

# Importance of the Use of Fats in the Serving of Well-Balanced Meals

### Culinary Expert Points Out That Meat, Cheese and Fats Must be Used Wisely, if Housekeeper Serves Well-Balanced Meals. Question Treated from U.S. Standpoint.



(by Edith M. Barber)

(Note:— Miss Edith M. Barber lives in the United States and in the following article, of course, has in mind the United States rationing regulations, which differ from those in Canada, particularly in view of the fact that the point system is used in the United States rationing system. This should be considered in reading the following article by Miss Barber. The article, however, has much of value and interest for Canadians as well as for housewives in the United States.)

The fact that our red ration stamps must be used for the allotment of three classes of food, meat, cheese, and fats and oils, has brought questions from housekeepers in regard to the way the points should be used with the best interests of nutrition in mind. Of course, meat and cheese which have high protein content are most important, but this does not mean that fat has no value in the diet. We all need a small amount each day to keep the body machine lubricated, and, from enriched butter and margarine, we will get some valuable Vitamin A.

Indirectly, however, fats contribute more to the diet than can be measured by their calorie and vitamin content. Meals which contain moderate amounts are more satisfying than those which lack this ingredient. It is a comforting feeling to have a full stomach. Digestion is delayed long enough to allow starchy foods in the upper part of the stomach to be more thoroughly acted upon by the digestive juice with which they have been mixed while being chewed in the mouth. In the lower part of the stomach, the juices which act upon protein have a chance to begin its digestion.

The use of fat has another practical advantage in the case of such foods as meats and fish, especially when we are making use of leftovers. A sauce which has as its base a mixture of fat with flour thinned to the proper consistency with a liquid will allow us to make a small amount of a highly flavored food go far enough to serve as a main dish for a meal.

While butter or margarine gives a delicate flavor to such sauces, ham or bacon drippings are suitable for use in certain dishes. Even the bland hardened vegetable fats and salad oils can serve as a base if a little onion is cooked with the fat, or if tomatoes are used as part or all of the liquids, or if cheese is added after the cream sauce was thickened. Remember that cheese itself contains fat, so that less is needed in a base when it is an ingredient. Some of the processed cheese can be used in combination with milk and without any fat or flour.

Only experience which we will acquire during the next weeks will show each housekeeper the most practical method

for dividing her points so that she can provide nutritious and appetizing foods for her family.

#### Basic Cream Sauce

- 2 tablespoons fat
- 2 tablespoons flour
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 cup milk

Melt fat in small saucepan and stir in flour and seasonings. When well blended, add milk slowly, stirring constantly over low heat until mixture thickens and boils. Use as foundation for creamed or scalloped dishes. Yield: 1 cup sauce. Note: Ham or bacon fat is suitable for use in sauces which are to be used with meat. Salt should be reduced. When hardened vegetable fat or salad oil is used as a base, a little onion may be cooked with either, before flour is added, or half a teaspoon of Worcestershire sauce, or two tablespoons of catsup may be added after the sauce is thickened.

#### Quick Cheese Sauce

- 1/2 pound process cheese
- 1/2 cup evaporated milk or top milk
- Salt
- Pepper

Cut cheese in small pieces. Melt in top of double boiler. Add milk slowly and stir over boiling water until smooth. Season to taste with salt and pepper. Yield: About 1 cup sauce. (Released by The Bell Syndicate, Inc.)



By James W. Barton, M.D.

## That Body of Yours

### Starvation Diet Once a Week

A middle aged woman found herself gradually becoming overweight. She tried leaving out various articles of food mostly starch and fat foods; but the loss of weight was slight, decreasing at a slower rate than the rate at which it had increased. She then reduced the amount of fluids — water, tea, coffee, and other liquids — and was gratified to find a loss of five pounds the first month, three the second, two the third, and none the fourth. Her tissues had attained their "water balance" as it is called. She was now consuming the exact amount of liquids and the water in foods to maintain that balance.

By the end of six months she had lost about half the excess weight and wondered what should be her next step. There could be no further reduction of food as she found missing a meal or further reducing her food intake left her too weak to do her work properly.

Her large meal of the day was the evening meal eaten leisurely and containing much of the fat and starch foods she had denied herself at breakfast and lunch. As she was on her feet a considerable part of the day, she was advised to eat a larger lunch, the food of which would be used up during the afternoon, and the lighter meal in the evening would mean less fat to be stored on the tissues during the usual restful evening. This eating more at lunch and less in the evening resulted in a loss of 4 pounds the first month, two pounds the second, 1 pound the third month and no loss of weight the fourth month. She still had several pounds to lose to reach the ideal weight for her height and type of build.

As her diet was now 1200 calories for the 24 hours, and she felt that it would be unsafe to try to follow the 800 calorie diet as she was on her feet every day, she consulted her physician. Her physician pointed out that while her heart, blood pressure, iron in her blood, were normal, nevertheless as long as she had to be on her feet every day, no further reduction of food was advisable. A walk in the evening before retiring was suggested but this appeared to tire her to the extent that she found herself wanting to sleep longer in the morning and to want to rest more during the day also. Also when she came in from her evening walk the temptation to eat more food was too strong for comfort.

Finally her physician suggested that as she was not working Saturday afternoon or all day Sunday, therefore she would not need as much food as on working days and could almost do without food or skip a meal or two over the weekend. Her physician then arranged a "Sunday diet" of 600 calories, which was half her usual daily food intake of 1200 calories. By this means she was gradually able to reduce to her ideal weight.

It is because this point — the overweight was resting all the time — was forgotten, that the 18-day diet caused collapse and death in many cases; the overweights went about their usual daily tasks while on the diet.

I am repeating the 600 calorie "starvation diet" outlined by Kathleen Mitchell Thoma in her book "Food in Health and Disease".

8 a.m. — 1 large orange; 1 cup coffee; 2 tablespoons cream.  
10 a.m. — 1 glass skimmed milk.  
12 a.m. — 1 large orange; 1 cup broth containing no fat.  
2.30 p.m. — 1 glass skimmed milk.  
5 p.m. — 1 large orange; 1 cup clear broth.  
9 p.m. — 1 glass skimmed milk.  
Tea and coffee without cream and sugar may be taken as desired.  
Remember, the starvation diet

# Beauty and You

by PATRICIA LINDSAY



All meticulous beauties wash their brushes whenever they are soiled. A hairbrush should be washed at least twice a week.

### How to Care for Your Grooming Brushes—

Brushing hair, hands, complexion and clothes has gotten to be an important part of every beauty's grooming ritual. During war days, there is not time for frequent visits to salons. Girls must depend on daily brushing to keep their hair fresh and glossy. The war work is hard on hands but still they too must be kept pretty for service beau's admiration or husband's.

Your brushes for hands, complexion, body and hair, are doing double duty, and you should prolong their life by caring for them properly.

Hairbrushes merit special attention, because no modern well-groomed woman skips her daily brushing routine. One famous actress of stage and screen who has gorgeous, natural auburn hair, has her hair brushed for one hour every day to keep it beautiful and the brushing also serves as a relaxing treatment.

The more frequently hair-brushes are cleaned, the longer they will last, and the nicer they will look. There is one clean-up your hair brush should get every time you use it—that is the dusting off of the bristles on a clean towel. No one needs to be reminded to always remove the hair after each brushing.

Constant washing, if properly done, does not hurt your brush. Washing keeps synthetic bristles as sparkling and jewel-like as the plastic handles. Immerse your brush into a basin of lukewarm soapy water. Bubbling soap flakes are the best to use. Take your brush by its handle and dip it up and down in the suds until all the surface dirt has disappeared. If any particles from the scalp adhere to the bristles, rub a comb through the brush as you soap it.

Should you have allowed your brush to become very dirty repeat the soaping process. Next, rinse the brush in clear warm water until not a trace of soap is left. Then as a final rinse, douse your brush in cold, cold water.

To dry your brush shake it well and lay it on its side. This prevents moisture from seeping into the bases of the bristles and loosening them. It is good to place your brush on a dry towel or tissue near an open window. One of the best features of our modern synthetic bristled, plastic brushes is the speed with which they can be made fresh again ready for use!

(Released by The Bell Syndicate, Inc.)

## Timmins Again in Lead in Recruits for R.C.A.F. at N. Bay

### Eight from Timmins and Three from Schumacher Join R.C.A.F. at North Bay Last Week.

Timmins again led in the number of recruits enlisting in air crew and other trades in the R.C.A.F. at North Bay during the week, March 25th to March 31st. There were eight from Timmins, six from Sudbury, five from North Bay, three from Schumacher, three from North Bay, and one each from Haileybury, Englehart, Kirkland Lake, Geraldton, Bonfield, Goward, Kearny, Chalk River, Minnow Lake, Copper Cliff, Gatchell, Leveck, Ophir, Capreol, Thessalon, McKellar, Huntsville. The total enlisting for the week at North Bay Recruiting Centre, R. C. A. F. was forty-two.

Timmins: Robert Black Goodings, 167 Hemlock street; John Easterbrook, 156 Mountjoy street; Berthol Albert Portance, 15 Maple street north; Edward Finchen, 167 Tamarack street; Arne Oscar Simola, 20 Tisdale avenue; Stewart Elmer Cummings, 408 Balsam street south; Joseph Damase Maurice Fay, 14 Wendu avenue; Joseph Raoul Labrosse, 312 Pine street south.

Schumacher—Howard Irving Hall, 1 Korson Block; Beverly Gordon Kitchen, 82 First avenue; Edward James Brooker, Conlaurem Mines.

Kirkland Lake—Harvey McArthur Coombs.

Haileybury—Obadiah Martin Hennessey.

Englehart—Wm. Alexander Harkness.

Geraldton—Morris Albert Gastagne.

Women's Division

During the week, March 25th to March 31st, inclusive, there were five enlisting in the R. C. A. F. Women's Division. Three were from Saul: Ste. Marie, one from Timmins and one from Schumacher. Two of these enlistsments were as follows:

From Timmins—Marie Elise Rita Brisson, standard tradeswoman, 9 Birch street south.

From Schumacher—Muriel Margaret

is for the healthy individual who lies in bed all day.

Cancer: Its Symptoms and Treatment

Remember, cancer is curable if found early. Send today for Dr. Barton's latest booklet entitled "Cancer: Its Symptoms and Treatment", (No. 110). Address your request to The Bell Library, Post Office Box 75, Station O, New York, N.Y., enclosing Ten Cents to cover cost of handling and mailing and mention the name of this newspaper.

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## Squadron Leader J. D. Parks, R.C.A.F. Here on April 16th

### To Address Public Meeting at Empire Theatre in the Evening.

Squadron Leader J. D. Parks, R.C.A.F., will visit Timmins, on Friday, April 16th, on a tour of Canada from coast to coast on behalf of the R. C. A. F. Squadron Leader Parks visited camps of the R.C.A.F. here and overseas and is now being sent across Canada to tell the people what he saw and generally to interpret the Royal Canadian Air Force to the people of Canada. Squadron Leader Parks was for several years in the earlier days of the Porcupine camp in charge of what is now the First United Church, Timmins, and also of the church at Schumacher. He was very widely known in the North and was one of its most popular citizens being esteemed alike for his talent and his pleasing personality. A couple of years ago he visited Timmins on the occasion of the twenty-fifth anniversary of the church and was given rousing welcome here by all old-timers. His visit here on April 16th will be equally welcome, while to others his mission for the R.C.A.F. will be of special interest.

A busy programme has been arranged for the visit here. Squadron Leader Parks will visit the Timmins High and Vocational School and address the students there. At noon on April 16th, he will be the guest speaker at a joint luncheon at the Empire hotel of the service clubs of the Porcupine, the event being sponsored by the Timmins Kiwanis Club. On Friday evening, April 16th, Squadron Leader Parks will be the chief speaker at a public meeting to be held in the Empire theatre.

## Appreciation Expressed by Canadian Red Cross

Toronto, March 31st, 1943

To the Editor of The Advance, Timmins.

Dear Sir:— Some weeks ago we addressed to you a personal appeal for your support and that of your publication in the matter of publicity for the fund campaign of the Canadian Red Cross Society.

We knew that no such appeal would be made in vain.

Nevertheless, the tremendous volume of newspaper, editorial, pictorial and sponsored advertising support which developed all over Canada by way of response, surprised us.

Words are somewhat futile at times, to express adequately a sense of appreciation, but —

For your part in helping us to aid so great a cause to its ultimate and undoubted success, we jointly, in behalf of the Canadian Red Cross Society and warmly in our own names —

THANK YOU!

G. L. Kelly, Director National Publicity Department  
T. R. Elliott, Chairman National Publicity Committee

Hicks, hospital assistant (std), Box 306, Schumacher.

Accompanying the weekly summary of recruits taken on at the North Bay Centre last week is a note from Squadron Leader T. G. Holley, pointing out that the Air Force is in dire need of cooks. "A country such as Canada must boast thousands of girls who are skilled in the very necessary art of cooking," says the memorandum, which adds that the young ladies may consider cooking too menial an occupation. Against this latter idea, however, is the fact that it is an essential for the duration of the war, and the girl who does her part in the cooking for the Air Force is certainly doing a very necessary work to help win the war. The memorandum proceeds to point out that the course given by the R.C.A.F. makes cooking very interesting as well as valuable. Its value will continue after the war. The course given at the Guelph School of Cooking is an excellent preparation for future home-makers. All equipment used for instructional purposes is ultra modern. Girls are trained to be either hospital cooks or mess cooks. After the period of training, which lasts from six to eight weeks, the airwoman cook is posted to a flying station where she may ply her trade in the officers', sergeants' or airman's mess halls. Nearly all stations now have a dietitian in charge to supervise the planning of meals and the consistent cleanliness of the mess halls. "The girls who offer her services to the Women's Division of the Royal Canadian Air Force as a cook is making an invaluable contribution to Canada's war effort," says Squadron Leader Holley.

## Testing Laboratory Now in the Former Cobalt Town Hall

### New Equipment Adds to Efficiency of Plant.

The former municipal building at Cobalt now houses the Temiskaming Testing Laboratory though the complete transfer from the temporary quarters occupied since the former building was destroyed by fire in 1941 has not been made in full. The plant at the former municipal building has been extended and improved over the former equipment, one of the features being a special dust collector which recovers considerable silver formerly lost in this way. The Testing Laboratory, conducted by the Ontario Dept. of Mines, has served the public effectively for many years, and in its new quarters in the former town hall of Cobalt should be of even greater service. At present the difficulty of securing machinery and parts needed is holding up the completion of the new plant, but business is being carried on, despite all difficulties.

Quality counts most — for that rich, satisfying flavour which only a fine quality tea yields, use..

# "SALADA" TEA

## Ontario Arranging Assistance for the Gold Mining Towns

### Not Sure, However, This Will be in Time to Help Some Hard Pressed Municipalities.

There will be general interest in the following from page article in last week's issue of The Northern Miner:— "An agreement has been reached between Ontario gold mines and the province to alleviate the financial embarrassment of some gold mining municipalities caused by wartime restrictions on the scale of mine operations. No special legislation will be required. Donations totalling \$50,000 will be made municipalities by mines in the Porcupine and Kirkland Lake areas. The basis will be the same as last year. Taxation paid by the mines will be increased by \$200.00 to the province and \$50,000 to the municipalities. The mines will write off federal taxes for one year only, though they will in some cases pay up to the equivalent of eighteen months' taxes, due to changes in the latest federal budget. Any excess, normally deducted before assessing provincial and other taxes, will be carried over until a time more convenient to the

province and the municipalities. "A resolution in the last federal budget authorized the collection of municipal taxes before Dominion levies, providing Ontario made enabling changes in its tax legislation, but the provincial authorities decided on the plan outlined above. The Northern Miner understands.

Whether the increased revenue will be sufficient to enable Tisdale and Teek Townships of the Porcupine and Kirkland Lake areas respectively, to meet debt service obligations now in default has not been announced. Teek Township officials have discussed at recent meetings the possibility of having to appeal for provincial supervision."

## Sugar Available for the Canning of Rhubarb

Good news for those who enjoy rhubarb was contained in an order from the Ration Administration of the War-time Prices and Trade Board when it announced that from now until May 31 an extra pound of sugar has been made available for the cooking of this springtime delicacy. Housewives may purchase an extra pound of sugar for cooking rhubarb by using blue coupon No. 1, "Spare B" in the new ration book up until May 31. One pound of sugar is considered sufficient to sweeten five pounds of rhubarb.

YOUR BREAD CAN'T BE BEATEN!

ROYAL YEAST CAN'T BE BEATEN!

Makes Bread that's rich, delicious, light-textured, tasty, more digestible! ALWAYS FULL STRENGTH, ALWAYS DEPENDABLE

THANK YOU!  
G. L. Kelly, Director National Publicity Department  
T. R. Elliott, Chairman National Publicity Committee

## THE CORN SYRUP

with the Delicious Flavour

A pure, wholesome sweet that's always a treat

If your grocer is temporarily out of stock, this delicious Syrup is worth waiting for. At present the demand sometimes exceeds the much larger quantity now being produced, because many thousands of Canadian housewives have joined the great host of "Crown Brand" users.



# CROWN BRAND SYRUP

Canada Starch Company, Limited

## "BACK TO DUST BOWL DAYS?" asks REDDY KILOWATT

### NOT IF YOU TREAT YOUR VACUUM RIGHT

Take care of your vacuum cleaner! The factories that used to turn out these work-savers for women are now turning out weapons of war: life-savers for our men! So, for the duration, treat your vacuum cleaner like a friend of the family — and here's how to keep it running!

- Replace brushes if the tufts become worn.
- Avoid running your cleaner over pins, nails, coins or other metal objects. Pick them up by hand.
- Clean brushes and wipe off the other attachments after using.
- Follow the manufacturer's instructions for cleaning and oiling.
- Empty the dust bag every time your cleaner is used.
- Keep brushes free from hair and threads.

# NORTHERN ONTARIO POWER COMPANY LIMITED

Reddy Says: "The more you put into War Savings Stamps, the quicker you'll stamp out the cruelties of war!"