

Menu for Seven Days Featuring Inexpensive Foods for the Table

Miss Barber Says Poultry is a Good Buy at the Present Time. Sees Unusual Values Also in Bacon and Vegetables. Recipe for Sticky Cinnamon Buns.

The milder weather should bring a drop in the price of fresh fish, which has been rather scarce. Good values are to be found among cabbage, cauliflower, Brussels sprouts, broccoli, carrots, cel-



(By Edith M. Barber)

ery, celery knobs and greens. Parsnips and turnip are very low in price. Rhubarb, pineapple and avocados are all reasonable, while grapefruit and oranges remain the leaders among the fruits. The price of eggs is low.

Sunday Breakfast
Grapefruit
Waffles
Sausages Maple syrup Coffee
Dinner
Fruit Canape

Monday Breakfast
Orange Juice
Cooked Cereal
Boiled Eggs Toast Coffee
Luncheon
Celery Soup
Giblet Sandwiches
Cake Tea

Dinner
Broiled Ham
Potato Cakes Buttered Squash
Cabbage and Green Pepper Salad
Date Pudding, Creamy Sauce
Coffee

Tuesday Breakfast
Tomato Juice Ready-to-eat Cereal
Bacon Whole Wheat Rolls Coffee
Luncheon
Cheese Fondue on Toasted Crackers
Coleslaw

Stewed Rhubarb Tea
Dinner
Lamb Stew with Dumplings
Buttered String Beans Carrot Fingers
Cherry Tarts Coffee

Wednesday Breakfast
Sliced Bananas Cooked Cereal
Scrambled Eggs Hot Rolls Coffee
Luncheon
Baked Noodles with Tomato Sauce
Grapefruit Salad
Tea

Dinner
Shrimps Newburg in Bread Cases
Spinach with Lemon Butter
Potato Chips

Chocolate Pudding Coffee
Thursday Breakfast
Grapefruit
Ready-to-eat Cereal
Bacon Toasted Rolls Coffee
Luncheon
Cream of Spinach Soup
Cucumber Sandwiches
Canned Peaches Tea

Dinner
Broiled Steak
Baked Potatoes Baked Onions
Cream Custard Coffee

Friday Breakfast
Stewed Prunes Cooked Cereal
Poached Eggs on Toast Coffee
Luncheon
Rice and Onions au Gratin
Raw Carrot Salad

Applesauce Tea
Dinner
Fried Smelts
Creamed Potatoes Scalloped Tomatoes
Lettuce Salad with Pickle Dressing
Cottage Pudding with Strawberry Sauce
Coffee

Saturday Breakfast
Orange Juice Ready-to-eat Cereal
Bacon Corn Muffins Coffee
Luncheon
Spanish Omelet
Scallions
Shredded Pineapple Tea

Dinner
Boiled Tongue, Capar Sauce
Buttered Potatoes Peas Parisienne
Macaroni Cream
Coffee

Sticky Cinnamon Buns
2 cups scalded milk
1 1/2 teaspoons salt
1/4 cup sugar
1 cake compressed yeast
1/4 cup lukewarm water
Flour (about six cups)
1/4 cup softened butter
Brown sugar
Cinnamon
Raisins or currants
Cool milk to lukewarm add salt, sugar and yeast cake which has been dissolved in the warm water. Add flour to make a soft dough and knead thoroughly until it no longer sticks to the board. Put in a greased bowl, cover and let rise until it doubles in bulk. Roll into

a sheet 1/4 inch thick, spread liberally with butter, softened to spread easily. Sprinkle with brown sugar and cinnamon. Add currants or raisins and roll as for jelly roll. Cut into slices and place close together in a greased pan which has been sprinkled with brown sugar. Let rise until light and then bake in a hot oven, 425 degrees F. for twenty minutes.
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Two Weddings of Interest to People in Timmins

Two weddings of interest to Timmins people will take place in the near future — the first, on March 21st, in North Bay and the second, on March 23rd, in Toronto.

In North Bay, on March 21st, Miss Ruth May Clark, of Vancouver, B.C., will become the bride of Mr. Charles Hinchcliffe, of Timmins, and the couple will take up residence here.

On March 23rd, at the Grace-Church-on-the-Hill, Toronto, Miss Betty Welch, daughter of Mr. and Mrs. Frank Welch, of Toronto, will become the bride of Mr. Crawford Sampson, son of Mr. and Mrs. Gordon A. Sampson, of Toronto. Mr. Sampson is a frequent business visitor to town, and is well-known here.

Dance Held in Honour of Labor-Farmer Candidate

Special features of the event were a "Jitterbug" contest and a door prize. In the Jitterbug contest, two couples received an equal amount of cheering and applause, so that a coin was tossed to decide the winner, Mrs. Wilton Burgess and Miss Geraldine Beadain. The other couple was Mr. Vincent Parnell and Miss Nadine Malouin. Winner of the door prize was Mr. S. Kidekel.

Music for the event was supplied by Henry Kelneck's orchestra, and the presentation of prizes was made by Mr. Garth Teeple.

Interesting Easter Meeting of Women's Missionary Society

Programme for Meeting Proves Attractive and Inspiring.

The Easter meeting of the Women's Missionary Society of the Timmins United Church was held on Thursday afternoon, March 14, at the church hall. Many members were received by Mrs. Ramsay.

Prior to the business of the meeting, Mrs. P. Carson played several beautiful selections at the piano, and in the absence of the president, Mrs. W. Mustard, vice-president, conducted the meeting, opening the meeting with an Easter poem which brought to mind the importance and true meaning of Easter. The members then joined in prayer.

Mrs. J. Weir read a message from Mr. Studor in which he thanked the members for their sympathy during his recent bereavement.

An appeal for infants' clothing was received from the Rev. Milton, of Connaught, and the members arranged for a supply to be sent with Mrs. Passmore as convener.

Mrs. A. Carson was asked to be hostess for the April meeting.

Delegates will attend the conference in Toronto on April 2nd to 5th, inclusive. Mrs. F. Charbonneau, president of the presbytery, will be one of the delegates from the Cochrane branches. Mrs. I. Gordon, assisted by her group, presented an interesting programme, choosing as the theme "The Living Christ and the Living Church." A solo by Mrs. P. Carson was much enjoyed.

"The Church and The Nation" was the subject of an address by Mrs. A. Rose and this address proved interesting as well as instructive. Others who assisted in the programme were Mrs. Richardson, Mrs. S. Monck, Mrs. H. Chalmer, Mrs. J. Holtz, Mrs. A. Carson, and Mrs. W. Richards, giving personal messages from the World Conference which was held at Madras, India. The meeting closed with a hymn and benediction.

Sudbury Star: According to a spy down Hollywood way, another film beauty is rumoured about to become the bride of her physician. When a doctor says "Ah!" that's news.

GIRL GUIDES IN TIMMINS

The 51st I.O.D.E. Girl Guides held their regular meeting in the Hollinger Scout Hall. The meeting was called to order by Lieut. Kathleen Starling, and inspection was taken by Captain Wadsworth. Guides who had not already passed their Rilefwomans' Badge were instructed by Mr. A. R. Fisher. Guides who passed at the meeting held this week were:—Bertha Sheridan, Kay Starling, Rita MacIntosh. Guides who had already passed this badge at a former meeting served refreshments at a whist drive sponsored by the Guides. The whist drive proved to be successful. Miss Nell Cullen won the door prize. Mrs. Guidon, of Wilson Ave., own first ladies' prize; Mrs. Gutcher of 50 Commercial Ave. won second ladies' prize; while Mrs. Pemberton of 234 Tamarack won third prize and Mrs. MacQuarrie of 9 Windsor won a consolation prize.

The winners of the gentlemen's prizes were: 1st prize, Mr. Topping of 51 Mops Ave.; 2nd prize to Mrs. Stevens of 27 Main; 3rd prize to Mr. Craig of 32 Carling Ave. The gentlemen's consolation prize went to Mr. Sheridan of 76 Montgomery.

Thanks were expressed to the Porcupine Pipe Band for lending their tables.

Death of Iroquois Falls Girl Found Accidental

Iroquois Falls, March 16—An open verdict of accidental death was returned by a jury here investigating, in coroner's court the killing of 10-year-old Theresa Plomondeau, who died after being struck by a car driven by P. G. Hyland.

No blame was attached to the motorist.

After hearing the evidence of five witnesses, the jury recommended that visibility should be improved on the side road approach to the Junction Highway, and that school signs should be erected.

At the time of the accident driving conditions were hazardous with the road being covered with a scale of glare ice.

The young girl, sliding down a snow embankment flanking the highway, tumbled directly into the path of the car.

It was Mr. Hyland's first accident in 22 years of driving.

Douglas Carriere, Chairman of the Boys' Work Committee, presented prizes to winners of the High School hobby contest, conducted by the club. Thomas Wilkin won the photography prize and Armo Yoki won the prize for stamp collecting.

Lions McLeod and Stock were presented with ashtrays for their efforts in presenting a recent programme.

Visiting Officer of Salvation Army Speaks to Lions

Salvation Army Brigadier Joseph Actin, of Orillia, spoke to the Lions Club on the Red Shield campaign now in progress, at the regular meeting of the service club on Tuesday evening in the Empire Hotel.

Guests at the meeting were Don James and Wilson Thomson, of Timmins, Brigadier Actin and Major Cornthwaite.

The meeting took the form of an Irish night. Songsters were Joseph McGraw and Wilson Thomson, both of whom sang Irish songs.

An Irish dance number was presented by children under the direction of Mrs. Harold Burt. Those who participated were Mary Harrison, Marion Turner, Rose Mary Hurst, Lois Clarke and Moira Wilson. Margaret Thomas and Kathleen Burt did another special dance number.

DERRICK FALLS NEAR ROUYN ONE KILLED AND TWO HURT

Rouyn, March 16—Alfred Roy was killed and Napoleon Grenier and Paul Emile Lacasse were injured when a derrick toppled over Saturday at an asbestos prospect 30 miles north of here.

Roy was struck on the head as the structure fell over after one of a number of jacks supporting it slipped. Grenier, 46, and Lacasse, 38, suffered broken legs.

Globe and Mail: It is a safe conclusion that the bulk of Hitler's vast wealth is not banked in Germany.

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CHOICE ROLLED PRIME RIB lb. 29c
MILD OURE BACON lb. 29c
EASTER KOBASSA

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Hot Cross Buns doz. **25c**

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Beauty and You

by PATRICIA LINDSAY



JOAN FONTAINE is quick to laud the merits of this new make-up brush with which she outlines her lips before painting them in with her new lipstick.

New Makeup Shades Making Debut

There are as frequent changes in make-up shades as there are in fashions. Each season brings in new colors, and we paint our lips and nails with them, and pat effective blushes on our cheeks.

What some women do not realize is that new lipstick rouge and nail polish shades are keyed up to new current season's colors. For instance, if you still are wearing your Robin Hood Green dress of last season, do not buy a new hot-pink lipstick to wear with it. Stick to the clear red one which you bought when you bought your dress.

Southern fashions indicate the colors which will be new and chic this spring. Dress colors run to light greys, electric blues, navy blues of the lighter tone, coral-rusts, white (lots of white for summer) and pinkish-reds.

Undoubtedly you have already seen the watermelon red—that will accent the greys you wear, the whites, the navy blues and the blacks. You will find lipsticks, nail polish lacquer, and rouge in this shade, as well as many gay accessories.

The coral-rusts require a lipstick with more orange in it. And so do the light bronze-greens which will be seen in early suits and coats, and some dresses.

At the resorts, the combination of red-white and blue has been most popular, and here again the red is a clear, pinkish-red, instead of the usual scarlet. Naturally your makeup should match exactly, the shade of red you

choose to wear.

Old Stand-Bys
Now, not every woman can wear ALL the new makeup shades, nor can any woman dress becomingly in all dress shades. Therefore it is up to you to choose which new makeup shade, and new dress shade, is most becoming to you and wear that one. I, for one, cannot wear hot-pink (the delectable color which is the current sensation). But I can wear a little deeper red, so I shall choose that to accent my pastels and new spring clothes.

If your wardrobe does not change its color tone frequently, you will be smart to look over the old faithfuls in lipsticks and nail shades, as well as the new ones, when you shop. Every cosmetic firm has a couple of "good numbers" which are popular year in and year out. We all like fads for they are fillips to our fickle natures, but on the other hand we rely on certain old standbys to see us through most of our days.

Get your new wardrobe first and then buy the makeup which will contrast best with it. Many women take little samples of cloth to the cosmetic counter and after selecting makeup to contrast well, or match with the cloth, they then test the shade on their skin in a good light. Thus they are sure to buy a lipstick which will be a joy as long as it lasts, and every lipstick may be matched in a nail lacquer.