

# Suggestions for Seven Days of Pleasant Meals

Menu for a Week Prepared by an Expert in Domestic Science. Miss Barber Also Presents a Recipe for Nut Spice Cookies With Full Directions for Making.



(By Edith M. Barber)

- Sunday—Breakfast**  
Orange juice  
Shirred eggs  
Blueberry muffins. Coffee.
- Dinner**  
Tomato and anchovy canape  
Celery Olives  
Roast turkey  
Mashed potatoes Creamed scallions  
Pineapple ice Angel cake  
Coffee
- Supper**  
Cold sliced ham  
Potato salad  
Tea
- Monday—Breakfast**  
Cantaloupe  
Ready-to-eat cereal  
Omelet Toast Coffee
- Luncheon**  
Minced ham sandwiches  
Lettuce with spicy dressing  
Cake Iced tea
- Dinner**  
Sliced turkey  
Potato cakes Buttered peas  
Chocolate pudding  
Coffee
- Tuesday—Breakfast**  
Stewed prunes  
Ready-to-eat cereal  
Bacon Hot rolls Coffee
- Luncheon**  
Mixed vegetable salad with cottage cheese  
Cookies Tea
- Dinner**  
Grilled frankfurters  
Potatoes with parsley butter  
Buttered cauliflower  
Blackberry cobbler Coffee
- Wednesday—Breakfast**  
Orange juice  
Ready-to-eat cereal  
Scrambled eggs Toasted rolls  
Coffee
- Luncheon**  
Turkey hash  
Watercress salad  
Chilled apricots Tea
- Dinner**  
Kidney stew Buttered noodles  
String beans with lemon butter  
Floating island  
Coffee
- Thursday—Breakfast**  
Pineapple and grapefruit juice  
Ready-to-eat cereal  
Bacon Bran muffins Coffee
- Luncheon**  
Cream of turkey soup  
Lettuce and brown bread sandwiches  
Raspberries Tea
- Dinner**  
Broiled lamb chops  
Baked potatoes Baked Zucchini  
Cherry pie Coffee
- Friday—Breakfast**  
Honeydew melon  
Ready-to-eat cereal  
Boiled eggs Toast Coffee
- Luncheon**  
Toasted cheese  
Cole slaw  
Nut spice cookies Tea
- Dinner**  
Mixed sea food grill  
Buttered potatoes  
Beets with hot French dressing  
Peach shortcake Coffee
- Saturday—Breakfast**  
Orange juice  
Ready-to-eat cereal  
Bacon Brioche Coffee
- Luncheon**  
Fish chowder  
Corn muffins  
Strawberry jam Tea
- Dinner**  
Corn beef Mashed potatoes  
Buttered new cabbage  
Fruit jelly Coffee
- Nut Spice Cookies**  
1 1/2 cups sifted flour  
1 teaspoon baking powder  
1/2 teaspoon salt  
1/2 teaspoon cinnamon  
1/4 teaspoon nutmeg  
1/4 teaspoon cloves  
1/2 cup shortening  
1/2 cup brown sugar, firmly packed  
1 egg, well beaten  
1/4 cup milk  
1 cup cut seeded raisins  
1/2 cup chopped nut meats
- Mix and sift flour, baking powder, salt, and spices. Cream shortening, add sugar slowly, and cream until fluffy. Stir in well-beaten egg. Add sifted dry ingredients, to which raisins and nut meats have been added, alternately with the milk, and mix well. Drop by teaspoons on greased baking sheet, and let stand a few minutes. Flatten dough by stamping with a tumbler covered with a damp cloth. Bake in moderate oven (375 degrees

Fahrenheit) about fifteen minutes. Yield: about three dozen cookies. (Released by The Bell Syndicate, Inc.)

## Successful in the Conservatory of Music Examinations

Names Arranged in Order of Merit for Timmins Centre

The following is a list of successful candidates in practice examinations held recently by the Toronto Conservatory of Music in Timmins. The names are arranged in order of merit:

- PIANO—GRADE X**  
Honours—Alice Giovanelli.
- GRADE IX**  
Honours—Joan M. Smith  
Pass—Isabel Hepburn, Kathleen Smuk (equal).
- GRADE VIII**  
Honours—Barbara Barry  
Pass—Lucille Gemme.
- GRADE VII**  
First Class Honours—Claire Jervais  
Honours—Ruth Mustard  
Pass—Kathrine MacMillan
- GRADE VI**  
First Class Honours—Hendrieka Green  
Pass—Lucy Leach, John Jones.
- GRADE V**  
First Class Honours—Mary Connelly.  
Honours—Norine E. White, Robert Wheeler, Florence Connelly, Mary Harper, Barbara Hayward (equal).
- GRADE IV**  
First Class Honours—Esther Collins.  
Honours—Jack Murphy  
Pass—Mary Hadley, Dorothy Hamilton (equal).
- GRADE III**  
First Class Honours—Yvette Laroque.  
Honours—Mervyn Wales, Irene Jones, Jeanne Barrette, Helen Fedor (equal).
- Pass—Barbara Raymer; Vivian Pezetta; Mary Kemsley, Constance Pickering, Peggy Strongman (equal).**
- GRADE II**  
Honours—Mariam Bucovetsky; Rosabelle Guay; Clausin Spence; Peggy Harris; Joyce Thorburn; Kathleen Barlow; Kenneth Thomas (equal).
- Pass—Marjorie A. Black, Betsy Wood (equal); Rita Belanger, Eileen Barlow; Elisabeth Bauman; William A. Deas.**
- GRADE I**  
First Class Honours—Therise Gauthier; Gertrude Gauthier, Loreena Patrinquin (equal).
- Honours—Irene Domagalski; Vida Beaumont, Joan Twanley, Jean Watt (equal); Bernard Gauthier; Doreen Collins; Margaret Naggy; Phyllis J. Dupont.**
- Pass—Janice M. Staveley; Mary Rostkowski; Donna J. Kinkel.**
- VIOLIN—GRADE III**  
Honours—Billy Koziel.  
Pass—Jim McDonnell; Francis Brochu; Dina Sloma.
- GRADE I**  
Honour—Joseph Brochu.
- SINGING**  
**ASSOCIATESHIP (A.T.C.M.)**  
**SOLO PERFORMER'S**  
Conditioned in Sight Singing—Helen McClinton.
- GRADE VI**  
Honours—Beulah Wood.  
Timmins, Ont.—116 Spruce St. N.
- PIANO—GRADE V**  
First Class Honours—Lois Skelly.  
Honours—Joan Clarke.
- GRADE IV**  
Honours—Marjorie Meehan.
- GRADE II**  
First Class Honours—Aileen Stickley  
Honours—Myrna Ball; Murray Ball.
- GRADE I**  
First Class Honours—Rose M. Dougherty, Dale McCarthy (equal); Joan Robinson.  
Honours—Shirley Thomson, Betty Rose.
- Timmins, Ont.—Sisters of the Assumption Convent.**
- PIANO—GRADE IV.**  
Honours—Donna Longmore; Dorothy Devine; Irene Carbonneau; Yvette Caron.
- GRADE II**  
First Class Honours—Pauline Dore  
Honours—Rita Chenier, Aline Rochefort (equal); Jean-Claude Cousneau; Dolores Germain.  
Pass—Allie Canie.
- GRADE I**  
First Class Honours—Lillian Chenier; Rose H. Pouliot; Mona Page.  
Honours—Murielle Grattan; Phyllis Gagnon.
- SINGING—GRADE VIII**  
Pass—Mrs. D. Scott.



## That Body of Yours

By James W. Barton, M.D.

**Excess Fat May Make Us Grow Old More Rapidly**  
Some years ago a celebrated cartoonist made a drawing showing an old man sitting down to some crackers and a bowl of milk. Underneath one read: "Backward, turn backward, O Time in thy flight. Make me a boy again just for tonight."  
The old man had his eyes closed and in line with them was the outline of a roast chicken, three or four vegetables and a huge piece of pie.

## Beauty and You

by PATRICIA LINDSAY



JEANNE KELLY enjoys a game of backgammon in the sunshine—after her skin has been well anointed with a sunburn preventative.

### Southland Visitors Warned About Taking Sunshine in Too Quick Doses.

Now this cartoon teaches us something in that while we may not be able to eat "everything" as we get past middle age, we can eat more than crackers and milk if we use a little thought.  
"For ten years Cornell University has had a programme for studying aging. They have found that the life span of animals and the process of getting old can be profoundly affected by the diet."  
Clive M. McCay, Ph.D., in Digest of Treatment, says: "Realizing the need for more information concerning diet during the latter half of life, a special series of experiments have been extended over a period of eight years. White rats which have an average life span of about two years were kept until one year of age on a well balanced diet. They were then placed in groups for study. Some were given diets rich in protein (meat, eggs, fish), others diets poor in protein. Some were given exercise; others led a life without exercise. Some were allowed to become fat; others were kept thin. All were kept under the same conditions of sanitation (housing)."  
After eight years of such studies, there was one difference that was outstanding. "The lean rats outlive the fat ones."  
There were various differences in the groups such as that between the rats given exercise and the ones kept quiet. The ones given the exercise and kept thin on a low protein diet did not age as rapidly as the ones kept quiet and allowed to become fat.  
Our insurance companies have been pointing out for years that it is their thin policyholders that live the longest. The fat ones, as a class, do not live long although there are exceptions, of course.  
The fact that putting on fat not only shortens the life span but actually hastens the aging process should be a warning to all of us.  
**Overweight and Underweight**  
Do you know how much you should weigh for your height, age, and body build? Do you know which foods increase weight? Send today for Dr. Barton's helpful booklet entitled "Overweight and Underweight" (No. 105) which contains many useful suggestions re diet. Enclose Ten Cents with your request, to cover cost of handling and mailing, and address it to The Bell Library, Post Office Box 75, Station O, New York, N.Y., mentioning this newspaper.  
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**Report for Month of June of District Children's Aid**  
The following is the report for the month of June, 1941, as submitted by Mr. A. G. Carson, local superintendent of the District of Cochrane Children's Aid Society:  
Applications for children for adoption ..... 2  
Office interviews ..... 116  
Interviews out of office ..... 119  
Complaints received ..... 18  
Investigations made ..... 21  
Children involved ..... 26  
Mail received ..... 87  
Mail sent out ..... 119  
Children in Shelter ..... 4  
Children boarding out ..... 62  
Wards visited ..... 58  
Court attendance ..... 5  
Juvenile cases ..... 22  
Children of probation to court ..... 17  
Wards placed in boarding homes ..... 1  
Wards returned to Shelter ..... 1  
Children made permanent wards ..... 5  
Children made temporary wards ..... 6  
Adoptions completed ..... 2  
Mileage travelled ..... 896  
Persons prosecuted for offences against children ..... 1  
Children placed in foster homes (not wards) ..... 2  
Children given hospital and medical care ..... 1  
Investigations for other societies ..... 6  
Cases under the Unmarried Parents Act ..... 3

other milk-borne diseases, Ontario is the only province in Canada which has a compulsory pasteurization law.

The Dominion-wide adoption of toxoid immunization as a preventive of diphtheria also is urged. The League points to the difference between conditions in Toronto and other Ontario cities, where the consistent use of toxoid has practically wiped out the disease, and those in unprotected areas in which scores of children die annually of diphtheria.

While sickness causes ten times the loss arising from accidents, so far as industry is concerned, the League shows that plants protected by adequate medical service have cut down this loss by 50 per cent.

Popular education in matters of nutrition and diet is advocated, the League contending that a proper knowledge of food values go far toward building a healthier people. Periodic medical examination is urged as the most effective means of ensuring early diagnosis and treatment in cases of heart disease and cancer, two of the greatest causes of death today.

The League asserts that the tolls of sickness and death in Canada could be cut in half if proper measures were instituted.

## Eastern Porcupine Red Cross Makes Large Shipment

Also Appeals for More Workers as Need is Great.

The Eastern Porcupine District Branch of the Canadian Red Cross Society is continuing to work during the summer and is making quite a credible showing in spite of the warm weather and many competing activities which are at their height during the summer months. The Branch has just made a shipment of finished articles to the Headquarters in Toronto. The shipment consisted of the following articles:—

- Knitting—Seamen's Comforts**  
25 Turtleneck sweaters  
24 pairs 26" ribbed stockings  
24 pairs 26" scarves  
2 pairs 18" ribbed socks  
Army and Air Force Comforts  
18 pairs 2-way mitts  
10 sleeveless sweaters  
41 pairs socks  
4 pairs air force mitts  
2 pairs 46" scarves
- Women's Auxiliary**  
7 pairs gloves  
2 sleeveless pullovers  
3 sleeveless cardigans  
3 calots.
- Sewing Quota—Civilian**  
10 coats—13 years  
10 coats—19 years  
7 pairs slacks—18 years  
7 blouses—18 years
- Hospital Supplies**  
14 bed jackets  
8 suits pyjamas  
110 T-binders  
3 hospital gowns  
43 gauze handkerchiefs  
27 pairs ward slippers.

## Three Births Registered During the Past Week-End

The last three days of last week saw three births registered at the Timmins town hall. There were two registered in the previous part of the week. Thus the total births registered were only five, in contrast to an average last year of 20 per week.

Born—on June 4th, 1941, to Mr. and Mrs. Lorenzo Seguin, of 134 Oak street—a son.

Born—on June 13th, 1941, to Mr. and Mrs. J. A. Noel Erien, of 87 Middleton avenue—a son.

Born—on June 13th, 1941, to Mr. and Mrs. Tony Delmonte, of 16 1/2 Banerman avenue—a daughter.

## Four More Charged Under the Municipal Dog By-Law

It should be apparent by this time that the Timmins police are determined to enforce the town by-law in regard to dogs. Complaint has been made about stray dogs being a danger to people as well as to lawns and gardens, and for this reason it seemed desirable that the by-law which forbids dogs to be at large, should be carefully enforced. On Saturday alone four more were charged with allowing their dogs to run at large. In recent weeks each court has had quite a number of these dog by-law cases and the coming court promises to be no exception. The court on Tuesday (to-morrow), it may be added will be conducted again by Magistrate Gould, of North Bay, who presided at the court last week. Magistrate Atkinson will not resume his regular duties here until next week being on his annual vacation.

Two boys will be in court on Tuesday for riding their bicycles on the sidewalk.

The Branch is indeed appreciative of the fine and sustained efforts made by the ladies of the District but it feels that since the need is now so urgent it would be appropriate to again issue an appeal for workers. This appeal is given front page prominence in this issue of The Advance.

## Presentation Made to Dr. Heil Saturday Night

Dr. M. A. Heil, who left on Sunday to join the Royal Canadian Army Medical Corps, was honoured on Saturday evening at a banquet given by the local Medical Association, when he was presented with a handsome travelling bag from its members. During the banquet, district doctors spoke briefly, referring to Dr. Heil's fine work in Timmins, and wishing him "good luck" in his services to Canada and the Empire.

## Award McNamara Trophy to South Porcupine Kiwanis

South Porcupine—(Special)—At an inter-club meeting of the Kiwanis Clubs of this district held at Culliver Park, near Kirkland Lake on Sunday, a cup presented by the MacNamara Construction Company, and usually awarded for sports merit, was awarded to the South Porcupine Kiwanis Club for being the most representative club at the meet. Timmins Kiwanis were also represented at the event.

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