

Importance of the Full Pantry Supply Shelves

Especially the Business Woman Housekeeper Finds it Important to Keep Supply of Canned Baked Beans on Hand. Idea Also Applies to Others Needing Quick Meal.

The pantry supply shelf is important in every household, but particularly in that of the business woman housekeeper who does not have so much time to market as does the woman who has only one job. For this reason the

you light your oven as soon as you get home the next day the beans will be baked and ready to serve by the time you have your other preparations made. Dried lima beans may be prepared even more quickly if you serve them after boiling and draining with a sauce which is known as mock Hollandaise. I should like to give it a different name because I dislike that adjective used with any food.

Baked Beans

- One quart small soup beans.
 - One-half pound salt pork.
 - Boiling water.
 - One and one-half teaspoon salt.
 - One teaspoon mustard.
 - One-half cupful molasses.
- Soak the beans in cold water overnight. Drain, cover with fresh water and simmer until soft. Drain and place in an earthen bean pot. Bury the meat in the beans. Mix salt, mustard and molasses and add one-fourth cupful of boiling water. Pour over beans and enough boiling water to cover. Cover and bake in a slow (250 degrees Fahrenheit) oven eight hours.

Mock Hollandaise Sauce

- One cup thin white sauce.
 - Two egg yolks.
 - Three tablespoons butter.
 - One tablespoon lemon juice.
- Gradually pour the hot white sauce into the well-beaten egg yolks. Stir in the butter and lemon juice and continue stirring over hot water until the butter is melted.

Quick Meal

- Tomato juice cocktail
 - Celery
 - Baked beans
 - Mixed green salad
 - Canned apricots
 - Coffee
- Method of Preparation
Light oven.
Bake beans.
Prepare salad.
Mix dressing.
Heat brown bread.
Prepare celery and carrots.
Open can of chilled apricots.
Open can of chilled tomato juice and pour into glasses.
Make coffee.

(Copyright, 1939, by The Bell Syndicate, Inc.)

Huntingdon Gleaner: Movie cowboys in Hollywood have to punch time-clocks now. Film extras have now a 48-hour week instead of a 54-hour week—and the producer of a new cowboy series starring William Boyd decided that he would make sure they worked the full week. So he had a time-clock attached to the covered wagon. Now, before they mount their bronchos and ride out on the lone prairie, the cowboys clock in.



By EDITH M. BARBER

sales of staples should be watched and supplies be replenished.

Perhaps nothing has improved more than canned baked beans which are on the market in the style you like best, whatever your taste may be. Some of them come in jars nowadays which can be used for reheating them in the oven. Instead you may use a small bean pot or a pottery casserole. You may like to put a few strips of bacon or some sausages on top of the beans. With a large green salad you will then have your main course planned.

If you prefer to bake your own beans you may soak them during the day, boil them that evening, mix them with the seasonings and put them into the oven to begin baking. The fire may be turned out at bed time and the beans will go on cooking with the retained heat for an hour or so. If

How Women in Their 40's Can Attract Men

Here's good advice for a woman during her change (usually from 38 to 52), who fears she'll lose her appeal to men, who worries about hot flashes, loss of pep, dizzy spells, upset nerves and moody spells. Just get more fresh air, 8 hrs. sleep and if you need a reliable "WOMAN'S" tonic take Lydia E. Pinkham's Vegetable Compound, made especially for women. It helps Nature build up physical resistance, thus helps give more vivacity to enjoy life and assist calming jittery nerves and those disturbing symptoms that often accompany change of life. Pinkham's is WELL WORTH trying.

Says the World's Tiniest Babe was Born in Canada

(From Toronto Telegram) Canada claims the world's smallest birth-weight baby to survive and flourish. Unlike the Famous Five of Corbell, whose names, games, and every other detail down to teeth and tonsils, are common knowledge; Canada's tiniest baby boy is known to fame merely as "Baby McG."—so designated in the attending physician's case history. Possibly he is the wee McGregor in the flesh?

Baby McG. was not weighed the day he was born, a premature mite of seven months' term. It didn't seem worth while, because the medico did not expect him to survive. Besides, no scales were available at the time. But, on the following morning, the doctor—J. S. Munro, of North Sydney, Nova Scotia—was astonished to receive a telephone call from the nurse saying that the infant was still alive, and requesting feeding instructions. And the same day, the nurse carried wee McG. over to the local grocery store and had him weighed. Two affidavits sworn before James G. Hackett, notary public, North Sydney, N.S., state that the weight of the infant 24 hours after birth, was 14 ounces. Medical literature has no record of any surviving babe weighing less than 600 grams, or within a fraction of 22 ounces. Hence, once again, medical history was made in Canada.

It was on June 6, 1937, that the world's tiniest babe was born. He is still alive, flourishing, and of normal weight; and the case is reported in the current issue of the Canadian Medical Association Journal.

Dr. Munro frankly hands all the credit to the nurse in charge. As soon as the premature child was born, he says, the nurse bathed him in warm olive oil and wrapped him snugly in cotton. Then, because there was no incubator at hand, she tucked wee McG. into a tiny basket, which was placed in a warm kitchen oven. For the first few hours, the babe's sole diet was two drops of brandy in water, fed by means of an eye-dropper. At the age of one year, wee McG. weighed 13 pounds, 12 ounces; and measured 25 1/2 inches. He is perfectly healthy, and in every way enjoying life.

Colourful Vision Seen on Streets of Baltimore

"Since I have voluntarily assumed the task of reporting such vagaries of feminine decoration as come to my notice," writes John O'Ren in his column in the Baltimore Sun, "I ought to call attention to the exceedingly charming miss I saw on Charles St. yesterday. The apex of her costume was a hat with a wide purple stripe across the front. With a fine sense of color she had painted her lips the same shade of purple and—I swear it—her eyebrows were purple, too. She wore gloves and shoes, so I am not able to tell you about her fingernails and toenails, but there is no law against your imagining what you please."

Beauty and You

by PATRICIA LINDSAY



Stunning in its simplicity for the chic young girl is this coiffure by Guillaume which he has romantically called Boldini—reminiscent of exquisite women painted by the famous artist. A velvet bow to match your gown is tied high on the head.

Visiting Parisian Hair Stylist Brings Three Simple, but Chic, Hair Fashions.

The most prominent Fifth Avenue salon of New York has imported a master mind of coiffures. And if you do not think the art of hair fashioning requires a master mind, then you should see the hordes of women who flock to this one daily? It appears that numerous women need expert help when it comes to transforming page-boy bobs to coiffures of upswep elegance!

Convinced that doing the hair high is no mere whim of the current season, but a fashion here to stay, Guillaume presents three simple but chic coiffures which he has named Versailles, Boldini and L'Aiglon.

From These You May Choose
Supple curls lightly drawn back from the face, with high ringlets at the back of the head as well as high over the forehead is Versailles. This was inspired by the romantic coiffures of the Louis XIV period, and is especially becoming for the older woman who finds a too severe hair-do not to her liking.

Boldini, is best suited to the young girl with a lovely neck and exquisite profile. Curls are piled high in front and the hair is drawn up smoothly and simply in back and anchored with a pretty bow or one of the newer barrettes. It's simplicity of style was inspired by the old French paintings in which graceful, languid ladies quietly reveal their charms. The last, L'Aiglon, is a prophesy for the future. It emphasizes the gracious fragility of the New Woman. And it is definitely for the lass who has already trained her hair to stay up! Short hair curls upward and forward round the temples and forehead in a free, classic manner, and a soft fluffiness outlines the shape of your head in back.

It is Guillaume's belief that "square" headresses have seen their day and the effect of the "oval" with a natural head outline, is the style you should strive to wear.

L'Aiglon is a compromise between the American woman's desire for freedom, and the Parisian woman's insistence upon being chic. It is for old and young providing the hair is in good health and its roots have been trained to grow "up." So, if you have been lagging behind the hair fashions, you had better get busy and brush your tresses upward and anchor them there with one of the new contrivances designed to help you.

Before going on this reducing diet get approval from a physician. While reducing follow Miss Lindsay's Diet Health Rules which may be had upon request. Enclose a self-addressed, stamped (3-cent) envelope. Address me care of this paper.

BREAKFAST

- Calories
- Drink the strained juice of a lemon in two-thirds glass of warm water every morning directly after early elimination, at least one-half hour before breakfast 50
- Choice of: 1 ordinary drinking tumbler of

- orange juice or grapefruit juice 100
- 1 egg boiled or poached 70
- 1 slice of whole wheat, rye or bran toast 50
- 1 tsp. butter 30
- Clear coffee or tea with lemon (or no beverage) or fruit juice (as above) 30

LUNCHEON

- Tuna fish salad with 1 tbs. mayonnaise 200
- 2 slices Melba toast 50
- 5 halved stewed pears not sweetened 50
- 3 glass skimmed milk 50

DINNER

- 2 raw carrot sticks 15
- Cheeped round steak broiled (2 patties) 200
- Kale or spinach—1 cup 100
- 1 cup stewed tomatoes 50
- 1/2 tea cup rice pudding 100
- 2 tbs. thin cream 60

Total 550

- Total calories for the day 1200
- Tall girl allowed 1500

(Copyright 1938, by The Bell Syndicate, Inc.)

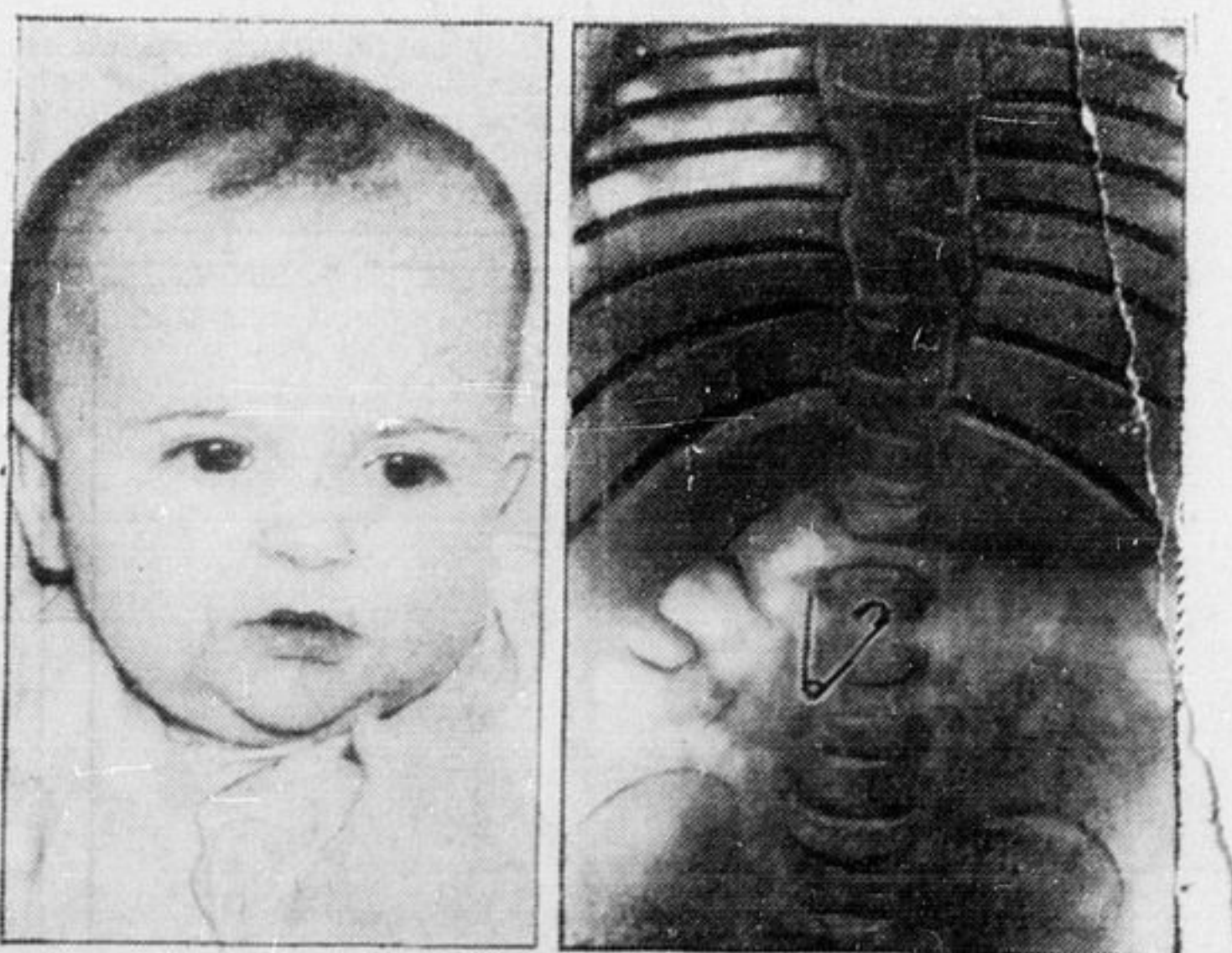
Death at Liskeard of Mrs. Alex Craig

Lived in Timmins for Many Years. Left Here in 1926.

Halleybury, Jan. 19.—(Special to The Advance)—With Captain Mundy, in charge of the Salvation Army corps at New Liskeard, in charge of the services, the funeral was held to Mount Pleasant cemetery here on Tuesday afternoon of the late Mrs. Alex Craig, who was for about 11 years a resident of the Porcupine district, and who died last Saturday at the home of Mrs. Pipher, in New Liskeard. In her 77th year, Mrs. Craig had been in failing health for some time past. With her husband, she came to Temiskaming district more than 35 years ago, the family settling in 1903 in Halleybury, where they lived for 12 years before moving north to Timmins. They lived there until Mr. Craig's death in 1926, when his widow returned to Halleybury, and a year and a half later moved to New Liskeard, where one of her five sons, William Craig, makes his home. Other sons are Percy, who lives in Cochrane; Albert and Irvine, of Toronto; and Edward, of Orillia.

Watertown, N.Y., Times: Phonographs are coming back. Since 1932 the sale of records has gone up 500 per cent. The very radio which once chased the old household entertainer into the attic is now leading a newer and more efficient phonograph in by the front door.

OPERATION REMOVES PIN



Baby Joan Denny (LEFT) of Palmerston recently swallowed a one-inch brass safety pin accidentally dropped from her mother's mouth. The open pin shown (RIGHT) in an x-ray of the four-months-old girl began to puncture the intestine. After consultation, three Palmerston doctors operated to remove the pin, easily located in a half-hour operation. The baby came through the ordeal with flying colours.

Orange Pekoe Blend "SALADA" TEA

Benefit of Reading Aloud to Children

Fosters Love of Literature in the Minds of the Youngsters.

An interesting and helpful editorial appeared in last week's issue of The Leamington Post and News. It was headed, "The Children's Hour," and read as follows:

"Children love to hear a story or read aloud. There is more than entertainment value in this pastime, and indeed the story hour is more than a pastime. The story hour can create a love of books, can help the children to learn about their surroundings and the world in which they live, can help them either to learn a new language, or to master the use of their native language. While stories are told to children primarily for the sake of amusing them, they provide at the same time an avenue by which the children develop powers of thought and assemble knowledge. Kindergarten and nursery school teachers, librarians and many parents are aware of the importance of telling and reading stories to young children. Among many teachers and in a good many homes, the story-hour forms a definite and important part of the day's plan of activities. Great care is therefore taken in the selection of children's stories, so that they are precisely suited to the child's age and state of development. There is nowadays a wide enough variety from which the proper choice can be made. For the very young child it is important to get stories which help him to learn about his immediate environment. Children have boundless curiosity about people and things around them, and to satisfy that curiosity is an important duty and valuable opportunity for the teacher and parents. The child is continuously having experiences, and stories that help him to correlate them become milestones in his life. So are the stories which help to awaken his imagination and which teach him to know the difference between the world of reality and that of imagination. The very young child lives in a world of action and sensory experience. All day he sees new things, touches and hears them. As he grows older he begins to form mental images, and it is then important to help him to separate fact from fancy. Otherwise he becomes confused and the consequences are, both for him and for others, painful. Language is a skill that the child needs to learn. A child loves to play with words, to make sounds and construct phrases. Stories that help him to teach him new words, and new ways of using them, are helping him to become creative. What stories do children like best? A recent survey showed that animal stories come first, stories about objects, such as trains, ships, etc., are second; stories about adults follow, and, curiously enough, stories about fairies are in the lower part of the list. This may be because the modern teacher and parent read or tell stories deliberately chosen for their range of educational content.

TO-DAY'S FASHIONS



Handsome Suit By VERA WINSTON

SUITS to wear in mild regions, and under fur coats where 'tis cold, are smart and colorful as well as practical. Here is a handsome new model. The jacket is of herringbone tweed in a mixture of purple, dark red and blue. The large soft collar has a turned-back fold at the edge. The jacket buttons with one button rather high and is allowed to swing open, though the line is fitted to show the vest beneath. Vest and skirt are of purplish wool, the skirt being composed of inverted box pleats. It's a grand jacket to wear with other frocks and skirts, and for chilly days at the races, if you're witnessing any of these days. Lighter weight, plaid tweed jackets for cruise wear are cut similarly and worn with exciting accessory colors. Carmine, for instance, is a favored southern shade in shoes, hats and bags, looking as smart with Irish tweeds as it does with sharkskin.

What to Do by Phyllis Belmont



I BELONG to a woman's club and we are having the most difficult time deciding on a wedding gift for one of our members. She is moving to another city and we want the gift to be something outstanding and unique. This member is a person with unusually good taste. Can you help us? MOTHERS' CLUB.

Answer—Monograms endow any gift with a unique and personal distinction. And a good gift is a better gift when it is carefully inscribed with the recipient's initials. How about service plates of fine china with bands of cobalt blue, maroon or green with the bride's monogram in the center? They will start off a dinner party in smart fashion. The smartest crystal wears its owner's initials these days engraved with a diamond-shaped monogram. On the newest serving trays of hand-wrought copper or nickel silver appear the initials of both the host and hostess—a unique and interesting gift. Individual ash trays and match-box holders of copper or nickel silver with a monogram are just the thing for the bridge table. And crystal tiles in a set of three inscribed with the bride's monogram are priceless protection for table tops.

GIRL GUIDES IN TIMMINS

The regular meeting of the 106th L.O.D.E. Girl Guides was held Monday at 7 p.m.

Horseshoe was formed and the flag raised by Christine Brown, assisted by Marian McLeod and Vivian Pezzotto. Patrols went to their corners to do badge work.

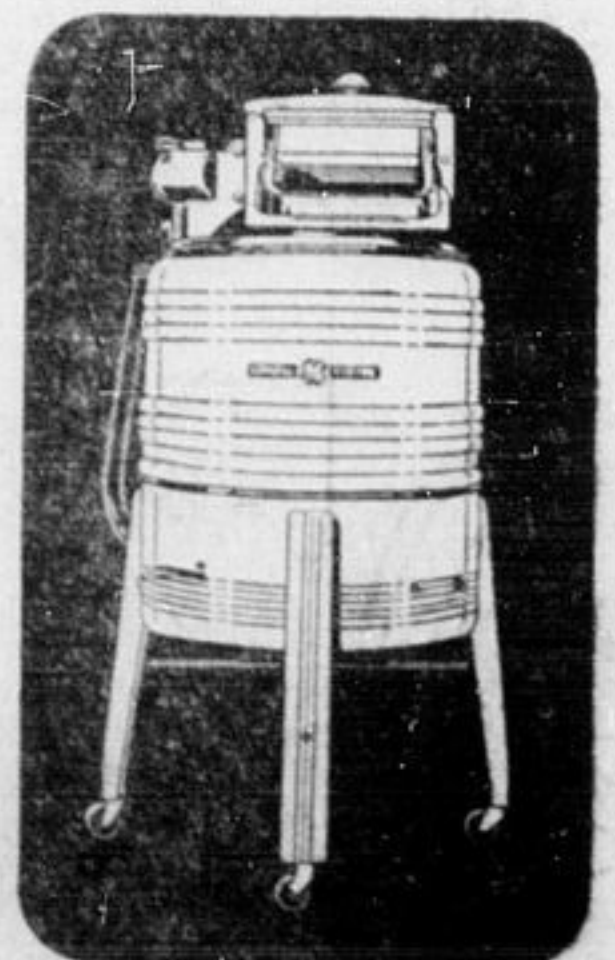
After patrol corners the Guides practiced singing for the competition for the Lady Bessborough cup.

A game was played; horseshoe was then formed, and the colors lowered.

The meeting closed with the singing of Taps. The Guides wish to thank Mrs. Carson for helping them with the songs.

Use ROYAL

FOR FINER-FLAVORED BREAD THAT'S BETTER FOR YOU



Get a modern G-E Washer that gives you snowy-white clothes.

Choose any G-E WASHER

Small down payment — easy terms

FREE

24 large pkgs. RINSO — a whole year's supply — with any General Electric Washer.

Come in today!

Canada Northern Power Corporation, Limited

Controlling and Operating
NORTHERN ONTARIO POWER COMPANY, LIMITED
NORTHERN QUEBEC POWER COMPANY, LIMITED