products are fun to use,

good leg coverings and are not listed among priorities! In fact you will be doing your country a favor by using them for it will save on silk and nylon stockings. After-thought: both products also cover minor skin blemishes.

Grooming Important

Naturally either the leg-stick or leg-liquid could not be used on legs which were not previously groomed. One must remove all superfluous hair with the aid of a depilatory, and keep the leg skin smooth by anointing it each night with a softening lotion or cream, or oil. A roughened skin would not take the color smoothly.

If going without stockings make your feet burn, you must cut little inner soles for your shoes out of flannel, or a white wool. Take a piece of tissue paper about the size of your shoe insole, press it inside the shoe so as to get a pattern of the shoe shape. Then lay this pattern on your material. To keep the cloth from wrinkling you can glue it in place.
(Released by The Bell Syndicate, Inc.)

Cochrane Soldier Writes on Value of the Red Cross

If it wasn't for the Red Cross thousands of Prisoners and Refugees would starve to death.

As a reader of The Advance wrote some weeks ago in reference to the work of the Red Cross overseas, "there is always someone to criticize or complain unfairly." It must be admitted that any fault found with the Red Cross work almost invariably comes from someone at home who doesn't know anything and isn't doing anything about the war effort. The lads at the front all appear to be enthusiastic about the Red Cross and the Salvation Army, while the Legion also gets due share of appreciation.

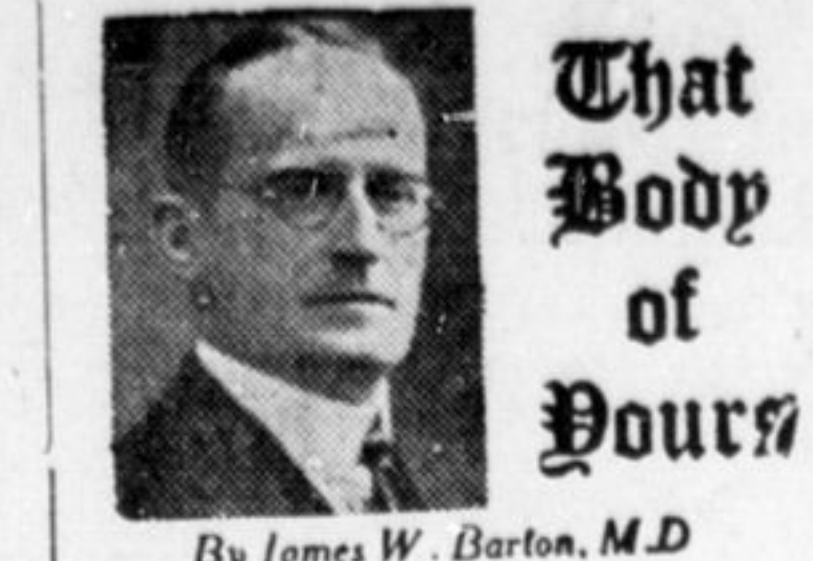
A week or so ago The Advance published a number of letters from people overseas in regard to the Red Cross. This week The Advance is giving here with the contents of a letter from a former Cochrane man now serving overseas. The letter was sent Mr. R. D. Dublin who is the chairman of the Red Cross entertainment committee at Cochrane. Mr. Dublin became "fed up" with the occasional doubting Thomases who questions the value or extent of the Red Cross. According Mr. Dublin wrote to his brother, L.A.C. Carl Dublin serving "somewhere in Scotland" to investigate the matters and write him whether his work in Cochrane for the Red Cross could be considered as wasted or partly wasted. The reply, dated June 8th, reached Mr. Dublin at Cochrane last week, and would have settled any of his doubts in the matter, if he had had any such doubts. In any event it gave Mr. Dublin full information to be able to route any doubting Thomases who are simple enough to attack the work of the Red Cross. Here is part of the letter from L.A.C. Dublin, who is in position to know what he is talking about:

"You want to know what the Red Cross does for the boys over here. Well, we've received comforts such as socks, sweaters and pyjamas from them, and I've received a couple of parcels from the Kirkland Lake branch. The Red Cross does more in the line of aiding refugees and helping prisoners of war, and I have great admiration for the work done by this great humanitarian organization. Go to it then, and collect that money. Tell those 'doubting Thomases' that if it wasn't for the Red Cross thousands of prisoners and refugees would starve to death."

Former Timmins Priest Chaplain at St. Jerome

A despatch from Montreal last week said that — formerly the Rev. Theodore Beaudoin, Chaplain of Timmins, Ont. and Haileybury, Ont., has been appointed assistant chaplain at the St. Jerome Training Centre.

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By James W. Barton, M.D.

That Body of Yours

Lack of Sugar in Blood Causes Hunger and Overeating
You will hear one group of parents state that their boy or girl who is at, or approaching "teen age," eats more food than any other member of the family, even more than the parents eat, yet this boy or girl is underweight according to the height and weight standards. The youngster may get plenty of sleep, does not get overtired from play, has no infection of teeth, tonsils, gums, or sinuses, and has no sign of tuberculosis. The reason for this underweight may be hard to find and in the majority of cases, after puberty is reached, there is an increase in weight for a year equal to that attained in any two or even three years previously.

There are, of course, some cases that continue to be thin or underweight but usually this "thinness" is a characteristic of one or both sides of the family. These youngsters may get the nickname of "Skinny" but neither they nor their parents are embarrassed or annoyed at the name.

How different it is with the group of parents whose boy or girl is greatly overweight. The child does not want to play and so does not join in the activities of the other youngsters. He or she is too fat to have any speed or skill in games and their appearance causes them too much embarrassment to take part in school plays or other activities. The nickname "Fatty" is embarrassing and annoying.

When these fat youngsters, in addition to being slow physically, are also slow mentally the family physician advises a metabolism test and if thyroid gland is found to be less active than it should be, thyroid gland extract is prescribed and the results are usually satisfactory — weight is reduced and child is more active mentally and physically.

Where the excess fat is not over the entire body but over hips, shoulders and abdomen, upper arms and upper legs, pituitary extract is used with results almost as effective as when the thyroid gland is less active than it should be.

However, there are some cases of overweight in children and young men and women where the excess weight is not due to gland disturbance — thyroid, pituitary or sex — nor in laziness or inactivity, so that further search is necessary to find the cause.

That lack of sugar in the blood may be the cause of overweight in these cases is pointed out by Dr. Elmer L. Sevringhaus, Professor of Medicine, University of Wisconsin in his book Endocrine Therapy. There is an illustration showing identical twins, the girls being normal and healthy in every way except that they were 38 percent over the expected weight for their height, but the sugar tolerance test (amount or percentage of sugar in their blood) showed sugar values distinctly

lower three hours after eating about 2 ounces of dextrose (sugar) than before eating. This low amount of sugar in the blood was found at the exact time of the hunger which occurred regularly between meals. This hunger caused the girls to eat food at this time, the food usually being rich in food value.

Treatment for such cases of overweight means cutting down on the food intake, particularly in the amount of sweet foods eaten at all times, and the possible use of simple fruits to relieve the hunger, caused by the low amount of sugar in the blood. Sometimes a little fat food — butter, cream, fat meat — is used at meals and between meals in helping to "satisfy" the hunger and thus cutting down on starch foods.

Lack of sugar in the blood should be suspected when there is marked hunger between meals and a test made for the amount of sugar in the blood at these hunger periods.

Although I have mentioned above the various glandular types of overweight it should never be forgotten that the great majority of cases of overweight in children and adults are not due to lack of gland extracts, but to the two common causes — overeating and underexercising. And even when the lack of gland extracts is to blame, to a small or even large extent, the amount of food should be reduced as the individual is getting more food than his particular body needs.

Eating Your Way to Health

Do you know what foods contain proteins, minerals, starches, or fat? Do you know just what and how much you should eat daily? Send today for this useful booklet by Dr. Barton entitled "Eating Your Way to Health." It includes the above questions and answers a calorie chart and sample menus. Send your request to The Bell Library, P. O. Box 75, Station O, New York, N. Y., enclosing Ten Cents and a 3-cent stamp to cover cost of service and mention the name of this newspaper.

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Profits at the Hallnor Mine Down for Half Year

TORONTO, July 30. — Hallnor Mines Limited, Pamour, Ont., today reported estimated net profit for the half year, 1942, at \$439,230, equal to 24.66 cents per share. This compared with \$645,786 or 32.29 cents per share in the like period last year.

Work Meetings to be Held Every Two Weeks by Guild

Members Complete Articles for Red Cross at Regular Meeting Held Friday at Home of Mrs. Read.

Since business meetings have been discontinued for the summer season, the members of the Ladies' Guild of St. Matthew's Anglican Church made plans at the weekly work meeting to hold a second work meeting on Friday, August 7th, at the home of Mrs. W. Keavan, 76 Sixth avenue. Mrs. F. Read, 36 Sixth avenue was hostess at the meeting on Friday, when the members completed several knitted and sewn articles for the Red Cross, and spent a pleasant social evening.

Among those present were: — Mrs. W. Christopher, Mrs. W. Keavan, Mrs. A. Wilford, Mrs. E. Webb, Mrs. J. T. Collins, Mrs. R. MacTaggart, Mrs. B. Richards, Mrs. H. Pope, Mrs. T. Glaister, Mrs. P. Reid, Mrs. C. Briggs, Miss Paynter, Mrs. J. H. Wakefield, Mrs. J. Harnden, Mrs. Brand, Mrs. F. Melville, and the hostess, Mrs. F. Read.

Peterborough Examiner: — Gasoline rations have been cut from five gallons to four, and may soon be reduced still further. That's not rationing; that's weaning.

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