

Menu for Each Meal for Each Day for Full Week Featuring Vegetables

Trend Among Vegetables is to Lower Prices Suggests Domestic Science Expert Who Plans a Menu for a Week, Featuring Vegetables as a Main Item for Practically Each Meal.

The trend among vegetables is lower and the price of asparagus will probably drop during the next week. Strawberries, pineapple, rhubarb and



(By EDITH M. FARBER)

bananas are reasonable. A few melons from Mexico, Cuba and South America are coming to market.

- Sunday Breakfast**
Grapefruit
Waffles
Syrup
Coffee
- Dinner**
Cream cheese and anchovy canape
Radishes
Fried chicken, Cream gravy
Boiled rice
Asparagus with brown butter
Ice cream with fresh pineapple
Coconut cake
- Supper**
Stuffed egg salad
Cake
- Monday Breakfast**
Orange juice
Ready-to-eat cereal
Toasted cracker
Coffee
- Luncheon**
Cream of asparagus soup
Mixed green salad
Stewed rhubarb
- Dinner**
Veal shortcake with chicken gravy
Buttered spinach
Wine jelly
- Tuesday Breakfast**
Stewed apricots
Cooked cereal
Coffee
- Luncheon**
Eggs Florentine
Canned cherries
- Dinner**
Pot roast of beef with vegetables
Coleslaw
- Wednesday Breakfast**
Tomato juice
Ready-to-eat cereal
Eggs poached in butter
Coffee
- Luncheon**
Baked tomatoes with cheese sauce
Gingerbread
- Dinner**
Fried cod fillets Tartar sauce
New potatoes with parsley butter
Buttered kale

- Strawberries and cream
Coffee
- Thursday Breakfast**
Orange juice
Cooked cereal
- Luncheon**
Whole wheat rolls
Coffee
Vegetable chowder
Toasted crackers
- Dinner**
French toast
Apple butter
Tea
- Friday Breakfast**
Ready-to-eat cereal
Boiled eggs
Coffee
- Luncheon**
Creamed mushrooms
Fruit salad
- Dinner**
Broiled shad
Scalloped potatoes
Buttered beets
Sliced cucumbers
Cottage pudding, chocolate sauce
Coffee
- Saturday Breakfast**
Sliced bananas
Cooked cereal
Bran muffins
Coffee
- Luncheon**
Onion soup
Mixed green salad
- Dinner**
Broiled lamb chops
Eggplant with tomatoes
Orange custard pudding
Anchovy Cream Cheese Canape
1 package cream cheese
Cream
1 tablespoon anchovy paste
Minced green pepper
Mash cream cheese with a fork, add enough cream to moisten. Add anchovy paste and blend well. Spread on toast rounds or crackers, and garnish with minced green pepper.
(Released by The Bell Syndicate, Inc.)

Successful Dance by the Women's Institute

The Women's Institute dance held at the Hollinger hall on Thursday evening, was a well-attended and successful event. Music for the dancing was supplied by the orchestra directed by Mr. Morin.

During the evening, Mrs. McGarry entertained with piano selections, and Mr. Sloan gave an old-time tap dance that was a special feature of the evening. He was accompanied by Mr. Slatery on the violin.

Among the specially invited guests at the event were His Worship, Mayor Emile Brunette, and Mrs. Brunette. The guests were received by the president, Mrs. P. G. Howard.

A dainty lunch was served by the kitchen committee, and announcement was made of the May meeting of the Gold Star Branch Women's Institute.

Nurses' Alumnae Elects Officers for Ensuing Year

Miss Rita Thrasher New President of Nurses' Alumnae of St. Mary's Hospital.

The annual election meeting of the Nurses' Alumnae of St. Mary's Hospital was held on Thursday evening in the auditorium of the nurses' residence of St. Mary's Hospital, with the president, Mrs. Worthington, in the chair. There was a fairly good attendance of members.

Following the usual routine of business, the annual report was given by the secretary, and the annual financial report was read by the treasurer.

Miss Rita Thrasher was elected president for the ensuing year, succeeding Mrs. Worthington, who is now past-president. Other officers elected are as follows:

1st vice-president—Mrs. Jules Morris.
2nd vice-president—Miss Mae Eugera.
Secretary—Mrs. J. Martin.
Treasurer—Miss Myra C. Heinonen.

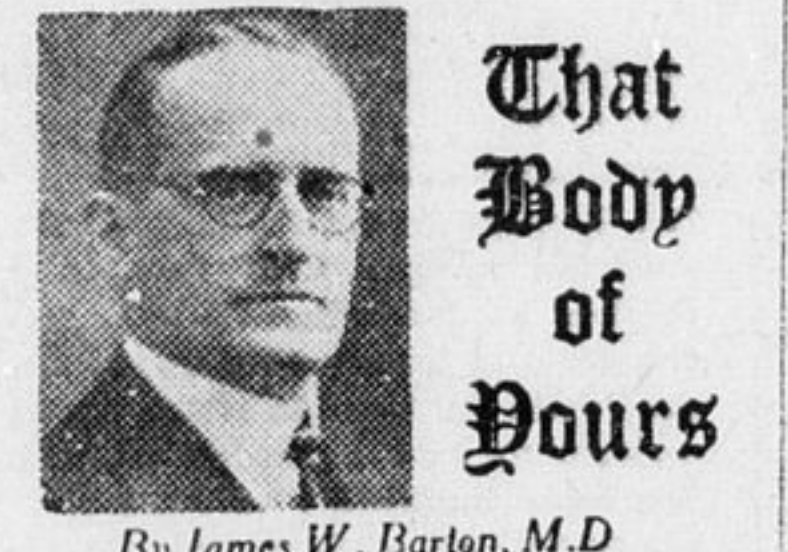
In leaving the chair, Mrs. Worthington thanked the nominating committee for its fine work, and also expressed her thanks to the past year's executive for its co-operation and excellent work.

The next meeting of the Nurses' Alumnae will be held on Tuesday, May 7th, in the nurses' residence.

Next Regular Meeting of Business Girls on Thursday

Due to the fact that the members gathered at the Porcupine Badminton Club on Monday afternoon at a luncheon in honour of Miss Margaret Clay, president of the Federation of Canadian Business and Professional Women's Clubs, no regular meeting of the Porcupine Business Girls' Club was held this week.

The regular meeting will be held at the clubrooms on Thursday evening of this week, and all members are asked to be present.



Dr. James W. Barton, M.D.

That Body of Yours

It is likely that everybody at times feels low in spirits, but to be always depressed means that something is wrong somewhere in the individual. That something may be infection, tiredness, lack of sleep, or other condition. In a few cases continuous depression may be a symptom of mental illness.

Dr. L. H. Ziegler, Wauwatosa, Wis., in the Psychiatric Quarterly, Utica, N.Y., reports his finding in a study of 111 patients whose chief symptom consisted of well defined attacks of depression or low spiritedness. Their ages ranged from 18 to 77 years of age. All occupations and all the major professions were represented among them.

"Possessed of serious and sensitive natures, with a rigid singleness of purpose to succeed, they were not interested in hobbies or recreations. The majority were self-centred, looking inwards all the time. The onset of their depression was unnoticed by them but usually appeared at the same time as some family trouble, financial loss, sickness or death."

"However, it was not the depressed spirits which made these patients consult a physician, but symptoms of slowing up, withdrawal from usual activities, fatigue, loss of appetite and weight, and sleeplessness. Depression, worry, anxious concern about self, shame of the symptoms, sadness, melancholy, despondency and low spirits appeared later to their fullest extent. Unusual and mystifying body sensations were common, leading many of the patients from physician to physician, and some finally to creeds, cults, and quacks."

Dr. Ziegler states that estimating or putting true value on thought, emotional state and activity, is just as important as dropsy, heart murmurs or other signs of disease, in the treatment of these cases.

Unfortunately, these patients are often misunderstood because, as no organic disease is present, family and friends accuse them of "putting on" their illnesses.

It should be remembered that most of these patients were serious, sensitive, and ambitious. Their one thought was to succeed, and so mixing with others, taking vacations, enjoying hobbies, had no place in their scheme of life.

The lesson for us all is plain. Lack of interests outside our regular work may make us unfit to meet life's problems and we become depressed.

Neurosis

Do you feel convinced that you have some ailment which medical tests do not reveal? Do you sometimes feel compelled to do things you know to be foolish or useless? Send for Dr. Barton's interesting booklet entitled "Neurosis" (No. 103) which explains such conditions. Address your request to The Bell Library, Post Office Box 75, Station O, New York, N. Y., enclosing ten cents to cover cost of handling and mention this newspaper.

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Toronto Telegram:—Here's April with a cold snap, when the only snap some of us were seeking was a \$25 suit marked down to \$12.50.

Third Girl Guide in Porcupine to be Awarded 'Gold Cord'

Honour Won by Miss Kathleen Starling.

A special meeting of the 51st I.O.D.E. Girl Guides was held on Thursday evening when Kathleen Starling received the Gold Cord, the highest award which can be obtained by a Guide on merits.

The colors were formally marched on and the Captain presented the Gold Cord, expressing her appreciation for a Girl Guide who was not only a credit to her parents and to her Company, but to the whole community.

There are only three other Girl Guides in the Porcupine Camp who have received such an award, and Mrs. Traver, regent of the I.O.D.E., who was present in honor of the occasion, expressed her appreciation at the fact that another I.O.D.E. Guide had obtained such an award.

Mrs. Becker and Mrs. Starling, who are both members of the I.O.D.E., also were present at the meeting.

After the presentation the regular meeting was carried on and the meeting closed in the usual way.

Charming Wedding Event at the Church of Nativity, Saturday

Miss Mary Rita Smith and Mr. Nicholas Lukon Married.

A charming spring wedding took place at the Church of Nativity on Saturday morning at 9 o'clock, when the Rev. Fr. Thaddeus united in marriage Miss Mary Rita Smith, daughter of Mr. and Mrs. Thomas Smith, of Buckingham, Quebec, and Mr. Nicholas Lukon, son of Mr. Frederick Lukon, of 158 Cedar street south, and the late Mrs. Lukon.

The bride, given in marriage by Mr. Donald Cooper, was attractively attired in a navy blue tailored suit, with matching accessories, and an arm bouquet of red roses and fern.

Mr. J. Ostafchuk, of Schumacher, acted as groomsmen.

Following the ceremony, a wedding breakfast was served at the home of the groom's father, 158 Cedar street south, where Miss Anne Lukon, sister of the groom, received the guests. For the occasion, Miss Lukon chose a becoming grey tailored suit, with turquoise blue accessories and a corsage of pink carnations.

Later in the day, a wedding dinner was served, and in the evening, the bride and groom received their many friends at a reception.

Mr. and Mrs. Lukon will reside at 158 Cedar street south.

Prior to the marriage, the bride was entertained at showers, and received numerous lovely gifts to adorn her new home.

GIRL GUIDES IN TIMMINS

Second Timmins Rangers

The second Timmins Rangers held their weekly meeting on Wednesday evening in the Scout Hall. The meeting opened with "God Save the King" followed by Ranger Prayer. Lieutenant Osborne was in charge of the meeting.

During the evening, Mrs. G. Morris passed the Guide and Ranger Star. A few games were played and the meeting closed with Taps.

The Ranger troop will hold an afternoon tea and bake sale at the home of Mrs. James Cowan, 78 Balsam street south, on Saturday, May 4th. A cordial invitation is extended to all.

51st I.O.D.E. Girl Guides

The 51st I.O.D.E. Girl Guides held their regular meeting last Thursday in the Hollinger Scout hall. The meeting was called to order by Capt. Wadsworth and inspection taken. Horseshoe formed and the colour party, June Webber, Joan Pye, Marion Johnson, Marguerite Hurst, Arlie McCharles, Hazel Trollope marched on the colours. During horseshoe Kay Starling was presented with her Gold Cord.

Patrol corners were held where the Guides did badge work. The Guides then assembled in a circle to form campfire. Many favourite songs were sung. The meeting was brought to a close with O Canada and Taps.

The Guides of the 51st I.O.D.E. Company held their annual church parade to the United Church on Sunday.



Miss B. Labrash Will be Paid \$280 for Photograph

Miss B. Labrash, of 13 Balsam street north, left the Palace Theatre on Thursday evening, at the regular weekly "Foto-Nite", richer by \$280.00. Miss Labrash by being present at the theatre for the evening, was able to claim that amount, offered by the theatre in return for her photograph.

During the coming few days, Miss Labrash will have a photograph taken of herself, and will present this to the management of the theatre at the weekly "Foto-Nite" on Thursday of this week, in return for a cheque for the amount of \$280.

The number chosen by W. Hale, was 222. The amount offered for the Photo-Nite next week is \$25.

Beauty and You

by PATRICIA LINDSAY



Come summer and every woman desires to be as figure perfect as lovely JUDITH BARRETT.

Chart-Figure Flaws Before Refashioning Program.

Let's assume that you want to have a more beautiful figure. The spring season has made you a bit disgusted with the figure you have neglected. In fact you want to be so much more beautiful that a new life will open to you! You would like to feel the joy of a supple body which responds instantly to your dictation. You want your skin to take on a fresh loveliness and your hair and eyes too. You want to carry yourself with poise and radiate a personality which will attract happiness. Of course, you do, any woman in her right senses wants to!

Well then, let's take a candid look at you. Strip down to your last garment or (if you are not too modest) stand nude before a full length mirror. For the next few minutes be cruelly candid with yourself—then fill in this rating:

How is your posture? Good or slumped?
Is your spine too curved at lower back?
How do you carry your head? Erectly or forward?
Do your legs bow?
Are your upper arms too thin? Too fleshy?
Do you look alive and vital or sadly droopy?
Are you overweight, or underweight?
Does your flesh look firm and pink?
Now Then!
We'll forget that you have a head

today (other than noticing how you carry it). We talk about the care of skin and hair on other days. Today it's that figure of yours on which we are concentrating.

Once you have charted your figure flaws, sit down for ten or fifteen minutes and determine what you are going to do about them.

Diet or Exercise?

If it is a weight question send for my building-up diet, or one of my reducing diets. All diets issued through this column have been okayed by physicians. So they are safe.

Then try to decide, now that the spring is here, whether one of the competitive out-door games wouldn't help correct some of the flaws you listed. It's splendid to adopt a game as a hobby for it brings you out into the open air and sunshine, in the company of others, and does wonders in giving you a grand new perspective on life. If you are not too old, adopt one. Women over forty-five may play golf, archery, bowl, swim, or ride horseback if they have ridden before. Tennis and badminton may be a bit too strenuous.

If an out-door game is impossible for you, considering your duties and where you live, then plan daily on a few minutes of exercising at home. Most of us should begin with posture-correcting movements, then go in for more specific corrective movements such as hip reducing, arm developing, midriff firming. (Released by The Bell Syndicate, Inc.)

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