

Suggest Menu for the Week After the Holidays

Cabbage, Onions and Turnips Are Inexpensive, Says Culinary Expert. Broccoli and Mushrooms are Within the Average Budget, Miss Barber Says.

After the holiday turkey which probably provided several meals roast beef will get a particularly hearty welcome if chosen for Sunday dinner. Cabbage, onions and turnips are

Beat thoroughly and fold in beaten egg whites. Pour in three greased eight-inch layer cake pans. Bake in a moderate oven (350 degrees Fahrenheit) for thirty minutes. Or pour mixture into a greased eight and one-half inch tube pan or spring form and bake in a slow oven (325 degrees Fahrenheit) for twenty minutes; raise the temperature to 375 degrees Fahrenheit for ten minutes then decrease heat to 325 degrees Fahrenheit for thirty minutes. (Released by the Bell Syndicate, Inc.)



Edith M. Barber

among the least expensive vegetables while mushrooms and broccoli are as low as they will be this season. Florida oranges are becoming more plentiful. Menu suggestions for next week are as follows—

- Sunday Breakfast**
Pears
Codfish cakes Hot Rolls
Coffee
Dinner
Cream of celery soup
Olives Carrot fingers
Roast beef
Browned potatoes Peas in cream
Lettuce with French dressing
Baked Alaska Coffee
- Supper**
Welsh rabbit
Toast Anise
Nut cake Tea or beer
- Monday Breakfast**
Orange juice
Cooked cereal
Boiled eggs Toasted rolls Coffee
- Luncheon**
Scalloped salmon
Coleslaw
Cake Tea
- Dinner**
Liver and Bacon
Mashed potatoes
Creamed fried onions
Hot gingerbread Coffee
- Tuesday Breakfast**
Stewed mixed fruit
Ready-to-eat cereal
Bacon Toast Coffee
- Luncheon**
Salmon tisque
Grapefruit salad
Toasted crackers Tea
- Dinner**
Tomato juice cocktail
Beef shortcake
Buttered beets Baked squash
Wine jelly, custard sauce
Coffee
- Wednesday Breakfast**
Orange juice
Cooked cereal
Omelet Bran muffins Coffee
- Luncheon**
Creamed codfish
Beef salad
Cookies Tea
- Dinner**
Baked sausages
Baked potatoes
Creamed mushrooms
Baked tomatoes
Apple pie Coffee
- Thursday Breakfast**
Grapefruit
Ready-to-eat cereal
Bacon Toast Coffee
- Luncheon**
Cream of mushroom soup
Raw carrot salad
Hot biscuits Strawberry jam
Tea
- Dinner**
Minute steak
Creamed potatoes Fried parsnips
Fried corned beef Coffee
- Friday Breakfast**
Pineapple and orange juice
Cooked cereal
Scrambled eggs Whole wheat rolls
Coffee
- Luncheon**
Baked Macaroni with cheese
Mixed green salad
Applesauce Tea
- Dinner**
Baked bluefish
Hashed browned potatoes
Buttered spinach
Cottage pudding, butterscotch sauce
Coffee
- Saturday Breakfast**
Tomato juice
Ready-to-eat cereal
Bacon Toast Coffee
- Luncheon**
Fish chowder
Cabbage and pepper salad
Doughnuts Tea
- Dinner**
Baked ham
Baked sweet potatoes
String beans with lemon butter
Steamed rice with shaved maple sugar
Coffee
- NUT CAKE**
2 cups ground nuts or almonds
1 cup sugar
1/4 teaspoon salt
6 eggs
Grind the nuts and mix with sugar and salt. Beat egg yolks until foamy and beat in sugar and nut mixture.

Women of Canadian Red Cross Send Tribute to the Queen

Equipment, Garments, Accessories, Etc., for Women of the Motherland War Services.

A very gracious gesture by the women of Canada is mentioned in the current issue of The Dispatch—the official journal of the Canadian Red Cross. To show appreciation for the women of the Motherland actually engaged in war services, the women of the Canadian Red Cross have selected and prepared in the Red Cross groups across Canada, under expert direction, a supply of equipment, garments, toilet essentials and personal comforts for the women of all ranks in the war services of the Motherland. To make the gesture all the more appealing and appropriate, the gifts were sent direct to the most gracious of all the active workers in the war work in Great Britain—as a tribute to that beloved lady—the Queen. The following letter in The Red Cross Dispatch explains itself and gives in a few words the full story of this fine gift from the women of Canada to the women of the Motherland:—
To Her Gracious Majesty the Queen, Buckingham Palace, London, England.

We, the women of the Dominion of Canada, working through the Red Cross in hundreds of groups from coast to coast, and deeply appreciating the splendid services now being rendered to our Empire by the women of the Motherland actively employed in the prosecution of the war in Governmental Departments and Auxiliary Services, desire to show our appreciation to our sisters across the sea in a practical form by selecting and preparing in our Red Cross Groups under expert direction, a supply of equipment, garments, toilet essentials and personal comforts for the women of all ranks in the war services of the Motherland.
And because we know that Your Majesty constantly associates yourself with sacrifices and strive for the winning of the war and finds your chief pleasure in the encouragement of those who are giving service in any capacity for our Empire, we would respectfully request Your Majesty to accept these supplies as a gift in token of our love and loyalty, to be placed at your disposal at Your Majesty's direction wherever the need is greatest.
We have the honour to be,
Your Majesty's obedient humble servants.

Adelaide M. Plumtree,
Chairman, War Activities
Claydes E. Campbell,
Chairman, National Women's
War Work Committee.
December the Second
Nineteen Hundred and Forty.

Death of Joseph Houle at Ottawa on Thursday

At the Notre Dame des Lourdes Church to-morrow (Tuesday) morning at 10 o'clock, funeral services will be held for the late Joseph Houle, who passed away at Ottawa on Thursday evening. Remains were shipped to Timmins, where the deceased's home is at 103 1/2 Maine avenue, and interment will be made in the Roman Catholic cemetery.

The late Mr. Houle was seventy-one years old. His family lives in town, and there are other relatives in Ontario.

Voting at Liskeard Though Council by Acclamation

Though mayor and council at New Liskeard were elected by acclamation voting is in progress to-day at that town on the question as to whether or not the ratepayers in Liskeard favour a two-year term for council. Unless there is more interest shown in the vote on the term of council than there was at the nomination meeting last week, New Liskeard's expression of opinion on the term for mayor and council will not be very representative. At the nomination meeting there were exactly twenty people present, apart from the newspapermen. The twenty included the mayor, five other members of council, representatives of the parks commission and the cemetery board, some members of the school board, and the town clerk. The election of the mayor council and school trustees all by acclamation, would suggest that the ratepayers of New Liskeard are well pleased with the way affairs are progressing and the addresses at the nomination meeting would appear to further support the idea. This is the fifth term of mayor Howard Walter as mayor of

Beauty and You

by PATRICIA LINDSAY



How to apply lipstick is demonstrated by EVELYN YOUNG of Columbia Studio. The outer lines of the lips are defined, and the colour then blended to the inner section of the lips.

Clever Make-Up Looks Like No Make-Up, Says Popular Screen Beauty

Hollywood casting experts who annually interview thousands of girl screen aspirants from all parts of the country say that there is one thing that betrays a rural girl—her make-up. She usually wears too much!

The basic principle of using make-up to enhance one's beauty is this—it must be an illusion. If make-up is obvious it is not beautiful! make-up One popular screen beauty Lucille Ball, has a lot to say about One popular screen star Lucille Ball, has a lot to say about make-up. "Too much make-up makes me look like a clown. I had the role of a variety queen of burlesque my bangs were fluffed and my hair dressed fancy. Long artificial lashes heavily leadened with mascara were added to my own, and my mouth was widened and darkened with brilliant lip colour. To complete the picture they exaggerated my brow arch. I looked like I was supposed to look like—and it wasn't lovely.

"Later I acted a natural role and my hair was brushed into a lustrous coil. My brows were left in natural curve, only my upper lashes were darkened a bit at the tips and lipstick outlined my lips lightly. I felt and looked like myself.

Regarding Day Make-up
If you youngsters would like to know what a screen actress uses on her face for daytime make-up when she is not facing the camera, listen to Lucille's testimony: "My street make-up is very simple. I begin with a powder base which is light in texture of colour which matches my current skin shade. I apply it lightly with a fresh sponge. Too much powder bases give your face a pasty look so I try to avoid that. When my skin is nicely tanned or when the weather is moist, and warm I omit the base altogether.

"When this base has dried I apply a touch of dry rouge with a long-handled brush which is about half-inch wide. I like wide brushes for make-up because I think they create a more natural effect.

"But let me warn you about rouge—use it ever so sparingly. Rouge acts as a highlight and a shadow—that's why it takes expert application. Apply it to the highest point of the cheek and blend it to no colour at the lines. Never let it touch laugh or sun lines at the corners of the eyes or mouth for rouge accents wrinkles.

"I brush my lashes and brows free of powder and leave them that way and I prefer a clear bright lipstick for daylight wear rather than the deeper, dusky shades. I confess however that I frequently change the shape of my lips with lip colour. Just a whim most women indulge in."

For Evening Wear
"For some evening occasions I wear eyeshadow, mascara and accent my brows with pencil. I think that too much eye make-up or too much of any make-up makes a girl self-conscious and she cannot act her natural charming self. That of course is a mistake. If you apply your make-up cleverly at home you should be able to forget all about your face while you are out.

"You notice I didn't say anything about using powder. I don't use it. I feel that the moist look the powder base gives my skin is prettier than a dull powdered look. There are times, too, when I do not wear rouge in daytime hours."

Blairmore Enterprise:—Man is an animal that thinks he has a certain cold remedy until he tries to cure his cold.

New Liskeard, and most of the councillors and school trustees have been in office several years.



Dr. James W. Barton, M.D.

That Body of Yours

Eczema in Infants Can Be Cured

Before the days of baby specialists, eczema in infants and children was not considered a serious matter as it usually cleared up by the time the child was two years old. The mother was given ointments to apply which gave some relief and often prevented the spread of the eruption.

To-day when eczema occurs, the baby specialist and family physician immediately investigate the baby's food as they know that about three cases in four are due to some food to which the baby is allergic or sensitive. The eruption has really nothing to do with the skin itself but is the reaction of the body to some foods it cannot handle properly. By skin and other tests they "modify" the milk or other food taken and the eczema disappears. In the dry form eczema reducing the fat of the sugar or both is often found effective.

When allergy or sensitiveness to foods is not the cause of eczema, Dr. Marion B. Sulzberger, New York City, in the Journal of the American Medical Association states that change of environment or surroundings may bring about a cure but unfortunately this is not often possible. In the "cure" of eczema in children under 2 years of age, his experience has shown that the various factors can be ranged in the following order of importance.

1. Time Most Patients get well by the age of 2 or before, and many remain free from skin ailments.
 2. Complete change of environment.
 3. Extreme care in applying remedies to the skin.
 4. In many cases in which removal from the general environment is impossible, the leaving out of the commonest foods to which children are allergic or sensitive.
- The two points we obtain from the above are (a) that children will be free of their eczema at or before the age of two years and may have no other skin trouble; (b) that foods eaten and the surroundings of the child should be investigated as cures can be obtained in most cases, and there is no real reason for waiting for the two years to pass before giving the child relief.

Allergy
Allergy or sensitiveness to various foods or other substances is the cause of many symptoms such as eczema, hay fever, asthma, intestinal upsets and others. Send for this interesting booklet on this subject entitled "Allergy" (No. 105) by Dr. Barton. It contains many helpful suggestions. 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 mailing and mention the name of this paper.
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SHOULD BE GOOD

A "High Hat" young Nazi officer was brought down in England, badly wounded, and taken to hospital; when he was recovering he declaimed loudly on the superiority of the German race and the purity of his Aryan blood.
"See what a quick recovery I am making from a really bad wound," he said.
"You ought to," replied the doctor, "I have put a good two pints of the best Jewish blood into you."—Financial Post

Salvation Army Red Shield Centres Much Used by Soldiers

Centres Used 5,649,423 Times by Soldiers in Uniform.

Toronto, Jan 4—Canadians in uniform, in Canada, Iceland, Newfoundland and overseas, visited the Salvation Army's Red Shield war service centres 5,649,423 times from the date these were opened after the outbreak of war last fall till October 31st, 1940. It is revealed today in a report issued here by Brigadier Wm. Dray, secretary of the war service department.

The first Red Shield centre for this war was opened at Edmonton September 23rd, 1939. On November 30th this year, £3 had been built or acquired, equipped, staffed and placed in operation at various military camps and training centres across Canada. Also as at November 30th, Canada had supplied 19 Salvation Army officers as auxiliary service supervisors with the first and second division Overseas. Twelve mobile canteens had been put in service "over there", and the "West Central Hotel" had been opened for Canadian troops in London, England.

Total actual expenditures by the Red Shield department to November 30th, 1940 had amounted to \$255,292.37. Another estimated \$199,050 will be required to complete the financing of this department alone till March 31, 1941, making an estimated total of \$725,022.37 for Red Shield war work up to the end of March next year, according to Brig. Dray.

Items in the above total of over half a million actual expenditures include: wool and materials for soldiers' comforters and evacuee clothing, \$28,275.18; Overseas services to Canadian troops, \$176,346.22; nuts and canteens in Canada, \$259,298.85; film service, \$2,513.74; mobile canteens, \$12,000; emergency assistance, \$25,592.59; emergency houses for soldiers' wives or relatives visiting them in strange cities, \$20,336.74; and stationery for troops, \$15,327.62.

Up to the end of October this year Canadian soldiers had used 7,388,875 sheets of letter paper and 5,652,430 envelopes in writing to relatives or friends from Red Shield service centres of the Salvation Army.

For the same period, 3,475 articles of clothing, sweaters, socks, mitts, and so forth had been given free to soldiers who asked for them and 2,351 articles of clothing had been mended or adjusted in Red Shield service centre sewing rooms manned by volunteer women.

Free meals, refreshments, chocolate bars, coffee, and other refreshments had been given free 209,571 times. "Personal services" had been given to 2,297 Canadian boys, and 227 family problem cases have been dealt with through war service officers only.

Outdoor games to the total of 1,097 events had been staged under the direction of Salvation Army officers with the troops and 2,385 indoor events under the heading of "recreation" had been arranged in 83 centres. For the

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same period, 337 religious services, 408 concerts and 313 movies had been offered, with total attendance in each case of 87,926, 167,649 and 158,089 respectively.

Twenty seven libraries have been established in connection with the war service centres, and 15,086 books were in circulation for this period. Twenty five thousand, four hundred and fifty four magazines and 6,227 newspapers were distributed.

"Remember, of course that these figures apply to our new department set up as a result of the war. In peacetime, we have 421 citadels, 594 "outposts" or centres, 74 social institutions and 69 schools throughout Canada, and of course, these are all doing their share to take care of the added burden that war brings to our social life," Brig. Dray concluded.

Another Imposition on the Soldiers on Leave

(From Amherstburg Echo)
Several of the Amherstburg soldiers are in the Essex Scottish stationed at Camp Borden dropped into The Echo office when they were home on Christmas leave and told us of the generous Christmas present given them by the Canadian government—a 75-cent increase in the railway fare from Camp Borden to Amherstburg. Citizens of Canada have been pressing the Dominion Government to give soldiers, who are in active service battalions free transportation periodically so they can return to their homes. Our legislators are not only turning a deaf ear to the voice of the people they are actually thumbing their noses at them by boosting the soldiers' transportation fees. Nearly every weekly newspaper that comes to our desks has carried at least one editorial—if not more—favoring free transportation for soldiers and that represents public opinion from coast to coast. It can't be that the government is being economical because it doesn't cost any more to run

full coaches than empty ones, and if they wanted to make more money they could charge the members of parliament transportation and let the soldier ride free. These soldiers are willing to lay down their lives in order that the government may continue in existence; surely the government can show its gratitude by giving their protectors free transportation.

Funeral To-morrow of the Late Mrs. L. Lachapelle

Funeral services will be held on Tuesday morning at 9 o'clock at St. Anthony's Cathedral for the late Mrs. Louise Lachapelle, who passed away at Toronto General Hospital on Friday. Remains were shipped to Timmins on Saturday.

The late Mrs. Lachapelle was thirty-nine years old, and leaves to mourn her loss, besides her husband, Owen, who is ill in Ottawa, four sons, Armand, Leo, Ernest and Rene of Timmins; two brothers, Leo Joannis of Schumacher, and Hector Joannis; and one sister, Mrs. Blanche Bilodeau, of Cobalt.

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