

CAMERA CLUB NEWS

(By Allen McInnis)

Many people believe that photography is a rich man's hobby. It need not be any more expensive than any hobby. Golfing, fishing, gardening and skiing do not mention more than a few, all have their expense account but can you say that your pleasures are complete if the failure holds nothing but a memory. Photography does not only help you to recall the past but makes it live again. The cost is therefore an investment in future pleasure, and you can arrange it to suit your own pocket-book.

Let's take a medium priced camera, one selling for \$35.00. A camera in this price field is good for some ten years, a cost of 3.50 a year, or if you like 30c a month. How far would the golfer go if he only spent three fifty a year on his clubs, balls etc. The fishing enthusiast spends many times that on rods, reels and tackle, while gardeners will tell you that they are continuously buying in order to improve.

It is not being suggested that you should give up your present pastimes or sports to become a camera addict but you can since the initial cost is so low you can combine two or more and keep a permanent record of your pleasures. Again what can the fisherman or the golfer do when the winter and snows blow up thirty foot drifts and the lakes and rivers are frozen to a depth of many feet? If a keen photographer you can spend 24 hours of any or every day, in light or dark, wind or rain, and obtain shots that bring delight.

Yes photography costs money, but let us see how much. You don't need a Stradivarius to learn how to play the violin or a baby grand to learn to play the piano. You don't need a four hundred dollar camera but as we have said you can start and carry on if you like with one costing only \$35.00. We all of us would like to have one that could be operated at all ranges and with the finest timing but then we are not all rich and we started by saying that was the least of qualifications.

By developing them yourself two rolls printed and developed would cost approximately 64c for your film, 16c for paper, 23c for chemicals, which can be stored away and used again. In other words for \$1.03 you receive 16 pictures plus four hours of the best entertainment that is possible to get.

Does photography cost money? Yes, but the hours spent give you the feeling of having done something constructive and the feeling of having created beauty with your own hands, not only for your own pleasure but so that others too might enjoy it.

The Porcupine Camera Club is open night, May 16th, at 7:30 p.m. at the to all people who have a sincere interest in photography. You are welcome street, South.



Hello homemakers! One of the most popular salads in men's clubs is asparagus vinaigrette—chefs tell us. They say that this is simply chilled freshly-cooked asparagus stalks served on crisp lettuce with vinegar and oil sauces, was kind enough to supply the following recipe—and pointed out that a small quantity of tarragon vinegar makes a difference. It is also good with hot asparagus.

SAUCE VINAIGRETTE
1 tsp. salt, 1/2 tsp. paprika, 1 tbsp. tarragon vinegar, 2 tbsps. cider vinegar, 6 tbsps. olive or salad oil, 1 tbsps. chopped green pepper, 1 tbsps. chopped cucumber pickle, 1 tsp. chopped parsley, 1 tsp. chopped green onion.

Combine ingredients in order given. A little chopped celery or pimento may be added if desired.

To enjoy asparagus to the utmost you should eat it as fresh as possible. Snap off the woody ends as the stalks break above the tough part. Take off lower scales on stems and clean thoroughly.

When cooking asparagus it is a good idea to remember that the stalks take longer to cook than the tips. Use sealer rings in the bottom of saucepan to prop heads out of water. Only an inch of water is necessary, cover and cook for 10 or 15 mins., depending upon the amount prepared.

Someone asked us the other day if asparagus liquor like spinach liquor should be thrown out. We say yes because it is so strong to use except with asparagus.

DRAWN BUTTER SAUCE
3 tbsps. butter, 3 tbsps. flour, 1/2 cup hot water, 3/4 cup asparagus water, 1/2 tsp. salt, 1 tsp. lemon juice.

Melt butter add flour with seasonings. Pour in the liquids and boil 5 mins. Add lemon juice and serve as sauce over asparagus.

TAKE A TIP

1. A plain or stenciled cork place mat makes an excellent kitchen bulletin board for thumb-tacking recipes, menus or reminders.
2. To keep shirt cuffs from dragging on the floor when ironing, fold back sleeve and tuck in with a snap clothespin.
3. Wax old brass curtain rods to prevent a discoloration on the curtains.
4. If you cannot put a screw in the end of the brush or dish mop handle, insert a ring near the handle in the

to attend our next meeting Friday May 16th, at 7:30 p.m. at the to all people who have a sincere interest in photography. You are welcome street, South.

Light In Darkness

(Continued From Page One)

his own example shows him that blindness need not mean the end of an active life. The Field Secretary, blind himself, is filling a responsible position with success and satisfaction. To the man who has just lost his sight, the Field Secretary sends a Home Teacher. Because she is blind too, her pupil is ready to learn from her the basic lessons of readjustment. She has walked the dark road herself and is still walking it in confidence and happiness.

When he feels more sure of himself and has learned to handle the daily problems of washing, dressing, eating and moving about, his next step may be to find a job. Here again the C. N. I. B. has machinery to help him. Here again he is interviewed by a blind man—a placement officer. If he is interested in operating a tobacco stand, he will be trained by another blind man—an experienced stand operator. Right along the line, he meets intelligent understanding from people who have faced the same handicap as he has. He is guided by men who have the thirty years experience of the C. N. I. B. behind them.

Through the years many services have been developed by the C. N. I. B. Home teaching, Social Service, the Braille Library, Employment and Placement, (including cafeterias and stands); the supplying of raw materials for homeworkers and of appliances (such as watches, thermometers and games) specially designed for the use of the blind; the operation of sheltered workshops where sightless men and women are employed.

Through these services, nearly 14,000 Gregor and is expected to leave Scotland on May 28th, flying to North Bay. They will make their home with their aunt and uncle Mr. and Mrs. David Houston of South Porcupine.

Miss B. M. C. Shaw who has spent part of the winter in Florida has returned to her cabin at Powell's Point, Porcupine where she will spend the summer.

Your help is needed to give light to those who must live in darkness. The annual campaign of the C. N. I. B. is on now. Its work cannot continue without the support of a generous public. You can lend a helping hand to those who cannot see.

Sponsored By The Timmins & District Advisory Board To C. N. I. B. under the chairmanship of Mrs. James Keene; Treasurer: Mr. A. Ritchie; Dominion Bank Timmins, Mr. W. S. McDowell; Bank of Toronto South Porcupine.

Tag Day May 23rd, 1947. GIVE NOW GIVE GENEROUSLY SOUTH PORCUPINE

LOCALS

Mrs. Wm. Thomas left on Monday for Noranda before leaving for her home in Embro.

After spending most of the winter in Toronto Mr. and Mrs. Clinton Crosswell and two children are expected in on Friday to once more take up residence in town.

SCHUMACHER

LOCALS

Miss Margaret McGregor who was a Scottish evacuee to Canada in the early days of the war, and who left recently for Scotland, is returning to Canada with her brother Douglas McGregor and is expected to leave Scot-

THE QUESTION BOX

Miss H. T. asks: Why do some eggs have a dark ring around the yolk when cooked in shell?

Answer: When eggs cooked in-shell are not cooled quickly, this unappealing tarnish usually forms. The dark ring is not harmful.

Mrs. E. J. asks: Is it harmful to cook asparagus in aluminum ware? Can the stain it causes be removed from the pan?

Answer: No. The stain is easily removed by boiling a few pieces of rhubarb in it.

Mrs. T. M. asks: How to keep water-cress?

Answer: Yea a few of the roots on and keep them in water. Change the water once or twice a day. Do not cover.

Mrs. J. R. asks: How to toast nuts without burning them?

Answer: Blanch in hot water; drain, and put in a slightly greased pie plate. Warm in a moderate oven at 300 degrees for about 15 mins. Stir occasionally.



NUTRIENTS FOR NEWLYWEDS

A special message to June brides from the Nutrition division of the Department of National Health and Welfare, contains a reminder that selection is as important as cooking and serving, in the matter of feeding.

Newlyweds are advised by the nutritionists that appetite is not a safe guide to food requirements. It is pointed out that all nutritional knowledge has been gained in scientific experiments.

Government health experts feel that young people entering matrimony can benefit from a study of health conservation through proper nutrition. Reminding the June bride that feeding hubby will be one of the most important functions in her new life, the people who know what's good to eat point out that, if the way to a man's heart is really through his stomach, proper feeding holds promise of contentment as well as health in the home.

THE EGG AND YOU
Medical science finds a hint for good health in the title of a popular story and song, "The Egg and I." They point out that tucked inside egg-shells are high-quality proteins, important for physical well-being.

Nutritionists advise that two medium-sized eggs substitute satisfactorily for one serving of meat, as far as protein is concerned. The yolk is packed with vitamins and minerals, too. Canadians should aim at eating at least three eggs a week, in addition to any dairy may use as meat substitutes.

FIVE FOOD FORMS

Each of five main food groups is essential to physical well-being. For real health, authorities say that it is necessary to consume daily from one pint of milk, a citrus fruit and one other fruit, some potatoes and some other kinds of vegetable, whole-grain cereal, as well as a meat or fish dish, and, at least three times a week, some eggs or cheese.

GOOD SPORTS
You can't have everything your own way—unless you are a genius or a hermit—warn National Health authorities.

Growing children need to be taught that they aren't the only "pebbles on the beach", and can't expect to hold lives spotlight all the time.

Medical science warns that the self-centered child will most likely grow up moody and lonely. The experts recommend careful training in childhood to develop healthful personalities. They approve organized games, participation in which will bring out traits of cooperation and team-play so essential to success in all walks of life.

VALUE OF GAMES

Properly-directed play activity is credited with doing more than merely building healthy young bodies. It also helps to develop positive and properly "adjusted" personalities.

Those who have studied the relation of sports to development of young Canadians find that games involving team-play teach self-control and cooperativeness. Such friendly duels as tennis, badminton, fencing, and handball, encourage alertness. Poise, balance and self-confidence grow out of athletics.

"There are many gains in playing games," say the experts.

MILK NUTRITIOUS

Adults, as well as children, need the nutrients supplied by milk. Even after bones and bodies are formed, milk continues to supply some of the protein required for the continual breakdown of body tissues, and it also helps maintaining normal functioning of the nervous system.

National Health authorities suggest that milk may be taken in other beverages, in milk puddings and even sauces. It doesn't matter, as long as the adult gets from half a pint to a pint of milk a day.

To-day's GARDEN-GRAPH

By DEAN HALLIDAY Released by Central Press Canada

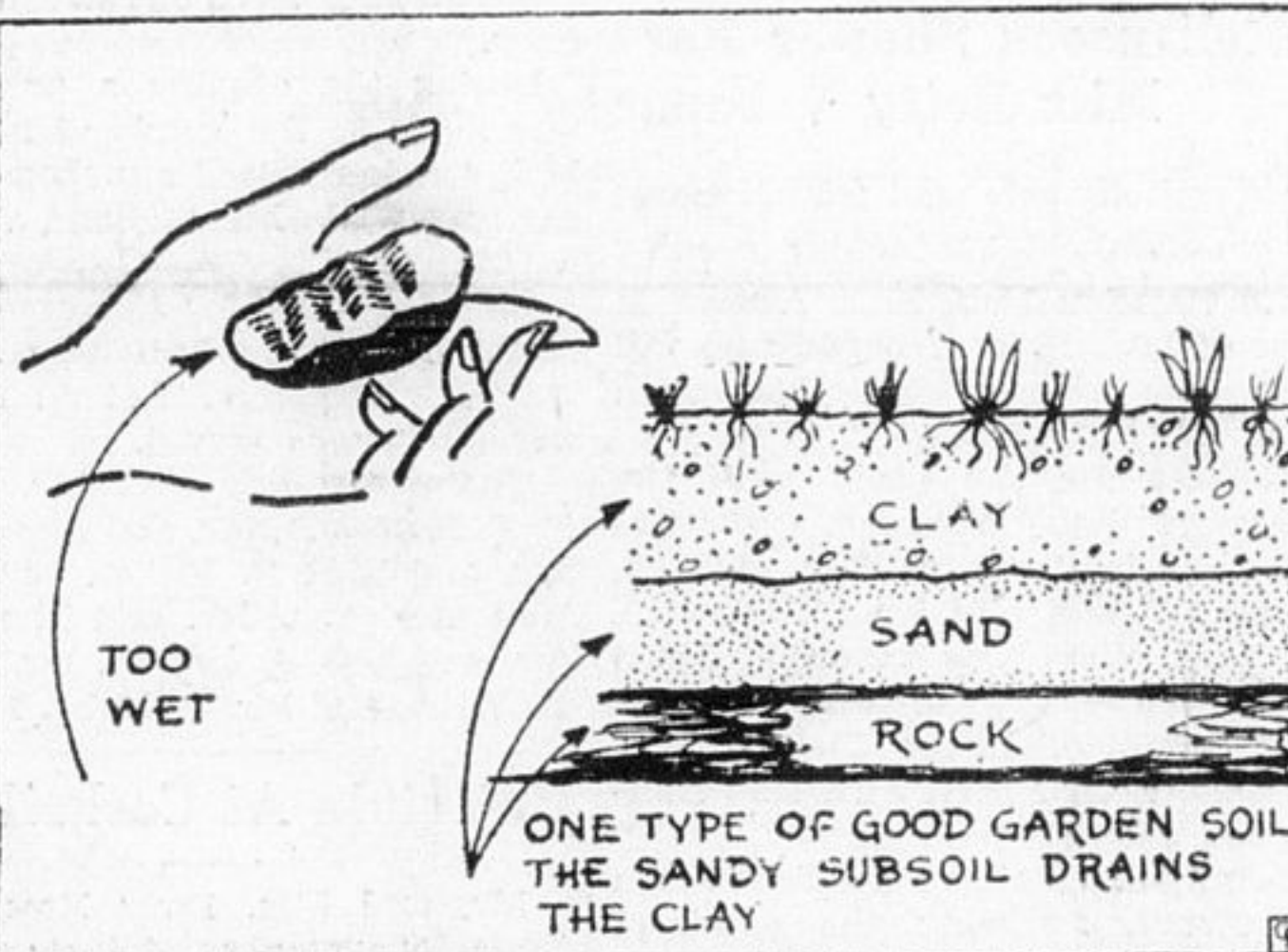
There is one period in the spring that is best for working the soil. This is when the moisture has evaporated just enough so that there is no excess. If the earth is wet and sticky when it is spaded and turned, it will form lumps which are hard to break once they have dried out. If the soil dries out before it is worked, it may become so hard that it is next to impossible to get it into a friable condition for planting. But there is a stage in between these two extremes when the soil is mellow, mealy and easily worked.

The way to test your garden soil for workability is shown in the accompanying Garden-Graph. Dig up a spadeful of earth so as to get a handful from well below the surface. Squeeze it in your hand, hard.

If it keeps its shape, as illustrated, and is hard to crumble, then it is too wet for gardening and needs more time to dry out. If it crumbles easily, then it is ready for spading and turning over.

Many gardeners complain about the difficulty of gardening in clay soil. Yet clay soil makes a good growing soil, if it has a sandy subsoil, as illustrated, to drain the clay and prevent it from becoming soggy and sour.

Coal ashes added in generous amounts will help to make a clay soil more friable. Some gardeners find it pays to plant a cover crop of clover or some quick-growing green crop, which can be turned under to act as a "green manure." This will help to make a clay soil mellow, as well as enrich it.



TODAY ONLY "Theirs Is The Glory" Plus "Thrill of Brazil" Adventure! SILVER DEVIL Suspense-Packed Screen Thriller Friday and Saturday Cartier A Famous Players Theatre

ADDED "Daughter of Don Q" No. 11 "Mother-in-Law's Day" (Edgar Kennedy Comedy) FOX NEWS

HEY KIDS! SAT: BROADWAY A Famous Players Theatre Comic Strip Show "TILLIE THE TOILER" A Full Length Feature 5 COLOR CARTOONS Doors Open 9 a.m. — Show Starts 10 a.m.

LIBERTY FILMS — ERANK CAPRAS "It's a Wonderful Life" — Lonel HARRYMORE — Thomas MITCHELL — Henry TRAVERS

Today & Fri. — "WANTED FOR MURDER"

Palace A FAMOUS PLAYERS THEATRE Now Playing MISS A SULTRY BLONDE... AND SUSPECT HER OF MURDER! YOU and ROBERT MONTGOMERY SOLVE A GREAT MYSTERY TOGETHER IN M-G-M'S EXCITING, UNUSUAL THRILLER! "Lady in the Lake" Based on the Novel by Raymond Chandler with AUDREY TOTTER • LLOYD NOLAN AN M-G-M PICTURE

The CHEROKEE RODEO MAY 19 to 24 Sponsored by Kinsmen Club of Timmins TICKETS NOW ON SALE AT Moisey & Bal Drug Store, Timmins Wilson's Drugs, Schumacher McIntyre Arena 400 RESERVED SEATS \$1.25 — 1500 RUSH SEATS \$1.00 MATINEE — WED. & SAT. — ADULTS \$1.00 — CHILDREN .35 THRILLS & SPILLS AT THE McINTYRE ARENA