



Build up Strength after "Flu" Attack

Suggestion that Invalid Diet be Made into Easily Digested, Appetizing Foods. Some Suitable Recipes

With large numbers recovering from attacks of the "flu," the following article from The Canadian Food News seems to be specially timely. It may be noted that recipes given apply to Canadian conditions and have been checked by Canadian dietitians as well as by two Canadian women editors. The article reads as follows:—

Many are on "flu" diet—either just recovering or just back at work. To avoid gulping quantities of raw eggs convalescents will feel more normal if eggs and milk are put in appetizing dishes. Sometimes, of course, eggs and special diet are ordered by the doctor. But for hundreds who can't shake that weary after "flu" feeling, appetizing energy foods make the world brighter. Yet these are chosen for high nutrition value, and very easy digestibility.

Chocolate Souffle

- 2 1/2 squares unsweetened chocolate, cut in pieces
 - 1 cup cold milk
 - 2 tablespoons melted butter
 - 3 tablespoons flour
 - 1-3 cup sugar
 - 3 egg yolks, beaten until thick and lemon colored
 - 3 egg whites, stiffly beaten.
- Add chocolate to milk in double boiler and heat. When chocolate is melted, beat with rotary egg beater until blended. Blend butter with flour. Add chocolate mixture slowly, stirring constantly. Continue stirring and cook until thickened. Remove from fire. Combine sugar and egg yolks. Add chocolate mixture slowly, stirring vigorously. Cool. Fold in egg whites. Turn into greased baking dish. Place in pan of hot water and bake in moderate oven (350°) 50 to 60 minutes, or until souffle is firm. Serves 8.

Adding a popular flavor to cheese custard into a delightful dessert gives the homemaker an opportunity to try her art. The coconut adds to the appearance as well as the flavor and food value of Coconut Cup Custard.

Coconut Cup Custard

- 3 eggs, slightly beaten
 - 6 tablespoons sugar
 - 1 teaspoon salt
 - 1 teaspoon nutmeg
 - 2 cup premium shreds cocoanut
 - 3 cups milk, scalded.
- Combine eggs, sugar, salt, nutmeg, and cocoanut. Add milk gradually. Pour into individual baking dishes, place in pan of hot water, and bake in slow oven (300° F) 35 to 40 minutes, or until knife inserted comes out clean. Chill. Serves 6.

Fire Marshall Asked to Continue Investigation

The Ontario Fire Marshall's department has been asked to conduct an enquiry into a recent fire at Halleybury, the authorities not being satisfied with the information they have been able to gather in regard to certain features of the fire. In referring to the matter last week The Halleyburian said:—

"At the request of the police, the Fire Marshall of Ontario is to be asked to enquire further into a fire which occurred early yesterday morning at 66 Jamieson Street, Cobalt, in a single storey frame dwelling house situated at that place. The occupants, Mr. and Mrs. A. D. Murray, were absent at the time, and the police state that information they have been given since has been such that they feel a wider investigation should be made. The fire itself did comparatively little damage to the premises and was soon under control. It originated, according to Fire Chief Stinson, from a furnace pipe, and burned a hole in the living room floor, running up the wall and into the attic. A telephone call from H. E. Tomney who had smelled smoke, brought the brigade at four o'clock, two lines of hose were laid and the flames were quickly extinguished. Some damage was done by water and smoke and the walls were blistered. Subsequently, Chief of Police Delves and Provincial Constable R. O. Stromberg interrogated Mr. and Mrs. Murray, and also a Mrs. Cook, of New Liskeard, who was with them during the night, and the three were taken over to Halleybury, where they were further questioned at provincial police district headquarters. Later, they were allowed to go, but it was announced the matter would be turned over to the Fire Marshall for his attention. Conflicting stories of their movements were given by the trio, the police intimidated. According to the police, Chief Delves and Constable Stromberg had seen Mr. and Mrs. Murray, Mrs. Cook about the town in the earlier part of the morning while the officers were engaged on other business, and they say the trio did not come back to the house on Jamieson Street until after the fire. Chief Stinson declared there were no occupants of the building when the fire was burning, and he left W. McRae, member of the volunteer brigade, in charge of the premises after the blaze had been put out."

Foretells Increase in the Use of Corn

Col. the Hon. T. L. Kennedy, Minister of Agriculture, Refers to Corn as Canada's Staple Food. Gives Credit to Canadian Canning Industry.

In an interview at Toronto recently, Col. The Hon. T. L. Kennedy commented on the increased interest which was being shown by the canning industry in the use of corn as a staple article of Canadian diet.

"After all," commented Col. Kennedy, "corn is the original and national food of Canada. Long before the advent of the white man, corn formed the staple diet of the inhabitants of this country."

"In practically every section of Canada, and particularly here in Ontario, corn represents a valuable crop and the many varieties grow to perfection."

"Many of us can quite easily remember when corn, freshly picked, was a seasonal delicacy to which we looked forward every Fall. Now, thanks to the modern methods of canning, we are able to enjoy this appetizing food throughout the entire year. Great credit is due the Canadian canning industry for the progress which has been made, not only in the actual methods of canning, but also in the development of new varieties of corn and the improvement of existing varieties."

"Not only have the canners increased the household consumption of corn, thereby benefiting the growers, but they have also provided a source of employment for many thousands of Canadian workers."

Questioned as to the value of corn as a food, Col. Kennedy stated that "according to dietetic experts, corn represents a very valuable article of diet. It is an important source of carbohydrates and is also rich in proteins and vitamins A and B. In addition, corn represents a valuable roughage or bulk food and as such is a necessary addition to our present day diet of more concentrated foods."

"Modern preserving methods make canned corn every bit as nutritious as the fresh product. The nutritive values as well as vitamin contents are perfectly preserved."

"I am heartily in accord with the policy of making the utmost uses of our own natural and national products," concluded Col. Kennedy, "as it is in this way that we can insure a market for our agricultural production and, incidentally, maintain Canadian industries to supply employment for our people."

Blairmore Enterprise.—The farmer boy wants to be a school teacher, the school teacher wants to be an editor, the editor wants to be a banker, the banker wants to be a trust magnate—and the trust magnate hopes some day to own a farm and have chickens and pigs.

The Ontario Government will take over the entire administration of relief in Sudbury and, while the city must continue to pay 15 per cent. of the cost, its relief expenditures may be financed with debentures backed by the Government. The new welfare board recently instituted by the city will cease to function and appointments of officials by that body will not be effective. Relief will be administered by the welfare board which was established for the city and district by the Government some weeks ago. G. E. Buchanan, K.C., of Sudbury, is chairman.

LOOK OUT FOR THESE SYMPTOMS OF CONSTIPATION

Get Relief With Kellogg's ALL-BRAN

Headaches, loss of appetite and energy, shallow complexions, and sleeplessness are often warning signs of common constipation. Unless checked, constipation may impair health.

Today, you can get rid of common constipation by simply eating a delicious cereal. Laboratory tests show that Kellogg's ALL-BRAN provides "bulk" to exercise the intestines, and vitamin B to further aid regularity. ALL-BRAN is also a good source of blood-building iron.

The "bulk" in ALL-BRAN is much like that in leafy vegetables. Inside the body, it forms a soft mass. Gently, it clears the intestines of wastes. How much better than taking patent medicines.

Two tablespoonfuls daily will overcome most types of constipation. Serious cases, with every meal. If not relieved this way, see your doctor.

Enjoy ALL-BRAN as a cereal, or use in cooking. Appetizing recipes on the red-and-green package. At all grocers. Made by Kellogg in London, Ontario.

TRADE DISRUPTION AND NOT GOLD STANDARD AT FAULT

There are all sorts of amateur explanations and remedies for present conditions, many of them like Miss Macphail's inflation policy that has been disproved by history and experience. The fact that hard reality has shown them injurious in the past does not deter the amateur from broad conjecture and wild surmise. The attention of Miss Macphail, M.P., and all her followers is called to the following paragraph in the January bulletin of the National City Bank of New York:—

"The fallacious arguments employed in former depressions are being put forward as reasons for seeking some other way out of this one than the way of trade and price adjustment, but no ground exists for believing that that there is any other way. It is stated that the price level will not recover, or that the world is all developed and there is less work to be done, or that the machine has put men permanently out of work; and these are given as reasons for tinkering with the money standard, or for employing the other panaceas proposed. None of these arguments is new, to economic history. They regularly recur in every depression, and they are generally refuted by the outcome. The responsibility for present conditions does not belong to the gold standard or the monetary system, or to any other of the facilities which civilization has evolved to raise its living standards, but to the disruption of ordinary trade and price relationships, and the remedy is not through altering the facilities but by removing the cause of the disorder."

Barrie Examiner.—A casket factory is soon to be opened in Grave-nhurst.

Trans-Canada Road Should Come North

Old-Time Pioneer of the North Returns to the Battle for the Proper Routing of the Trans-Canada Highway Through North

H. A. Preston is still hammering away at the idea that the Trans-Canada highway should be routed over the Ferguson highway and west from Hearst. Those who have studied the question without prejudice and with the general interests of Canada at heart will be able to heartily agree with Mr. Preston and to wish him more power in pressing upon the powers-that-be and the public the importance to the country of the right route being chosen for the Trans-Canada highway. Mr. Preston's persistent efforts in this regard have been of decided service not only to the North but to the country as a whole. In this case there can be little doubt but that the interests of the North coincide with the interests of the country in general. Last week Mr. Preston sent The Advance the following letter on this topic:—

Schumacher, Ont., Feb. 4th, 1933. To the Editor of The Advance, Timmins.

Dear Sir:—More settlers for the North, BUT no settlement yet as to which route is the best for the Trans-Canada highway!

Having read in The Advance where the town of Simcoe is interested in back-to-the-land settlement, and that they expect to send some families to the North, I think Simcoe should stand by the Ferguson-Hearst route, and also any other place in Old Ontario should do the same. The tourist trade is one of the settlers' best assets, and to divert it up the farthest shore of Lake Superior is nothing short of laying the foundation for another depression. Every auto that comes up the Ferguson route leaves at least some money for the T. & N. O. Ry., and the tourists consume a considerable lot of food-stuffs grown along it. If Hon. Mr. Finlayson and Premier Henry prefer to take the tourist trade away from the settlers and the only large agricultural land in Northern Ontario, with its gold camps and dozens of towns, and on top of this prefer to see Ontario's money going to develop Quebec's mining, then I feel sure this North will start to slide down hill. We must have the Trans-Canada highway to benefit the farmers and settlers and we must have the road from Porcupine to Sudbury to open up new mines and fetch business to the Canyon power line owned by the people.

What sense is there to buy that power and then do something to divert the prospectors and money to Quebec? What sense is there to extend the T. & N. O. Railway to James Bay and also build a Ferguson highway, and then swing around and put another highway over rocks only, and encourage tourists to go that way where they will see only rocks and water. Ontario needs to watch out, or Quebec will be years ahead of us.

Yours truly, H. A. Preston

Toronto, Mail and Empire.—Kipling, Service and Drummond are the most popular poets among the road camp workers in Northern Ontario. One thing to be said about them is that they leave nobody in doubt as to their meaning, and when people are down to brass tacks that is what they like in their poets.

NOTICE

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ABOUT THE PRESIDENT OF G.E.D.O.R. LUMBERMAN

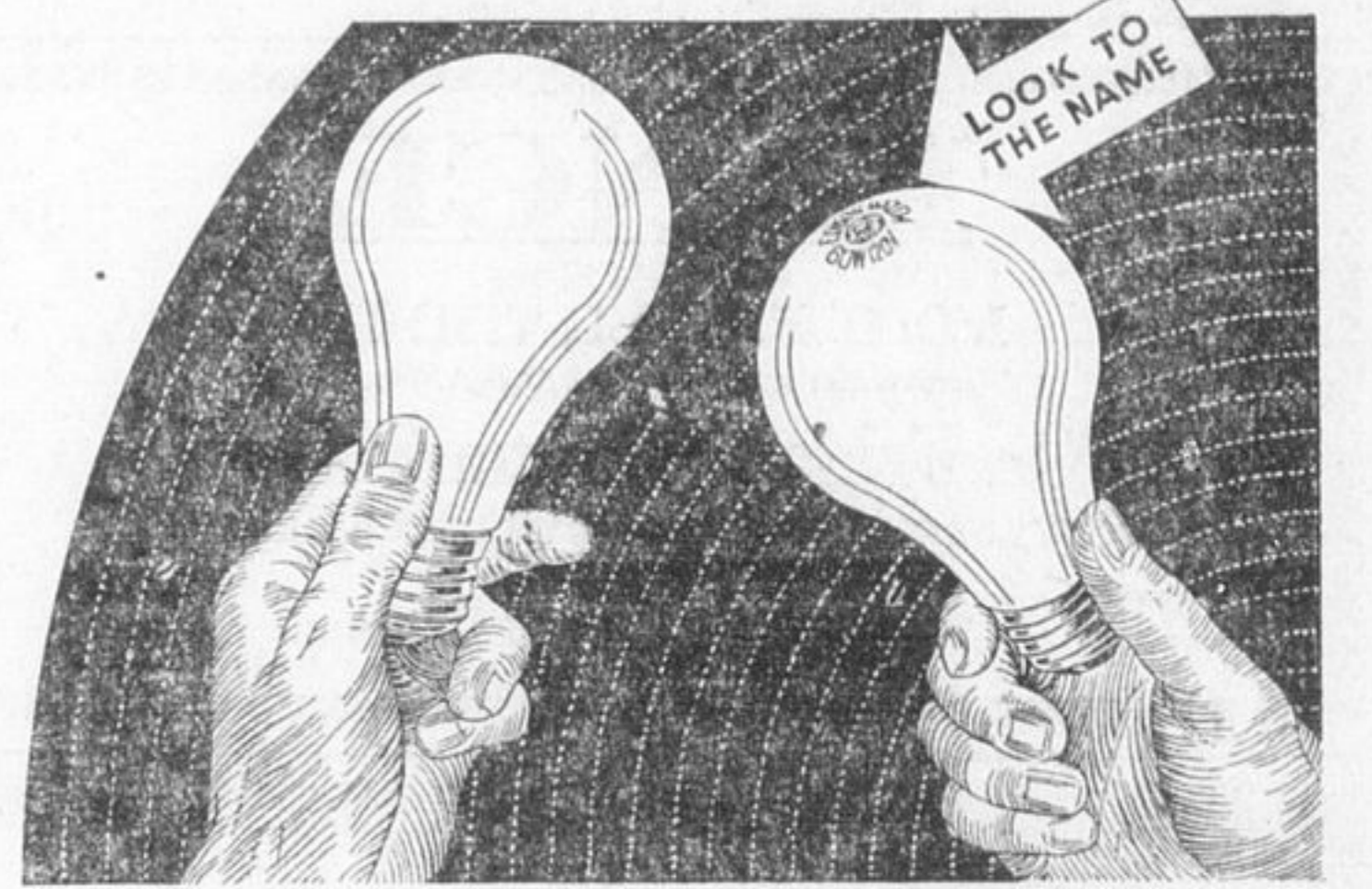
The Canada Lumberman last week says:—

"H. C. Dunbar, of Halleybury, Ont., who was recently elected chairman of the Gold Belt District of Ontario Retail Lumber Dealers, has been associated with the forest products industry since 1897. About twenty-seven years ago he opened a lumber yard at Halleybury, and shipped many carloads to the mines at Cobalt. In 1903 he built a planing mill at Halleybury, and started a lumber yard at Elk Lake. In the winter of 1909-10 the subject of

this reference launched another yard at Porcupine, teaming the lumber from Keisla—thirty-three miles. In 1912 a yard at Timmins was opened by Mr. Dunbar and three years later his planing mill at Halleybury was burned down. Since then he was engaged in the sawmill and wholesale lines until 1930. The Halleybury Lumber Co. started a yard in Halleybury after the big fire of 1922, and built a planing mill in 1924. A branch yard was opened at Kirkland Lake in 1927. The officers of the Halleybury Lumber Co. are President, M. J. C. Neave; Vice-president, H. F. Strong; Directors: A. J. Murphy, Halleybury, G. F. Somers, Toronto, and H. C. Dunbar, Halleybury."

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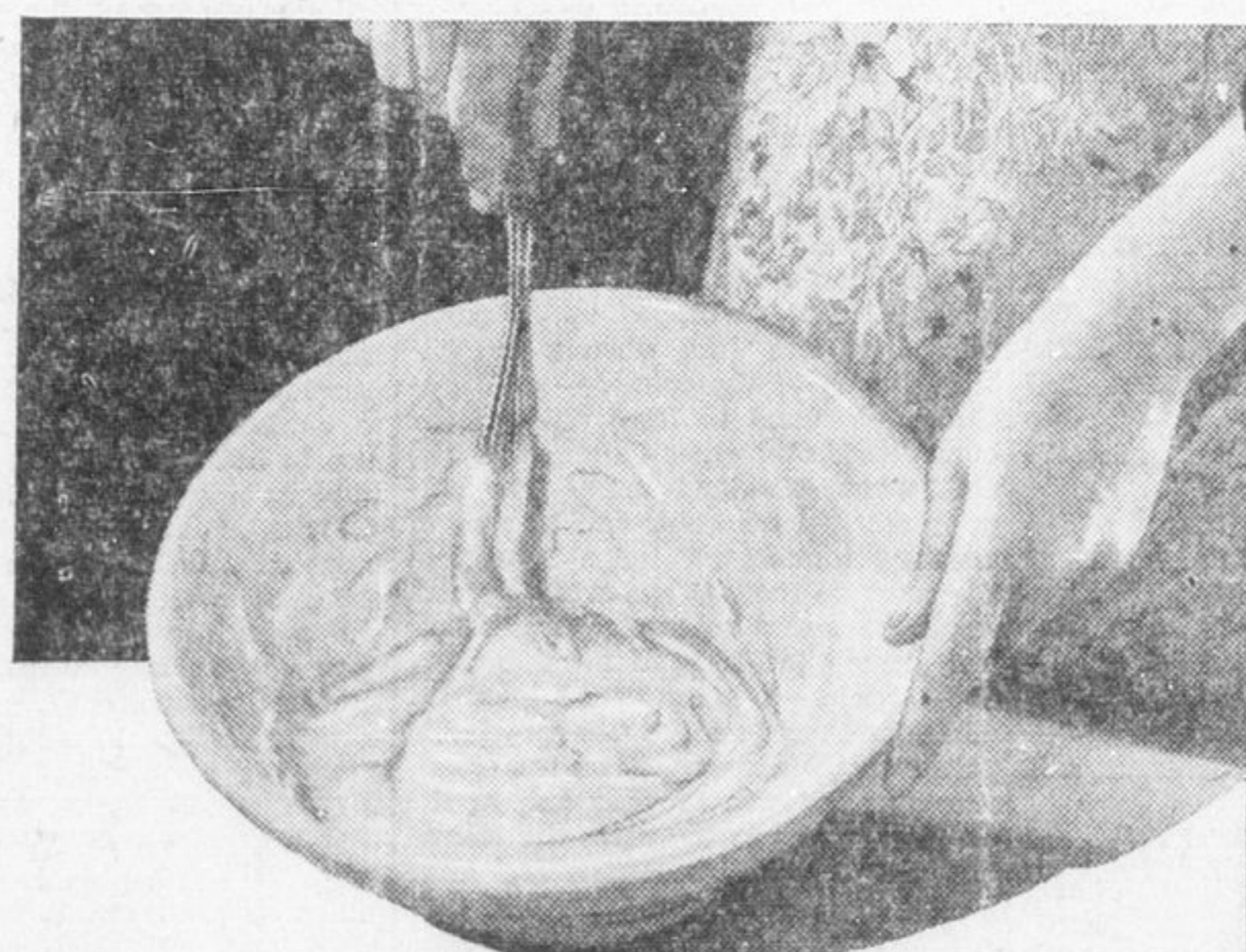
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A NEW MYSTERY CAKE . . . another

First Prize \$250 • Second Prize \$100 • Third Prize \$50 • 60 Prizes of \$10 each

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Find a name for Miss Ethel Chapman's MAGIC MYSTERY CAKE



MISS ETHEL CHAPMAN, well-known cookery authority of the Ontario Farmer, says: "My advice to all housewives is: Use Magic Baking Powder. Then there is no uncertainty about your baking." Canadian home makers will do well to follow Miss Chapman's advice. It is always practical.

Here's Miss Chapman's Recipe. Can you name it?

- 1/4 cup butter
- 1/4 cup fine granulated sugar
- 1/4 cup boiling water
- 2 squares unsweetened chocolate
- Yolks of 2 eggs—white of 1 egg
- 1/2 cup milk
- 1/8 cups pastry flour or 1 cup bread flour
- 2 teaspoons Magic Baking Powder
- 1/2 teaspoon salt
- 1/4 teaspoon vanilla

Sift together three times the flour, Magic Baking Powder and salt. Beat egg yolks and 1 white (saving 1 white for frosting). Put butter into mixing bowl, add sugar, pour boiling water on the shaved chocolate, stir quickly, and when melted add to butter mixture; add beaten eggs, then dry ingredients alternately with milk, add vanilla; beat all together. Pour into a greased cake tin and bake in moderate oven.

FROSTING: Boil 1 cup sugar and 1/2 cup boiling water together without stirring until syrup threads when dropped from tip of spoon. Beat white of 1 egg stiff. Pour syrup gradually on beaten egg, beating constantly until of consistency to spread. Add 1 teaspoon vanilla (or 1/2 tablespoon lemon juice) and spread over cake. Sprinkle 1/2 cup broken walnut meats or almonds, blanched and split, on top.

If marshmallows are preferred in frosting, stir 3 into the hot syrup just before pouring into beaten egg white. Beat to a smooth fluff, allow it to "set" for a few minutes, then spread on cake. Nut meats are not used with the marshmallow icing.

Join in the Fun . . . Canadian housewives everywhere are naming Magic Mystery Cakes . . .

Powder, as Miss Chapman recommends. Always uniform—Magic gives unfailingly good results. Not surprising, is it, that all through the Dominion Magic is the favorite of cookery experts and housewives alike?

WHAT'S in a name? Anywhere from \$10 to \$250 in Magic's great Mystery Cake contests! It's up to you to see how much you can win.

Miss Ethel Chapman originated this Magic Mystery Cake . . . it's new, delicious, easily put together, and not a bit expensive! Surely you can think of a good name to call it! Read the recipe.

If you like, make up the cake yourself. And be sure to use Magic Baking

Names for Miss Chapman's Mystery Cake must be sent in by February 28. Don't delay. You have as good a chance as anyone to win a prize!

When you bake at home

the new, FREE Magic Cook Book contains tested recipes for dozens of tempting dishes. Send for it. Address Gillett Products, Fraser Avenue, Toronto 2.



CONTAINS NO ALUM. This statement on every tin is your guarantee that Magic Baking Powder is free from alum or any harmful ingredient.

Contest Rules Read Carefully

- 1 All you do is name the mystery cake. Only one name from each person.
- 2 PRINT at the top of your paper in ink (or typewrite) "Miss Chapman's Mystery Cake." Under this, print your suggestion for a name. Then, in the lower right-hand corner, print your own name and address, clearly and neatly. Do not use pencil.
- 3 Do not send the cake itself—just the name and your own name and address. It is not essential to bake the cake to enter the contest.
- 4 Members of our own organization or their relatives are not eligible to take part in this contest.
- 5 Contest closes FEBRUARY 28, 1933. No entries considered if postmarked later than February 28 midnight. No entries considered if forwarded with insufficient postage.
- 6 Judges: Winning names will be selected by a committee of three impartial judges. The decision of these judges will be final.
- 7 Prize winners will be announced to all entrants within one month after contest closes.
- 8 In case of a tie, the full amount of the prize money will be paid to each tying contestant.
- 9 Where to send entries: Address your entries to Contest Editor, Gillett Products, Fraser Avenue, Toronto 2.

NOTE: Other Magic Mystery Cakes come in! Watch for them in later issues of this newspaper.