COME ON YOU SHREDDED WHEAT!

EVERY morning, all over Canada, children look forward eagerly to their oven-crisp, golden-brown Shredded Wheat Biscuits with milk or cream . . . served hot for chilly days, cold for warmer days. You don't have to "tempt" them to eat. And what a comfort to feel that they are enjoying the vital elements that Nature puts in whole wheat, in a most delicious and digestible form to make them sturdy, keep them well. Ready cooked . . . ready to serve.

THE CANADIAN SHREDDED WHEAT COMPANY, LTD.



MADE IN CANADA Interesting Uses of Pioneer Railroads

In New Country the "Track" is More than a Railroad Line, Being Main Street, Lovers' Lane, Etc.

been much public attention centred on tion about giving the Moosonee line "back to the Indians" will bring to it is only a few years ago that there was similar disposition on the part of parts of this pioneering railway, and be trying to steal them from the Indians to-day, provided, of course, that

prompted to consider what the pioneer-"Grab Samples" in The Northern Minscarcely necessary, as all the "Grab Samples" articles are interesting:-

The "Track" "Canadians in their forties, who have not lived all their lives in cities. have almost invariably had experience of life in pioneer communities. It is deep bush and provided a cross-section not more than four decades since railways began to penetrate the back areas and to open up new regions which had not previously been settled. One thinks of Northern Ontario and Quebec and parts of the west in this con-

Miss ANN ADAM will present another of her popular talks on

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communities, the urge to create, to foreman and dire results accrue. Wha or villages out of the bush.

Recently because of the political en- institution, the bringer of prosperity, ing crash of glass? Time had little quiry into T. & N. O. affairs there has often the sole connecting link with significance when a boy was "down the Haileybury Man's Lumber Camp Left and the remaining workers were forced more highly developed civilization, track." A sore arm and a slightly this pioneering railway. The sugges- The "track" was often main street of guilty conscience gave a fillip to an the new settlement and all activities afternoon's wanderings. centred around it. Up the track and many in this North the thought that down the track were more than just train rumble by overhead was an adsome other people in regard to other to scenes of construction, to hunting disappearing train. Later he told his eral of Ontario, was quoted as saying the New Year he could still finish up, it will be remembered that if these track he had an established position. a train and never hurt a whit. Those the North in connection with the red cut completed when the trouble start parts had been given "back to the In- If he dwelt across the track his loca- old men in greasy overalls who sat in strikes in progress here. Apparently ed." dians" years ago the same people would tion was settled and his neighbours pumping houses by little streams near Mr. Roebuck has a fine taste in disor-

they had developed in the same way sides those of freighting highway and on the track. The youngsters sat led by alien agitators, when food is to Keep M.D.'s Away that they have done. Of course, if the footpath. It was often the Lover's about the door, sometimes venturing stolen wholesale in lumber camps, when lines had been handed "back to the Lane of the new community and even into the hot interior of the shack, men are beaten up by alien blacklegs, Indians" there would not have been to this day it retains this character in silent and respectful, listening to the when officers are assaulted by mobs, the development that has resulted and | many places. On Sunday afternoons | mighty pulsing of the pump and swish- | when obstructions are placed on roads | there wouldn't have been anything or on mild evenings in spring and sum- ing of the steam from the engine, pass- and railway tracks, when deliberate atmer the young people were prone to ing on to other adventures, thinking of tempts are made to wreck trains, when In the meantime, some have been pair off and wander up the railway the remote day when they, too, could foreigners claim to have control of the line, lacking highways, meter cars or be pumpmen. ing railway means to a new country. any other form of escape from the In this connection it is interesting to vigilant eyes of the pioneering parents. the youth that lived along the track, appears as if the disorder were serious note what W. J. Gorman has to say In some communities the fact that a age, even to the young girlhood of the enough to alarm any earnest and conabout pioneer railways in his column of young lady "went up the track" was day. Striding the rocking cars, swing- scientious Attorney-General. The Ater. Here is his interesting article, flected somewhat on her standing. In was in motion, purposely exaggerating same sort of thing as most serious and though the adjective "interesting" is other places it was an established cus- the dangers of their calling, the brake- refuses to tolerate it in any way. Retom and everyone paraded the steel men swaggered through the days, col- ference has already been made to the shed highway unconcernedly. "The "track" was the road to ro-

> mance for the small boy with his fishing rod or his older brother with shot gun or rifle. The line penetrated the of the game getting opportunities of the immediate neighbourhood. Rabbit snaring in the winter could be efficiently conducted, using the railway line as a base of operations. Then, nint of danger in following the tracks There were the snorting trains, which caused barefoot youth to run pell mell monster in its veil of dust roar by. There was the odd hobo, thrown off the train, focting it wearily and hungrily to the next stopping place and granted a wide berth by the local boys, who had heard sinister tales of the ferociousness of these knights of the road. track.' There were handcars, work trains, section men, pumping houses, bridges, cul- EXAMINATION SOUTH KEORA verts, and rockcuts to be examined and commented upon by the young adventurers of the track. Bridges had a

OF CANADIAN WHEAT ection. Most families have lived for a telegraph poles. The well directed period in newly opened regions and can stone could be made to crack these aprecall with nostalgia the spirit that pendages of the mysterious telegraph was abroad at that time. The spirit of system, with the chance that the matenthusiasm for the development of new ter would be reported to the section build, to make clearings, to carve farms mattered it if one spent a whole afterncon shooting at the small target if "In that day the railway was a vital the reward was a fearful yet gratify-

"To squat in a culvert and let a directions. They were definite routes venture of the tracks. After the or- despatch from Toronto in which Hon. out. In his own case, he said, if he got that led to other settlements, to farms, deal one rushed out and hooted at the Arthur W. Roesuck, the Attorney-Gen- under way again at the beginning of or fishing places. If one lived up the chums that he had been run over by that there was no serious disorder in as he had about half of his projected "The "track" had various uses be- levers fascinated little boys voyaging driven from their employment by thugs

considered very unconventional and re- ing down or hooking on while the train torney-General in Quebec views the

from the window into the faces of the do not look so insanely upon the forlorn looking residents on the plat- violence of the alien agitators and do form, wonders now they tough it, iso- not by any means intend to tamely lated, apparently forgotten "up the submit to anything of the sort.

MINES PROPERTY CONTINUES

The examination of the South Keora peculiar fascination and were negotiat- Mines property by important mining among the contractors for the Abitibi ed with caution. The enormous height, people is continuing, The Northern Pulp and Paper Company who have other seasons. perhaps as much as twenty feet, from miner is advised by W. E. Smith, sec- had their operations interrupted by the stream below, the open work un- retary-treasurer. The property lies the strike of woodsmen and, while his derfooting, created a delicious giddi- two claims west of the interesting camp is still open, there are only a ness which overcame the nerve of the Pamour development, six miles north- couple of men left to care for the proless hardy of the youngsters who went east of the production part of the perty and to have the place in readiprone and navigated the dangerous Forcupine camp. Capitalization is ness when, and if, the men decide to passage on all fours, to the accompani- 3,000,000 shares with 1,100,000 still in work. Yesterday Mr. Hennessy, who ment of the jeers of the more daring. the treasury: 1,000,000 shares are held has been ill at his home here for the "Then there was the fatal attraction by the Keora Mines company. W. B. past week, stated that he hoped to get of the green glass insulators on the Gunton, of Toronto, is president.

- What You Should Know About Houses

A Weekly Feature Service Supplied to The Advance by Home Builders' Service Bureau, 177 Jarvis Street, Toronto 2

The following is No. 34 in the series | date. In the same deflated market it of weekly letters on homes and home will bring \$4,500 in a sale, a net debuilding supplied by the Home Build- preciation of \$3,000. The house which ers Service for the readers of The Ad- was kept up shows a net depreciation

Repairs Needed to Protect Value

Occasional painting and renovating price) the end of the period, it had cost you crease in value. less to keep the house up than to let it

man who owns two \$7,500 homes in a are made when deeded, and if new suburban town. They are side by side. equipment is added when the old During the course of a five-year period equipment becomes more or less obhe has kept one of the houses neatly | solete. painted and has replaced the wallpaper twice. He has also added an oil burner | especially appreciative of the advantand a new water heater.

he can sell the house which has been | tively old building that presents as good kept up for \$7,200. He has spent \$1 .- | an appearance as a new one, they can 200 for new equipment and repairs. Net Saving of \$1,500

but which has not been kept up-to- were scratched and bare.

of only \$1,500. (\$1,200 spent for repairs plus \$300 depreciation from cost

keeps homes new and atractive.-If you | Every home depreciates as time goes were to own two houses, just alike, and on. It can only rise in value if there side by side, and you were to allow one is a general real estate boom and prices to go for five or ten years without re- rise to such an extent as to counteract novating; and if you were to keep the the depreciation factor. Real estate other house up to the minute and at booms have been conspicuous by their the same time keep a record of the absence during the last few years. Few money spent: you would find that at if any properties have shown any in-

But the decrease in realty values, which ultimately spells distress and Take for a hypothetical example, a foreclosure, can be stemmed if repairs

People who own property to rent are ages of modernizing. They know that At the end of the period he finds that if they can show a tenant a comparacompete with the new building. They couldn't do it if the older house were Then take the other house, which literally falling to pieces, if the wallhas been subjected to the same wear, paper were torn or dirty, or if the floors

Disorder in North

Idle When Men Forced to Quit Work, Violence and Threats of Violence.

law and to be able to do as they like, "The railway men were heroes to then surely to the ordinary man it

lecting their meed of admiration. It forcible driving out of the men from was all part of the saga of the track. | the Wicks camp near Cochrane and "In travelling through Northern On- the appeal of Mr. Wicks to the Attortario and Quebec in these days one ney-General for fair play-an appeal notes that the "track" is fulfilling its that seems to have been fruitless. Reformer role as centre of community ference was also made to the invasion life. But where in the old days it con- of Braconnier's camp in the Abitibi nected farming or village communi- area, the driving out of the workmen ties today it stretches long links be- and the theft of all the foodstuffs in tween isolated points, where there may the camp. The Attorney-General apbe only a telegrapher, a section crew, parently is one of those tolerant genwith the odd lonesome looking woman | tlemen who would look upon Nero's or child. Railway division towns, spot- murder of his mother as simply a mad ted a hundred miles apart, are feebly boyish prank and plead the Roman connected by stations, little groups of emperor's orphaned condition as exhouses around a depot, where an occas- cuse for leniency in considering the ional prospector drops off or an Indian crime. It may be definitely stated boards the train. The traveller, gazing however, that the people of the North

> In addition to the other disorders mentioned in past issues of The Advance there is another typical one described in the last issue of The Haileyburian. The Haileyburian says:-

"M. J. Hennessy of Haileybury, is operating again in time to finish the season's cut and described something of the trouble experienced when the men went out on strike.

"He had 180 men employed, he said, and when they took a vote as to whether to go on strike or not, there were only about 50 who voted in favour However, fearing that there would be trouble coming in any event, a number of others joined them when they walked out, leaving about half of the crew at work. Later a large party of strikers visited the camp and literally forced the remaining men to join them. On the occasion of this visit the strikers demanded their supper before they left, which was given them, as Mr. Hennessy put it, "because they would have taken it anyway." He tried to argue with the men, but there was apparently nothing that could be done. He terms the leaders "communists" and declares that the majority of the men would be content to remain at work if they were left alone. Police are unable to cope with the strikers, Mr. Hennessy says, being far too few in numbers and with too little authority to handle them as he thinks they should be handled.

"Of conditions in the camps and the wages earned by the men Mr. Hennessy says there is little if any legitimate cause for complaint. At his own camp piece workers were averaging between \$59 and \$60 per month, after paying their board. The lowest month's wages paid this season was \$28, he said, and that was to an inexperienced man who

camp the average wage was slightly higher than his, and he told of one man an experienced woodsman, who had earned over \$8 on the day in which he out to join the strikers.

"Mr. Hennessy has hopes that the strike will be settled in time for the schedule of operations planned at the Last week The Advance published a beginning of the season to be carried

bridges and manipulated valves and der. When the loyal Canadians are levers fascinated little boys voyaging driven from their employment by thugs Keep Cooking These

Put Some Apple in the Pie for the Apple of Your Eye, is the Idea of Barbara Brooks, Expert Cook.

The following article by Barbara B. Brooks is contributed for the advantage

of the readers of The Advance:-Have you ever seen anyone pass a tree whose apples were within reach without picking one and taking at least a bite. Even the knowledge that the

apple is still green will not deter a trial

in the hope that it may taste good. This is the time of year when we can eat apples to our heart's content. Many delicious kinds are on the market for eating and cooking. Apple sauce, apple pie, apple dumplings and cobbler, apple strudel and apple charlotte are some of the popular desserts. Fried apples, apple fritters and baked apples appear with meant. Apple salad and fruit cocktails with apples are found in the menu. In addition, ap-

meat. In short, this is apple time. Have you made apple dumplings lately? In our family, we always had two kinds-steamed and baked. The former must be served immeddiately upon removing them from the steamer or they will be heavy. The latter can stand but should be kept hot. The baked dumplings were considered better for the children so, of course, we all wanted them steamed.

Apple have excellent food value and nearly everyone likes their flavour. loaded trees and baskets of them in market make us think more about them and use them more frequently than in

Apple Charlotte 2 1-2 cups corn flakes

2 cups sweetened apple sauce Rind of 1-2 lemon or Juice of 1-2 orange or lemon

2 tablespoons butter In a buttered casserole spread a layer of corn flake crumbs. Cover with apple sauce, to which the fruit juice has been added. Top with corn flakes and dot with butter. Bake for 15 minutes in a moderate oven (400° F.) Serve with

Apple Dumplings 2 cups flour 4 teaspoons baking powder

whipped cream. Yield: 6 servings.

1-2 teaspoon salt 2 tablespoons sugar

5 tablespoons shortening 3-4 cup milk

Sift dry ingredients. Cut in short-

Fried Apples

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ening. Add milk. Roll dough to 1-4] inch thickness and cut into 4-inch squares. On each square place an apple which has been cored and pared. not to break the slices. Sprinkle with Fill centres with sugar and cinnamon, granulated sugar if desired. adding a small amount of water and a small piece of butter. Fold edges of dough over apple and press together. tists assert that the onion sends out Although they are available nearly all Placed folded side down in buttered ultra-violet rays which are helpful in year 'round, in the fall of the year the baking pan and bake in a hot oven the cure of certain human ailments. (400° F.) for about 30 minutes.

Serve with cream or hard sauce.

Hard Sauce 2 tablespoons butter

1 tablespoon boiling water 1 cup powdered sugar

1 teaspoon vanilla Cream butter and sugar, adding water from time to time to make beating easier. Add flavouring. Chill. Brown sugar may be used instead of

powdered sugar. Apple Strudel Line a buttered pudding dish with

corn flakes. Cover with a layer of very thinly sliced apples, sprinkle with sugar, a little cinnamon and dot with pieces of butter. Fill to top with alternate layers, covering with a layer of corn kafles. Cover dish closely. Bake in a moderate oven (375° F.) until apples are soft. Serve with hard sauce, lemon sauce or cream.

6 apples

2 tablespoons melted fat Wash and core apples. Cut in 1-8-

inch slices. Fry in fat, being careful Kingston Whig-Standard: -- Scien-

The onion has long been regarded as a healthful vegetable, and this verdict seems like another instance of science confirming the simple practices and beliefs of human experience.



ally at other times, little stomachs turn sour and acid. "When I notice any sign of sick stomach," says Mrs. J. Alphonous Brown, Bayside, P.E.I., "I always give a Baby's Own Tablet." They quickly set things right, are very easy to take and quite safe. All common ailments of childhood including teething are promptly relieved with Baby's Own Tablets. 25c a package at drug stores. 189

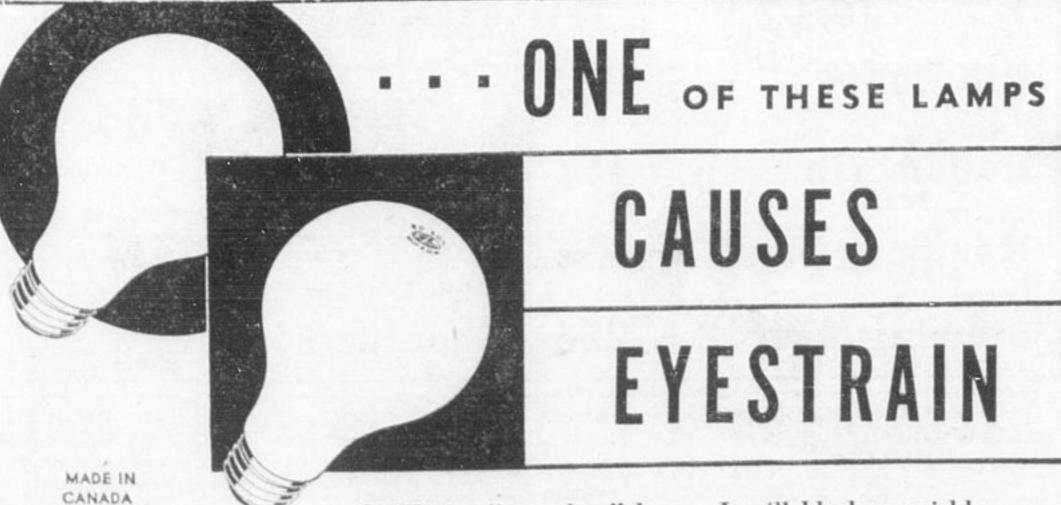
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