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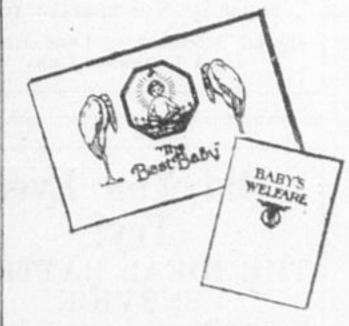
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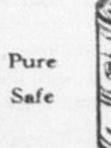
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BAKING POWDER CHILD'S INTEREST IN FOOD

"Keep Up a Child's Interest in Food, and You Will Keep His Body Well-Nourished"

Barbarba B. Brooks, the noted expert in Domestic Science, contributes the following specially timely article season has been large and also that to The Advance this week. From its there were sufficient numbers left over suggestions mothers may be able to of mature specimens to insure sportsglean many helpful hints on the pro- men that they will have all the opblem of food for the youngsters going to school. Under the heading "School

are ringing and if you listen you can dency to frequent thick second growth hosts of skinny folks in all parts of sinking of a new shaft. The present hear them. They call children back near some of the more populated parts the world every day. from long golden days out of doors, of the country rather than the wilderfrom running and jumping just the ness parts that are being invaded by couraged, gaining 15 pounds in five and there was talk a short time ago moment they felt like a rabbit or a lumber and pulp concerns as well as kangaroo; from yelling like Indians in prospectors. full war paint; and from the make-believe world of pirates and knights.

room after this interval of freedom The first newness of the higher grade, the different teacher, and the boyschanged during the long vacationwears off and the routine of school stretches out with Thanksgiving the next holiday in sight.

The first day the children are almost too excited to even eat lunch. For the next few days lunch is an event and how good everything tastes! A little later food boredom sets in. This is the time against which mothers who pack the lunch boxes, and teachers who manage the cafeterias, must guard. Keep up a child's interest in food and you will keep his body well nourished. Today we are going to talk about the lunch which is carried to school from home. There are such attractive lunch-box accessories available that if we have some of them it is real fun to do the packing. Thermos bottles. waxed paper, paper napkins, doilies and small waterproof paper boxes with tight-fitting covers are some of the desirable things. Soup, cocoa or a vegetable for the hot dish can be carried in the thermos. Sandwiches taste much better if made from bread cut not too thick, and wrapped separately... Salads keep beautifully in paper cups or boxes.

Sandwiches, cookies and fruit are the standbys for lunches which are carried. Try to vary the kinds of sandwiches. For appetizing fillings use any of the following combinations:-

Dried beef and cheese (put through food chopper) mixed with tomato.

Hard-boiled eggs, celery and mayon-

Grated carrot with honey. Chopped pickle with mayonnaise. Chopped peanuts with mayonnaise. Creamed butter with horse-radish.

For sweet fillings:-Chopped dates and nuts; honey and nuts; melted sweet chocolate and nuts; Brown sugar and butter; sugar, butter and cinnamon; chopped prunes, dates and orange juice.

A good cookie for a lunch box is one with a fruit or jelly filling.

Here are two tested recipes:-Marguerites

2 eggs, 1 cup brown sugar, ½ cup flour, 4 teaspoon baking powder, 1-3 teaspoon salt, 1 cup nut meats, cut in small pieces, ½ cup bran.

Beat eggs slightly, and add remaining ingredients in the order given. Fill small buttered tins two-thirds full of mixture. Bake in moderate oven (370°F.) ten to fifteen minutes. Yield: 24 very small cakes.

Hermits

1-3 cup butter, 2-3 cup sugar, 1 egg, 2 tablespoons milk, 1 3-4 cups flour (or more), ½ cup bran, 1-3 cup raisins, 1 teaspoon baking powder, 3-4 teaspoon cinnamon, 1 teaspoon cloves, 1 teaspoon mace, 1 teaspoon nutmeg, 1 teaspoon

Cream the butter, add the sugar and egg, and beat well. Add the milk and bran, raisins and flour which has been sifted with the spices. Chill, roll thin, cut and bake in a moderate oven (400)

When the cakes are cool, they may be frosted with confestioners' sugar fresting, and chopped nuts or bran sprinkled over the top.

Toronto Stor:-An exchange says that paved highways are a boon for the farmer. Sure they are. He can walk on them and get hit, or take to the ditch alongside and wade. Or he can drive on them with his load of hay or his buggy and get bawled out by every motorist he delays. Paved highways are a boon for the farmer all right. And if he tears them up when moving his farm machinery, he's liable to a heavy fine.

GAME IN ONTARIO WILL BE

Despite Heavy Snow Last Winter in Some Areas, and Despite the Fires This Summer in Other Areas.

Hunters and others in this area will be interested now in the prospects for game in the North this season. In a recent issue of The Toronto Mail and Empire an interview was given by a man whose opinion may be considered as that of an expert and so of especial value. The substance of the interview is given herewith for the information of readers of The Advance who may be interested:-

"Sportsmen have no need to be apprehensive to any degree about a shortage of game on account of the heavy snows of last winter or because of the fires which have devastated the timber in certain areas," said Ozark Ripley associate editor of Field and Stream; who has just returned from a careful survey of the hunting territory in northern Ontario.

"Along the eastern boundary of Ontario, particularly north of the Mattawa, many deer were killed during the heavier snows," he said at the C. F.R. tourist office to-day. "Nevertheless, from these localities, reports come that the increase in game this portunities to obtain one.

"Moose show a good increase all the

ports that there will be plenty of drug store.

moose and deer hunting this autumn. The celebrated moose hunting regions along the northern shore of Lake Superior just north of the C.P.R. line are well supplied with moose, particularly the districts around Hurkett, Nipigon, Kama, Jackfish, Amyot, Missasabie and Metagama. West of Nipigon there are more deer than east of it, but even in

supply of deer. "There is now no open season for caribou in Ontario. Doubtless the future will show a considerable increase family. Establishment of preserves will be of great help, as will be the increasing change in the attitude of the Indian guides in the region who are beginning to realize that a live moose deer or caribou means more to them than a dead one, because the former provide them with well-paid work as guides for sportsmen," Mr. Ripley con-

Perth Expositor:-The objectionable thing about reckless motorists is that their own heads.

Getting Skinnier Every Day

Something Must Be Done and Done Right Now-Quick

Tens of thousands of thin, rundown men—ves, and women too—are getting discouraged-are giving up all hope of ever being able to take on flesh and look healthy and strong.

All such people can stop worrying Bells are Ringing," Barbara Brooks way down the west side of Lake Tem- and start to smile and enjoy life proved entirely satisfactory, it is stated. iskaming and the Ottawa river. This right now for McCoy's Cod Liver Ex- According to an unofficial statement. All through the country, school bells game is showing an increasing ten- tract Tablets are putting flesh on arrangements are being made for the

weeks and now feels fine.

PREMIER FERGUSON HELPS CRIPPLED GIRL AT SAULT

Despatches from Sault Ste. Marie detail the particulars of the case of a don. this moose territtory, there is a fair guson. The premier has undertaken to his bicycle in the Strand at the sight

in these handsome members of the deer a problem to the crippled children's The musician then took up a colleccommittee for some time. The girl is tion for themselves. suffering from a lingering disease, and as a result the committee did not feel eralization is still a matter more of like undertaking her case since it conjecture than an actuality. would practically exhaust their funds and put them in the position that they would have been able to deal with only a few cases during the next year. The committee tried to get the municipality to undertake the responsibility but it refused to do so.

When Premier Ferguson visited the Sault recently, he told the committee that the government could do nothing. the bones they break are not always in | However, he offered to be responsible for a year's treatment of the child and to make arrangements for her to be placed in the Sick Children's hospital. Toronto. Word has now been received that a bed has been reserved for her.

> SISCOE MINE ARRANGING FOR THE SINKING OF SHAFT

Development work of an interesting nature is being carried out at the Siscoe Gold mines property, and results from diamond-drilling operations have shaft, which was located to tap "C" One woman, tired, weak and dis- vein, is now down to the 500-foot level of sinking this to the 750-foot level. And this shows what faith the Recent diamond drilling has produced "Fires in northwestern Ontario—as makers have in McCoy's for they say: such satisfactory results, however, that well as those in the Thunder Bay dis- if any thin person don't gain at least it is now understood to be the intention It is not easy to sit still in the school- trict—have been kept under sufficient 5 pounds in 30 days your money will be of the company to proceed with a new control and their influence on the refunded—and only 60 cents for 60 shaft instead of deepening the old one, supply of large game has only been to tablets-Economy size-\$1.00. Ask for as formerly proposed. It is expected move it a little farther away. Raleigh, them at Moisley & Ball, F. M. Burke that the new shaft will bring to light a famed moose hunting territory, re- Limited, Sauve's Pharmacy or any additional ore reserves, but the final outcome of this plan as regards min-

London (Eng.) Daily News:-There is a tall building going up in the

Strand.. It is one of the tallest in Lon-Yesterday there was a band twelve-year-old Korah girl, unable to playing in its shadow, and two laborers walk, who has been given a chance for began to dance on its parapet. This treatment by specialists through the seemed such a dangerous and foolgenerosity of Premier G. Howard Fer- hardy thing to do that a man fell off be responsible personally for the cost of of it. The man was near to being killone year's treatment for the girl in the ed by a passing bus. The men on the Sick Children's hospital at Toronto. building went on dancing without How to deal with the case has been knowing that he had been nearly killed.

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