

Suggesting Cucumbers as Part of the Quick Meal

May be Scalloped, Baked and Stuffed, Pickled or Served With a Sauce. Menu for Quick Meal With Method of Preparation. Recipe for Stuffed Baked Cucumbers.



(By EDITH M. BARBER)

Cucumbers are so good and so cheap at the moment that they deserve to be used. They may be the ingredient of a green salad or may be treated by themselves with French dressing and a little onion, or by the Pennsylvania Dutch method of treating them with sour cream.

Philadelphians used to promote that thesis that dressing of this sort made cucumbers digestible to every one. My Austrian friends like cucumbers cut as thin as paper and then mixed with vinegar, salt, sugar and perhaps a few other seasonings and allowed to stand long enough so that they will actually wilt.

Speaking of wilting, if you like to put your cucumbers in salt water, don't let them stay there longer than half an hour, or they will lose their crispness. Once we thought it necessary to do this in order to make the cucumbers crisp. Actually vegetables which have been chilled in the refrigerator are crisp enough.

The modern cucumber is seldom bitter around the skin and may be sliced without paring. This adds to the attractiveness of the appearance and you are pretty sure to be getting some extra vitamin A which is always present where there is green coloring.

If you have never tried cooking cucumbers you will have an experience if you serve them with a Hollandaise, a cheese or a rich cream sauce to which a few chives have been added. Cucumbers may also be baked and stuffed with mixed bread crumbs and meat and they are good scalloped.

- Quick Meal**
 Tomato Soup
 Baked Bacon
 Baked Potatoes
 Scalloped cucumbers
 Blueberries Coffee
- Method of Preparation**
 Light oven
 Prepare cucumbers and boil.
 Scrub potatoes and bake.
 Prepare blueberries.
 Prepare scalloped cucumbers
 Bake bacon
 Open can of soup and heat.
 Make coffee

- Stuffed Baked Cucumbers**
 6 medium-sized cucumbers.
 2 tablespoons butter or bacon fat.
 1 tablespoon minced onion.
 1 tablespoon minced green pepper
 1 cup soft bread crumbs
 1/4 cup minced cooked ham or other meat.
- Salt, pepper.
 Wash cucumbers, cut in halves lengthwise and boil in salted water about ten minutes, until flesh begins to become tender. Melt butter or bacon fat, add onion or green pepper and cook 2 minutes over low heat. Add bread crumbs and ham and season to taste with salt and pepper. When cucumbers are almost tender, drain and remove seeds. Stuff with bread crumb mixture, dot with butter or with minced bacon and bake in a moderately hot oven, 400 degrees F., 15 to 20 minutes. Yield: six servings.

- Scalloped Cucumbers**
 4 to 6 cucumbers.
 2 cups well-seasoned cream sauce.
 2 tablespoons minced parsley
 2 tablespoons minced onions or chives
 1/2 cup grated cheese.
- Pare and cut cucumbers into quarters. Cook in salted water until tender. Drain and remove seeds. Dice and combine with cream sauce. Add parsley and onion or chives. Place in a greased baking dish, sprinkle with grated cheese and bake in moderately hot oven (400 degrees F.), 10 to 15 minutes until cheese melts. Yield: six servings. (Released by The Bell Syndicate, Inc.)

Former Resident Here Married at Peterborough

The marriage is announced of Muriel Doris, daughter of Mr. and Mrs. R. S. W. Gillard of Toronto, to Cadet Phillip Sidney Teare, son of Mr. and Mrs. R. P. Teare of Halleybury, Ont. The ceremony took place in St. Marks United Church, Peterborough, Ont., on July 11, 1942. Captain E. Marshall Laverty, chaplain of the groom's regiment, officiating. Mrs. George Thompson acted as bridesmaid, and Corporal Thompson assisted the groom. Pte. E. Thomas presided at the organ. Cadet Teare left later to resume his officers training course at Brockville, Ont.

Blairmore Enterprise: While a member of our staff was in Vancouver over the week, a bank was robbed of over \$50,000.

Married at Ottawa to Reside in Timmins

Mr. Guy William Dempsey and Miss Rita Marie Bertrand Wedded.

The following report in the Fort Coulonge column of The Pembroke-Stand-ard-Observer will be of interest here:

Dempsey-Bertrand
 Saturday morning at 9 o'clock in Blessed Sacrament church Ottawa, the marriage was solemnized of Rita Marie, eldest daughter of Mrs. Anne Bertrand and the late W. H. Bertrand, to Guy William Dempsey, of Timmins, Ont., son of Mr. J. T. Dempsey of Maniwaki, Que., with Rev. V. Hogan officiating. White gladioli decorated the church. Mr. Charles O'Reilly played the wedding music and Miss Muriel Berryman sang. The bride was attended by her sister Miss H. Bertrand and given in marriage by her uncle Mr. J. O. Lafleur. Mr. James Ward, Jr., Fort Coulonge, was best man, and Mr. Edmond Roman and Mr. Clayton McMahon, Montreal were ushers. The bride wore a street length white silk jersey dress modelled on princess lines, with high round neck, bracelet length sleeves and trapunts embroidered around neck and sleeves and in a panel down front. Her hat was a pompadour model of the same material, with a veil coming just below the shoulders. She carried Briar-cliff roses, Ste. Phanotis and cornflowers. Miss Bertrand's frock was of baby blue silk jersey, with fitted bodice and full skirt. She wore a pill box hat and matching slippers and carried Johanna Hill roses and peach gladioli. Mrs. Bertrand wore a redingote ensemble in platinum blue, with navy blue hat and accessories and a corsage bouquet of American Beauty roses. A reception was held at the home of the bride's mother, following which the couple left by motor for Temagami. For travelling the bride chose a tropic beige gabardine suit, with London tan hat, accessories and a corsage of yellow rose buds. Mr. and Mrs. Dempsey will reside in Timmins. Out-of-town guests were Mr. and Mrs. J. Kelly and Mr. Duthbert Kelly, Vinton; Mr. Maurice Spence Clovis; F. X. Bertrand, R.C.A.P. Moncton, N.B.; Mrs. H. Hopkins, Boston, Mass.; Mr. Clement McMahon, Toronto; Mr. and Mrs. J. T. Dempsey, Maniwaki; Mr. Clayton McMahon, Mr. Len. Lemaire and Miss Eleanor Eauc-laire, Montreal; Mr. Leonard Tanney and Mr. Vincent McMahon, Pembroke, Ont.; Mr. and Mrs. J. E. Kelly, Hamilton; Mrs. Harvey Benoit, Coniston, Ont.; Mr. and Mrs. J. Belanger, Campbell's Bay; Mr. and Mrs. Romain, Mr. and Mrs. James Ward, Mr. and Mrs. J. D. Dempsey, Mrs. F. X. Bertrand and Mr. Jerome Gervais, Fort Coulonge.

A Quiet Wedding Solemnized at the United Church

Vana Millette Becomes the Bride of Michael Lenchuk In a Quiet but Pretty Ceremony.

The First Timmins United Church was the scene of a quiet but pretty wedding on Monday morning at 11 a.m. when Vana Millette, only daughter of Mr. and Mrs. V. Millette, became the bride of Michael Lenchuk, son of Mr. and Mrs. Wm. Lenchuk of this town. Rev. W. M. Mustard officiated. Given in marriage by her grandfather, Mr. Ladouceur, the bride was radiant in a powder blue street-length redingote of sheer crepe. As a head-dress she wore a powder blue tulle veil, caught at her head in the shape of a bow, and continuing on to her waist. Her accessories were in white and she wore a corsage of sweetheart roses.

Following the ceremony, a luncheon was held at the Fern Cottage, the groom's mother, Mrs. Lenchuk, receiving relatives and close friends, assisted by the bride's mother, Mrs. Millette, the latter wearing a navy blue and white jumper dress and navy and white accessories.

A reception was held at the groom's parents home, Mr. and Mrs. Wm. Lenchuk, 7 Kirby Ave., following the luncheon.

From there the young couple left on the 2 o'clock train for their honeymoon to Niagara Falls, Toronto, and points south.

On their return, the couple will reside at 36A Third Avenue.

Three Births Recorded at Town Hall This Week

BORN — on July 18th, 1942, to Mr. and Mrs. Jos Edward Kerwan, 77 Sixth avenue, at St. Mary's Hospital — a daughter.
BORN — on July 27th, 1942, to Mr. and Mrs. Armand Lemire, 453 Spruce south — a daughter.
BORN — on August 6th, 1942, to Mr. and Mrs. Donald Taylor, 36 A Second avenue, at St. Mary's Hospital — a son.

Sudbury Star: A film critic wants to know why American gangsters are apparently so fond of playing billiards. Probably the fascination of putting a defenceless ball on the spot appeals to them.

Beauty and You

by PATRICIA LINDSAY



From a giant jar of pot-epurri this meticulous beauty is making small sachets to place in her lingerie drawer. A total fragrance is conducive to poise.

Poise Is a Valuable Asset—Girls Should Strive to Attain It.

The first thing you notice about a well-bred girl is her poise. You know at a glance that she has complete command of herself. She is not self-conscious—a slave to her moods or impulses. She is calm, self-confident and pleasing to be with.

Poise is a most valuable beauty asset and it can be attained through concentrating on a few rules. As poise protects you from doing and saying things you might later regret, makes you "at ease" in any situation, it is well worth the effort to acquire it.

Poise comes from within — it comes from the knowledge of how to do things correctly and how to say the right thing. It comes from having complete control of your nervous system—nothing should be able to make you "fly to pieces," so to speak, when you are in the presence of others. A little steam let out when you are alone is at times a very good thing. But be sure you are alone.

A few minutes each day you should THINK poise. Determine that you are going to shed self-consciousness. Recall again and again that all eyes are not on you and all ears are not listening for what you are going to say. If you allow self-consciousness to grow you will sacrifice poise.

Have Knowledge
 There are two sure ways of acquiring the right knowledge—one is through books, the other through experience. Get a good book on etiquette and read it thoroughly just as you would a text book. Once you are familiar with what to do and what to say, practice them at every opportunity. That means you will have to get out and circulate, mingle with people, go places. The girl who stays at home too much, or sticks too loyally with a small group, gradually becomes so dependent upon solitude or her close friends, that she loses poise. When she finds herself out among strangers she is tongue-tied and uneasy. And others find her that way too!

There is only one warning to the student of etiquette and poise — DO NOT BE A STUFFSHIRT once you know all the rules. Under all circumstances act with ease — if ease is not natural — force it!

(Released by The Bell Syndicate, Inc.)

Miss Grace Yuill Bride-to-be Feted at Surprise Shower

Friends Present Beautiful Aeropack to Bride-Elect of Airman.

Miss Grace Yuill, bride-elect of September, was guest-of-honour on Thursday evening at a surprise shower held at the home of Miss Kay MacInnis, Kent avenue, with Mrs. Jean Aude as joint hostess. Friends of the popular honouree who will become the bride of Mr. Dick Green of the R. C. A. F., were present to extend their best wishes, and to present her with a lovely blue-grey aeropack.

Bridge, which formed part of the entertainment for the evening, was won by Mrs. Ralph Jackson, and a delicious lunch was served by the hostesses, assisted by little Miss Norma MacInnis.

Among those present were: Mrs. J. T. Easton, Mrs. Ralph Jackson, Mrs. J. B. Smith, Mrs. A. E. Woods, Mrs. J. Running, Mrs. J. Flynn, Mrs. A. N. MacInnis, Mrs. H. J. Kelneck, Misses Jessie McGinnis, Elsie Richardson, Grace Adams, Norma MacInnis, the hostesses, Mrs. Jean Aude and Miss Kay MacInnis.

Unable to be present but contributing to the gift were Mrs. Sam Carter, Mrs. D. G. Richmond and Mrs. Wm. Shields.

Try The Advance Want Advertisements

That Body of Yours

By James W. Barton, M.D.

Why Many Put on Extra Weight at Thirty

Physicians are finding that it is the thin wiry type of individual past middle age who not only has a longer life span to which to look forward but he is more free from heart strokes—coronary thrombosis—and brain strokes—apoplexy.

Why do men and women allow themselves to get overweight even as young as thirty? By the time they reach thirty they have established certain eating habits—kinds and amount of foods—and they follow these habits into the thirties forgetting that two things have happened to them.

First, they have stopped growing; they have become mature men and women and there will be no further growth of bones and no increase in the size of many parts and organs.

Second, they have stopped indulging in many of the forms of exercise of their younger days—dancing, skating, rowing and other pastimes.

What happens? As they still have a healthy, well developed appetite and are usually in a position to pick and choose the foods they eat, they eat more of the rich forms of food—fats and starches.

It is not hard to see that if they continue to use their well developed appetite and also eat more foods, yet do not indulge in as much exercise as formerly, one thing is bound to happen to the average individual. He will put on extra fat, extra weight.

The fact that there is this increase in weight at the age of thirty when less exercise is taken is a sign that the individual is in normal health, that his body does not waste unneeded food but stores it away on and in the body as fat.

A man or woman in their thirties, eating and sleeping well but taking less exercise than before they were thirty can increase in weight so easily that at first he or she is not concerned about it because in the majority this extra weight often rounds out the figure and face and they are really more attractive in appearance. The extra weight is often welcomed by the individual who was thin or underweight up to the age of thirty.

However, insurance companies and health experts have been warning us for years that excess weight after thirty and more particularly after 40 has not only many disadvantages but is really a menace to health and to life itself.

I have spoken before of the disadvantages of overweight—more danger in surgical operations, more likely to acquire infection, more liable to kidney, heart, liver, and blood vessel disturbances, and diabetes. In fact it is an

gar. With maple syrup its best to use tested recipes.

Corn syrup is not as sweet as sugar. Corn syrup manufacturers have developed special recipes using their products so it is advisable to follow these recipes when substituting corn syrup for sugar.

These sugar substitutes may be used for cake, cookie or muffin recipes. For all other baked products, it is best to use recipes especially planned for the sweetening agent. Cakes with much sugar in them are heavier than sugar cakes and usually stay moist longer. Syrups are especially good in ginger-bread and spice cakes.

Maple sugar may be used in place of all or part of the sugar in a recipe. Substitute one cup of grated maple sugar for one cup of granulated or brown su-

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advantage to be actually under normal weight once we are at or near middle age. The United States Public Health Service in their bulletins state that at any age it is a disadvantage to be greatly overweight but being "slightly" overweight up to the age of thirty might be considered an advantage.

I have given the figures more than once showing how much higher is the death rate in overweights than in those of normal weight or underweight, also how much more likely the overweight is to be stricken with heart disease, bloodvessel disease, apoplexy and diabetes.

Two of the commonest ailments that are striking down middle-aged men and women more than at any previous time are brain stroke and heart stroke. These diseases are both due to damaged bloodvessels, damaged most often by infection and strain. One form of strain on the bloodvessels is the extra weight put on them by excess fat on and in the body.

Eating Your Way to Health
 Do you know which 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 answers the above questions and includes 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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\$4,000 Robbery at Rouyn Post Office

Number of Military Calls Among Registered Mail Taken.

Some time during the early hours of Wednesday morning last week there occurred what is described as the "largest robbery in Rouyn's history when burglars gained entrance to the Rouyn post office and, forcing the light steel safe, got away with cash, postage and war savings stamps and registered mail of a total estimated value of \$4,000. Their means of entry was simple and

it would appear that they had little difficulty in breaking open the steel cabinet that served as a safe and making a successful getaway.

The Rouyn police were notified as soon as the robbery was discovered Wednesday morning and at once information regarding it was sent to the police departments in all parts of the north and to larger outside centres, but so far no clue has been secured as to the perpetrators of the crime. Nothing was left in the post office that would in any way assist the police in the search for those responsible.

It is clear that the burglar or burglars gained entrance through the rear window, which apparently was forced by a crowbar says The Rouyn-Noranda Press. It was fastened down only by an ordinary brass window lock, which would give easily under such pressure. A concrete wall at the side of the entrance to the cellar at the rear of the building formed a platform for the person who forced the window. Windows on the east side of the building might have been opened in the same manner, but a light from Perrault street would have endangered the safety of the operators while working.

Safe of Light Material
 Once inside it would appear that the burglars used the same crowbar to open the safe, which was of the type known as "cabinet" construction, made of light steel and being intended only to serve as a fire resistant container for cash, stamps and registered mail. It was in no sense burglar proof, a fact which was evidenced by the apparent ease with which it was opened. The door was broken off and the combination destroyed, while the door itself was opened.

The Rouyn-Noranda Press says that there is a feeling that the guilty parties were probably local residents, color being lent to this opinion by the fact that the robbery was timed following Monday's payday, when registered mail would be most likely to be heavy. It is understood that among the registered letters in the safe were quite a number of calls to military service for young men of military age in Rouyn. The guilty party in any event must have familiarized themselves with the interior of the office before the robbery.

Ottawa Journal—Germans in Occupied France have slaughtered 93 French "terrorists", a terrorist being, of course, a French patriot.

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HERE'S HOW TO DO IT!

First of all, choose foods that need about the same amount of cooking. If the meat takes longer, put it in first, then add the other dishes at the proper time. Meats are usually placed on the bottom of the oven, vegetables in the centre, pastries and desserts on top. (Vegetables should be cooked in covered utensils and take two to three times as long as in surface cooking.) Then go about your other work, confident that by dinner-time your whole meal will be ready... and right! No need to keep peeking into the oven... no waste effort... and most important of all, no waste electricity!

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