

Some Suggestions in Regard to the Canning Season These War Days

Domestic Science Expert Discusses Some Features of Home Canning. Recipes Given for Delicate Strawberry Jam and Rhubarb Conserve. Also for Preparing Quick Meal."



(By Edith M. Barber)

Housekeepers are making their plans for jam and jelly as well as for canning fruits.

I already have requests for recipes for rhubarb and strawberries which will be the first available fruits. Rhubarb needs pepping up with other fruits such as oranges and raisins or strawberries. Pineapple is delicious with it, but the fresh variety is scarce this year and you must spend your points for this fruit in canned form. You can make your sugar go farther by using corn syrup to one-fourth of estimated amount.

Results are satisfactory, as the jellies and jams which I made last year kept well. The use of corn syrup adds to the cost, and for this reason you will be using sugar if you have enough for your needs.

For strawberry jam, I am suggesting the use of the quick-process method which I tested last year for the first time. It is almost as good as sun cooking, both from the flavor and color angle. Few of us can use the sun method, and even if we have facilities for exposing the sugar and fruit under glass to the rays of the sun, the latter seems to be an uncertain quantity in some sections of the country this year.

Delicate Strawberry Jam
2 quarts strawberries
5 cups sugar or 3½ cups sugar and 1½ cups corn syrup
Wash and hull berries. Cover with boiling water and let stand 3 minutes. Drain, put in kettle and add 3 cups sugar. Stir gently over low heat until sugar dissolves. Boil rapidly 3 minutes and set off fire 3 minutes. Add remaining sugar and corn syrup, return to heat, stir until sugar is dissolved, and let boil 3 minutes more. If syrup is used, boil 4 minutes. Remove from heat and let stand half an hour, stirring occasionally. Pour into sterilized glasses and seal with hot paraffin. Yield: About 6 8-ounce glasses.

Rhubarb Conserve
6 cups prepared rhubarb
6 cups sugar
2 oranges
1 lemon
1 cup seeded raisins
1 cup cut nut meats
Select young tender stalks rhubarb. Wash and without peeling cut in 1-inch pieces. Grate rind of oranges and lemon, and extract juice. Place rhubarb, grated fruit rind, juice, and pulp in saucepan. Add sugar and cook over low heat, stirring until sugar is dissolved. Add raisins and cook over high heat about 10 minutes, stirring constantly until mixture is thick. Stir in nut meat. Skim if necessary. Pour into hot sterilized jars or glasses and seal immediately. Yield: 6 8-ounce glasses.

Note: 2 cups sliced canned pineapple may replace the rhubarb. If fresh pineapple is used, cut and cook in double

boiler until tender before combining with rhubarb. Equal parts of strawberries and rhubarb may be used.

Quick Meal
Sautéed Liver with sour cream sauce
Noodles
Spinach Radish and scallion salad
Strawberries

Method of Preparation
Prepare strawberries
Prepare salad and dressing
Prepare spinach and cook
Cook noodles
Sauté liver
Add cream to make sauce
(Released by The Bell Syndicate, Inc.)

Delightful Tea and Bake Sale Held by Presbyterian Church

Proceeds to be Used for Choir Funds. Event Very Successful.

An afternoon tea and bake sale was held by the choir at the Mackay Presbyterian church on Saturday, and in spite of the handicap of the weather, the affair proved to be a great success.

Mrs. J. Ralph presided over a novelty table, which was a very attractive one. Mrs. R. Wales and Mrs. J. Trevethan were in charge of the bake table which proved to be quite successful.

The conveners of the tea tables were Mrs. H. Schultz, Mrs. W. Isnor, and waiting on the table were Mrs. C. Pennington, Mrs. W. Caves, Miss Mary MacLeod, and Miss D. Branburger.

The kitchen was efficiently directed by Mrs. F. Somers, and Mrs. F. Connelly. Pouring tea at the beautifully decorated large tea table were Mrs. V. Nelly, and Mrs. D. Darling. The centre piece on the table was a bowl of lilacs. Mrs. H. Poppleton took charge of the tickets.

During the day, the lucky winner of the bedspread was Miss Baxter, Hart street.

The proceeds of the event are to be used for the choir fund.

For the occasion, the tea tables were decorated with tulips and iris.



By James W. Barton, M.D.

The Family Physician and Weight Reduction

It is gratifying to see how many family physicians are now treating their patients for overweight instead of sending them to the metabolism clinics in hospitals or to other physicians who give special attention to weight reduction. Having the family physician outline the diets and daily habits necessary to reduce weight means that the weight will be reduced at a rate that will be safe for the patient's general health. It will mean that the patient will be reporting regularly for a checkup not only of the weight but of the heart, blood pressure and amount of hemoglobin in the blood. The physician will give the necessary encouragement to "hang on," point out why the reduction of weight may be slow at times, enables the patient to overcome any sudden weakness by proper type of food to use, and give the patient a feeling of safety at all times.

The basis of all reducing diets is to

Beauty and You

by PATRICIA LINDSAY

Should Young Girls Use Creams and Lotions? For Specific Treatments, Is the Answer

FRIDAY'S BEAUTY PROBLEM:
Young girls of teen-age are eager to use cosmetics. Mothers and teachers caution them not to do so. They do, secretly, and perhaps use the wrong aids. This is what they should know about cosmetics.

SOLUTION: This is the adolescent age — from twelve to twenty-three roughly speaking. In cool climates a girl matures more slowly; in warm climates, she matures at an early age.

During adolescence, which is merely a change from childhood to womanhood her body undergoes a natural readjustment and when this is taking place her skin, eyes, hair, energy and disposition can be definitely affected. If her skin shows signs of blemish then an acne solution, a good soap, plenty of fresh face cloths and perhaps a day-time foundation, are needed to treat her skin.

If she escapes the period of blemished skin, which some girls do, then she needs no creams or lotions with the exception of these: If skin is excessively dry she needs a good cold cream, or lubricator to be applied each night after a thorough soap and water washing and good rinsing. If skin is excessively oily she needs soap, a complexion brush, and perhaps a slightly astringent day lotion — on the medicated side. If she works or lives where her skin accumulates a lot of grime during the day she should use a frothy textured cleansing cream or lotion, along with a good soap.

All fair skins, or dry skins, require a sun-protecting cream or lotion during exposure to hot sun if the girl does not screen her skin with other covering such as a wide brimmed hat or a cloth cape.

Under no circumstances should an adolescent child buy and use a whole line of beauty aids — those she will have to resort to later when creeping age and worry and work begin to lessen her spring beauty.

Regarding Make-Up
I am not against a girl in her late teens or early twenties using make-up providing it enhances her beauty and she learns how to apply it artfully. Face powder to match her skin tone, lipstick and nail polish of the more becoming lighter shades and a speck of rouge if her color is sallow. It does seem to me that few young girls in good health need other than a lipstick until past 20 at least. Girls in their early teens should never use make-up. It simply makes them look ridiculous — like "tiny tots wearing mother's high-heeled shoes about the house when they play 'growing-big!'" (Released by The Bell Syndicate, Inc.)

have the patient eat less than his body actually needs, thus using up the excess fat on the body to make up the body's needs. This seems a simple plan, and it is a simple plan, but certain foods and certain amounts of these foods must be eaten daily to prevent actual weakness or the feeling of weakness that causes many patients to return to the full diet. This instead of three meals a day, the reducing diet may provide the same amount of food spread over four or five meals during the day thus not allowing the patient to become too hungry or weak. Another simple but effective arrangement is to arrange to have the largest amount of food for the day at lunch time which not only gives strength for the work of the afternoon but this work uses up all the food eaten at lunch and so none is left to be stored in the body as fat. This is what occurs when the largest meal of the day is eaten at the evening meal with little or no opportunity to be used up by work or exercise.

Another great advantage in having the family physician arrange and supervise the reduction of weight is that he knows his patient, just how much she can safely lose each week, just how faithful she will be in following directions, and just how much explaining the reasons for these directions will be necessary if results are to be obtained. Further, the physician knowing that great variety in foodstuffs will be necessary with some patients, takes the trouble to give a wide variety where this is necessary. This wide variety of foods is often a pleasant surprise to some overweights who have pictured themselves eating bushels of spinach or other green foods that are bulky and fill the stomach in a short time.

The physician will quietly but firmly warn the patient that results may be immediate or may be delayed for three or four weeks before any real reduction in weight will occur. Weight reduction does not always proceed at a steady pace. Sometimes as fat is burned up from the storage places in the body, water is stored in about the same amounts as the fat burned because Nature tries to prevent the shock to the body due to displacement of organs caused by loss of fat. If the weight is taken daily, no loss of weight may occur — as long as 3 to 4 weeks although there are definite signs of loss of fat from the body. However, Nature finally allows the water to be driven out of the tissues and what is called the natural water balance of the tissues is established. It is for this reason that the physician often advises the patient not to weigh herself daily because for a certain time at least — two to four weeks — water is taking the place of fat and there is little or no reduction in weight. A patient who has faithfully followed a reduction diet for as long as three weeks and finds no reduction in weight naturally becomes discouraged unless the water replacing the fat temporarily is explained to her.

Eating Your Way to Health
Do you know which foods contain



Many young skins are dry and require a rich lubricant every night.

Wind Storm Causes \$150,000 Damages in the Amos District

Barns Demolished, Roofs Ripped Off Houses. No Loss of Life Reported

The Amos district in Quebec recently suffered the most violent and costly windstorm ever to strike that part of the country. In fact in no other section of this North Land on either side of the provincial border has there been a windstorm responsible for so much damage to property. The one redeeming feature of this unusual storm is the fact that no loss of life reported. Indeed, only a few minor injuries are debited against the storm, though the property loss is estimated as around \$150,000.00. Despatches last week from Noranda say that this windstorm that swept through the Abitibi country was the most violent and vicious that ever took place in that Quebec district.

Forty barns or more were completely demolished, while another twenty were severely damaged by the hurricane. A large number of houses and other buildings also suffered damage in varying degrees.

Fortunately no loss of life has been reported, while only one person is known to have been injured. Georges Veillette, who lives on range 7 near Amos, barely escaped being crushed between his truck and the wall of his garage, making his escape just at the moment that the wall collapsed, and sustaining only minor injuries.

The fact that none were killed or seriously injured is probably because at the hurricane most farmers and their families were indoors milking and doing the other evening chores.

Several cows, sheep and horses were said to have been lost, wounded or killed as a result of the storm.

The cyclone came from the west and struck hardest on the south side of the railway track, which it paralleled for a distance of four or five miles. Centres affected included Ste. Gertrude de Villemont, Manneville, Amos and St. Mathieu. A little farther north Rochebeaucourt and Lamorandiere are also said to have experienced something of the storm, with several barns damaged and destroyed.

The centre of the storm, however, seems to have been in the immediate vicinity of Amos, principally on range 9 and 7 of Figurey, which were swept over their entire length, and the range connecting Amos and St. Mathieu. On range 9 alone no less than twenty barns were totally destroyed and the roofs torn off two houses. On the other two ranges thirteen barns were demolished, leaving only piles of lumber and debris.

During the twenty minutes that the storm continued residents of the district had some very unusual experiences. Mrs. Leo Brisebois was alone with her eight-day-old baby in her home on range 7. Suddenly the roof and ceiling of the house were torn away. In spite of her convalescent condition, Mrs. Brisebois quickly covered her baby and fled to the home of a neighbor through rain, sleet and wind. Similarly Hormidas Trepanier of range 9 saw the entire roof of his house ripped away and carried a distance of three hundred feet, leaving the other occupants at the mercy of the elements.

Adalbert Roy, driver of a taxi who was going along range 9 at the height of the storm got a bad scare when he saw a big piece of corrugated iron, torn from the roof of a neighboring barn, land a foot or so away from his car. The metal grazed the top of the sedan, denting one side of it. At the same time the rear end of the car was lifted a foot into the air and shoved towards the side of the road. Roy was driving at a moderate speed, fortunately, and was able to right the car and proceed on his way, driving over pieces of sheet iron, wood and tar paper strewn about by the wind.

A farmer living on range 9 in the extreme east section of the parish, Rosaire Clothier, saw his three barns collapse

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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and the roof of a house, unoccupied at the time, carried away.

Lines of communication in the district suffered extensively as a result of the storm. About fifty C.N.R. telegraph poles were blown down, and as soon as possible after the gale, linemen of the Amos section were busymaking an inspection to ascertain the extent of the damage and rushing the most urgent repairs.

A large number of telephone poles were also knocked over, with the result that telegraph and telephone communications were badly disorganized all Friday night and a part of Saturday. Lines of the City Gas & Electric Corporation were also damaged by the storm, and Amos remained dark all during the night. Service was re-established early the following morning, however.

In the town of Amos itself damage resulting from the hurricane was not extensive, although there was a certain amount done to roofs, verandahs and trees. Several plate glass windows in stores were broken by the hail, as well as many windows in private homes and public buildings.

In other parts of the county damage is also reported and hail storm and wind were evenly felt in Desor and Duparquet, but the damage done in that area was not heavy.

Value of Prayer Emphasized at Annual Meeting Christian Science

Event Held in Boston, Mass., Last Week.

At the annual meeting of the First Church of Christ, Scientist, held in Boston, Mass., on June 7th, the Christian Science Board of Directors placed "prayer" at the top of the list of defensive and offensive weapons that free-thinking peoples are counting upon to win the global war against oppression and suppression. As there is an active church of Christian Science in Timmins, and because of the fact that from the very opening of the war the Christian Scientists and their notable newspaper, The Christian Science Monitor, have been openly and fearlessly lined up as opposing the gangster nations and upholding the cause of freedom and humanity, the annual meeting of the Christian Scientists, has special interest this year.

In a statement to the annual meeting of The Mother Church, The First Church of Christ, Scientist, in Boston, Massachusetts, the Directors first emphasized the word "prayer," then followed with the term "miracle of deliverance" which is to be accepted, they said as the logical answer to righteous prayer.

Thus, deliverance from the hand of the oppressor was seen by the Directors to be no miracle at all, but rather a simple witnessing to the fact that power springs from the prayer of understanding.

"A praying people can never suffer defeat," summarized the Directors' remarks to several thousand Christian

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Scientists assembled in The Mother Church.

Because of the gasoline and transportation shortages, the attendance was more localized than it has been for many years. But the reports heard from the broad field of Christian Science activities indicated that demands for spiritual enlightenment were as universal as ever, only growing more and more pronounced under the stress of world conditions.

From the armed services and along the home front, the reports revealed unusual demands for church literature, hinging upon an increasing effort to bring prayer to bear upon the crucial tests of the times.

"Battles are not won by trust alone," said the Directors' report, "but through intelligent, scientific preparation and skillful execution."

The Directors also announced the election of Mrs. Daisette D. S. McKenzie of Cambridge, Massachusetts, as President of The Mother Church for the ensuing year, succeeding Mrs. Elizabeth F. Norwood, of Brookline, Massachusetts.

The new President first became interested in Christian Science in 1897 during the very early days of the movement. Hence, Mrs. McKenzie became instrumental in the pioneering of this religion in the city of Cleveland. She served ultimately as Reader in First Church of Christ, Scientist, Cleveland, and as a member of its board of directors. In 1893 both Mr. and Mrs. McKenzie were called by Mrs. Eddy, the Discoverer and Founder of Christian Science, to become members of her last class taught in November of that year. A. Warren Norton, Manager of The Christian Science Publishing Society, reported an increase in the circulation of all Christian Science publications, including The Christian Science Monitor. The exigencies of war have been met in part, he said, by the reduction in size of some of the periodicals.

Emphasis was placed by Mr. Norton upon the public recognitions of merit won by the Monitor during the past year for outstanding editorial and news content, and typographical make-up. He referred to the winning of Columbia University's Maria Moors Cabot Award for outstanding contribution in the field of Inter-American Relations, the Monitor being the first newspaper in the United States to earn this recognition. The Monitor also won the P. Wayland Ayer competition among daily newspapers for excellence in typography, make-up and presswork. On May 28 this paper also obtained a medal of distinction for service in jour-

nalism from the School of Missouri.

State, provincial and national legislative bodies, were shown to have dealt fairly with Christian Science activities in the statement of Arthur W. Eckman, Manager of Committees on Publication. He alluded to the sympathetic understanding of public officials in dealing with gasoline, tire and automobile rationing. The State of Delaware, he noted, adopted a bill legalizing the practice of Christian Science. He warned against an increasing tendency, however, in legislative halls to impose blanket regulations involving compulsory sickness, disability and hospital insurance, which would bring about indirect compulsion upon Christian Scientists to accept medical treatment. There are now fourteen Christian Science chaplains serving in the Armed Forces of the United States, he said; thirteen in the Army and one in the Navy.

Other reports revealed a continuing advance of religious education despite the exigencies of war.

Report for Month of May of District Childrens Aid

The following is the report for the month of May of the District of Cochran Children's Aid Society, as presented by Mr. A. G. Carson, local superintendent:

Office interviews	60
Interviews out of office	88
Complaints received	4
Investigations made	4
Children involved	9
Mail received	121
Children in Shelter	14
Children boarding out	50
Wards visited	18
Court attendance	2
Juvenile cases	6
Children on probation to court	9
Wards placed in boarding homes	3
Children released from guardianship	5
Investigations for Dependents' Board of Trustees	40
Wards placed in foster homes	1
Adoptions completed	5
Mileage travelled	1323
Children committed to an industrial school	2
Mail sent out	135
Children placed in foster homes (not wards)	1
Children given hospital and medical care	2
Cases under the Unmarried Parents Act	5

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