

Support The Armies Soon To March To School

English Tennis Player Says that Salmon is What She Misses Most Here

Miss Hardwick, on Tennis Tour of Continent, Selects Salads as Favourite American Dish. Misses Fine English Salmon. Recipes for Devonshire Shortcake and Molasses Pudding.



(By EDITH M. BARBER)

"There's nothing like tennis to keep you fit," remarked charming Mary Hardwick, the young English tennis star who is playing exhibition matches all over this country for the benefit of the British and American Ambulance Fund.

Something certainly keeps Miss Hardwick in good physical condition, with her slender figure and her glowing complexion, but it isn't all tennis. Diet plays an important part, with plenty of fruits and vegetables, milk and eggs, meat and fish. Little pastry and cake and other foods of high sugar content belong in her meals.

Americans use many more desserts of every sort than are found in England, according to Miss Hardwick. I asked her about English puddings and she confessed that she did miss them, especially the fresh fruit, lemon and treacle puddings. She misses the stewed fresh fruits which are so commonly used in their seasons in England and especially like a mixture of strawberries, cranberries, raspberries and cherries, which were all available at one time at her country home near Salisbury.

She mentioned the fact that today potatoes and other vegetables grown on the place must be shared with others. Although her family writes that she is not to be worried about them because they can get along on the rationed food

they enjoy the packages of concentrated orange juice, butter, cheese and sugar which she has been sending them. "You can imagine how hard it is for the English to do without sugar in their tea."

When I asked Miss Hardwick what particular American foods she enjoyed the most she mentioned the variety of salads. These food she misses the most is the fine English salmon, which she considers much better than our American product. At the same time that Miss Hardwick is helping through exhibition matches to raise money for the much needed ambulances, she is seeing both Canada and the United States, and learning much about our food habits.

From her lurching experiences she has come to believe that chicken a la king is our favourite dish and she does not think much of our choice. Those of us who have been obliged to attend public luncheons in various parts of the country and who have had an over-dose of this dish, which does not always come up to the best standards, will agree with her.

Devonshire Shortcake

- 4 to 5 slices bread.
- 3 to 4 tablespoons butter.
- 1 quart peaches, crushed and sweetened.

Butter bread on loaf, slice one quarter inch thick, and remove crusts. Butter one-quart round-bottom bowl and line with bread, cutting one slice to fit small space. Pour in sweetened fruit, and with remaining buttered bread. Select plate to fit just inside of bowl and weight it down into pudding. Chill twenty-four hours. Turn out on serving plate and garnish with whipped cream. Yield: Six servings.

Molasses Pudding

- 1 1/2 cups sifted flour.
 - 1/2 teaspoon salt.
 - 1 teaspoon ginger.
 - 1 teaspoon cinnamon.
 - 1 cup molasses.
 - 1 teaspoon soda.
 - 1 egg, stiffly beaten.
 - 1/2 cup boiling water.
- Mix flour with salt, ginger and cinnamon. Beat molasses and soda together until light and frothy. Stir in stiffly beaten egg and water. Add dry ingredients and beat with rotary egg beater until mixture is smooth. The mixture will be very thin. Pour in greased one and a half quart mold, cover tightly

Beauty and You

by PATRICIA LINDSAY



JUANITA STARK of Warner Brothers' Studio, keeps her legs smooth with a favoured hand lotion.

A Bottle of Good Hand Lotion Serves Many Purposes

Among the cosmetics which I consider vital to the welfare and moral of the American women, I list a good hand lotion. Such a product I consider as one of value the year around for it serves many purposes. It truly pays to buy a hand lotion in a large quantity.

Besides keeping the hands smooth and the nail cuticle ruly (if you use it religiously after washing your hands), a good lotion may be used for a body rub after a bath, to ease a sunburned skin, to soothe a windburned face, to soften elbows to keep legs smooth and to relieve feet from burning and aching. The men of the family might like it too for after-shave soothing.

with lid or double thickness of waxed paper, and steam one and a half hours. Yield: Six servings.

(Released by The Bell Syndicate, Inc.)

During summer a lotion may also be used to soften skin which has had too long exposure to salt water and sun. It should be gently applied after a bath and before going to bed.

Foot Care

Personally I like to recommend anointing the feet with lotion before putting on hose and shoes and before going to bed. That is one good way of preventing calouses from forming and it also gives greater comfort for walking. Lotion should always be used on the feet if you are going to wear shoes without stockings as the friction of the insole on the flesh will cause a burn. To avoid any "sticky" sensation, rub the lotion well into the skin and then powder the foot generously with talc.

For Make-Up

Some of the hand lotions may also be used as powder base, and any one of them may be used on the lips before lipstick, and to smooth the eyebrows and to make the eyelashes glisten more after powdering. And at night the cuticle may be softened and smooth by a generous application of the lotion which should be left on overnight.

All these little services of one product are good to bear in mind for we might find our cosmetics more and more limited within the next few months. And our beauty budgets might be limited too for we hope you are keeping your pledge of buying war savings stamps regularly!

(Released by The Bell Syndicate, Inc.)

A Slight Decrease in Attendance at the Four Public Schools

Teaching Staff Last Year Consisted of Fifty-Eight, But This Year There Will be a Few Less.

Four Public Schools, the Central, the Birch street school, the Moneta, and Mattagami are the schools to which the non-Catholic pupils are sent. Central school is located on Fourth avenue between Pine and Spruce streets; Birch Street School is located on the far end of Birch street north, one of the newest schools; Moneta school is on Kirby avenue, between Cedar and Balsam street, and Mattagami school is on Rea street between Commercial and Main avenues.

The attendance in 1940 was two thousand, three hundred and fifty-nine; in 1941, the attendance was two thousand, two hundred and forty-four; and in June, 1942, the attendance was two thousand, one hundred and forty-four; so it is expected that about two thousand, one hundred pupils will be attending on September 8th, 1942. This decrease is due to some of the families moving to southern and eastern points.

The four schools supply fifty-three airy and well-lighted class-rooms. There were fifty-eight on the teaching staff last year, and this year, there will be a slight decrease.

Each school is supervised by a principal—at the Central school it is Mr. E. J. Transom; at the Birch street school, it is Mr. F. A. Robinson; at the Moneta school, it is Miss F. MacDonald; and at the Mattagami school, it is Mr. R. Beattie.

School Board Runs Eight Separate Schools in Town

Seventy-Five Class Rooms in Schools. Chairman is Mr. J. V. Bonhomme.

Activities of the Separate Schools in Timmins are efficiently managed by a school board consisting of a chairman and five members. Mr. J. V. Bonhomme is chairman for this year and the other members are Mr. J. E. H. Chau-teauvert, Mr. P. J. Dunlop, Mr. A. Bonneski, Mr. L. Belair and Mr. E. Mainville.

This school board controls the affairs of eight separate schools, the total number of classrooms being seventy-five. The schools are the Holy Family, on Mountjoy street north; the St. Charles, on Kent and Preston; the St. Anthony's on Spruce street north; the St. Joseph, on Kent and Preston; the St. Michael's on Cedar and Ogden; the Jacques Cartier, on Maple street north; the St. John, on Hemlock street; and St. Alphonse, on Goldie Hill.

Perth Courier:—One of this year's troubles seem to have been that the mosquitoes were so small, all of them could pass a screen test.

Toronto Telegram:—You don't have to secure a priority number to get necessary parts for a political machine.

Toronto Telegram:—We are having dog days as well as days for war dogs.

Ladies of French Federation Make Plans for Drive

The Club is Participating in Entertainment Week to be Held Between Sept. 7th and 12th.

The Ladies of the French Federation met on Monday evening, in the basement of St. Anthony's Cathedral, and a lovely evening, was spent with business of the meet being taken up, followed by a short period of knitting.

Plans for the drive to be held during Entertainment Week were made, as the Ladies of the French Federation are participating in it.

There was a very good attendance for the meeting and the next meeting was decided to be held on October 5th.

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Members of the Advisory and High School Board

Twelve Members in Advisory Board, and Eight Members of High School

The present Timmins High School Board consists of eight members. It helps run the affairs of the school and sees to the arrangements for the education of the pupils of the High School. Mr. H. R. Rowe is the chairman, and the members are Mr. J. T. White, Mr. A. G. Irving, Mr. J. P. Burke, Mr. P. Faye, Mr. D. Ostrosser, Mr. A. W. Pickering, and Mr. A. R. Harkness.

The Timmins Advisory Vocational Committee is made up of twelve members, and its purpose is to act in advisory capacity in regard to Vocational School matters. Chairman for the committee is Mr. P. Faye, and the committee consists of Mr. W. O. Langdon, Mr. J. P. Burke, Mr. A. R. Harkness, Mr. J. D. Lacasse, Mr. A. W. Pickering, Mr. G. S. Drew, Mr. C. Desaulnier, Mr. D. Ostrosser, Mr. A. G. Irving, Mr. J. Platt and Mr. C. P. Ramsay.

Members of the Timmins Public School Board

Six members comprise the Public School Board for the town of Timmins. Mr. W. R. Dunbar, being chairman. This board supervises the activities of the schools, and helps to run the affairs of in institutions to provide the proper education for about two thousand pupils.

The other members of the board are: Mr. W. R. Rinn, F. W. Simpson, Mr. E. L. Urquhart, Mr. A. T. Skelly, and Mr. James Cowan.

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