

Some Tried and Tested Recipes to Serve as Main Dish for Family Meal

Left-Over Cereal Combined with Cheese Makes Tasty Luncheon or Supper Dish. Meal Loaf Stuffed with Potatoes as Another Favourite. Then There is the Recipe for Baked Noodles, Mushrooms and Vegetables.



(By Edith M. Barber)

Food is the topic of conversation everywhere these days. Women are particularly interested in having recipes which can be used as main dishes. Naturally I listen whenever I have an opportunity and I make a collection of the specialties which have passed the test of family taste. I might mention I shall be very glad to add a recipe of yours to my file.

Polly Nelson who was my assistant for so long had a combination of left-over cooked cereal with cheese, eggs and milk which she tells me the family now demands about once a week, and I am printing her recipe today. Mrs. Lillian Batsel the president of the Association of Homemaking Teachers of New York has contributed a casserole of noodles and vegetables.

An anonymous reader has sent me a novel recipe for meat loaf which is stuffed with mashed potatoes. The preparation of this is too long for a quick meal but it might be prepared after dinner one night and put into the refrigerator to remain until time for getting the next days dinner. I suggest that a double quantity of potatoes should be boiled and part of them used for the dinner one night and the rest mashed and seasoned for the meat loaf.

- Meat and Potato Loaf**
- 3/4 pound ground ham
 - 3/4 pound pork, veal or beef
 - 1 cup quick cooking rolled oats
 - 1 teaspoon salt
 - 1/2 teaspoon pepper
 - 1 tablespoon prepared mustard
 - 1 egg
 - 1/2 cup evaporated milk
 - 2 cups seasoned mashed potatoes
 - 2 tablespoons minced onion.
- Combine meat, rolled oats and seasoning. Beat egg slightly add evaporated milk and mix well with the first ingredients. Spread in an even oblong shape on waxed paper. Combine potatoes with minced onion and spread on meat. Roll lengthwise like a jelly roll. Place in well-greased pan, sprinkle top with melted drippings and bake in a moderately hot oven (400 F.) about 40 minutes until well browned. Serve with a brown or mushroom sauce.

- Baked Noodles, Mushrooms and Vegetables**
- 1/2 cup chopped celery
 - 1/2 cup chopped onions
 - 1 green pepper (cut into small pieces)
 - 3/4 pound mushrooms
 - 3 tablespoons fat
 - 1 can tomato soup or tomato sauce
 - 1 cup milk or evaporated milk or light cream
 - Salt, pepper and paprika to taste
 - 1/2 pound noodles (cooked in boiling, salted water)
 - Saute the celery, onion, green pepper and mushrooms in the fat. Combine this with cooked noodles, tomato and milk. Season to taste. Bake in casserole dish in oven 45 to 60 minutes or until the mixture is thick and brown on top.

Note: Greased bread crusts may be put on top of casserole before baking.

Luncheon or Supper Dish

Pack left-over cereal in small bread pan and chill in refrigerator. When ready to use slice and arrange in greased baking dish in alternate layers with grated cheese. Sprinkle with salt, pepper and mustard. Beat one egg slightly and mix with one cup of milk. Pour over ingredients in baking dish and add more milk if necessary to cover. Bake in a pan of hot water about 25 minutes in moderately hot oven (375 F.) until milk and egg has set.

(Released by The Bell Syndicate, Inc.)



That Body of Yours

By James W. Barton, M.D.

I once tried to make up height and weight tables for boys and men as I had access to thousands of measurements. At that time we knew very little about the ductless or endocrine glands and how these glands affected build and weight. Then when I did learn something of the effects of glands, I found that other factors entered into the height and weight relations and although tables have been worked out for boys and girls and men and women, that came nearer to being correct than at any previous time, still as the Statistical Bulletin of the Metropolitan Life Insurance Company states:

"Actually, there is no set of weights that can be called ideal and to which all women of a certain height should conform. For there are many factors influencing body weight which must be considered in deciding what is the best weight for a particular individual or type." A woman with light bones, narrow chest and hips should not be expected to weigh as much as a woman of the same height whose chest and hips are wide.

I have spoken a number of times of the woman with long body and short legs as compared with the woman with the short body and long legs. Naturally the one with the long body should weigh much more as the trunk weighs more than the legs.

What, then, should be the "ideal" weight for any individual woman? While some physicians consider that a woman is mature at 25 and her weight at that age should not increase with age, other physicians consider 35 the ideal age and so the weight at 35 should not increase as she grows older. Most insurance companies consider 30 the ideal age as there should be no weight increase thereafter.

"However, a table of best or ideal weights must take into account the variations in human structure." A recent table that may prove helpful to women shows the range or variation in weight for the same height, depending upon whether the individual has a small, medium, or large frame. The height is taken with shoes, and the weight is ordinarily dressed.

SMALL FRAME: Height 5 feet, weight 105 to 113 pounds; height 5 feet, 1 inch, add two pounds 107 to 115 lbs.; five feet, three inches, add three pounds — 110 to 118 pounds. For every inch in height thereafter, add 3 pounds; thus a woman of small frame, 5 feet 4 inches should be 116 to 125 pounds.

MEDIUM FRAME: Height 5 feet, weight 112 lbs to 120 lbs; 5 ft 1 inch—114 to 122 pounds. For every inch above 5 feet 1 inch add three pounds. Thus a woman of large frame, 5 feet 4 inches should weigh 131 to 142 pounds.

Beauty and You

by PATRICIA LINDSAY



A herbal extract mouth wash, new on cosmetic counters is favoured as a breath sweetener by conscientious beauties.

Modern Aids to Keep Us Beautiful

Daintiness goes with femininity and the girl or woman who does not keep herself fresh and sweet as a daisy is not living up to her heritage.

On the cosmetic counter of a drug store or department store there are modern, scientific aids, easy to use, which assure personal sweetness.

For instance there are several outstanding depilatories in cream, powder and wax form, which come with complete directions of how to use to remove unlovely, superfluous hair. Anyone of these should first be tested on an arm or leg to determine whether your skin is sensitive to any ingredient of the product. The products are harmless, (if produced by a reliable firm), and most of the horrid, former odor has been removed through revised formulas.

Then there are the breath sweeteners. These come in the form of prepared mouth washes and should be used religiously after the teeth are brushed. Remember our best friend will not tell us and we do not want to be embarrassed! One of the newest of these products has a fetching name of mouth mist, which is concentrated in strength, and comes in such an attractive bottle that you cannot resist keeping it out in plain sight on your bathroom shelf! Time was when these personal grooming aids were hidden from view, but not today. A meticulous beauty is proud to use them.

It can be seen then that a woman who considers herself of the light frame class and looks at the first table for slender or small frame can be easily discouraged about her overweight, if she really belongs to the second class or medium frame.

A woman with a large frame may likewise be discouraged if she considers herself of medium build or frame and looks at the table for those of medium build.

The thought, then, if you are interested in the relation of weight to height is to take a look at yourself honestly, place yourself in your "right" class, and then look at the table for your class.

Further, the table allows a variation of 8 to 10 pounds for your height so there should be no real "struggle" to attain your proper weight.

Overweight and Underweight

This handy booklet by Dr. Barton contains many helpful suggestions for those who are too thin and those who are too fat, including diet suggestions, exercise, various types of overweight and underweight. To obtain it just send your name and address and Ten Cents to cover cost of handling and mailing to The Bell Library, Post Office Box 75, Station O, New York, N.Y. and ask for booklet No. 105 — Overweight and Underweight, mentioning the name of this paper.

(Registered in accordance with the Copyright Act).

\$20 Donated to Red Cross Drive by Finnish Unit

A regular work meeting of the Canadian Red Cross Unit of the Finnish United Church ladies was held at the home of the Reverend and Mrs. A. I. Heinonen, 53 Rea street South, Thursday evening, March 4th.

During the business period the treasurer of the Unit, Miss Ellie Heinonen, presented a temporary report on finances of the Unit, and it was decided to donate \$20.00 to the Canadian Red Cross Society in connection with the present Red Cross drive.

To sixteen young men of Finnish origin who enlisted in the Porcupine Camp and are now serving overseas, it was decided to send parcels of small luxuries. Letters and cards received

The Old B. O. Problem

Naturally daily scrubbing with soap and water is the best way to keep your body free of personal odor. But if you perspire too freely, or discharge a nervous secretion you need something more than a bar of soap.

It might take a little experimenting but you can find the perfect anti-perspirant or deodorant for yourself. Such a product is never used in place of soap and water. It is used after the bath and shower, usually on the areas which are prone to perspire. Under the arms across the shoulder blade and on the feet.

Shields in dresses are vital to sweetness, and shields should be changed frequently and washed. Science has produced ingeniously shaped shields, which can be pinned on in a jiffy, and as the rubber part is covered with cloth, they can be laundered as easily as a pair of hose.

Colognes too, play their part in body grooming. They keep us smelling sweet and also serve as a skin astringent. They are always used on a freshly washed — never on one needing a bath.

Products of internal deodorizing must be suggested by your physician and any woman needing one of these should not hesitate to seek her physician's advice. Both comfort and self-confidence are the result of keeping dainty — nice compensation for a little grooming.

(Released by The Bell Syndicate, Inc.)

from soldiers now serving overseas were read by Rev. Heinonen. These acknowledged receipt of parcels sent by the Finnish Unit. The boys thanked the ladies for the parcels and congratulated them on the good work they are doing for the men serving overseas.

The devotional period was conducted by Rev. Heinonen. Special prayers were also offered for the soldiers, sailors and airmen of Finnish origin who have enlisted in the Porcupine Camp and are now serving overseas or are in training in Canada.

Refreshments were served by Mrs. A. I. Heinonen, assisted by her daughters, Ellie, Lea and Vera; Mrs. L. Punkari and Miss Hellen Lehto. Voluntary offerings received in connection with serving of refreshments at regular work meetings go into the treasury of the Unit to be used for donations to the Canadian Red Cross Society, The Salvation Army war work, the London Bomb Victims' Fund and other similar patriotic service organizations and are also used for sending parcels to all soldiers, sailors and airmen of Finnish origin who are now serving overseas. Ever since the organization of this Red Cross Unit on Sept. 27th, 1939, all articles made by the ladies of the Unit have been delivered to the local branch of the Canadian Red Cross Society.

Four Births Registered at Timmins Last Week-end

Born — on Feb. 23rd, 1943, to Mr. and Mrs. Lorenzo Lajeunesse, 86 Bannerman avenue — a son (Joseph Andre Gabriel Roland).

Born — on Feb. 19th, 1943, to Mr. and Mrs. Edward Bedand, 136 Ann avenue — a son (Harvey Raymond).

Born — on Feb. 14th, 1943, to Mr. and Mrs. Conrad Chartrand, Sandy Falls, at St. Mary's Hospital — a daughter (Georgette).

Born — on Feb. 21st, 1943, to Mr. and Mrs. Carl Shaughnessy, 50 Bannerman avenue — a son (Malvin Andrew).

KEEP IT TIED

"Now that the war has placed men more or less on the same level," declares a gossip-writer, "I am afraid the end of the Old School Tie is in sight." "Never if it is neatly tied," says a champion.—Globe and Mail.

W. M. S. Serve Supper at Formal Opening of P. C.

Presbyterian Church Opened Sunday. Supper Served Monday in Church Hall.

On Monday evening, in honour of the formal opening of the new Mackay Presbyterian Church the Women's Auxiliary served a supper in the basement of the church, from 5 to 7 p.m. A capacity crowd was served during the evening, and the supper proved to be very successful.

Receiving the guests at the door was Mrs. G. Aitken. In charge of the money were Mr. H. Rummals and Mr. J. Simpson.

Long tables were arranged in the hall of the church, and forming centre pieces down the lengths of the tables were snapdragons and carnations. Efficiently serving the guests were Miss Thorburn, Mr. H. Shultz, Miss Margaret Geils, Mrs. Woods, Mrs. J. Running, Mrs. N. McInnis, Mrs. J. Sloan, Mrs. J. MacRae, Miss Robson, Miss Erandburger, Miss Catherine Hershel, Mrs. C. Pennie, Mrs. A. Clelland, Mrs. T. Rendall, Mrs. P. Cram, Mrs. J. McPhail.

At one end of the hall Mrs. J. Ralph, Mrs. V. Nelly, Mrs. E. Dupont, and Mrs. H. Hanson, took care of the serving of the cake and ice cream.

Kitchen conveners were Mrs. Isnor, Mrs. R. Wales, Mrs. J. Simpson, Mrs. F. Somers, Mrs. Marks, Mrs. Morrison, Mrs. W. Caves, Mrs. Treveshan.

Mrs. F. Connelly ably convened the whole event, and under her direction all particulars were taken care of with efficiency and ease.

Vincent Woodbury Writes of Goodwill Between the Allies

Several Impressive Illustrations, and a Good Story.

The following very interesting letter was received this week from San Antonio, Texas, the writer being that good citizen of Timmins and Texas, Vincent Woodbury:—

Dear Editor: How small the world is under the United Nations' banner.

This morning City Clerk J. M. Woods received a request from Pte. F. W. Andrews of the Royal Canadian Army Service Corps, who is stationed in England, stating his sister had moved to the United States and what Texas could do about locating her. Clerk Woods checked and believes the Canadian's sister — Mrs. T. Mathews — is now a resident of Corpus Christi, Texas, a point one hundred-fifty miles south of here. You can be sure Pte. Andrews will be advised.

The morning's paper features a message sent by Churchill to MacArthur in Australia as follows:—

"I have watched with particular admiration your masterly employment of transport aircraft to solve the most complicated and diverse logistical problems. I should like to let you know how grateful we all feel throughout the British Empire that you stand on guard over all these vital interests. Pray also accept my own personal good wishes.

Help The Red Cross "SALADA" TEA

I look forward indeed to the day when we may meet."

In reply General MacArthur stated: "I am deeply grateful for your inspiring message. I cannot tell you the pride I have felt in being associated with the Empire's splendid soldiery. As usual they acquitted themselves magnificently. My special satisfaction arises from the complete unity and brotherhood displayed by the Empire's forces and those of the United States. I have it in my heart that at the appropriate time you will visit this area. The effect would be almost magical. Personally I would rather have you come than to receive a fresh Army corps."

I cannot refrain from a comical story brought back by one of the boys from Guadalcanal. When the first American soldiers began arriving in Australia they were given leaves to town. In a pub three of them wandered and ran into three more there who were in a hot argument of some sort with some of the Aussies. The six Yanks were soon in a free-for-all fight with about twelve of the Aussies. Suddenly one big Australian held up his hand and shouted "Stop" and explained that this was not a fair fight. He said, "There are twelve of us and only six of them. Let's make it an even fight." So three of the Aussies joined the Yanks and the fight went on again, until the bartender yelled "Free Beer!"

Yours,
Vince.

197,100 Cigarettes Sent Overseas from Timmins Last Month

Community Fag Fund Acknowledges Number of Donations

Anyone looking for a good spot to put the odd dollar or two, or more, should not overlook the Community Fag Fund. Letters and cards from the hundreds of men overseas from Timmins and district prove how much the boys appreciate the cigarettes sent. The idea should be to "keep them rolling". During February there were 197,100 cigarettes sent overseas from here at a cost of \$657.03. Anyone who can spare a little for the Community Fag Fund should send it to the secretary of the fund, H. Moore, Box 250, Timmins. Mr. T. W. Tod is the chairman.

The next meeting of the Fag Fund committee will be held at the Legion Hall on Monday, Mar. 15th, at 4.30 p.m. The following donations for the month of February are gratefully acknowledged:—

- Canadian Ukrainian Association \$5.00
- Mrs. Latendresse 75
- Ken Hulme (Collection at Bonspiel, McIntyre Arena) 83.25
- Senior C.W.L. Timmins 5.00
- L. J. May 1.00
- Canadian Legion, Branch 88 21.00
- Ted Jones (Schumacher) 5.65
- McIntyre Mines Employees War Charities 200.00

PRESENT IN ADVANCE

"Dave, Dave, baby's swallowed a nickel!"
"Oh, well, it'll be his birthday next week."
—Globe and Mail

CELTOUCE A DISTINCTLY NEW VEGETABLE

Most desirable for every Canadian garden. Distinctly new; combining the uses and flavours of celery and lettuce. Raw Celtouce is used like celery. Cooked Celtouce has attractive appearance and pleasant mild flavour suggesting celery. Lettuce, asparagus, broccoli or summer squash. Ready for use in 90 days. Easily grown everywhere. Wares complete directions for culture and use. Do not miss this valuable new vegetable. Over 150,000 gardeners were delighted with the new Celtouce in 1942. Pkt 250 seeds 15c (2 Pkts 25c) (1/2 oz 65c) (or \$1.25) postpaid.

FREE — OUR BIG 1943 SEED AND NURSERY BOOK — Better Than Ever!
DOMINION SEED HOUSE, GEORGETOWN, ONT.

SAVE LOSSES on Young Chicks

...and give them a better start

Many large hatcheries recommend "Miracle" Chick Starter to their customers, because they want as many as possible of the purchases brought safely through the first hard weeks. Both large and small poultry raisers find that "Miracle" Chick Starter keeps the mortality rate low, often not more than 5%. And the chicks grow faster and better, too. That means earlier and larger profits.

"MIRACLE" CHICK STARTER

If it's Ogilvie... it's good!



THE OGILVIE FLOUR MILLS COMPANY LIMITED

Every Cup — "A CUP OF NUTRITION"

your home nutrition campaign should call for

Neilson's The Chocolate Cocoa

Everyone, young and old, thrives on Neilson's The Chocolate Cocoa. More than that, you will enjoy its delicious chocolatey flavor. That's important. Particularly with children. So, serve everyone in your home a cup of delightful, hot Neilson's Cocoa every day and you will serve health and vigor with it.

Children are so fond of Neilson's Jersey Milk Chocolate, that they are sure to enjoy Neilson's Chocolate Cocoa, too!

NEILSON'S DELICIOUS COCOA BEVERAGE
For each cup required, mix 4/5 tsp. cocoa, 1 tsp. sugar. Stir into a smooth paste with a little cold milk. Fill cup with hot milk, stirring constantly.



Neilson's COCOA