

# Noodle Ring and Some Suggestions for Filling

**Creamed Shrimps or Spinach Garnished with Sliced Hard-Boiled Eggs and Lemon Slices Dipped in Paprika Served in Noodle Ring Make Attractive Luncheon Dish.**

A reader asks for the recipe for a noodle ring and also for suggestions for filling which make it appropriate to serve as a main luncheon or supper dish.

Either fine or broad noodles may be chosen and should be boiled not more

than seven or eight minutes. Over-cooking noodles makes them tough. After the noodles have been drained, they may be merely mixed with melted butter, salt, pepper and a little onion juice if you like, before being packed into a well greased mold. For a lighter, more delicate ring, eggs and milk which when baked form a custard, may be combined with the noodles.



By EDITH M. BARBER

The ring may be filled with any creamed meat, fish or vegetable. Shrimps on account of colour and flavour make an attractive filling. Mixed creamed vegetables which contrast in colour and flavour are a good choice for lunch. Instead, you may fill the ring with buttered spinach and garnish with sliced hard cooked egg and sliced lemon dipped in paprika.

- Creamed Shrimps**
- 1/2 cup butter
  - 1 cup mushrooms, sliced
  - 1 tablespoon green pepper, chopped
  - 1/2 cup flour
  - Salt, pepper
  - 1/2 teaspoon celery salt
  - 1 1/2 cups milk
  - 1 cup chicken broth
  - 2 cups cooked shrimps
  - 1 tablespoon minced parsley
  - 1 tablespoon minced parsley
  - 1 tablespoon cut pimento
  - 2 egg yolks
  - 1 tablespoon lemon juice

Melt butter, add mushrooms and green peppers and cook five minutes. Stir in flour and seasonings and when smooth add milk and chicken broth, stirring constantly until smooth and thick. Add shrimps, parsley, and pimento. Stir a small portion of hot mixture in the beaten yolks, mix well, and then pour into remainder of mixture. Stir and cook two minutes. Add lemon juice and serve. Note: Crabmeat, tuna or lobster may replace the shrimps.

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## That Body of Yours

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

### Flat Feet May Cause Pain in Legs, Hips, Back and Head

An elderly man consulted his physician about a pain in inner side of his right knee. Examination showed a flat foot which allowed the lower leg (below knee) to swing inward thus putting strain on inner side of knee. A plaster cast was taken of the foot, a support made, and the pain in the knee disappeared.

Flat feet are common and if not brought up by exercise or supports or both, it may mean other symptoms besides painful feet. The knee joint and all the joints in the spine between bones are put under a strain when the arch of the foot falls.

Our method of examining recruits for overseas service was to have them walk across the floor and note if large tendon going down to heel bone came straight down to the heel or turned outward letting inner side of foot down. The recruit then knelt on a pillow and we could see if there was a white or clean spot where arch had held sole of the foot instead of letting whole sole of the foot reach the ground. If the large tendon was turned outward and the whole sole of the foot was black from touching floor, the recruit was rejected for the infantry but might be used in ambulance or other service.

However some of these flat-footed recruits were very anxious to go over with the infantry and when the feet had enough "spring" in the arches to raise them from the low pillow up on their feet again (without help from their hands) they were accepted. Their feet, although flat, with arches down, were not "rigid" flat feet. One such case had walked forty miles to enlist and another had walked second to the

### Redhead No. 1



May Lawrence Brooklyn won her title in New York and will defend her honours against the prettiest blonde and prettiest brunette for World's Fair honours.

world's champion in a three mile walking race a few days previously.

The first thought in the majority of cases of flat foot is to try to strengthen the muscles which hold up the arch of the foot making the foot look like a claw.

Two simple exercises done twice daily to a count of twenty each are:

1. Trying to grasp a marble or other object with the toes.
2. Raising the body slowly from heel to toe, holding a few seconds, and then coming down slowly.

A third exercise is to walk around the room three times on the outer side of the feet. Results can often be obtained in six weeks to six months.

Putting the feet in hot water for five minutes before exercise and for five minutes after exercise will prevent or remove soreness caused by the exercise. When the individual is elderly, greatly overweight, or unwilling to take exercise, arch supports, properly fitted, act as a crutch and given much relief.

### Scourge

Dr. Barton's latest booklet entitled "Scourge" with reliable information regarding the two most dreaded social diseases, gonorrhoea and syphilis, may be obtained by sending Ten Cents to The Bell Library, 247 West 43rd St., New York, N.Y., mentioning The Advance, Timmins.

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## Wear Violet for Charm Spring is Here Once More

(By Donna Grace)

"Paris in the spring, de dum, de dum..."

We may be going along in a matter of fact way, wearing our winter furs and wishing it were summer or any time but March. Suddenly we spy the flower shops with their array of fragrant violets and gardenias, and it changes everything. Spring is here!

We are moved to sing the first few words of all the gay themes we know, and after purchasing as many violets as we can. One should always use this woody aroma with either the fresh or artificial violets, or any time when violets are in season.

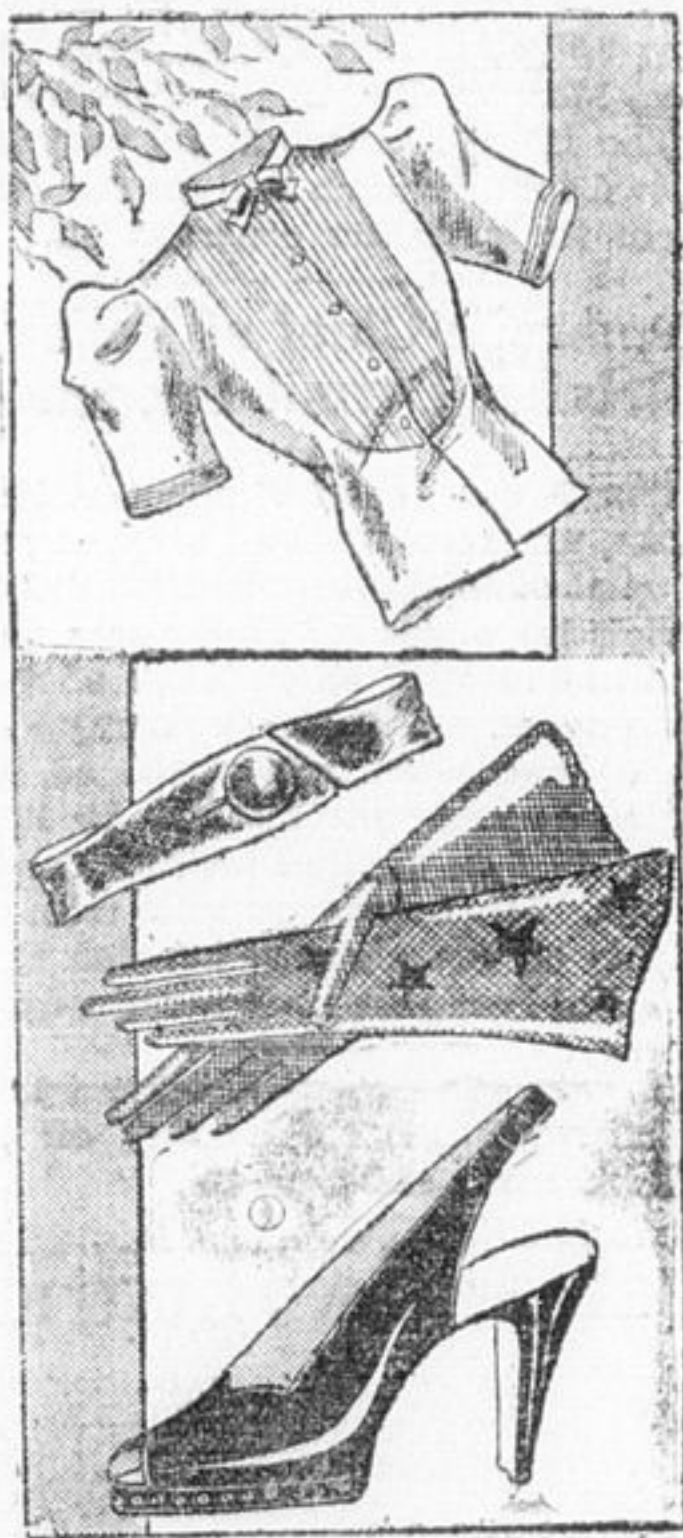
Every girl loves gardenias, but no flower lifts one out of the humdrum of ordinary things as will a bunch of violets. They have a friendly elegance about them. Not too formal, but like the loyal familiarity of old friendships. Smart florists even class them among the old-fashioned blossoms but no smart corsage will ever take their place.

It is a clever idea to have your floral scents to blend with your corsage or boutonniere. As an advanced bit of information, you will find some of the new Easter boutonnieres will be accompanied with little bottles of the appropriate scented fashion as the head of the large pin. They will be pinned to the lapel and topped with colorful vial all ready for repeated applications.

The bouquet aromas are suitable for mixed flowers but you may always use just a faint suggestion of violet even when other scents predominate.

Don't spray your suits or any garment with the lasting perfumes as many of them are not pleasing when stale. Put the scent on flower stems or kerchiefs.

## TO-DAY'S FASHIONS



For the Well-Dressed Woman (By Vera Winston)

HERE ARE some accessories before the fact of being a well-dressed woman. The blouse is made for a smartly-tailored suit and is of fine linen in powder blue with a stiffened, pin-tucked bosom, set off by jewelled studs. The neck-band ties in a self bow. The soft capeskin belt is of deep blue with a covered button centre front and a tailored button-hole. Lined in belting ribbon. The six-button length kid gloves have a spattering of patent leather stars. The patent leather opera pump has a cut-out at the toe and a nailhead-studded platform sole.

### Birthday Party in Honor of Mr. Andrew Van Rassel

A happy group gathered at the home of Mr. Andrew Van Rassel, on Mountjoy street, on Sunday evening, to hold a surprise party in honour of his twenty-first birthday. During the evening, the guest of honour received many attractive birthday gifts, and the friends who were present enjoyed a happy social evening of games and other merriment. A dainty lunch was served.

Among those present were Misses Mabel Charbonneau, Celestine Hisko, Loretta Legris, Dorothy Lench and Bessie Stenclik, Mr. and Mrs. G. Van Rassel, and Messrs George MacLean, Leslie Thomson, Dave Desjardins, Johnny Van Rassel, and the "Hero of the day", Andrew Van Rassel.

### Further Charges in Alleged Abortion Ring at Sudbury

This week there were other charges added to those already laid at Sudbury in connection with an alleged abortion ring in that Northern centre. Richard Radek, of Polish parentage, and owner of two drug stores at Sudbury, was before the court on Monday, charged with aiding and abetting in connection with an illegal operation on an Italian woman last summer. Radek was remanded until to-day but is likely to be further remanded to next week when he appears at Sudbury police court to-day. Radek in the meantime is free on \$3,000 bail. His arrest last Saturday brought the seventh charge against Mrs. Nemeth, who is thus charged with having performed an illegal operation on the Italian woman. The other charges include—four abortion charges, one charge of failing to bury a child born to a Chelmsford girl last year, and a charge of false pretences in accepting \$25 with which to bury the baby referred to. It is stated that Radek offered to post bail for Mrs. Nemeth some time ago, but the Crown refused to accept him in this capacity.

### Renfrew Woman Recently Dead Had 165 Descendants

Mrs. Frances Benish who died recently at Renfrew at the home of her grandson, at the age of 102 years, left 165 descendants. Born in Poland, she came to Canada as a child. She is survived by four daughters, forty-four grandchildren, one hundred and sixteen great-grandchildren and one great-great-grandchild.

## Beauty and You

by PATRICIA LINDSAY



Flower Bouquets at the wrist matching fingertip colouring is the latest colouring whim. In fuchsia, vintage or more natural rose.

### Hands Again! This Time With Wrist Posies to Match Polish

We must have our frivolous moments! They are so necessary to the healthy morale of woman. Now it is a new card trick for Spring—a bouquet at the wrist. Flowers of the season to match in colour your fingertips, are fashion's pet whim for brightening bridge hands, or taking hands to other parties.

"A bridge bouquet," or "poker posies" if you prefer, cleverly tucked to a band of midnight blue velvet and tied around your wrist. The flowers should match the pink or fuchsia of your fingernail polish.

### Hands Prominent in Playing Cards

Whether you play bridge, poker, or just do card tricks, your hands are in a glaring, revealing spotlight, and it's up to you to take exquisite hands to the table. The smart modern realizes that to have lovely hands, she must give them the attention they merit, before displaying them.

Ribbons and flowers will beautify your wrist but they will not soften rough-skinned knuckles, or nails that have been neglected. Hand creams every night, and occasionally during the day are necessary to keep both skin and cuticle soft and smooth.

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