

# Spring Greens Should be Used in Their Season

### Culinary Expert Gives Advice on Spring Greens That is Well Ahead for This North Land. Interesting Menu for a Week. Recipes for Ham with Scrambled Eggs and Deviled Eggs.

Spring greens should be used often in their season, and you may dig your own dandelions, perhaps on your own lawn, or buy the cultivated greens at



(By Edith M. Barber)

the market. You will find beet greens also grown especially for use while they are young and tender.

**Sunday—Breakfast**  
 Fresh Pineapple  
 Ham with scrambled eggs  
 Corn Griddle cakes  
 Coffee

**Dinner**  
 Fruit canapés  
 Celery Radishes  
 Roast fresh ham  
 Candied sweet potatoes  
 Buttered string beans  
 Watercress salad  
 Strawberry ice cream  
 Macaroons

**Supper**  
 Stuffed tomato salad  
 Saratoga potatoes  
 Bread and butter sandwiches  
 Chocolate cake. Tea

**Monday—Breakfast**  
 Stewed prunes  
 Ready-to-eat cereal  
 Bacon. Hot rolls. Coffee

**Luncheon**  
 Dandelion greens with German dressing  
 French toast. Honey. Tea

**Dinner**  
 Hot sliced pork with jelly sauce  
 Baked potatoes  
 Asparagus with Hollandaise  
 Date pudding

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## Porcupine Branch Legion Hold Whist Drive at Dome

A whist drive, sponsored by the Porcupine branch of the Canadian Legion, No. 287, was held in Dome Community hall on Saturday evening, and a very happy time was had by the many who attended. Mr. R. C. Mitchell very ably took the part of M.C. Winners at whist were: ladies' 1st, Mrs. Farrell; 2nd, Mrs. Henry; and 3rd, Mrs. Johnson; men's 1st, Mr. Winship; 2nd, Mr. Sinclair, and 3rd Mrs. Raynor (playing as man).

After the cards, everyone present danced to the music of Mr. Foster at the violin, and Mr. McDonnell at the piano. Both these gentlemen are from the Dome and played for both round and square dancing. Later in the evening a dainty and tasty lunch was served, and another successful evening was brought to a close.

## GIRL GUIDES IN TIMMINS



The regular meeting of the 51st I. O. D. E. Guide Company opened with inspection taken by Captain Tyrrell. Guides then formed the horseshoe and the flag was raised.

At this meeting Mrs. Reeves spoke about dogbites, nose-bleeds, fainting, fits, frost bites, infections and sprains.

After this interesting talk Elsie Sheridan directed a game of "tunnels."

Guides then studied for badges until they were dismissed.

There will be an enrollment ceremony at the next meeting.

## BE BEAUTIFUL By ELSIE PIERCE FAMOUS BEAUTY EXPERT



MAXINE MARLOWE, vocalist of the Phil Spitalny all girl orchestra has her hair thinned out frequently so that it falls into the line of each wave naturally.

### Expert Haircutting Will Help to Keep a Wave

Here is a rather unusual letter from a reader who has to keep a wave, without a permanent, and who hopes her experience will prove "encouraging to others."

"From time to time you publish extracts from readers' letters in the hope that they will interest others. I have read notes in your column about permanent waves and I know how helpful they are. But I don't seem to have read anything about the woman whose hair simply will not take a wave."

"My hair turned prematurely gray when I was twenty-five. I left it that way for more than ten years. Then competition became very keen, the accent seems to be on youth and gray hair still seems a sign of age. So, for business reasons I have had it dyed regularly for quite a few years. As a result it will not take a permanent wave."

"But a clever hairdresser has banished despair. I can manage to keep a finger-wave in my hair from ten days to two weeks and that is as good as many friends of mine who have their hair permanent-waved and then set periodically."

"It isn't done with mirrors. It is the result of very skillful hair-cutting with a razor, layer upon layer, thinned expertly so that the hair line falls into the line of a wave almost naturally."

**Coaxing**  
 "I have such a haircut and thinking about once a month or once every six weeks. (My hair seems to grow faster in the summer than in the winter.) It is shampooed and fingerwaved in the beauty parlor once every ten days during the summer, once every two weeks in the winter. Added to that a little coaxing is necessary at home. I spend about ten minutes on my hair every night . . . first brushing, then a little steaming from the hot water tap which makes my hair very pliable. Then I coax the wave into place, put the ends in curlers (soft ones that I can sleep on) don a net which I remove in the morning after I am completely dressed. That's all . . . I merely comb through my hair and it always looks groomed and freshly waved. It takes that little time and effort . . . but I'd like to see the woman who can keep her hair looking lovely without that."

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## Timmins New Method Laundry

### That Body of Yours

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

#### Infection from Teeth, Tonsils, Etc., May Cause Mental Symptoms.

Some years ago I wrote of a New Jersey State Hospital in which the "cure" of a young woman occurred within two months after some infected teeth were removed. She had been an inmate of the institution for over two years. This so impressed the superintendent that immediately dentists, nose, throat, eye, and other specialists were called in to clear up or remove any infection in teeth, tonsils, sinuses, or elsewhere, with the result that about 40 per cent of the inmates were able to return home.

To-day practically every mental institution has a dentist giving his entire time to the patients, and other specialists — gynecologists, dermatologists, general surgeons — hold clinics at regular intervals. Thus many of those whose mental symptoms depend mostly upon some organic trouble in the body are enabled to become normal again.

Now there are many of us who do not do such foolish or unusual things that we are considered "mental," yet we come so near this at times that our friends and we, ourselves begin to wonder if we are just quite sane.

For instance an infected tooth or tonsil may make us irritable for some time and later make us quiet and sleepy. We may become actually lazy, despite the fact that we have hitherto always been alert mentally and physically. A lazy liver and gall bladder, a slow or lazy bowel, can give us a "dog" care feeling without much in the way of pain or other symptoms.

We may undergo a severe shock or other emotional upsetment and our reactions to this—loss of ambition, laziness, change in behavior—is blamed on the shock or emotional disturbance. In a great many cases the emotional disturbance causes the above symptoms because all the other body processes have been "hurt" for the time being.

However when the average sane man, or woman, whether or not he or she has undergone a shock or emotional disturbance, begins to act "differently," then a thorough search for infection by physician and dentist should be made.

**NEUROSIS**  
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#### Spot on Young Lady's Thigh Not for Peace Justice's Eye

(From Val D'Or News)  
 Mr. Christophe Tachereau, barrister rushed from the Bonne Entente dinner of the Chamber of Commerce, last Tuesday night to defend a 210-pound citizen, who was arraigned before the local J.P.'s under a charge of simple assault against a maiden.

It appeared from the witnesses' evidence that the colossus had a physical argument with the young lady's father, when the alleged victim went into the bathers in the hope of handing the olive branch. But the paternal antagonist "gave her a little push" and the young daughter fell off the verandah and on her . . . dignity. The charge was the upshot of the whole affair.

The father claimed his daughter had a blue mark on her thigh as result of being shoved off the verandah. A witness for the defense claimed she carried a pinkish spot before the battle ever occurred.

"If it would please the court," suggested Mr. Tachereau, "it might be quite material to the case if we could look at the spot in question." The J.P.'s blushed and refused to look at the allegedly bruised part of the maiden's anatomy. Eventually the case was thrown out of court.

### Tennis Now Starting at South Porcupine

Tisdale Tennis Club to Meet This Week. Other South Porcupine and Dome News.

South Porcupine, April 23.—(Special to The Advance)—The lake appears to be opening up and we are informed that by the end of the week the planes will be once more in full swing for the summer season.

Mrs. Covey is spending a few days in Cobalt.

Mr. and Mrs. Don Millar, of Golden City, are spending the week in Ansonville with Mr. Millar's people.

Dr. and Mrs. B. H. Harper and three children are spending a few days in Toronto. Mrs. Harper will visit in Bolton before returning.

Quite a number of people took advantage of invitations to the Schumacher High School's "At Home" dance on Friday evening. Twenty couples went from South End and in addition some from the Buffalo-Ankerite and Pamour Mines.

The next sport that South Porcupine devotees will be indulging in will be tennis. We learn that the Tisdale Tennis Club (president, Mr. H. C. Smith; secretary, Mrs. J. Pipe) will be holding a meeting this week. More members will be admitted this year, and it is to be considered whether or no juvenile membership shall be permitted. This club uses the court on the ball ground.

Miss S. Dragenoff, of Timmins, was the guest this week of Miss Kathleen Woodall.

Miss Fay Acheson, of Connaught, left on Saturday for her home after spending the week with her aunt Mrs. R. Bowes.

Miss Noreen Ledingham, of Connaught, was the guest this week of Mrs. Rebman, of the Pamour Mine.

The A.Y.P.A. of St. Paul's Church spent an interesting and informative evening on Wednesday studying, under Mrs. C. P. Walker the processes of photography. He took the photograph and showed the developing and printing to the young folks who were quite enthusiastic. Next Wednesday will see election of officers for this branch. Will as many members as possible attend.

Miss Newsham Haneberry entertained at her home on Moore St. on Thursday evening in honour of her cousin, Miss Margaret Haneberry, of Charlton. Bridge was played at which Miss E. Rapsey and Miss E. Cunningham gained prizes, and a lovely lunch was served to the guests by the young hostess.

Archdeacon Woodall left on Friday for North Bay where he will speak at a Fisher and Son banquet, in connection with St. Brice's church, and will preach at the Sunday service. He intends to go on from North Bay to Peterborough and Hamilton and will visit Bishop Newsham and the Rev. Patterson. He will attend a meeting of the Anglican Church M.S.C.C. in Toronto before returning. Mr. C. P. Walker is in charge of services in St. Paul's Church on Sunday.

Gerald (Buddy) Rosebrugh, celebrated his tenth birthday on Saturday. As a great surprise his mother invited sixteen of his friends to a party at his home on Crawford St. They had a

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## Pleasant Social Evening by Gold Nugget Rebekah

The Gold Nugget Rebekah Lodge held a social evening in the Oddfellows' hall on Thursday evening, for members and their friends. A good attendance marked the success of this social gathering. A short programme which was both interesting and entertaining was presented, and a delicious lunch was served.

Little Helen Sheppard, of Connaught, spent the week with Mrs. D. A. Flood. Mr. C. (Butch) Dunn has returned from Sault Ste. Marie, where he was called on Tuesday last owing to the sudden death of his brother Lewis aged 22, who was found dead in a garage in the Sault under a truck on April 11th. Death was due to carbon-monoxide asphyxiation, and it is thought that the fumes overcame him when he was under a truck making repairs. He was employed as a truck driver by the company owning the truck. Friends of Mr. Dunn will sympathize with him on the sudden and tragic death of his brother.

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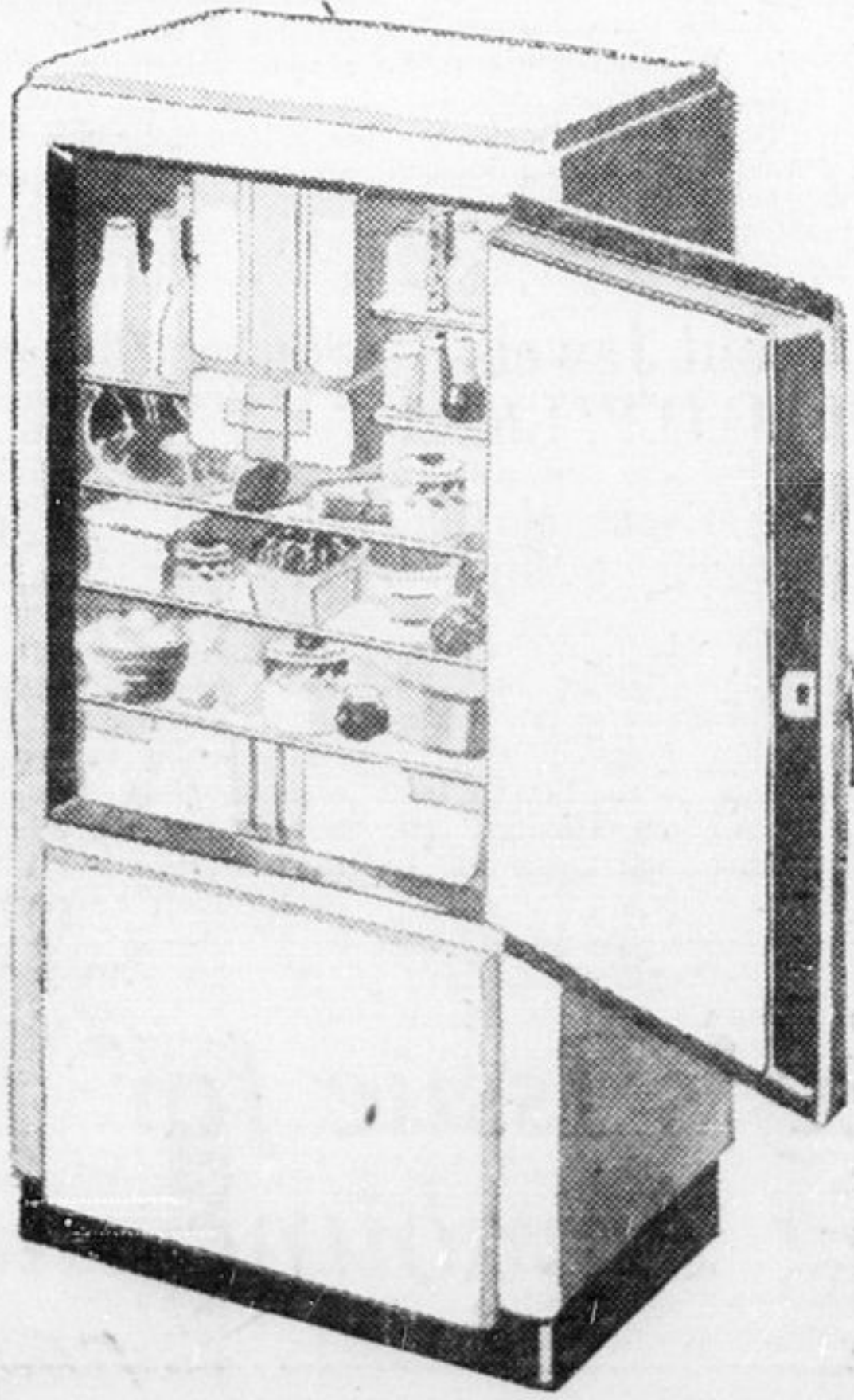
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