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.

noodle ring and also for suggestions for Fold in beaten egg whites. Pour into filling which make it appropriate to well greased mold (1 quart size), set in serve as a main luncheon or supper a pan of hot water and bake 30 minutes

chosen and should be boiled not more creamed shrimps.



By EDITH M. BARBER

than seven or eight minutes. Overcooking 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.

The ring may be filled with any creamed meat, fish or veletable. 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.

Noodle Ring

- 1 package noodles 2 tablespoons butter
- 1 teaspoon salt
- ¼ teaspoon pepper

3 eggs.

34 cup rich milk or cream

Cock noodles in boiling salted water until tender. Drain, add metled butter,

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Sutherland DRUGGIST

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A reader asks for the recipe for a seasonings, milk and beaten egg yolks. in a moderate oven, 375 degrees F Either fine or broad noodles may be Turn out on platter and fill centre with

Creamed Shrimps 34 cup butter

- 1 cup mushrooms, sliced I tablespoon green pepper, chopped
- 14 cup flour Salt, pepper
- h teaspoon celery salt
- 1 cups milk
- 1 cup chicken broth 2 cups cooked shrimps
- 1 tablespoon minced parsley 1 tablespoon minced parsley
- 1 tablespoon cut primiento
- 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 emooth add milk and chicken broth, stirring constantly until smooth and | The first thought in the majority of thick. Add shrimps, parsley, and pi- cases of flat foot is to try to strengthen miento. Stir a small portion of hot the muscles which hold up the arch mixture in the beaten yolks, mix well, of the foot making the foot look like plications. and then pour into remainder of mix- a claw. ture. Stir and cook two minutes. Add | Two simple exercises done twice daily lemon juice and serve. Note: Crab- to a count of twenty each are: meat, tuna or lobster may replace the

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of Dours

That

Body

(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. 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. 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 off the floor 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

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

. . . after a really sound sleep

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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 walk-

ing race a few days previously.

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

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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Woman in Car Gave Police Wild Chase

Our method of examining recruits Fined \$50 for Reckless Driving. Other Court Cases.

> Story of a hectic chase through Timmins streets was unfolded in police court on Tuesday afternoon. Chasers were the police. Chased was Simone Gauthier. Result was that Miss Gauthier was given the alternative of a fine of \$50 and costs or a month in jail. Her driving permit was suspended for a sixmonths period. "I'll pay the fine," she told the court.

Henry Kosick said that Miss Gauth ier's car cut in in front of him on Third Ave. A minor accident occurred. He talked with her and she said she would pay for the cost of fixing the car. When he went to call the police she got in her car and drove away. He waited until the police arrived and then, with them, followed her. The chase was on Second. Third and Fourth avenues and half a dozen Timmins streets. Finally they caught her, but only after her ear turned over in the ditch.

Another witness who was with Kesiel at the time of the accident, said it was caused when Miss Gauthier cut

Constable Thompson said that the woman drove through half a dozen stop streets and was blissfully unconscious of traffic lights apparently. He got close to her once with the police car, shone his flashlight in her face and told her that he was a police officer.

She evidently was not particularly impressed as she drove away and the chase started all over again. Finally it ended when her car went into a ditch and overturned.

Celeste Legault, who was with Miss Gauthier, said she stopped the car three or four times. For a long time, she said, they did not know the police were following. Despite the fact that the officer said that Miss Gauthier was under the influence of liquor and that Miss Legault had also been drinking, the witness denied that she or her companion had been drinking. She added to those already laid at Sudbury

bit fast." stop sign during her drive, said Miss of two drug stores at Sudbury, was be-Gauthier on the stand. She denied fore the court on Monday, charged with that she had sideswiped another car aiding and abetting in connection with during the chase. She also denied that an illegal operation on an Italian woshe had been drinking. She didn't man last summer. Radek was remanddrink, she said. Reason for the acci- ed until to-day but is likely to be dent in which her car overturned was further remanded to next week when slippery roads, she testified.

Renfrew Woman Recently

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 arid wishing it were summer or any time but March. Suddenly we spy the flower shops with their array of fragrant volets and gardenias, and it changes everything. Spring is here!

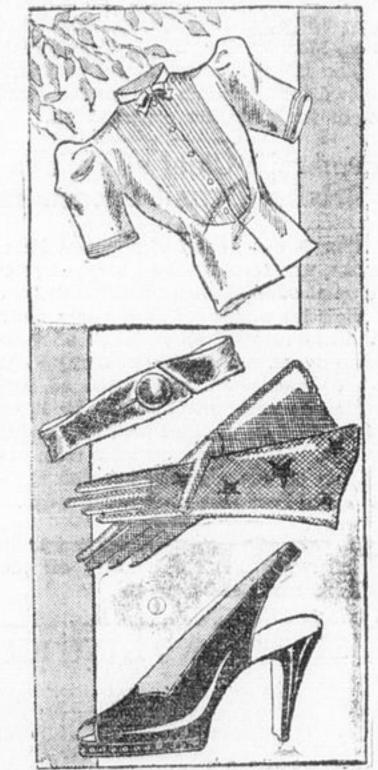
We are moved to sing the first few words of all the gay themes we know, and after purchasing as many violets parfume. One should always use this woodsy aroma with either the fresh or artificial violets, or any time when violets are in season.

Every girl loves gardenias, but no flower lifts one out of the humdrum of ordinary things as will a bunch of viclets. 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 blessoms but no smaft corsage will ever take their

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 scent fashioned as the head of the large pin. They will be pinned to the lapel and topped with colorful vial all ready for repeated an-

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



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 Mountjey 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 Leach 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

admitted that they had been driving "a | in connection with an alleged abortion ring in that Northern centre. Richard She stopped at every red light and Radek, of Polish parentage, and owner 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 Dead Had 165 Descendants having performed an illegal operation on the Italian woman. The other Mrs. Frances Benish who died re- charges include: -four abortion charges, cently at Renfrew at the home of her one charge of failing to bury a child grandson, at the age of 102 years, left born to a Chelmsford girl last year, and 165 descendants. Born in Poland, she a charge of false pretences in acceptcame to Canada as a child. She is ing \$25 with which to bury the baby survived by four daughters, forty-four referred to. It is stated that Radek ofgrandchildren, one hundred and sixteen | fered to post bail for Mrs. Nemeth some great-grandchildren and one great- time ago, but the Crown refused to accept him in this capacity.

Beauty and You

by PATRICIA LINDSAY ____



colouring whim. In fuchsia, vintage or more natural rose.

Hands Again! This Time With Wrist Posies to Match Polish

They are so necessary to the healthy your wrist but they will not soften morale of woman. Now it is a new rough-skinned knuckles, or nails that card trick for Spring-a bouquet at the have been neglected. Hand creams wrist. Flowers of the season to match every night and occasionally during in colour your fingertips, are fashion's the day are necessary to keep both skin pet whim for brightening bridge hands, and cuticle soft and smooth. or taking hands to other parties.

"A bridge bouquet," or "poker posies" if you prefer, cleverly tacked 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.

Nover let ragged cuticle spoil your glamour. Remember that there is no excuse for "harassed" fingertips. The old excuses of "a case of nerves," or "dishwashing" do not hold today. Dishpan hands may be transformed into lovely bridge hands with a little sensible care. Cuticle oil, rubbed around your nails whenever they feel dry does wonders.

IMPORTED ENGLISH

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Lavenda

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Ph. 1754

Flick-Fleck

Nursery Wools

Hand-Knit Suits,

STUDIO

Push your cuticle back with an orangewood stick, wrapped tightly in cotton, and gently shape your nails. Never cut your cuticle for cutting only encourages ragged hangnails and ugly nail line.

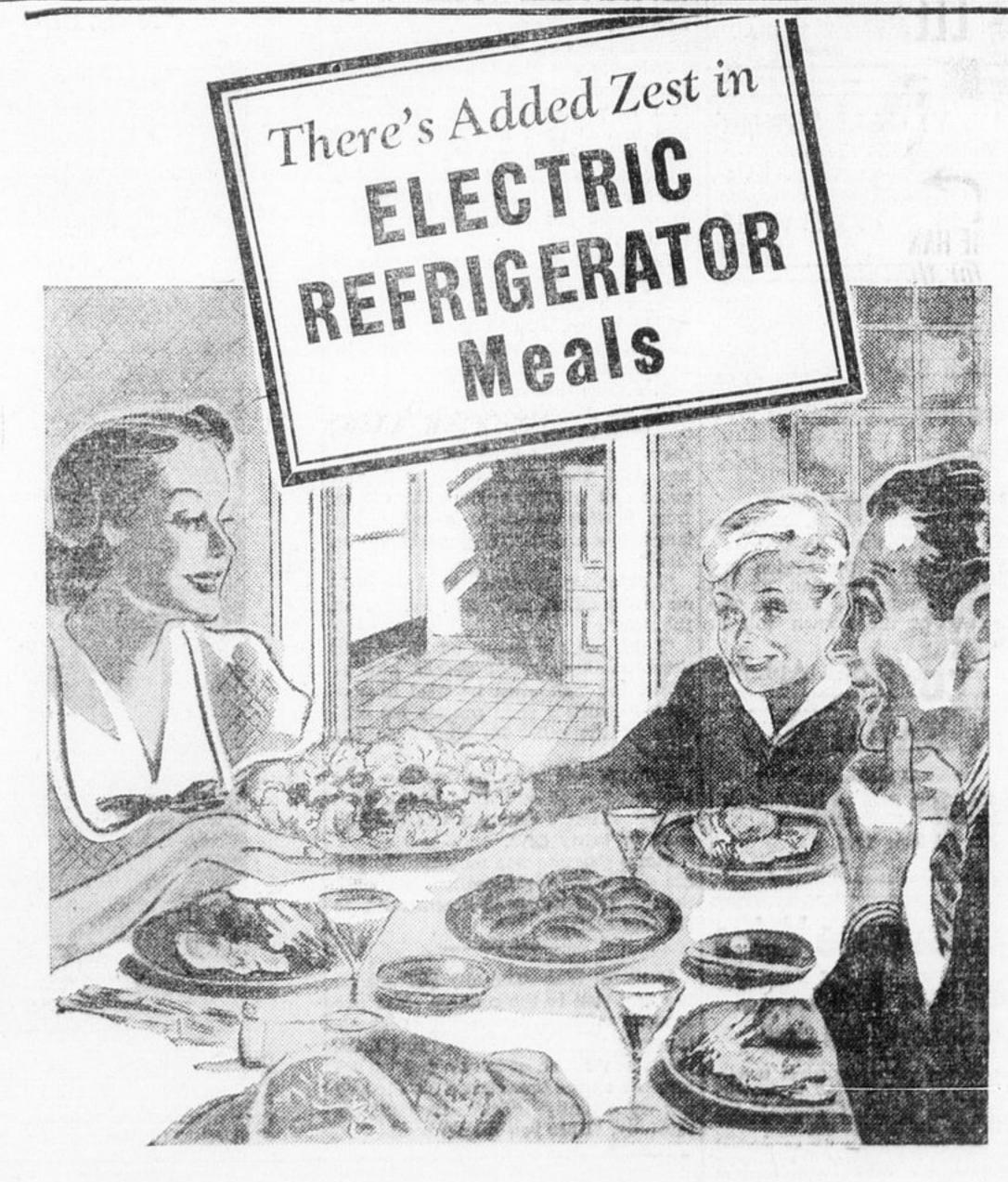
Try not to file your nails on the under side. That is apt to roughen the skin surface which will pick up dirt and hold it! Speaking of dirt-unfortunately it shows through even the lacquer polishes. You must be very certain to keep the undernail clean and bleached or otherwise your nail will lock dinly from the tell-tale line!

And as a final precaution. You know poise is only apparent when you feel self-confident. You will never handle your cards with case if your hand skin is rough and your nails ungroomed. For you cannot tuck your fingers under, to hide them, or play with gloves on! To show poise your hands must be well-cared for, attractively polished in a colour to harmon-We must have our frivolous moments! | Ribbons and flowers will beautify | ize with your lipstick and costume and sure of themselves! If you carry those hands to the party it will not matter whether you hold all the trumps (Copyright 1939, by The Bell Syndi-

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