

Quick Frozen Vegetables Said to be Generally Cheaper Than Fresh Ones

Domestic Science Expert Gives a Tip on the New Quick-Frozen Goods, and Then Proceeds to Outline a Complete Week's Menu, With a Recipe for Devilled Eggs Added.



Edith M. Barber

Both Texas and Florida grapefruit are plentiful and are competing with the California oranges. Just at present the quick frozen vegetables are generally cheaper than the fresh ones. Menu suggestions for next week are as follows:

- Sunday Breakfast**
Fruit bowl
Link sausages Waffles
Sirup Coffee
- Dinner**
Tomato soup
Sliced raw artichokes Olives
Roast lamb Cranberry relish
Browned potatoes Cauliflower with brown butter
Ice cream, chocolate sauce
Coffee
- Supper**
Devilled crab meat
Mixed green salad
Scones Raspberry jam Tea
- Monday Breakfast**
Orange juice
Cooked cereal
Toasted scones Coffee
- Luncheon**
Crummed dried beef on toast
grapefruit salad
Toasted crackers Tea
- Dinner**
Hot sliced lamb, current jelly sauce
Mashed potatoes Fried parsnips
Apple cobbler, cranmy sauce
Coffee
- Tuesday Breakfast**
Stewed prunes
Ready to eat cereal
Bacon Bran muffins Coffee
- Luncheon**
Devilled eggs and lettuce salad
Cookies Tea
- Dinner**
Braised pork chops
Baked sweet potatoes Baked onions
Rice pudding Coffee
- Wednesday Breakfast**
Grapefruit
Ready to eat cereal
Poached eggs on toast Coffee
- Luncheon**
Toasted cheese
Lettuce with French dressing
Canned pears Tea
- Dinner**
Sautéed butterfish
Potatoes with lemon butter
Buttered beets
Cranberry tapioca Coffee
- Thursday Breakfast**
Orange juice

- Cooked cereal
Bacon Hot rolls Coffee
Luncheon
Quick borscht
Doughnuts Tea
- Dinner**
Broiled hamburger steak
Baked potatoes Scalloped tomatoes
Endive salad
Cream custard Coffee
- Friday Breakfast**
Pineapple juice
Ready to eat cereal
Omelet Toasted rolls Coffee
- Luncheon**
Stuffed mushrooms
Corn muffins
Lettuce with spicy dressing
Grapes Tea
- Dinner**
Parched fillets, Hollandaise sauce
Julienne potatoes Buttered peas
Butterscotch pudding Coffee
- Saturday Breakfast**
Stewed figs Cooked cereal
Bacon Toasted corn muffins
Coffee
- Luncheon**
Italian spaghetti
Baked apples Tea
- Dinner**
Veal birds
Oven fried potatoes
Broccoli with lemon butter
Chocolate chiffon pie
Coffee
- Devilled Eggs**
6 hard cooked eggs
5 tablespoons mayonnaise
2 teaspoons finely minced onions
1/4 teaspoon dry mustard
1/4 teaspoon salt
1/2 teaspoon Worcestershire sauce
2 tablespoons finely minced pickles and olives
Cut hard cooked eggs in halves lengthwise. Remove yolks and force through sieve. Add remaining ingredients and mix well. Add more mayonnaise if needed. Refill whites with yolk mixture.

(Released by The Bell Syndicate, Inc.)



That Body of Yours

By James W. Barton, M.D.

Cancer Not Due to a Germ

As a student I was taught by the professor of pathology that cancer was due to some tissues of the body not being fully developed at birth and that some forty years after birth these tissues become irritated and started to grow. As they had some forty years of growth to make up, they multiplied very rapidly and in a disorderly arrangement.

At the time the professor of surgery stated that he didn't know the cause of cancer, but that in his opinion it was caused by a germ, which germ would be discovered in the days to come.

That cancer is not caused by a germ is the opinion of cancer experts as "the factors causing the abnormal process of cell growth called cancer are multiplied on more than a single factor whereas there is a single germ or organism causing infection. This is why human cancer is not infectious or contagious.

Other facts pointing away from infection as a cause of cancer but showing that there are a number of factors causing it are:

1. All evidence in cancer occurring in human beings and animals points to irritation, usually prolonged irritation, as being an important factor in causing cancer.
2. Once the cancer process has started, the factors causing the cancer may be removed but the cancer will continue to grow, which is, of course, different from what happens when a germ — organism — causes infection.
3. The constitution or make-up of the individual, the condition of the glands, play some part in causing cancer.

The point about the above is that no one type of research worker — chemist, pathologist, surgeon, gland specialist or other — now works alone on the problem of cancer; each of these research workers contributes something every year. It is for this reason that government and private individuals give cancer research institutions liberal grants of money as it is recognized that well-equipped laboratories and workers representing all the branches of medicine are necessary if the cause and cure of cancer is to be found.

Health Booklets

Ten Barton Booklets are available to readers who send Ten Cents for each on desired to The Bell Library, Post Office Box 75, station O, New York, N. Y., mentioning this newspaper.

(No. 101) Eating Your Way to Health
(No. 102) Why Worry About Your Heart
(No. 103) Neurosis
(No. 104) The Common Cold

Beauty and You

by PATRICIA LINDSAY



Many Minor Ills Caused by Insufficient Exercise

Exercises can be performed during the day while doing housework chores. This one, for instance, is done while sweeping. Every once in a while step over the broom as high as you can. This simple exercise stretches leg muscles, relieves strain and reduces hips and stomach.

Winter is a good time to warn women that many minor illnesses are caused through insufficient exercise. During active cooler months women are likely to neglect this phase of intelligent body care — getting down on the mat or out of doors to exercise becomes a major effort.

There is a marvelous physician in New York (who's name I am not permitted to divulge because of medical ethics) who treats ailing women with the most sensible psychology.

After his female patients pour out their woes and describe their ailments he examines them carefully in a routine manner and prescribes two weeks of corrective diet, more sunshine than what they have been taking, and exercise every blessed day.

He may give a patient a prescription of something quite harmless if he thinks that will make her feel she has had her fee's worth, but on the whole he sends them out to take care of themselves for fourteen days and his last words of advice are quite likely to be, "The exercise is very important. Force yourself to take it even if you leave little desire for it. Two week's of exercise will greatly aid me in putting my finger on your trouble."

The Way of Woman

If the woman is truly worried about her condition she returns for her second visit. He examines her again, inquires about what exercise she embraced and how frequently. The chances are nine to ten that she was

- (No. 105) Overweight and Underweight
 - (No. 106) Allergy
 - (No. 107) Scourage (gonorrhoea and syphilis)
 - (No. 108) How Is Your Blood Pressure?
 - (No. 109) Chronic Rheumatism or Arthritis
 - (No. 110) Cancer: Its Symptoms and Treatment.
- (Registered in accordance with the Copyright Act).

COAL AND WOOD

Highest Quality DRY JACKPINE

Western Coal	\$12.75 ton	12" per cord	\$3.00
		16" per cord	\$3.50

J. VAN RASSEL
26 Wende Ave. Timmins Phone 583

WESTERN CANADA SPECIAL BARGAIN EXCURSIONS

From All Stations in Eastern Canada GOING DAILY FEB. 15 — MAR. 1, 1941 inclusive. RETURN LIMIT—45 DAYS

TICKETS GOOD IN
COACHES at fares approximately 1-1/2c. per mile.
TOURIST SLEEPING CARS at fares approximately 1-3/4c. per mile
STANDARD SLEEPING CARS at fares approximately 1-1/2c. per mile
Cost of Accommodation in Sleeping Cars Additional

BAGGAGE CHECKED. Stopovers at all points going and returning. Similar Excursions from Western to Eastern Canada During Same Period.

Tickets, Sleeping Car Reservations and all information from any Agent.
ASK FOR HANDBILL

CANADIAN NATIONAL

Schumacher Girls Make Nice Win at Basketball

Schumacher High School girls won their most impressive victory of the season in their gymnasium on Saturday, when they defeated Cochrane High School 19 to 12.

K. MacMillan, of Schumacher, was high scorer of both teams with 12 points.

Line-ups and points:
Schumacher: J. Delich 5; K. MacMillan 12; V. Narduzzi 2; M. Prentice, A. Holzevac, A. Narduzzi, J. Bugera (captain), O. Bernyk, V. Jenkin.
Cochrane: R. Stewart 2; E. MacLeod 2; K. Penny 2; D. MacLeod 6; M. Stewart, A. Wilson, A. Vilanen, M. Anderson, W. Hurd, P. Brown.

Referees: Misses D. M. Wilkins and Torah Costello.

GIRL GUIDES IN TIMMINS

The 51st I.O.D.E. Girl Guides held their regular weekly meeting in the Hollinger Scout hall.

Ellen Dicker and Bertha Sheridan called the meeting "to order." Attendance and Inspection were taken by Ellen Dicker, assisted by Bertha Sheridan.

Hereshe was formed and the colour party, consisting of Viola Hamden, Joan Pye, Olak Holland, Dora Knell, Thelma Pooley and Jean Smith, marched on the colour, and the Guides sang "God Save the King," and then repeated the Guide Prayer. The girls then formed ranks for drilling and then studied Morse Code. Lieut. Starling took the Guides in a game, after which campfire was formed and plans for the Valentine party were discussed and a few songs sung.

The colour party then took down the colours and "Taps" were sung.

Bertha Sheridan dismissed the Guides.

—B. Sheridan

This physician stated candidly that some of these patients do need medical treatment but many of them do not. All of them are benefited by the health routine and in some cases rather serious illnesses and operations are averted. Emergency cases, naturally, are quickly diagnosed and cared for. But you will believe it, he estimated that more than sixty-five per cent of these women have no ailment other than physical laziness.

"Life is too easy for them and they have not the common sense to exercise their bodies to keep them fit," the doctor said. "Naturally aches and pains and other imaginary ills send them to me—and some are terribly disappointed when I tell them nothing is wrong with them and they do not need an operation!"

(Released by The Bell Syndicate, Inc.)

Pledge for War Savings

"SALADA" TEA

Some Stories

ILL-GOTTEN GAINS
Marooned on a country station, two passengers got talking.
"Yes, I was once a grocer's assistant, earning \$10 a week," remarked the younger man. "But like so many others I fell in with a gambling crowd and—"

"Yes I know," said the other sadly. "You were tempted to take money that did not belong to you."
"Oh, no! I won enough in a month to buy the shop."
Exchange

CALL THE NAVY
A Lumber Salesman started out on his usual trip, but suddenly changed his mind and returned home. Just as he came in the front door the telephone rang and he beat his wife to it.
"Hello," came a guarded voice over the wire. "Is the coast clear?"
The Salesman turned to his wife. "Some guy wants to know if the coast is clear."
"He must have the wrong number," said the Mrs., doing some very fast thinking. "Tell him to call up the navy."
Canadian Lumberman

TAKING NO CHANCES
Two men were sentenced by a self-appointed court to be hanged for horse stealing. The place selected for the execution was a trestle bridge spanning a river.
The first noose was insecurely tied and the prisoner dropped into the river.
He swam to shore and made good his escape, so as they were adjusting the rope for the remaining prisoner, the latter drawled:
"Say, pards, make sure of the knot this time, will yer, 'cause I can't swim!"
Sudbury Star

DEPENDABLE PURE and WHOLESOME MAGIC BAKING POWDER

MAGIC gives light, tender texture every time!

BY HIGHWAY CRUISER!

North Bay TORONTO

STANDARD TIME

Lv. NORTH BAY 7:40 a.m.
Ar. TORONTO 3:05 p.m.

Lv. TORONTO 7:15 a.m.
Ar. NORTH BAY 3:10 p.m.

UNION BUS TERMINAL - Phone 101-2-3

9.45 RETURN 5-DAY EXCURSION

GRAY COACH LINES

TO-DAY'S FASHIONS



Versatile beige and black frock By GRACE THORNCLIFFE

THE LEADING designers this season seem to favour the use of two colours. And in almost every collection frocks are shown in two or even three colour combinations.

This smart afternoon frock features two colours. The basic dress is of champagne beige crepe and is beautifully draped over the shoulders and bust. It has awkward length sleeves and a slim skirt. Over it is worn a detachable dirndl skirt of black crepe which ties in front with a bow. For a change the dress can be worn separately and the overskirt can be used with other frocks.