

Some Timely Suggestions for the Menu for a Full Week's Course of Meals

Another of the Many Suggested List of Menus Prepared by Miss Edith M. Barber, Domestic Science Expert. Also Recipe for Chocolate Pudding, with Method of Preparation.



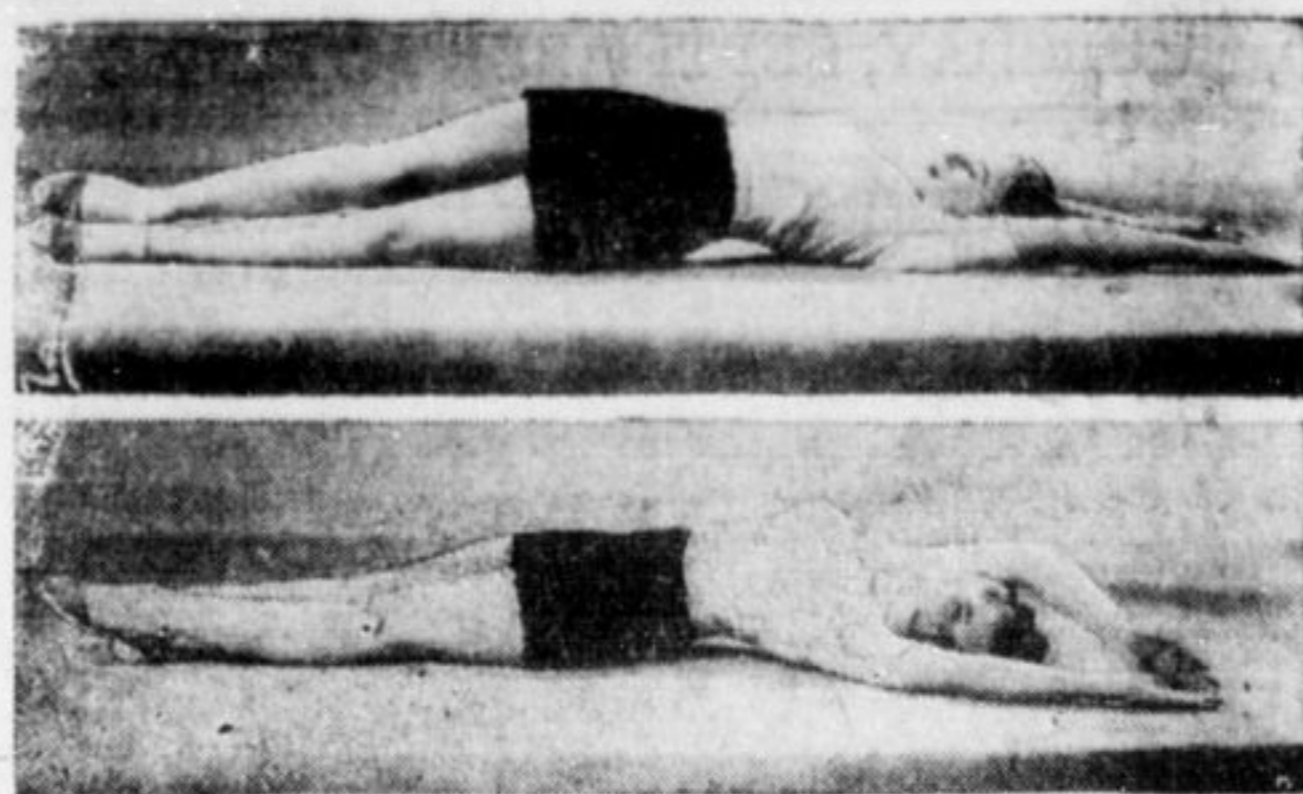
(By EDITH M. BARBER)

- SUNDAY — Breakfast**
Honeydew melon
Codfish mellow
Hot rolls Coffee
- Dinner**
Tomato canape
Celery Carrot strips
Roast Lamb
Browned potatoes Succotash
Fresh peach tarts
Coffee
- Supper**
Mixed green salad
Deviled ham sandwiches
Chocolate cake Tea
- MONDAY — Breakfast**
Grapefruit juice
Ready-to-eat cereal
Boiled eggs Coffee
- Luncheon**
Corn and lima bean chowder
Hot French bread
Apple sauce Tea
- Dinner**
Cold roast lamb
Boiled potatoes
Creamed scallions
Sliced tomatoes
Lemon jelly
Coffee
- TUESDAY — Breakfast**
Stewed prunes
Ready-to-eat cereal
Bacon Toast Coffee
- Luncheon**
Potato salad
Brown bread sandwiches
Cake Tea
- Dinner**
Veal loaf
Stewed potatoes
Buttered peas
Sliced cucumbers
Peaches with custard sauce
Coffee
- WEDNESDAY — Breakfast**
Orange juice
Cooked cereal
Scrambled eggs
Hot Rolls Coffee
- Luncheon**
Potato and pea soup

- Fruit salad
Toasted crackers Tea
Dinner
Lamb pie and vegetable with biscuit crust
Broiled tomatoes
Prune whip Coffee
- THURSDAY — Breakfast**
Pineapple juice
Ready-to-eat cereal
Bacon Bran muffins Coffee
- Luncheon**
Toasted cheese sandwiches
Lettuce with spicy dressing
Cookies Tea
- Dinner**
Kidney stew
Rice paprika
Spinach with lemon butter
Black raspberry Ice cream
Coffee
- FRIDAY — Breakfast**
Orange juice
Ready-to-eat cereal
Poached eggs on toast Coffee
- Luncheon**
Fried tomatoes
Plain muffins
Grapes Tea
- Dinner**
Scalloped shrimp
Potatoes with parsley butter
Corn on the cob
Cucumber salad
Tapioca cream
Coffee
- SATURDAY — Breakfast**
Sliced bananas
Ready-to-eat cereal
Bacon Toast Coffee
- Luncheon**
Corn fritters
Mixed green salad
Melon Tea
- Dinner**
Glazed ready-to-eat ham
Baked potatoes
Baked cabbage with apples
Chocolate pudding Coffee
- Chocolate Pudding**
2 1/2 tablespoons cornstarch
2 to 4 tablespoons sugar
1/2 cup cold milk
1 1/2 cups scalded milk
2 eggs
1/2 teaspoon vanilla
Pinch salt
Mix cornstarch and sugar with 1/2 cup cold milk. Place remainder of milk in kettle and heat on medium heat if using an electric range. For any other type range, use a double boiler. To the milk add 2 squares grated chocolate. If using cocoa, mix 1/4 cup cocoa with the cornstarch, sugar and milk. When milk is at scalding point, add cornstarch mixture and cook until thickened, stirring frequently. Just before removing from range slowly add the two egg yolks which have been slightly beaten, and cook for a couple more minutes. Add vanilla. Beat the two egg whites until stiff, add 2 tablespoons sugar, and beat until sugar is thoroughly dissolved. Fold egg white mixture into chocolate. Serve cold.

Beauty and You

by PATRICIA LINDSAY



EVELYN ANKERS of the screen, who has a beautifully shaped figure and who once taught classical dance training in England, demonstrates two marvellous stretching exercises

Stretching Exercises as Beneficial as More Strenuous Movements

For those of you who are lazbones, when it comes to exercising, it will be good news to learn that stretching movements, scientifically done, are as beneficial to body beauty, as are the more arduous exercises. But — here is the catch — stretching exercises must be done every day without fail if you desire to have fashionable and healthy contours.

There originated in England a series of stretches for women which evolved from a study of women's exercise requirements, her intricate constitution, and her exercising habits. It was decided definitely that women need much more specific exercising than what they get, they must keep muscles elastic if they wish to have easy childbirth and a long healthful life, and at least eighty percent of women are lazy. Therefore a form of exercise which required little exertion and small floor space without gymnastic equipment, was devised, and it has met with remarkable success. If a woman will do these exercises (or the first of them) religiously for ten days, she will feel so much better, that she will become an enthusiastic convert! Why not give yourself a testing? Here are three of them:

Banishing Old-Age Kinks: Lie flat on your back, pushing heels downward and pull head shoulders and arms upwards. Try to divide yourself in the

middle! Keeping the body so stretched raise the right hip without letting shoulders leave the floor. Lower right hip and then raise the left hip—keeping shoulders flat on floor. Repeat ten times.

Then still holding stretched position (pushing heels downward) let the hips remain flat on the floor, and raise the right shoulder up and over. Relax, then raise the left shoulder up and over. Repeat this ten times. The whole exercise banishes kinks and quickens the blood circulation thus relieving tension.

For Better Poise: Stand with right foot forward about one yard from left, arms out shoulder level. Bend body forward from waist, bending right knee and keeping shoulders and chest up in good position. Bring arms forward with palms facing each other. In one continuous movement raise body and bend it backward—shifting weight from right leg to left leg. The right knee will bend. If done correctly there should be an unbroken line from head to toes of right leg. The arms are bent at the elbows and forcibly pulled back as the body is raised and bent backward.

This is a bit tricky to master but it does wonders for your beauty. Practice it ten times each day. (Released by The Bell Syndicate, Inc.)

That Body of Yours



By James W. Barton, M.D.

Preventing Diabetes by Preventing Overweight

A physician examining an applicant for insurance found himself without the usual Benedict's solution used for testing the urine for sugar. As the applicant was thin and past forty years of age and never had been fat, the physician told him that it was scarcely necessary to test the urine for sugar which might mean diabetes. It is most exceptional for a thin individual over forty years of age to get diabetes.

In his book "Diabetic Manual," Dr. Elliott P. Joslin, Clinical Professor of Medicine, Harvard Medical School, states:

"Diabetes in middle life are proverbially fat before the disease begins. Nearly always in a diabetic class of 30 persons it is possible to pick out ten whose combined weights made a ton before the onset of the disease. The average weight of 1326 married diabetic women above the age of 45 years recently coming to me for treatment was 181 pounds and of 111 single women, 161 pounds. In a group of 1000 diabetics only 77 were underweight and 772 were overweight."

In middle life diabetes is much more common in men than in women and overweight is an important factor in causing diabetes. It would seem then that overweight, allowing one's self to become overweight, is paid for by Nature in the form of diabetes. Diabetes is the penalty for overweight.

"A fat man generally has a fat wife, there are exceptions of course, so it is not uncommon to encounter diabetes in both heads of the family. Fat parents bring up fat children, so it is no wonder diabetes is found in fat families. A fat nurse cuts a fat slice of bread and a thin nurse cuts a thin one automatically. Obesity is so common in the Hebrew race that it is easy to understand why diabetes is two and half times more frequent in the Jewish population of Boston than among the rest of the inhabitants. I have had only one adult Jewish male and only one adult Jewish female who were underweight."

Lack of exercise is a cause of overweight and thus a cause of diabetes, as the great amount of starch food is eaten is not burned up by exercise and so gets stored in and on the body as fat.

While the ideal method of preventing or reducing overweight is to eat less and exercise more, there are some who, for various reasons, cannot take exercise and so must prevent or reduce overweight by eating less food. Now, this reducing of the daily food intake does not mean that the individual should go immediately on a starvation diet. It should be remembered that the excess weight did not come on overnight or in a short period of time but was a gradual increase. Similarly diabetes does not come on rapidly so no drastic or starvation diets are necessary.

Dr. Joslin states that for more than

one half of the cases of diabetes in America, no radical undernutrition is necessary; the individual is simply asked to maintain the weight of his average fellow men.

"It is desirable to spread the information that those live longest who, above the age of thirty-five, are 5 to 10 percent below the average normal weight."

Because diabetes comes on slowly, it can be more readily prevented. Unfortunately, in children, diabetes comes on more rapidly, so that where a youngster seems run down and there is a family history of diabetes, it should be remembered that diabetes may be beginning.

In Diabetic Manual the question is asked as to how to prevent the development of diabetes in your children and friends, to which the answer is: 1. By explaining to them the dangers of overweight and telling them of easy ways by which to escape it, such as: 1. To leave the table a little hungry. 2. To satisfy the stomach with non-nourishing foods such as 5 percent (of starch) vegetables instead of with bread and butter which are fattening. Some of the 5 percent vegetables are lettuce, cabbage, spinach, celery, cauliflower, tomatoes, rhubarb, beet greens, water cress, radishes asparagus. 3. To leave out lunches, candy, and sodas between meals. To use skimmed milk instead of cream.

2. To encourage exercise, abundant sleep, and energetic yet restful vacations.

Allergy

Sensitiveness to various foods and other substances sometimes cause severe headache, hay fever, eczema, skin eruptions and other symptoms. Send Ten Cents and a three-cent stamp for Dr. Barton's booklet "Allergy" (No. 106) to The Bell Library, Post Office Box 75, Station O, New York, N. Y., mentioning this newspaper.

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Mattagami Ladies' Club Knit for Overseas Boxes

Meeting at Home of Mrs. A. Guindon, Lucky Draw Made. Next Meet at Mrs. Ellis' Home.

Mrs. A. Guindon was hostess to the Mattagami Ladies Club on Monday evening, at her home on 14 Main avenue. A pleasant evening was spent knitting for the boxes which are to be packed in November for overseas.

The weekly draw took place the lucky ticket being held by Mrs. P. Trevenna, who was recipient of a large enamel dish for baking. Mrs. A. Guindon made the draw.

A lovely lunch was served by the hostess, Mrs. A. Guindon, assisted by Mrs. M. Wallingford.

Those present were Mrs. L. Landers, Mrs. M. Wallingford, Mrs. R. Lazenby, Mrs. G. Allison, Mrs. P. Trevenna, Mrs. B. Ellis, and the hostess, Mrs. A. Guindon.

The next meeting will be held at the home of Mrs. B. Ellis, 118 Balsam street north.

Canadians Urged to Use Substitute Dishes for Pork

Cheese Recommended as a Substitute for Meat

Canadian pork products are bound for Britain at the rate of over 11,500,000 pounds a week. Canada contracted to send 600,000,000 lbs. of bacon and hams to the British people by the end of October of this year and shipments have been falling behind schedule lately because Canadian consumption of pork products have increased. Consequently Canadians are being asked not to buy pork until such time as Britain's requirements have been met. At the same time the Consumer Section of the Department of Agriculture announces that Canadian made cheese is now plentiful and the announcement will be welcomed by housewives.

Cheese of course is a protein food just as meat is and cheese dishes can be substituted for meat at the main meal of the day once or twice a week. Cheese too, adds flavor and food value to many supper dishes and salads and finds a welcome place in the lunch box of the working man or school child.

The following recipes have been tested in Canada's Kitchen in the Consumers Section of the Department of Agriculture.

Cheese Roast

- 2 cups grated cheese.
 - 2 cups cooked kidney or navy beans.
 - 1/4 cup finely diced celery
 - 1 teaspoon minced parsley
 - 1 egg slightly beaten
 - 2 cups soft stale bread crumbs
 - 2 tablespoons butter
 - Salt and pepper.
- Drain beans, mash with fork and add with celery and parsley to cheese. Add egg and mix thoroughly. Melt butter in saucepan. Add crumbs, mixing well and cooking until slightly browned. Add to cheese mixture until stiff enough to shape into a loaf. Roll in remaining crumbs. Bake in a moderate oven until heated through and nicely browned. Serve hot with tomato sauce. Small onion finely chopped or grated may be added if desired.

- Corn and Cheese Casserole**
 - 1 cup corn
 - 1 cup bread or cracker crumbs
 - 1 cup grated cheese.
 - 1/2 teaspoon salt
 - 2 cups scalded milk
 - 1 tablespoon melted butter
 - 1 teaspoon Worcestershire Sauce
 - 2 tablespoons chopped green pepper
 - 2 eggs
- Combine all ingredients except eggs and milk. Beat egg yolks and add with milk. Fold in stiffly beaten egg whites. Place in a buttered baking dish and oven-poach in a moderate oven (350 degrees F) until firm—about 40 minutes.

Thursday Scene of First L. A. Knitting Meet

The Knitting Bees are to be Held on Thursdays.

The Ladies' Auxillary of the Canadian Legion met on Thursday evening, at the Legion Hall for their first Thursday's knitting bee of the season.

A pleasant evening was spent in knitting, followed by a social period, when Mrs. W. A. Devine served a lovely lunch. Those present were Mrs. W. A. Devine, Mrs. R. Hardy, Mrs. H. Pope, Mrs. W. Johnson, Mrs. W. Forrester, Mrs. T. Gay, and Mrs. L. Nicholson.

There will be another knitting meet on Thursday evening at the Legion Hall.

Quiet Wedding at Timmins on Saturday Afternoon

A quiet wedding of charm was solemnized Saturday afternoon at 2 o'clock in the residence of the minister, 33 Rea Street South, Timmins, when the Reverend A. I. Heinonen united in marriage Miss Vieno Elizabeth Keltamaki-Hill, daughter of Mr. and Mrs. Herman V. Keltamaki-Hill, 164 Toke Street, Timmins, and Olavi Nicholas Ritala, of Timmins son of Mr. and Mrs. John Ritala, of 46 Fourth Ave., Timmins.

Eight Births Recorded at Town Hall Last Week

- BORN** — on August 17th, 1942, to Mr. and Mrs. John Majnaric, 11 Eighth avenue at St. Marys Hospital—a daughter.
- BORN** — on September 6th, 1942 to Mr. and Mrs. Phillip Potvin, 164 Middleton avenue at St. Mary's Hospital—a son.
- BORN** — on September 15th, 1942, to Mr. and Mrs. Olivier Pietila, 56 Fifth avenue, at St. Mary's Hospital—a son.
- BORN** — on September 9th, 1942, to Mr. and Mrs. Henry Pilon, 106 Main avenue—a son.
- BORN** — on July 27th, 1942, to Mr. and Mrs. Thomas Toal, 70 Ross avenue—a daughter.
- BORN** — on September 14th, 1942, to Mr. and Mrs. George Aleknavic, 112 Elm street north—a daughter.

Visiting Canada



General Geo. L. Carpenter, international leader of The Salvation Army, with headquarters in London, England, who arrived in New York by plane late in August, and who soon after spent over an hour with President Roosevelt in Washington. General Carpenter, who was chosen for the top post in The Salvation Army while in charge of the Canadian Territory in 1939, will visit Canada in September and October, and will conduct special Diamond Jubilee Anniversary Congress meetings in key Canadian cities.

BORN — on August 28th, 1942 to Mr. and Mrs. Robert Blair King, 29D Murdoch avenue, at St. Mary's Hospital—a son.

BORN — on August 26th, 1942, to Mr. and Mrs. John E. Bagardo, 23 Railroad street, at St. Marys Hospital—a daughter.

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