

Hot Weather Brings Desire for Cold Meals

There is No Disposition to Spend Time in Preparation. Here is Where Your Delicatessen Dealer Comes in Handy.



(By Edith M. Baiber)

The first hot day usually gives us a craving for a cold meal, which has the further advantage of being quickly set up.

You probably have discovered which delicatessen in your neighbourhood offers the best cold meat. You may choose one or several kinds and serve with tartare sauce. If you are pressed for time you may buy your salad ready made, but you probably will prefer to make one up yourself. We all like our own individual touch when it comes to salad. Perhaps you will like waffles potatoes which only need to be crisped in the oven a few minutes to go with a meal of this sort. If you would like to have one other vegetable, you have probably discovered that your grocer will shell peas or lima beans at your request, or you may get one of the cartons of frozen vegetables which are all ready to cook.

For dessert you may choose melons or berries or possibly ice cream for which you may use a sauce of fresh fruit, chocolate or butterscotch. You may like to serve a cold beverage such as iced tea, beer or ginger ale, but if your whole meal has been cold, you will probably like to have hot coffee for a finish.

- Quick Meal**
- Cold Cuts Tartare Sauce
 - Lima Beans in Cream
 - Salad Bowl
 - Ice Cream, Butterscotch Sauce
 - Coffee
- Method of Preparation**
- Prepare salad and chill.
 - Prepare beans and cook.
 - Make sauce.
 - Arrange cold cuts.
 - Make tartare sauce.
 - Make coffee.
- Tartare Sauce**
- 1/2 cup mayonnaise

- 1 tablespoon chopped pickle
- 1 tablespoon chopped olives
- 1/2 cup chopped parsley.

When ready to serve, add the other ingredients to the mayonnaise. Serve with fish, soft shell crabs or cold meat.

- Salad Bowl**
- 1 head iceberg lettuce
 - 1 head Romaine or Boston lettuce
 - 2 cucumbers
 - 1 bunch watercress
 - 1 bunch young onions or 2 medium-sized onions
 - 1 bunch radishes
 - 1 green pepper
 - 1 clove garlic
 - 1 teaspoon salt
 - 1 teaspoon sugar
 - 1/2 teaspoon mustard
 - 1/2 teaspoon paprika
 - Black pepper, freshly ground
 - 1-3 cup olive oil
 - 1 1/2 tablespoons Tarragon vinegar

Wash and separate lettuce and romaine. Pare cucumbers, slice and soak in salted water for half an hour and drain. Wash watercress, slice onions. Wash radishes and pepper and slice. All vegetables should be chilled before or after preparation. Arrange vegetables in large salad bowl, add garlic. At the table, mix seasonings in salad spoon and pour oil over them. Stir into salad and toss the vegetables with salad spoon and fork. Every vegetable should be coated with the oil. Then add the vinegar and mix again.

Butterscotch Sauce

Two cups sugar; 1 cup cream. Put sugar in heavy frying pan and stir with wooden spoon over a low heat until melted and light brown. Add cream gradually. Stir until smooth. Serve hot at once or store in covered jar in the refrigerator and reheat when ready to serve.

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Dome School Report for the Month of May

Standing of the Pupils in the Various Classes at the Dome School for Last Month

The following is the Dome school report for May:—

Senior Fourth Class—Marcella J. Lynch, principal—Ralph Michell, Vieno Lillhoog, Marian Jordan, Joe Slobodian, Helen Munro, Laura Millions, Teddy Raymer, Walter Baker, Lloyd Doran, Robert Rickward, Garth White, Robert Chevrier, Johnnie Shumilak.

Junior Fourth Class—Kathleen Connolly, Margaret Munro, Jean Stringer, Elsie Parsons, Margaret Hegedus, Emel-

ly Klimo, Bobby Millions, Billie Murphy, Louise Kellow, Kenneth Thomas, Doris McGinn, Donald Lightbody, George Vary, Billie Richardson, Jimmie Procopio, Tony Procopio.

Room III—C. A. Rath, teacher—Sr. III—Leontina Didone, June Countryman, Viola Lalonde, Grae Pirie, Clarence Curtis, Fernleigh Uren; Gertie Lillhoog and Violet Hedges equal; James Curtis, Raymond Cole, Stewart McGinn, Bobby Doran, Ronnie Moyle, Bill Honer, Ruth Conod, Margaret Burton.

Jr. III—Nick Rewegan, Gino Campagnola, Clifford Henry, Shirley Burke, Dorothy Andrews, Elsa McDonnell, Raulo Lillhoog, Grace Richmond, Mike Baker, Joyce Eames, Edith White Walter Lang, Evelyn Booker, Robert Richmond, Frances Harvey, Maureen Thomas, Elaine Letterman, Walter Rewegan, Edwin Hughes, Carson Chevrier, Edna Tripp, Mildred Rickward.

Room II—Annie M. Pace teacher—Sr. II—Honours—John Klimo, Florence Connelly, Jimmy Jordan, Carmela Didone, Edith Uren, Douglas Letterman, Warner Burritt, Patricia Masterton, Laverne Stroud, Eleanor Burke.

Sr. I—Honours—Susan Klimo, Lynn Beard, Victor Trite, Catherine Morrison, Irene Libby, Germaine Raymond and Edith Vesentini, Lois Countryman, Aldo Campagnola, Mary Richmond.

Primary Room—V. Morris, teacher—Sr. Primer—Marion Michell, Elena Cundari, Beulah Lang, Myrna Geppert, Minnie Zabiaka, Doris Kellow, Mary Countryman, Jackie Jay, Billy Hacking, Jean Williams, Allen Webb, Louis Campagnola, Ada Curtis, Thora Webb, Shirley Knutson.

Jr. Primer—Doreen Hocking, Joan Conod, Keith Stroud, Helen Andstren, Barbara Raymer, Pauline Lively, Donald Hocking, Marion Gordon, Joe Michell, Janet Richmond, Charles Blair, Teresa Procopio, Lorna Henry, Jimmie McDonnell.

Fr. A.—Richard Barnes, Jackie Phillips, Tony Fasan, James Andrew, Billy Longworth, Mary Kemsley, Esther Collins, Mona Richardson, Kathleen Rickeward, Mary Letterman, Phyllis Lively, Audrey Edwards, Gerald Kjillstrom, Dorothy Mitchell, Lilybell Kellow, Douglas McGinn.

Accommodation for Crews of 'Porcupine'

New Three-room Bungalow Being Built in T. & N. O. Yards for Use of the Train Crews.

A new three-roomed bungalow is under construction in the T. & N. O. yards near the water tower for the use of the train crews of "The Porcupine," north and south-bound expresses. Facilities for cooking are being provided and the place will provide comfortable accommodation for the men. Since Trains 46 and 47 have their northern headquarters here, the train crews have been rooming out or sleeping on the cars of their trains. Their homes are in North Bay. Engineers are accommodated in a bungalow that has been on the property for some years.

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Unlicensed Peddler Pays Fine of \$20.00 at Kirkland

An editorial somewhere the other day had one point that stood out from the usual discussion of the mass buying enquiry. This was the thought that more attention should have been given in the enquiry to the menace to the communities at large in the unethical practices of some peddlers and agents. Towns in the North have been injured more than is generally realized by these peddlers. Last year The Advance heard of cases where loss was sustained through dealing with some of these peddlers and there was no possible redress as the peddlers had gone. The slaughtering of fruit and vegetables by some peddlers is one form of the trouble that has been experienced in Timmins. Kirkland Lake has also complained.

The sale of vegetables and fruits at cut-rate prices by outside truckers received its initial summer setback at Kirkland Lake over the week-end when John Shtun, Toronto, was fined \$20 and costs on a charge of selling fruit without a license.

Teck township council passed a by-law last July to check the practice. It reads: "No person not being a wholesale dealer in Ontario shall sell or offer for sale or deliver to any retail dealer within the municipality of the Township of Teck fruits and garden produce without first having applied for and obtained a license from the municipality." Cost of such a license is \$100. Shtun had sold a barrel of apples and a crate of oranges, evidence laid before Magistrate Atkinson revealed.

Rock Garden Primer New Book at Library

Very Reasonable Book Just Added to Shelves at Public Library. Also New Fiction in

Recent additions of books to the Timmins Public Library include just one in the non-fiction class:—
"The Rock Garden Primer," by Thornton. (A useful book to read before going to work on the rock garden. Proper plants to use, design, drainage, position, etc. Well illustrated.)

Fiction:—
"Between the Tides," by Annie S. Swan (Mrs. Burnett-Smith). (The daughter of a selfish family and the son of a wiser family work out a problem that seems to be leading them to disaster.)

"No Through Road," by Clifford J. Druce. (A rather daring story somewhat in biographic style.)

"The Dry Ridge Gang," by B. M. Bower. (Western.)

"Starlight Pass," by Gill. (Western.)
"One House Divided," by Prunella Beckett. (A story of a mother and her two daughters living quietly on a lonely Yorkshire moor, until Nicholas happens along.)

Work on Heavy Water Progresses

By "SHAKES"

A great to-do was raised about a year ago now in connection with "heavy water." Men offered to drink a pint of it just to prove it could be done. Fantastic possibilities were suggested in the use of it. Since that time the interest of the layman has perhaps cooled off a bit and "deuterium" remembered as the word scientists gave to the new form of hydrogen they discovered that was supposed to have up-structure some long-founded theories of the structure of atoms.

Heavy water still costs about 75,000 a gallon and there is little doubt to-day that it's probably worth that much and a lot more. Here is what the Science Advisory Board of the National Academy of Sciences and National Research Council has to say in its annual report: "A 'scoop' for American science was the discovery of the heavy isotope of hydrogen—hydrogen of twice the atomic weight of ordinary hydrogen. This opens up the possibility of forming an entirely new group of hundreds of thousands of organic chemicals, with properties differing somewhat from those which are now known. This is a most interesting problem whose technique is pretty well mapped out, which is of enormous extent, and which is practically certain to yield chemical compounds with valuable new properties—particularly in the field of drugs, medicines and dyes."

In a recent summary of the work done on hydrogen, Harold C. Urey, Ph. D., professor of chemistry at Columbia University, published in Scientific American, points out that hydrogen is by no means the first element known to have different atoms, even though they react the same way chemically. About 1911 doubt first began to appear that all atoms of the same element were the same. Using the mass of a single oxygen atom as 16, it was discovered through long experimentation that the element neon (the same one that makes the modern electric sign's red glow) has two varieties, one having a mass of 20 units and the other a mass of 22 units. Tin has 11 known isotopes, as these variations of a single element are known.

The discovery that hydrogen (whose mass is 1 unit in the system) had an isotope of mass 2 units, was really a great bit of work. Previously it had been possible to find an isotope in dilution of one part in 1,000. The deuterium atoms, which have a mass of 2 units as compared with ordinary hydrogen's 1 unit, occur only about once in every 4,500 parts. It was not until the discovery was made that the water left over from a commercial method of separating hydrogen and oxygen in oxy-hydrogen blow-torches contained deuterium in a concentration of 1 in 1,200 that real progress was possible. Now there are dozens of places in Canada and the United States where experimentation is going on with heavy hydrogen and its oxide, heavy water.

What good does all this do the general public? is a logical question. The world has already experienced great benefits from the widening knowledge of physics and chemistry, made possible only through properly applied theory. Until practical men know how the things that make up our earth are constructed, it is much more difficult for them to put resources to good use. Hydrogen being the simplest atom of all these known, and deuterium being the simplest isotope known, it is obvious that a whole new study of atomic structure and behaviour is opened up.

Before isotopes were given their place in the physical world, any theory to do with transmutation of elements was exceedingly hard to fit in. Yet when radium was studied, it was found that the substance eventually became lead. The medical world knows a little of the possibilities of radium now and is able to predict to a certain degree its effect on certain diseases, knowing what actions go on. Were it not for those men who give up their lives to the study of such a thing as heavy water, it is doubtful if even a very small percent of the blessings of modern medicine would be known.

Indications from experiments now being carried on indicate that heavy water slows down life. Life appears to depend to a great extent on water and what effect "heavy water" will have upon growth or ageing, is a problem that is being worked out now. The isotopes of hydrogen don't just



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I.O.O.F. and Rebekahs Joint Memorial Service

Gold Nugget Rebekah Lodge, with Timmins I.O.O.F. Lodge No. 459, are holding their joint memorial service and social evening in the Oddfellows' hall on Thursday evening, June 13th, at 8 p.m. All members and visiting members of both branches are cordially invited to attend.

SEVENTY-TWO ARE SERVING AS HUMAN GUINEA PIGS

According to a despatch from New York, four young women and 68 young men are serving as human "guinea pigs" at New York Homeopathic Medical College to test the effects of certain poisons.

Existence of this "poison squad" was disclosed by Dr. Linn J. Boyd, head of pharmacology of the college, at the annual meeting of the American Institute of Homeopathy.

Sulphur compounds and aluminum poisons have been fed to the group, composed of volunteers from the student body. Tests of lead poisons will be next, Dr. Boyd said.

Dr. Boyd did not disclose the results of tests already made on the students.

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JOAN MARSH beams with health, joy, cheerfulness. Her hair is lustrous, teeth gleamingly white, eyes starry bright, and skin a becoming bronze of the great outdoors.

AND YOU—SHINING THROUGH

Not long ago, we were talking about jewelry and how it can glorify or bedizen; and make-up and how it can glorify or make one ludicrous. It applies to clothes too, and colours, and home decorations, to everything that surrounds you. The wise women studies herself, her personality, her type and everything that she identifies with herself serves to enhance her. But she shines through, never subdued or "cheepened" by her make-up, her colours, her clothes, her perfumes or her home. She is the important star and no extraneous force is allowed to dim her glory. What is more, like a many-faceted jewel, she knows just what part of her is the most brilliant and she plays up that asset.

Let us take concrete examples. The fragile, delicate type, a Dresden china complexion. We think of her in terms of pastels, fair and frail, and any vivid colours or strong perfumes become harsh—like so much discord. Then there's the blonde; sweetheart of the sun, we call her. The golden tints of her hair are her glory. Everything else—her make-up, her clothes, her colours—must be subordinated. Vivid colours are not for her, nor vivid make-up. The minute she chooses loud colours or make-up the gold in her

hair takes on a tarnished, tawdry quality. That's what we mean by "cheepening" her personality.

The titian type belongs to the same class. Anything that takes away from the brilliant copper lights of her hair jars with the most potent force of her beauty. Redheads have to be particularly careful in their choice of colours—make-up as well as costume shades. Little or no rouge is the rule for the redhead. And red is taboo in wearing apparel or colour scheme for her home, unless it matches the shade of her hair exactly.

The brunette can indulge in vivid colours. Her personality calls for that—a powerful sort of harmony there, particularly if she is tall, stately dynamic or if she is the oriental type.

You wouldn't think of wrapping yourself in a miles-too-large coat so that you couldn't shine through. You can be just as lost by a too-strong perfume, too artificial rouge or lipstick, too many gingerbread on a dress. That's it—that word "too." Too much of a burden and barrier between you and true loveliness; doesn't permit the all-important YOU to shine through. (Copyright, 1935, by the Bell Syndicate, Inc.)



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