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Everyone Should be Follower of a Hobby

It Doesn't Make Much Difference What
the Hobby May be but it is a Fact
that Everyone Should have
Some Hobby.

There is an interesting and suggestive article in the current issue of The C.N.P.C. Review, the magazine published by and for the employees of the Canada Northern Power Corporation. The article is as follows:—

Have You a Hobby? If Not,
Why Not.

There seems to be general agreement between those gentlemen who claim to have made sufficient of a study of humanity to justify their giving advice to their fellow-creatures, that everyone should have a hobby of some sort. They also agree that the nature of the hobby is not of paramount importance so long as it provides a means of relaxation for the nerves or muscles that are utilized while following one's regular avocation.

This principle seems to have considerable merit. In that by adopting it, a person should develop a more perfectly balanced entity than would otherwise be the case.

For instance, it would appear reasonable for a man who earned his living as a letter carrier or a carpet beat-

ter to have as a hobby something which provided exercise for his mental faculties, while to such a man golf would seem to be too much like his work to provide the necessary demands on his latent faculties.

Likewise for a man whose work demands that he stick to his desk and exercise his wits in planning and dealing with other people, we would imagine that the exercise acquired in knocking a helpless little white ball from one place to another should enable him to develop muscles which otherwise are apt to become flabby. At the same time considering that his ordinary occupation demands that he shall keep his temper under control, the idiosyncrasies of a golf ball provide him with an opportunity of letting off the pent-up steam that has accumulated during his working period, and which seeks an outlet. The ball having no ears nor any feelings will take all his abuse and thus render his wife and family less subject to an exhibition of moodiness or spleen.

For years the writer has tried to convince his fellowmen that the pursuit of gardening was the hobby par excellence, and a few converts have been made, which we thought would be placed to our credit much as the Boy Scout builds up his record of one good deed per day.

The care of a garden provides just as much exercise as the ordinary man of sedentary habits cares to put forth, and the pleasure of producing something from practically nothing, or a smattering of the joy of creation is an emotion which should make a special appeal to the average man who is not afflicted with memories of too much garden when he was a youngster.

We often feel that those men whose juvenile days were spent on a farm, particularly where they were obliged to spend most of the days hoeing corn or potatoes under a hot sun, while other boys never set foot in a garden except when they were in search of worms for their fishing expeditions, really have a grievance against their parents, or

at least against the conditions which led them to swear that if ever they could get a job in town they would never handle a hoe again.

Of course, there are several kinds of gardeners, and the pleasure they derive from their gardening varies accordingly. One may specialize in flowers, or even one species of flower and his greatest exaltation comes from the sight of perfect specimens of the flower he has adopted. Or maybe he prides himself on his practical temperament in which event he devotes himself to the growing of good things to eat. From the time he chooses the seed, through the stages of seeding right up to maturity, in his mind's eye he can see the succulent vegetables he hopes to enjoy as the season advances. In good years he has a double reward for he has the pleasure of seeing things grow as well as the material satisfaction of reaping a harvest. The one drawback to the adoption of vegetable gardening exclusively is that one poor season is sufficient to cause a man to abandon gardening as a hobby from sheer disgust.

The ideal type of garden for adoption as a hobby is one where, not only vegetables and flowers find a place, but also fruits, for there are so many varieties which can be experimented with that one can always find something of interest to do or to look forward to.

This feature furnishes one of the great advantages of gardening as a hobby. From the moment the snow goes, or even before that time, if one believes in getting an early start, until the ground is frozen up in winter, the enthusiastic gardener can always find something interesting to do.

Some people despise gardening as lacking the competitive element in which they are greatly in error, for while in most hobbies the enthusiast must contend with some opponent as in those pursuits classed as sports and in others it may be that financial considerations act as an obstacle to be overcome, of which stamp collecting and like pursuits are examples, the gardener has not one, but a dozen opponents, all of which must be met and outsmarted. These include cold, heat, dryness, moisture, insects, birds and occasionally predatory youth, dogs, cats and wind.

All or any of these may be expected every year, and the present season is no exception. The chief bugbear to haunt the amateur horticulturalist during the past two months has been the ordinary slug, and its name appears to be legion.

Ordinarily it is a pest which thrives in moist weather but this year, although it has been dry, just at the time vegetable seeds were germinating, armies of slugs seemed to be waiting to devour the seedlings as they appeared above ground. They provided plenty of competition for the gardener, for although slugs are not noted for their speed, what they lack in that respect, they make up in numbers and appetite. Another annoying feature about the slug is his discriminating taste, for no matter how many succulent weeds there may be no self-respecting slug ever seems to be content with eating anything but the tender seed leaves of those plants which human beings have adopted as table vegetables with the possible exception of a few extra choice flowers.

However, it is possible to circumvent these slimy pests by keeping the hoe working and the use of lime, and the day usually comes when those plants which have survived are able to make more growth than their enemies can consume.

But it was not our intention when we commenced this article to attempt to give gardening hints, but rather to emphasize the desirability of everyone having a hobby, for while most people in their youth and during the prime of life appear to have plenty of interests

Increase in Output of Gold in Half-Year

Notable Increase in Value of Gold Production of Ontario for First Half of This Year. Some Figures to End of July.

For the first six months of 1934 the output of the gold mines of Ontario shows a gain of slightly better than \$11,000,000 over the similar period in 1933. The corresponding figures are \$40,592,759 and \$29,616,649. This year's total was produced from 1,179,518 ounces of gold and 208,825 ounces of silver. Tonnage in 1933 was 3,266,707 and in 1934, 3,580,356.

Kirkland Lake camp for the period under review showed an increase of \$6,049,845, while Porcupine's gain was \$4,432,714. The aggregate increase for the month of July was \$1,977,744. The producing mines in order of output for July, by camps, were as follows:

Porcupine Belt (6), Hollinger, McIntyre, Dome, Coniaraum, Buffalo-Ankerite, Anglo-Huronian (V. pond), Kirkland Lake Belt (9), Lake Shore, Wright-Hargreaves, Teck-Hughes, Sylvanite, Macassa, Kirkland Lake, Toronto, Ashley, Barry-Hollinger.

Northwestern Ontario (6), Howey, Central Patricia, Parkhill, Northern Empire, Ardeen, J. M. Consolidated.

Production by gold mines of the province for the first seven months of 1934, as reported to the Ontario Department of Mines, comparative figures for 1933, are shown below. All values are in Canadian funds.

Porcupine Belt—	1933	1934
January	\$1,846,251	\$2,513,227
February	2,074,718	2,692,955
March	2,456,932	2,726,532
April	2,102,162	2,648,257
May	2,089,091	3,000,977
June	2,034,710	2,545,566
July	1,811,365	2,720,509
Total	\$14,415,329	\$18,848,043

Kirkland Lake Belt—

January	\$2,023,260	\$2,781,721
February	2,129,516	2,655,784
March	2,228,781	3,016,363
April	2,080,165	2,801,916
May	1,942,544	3,217,018
June	1,868,620	2,951,009
July	1,924,852	2,853,782
Total	\$14,227,738	\$20,277,593

Northwestern Ontario—

January	\$136,830	\$233,080
February	113,344	199,889
March	181,325	218,430
April	158,516	216,668
May	138,083	236,619
June	134,015	211,298
July	111,469	251,139
Total	\$973,582	\$1,567,123

Grand Total \$29,616,649 \$40,692,759

The values for 1933 have been translated to Canadian funds by applying the average monthly exchange rates, namely, \$1.143, \$1.197, \$1.199, \$1.179, \$1.141, \$1.112 and \$1.058 respectively, for the first seven months of the year.

Quality and Advertising Responsible for Success

"Maintain a high standard of quality in a product, advertise it consistently, and people will value it and be faithful to it in good times and bad." That, in a sentence, is the experience of The Canadian Shredded Wheat Company, Ltd.

In line with this experience during the past 40 years the company has again widened the scope of its advertising messages and sales of Shredded Wheat are already mounting in consequence. This product, prepared entirely from the finest "number one" Canadian wheat, with nothing added and nothing taken away, conforms to the medical advocacy of whole wheat served with fruit and milk or cream as the ideal summer diet. This combination provides the elements necessary to build and maintain health.

The company is one of Canada's most consistent newspaper advertisers. In its 40 years of existence it has used over a billion sales messages estimated on the basis of the total circulation of the mediums it uses, and the frequency with which it advertises in them. To-day there is hardly a place in Canada where Shredded Wheat is not enjoyed daily in most homes.

with which to occupy their minds, one cannot help observing that there are many who have reached what are referred to as one's declining years who, when they do not require or are unable to continue at their regular work, are at a complete loss as to how to occupy their time. Indeed for that matter, many people both men and women, still apparently in the prime of life, have great difficulty in finding anything to interest them during the times they are compelled to desist from their work, with the result that they adopt sundry empty diversions in search of escape from ennui.

It is people in this category who adopt every passing craze of which cross-word puzzles, jig-saw puzzles and other more inexpensive and fruitless timekilling fads are samples.

The adoption of a worthwhile hobby or possibly more than one, which can be developed in the years before one becomes set in his ways, will provide a sure haven for one's weary nerves and muscles, at the end of an exacting day's work, and furnish in interest or interests to which one may devote his attention and help to retain that zest for life, which so many people seem to lose when they retire from actual duty.

Some More Recipes of Different Kinds

Flake Pastry, Apple Pie, Pork Chops with Spinach, Gingerbread, Jam Sauce, and an Oyster Cocktail.

A reader of The Advance sends in the following group of recipes with the notation that for the oyster cocktail it will be necessary to wait until next month as there is no "r" in August, and there has to be an "r" in the month to make oysters eligible for the food list:—

Flake Pastry
2 cups flour
1 teaspoon baking powder
1 teaspoon sugar
1 teaspoon salt
2-3 cup shortening
6 tablespoons water
Sift flour, salt, sugar and baking powder together; cut in shortening but not too finely. Remove two-thirds of a cup of the mixture. Add enough water to remaining flour mixture to make a soft dough. Roll out on floured cloth and pile the dry mixture in the centre; fold over and roll carefully. Continue folding in and rolling until no dry flour appears. Roll up and place in the ice box until ready to use.

Apple Pie
(Rub in pie pan with shortening and sprinkle with fine, dry cracker crumbs) line pan with flake pastry, cutting it one-half inch wider than the pan. Place one-fourth cup of water, three-fourths cup of sugar and one-half teaspoon of baking powder in steupan, bring to the boiling point and put in sliced apples, cook without stirring until clear but still in shape. Carefully remove to pastry lined pan using very little of the syrup, sprinkle with cinnamon mixed with sugar, dot with butter. Moisten edge of lower pastry and cover with a second piece of pastry at edge of pan. Fold lower pastry over upper crust and press well. Brush cream over upper crust and bake at 400 degrees until nicely browned.

Pork Chops With Spinach
6 pork chops
Flour
Salt
2 cups white sauce
2 egg yolks
Grated cheese
2 cups cooked spinach
Dredge the chops with flour and season with salt. Sear in a hot frying pan, browning both sides, reduce the heat, cover the pan and cook about thirty minutes. Put a layer of hot cooked spinach in a shallow baking dish, and arrange the chops on it. Add the beaten egg yolks to the well-seasoned white sauce, and pour over the chops. Sprinkle with grated cheese and place in a hot oven or under the broiler to melt the cheese and brown it slightly.

Gingerbread
2 cups flour
2 teaspoons baking powder
1-2 teaspoon salt
1 teaspoon cinnamon
1 teaspoon ginger
1-2 cup shortening
1-2 cup sugar
2 eggs
1-2 cup molasses
1-2 cup milk
1-4 teaspoon soda
Blend shortening and sugar. Add eggs and molasses, then sifted dry ingredients alternately with milk. Pour into greased seven-inch square pan and bake at 375 degrees for forty minutes.

Foundation Fritter Batter
1 cup flour
1 teaspoon baking powder
1-2 teaspoon salt
1 tablespoon sugar
1 egg
1-2 cup milk
1 tablespoon shortening
Fruit or vegetables
Sift dry ingredients together, add egg, milk, and shortening and beat well. Fold in fruits or vegetables and drop by spoonfuls into the deep fat heated to 360 degrees. Fry until golden brown. Drain on unglazed paper.

Jam Sauce
1-2 cup condensed milk
1-2 cup warm water
1 tablespoon cornstarch
1-2 cup strawberry, blackberry or raspberry jam
1 egg white
Bring condensed milk, water and jam to the scald, and put through a sieve to get seeds out of jam. Wet the cornstarch with a little cold water and stir in. Cook until thick. Put in sauce dish and chill. When ready to serve pile egg white beaten stiff on top.

Chicken and Almond Sandwiches
1 cup chopped chicken
1-2 cup chopped salted almonds
Mayonnaise
Lettuce
Remove crust from sliced bread, spread with mayonnaise, on one piece put crisp leaf of lettuce, on second chicken and almond mixture.

Meringue
2 egg whites
3 tablespoons sugar
1 ounce chocolate
2 tablespoons milk
Melt chocolate over hot water, and cool slightly. Beat eggs until stiff and add sugar gradually, then beat in melted chocolate and milk.

Oyster Cocktail
Allow six small, well-chilled oysters for each cocktail glass. Before serving, cover with the following dressing:
1 teaspoon mushroom catsup
1 tablespoon tomato catsup
1 tablespoon lemon juice
5 drops tobasco sauce
Salt
Combine mushroom catsup, tomato catsup, lemon juice, tobasco sauce and salt. Servings, 3.

Blairmore Enterprise—In London, Ontario, children under sixteen will be warned to be home by nine o'clock in the evening, after which they can sit on the porch and wait for the rest of the family to show up.

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Progress Being Made at West Red Lake Gold Mines

Major General Garnet B. Hughes, C. B., C.M.G., D.S.O., the president of the West Red Lake Gold Mines, Limited, which company has four groups of claims occupying strategic positions in the Red Lake mining district, announces that the work on the number one shaft has reached the 200-foot horizon and a station cut preparatory to cross-cutting to the ore vein approximately a distance of 50 feet.

This is the vein which showed on the surface, gold values from thirteen channel samples of \$80.07 per ton, on the basis of the present gold value. It is confidently expected that the cross-cutting will be completed to the vein before the end of the month.

The property is equipped with a complete mining plant, capable of sinking to 500 feet. The shaft is a two-compartment shaft, sunk under the direct supervision of Mr. Arthur Honsberger, B.Sc., for some years identified with the engineering department of the Howey Mines.

Northern Ontario Needs Member on Athletic Board

The following is from the 'Sporting Comment' column of a recent issue of The Sudbury Star, and is published for the perusal and consideration of those interested in sport in the North Country:—

"That Northern Ontario should be represented in the personnel of the new Ontario Athletic Commission, under the chairmanship of P. J. Mulqueen, is a suggestion that comes well within the limits of reason."

"There is little necessity of making an abrupt demand that the North is 'entitled' to representation but, using more diplomatic phraseology, it is quite apparent that the North Country forms a fertile field for the attention of the revamped commission. To give encouragement to the athletic guidance and development of Northern youth, it is fitting and proper that there should be someone on the new board who has

direct knowledge of opportunities and limitations in this part of the province.

"Assurance can be offered that the progressive North will give that measure of support and co-operation to any move on the part of the O.A.C. intended to bring about sport improvement among youthful aspirants who are now obviously hindered by lack of facilities and of organized sponsorship, particularly if there is a member of the commission who would fill the role of liaison officer for this promising land of the North."

"It is submitted that Chairman Mulqueen would make a big step toward the athletic enrichment of Ontario by the serious consideration of organized effort in Northern Ontario—with which would be coupled the appointment of a Northern member to the commission."

The Sudbury Star last week says:—"Miss Margaret Morrison, of the Timmins public school staff, is a guest of Mr. and Mrs. H. R. Surrey, 311 Ash St. Miss Morrison is returning from a visit to Vancouver and the Pacific coast."

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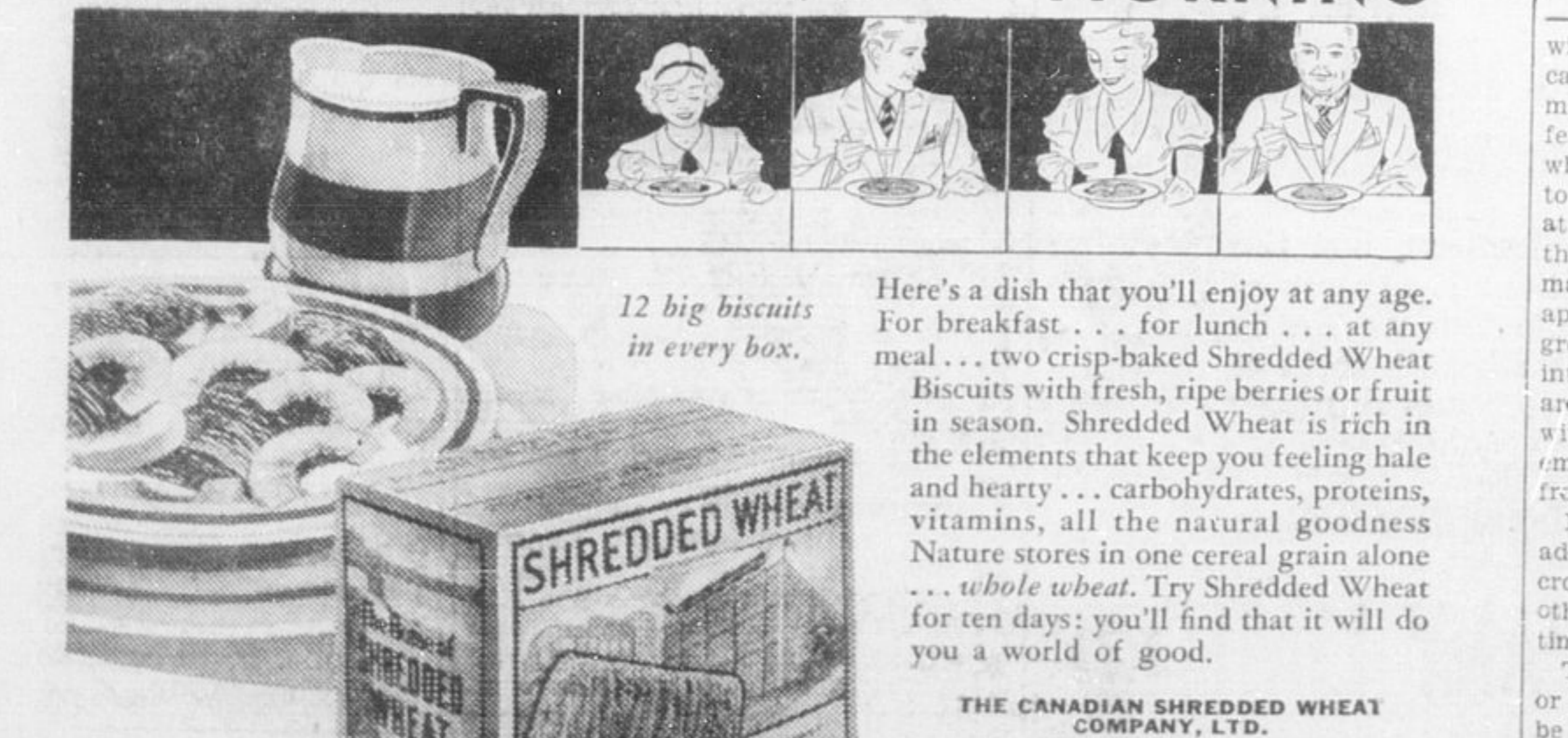
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