

# There's Knack in Making Coffee to Suit Taste

### First Requisite is the Choice of Coffee. Then it is a Question of Whether Drip or Percolator Coffee is Preferred.



(By Edith M. Barber)  
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Here is the coffee question coming up again! "How can I be sure my coffee is going to be good?" writes a bride. "Sometimes it is all right and sometimes it's awful!" Well, first of all, it's the choice of coffee. You may like a heavy or a light coffee. That is a matter of taste, but the grocer can tell you which brands differ in this respect. Then you must have fresh coffee.

This means coffee which has been roasted and ground recently. Some coffee firms insure this by the use of vacuum cans for packing—at least one firm puts the date of packing on the carton. The chain stores, with their own brands, make sure that a fresh supply is put in every store several times a week.

Choose your brand of coffee and if you like it stick to it. Then after you get it home see that it is treated properly. Buy only one can at a time and cover it quickly and carefully after each opening. If you have a family of two it is better to buy coffee by the half pound.

Now, about making it. One person likes a drip pot, another a percolator. Every once in a while I hear some one say, "There really is nothing as good as old-fashioned boiled coffee—with egg." This latter can be very good, but I have noticed that it is not as consistently good as the other two kinds. It is sometimes allowed to boil over and then it's not so good.

For any method you need to be liberal in your measurement. You can't scant the coffee and get a good brew. Measure it by the tablespoonful to the cup the first time you use a new pot. After that you can probably fill the strainer to the proper point by eye judgment. The same is true of the water. Most coffee should be used in the proportion of two level tablespoonfuls (one heaping tablespoonful) to a measuring cup (1 pint) of water. Certain of the heavier coffees demand a slightly lower proportion. A medium ground is usually best—with a slightly finer but not powdered ground for the drip pot.

For drip coffee the water must be freshly boiled. I use a special saucepan for this. This is a good idea as it prevents the absent-minded use of water which has been standing in the tea kettle. For the best coffee the water should be sparkling fresh from the faucet. Coffee experts tell us that the drip method brings out all the best in the coffee. It is a good method and there is no better if care is taken to have the pot heated before beginning to make the coffee and to keep it in a warm place while it is merrily dripping. I think that the coffee cups should be warmed also, especially for drip coffee. Much as I like drip coffee, I have so often had it served cool that I am very careful about its serving.

The percolator gives us an easy method. Either cold or fresh boiling water may be used. I myself use cold, because it means making the coffee with one operation. Many persons percolate coffee too long. The best method I know of judging the proper point is to remove it from the heat when it begins to foam hard in the glass top. A percolator which begins to "perk" almost as soon as it is put over the heat will usually be ready in about four minutes. An electric pot takes a little longer.

If you have a feeling for coffee as late as a breakfast drink, double the amount of ground coffee you use and dilute it with an equal quantity of hot milk when you serve it. For after dinner coffee the amount is usually doubled. The decaffeinated coffees should be made according to the directions on the can. Special care must be used to preserve the flavour of the beverage which is made from good blends of coffee from which most of the caffeine has been extracted.

Coffee needs and deserves careful preparation. To be at its best it must be freshly made even when it is used as a flavouring for the desserts for which I am giving the recipes today.

**Coffee Cream**  
2 tablespoons granulated gelatine  
1-2 cup cold water  
2 cups strong boiling coffee  
1 cup sugar  
1-2 teaspoon vanilla  
1 pint cream  
Soak gelatin in cold water five minutes, add coffee and sugar. Stir until gelatine is dissolved. Let cool and just as it begins to thicken fold in one cup of cream, stiffly beaten. Place in a mold and chill until firm.

**Coffee Jelly**  
2 tablespoons gelatine  
1-2 cup cold water

3 cups clear, strong coffee  
3-4 cup sugar  
Salt.  
Soak the gelatine in cold water five minutes and dissolve in the hot coffee. Add sugar, stir until dissolved. Turn into a mold and chill until set. Serve with whipped cream.

**Coffee Whip**  
1-2 cups strong coffee  
1-2 cup milk  
2-3 cup sugar  
1-4 teaspoon salt  
3 eggs  
1-2 teaspoon vanilla  
1 tablespoon granulated gelatine  
1-4 cup cold water  
Heat coffee and milk, add soaked gelatine. Add sugar, salt and yolks of eggs slightly beaten; cook until mixture thickens, add yolks of eggs beaten until stiff and vanilla. Pour into a mold, chill and serve with whipped cream or with a custard.  
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By James W. Barton, M.D., Toronto

### That Body of Yours

**METABOLISM TEST—RATE AT WHICH BODY PROCESSES WORK**  
If an individual is very thin or is actually losing weight with no sign of lung trouble, the natural question to ask is whether or not he is getting enough food. If it is found that he is getting sufficient food, but that he seems to be nervous, the heart beats rapidly, here are attacks of indigestion, and that he sleeps poorly, his physician will likely recommend a metabolism test.

On the other hand another individual is much overweight, and the excess fat is distributed over all parts of the body. He states that he finds he is getting sluggish mentally or that his memory is failing. In this case also the physician may recommend a metabolism test.

What is this metabolism test?  
The individual eats no food after the evening meal at six o'clock, and the next morning at eight o'clock he goes to the physician's office and lies down and rests for about half an hour. This means that there is no food being digested and that all that is going on in the body are the usual processes—heart beating, lungs breathing, blood circulating, and the tissues being built and the wastes carried away as the blood passes through them.

It is this energy that is being expended in the body just to keep the processes going that is spoken of as the lowest amount of energy the body requires—the lowest or the basal rate at which the body can keep alive.

Doing even this small amount of work will require a certain amount of food or fuel, and this amount will depend upon the size—height and weight—of the individual.

As the individual lies resting quietly—mentally and physically—the amount of oxygen he requires to keep his processes going is measured. A certain amount is considered normal; if he uses more oxygen he is said to have a high metabolism rate and if he uses less oxygen he is said to have a low metabolism rate. A little increase or a little decrease is considered within normal limits.

When the rate is high or too fast, the individual is advised to rest. Sometimes an operation to remove part of the thyroid gland is necessary, and then the patient usually puts on some weight.

When the rate is low, thyroid extract is given which increases the rate at which the body processes work and so reduces the weight.

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### Another Cent-a-Mile Excursion to South

Good Going March 15th and 16th to Toronto, Hamilton, Welland, Buffalo, Guelph, Chatham, Etc., Etc.

The Temiskaming and Northern Ontario Railway is operating another Cent-a-Mile Coach Excursion to Toronto, Hamilton, Smithville, Dunnville, Welland, Buffalo, Galt, Woodstock, London, Kitchener, Guelph, Chatham, Windsor and Detroit, Friday and Saturday, March 15th and 16th, via North Bay and Canadian Pacific. Coach excursion tickets will be honoured on T. & N. O. train No. 2 to North Bay, thence C.P.R. trains 87 and 28, and are good to return, leaving destination point not later than Monday, March 18th, so as to arrive and connect with T. & N. O. train No. 1, leaving North Bay 10.15 a.m., Tuesday, March 19th.

No doubt many of the local hockey fans will wish to take advantage of the low fare excursion, March 15th, as it will give them an opportunity to see one of the Junior N.O.H.A. hockey finals in Toronto, Saturday afternoon, March 16th, as well as a professional game in the evening between the Montreal Canadiens and the Toronto Maple Leafs.

Labour Leader:—New York will convert all surplus cabbage into sauerkraut. Now what will they use to put into baloney?

## Plans to Build Road Mt. Laurier to Amos

### Motion Urging Work to be Started by Quebec Legislature, Northern Ontario Interested.

A motion urging the government to begin work immediately on the construction of the Mont Laurier-Maniwaki-Amos highway placed on the order paper by Aime Guertin (Ind. Cons., Hull) was adopted by the Quebec legislative assembly last week.

Dr. Ernest Poulin (Lib. Mt. Laurier) declared there was no issue as to the principle involved but only differences as to the methods and details.

All people between Montreal and Amos wanted the road built, he said. At present, Ontario gets the business of northwestern Quebec, this being demonstrated by the fact that in 1933 of 18,822 freight cars which reached Amos over the Canadian National lines, only 1,802 came from points in Quebec, the rest coming from Toronto and other Ontario points.

The Abitibi region had been opened some 25 years ago due to construction of the transcontinental railway and since then the Quebec government had done much in linking it up with the big centres, Hon. J. E. Ferrault, minister of roads and mines told the House.

The colonization department built 1,100 miles of roads in the area. A start had been made in the highway, 33 miles having been built between Senneville and Mont Laurier, the minister stated. Work would be resumed in the spring. The highway could not be built in a year but by degrees. While Ontario supplied most of the primary necessities, the Quebec Gov't. had not been asleep at the switch, having given a \$280,000 bonus to the Canadian National Railways to help in building the line from Taschereau to Noranda.

## Another Link in Indian History

By "Shakes"

Where part of the Tennessee valley lies, in the states of Alabama and Tennessee, the United States will create a huge lake while building a huge power project. Before the area was inundated, however, Major W. S. Webb asked for permission to do some excavation.

What he found there may have a profound effect on the usual ideas concerning the history of the North American Indians, particularly the Algonquin tribe, a part of which is known to have lived for many years not far south of this part of Ontario.

The way in which these Tennessee Valley discoveries were made so quickly is unique. It seems that the people whom the major believes to be prehistoric Algonquians, ate large numbers of the shell fish found in the river and just threw the shells around wherever they happened to be. The refuse from the animals they killed for food was likewise carefully disposed of. These waste products returned a large amount of phosphorus to the soil and thereby enriched it. So wherever along the banks of the river Major Webb saw a particularly luxuriant growth of alfalfa or other vegetation, there he ordered excavations to be made. This digging was accomplished with federal aid as a relief project and employed at one time nearly 800 men.

In all, they uncovered 40 mounds containing enough evidence to give a sort of picture of the life these native Americans lived. They had large buildings which had hard clay foundations and whose upper works were made partly of wood and partly of thatch work. The buildings must have been burned down for charred remains are found in some of the post holes.

Indications are that at least one group of them had a temple with a raised altar in the centre, a public building of some sort and fortification works made of trees 10 inches in diameter. Nothing found in any of the graves or in any of the buildings unearthed indicate that the Indians of the period had had any contact with white men, for no implements brought by white men were shown. Their burial customs were rather different than those of other tribes. Skeletons found are all that remain of bodies obviously carefully tied up with the arms close to the body and the knees bent up close to the body. Later burials in the same valley apparently took place with the body stretched out.

### Fifty Men Left for Road Work Thursday

Men from Timmins will have Two Weeks Work and will be Re-employed After Another Two Weeks.

Fifty single men left on the noon train Thursday for the Swastika-Matachewan road camps. They are to have two weeks' work there and will be re-employed two weeks later if still in the area.

Not all those who go on the road camps return to Timmins. Of the 25 men sent more than two weeks ago, only a few returned to Timmins. The others preferred to wait until their two weeks were up down in the Matachewan area or at Kirkland Lake.

This is the project on which a number of those listed by the "Timmins Unemployment Association" refused to go to work. As only single men are taken on for that particular job, the jobs were not open to all those on the list containing 87 names recently presented at the council, but a good proportion of those 87 were offered the chance to go to work and turned it down. Only three of four accepted and left on Thursday.

Other road work being carried on in the district by the Department of Northern Development includes repairs to the "back road" between South Porcupine and Timmins, at which 75 married men of Timmins are now working; and the repairs to roads in Mountjoy township, where an estimated 25 settlers have been given jobs.

Readers' Digest:—If you think politics easy, try standing on a fence while keeping one ear to the ground.

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## Did March Come in Like Lamb or Lion?

### It was Stormy and Cold at 3 a.m. on Friday, but Later in the Morning it was Fine. So Then What?

Did March come in like a lion or a lamb?

Those who were about on the streets between midnight and about three o'clock on Friday morning say it was cold and stormy then and they take that to mean that the month began badly so should end well.

The day became steadily warmer as the sun rose and in the early afternoon puddles of water lay in the sunshine on top of the snow and ice of the streets.

The pessimists think that's a sign that March set out to be too nice a month, so we're due to get some bad storms before the month ends.

Spring (on the calendar) is little more than two weeks away.

## Some More Fiction at the Library Here

### Also, Three New and Timely Non-Fiction Works. List of Interest to Many Readers of The Advance.

Three non-fiction books of wide interest have recently been added to the Timmins Public Library. They are: "Wild Animal Man," by R. W. Tompson. (Life story of Reuben Castang, the "Ape Man.")

"Once I Had a Home," by the Marquis de Verdieres. (Strong stuff about the Communist horrors in what was Russia.)

"Design in Woodwork," by Percy A. Wells. (A handy textbook for anyone interested in woodwork. Profusely illustrated.)

Fiction now available includes:—"Touch and Go," by Patricia Wentworth. (Mystery about two women and a man.)

"Road of Ages," by Robert Nathan. (Realistic fantasy—the Jews driven out of the western world to the Gobi desert to subsist as they can.)

"The Black Rider of the Range," by Snow. (Western, with lots of action.)

"Taken by the Hand," by O. Douglas. (Novel of English family life. Pleasant reading.)

"Bulldog Drummond at Bay," by Sapper (H. C. McNeil). (The latest of the famous Englishman's adventures.)

"The Lord of the Manor," by Turner. (English novel with an interesting plot.)

"Lady by Marriage," by Carfrae. (Love story with unusual situations.)

"The Street of the Serpents," by Beeding. (Holds interest all the way.)

"Scarthroat," by Daniel. (Secret service story.)

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## Mining Industry to Gather at Winnipeg

### Programme of Much Interest Prepared for 36th Annual Meeting of the C. I. M. M.

The men of the mineral industry and their ladies will gather at Winnipeg on March 12th for the 36th annual general meeting of the Canadian Institute of Mining and Metallurgy. The Royal Alexandra hotel will be the headquarters of the convention.

The Honourable John Bracken, Premier and the Hon. J. S. McDiarmid, Minister of Mines, of Manitoba will participate.

S. G. Blaylock, vice-president and general manager, Consolidated Mining and Smelting Company of Canada Limited and president of the Institute, will preside.

The tenure of Mr. Blaylock's presidency ends in April next, when he will be succeeded by Captain J. G. Ross, manager, Asbestos Corporation Limited, who will also attend the meeting.

In his address Mr. Blaylock will discuss industrial relationships and describe the successful co-operation committee system mutually developed at the consolidated plants by the management and the men.

Isaac Piblado, K.C., LL.D., president of the Canadian Bar Association, and Dr. Wallace, president of the University of Alberta will be guest speakers.

Few Canadians have enjoyed an opportunity to learn the full importance of the mineral industry to the nation. For them a panorama has been arranged as part of the inaugural session in which outstanding men will briefly depict the problems and achievements in the production of principal mineral commodities such as aluminium, asbestos, cement, coal, copper, gold and silver, lead and zinc, nickel, petroleum, and the important group of non-metals for which the industrial demand is so rapidly increasing, and which the industrial minerals section of the Institute will discuss in special session.

Dr. Charles Camwell, Deputy Minister of Mines, Ottawa, will conclude the symposium with a brief address "The Mineral Industry of Canada."

The programme of technical papers is even more comprehensive than usual, necessitating concurrent sessions devoted to metal mining, coal, economic geology, the industrial minerals, milling, metallurgy, safety and welfare.

Very appropriately for a meeting in Manitoba the mine, plants, and practice of the Hudson Bay Mining and Smelting Company at Flin Flon, the operation of San Antonio Gold Mines Ltd., and the deposits at Gods Lake will be described in authoritative papers.

From Alberta, British Columbia and Saskatchewan will come papers on coal mining, the Monarch Mine at Field and industrial minerals; from the Northwest Territories a discussion of potentialities at Great Bear Lake. Ontario will provide a description of milling

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## Placer Mining Started in the Schreiber Area

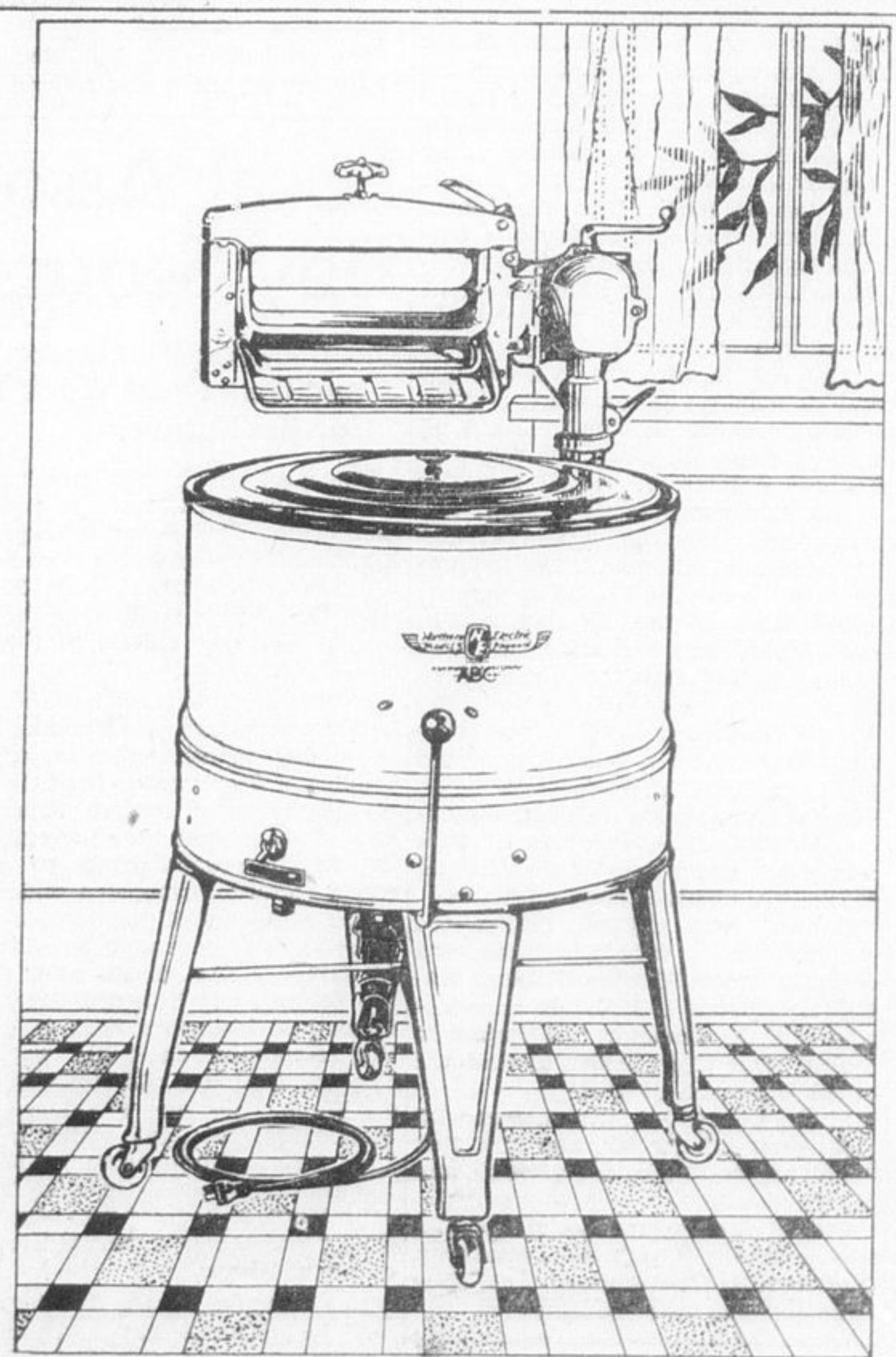
Attempts at placer mining in Ontario have not been particularly successful, or, at least, have never assumed very great proportions. There was some placer mining at the Matheson sand plains some years ago where the men engaged made wages but nothing more. The operations were dropped. Every once in a while there is a report of placer mining in Ontario. The latest report is from the Schreiber area.

According to a despatch from Port William placer mining has actually commenced with the installation of a pulverizer at the Gold Range Mines property, some two and one-half miles east of Schreiber.

Originally staked as a rock mining prospect, the discovery of gold-bearing gravel was made by the mine manager, A. V. Hannam, when laying a pipe line on the property. The presence of silt and gravel interested him, these substances being entirely foreign to the north shore of Lake Superior. Tests were made, revealing values but very encouraging values in the silt, while the gravel proved to be 75 per cent. mineralized.

The silt and gravel deposit has been proven, it is stated, to a depth of 87 feet to bed rock over an area of one-mile by two miles in length. Besides the pulverizer now operating on the property an ABC type of placer mill has been ordered, which will do the panning work of approximately 10 men. A mercury process is used to recover the gold, in contrast to the cyanide methods of rock mines. Since the establishment of the placer deposit the company has abandoned entirely the rock mining hitherto undertaken and is concentrating on the silt and gravel.

Readers' Digest:—Some people have no respect for age—unless it's bottled.



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