

Pay Day Specials

Butter 2 lbs. for	47c	Britannia Malt per tin	\$1.15
Sugar, 10 lbs. for	57c	Shinola Floor Wax 1 lb. Tin	23c
Flour 24 lb. bag	69c	Assorted Biscuits 2 lbs. for	29c
Welch's Grape Juice, pt. bottle	25c	Libby's Pork & Beans, 4 tins	27c
Grapefruit Juice 13 1/2 oz. tin, 2 for	33c	Evaporated Apples 5 tins for	27c
Orange Juice 13 1/2 oz. tin, 2 for	33c	Sardines 2 tall tins for	23c
Libby's Tomato Juice, 2 tins	11c	Toilet Soap 6 bars for	23c
Eno's Fruit Salts large bottle	75c	Letuce 3 heads for	27c
Eno's Fruit Salts small bottle	45c	Carrots 3 bunches for	25c
Helmet Corned Beef, 2 tins for	29c		

MEATS

POT ROAST, per lb.	12c
SIRLOIN STEAK, per lb.	20c
T-BONE STEAK, per lb.	20c
PICNICS, per lb.	20c
RIB STEW BEEF, per lb.	11c
BLADE ROAST BEEF, per lb.	13c
HAMBURG STEAK, 2 lbs. for	25c

FRANK FELDMAN

110 Pine Street South

Phone 130

C.I.L. to Build Fine New Office Building

Present Building to be Moved This Week. New Structure to be of Modern Design.

With the beginning of construction here this week of a new solid brick office building for Canadian Industries Limited on Fourth avenue, next to the Empire hotel, one of the famous old buildings of the Porcupine is to be moved once again.

The new place, to be a single storey affair, will be one of the finest small office buildings in town. The face will probably be of rug brick and the fittings will be in modern style.

The C. I. L. office will, while construction is going on, be moved to the warehouse at the rear of the lot.

tion is going on, be moved to the warehouse at the rear of the lot. Access to this may be had from the laneway running between Pine and Spruce streets near Fourth avenue.

Powder Magazine on the Lake

The old building brings back many a happy memory to the old timers of the Porcupine. While it was in South Forecupine and Gordon Wilson was manager, it was often the meeting place for the men of the new gold camp.

Peterborough Examiner:—The United States Supreme Court has just won another round from the New Deal declaring the Municipal Bankruptcy Act illegal.

Volumes of Fiction Added to the Library

Number of New Novels of Mystery, Adventure, Detective Problems and Solutions.

Fiction added recently to the Timmins public library includes: "Murder at Elstree," by Thomas Burke. (A "detective" story of the 1820's when there were real villains, and of how a criminal was caught and hanged.)

North Bay Now Has a Bike for the Use of the Police

North Bay has added a bicycle to its police department equipment. The idea is to reduce the cost of the gas used by the police department. The gas bill for the police patrol wagon and the other car kept by the department has been a goodly sum each week and the purchase of the bicycle is expected to reduce this amount.

Chicago Tribune:—Whenever I think of that three hundred thousand that the president's two weeks' fishing trip cost—honestly, I'm ashamed to look a fish in the face. I'm afraid they'd snub me.

to be found in good shops, a home-maker can make such sets herself. (Copyright, 1936, by the Bell Syndicate, Inc.)

Expert Gives Menus for Family on Relief Diet

Steadily Rising Prices Make the Problem of Food for Those on Relief More Difficult. Milk Held by Edith M. Barber as Most Important Food Factor.



(By EDITH M. BARBER)

There has been much discussion recently in regard to the question as to whether a family of five can be adequately fed on the amount allowed for a minimum diet by relief agencies.

The most important food when there is such a small budget is, as is always

the case, milk. According to Dr. Henry Sherman of Columbia University, a child should have a quart a day for adequate nutrition all through the growing period.

The small amount of meat and fish which can legitimately be used in such circumstances must be carefully chosen and prepared in order that the flavour which all of us like so much may add interest to a number of meals.

Minimum Weekly Food Order for a Family of Five

Item	Amount	Unit Price	Total
Milk, grade B bottled	11 qts.	at 12c	\$1.32
Unsweetened, evaporated	11 cans	at 7c	.77
Cheese, American	1/2 lb.	at 27c	.14
Eggs, grade B Brown	1 doz.	at 29c	.29
Meat and Fish—6 lbs.			
Meat	4 lbs.	at 20c	.80
Fish	2 lbs.	at 14c	.28
Vegetables—35 lbs.			
Fresh greens in season	2 lbs.	at 7c	.14
Cabbage	4 lbs.	at 4c	.16
Carrots, Beets, Turnips	7 lbs.	at 4c	.28
Onions	1 lb.	at 4c	.04
Potatoes	18 lbs.	at 2 1/2c	.45
Canned Tomatoes (No. 2 can)	2 cans	at 9c	.18
Dried Peas or Beans	1 lb.	at 8c	.08
Fruit—6 lbs.			
Fresh Oranges, Bananas, Apples	4 lbs.	at 5c	.20
Dried Prunes, Raisins, Mixed Dried	2 lbs.	at 10c	.20
Bread and Cereals—21 lbs.			
Bread, white	6 lbs.	at 9c	.54
Bread, whole wheat	6 lbs.	at 10c	.60
Cereals	6 lbs.	at 8c	.48
Flour	2 lbs.	at 6c	.12
Macaroni or Spaghetti	1 lb.	at 10c	.10
Fats and Butter—3 1/2 lbs.			
Butter	1 lb.	at 39c	.39
Oil	1/2 pt.	at 24c	.12
Other Fat	2 lbs.	at 20c	.40
Sugar and Sweets—3 1/2 lbs.			
Sugar	2 1/2 lbs.	at 6c	.15
Molasses	1 can	at 16c	.16
Miscellaneous			
Cocoa	1/4 lb.	at 17c	.04
Coffee	1/2 lb.	at 18c	.09
Tea	1/8 lb.	at 39c	.05
Seasoning			.10
Cost of food order			\$8.67

Breakfast	Supper
Hot Cereal With Milk	Kidney Bean Stew
Bread or Toast	Raw Carrot Strips
Fresh or Cooked Fruit When Possible	Cornmeal Muffins
Milk or Cocoa Made With Milk	
Coffee or Tea for Adults if Desired	Dinner
Dinner	Braised Liver (Tomatoes, Carrot, Onion)
Meat Balls and Potatoes	Baked Potatoes
Buttered Beets	Rice Pudding
Chocolate Pudding	Supper
Raw Vegetable Salad (Cabbage, Carrot, Green Peppers)	Tomato Juice (Small Glass)
Peanut Butter Sandwiches	Creamed Cabbage
Cocoa	Mashed Potato
Dinner	Gingerbread
Potato Omelet	Dinner
Best and Cabbage Relish	Salmon Loaf
Bread Pudding With Raisins	Creamed Potatoes
Supper	Cabbage and Apple Salad
Fish Chowder (Potato, Onions)	Supper
Cooked Prunes	Split Pea Soup
Oatmeal Cookies	Prune Pudding
Dinner	Oatmeal Muffins
Lamb Stew With Carrots, Potatoes and Onions	Dinner
Tapoca Pudding	Scalloped Potatoes With Cheese
Supper	String Beans
Mashed Potato	Cinnamon Toast
Buttered Turnip	Supper
Banana With Custard Sauce	Spanish Rice
Dinner	Escarole Salad
Macaroni and Cheese	Butterscotch Pudding
Kale	Serve bread and butter with each meal. Milk of cocoa for children. Tea or coffee for adults if desired.
Apple Sauce	(Copyright, 1936, by the Bell Syndicate, Inc.)

Various Ways to Attack the Various Insect Pests

Garden insect enemies are divided into two groups—those that eat holes in the foliage and those that suck out the juices. For the first-named, poison is usually applied, while the suckers are attacked with a burning spray which penetrates. Often when both are present, a combination of poison and something that burns, such as lime sulphur and arsenate, gives the best results.

cially finely ground sulphur is advised. Sulphur dust will also protect hollyhocks and phlox from rust, if applied when the disease first shows itself.

Cut-worms, which eat through newly set-out plants at the base of the stem, are poisoned by spreading sweetened bran mixed with paris green or special mixtures about the plants. Where there are only a few plants to protect the same may be provided with paper collars.

Brantford Expositor:—A five hundred-ton statue is to be erected in Rome to Italy's dictator. It will be a Colossus of Raids.

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Grand Bazaar at the Canadian Prosvita

Interesting Event This Week in Canadian Ukrainian Prosvita Hall, Corner Elm and Fifth.

A grand bazaar is announced to be held under the auspices of the Canadian Ukrainian Prosvita Association in the hall at the corner of Elm street and Fifth avenue afternoons and evenings from June 10th to 13th, the evening events being of special interest.

Honour Roll of the Mattagami School

Standing of the Pupils in the Various Classes for the Month of May.

- The following is the honour roll for the Mattagami school:—
- Jr. IV—A. R. Fisher, teacher—Ronald Taylor, Dorothy Campbell, Zolton Melnar.
 - Sr. III—M. Kerr, teacher—Joyce Service, Gladys Roy, Helen Young, Cyril Ormston, Douglas Glaisier, Anna Middleton, Alma Cripps, John Newsham, Muriel Stuart.
 - Sr. III—C. Young, teacher—Betty Stevens, Barbara Haystead, Audrey Tucker, Lillian Walterhouse, Peter Harrower, Jack Jelbert, Jack McCafferty, Irene Peacock, Hazel Bound, Jean Hill, Jean Tupper, Ross McIntosh, Jean Sandino, Jean Smyth, Ralph Redden.
 - Jr. III—Miss C. Young, teacher—Jouki Unsela, Ronald Jenkins, Josephine Melville, Phyllis Mounsey, Janet McMillan.
 - Jr. III—M. Tackaberry, teacher—Ruth Bailey, Paul Tanner, George Shaw, George Smith, Margaret Gray, William Dunstan, Alles Rhymo, Walter McMillan, Weldon Carver, Betty Stuby.
 - Jr. III—Miss D. Caswell, teacher—Patsy Nelson, Marguerite Latham, Beryl Service, Mary Brown, Everil Eade, Karl Redden and Hazel Stevens, Ellwood Farrell, Denville Brown, Ida Diamond.
 - Sr. II—D. Caswell, teacher—Arlie McCharles, Bill Lucas.
 - Jr. II—Miss D. Taylor, teacher—Garnet McJanet, Leonard Luxmore, Bob Walker, Kathleen Harrison, Norman Russell, Margaret Burton, Florence Levalley, Fred Wolno, Leonard Taylor, Rose Bright.
 - Jr. II—Miss D. Taylor, teacher—Reggie Bradley, Gordon Tucker, Stella Hopkins, Edna Mullen.
 - Jr. II—Miss M. Thorburn, teacher—Philip Melville, Irene Wilkinson, Joan Pye, Esko Jokela, Kathleen Brown, Elizabeth Felmate, Gloria Travenna, Marion Patriquin, Arthur Hodgins, Fred Barnes.
 - Jr. I—Miss C. Dodd, teacher—Blaine Gouette, Gordon Gallagher, Jacqueline Marsh, Russell Moore, Murray McIntosh, Reino Jarvi, Mildred Suzack.
 - Jr. I—Miss E. P. Dempsey, teacher—Lillian Whitlock, Earl Knight, Stella Bennett, Reta Brand, Aileen Stickley.
 - Jr. I—Miss E. P. Dempsey, teacher—Norman Forsley, Walter Robertson, Frea Coaty, Bobby Taylor.
 - Jr. Pr.—Miss W. McKelvie, teacher—Billie Taylor, Gordon Ferguson, Delbridge Drew.
 - K. P.—Miss W. McKelvie, teacher—Christine Rose, Joan Winney, Dickie Wilson, Joyce Saure, Bernice Whaley, Langford Ross, Hugh Sheridan.
 - K. P.—Miss E. James, teacher—Muriel Melville, Ronald Briggs, Edward Kemball, Jack Stevens, Dorothy Spence, Les McBain, Nancy Bolliger.

Six Fires Started Last Week in Church at Sudbury

What appeared to be a very determined attempt to burn down the St. Jean de Brebeuf Roman Catholic Church at Sudbury failed in its purpose, but did succeed in doing maybe as much as \$500 damage. Damage included the burning of the altar, priests' gowns, cassocks of the altar boys, charring of the walls of part of the church and other injury. Police are busy seeking the firebugs who broke into the church through the rear part of the building, and used altar candles to set fire to various parts of the building.

Blairmore Enterprise:—Sign on a Scotch golf course: Members will kindly refrain from picking up lost golf balls until they have stopped rolling.

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