

Featuring Vegetables In the Menu of Meals For a Complete Week

Mushroom, Spinach, Peas and Lettuce are Some of the Vegetables Obtainable. Menu Includes Chicken for the Sunday Dinner. Also Recipe for Cheese Cake.

The vegetable market offers a large choice of cheap and reasonably priced products. Mushrooms are at their lowest and spinach is among the bargains. There has been a noticeable drop in the price of peas and lettuce is plentiful. The iceberg type is cheap.

5 1/2 cakes cream cheese
1 teaspoon vanilla
4 eggs
1 cup cream
Roll zwieback into crumbs, add the butter and add the two tablespoons of sugar, creamed together. Blend well, put into a 9-inch spring form mold and press down evenly on the bottom.
Mix the cup of sugar with the flour and salt and cream well with the cream cheese. Add vanilla and yolks of eggs and beat. Add cream and mix again. Fold in beaten egg whites. Pour this mixture on top of the crumbs and bake in a moderate oven, 350 degrees F., about an hour, or until centre is set.
(Released by The Bell Syndicate, Inc.)



(By Edith M. Barber)

Turnips offer another good buy. The citrus fruits are at their best as far as flavour is concerned and are selling at bargain prices. Strawberries are reasonable for the season. There will be good values among poultry over the week-end.

Sunday Breakfast

- Shirred eggs
- Marmalade
- Raised muffins
- Coffee
- Dinner
- Tomato canape
- Celery Pickles
- Roast Chicken
- Mashed potatoes
- Lima beans in cream
- Sponge cake filled with chocolate ice cream.

Monday Breakfast

- Boiled eggs
- Toast
- Coffee
- Luncheon
- Potato and lima bean puff
- Raw carrot salad
- Applesauce
- Tea
- Dinner
- Chicken and mushroom shortcake
- Buttered spinach
- Buttered Peas
- Lemon custard
- Coffee

Tuesday Breakfast

- Bacon
- Hot rolls
- Coffee
- Luncheon
- Cheese souffle
- Orange and onion salad
- Toasted crackers
- Tea
- Dinner
- Roast stuffed shoulder of lamb
- Browned potatoes
- Buttered beets
- Wine jelly
- Coffee

Wednesday Breakfast

- Scrambled eggs
- Bran muffins
- Coffee
- Luncheon
- Peanut butter and chili saucer sandwiches.
- Vegetable chowder
- Sliced bananas
- Tea
- Dinner
- Filet of sole
- Tartar sauce
- Baked potatoes
- Baked onions
- Lemon pie
- Coffee

Thursday Breakfast

- Bacon
- Ready-to-eat cereal
- Coffee cake
- Coffee
- Luncheon
- Cream of onion soup
- Celery and apple salad
- Cream cheese
- Toasted crackers
- Tea
- Dinner
- Stuffed potatoes
- Corn paprika
- Chocolate steamed pudding
- Creamy sauce
- Coffee

Friday Breakfast

- Poached eggs
- Toast
- Coffee
- Luncheon
- Grilled sardines
- Sliced tomatoes
- Spice cake
- Tea
- Dinner
- Baked fish fillets, tartar sauce
- Scalloped potatoes
- Buttered carrots
- Prune whip
- Coffee

Saturday Breakfast

- Bacon
- Whole wheat rolls
- Coffee
- Luncheon
- Frizzled beef
- Hot biscuits
- Lettuce with French dressing
- Cookies
- Tea
- Dinner
- Baked ham with pineapple
- Mashed sweet potatoes
- Buttered cabbage
- Bavarian cream with strawberry sauce
- Cheese Cake

- 1 package zwieback
- 2 tablespoons butter
- 1 cup sugar
- 2 tablespoons flour
- 1/4 teaspoon salt

Finnish People Will Fight to the End, and After, Says Letter

Letter Written on Dec. 11th Reaches Here on Feb. 22.

Rev. A. I. Heinonen received some further "news" from his relatives in Finland in a letter apparently delayed by congestion in the Finnish Postal Department or the Censor's Department of Finland, as the letter was dated at Helsinki Dec. 11th, and arrived in Timmins Feb. 22nd. The letter was written by Mr. Heinonen's youngest sister, Aino (Mrs. R. Liljeblad), who is serving as secretary at a Finnish Red Cross Hospital in Helsinki. Her husband, Rev. Risto Liljeblad, had at that time already been in the army reserves for more than nine weeks "somewhere" at the front. Her mother, Mr. Sophia Heinonen, had been evacuated from Kivela Hospital at Helsinki to Nikkila, some distance to the north of the capital, on Dec. 3rd, when the patients from the majority of hospitals in Helsinki had been evacuated into rural districts, as the Russian aviators seemed to make all hospitals of Helsinki their main objectives and targets in bombardments. Her earlier experiences in Kivela Hospital at Helsinki during the first bombardments of the city, had apparently made the aged mother's condition more serious, as she had rolled out of bed and broken her arm. However, she had soon been brought back from Nikkila to Kivela Hospital at Helsinki, where she passed to her rest with a victorious smile on her lips, Dec. 23rd.

Mrs. Liljeblad also tells that her brother, Onni Heinonen, is serving as quarter-master on Hospital Train No. 3, and his family has been evacuated to some rural community, her other brother, Levi Heinonen, is serving in the Postal Department in Helsinki, and also his family has been evacuated. Mrs. Liljeblad herself is serving in a Finnish Red Cross Hospital, registering the patients received and helping the patients in the wards, but is not allowed to go out. Her messages to the relatives of the latter are delivered by Finnish Girl Scouts, who are always ready for this service. Mrs. Liljeblad also tells Mr. A. I. Heinonen that she has visited the latter's brother, Major Tyko Karstila, and his family at Helsinki, and that they too were all well. He had been promoted on Dec. 6th, by the Commander in Chief to the rank of Lieutenant-Colonel. The morale of the soldiers as well as civilians is excellent, Mr. Liljeblad tells her sister-in-law, and adds: "Doubtless you have read how valiantly the Finns defend their country. Even in the newspapers our boys are called an army of heroes. The Russians can certainly be awful, as they have used even gasses. Our boys, however cannot be daunted by such, they will fight to the end, and even after the end." The nation is now of one mind, having one enemy, and that unites them. They all feel that they are Finns. Let us remain in God's keeping—Your sister Aino."



The regular meeting of the 51st I. O. D. E. Girl Guides was held last Thursday in the Hollinger Hall. The meeting was called to order by Capt. Wadsworth. Inspection was taken and "horseshoe" held. The colour party, Marion Johnson, Jean Smith, Marguerite Hearst, Helen Smith, Thelma Pooley and Doris Walsh brought on the colours. Capt. Wadsworth and Lieutenant Sheridan called for one-half minute silence to wish Lord and Lady Ezerden-Powell a happy birthday. After Patrol comes the girls assembled in a circle to form campfire. During Campfire the Guides sang "Happy Birthday to You," in honour of Lord and Lady Baden-Powell. The Guides also sang "Good Luck to the Boys of the Allies." Because the Guides could not have a party they had planned, on account of the death of Lord Tweedsmuir, candy was passed around. The meeting was closed with O'Canada. Exchange:—The small investor is sometimes lucky. He is too small to get his name on the sucker list.

Literary Night at the Timmins Finnish Y. P. S.

For the Literary Night at the meeting of the Y. P. S. of the Finnish United Church Friday, Feb. 23rd, Miss Myra M. C. Heinonen, Reg. N., had prepared a very interesting paper on Dr. F. E. Sillanpaa, a Finnish author who won the Nobel Prize in literature in 1939. On account of the unavoidable absence of Miss Heinonen, the paper was read by Mr. Leivo Punkari. A very lively discussion followed the presentation of the paper. At the conclusion of the discussion it was unanimously decided to elect a voluntary committee of two members of the Y. P. S. to prepare a list of authors who have won the Nobel Prize in literature, and also the names of two of their best volumes printed in English or Finnish language, and when they will have this completed, to present the list to another Literary Night members of the Y. P. S. When the President asked for volunteers, Miss Elma Nykanen and Ruben Peterson volunteered for the work. These books must be printed in either English or Finnish as originals or as translations. Each member will then undertake to read one of these volumes during a month to be decided upon, and at the end of the month, at another Literary Night meeting, the merits of these books will be discussed from each point of view of outstanding ideals the authors have endeavored to present each in his or her book.

The meeting was opened with devotional period conducted by the president, Mr. Helge Hongisto, assisted by Miss Gertrude Heinonen. Mr. Ruben Peterson presided at the organ. A short business meeting was held before the presentation of the paper on Dr. F. E. Sillanpaa. After the meeting games were enjoyed by all.

Among the books published in the English language referred to above and that will be read and discussed as suggested are the following:—"Falling Asleep While Young" (published by Putnam), "The Maid Silja" (published by MacMillan), "Meek Heritage" (two editions—one published by Putnam, and the United States edition by Alfred Knopf.)

Legion and Friends Enjoy "Vocal Night" Saturday Night

Interesting and Pleasing Programme at Event.

Another success was marked on Saturday evening when the Legion held its monthly smoker, "Vocal Night" was the title given and the cream of local male soloists were on hand to give of their best. A male quartette, consisting of Ron Jones, Joe Jago, Wilson Thompson, and Percy Harris, named the Miners' Quartette surprised every one present by their superb blending and harmony. This quartette was given a great ovation and were generous in the encores.

Another highlight was the vocal duet, by J. Jago and P. Harris, these talented artists also responded with a short rendition of their difficult solo "The Battle Cry" by Bonheur. Joe Jago, tenor soloist sang in fine style "Trees" and as an encore "Mother Machree". Both selections received the praise they deserved.

A contributing factor to the enjoyment of the above selections, was the accompaniment at the piano by Mr. Geo. Haie. A special word of thanks was given to all these artists at the close of the evening. Les Nicholson was the general chairman for the evening. Several members of the branch also contributed to the programme—Joe Ormston, "who wasn't on the programme" gave two of his best, Jimmy Cowan in a new number "Sending you the Seigfried Line" got all singing this new war hit. Art Jenkins was in very good form and sang "South of the Border," and as an encore "Wearying for You". The Hulme Trio electric guitarists were another highly entertaining group on an interesting programme. "Les" of course had to oblige and his popular items were a feature. W. A. Devine was pianist for this portion of the programme assisted by comrade Dimock with banjo. Mr. J. P. Bartleman spoke on the Salvation Army drive for War Funds. Refreshments were served and the National Anthem closed another "big" night in Legion smokers.

Sure Timmins Will Reach Objective for S.A. Work

"There is no doubt but that the Salvation Army is making an immense contribution to winning the war," said Mr. James Bartleman, the Local Red Shield Campaign Chairman, when speaking to-day of the real necessity for the Army Drive: "Whatever helps our soldiers helps our British Empire, and helps each of us individually. So the least we can do is to show our appreciation and give generously. The Salvation Army needs a million dollars and the people of Canada, I am confident, will raise this amount and more, and turn it over to the Army. Timmins I know will have no difficulty in raising its quota of ten thousand dollars."

Milverton Sun:—"I'm sure you'll forgive me, my dear," said the expansive woman to her guest, "if I go on with my knitting while you are talking. Then I shan't feel I'm wasting my time."

Orillia News-Letter:—"A writer in a Chicago paper protested against the Nazi leaders being called gangsters. It does seem a slur on the underworld."

Galt Reporter:—"Scientists are still looking for the death ray. What about the glaring headlights?"

Judith Robinson Makes Answer to Letters Sent to Her

Suggests that United States Also Has Unpaid War Debt. to France.

Judith Robinson is gaining increasing notice for her fearless, and often caustic column on comment in the Toronto Globe and Mail. In a recent issue of The Globe and Mail she answered two letters that she had received, and her answers will be read with more interest. Here is what she says:—

Speaking of American Loans
Two unsigned letters came in yesterday. One enclosed a ten dollar bill and read:—

"Would you be good enough to see that the enclosed gets into the right hands to aid Finland? It would have been spent on some frivolity. I'm sure there are many women who could do something like this if someone started them."

The other letter didn't enclose a thing, not even an address. This is it: Judith Robinson:

How much money did "Great" Britain lend to the Abyssinians when they were in the position that the Finns are now in?

How much to the Spanish Loyalists who were defending democracy?

There is no reason why United States should lend one cent to the Finns even though they ARE as honest as the British are dishonest.

One American.

The ten dollars that came in the first letter has been sent on to R. V. LeSueur the Honorary Treasurer of the Toronto Finnish Aid Committee at 56 Church Street.

The second letter is going to be framed. Some day posterity may want to make study of the Neutral Mind, circa 1940.

"There is no reason why the United States should lend one cent to the Finns." Quite right, there is no reason. His wisest friends told that young fool of a Lafayette the same thing back in 1776. There was no reason why he should leave France and the comfortable army career his wealth and position assured him to go off into the North American wilderness and help a lot of ragged rebels.

There was no reason why he should let the same ragged rebels exploit his enthusiasm and his family's fortune and influence to help them float a loan in France in the name of their ramshackle congress. France would never get her money paid back. The wise could tell young M. De Lafayette that.

The wise were right 1777. France never did get her money paid back. The loan that Lafayette floated on his own good name and the flimsy credit of thirteen revolting colonies is still outstanding. The United States of America's debt to France has been outlawed for a long time. A pity in a way. It's payment with compound interest, at the same rate the United States charges Finland would be useful to France right now. She could finance the battle for her own freedom and Europe's, out of it and still have a couple of million United States dollars to offer to the Finnish Republic as help in its fight against Stalin.

Horace Walpole, aloof in his library at Strawberry Hill, took a reasonable view of that historic difference. When friends with more justice than reason tried to enlist Mr. Walpole on the side of the revolting colonies, Mr. Walpole considered both sides of the quarrel like a reasonable man and found both sides equally unworthy of his favour.

"If," Mr. Walpole sneered faintly, "all the back slaves were in rebellion, I should have no difficulty in choosing my side. But I can spare wish perfect freedom to merchants who are the bloodiest of all tyrants."

A reasonable attitude, and one that should commend itself to neutrals nowadays. To refuse to choose between right and wrong until right unspotted by evil faces wrong unblemished by god is the one sure funkhole for the neutral conscience. And the one invulnerable, since never in the history of a badly spotted humanity has the makings of victory for certain revolting colonies in America bought the promise of release from old dead tyrannies for many peoples far distant in time and place from the Atlantic seaboard of America. And for other people no further distant than the slave quarters of General George Washington's Virginia's plantation.

Unhappily for us all, neutrals included, the wind that shakes our world has charged its quarter. It blows out of the east and it blows to destroy every good thing that has grown strong in the air of freedom—including such good things as comfort and profit and safety and self-contentment. And reason.

But it hasn't got to blowing very hard in North America yet. So there is no reason, no reason at all, why a comfortable, safe and self-contented North America neutral should lend a cent to the Finns unless he can see a reasonable profit in it.

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Beauty and You

by PATRICIA LINDSAY



It is worth great effort to preserve the clear beautiful texture of healthy youthful skin.

Treatment of Adolescent Acne Requires Rigid Health Routine.

The adolescent girl (and boy) who is the victim of acne must have a rigid health routine if the undesired skin condition is to be corrected. No jar of ointment will banish the blemishes, and no amount of make-up will hide them. It takes will power and a knowledge of some health rules to clear the skin and restore the fresh, lovely texture which young faces should have. Some children escape the acne stage entirely and others are troubled by it for as many as five years. It appears in the early teens and should be sensibly treated from the start. Many physicians (who are not skin specialists) dismiss this particular skin problem as something which will pass in time. But they know, and many mothers know after it is too late, that sometimes acne does not disappear with time. It may hang on and destroy the skin texture leaving unlovely marks and enlarged pores in its wake.

What To Do
There is an existing argument that acne is a local infection. Some doctors claim that a pore becomes infected and the infection travels about the face unless great precaution is practiced. Other physicians claim that acne is a blood condition. Not being a physician I cannot argue for either opinion. But I can report on a sane treatment which has helped to correct acne condition and has been known to cure when other treatments have failed. As all adolescents are addicted to silly eating habits it behooves mothers to correct their diets at once. Many raw fruits and vegetables should be eaten, the juices of fruits and vegetables, only whole grain cereals, honey in place of sugar, or raw sugar, yolks of eggs in preference to whole eggs, rich milk if the child is not allergic to milk, nuts in limited quantity, no meats for a period of three months if possible. If the child is desperately fond of meat, or is growing very fast, lean meats such as roasted lamb, broiled lamb chops, roasted fowl and calf's or cow's liver. All

fatty meats, rich sauces and dressings must be avoided. All candy, all sodas, sundae, cookies and pastries are strictly taboo. Children do not like to face those menus but they must for three months at least, at very regular hours. No between meal snacks. During that three-month period they should sleep nine to ten hours each night with a regular hour. Every day they should exercise out in the open air or walk for three miles, dressed warmly if they live in a cold climate.

Their Grooming
Fastidious care should be taken of their bodies. The scalp and hair should be kept very clean through regular shampoos and daily cleansings with a corrective tonic. Faces must be washed with a bland soap and water rinsed well with warm and cold water. If an infected pimples opens or must be opened diluted antiseptic should be applied at once, not only to the pimple but to surrounding area to prevent the infection from spreading. Unless prescribed by a skin specialist, no creams or lotions should be used, other than Lotio Alba which any good pharmacist will mix for you. This is to be applied at night after the skin is thoroughly washed and allowed to remain on until morning.

See that the child gets as much sunshine on the blemished skin as is possible and if the condition persists after three months of this routine do seek the advice of the best physician available. (Released by The Bell Syndicate, Inc.)

Guelph Mercury:—Kind words are never lost—but they are frequently mislaid.

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