

Casserole of Chicken as Centrepiece for Dinner

Culinary Expert Recommends Casserole of Chicken Highly Seasoned, with Minced Vegetables and Surrounded with Potato Balls and Small White Onions.

Nothing is better than a casserole of chicken, highly seasoned with minced vegetables and surrounded with potato balls and small white onions. A sauce may be made by adding cream and white flour just before serving. This might be a good choice for Sunday dinner, unless you prefer a roast. You



(By Edith M. Barber)

will probably find legs of lamb, pork loins, beef chucks and veal at reasonable prices.

Sunday—Breakfast
Sliced oranges
Scrambled eggs with sausages
Toasted English muffins. Marmalade.
Coffee.

Dinner
Crema of pea soup
Celery. Olives.
Casserole of chicken with vegetables
Potatoes with parsley butter
Raw cauliflower salad
Devil's food. Tea

Monday—Breakfast
Stewed figs
Ready-to-eat cereal
Soft-cooked eggs. Toast. Coffee.
Luncheon
Chicken soup
Shrimp salad
Canned cherries. Tea.

Dinner
Pork chops with apple rings
Bake stoned potatoes. Buttered peas.
Caramel custard

Tuesday—Breakfast
Grapefruit
Cooked cereal
Bacon. Whole wheat rolls. Coffee.
Luncheon
Vienna noodles
Tomato salad
Muffins. Honey. Tea.

Dinner
Roast lamb, mint sauce
Mashed potatoes
Lima beans in cream
Cabbage salad
Rhubarb pie

Wednesday—Breakfast
Stewed prunes
Ready-to-eat cereal
Omelet. Toasted muffins. Coffee.

Luncheon
Cold lamb
Fruit salad
Cheese. Toasted crackers.

Dinner
Fried oysters
Scalloped potatoes
Asparagus with brown butter
Watercress salad
Bananas with rum sauce

Thursday—Breakfast
Orange juice
Cooked cereal
Bacon. Bran muffins. Jam. Coffee.

Luncheon
Creamed mushrooms on toast
Lettuce with pickle dressing
Doughnuts. Tea.

Dinner
Veal cutlet
Baked sweet potatoes
Creamed cabbage
Angel cake with hot chocolate sauce.

Friday—Breakfast
Stewed apricots
Ready-to-eat cereal
Muffins. Marmalade. Coffee.

Luncheon
Vegetable soup
Sardine salad
French toast. Syrup. Tea.

Dinner
Baked fish, Hollandaise sauce
Stuffed potatoes. Buttered peas.
Cabbage and carrot salad
Date pudding

Saturday—Breakfast
Orange juice
Cooked cereal
Bacon. Hot rolls. Coffee.

Luncheon
Baked cheese
Lettuce with catsup dressing
Gingercake. Tea.

Dinner
Beef stew with dumplings and vegetables
Chicory salad
Tapoca cream

Pea Soup
3 tablespoons butter
1 tablespoon minced onion
3 tablespoons flour
1 1/2 teaspoons salt
1/4 teaspoon pepper
1/4 teaspoon nutmeg
1 can peas.

Melt the butter, add the onion and cook one minute. Stir in the flour, add the milk, salt and pepper and stir over fire until thickened. Cook one minute. Add the peas which have been cooked in their liquor until very tender and then rubbed through a sieve. Add the nutmeg and heat. Serve in plates or cups.

Stuffed Baked Potatoes
6 large baked potatoes
1/2 cup hot milk
1 1/2 teaspoon salt
Pepper
Paprika
1 teaspoon chopped parsley

Cut potatoes in half lengthwise and scoop out centres. Press through ricer, add hot milk and beat until smooth. Add seasonings and beat well. Refill potato shells, return to hot oven, 400 degrees F., and bake until brown.
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Inspiring Reports Heard by W. M. S.

Missionary Society Pays Tribute to Late Mrs. Alexander.

Among the reports given at the meeting of the Timmins United Church Women's Missionary Society on Thursday that of the Strangers' Department was one of the most interesting. It told of 508 calls being made in the district during 1937. In addition 100 were made in rural areas where vacation schools were conducted by Miss Susie Smyth. There were 229 hospital visits, 13 calls upon new Canadians whose names were received from the Home Mission Board and 69 new families contacted.

Secretaries reporting were Mrs. Passmore, Mrs. Ian Gordon, Mrs. Charbonneau, Mrs. Gillies.

The president, Mrs. Alex Ramsay, was in the chair.
The theme for the meeting was "The World-wide Church".

Mrs. Ramsay spoke of the marvellous growth of the Christian church from the little band of disciples to the 600,000,000 members of today—grown because it is a missionary church.

Mrs. Thompson and Mrs. W. Ramsay assisted in the devotional period.

Following along this theme, Mrs. J. E. Weir spoke of "The Light of the Mind," which follows the gospel around the world. One half the world can neither read nor write and the great

BE BEAUTIFUL

By ELSIE PIERCE
FAMOUS BEAUTY EXPERT



The first print dress is a sign of the approach of spring! LORETTA YOUNG'S choice is striking, gay and very smart.

Americana's Spring Fever

We're not referring to day-dreaming, or wanderlust, or that lackadaisical "my heart's in the highlands" attitude. We mean Americana's spring fever which prompts fashion magazines and newspapers to give us a preview of spring long before the first crocus appears. It's Spring, even though the calendar says it's midwinter, even though your lips feel chapped and your fingertips feel frozen, even though the snow flies and the wind howls. It's Spring, and there's nothing you can do about it.

What's more you probably don't want to do anything about it. You are quite content to do your Spring shopping early. Right this minute you are probably planning your Spring wardrobe. You carry your head higher at the thought of a new hat, the mere speculation of a gay print dress makes the end of winter easier to bear, and all in all this Spring fever does put a song in your heart.

That's fine! It's better medicine and easier to take than the old sulphur and molasses. But there are other things to be done so that you will be prepared

majority of folk thus handicapped are to be found in the non-Christian world. Invariably the coming of the gospel in power results in intellectual quickening. It was so among the pioneers of our own land, and it was equally true in old Scotland and the England of John Wesley's day. The same results are seen in other lands. Mrs. Weir traced educational developments from the small beginnings to the great missionary schools, universities and colleges of to-day.

The Secretary's report was read by Mrs. Traver and the Treasurer's report by Mrs. Arthur Jackson.

Mrs. P. H. Carson sang "The Church's One Foundation".
Talent money made by the members for special work was received.

A letter was received from Miss Etta Campbell former W.M.S. worker in Timmins and district descriptive of her present work in Newfoundland. This appears in full in another column.

The society paid tribute to a beloved member, the late Mrs. Alexander, who was also Honorary President. For fifty years Mrs. Alexander was a W.M.S. member. Her place in the society and in the church will be hard to fill.

At the close of the meeting the members joined the ladies of the Ladies Aid Society at their sewing meeting in the basement and were the guests of the latter for afternoon tea.

and handling, to The Bell Library, 247 West 43rd St., New York, N.Y., mentioning The Advance, Timmins. The Common Cold; Why Worry About Your Heart?; Food Allergy; Overweight and Underweight; Nurosis; Eating, Your Way to Health; Scourge (gonorrhoea and syphilis).
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Large Crowd Attend Benefit Whist Drive

Event Under Auspices of Pipe Band and S.O.S.

A benefit whist drive, sponsored by the Porcupine District Pipe Band and the Sons of Scotland, was held in the Hollinger Recreation hall on Friday evening, on behalf of a physically disabled Scotsman. An exceptionally large and happy crowd turned out for the event, forty-four tables of whist being played. Five prizes were awarded to the ladies, and five to the men, the winners being—Ladies' 1st, Mrs. W. Rigg; 2nd, Mrs. J. Finchon; 3rd, Mrs. Cotcher; 4th, Mrs. Bird; 5th, Mrs. J. Shanks; men, 1st, Mrs. A. McWhinnie; 2nd, Mrs. A. Atkinson; 3rd, Mrs. Adamsen (playing as a gentleman); 4th, Mrs. L. Sinclair (playing as gentleman) and 5th, Mr. W. E. Forrester.

While those present were playing whist, a radio which had been specially installed at the hall for the occasion, brought news of the Farr-Bair flight, so that those fight enthusiasts who wanted to listen to the fight and yet also wanted to play whist, would not miss either. A tasty lunch was served and later in the evening dancing was taken up to the music of the four-piece orchestra under the leadership of Mr. R. Todd. Pipe-Major James MacLennan at the pipes gave real Scottish music for the Scottish dances, and after a happy evening of fun and merriment, the large crowd departed for their homes.

Funeral of Mrs. R. R. Tough at Massey, Ont., Last Week

Massey, Ont., March 9th.—Mrs. Robert Richard Tough, who died after a long illness at her home in Massey, in her 66th year, was buried March 2, at Lee Valley cemetery. Rev. Mr. Harris, of the United Church, conducted the service. Pallbearers were: Howard G. Cook, Percy Filion, Ben Andrews, Fred Carlson, Taylor Carmichael, and Stanley Kaye. Born at Douglas, Ont., Mrs. Tough was a daughter of the late Mr. and Mrs. James Bowes. She was married to Mr. Tough on May 23, 1893. She was a member of the Presbyterian Church. Surviving are her husband and three daughters, Mrs. Percy Filion, Massey; Mrs. Howard Cook, Niagara Falls, N.Y.; and Mrs. Carl Noonan, also of Niagara Falls. She also leaves two brothers, Richard Bowes of Bressay, Saskatchewan, and James Bowes of Fort Matachewan, Ont.; and one sister, Mrs. Jessie Livingston, of Douglas, Ont. Amongst those who attended the funeral from a distance were: Richard Bowes, of Bressay, Saskatchewan, Mrs. H. Blood of South Porcupine, Ont.; Mrs. B. Bowes of Little Current, Ont.; Mrs. Octavain Cocksedge, Bracebridge, Ont.; Howard Cook, Niagara Falls, N.Y.; and Stanley Kaye, of Bracebridge, Ont.

Tea and Sale Home Baking Auspices C.W.L., March 17

The Catholic Women's League announce a tea and sale of home baking to be held at the home of Mrs. John Dalton, Cedar street, on Thursday, March 17th, 1938, from 3 to 6 p.m. All are cordially invited to attend this event.

New Officers Appointed by the Wabi Iron Works

According to a letter received last week from the Wabi Iron Works, Limited, New Liskeard, J. McKay Clements, has been appointed president and managing director of the company, effective from March 1st. Mr. McKay-Clements joined the company in September, 1933, as manager, leaving the Imperial To-

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Normal eyes require thirty per cent. of your total nervous energy. If you have a defect in your eye-sight, it may take 10 or 15 per cent. more.

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Cornish Social Club Hold Enjoyable Whist Drive

The Cornish Social Club held a whist drive in the Hollinger Recreation hall on Thursday evening. A happy time was had by the many members and their friends who were present to take part in the evening's fun, the winners at whist being—Ladies, 1st, Mrs. Mac James; 2nd, Mrs. Lagasse, and 3rd, Mrs. Harting; gentlemen's first, W. Nixon; 2nd, Mrs. Slet (playing as a gentleman) and 3rd, J. Pemberton. The travelling prizes were won by Mrs. Cooke, the ladies' prize, and Mrs. Lagasse, the gentlemen's prize. A dainty lunch was served.

Funeral on Friday of Mrs. M. Landers

The funeral of the late Mrs. Michael Landers, who died on Wednesday of last week, was held on Friday morning to the Church of the Nativity and interment was made in the Timmins cemetery. There were many floral tributes and spiritual offerings, showing regret at the death and sympathy for the bereaved family. Among the floral tokens were flowers from the following:—Husband and Family; Mr. and Mrs. John Landers; Esther and Joe Landers; Mr. and Mrs. James Landers and family; Mr. and Mrs. Morris Landers; Mr. and Mrs. H. Bolliger; Mr. and Mrs. Norman Burnett; Edmonds family and Margaret; Mr. and Mrs. G. Mondeaux and family; Jack and Laura McCormick; Mr. and Mrs. J. Lapalme; Mr. and Mrs. Chas. Stevens and Mr. Cripps.

The late Mrs. Landers is survived by her husband and thirteen children, five sons and eight daughters. The daughters are:—Mrs. John McCormick, Florence, Ida, Isabel, Rita, Viola, Eileen, and Muriel. The sons are:—James, Ernest, Michael, Norman and Lawrence.

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That Body of Hours

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

Using the Needle Instead of the Knife in Some Cases of Hernia

When we were examining recruits for overseas service we found a number with hernia—rupture. If the hernia was just "threatening"—bulge in the abdominal wall—or if it were complete but not too large, these men were given the privilege of going into hospital and undergoing operation or were entitled to a "rejection" certificate.

By the time these men came out of hospital and had a short rest at home, two or three months had elapsed, and they were fit for only "light duty" for another three months. Sometimes even light duty brought back the rupture and all that time was lost.

To-day quite a large number of these "threatened" and "early" hernias are successfully treated by the injection method; a method that was frowned upon by the medical profession at that time due to some unsatisfactory hardening solutions then in use. In fact compensation boards, after a thorough trial, are now endorsing this method in "suitable" cases.

You can readily see why this injection method has now become so popular—no loss of time from work, no pain or discomfort, and no expense of hospital treatment. The injection method of treating hernia consists of injecting a solution which hardens or makes fibrous the tissues about the hernia. This hardening or growth of the muscles and fibrous tissues makes the opening or hole through which the "rupture" occurs much smaller, in fact, a hard or fibrous "wall" is built where it will best support the place where the rupture is likely to break through.

A number of injections are necessary and a suitable truss, first adjusted by the surgeon, is worn for some weeks after the last injection.

It should be remembered that this method is best suited for "early" or "threatened" cases, and for those who are not too fat. A careful study of hernia by the surgeons of a large number of hospitals showed that this method was suitable in about 15 per cent. of all cases of hernia.

Seven Health Booklets
Are you susceptible to colds? Do you worry about your heart? Are you overweight or underweight? Does your food agree with you? Do you have to watch your calories, fats, starches, etc.? Do you believe you have an ailment that medical tests do not reveal? The following booklets by Dr. Barton will be helpful to many readers and can be secured by sending Ten Cents for each one desired, to cover cost of service.

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