

Some Suggestions for Attractive Menus for the Next Seven Days

Menus for Three Meals Each Day from Sunday to Saturday. Menus Varied from Day to Day but Planned for Economy. Recipe for Potato Pancakes.



(By EDITH M. BARBER)

- Sunday—Breakfast**
Grapefruit
Shirred eggs with bacon
Cornmeal muffins
Coffee
- Dinner**
Shrimp cocktail
Celery
Fricassee of chicken
Rice paprika
Buttered spinach
Lemon ice
Fruity cake
Coffee
Supper
Tomato rabbit
Tea
- Monday — Breakfast**
Orange juice
Cooked cereal
Scrambled eggs
Toasted muffins
Coffee
- Luncheon**
Casserole of rice and chicken gravy
Baked apples
Tea
- Dinner**
Meat loaf
Carrots with lemon butter
Lettuce and celery salad
Chocolate pudding
Coffee
- Tuesday — Breakfast**
Stewed figs
Ready-to-eat cereal
Bacon
Toast
Coffee
- Luncheon**
Cold meat loaf
Raw carrot salad
Cookies
Tea
- Dinner**
Baked ham
Mashed sweet potatoes
Broccoli with buttered crumbs
Orange custard pudding
Coffee
- Wednesday — Breakfast**
Tomato juice
Cooked cereal
Peached eggs on toast
Coffee
- Luncheon**
Clam chowder
Toasted crackers
Baked grapes
Tea
- Dinner**
Lamb chops
Potato puff
Buttered beets
Pecan pie
Coffee
- Thursday — Breakfast**
Prune and pineapple juice
Ready-to-eat cereal
Bacon
Bran muffins
Coffee
- Luncheon**
Cheese soufflé
Lettuce with French dressing
Grapes
Tea
- Dinner**
Fried ham
Baked potatoes
Mashed turnips
Jellied fruit
Coffee
- Friday — Breakfast**
Orange juice

- Cooked cereal
Boiled eggs
Hot rolls
Coffee
- Luncheon**
Creamed mushrooms
Hot biscuits
Carrot strips
Apple sauce
Tea
- Dinner**
Broiled mackerel
Potatoes with parsley butter
Creamed cabbage with green peppers
Fruite whip
Coffee
- Saturday — Breakfast**
Grapefruit juice
Ready-to-eat cereal
Bacon
Toasted rolls
Coffee
- Luncheon**
Lentil soup
Mixed fruit salad
Cream cheese
Tea
- Dinner**
Pot roast of beef
Potato pancakes
Buttered onions
Bavarian cream with strawberry sauce
Coffee
- Potato Pancakes**
2 cups grated raw potato
2 eggs, well-beaten
1 teaspoon onion juice
1 1/2 teaspoons salt
1/2 teaspoon pepper

Place grated potatoes in sieve and let drip until pulp is almost dry. Add remaining ingredients and mix well. Drop by tablespoons on hot greased griddle. Cook over low heat until brown on one side, turn and brown on the other. Yield: 12 pancakes. (Released by The Bell Syndicate, Inc.)



That Body of Yours

By James W. Barton, M.D.

Why Youngsters Are Underweight
If a youngster is not growing or gaining weight, there must be a reason for it. Of course, there are periods when youngsters grow very little and gain little or no weight, but over a period of six months to a year at any age there should be some growth and some gain in weight.

In girls an extra gain in height and weight is seen at 11 to 14 years of age and in boys at 13 to 16 years. This is the period when boys and girls grow into men and women.

If a youngster is not growing at a reasonable rate or putting on a few pounds during the year and particularly if the parent, he or she resembles more grew in height and increased in weight at this age, then the family physician should be consulted.

What may be preventing gain in weight? The first thought is infection because infected teeth, gums, tonsils or sinuses may be snapping the strength and not only prevent gain in weight but may be causing thin blood, lack of appetite, and general weakness.

Sometimes persistent diarrhoea or constipation also prevent gain in weight and cause thin blood.

While indigestion and constipation cause lack of appetite, the cause of the indigestion may be something that is upsetting the youngster in school, in the schoolyard, or even in the home itself. With this indigestion due to emotional disturbance there may be some loss of sleep and lack of sleep can prevent gain in weight just as readily as lack of food.

It is in this matter of rest or sleep

that parents are not so watchful as with food. They will load up a youngster's plate with food, forgetting that if the youngster has just come in from hard play outdoors, he should have at least fifteen minutes rest before eating the evening meal which is so often the heaviest meal of the day.

Another point many parents overlook is that while rest is important, getting the youngster up fifteen minutes earlier in the morning will give plenty of time to eat a good breakfast. It is when the fasting from food is broken in the morning that the stomach, digestive, and nervous systems are completely rested and ready to handle a big meal. A large breakfast also "weighs down" the stomach and this weight sends "impulses" down through the small intestine to large intestine, and a bowel movement follows "naturally". A regular bowel movement immediately after breakfast prevents indigestion and constipation.

When the child comes home from school in the afternoon he should sit down and eat some bread with butter or jam or sugar. This little snack of food will give him the energy to go out and play so that when he comes in for his evening meal he will have a natural appetite and will not be too tired to digest his food.

Another factor besides too much activity and not enough rest or food that may cause underweight is a gland disturbance, particularly of the thyroid gland. For just as a youngster whose thyroid gland is not sufficiently active will become overweight, so a youngster with an overactive thyroid gland will fall to increase in weight. The extra thyroid juice is like a whip in making all the body processes work much faster than normal, thus interfering with sleep and digestion and making the child overactive.

The thought, then, when a youngster is underweight is to try to find the cause. There is always a reason.

Timmins Branch of Red Cross Had Successful Year

(Continued from Page One)

all the Society's dealings with the various national groups that worked in this campaign, "there had been such a friendly spirit of interest and co-operation. The returns had been most gratifying. The grand total to date is \$7,141.23, with still more amounts to come.

Emergency Committee
Mrs. N. H. Russell is the Chairman of this committee but in her absence, Mrs. W. O. Langdon reported that 101 blankets had been donated along with three quilts. One thousand dollars had been sent with these to Headquarters for the purchase of more blankets.

Late in the year boxes had been placed in different places of business as well as the schools for the collection of handkerchiefs for the men of the forces. There were no returns from this campaign as it is still going on.

Welfare Committee
This brief report was to the effect that during the year 174 bottles of Cod Liver Oil had been given to 94 families. Miss Florence Farr is the Chairman of this committee.

Report of the Chairman of Women's War Work for 1941
Mr. President, Ladies and Gentlemen:—The past year has witnessed a number of changes in the organization and work of the Women's War Work Committee. Even before the beginning of 1941 it became evident that the need for surgical and hospital supplies was being supplanted by an urgent need for civilian clothing with which to outfit, in the first place, refugees, and later the British civilian population, who

had lost everything in the air raids. At the same time the need for knitted garments for the services, particularly the Navy and Merchant Seaman, increased constantly.

Early in January we were forced to accept, regretfully the resignation of Mrs. S. P. Harrison as Chairman of Women's War Work. The Executive Committee then appointed a chairman, pro tem, to act until such time as a general meeting could fill the vacancy.

The War Work Committee consists of a chairman, a vice-chairman, a convener of surgical supplies, a wool-room convener, a cutting convener, a sewing convener and a work-room convener. The work falls into three main departments: I wish to outline briefly, as far as possible, the work accomplished by each of these departments during the past year.

The work of the surgical department, was carried on in the basement of the A. J. Shragge Ltd. Store by Mrs. James Barry as convener and some twenty-four assistants. The decreased demand for surgical supplies (i.e. bandages, dressings, compresses, etc., soon made it evident that this group could not be kept going, even working only "no days" week. Headquarters expressly asked that, in order to conserve material, nothing be made unless requisitioned by them. Not wishing to disband, this group undertook the making of ward slippers. This proved to be a difficult and tedious task, but they persevered and even evolved a new method of attaching the soles of the slippers which met with such approval at Headquarters that it was adopted as a standard practice. Only three branches in Ontario are making these slippers, for which there is a constant demand. During the year this department made 163 pairs of slippers and 600 surgical articles. In November, when surgical supplies for Russia became imperative, our surgical department shipped 6,158 articles which we had had on hand since 1940.

Mrs. H. W. Brown, as convener of the wool-rooms in the Town Hall, has a big business under her guidance. For four afternoons every week this room is open for the giving out of wool and the receiving of finished garments. A supervisor and two other workers are on duty every afternoon. All garments are inspected and when necessary, altered, before being sized or tagged and stored ready for the packers. It takes a group of 28 women to keep the wool-rooms running smoothly and approximately 600 knitted items are made for us. Here too, the garments made are only those asked for by Headquarters. Wool is too precious a commodity to be used for garments that are not essential. Headquarters sends us a quota of required work every three months and our knitters have been very cooperative about knitting the things we ask them to knit.

Some idea of what they accomplished last year will be gained from the following figures: 3,260 lbs. of wool and 68 lbs. of cotton warp were given out; in 1941 and 6,103 knitted articles were shipped.

The packing and shipping for this department is ably handled by Mrs. C. E. Taylor.

The work of the cutting and sewing department has been quite difficult. We have graduated from the hemming of sheets to the tailoring of girls' coats and boys' suits. In January the cutting committee moved from the Bardessona Home to the basement of the A. J. Shragge Ltd. Store, in order to have more working space. Four different groups worked one day a week each, but even so, could not keep pace with the sewers. Finally we investigated the advantages of buying an electric cutting machine. After studying the matter thoroughly a machine was purchased and put into operation in June. Since then, under the convener-ship of Mrs. R. Osborn and a committee of eight, our cutting problems have been satisfactorily solved, and nine women were doing the work that had formerly taken twenty-eight. Recently as the volume of work has increased our cutting committee has been increased to sixteen.

In August, owing to a previous commitment, Mr. A. J. Shragge was no longer able to allow us the use of the basement under his store. We were very loath to leave such comfortable quarters but were fortunate in being able to obtain the use of the Post Office basement. Accordingly the cutting and surgical departments were moved to the Post Office building at the end of August.

Practically all our sewing is done in the two very comfortable rooms provided by Mr. P. M. Bardessona in the basement of his house. These work-rooms were kept going five afternoons and one or two evenings a week all year until December 19th. Mrs. W. J. McCoy, as sewing convener, has general supervision over all the sewing, assisted by fourteen supervisors, two of whom are on duty daily. Mrs. C. F. Watson, as work-room convener, has charge of supplies and equipment. The final inspection and packing of garments is done by the Vice-Chairman, Mrs. J. E. Sullivan, and the Chairman.

During the summer months in common with all other branches, we experienced a falling off in the number of workers. In September the executive committee appointed a committee under the convener-ship of Mrs. C. Desaulniers to deal with this matter. So successful have they been that during the last two months of the year, we averaged a daily attendance of over twenty workers, which is very close to the limit of our present capacity.

At this point, I wish to thank Mr. Albert Cain for the work he has done in shipping the heavy cartons of clothing from the sewing rooms. At present, approximately 230 women sew regularly at the work-room; there are also three groups who take out work to do at home. During 1941, our purchaser, Mrs. I. K. Pierce, tells me that 6,550 yards of material were made into garments and 75 lbs. of wool were knitted into sweaters and other garments for boys and girls. This raw material was converted into 2,578 sewed and 340 knitted articles of clothing and bedding. In addition, 111 articles, including clothing and patchwork quilts, were donated to us. 2,999 articles in all, were shipped from our sewing rooms. The sum total of all articles shipped from all departments was 16,008. Not only is the quantity impressive but the workmanship has been excellent. The women of Timmins deserve a great deal of credit for their work during the past year and I feel safe in saying, Mr. President, that if the need arises, for even greater effort, that they will continue to rise to the occasion.

Perhaps before bringing this report

to a close, I should say a little about equipment. The increased difficulty of the work made it necessary to invest in a number of sewing machines. We now own six new power machines, six new treadle machines, and two reconditioned treadle machines. In addition we have the use of 7 machines, kindly loaned to us. We bought two new irons, to augment those that had been donated. These with the cutting machine and cutting tables represent a fairly large investment, but it is one which is repaying us well.

Grateful acknowledgment must be made to the Star Transfer and the I. K. Pierce Furniture Company for doing our cartage free of charge; also to the Timmins New Method Laundry for free laundry service, and to Hermans for pressing and dry cleaning.

In closing, I wish to express my sincere thanks to the members of the War Work Committee, and to all supervisors for their able and loyal support during the past year.

Respectfully submitted,
Agnes W. Douglas
Chairman Women's War Work Committee.

Mrs. W. O. Langdon, Convener of the Nomination Committee presided at election of officers, which resulted in the following being elected to the 1942 Executive Committee:—

- President—Mr. M. E. Williams
- 1st Vice-President—Mr. A. R. Harkness
- 2nd Vice-President—Mrs. J. Kinsey
- Treasurer—Mr. A. H. Munroe
- Secretary—Mrs. H. R. Channen
- Chairman of Women's War Work—Mrs. J. M. Douglas
- Vice-Chairman of Women's War Work—Mrs. J. E. Sullivan
- Chairman of Nutrition—Mrs. J. K. Teal
- Chairman of Home Nursing—Mrs. R. E. Goodings
- Chairman of Welfare Work—Miss Florence Farr
- Chairman of Junior Red Cross—Mr. E. J. Transom

Substantial Gains Shown by Manufacturers' Life

The 55th annual report of the Manufacturers Life Insurance Company shows substantial gains in New Insurance in Force. New Insurance amounted to \$60,000,000, an increase of \$9,000,000 over 1940, bringing the Insurance in Force to \$632,000,000, an increase of \$27,400,000. Income from all sources exceeded \$38,000,000 and assets increased by \$15,000,000 to \$205,000,000. After making provision for all

Stack-Hisko Nuptials at Nativity Church

Miss Celestine Hisko Becomes Bride of Private Ambrose Stack.

In a charming ceremony at the Church of Nativity on Saturday morning, the Rev. Fr. Callaghan united in marriage Miss Celestine Hisko, daughter of Mr. and Mrs. Joseph Hisko, and Private Ambrose Stack, of the Chippewa Barracks at North Bay, son of Mr. and Mrs. John Stack, of Timmins.

Given in marriage by her father, the bride was gallantly attired in a gown of white chiffon, fashioned with bishop sleeves, a small Pe'er Pan collar, fitted bodice, and flared skirt, and wore a finger-tip veil caught in a turban-effect of white braided chiffon. She carried a white satin prayer book, with lily-of-the-valley on the white satin streamers, and wore a gold locket, gift of the groom.

Miss Nellie Hamelin attended the bride, attractively attired in a floor-length frock of pink net over taffeta, with a powder blue bolero jacket. Her shoulder-length net veil was caught in a halo-effect of white roses, and she wore a corsage of pink buds.

Mr. Desmond Hisko, brother of the bride acted as groomsmen.

Following the ceremony, a reception was held at the home of the bride's parents, 11 Messines avenue, where Mrs.

liabilities, the Contingency Reserve and Surplus amounts to \$9,600,000.

Total payments to policyholders and beneficiaries were \$15,455,000 of which \$4,583,000 were death claims. The favourable mortality experience of recent years continued in 1941.

Hisko received the guests in an afternoon dress of navy blue crepe, with matching hat and accessories, and was assisted by the groom's mother, who chooses for the occasion an ensemble of blue crepe, with matching accessories. The groom has returned to his barracks, the bride residing in Timmins for the present.

OINK! OINK!
A well-known celebrity was visiting a farm in Northern Scotland. A short time after he arrived, refreshments were served and he was given milk in a little bowl. As he was drinking the milk, a little pig trotted up and stood beside him.
"See," enthused the celebrity, "that's what it is to be famous. Even the little pig recognizes me!"
"It's not you he recognizes," said the farmer. "That happens to be his wee bow-wow!"—North Bay Nugget.

NEUTRAL
As the British writer, Vic Oliver, well says: "As far as the present international conflict is concerned, I am completely neutral. I don't care who kills Hitler."—Windsor Star.

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Avoid costly break-downs and loss of time and labour during seeding and harvest. Check your machinery for necessary parts and repairs. Do it at once while parts are available.

PLACE YOUR ORDER FOR REPAIR PARTS IMMEDIATELY

SAVE LABOUR WITH MACHINERY

Use custom equipment where necessary. Exchange work and implements with your neighbours.

Co-operate with neighbours for greater use of power equipment in your community. Plan your crop programme to extend the period of haying and harvest.

Your Agricultural Representative and your County Agricultural War Committee will co-operate with you.

MAKE THE BEST POSSIBLE USE OF WHAT YOU HAVE

ONTARIO DEPARTMENT OF AGRICULTURE
P. M. DEWAN, Minister
W. R. REEK, Deputy Minister



THAT FOR WASHDAY!

WITH REDDY KILOWATT IN YOUR HOME you can snap your fingers at drudgery

"Yes, ladies, you'll never know how much easier washing can be until you give me the job. All you have to do then is to put the dirty clothes, the water and the soap into an electric washer. I do all the hard work of washing and wringing. I do it more thoroughly and yet more gently than is possible with the old-fashioned tub and wash-board method. Try me!"

REDDY SAYS:
Buy War Savings Stamps every week!

NORTHERN ONTARIO POWER COMPANY LIMITED

SUMMARY 55th ANNUAL REPORT 1941

INSURANCE IN FORCE	\$632,033,121
NEW INSURANCE	60,131,339
ASSETS	205,003,438
INCOME	39,447,640
CONTINGENCY RESERVE AND SURPLUS	9,601,202

Payments to Policyholders and Beneficiaries since the inception of the Company total \$262,379,614.

THE MANUFACTURERS LIFE INSURANCE COMPANY

HEAD OFFICE TORONTO, CANADA
Established 1887

Branch Office—24 Fraser Street
North Bay

A. Wilson Lang W. J. Doyle Miss C. G. Lang
Representatives—Timmins