

Menu Suggestions for Meals for a Full Week

Selected Menu for Each Day of a Complete Week as Arranged by a Domestic Science Expert. Effort Made to Keep Variety in the Meals. Recipe for "Buttered Onions"



Edith M. Barber

- Sunday Breakfast**
Baked apples
Bran Corn Bread
Omelet Coffee
- Dinner**
Chicken noodle soup
Radishes Olives
Roast Veal
Browned potatoes
Asparagus with lemon butter
Chocolate ice cream
Sponge cake Coffee
- Supper**
Deviled crabmeat
Chicory salad
Canned pineapple Tea
- Monday Breakfast**
Orange juice
Cooked cereal
Coddled eggs Toast Coffee
- Luncheon**
Cream of asparagus soup
Cake Tea
- Dinner**
Cold sliced veal
Baked macaroni and cheese
stewed tomatoes
Lime jelly
Coffee
- Tuesday Breakfast**
Apricot juice
Ready-to-eat cereal
Bacon Hot rolls Coffee
- Luncheon**
Sardine sandwiches
Lettuce with French dressing
Cookies Tea
- Dinner**
Boiled ham
Baked sweet potatoes, buttered peas
Lemon chiffon pie
- Wednesday Breakfast**
Grapfruit
Cooked cereal
Eggs poached in butter
Toasted rolls Coffee
- Luncheon**
Baked Beans
Brown Bread
Stewed rhubarb Tea
- Dinner**
Sautéed smelts
Hashed browned potatoes
Buttered dandelion greens
Butterscotch pudding
Coffee
- Thursday Breakfast**
Stewed prunes
Ready-to-eat cereal
Bacon Doughnuts Coffee
- Luncheon**
Vegetables mild chowder
cheese biscuits
Tea
- Dinner**
Broiled steak
Creamed potatoes Buttered onions
Orange and avocado salad
Cream cheese Toasted crackers
Coffee
- Friday Breakfast**
Orange juice
Cooked Cereal
- Luncheon**
Shirred eggs Bran muffins Coffee
- Dinner**
Baked bean soup
Endive with spicy dressing
Cookies Tea
- Saturday Breakfast**
Sliced bananas
Ready-to-eat cereal
Bacon Toast Coffee
- Luncheon**
Baked stuffed peppers
Cabbage salad
French toast Sirup Tea
- Dinner**
Boiled tongue
New potatoes in cream
Buttered carrots
Chocolate souffle
Coffee
- Buttered Onions**
1 1/2 pounds onions
1/2 cup butter
Wash and peel onions. Melt butter in heavy sauce-pan, add onions, cook over low heat, 25 to 40 minutes, until tender. No seasoning is necessary when onions are cooked in this way and even strong flavoured onions will be sweet and delicate. Yield: Six servings.
(Released by the Bell Syndicate, Inc.)

Five Births Registered During the Past Week

The following are the births registered last week at the Timmins town hall:—

Born—on February 8th, 1941, to Mr. and Mrs. Willis A. Rutherford, of 55 Elm street, north, at St. Mary's Hospital—a daughter.

Born—on February 5th, 1941, to Mr. and Mrs. Ambrose Finnerty of 9 Carlin avenue—a daughter.

Born—on January 27th, 1941, to Mr. and Mrs. J. J. Tremblay of 163 Avenue Road—a son.

Born—on January 6th, 1941, to Mr. and Mrs. Fernand Duchesne (nee Christina Koath) of 241 Mountjoy St., south, at St. Mary's Hospital—a daughter.

Born—on February 12th, 1941, to Mr. and Mrs. Walter Eric Lockett (nee Louise Smith) of 28 Preston street—a son.

Boys of Harrow School Sing Acclaim of Churchill

When Winston Churchill visited Harrow, his old school, the boys sang in his honour (to the tune of "The Vicar of Bray") as follows: Not less we praise in darker days The leader of our nation, And Churchill's name shall win acclaim From each new generation.

While in this fight to guard the right, Our country you defend, sir; Here grim and gay we mean to stay And stick it to the end, sir.

ALL IN LOWER CASE

(Toronto Star)

Best "I was quoted" story of late is that of the Congressman who, after pulling the old gag, was asked specifically: "Did you not say so and so as reporter?" "Yes, yes," admitted the Congressman; "but I didn't say it in italics."



By James W. Barton, M.D.

That Body of Yours

Swollen Eyes

One of my brothers, when quite small would at times appear at breakfast with his lips swollen, sometimes his eyes and sometimes both lips and eyes. The swelling was thought due to the bite of a spider but we could never figure out why the spider picked out only the lips and the skin around the eyes. It was some years later that I learned that these swellings were not due to spider bites but to certain foods eaten that night before.

To-day it is known that while the majority of these cases of swollen eyes and swollen lips are due to foods to which the individual is sensitive, there are other substances that are frequently to blame.

Dr. W. L. Crewson, Hamilton, in the Canadian Medical Association Journal states that the eyes themselves and parts adjoining the eyes may be allergic or sensitive to various substances just as are the stomach, intestine, nose and throat. These substances may cause the symptoms by coming in direct contact with the eyes and their surrounding parts, as from bed clothing, cosmetics, dust, pollen, fumes or smoke, drugs, insect bites, light, heat, X-ray.

There are cases where the individual is taking injections of drugs, vaccines, pollen, and other substances; as there are no other skin or intestinal symptoms present these injections are not suspected of being the cause of the swollen eyes.

How can one find out whether the swollen eyes are due to any particular substance?

One method is the patch test, where the suspected is applied to the skin and held there for a certain time by means of adhesive tape. Another is the scratch test where the skin is scratched and the substance applied.

A third method is injecting some of the substance under the skin.

Testing for a food suspected of causing trouble may take considerable time as skin testing for food is only about 50 per cent efficient. In such cases a food diary should be kept and the foods eaten the night before an attack occurs can be left out one by one until the food causing the symptoms is discovered.

Allergy

Allergy or being sensitive to various foods and other substances is a frequent cause of such symptoms as swollen eyes and lips, skin eruptions, intestinal upsets, eczema, hay fever, asthma and many others. Send today for Dr. Barton's helpful booklet entitled "Allergy" (No. 106), which explains how such symptoms are managed. Address your request to The Bell Library, Post Office Box 75, Station, 0, New York, N. Y., enclosing Ten Cents to cover the cost of handling and mailing and mention the name of this newspaper.

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Beauty and You

by PATRICIA LINDSAY



A careful scrubbing and inspection weekly may prevent harmful foot ailments.

Foot Ailments Hamper Beauty—Women Urged to Avoid Them.

If a woman desires, true, lasting beauty she will take every necessary precaution to keep her feet free of all ailments. For even so minor an ailment as a sore toe can destroy one's poise, facial serenity and nerve control.

We are cautioned to carefully examine our feet at least once a week. A good time to do this is when you give them a pedicure. Look between the toes, on the toes, and on the soles of the feet, after you have scrubbed them well with a brush. If you discover a rash, such as a corn new callous or other growth, take steps to determine what is causing the new ailment.

Cne's beauty allowance should not be all spent at a cosmetic counter or in a beauty salon. Some of it should be reserved for occasional visits to a physician, an osteopath and a foot specialist. Beauty depends solely upon good health so the specialists who help you to preserve good health should be visited when necessary.

A Pound of Cure

Procrastination causes much trouble. A woman might discover something wrong with her foot but she will postpone seeing about it thinking, "it is just something which might go away." But if that "something" was on her face, where everyone could see it, she would hie herself at once to a doctor in alarm.

If you stop to think how handicapped you would be if anything happened to your feet, you would take every precaution to keep them healthy. You would buy hose long enough so your toes would not be cramped. You would wear shoes which permitted your feet the proper freedom and the needed support. You would exercise them occasionally when you took off your shoes, and pedicure them carefully at least once a week. If corns appear they should be treated immediately and perhaps your shoe last changed. If aches are felt in the arches a specialist should be visited. And by no means should you attempt to treat a

Honours Conferred on Local Auto Salesmen

Oshawa, March 1—(Special)—News of signal honour which has been conferred on well-known local automobile salesmen for outstanding service during the past year is revealed in an announcement made by General Motors Products of Canada today, naming retail salesmen who have been added to the rolls of Premier Master Salesmen, Senior Master Salesmen and Master Salesmen. These designations of merit and status are based on each man's sales record during 1940, in competition with all salesmen on the staffs of General Motors dealerships throughout Canada.

The local man who has earned the distinction of becoming a Premier Master Salesman is H. J. White, of Marshall-Ecclestone Ltd., while F. Deschene of Timmins Garage has merited the title of Master Salesman. These men have received engraved emblems and certificates.

THE INQUIRING REPORTER GETS ALL THE DIRT FROM ...



Old Lucifer

Inquiring Reporter:

What do you say, Devil, isn't the smoke, coal and dirt in Hades a bit hard on clothes? How do you ever manage to get them clean?

Old Lucifer:

Well, I suppose it would be a tough job for some people but the Timmins New Method Laundry has no trouble getting them as sweet and clean as a breath of fresh air.

Now, of course that conversation is rather silly but it serves to illustrate a fact. Clothes washed by the advanced methods used at the Timmins New Method Laundry are delivered perfectly clean and absolutely pure. In fact, they're as pure as pasteurized milk. Yet this thorough work is quite economical.

THE LAUNDRY GETS ALL THE DIRT FROM CLOTHES
TIMMINS
New Method Laundry
Phone 153 Timmins or 238 South Porcupine LIMITED

Christmas Seal Fund Closed for the Year With Nearly \$2,500

Committee Well Pleased With Earnest Support of the Public.

Herewith is given the latest, and last list of donors to the Christmas Seal Fund:

Feb. 23th, 1941.
James S. Brough
Mrs. O. Gagnon
Ethel Jones, Schumacher W. H. Jones, Schumacher.

Porcupine Lodge, A.F. & A.M.
With these donations the list is closed for the year. Last year the response was good, but this campaign was even better. The list has been closed with only a few dollars less than the \$2,500 mark—quite a bit in excess of last year's good showing. The amount donated will be sufficient to carry on and even extend the successful fight being waged against tuberculosis in the Porcupine.

The committee in charge of the Porcupine Christmas Seal Fund has asked The Advance to thank the people of the Porcupine for the generous support shown. This is very willingly done for, as usual, the public has responded in gratifying way to support this good cause. But sincere thanks are also due to the committee in charge for the earnest and effective work so patiently and thoughtfully carried out to assure the good results obtained.

The Christmas Seal Fund committee is sponsored by the Lions Club and the Tuberculosis Association, and the purpose of the sale of Christmas seals is to finance the fight against tuberculosis in the Porcupine. This fight is carried on by educational measures, clinics, treatment of cases, and especially by plans to prevent tuberculosis. Examination of school children is one of the valuable features of the battle.

Through this alone many cases have been stopped almost before they started, as it were. The incidence of tuberculosis in the Porcupine has been greatly reduced through the work and it is pleasing to note that the public appreciates this fact and also the good work unostentatiously, but earnestly carried on by the Christmas Seal Fund committee.

Things to Do
Use a very stiff bristled brush to scrub your feet and scrub soles well once a day. If your feet get very tired and ache bathe them in alternate hot and cold waters when you reach home. After a pedicure firmly massage the feet and ankles with a refreshing foot lotion or cream and merely wipe away the surplus before putting on your hose. Whenever you have a few moments to spare exercise your toes and then your whole foot. Walk around barefoot whenever you can on the beach smooth lawn or in a room.

(Released by The Bell Syndicate Inc.)

To Initiate Five New Members at the Rebekahs

Plans for the initiation of five new members, to take place at the meeting on March 6th, were made by the members of the Gold Nugget Rebekah Lodge at the regular meeting on Thursday evening in the lodge rooms of the Oddfellows' hall.

After the routine business, the members enjoyed a social evening, during which a tasty lunch was served.

Try the Advance Want Advertisements

Supreme in Quality "SALADA" TEA

Charming Marriage Event at St. Mary's Roumanian Church

Miss Annie Boychuk and Mr. Wm. Giduck Wedded.

Sunday, at high noon, the Rev. Fr. Maxim of St. Mary's Roumanian Orthodox Church officiated at a charming marriage, when Miss Annie Boychuk, daughter of Mr. and Mrs. John Boychuk, of Winnipeg, became the bride of Mr. Wm. Giduck, son of the late Mr. George Giduck, and of Mrs. Giduck, of Roumania.

The bride wore a lovely gown of sheer white marquisette, over taffeta, fashioned with a V-neck, above full bolero sleeves, caught at the wrists with fitted, wide bands. The bodice fell in soft gathers to a long fitted waistline, and the skirt was very full. The bride wore a long veil of embroidered white net, caught in a coronet of lily-of-the-valley, white lace gloves and white slippers, and carried a bouquet of calla lilies.

Mr. Michael Boychuk, uncle of the bride, was honorary attendant to the groom, and also gave the bride in marriage, while Mrs. Dan Ruscior was matron-of-honour. Mrs. Ruscior wore a becoming floor-length ensemble of powder blue crepe, with long full sleeves, and made on fitted lines. She wore a white turban, pearls, white gloves, matching shoes, and a corsage of pink Briarcliffe roses.

Miss Helen Moroz was bridesmaid, daintily attired in a gown of orchid sheer. The gown was fashioned with a sweetheart neckline, softly gathered bodice, and a long fitted waist falling into a full skirt. A short-sleeved bolero jacket, of shirred sheer, completed

her costume, and she wore a shoulder-length orchid net veil, caught in a small flowered cap. Her bouquet was of pink roses and fern, and her only other adornment was a tiny gold heart-rocket on a fine gold chain, with a bracelet to match.

Mr. Steve Slobodian was the groomsman.

Following the ceremony, a wedding dinner was served at the home of Mr. and Mrs. Ruscior, 172 Henlock street, and later in the evening, the bride and groom received their friends at a reception. Mr. and Mrs. Giduck have taken up residence at 157 1/2 Cedar street north.

List of New Books at the Public Library

The following is a list of the newest books at the Timmins Public Library.

- Fiction**
Random Harvest — James Hilton.
Reflection in a Golden Eye—Carson McCullers.
He Looked for a City — A. S. M. Hutchinson.
He Rides the Sky — Irene Baird.
Fracas in the Foothills — Elliott Faulk.
Bathurst Bog — P. A. Taylor.
Two Were Foolish — Helen Grose.
Marusia — Hrikory Kirika.
- Non-Fiction**
Paper Work in Primary Grades — Wilson.
Your Income Tax — A. R. McMichael.
The Financial Post Business Year-book and Market Survey.
Britain Speaks — J. B. Priestley.
Yoga Explained — F. Yeats-Brown.
My Life — Havelock Ellis.
The Golden Treasury — Hugh MacDiarmid.
Leatherwork — I. P. Roseamond.
Reynard the Fox — John Massfield.
Science Picture Parade — Watson Davis.

EVENT in Aid of BOMB VICTIMS' FUND
THURSDAY, MARCH 6TH
CONSUMERS CO-OPERATIVE SOCIETY LTD.
MAIN STORE
Under the Auspices of the Finnish Educational Committee of the Society
Coffee will be served from 10 a.m. till 8 p.m.
Entire proceeds in aid of British Bomb Victims' Fund

He's pretty hot — but he can't touch an



ELECTRIC RANGE
for Quick, Cool, Economical Cooking

The sun is good for a sun-tan, but for cooking you want quick, cheap and dependable heat — and you get it in an electric range. At the turn of a switch you have ample, concentrated heat, that will cook food more deliciously, more quickly and more economically.

With an electric range, you'll spend less time, less energy and less money, yet your meals will be better than ever. Cooked with an electric range they retain all their original goodness and flavour. We have many models and sizes to choose from at prices to fit any budget.

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