

BEE HIVE

GOLDEN CORN SYRUP

A GREAT ENERGY FOOD

Anyway the Auctioneers Found it a "Grand" Time

Among the interesting comments on the recent circus sideshow at Queen's Park when some 87 Government cars were auctioned off to keep the grin on Premier Hepburn's face, the following is from the editorial notes in The Brampton Conservator:—

"The much advertised (for political purposes) sale of government cars was held on Tuesday, 87, mostly old models some of which had been driven more than one hundred thousand miles, brought about \$34,000. The car used by Hon. George Henry, which we understand, was purchased second-hand for \$2,700 brought \$1,500. Three auctioneers, political friends of Mr. Hepburn, conducted the sale, their fees, according to press reports, will amount to \$1,000 each, not a bad day's pay these quiet times. There will also be the expenses of advertising, and so forth, to be deducted. The balance will go into the treasury of the province. There are 3,426,488 people in Ontario. It will thus be seen that this "great recovery" will amount to less than 1 cent per head of the population. Taxpayers will not be particularly hilarious over the performance. But Mr. Hepburn put on a show that excelled the auction in 1924 of the Drury \$100 coal scuttle, and provided good fat fees for some his friends. And everybody is expected to rejoice."

Toronto Mail and Empire:—"Without remuneration"—106 game wardens and—Commissioner Arthur Slight, K.C.

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Some Game Wardens are Being Retained on Staff

Word from Toronto last week was to the effect that pending completion of the re-organization of the Game and Fisheries enforcement branch, Supt. Geo. M. Parks is to be retained in the service at North Bay on a month to month basis. In addition to Mr. Parks, the following overseers attached to North Bay will continue in the employment of the Game and Fisheries branch: Henry C. Haskins, Temagami; Wm. H. Martin, Cochrane; Percy A. A. Schreiber, Kirkland Lake; Thos. Taylor, Massey; A. G. Cook, Manitoulin.

From what Hon. Mr. Nixon said at the time of making the announcement the above men are not being kept on because of unusual services, but because conditions in their respective localities at this time were that it would be inadvisable to depend on the police at this time. Timmings and district is connected with the North Bay office of the Fish and Game Dept., and what applies to the other places concerned in the re-instatements mentioned applies with even greater force to the Timmings area. As The Advance has pointed out repeatedly during the past few weeks the plan of having the police enforce the fish and game laws in this district has been tried before in this district and has been found impractical. This is through no fault of the police but because of the conditions and circumstances. The Iroquois Falls and District Fish and Game Association recognized this fact some weeks ago and passed a resolution urging the Government to continue the use of game wardens in this area. Other similar organizations take a similar view. All the game wardens in the Fort William area have been notified to continue in the service for this month at least and it would appear that a similar plan might well be adopted for this part of the North, or else new game wardens should be appointed to carry on the work. Unless something is done along this line, the matter of fish and game conservation will be set back several years, which seems a pity.

What to Eat for the "Snack" at Bedtime

Menus for Children at Supper Also Provide Basis for the Bedtime "Snack" for All the Family.

The following interesting article is sent to The Advance by Barbara B. Brooks, the well-known culinary expert, who is also well versed on the health side of the food question, as all good cooks should be:—

Bedtime Meals
The bedtime snack has been the subject of much discussion. Should we eat something just before retiring? What should we eat? How much do we need? These are questions often asked. And to many midnight pantry raiders the question is, what can be had?

This debate has been going on as long as man has been sufficiently civilized and well provided with food to take his meals at regular intervals. There are perhaps as many people who say they sleep best on an empty stomach as there are supporters of the light lunch before bedtime. A few people take a hearty meal just before retiring and seem to sleep well. Others find that sleep is disturbed if anything at all is eaten at bedtime.

Now science comes to our rescue. Experiments have been made under controlled conditions to study the effect upon sleep of food at bedtime. Tests have been made with both children and adults. The conclusions are that a light meal of easily digested food just before retiring aids sound sleep and that a heavy meal is disturbing.

A meal was classified as heavy when it contained foods rich in fat, or concentrated proteins or other foods which digest slowly and with difficulty. Ready-to-eat cereal, such as corn flakes, and milk, proved to be an ideal bedtime meal for adults, as well as children.

Because children usually retire soon after supper, the tests were made by varying the suppers which they ate. The usual kind of family supper composed of meat or eggs, potatoes, vegetables and dessert was compared with a meal of ready-to-eat cereal and milk. The children's movements during sleep were studied as an index to restlessness. It was found that the children were less restless in sleep after the cereal suppers and that the heavy meals were followed by restless sleep. These tests support the theory that young children should have the heaviest meal with its variety of proteins and vegetables in the middle of the day. The evening meal must be nourishing and filling, but easily digested.

Menus are given below which are suitable for the children's supper. With these staples in the pantry, the bedtime snack for all the family is

Most Popular Player



HENRY BONURA
First baseman for Chicago White Sox, who has made himself the most popular player of the Chicago American League club this season, having driven in nearly 100 runs for a tall end club and made twenty home runs. Bonura is a college man from New Orleans.

- taken care of.
- Corn Flakes
 - Sliced Bananas
 - Whole Milk
 - Molasses Cookie
 - Soft Scrambled Egg
 - on Split Whole Wheat Biscuit
 - Stewed Fruit
 - Cocoa
 - Hot Milk Toast
 - Corn Flake Cream Dessert
 - Grape Juice
 - Soft Molasses Cookies
 - 3-4 cup shortening
 - 1 cup sugar
 - 2 eggs, well beaten
 - 1 cup molasses
 - 1 cup whole wheat flakes
 - 4 cups flour
 - 1 teaspoon soda
 - 1 teaspoon ginger
 - 1 teaspoon cinnamon
 - 1-2 teaspoon salt
 - 1-2 cup sour cream

Cream shortening and sugar thoroughly, add eggs, molasses and whole wheat flakes. Sift dry ingredients and add to first mixture alternately with the sour cream. Place in refrigerator and chill overnight. Roll a small part of the dough at a time, cut and bake in a moderate oven (375° F.) for about ten minutes. Yield: 10 servings.

- Corn Flake Cream Dessert**
- 2 tablespoons flour
 - 1-2 cup sugar
 - 1-4 teaspoon salt
 - 3 egg yolks (slightly beaten)
 - 2 cups milk (scalded)
 - 1 teaspoon vanilla extract

Mix dry ingredients and add to egg yolks, stirring until smooth. Add scalded milk slowly so that egg yolks will not cook. Cook in double boiler until thickened. Add vanilla, cool and pour into pan lined with corn flake pastry. Spread meringue over top and sprinkle with remaining crumbs. Bake in a slow oven (300° F.) for forty minutes. Cool and serve. Yield: 10 servings.

- Corn Flake Pastry**
- 1-4 cup butter
 - 1 cup corn flake crumbs
 - 1-4 cup sugar
 - 1-2 teaspoon cinnamon

Roll or grind 4 cups corn flakes to yield 1 cup fine crumbs. Melt butter in a cake pan (8 inches square) or a large pie pan. Add the corn flake crumbs, sugar and cinnamon and mix well. Reserve 1-4 cup for the top and press rest of mixture around the sides and in the bottom of the pan.

- Meringue**
- 3 egg whites.
 - Few grains salt
 - 6 tablespoons sugar
 - 1-4 teaspoon vanilla extract

Add salt to egg whites and beat until they hold their shape, but not until they lose their shiny appearance. Add sugar gradually and beat until stiff. Add vanilla.

THERE ARE TIMES WHEN THIS ISN'T FUNNY AT ALL

(Kingston Whig-Standard)
In the Whig-Standard was recorded a rather laughable incident which occurred in Belleville. Tourists from Florida arrived in the Quinte town fully equipped with snow shovel and ski to battle with the snowy wastes of Canada.

Every so often it occurs that tourists from far-off points in the U.S.A. arrive here in mid-summer burdened with semi-Arctic equipment.

While these incidents are mirth-provoking they are also regrettable. We know that the great majority of citizens of the republic are conversant with conditions in Canada as they really are, but this is not enough. Surely in this day of widely disseminated tourist information, some means may be found to apprise all the peoples of this continent that, far from being inclement, our Canadian summers possess a reasonable charm and moderation which few, if any, other lands can equal.

"SALADA" TEA

Outstanding Quality Fresh from the Gardens

Ferguson Highway in Unfit Condition

North's Roadway Classed as in the Worst Condition in Many Years. General Call in the North for Improvement in Highway.

Complaints are very general these days about the condition of the Ferguson highway.

"Very bad," says one motorist just returned from a visit to the South.

"Absolutely rotten," says another.

"In terrible condition," is the considered verdict of The New Liskeard Speaker. In a front page editorial last week The Speaker says:—

"Motorists who have just returned from the week-end trip to Old Ontario are unanimously of the opinion that the Ferguson highway, or that part of it between Burks Falls and South River and from North Bay to the upper end of Olive Lake—with a few other short stretches—has not been in worse condition for many seasons than it is at the present time. Broken springs and punctured tires are common, while those who are in any kind of a hurry to go places have to be exceedingly careful their car does not jump out of some one or other of the millions of unnecessary holes into the ditch. As a matter of fact, the condition of this road is so bad that it is exceedingly doubtful if the tourist from the States or Old Ontario will ever take "another chance" in visiting Northern Ontario. We are told of one instance where the occupants of one car parked their motor at Temagami and said "if it is any worse farther north, the train for us."

"When it is remembered that every motorist pays on an average at least six cents to the Government for every twelve or fifteen miles he drives a car on the highway, should the motorists be expected to apologize to the authorities when they ask for a decent road on which to drive? If the fault for this condition is properly charged up to the engineers or overseers, would it not be a good idea for the Government to adopt some other method of taking care of these roads? Why not adopt the railway scheme of making section men responsible for separate short sections of this road. As it is at present, an engineer simply cannot be on hand to see that the work is properly done and also to see that men so employed do at least a reasonable amount of work during the hours they are on the job. This, of course, does not apply to "all" the men working on the road, but a most noticeable condition of affairs presented itself to one motorist on the road on Monday last. Coming down a small grade with a view of some few hundred yards, the motorist saw a gang of about sixteen men supposedly at work on the road. As a matter of fact, and by actual count, fourteen of these men were standing in all conditions of "at ease," and most of them didn't have the excuse that they were at all interested in the passing traffic.

"The North Bay end of the Ferguson highway is a positive disgrace to the Northern Development Department and this condition of affairs has not only existed this year. There are deep holes along the highway which allow a car to drop several inches with a crash which is most destructive to the vehicle, and there is no excuse for allowing such holes to exist for more than a day at least. Some of them appear to be allowed to remain for days, the only remedy apparently being the grading in of a little more loose sand, which flies out as the next car hits the hole.

"This is a most aggravating condition of affairs, and is considerably more so when a motorist crashes a spring sometime in the middle of the night and miles from the nearest garage.

"Thousands of dollars are being spent by those catering to the tourist trade of this district, while, as we have already said, thousands of dollars go into the coffers of the Government from an unjust and excessive gasoline tax and a license fee. Are these people going to sit quietly and see the present road conditions continue?

"Our columns are open for further comment on the Northern roads, by those who travel over them.

"Since the above was placed in type, we understand that Mr. W. G. Nixon, M.P.P., who came up over the highway from North Bay to New Liskeard, on Monday, has wired the Minister concerning the condition of that part of the road, and results are confidently looked for."

BUREAU OF STATISTICS ENTERS REALM OF ROMANCE

More money, more marriages. This is the report from the Dominion Bureau of Statistics. Work and wages being more plentiful, a greater number of young people are ready to take the plunge. Marriages registered in June in 70 Canadian cities and towns were 25 per cent more than in June last year. It is noticeable that, since the beginning of the recovery in business conditions in the Dominion last year the number of marriages has increased. The number in June was 4,051 compared with 3,230 a year ago.

"I'm Going to Make a Hole in One," he said. And Did!

Lots of golfers, perhaps, have made a "hole in one." At least some of them have! Some have friends who have done it. Still others have read about it in the papers. The Advance has had several accounts in past years of different members of the Timmings Golf making a hole in one. It is something to make a hole in one. But to say, "Now, I'm going to make a hole in one!" And then to go on and do it! Well, that's getting close to being a golf genius. Yet that is just exactly what Ralph Parker did recently.

"Here's how to make a hole in one," he is quoting as saying just before he did the trick. He is president of the Northern Ontario Golf Association. In referring to the matter, The Sudbury Star last week says:—

"History was made at the Idylwyde Golf and Country Club in the G. M. Miller Trophy tournament last week-end when Ralph D. Parker accomplished a hole-in-one on the ninth hole to win the second flight of the competition by one point from W. E. Van Norman. Not only did Mr. Parker enter the Hall of Fame by reason of his ace hole but predicted that he would register the achievement. After having made No. 9 with a two to complete a round of the course in 41, he was about to play the hole for the subsequent round when he told his partners, "Here's how to do it." The club president promptly made a beautiful ace, the ball trickling right into the cup, to the delight of numerous spectators on the clubhouse verandah. The ace hole gave him a 49 for this round and eventually the second flight victory. Mr. Parker is not only the president of Idylwyde but also occupies the presidency of the Northern Ontario Golf Association, to which office he was elected at the meeting in conjunction with the recent Northern Ontario championships on the Sudbury club course."

Guelph Mayor Says Issues Beclouded

Denies Requesting the Use of Bayonets or Machine Guns in Strike, as Suggested by the New Attorney-General.

Mayor R. B. Robson of Guelph, Thursday of last week issued a statement in which he charged Attorney-General Arthur Roebuck with "trying to becloud the seriousness of the situation" in their dispute over danger of radicalism in Ontario.

The mayor previously had said the province was "sitting on top of a powder magazine" and predicted that unless the administration changed its policy toward labour difficulties, martial law would have to be declared at some future time.

In reply Mr. Roebuck last week said the mayor had "screamed for bayonets" during recent disorders in Guelph arising from a garment workers' strike.

Thursday the mayor declared he had not demanded or even requested use of bayonets or machine guns in the strike. He added: "The most I asked of Mr. Roebuck was that he might be good enough to lend assistance to the City of Guelph by detailing some of his provincial police constables to Guelph to assist us in maintenance of law and order. This would not appear to be

Kapuskasing Newspaper Issued Under Difficulties

For the past few weeks The Kapuskasing Northern Tribune has been experiencing troubles and difficulties that would put nearly anything but a weekly newspaper out of business. On Aug. 18th lightning struck the plant and put the linotype machine out of commission. The necessary new parts were telegraphed for to put the type-setting machine back in running order but these are held up apparently while the insurance company decide whether lightning is accident or act of providence, subject to insurance or otherwise. The Northern Tribune no doubt believes that lightning in this particular case is an act of much more unpleasant agency than providence. In the meantime, as the Hollywood films say, "the show must go on," and The Northern Tribune has to be set by hand, which is a very slow and painful process in these modern times. It is also more expensive than the linotype way. The difficulties resulting from hand-set type make it impossible for The Northern Tribune to carry its usual editorial page and this takes away much of the distinction from the Kapuskasing newspaper, for the editorial columns are usually of special interest. However, The Kapuskasing Northern Tribune is showing considerable ingenuity and unlimited courage in carrying on these days, and there is a sincere wish that The Northern Tribune may reach at very early date a happy issue out of all its troubles.

TURNER RETIRES AS HEAD OF THE U.S. BUREAU OF MINES

Announcement was made recently of the retirement of Scott Turner as director of the United States Bureau of Mines and the appointment of J. W. Finch as his successor. The retiring director is well known in Canadian mining circles having spent several years as consulting engineer for Mining Corporation of Canada.

A Big Saving in WHIPPED CREAM



WHY, MARY! THAT SHORTCAKE LOOKS POSITIVELY DELICIOUS. BUT ALL THAT WHIPPED CREAM MY DEAR! I KNOW IT MAKES THINGS TWICE AS GOOD, — BUT DOESN'T IT JUST WRECK YOUR WEEKLY BUDGET?



NO, JANE DEAR, THAT'S THE LOVELY PART OF IT. NESTLÉ'S EVAPORATED MILK WHIPS PERFECTLY WHEN YOU KNOW HOW AND THE COST IS A MERE TRIFLE!

THREE CHEERS FOR NESTLÉ'S! HONESTLY, MARY, IT'S REMARKABLE THE THINGS YOU CAN DO WITH THAT WONDERFUL MILK!



I'M GLAD TO SEE YOU'VE REVIVED MY OLD FAVORITE — "JELLY AND WHIPPED CREAM" — BUT I THOUGHT YOU TOLD ME WHIPPED CREAM WAS A LUXURY WE COULDN'T AFFORD!

Directions for Whipping Nestlé's

First, cover the can (or immerse the can) in cold water. Then bring the water to a boil and boil for 5 minutes. Next, thoroughly chill milk until it is very cold (below 20°F.). Then pour milk into a chilled bowl and whip with a Dover or any good beater.

Use immediately. Nestlé's Evaporated Milk triples in bulk when whipped. It combines delightfully with fruit juices, crushed berries, and dried fruit pulp. The acidity of the fruit gives it an added stiffness and makes it hold up for a longer period of time so that it can be used successfully as a garnish.

Nestlé's Evaporated Milk is carefully selected cow's milk, made doubly rich by concentration, then sterilized and packed in sealed air-tight cans for maximum safety and keeping qualities.

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