

Menu Suggestions for a Week of Pleasant Meals

Menus for Three Meals Each Days for Seven Days. Arranged by a Leading Domestic Science Expert. Also a Detailed Recipe for Standard Pastry.

- Sunday — Breakfast**
Baked pears
Sausage
Coffee
Corn muffins
- Dinner**
Stuffed celery
Pickles
Brown rice of children
Hot biscuits
Cauliflower with lemon butter
Pumpkin pie
Coffee
- Supper**
Oyster stew
Fruit salad
Cream cheese
Toasted crackers
Tea
- Monday — Breakfast**
Orange juice
Hot cereal
Boiled eggs, toast
Coffee
- Lunch**
Noodles with chicken giblets, gravy
Lettuce with olive dressing
Cookies
Tea
- Dinner**
Hamburg cakes with onion rings
Potatoes with parsley butter
Mashed turnips
Chocolate pudding
Coffee
- Tuesday — Breakfast**
Stewed apricots
Ready-to-eat cereal
Bacon
Coffee
Bran muffins
- Lunch**
Codfish cakes
Cole slaw
Tea
- Dinner**
Pot roast of beef
Buttered carrots
Rice pudding
Coffee
- Wednesday — Breakfast**
Prune and pineapple juice
Cooked cereal
Scrambled eggs
Hot rolls
Coffee
- Lunch**
Milk-vegetable chowder
Grapefruit salad
Brown bread sandwiches
Tea
- Dinner**
Beef and mushroom pie
Baked potatoes
Buttered spinach
Coffee jelly
Coffee
- Thursday — Breakfast**
Orange juice
Ready-to-eat cereal
Bacon
Coffee
Toasted rolls
- Lunch**
Toasted cheese
Celery and apple salad



(By EDITH M. BARBER)

- Meiba toast**
Tea
- Dinner**
Broiled lamb chops
Scalloped potatoes
Baked acorn squash
Date pudding
Custard sauce
- Friday — Breakfast**
Tomato juice
Cooked cereal
Eggs poached in butter
Toast
Coffee
- Lunch**
Mushroom soup
Raw carrot salad
Grapes
Tea
- Dinner**
Baked fish filets
Stuffed potatoes
String beans with celery
Apple pie
Coffee
- Saturday — Breakfast**
Orange juice
Ready-to-eat cereal
Bacon
Whole wheat rolls
Coffee
- Lunch**
Scalloped fish
Mixed green salad
French toast
Tea
Honey
- Dinner**
Baked ham
Baked sweet potatoes
Brussels sprouts with lemon butter
Macaroni Bavarian cream
Coffee

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Canadian Pacific
77-78

Figures in Imperial Bank Report Show Strength of Bank

Imperial Bank Shareholders Addressed by President and General Manager.

Maintenance of a strong liquid position, and profits amply sufficient to meet mounting taxation and pay the usual dividends, were reported at the annual meeting of the Imperial Bank of Canada, held in Toronto on Wednesday, October 31st, 1941. A new peak in assets of \$206,587,280, was noted and the reflection of war financing demands was seen in an increase of nearly \$12,000,000 in current loans in the past year.

In his address to the shareholders, the President, Mr. A. E. Phipps reviewed business conditions, which, he said bore all the earmarks of prosperity. National income was \$3,891 million for the first nine months of the year... an increase of \$29 million over the corresponding months of 1940. A new high in volume of farm production had been reached, though government assistance to western grain growers and eastern live stock producers had been necessitated to a total of \$73,000,000. Forest industries, gold mining, construction, electric power production and railroading had all shown increased activity.

Increase in the surplus of imports from the United States, and the export surplus to Britain, and the improved foreign trade situation with growing exports to the former accounted for largely by demands for forest products and non-ferrous metals, including gold. The Government had measured up to the gravity of the situation in its war financing, with an outlay of \$2,820,000,000... including 1,450 for direct war effort and 900 million dollars for financial aid to Britain... estimated for the current year. Reviewing the position of the chartered banks, Mr. Phipps said that it was unlikely that the Government would experience any great difficulty in floating any required war loans.

In two years of war, some 1,228,000 unemployed had been taken up by industry, business and the armed forces, and present plans would require the absorption of some 300,000 more in the coming year. Mr. Phipps noted the position of the chartered banks, Mr. Phipps said that it was unlikely that the Government would experience any great difficulty in floating any required war loans.

Speaking of the Government's move to fix prices and control wages, Mr. Phipps declared: "It is a source of satisfaction to know the Government is taking these steps to check inflation... The co-operation of all is needed to bring the victory we desire and believe will be ours."

The General Manager, Mr. H. T. Jaffray, reported net profits of \$872,190.51. This provided for the usual dividend of \$700,000, the writing off of \$150,000 for depreciation, and left for profit and loss account \$22,190.51, making the latter \$696,842.22 as compared with \$676,651.71 a year ago.

Deposits increased \$14,475,683 to a total of \$179,929,454. This included \$6,490,000 in deposits by the public bearing interest, \$2,600,000 more interest-bearing. Total liabilities to the public increased by \$14,043,024, or 8 per cent, to \$187,430,362, indicating the substantial increase in business during the year. Cash assets showed a gain, being \$33,543,160 as compared with \$32,433,660 a year ago, and stood at 17.89 per cent of total liabilities to the public.

The Bank's investment portfolio included \$28,819,396 in Dominion and Provincial Government securities, a decrease of \$9,000,000 in the first class and an increase of \$12,400,000 in the latter. This switch, said Mr. Jaffray, was largely the result of heavy subscriptions to the Victory Loan last June. Also included were Canadian Municipal securities totalling \$6,532,772 and other bonds, debentures and stocks to the amount of \$47,267, making the total of securities held \$76,728,592, as compared with \$72,519,365 last year.

Total quick assets were 60 per cent of total liabilities to the public, about the same percentage as a year ago. A decrease was shown in loans to Provincial Governments and to cities, towns and municipalities... the former down \$137,000 from \$350,564 a year ago, the latter down \$1,623,000 from \$5,857,900. An increase in current loans and discounts of almost \$12,000,000 (more than 17 per cent.) was represented in the total for the year which was \$79,609,294.

With respect to the Government's price fixing and wage control measures, Mr. Jaffray said: "We are entirely in accord. I note it has been stated that no puncturing of the ceiling will be permitted. With that, too, I am theoretically in accord, but would suggest that until matters have reached a smoothly operating basis great care must be taken to see that the control does not fall with undue harshness on any particular group or individual."

food, but to urge a child of normal weight to eat more than he needs may be the cause of overweight and even diabetes in the future.

Mothers and children's specialists know how difficult it is to improve by training the appetite of the child who will not eat. The child may temporarily increase his food intake, due to suggestive measures, rewards and punishments, but usually fails to acquire a natural desire for food even after a long period of coaching.

If a child does not want, does not have the appetite for, the amount of food he needs daily, then there must be some reason for it. One of the reasons for a poor appetite in a child is that he may not be happy. Perhaps something in the home itself is upsetting him such as the attention shown a brother or sister, younger or even older than himself. It is something in his school life, indoors or outdoors, that is upsetting him mentally or emotionally, and this in turn affects his appetite, his digestion, his hours of sleep and rest. Worries are not usually big eaters and are not overweight.

Exciting movies, radio programmes, or even books, too close to meal times or bedtime can be factors in causing lack of appetite for food. An excited youngster may just go through the motions of eating and actually have no desire for "dessert" if he is emotionally upset. Lack of excitement before, during and after meals is of real help to the appetite.

While late hours, hurried meals and overexcitement interfere with the appetite, there are many cases where infection is the cause of the poor appetite and underweight. Children who have been poor eaters for years may immediately develop an excellent appetite following removal of an infection. In some cases this occurred after removal of tonsils, in others at puberty (12 to 14 in girls, 14 to 16 in boys). Sometimes an infected tooth or teeth that are "sore" will interfere with the desire for food.

What can be done for a youngster or adult whose weight is below normal and appetite poor, yet no infection is present, and he is not undergoing any emotional disturbance? Despite the fact that many physicians feel that too much is being said about the vitamins, particularly about vitamin B complex and vitamin B 1, it has long been known that vitamin B stimulates appetite and vitamin B 1 is particularly effective.

How can vitamin B 1 be obtained in sufficient quantity daily to stimulate appetite? It can be prescribed direct by the family physician or eaten by the patient in the form of brewer's yeast and wheat germ. Most of us get enough vitamin B 1 for our daily requirements in foods such as beef, liver, ham, bacon, and green vegetables.

Chronic Rheumatism

Send today for Dr. Barton's interesting booklet entitled "Chronic Rheumatism and Arthritis", (No. 109), with suggested exercise, diet, and other helpful notes. Address your request to The Bell Library, Post Office Box 75, Station O, New York, N.Y., mentioning the name of this newspaper and enclosing Ten Cents to cover cost of handling and mailing.

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Christmas War Cry an Extra Special for This Year

For a great many years The Advance has been calling attention to the Christmas number of The War Cry, the official newspaper-magazine of the Salvation Army in Canada. Like everything else undertaken by the Salvation Army the Christmas War Cry is also a very creditable and pleasing edition. This year's Christmas War Cry will delight all who are pleased with beauty and charm. Elegantly printed in colours it is a delight to the eye, and the eager earnestness of its writers make it an inspiration to the heart. Many people would much prefer it as a remembrance gift at Christmas, in place of a formal Christmas card costing much more. There are thirty-two pages of very interesting reading matter and attractive pictures. Some of the illustrations are worthy of special note. Front and back covers are in rich colours, the front cover showing an Eastern scene with a symbolic picture of the Mother and Child being blessed. The back cover is a striking presentation of a bell adorned with bright red roses. In the centre of the magazine there is a two-page picture of the

shepherds receiving "Good Tidings of Great Joy." Other illustrations include "Snow Blossoms," "The Night Before Christmas," "A, the Manger," "Roses in December," "Is That You, Santa Claus?" "Forest Scenes," "Jerusalem," "The House of John the Baptist," "Judea," and many other attractive and timely scenes.

The illustrations are fully equalled in interest and merit by the reading matter in the issue. Here are a few of the titles and authors: "Mins Eyes Have Seen Thy Salvation," by Commissioner B. Oram; "Self-Giving Victorious," by the General; "To Save a Poor Sinner Like Me," by Mrs. General Carpenter; "The Magic of Christmas," by Chief Secretary Col. G. W.

Peacock; "Light and Shade in South India"; "True Love's Strange Christmas Guest," by Gladstone Faraday; "Roses in December"; "Following the Star," poem, by Major Catherine Baird; "Christmas in Canadian History"; "Is Santa Claus a Christian?" by Henry F. Milans; "Canada Calling," by Captain Arnold Brown; "Star Light, Star Bright"; "The Forerunner of the Messiah," by Harold J. Stapstone, F.R.G.S.; "Captain X—Fireman"; "In the Forest's Depth." Even the titles indicate the variety and the interest in the Christmas War Cry.

Toronto Telegram—The trouble about a raving beauty is that one usually makes the man rave.



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That Body of Yours

By James W. Barton, M.D.

Appetite and Weight

The fact that a child of normal weight for his age usually has a good appetite is well known. A plump baby is usually a healthy baby as is also a growing child who is of normal weight or slightly above normal. Thus it happens that mothers are very anxious to have their children up to the weight shown to be normal for the height and age of the child. What the mother considers to be the correct kind and amount of food is placed before the child and he is expected to eat it, the amount being increased to keep in line with his age. The youngster learns or grows accustomed to eating the food placed before him although this is learned in some cases by means of rewards or punishments. He may thus "accustom" himself to more food than he really needs and as years go by he feels the need, urge, or appetite, to eat past the "satisfied" feeling with the result that he becomes overweight.

Now there is no question but that mothers are justified in trying to get a child who is underweight to eat more

Russia is Helping to Certain Victory, Speaker Says

(Continued from Page One)

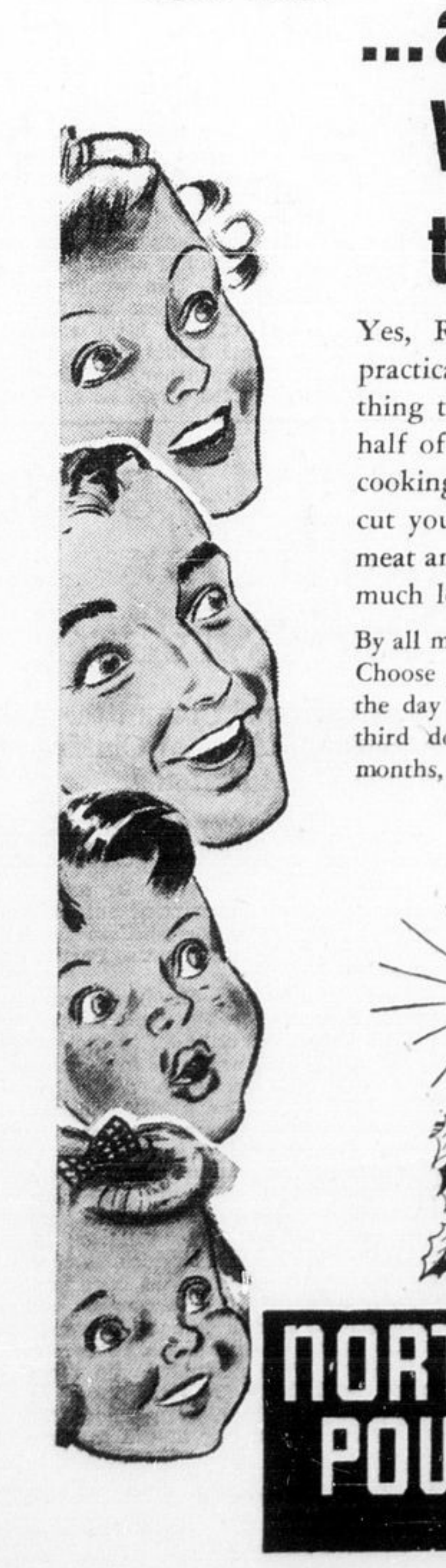
ed people, who were kept so long under the heels of unscrupulous tormentors, have in one mighty effort destroyed all the old and corrupt rulers and established what to them looked like a new order in life. It was an economic system as advocated by Karl Marx and other social reformers. Two political parties took over the reins of government. They were the Bolsheviks (which means Majority) and the Mensheviks (the Minority). Finally, however, only one party remained. They were the Bolsheviks. The country was then organized along these lines and presented to the world as United Socialist Soviet Republic U.S.S.R.). Virtually, however, there was little republicanism in Russia. The leaders, Kerensky, then Lenin and Trotsky, and finally, Joseph Stalin, have all realized that only a strong hand and a unified party could control and direct such a large country and achieve with a vast programme of industrial reconstruction. Therefore, for the next 25 years that followed, Russia was practically isolated from the rest of the world. It is easily seen how that economic change affected Germany. The plunder market of the Russians was cut off. When Nazi Hitler pounced on Russia with all his hordes of mechanized strength, it did not, in my opinion, come as a surprise to Stalin and his party. Well did they know that the so-called treaty of peace and co-ordination, entered into with Hitler, was only a sham and a bid for time to prepare for the titanic struggle to come.

"During the winter of 1916-17, there was much hardship from want of coal and bread. In March, 1917, a crisis appeared in Leningrad. There were strikes, army desertions and general upheavals. The revolution had begun. By this first revolution a government of moderate republicans came into power. Lenin and Trotsky returned to Russia from their exile in America to bring about the second or social revolution. The modern republicans were driven out and Russia began to break up. Finland, Estonia, Lithuania, Ukraine and Transcaucasia set up independent governments. When the Bolshevik leaders, chiefly Lenin, came into power, they faced innumerable difficult problems. The peasants wanted only land. They took it by force and found that bare land was insufficient material with which to make a living. Also, the new political leaders did not believe in the private ownership of land. One great difficulty of the leaders was to apply the rules of their leader, Karl Marx, to Rural Russia. The rules had been formulated by making a study of industrialized countries like Britain. Only the rottenness of the Tzarist regime and its crash in the war, made the attempt possible.

"Now, fellow Kiwanians, to conclude my remarks I would like to comment on two questions that have been widely discussed lately. They are—First is it true that the Russians are going back to religion? and, second, how long will Russia hold out? For the first question, I can say from my



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