

Spring Fashions in Foods These Times

Some of the Latest Styles for the Table To-day.

As styles in clothing change with the approach of spring, so lighter foods are favoured to suit the appetite which accompanies warmer weather. What might be termed substantial supper dishes, which are so satisfying during the winter months, are replaced at this time of year by others, more spring-like as it were, yet just as nourishing. Steamed puddings and similar desserts are neglected in favour of lighter

dishes of milk and fruit, which can be made very appetizing.

The Milk Utilization Service, Dairy and Cold Storage Branch, Dominion Department of Agriculture suggests supper dishes and desserts which will add an acceptable touch of spring to the meal.

Wetish Rarebit

- 1 tablespoon butter
- 1 tablespoon flour
- 1 cup rich milk or thin cream
- 1/4 teaspoon salt
- 1/4 teaspoon mustard
- Few grains cayenne
- 1 egg

Make a sauce of butter, flour and milk. Add grated cheese and seasonings. Pour some of hot sauce over beaten egg. Return to double boiler

and cook a minute or two. Delicious poured over freshly cooked asparagus and served on toast.

Cheese Souffle

- 3 tablespoons butter
- 4 tablespoons flour
- 1 cup milk
- 1/2 teaspoon salt
- Yolk of 3 eggs
- Whites of 3 eggs
- Few grains cayenne
- 1/2 cup cheese, grated
- Pinch of mustard

Make a cheese sauce, using butter, flour, milk and cheese. Season. Add beaten egg yolks and, when mixture is cold, fold in stiffly beaten egg whites. Pour into buttered baking dish or ramekins, set in a pan of hot water, and bake in a slow oven (325 degrees F.) until firm—about 20 minutes. Serve at once.

Lettuce Rolls

- 1 head of lettuce
- 1 cup cottage cheese
- 1/2 cup seedless raisins
- 1/2 cup chopped nuts
- 1/2 cup mayonnaise
- Salt and pepper
- Paprika

Wash and dry lettuce leaves well. Combine other ingredients. Spread mixture on leaves. Roll up like jelly roll, tie with pimiento strips. Serve two or three rolls on each salad plate.

Spanish Cream with Pastel Sauce

- 1/2 cup cold water
 - 3 egg yolks
 - 1/2 teaspoon salt
 - 2/3 cup milk
 - 1 teaspoon vanilla
 - 3 egg whites
 - 1/2 cup sugar
- Soak gelatine in cold water. Make a custard of egg yolks, salt and milk. Cook stirring constantly, until mixture coats the spoon. Dissolve gelatine in hot mixture. Cool and add flavouring. When mixture begins to thicken, fold in meringue made by adding sugar to the stiffly beaten egg whites. Turn into moulds and chill.

Pastel Sauce

- 1/2 cup grape or other jelly
 - 1 egg white, unbeaten
 - Pinch of salt
- Melt jelly in bowl over hot water, add egg white and salt, and beat with rotary beater until stiff. Cool.

Pumpkin Rice

- 1 1/2 cups cooked rice
 - 3 tablespoons fruit sugar
 - Pinch of salt
 - 1 teaspoon vanilla
 - 1 cup whipping cream
- Combine rice, sugar, salt and vanilla. Whip cream and fold into rice. Serve with maple syrup cooked until thick. Sprinkle with chopped nuts.

Kincaid Review:—There was one favourable thing about the depression, you got better service in Toronto hotels.



To Keep Young

Sleeplessness and irritability come early to rob one of youth and beauty. Women have found a great friend in Dr. Chase's Nerve Food to keep them young, energetic and attractive.

Dr. Chase's NERVE FOOD

Anzac Hero Buried with Guard of Heroes

Nine V.C.'s in Guard of Honour, While Other Heroes at Funeral of Hero.

There was a notable funeral at London, England, the other day for a remarkable man. The funeral was that of Gunner A. P. Sullivan, V.C., one of the Australian contingent, over for the Coronation. He was walking along Bird-cage Walk when he slipped and fell, striking his head on the curb. At the inquest it was shown that a cycle ran into the soldier after he had fallen. The following reference to the funeral is made by The London Daily Mirror:

Funeral of a Hero

Nine V.C.'s formed a heroes' guard for a hero at the Guards Chapel, Wellington Barracks, London, yesterday, when the coffin of Gunner A. P. Sullivan, V.C. of the Australian Coronation contingent, was carried from the Chapel to a gun-carriage after a funeral service. A great crowd, bareheaded, lined the route as the flag-draped coffin, bearing Sullivan's hat, mandolin and sword, was taken to Knightsbridge Barracks.

When the gun-carriage and bearers neared the barracks a man slipped past the police and stride, naval cap in hand, behind the cortege. No attempt was made to remove him from the procession. He walked with V.C.'s.

He gave his name afterwards as William Robertson. He is seventy-nine years of age.

"My home was in Portsmouth," he said, "but I am on the road now."

"I served in the Royal Navy, the Mercantile Marine, the Canadian Navy and the Australian Navy."

"I love the Australians and I just had to say good-bye to a dear brave boy."

Gunner Sullivan's ashes were later taken to Woking, where they will remain in the Chapel of Rest until the Australians go home.

The Rev. George Green, chaplain with the Australian forces during the

war, said at the service in the Guards Chapel:—

"If he could speak to us now I feel sure he would say two things. First, to me, he would say: 'Cut out the sob stuff, padre, and to you: 'Carry on in the spirit of cheerfulness and courage in which I tried to serve.'"

"He would not wish the purpose or the pleasure of the visit of his contingent to be marred by his passage."

Family From North Travel to Funeral

Sad Errand of Cobalt and Kirkland People This Week.

Cobalt, April 29.—(Special to The Advance)—A heavy-hearted family party travelled south on the afternoon local on Tuesday, when the parents, three brothers and a sister of the brothers William and Alex Stesko, two of the six victims of Monday night's shocking tragedy in the Sudbury district, travelled to attend the funeral, Mr. and Mrs. Dmytro Stesko, with a son and daughter living at home here, were joined at the station by two other persons from Kirkland Lake, the six persons continuing together to North Bay, en route to Sudbury. Victims of the freight train-automobile smash were William Stesko, his wife and their two young children, his brother Alex and a girl friend of the latter.

Mr. and Mrs. Stesko, the parents, have been residents of the Cobalt camp since 1910, when they came here from Montreal, where William was born. Alex was a native of Cobalt, and both brothers spent their childhood and youth here. They attended St. Patrick's separate school, William afterwards going to Haileybury mining school and Alex taking a business course at New Liskeard high school. William had been in Sudbury about six years and his brother approximately half that time. Their parents, residents of the north end of Cobalt, are well known there, and Mr. Stesko has been employed at the La Rose, Nipissing, Mining Corporation and O'Brien Mines.

Haileybury Children's Aid Has Surplus for Past Year

Haileybury, April 29.—(Special to The Advance)—The cost of operating the Children's Shelter here for the fiscal year ending with March 31 last worked out at approximately \$1133 per day, with an average cost of 85 cents per day for each ward in residence there, members of the Temiskaming Children's Aid Society were told by S. J. Mason, the treasurer, at the annual meeting of that body, held in Haileybury on Monday night. Total revenue was given as \$8414.71, including the provincial government grant of \$1000, with expenses of \$7346.94. The surplus of \$1066.77 was added to the cash in hand at the beginning of the year, and amounting to \$403.62, to make a total

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surplus of \$1471.39 for the year. It was decided to appropriate \$750 of this sum for needed improvements to the Shelter, and the president, William Long, expressed the hope that before long it would be possible to obtain a more suitable building. The meeting was told of the resignation of Mrs. Fox, assistant superintendent at Kirkland Lake, and of the appointment as her successor of Miss Fulton. The board of directors is—Kirkland Lake, P. J. Knox and Mrs. F. Speers; New Liskeard, Mrs. Becket; and Mrs. Bartlett; Cobalt, Mrs. Wainwright and Mrs. Sweet; Haileybury, Mrs. L. Ehrenbus, William Long, J. H. Murray and S. J. Mason, mayor of the town.

Prize of \$125 Won at Entertainment Here

Another Happy 'Beano' for Building Fund of Italian Church.

On Tuesday evening, a "Beano" entertainment was again provided in the Empire theatre to aid the building fund for the Italian church. A very large crowd turned out to enjoy the game, and twenty-five lucky people went home five dollars richer. Miss Veronica Wejciehowski was the fortunate young lady who won the prize of one hundred and twenty-five dollars.

Ice Not Safe Now on Lake Temiskaming

Ice Not Expected to Go Out However Until May 15

Haileybury, April 29.—(Special to The Advance)—While there is some open water showing in the northeast arm of Lake Temiskaming, due to the strong inflow of waters from the Quinze and White rivers, the greater part of the lake is still firmly ice-locked and local experts do not look for any real loosening of the ice for another week yet, unless there are exceptionally heavy warm rains. Indeed, Walter Paul, old-time resident, declared on Tuesday there would be no general exit of the ice before May 15, and he said he had been over the frozen surface of the lake the previous day to a point a mile north of Guigues wharf and expected to make another to Burnt Island without difficulty. Regular traffic, however, is over for the season. The last trip was made on Saturday by a boy and two dogs, with their sleigh, from the Quebec side, the party making the double journey without difficulty. On the previous day a horse and cutter came across from Guigues with ease, although the driver reported the ice seemed a bit thin half way over.

Sudbury Star:—Rags make paper. Paper makes money. Money makes banks. Banks make loans. Loans make poverty. Poverty makes rags.

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Now that Spring is here, you'll want to protect your blankets, woollens and winter apparel from dust, dirt, MOTHS. We have everything you need for complete MOTHS PROTECTION.

ELKAY'S MOTH FUME CRYSTALS	49c	REXALL RED CEDAR FLAKES Regular 25c Special	20c
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		LARVEX 16 oz. bottle	1.00

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SPECIAL FOR Mother's Day

Make arrangements now to have mother remembered on Mother's Day, Sunday, May 9th. Come in and choose a box of delicious Picardy, Hunt's or Smiles n' Chuckles Chocolates in the special Mother's Day Box. We will handle shipping and wrapping free of charge for out-of-town delivery. Be sure to place your order in plenty of time so that she will not be disappointed.

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BE BEAUTIFUL

By ELSIE PIERCE
FAMOUS BEAUTY EXPERT



CLAIRE TREVOR, the blonde screen star, knows the importance of accenting eye beauty. She uses a light brown eyebrow pencil to outline brows and a deep blue mascara to enhance lashes.

Here's New Theory as to Choice of Mascara or Shadow Colour.

We're told that Chardin, the eighteenth century French Master perceived that shadows were not drab brown, but were subtly coloured by reflections of the tones of adjacent objects. And so he achieved a depth and warmth of tone in his paintings.

The sponsors of a new creamy mascara worked on the same theory in creating the colours of their cosmetics. If you are at all in doubt as to what shade of mascara to use, follow Chardin's colour reflections theory.

If you have blue eyes, for instance, you colour your lashes with a glamorous and lustrous blue mascara—the same shade, we are told, which light reflections throw on them. Brown eyes use brown, and black use black.

The new midnight blue shade, I understand is very intriguing. Blondes with blue eyes, by the way, should be particularly grateful for this new colour. I have always contended that black mascara made the blonde look "hard" and artificial. Yet brown very often received the uncomplimentary comment of "mousey." Blue seems to be the all-around and altogether satisfactory answer.

The mascara we are discussing is said to leave the lashes lustrous without any danger of making them brittle and spiky, it will not cake, smudge or run. Diluted by a well-moistened brush, and properly swept on it will help the lashes to curl and behave quite beautifully.

Being a creamy pomade it can be used as a shadow as well as lash and brow mascara. A drop of oil or cream should be spread over the eyelid first, and then a bit of the pomade very lightly applied.

It comes complete with an eye-lash brush, a lip-stick sized tube coloured black, brown, or blue to indicate the shade of the mascara or shadow within.

With Costume Shades

If you have blue eyes and know that blue is your forte as a costume colour imagine how much more intriguing the ensemble when topped with this blue mascara. In any case, it's certain that if you give the lashes a lift, they frame the eyes, emphasize them and make them look much larger and brighter.

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