

Fruits and Vegetables Should be Popular Now

Domestic Science Expert Says That Oranges and Grapefruit are the Leaders Among the Fruits These Days. Vegetables and Fruits Featured in a Menu Covering a Full Week.

Oranges and grapefruit are the leaders among the fruits, as well as both Eastern and Western apples, and bananas.



(By Edith M. Barber)

anas. "Winter" vegetables are reasonable.

Sunday—Breakfast
Sliced oranges with bananas
French omelet
Bacon, English muffins
Marmalade

Dinner
Tomato and egg canape
Olives, Celery.
Roast lamb, mint sauce.
Browned potatoes, Spinach timbales.
Endive salad with cheese dressing
Maple pecan ice cream
Little gold cakes.

Supper
Creamed mushrooms
Green pepper and cabbage salad
Canned cherries

Monday—Breakfast
Orange juice
Hot cereal
Scrambled eggs, Toast, Coffee

Luncheon
Spinach soup
Bran muffins
Apple and celery salad
Tea

Dinner
Hot sliced lamb with pickle sauce
Scalloped potatoes
Buttered string beans
Wine jelly

Tuesday—Breakfast
Tomato juice
Ready-to-eat cereal
Bacon, Popovers, Coffee

Luncheon
Italian spaghetti
Lettuce salad
Baked apples, Tea.

Dinner
Baked pork chops
Stuffed potatoes, Baked tomatoes.
Chocolate pudding

Wednesday—Breakfast
Stewed prunes
Hot cereal
Soft cooked eggs, Toast, Coffee.

Luncheon
Toasted cheese
Toast, Celery, Tea.

Dinner
Chuck roast of beef
Masked potatoes
Carrots with brown butter
Green tomato pickle
Pumpkin tarts

Thursday—Breakfast
Grapefruit
Ready-to-eat cereal
Scrambled eggs, Toast, Coffee.

Luncheon
Fried beef
Tomato salad
Doughnuts, Tea.

Dinner
Beef and mushroom pie
Potato dumplings
Buttered string beans
Sherry Bavarian cream

Friday—Breakfast
Orange juice
Hot cereal with dates
Syrup, Coffee.

Luncheon
Grilled sardines
Celery and lettuce salad
Ginger cake, Tea.

Dinner
Fish filets baked in sour cream
Bake potatoes, Scalloped tomatoes
Apply brown Betty

Saturday—Breakfast
Stewed figs
Ready-to-eat cereal
Sausages, Toast, Coffee.

Luncheon
Cream of tomato soup
Bacon sandwiches
Raw carrot salad
Toasted crackers, Cheese, Tea.

Dinner
Meat loaf
French fried potatoes
Cauliflower au gratin
Romaine salad
Orange pudding
Special Tomato Dressing
1 can tomatoes
1 clove garlic
1 slice bread
6 tablespoons olive oil

2 tablespoons tarragon vinegar
Salt.
Pepper
Paprika.

Drain the juice from a can of tomatoes and reserve for another purpose. Rub a clove of garlic into a slice of bread and allow it to remain on the bread half an hour. Remove garlic, cut bread into cubes and add to the tomatoes. Add oil and vinegar and season to taste and serve with lettuce, romaine or endive.

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Death of Mrs. Brassard at Sudbury Last Week

(From Sudbury Star)

Following a lengthy illness, Mrs. Rosanna Brassard died last week at the home of her daughter, Mrs. Joe Boucher, 225 Pine St., Sudbury. She had been residing with her daughter for the past three years. Born at Joliet, Que., 74 years ago, deceased was a daughter of the late Mr. and Mrs. Michael Pellant. Shortly after birth, she moved with her parents to Perkin's Mill, Que., where she was married 56 years ago to her late husband, Louis Brassard, who predeceased her at Corbell three years ago. Prior to coming to Sudbury, Mrs. Brassard had made her residence at Corbell for 34 years. She was a member of St. Ann's Roman Catholic Church. Surviving are four daughters, Mrs. Joe Boucher, Sudbury; Mrs. George Turcotte, Timmins; Mrs. E. Thibeault, Creighton Mine and Mrs. E. Deost, Corbell; and one son, T. Brassard, Toronto. One sister, Rev. Sister St. Lazare, Ottawa, also survives. The body rested at Ducharme's funeral home and was sent to Corbell, where funeral services were conducted on Friday morning. Interment being made in the Corbell Roman Catholic cemetery.

Some More of the Alleged Schoolboy "Howlers"

The London, England, board of education, reports the following among the answers given by eleven-year-old boys at a Scottish school in an examination to test the general knowledge of the boys:—

Matrimony is a place where souls suffer for a time on account of their sin.

Tarzan is a short name for the American flag. Its full name is Tarzan stripes.

A republic is a country where no one can do anything in private.

The spine is a bundle of bones that runs up and down the back and holds the ribs together. The skull sits on one end and I sit on the other.

An active verb shows action, as he kissed her, and a passive verb shows passion, as she kissed him.

BE BEAUTIFUL

By ELSIE PIERCE
FAMOUS BEAUTY EXPERT



JUNE LANG spends a normal but quiet evening at home after a busy day in the shops checking off a long Christmas list.

Always Rest a Step Ahead of Fatigue

The gay, cheery, holiday spirit of Christmas is as stimulating as a cocktail. In proper doses they very spirit can be a beauty treatment, making you feel young, magnanimous and sparkling. But, like most stimulants, there may be a reaction, a let-down feeling if you overdo.

You won't have to try very hard to find that you have a surplus store of energy for shopping and doing. Somehow your endurance powers at this time of the year are limitless. You find you can get up earlier, keep active longer, stay up later and feel quite fresh in spite of it all. Those are the symptoms of the spirit of the season. But beware. The first minute, the first day you really rest, which like as not will be Christmas day itself, that reaction may creep up on you, find you fatigued, tired, your strength completely sapped and no reserve supply, either. And instead of feeling wonderful, you may feel weedy, which is particularly sad at such a time.

Plan to Do, But Don't Overdo
Sane planning is the only solution. Know precisely what you want to do and the easiest, quickest way to do it, but don't overdo. If you organize your lists, have a definite picture in your minds eye of the stores and the floors and the counters where all the gifts may be found; if you avoid spending unnecessary energy, time or footsteps, then shopping becomes the pleasure it should be, without any pangs afterwards. List the floor next to each item and shop in one store, if possible. Purchase all the items obtainable in a given floor or section, at one time. And, if your days' task is not quite done, tomorrow is another day. Recruit the help of others who have less work than you if you know what you want, if the articles are "standard" you'll save yourself steps without losing some of your orders. Let the department store personnel shopping service do a big step ahead of fatigue, always help you. And whatever you do, keep Stop, long before you begin to feel tired, because fatigue and lines and wrinkles and tears go together. After shopping if you have ten minutes, rest in bed, knees up, mind blank.

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15000.00

YES, THREE!! AN AUTOMOBILE OR \$1,500.00 IN CASH IS FIRST PRIZE IN THIS CONTEST. THAT'S OUR OFFER TO YOU... The winner may have choice of Chevrolet, Ford, Plymouth, Pontiac, DeSoto, Oldsmobile, Dodge, Buick or Chrysler. What could be a finer prize? Either your favorite automobile and enough extra in cash for gasoline and supplies for 2 years, or \$1,500.00 lump sum in CASH. You have your choice.

MANY OTHER PRIZES
WIN... \$500.00
WIN... 400.00
WIN... 300.00
WIN... 200.00
WIN... 100.00
AND 44—\$25.00 CASH PRIZES

HERE'S A PUZZLE THAT WILL TEST YOUR WITS

Can You Solve this Puzzle?

YES-IMP-TELL-HER

When the Scrambled Letters above are correctly rearranged they will spell the name of a Famous Movie Star.

Start switching the letters around; see if you can figure it out. If your answer is correct, you will receive at once a LARGE SIZE PICTURE OF THIS FAMOUS MOVIE STAR FREE—beautifully colored and suitable for framing—and the opportunity to win an AUTOMOBILE or \$1,500.00 IN CASH.

BE THE BIG WINNER!! Second Prize Winner gets \$500.00 IN CASH; 3rd Prize Winner, \$400.00 IN CASH; 4th Prize Winner, \$300.00 IN CASH; and many other cash prizes.

CLUES: Probably you know the names of most of the Famous Movie Stars, but just to refresh your memory we mention a few:
Greta Garbo Robert Taylor
Freddie March Dick Powell
Jean Crawford Warner Baxter
Shirley Temple Ginger Rogers
Wallace Beery Gary Cooper
Clark Gable Kay Francis

Use This Coupon MAIL NOW

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My Answer _____
My Name _____
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SEND ME THE FREE PICTURE

Driver is Absolved in Christmas Auto Death

No Blame Attached to George Aumond, of Sandy Falls, Whose Car Struck and Fatally Injured J. W. Crozier, of Mountjoy Township. Witnesses Swear Sleigh Carried No Lights.

Recommending that the law with respect to vehicles other than automobiles carrying proper light, be more rigidly enforced, a coroner's jury here Friday morning last inquiring into the circumstances surrounding the death of J. W. Crozier, who died in St. Mary's hospital here on December 27, from injuries received when struck by a car as he walked along beside his sleigh on the Sandy Falls road, four miles from Timmins, on Christmas eve, attached no blame to the driver in returning a verdict of accidental death. George Aumond, of Sandy Falls, was the driver of the car in question.

According to Dr. J. A. McInnis, who attended the deceased, Crozier had both bones of both legs broken. The bones were splintered and protruding through the flesh. The cause of death was given as hemorrhaging and shock. Crozier was given several blood transfusions in an effort to give him strength to stand an anaesthetic but to no avail. Finally infection set in and after lapsing into unconsciousness the man died at 9:45 Monday night, December 27. He was said to be 61 years of age.

Provincial Constable H. Gaul, who investigated the fatality, told the inquiry that there was no suggestion that Aumond had been drinking. He described the conditions of the road, which had been recently ploughed, as good. He could find no trace of any lantern or lights on the sleigh.

Coroner Tucker complimented Aumond on the straightforward manner in which he had presented the facts of the case as he knew them, without seeking to conceal anything that might throw any light on the circumstances, regardless of their portent.



(by James W. Barton, M.D.)

That Body of Hours

Mental Health and Physical Health

When we read some years ago that about 40 percent of the inmates of a New Jersey State Hospital were "cured" by having infections of teeth, tonsils, sinuses, gall bladder and intestine removed, we realized how much the body and its defects can affect the mind. There is therefore present in most of us the common-sense idea that if we want to be well, to feel bright and happy we should take good care of our bodies.

However it is only fair to that body of yours that you remember that just as neglect, defect, excesses of the body and its organs can affect the mind, so can wrong or foolish thoughts, anxieties, useless worries, poor decision or lack of decision actually affect the body and its workings. That just as there is physical health to watch, so also must the mental health be watched.

What is meant by mental health? "Mental health concerns itself with the emotions, the mind and the behavior of the individual. There are degrees of mental health just as there are degrees of physical health. The goal for which we aim in mental health are the maturity or control of our emotions, taking our rightful place in our own minds—just as good as anyone else, no better than others—and adjusting ourselves to other people."

I am quoting from the Medical Health Bulletin reprinted in Hygeia.

"One problem of mental health is indecision, the cause of which varies in accordance with early training."

In childhood and youth, the school, the playing field and the summer camp put boys and girls "on their own" and help them to make normal and proper decisions.

"During adult life we have such problems as love, marriage, parenthood, illness, death, old age, unemployment, business reverses. The person who has good mental hygiene is able to meet these various problems with buoyancy and strength."

Encourage your children to play, to mix with others, to fight their own battles and make their own decisions. And we adults to attain and retain mental health must look in on ourselves and see if we are making wise and prompt decisions, are seeing the other fellow's viewpoint and have neither an inferiority nor a superiority complex.

Neurosis

Are you worried about an ailment that you do not have, bothered by "symptoms" or pains that a medical test do not reveal? Send for Dr. Barton's tremendously interesting and helpful booklet, NEUROSIS, explaining how the cure of ailments is accomplished where apparently none exists. Address your letter to The Bell Library, in care of The Advance, Timmins, 247 West 43rd St., New York City, enclosing Ten Cents to cover cost of service and handling and ask for booklet "Neurosis," (No. 103).

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Globe and Mail:—Evidently considered as quite a joke, three undertakers were asked by telephone to go to a house in Mimico where none was required. Perpetrators of this hoax probably are of the mental calibre that would prompt them to get drunk on Christmas Eve and drive about, killing and maiming other people; neither of which is so funny.

Kitchen Shower in Honour of Miss Scott

Another Event Held in Honour of Bride-to-be.

A very pleasant kitchen shower was held at the home of Mrs. Francis Woodbury, of Hemlock street, on Wednesday afternoon, in honour of Miss Ann Scott, whose wedding is to take place on Friday, January 14th, 1938. In Thursday's issue of The Advance, this date was noted as being January 15th, but the correct date is January 14th.

Many friends attended the shower, the guest of honour being a very popular member of the community, and they all expressed their best wishes for her happiness. Miss Scott is the bride-to-be of Mr. John McLean Grady, the wedding ceremony to take place at the United Church.

Lumberman Showed How Tough a Lumberjack May be

(From Sudbury Star)

Alex Dunn, is a "tough lumberjack," and proud of it.

He became embroiled in an argument with an unidentified man in the North Cafe, Borgia St., Tuesday evening, and received a deep two-inch gash in his stomach. The assailant fled as Alex started to bleed.

Eystanders called police, and Constables J. Adams and T. Bunoza answered the call.

When they arrived at the cafe, Dunn was sitting at the table, preparing to eat his supper.

"What's the matter with you?" one of the officers asked him.

"Nothing at all," remonstrated Alex. "I'm just eating my supper."

The officers told him he had better go with them to the hospital for attention but Alex protested he didn't want anything to do with the police.

They however, took Dunn to St. Joseph's Hospital in the police car.

Alex didn't even wince as Dr. R. M. Mitchell swabbed the wound with iodine but continued talking to the police telling them of his experiences in the bush near Milnet, where he is employed by a lumber company.

The "tough lumberjack" is being detained in the hospital until the wound has healed.

Pretty Wedding on New Year's Day at Haileybury

Miss Sybil Doris McCracken, second eldest daughter of John R. McCracken, superintendent for Temiskaming Children's Aid Society, Haileybury, and Gordon Thomas Durrell, principal of the public school at Larder Lake, were married at the home of the bride's parents on New Year's Day, Rev. W. A. Beecroft being the officiating clergyman. The couple have taken up residence at Larder Lake.

Brother of Timmins Man Dies in Ottawa District

Ashton, Ont., Jan. 8, 1938.—(Special to The Advance)—After a long illness, the death occurred on Tuesday, Jan. 4th, at his late residence on the Eleventh Line of Beckwith Township, of Peter Drummond, in his 34th year. The funeral last week was held with services conducted by Rev. T. A. Woods, of the Ashton Circuit of the United Church, at the home, and with interment at Pine Grove Cemetery.

He leaves to mourn his loss four brothers:—William, at home; Albert and

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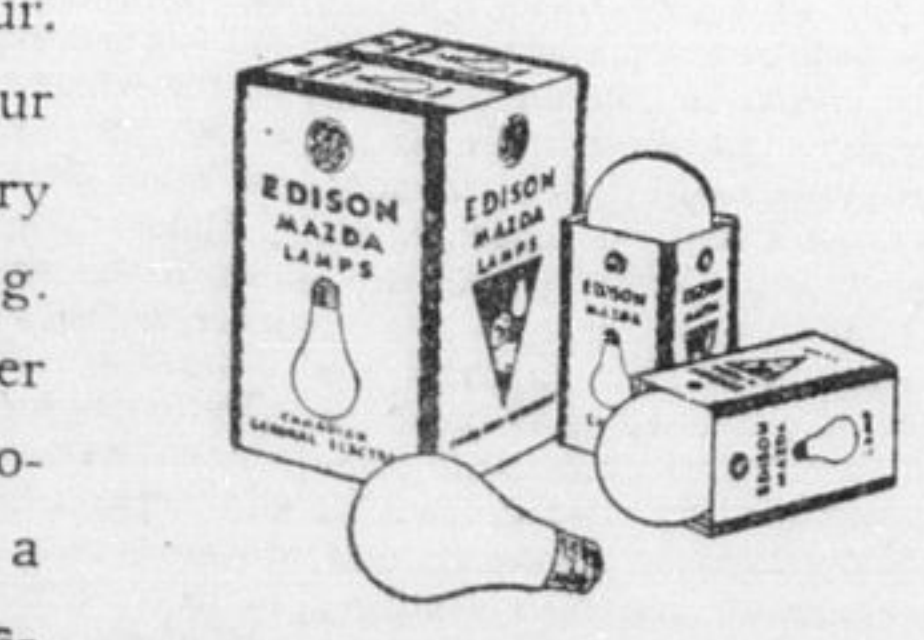
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LISTENING TO TICKING HEAD



Mrs. Josephine Kaumann's "ticking head" was examined by doctors at Hines hospital, but their findings have not been announced. Her daughter Barbara (left) is listening to the sounds.