

Suggestions for Menus for a Week's Happy Meals

Generally Good Bargains in Fowl at This Time of Year, Says Domestic Science Expert. Some Vegetables Also Not Too Expensive. Recipe for Salmon Souffle.

There are generally good bargains in fowl at this time of year. Fowl, by the way, makes a better fricassee than younger chickens.

Young cabbage from the south is cheap and of good quality. Kale, broccoli, green peppers, spinach, peas, string beans, mushrooms and salad

1/2 teaspoon paprika
1/2 cup milk
3 egg yolks, well beaten
1 cup (8 ounces) cooked or canned salmon

3 egg whites, stiffly beaten.
Melt butter, stir in flour and seasonings and, when well blended, slowly add milk, stirring constantly over low heat until mixture thickens and boils. Remove from heat and stir in well-beaten egg yolks. Fold in salmon. Cool. Fold in stiffly beaten egg whites. Pour in greased one and one-half quart baking dish. Bake in moderately hot oven (425 degrees Fahrenheit), twenty to twenty-five minutes. Yield: Six servings.

(Released by The Bell Syndicate, Inc.)

A.Y.P.A. Enjoys Skating and Social Time Last Week

The members of the A.Y.P.A. met on Wednesday evening at the home of the president, Orva McGrath, 69 Balsam street south. For one hour the members enjoyed skating on the outdoor rink, and returned to the McGrath home with "healthy" appetites to enjoy a hot buffet supper.

During the evening, Nick Basciano and Clifford Cretney entertained with musical selections and variations. Among those present were: Captain W. Vollek, Clifford Cretney, Peggy Gedge, Ruth Arnold, Tony Harting, Pearl Mitten, Eugene Montgomery, Helen and Harry Atkinson, Doris McDonald, Nick Basciano, B. Atkinson, Doris Read, Marguerite Ray and Orva McGrath.

Next week the meeting will be held in the St. Matthew's parish hall and will take the form of a social. All old members and prospective members are invited to attend.

Try The Advance Want Advertisements

Oddfellows Guests of Gold Nugget Rebekah Lodge

Annual Social Evening a Delightful Event.

The Gold Nugget Rebekah Lodge entertained the members of the Oddfellows on Thursday evening at its annual social evening, which once again was a very entertaining and successful event.

Mrs. S. Crews, Noble Grand, welcomed the Oddfellows and visitors, and brought the usual friendly atmosphere to the event, the members of both lodges joined in a "Paul Jones."

The programme opened with solo selections by Sister Webb, followed by rhythmic dance numbers of the pupils of Miss Margaret Easton, who contributed many dance routines to the evening's programme. Mr. Wilson Thomson added to the evening's entertainment with a solo and a recitation. Miss Kitty Hale pleasantly sang a solo, and an interesting monologue was given by Sister Keene. Brother R. Wales also rendered a solo, as did Brother Joe Jago, and sisters Webb and Keene delighted with a duet selection. Brother "Dad" Whyte made a great hit with his recitation of a lovely poem, and the entire gathering enjoyed the "Lambeth Walk" and other dance numbers.

A delicious lunch was served, with Mrs. Lacy as kitchen convener. Mrs. S. Lawley and Mrs. Leslie Hocking poured tea.

Sister Keene and Sister Webb convenered the programme, and Noble Grand, Mrs. S. Crews, acted as M.C. Brother R. Richardson called the square dances; Mr. Geo. Hale accompanied the vocal selections, and Mr. Arthur Garraway presided at the piano for the dancing.

About one hundred and fifty members of lodges, and visitors attended the event, which closed with community singing and "Auld Lang Syne" and "God Save the King."

Report for December of District Children's Aid

The following is the report of A. G. Carson local superintendent of the District of Cochrane Children's Aid Society for the month of December, 1940:—

Application for children for adoption	1
Office interviews	95
Interviews out of office	101
Complaints received	9
Investigations made	13
Children involved	9
Mails received	24
Mails sent out	100
Children in Shelter	5
Children boarding out	59
Wards visited	51
Court attendance	5
Juvenile cases	5
Children on probation to court	19
Wards placed at boarding homes	1
Children released from guardianship	1
Wards returned to Shelter	1
Children made temporary wards	6
Adoptions completed	2
Mileage travelled	785
Children admitted to Shelter (not wards)	6
Children given hospital and medical care	1
Children returned to parents	1
Children given assistance in their own homes	2
Investigations for other societies	5
Cases under the Unmarried Parents Act	2

Three New Lions Join Local Club at Weekly Meeting

Dr. N. H. Russell to Speak at Next Week's Gathering on X-Ray Development.

Three new members were introduced at the regular meeting of the Lions Club held here on Thursday night. Harold Collins and Harold Shook were introduced to the members by Harold Pirie, to complete the "Harold" cycle, while "Nap" Napper sponsored the admission of Bruce Leek, H. Hutchinson, formerly of the Leamington club, was welcomed to Timmins on a transfer.

President Alex Allen presided over the gathering but there was no special speaker for the occasion. Three visitors were present at the dinner, including Mike Wernick and Hughie McEwen, of North Bay, and Bill Marks, of Timmins.

Dr. Norman H. Russell will give an address at next week's meeting on the development of the X-ray.

KEEPS SAME HOURS

The young bride was asked what she thought of married life. "Oh, there's not much difference," she replied. "I used to wait up half the night for Tom to go home and now I wait up half the night for him to come home."

—Exchange

Quality You'll Enjoy "SALADA" TEA

Ca-Bo-Gi's First Annual Ca-Bo-Gi Night Big Success

Appreciation Shown to C. W. L. for Assistance and Co-operation.

To show its appreciation for the assistance and co-operation rendered to the Ca-Bo-Gi Club since its inception by the Catholic Women's League, the members of the Ca-Bo-Gi club held the first annual Ca-Bo-Gi Night in the basement of the Church of Nativity on Sunday evening, and the event was such a success that it merits even more than annual repetition.

Guests at the event were the members of the Junior and Senior Catholic Women's League branches and the Kirkland Lake Ca-Bo-Gi club, and the Schumacher Ca-Bo-Gi club.

Ann Svos, Florence Noonan, Jean Sweeney, Ernie Kennedy, Louis Dworak, Terry Kennedy, and Charlie Burgoyne formed the cast of the one-act play, "Christopher Columbus," which they portrayed very amusingly and cleverly. The presentation was directed by Dorothy Kelly.

The feature of the evening's entertainment was a radio show, complete with slightly revised commercials, station-breaks, etc. Father Thaddeus' costumed impersonation of an irate coal mine striker from Pennsylvania was the "starring" performance in this portion of the programme. Other outstanding portrayals were given by Catherine O'Neill as the originator of "Advice to the Lovelorn"; Elsie Sullivan as "Big Sister"; and Greg Evans as "Foster Chewitt," ace sports commentator.

Terry Kennedy and Cappy Lang gave a vocal rendition of "Playmates," and

Father Murray's clever sketches of well known members of the Ca-Bo-Gi Club were very interesting. The programme's "musicians," a talented group, were Olive Lafraniere, Annette Rogers, Jean Murtagh, Jean Sweeney, Mike Noonan, and John Shuster, and three songs "We Love Our Canada," "Deep Purple" and "Let Me Call You Sweetheart" were sung by the glee club directed by Harriet Harkness.

Membership committee chairman, Greg Evans, welcomed all present and outlined the purpose of Ca-Bo-Gi night, stating that the evening's entertainment marked the launching of a monster membership drive by the club. A delicious supper was served after the programme, and a very pleasant social hour was enjoyed.

Schubert Choral Society Meets 8 to 10 To-night

Schubert Choral Society meets at radio station to-night and each Monday night, 8 to 10 for practice. The hours are set to allow those attending night as the society is preparing for a practice. Full attendance urged for to-night as the society is preparing for a concert on Jan. 26th, at 8.30 p.m. at Palace theatre.

SUCH IS LIFE

Neighbour—What's that new baby at your house, Jimmie, a boy or a girl? Jimmie (disgustedly)—Aw, it's a girl! I saw 'em putting powder on it.

—Exchange

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No doubt you need a little period of relaxation after the rush of the holidays—and one of the best ways of getting it at home is to take a luxurious bath before you lie down for an afternoon nap or a long night's sleep!

Smoothing Oil

If sun or cold weather has robbed your body's skin of all softness you will delight in knowing about a new bath oil which is massaged into your skin BEFORE you shower or bathe, instead of afterwards. Its perfume is so concentrated that even after a scrubbing your skin is luxuriously scented! And enough of the oil clings to your skin to lubricate it. In fact you get three benefits out of one bottle—a much-needed skin massage, a lubricant and a perfume! If all that doesn't entice sweet dreams and beauty-giving rest, nothing will!

For Bathing Fun

Another firm, anticipating your state of nerves, offers you a floating bath mitten which contains a very fine, exquisitely perfumed soap which sweetens your bath and you. There are three soap fragrances from which to choose and one mitten may be used a number of times before it is worn out. Between bathes you simply let it dry and keep it away from eager fingers of the family! Don't ask me why it floats, it just does, it is then ready for any grab you make!

New Cologne

No relaxing bath ritual is quite complete without a bewitching cologne rub-down, if you are one who likes a tubbing without perfume soap or essence. One new spicy bouquet which stays with you for hours, costs so little that you can afford to be lavish with it when you spray or rub it over your freshly washed skin. This is a new product of an old, old firm which is famous for a lipstick and rouge which stays with you, once you put it on, almost as long as the refreshing scent of the cologne.

A Special Pillow

For invalids, or those who have difficulty in getting their heads in just the right position for sleeping, there is an ingenious horseshoe pillow which fits around the neck, relieving it of strain and supporting your head in a most comfortable fashion. This little pillow was designed by a girl whose mother had to sleep sitting in a chair during an illness, but it is now being cherished by any woman or man who has pillow trouble. It may be used while traveling in a train, plane or car, while you are reclining in a chair or on a couch, or for a bed pillow. Just thought I would pass the news along so you might get better resting during the hours you devote to resting!

(Released by The Bell Syndicate, Inc.)

That Body of Yours



By James W. Barton, M.D.

Two Common Causes of Constipation

In a talk to a service club I stated that I believed half the adult population was constipated. At the conclusion of the meeting, a member of a large medical and surgical clinic told me that I would have been nearer right had I said three-quarters or 75 percent of the adult population was constipated. I reminded him that he was thinking about sick individuals whereas I had in mind just the general public.

It is known that the time required for food taken by mouth to reach the lower end of the bowel and be thrown out as wastes is from 48 to 72 hours, two or three days.

Should one be considered constipated if time required is four or five days? Dr. Walter Alvarez, Mayo Clinic, whose experiments with the passage of glass beads through the digestive tract attracted wide attention a few years ago, states that it is possible for certain individuals to maintain good health when the food takes five days to pass through the length of the digestive tract, and be thrown out as wastes. While such cases are "exceptions," nevertheless it tends to show that regularity, even if wastes' movement through large intestine is slow, is more important than more movement and less regularity.

From the "mechanical" standpoint much of the constipation present today is due to not drinking enough water or other liquids. Water is a lubricant, water "swells" the wastes so these wastes take up more room and so fill up the bowel that the nerve endings of the muscles action. The "circular" muscles squeeze down on the wastes, and the "long" fibres push the wastes downward and outward. All except overweights would do well to drink plenty of water.

Another very frequent cause of constipation or "slowness" of the large intestine is a lack of bile. Bile is Nature's purgative. If not enough bile is flowing from the liver or gall bladder constipation results. Bile can be stimulated to flow by bending exercises with knees straight or by deep breathing exercises. The bending and the breathing squeeze liver and gall bladder.

When exercise cannot be taken many

Reports 4,000 Men Overseas Studying Under Legion Plan

Courses Offered in 100 Different Lines of Studies.

Ottawa, Jan. 18 (Special)—Dr. A. E. Chatwin, M.C., overseas Director of Education for the Canadian Legion War Services, has cabled national headquarters of the Legion here that 4,000 members of the 1st and 2nd Divisions in the Old Country have enrolled for studies under the Legion's education programme.

Dr. Chatwin stated that, through co-operation of Lieut.-General A. G. L. McNaughton, Commander of the Canadian Corps, it has been possible to offer courses in 100 different studies requested by the men. These, many of which are helping the men to improve their military efficiency and increase opportunities for promotion to higher rank, are being provided in correspondence booklet form, by camp lectures and by practical demonstration.

Coinciding with Dr. Chatwin's cable, it was announced by Lieut.-Col. Wilfrid Bovey, O.B.E., of Montreal, national chairman of the Legion's education committee, that the total number of men in Canada enrolled as students has now reached the 10,000 mark. He doubted that anything like the minimum enrollment has been reached yet.

Appointment of an officer from each battalion or equivalent formation, as authorized by the Department of National Defence, to assist the Legion's education organizers has materially promoted the undertaking, Col. Bovey said.

THEN WHAT

Police Officer—I charge you with failing to immobilize your car having an out of date license, failing to obscure your headlights and having defective tires.

Driver—Sorry to disappoint you officer, but I've just sold this car to your superintendent. —Globe and Mail

SO THOUGHTFUL

Film Director—Don't forget now, You look around, discover that some one is chasing you, and then dive off this 200-foot cliff.

Stunt Man—But there's only two feet of water at the bottom!

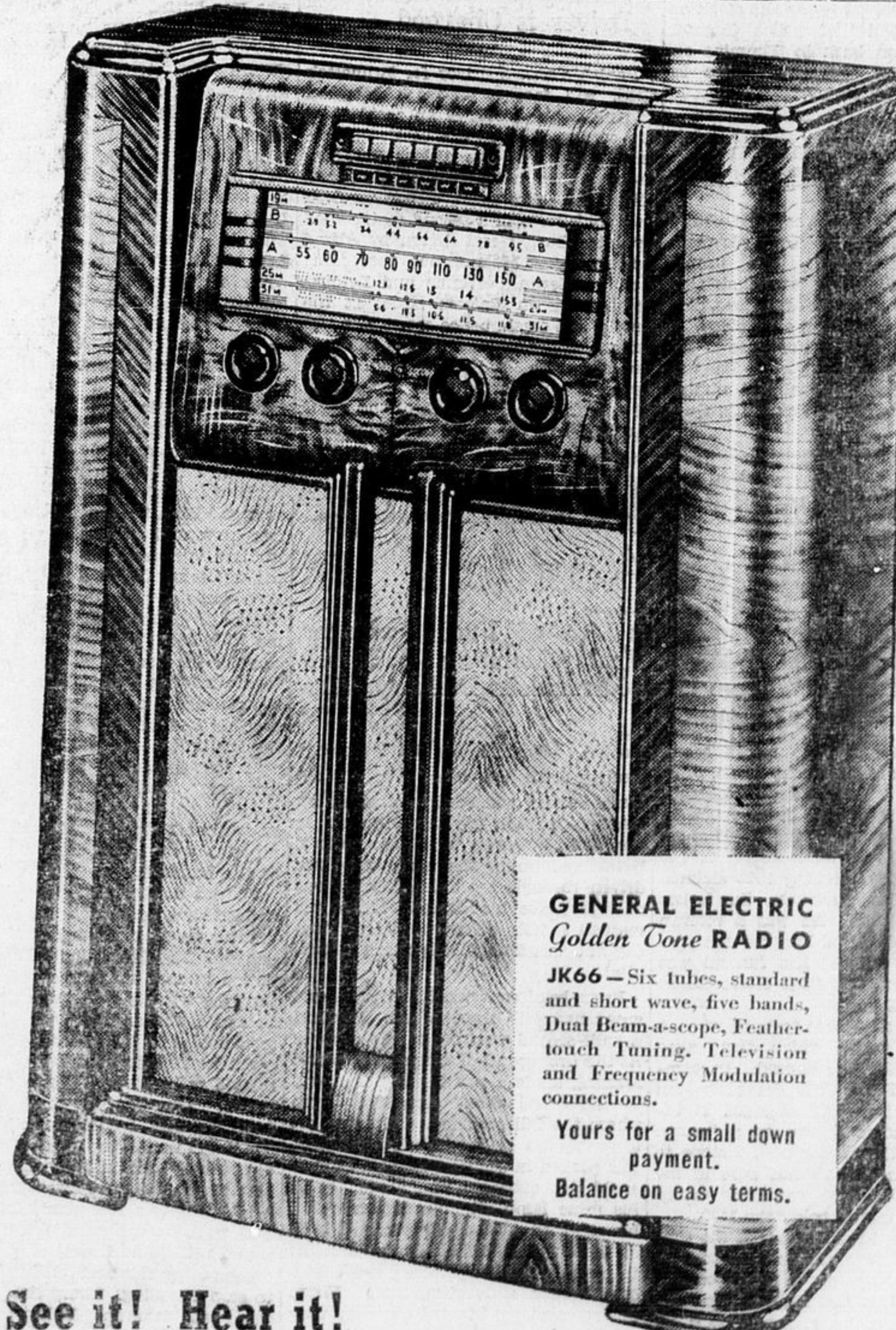
Director—Certainly. Do you think we want you to drown? —Exchange

Health Booklet

Ten Barton Booklets are available to readers who send Ten Cents for EACH one desired to cover cost of handling. To The Bell Library, Post Office Box 75, Station O, New York N. Y.

(No. 101) Eating Your Way to Health.
(No. 102) Why Worry About Your Heart?
(No. 103) Neurosis.
(No. 104) The Common Cold.
(No. 105) Overweight and Under weight.
(No. 106) Allergy.
(No. 107) Scourge (gonorrhoea and syphilis).
(No. 108) How Is Your Blood Pressure?
(No. 109) Chronic Rheumatism or Arthritis.
(No. 110) Cancer: Its Symptoms and Treatment.
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