

Food Requirements are Met in Weekly Menus

Menus in This Column Planned to Meet Needs. Fruit and Vegetables Used Liberally. Milk a Common Ingredient. Milk Suggested as a Beverage.



(By Edith M. Barber)

The weekly menus published in this column are planned in such a way that all food requirements are met. Fruits and vegetables are used liberally and at least one dish which contains milk as an ingredient. Extra milk will come into the meal with the breakfast cereal and it is taken for granted that children will use milk as a beverage.

- Sunday—Breakfast**
Grapefruit
Broiled Ham
Potatoes Hashed in Cream
Raised Rolls Coffee
- Dinner**
Anchovy and Horseradish Canapes
Celery Olives
Roast Lamb Mint Sauce
String Beans in Cream
Buttered Carrots
Spanish Cream
- Supper**
Frankfurter and Cabbage Salad
Swiss Cheese
Canned Cherries Tea
- Monday—Breakfast**
Orange Juice
Cooked Cereal

- Scrambled Eggs Toasted Muffins
Coffee
Luncheon
Creamed Vegetables on Toast
Applesauce Ginger Cookies Tea
Dinner
Cream of Tomato Soup
Cold Roast Lamb
Buttered Beets
Baked Potatoes
Rum Souffle
Tuesday—Breakfast
Stewed Prunes With Orange Peel
Ready-to-Eat Cereal
Bacon Whole Wheat Rolls Coffee
Luncheon
Lamb Hash
Lettuce Salad
Baked Custard
Dinner
Veal Cutlets
Grilled Sweet Potatoes Peas
Chocolate Refrigerator Pudding
Sliced Bananas
Cooked Cereal
Poached Eggs Toast Coffee
- Luncheon**
Crab Salad With Tomatoes
Hot Biscuits Jam Cottage Cheese
Tea
Dinner
Lamb Broth
Chicken Pie
Mashed Potatoes Spinach
Ice Cream Coconut Cookies
Thursday—Breakfast
Pineapple Juice
Ready-to-Eat Cereal
Sausage Cakes Toast Coffee
Luncheon
Onion Soup With Cheese
Mixed Green Salad
Cookies Tea
Dinner
Broiled Ham
Creamed Potatoes Green Peas
Romaine With Roquefort Dressing
Rhubarb and Strawberry Pie
Friday—Breakfast
Baked Apples
Ready-to-Eat Cereal
Parsley Omelet English Muffins
Coffee

- Luncheon**
Grilled Sardines on Toast
Cabbage Salad
Quick Coffee Cake Tea
Dinner
Broiled Salmon
Baked Potatoes
Broccoli, Hollandaise
Mixed Relishes
Rice Pudding
Saturday—Breakfast
Orange Juice
Cooked Cereal
Soft-Cooked Egg Bran Muffins
Coffee
Luncheon
Scalloped Salmon With Peppers and Celery
Crushed Pineapple With Mint
Tea
Dinner
Chicken Broth With Corn
Minute Steak
Sweet Potato Croquettes
Buttered Beets
Banana Cream Pie
Quick Coffee Cake

1/2 cup butter
1/2 cup sugar
1 egg
4 teaspoons baking powder
2 cups flour
1/2 teaspoon salt
1 cup milk
1/2 cup sugar
1/2 cup flour
2 tablespoons butter

Cream the butter and add the sugar and well-beaten egg. Sift the baking powder with the flour and salt. Add to the first mixture, alternating with the milk. Pour mixture into two greased pie pans, sprinkle with mixed sugar, flour and butter which has been worked together with fingers and bake 30 minutes in moderately hot oven, 400 deg. F. (Copyright, 1936, by the Bell Syndicate, Inc.)

Scouters Express Thanks for Recent Benefit Event

At a meeting of Scouters held in the Hollinger hall last week a motion was unanimously passed expressing the thanks of the local Scouts and Scouters to all who attended the benefit bridge and whisky drive and to all merchants and friends who donated prizes or time in making the evening the success it was.

World Digest:—Every anarchist is a baffled dictator.

Constipated Run-down—No Vitality!



Now well and happy thanks to FRUIT-A-TIVES says mother of seven children.

"An injury at childbirth resulted in chronic constipation. For years I tried all sorts of remedies but no relief. I felt run-down, lacked all vitality when I started Fruit-atives. Now I am up at 6:00 A.M. every morning doing my housework. I am quite regular and my low complexion is improved."—Mrs. M. Seyfert, Toronto. Fruit-atives contain extracts from ten of nature's most health-giving ingredients. They work naturally to cleanse and tone up the entire system. Try them today!

Special Trains Planned for the Pilgrims to Vimy

To facilitate the transportation of the hundreds of pilgrims, who will journey to Vimy next July and witness the unveiling of Canada's war memorial on the battlefields, the steamship companies are requesting definite information on the number of advance bookings early in May, according to officers of the Canadian National Railways.

More than 3000 war veterans and their dependents have made deposits on their passage already. Nearly 350 of these are from British Columbia. Such a mass movement requires considerable advance planning on the part of the transportation agencies concerned. The Canadian National Railways are planning special train service to the port of Montreal where the sailings will take place July 15 and 16.

Councillor P. H. Laporte Speaker at Kiwanis Today

Councillor P. H. Laporte was the guest speaker at the Timmins Kiwanis Club luncheon at noon to-day (Monday). He spoke along the lines of municipal administration.

For Better Homes and Cheaper Heat

By Shakes

The cost of heating a building in the North represents a large part of the total cost of providing home, office or plant facilities each year. Heating that is not economical is a direct loss to the town and in many cases, where American coal is used, to Canada. The excuse that in the old days of the North, proper building materials were not cheaply available no longer applies, for insulation of buildings has been proven to be a saving factor for many years.

In insulating the modern home, the idea is, of course, two-fold; first, to retain heat inside the building; and secondly, to prevent the entry of cold. These might at first glance appear to be exactly the same but they are not in fact.

Two schools of insulation have grown up on this continent during the past ten years; both have proven themselves suitable for certain conditions. One system aims at occupying the air space in the walls of a building with a substance that will not conduct heat; the other supplies a baffle that reflects heat that would otherwise be radiated from the building. The result is in each case the same—fuel is saved, homes are kept at a more even temperature throughout the day and night, and the "cold wall" which has a considerable effect on air currents within the home, is eliminated.

To prevent conduction, two main ideas have been developed to a point where they are within the reach of most builders of new homes as well as those who at present own their own places. The many types of wallboard now on the market consisting of an insulating material between two slabs of asbestos-cement are in common use in newer homes. Cork board, requiring only a finishing surface, is being widely used in constructing steel-framed buildings.

For homes already built but improperly insulated, a number of products are on the market that serve the purpose well. Chief among these are rock and mineral "wools" that take up air space, prevent circulation of air between inner and outer walls, and are poor conductors of heat. Glass "wool" is also a satisfactory insulator.

The Other Side

In the other school of insulation—that which tries to prevent radiation—shiny aluminum foil is the chief factor. In some cases, sheets of foil are hung between the inner and outer walls of a house. In others the foil can be bought already attached to a wall-board. In both cases it is advisable to have air on the side of the foil toward the inside of the house. Heat which would otherwise escape from the house to the outside is reflected back by the shiny foil, much as a shiny piece of metal behind a stove reflects heat back into a room.

The maintenance of even temperature in homes becomes a necessity with advance in control of humidity, or air-conditioning, as it is popularly called. The home of the future, with its year-round spring-like air will not be possible without proper insulation. First costs are higher, to be sure, but the difference is made up within a very short time by saving in fuel.

So far has insulation now advanced that special double pane windows are on the market. They work on the same principle as the "storm" window, except that the panes are sometimes only about a quarter of an inch apart and the air sealed between the sheets of glass is "dehydrated." It has had most of the moisture removed from it to make it a poor conductor of heat.

Late W. S. Edwards Pioneered this Camp

Risked Much Money in Developing Mining in Porcupine Camp, Says Old-Timer.

In a recent issue The Advance said that had it not been for the adventurous, speculative spirit of the late Noah Timmins and others who followed his gallant example, there would have been no development of the Porcupine to its present proportions as a mining camp. Writing from South Porcupine last week H. A. Preston, one of the old-timers of the Porcupine, emphasizes the part in this development taken by the late W. S. Edwards, Mr. Preston, who was one of the Edwards party in the Porcupine, writes:—

"What about W. S. Edwards, of Chicago, who grubstaked the first party to Porcupine in 1909 and who spent over one thousand dollars every month for seven months before the Hollinger mine was discovered? Mr. Edwards paid \$575 per month in wages alone, as well as having each of his men insured for thousands of dollars. When he came to Porcupine to examine the claims we had staked and saw the greatest free gold on the Dome, he handed every one of his party one thousand dollars, altogether about seven thousand dollars, right there. It was not 24 hours before he was off to New York to start the ball rolling and put through a deal and order machinery. A large gang of men were hired and from that day to this the Dome has worked steady and the very day Mr. Edwards first saw Dome he added about a dozen more prospectors to his staff. He was called the "Father of Porcupine." He did not follow in any other's footsteps, as he spent many thousands of dollars before the Porcupine rush started. It was the Bannerman and Edwards parties that fetched all the others to Porcupine."

Predicts that Men Will Drop the Smoking Habit

Always there is some college professor to say something somewhere or another. Here is one of those professors who predicts that men will soon be quitting the smoking habit, because women are taking it up, and once the women become confirmed smokers the men will drop smoking on the idea that it is too effeminate. Just how near the professor is to the truth is all a matter of question. When all the soldiers adopted cigarettes, the cry went up that soon no pipes would be smoked. But there are as many pipe smokers as ever.

The ladies will do all the smoking 30 years from now, Dr. Victor E. Levine, Creighton College biochemist and nutrition expert, predicts.

The men—a perverse lot, he said—will come to believe that smoking is effeminate, and will give it up altogether.

At one time smoking was strictly a man's prerogative, the scientist recalled. But so was the use of perfume.

"In the reign of Queen Elizabeth, parliament passed a law forbidding women to use perfume, because it was feared there would not be enough for both sexes."

But the women went right on using it—more than ever.

"Perfume," Dr. Levine said, "became an article of use for the effeminate, and men abandoned it altogether."

He said that's what's going to happen to smoking, and predicted dire things for the appearance of the feminine species.

Dr. Levine said he has noticed an increase in the number of youths who never learn to smoke. He discovered, also, that "old-timers" are easing up on the use of tobacco.

He smokes cigarettes himself—moderately.

Judges, Too, Help to Make the Famous British Justice

(Ottawa Journal)

Mr. Justice Cannon, better known in Canada as a member of Parliament and a Cabinet Minister, as his first judicial assignment presided over the Hull murder trial. It was a case that presented unusual and almost unprecedented difficulties. Six men were accused jointly, were tried jointly, and the preservation to each of his rights, without unfairness to the Crown, was a duty of uncommon complexity.

Those most closely in touch with the trial during the six weeks of its long course are the most generous in their commendation of Judge Cannon's judicial capacity. He demonstrated in rare degree skill, patience, understanding. He was dignified as a British judge should be dignified, and happily combined firmness with tolerance. He represented, in fact, the finest traditions of the British bench.

And that, we think, is the explanation of Judge Cannon's success in the conduct of an arduous and lengthy trial. In his charge to the jury, after a concise and logical summing-up of the evidence, he said thus:

"Gentlemen, I was in public life for 25 years. During those years I heard people complaining, expressing their dissatisfaction. Unrest throughout the world followed the end of the Great War. There were revolutions in many countries. Governments were upset, thrones were lost. Only in England was there peace and order during those years of universal unrest. There is a reason, Gentlemen of the Jury. The reason is that in England there is justice, justice properly administered, laws respected by the citizens of that Mother Country of ours. We are proud to be associated with that great country in an even greater Empire."

Dedicated to service of the cause of pure justice, Mr. Justice Cannon looks to Britain and the British courts for his guidance, and there is no safer guide.

Dress up for Easter

Naturally you'll want to look your best Easter morning. Call in and let us help you plan your wardrobe. Here you will find the latest style and colour trends. They're all new and they're all smart and they're here for you to choose from. Come in soon.

Latest creations in fine neckwear. A host of colours and patterns you'll like. Priced as low as 50c.

New shirts by Forsyth, Arrow and other makers. Plain and patterned effects. Priced from \$1.55.

Scott and McHale Shoes made for long wear as well as smart appearance. Priced from \$5.

Suits and topsails tailored to your measure. Perfect fit assured and the styles and fabrics are sure to please even the most careful dresser.

New blocks from these leading makers. Kensington at \$3.50; Brock at \$5.00 and Stetson at \$6.50. Colours for Spring.

Jerry Laflamme

39 1/2 THIRD AVENUE

BE BEAUTIFUL

By ELSIE PIERCE
FAMOUS BEAUTY EXPERT



CECELIA PARKER believes walking is an excellent exercise but for sheer fun and twice as much benefit she chooses roller skating. She is photographed adjusting her skates and her two dogs "Speck" and "Stingy" wait to share in the sport.

OUT OF THE DOLDRUMS—INTO SPRING

Maybe you've already snapped out of the doldrums. If you've seen the first robin or crocus, if you've bought your first spring bonnet, if you've spent a few hours in the sunshine, after being huddled up all winter, then you've probably conquered that between-seasons, let-down feeling.

If you live in big sooty cities you probably get spells of doldrums at the end of every season, particularly after a long, hard winter. The South gets little of it. The West ditto. But those parts of the country that know cold winds and steam-heated houses, and those women who get precious little clear, fresh air, they know what it is to feel listless, disinterested, down. It's the result of physical inactivity and sluggish circulation more than anything else.

Store Sunshine

I'll tell you how to snap out of the doldrums. First, put your mind on it. Second, take a warm cleansing bath. Pamper yourself. Scented soap and salts. Lie back. Relax. Give yourself a facial. Slap and pat your skin, coax cream into it. Mold with more gusto than you've known in months.

Brush your hair as though you meant it. Shampoo. Have it set a new way. Get yourself a new hat or a completely new costume.

Look yourself in the mirror and search for the sparkle in you. It shouldn't be hard to find.

Then, out into the sunshine. Breathe deeply. Say to yourself "It's good to be—it's good to see things blooming again—it's good to feel the sun."

And while you are outdoors move about. Limber up. Walk, walk, walk. A mile the first day. A little more the next. Not slowly, lumberingly or leisurely; but with a brisk pace. You mean to limber up muscles that we'll wager haven't had one good workout in two or three months. And while you're walking, hum and sing; but above all make a conscious effort to get those lungs filled with clear, fresh air, and your whole body will benefit. For fresh air and good circulation are blood relations. And good circulation is what makes for a good complexion, healthy hair, clear eyes, a feeling of general fitness, of joy in living. You give your house a spring cleaning. Give your person a spring cleaning too. Your intestinal tract. Your respiratory system. A new supply of fresh air, a new supply of energy together with the new suit. Revival, newness, that's how to snap out of the doldrums and into spring!

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NORTHERN ONTARIO ROADS

PROTECTION DURING SPRING 1936

NORTHERN DEVELOPMENT AREA

First action in April and May causes road beds to get soft and readily subject to damage from traffic. All trucks are limited to half loads and speed of 20 miles per hour. Horse drawn vehicles capacity one ton, 250 lbs. per inch of tires.

The weight of loads and speed will be constantly checked. Co-operation from truck and car owners is earnestly requested to prevent unlawful and unnecessary abuse of roads.

A. T. HAMER,
Acting District Engineer



You can afford an ELECTRIC REFRIGERATOR . . . because it will pay for itself!

There's no economy in being without an electric refrigerator. The hotter the weather gets, the more you'll appreciate the advantages of owning this invaluable electrical aid to home-keeping. The actual cost of the refrigerator is made so easy to pay by our really generous plan, that even young couples starting life in a moderate way of living list their electric refrigerator at the head of the needfuls. No question about it, the amount of money saved in food spoilage is really great. The amount saved by allowing you to buy meats, fruits and vegetables, dairy products and such things . . . in bulk . . . when the

price makes it a big object . . . is also large. Consider the advantages from a health and comfort standpoint. The family's health safe-guarded from eldest to youngest by pure, fresh foods. Ice-cubes at hand for cool, comfort-giving drinks. Dessert-making made easy by the quick-freezing containers. The cleanliness of the white porcelain, the ease of use, the appetizing evening "snacks" easily put together from freshly kept leftovers! It's health-protecting, time-saving, money-saving, and the cost of running on present low rates is astonishingly little! Don't be without one another day!



Milk for Baby



Ice for Drinks



Food Kept Fresh

CANADA NORTHERN POWER CORPORATION, LIMITED
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