

Some Menu Suggestions for a Week of Good "Eats."

Domestic Science Expert Outlines Three Meals a Day for a Full Week. Also Gives Recipe for Raw Vegetable and Cheese Sandwich Filling.



(By EDITH M. BARBER)

- Sunday—Breakfast**
Melon
Baked Sausage
Popovers
Coffee
- Dinner**
Vegetable appetizer
Roast beef
Browned potatoes
Buttered string beans
Wine jelly with strawberries and whipped cream
Coffee
- Monday—Breakfast**
Grapefruit
Ready-to-eat cereal
Poached eggs on toast
Coffee
- Luncheon**
Mixed vegetable salad
Raw vegetable and cheese sandwich
Shredded pineapple
Tea
- Dinner**
Tomato soup
Cold roast beef
Scalloped potatoes
Wilted dandelion greens
Cake
Coffee
- Tuesday—Breakfast**
Stewed prunes
Ready-to-eat cereal
Bacon
Hot rolls
Coffee
- Luncheon**
Roast beef hash
Raw carrot salad
Stewed rhubarb
Tea
- Dinner**
Baked pork chops
Baked sweet potatoes
Baked tomatoes
Rice pudding
Coffee
- Wednesday—Breakfast**
Orange juice
Cooked cereal
Scrambled eggs
Toasted rolls
Coffee
- Luncheon**
Shrimp salad
Brown bread sandwiches
Canned peaches
Tea
- Dinner**
Sautéed liver
Creamed onion tops
Macaroon cream
Coffee
- Thursday—Breakfast**
Tomato juice
Ready-to-eat cereal
Bacon
Bran muffins
Coffee
- Luncheon**
Potato and onion soup
Fruit salad
Toasted crackers
Coffee



By James W. Barton, M.D.

That Body of Yours

Preventing High Blood Pressure
One of the questions every physician is asked is why is there not some drug that will reduce high blood pressure. As a matter of fact, every few years some research worker reports a few cases in which blood pressure has been reduced by a certain drug or perhaps some gland extract.

Physicians are not interested in a drug or other preparation that will reduce blood pressure for a few minutes, hours or days. What physicians want is a method of preventing the blood pressure from increasing because the present high blood pressure may be necessary for the safety of the patient.

Patients with a pressure slightly above normal usually feel well and it is only when the pressure gets so high that there is a possibility of a blood vessel breaking—paralytic stroke or coronary thrombosis—that treatment becomes necessary.

If physicians had some preparation that would restore elastic tissue to hardened arteries, high blood pressure could be prevented or corrected, but unfortunately there is, at present, no such remedy.

If no remedy, no medicine, is available, what can be done for patients with "dangerously" high blood pressure? In cases where the blood vessels supplying the heart muscle have lost some of their elastic tissue or are too tightly closed (by nerves and muscle fibres), operation to loosen or relieve this tension is performed in some

cases. The earlier this operation is performed, the better; that is, before the vessels have had their elastic tissue replaced by hard fibre tissue.

However, most of us are naturally interested in not allowing our pressure to get too far beyond normal limits. For this reason, the advice given by Drs. E. V. Allen and A. W. Adson, Rochester, Minn., in *Annals of Internal Medicine* should be helpful.

"Rest and the reduction of nervous stresses and strains are available. Young persons who follow occupations that are strenuous from a nervous standpoint may well consider it advisable to change to an occupation that is more restful."

As there are many who cannot change their occupations, the thought is, if we wish to avoid high blood pressure, that we try to "slow up" the pace at which we live, get more rest at night and during the day, and avoid large heavy meals.

The removal of infection is always advisable, as infection damages the elastic tissue of the blood vessels.

How Is Your Blood Pressure?
Send today for Dr. Barton's interesting booklet on the whole question of blood pressure, high or low, including diet and other 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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Urgent Appeal to Save Wild Flowers

Prizes Awarded by Ontario Horticultural Society for Best Poem.

All over Canada the appeal to save the remaining wild flowers of the country has again been made by the various Horticultural Associations of the Dominion. Some of Canada's most beautiful wild flowers have disappeared forever, and the species that remain are in danger of the same fate.

The appeal to all Canadians is emphasized by the Provincial Horticultural Association with reference to the saving of the White Trillium, the floral emblem of the province, which is in grave danger of extinction. The appeal is directed against the reckless plucking of wild flowers. The preservation of wild flowers does not mean that no one is ever to pick any of them, but the appeal does emphasize the necessity of a little thought on the part of the picker.

Some of Canada's wild flowers should not be picked at all, because through doing so, they will eventually become extinct. In this category of wild flowers which should better be left alone in all their native beauty is the White Trillium. The Trillium, like others of its kind, cannot be picked without removing all the foliage upon which depends the maturing of the bulbous root for the following season's crop of flowers. Far better than picking, is to transfer the entire plant to some quiet nook or in the garden. There are many little spots in busy cities where the White Trillium or other wild flowers could flourish, and in this way, in Ontario at least, the emblem flower would be saved from being a name in history only but, instead, present ever-living evidence of the beauty of the province.

Other species of wild flowers, like violets and hepaticas, whose flower stems rise directly from the roots, may be picked at will, provided the body of the plant is left undisturbed. Tearing up a plant by the roots to gain a bloom is wanton destruction and should be condemned by all who believe in the present system of civilization.

There are many other agencies at work in the disappearance of wild flowers. Birds which pick the seed, the woodman's axe, clearing and cultivating farm lands, building up cities, close grazing of fields and woodlands, forest fires, and soil erosion have all been responsible for the gradual destruction of much of the natural floral beauty of Canada.

In urging the protection of the White Trillium, and of other wild flowers, the Ontario Horticultural Association inaugurated a poem contest for Ontario scholars, with prizes for the best poem on Ontario's final floral emblem. The prize winners are:

First prize, gold medal, poem "The White Trillium," Milena Matuska, Windsor, Ont.
Third prize, bronze medal, poem "Ontario's Emblem," Mary Vallentyne, Brantford, Ont.

Third prize, bronze medal, poem, "White Trillium," Louise Miller, Collingwood.

QUITE A "KILLER"

"My dear Mrs. Brown, fancy meeting you here! Tell me, how are things in your part of the world?"
"Oh, rather pleasant," returned the unexpected acquaintance. "But I must tell you, my dear, we've got a new doctor, instead of old Sawbones, as you used to call him."
"Fancy that! Is he a nice man?"
"Oh, yes, a charming man. He's always so cheerful, and he takes life so easily!"—Exchange.

SUCH IGNORANCE!

Liza, the negro cook, answered the telephone one morning and a cheerful voice enquired: "What number is this?"
Liza was in no mood for trifling and said, with some asperity: "You-ought to know. You done called it!"—Exchange.

FATAL DIET

He was enlarging on the dangers of modern foods and with a dramatic gesture he pointed an emphatic finger at a harrassed-looking and inoffensive listener and demanded:

"What is it? We all eat it some time or other, yet it's the worst thing in the world for us. What is it, I say? Do you know?"

It appeared the little man did know, for he replied with a husky whisper: "Wedding cake."—Sudbury Star.

POOR EXPLANATION

"Before we were married you called me an angel. Now you don't call me anything at all."

"You should be glad I have such self-control."—Globe and Mail.

Another Verse



Her Royal Highness, Princess Alice, gave the Ontario Provincial W.M.S. convention a new rendering of "There'll Always Be an England," which, she said, "has just come to me from Glasgow," as follows:
"There'll always be an England
As long as Scotland stands,
As long as through poor auld Scotland
That England's wealth expands.
Our friendly neighbor England
We always will defend,
We'll fight all England's battles,
Her broken ships we'll mend,
And when the war is over
And victory has been won,
We'll sing all England's praises
For what auld Scotland's done."

Government Grants Help in Plans for Dental Health

Encouragement to Clinics in Schools.

Toronto, May 21—Encouraging signs of the township school sections of Ontario are beginning to think in terms of dental health are found in reports of the dental services division of the Department of Health.

"There is no doubt that Dental Health in rural Ontario has been bad, very bad," stated the Director, Dr. H. J. Hodgins, "but it is being realized that not only are thousands of children relieved from pain, disfigurement and permanent health injury by dental services, but for school boards and taxpayers there is financial significance in improvement of attendance and school progress."

The Department realizes that more than fifty per cent. of the population cannot afford adequate dental treatment for their children and encourages the operation by municipalities of free dental services to school children.

Under regulations of May 10th, 1938, the government contributes 20 per cent. of the cost of equipment and operation in a municipality with a population of more than 5,000; 30 per cent where the population is from 1,000 to 5,000 and 50 per cent to a township board, with

the stipulation that the grant to any one local board shall not exceed \$1,000 in one year.

Clinics may be opened in one or more of the schools of larger centres. In smaller places the treatment is often given by local dentists under what has been called the contract plan. By this arrangement the dentist places the facilities of his office at the disposal of the local board of health for a specified period each week and he is paid a flat rate. Co-operation of dentists, Women's Institutes and service clubs have been of great help in establishing these services.

The most remote area reached by dental services lies between Sudbury district and the Manitoba Boundary. The residents, far from dentists' offices, have their dentist brought to them in the Dental Car, donated by the C.P.R., equipped by the Rosedale Chapter, I.O.D.E., Toronto, and maintained by the Department of Health. The railway gives haulage and the dentist, who lives aboard, makes the complete circuit of his territory about once in two years.

Interesting Cases at the Haileybury Police Court

Haileybury, May 21—Valentine Clement, held on a nominal charge of vagrancy, appeared in court here on Friday on the same charge. In the meantime Crown Attorney Dalton Dean is seeking permission to prosecute the accused for alleged subversive activities, under the Defence of Canada regulations. Clement, who has been in custody for almost two weeks, comes from the Elk Lake region.

Also remanded at Friday's court, at her own request, was Mrs. Vera Pitts, charged with assaulting Mrs. Haentschell, when she became an unwelcome guest at the Heentschell home one night not long ago. In the week intervening the accused had undergone a mental examination and no signs of any disorder were found. Bail was set at \$1,000 cash.

There was a collision on the Elk Lake-Matachewan road about eight miles out from the first named place, a little over a week ago, and H. Tuck appeared on a charge of careless driving. He contended that he was not a bit careless, but, when the driver of the other car told of the circumstances of the meeting and Constable Harold Gall stated that the accused was taking up much more than half the road, he told the court that there was no use of him saying anything especially as there were also other witnesses. He was fined \$10 and costs and stated afterwards that he did not mind the ten dollars, but the \$18.50 costs was the straw that broke the back of the camel.

J. Cornell pleaded guilty to being intoxicated in charge of a car and was given ten days, car impounded for three months and driver's license cancelled for six.

A Matachewan resident paid \$100 and costs on a reduced charge under the L.C.A. while a man from Quebec was assessed \$25 and costs for having

3 OUT OF 4 CANADIAN HOUSEWIVES USE MAGIC!

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a bottle of perfectly good Quebec liquor open and partly consumed in his car. There were also a few of the usual drunks, one of whom pleaded that he was "just a little drunk." His fine was the same as the others, there being no graduated scale for this offence.

Medical Plan Now Being Considered at Kirkland

(From Northern News)
Dr. R. J. Neelands, President of the Kirkland Lake Medical Society, today stated the society's willingness to meet the union committee named to discuss the proposed new mine-medical setup.

In statement released today Dr. Neelands said:
"We will be glad to discuss the medical plan with a Union committee or any other organization or with any person or persons interested."

"The attitude of the Medical Society is that we had been asked for a plan, we submitted a plan (the best, we thought, that we could devise)—whether the plan is accepted or not is up to the miners. The ethics of the medical profession prohibit medical men from selling their services to anybody in any way."

"In my opinion the proposed plan gives the best coverage, with full choice of doctors, at less cost than any other plan we could discover after intensive investigation."

"Different members of the Society have been working on these plans for months and the plans were available for anyone at any time."

"Most of the search into the plan was done by Dr. Shipley before his death in the months that he was an invalid. The plan is substantially as he worked it out with other members of the Society."

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