

Rice May be Used with Success on Many Menus

May be Served with Meat and Fish, Steamed with Fruit, or as Pudding. Brown Variety Rich in Vitamin B. Recipe for Rice Pudding and Spanish Rice.

Rice is one of those staples which we keep on hand just as we do others, such as flour, sugar and spices. We use it in boiled form to accompany meat and fish dishes and like it particularly when we have a gravy or a sauce. We combine it with highly flavored foods, such as cheese and tomatoes, for luncheon dishes. Then, of course, we use it for pudding. I also like rice steamed in milk and served with shaved maple sugar or with crushed fruit. White rice has always been popular in this country although the natural brown rice has been used to some extent. Nowadays when we hear so much about the necessity for looking out for Vitamin B. complex we are taking more interest in the natural brown rice which has this and a flavor all of its own. I have found that it takes slightly longer to cook than does the white rice. It is more appropriate for



(By EDITH M. BARBER)

use as a vegetable than in puddings although I have tasted a very good baked pudding made with it. By the way, rice pudding of the old-fashioned type is a good choice for dessert just as it demands so little sugar.

Rice Pudding

- 1 Cup rice.
- 1 quart milk.
- 1 teaspoon salt.
- 1/2 cup sugar.
- 1/2 teaspoon nutmeg.

Wash rice thoroughly and drain. Combine all ingredients and pour in buttered one and a half quart baking dish. Bake in very slow oven (250 degrees Fahrenheit) about two hours, stirring at least three times during the first hour to break crust that forms. Do not stir during last hour of cooking. Chill before serving. Yield: Six servings.

Note: Add one-half cup raisins before baking, if desired.

Spanish Rice

- 1 cup salad oil.
- 1 clove garlic, peeled.
- 1 medium-sized onion, minced.
- 1/2 cup chopped green pepper.
- 3 cups boiled rice.
- 1 teaspoon salt.
- 2 1/2 cups canned tomatoes.

Heat salad oil in large frying pan. Add garlic, onion, green pepper, and rice, and cook three minutes, stirring constantly add salt and tomatoes. Mix well, cover and cook over low heat until tomato juice is absorbed about fifteen minutes. Yield: six servings.

Note: Add one cup chopped cooked meat, if desired. (Released By The Bell Syndicate, Inc.)

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Beauty and You

by PATRICIA LINDSAY



LUCIA CARROLL, of Warner Brothers Studio, has lovely hands. She uses frequent applications of a creamy lotion which is softening and bleaching.

Busy Hands Require Frequent Massaging with Correcting Cream or Lotion.

Busy hand should be pretty hands too—there is little excuse for them to be roughened, unmanicured, or looking ungrounded.

New duties require us to use our hands more—perhaps out of doors, or handling material which lints, or working in dusty rooms, or dipping them in water oftener than we usually do. We want to use them, we must use them, but we should not let them grow ugly. I know a woman who has resorted to massaging her hands well with heated olive oil, covering them with cotton, washable gloves, and then with loose warm, lined gloves. She does this every morning before she goes out to do her bit for the ambulance corps. She says that her hands are softer, more versatile, more lovely than they have ever been since she gives them this day-long treatment.

"I have learned how to eat with the thin white gloves on," she chuckles, "and only once or twice a day do I find it necessary to take them off. I find that my hands and the gloves have absorbed most of the oil so they are not too greasy a couple of hours after I leave home." This woman was always troubled with chapped, sensitive skin, and at first thought she could not work out-of-doors even for her country. Use Healing Preparations if Necessary. Many women find they need more rich and healing formulas than the ordinary run of hand lotions, during the cold months. Some resort to heated oils, others to the use of medicated creams rich in oils, or antiseptics for cracked skin before a lubricating cream.

Whatever you need use it, if it will keep your hands soft and capable. Try using a lotion on your hands before you dip them into water. Or wash them with a hand lotion instead of water. This is done by anointing the hands generously with your favorite lotion, massaging them well, and then wiping them on a soft towel. No water touches them—a good procedure if your skin chaps easily. And do not spare the hand brush. Contrary to belief, a good brushing with soap and water in soft water helps to keep the hands soft and healthy. The brushing stimulates; the lotion or cream applied afterward, softens. Rely too on a good orange stick to keep cuticles smooth and pushed back from the nail. Use it when the cuticle is soft after an oiling, creaming, or soaking. Learn to nip off any dried or hanging cuticle the minute you feel it—use nippers and not scissors to remove it. You will find that a pumice stone soaked in soapy water and rubbed over roughened skin will smooth it almost miraculously and will take away annoying hangnails. All these little tricks, if applied when needed, will keep your hands beautiful so, when work is done they will be ready for a little play! (Released by The Bell Syndicate, Inc.)

Special Tribute Paid by Kirkland Lake Newspaper to Porcupine Skating Club

Work of Porcupine Skating Club Members Described as "Finest Skating Performance of Any Amateur Skaters Ever to Appear on Kirkland Lake Ice." Interview With Chaperon of Young Skaters.

Members of the Porcupine Skating Club were outstanding attractions at the thirteenth annual carnival presented recently by the Kirkland Lake Kiwanis Club. It is quite evident that the skaters from this camp made a very decided hit, as will be seen from the references in The Kirkland Lake Northern News.

In the report of the carnival, The Northern News says:—"PORCUPINE SKATING CLUB WINS PRAISE"

"The large crowd attending the Kiwanis Club's third annual Skating Carnival at Lake Shore arena Friday evening found it hard to pick the act that pleased them most. The colourful masquerade pageant that passed before the judges' stand, the six figure skating stars from the Porcupine Skating Club, the unique mixed skating relay staged by picked teams from Teck Township Schools all were warmly applauded by the large and well pleased audience."

Then follows a detailed review of the other features of the carnival, with the further reference to the Porcupine Skating Club members:—"CLEVEREST SKATING SEEN IN YEARS"

"Six members of the Porcupine Skating Club performed here for the first time, treating the Kirkland Lake public to many specialty figure skating acts. Each member of the troupe gave the finest skating performance of any amateur skater ever to appear on local ice. Applause was generous. Executing turns, weaves, spins and other tricks of the silver blades they showed talent, the result of long hours of hard practice. The six artists were Miss Margaret Keeley, former Swastika girl, Miss Mildred Verbiik, Miss Olga Bernyk, Misses Joyce and Vera Jenkin and Alex Fulton. Miss Keeley and Alex Fulton gave a skating exhibition that many will never forget. It was the climax of the programme. They skated through waltzes, fox-trots, tangos and other dances as gracefully as a ballet team.

medal for dancing on skates. Several other members of the club including members of the troupe, will try for silver medals in which four tests must be taken. "How often do you practice and who is the person responsible for so creditable a showing?" Mrs. Harkness was asked. Miss Austin Instructor "Miss Madge Austin formerly of Kitchener and London. She was well known in England before coming to Canada. She belonged to the Toronto Skating Club a few years ago. It requires her full time teaching the whole club," said Mrs. Harkness. Miss Margaret Keeley, one of the star performers in the visiting troupe told the "Northern News" we only get seven hours a week, which includes our instructions. Most of us go to school and we can only practice after school. Alex Fulton did attend school up until a short time ago, but now is working. But the rest of the group are all attending school. "Are all the members of the club young or have you very many middle aged folks as active members?" The reporter asked. "Indeed we have," was the quick reply from Mrs. Harkness, "I belong myself and enjoy every minute of it. Also in your middle class we have Miss Keeley's parents, my husband, Dr. Robson and Mrs. Robson, Mr. and Mrs. Lafontaine and many others. "We have one little girl that turned three years old a short time ago. Our oldest member is over 60 years of age. "Have you performed in any other town in Northern Ontario?" was the next question. "First Trip Here "Yes we have been up to Kapuskasing, New Liskeard and North Bay last year. This is the first time that we have been away this year," said Mrs. Harkness, who acted as spokesman for the group. "You want to come up and see our Annual Skating Carnival held at the McIntyre Community Building in Schumacher this coming April 18 and 20. There will be over 300 members, all in costume taking part. We expect to have the pair that won the Junior Dominion Championship in the double skating finals this winter, appear on the programme. They were two of our instructor's pupils from Kitchener. She trained them here at our club. They are Miss Floraine Ducharme and Wally Distlmer of Kitchener," stated Mrs. Harkness. The six young people that drew such praise when they performed at the Kiwanis Carnival are Miss Olga Bernyk, Miss Mildred Verbiik, Misses Joyce and Vera Jenkin, Miss Margaret Keeley, who was a former resident of Swastika and Alex Fulton. Miss Margaret Keeley and Alex Fulton, who climaxed the troupe's performance with their dancing number, plan to compete in the junior figure finals next year as a team. "Asked if any had ambitions to perform as professionals someday?" they all remarked that they might, "you never can tell."

Geraldton, Times—The Main Street Optimist says he might as well put his wreck away in the garage for the duration, since it takes one coupon to get it started and another coupon to drive to the gas station to buy one coupon worth of gasoline.

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Marilyn Alton is Honoured on Her Second Birthday

Mrs. O. Alton Entertains at Party for Her Daughter.

Mrs. O. Alton was hostess at a gay birthday party on Saturday, when her daughter, Marilyn, celebrated her second birthday at her home, 158 Tuke street. The children played games until the late afternoon, when a lovely birthday cake, adorned with two lighted candles. At the conclusion of the party, each little guest was asked to pull a string from a bag, to which was attached a V for Victory Pin. The little guest of honour was the recipient of many pretty and useful gifts. Among those present were: Mrs. Bill Field, Mrs. Ed. Thur, Betty Jane Brock, Betty Tierney, Helen Thur, Shirley Burke, Norma Grant, and the guest of honour, Marilyn Alton.

Eggstraordinary Eggs Eggseeding in Eggspanse

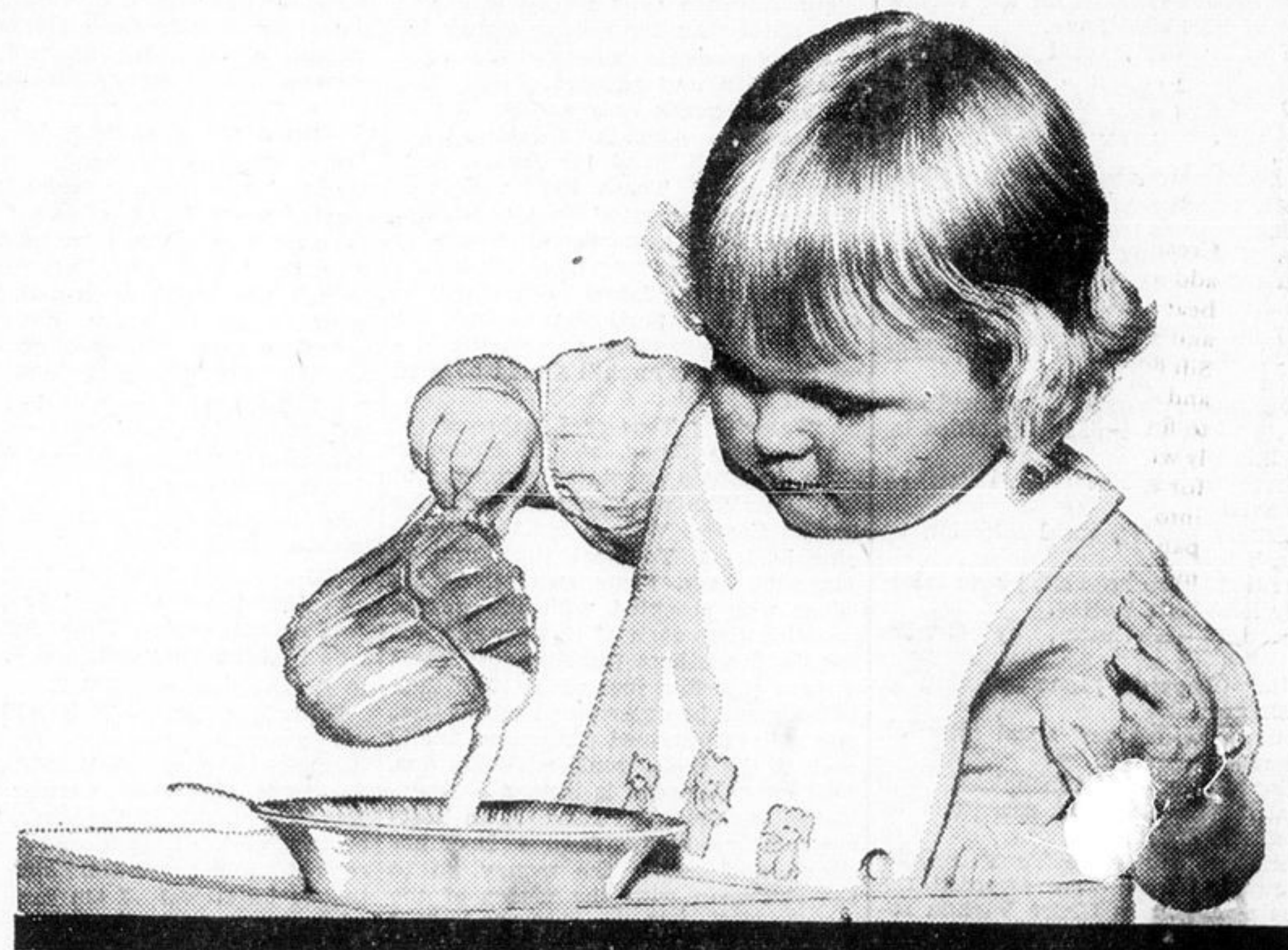
Without any eggssaggeration, the eggeuberant example set by one New Liskeard hen is worthy of eggstra attention. Here is the eggsploit as eggtemporarily eggsspressed by The New Liskeard Speaker:—"Three hens' eggs that had a total measurement the long way of within a fraction of two feet, were not much less the short way and weighed collectively almost three quarters of a pound, were shown to The Speaker yesterday by a local resident. The largest specimen was eight and one-eighth inches by six and three-eighths, and tipped the scales at four ounces. The others, which were laid two days later, measured in one case seven and fifteen-sixteenths by six and seven-sixteenths, and in the other seven and three quarters by six and a quarter. Each of these weighed three and a half ounces and the trio weighed eleven ounces and had a total measurement of 23 and thirteen sixteenth inches by 19 and one-sixteenth inches. The hens, owned by Harvey Villneff of the Lake Shore Road, are White Leghorns."

HELP CANADA KEEP FIT

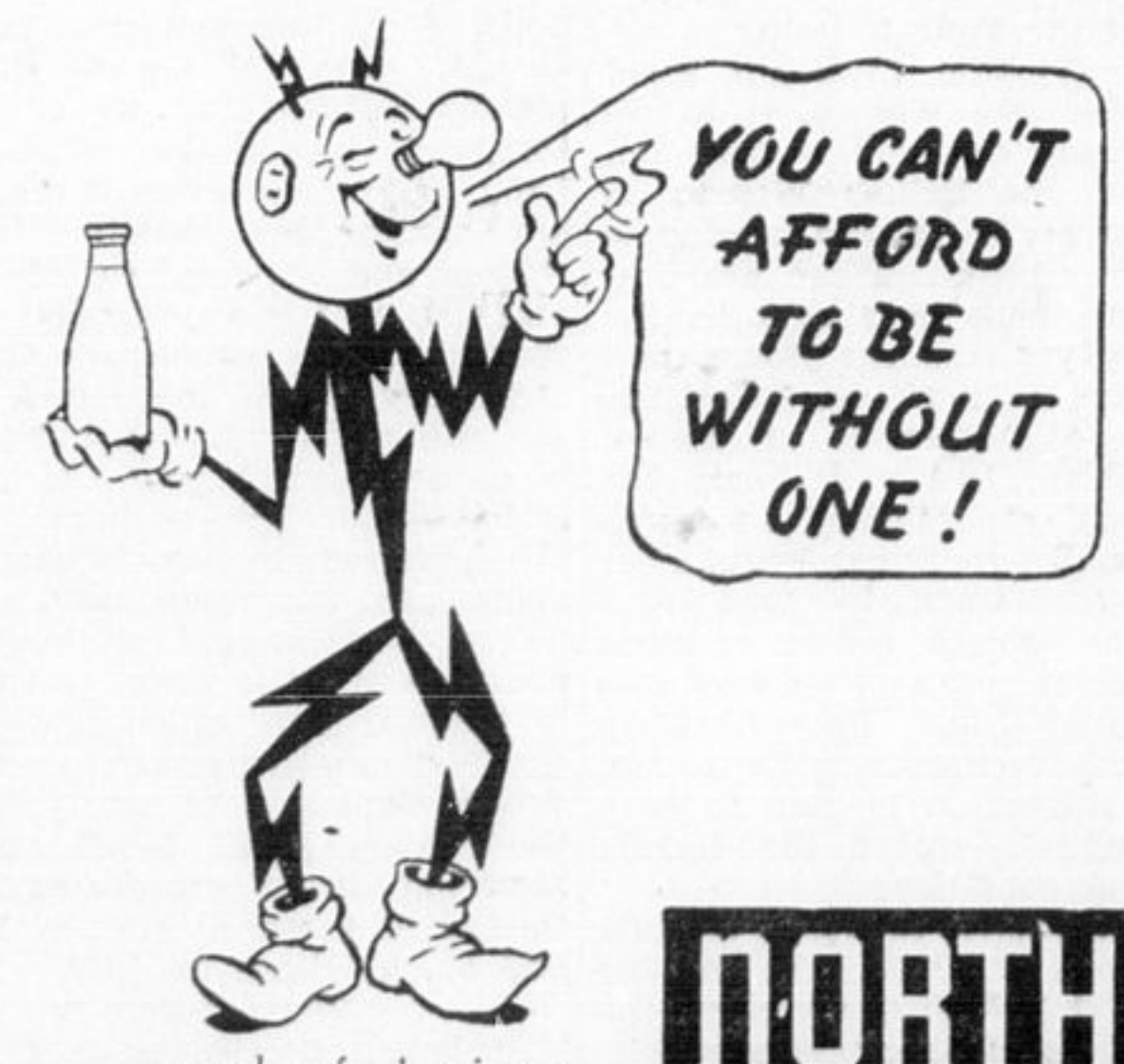
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