

Menu Suggestions for Meals for a Full Week

Domestic Science Expert Presents Menu for Three Meals a Day for Seven Days. Plan to Have Variety Without Unnecessary Waste. Also Recipe for Tapioca Cream.

Sunday — Breakfast
Grapes Philadelphia scrapple
Hot rolls Coffee

Dinner
Shrimp cocktail
Celery Olives
Roastbeef Yorkshire pudding
Buttered lima beans
Ice cream, chocolate sauce
Macarons Coffee

Supper
Black bean soup
Fruit salad Toasted crackers
Cheese Coffee

Monday — Breakfast
Orange juice
Ready-to-eat cereal
Scrambled eggs
Toasted rolls Coffee

Luncheon
Mixed green salad
French toast Syrup Tea

Dinner
Cold roast beef Hot Chili sauce
Baked potatoes Baked onions
Tapioca cream Coffee

Tuesday — Breakfast
Stewed prunes
Ready-to-eat cereal
Bacon Toast Coffee

Luncheon
Spaghetti with meat sauce
Coleslaw
Cookies Tea

Dinner
Veal cube steak
Creamed potatoes
Cauliflower with lemon butter
Tipsey squire

Wednesday — Breakfast
Tomato juice
Cooked cereal
Poached eggs on toast Coffee

Luncheon
Fish Chowder
Celery Carrot strips
Pears Tea

Dinner
Roast Chicken
Mashed potatoes
Buttered string beans
Apple pie Coffee

Thursday — Breakfast
Grapefruit
Ready-to-eat cereal
Whole wheat rolls Coffee

Luncheon
Club sandwiches
Cookies Tea

Dinner
Baked pork chops
Baked sweet potatoes
Caramel custard
Coffee

Friday — Breakfast
Orange juice
Cooked cereal
Boiled eggs Toast Coffee

Luncheon
Cereal patties with cheese sauce
Lettuce with French dressing
Apple sauce Tea

Dinner
Broiled scallops
Potatoes with parsley butter
Broccoli with Hollandaise
Prune whip Coffee

Saturday — Breakfast
Pineapple juice with lemon
Ready-to-eat cereal
Bacon Bran muffins Coffee

Luncheon
Creamed mushrooms on toast
Raw carrot salad
Doughnuts Tea

Dinner
Corned beef
Boiled potatoes Mashed turnips
Buttered new cabbage
Lemon cream Coffee

Tapioca Cream
1/2 cup quick-cooking tapioca
1/2 cup sugar
1/4 teaspoon salt
2 egg yolks
3 cups milk, scalded
2 egg whites, stiffly beaten
1 teaspoon vanilla extract

Mix tapioca, sugar, salt and unbeat egg yolks in top of double boiler. Stir in milk and cook over hot water, stirring frequently, about ten minutes, until tapioca is clear. Remove from hot water and fold hot mixture slowly into the stiffly beaten egg whites. Fold in vanilla extract. Pour in serving dish and chill. Serve with whipped cream of crushed sweetened fruit, if desired. Yield: Six servings.
(Released by the Bell Syndicate, Inc.)

Results of Toronto Conservatory of Music Examinations

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

- PIANO**
Grade VIII
Honours—Claire Gervais.
Pass—Ene R. Turissini.
- Grade VII**
Honours—Eleanor M. Burke.
Pass—Kathrine Lafontaine.
- Grade VI**
Honours—Norine E. White; Mary Connelly; Mary Harper, Beulah Wood (equal).
Pass—Daisy Bauman, Florence Connelly (equal); Audrey Leach.
- Grade V**
Honours—Esther Collins; David E. Williams.
- Grade IV**
Honours—Mary Kirkland; Helen Fedor, Margo Kirkland (equal).
Pass—Elsie Shephard; Vivien Pez-zetta.
- Grade III**
Honours—Wilfrid Lemaire; Gilles Belanger; Mary Zudel; Patricia Hawkins; Norma Shankman, Betsy Wood (equal).
Pass—Robert Wilder; Nancy Wilder; Margaret Lafontaine.
- Grade II**
First Class Honours—Irene Domagala, Cecile Theriault (equal).
Honours—Rita Dubien; Phyllis J. Dupont, Mary Huckerby, Irene Scrip-lick (equal); Paul Schweitzer; Donna J. Kinke.
- Grade I**
Pass—Mary Rostkowski.
- Honours—Clare Donaghue; Norma Repetto; Lucy Salustro, Beverley M. Shantz (equal); Sheila Bassett; Gwen Jackson.
Pass—Joan Wood.

- ASSUMPTION CONVENT**
Associateship (A.T.C.M.)—Teacher's
Conditioned in Pedagogical Routine and Ear Test—Claire Vachon.
- Grade VIII**
Pass—Betty Keeley, Earl Simard (equal); Gordon Eyre.
- Grade VI**
Honours—Francoise Rochefort.
Pass—Jacqueline Blais.
- Grade V**
Pass—Lempi Kivela.
- Grade IV**
Honours—Myrna Ball.
Pass—Murray Ball.
- Grade III**
Honours—Therese Beauchamp.
- Grade II**
Honours—Helene Pitre.

Fifteen Births Recorded at Town Hall Last Week

- Born—on February 22nd, 1942, to Mr. and Mrs. Lucien Lachance of 10 Wilcox street north—a daughter.
- Born—on January 30th, 1942, to Mr. and Mrs. David Kaufman, of 19 Power Line—a daughter.
- Born—on January 8th, 1942, to Mr. and Mrs. Jean Paul Laferrriere, of 440 Main avenue—a son.
- Born—on January 27th, 1942, to Mr. and Mrs. Leo Boulanger of 50 Kent avenue—a son.
- Born—on February 7th, 1942, to Mr. and Mrs. Allan H. Phibbs of 20 Hillside avenue—a son.
- Born—on February 28th, 1942, to Mr. and Mrs. Edward Beauchamp of 162 Avenue Road—a daughter.
- Born—on February 17th, 1942, to Mr. and Mrs. John Alexander Perfusion, of 164 Cedar street south, at St. Mary's Hospital—a son.
- Born—on February 14th, 1942, to Mr. and Mrs. Roy Telephone, of 184 Elm street north—a son.
- Born—on March 3rd, 1942, to Mr. and Mrs. Henri Sirois, of 23 Montgomery avenue—a son.
- Born—on February 18th, 1942, to Mr. and Mrs. Roland Munroe of 118 Patricia Boulevard—a daughter.
- Born—on February 15th, 1942, to Mr. and Mrs. George Andrew Nichol, of 93 Second avenue, Schumacher, Ontario, at St. Mary's Hospital—a daughter.
- Born—on February 20th, 1942, to Mr. and Mrs. Frederick Greve, of 52 Fifth

Beauty and You

by PATRICIA LINDSAY



OLIVIA DE HAVILLAND has figure loveliness which is envied by many women. She keeps beautiful and healthy by eating scientifically and exercising regularly.

Careful Food Selection is Sane Reducing

Today, with advance food knowledge available to every woman, it is almost unpatriotic to be much over-weight unless the condition is due to glandular disturbance or some other acute ailment. There is no need for a woman to be overweight otherwise, and there is no need for the overweight to starve herself to lose the unnecessary pounds.

The careful selection of foods is the one safe way to reduce, with the aid of corrective exercises. Would you be interested in knowing the insurance companies figures regarding overweight? They show that when you are about fifty years old every pound of overweight means one percent taken from your life expectancy is reduced by 50 percent—that is easy to remember!

So you can see why health authorities urge all women to keep to normal weights—to begin in the twenties and keep that weight under control to the end of life.

In diet lies the only solution of fat control. It has been found that it is often necessary to reduce the calories to 1000 per day (from 2000 to 2600 ordinary requirements), but that reduction must be gradual and the 1000 calories must consist of bulk foods which satisfy hunger pains and furnish sufficient energy to carry on the day's duties.

Follow a Plan
Mary Swartz Rose, who was Professor of Nutrition at Teacher's College, Columbia University, wrote this in her last book:

"It is important to work out a plan which can be remembered and stick to it. For some it is easier to omit one meal a day; others suffer less from hunger if they eat more frequently but less at a time. The essential thing is to get that no more than the predetermined number of calories are eaten on any day and that protein, minerals and vitamins be taken in the same amounts needed if one were not on a reducing diet."

Tomato and grapefruit juices, used freely, will provide vitamin C with negligible calories. Green vegetables twice daily make good filling for an empty stomach and help to insure high Vitamin A and iron values. At least one cup of skim milk is required for its calcium and Vitamin G, and lean meat twice daily in small portions guarantees adequate protein. Some special source of vitamin B1 (Complex) must always be included.

Many small booklets are today available which list portions of food with their calorie content. One of these carried in one's handbag is a good reminder and serves as a reference book when one is in doubt!

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Kathleen Sweet is Bride of Sergt. Pilot A. C. Brandon

Quiet Wedding at Nativity Rectory on Saturday Wedding Trip to Points South.

The rectory of the Church of Nativity was the scene of a charming wedding ceremony on Saturday morning, when Miss Kathleen ("Kay") Leone Sweet, daughter of Mr. and Mrs. Anthony N. Sweet, of 23 Mountjoy street south, became the bride of Sergeant-Pilot A. C. Brandon, of the R.C.A.F., recently graduated at Moncton. Sergeant-Pilot Brandon is the son of the late Mr. and Mrs. Robert Brandon of Guelph, Ontario, and formerly student at Western University. The Rev. Fr. F. Murray officiated.

The bride was lovely in a frock of navy blue pall-mall crepe, fashioned with long fitted torso waistline, three-quarter length sleeves, and softly flared skirt. The frock was daintily trimmed with white eyelet embroidery, and she wore a small matching hat and shoulder-length veil, with similar embroidery, navy blue accessories, and a corsage of pink Talisman roses and lily-of-the-valley.

Miss Jeanne Sweet attended her sister as bridesmaid, attractively attired in an ensemble of dusky rose crepe, with brown accessories and dusky rose hat. She wore a corsage of pale blue iris.

Mr. Douglas Tait was groomsman. avenue, at St. Mary's Hospital—a son.
Born—on February 20th, 1942, to Mr. and Mrs. Charles Scott, of 66 Middleton avenue—a son.
Born—on February 25th, 1942, to Mr. and Mrs. Francis Woodbury, of 58 Hemlock street at St. Mary's Hospital—a daughter.
Born—on February 12th, 1942, to Mr. and Mrs. Lorenzo Drouin, of 153 Rea street—a son.

Court Lasts Only Fifteen Minutes This Week

(Continued from Page One)
and his charge was also withdrawn when he paid the costs of \$37.05. Zoba is said to have left a rooming house on Mountjoy street when he owed the landlady the amount stated.
Jeannette Kingsbury was dismissed in the nly charge that was heard this week. She was charged with assaulting another woman, Mrs. Adeline Dubeau, and when she had told her story the magistrate told both the complainant and defendant to go home and to stop their family squabbling. It developed that the women were sisters-in-law.
Mrs. Dubeau said the trouble broke out one day while she was walking along the street in front of Jeannette Kingsbury's home. She said that Jeannette Kingsbury had called to her and had then started to slap her face. She told the magistrate that she knew of no reason for the attack.
Jeannette Kingsbury then took the stand and said that it was the other woman and not her who had started the slapping. She had been called out to the street and when the other woman started to slap her she had merely given her a little push. She told the magistrate that Mrs. Bubeau was her sister-in-law and that Mrs. Dubeau had accused her several times of keeping company with the latter's husband, a thing which she vigorously denied having done.
John Stanley Hicks was charged by Mary Hicks with failing to provide for her as ordered by the magistrate here some time ago. The charge was remanded because the police had not yet served Mr. Hicks with his summons.
Arnel Beauchamp, charged with receiving stole coal, had the charge against him withdrawn by the crown. He was charged with receiving a small quantity of coal from some juveniles. Police said that the juveniles had admitted the theft of the coal but the value was so small that the crown withdrew the charge.

And don't believe the lady with the Siamese cat in America.
America knows where she is going—and she knows whose going with her, Holland and Norway and Russia, China and India. Yes, India.
And by and by the whole round globe. And with you, Great Britain.

A CONVENTION STORY

A coloured waiter dropped a platter with a turkey on it. Four countries were represented in the disaster. The downfall of Turkey, the overflow of Greece, the smashing of China and the humiliation of Africa—Canada Lumberman.

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Following the ceremony, a reception was held at the Empire Hotel, where Mrs. Sweet, mother of the bride, received guests. She wore a becoming afternoon frock of wine crepe, with matching hat and accessories and a corsage of Johanna Hill roses.
The bride and groom left on the two o'clock train for Southern Ontario, the bride travelling in an ensemble of turf tan crepe, trimmed in antique cream, with brown hat and accessories and a brown beaver coat.

Great American Writer Pays Tribute to Great Britain

Dorothy Thompson Says—England is the Last Refuge of the Civilized Soul

Some weeks ago several readers of The Advance in town called attention to an article in The Globe and Mail by Dorothy Thompson. A friend of The Advance in South Porcupine sent in a typewritten copy of the article with the notation—"Too good to miss!" Last week from South Porcupine came several requests for the article. "We couldn't buy a copy of that issue of The Globe anywhere in the camp," some of them said. In view of all this, The Advance is republishing the article herewith in full:—

SINGAPORE—AND THE CRITICS
(By Dorothy Thompson)
New York, Feb. 17.—All right. . . All right. . . Yes, I read Cecil Brown, and so did Goebbels. He's quoting him all over the place. Yes, I know the show in Singapore was not so good. Yes, I know about the complacency. . . Yes, I know they didn't follow a scorched earth policy. Yes—you can't feel worse about it than I did. I know what it means. Maybe I know what it means better than you do—the fall of Singapore.

Just the same I can't stand the cackling. Who's calling whom names? Is this war in the Far East the fault of the British? We talked a year and a half—Ham Fish with a German agent in his office, the America First Committee riddled with Nazi Agents—about whether this was our war. The British supported us in the Far East, not we the British. Do you remember Pearl Harbour? Were we so hot at Pearl Harbour?
Listen, brothers: This is a war

against Japan and Nazi Germany. Get this straight: The British are our allies. I read all the interviews with the American citizens who came from Fernang. The British didn't evacuate the Americans properly. The British didn't have anti-aircraft guns. The British didn't this and the British didn't that. The lady with the Siamese cat had plenty to say, as I remember. Listen sister: You got home all right, didn't you—you and the Siamese cat? Ever occur to you to offer one prayer of gratitude to God? If you weren't properly protected, what have you ever done to protect anybody else? Listen sister: You get busy and join an air-raid precaution service. Get busy. There's a lot to do right here. And if things don't go well right here, whom will you blame—the British?
The British didn't have a war with Japan and they didn't have to have a war with Hitler. Do you know what? They could have tossed the continent to the winds and made a deal with both our enemies against us. A military deal, a financial deal a trade deal. All they had to do was to agree about spheres of influence in the Western Hemisphere and the East. Hitler's still moaning that they didn't do it.
Did you ever look at the map? There are seventy-odd million Anglo-Saxons members of the English-speaking world outside the United States and they are scattered from Land's End to hell and gone. Not quite two years ago they had the Germans at the Channel and there weren't any anti-aircraft guns in Britain either. Forty-seven million people on a little island and they could starve in a fortnight. And for a year and a half they held the world at bay alone. That doesn't make any impression on you? Fifty thousand of them died—right in England. I can't remember that anybody whimpered.
When the King of the Belgians made a separate peace, Paul Reynaud cried, "Treason." Churchill said "We reserve judgment."
Did you ever read Lincoln's second inaugural address? Take a look at it again: "The judgments of the Lord are true and righteous altogether."
Listen to the Vichyites in New York: "Britain let us down." Not one mumbled word from Britain about the Hitler. Not one word. Only faith in France—when even France didn't have any.
You'd think to listen to some of you that you want Britain to lose. Careful, careful; be quiet and pray.
It took Britons and Hollanders, and Americans hundreds of years to open this globe for white men. Japan since Perry, is eighty-eight years old. And in a few weeks hundreds of years may be swept into the ashcan and the Japs have a straight open line from India to Suez.
You don't think much of the British Empire? No?
Well, brother, if Britain goes, write finish over Western civilization. Or do you think perhaps that America can carry it alone?
You don't know what England means, my friend. England is very tired and England is old. Yet, though it slay me, I tell you this: England is the last refuge of the civilized soul. Pray for England. I say England. England, so proud, and England who knows humility.
Have you heard the British say a word against the Americans? Did they crow over Pearl Harbor? Did they rush into print to talk of our smugness and complacency?
Did you ever have an Englishman or an English woman for a friend? Did that friend ever let you down?
In the hour of her greatest distress, her greatest disaster, I, an American write these lines to England. And I say to England: In spite of Singapore, I sing with you "Land of Hope and Glory. Mother of the Free. And I sing with you: "There'll Always be an England and England will be free." And I ask you to sing with me the great songs of America: "Sweet Land of Liberty" and "Columbia; the Gem of the Ocean" and "Mine Eyes Have Seen the Glow." Songs written in the world's greatest language—the great language of resistance.
There's a line in "The Star-Spangled Banner": "Stars through the perilous fight."
There are stars, England.

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(By EDITH M. BARBER)

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food certainly tastes better when it's KEPT RIGHT!

says Reddy Kilowatt

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