

Some Suggestions for Menus for the Week

Domestic Science Expert Outlines a Balance List of Meals for Every Day in a Week. Also Recipe Given for the Making of Rich Devil's Food Cake.



By Edith M. Barber

- SUNDAY — Breakfast**
Sliced peaches
Waffles
Syrup Coffee
- DINNER**
Deviled egg and anchovy canape
Celery Olives
Roast Beef
Mashed potatoes
Buttered string beans
Coffee ice cream
Devil's food Coffee
- SUPPER**
Sunday night supper cheese
Mixed green salad
Cake Tea
- MONDAY — Breakfast**
Orange juice
Ready-to-eat cereal
Omelet Hot Rolls Coffee
- LUNCHEON**
Fried tomatoes
Brown bread sandwiches
Cookies Tea
- DINNER**
Roast beef with mustard sauce
Hashed browned potatoes
String beans with corn
Chocolate pudding
Coffee
- TUESDAY — Breakfast**
Stewed prunes
Ready-to-eat cereal
Bacon Toasted rolls Coffee
- LUNCHEON**
Baked glazed ham
Baked sweet potatoes
Buttered spinach
Wine jelly, whipped cream
Coffee
- WEDNESDAY — Breakfast**
Chilled pears
Ready-to-eat cereal
Scrambled eggs Toast Coffee
- LUNCHEON**
Bacon and tomato sandwiches
Raw carrot salad
Cookies Tea
- DINNER**
Curried shrimps
Rice paprika Buttered peas
Spanished melon with sliced limes
Coffee
- THURSDAY — Breakfast**
Orange juice
Ready-to-eat cereal
Bacon Bran muffins Coffee
- LUNCHEON**
Peppers stuffed with rice and shrimps
Romaine with French dressing
French toast Tea
- DINNER**
Ham timbales
Scalloped potatoes
Scalloped eggplant
Floating island
Coffee
- FRIDAY — Breakfast**
Pineapple and lime juice
Ready-to-eat cereal
Poached eggs on toast Coffee
- LUNCHEON**
Split pea soup with croutons
Baked apples Tea
- DINNER**
Sauteed fillet of haddock
Tartare sauce
Potatoes with parsley butter
Corn-on-the-cob
Lemon spongettes
Coffee
- SATURDAY — Breakfast**
Tomato juice
Ready-to-eat cereal
Bacon Toast Coffee
- LUNCHEON**
Cottage cheese salad with scallions
Rye bread
Fried peaches Tea
- DINNER**
Veal birds
Baked potatoes Braised celery
Gingerbread whipped cream
Coffee

Rich Devil's Food Cake
2 cups sifted cake flour
1 teaspoon baking powder
1/2 teaspoon baking soda
1/2 teaspoon salt
1/2 cup shortening
1/2 cup white sugar
1 1/2 cups brown sugar, firmly packed
4 egg yolks
4 squares chocolate, melted
1/2 cup buttermilk or sour milk
2 egg whites, stiffly beaten.

Mix and sift flour baking powder, soda and salt. Cream shortening, add sugars slowly and cream until fluffy. Add egg yolks, one at a time, beating well after each addition. Add melted chocolate and blend thoroughly. Add sifted dry ingredients alternately with buttermilk or sour milk, stirring well after each addition. Fold in stiffly beaten egg whites. Bake in three greased eight-inch layer cake pans in moderate oven, (350 degrees Fahrenheit) thirty to forty minutes. Cool and frost with six minute frosting. Yield: three layers.

Note:— Add 1 1/2 cups ground nut meats with dry ingredients if desired. The flour should then be reduced from 2 cups to 1 1/2 cups.
(Released by The Bell Syndicate, Inc.)

Regular Work Meeting of St. Matthew's Ladies' Guild

Ladies' Guild of St. Matthew's Anglican Church met on Friday evening at the home of Mrs. S. Wheeler, 9 Hemlock street, for their regular work meeting.

The ladies spent a busy evening making final arrangements for the Ladies' Guild hot supper to be held on Wednesday, commencing at 5 p.m. at the Church hall.

The guests enjoyed a dainty lunch served by the hostess, Mrs. Wheeler, assisted by Mrs. J. S. Maxwell, and Mrs. Wilford.

Those present were Mrs. Christopher, Mrs. G. Thomas, Mrs. E. Webb, Mrs. J. Collins, Mrs. A. Wilford, Mrs. Percy Reid, Mrs. M. Holland, Mrs. R. McTaggart, Mrs. T. Peterson, Mrs. J. H. Wakeford, Mrs. B. Richards, Mrs. T. Glaisler, Mrs. F. Read, Miss M. Paynter, Mrs. S. Wheeler, Mrs. Gridley, Mrs. J. S. Maxwell, Mrs. J. Knell and Mrs. F. Melville.

On Friday afternoon, December 11th, at the Church hall, the monthly business meeting of the Ladies' Guild will be held.

Haileybury Man Given Year's Term for Theft

At the week-end police court at Haileybury Magistrate S. Atkinson imposed a sentence of one year's imprisonment with hard labour on Lionel Belanger, a Haileybury young man who pleaded guilty to breaking and entering a warehouse at Haileybury and stealing therefrom a quantity of articles valued at \$1,336.00.

At the same court, and in connection with the same theft, Leo Boissonneault, a taxi driver, was acquitted on a similar charge. Boissonneault asserted through a statement given to the police at the time of his arrest and maintained right along that he had no part in the breaking and entering or in the theft, but that his connection with Belanger had been nothing more nor less than simply acting as taxi driver and taking Belanger any place he wanted to go. Belanger, on the other hand suggested that he had arranged with Boissonneault that the latter should give warning of any danger by blowing his horn. This was denied by Boissonneault, and Magistrate Atkinson gave Boissonneault an acquittal.

Four Births Registered Here Beginning of Week

Born — on Oct. 29th, 1942, to Mr. and Mrs. Herbert Arthur Field, 5th avenue, at St. Mary's Hospital, — a son (Richard Harry).
Born — on Nov. 23rd, 1942, to Mr. and Mrs. Joseph Laforest, Mountjoy Township — a son (Leon Joseph Ernest).
Born — on Nov. 11th, 1942, to Mr. and Mrs. Tracey Earl Newkirk, 171 Maple south, at St. Mary's Hospital — a son (Joseph George Alfred).
Born — on Nov. 23rd, 1942, to Mr. and Mrs. Howard Lawson Johnson, 311 Mountjoy, — a daughter (Dianne Yvonne).

North Bay Nugget: Italy, they say, has been thoroughly modernized since the Duce took it over. Including new ruins at Genora and Turin.

Beauty and You

by PATRICIA LINDSAY



Slim supple hands are the poet's ideal, but anyone can develop for herself hands that are flexible and expressive. Long tapering nails, with a pretty shade of polish, help to create a slim effect.

FLEXIBILITY ADDS GRACE TO USEFUL HANDS

Train your hands to move gracefully and they will appear youthful and lovely.

Lovely hands are not a gift. Your hands may be beautifully shaped and still look lifeless. Expression is the thing that counts and you can develop it, just as you develop character in your face.

Relaxing exercises are important. They should be practiced habitually to break up bad muscle habits. Hands become stiffened in certain attitudes because we use them the same way, day after day. This leads to stiff jerky movements which make hands act old.

A good way to relax the hands is to shake them briskly from the wrists and then to force them 'round and 'round in rapid circles. All the movement must be in the wrist.

Stretching exercises are next in order. Stretch your hand out wide with 'the fingers as far apart as possible. Relax them and stretch again until you are conscious of every muscle working.

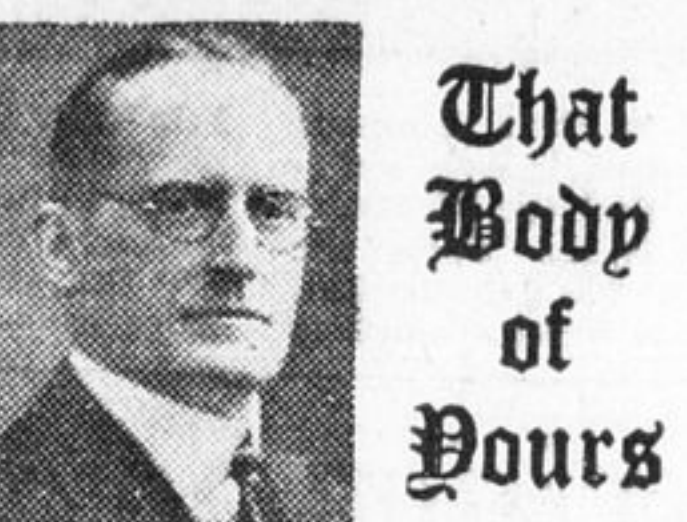
Follow such a stretching with a fluid movement—waving them up and down as a bird's wings in motion, or as if you were conducting an orchestra with a baton.

Regular Grooming Essential
Daily grooming of your hands is essential if you want them to look soft and smooth. Once a week is not sufficient. Well groomed hands look younger and they are conducive to poise so quickly as being conscious that your hands are unkempt and stiff acting.

Use a rich, hand cream and the longer you leave it on the better. Work it well down the hand from the knuckles to the wrist, then up each finger to the very tip. Slip on a loose pair of gloves and relax or read or telephone while the cream does its repair work.

Every single day push back your cuticle with a cotton wrapped orange stick—directly after washing them is a good time while the cuticle is soft. If you have an uneven nail smooth and shape it with an emery board but do not file deeply at the corners. You want your nails to grow long, strong and oval to add beauty to your fingers so refrain from using them to open sharp watch catches and the like.

Regarding color. Psychologists tell us that fingernail color is a stimulant. It makes a woman feel gay, more alive. Fresh nail color brings relief from a daily dull routine besides it gives the fingers better, more alluring balance. If your nails are kept nicely shaped, and your hands well groomed, you may wear the most mad hues if you desire. The only thing to remember is to select shades which do a lot for your current skin tone. The colors you liked last spring, before your hands were tanned by the sun, is not the shade you should wear now!
(Released by The Bell Syndicate, Inc.)



By James W. Barton, M.D.

That Body of Yours

Giving Hearing Aids the Proper Trial
Now that those who are hard of hearing are willing to wear hearing aids, the number and variety of these aids is increasing rapidly. It may not be long now before hearing specialists and hearing aid manufacturers will be able to get results for the hard of hearing just as satisfactorily as that obtained by the eye specialist and lens grinder — optician — for defective eyesight.

In order that those who are hard of hearing may obtain the hearing aid best suited to their type of hard of hearing, the American Medical Association, through its Council of Physical Therapy, has appointed a group of ear specialists to investigate, as fully as possible, hearing aids that are offered to the hard of hearing public. This group fully appreciating the different types of hard of hearing and the various causes, do not at present approve or disapprove of any one or more of these aids. They investigate the aids submitted by manufacturers from the standpoint of size, weight, and shape of various parts, the voltages and current drains of the batteries, and consideration of the mechanical features and construction of the instrument.

When there are marked defects such as excessive internal noise and "feed back" causing the instrument to "squeal" under normal conditions of use, it is duly noted. Measurements are made to determine the frequency range — number of vibrations at certain sound loads — over which the instrument shows a noticeable increase or enlargement of sound, just as a certain degree of curvature of the lens will enlarge an object where eyesight is defective.

Conversation is carried on with the patient at ordinary conversation pitch or level at a distance of 5 feet in a quiet room which is considered as being normal conditions.

All this group of specialists is doing at present is to advise purchasers of these aids whether or not any particular instrument is constructed properly and will give the degree of increase in pitch and enlargement of sound specified in their advertising.

Knowing the cause of the patient's hard of hearing, the ear specialist can advise the type of instrument that "should" give the necessary aid. However, just as the patient with defective vision goes back to the eye specialist for a "trial" of his glasses, so the hard of hearing patient should return to the ear specialist for a trial of the hearing aid that was prescribed.

The Common Cold

The common cold is one of the most frequent causes of absence from work and may lead to such dangerous complications as bronchitis pneumonia, and even loss of hearing. Send today for Dr. Barton's booklet entitled "The Common Cold" (No. 104), enclosing Ten Cents to cover cost of handling and mailing and mention the name of this newspaper. Address request to The Bell Library, Post Office Box 75, Station O, New York, N. Y.

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Pembroke Standard-Observer: Paul G. Hoffman, president of the Studebaker Corporation, says that the United States has no time to lose in planning jobs for 20,000,000 workers who face post-war unemployment. What about the condition in Canada?

Gold Production in South Africa Shows Some Increase

No Truth in Reports of Change of Government Policy in Regard to Gold in S.A.

In view of the situation here some weeks ago, and even the much-battered attitude of today, the following in regard to gold mining in South Africa should be of much interest. It would appear that South Africa has no thought of closing its gold mines on account of the war. Instead there was an actual increase in gold production in the first half of this year as compared with the same period last year.

"The rumours of a change in Government policy in respect to gold" have been denied by the Minister of Mines, who has stated that gold production is to be maintained at its present level." This statement is contained in a report from J. C. Macgillivray, Canadian Trade Commissioner at Cape Town, South Africa.

The report states that the output of the Transvaal gold mines for the first half of 1942 was 7,156,847 fine ounces valued at \$80,117,515, in comparison with 7,107,501 fine ounces valued at \$69,703,008 for the corresponding period of the preceding year.

While gold would appear to be one of the chief sources of revenue and of industry in the Union of South Africa, Mr. Macgillivray in his report deals with other South African enterprises. "Subject to the restrictions of wartime exigencies" he says, "general business conditions in the Union of South Africa continue to be fairly active, although a scarcity of raw materials has been hampering industrial production. The increasing development of local resources has however assisted in preventing any marked reduction in output. In order to be better able to cope with increasing difficulties, the Minister of Commerce and Industries has recently announced the formation of an Industrial Supplies Commission to assist manufacturers in obtaining essential raw products, and concurrently steps will be taken to pool overseas inventories. The growth of new manufacturing establishments, most of which are ancillary to the leather industry, is notable. These include the production of chrome salts, raw and sulfonated oils, glue and gelatine, cellulose adhesives, lacquers and pigment finishes, acetone substitute, bating materials from fish viscera, wax from sugar cane, lactic acid from spent whey, etc. Retail and wholesale trade is brisk, but depleted stocks render a downward movement of turnover inevitable.

With respect to the financial conditions of the Union of South Africa, the report states that Union revenue continues to expand. Total receipts for the four months ending July 31 were over \$17,000,000 as compared with \$13,000,000 for the similar period of 1941. The increase has been distributed among all the principal sources of income, with

the exception of customs duties, which reflect the difficult import position by a reduction of almost \$1,000,000 for the current four months.

In dealing with the financing of the war, the responsible Minister has stated that in 1938-39, the last pre-war year, the total national expenditure of the Union was only \$40,000,000. For the current twelve months \$80,000,000 is being spent on defence alone, as against \$2,000,000 in 1938-39. As a result of increased taxation it is estimated that over \$42,000,000 of the amount involved will be obtained from income, leaving \$37,000,000 to be borrowed. In the past substantial sums have been raised through the Post Office Savings Bank and the sale of Union loan certificates and savings. Compulsory saving, which was introduced in the last budget, has not any greatly adverse effect on voluntary contributions to the thrift campaign, which is doing much to draw off spending money, which would otherwise have an inflationary effect. To combat this and to raise the necessary funds, the issue of a new 3 per cent defence loan was announced on August 31; this loan is redeemable in 1964, or on or after August 15, 1957, at three months' notice. No fixed objective has been set, nor is any time limit stipulated, although it is stated that three months is the limit for which subscriptions will be received. In order to reach the small investor, the minimum subscription is set at \$5 and multiples in excess of that amount.

HITLER'S AMBITION
An eminent London medium who has been in communication by thought-wave telepathy with Der Fuehrer reports that enough intelligible messages have been received to make an analysis of Herr Hitler's military ideal:

Hitler appears to desire for the German army that it be equipped like the Russians, fed like the British, paid like the Americans, and that it have only the Italian army to fight. — (From the magazine, "Britain").

WELL KNOWN
A girl fresh from the West Highlands visited a sister in Glasgow. At the outskirts of the town she stopped at a toll bar and began to rave shortly with her knuckles on the gate. The keeper, amused at the girl's action, and curious to know what she wanted, came out, when she very demurely interrogated him as follows:
"Is this Glesca?"
"Yes."
"Is Peggy in?" — Exchange.

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