

Methods of Preparing Fish for Quick Meal

Outline of Quick Meal with Methods of Preparation, Cleaning and Boning Fish for the Meal. How This Part of the Work is Done. Recipe for Sauteed Fish.

Fresh fish is always considered a delicacy, but not every one has the fine taste to appreciate it. We are not like the ancient Greeks who would drop all business or get up from a meal to run to the market when the fish bell rang, indicating the arrival of a boat load. I feel like ringing the bell myself when a mess of fresh fish is brought into the house. It is always a privilege of the



(By EDITH M. BARBER)

man who catches the fish to clean them, or so most housekeepers think. An exception to this classification has written me and asked for the specific directions for cleaning the fish which her husband brings home. She also asks for recipes for cooking small fish.

The simplest method is usually the best for fish of this sort. I like to dredge them in seasoned cornmeal and then saute them in a heavy frying pan in a small amount of fat. I add more fat as it is needed, but too much at one time causes the flesh to break. With fried fish a tartare sauce is sometimes used. This is made by mixing chopped pickles, onions and parsley with mayonnaise. Sometimes creamed butter, flavored in the same way, is used as a sauce for fried fish.

Quick Meal

- Fried fish, Tartare sauce
- Potatoes with parsley butter
- Buttered baby beets
- Sliced cucumbers
- Peach Ice Cream
- Coffee

Method of Preparation

- Prepare beets and cook.
- Prepare potatoes and cook.
- Prepare cucumbers.
- Prepare fish and cook.
- Make coffee.

Cleaning and boning fish: As you may have occasion to clean and bone a "mess of hand-caught fish," the following directions are given. Whenever possible, fish should be cleaned as soon as taken from the water. If this is not done, they should be cleaned immediately upon reaching their destination. First of all, wash fish thoroughly. Allowing them to remain in a pail of cold water to which a small amount of salt or vinegar has been added, while each fish is awaiting its turn to be cleaned, will not only keep them fresh, but will make scaling easier. Scrape the scales with the back of a heavy knife from tail to head. Do this outdoors if possible, for the scales fly everywhere. Open fish as far as necessary to remove entrails. Remove heads if desired. As each fish is cleaned, drop it in a pail of fresh cold water. When the whole "mess" has been cleaned, wash thoroughly with running water. To bone, split fish on board, flesh side up. Loosen flesh close to bone with a very sharp thin knife, from tail to head on both sides. Remove backbone carefully.

Sauteed Fish

- Six small fish or 1 1/2 pounds fish fillets. Flour, cornmeal, or fine, dry crumbs.
- Salt
- Pepper
- Two tablespoons melted fat.
- Wash fish thoroughly and wipe with cloth. Roll in seasoned flour, cornmeal or crumbs. Melt butter or bacon fat, or heat salad oil in a heavy frying pan and saute fish until brown on one side, then turn with a pancake turner and brown on other side. Allow eight to ten minutes for cooking. Serve on hot platter with parsley butter or tartare sauce, potato chips or mashed potatoes, and buttered broccoli or string beans with celery. Yield six servings.

(Released by The Bell Syndicate, Inc.)

Seven Births Recorded Here During the Week-end

- BORN** — on August 28th, 1942 to Mr. and Mrs. Gerard Johnson 155 Avenue Rd. — a son.
- BORN** — on September 2nd, 1942, to Mr. and Mrs. Carson Farell, 10 Messines Avenue — a son.
- BORN** — on August 31st, 1942, to Mr. and Mrs. Conrad Lyrette, 29 1/2 Rea St. — a daughter.
- BORN** — on August 13th, 1942, to Mr. and Mrs. Omer Joly, 141 Commercial avenue — a son.
- BORN** — on August 9th, 1942, to Mr. and Mrs. Milton Abramson, 98 Wilson avenue, at St. Mary's Hospital — a daughter.
- BORN** — on August 26th, 1942, to Mr. and Mrs. Arthur Muter, 8 Patricia Blvd. at St. Mary's Hospital — a daughter.
- BORN** — on August 12th, 1942, to Mr. and Mrs. Hubert Mills, 122 Fourth avenue, at St. Mary's Hospital — a son.

Sudbury Star—Speaking of shortages the shortage of time seems just as acute as ever.

Polini-Michaud Nuptials in Monteith Wednesday

Yvette Michaud and Rocco Pollini Take Wedding Vows in Monteith at the Home of Bride.

The Monteith Catholic Church was the scene of a very pretty wedding, on Wednesday morning at 10 a.m., when Yvette Michaud, daughter of Mr. and Mrs. J. Michaud, Monteith, became the bride of Rocco Pollini, son of Mr. and Mrs. J. Polini, Timmins. Fall flowers banked the altar of the church, and Fr. Morin officiated.

Given in marriage by her father the bride was stunning in a brown tailored suit, with white accessories, and a corsage of tallisman roses.

Her only attendant was her sister, Mary Michaud, who wore a dusky rose knitted wool suit, with brown trimming on the suit, and brown accessories. Her corsage was of yellow roses.

Attending the bridegroom, was Carl Petroni.

Following the ceremony, a wedding dinner was held at the bride's uncle's home, Mr. Maxine Lessard, Monteith, for the bride's immediate relatives and friends. Mrs. Michaud, the bride's mother, received in a frock of navy blue, sheer, with a navy coat and accessories. Her corsage was of red roses.

The couple left the next day for Timmins, where they will take up residence at the groom's home here.

Out-of-town guests for the wedding were Mr. and Mrs. J. Pollini, the groom's wife Mr. and Mrs. J. Polini the groom's brother and sister-in-law; and Miss Margaret Gentile.

First Fall Meet of W. M. S. of United Church

Letter of Acknowledgement Read and a New Study Book is Introduced to Members.

The first fall meeting of the Women's Missionary Society of the First United Church, was held on Thursday afternoon, in the basement of the United Church.

Mrs. A. Jackson, president, opened the meeting, with prayer, followed by worship service the theme being, "The Church in my Community," which was led by Mrs. E. Lapointe.

A letter was read from Miss Louise Myowna, who is district missionary, thanking the members for the assistance they gave in the girls' camp. Another letter was read from the Maztoba mission, acknowledging the receipt of the mission bell they received this summer.

Mrs. A. Jackson expressed deep regret in the loss of one of their most valued members, Mrs. B. Howard, who is leaving to take up residence in Southern Ontario.

Mrs. H. L. Travers, secretary of Stewardship and Finance, spoke on that subject, pointing out the need for greater effort and support of that work.

Mrs. A. Gillies, Mrs. A. Rose, Mrs. J. P. Teeple, and Mrs. A. Jackson, were named as correspondents for the Missionary monthly magazine that is put out by that society.

A new study book, "The Church in the City Street", by Rev. Harvey G. Forster was introduced by Mrs. A. Gillies. Her introduction of this book, aroused interest in this stimulating and informative book.

The meeting then closed with prayer. The next meeting is to be held on October 8th., in the basement of the United Church.

Farewell Party in Honour of Mrs. H. J. Kelneck

As a Parting Gift Mrs. Kelneck is Presented with a Sheer Nightie.

Friends gathered at the home of Mrs. Jack Galloway, 58 Balsam north on Friday evening to honour Mrs. H. J. Kelneck who left on Monday to take up residence in Toronto with her husband. Hostesses were Mrs. J. Galloway and Miss Vivian Pierce, and a very pleasant evening was spent by all.

A lovely sheer nightgown was presented to the honouree, as a parting gift from her friends, amid a few words of regret to see her leave.

A delicious lunch was served by the hostesses, assisted by Miss Marjorie Dalgarno and Miss Emma Elles.

Those present were Miss Marjorie Dalgarno, Miss Phyllis McConnell, Mrs. H. Kieven, Miss Emma Elles, Mrs. T. Godin, Mrs. G. Brown, Miss Doris Shabean, Miss Evelyn Clark, the honouree, Mrs. H. J. Kelneck, and the hostesses, Miss Vivian Pierce and Mrs. J. Galloway.

Financial Times:—It has been remarked that Gandhi looks like a guy who had given a friend the shirt off his back. Appearances can be very deceiving.

Ladies' Guild Business Meeting Friday Afternoon

The Ladies' Guild of St. Matthew's Anglican Church, met on Friday afternoon at the Church hall, for their business meeting. There was a very good attendance.

Plans were made for a tea to be held some time in the beginning of October, the exact date to be known later, and more plans were laid for a rummage sale to be held on Sept. 9th., in the Church hall in the morning.

The next work meeting is to be held on Sept. 25th., at the Church hall.

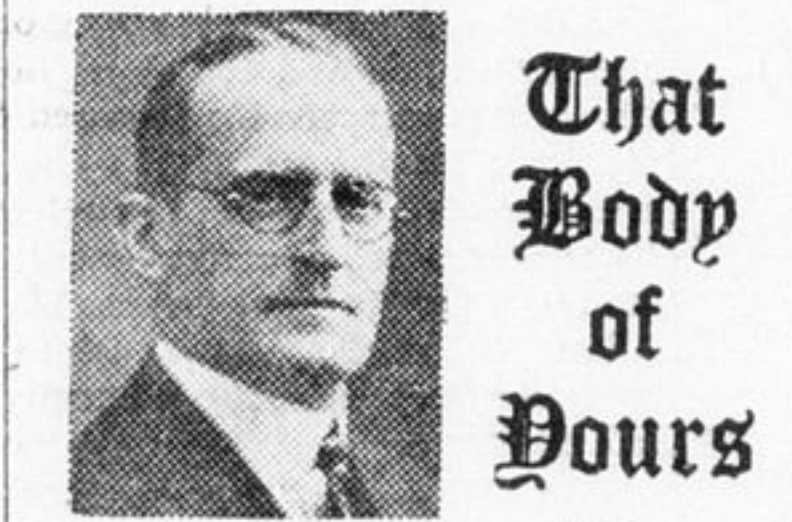
Renfrew Woman Reaches Unusual Age of 100 Years

Mrs. Brian Enright the oldest resident of the town of Renfrew, and one of the very oldest in Eastern Ontario, has started on her second century. In addition to her century of good years, she enjoys the high regard of all who know her. Though in her 101st year, she has fairly good health is remarkable, indeed, for her years. Failing eyesight limits her activities to some extent, but neighbors and friends, as well as the family, look upon her as a wonderful woman. Like many others in Renfrew, she has a number of relatives living in the North. It would surprise some, indeed, to realize how much the County of Renfrew has contributed to the up-building of the North. Mrs. Enright was formerly Miss Mary McNulty. She was born at Mount St. Patrick in September, 142, in 1874 she married Brian Enright, who died in 1923. They had four sons — Martin, who died in 1932; Patrick of Renfrew; Brian, of Marrickville, and Thomas, of Pembroke, — and one daughter, Mrs. Ed. Shannon, of Renfrew.

Report of the District Children's Aid for August

The following is the report for the month of August, 1942, of the District of Cochrane Children's Aid Society work, as submitted by A. G. Carson, local superintendent:—

Applications for children for adoption	4
Office interviews	107
Interviews out of office	123
Complaints received	9
Investigations made	11
Children involved	13
Mail received	129
Mail sent out	159
Children in Shelter	2
Children boarding out	74
Wards visited	27
Court Attendance	4
Juvenile cases	9
Children on probation to court	14
Wards placed in boarding homes	1
Children released from guardianship	1
Wards placed in foster homes	2
Official warnings given	1
Mileage travelled	1236
Persons prosecuted for offences against children	1
Children placed in foster homes (not wards)	8
Children admitted to Shelter (not wards)	5
Children given hospital and medical care	13
Children returned to parents	4
Investigations for other societies	8
Cases under the Unmarried Parents Act	2
Children sent to a mental hospital	1



By James W. Barton, M.D.

That Body of Ours

In every case of overweight whether due to overeating underexercising or to some gland disturbance — thyroid, pituitary, sex, or others — cutting down on the amount of food eaten is always the advice of the physician. Even where lack of one or more of the gland extracts is definitely known to be the cause of the overweight, cutting down on the amount of food eaten is always advised.

The question is often asked as to why an increase in exercise should not be advised in all cases, just as is decrease in food. There are several reasons but the two principal reasons are (a) exercise increases the appetite and the overweight is likely to increase his food intake more than his exercise, and (b) many overweights are not fit physically to take exercise owing to heart, kidney, and blood pressure conditions present.

While it must be admitted that cutting down on the amount of food eaten is the simplest method of reducing weight where extra food is not eaten to satisfy the appetite, is more effective than is generally known.

It is quite true that walking a mile or a half mile will remove only a few ounces of weight while doing without a small part of the usual quantity of food will get rid of the same amount of weight. And it is certainly "easier" for an overweight to decrease his food intake than it is for him to walk a mile or a half mile, much as he craves food. Of two evils he must choose the lesser and the lesser to most overweights is cutting down on the food intake. They do not like exercise.

What those of normal weight do not realize is the great amount of work done or exercise taken when the overweight walks, runs, or plays games. An overweight man weighing 200 pounds, or an overweight woman of 150 pounds, raise in the air 100 times 200 or 20,000 pounds (ten tons) and 15,000 pounds (7 1/2 tons) respectively when they run or jog 100 steps.

The man and woman of average weight, 150 pounds and 120 pounds respectively would raise 7 1/2 tons and 6 tons. About three years ago Dr. James A.

National Registration of Women from 20 to 24

The National registration of women ordered by the Government is in progress this week, all women between the ages of 20 to 24 inclusive being required to register this week. They are to register at the nearest Selective Service Office (formerly the Local Employment and Claims Office of the Unemployment Insurance Commission). In the case of Timmins and district this is the former Employment Bureau now located upstairs in the Broadway Theatre building. Last week a number of ladies went to register so as to avoid any crowding this week. Those residing in rural areas may register at the nearest post office.

Scott-Dalpe Nuptials on Saturday Morning

Wedding Vows Taken by Jeannine Dalpe and Pte. Ronald Scott at Catholic Mause.

The manse of St. Anthony's Cathedral was the scene of a lovely wedding on Saturday at 11 a.m. when Jeannine Dalpe, daughter of Mr. and Mrs. J. A. Dalpe, Timmins, became the bride of Pte. Ronald Louis Scott of the Canadian Postal Corp in Toronto, son of Mrs. J. A. Scott, and the late Mr. Scott, of London, Ontario. Father Pelletier officiated at the ceremony.

Given in marriage by her father, the bride was radiant in a Romance blue dressmaker suit, of wool crepe, with a pleated skirt, three quarter length sleeves, with blue fox trimming the wide lapel from the collar to the waist-line. Her navy blue off-the-face hat was trimmed with blue feathers the same shade as the suit, forming a crown effect on her head, and her accessories were in navy. She wore a corsage of tea roses and baby's breath. Around her neck, she wore a gift of her mother, a lovely diamond pendant.

Following the ceremony, a buffet luncheon was served at the bride's parents' home where the bride's mother received their immediate friends and family in a dusky pink afternoon dress, with a corsage of sweetpeas.

The couple left the same day for a honeymoon trip, and will take up residence in Toronto.

Temporary Appointment of Officers at North Bay

Inspector William Gartshore of the North Bay police force has been appointed acting chief to replace Chief Clark who died last week. Constable Ross Ball is acting inspector the two appointments being temporary ones, pending the official appointment of a new chief of police for the city. The announcement of the temporary appointments was made by Judge J. A. S. Plouffe, chairman of the North Bay police commission.

Greene, State University of Iowa in Annals of Internal Medicine, reported his analysis of the records of 350 cases of overweight for a history of increase of food intake or decreased work or exercise during the time of body weight. He was seeking evidence as to the gradual wasting of the ovaries — the menopause — and for the ability of these patients to lose body weight on reduced diets.

What did the records show? Inactivity (lack of exercise) occurred at exactly the same time with gain in body weight in 67.5 percent of cases, that is, in practically two of every three. There was a history of increasing the amount of food eaten in only 3.2 percent.

The investigation showed that a long illness or a long convalescence or period of rest after the illness produced the inactivity in 64.3 percent.

In regard to wasting away of the ovaries as a cause of gain in weight, it was found that the number who lost weight at the menopause was about equal the number who gained weight, when amount of food was decreased.

The above figures from this investigation show clearly how inactivity (sitting and lying down too much) instead of being up and walking around, can greatly increase weight particularly in those with a tendency to overweight.

I have always recommended exercise as an effective means of decreasing weight, not only for the loss of weight itself but because an individual who is not sitting or lying down but is on his feet and moving around, will maintain a good lung capacity and a good muscular heart. And with good lung and heart power he is more inclined to walk or take other exercise. In fact, exercise is not distasteful but a pleasure and the more exercise he takes, the more weight he loses, and the more weight he loses, the more exercise he will like or want to take.

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 to cover cost of service and mention the name of this newspaper.

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Toronto Telegram:—No wonder the pioneers were healthy. The weak could not survive where everybody used a roller towel.

North Bay Nugget:—There's an old saying that figures don't lie. . . and having seen slacks on a few of them, we admit the adage is true.

Beauty and You

by PATRICIA LINDSAY

Suggestions for Setting Your Hair at Home

Legion are the women who have learned that getting a permanent wave did not solve their hair problems—in fact getting a permanent is only the first



Achieving a pin curl effect. Notice how the hair is wound around the finger

step in acquiring a pretty coiffure. Much depends upon setting the hair properly after it is shampooed, and protecting it at night between shampoos.

In setting your own hair, commence with the top, and then take each side separately. The hair must be damp when it is set and the best time to do it is right after a shampoo for then the hair is beautifully manageable.

To make curls, you take a pencil, or your index finger or a comb, wind the hair about it, beginning close to the scalp. Then slip the curl off and pin it, with hairpins in place. The more little curls you make the deeper will be your wave when the hair is brushed out. For "chumpy curls" in back of the head you may use kid or rag curlers.

If you dress your hair carefully every day, brushing and pinning it in place, there is relatively little to do between shampoos other than to wear a mesh cap to bed at night. If a few curls are rebellious they should be pinned into place before the cap is tied on, but do not attempt to set your hair before going to bed and to sleep with all the hairpins in it. You not only will be uncomfortable during the night when you should be soundly resting, but the morning might find your hair set quite askew from shifting about.

About Lotions and Pomades

If you use a good shampoo — one which leaves your hair span, squeaky clean and glossy — I see no necessity for using a lotion to set. However, some women who have very fine hair say that a thin lotion preserves their setting the longer. In that case I suppose there is no harm in using one but it does take longer for the hair to dry if a lotion is used on it.

All hair should be brushed out after the setting has dried, instead of combed out. This make a deeper, softer, more

attractive wave or contour, and it enhances the beauty of the hair instead of harming the setting as some women believe. A very top-notch hair dresser never uses a comb on the hair except during its parting for setting. All the dressing of the hair is done with a brush. If hair lacks sheen, or is unruly, a pomade or dressing applied to the ends of the curls is helpful. But any such product should be used most sparingly. The less clean, healthy hair has on it, the more lovely it looks.

(Released by The Bell Syndicate, Inc.)

Entertained at Stork Shower

Mrs. Jeannette Newkirk Entertained by Many Friends at Shower Sunday Evening.

On Sunday evening, at the Albert's Hotel, Mrs. A. Mongeon, and Mrs. Y. L'Almece were hostesses at a stork shower in honour of Mrs. Jeannette Newkirk.

A very pleasant evening was enjoyed by all, songs being rendered beautifully by Miss Agatha Chartrand, Miss Juliette Gauthier and Mrs. L. Robitaille, accompanied by Mrs. Laura Armstrong on the guitar.

Following this a lovely pink basinette was brought in for the future heir, containing lovely gifts of all descriptions to clothe the baby.

The hostesses then served a delicious lunch for their guests.

Those present were: Mrs. L. Joannise, Miss A. Chartrand, Miss J. Gauthier, Mrs. L. Armstrong, Mrs. S. Gurevitch, Mrs. I. Kier, Mrs. B. Blain, Mrs. B. St. Haire, of Iroquois Falls, Mrs. A. Lach-

apelle, Mrs. H. L'Almece, Mrs. A. Le-bouthillier, Mrs. Sam Lalonde, Mrs. Jeanne Panos, Mrs. S. D. Beaton, Mrs. E. Nadeau, Mrs. Lillian Dunbar, Mrs. S. Appleton, Mrs. Argy Godin, Mrs. D. Robitaille, Mrs. C. Galovich, Mrs. Chris. Oakes, Chiqui-Hughes, Mrs. P. R. Ruzenstrom, Mrs. W. Lejambre, Mrs. E. Menard, Mrs. A. Lemay, Mrs. Jeanne Leclair, Mrs. Wm. Allen, Mrs. J. Allen, Mrs. F. H. Brunette, Mrs. Flore Solonen, Mrs. Flore Last the guest of honour, Mrs. Jeannette Newkirk, and the hostesses, Mrs. A. Mongeon, and Mrs. Y. L'Almece.

North Bay Nugget—A shortage of pork and beef is developing in the Eastern States where some say, before winter the population will be reduced to eating chicken.

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