

# BEE HIVE GOLDEN CORN SYRUP A GREAT ENERGY FOOD

## To Spend \$600,000 on Burwash Buildings

New and Improved Buildings for the Jail Farm of the North Next Spring.

Since the Ontario Temperance Act was revoked there has not been much patronage of Burwash prison farm by the people of this part of the North. Only the occasional man from this section these days goes to Burwash. If anyone here happens to go wrong it is usually only in a small way or if not the offender is likely to go quite a distance and so merit a term at the Ontario Reformatory or even at Kingston. Of course, there is the occasional visitor to Burwash from Timmins. At least one man from here didn't like Burwash—liked the place so little that he simply would not stay there—isn't there now, though he should be according to this sentence. On the other hand there was a time when there were always a few Timmins people at Burwash. Usually they were pretty good fellows, except that they simply would not recognize the Ontario Temperance Act. They got along well at Burwash, were well liked there by the guards and others, and spoke in high terms of the place and its managers.

Despite the fact that times have changed and conditions altered, there may yet be a few interested in Burwash. If so they will give a little attention to the following—

The Ontario government plans to spend about \$600,000 at Burwash beginning early next spring when the new main dormitory will be rushed to completion. Hon. H. C. Nixon announced last week.

The buildings will be erected by contract under tender and prison help will be utilized, the acting premier intimated. "Large sums of money have been spent by the former government but the buildings are still far from

completion," Mr. Nixon said. "We intend to finish the job next spring and summer."

"In the past," he continued, "both outside and prison help has been used but this has not worked out satisfactorily. We will call for tenders early next year and the work will be rushed to completion. Tenders for the work will be advertised."

The total cost of the new Burwash buildings will be \$1,000,000 and of this sum about \$400,000 is said to have been already expended. The three old temporary dormitories in the main camp will be retained but the new main dormitory will be the major building constructed.

When the buildings are completed the new dormitory will accommodate 310 prisoners and will contain 160 individual cells. "The old camp is in a bad state of repair," concluded Mr. Nixon. "It is time this work was completed. There is no excuse for the delays that have featured the construction up to the present time and I intend to see it finished as soon as possible."

### ARTHUR COUNCIL TO LOSE WEIGHT AFTER ELECTIONS.

The village of Arthur will lose its distinction next year of having the weightiest council of any municipality its size in Ontario. Reeve W. H. Heppner, who tips the scales around the 280-pound mark, has decided to retire; Councillor W. Pinder, who weighs in at 220, has moved to Niagara Falls, while H. J. Colwill, J. H. White and George Wilson, who are all in the same class as Mr. Pinder, are doubtful if they will again seek office. The 1934 body carried more weight than any other one group of legislators in the village's history. Elections in Arthur are held in January.

Kirkland Lake Northern News—The portrait of King George will adorn the one dollar bills of the Central Bank of Canada, that of Sir Wilfrid Laurier the \$1,000 bills. Oh well, we can dig up a portrait of Sir Wilfrid out of a history of Canada.

## Television Retarded by Man-Made Static

Expert Points Out that Interference Must be Materially Lessened for Television.

Pointing out that interference from man-made static must be materially lessened to clear the way for such new public services as television and facsimile picture transmissions by radio, W. R. G. Baker, Chairman of the Engineering Division of the Radio Manufacturers Association to-day opened the first national conference for the reduction of electrical interference in radio reception, at the Sagamore Hotel, in Rochester, New York.

Dr. Baker, who is Vice-President and General Manager of the RCA Victor Company, urged that the various interested co-ordinate their efforts in a single active programme, under the guidance of the engineering division of the RMA, to enlist the co-operation of automotive, electrical and public utility companies in properly shielding their equipment so that they will not transmit interfering noises, as a matter of public interest and goodwill.

The indications, he said, that when television and radio picture transmission become publicly available they will use the shorter waves where man-made static is particularly prevalent. Dr. Baker called attention to the fact that when interference is present on standard wave-length sound broadcasting, the programme is usually intelligible although imperfect, because the ear is able to compensate for deficiencies. In visual broadcasting however, as in a television or radio picture service, interference is translated in terms of visual distortion for which the eye is incapable of compensating properly. More immediately, a reduction of interference would materially aid the progress of short-wave reception of foreign programmes which is lately gaining wide popularity.

There are two ways of coping with electrical interference in radio reception according to Dr. Baker. The first and most important is to eliminate the interference at its source by proper shielding and suppression methods; and the second is to use a scientifically designed noise-reducing antenna system. But this last method is not always practicable in congested city areas. Automobile manufacturers and makers of electrical appliances have already shown a willingness to co-operate in this public service. It is now necessary, Dr. Baker said, to intensify this co-operation to clear the air waves for

Lovely!



PHYLIS BROOKS Lovely—A one-word description of Phyllis Brooks, former artists' model who recently signed a film contract at a pretty figure.

the new short-wave entertainment and communications services. Among the chief sources of interference are automobile ignition systems, dial telephones and home electrical appliances which when inadequately shielded generate electrical interference that is carried into the home via the power lines.

The opening sessions of the interference conference included a symposium of prominent speakers presenting the viewpoints of the consumer, the radio manufacturer, the retail dealer, the Federal Communications Commission, and the public utilities. The speakers included Dr. O. H. Caldwell, former Federal Radio Commissioner and now editor of Electronics Magazine, J. O'R. Coleman, Edison Electric Institute, L. F. Muter, President, Radio Manufacturers' Association, Benjamin Gross, Gross Sales, Inc., Dr. C. B. Jolliffe, Chief Engineer, Federal Communications Commission, and Dr. Alfred N. Goldsmith, consulting engineer. Other prominent speakers include H. O. Merriam, Department of Marine, Radio Branch, Canada, who described the work for the investigation and suppression of inductive interference which is being successfully carried on in Canada; and Dr. J. H. Dellinger, Federal Communications Commission, who will report the phases of the problem which were covered at the recent International Communications Conference at Lisbon, Portugal. Among other organizations whose representatives are participating in the first conference on noise reduction are the Institute of Radio Engineers, the National Electrical Manufacturers Association, the Society of Automotive Engineers, and others.

## Comments on the Quebec Clean-up of Communists

The following editorial from The Rouyn-Noranda Press is well worth careful reading and consideration:—

"While The Rouyn-Noranda Press does not desire in any way to rejoice over the position in which some twenty-three strikers and communists now find themselves as a result of their part in the unfortunate bushworkers' and Noranda Mines strikes, we cannot refrain from expressing satisfaction with the outcome of the trials and the attitude taken by the court toward those who were responsible for or participated in the disorders connected with these two attempts on the part of communism to cripple the two major industries of this district. "If we could say that those who organized these strikes had as their object or purpose improvement of conditions for the workers there would be a feeling that if they had blundered they did so with good intentions and at least they could not be accused of sabotage or of having attempted to use the employees involved as tools for their own vile ends.

"But we know differently. We know that both strikes were organized by agents of Soviet Russia to forward the purposes of the Third Internationale, and we are fully aware through knowledge gained from the mouths of these organizers and agitators themselves and from the lying, deceptive propaganda circulated during both strikes that they were not concerned with the welfare of those who toil but had as their object only the tying up of these two great industries, and the spreading of strife and hatred between capital and labour. On these things communism thrives.

"Fortunately in both cases the attempts proved abortive except for the expense involved on both of the companies concerned and the loss of work to hundreds of men who needed employment but who allowed themselves to be duped and misled by the professional disturbers allied with the local communist movement.

"In both strikes there was rioting and only the fact that there was ample and sane police protection prevented more serious disorders and outrages. Those responsible will now pay the penalty, and most of them will be ushered out of Canada when their penitentiary terms expire. They fouled their own nests in a country which offered them work and liberty and every opportunity for the pursuit of happiness, and will soon have a chance to go to Russia and live under the system of Sovietism which they desired to set up here.

"Canada will be well rid of them, and it is hoped the salutary example which the law has made of them will serve to restrain any others who may feel themselves constrained to follow in their footsteps, and will furnish sufficient warning to all communists here that their activities will lead them only to the same end. The patience of the Quebec attorney-general's department and the law enforcement officers with this element is exhausted and the Amos sentences should convince them that their mischievous activities here will no longer be tolerated."

## THIS MAN BELIEVES IN SIGNS THOUGH HE CANNOT READ

Zukar Kusachek, 46 years of age, formerly of Toronto, has built himself a home in the Sudbury area. He has done more than that he has decorated his domicile. The interior is fairly plastered with signs he has picked up here and there and elsewhere. The signs serve a double purpose. They help adorn the humble dwelling—that's the art part. They also keep out the wind and weather—that's utility. With art and utility combined, that's surely genius. One of the signs reads:—"Patent Applied for." So you had better hesitate before making any slavish copy. Another of the signs reads:—"Greatest value in Canada." Still another reads:—"For perfect results." Others vary from "The Cat's Paw" to "Purely Canadian in construction." As a matter of fact, however, The Sudbury Star points out that Mr. Kusachek is not naturalized, and that the man of many signs cannot even read the English language.

Ottawa Journal:—Of course it's all right to be born a leader, but the man in the rear has a better opportunity to get away.

# The Canadian Legion in the Porcupine

By One Interested in their Welfare

## A Thoughtful Move

There has been much concern in past years among those in receipt of pension, more especially the widows and children, regarding the December payment. In some centres the Legion officials have advanced the money so that Christmas cheer could be provided Timmins has seen instances of this on more than one occasion. It has been the hard and fast rule of the Pension Commissioners to issue the cheques so that they were received by the end of the month. When the country was in a fair condition and things were rosy with no depression to worry about this system worked well. However, in the last few years in most parts of the Dominion have not been very flourishing and the Christmas season witnessed many a table with just ordinary everyday fare upon it. Some centres looked after those in distress, and the local Turkey Stag did wonderful work in Timmins among the returned men and dependents in need in this immediate district. This year, however, the new Minister of Pensions has made a change and those in receipt of pension will get their cheques in good time for Christmas. The cheques will be sent out from Ottawa so that they will reach their destinations not later than December 20th. This will enable recipients to provide for a good meal at this festive occasion. It was a very thoughtful move and one which will no doubt be carried out yearly by the pension department at Ottawa. In making a few enquiries regarding past favours of advancing payments locally, through the medium of the Timmins branch relief fund, it was found that in all cases the money was returned as soon as the pension cheques were received. In one or two cases the Legion was asked to secure the cheque. This shows in no uncertain manner the fact of the Legion being able to help in securing for these people a fairly good meal at Christmas was appreciated and the temporary loan repaid with all good grace. The new order this year will make unnecessary much of the charity usually given and will be a blessing to numerous families in Canada this year.

## Worthwhile Work

Much has previously been mentioned in this column regarding the Legion taking over the collection of empty cigarette packages for the purpose of securing toys for needy children. It was distinctly understood that the children of the Legion members would be looked after in the usual manner. Last year the Charity Turkey Stag did the collecting and every needy child got a nice present along with the other good things sent. This season a very energetic committee of Legion members got behind the scheme and as a result of their work and the assistance of storekeepers and the public in general made a vigorous campaign. The first consignment to leave here, consisting of eight bags, made a total count of 700,000 votes. Another consignment of about equal proportions has left here during the past week and it is expected an equal number of votes will again be secured. Austin Neame, the chairman of this committee, says: "I expect to have more toys than is necessary but there is always the odd family one hears from at the last minute and the children, if any, will not be without a gift from Santa." It has caused much work but as one of those engaged on the collecting stated: "He'd go to Jericho, for empty packages, if he thought some kid was going to be without a toy at Christmas time." Service at all times; that's the motto of the Canadian Legion.

## It's Next Saturday

Every year the Timmins branch of the Canadian Legion give the ladies a chance to help at Christmas time. They plan what is now known generally as the "Christmas Stagette." Bill Martimer, at one time secretary of the branch, but now of Africa, christened the event with the title. At the Christmas Stagette on Saturday next in the Oddfellows' hall a splendid grade of milk-fed poultry has been secured. For the men there will be several games to give all a chance to take home a bird or two. Ladies can also play if they so desire, but the old game of "Bingo" pleases them and so a large table has been provided for this feature. In all it is planned to make this the best yet of the many held previously. Perhaps those who are planning to attend would like to know about the profits. These are placed to the Legion relief fund and will give additional fare on many a table at Christmas time. You take home a chicken, and some leave enough to put a chicken on some one's table not able to attend. A good gamble, a worthy cause at a worthy season of the year! "I'll see you there."

—W. A. Devine, Box 1423

## Suggests Work May Start on Two Stretches of Road

At Toronto last week-end Hon. Peter Heenan, Minister of Lands and Forests and Northern Development said that there was a possibility that work will go ahead on the 17-mile North Bay to Temiskaming road and also on the six-mile stretch from Algonquin Park to Whitney. Pending further study of finances and arrangements definite announcement of the construction of these two strips of road is being held up, Hon. Mr. Heenan said.

# "NOT CONSTIPATED FOR SEVEN WEEKS"

Writes Mrs. Johnson After Using Kellogg's ALL-BRAN

Sufferers from constipation will be interested in this unsolicited letter:

"Your ALL-BRAN surely relieves constipation. I am so glad over the good it has done me that I feel I must write and tell you of it.

"For lunch I take a banana, a large one. Six tablespoons of ALL-BRAN in a sauce dish, and dip banana at each bite until all is consumed. I have been constipated now for seven weeks."—Mrs. Louise Johnson (address furnished upon request).

Constipation often causes headaches, loss of appetite and energy, sleeplessness. This condition is usually due to lack of "bulk" to exercise the intestines, and vitamin B to further promote regular habits. Kellogg's ALL-BRAN has both, as well as iron for the blood.

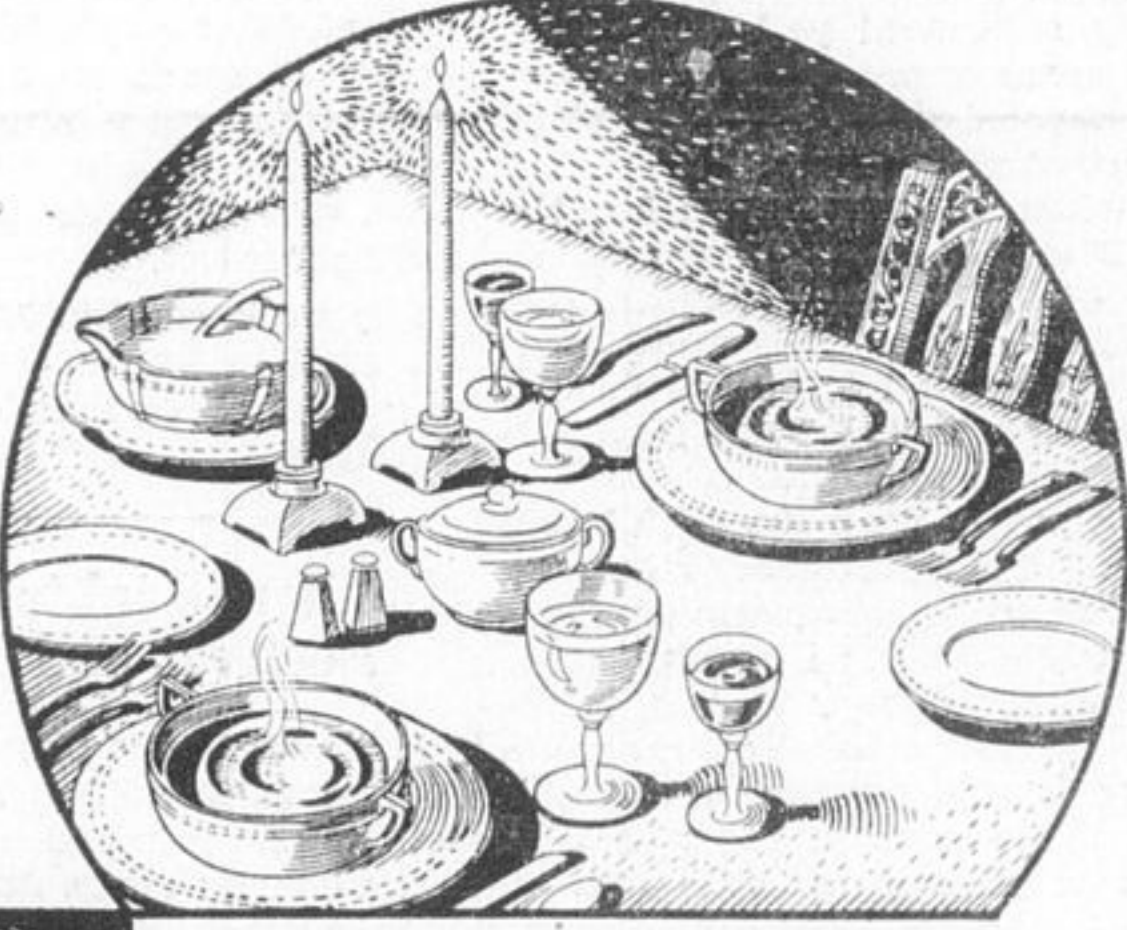
The "bulk" in ALL-BRAN is much like that in leafy vegetables. Within the body, it forms a soft mass. Gently, it clears out the wastes.

Try ALL-BRAN in place of patent medicines—often harmful. Two tablespoons daily will overcome most types of constipation. Chronic cases, with each meal. If not relieved this way, see your doctor.

Use as a cereal, or in cooking. Recipes on the red-and-green package. Sold by all grocers. Made by Kellogg in London, Ontario.

# Prove ST. CHARLES Better

- TRY THESE RECIPES - THEN CLIP THEM FOR YOUR COOKING FILE!



... Any one of these dishes is enough to make ANY woman a St. Charles fan—you try it and see! Everything TASTES so much better when built up on the fresh creamy flavor of St. Charles Milk. The soup is so smooth—the vegetables so creamy—the pie so delicious!

But do not risk a disappointment—use St. Charles—the milk with the fresh creamy flavor.

Try these dishes—each one is worth a thousand words of persuasion when you TASTE how good it is.



### CREAM OF TOMATO SOUP

2 slices onion, 1 stalk celery, 2 cups stewed or canned tomatoes, 1 tablespoon minced parsley, 1 teaspoon salt, 1/2 teaspoon pepper, 1 teaspoon granulated sugar, 1/2 bay leaf, 3/4 cup water, 1 recipe Borden's Cream Foundation. Simmer chopped onion, chopped celery, tomatoes, minced parsley and seasonings with water 20 minutes or until very soft. Force through puree sieve. Blend gradually with Borden's Cream Foundation (see recipe below). Reheat. May be garnished with whipped cream. Serves eight.

### CREAM FOUNDATION FOR SOUPS

3 tablespoons butter, 3 tablespoons flour, 1/2 teaspoon salt, 1/2 teaspoon pepper 1 3/4 cups St. Charles Milk, 2 1/4 cups water or white stock. Melt butter in double boiler. Add flour and seasonings. Blend thoroughly. Add St. Charles Milk and water slowly, stirring until mixture thickens. Allow to cook ten minutes longer, stirring occasionally.

To this Cream Foundation may be added two cups vegetable puree or pulp of meat or fish prepared in the following way: Cook vegetables, meat or fish until tender. Force through puree sieve and return to water in which cooked. After blending with Borden's Cream Foundation, bring to boiling point. Beat with an egg beater, to prevent skin forming on top and serve. NOTE: For extra richness, a half cup more of St. Charles Milk may be added just before serving. A beaten egg yolk stirred in at the same time also adds to the attractiveness of the soup.

### EGGLESS MAYONNAISE SALAD DRESSING

1/2 teaspoon salt, 1/2 teaspoon dry mustard, 1/4 teaspoon paprika, 1/4 teaspoon granulated sugar, few grains cayenne, 3 tablespoons St. Charles Milk, 3/4 cup salad oil, 2 tablespoons vinegar or 1 tablespoon vinegar and 1 tablespoon lemon juice. Thoroughly mix dry ingredients. Add St. Charles Milk and blend thoroughly. Beat in salad oil gradually. Add vinegar or vinegar and lemon juice, beating until mixture is smooth. Makes one cup.

### CROQUETTES

1 teaspoon finely chopped onion, 4 tablespoons butter, 1/4 cup flour, 1/2 teaspoon salt, 1/2 teaspoonful pepper, 1/2 cup St. Charles Milk, 1/2 cup water or white stock, 2 egg yolks, 1 1/2 cups chopped cooked meat, 1 teaspoon minced parsley. Cook finely chopped onion in butter 5 minutes. Add flour and seasonings. Blend. Add gradually St. Charles Milk and water or stock. Blend thoroughly. Cook, stirring constantly until mixture thickens. Add slightly-beaten egg yolks. Cook two minutes longer, stirring constantly. Remove from fire. Add chopped meat and parsley. Turn mixture on plate. Chill thoroughly. Shape. Roll in beaten egg, blended with a little cold water; then in sifted dry bread crumbs. Fry in hot fat (375° F.-90° F) using a frying basket. Serves six.

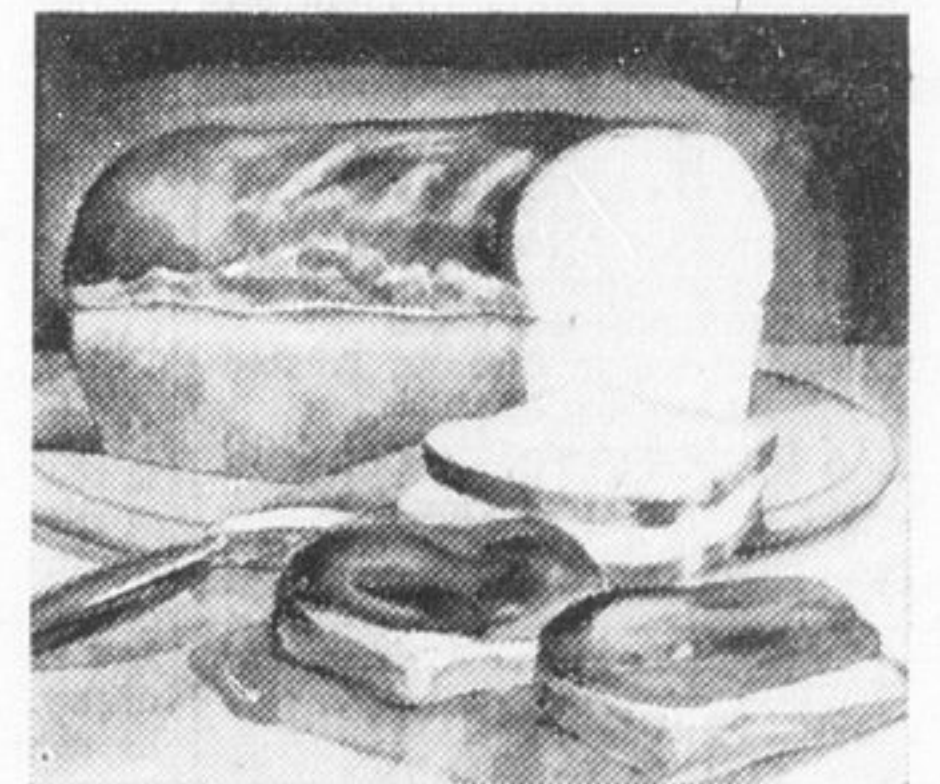
### CUSTARD PIE

1 1/4 cups St. Charles Milk, 1 1/2 cups water, 4 eggs, 1/2 cup granulated sugar, 1/4 teaspoon salt, unbaked pie crust (9 inch), grating of nutmeg. Blend St. Charles Milk, water, slightly beaten eggs, sugar and salt together. Line pie tin with unbaked pie crust. Build up fluted edge. Pour in filling. Sprinkle with nutmeg. Bake in a hot oven (400° F) to set edge. Decrease heat and bake about 40 minutes in slow oven (300° F). A knife blade inserted will come out clean when custard is done.



# Borden's ST. CHARLES MILK UNSWEETENED EVAPORATED

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