

Dinner Should be Best Meal of the Day, Says Domestic Science Expert

Good Menus, Pleasant Surroundings, Cheerful Conversation, and General Happy Time Should be the Order of the Day. Recipe for the Making of Meat Loaf.

(By EDITH M. BARBER)

Dinner should be the best meal of the day from every angle. It is the one time in the busy twenty-four hours that there is leisure to linger. Pleasant surroundings and a stimulating conversation actually have an effect



green vegetables. The bread and butter dessert will fill in the chinks as far as fuel value is concerned. Dessert may be eaten for the same reason, but at the same time if it contains milk eggs or fruit, as it generally does we will have another source of supply for those important minerals and vitamins.

Roast Fresh Spareribs
4 pounds fresh spareribs
1/2 cup chopped onions.
Salt and pepper.
Select meaty fresh spareribs. Wipe meat with cloth and cut in servings if desired. Rub with salt and pepper, place in large baking pan, and sprinkle meat with onions. Cover and bake in moderate oven twice during baking. Remove cover during the last 15 minutes to brown meat. Yield: 6 servings.

Meat Loaf
2 pounds of chopped lean beef
1/2 pound chopped salt pork.
2 eggs slightly beaten.
1 cup milk
2 tab. lespousbutt ermeltd off
3 tablepoons butter melted.
3 tablepoons catsup.
1/2 teaspoon pepper.
1 tablepoon salt
1 medium-size onion minced
1 cup soft bread crumbs
3 strips bacon.
Mix meat with slight beaten eggs, milk, butter, catsup, seasoning, onion, and bread crumbs. Shape in loaf or pack in greased 8 X 4-inch loaf pan. Cover with strips of bacon and bake in moderate oven (375 d. F.) 45 minutes until well browned. Serve with tomato sauce or mushrooms sauce, mashed or scalloped potatoes and any green vegetable. Yield: 6 servings.
(Released by The Bell Syndicate, Inc.)

upon both appetite and digestion. If we have these plus a good menu we have everything which we need to make the most of the food which is served. A standard menu for diner includes meat, potatoes, as a general rule, a cooked green vegetable, bread and butter, a dessert and generally coffee. To this we sometimes add a light first course or a salad. Salad will always be enjoyed when it is crisp and dressed well at the same time will furnish a reserve supply of minerals and vitamins. If lunch is taken outside the home and salad has not been part of it, it is important that it should appear at the dinner table. On our standard menu the meat will supply use with muscle building materials in the form of protein, some minerals and a liberal supply of vitamin B1 as well as a certain amount of others. Potatoes have been found to be valuable assets for the mineral and vitamin content and of course this will fill in the cooked

Using 201 Pounds Bread Crumbs in This Plum Pudding

Or You May Make It on a Less Grand Scale

To make a good Christmas pudding take 201 pounds of bread crumbs, 100 eggs, 100 quarts of milk, 215 pounds of brown sugar, and various other ingredients in proper proportion. Quantities such as these are what chefs of the Canadian National Railways have worked on. They make a ton—enough pudding to serve on the dining cars of the system during the Christmas season. Of course, if you want to make only enough for the family here is the recipe—an old English one. It will make two and a half pounds, ten generous individual portions:

- Ingredients**
4 oz. Bread Crumbs.
3 oz. Beef Suet
2oz. flour
2oz. Brown Sugar
3 Eggs.
1/2 pt. Milk
3oz. Brandy
3 oz. Sultana Raisins.
3 oz. Currants
3 oz. Raisins.
2oz. Citron Peel.
2 oz. Lemon Peel.
2oz. Orange Peel.
2 oz. Figs
1/2 teaspoon Nutmeg
1/2 teaspoon Allspice
1/2 teaspoon Cinnamon.
1/2 teaspoon Ginger
1/2 teaspoon Mace.
Juice of one Lemon
1/2 teaspoon Salt.
1/2 teaspoon Baking Powder.

Mix the dry ingredients together then add the beaten eggs, milk, brandy, and mix all together thoroughly. If mixture is too firm, add a little more milk. Grease inside of pudding bowl or covered mould to prevent pudding from sticking. If pudding bowl used, cover bowl with floured gauze tied tightly around bowl to keep moisture away from pudding. Boil pudding for three or four hours. Heat thoroughly before serving, then unmould on dish. Serve with sprig of holly on top. Serve with Hard Sauce made as follows:—

Ingredients— 1/2 lb. Butter; 1/4 lb. Powdered Sugar.
Procedure— Mix butter and sugar until the mixture become white. Roll in wax paper, place in refrigerator until hard. Cut in slices. Serve slice on top of Plum Pudding.

Funeral of J. A. Gougeon at Mattawa Last Week

Mattawa, Dec. 4.—The funeral of John Archie Gougeon, well known young Mattawa resident took place Friday morning, with service conducted at St. Anne's Roman Catholic Church, Rev. J. N. Duquette officiated at Solemn High Mass of Requiem. Interment was at St. Anne's Cemetery.

The pall-bearers were James Fink, Armand Ribout, Robert McElroy, Leo Fink, Azia Burke and Jules Fink. The young man's death occurred last Tuesday at Gravenhurst, following a lengthy illness. He was in his 29th year. Born in Mattawa, he was the son of the late Mr. and Mrs. Archie Gougeon Sr. He was educated in Mattawa schools and was employed for a number of years with A. Ross and Sons of Mattawa.

Surviving him are three sisters, Mary Gougeon of Mattawa, Margaret Gougeon of Rouyn and Vera Gougeon of Schumacher, and three brothers, Pte. Philip Gougeon, Algonquin Regiment, Port Arthur; Stanley and Darrel Gougeon of Mattawa.

The funeral was largely attended by Mattawa citizens as well as by many out-of-town persons. Among those present from outside points were Mr. and Mrs. M. Burke of Massey, Mrs. E. Lee and Eddie Lee of Moore Lake, Mrs. J. A. Fraser of Kenora, Pte., Philip Gougeon of Port Arthur, Margaret Gougeon of Rouyn and Vera Gougeon of Schumacher and others.

Personal Shower Given in Honour of Bride-to-be

Schumacher, Dec. 4. Special to The Advance.
Miss Muriel Phillips First Ave., was hostess at a nicely arranged personal shower held in honour of Miss Miriam Laine who left Sunday for Calgary, where her wedding will take place at an early date. A number of Miriam's friends attended and a very happy time was enjoyed making up a "Bride's Book". During the evening the bride-to-be was the recipient of many beautiful gifts. The hostess served a delicious lunch, and a special feature was the tea cup reading by Miss Jean Jacques. The following ladies attended: Mrs. George Vaughan, Mrs. Ken Adamson, Miss Evelyn Holmes, Miss Alexander Bugera, Miss Jean Bugera, Miss Neta Moore, Miss Jean Jacques, Miss Delta Jacques, Miss Margaret Smith, Miss Ella MacKenzie, Mrs. Mazie Newton, Miss Ivy Calvery, Miss Reva Hawse, Miss Margaret Masson, Miss Lois Phillips; the hostess, Miss Muriel Phillips; the guest of honour, Miss Miriam Laine. Unable to attend but sending gifts—Miss May Fowler, Miss Jean Heath, Miss Evelyn Leaman.

GETTING THE POINT

A man was giving some advice to his son. At the end of a rather stern lecture, he said: "Now, my boy, you understand perfectly what I mean?" "Yes," replied the boy. "What it boils down to is this: If I do well, it's because of heredity, and if I fail, it's my own fault."—Globe and Mail.

Beauty and You

by PATRICIA LINDSAY



JOAN LESLIE of Warner Bros. is preparing herself for a gay weekend party. While her hands are being bleached and softened by a special masque cream under the gloves, she relaxes with a book.

Nippy Weather Makes Daily Hand Care Essential

Some women are fortunate enough to have sufficient natural lubrication of their skin so nippy weather does not dry their hands and face. But most women find their skin chapping during the first chilly spell and lubricating creams or lotions become essential.

It is surprising how quickly hands respond to a little pampering. The skin becomes smoother stronger. Massaging hands with a softening cream or lotion at least every night and during the day if it is possible, keeps the skin from chapping and growing red. Cuticle will always scuff if the skin is too dry or if it has been chapped and nothing is more irritating than to have ragged hangnails. One's fingers even seem to blunder in the work they must do!

The woman who has done everything to beautify American women's hands (she is known by her famous nail polishes and preparations) tells me that her hand masque has increased steadily in sales. Women are at last realizing that even neglected hands can be massaged and manicured into presentable condition on short notice, providing they are given facials as your face gets.

First a good cream cleansing then a sudsy scrubbing with soap and water paying special attention to the nails. A few minutes with the right implements are enough to give your nails a manicure and to paint them an exquisite shade to harmonize with what you plan to wear. During the manicure the scuffed cuticle is cared for with oil and removing lotion so your last step is to smooth and bleach the neglected skin. This is done by applying a special masque which is rich and creamy and soothing. Again around your cuticle you drop a bit of

TO-DAY'S FASHIONS



By VERA WINSTON

YOU CAN never have too many of these neat and unobtrusively smart little frocks that fit so nicely into the average daily round, whether at home or in the sunny south. Here's one such frock made of natural soft jersey. Shaped tucks radiate from top to bottom of the flap pockets at the breast and hips. Brown grosgrain binds the high rounded neckline, the front closing and pockets. Sleeves reach to the elbow and are edged with brown grosgrain. The belt is also brown leather.

Toronto Telegram.—Nature gives warning signals. Many a man knows it is going to rain because his arthritis is worrying him.

Boys of K-Club Have Collected Ten Tons of Salvage

Letter from Sons of England Tells of New Fund Being Started.

Speaking for the committee supervising the Boy's K-Club, P. T. Moiseley told his fellow Kiwanians at the regular meeting of the club, held in the Empire hotel on Monday, that over ten tons of salvage had been picked up by the boys and sold during one month.

The salvage included mixed papers, tires, rubber footwear, hose, brass, burlap, rags and serap iron.

Chairman of the programme committee, Fritz Woodbury, arranged the meeting's entertainment. A number of question, two samples of which were: "When we have won this war what should be done with Germany; should Germany be dismembered?" and "Should there be an amalgamation of all the English-speaking peoples of the world?" were put in a hat and the member who drew a question was obliged to make an impromptu reply. The replies given to the questions were varied and interesting.

President Mr. McDowell read a letter from the Sons of England stating that a Bomb Victims Fund, to be subscribed to in addition to the Lord Mayor's Fund was being started.

Visitors were Captain E. M. Honey, brother of Dr. Lee Honey, and J. N. Eakins, Noranda. Mr. McDowell pre-

sided, W. H. Wilson accompanied at the piano while Cecile Watson led the singing.

OLD EVIDENCE

Wife—Is there a lunatic asylum near here?
Husband—I believe so.
"Do they take people on their own recommendation?"
"How should I know? Why?"
"Oh, nothing, only today I got hold of a package of my old love-letters."
—Humorist.

HARDLY A PAIN AT 78 She Feels Like 48

Aches and pains are not inevitable in old age. When they do come, there is always a cause for them. Here is a little lesson on growing old, by a woman of 78:—

"For the last five years I have taken Kruschen Salts and I tell you truthfully I could not live without them. I am 78 years old. I have hardly a pain in my body, and I feel almost as young as I did at 48. I give the credit to Kruschen Salts. No one will believe my age."
—(Mrs.) C. M.

Most people grow old long before their time because they neglect one vital need of health—the need for internal cleanliness. Eventually they start the Kruschen habit. Then, probably for the first time in years, they start getting rid every day of all waste matter from the system. They begin to feel energetic and happy. In a word, they've got that "Kruschen Feeling."



A PUNCHY STORY

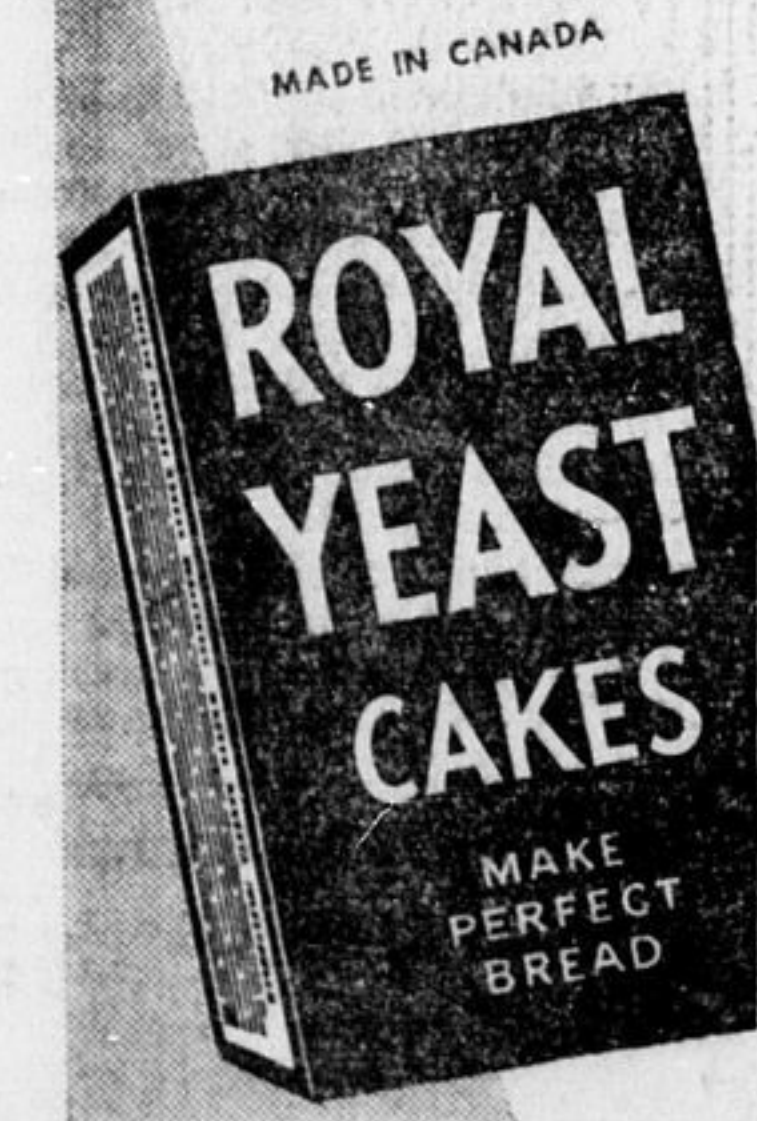
—Comes the winter and the fight begins against our enemy, the Cold. But I've got him licked this time! No more sniffles for me since I've gotten the habit of drinking plenty of Timmins Dairy Milk each day.

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GIRL GUIDES IN TIMMINS



The 51st I. O. D.E. Girl Guides held their regular meeting in the Hollinger Scout Hall at 7.15 Thursday evening. Capt. Wadsworth took the attendance and inspection, assisted by Lieut. Starling. Colour parties from the Orchid and Daffodil Patrols marched on the colours. The Guide prayer and Guide Laws were repeated. The Guides then went to their Patrol Corners and were studying for different Class Badges, mostly being the Second and First Class badges. The Guides then formed ranks for a game. Campfire was formed and several songs were sung, the songs being "Mac Nomara's Band", "Poor Old Slave", and "Guide Camp Song". The Guide paper was read by the Daffodil Patrol. The colour party then took down the colours and the meeting was closed by the singing of the Guide National Anthem, followed by "Taps". Capt. Wadsworth dismissed the Guide After that Court of Honour was held. Those who have any parts of Guides after that Court of Honour in touch with Capt. Wadsworth, 78 Commercial Ave.

IN DOUBT

Labor was difficult to obtain, so the farmer was obliged to overlook his new hand's lack of wits. On the first day he told the man to take two horses to a pond to drink. When the "party" returned the farmer asked: "Did the horses drink enough?" "Dunno", said the man thoughtfully, scratching his head; "but there was a lot of water left."—Montreal Star

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