

Grapefruit and Oranges Leaders Among Fruits

Popular Fruits of the Present Season have Ample Reason for Their Appeal to the Public Taste. Beets, Carrots and Spinach Among the Least Expensive of Vegetables.

Grapefruit and oranges are the leaders among the fruits. While beets, carrots, and spinach are among the cheapest vegetables, mushrooms are at the height of their season, and therefore at a comparatively low price.



(By Edith M. Barber)

- Sunday—Breakfast**
Sliced Oranges With Strawberries
Baked Sausages Muffins
Marmalade Coffee
- Dinner**
Broiled Grapefruit
Carrot Strips Olives
Roast Duck
Brown Rice Buttered String Beans
Romaine With Tomato Dressing
Lemon Ice Nut Wafers
- Supper**
Cheese Platter
Toasted Crackers Cole Slaw
Sliced Fruit Tea
- Monday—Breakfast**
Tomato Juice
Cooked Cereal
Scrambled Eggs Toasted Muffins
- Luncheon**
Vegetable Soup
Poached Eggs With Duck Gravy
Ginger Cookies Tea
- Dinner**
Veal Cutlet
Baked Potatoes Buttered Beets
Bavarian Cream
- Tuesday—Breakfast**
Stewed Prunes With Orange Peel
Ready-to-Eat Cereal
Bacon Whole Wheat Rolls Coffee
- Luncheon**
Cheese Souffle
Lettuce Salad
Canned Cherries Tea
- Dinner**
Roast Lamb
Oven-Fried Potatoes Peas in Cream
Chocolate Ice-box Pudding

- Wednesday—Breakfast**
Sliced Bananas
Cooked Cereal
Poached Eggs Toast Coffee
- Luncheon**
Crab Salad With Tomatoes
Hot Biscuits Jam Cottage Cheese
Dinner:
Fried Oysters
Mashed Potatoes
Cauliflower With Browned Crumbs
Rice Pudding
- Thursday—Breakfast**
Pineapple and Orange Juice
Ready-to-Eat Cereal
Bacon Toast Coffee
- Luncheon**
Onion Soup With Cheese
Mixed Green Salad
Cookies Tea
- Dinner**
Cold Lamb Chili Sauce
Creamed Potatoes
Buttered Lima Beans
Romaine With Roquefort Dressing
Rhubarb Pie
- Friday—Breakfast**
Stewed Apricots
Ready-to-Eat Cereal
Parsley Omelet English Muffins
- Luncheon**
Grilled Sardines on Toast
Cabbage Salad
Hot Cross Buns Tea
- Dinner**
Boiled Salmon, Lemon Sauce
Baked Potatoes Buttered Carrots
- Saturday—Breakfast**
Fruit Jelly
Orange Juice
Cooked Cereal
- Luncheon**
Soft-Cooked Eggs Bran Muffins
- Dinner**
Peppers Stuffed With Salmon
Celery
Shredded Pineapple Tea
- Sunday—Breakfast**
Minute Steak
Stewed Potatoes
Banana Cream Cake
Savory Creamed Eggs
- 1 Tablespoon minced onion
2 tablespoons fat
2 tablespoons flour
1/2 teaspoon nutmeg
1/2 teaspoon salt
1/2 teaspoon paprika
2 cups milk
1 pimento
6 hard-cooked eggs
6 slices French toast
- Cook the onion in the fat until it is yellow but not brown. Add the flour, nutmeg, salt and paprika. When well blended add milk gradually, stirring constantly over a low fire. Cook until smooth and thickened. Cut the eggs into quarters lengthwise and the pimento into strips. Arrange the eggs on the toast, pour the sauce over all and garnish with pimento.

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Bowmanville Statesman.—The average man doesn't think he is having a good time unless he makes a fool of himself.

BE BEAUTIFUL

By ELSIE PIERCE
FAMOUS BEAUTY EXPERT



BESS JOHNSON'S favorite hair-dress is this becoming side-part, with Soft roll curls close to the head.

If You Are Tall

She is the highest paid dramatic actress on the air to-day . . . in her early thirties with a complexion as flawlessly lovely as that of her nine-year-old daughter. She is tall, statuesque and blonde. She believes that one should experiment with colour and looks well in black, pastels and vivid colours, although she favours blue to match her eyes. She recommends extreme simplicity for all tall young women who would be beautiful in the evening. Simplicity, clever tailoring, good line and perfect posture; these are the essential ingredients that make a tall woman look regal and smart to the point where she wins the sobriquet "stunning."

More Beauty Hints!

Here are a few unusual beauty hints which I gleaned from Miss Johnson. When tired, she finds an epsom salts bath most relaxing. It takes away aches and pains after strenuous exercises such as skating. She never takes too hot a bath. When just comfortably hot, a bath soothes and when taken at bedtime invites sleep.

Sleep, by the way, is something she particularly emphasized. Plenty of it to keep the eyes bright and shining, plenty of it to lighten problems which, when you are tired, seem to weigh so heavily on your shoulders.

When tired she also covers her face with pure olive oil before getting into a warm bath. Her skin is thoroughly cleansed first with warm water and a mild soap made with olive oil. Making a thick suds she makes sure every trace of dust and grime is removed, then rinses her face in warm water, then

reserve power of the heart so that it will not be exhausted too soon?

It is work or exercise that uses up the power of the heart, but some work or exercise must be done regularly in order to keep the heart muscle in good condition and in order to supply blood to all parts of the body. But this work or exercise must be carefully regulated so that too much heart power will not be needed in doing it and provision made for rests—short or long—after doing the work.

Another important point in conserving or saving this reserve power of the heart is to avoid excitement and other emotional disturbances. Still another is to avoid heavy meals which call upon the heart to do much extra work and carry on its ordinary work also.

A point that is often forgotten it that when the individual is overweight he is asking the heart to pump more blood to supply this excess fat, aside from the extra work put on the heart by the extra weight carried by the body. Some definite results from reducing the weight (even those of normal weight) in cases of beginning heart failure—loss of reserve power—is recorded in Archives of Internal Medicine, by Drs. S. H. Proger and H. Magendanz.

Among the results obtained by cutting down on the food intake until loss of about 10 per cent. of body weight was obtained were slowing of the heart rate, lowering of the blood pressure, lessening of the rate of breathing, with a corresponding improvement during exercise.

As a patient with a failing heart should be under the care of a physician, this reduction of weight should be done only under his supervision.

Why Worry About Your Heart?

Is it skipping beats, is it murmuring, is it large, is it small? Send to-day for this instructive booklet about the heart entitled "Why Worry About Your Heart?" by Dr. Barton. Enclose ten cents to cover cost of service and handling and mention The Advance, Timmins. Send your request to the Bell Library, 247 West 43rd Street, New York, N.Y.

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Miner Fined for Failing to Set Guards for Blast

At police court last week at Kirkland Lake, J. Ryga, a miner at the Sylvanite Mine, was fined \$10 and costs (the minimum) on a charge of failing to effectively guard an entrance to a drift while blasting was in progress. Some weeks ago Ryga was pulling a chute at the Sylvanite, and was taking out some large pieces of ore by blasting. After setting a charge he sent his helper to one end of the drift to warn workers there, but he did not guard the other end. The complaint under the mining act was laid by J. B. Taylor, a worker who happened to pass the mouth of the chute at the time the charge went off. Taylor suffered a slight concussion of the ear as a result of his proximity to the blast. Another miner who was with Taylor escaped any consequences from the danger. Counsel for Ryga referred to the record of his client, who had not had an accident in the twelve years he had been with the Sylvanite. He thought suspended sentence would cover the case, pointing out that the man's chances for employment would be ruined by a conviction. The magistrate, while making the fine as low as the law allowed, evidently felt that it was necessary to emphasize the fact that the safety provisions of the mining act must be observed by all workers.



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

That Body of Yours

Reducing the Weight Helps the Failing Heart

If patients in whom the heart is beginning to show failure such as getting out of breath easily or slight swelling of the feet, were to remember always that they have just so much power remaining in the heart and act accordingly, they would live years longer. Every heart has what is known as "reserve power" and there is often as much of this power in a heart with a leaking valve as in a heart absolutely free from any defect. A pump with a washer that allows it to leak often pumps much more water than a pump with a perfect washer, because the perfect pump has less power.

What can be done to conserve this

Tuesday 10 P.M.

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Co-operative Plan of Housing Discussed

Interesting Addresses at Consumers' Co-operative Conference.

The regular monthly conference of the Education Division of the Consumers' Co-operative Society was held in the recreational hall of the Consumers' Co-operative Store on Friday evening, April 1st. About thirty members of the society, who represent the educational division at the different branches of the society in this district, were present at the meeting to hear the very interesting addresses given by Mr. Horace Seymour and Mr. Woods.

The chairman, Mr. Roy Clifton, who is also director of the educational activities of the society reviewed the co-operative activities for the past month, such as house parties, study group and the library section. He mentioned that the co-operative party number 4, will be held at the Hollinger Recreation hall some time in May. "Connex" booklets, which deal in brief and interesting paragraphs with the co-operative movement, were distributed to those attending, and it was added that these books are being given to buyers at the store. Mr. Clifton also stated that the children's society are planning a concert which is to be held at the Harmony hall on April 10th. Plans for the next conference were discussed.

Mr. Bruce Moyer, president of the Timmins Consumers' Credit Union, which had been organized at a meeting prior to that of the Education Division, spoke briefly on the aims and objectives of the credit union, and stated that anyone who wished to join, and was resident in Timmins and dealing at the Consumers' local branch, would be welcomed into the union. He added that it was hoped that branches of the credit union might be formed at Schumacher and South Porcupine.

One of the feature addresses of the evening "Co-Operative Housing" was given by Mr. Woods. Housing condition of some kind is needed, said Mr. Woods, and the type that is built, shows the stage of civilization that man has reached. Many people live in domiciles which are a mockery to civilization, and we, the residents of Timmins, show among our housing some of the very worst type of slums. Public interest, long dormant, is now awakening, but governments are slow to assume responsibility. Therefore, those who wish to improve upon their homes or to build new ones, must appeal to a money-lender, who will charge high rates of interest. Mr. Woods outlined a plan whereby it would be convenient for a society to develop housing, and explained different housing plans. The success of an effort like this, said Mr. Woods, is largely due to its manager, as has been found true in other matters. The first reason why it would be better all around for a co-operative society to build, is that large scale buying, which would be necessary in a project of this kind, is more economical; and secondly, money-lenders are hesitant to lend money to individuals, and would be more willing to advance it to a reliable society.

Mr. Horace Seymour, the guest speaker, addressed the gathering on "Co-Operative Housing and its Relation to Town Planning." "I think that the ownership of property is all that is necessary, and a co-operative society would do well at housing," said Mr. Seymour. He exhibited a chart of the limits of building programme under different financing plans, and also a housing plan which showed how correct planning would give a better appearance, and at the same time save a great deal of space that would be wasted in the ordinary street block. "If the lot is large enough it does not

GIRL GUIDES IN TIMMINS

A Court of Honour was held last Wednesday before the meeting of the 51st I.O.D.E. Company.

Horseshoe was formed and the flag was raised. The Guides then planned a hike to find new signs of spring.

Josephine Melville was presented with her second-class badge, and Helen Smith and Myrtle Knell with their Child Nurse Badge. Myrtle Knell was also appointed second in the Poppy Patrol.

An exciting game was produced by the Purple Heather Patrol. Guides of each patrol were blindfolded and the rest of the Guides formed a circle. Balloons were thrown into the circle, and the Guides that were blindfolded tried to step on the balloons and break them.

Captain Tyrrell taught another lesson in dancing, with Mrs. Morin at the piano.

The following recruits were recently enrolled as Guides:—Beulah McMain, Norma Monahan, Marion Johnson, Stella Shornys, Elizabeth Gates and Elizabeth Romiconson.

Guides are reminded to bring pencils for the next meeting.

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Lovely blue-eyed, dark-haired Aileen O'Toole, daughter of Mr. and Mrs. E. P. O'Toole, of Montreal, and granddaughter of the late Hon. W. E. Scully, former Chairman of the Saint John Harbor Board and ex-M.P.P., was crowned Canadian Queen of the Tourist Colony at the National Orange Show held recently at San Bernardino, Cal. Her sister, Miss Marian O'Toole, as Princess Royal of the Fete was in attendance.

Miss O'Toole received the following congratulatory message from Mayor Lawrence MacLaren, of Saint John, N.B.:

"Congratulations from the home city of your parents and grandparents. Saint John, N.B., Canada's gateway to the Eastern playground of the continent. Good luck to both you girls, good health and a safe return from your extended holiday. Regards to all."

While in California, the Misses O'Toole are guests of Col. and Mrs. Sutherland, of San Bernardino.

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