

Suggestions for Serving Supper in Honour of a Bride of the Present

Expert in Domestic Science Says Baked Ham and Curried Shrimps or Creamed Mushrooms on Toasted English Muffins May be Used. Recipes for Several Dishes.

"Will you please be kind enough to send me your suggestions for a buffet supper? I am planning a bridal party for the end of this month for twenty-five guests," so writes a reader.

She does not tell me, however, whether the guests are to be both men

and women or at what hour the supper is to be served.

First of all then, I shall describe a buffet supper which was recently served at a party at which I was guest and where praise from both sexes was equal. There was a baked ham which had been well glazed with brown sugar and mustard and studded with cloves. There were curried shrimps, buttered rice, hot rolls, radishes, and celery, besides coffee and long cold drinks. For dessert, there were two cakes, one of which was chocolate with white frosting and the other a white cake with a cream filling and white frosting, well sprinkled with chopped nuts.

For a lighter supper, especially when all the guests are women, a fruit plate might be chosen. Around the mound of powdered sugar, sections of grapefruit and orange with unbulled strawberries might be arranged. This may be turned into a salad plate by omitting the sugar, hulling the berries and using a bed of lettuce. With this a French dressing should be passed. With hot rolls or thin bread and butter or delicate sandwiches and coffee you will have all you need for a light late supper.

If you prefer to serve a hot supper, which, however, will not be so hearty as the one described above, you might serve creamed mushrooms on toasted English muffins or in bread cases. A recipe for an easy method of preparing the latter is given today. The bread may be arranged in muffin pans already for heating at the last moment and the mushrooms can be prepared ahead of time and reheated at the supper hour.

A selection of cheese of various types with a loaf of garlic bread or, if you fear your guests will be prejudiced against that savory seasoning, a loaf of buttered toasted French bread prepared according to the recipe given today may be served. Dainty sandwiches with attractive savories such as ham rolls with coffee or a hot punch, are always appropriate for a late supper. Dessert

may be omitted, if you like, but for a shower it may be amusing to have a large cake attractively frosted and decorated and containing fortune favors. These may be purchased by the dozen and may be wrapped in wax paper before they are put in the cake. It is easier to arrange these under the frosting rather than to put them in the batter before baking. If you prefer to choose ice cream for the dessert, you may carry out the motif of a shower by baking a meringue in heart shape and filling it with ice cream at serving time. This is rather a large order, however, for twenty-five guests. The recipes given today are of family size so that they will be useful to all readers. All of them may be multiplied by four with good results.

Curried Shrimps
2 teaspoons lemon juice
1 teaspoon curry powder
2 cups well seasoned cream sauce
2 cups canned or cooked shrimps
1 tablespoon minced parsley
Add lemon juice and curry powder to cream sauce. Stir in shrimps and minced parsley. Heat well and serve with boiled rice.

Garlic Bread
1 loaf French bread
1/2 cup butter
1 clove garlic
Slice bread diagonally almost through loaf. Soften butter, add garlic, let stand fifteen minutes. Remove garlic, spread between slices and bake in a hot oven, 425 degrees F. for fifteen minutes, until loaf is thoroughly heated. Serve with salads.

Quick Bread Cases
6 slices bread
Butter
Trim crusts from bread and spread with butter. Press sliced into large muffin pans and bake in a hot oven, 400 degrees F. until bread is light brown.

Meringue Heart with Ice Cream
4 egg whites
1/2 teaspoon vanilla
1/2 teaspoon vinegar
1/2 teaspoon salt
1/2 cup confectioners' sugar
1/2 cup sugar
Ice cream
Beat until stiff the egg whites, vanilla, vinegar and salt. Mix the sugars, and add gradually to egg whites, beating after each addition. Draw a large heart on a piece of plain paper, place on a baking sheet. Put the meringue around the edge of the heart by spoonfuls or with a pastry bag, piling as high as possible. Bake in a very slow oven, 250 degrees F. for about an hour and a quarter, or until dry on the surface. Allow to cool, remove from paper and place on a round serving dish. Pile ice cream in the center.

Ham Rolls
1/2 lb. cottage cheese
1 tablespoon minced onion
1/2 teaspoon paprika
Salt
1/4 lb. sliced boiled ham.
Mix cheese with seasoning and form into small rolls. Wrap each in a slice of thin ham. Chill in refrigerator at least half an hour. Serve with salad or as an appetizer.

Variations—2 tablespoons of Roquefort cheese may be mixed with the

milder cheese instead of the minced onion. Dried beef may replace the ham. When used for an appetizer, a toothpick may be inserted in each roll. (Released by The Bell Syndicate, Inc.)

Winners at Rangers Card Party Held on Wednesday Night

Pleasant Event Attracted a Good Attendance.

Eleven tables of five hundred and six tables of bridge were played at the card party held on Wednesday evening by the 2nd Timmings Rangers at the Hollinger hall.

Winners at bridge were: Ladies, 1st, Mrs. Adams; 2nd, Mrs. Copps; and 3rd, Mrs. Wheeler; gentlemen, 1st, Mrs. E. Shields; 2nd, Mrs. Stonehouse; and 3rd, Mrs. W. McCoy (all playing as gentlemen); Five hundred: Ladies, 1st, Mrs. Hefferman; 2nd, Mrs. E. Charrette; 3rd, Mrs. M. Petroski; gentlemen, 1st, Mr. O. Evans; 2nd, Mrs. Pizzetti (playing as a gentleman); and 3rd, Mrs. Roberts (playing as a gentleman).

Miss Nora Dillon of Schumacher won the door prize.

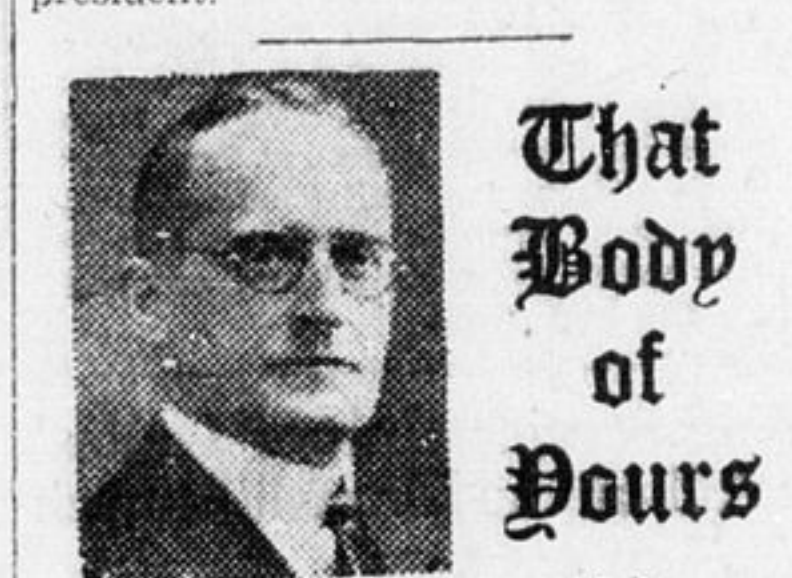
The Rangers wish to thank all who made the event a success by their attendance.

The regular meeting of the 2nd Timmings Rangers will be held on Wednesday evening in the Scout hall.

President of Federation of Women's Club to be Here

The regular weekly meeting of the Porcupine Business Girls' Club took place on Thursday evening in the club-room, and took the form of a social evening, at which final plans were made for the visit of Miss Margaret Clay, president of the Federation of Canadian Business and Professional Women.

The next meeting of the Club will be a luncheon meeting at the Porcupine Badminton Club, on Monday, April 22, (to-day), to greet the visiting Canadian president.



By James W. Barton, M.D.

IS HEREDITY IMPORTANT?

Humorists like to make fun of the questions physicians ask when getting the history of an individual seeking to take out life insurance. What caused the death of his mother or his mother's parents, or the father's, uncles, all seem like foolish questions, yet a moment's thought brings home the fact that insurance companies must make money if they are to pay sickness or death claims. Every question these physicians ask has some bearing on your chances of being sick or dying at an early age. It is, after all, a matter of dollars and cents.

Why is family history, heredity, important? If you are a young man or woman and know that one or other of your parents, or an uncle or aunt, or one of your brothers or sisters has or has had tuberculosis, you are not going to let a cold or a cough hang on, but will do your utmost to get rid of it. You will eat good food, be outdoors as much as possible, play games to widen your chest, get plenty of rest, and keep yourself warm during cold or wet weather. You will watch your weight and keep it up to average.

If there is a history of kidney disease you will have your urine examined a couple of times a year. If heart disease has been recorded in the family history, you will lose no time in having your heart checked up. If there is a history of diabetes and you know that overweight is a fore-runner of diabetes, you are going to get rid of, or prevent gain in weight.

Similarly with cancer. The cause of cancer is unknown and the statement that it is inherited is denied, but that there is something about the make-up of the family that enables cancer to get a footing when irritation is present cannot be denied. With this knowledge if there is a history of cancer in your family, you have any sore that is slow in healing, any lump, any persistent indigestion, you should have it thoroughly investigated, knowing that early cancer can be cured by X-ray, radium, or operation, and late discovery of cancer means death.

Perhaps you know little or nothing of your family history. What should be done?

Every man and woman should undergo a physical examination once or twice a year. A dental examination, including X-ray, is also important as infection resulting in ulcer, rheumatism, heart and other diseases, can all be caused by infected teeth.

Cancer: Its Symptoms and Treatment
Send today for Dr. Barton's newest booklet entitled "Cancer: Its Symptoms and Treatment" (No. 110). It contains information which all should have. Send your request to The Bell Library, Post Office Box 76, Station O, New York, N.Y., enclosing Ten Cents to cover cost of handling and mention the name of this newspaper. (Registered in accordance with the Copyright Act.)

Listless—No
Friend—But isn't your son sort of listless, Mr. Moneybags?
Mr. Moneybags—Heavens, no; he has a list of blondes, a list of brunettes, and a list of redheads.—Exchange.

Rebekahs Enjoy Pleasing Evening of Whist Games

The Gold Nugget Rebekah Lodge entertained on Thursday evening at an enjoyable evening of whist when eight tables of cards were played. Mr. Mastets acted as master of ceremonies, and after the cards, a dainty lunch was served.

Winners at whist were: Ladies, 1st, Mrs. McQuarrie; 2nd, Mrs. Lawley; and 3rd, Mrs. Fulton; gentlemen, 1st, Miss Muriel Bound; 2nd, Mrs. Masters; and 3rd, Mrs. Engman (all playing as gentlemen).

At the regular meeting of the Rebekah Lodge on Thursday evening, the Past Grand of the Lodge will exemplify the degree.

Crystal Shower in Honour Bride-to-be Miss Gwen Webb

Forty-two Piece Set of Louis XV Crystal-ware Presented.

Mrs. Aife DeGulidice and Miss Grace MacQuarrie were hostesses on Friday evening at a very pleasant event, a crystal shower in honour of Miss Gwen Webb, whose marriage to Mr. T. Goodman will take place on May 4th at St. Matthew's Anglican Church. The event took place at the charming apartment of Mrs. DeGulidice at 153 Pine Street north, the home being decorated for the occasion with maroon and yellow tulips.

The bride-to-be was the recipient of a beautiful forty-two piece set of Louis Fifteenth crystalware, and suitably thanked her friends for the lovely gift. During the evening bridge and games were played, winners being as follows: Bridge, 1st, Mrs. Goodman; consolation, Mrs. McHugh; games, Mrs. Carl Drown, Mrs. Stevens, Mrs. Alpine.

Miss Madge Webb and Miss Emma Elties poured tea at the attractively adorned tea table, which had as a centre-piece tall yellow tulips, and pink tapers in silver candelabra.

Among those present were: Mrs. Bill Dunn, Mrs. Carl ("Pat") Drown, Mrs. Gene Colombo, Mrs. Cliff Mandie, Mrs. Cecil Grant, Mrs. Art Dunnigan, Mrs. Wm. Wallace, Mrs. Stevens, Mrs. Alpine, Mrs. McHugh, Mrs. Goodman, and Misses Brodie Brisbois, Hope Taylor, Margaret Easton, Alice Villeneuve, Madge Webb, Emma Elties, Clare Morin, Marion Lawlor, the hostesses, Mrs. DeGulidice and Miss MacQuarrie, and the guest-of-honour, Miss Gwen Webb.

Among those who sent gifts but were unable to be present were Mrs. Barrette, Mrs. J. Golds, and Miss Marie Guidice.

Annual Election Meeting St. Mary's Nurses' Alumnae

The annual election meeting of the Nurses' Alumnae of St. Mary's Hospital will be held in the auditorium of the nurses' residence on Thursday, April 25th. All members are asked to make a special attempt to be present at the meeting, as besides, the election, there will be reading of important reports and other important business.



The regular meeting of the 51st I.O. D.E. Girl Guides was held last Thursday evening in the Hollinger Scout hall. The meeting was called to order by Capt. Wadsworth. Horseshoe was formed. The colour party, Doris McCharles, Rosemary Hwist, Marguerite Hurst, Margaret Chinn, Nancy Coulson and Gladys Roy marched on the colours. Inspection was taken by Capt. Wadsworth and Lieut. Sheridan.

Patrol corners were held where the Guides did Badge Work. The Guides then played a game of tunnels. During campfire many Guide songs were sung. Thanks were expressed to Mrs. Starling, of 56 Laurier, who gave the proceeds of two whist drives, held at her home, to the Guides, to replenish their funds.

The meeting was brought to a close with "O Canada" and "Taps."

Programme at Finnish Y.P.S. Meeting on Friday

At the Timmings Finnish United Church Friday night Y.P.S. meeting, Group No. 2 had charge of the "Programme Night." The convener, Helge Hongisto and committee members—Heini Lehto, Irene Rantamaki, Leah Heinonen, Ruben Peterson and Allan Leivo—had arranged a very entertaining programme.

Devotional period was conducted by Helge Hongisto, assisted by Leah Heinonen, Helen Lehto, and Ruben Peterson, who presided at the organ.

After the Devotional Period the following programme was delivered:

1. Quartet—"At the Balaika"—sung by Helen Lehto, Irene Rantamaki, Leah Heinonen, and Helge Hongisto.
2. The first act of the comedy, "Modern Housekeeping," was received with hearty and frequent laughs from the audience.
3. Between the first and second acts a vocal duet, "When You Wish Upon a Star"—rendered by Helen Lehto and Leah Heinonen.
4. Trumpet and violin duet by Ruben Peterson and Helge Hongisto.
5. The second act of "Modern Housekeeping" brought the play to a successful close.
6. The evening closed with a hymn and prayer.

Beauty and You

by PATRICIA LINDSAY



All the luxury and soft shadings of lovely chinchilla fur is called to mind when one looks at this exquisite coiffure for pepper-and-salt hair, designed by Lura de Gez.

Pepper-and-Salt Hair May be Smartly Dressed

"Every woman near forty should show her ear-tips," are the words of Helen Cookman, a prominent New York designer of chic clothes for the middle-aged woman. She believes that a youthful dignified effect is thus acquired which helps to carry off nicely styled clothes.

A leading hair stylist agrees with her, and further states that the up-sweep coiffure, now so much in vogue, is particularly becoming to the woman of that age group.

Many women regret the salt-and-pepper stage of graying hair. They let it get them down. They shouldn't. They cease to take interest in the care of their hair or its styling. Which is a grave mistake.

Nature fades our hair to harmonize with our fading skin. You have seen a fading face beneath a mass of dyed hair and it has given you a jolt! If the experiences of life have taken a forfeit in the pigment of your skin and hair, let's accept it gracefully. You have the choice of giving your skin great care and keeping it youthfully lovely in texture, and having your hair expertly tinted so it will not look dyed, or of letting your hair remain its natural shade and caring for it as diligently as you do your skin. You are not old, just because your hair has begun to fade. But you will look old unless you keep both your complexion and hair beautifully groomed, and your eyes young!

Care for It Intelligently

Graying hair is quite likely to be dry. Therefore hot oil shampoos are in order, and scalp massage with finger tips. Daily brushings with a good, clean brush, work marvels and if you will seek a good hairdresser and put your head in his or her hands for styling, you may have a head of which you may well be proud.

What Not to Do

If you are past thirty don't think you can get away with a debutante bob, or having your hair curled coyly about your face. Your hair, to be smart

and to be flattering, should be brushed away from your face on each side, and in back it should not be lower than an inch below your natural hairline, or it should be brushed up high. Coy bows or other juvenile decorations, are not for you, and if you do condone them you are only drawing attention to your gaining years.

There are so many sleek, beautiful, becoming hair-dos for young and old women in the age group from thirty-five to fifty five that there is no reason for these women to cling to current, juvenile hair styles. On the other hand, these women should not be content with an old-maid style or a dowager's hair-do of an era past. If hair is kept in good condition and is expertly waved you have the choice of extremely smart combings, and if you do not like one try another.

During the summer, remember, the shorter your hair, the less care it requires, and the cooler it is! Most hair stylists have now determined on at least ten styles which are very becoming to the woman with pepper-and-salt hair, or with gray or white hair. One of those styles should be most attractive to you, if you are past forty. (Released by The Bell Syndicate, Inc.)

Toronto Telegram:—The average man is always willing to stop for applause when he is blowing his own horn.

Ten-Year-Old Boy Saves Uncle, 7, from Drowning

Last week Cobalt had a doubly remarkable incident when Eddie Church, who is ten years old, saved his uncle from drowning, the uncle being Duncan Sophie of the age of seven. Eddie and his young uncle and some other lads were crossing the ice on Cobalt Lake near the foot bridge. Eddie, though older and heavier, passed safely over the ice, but his young uncle, though lighter and younger, went through the ice and was in a fair way to be drowned. The little lad, however, managed to keep himself up by holding on to the ice through which he had broken. He would not have been able to hang on long, however, as the water was very cold, and the ice as treacherous as ice usually is at this time of year. As the water was fully eight feet deep, the outlook was not any too good for the seven-year-old lad, despite his courage and coolness. Eddie Church, however, was not the sort to let his uncle down. He and another lad got a piece of board which they pushed out along the ice to the lad in the water. Duncan grasped this board and was safely pulled to safety. Then the ten-year-old lad took his seven-year-old uncle to the latter's home, explaining the whole matter with the announcement:—"Here he is. I just fished him out of the lake."

A New Diagnosis

Preacher—Now, class, what is false doctrine?
Johnny—I know, bad medicine.—Globe and Mail.

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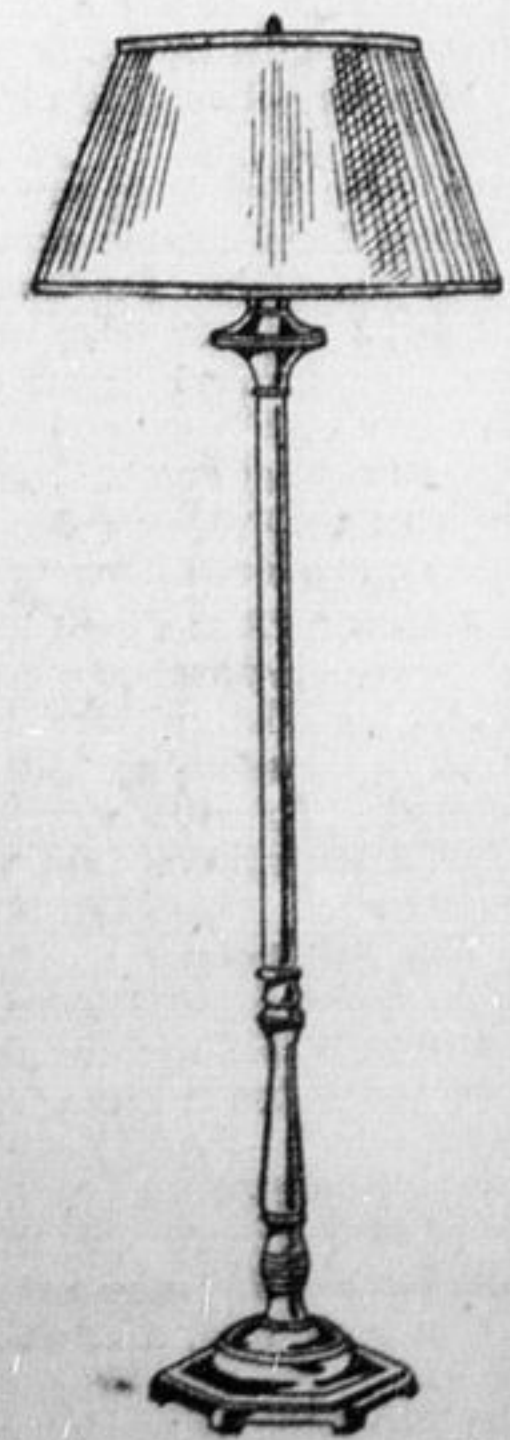
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