A GLORIOUS cereal with

a glorious taste! That's

what you get in Kellogg's

Filled with the famous flavor

of PEP-with whole-wheat nour-

ishment-healthful. They have

just enough bran to be mildly

You'll vote them the best bran

flakes you ever tasted. At all

BRAN FLAKES

Salsify, 1st, W. G. Skinner.

and Pocock: 2nd, W. G. Skinner.

Endine, 1st. P. Rotondo; 2nd. W. G.

Garden turnips, 1st, W. G. Skinner.

Wilson for best display of vegetables.

Portrait, 1st, Annie Mickaluk.

Pencil copy, 1st, Frances King.

Misscellaneous Art

Any other art, 1st, Annie Mickaluk.

Domestic Needlework

Fancy quilting, 1st, Mrs. E. Ewing.

Rug, 1st, Mrs. Jas. Moyle; 2nd, Mrs.

Cotton quilt, 1st, Mrs. I. P. Wilson;

Cloth quilt, 1st, Mrs. I. P. Wilson.

Ladies sweater, 1st, Mrs. Pyke.

Patching 1st, Mrs. I. P. Wilson.

Spread, 1st, Mary Miller; 2nd, Mrs

Knitted shawl, 1st, Mrs. A. Hogg;

Ladies' handmade garment, 1st, Mrs.

Knitted mitts, 1st, Mrs. E. E. Davis;

Fancy knitting, 1st, Mrs. Pyke; 2nd,

Mrs. Herb. Blood. Baby's knitted

jacket, 1st, Mrs. A. Hogg; 2nd, Mrs. E.

Fancy Needlework

Eyelet, Emb., 1st Leimpi Laine; 2nd,

Solid emb., white, 1st, Mrs. W. P. Wil

Emb. in colours, 1st, Mrs. E. Ewing:

Tea cloth and serviettes, 1st, Mrs. L.

Baby jacket, 1st, Mrs. Herb. Blood.

Emb. pillow cases, 1st, Leimpi Laine;

Emb. towels, 1st, Mrs. E. Ewing; 2nd,

Table runner, 1st, Mrs. Harvath; 2nd,

Cut work, 1st, Mrs. Horvath; 2nd,

Hemstitching, 1st, Mrs. Horvath; 2nd

Tatting, 1st, Mrs. E. Twing; 2nd, Mrs.

Filet crochet, 1st, Mary Miller; 2nd,

Lace crochet, 1st, Mrs. Horvath; 2nd,

Sofa Pillow, 1st, Leimpi Laine; 2nd.

Applique in colours, 1st Mrs. Ewing

Child's dress, 1st, Mrs. E. Ewing;

Buffet and sideboard runner, 1st, Mrs

Work apron, 1st, Mrs. Rozon; 2nd.

Centre piece, 1st, Mrs. Govanelle:

Piece of work not listed, 1st, Mrs.

Vanity set, 1st, Mrs. W. P. Wilson;

Single piece Emb. not listed, 1st, Mrs.

Fancy knitted lace not listed, 1st,

General Electric Co special prize won

by Mrs. E. Ewing for most first prizes

Girls' Work Sixteen and Under

Cookies, 1st, Reta Hortia; 2nd, Mary

Fancy handmade apron, 1st, Mary

Crochet work, 1st, Mary Miller; 2nd,

Boys' Work Sixteen and Under

Collection of leaf and bark, 1st, Leo

Any useful article, 1st, Stuart Mc-

Flowers, Etc.

6 Red Asters, 1st, Mrs. Irving, 2nd,

6 White Asters, 1st, Mrs. Stark, 2nd.

6 Pink Asters, 1st, Mrs. Cross: 2nd.

6 Furple Asters, 1st, Miss Cross; 2nd,

Herb. Blood; 2nd, Mrs. Wm. Wilson.

Frances King; 2nd, Mrs. A. Hogg. Bead flowers, 1st. Mrs. E. Ewing.

in fancy and domestic needlework.

Layer Cake, 1st, Frances King.

Pie, 1st, Reta Hortie.

Gervais; 2nd, Roy Davis.

Donald.

Mrs. Londry.

Mrs. Londry.

Bird house, 1st, Leo. Gervais.

Loaf cake, 1st, Edna Bannerman.

Wm. Wilson; 2nd, Mrs. Horvath.

Charette; 2nd, Mrs. E. Ewing.,

Special prize for Japanese garden,

Pep Bran Flakes.

London, Ontario.

laxative.

W. G. Skinner

Skinner.

2nd, I. P. Wilson.

Annie Mickaluk

Donat Boutin.

I. P. Wilson.

E. Davis.

Mrs. E. Ewing.

2nd, Mrs. E. E. Davis.

2nd, Mrs. Herb. Blood.

2nd, Mrs. I. P. Wilson.

son; 2nd, Mrs. E. Ewing.

2nd, Mrs. B. Govanelle.

2nd, Mrs. E. Ewing.

Mrs. Harvath.

Mrs. Govanelle.

Leimpi Laine.

Mrs. Govanelle.

2nd, Mrs. Pyke,

Mrs. Horvath.

2nd, Leimpi Laine,

2nd, Mrs. Herb. Blood.

Mary Miller.

Govanelle.

Mrs. Donat Boutin.

2nd, Mrs. Wm. Wilson.

E. Ewing; 2nd, Mrs. Pyke.

List of Winners of Prizes at the Porcupine Fall Fair

Displays in Flowers, Vegetables and the Domestic Arts Were Exceptionally Good. Flowers and Vegetables King. Quoted as the Equal of Any at the Canadian National Wilson; 2nd, Mrs. N. King. Exhibition at Toronto. Fancy Work and the Boys' and Girls' Departments Also Worthy of Special Mention.

winners at the recent Porcupine Fair. The list was received two late for insertion is last week's issue but is given

herewith in full:-1st, B. Laffin; 2nd, C. Nikkenen. Class No. 2-General Purpose Horses

-1st, F. Macki; 2nd, R. Talintino. Class No. 3-Road and Carriage Horses-carriage team, 1st, B. Laffin; single driver, 1st, B. Laffin; double turn-out, 1st, B. Laffin; single turn-out, Helmer. 1st, B. Laffin.

Team Drawing Contest - heavy draught horses, 1st, Nick Bodlovic; 2nd, C. Nikkenen. Light daught horses, 1st, R. Tallintino; 2nd, F. Macki.

Massey Harris special won by F. Macki for best general purpose team. Cattle

Purebred cow with pedigree (any class)-1st, Holstien cow, George Helmer; 2nd, Jersey cow, Mrs. N. King. Milch cow, any class, 1st, G. Helmer; 2nd, G. Helmer; 3rd, W. Campsall.

3-year-old Heifer, any class, 1st, G. Helmer; 2nd, G. Helmer; 3rd, G. Hel-

2-year-old Heifer, any class, 1st, G. Helmer; 2nd, G. Helmer; 3rdl, G. Hel-

Helmer: 2nd, G. Helmer. Heifer calf, under 1 year old, 1st, G. Rozon; 2nd, Mrs. I. P. Wilson.

Helmer; 2nd, G. Helmer.

Bull, 1 year or over, 1st, Holstien, G. E. Ewing; 2nd, Mrs. N. King. Helmer; 2nd, Jersey, Mrs. N. King; 3rd, Holstien, G. Helmer. Heifer claf, any class, 1st, W. Camp-

sall: 2nd, G. Helmer. Dr. McInnis Cup won by G. Helmer for best milch cow.

T. Eaton special 2-piece silver set in case, won by Leo. Gervais, for best calf | 2nd, Mrs. N. King.

The following is the list of prize [3 months or under owned and exhibited by boy or girl under 16 years.

Bank of Commerce Cup, won by G. 2nd, Mrs. N. King. Helmer, for most 1st prizes in cattle classes. Cup must be won 3 years in ing. Class No. 1-Heavy Draught Horses- succession to become property of win-

> Moisley and Ball special, 5 cans creso dip, won by G. Helmer for best milch cow in show irrespective of breed.

> R. Simpson Cup for best milch cow, to be won 3 years in succession, G.

Young pigs-1st, Z. Hart. Dairy and Other Products Dairy butter prints, 1st, Mrs. P. Ro-

tondo; 2nd, Mrs. F. Gervais. Eggs, brown, fresh, 1st, Mr. J. Skelley; 2nd, Mr. J. Godin. Eggs, white, fresh, 1st, Mr. A. D.

Dressed chicken, 1st, Mrs. W. D. Pearce. Pearce; 2nd, J. Godin.

Dressed fowl, 1st, J. Godin. Display of milk products, 1st, Mrs. P. 1

Rotondo. bacon, won by Mrs. P. Rotondo for best Godin; 2nd, J. Godin; 3rd, J. Godin. display dairy produce.

Domestic Science (baking) Home-made white bread, 1st, Mrs. O. Heifer calf, under 1 year old, 1st, G. Rozon; 2nd, Mrs. I. P. Wilson,

Home-made brown bread, 1st, Mrs. O. H. Skelly. Baking power tea biscuits, 1st, Mrs. 1st, A. D. Pearce.

2nd, Mrs. E. Ewing. Oatmeal cookies, 1st, Mrs. N. King;

2nd, Mrs. E. Ewing. Sponge cake, 1st, Mrs. N. King; 2nd, Mrs. O. Rozon.

Dark layer cake, 1st, Mrs. E. Ewing; | S. St. Abin.

TOOTHSOME COLD DELICACIES FOR YOUR NEXT LUNCHEON

Half the fun of extertaining is in serving something new. I have two delicious new recipes for your hot-weather luncheons-tuna fish entree with cucumber sauce and ham mousse. Thany Blake horse radish. They are simply delectable, both of them, because made with the | naise-2 tsp. sugar, 1 tsp. paprika, 1 best of milk—Carnation.

Carnation Milk gives cooking results unequalled by the best of bottled milk. Evaporated to double creaminess, and with the cream broken up into finest particles and distributed all through the milk, it gives to every dish in which it is used a wonderful richness and an equally wonderful silky-smooth-

Yet Carnation Milk is most economical, saving on butter and cream and safekeeping. And send for the Carna-Carnation Co., Limited, Aylmer, Ont.

Cucumber Sauce— tbsp. gelatine, 3 tbsp. cold water, & cup stiff Carnation No-Egg Mayonnaise, 2 cups tuna fish (white preferred), 2 tbsp. lemon juice, cup chopped celery, 2 tbsp. chopped pimiento, † cup chopped sweet pickles, tsp. salt, few grains pepper. Soak gelatine in cold water 5 minutes; dissolve over hot water. Beat dissolved gelatine into mayonnaise. Pour lemon juice over flaked fish; add remaining fold and chill. Serve on lettuce with | chill thoroughly.

Carnation Cucumber Sauce made by combining } cup Carnation No-Egg Mayon-naise with ½ cup diced cucumbers and 11 tbsp. grated Carnation No-Egg Mayon-

tsp. salt, few grains pepper, 1 tsp. dry mustard, 1 cup Carnation Milk, 21 tbsp. vinegar, 11-11 cups salad oil. Mix dry ingredients with Carnation; beat in vinegar; add oil gradually, beating thoroughly. Chill. If thinner mayonnaise is desired, use less oil or thin with undiluted Carnation before using. Keep in glass covered jar in cold place. Recipe makes 1 pint.

Carnation Ham Mousse-1 tbsp. gelatine, 1 cup cold water, 1 cup boiling eliminating the waste of spoiled foods. water, 2 cups ground boiled ham, 1 cup Try this pure whole milk, packaged for | diced celery, } cup diced sweet pickles, your convenience and sterilized for | cup mayonnaise, cup Carnation Milk, whipped*, few grains cayenne tion Cook Book. It is free. Address pepper. Soak gelatine in cold water 5 minutes, dissolve in hot water and add Carnation Tuna Fish Entree with to ground ham. When cool, add cayenne, celery, pickles, mayonnaise and last fold in the whipped Carnation. Mold and chill. Serve as a cold meat on a platter or as a salad on lettuce leaves with mayonnaise. Garnish with parsley, hard cooked egg or stuffed olives. Chicken, veal or crab-meat can

*To whip Carnation Milk cover unopened can with water and heat. When water has boiled 2 or 3 minutes ingredients, folding in mayonnaise last. remove can, cool in cold water and





Carnation Milk is absolutely uniform in quality, always pure and wholesome. Doubly rich in cream. Conveniently packaged. Always obtainable. Keeps perfectly. Gives better results. Saves cream and butter in cooking. Could you ask more?

(See recipes above)

The Safeguarded Milk "from Contented Covvs"

Light layer cake, 1st, Mrs. N. King; 2nd, Mrs. E. Ewing. Apple pie, 1st, Mrs. E. Ewing; 2nd,

Mrs. I. P. Wilson. Pumpkin pie, 1st, Mrs. E. Ewing; 2nd, Mrs. I. P. Wilson. Cornish pasties, 1st, Mrs. E. Ewing; 2nd, Mrs. I. P. Wilson.

Home-made milk loaf, 1st, Mrs. N. Collection of cooking, 1st, Mrs. I. P. Soda tea biscuits, 1st, Mrs. I. P. Wil-

Plain white buns, 1st, Mrs. I. P. Wilson; 2nd, Mrs. O. Rozon.

Graham buns, 1st, Mrs. I. P. Wilson; Scotch short-bread, 1st, Mrs. E. Ew-

Northern Ontario Power special prize, electric toaster, won by Mrs. I. P. Wilson for best display of home cooking.

Poultry Barred Rock ex. cockerel-1st, J. H.

Barred Rock utility hon, 1st, Mrs. N. King; 2nd, J. Godin; 3rd, J. H. Skelly Barred Rock utility cockerel, 1st, J H. Skelly; 2nd, J. H. Skelly; 3rd, J. H.

Skelly. Barred Rocks utility pen, old, 1st, Mrs. N. King. Barred Rock, utility pen, young. 1st,

Mr. H. Lloyd; 2nd, Mr. H. Lloyd. White Rocks hens, ex., 1st, W. D. Pearce; 2nd, W. D. Pearce; 3rd, W. D.

White Rocks utility pen, 1st, W. D. White Wyandott utility pen, 1st, J. G. Train

Canada Packers special prize, side of White Wyandott, ex, cockerel, 1st, J.

White Wyandott ex, pullets, 1st, J. Godin; 2nd, J. Godin; 3rd, J. Godin. S.C. White Leghorn ex, cockerel, 1st, J. H. Skelly; 2nd, J. H. Skelly; 3rd, J.

S.C. White Leghorn utility, young Ry. Co. special prize, \$5.00, won by I. P. Plain sugar cookies, 1st, Mrs. N. King; pen, 1st. A. D. Pearce; 2nd, A. D.

S.C. White Leghorn utility, old pen,

Pearce: 3rd, A. D. Pearce. Brown Leghorn ex, old pen, 1st, S. St. Brown Leghorn, ex, hen, 1st, St. Abin.

Brown Leghorn ex, young pen, 1st, Bron Leghorn ex, cockerel, 1st, S. St.

Brown Leghorn, ex., pullet, 1st, S. St. Blue Andalusian hen, 1st, E. Jakes;

2nd, E. Jakes. Blue Andalusian pullet, 1st, E. Jakes; 2nd, E. Jakes; cockerel, 3rd, E. Jakes. Jersey Black Giants, ex, hen, 1st, E. Jakes; 2nd, E. Jakes; cock, 3rd, E.

Jersey Black Giants, ex. pullet, 1st. N. McIvor. E. Jakes; 2nd, E. Jakes; 3rd. E. Jakes. Black Minorcas, young pen, 1st, S. St.

Canned Fruits and Pickles Canned wild fruits—1st, Mrs. H. Rap-

Canned domestic fruit-1st, Mrs. H

Canned tomatoes—1st, Mrs. H. Montrose; 2nd, Mrs. I. P. Wilson. Canned beets-1st, Mrs. I. P. Wilson;

2nd, Mrs. E. Ewing. Canned beans-1st, Mrs. H. Montrose. Tomato catsup-1st, Mrs. H. Mont-

Tomato chili-1st, Mrs. H. Montrose;

2nd, Mrs. E. Ewing. Meat relish-1st, Mrs. E. Ewing; 2nd, Mrs. I. P. Wilson. Sweet pickle—1st, Mrs. Farrell; 2nd,

Mrs. W. Wilson. Sour pickle-1st, Mrs. H. Montrose. Mustard pickle-1st, Mrs. E. Ewing;

2nd, Mrs. F. Gervais. entry, Northern Ontario strawberries. Exhibited in the same box were ripe fruit, green fruit and Special prize, Mrs. E. J. Rapsey.

Field Grain

Alaska oats-1 sheaf-1st, P. Mit-

Field Roots Potatoes, long, 1st, Tinkess and Pocock: 2nd, E. Jakes. Potatoes, round, 1st, H. Sullivan; 2nd,

I. P. Wilson. Swede turnip, 1st, Tinkess and Pocock: 2nd, E. Jakes. Garden Vegetables

Cabbage, 1st, I. P. Wilson; 2nd, W. G. Skinner.

Cauliflower, 1st, I. P. Wilson; 2nd, W. D. Pearce. Carrots, long, 1st, G. Train; 2nd, E.

Carrots, short, 1st, I. P. Wilson; 2nd, P. Rotondo.

Celery, 1st, I. P. Wilson; 2nd, P. Ro-

Tomatoes, ripe, 1st, I. P. Wilson; 2nd, Tinkess and Pocock.

Tomatoes, green, 1st. I. P. Wilson; 2nd, Tinkess and Pocock. Onions, 1st, W. G. Skinner; 2nd, I. P. Wilson.

Corn. 2nd. W. G. Skinner. Parsnips, 1st, I. P. Wilson; 2nd, E.

Wax beans, 1st, I. P. Wilson; 2nd, E. Broad beans, 1st. W. D. Pearce; 2nd,

W. G. Skinner. Pole beans, 1st, W. G. Skinner; 2nd, P. Rotondo.

Beans, any variety, 1st, J. Singleton; 2nd. Mrs. W. Irving. Radishes, 1st, Tinkess and Pocock;

2nd, I. P. Wilson. Vegetable marrow, 1st, I. P. Wilson; King. 2nd, W. D. Pearce. Cucumber, 1st, I. P. Wilson; 2nd,

Tinkess and Pocock. Squash, Hubbert, 1st, I. P. Wilson. Pumpkin, 1st, I. P. Wilson; 2nd, P.

Lettuce head, 1st, I. P. Wilson; 2nd Tinkess and Pocock. Beets, long, 1st, Mrs. W. Irving.

Beets, round, 1st, P. Rotondo; 2nd, Kohl, Rabi, 1st, E. Harovath; 2nd, Mrs. W. Irving.

Crookneck squash, 1st, I. P. Wilson. Leaf lettuce, 1st, Tinkess and Pocock. Mrs. Gauthier. Swiss chard, 1st, Mrs. W. Irving; 2nd,

Mrs. Moyle. and, Mrs. Irving. 12 Assorted Asters, 1st, Mrs. Irving; Now what is par on Limburger?

2nd, Tinkess & Pocock. 6 French Marigolds, 1st, Mrs. Singleton, 2nd, Mrs. Moyle. nolds: 2nd. Mrs. R. Stark. 6 Calendula, 1st, Mrs. R. Stark; 2nd,

Mrs. Reynolds.

6 Pinks, 1st, Mrs. Irving; 2nd, Mrs. 6 Gladiolus, 1st, Mrs. Gauthier; 2nd, H. Sullivan.

3 Dahlia assorted, 1st, Mrs. Gauthier; 2nd. Mrs. Londry. 12 Nasturtiums, 1st, Mrs. Reynolds 2nd. Mrs. Stark.

6 Roses, assorted, 1st, Mrs. Stark; 2nd, Mrs. Cross. 6 Snapdragon, 1st, Mrs. Irving; 2nd,

Mrs. Stark. 3 Cactus Dahlia, 1st, Mrs. Gauthier; 2nd, Mrs. Londry.

3 Bunches Sweet Peas, 1st, Mrs. grocers. In the red-and-green Cross: 2nd, Mrs. Stark. package. Made by Kellogg in 6 Phlox, assorted, 1st, Tinkess & Pocock; 2nd, Mrs. Irving.

6 Petunias, double, 1st, Mrs. Stark; 2nd, Mrs. Stark. 6 Petunias, single, 1st, Mrs. Stark;

2nd, Mrs. Stark. 6 Mignonette, 1st, Mrs. Reynolds. 12 Pansies, 1st, Mrs. Gauthier; 2nd,

Tinkess & Focock. 6 Zinnias, 1st, Mrs. Cross, 2nd, Mrs. Gauthier.

12 Poppies, 1st, Mrs. Stark; 2nd, Mrs. Collection Perennials, 1st, Mrs. Stark.

Peas, large, 1st, W. D. Pearce; 2nd, 2nd, Mrs. Singleton. Collection Annuals, 1st, Mrs. Stark; 2nd Mrs. Singleton.

Basket of Garden Flowers, 1st, Mrs. Stark: 2nd, Mrs. Moyle. Collection of vegetables, 1st, Tinkess Table Decoration, 1st, Mrs. Reynolds; 2nd. Mrs. Gauthier.

Perennial Phlox, 1st ,Mrs. Stark; 2nd, Mrs. Gauthier. 6 Verbenas, 1st, Tinkess & Pocock;

Temiskaming and Northern Ontario 2nd, Mrs. Moyle. 3 Dahlia, decorative, 1st, Mrs. Londry; 2nd, Mrs. Gauthier. 3 Stems Salpiglossis, 1st, Mrs. Irving;

Water colour, 1st, Frances King; 2nd, 2nd. Mrs. Stark. 1 Rex Begonia, Mrs. H. Rapsey. Fibrous Begonia, Mrs. McIvor. Flowering Plant, 1st, Mrs. McIvor; 2nd, Mrs. Hogg.

Swift-Canadian special for most first prizes, plants and flowers-Mrs. Stark. Webb & Sons, special for best col_ lection of annuals-Mrs. R. Stark with 24 varieties of flowers.

Steele, Briggs special for 100 ft. lots, vegetable section—W. D. Pearce. Steele, Briggs special for 50 ft. lots, vegetables-W. G. Skinner.

Another example of the value of advertising in The Advance! Mr. Blake Martin had a small advt. in the paper last week offering a garage for rent. He could have rented it several times before seven o'clock the evening of the date of publication, but, of course, only needed the one tenant, and the renting of the garage was satisfactorily arranged soon after the newspaper was published.

St. Mary's Journal-Argus:-Lim-6 Large Asters, 1st, Mrs. Gauthier; burger cheese was banned in Kitchener because the quality was below per.

Sudbury Star:-A woman in Chicago has filed suit for divorce because her 6 African Marigolds, 1st, Mrs. Rey- husband kicked his stepchildren. That's what might be expected when a man marries and gets children to boot.

"Fruit-a-tives" didit, says Mr. Alfred Gingras. Thousands write ner-FINE "Fruit-a-tives" from druggisttoday.

Mail This oupon Now

A. W. PICKERING P.O. Box 813, Timmins Send me further particulars of the Low Cost Confederation Series Policies, as issued by the

Confederation Life Association.

Started with \$1,000 Policy. Now has \$41,750 with Confederation Life.

Read what he says:

Confederation Life Association, Toronto, Ont.

Re: My Policies Nos. - and - . As you know, I had a Policy mature some years ago, for \$1,000.00 on the Twenty Pay Life Plan, at which time I took the profits thereon and left a Paid-up Policy, which has been continuing to pay me profits ever since. I regret that this Policy is not larger. The point I wish to make is that I

should have bought more at an earlier age. However, since that time, I have placed four additional Policies with you, making a total insurance now carried with the Confederation Life Association of \$41,750.00.

I do not hesitate in recommending your Company to the insuring public.

Yours truly,

Once a man or woman takes out a Confederation Life policy, he or she is so thoroughly satisfied that they almost invariably place further insurance with the Association.

We have recently issued a new Confederation Series of Low Cost Policies, with Total Disability and Double Indemnity Accident Benefits, and participating in the profits of the Association. Those contemplating further insurance are strongly recommended to write for particulars. Use the coupon for convenience.

Confederation Life

Association

Head Office

Toronto

The Highway Traffic Amendment Act, 1930

Do All Ontario Motorists Understand the New Law?

For the past three months, The Canadian Automobile Underwriters Association has endeavored to familiarize the Motorists of Ontario with the provisions of the New Safety Responsibility Law which became effective September 1st.

The Agents of the Companies have been furnished with information and have been explaining the Law to their clients.

The Analysis of the New Act prepared by the Underwriters has been widely distributed.

But do you NOW as a motorist fully comprehend the effect of the law?

Are you insured?

If not, are you prepared to pay for the damage you may do to the person or property of another?

Don't wait for the Accident---Insure Now.

Details of the Law and particulars about insurance will be promptly furnished by the Agent of any Company a member of

The Canadian Automobile Underwriters Association