

Sunday Dinner has Duck Wild Rice and Asparagus

Suggestions for a Menu for the Week. Starting With a Poultry Dinner on Sunday. All the Trimmings Added in the Menu. Also a Recipe for Scalloped Fish.

When you market over the week-end you will probably find that young duckling and broiling and frying chickens furnish the best bargains among poultry. There is the same good variety at the fish market. Lobsters are at the peak of their season. Strawberries



By EDITH M. BARBER

and blackberries are the leaders among the berries. Both sweet and sour cherries are now offered. Rhubarb and pineapple are cheap. Salad greens, spinach and cabbage are among the cheapest vegetables.

- SUNDAY**
Breakfast
Meion
Bacon. French Toast. Maple Syrup
Coffee
Dinner
Caviar and egg canape
Radishes. Scallions.
Roast duck with olive sauce
Wild rice. Asparagus in cream
Romaine with dressing
Meringue ring with coffee ice cream
Coffee
Supper
Field grass salad
Cold ham
Coconut cake. Tea
- Monday—Breakfast**
Orange juice
Ready-to-eat cereal
Boiled eggs. Toasted muffins
Coffee
Luncheon
Asparagus soup
Minced ham sandwiches
Carrot strips
Cafe Tea
- Dinner**
Blanquet of veal with vegetables
Potatoes with parsley butter
Tomato salad
Rhubarb pudding with hard sauce
Coffee
- Tuesday—Breakfast**
Stewed prunes
Ready-to-eat cereal
Bacon. Toast. Coffee
Luncheon
Creamed eggs with minced duck
Cabbage and pimento salad
Shredded pineapple. Tea
- Dinner**
Filet of flounder
Baked potatoes. Beets with greens
Devonshire shortcake
Coffee
- Wednesday—Breakfast**
Orange juice
Ready-to-eat cereal
Poached eggs on milk toast
Coffee
Luncheon
Scalloped fish
Watercress salad
Hot biscuits. Honey. Tea
Dinner
Roast beef. Yorkshire pudding
Baked onions. Spinach with
French dressing
Caramel custard. Coffee
- Thursday—Breakfast**
Tomato juice
Ready-to-eat cereal
Bacon. Hot rolls. Coffee
Luncheon
Cream of onion soup
Grapefruit salad
Cheese toasted crackers. Tea
Dinner
Cold roast beef
Creamed potatoes
Broccoli with brown butter
Raspberry ice
Coffee
- Friday—Breakfast**
Orange juice
Ready-to-eat cereal
Coddled eggs. Toast. Tea

Kirkland Lady Wanted to Send Lamb to Princesses

Several weeks ago The Advance published a reference to a letter by Mrs. Roza Brown, of Kirkland Lake, to His Majesty the King, suggesting that Harry Oakes, the discoverer of the Lake Shore Mine, should be made a baronet for all he had done for the Empire and given to the people of the Empire. Whether the letter had anything to do with it or not, Mr. Oakes has been duly made a baronet. Mrs. Roza Brown however, has not been as promptly successful in her latest plan in connection with royalty. The Northern News gives the story, as follows:—

"Mrs. Roza Brown wanted to send a nice gift to the two Princesses, Elizabeth and Margaret Rose, so she bought a black lamb which struck her fancy at the market place on Saturday. She had a crate specially built for it and planned to decorate it with flags. But her plan to ship the cute little animal all the way to England struck a snag. The express company officials made inquiries and from present indications the shipment will not be allowed to go to the Old Country as there is considerable difficulty regarding the admission to the British Isles of live animals, which may carry disease to British flocks of herds. Although greatly disappointed Roza took the bad news philosophically. "Maybe it's for the best," she said."

For many years Mrs. Roza Brown has been one of the "characters" of Kirkland Lake. Known to everybody there, she was particularly noted for the number of dogs that she kept and the way they would follow her around the town—even to the police station, where she was a regular attendant at police court—as a spectator—and occasionally helping out the court as interpreter, and with advice.

Beauty and You

by PATRICIA LINDSAY



Charming in her freshness this young lady is putting a becoming lip colour on as a final touch to grooming.

Fresh As a Daisy, Delicate As a Rosebud, Fashion Dictates

With hot weather creeping up on us, our problems of daintiness begin. They are always with us, that is true, but summer's heat demands certain precautions not imposed by colder weather.

No longer is personal daintiness a ticklish subject. We discuss it as candidly as we do our health and women everywhere exchange suggestions for its assurance. Every healthy, normal woman perspires.

There are several safe deodorants and one of these should be on your dressing table for use after bathing. Under the arms and across the shoulder-blades are the two places which give us most trouble. But some women are unfortunate enough to be troubled with facial perspiration during warm weather. Those women truly need the advice of a good physician.

Safe facial treatment consists of frequent soap and water washings followed by thorough doublings of cold water to which has been added a bit of toilet vinegar or witch hazel. Greasy lotions or creams should not be used and care should be taken to select a face powder which does not contain starch. It is not safe to use the regular run of deodorants on the face.

Wear Washable Clothing
Even fashion designers are helping us to solve this problem by creating exquisite day and evening gowns of washable fabrics. The current shirt-waist vogue is a blessing to the working girl, for fresh lingerie daily, is a "must" in the schedule of a meticulous maiden. A morning shower, the use of deodorant, fresh undies and a crisp starched blouse will keep many a girl from wilting during her working hours!

Make-Up Should be Soft
If you look cool you are apt to feel cool and soft-toned make-up does a lot in making you look cooler when the thermometer is high! Natural rose tones for rouge and lipstick and finger polish are far more to be desired during hot days than the intense reds. Your face should be washed and rinsed at mid-day before retouching is done, and the lightest face powders are recommended. Some girls like to anoint their face and necks with a fresh floral cologne, slightly diluted, before they powder.

Six lovely shades of lipstick are presented by a most reliable French cosmetic firm. Each lipstick comes in a box with three discs of other lipstick colors. This permits you to test the color on your lips with your finger tip, before you make your final purchase and break the seal of the lipstick. A simply grand way of determining which summer shade is most flattering without buying more than one.

With well scheduled effort there is no reason why you cannot keep as fresh as a daisy and looking like a rosebud this coming season! We should be grateful that fashion permits us this comfort and beauty.

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Marriage on Monday at Finnish Church Manse

A quiet but pretty wedding took place at the manse of the Timmins Finnish United Church, 20A, Elm Street, north on Monday, June 19th, at 6:00 p.m., when Hulda Josephine Keimonen (nee Aaltonen), daughter of Mr. and Mrs. Malakias Aaltonen, of Holmer Highway, South Porcupine, became the bride of Matti Onni Ranta, son of Mr. and Mrs. David Parantainen, of 176 Main St., South Porcupine.

Rev. A. I. Heimonen, minister of the South Porcupine and Timmins Finnish United Churches, solemnized the marriage. Mr. and Mrs. Karl Armas Merikallio, of Timmins, attended the bride and groom. Mr. and Mrs. Ranta will reside in South Porcupine.

Blairmore Enterprise: A local boy claims he lost his job as a caddie because he couldn't learn not to laugh.

TO-DAY'S FASHIONS



Peasant Silhouette
By VERA WINSTON

THE PEASANT dress silhouette is too becoming to too many figures to be neglected by the stylists. Little frocks of this type sketched are plentiful. This model in natural color spun rayon has dark green collar piping and green-trimmed buttons. The belt of dark green leather buckles in back and controls the front fullness of the skirt. Slit pockets are lined in green.

Pembroke Bulletin: The Queen wants her daughters to see Canada, and Canada will want to see them.

KEEP COOL THE "SALADA" WAY
Infuse 6 heaping teaspoons of Salada Black Tea in a pint of fresh, boiling water. After 6 minutes strain liquid into 2-quart container; while hot, add 1 to 1½ cups of sugar and juice of 2 lemons, strained; stir until sugar is dissolved; fill container with cold water. Do not allow tea to cool before adding cold water or liquid will become cloudy. Serve with chilled ice. The above makes 7 tall glasses.

"SALADA" ICED TEA

Housewives Advised How to Deal With Insect Pests in Home

Department at Ottawa Refers to Pests, Moths, Etc.

Among the enquiries for information on household insects received by the division of entomology, of the science service, Department of Ottawa, probably the most numerous relate to such common pests as ants, cockroaches, silverfish, clothes moths, carpet beetles, house flies and bedbugs. Ants are particularly annoying in kitchens and pantries at this time of the year, where they are attracted by foodstuffs, especially sweet and fatty substances. Cockroaches and silverfish may be troublesome all the year around, the former feeding upon practically all kinds of foodstuffs, and the latter preferring materials containing starch and glue.

These three kinds of insects can be controlled by the same insecticides; namely, by mixture of equal parts of sodium fluoride and pyrethrum powder, or by the first named insecticide alone. The powder, which is a poison and should be used with caution on hat account may be applied with a small dust gun or insecticide puffer, blowing it into the cracks and crevices where the insects occur and in other places which they frequent.

The prevention of damage by clothes moths and carpet beetles is less simple and requires care and forethought. Clothing and other articles which these insects attack, when no longer in frequent use, should be brushed and beaten and put away in well-made trunks or boxes, or moth bags, together with a generous supply of naphthalene flakes, about a pound to each trunk, and several ounces to each bag. Places which harbour the insects such as floor cracks, baseboards, furnace ir shafts, etc., should be cleaned out at intervals. When available, a vacuum cleaner is useful for this purpose and also for preventing damage to rugs and upholstered furniture.

House flies which breed in filth, such as manure and garbage, become numerous with the arrival of warm weather. Owing to their structure and habits these insects are more important disease carriers. Control is most effective when conducted on a community scale, including the incineration of garbage and the proper treatment and disposal of manure. Doors and windows of dwellings should be screened, and flies that find their way into houses should be promptly destroyed by fly swatters, sticky fly paper, poisoned fly pads, or pyrethrum fly spray.

For further information on the life history and control of these insects, including bedbugs, write to the publicity and the extension division, Department of Agriculture, Ottawa, or a copy of Circular No. 137.

Coniaurum Mines Ltd. Declares 5-Cent Dividend

Coniaurum Mines, Porcupine district, has declared an interim dividend of 5 cent per share, payable August 8 to shareholders of record July 24 and stock will sell ex-dividend on the Toronto Stock Exchange, July 21. On the 2,766,743 shares outstanding, dividend calls for distribution of \$138,337.15. Similar amount was distributed on April 4, so that when current dividend is paid total for the year will be \$276,674.30 and grand total of dividends in 1932 will be \$1,042,023.

North Bay Nugget: For Their Majesties the visit will undoubtedly be uppermost in the recollections of their journey from home. To be received by strangers in such wholehearted manner and with that to be honoured in every conceivable way is surely indicative of supreme affection.

Itching Burning Feet

Go to any good reliable druggist today and get an original bottle of Moore's Emerald Oil. Don't worry—this powerful penetrating oil brings such ease and comfort that you'll be able to go about your work again, happy and without that almost unbearable itching and soreness. Rub on Emerald Oil tonight—freely; it does not stain—is economical. Money back if not satisfied. Get it at good druggists everywhere.

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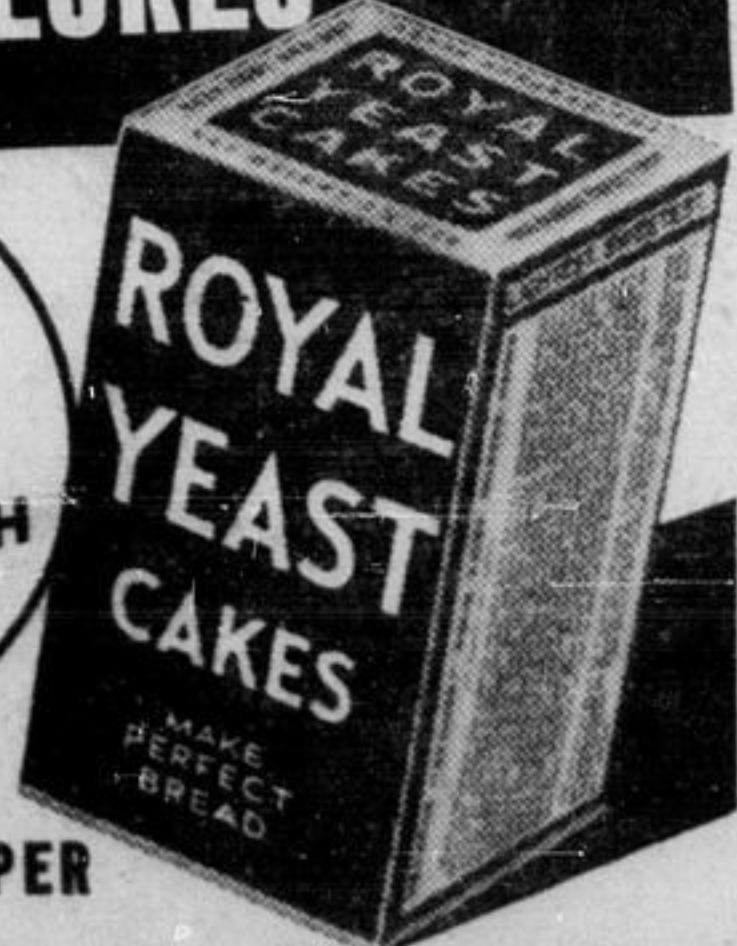
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