

# Winter Vegetables May be Used in Many Ways

Beets, Cabbages, Mushrooms, Onions, Spinach and Turnips Among the Best Buys, Says Culinary Expert. Menu for Week. Some Recipes for Timely Dishes.

Among the vegetables this week we find beets, cabbages, mushrooms, onions, spinach and turnips among the best buys.



(By Edith M. Barber)

- Sunday—Breakfast**  
Sliced bananas and oranges  
Fried beef  
Popovers. Marmalade. Coffee
- Dinner**  
Tomato soup. Toasted crackers.  
Stuffed celery. Pickles.  
Fricassee chicken  
Parsley potatoes  
Cauliflower with browned crumbs  
Endive salad. French dressing  
Orange cake. Chocolate ice cream
- Supper**  
Creamed mushrooms  
Tomato jelly with vegetable salad  
Cake. Tea.
- Monday—Breakfast**  
Orange juice  
Cooked cereal  
Poached eggs. Toast. Coffee.
- Luncheon**  
Cream of cauliflower soup  
Tomato sandwiches  
Celery. Cookies.
- Dinner**  
Baked pork chops. Buttered carrots.  
Baked potatoes. Buttered turnips.  
Apple brown betty  
Stewed prunes  
Read-to-eat cereal  
Hot rolls. Coffee.

- Luncheon**  
Mixed vegetable salad  
Pancakes. Syrup.  
Tea
- Dinner**  
Roast lamb  
Browned potatoes  
Buttered string beans  
Cranberry tapioca pudding
- Wednesday—Breakfast**  
Grapefruit  
Cooked cereal  
Hot rolls. Coffee.
- Luncheon**  
Black bean soup  
Scalloped potatoes  
Hot biscuits. Honey. Tea.
- Dinner**  
Broiled scallops  
Baked potatoes  
Spinach with lemon butter  
Lettuce with chiffonade dressing  
Chocolate pudding
- Thursday—Breakfast**  
Pineapple juice  
Ready-to-eat cereal  
Wholewheat toast. Coffee.
- Luncheon**  
Egg Benedict  
Celery. Tea
- Dinner**  
Hot sliced lamb with chili sauce  
Scalloped potatoes. Buttered turnips.  
Date pudding, hard sauce.
- Friday—Breakfast**  
Stewed apricots  
Ready-to-eat cereal  
Kipperd herring  
Hot rolls. Coffee.
- Luncheon**  
Baked beans.  
Brown bread  
Raw carrot salad  
Tea. Cookies.
- Dinner**  
Baked stuffed fish  
Oven-fried potatoes  
Creamed onions  
Caramel custard
- Saturday—Breakfast**  
Tomato juice  
Ready-to-eat cereal  
Sausages. Toasted rolls
- Luncheon**  
Scalloped fish  
Cabbage and beet salad  
Muffins. Marmalade. Tea.
- Dinner**  
Broiled minute steak  
Grilled mushrooms  
Mashed potatoes. Peas with cream.  
Lemon meringue pie
- Tea Muffins**  
2-3 cup sifted dry bread crumbs  
1/2 cup milk  
1/2 cup molasses.
- 1 egg  
1 1-3 cups flour  
3 teaspoons baking powder  
1 teaspoon salt  
1/2 teaspoon soda  
1/2 teaspoon cinnamon  
1/2 teaspoon nutmeg  
1/2 teaspoon cloves  
1 1/2 teaspoons fat.

Soften the bread crumbs in the milk add the molasses and the beaten egg. Mix the dry ingredients and add to the first mixture. Melt the fat, cool slightly, and add. Bake in greased gem pans in a moderate oven (400 degrees Fahrenheit) twenty-five minutes.

**Stuffed Celery**  
2 bunches celery  
1 cake cream cheese  
1 pimiento  
Salt  
Paprika.  
Fill short pieces of celery with the mixed cheese, pimiento and seasonings.

## Gore Bay Had Dust Storm to Colour Snow Last Week

(Gore Bay Recorder) Between four and five o'clock on Sunday afternoon Gore Bay had rather an unique storm. For a period of time a heavy dust storm laid a blanket of brown over the snow, this was followed by hail which covered the dust. During the period of the dust storm thunder and lightning added to the unusual storm. No damage of any great consequence was reported.

A few years ago a dust storm of similar proportions took place and at that time it was attributed to upper atmospheric conditions, which had their origin in the United States.

## Wedding Saturday at Anglican Rectory

Miss Eleanor Costain and Mr. Geo. Sparling, Formerly of South Porcupine, United in Marriage.

South Porcupine, Feb. 19th, 1938—(Special to The Advance)—A very pretty wedding took place this morning (Feb. 19th) in the Rectory of St. Matthew's Church, Timmins, when Canon Cushing united in marriage Eleanor, elder daughter of Mr. and Mrs. Harry Costain, of Dome Extension, and Mr. George Sparling, of Kapuskasing.

The bride who was given in marriage by her father, looked very lovely, gowned in bridal white satin, cut on long lines with bolero effect, and she wore a close fitting hat of white moire with a chin-length veil, her accessories were also of white, long white gloves and white shoes. She wore a corsage of Talisman roses and fern with silver ribbon. A necklet of pearls with a crystal clasp was the gift of the bridegroom.

Her bridesmaid, Miss Marjorie Costain (her sister) also looked very sweet in an ensemble of navy blue, with navy accessories and wore a corsage of American beauty roses.

The bridegroom was supported by Mr. David Tait as best man.

The bride's grandparents, Mr. and Mrs. John Costain, were also present at the ceremony. Mrs. Costain wearing navy blue silk with red roses.

After the ceremony a wedding breakfast was served at the bride's home to the immediate relatives, the table decorated in bridal white with yellow roses as decoration. Later a reception was held at which Mrs. John Costain presided.

The bride's gift to the bridegroom was an agate and gold pin, and the bridegroom's gift to the bridesmaid was a silver compact.

The gifts received by the young couple, who are both extremely popular here, were not only numerous but very beautiful.

The newly-wedded pair left on the noon train for Kapuskasing where they will in future reside, the groom being on the staff of The Kapuskasing Tribune.

We offer our best wishes to Mr. and Mrs. Sparling, and hope that the brightness of their wedding day may be a happy augury for a bright and happy future.

Carleton Place Canadian:—We judge the opening of the Dominion Parliament got away to a good start last week. It took five or six pages in each of the Ottawa papers to describe the dresses worn by the ladies in attendance. We presume the members were also present.

A little Roquefort cheese may be added if desired.  
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# BE BEAUTIFUL

By ELSIE PIERCE  
FAMOUS BEAUTY EXPERT



Following the manicure routine outlined here hands and nails can look as lovely as DELLA LIND'S Revised Technique in "Manicure for Health"

One of the world's outstanding authorities on nail and hand beauty announced a new salon technique which is adaptable for home use. It is a manicure, and hand treatment in one, designed to soothe as well as shape the nails, relax tightened muscles and develop poise through grooming and massage.

Digging just above the nail root is taboo'd. It not only sets nerves on edge, but it may injure the delicate structure from which the nail grows. Injuries too small to see are often responsible for cracking or peeling of the nails when they grow out.

Cuticle cutting is definitely ruled out also. This, our authority believes, causes fraying, just as surely as cutting off the seam of a dress. In two or three days' time tiny hangnails start to form. The irritated cuticle becomes rough and coarse, more difficult to deal with.

**The Routine**  
The first step is to remove old polish but a lubricant polish remover is used instead of the acid remover. The second step—An emory board is used in filing the nails; the filing is done from corners to tip, never in both directions. The rough side is used first, then the smooth side to level edges. You are warned not to touch cuticle with emory board. You are warned not to file the nails too deep at the sides. Before liquid is applied the nails are buffed with powder polish to encourage natural gloss and promote circulation at the nail bed. To remove any dead cuticle, the orangewood stick is wrapped with cotton, moistened with the lubricant cuticle remover and worked gently around the cuticle, then any dead cuticle is wiped away with towel. After the polish is applied, and this does take practice, the nails are massaged with manicure oil or cuticle cream and then hand massage cream is worked up over hand and wrist, giving special attention to knuckles. Finally a bouquet hand lotion is patted into the hands.

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## That Body of Yours

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

### A Full Stomach and a Failing Heart

Some years ago a physician passing a factory at the noon hour noticed a large number of men playing soccer (football). They had eaten their lunch had settled down to a practice game and played for about a half hour. Believing that these young men should be resting after the meal instead of playing which takes the blood away from the stomach and intestines down to the legs, he determined to make tests.

With some other physicians after the game finished at 1 o'clock, he examined the stomach contents of the ones who had played and compared them with others who had sat down and rested during the noon hour.

These physicians found that digestion had gone along as fast, in fact faster, in the ones who had played than in those who had rested. Thinking that the ones who had played were perhaps better or stronger men physically it was decided to examine these players on days on which they did not play but rested. It was found that on the days on which they played, digestion was better or faster than when they rested.

Now this was a surprise to the investigators but served to prove that in young, healthy vigorous men, exercise—not too violent—forces the heart to beat faster and stronger and blood is pushed all over the body at a more rapid rate, including also the blood in the digestive system.

However as we grow older the heart is not so strong and elastic and can only do a certain amount of work, and eating a big meal taxes its strength to the extent that any exercise immediately after the meal actually puts a strain on the heart, and on the blood vessels.

Thus Dr. Walter C. Alvarez, Mayo Clinic, in American Journal of Digestive Diseases and Nutrition, reminds us that, after a meal, the blood flow more than doubles, not only in the blood vessels supplying the digestive system but also in all the blood vessels of the rest of the body. One can thus see why a man whose heart is ordinarily

just strong enough to stand the extra strain of a short walk is not able to take this walk after meals when the load on the circulation has already been increased almost to the breaking point.

The thought then as we approach middle age or when there has been any strain on the heart from infection, is to rest, not work or play, immediately after a good-sized meal.

### How is Your Blood Pressure?

Is it high... is it low? Do you know what precautions you should take in either case? Send for this new Barton Booklet (No. 108) which discusses this matter of blood pressure in simple, easily understood language. Enclose Ten Cents to cover cost of service and handling and mention the name of The Advance, Timmins. Send your request to The Bell Library, 247 West 43rd St., New York, N.Y.

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**GIRL GUIDES IN TIMMINS**  
Guides! Tuesday, February 22 is Guide Thinking Day. Guides everywhere are thinking of their founders, Lord and Lady Baden Powell; they are thinking of the world-wide sisterhood of Guides to which all Guides belong; and they are thinking of what they can do to keep their Promises and the Guide Law.

The 51st I.O.D.E. Company is moving its headquarters. It will meet from now on at the Hollinger hall on Wednesdays at 7:15 p.m. instead of at the Central Public School. The first meeting in the new quarters will be this Wednesday. There will be an enrollment ceremony, and examiners will also be present to test those Guides who wish to try for proficiency badges.

Those members of the 51st Company who cannot come to the meetings held at the new place, are to report at once to their patrol leaders or to Captain Tyrrell in order that they may be transferred to other Guide Companies. Remember that the annual twelve-cent contribution to Canadian Guide Funds is due at the next meeting.

The 101st Guide Company meets at the St. Matthew's Church basement on Mondays at 6:45 p.m.

## Rebekah Party for the February-Born

Event in Honour of Rebekahs Whose Birthdays Are in February

The Gold Nugget Rebekah Lodge held a birthday party for members whose birthday comes in February, on Thursday night in the Oddfellows' hall. Many of the lodge members were present as well as visiting members, and after lodge the gathering had a very enjoyable time playing games, the first of these being won by Mrs. Henderson, and the second game won by Mrs. Lawley. Mrs. Keene and Mrs. Webb then sent the audience into fits of laughter with a delightful comedy skit entitled "A Bicycle Built for Two," after which everyone joined in a merry square dance. The novel part of the square dance was that there were only four men present. These men were certainly popular with about forty ladies who were all set on making the occasion a happy and eventful one. Messrs. Keene and Tom Scott called the square dances, and Mrs. Quenby played the piano. Following the fun of a square dance, a delightful interlude of peaceful music was introduced, and Mrs. Webb, accompanied by Mrs. W. H. Wilson, sang a few beautiful selections.

The refreshments were dainty and delicious, and especially lovely was the birthday cake which had been prepared to honour the birthday guests, who were Mrs. J. Webb, Mrs. M. Scott, Mrs. M. Sears, Mrs. H. James, and Mrs. Keene. After an evening of happy and carefree merriment, the guests of honour received the best wishes of their many friends, and all departed for their homes, having thoroughly enjoyed the event.

## International Flower Exhibit at Toronto

Notable Event to be Held in Canada for First Time.

Since the earliest days of the camp, the people of Timmins and district have shown special interest in flowers and horticulture in general and so well will be particularly interested in the National Flower and Garden Show, which despite its name, is really an international event.

For the first time in its history, the National Flower and Garden Show, one of the most spectacular of flower exhibitions, will be held in Canada, with Toronto as its rendezvous from March 24 to April 2. The National Flower Show is sponsored each year by the Society of American Florists and Ornamental Horticulturists, and has been staged on 18 previous occasions in various large cities of the United States, such as Milwaukee, Indianapolis, Boston, Philadelphia, Cleveland, Buffalo, Minneapolis, St. Louis and Detroit.

At Toronto the spacious Automotive Buildings in the Canadian National Exhibition grounds will house the 19th show, and so great interest has been shown among the various Canadian horticultural societies, that huge as the building is, it will be none too large to

accommodate the numerous exhibits and displays. While the National Show is primarily one for professional competition, there is much to interest amateur gardeners, and in the schedule of the Show opportunity is provided for the participation of amateurs and amateur gardening clubs, such as the Canadian horticultural societies.

The exhibit of the Horticultural Division, Central Experimental Farm, Ottawa, Dominion Department of Agriculture, will be made up principally of varieties of ornamental plants originated at the Farm. There will be specimens of the lilacs of Miss Isabella Preston of the Division, Syringa Presidentia, Siberian Iris, and various hybrid summer flowering lilies. In the stand of the Horticultural Division, there will also be a large display of the Division's own strain of selected Schizanthus and also geraniums originated at the Farm. A quantity of Lillium Howardii will be shown. This is a new species recommended by the Bermuda Government for the florist trade, and it is expected that this new lily will prove superior to Lillium Harrisii. In addition, there will be an exhibit of carnations grown in sand and fed nutrient treatments, as well as an exhibit of chrysanthemums in sand showing symptoms of defective and excess nitrogen, potash, and phosphorus. The stand of the Horticultural Division is 50 feet long and ten deep and the whole structure will be filled with exhibits including some very fine paintings and sketches by Arthur Kelleit, of flowers and shrubs originated at the Farm.

## Funeral of John Greer at Charteris, Quebec

Shawville, Que., Feb. 19.—(Special)—The funeral was held Thursday afternoon of John Greer, life-long resident of the Charteris section of Clarendon township, from his home to North Clarendon Standard Church, with interment in Charteris Anglican cemetery. The officiating minister was Rev. Arthur Wilkins, pastor of the church, assisted by Rev. Sam Lindsay, of Shawville Standard Church, and Rev. D. Andrews, of Charteris Anglican Church. The pallbearers were Fred Richardson, and Rob and Jos. Stanley.

Mr. Greer, who was in his 64th year, was born in North Clarendon, son of the late John Greer and Eliza Walls. He was married to Mrs. Richard Ralph, whose maiden name was Theresa Stanley, who is left to mourn his loss. There are also surviving, three sons, John G. Clinton and George, all at home; two step-children, Leslie Ralph, of Timmins, and Julia Ralph, of Ottawa; three brothers, Moses of Renfrew; Joseph, of Clarendon, and Henry, of Timmins; and three sisters, Mrs. John Havelin, of Clarendon, Mrs. John Gibson, of Campbell's Bay, and Mrs. W. T. Laughren, of Hamilton, Ont.

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| <b>1st</b> Gather Up The Clothes<br>TIME: 5 MINUTES | <b>2nd</b> PHONE 153<br>TIME: 1 MINUTE | <b>3rd</b> Put Away the Clean Clothes<br>TIME: 5 MINUTES |
|   |  |  |

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