

# BE BEAUTIFUL

By ELSIE PIERCE  
FAMOUS BEAUTY EXPERT



Not every woman can be as truly lovely as CLAIRE TREVOR but with persistence the skin can be kept clear and fine, the hair lustrous and thick, and figure perfectly proportioned.

**SUCCESS OF HOME BEAUTY TREATMENT GOVERNED BY WHAT IS USED AND HOW IT IS USED**

Not how much you use but how you use it is important to the success of home beauty treatment. And not merely the fact that you give yourself the treatment but more important is the fact that you have chosen wisely and well the particular preparations suited to your needs. Especially selected and expressly selected for your skin or your hair or your make-up. Let that be your motto when seeking beauty aids for home use.

If you do not know how to recognize your own skin or how to analyze your scalp condition go to a reputable toilet goods counter or beauty salon. Seek the services of the salesgirls or specially trained operators. Then, convinced that you know the condition of your skin or scalp, the next thing is to determine the simplest and most effective way to treat it, to overcome the difficulties or to preserve its perfection (if perfect it is, and fortunate you are).

**Follow Directions**

That done, the actual treatment itself comes in for its share of consideration. That should not be difficult, if directions are faithfully followed. And directions are mighty important. They were put there for a purpose by someone who knew pretty much what it was about. Manufacturers today have a tremendous responsibility and their products must be right if they are to survive. That is why they put those products through a series of tests to determine how the best possible results are to be obtained. And having found the short-cut to effectiveness they explain it in their directions.

The way some women evolve their own method of applying creams and lotions you'd think the direction label was so much ornamentation. They slather the cream on and rub it off, when the label says "Pat gently upward and outward; remove excess with a cleansing tissue or soft linen. Do not rub." Very likely these same women go through a spell of feverish activity one week, using the preparations faithfully and then forget about them, only to

pronounce them worthless after a short time and jump to something else.

That brings to mind another important factor: persistence. Give the creams and cosmetics you are using a chance. Don't flit from one thing to another. It isn't fair to the preparations or to yourself. Keep up the treatment systematically. Then you CAN and SHOULD expect results.

(Copyright 1935, by The Bell Syndicate, Inc.)

## Some Suggestions for the Last Meals

Meals Prepared Without Meat may be Attractive and Nutritious.

(By Barbara B. Brooks)

Just as the "groaning board" of bygone feasts is now permitted no more than a sigh under the burden of a modern banquet or company dinner, so have the rigors of medieval fasting been moderated as time goes on. It is not so much a change of heart as of environment which lessens the traditional astringency of Lent. Until very recently, the omission of meat reduced the diet to a fasting basis. Today we eat much less meat than formerly and more of the foods which are not prohibited. Lenten meals are no longer meager and we can observe the restrictions without sacrificing the essentials for good nutrition as we have come to know them.

For those who seek a strengthening of the spirit by sacrificing some of the pleasures of eating, it is possible to simplify meals by omitting the frills and extras which are unnecessary nutritionally. The lover of rich desserts and sauces, and of elaborate cooking will be benefited both spiritually and physically by abstinence which reduces meals to fruits, vegetables, milk, cereals, eggs and cheese, done in the way of "good, plain cooks." This is

the wisdom of the forty days of Lenten fasting.

**Baked Oysters**  
2 dozen large oysters  
1-2 cup evaporated milk (undiluted)  
1 tsp. salt  
1 cup corn flake crumbs  
Vegetable oil  
Drain oysters in a strainer. (Save the juice for soup or cocktail.) Dip each oyster in the salted milk and then in the crushed corn flakes. Place on a well-oiled baking pan or scallop shell, and sprinkle each oyster with oil. Bake in a very hot oven (475 F.) about six to eight minutes. Serve with lemon and garnish of parsley. Yield 4 to 6 servings.

Broccoli is now coming into the markets in such quantity that it is no longer a luxury food. In the following recipe other vegetables such as asparagus or string beans, too, are good.

**Broccoli Au Gratin**  
1 bunch broccoli  
1 cup white sauce (well seasoned)  
1 tsp. lemon juice  
1 tsp. parsley (chopped)  
1 tsp. onion (chopped)  
Butter  
3-4 cup grated cheese  
1 cup corn flakes  
Wash the broccoli and cut off the coarse part of the stalks. Let stand in cold water 1 hour; drain, and cook in boiling, salted water until tender. Add the lemon juice, parsley, and onion to the white sauce and simmer 2 or 3 minutes; beat in 1/2 cup of the grated cheese. Place the well-drained broccoli in a buttered baking dish, cover with the sauce; sprinkle with 1 cup grated cheese and the corn flakes. Bake in a moderate oven (400 F.) until heated through and brown.

**Bean Ravitot**  
3 tbsp. butter  
1 tsp. salt  
1-3 tsp. ground cloves  
Dash cayenne  
1 cup baked beans (put through a sieve)  
1-2 cup milk  
1 cup yellow cheese (cut fine)  
1 tsp. Worcestershire sauce

Cook butter, seasonings, beans and milk over low heat, stirring constantly. When very hot, add the cheese and stir over the low heat until smooth. Add the Worcestershire sauce. Serve on whole wheat biscuits which have been split, buttered and toasted. Yield: 4 servings.

In meatless menus, use the whole grain cereals and bran generously. These are rich in vitamin B, and iron. Cheese pinwheels made with bran biscuit dough make a substantial luncheon dish. To balance the meal, add milk to drink and a fresh fruit or vegetable salad.

**Cheese Pinwheels**  
1-2 cup crumbled bran  
1-4 cup milk  
1 1/2 cups flour  
4 tsp. baking powder  
1 tsp. salt  
1-4 cup shortening  
Melted butter  
1 cup grated cheese  
Paprika

Soak bran in milk. Sift flour with baking powder and salt. Cut in shortening until mixture is like crummeal. Add bran and milk, stirring carefully with a fork until flour disappears. Turn onto floured board. Knead lightly and roll into a long narrow strip about 1-2 inch thick. Brush with melted butter, spread cheese over dough and sprinkle lightly with paprika. Roll as for jelly roll. Cut into 1/2 inch slices. Bake in hot oven (425 F.) for about 12 minutes. Yield: 3 dozen.

## Driving Racketeers Out of the Province

Work of the Ontario Securities Commissioner Carried on to Accomplish This Purpose.

Hundreds of thousands of dollars have been saved to Ontario investors during the past three months following the appointment of J. M. Godfrey, K.C., Securities Commissioner for Ontario, according to facts and figures given out by the Securities Commission.

In the neighbourhood of 40 brokerage offices in the province, doing a lucrative business in worthless stocks, or who were using unethical and dishonest methods of selling have closed their doors. Over 100 high-pressure stock crooks, most of them imported crooks, have left for parts unknown or have been prosecuted. Thousands of dollars have been recovered for investors and a general clean-up made of a large number of shady deals where the average investor did not have a remote chance of even recovering a part of his investment.

Super crooks with suites in the larger hotels who employed numerous "front" men have ceased operations, and departed for New York or Chicago. Two months ago 95 of these crooks and racketeers were registered at a large hotel in Toronto. This number has been reduced to five who are holding on vainly hoping against hope that they may be able to resume their activities.

The passing and scrupulous enforcing of a few simple regulations have had a salutary effect that will have a material influence in really helping the mining industry in Ontario to come into its own.

The use of the telephone to private residences either locally or by long distance has been forbidden to all brokerage houses. Tipster letters and sheets have positively been forbidden. License fees for brokerage houses have been set at \$100 and salesmen's registrations placed at \$10. In addition, the personnel of every firm has received a thorough combing and every principal or salesman with a shady reputation weeded out.

A ban has also been placed on the sale of vendor stock (known among the fraternity as "the gravy"). In future vendor stock cannot be sold without the authority of the Securities Commission.



## SPODE'S "Pink Tower"

A fine example of Spode painting in Pink under the glaze. This design is from a sketch made at Josiah Spode's country residence, and suggests this great man's love for typical rural scenes. It is printed on an ivory body in the Gadroon shape of Georgian days.

Timmins hostesses should appreciate this design as our frame architecture is closely allied to the Colonial Georgian with which this pattern associates itself.

**C. A. REMUS**  
Jeweller  
17 Pine St. N. Phone 190  
Timmins

New York, Michigan and other states in the Union, have given preferred attention to the mining stock racket over the past few years, and have passed a great number of complicated blue sky laws that have in some cases proven a detriment to the elusive and wily stock racketeer, but they are still operating in those territories, probably not as openly as ever, but still making money. In two short months the strict enforcement of one simple regulation has practically driven the fraternity out of Ontario. Very little money has been spent on prosecutions. Jails are not popular with the racketeer and if he is nipped in the bud he usually departs hurriedly and ceases to be a menace to the community.

Mr. Godfrey's motto of "get the crook before he gets the money" is proving most effective in not only saving money to the investing public, but also in diverting promotion funds to actual development of our mineral resources.

"Call up or get in touch with your local Crown Attorney, if you feel you have been, or are about to be gypped," Mr. Godfrey said. "Give him the name of the salesman, the firm, or the stock and you will get protection."

Mr. Godfrey feels that we have in Ontario one of the greatest mining fields in the world, and that every dollar subscribed for new mining ventures should be used for actual development work.

## Threw up Jobs to go on Relief Again in Toronto

The Advance does not believe that the style of case referred to in the following editorial from 'The Rouyn-Noranda Press' last week is very common, but even once it too often for such a thing to happen. It is another instance of the fact that the whole relief idea is a wrong one and open to great abuse. The country would have been much better off to-day and all would have been happier if there had been no relief extended, except in cases where there was illness on the part of the breadwinner or no breadwinner at all. The mistake was made of being appalled at the amount of money needed to provide work to keep all. Looking back it will be admitted that the cost of relief would have provided an immense amount of work—possibly enough to have tided over the situation. As The Advance argued years ago, direct relief helped none but those receiving it. Work, on the other hand, helped everybody to keep off relief.

The cases referred to by The Rouyn-Noranda Press are given by that paper as follows:—

"A story comes to The Press that two families recently left Noranda for Toronto to go back on relief in that city when the heads of both might have continued in profitable employment here. One of them, when offered a position at his trade as a butcher, we are informed, refused to work unless he was paid a wage of \$40 weekly, and both families have returned to the beneficent Ontario metropolis, where they came from, and where they declare they can live in comparative comfort without any necessity of toiling for sustenance. Conditions under the relief system in our cities have surely reached an alarming stage if it is possible for people in reasonably comfortable circumstances who are physically fit and able to obtain work at fair wages to decline opportunities for employment and foist themselves on the already heavily-burdened taxpayers of any community. Heads of families who are too lazy to work and apparently are indifferent to the future welfare of those dependent on them certainly do not deserve consideration from municipalities, large or small, and there surely must be some laxity in connection with relief organization in any city or town where such abuse is possible. No leniency should be shown able-bodied heads of families who are unwilling to work for the support of their dependents in these trying times."

Stayner Sun.—The depression has revealed a surprising number of things we can get along just as well without, including depressions.

## Notable Concert at Schumacher Sunday

Consumers' Co-operative to Present Programme of Special Interest at Croatian Hall, March 3.

Programmes have been issued for a concert to be given in the Croatian hall, Schumacher, on Sunday, March 3rd, commencing at 8.30 p.m. The programme is a high-class one and unusually attractive. It is sponsored by the Consumers' Co-operative Society Limited. There is no admission fee or charge, and all are invited to enjoy this notable event.

The following is a review of the various features on the programme:—  
By Consumers' orchestra:—"The Wizard March" (Arthur Daggett); "The Golden Nightingale Waltz" (Robert C. Boger); "A Fox Hunt" (Elwood McKinley).

"Facts of Our Co-operative"—by C. M. Haapanen.  
Violin solos, by Fred Delewski, accompanied by Miss Loretta Dube:—"Czardas" (V. Monti); "June Barcarolle" (Tschalkowsky).

Trumpet solos by Jack Bridges, accompanied by Miss Lillian Huot:—"The Vision" (E. E. Brooks); "Swiss Boy" (G. F. Daves).

By Consumers' orchestra:—"Sir Galahad" march (Elmer Gault); "Princess Tip-Too Caprice" (Margaret LaRoy); "Danube Waves" waltz (T. Ivanovich); "Musical drill—Athletic Club 'Joust' Girls. Piano Mrs. Dave Larcher.

Saxophone solos by Eric Lindewall, accompanied by Miss Lillian Huot:—"That Naughty Yodel" (Paul Van Dyke); "Laughing Gas" (T. Yurewich); "Why Co-operation?" (B. Tenhunen).

By Consumers' orchestra:—"The Maaniken's March" (Alfred Grey); "The Garden of Dreams" waltz (E. Nield); "Festival Overture" (Otis Taylor).  
Vocal solos by Mrs. M. Bessette, accompanied by Maxwell Smith:—"With All My Heart" (Frederick Seymour);

## WARMING NOURISHING ECONOMICAL delicious in flavour

A hot breakfast of Purity Oats provides quick and lasting nourishment for your family these cold mornings. Money could not buy a more invigorating breakfast, yet each delicious, steaming dish of Purity Oats costs less than one cent—the most economical breakfast you can serve. Cooked in just a few minutes.



# PURITY OATS

MADE BY THE MILLERS OF PURITY FLOUR HOVIS FLOUR & PIONEER POULTRY FOODS

"Madame Pom Pom" (Clare Kummer); "Gypsy Dance"—Athletic Club "Joust" Girls, with Mrs. Dave Larcher at the piano.  
Mouthorgan solos by Buster Fawkes:—"Down Yonder"; "Chinese Breakdown." Violin solos by Victor Luchen:—"Rock Valley"; "Turkey in the Straw." Refreshments.

The programme committee includes: C. Kanerva, C. M. Haapanen, B. Tenhunen, K. Lindewall.  
Hostesses:—Mrs. E. Monaghan, Mrs. J. Chatson, Mrs. C. Bawker, Mrs. P. Sherbin, Mrs. W. Robson.  
Consumers' orchestra—K. Lindewall, conductor.

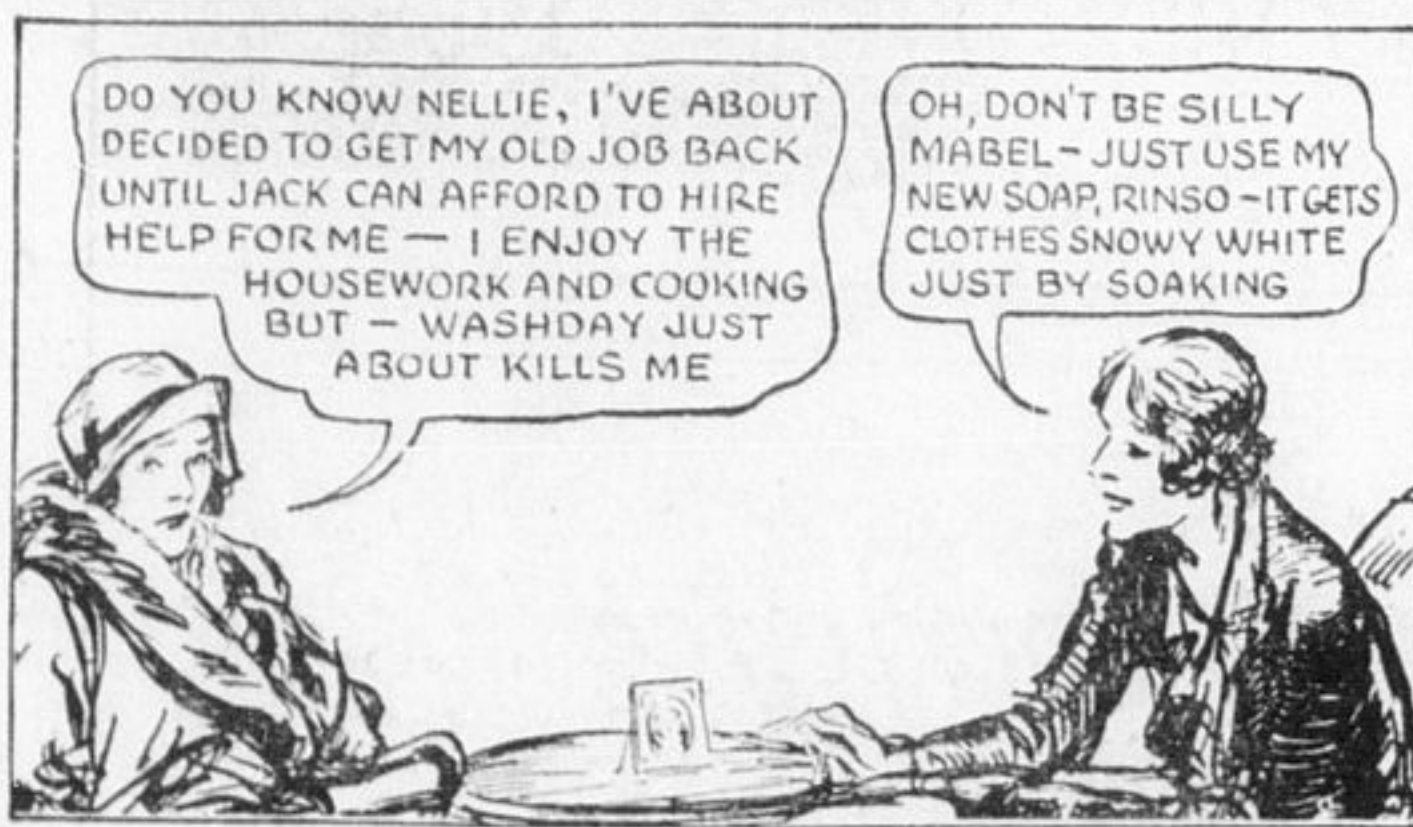
The concert is being given as part of the educational and social programme of the Consumers' Co-operative Society. A glimpse of the growth of the co-operative idea is given by two paragraphs on the printed programmes issued, as follows:

"In Toad Lane, a dingy side street in Rochdale, England, in 1844, a group of 28 poor weavers started a little store

of their own. That store was the product of an idea that to-day influences the lives of over 100 million people in 50 countries. These weavers were thoroughly discouraged over their low wages and the high cost of foodstuffs, but they had an idea, to which they gave practical form. That idea was co-operation!

"To-day, Consumers Co-operation lists these more than 100 million people as its active adherents. They have co-operative stores of their own, through which they buy their daily needs collectively, and keep the profits themselves. Honest merchandise, efficient and fair service, democratic ownership and control, and the returning of profits to the patrons are the principles on which co-operation stands.

KLEERER HEALS ECZEMA, PSORIASIS, Pemphigus, Erythema, Hives, Impetigo, Boils, Itch, Chaps, etc., quickly. 50c; \$1.00; \$2.00. At L. A. Wilson, Druggist, Schumacher.



You, too, can get whiter washes with these safe suds

It's easy to see why Rinsol is becoming more and more popular with women everywhere. They know that they can depend on creamy Rinsol suds to give them whiter and brighter clothes—safely.



Millions use Rinsol in tub, washer and dishpan

USHERING IN MARCH AT

# DOMINION STORES

WITH A WHIRLWIND OF VALUES

You'll delight at this March Entry of Greater Values—Resolve now to take advantage of this truly whirlwind of SPECIAL VALUES!

|                                   |                              |                  |                 |
|-----------------------------------|------------------------------|------------------|-----------------|
| AUSTRALIAN SEEDLESS, BULK         | RAISINS                      | lb               | 11 <sup>c</sup> |
| GOOD QUALITY                      | TOMATOES                     | 3 tins           | 25 <sup>c</sup> |
| FANCY QUALITY                     | LOBSTER                      | Tin              | 29 <sup>c</sup> |
|                                   | Finnan Haddies               | lb.              | 16 <sup>c</sup> |
|                                   | Boiling Fowl                 | each             | 59 <sup>c</sup> |
|                                   | Boneless Fresh Hams          | lb.              | 19 <sup>c</sup> |
|                                   | Rolled, Boneless Veal Fronts | lb.              | 13 <sup>c</sup> |
|                                   | Lake Herring                 | lb.              | 10 <sup>c</sup> |
|                                   | Legs of Veal                 | Half or Whole    | 18 <sup>c</sup> |
|                                   | Delicious Blade Roast        | lb.              | 10 <sup>c</sup> |
|                                   | Freshly Minced Hamburg Steak | 3 lbs.           | 25 <sup>c</sup> |
| MCCORMICK'S CHOCOLATE MARSHMALLOW | BISCUITS                     | 2 lbs.           | 25 <sup>c</sup> |
|                                   | CRISCO                       | 1-lb. Tin        | 23 <sup>c</sup> |
|                                   | JAMS                         | 3-lb. Tin        | 67 <sup>c</sup> |
|                                   | FLOUR IVORY                  | 98 Lb. Bag       | \$2.39          |
|                                   | TODDY                        | 1-lb. Tin        | 43 <sup>c</sup> |
|                                   | PANCAKE FLOUR                | Aunt Jemima Pkg. | 15 <sup>c</sup> |
|                                   | CORN SYRUP                   | 5-lb. Tin        | 37 <sup>c</sup> |
|                                   | RINSO                        | Large Pkg.       | 20 <sup>c</sup> |
|                                   | Lifebuoy SOAP                | 3 Small Pkgs.    | 25 <sup>c</sup> |
|                                   |                              | 3 Cakes          | 22 <sup>c</sup> |

DOMINION STORES

L I M I T E D