

Nothing Like Steaming Hot Soup for Luncheon

This is Particularly True in the Chilly or Windy Days of March. Canned Goods from the Pantry Shelf May be Used if Desired. There is Much Variety Available.

There is nothing like a steaming bowl of hot soup for luncheon or at the beginning of meal on a chilly day. With the variety of canned soups on the pantry shelf, you can always have soups at a moment's notice, of course. With



By EDITH M. BARBER

a little thought beforehand by making use of meat bones, left over from the roast, an onion or two, a few herbs and any left-over vegetables you can have what these inveterate cook book writers, the Browns, call "soup for nothing."

If you are using uncooked vegetables, let me suggest that you cook diced celery, carrots, onions, or what have you, in butter for a few moments before you add soup stock in which you will finish the cooking. This does something to the vegetables and gives a last touch of flavor to your soup.

If you are soup conscious, you will not trim your mushroom stems too closely when you are using the caps for any purpose. The sliced stems cooked with some minced onion in butter make

a marvelous foundation for a cream soup. When you have some left-over chicken stock, I suggest that you purchase a five-cent bunch of leeks to combine with the stock, potatoes and cream for vichissiose, than which there is no better soup.

A left-over ham bone just naturally makes us think of black beans, lentil or split pea soup. A supply of one of these dried vegetables should always be kept in the pantry, so that they may be soaked and ready by the time the ham bone has been picked. The two latter vegetables may be found in any grocery store, but you sometimes may have to do a little searching for the former, which, however, are always carried at food specialty shops. Perhaps it should be noted that there are several good brands of canned bean soup.

Vichissiose

Three leeks.
Two small white onions, sliced.
One-quarter cup butter.
One quart chicken stock.
Four medium sized potatoes, peeled and cut thin.
Salt, pepper.
One cup cream.

Remove green part of leeks. Cut the hearts in small pieces and cook with the onions in butter five minutes. Add chicken stock and potatoes and simmer until potatoes are very soft. Put through a fine sieve, season to taste with salt and pepper. Add cream and heat.

Lentil Soup

Two cups dried lentils.
Two and one-half cups cold water.
Ham bone.
Two onions, sliced.
One sprig parsley.
One and one-half teaspoons salt.
One-half teaspoon pepper.
One-half teaspoon celery salt.
Bit of bay leaf.
Two tablespoons bacon fat.
Four frankfurters.
One sliced lemon.

ATTRACTIVE ST. PATRICK'S DAY TEA BY C.W.L.



One of the most attractive teas held for some time in Timmins was the St. Patrick's Day tea under the auspices of the C. W. L. at the home of Mrs. John Dalton, Sr. The picture shows a corner of one of the rooms with a part of one of the beautifully decorated tables. From left to right: Mrs. A. F. Carriere, president of the C. W. L.; Mrs. Munn, Mrs. Dorschner, vice president; Miss May Andrews.

Beauty and You

by PATRICIA LINDSAY
Popular Hispanic Dancer Describes Three Beautifying Exercises

Donna, the female half of the famous Hispanic dancers, Medrano and Donna, is one of the hardest working dancers in the profession.

Of all the many types of dances, the Spanish and varied Latin-American dances are the most tiring and exacting. As she gives a program in one of the fashionable night places, Donna goes through a great deal of leg, heel, arm and foot work; not to mention the back-bending and twisting which makes original Argentine tango the fascinating dance it is. Her swift pasant dance the "Paso Doble" is a dynamic one with effective heel rhythm and exhausting finger work with castanets.

Trained From Childhood

This Latin beauty hails from South America and from early childhood has

displayed an urgent tendency to dance. Back when the tango was proscribed in Buenos Aires—frowned on as a "low" dance—this dark-eyed mix would follow organ grinders and dance to their stimulating music of the tango! At the approach of the law she would run and



Talented DONNA brings much dramatic beauty to the Argentine Tango

hide! But once, not nimble enough, she was taken to the police station, but was soon released on her promise not to dance the tango on the streets again! Many years later, when she had perfected her dancing, the President of Argentine bestowed upon her an honorary degree of arts at the University Nacional! The first dancer to be thus honored!

Keeps Supple Through Exercise

As you see her graceful body dramatize the dance, you marvel at her muscle control. Not a slip away from the commanding rhythm! Never a toe or heel pointed off beat! Her supple body is so compelling that it appears to be all muscle and no bone!

Upon interviewing her she admitted that she exercised daily to preserve that supple grace, and three of her beautifying movements you may do to advantage at home!

Finger Grace

Place tip of thumb on table with wrist high and four fingers raised in air. Press down on thumb and at same time lower one finger slowly at a time until it barely touches the table. Start slowly, increase in speed until fingers are tired. This is for finger grace.

Fer Flexible Waist

Place one foot before the other about ten inches in solid stance. Slowly twist your trunk left as far as you can go. Then bend down to the left as far as possible. Return to position. Repeat toward right. Change foot position and repeat exercise until you feel all muscles stretched.

To Strengthen Weak Legs and Ankles Place feet about fifteen inches apart. Slowly raise yourself on toes. Lift one foot, remaining on toes of other. While in this position do a knee-bend as high as possible. Repeat with other foot.

Use the wall for support at first, later do without support.

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Toronto Telegram—Even if you were to find a pot of gold at the end of the rainbow, we bet the tax collector would hear about the discovery.

Death on Saturday of Mrs. Cyril Davis

Popular Resident of Schumacher Passed After Short Illness.

Schumacher, March 19.—(Special to The Advance)—It was with deep regret word was received on Saturday of the death in St. Mary's hospital of Mrs. Cyril Davis, 113 First Ave. Mrs. Davis had been in the hospital four weeks. She was very ill when taken to the hospital but after treatment she seemed to improve and everyone had hopes of her getting better. Her sudden death came as a shock to her many friends. Mr. and Mrs. Davis came from Toronto to Schumacher four years ago. Mr. Davis plays for the McIntyre football team. Mrs. Davis was treasurer of the McIntyre F.C. Ladies' Auxiliary and her quiet friendly manner won her many friends. Mrs. Davis, before her marriage was Miss Audrey Gray, of Toronto, and she was a graduate of St. John's hospital. The remains left on the Northland on Sunday evening for Toronto, Mr. Davis and his brother, Fred, accompanying it. The funeral will be held on Tuesday afternoon to Park Lawn cemetery, Toronto. She is survived by her husband here and one sister in Toronto. The sympathy of all is extended to them in their sad bereavement.

Spring Fashion Show and Tea, Thursday, March 30th

Those who like to enjoy a pleasant event and at the same time to assist a worthy cause should make a special note of the fact that the Junior League of the Red Cross have made arrangements to hold a spring fashion show and tea at the McIntyre Community hall, Schumacher, on Thursday of next week, March 30th, commencing at 3 p.m. This will be an event well worth attending and is sure to prove of outstanding interest.

GIRL GUIDES IN TIMMINS



Guides of the 51st I.O.D.E. Company held their regular weekly meeting on Wednesday, March 15th.

Guides roamed in patrols and the attendance taken followed by inspection taken by Commissioner Tomney. Horse-shoe was formed and the flag raised by Gladys Langman, assisted by Grace Robertson and Myrtle Knell, the national anthem sung, and the Guide Prayer. Patrol corners were held for a short time in which Commissioner Tomney and Captain Wadsworth visited the various patrols. An exciting game was then played which was won by the Purple Heather Patrol.

Campfire then assembled and the three songs for competition, "Ah, Sweet Mystery of Life," "Cribbirbin," and "When You Come to the End of a Girl Guide Day," were sung. An interesting story was told by Commissioner Tomney which everyone enjoyed.

We were pleased to have Commissioner Tomney with us. As other guests there were Capt. Bailey, Brown Owl Habib, Lieut. Johnson, Mrs. Traver and Mrs. Morin and Mrs. Theriault.

We wish to thank the ladies who conceived the idea to help us with our card party. The Guides also wish to thank the ladies who attended and hope they will come again. Mrs. Wilson won first prize; Mrs. Potter second; Mrs. Cassidy, third; and Mrs. Langman for sitting at the table the longest.

Rangers

The Rangers met in the Town Hall on Thursday evening. They were honored by a visit of Mrs. Tomney who gave the girls a very interesting talk on what Rangers really are and the word "Ranger" means. The minutes were read and adopted and the business of the meeting was dispensed with. Further plans were made for the party to be held in the Hollinger hall on April 1st. The girls were then given the necessary requirements for enrollment which is to take place during the visit of Mrs. Tomney. After a very interesting discussion among the girls, the meeting closed with "Taps."

St. Patrick's Event United Church Choir

Tea and Sale Proved Notable Success.

In an attractive St. Patrick's Day setting, the members of the United Church Choir entertained their friends at one of the most successful afternoon teas to be held during the season. The event took place in the United Church hall on Saturday afternoon, and was attended by a large representation of district ladies.

The hall was beautifully decorated in a green and yellow color scheme, with potted shamrocks to complete the scene. Bruce Leek, of Leek's Flower Shop, kindly donated the flowers for the occasion. Another special feature was the costuming of those who waited at the tables. These choir members wore white dresses, with green caps and aprons, that suited the atmosphere of the afternoon.

The sandwiches, cakes and tea which were served were excellently prepared, and generously served at the tables. A special bake table was well patronized during the event.

Mrs. P. H. Carson, president, received the guests, and Mrs. W. W. Tanner and Mrs. DeMille poured tea. All these ladies were very charmingly attired for the occasion, Mrs. Tanner choosing an exceptionally becoming ensemble of salmon pink lace.

Those in charge of the bake table were Mrs. Worthington, Mrs. McCullough and Miss Edith Richardson, and those who waited at tables were Mrs. Hebb, Mrs. T. Gay, Miss White, Miss King, and Mrs. Jardine.

The kitchen committee was composed of Mrs. Griffin, Mrs. Surman, Mrs. Robinson, and Mrs. Cambridge, while Mrs. Coombs acted as treasurer. The credit for the decorations goes to Mrs. Moody, who planned this feature.

Names Omitted from List of Flowers Published

In the lengthy list of floral tributes at the funeral of the late Mrs. W. Briden, of Schumacher, the following were inadvertently omitted from the list given in The Advance: Caroline Baldwin, Mr. and Mrs. D. Lang, Mary and Ed Baker, Mr. and Mrs. Prior and family.

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Don't Do This!



Don't Do This!



Don't Do This!



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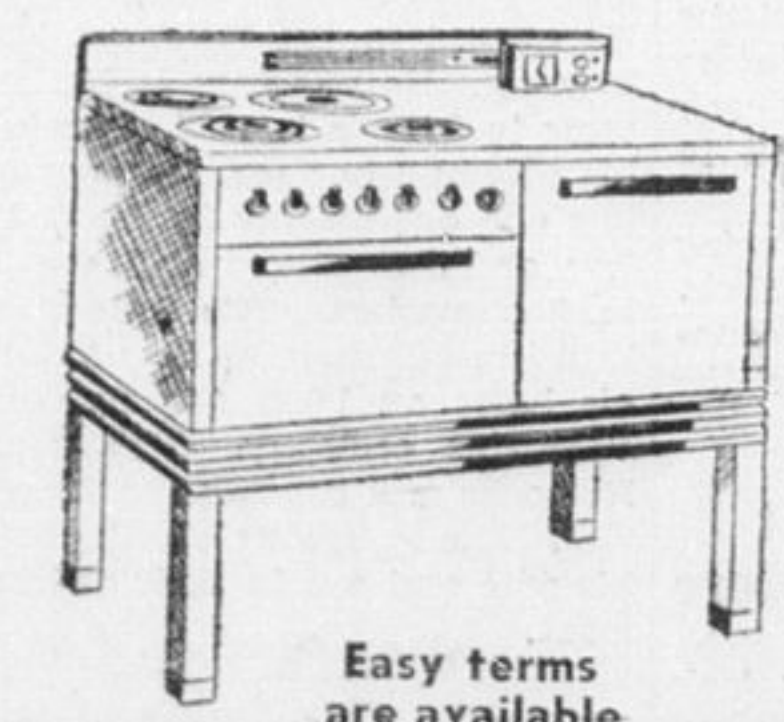
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PROTECT CHILDREN FROM SMALLPOX

Children of pre-school age (one month to six years) may receive free vaccination against Smallpox on:

TUESDAY, MARCH 28th
from 3.00 to 4.00 p.m.

In the Basement of the
NOTRE DAMES DES LOURDES CHURCH
or
WED. & THURS., MAR. 29 - 30
from 3.00 to 4.00 p.m.

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