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Timmins Branch - F. A. Burt, Manager

Cool Dishes for Quick Meals for Summer Time

This is the Season When No Woman Wants to Spend Much Time in the Kitchen. Some Timely Recipes for This Season of the Year.



(By Edith M. Barber)

Cool dishes for quick meals are in general demand for summer time. The housekeeper without an outside job, as well as the one who has one, does not care about spending a long time in the kitchen in hot weather. She will make good use of those foods which are ready to use or nearly so.

A product which came on to the market last year is consomme Madriene. It can be heated and served hot or chilled in the icebox to jelly and is

a good first course. I also like to use jelly sometimes with a green salad. Many meats, such as ham, meat loaf and whole chicken can be purchased in canned form. The business woman will be wise to sample the meats from various delicatessens in her neighbourhood so she may be sure which ones furnish well-cooked meats. One woman of my acquaintance who has Saturday off always plans a roast for Sunday night. The remainder will furnish her with cold meat for several other meals.

Cheese and egg dishes with perhaps a large garnish of cooked bacon make substantial supper dishes as an occasional change from the usual meat. A chafing dish at the table for making rarebit or creamed meat or fish solves the hot kitchen problem on a warm night.

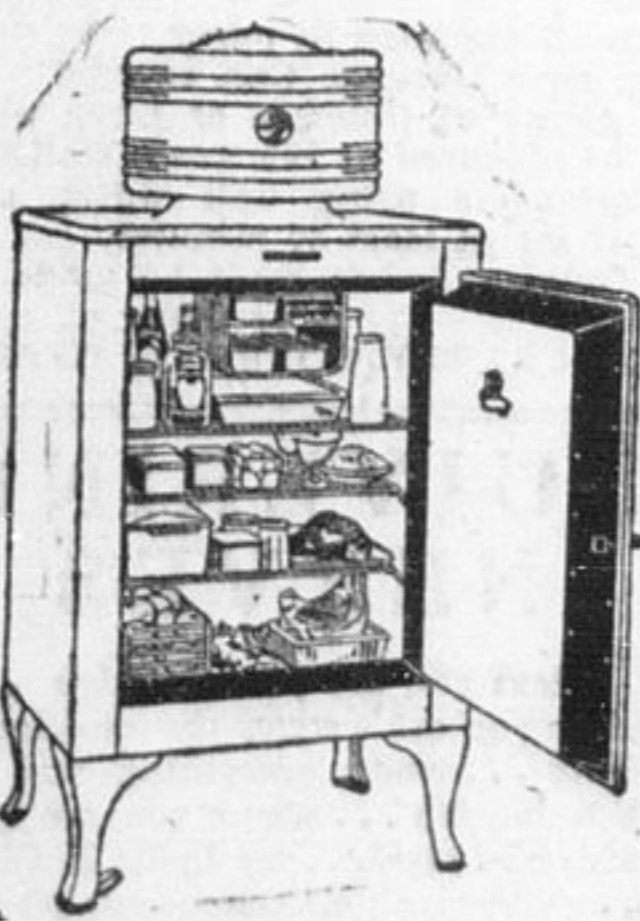
Quick Meal

- Jellied Consomme
- Crab Rarebit
- Waffle Potatoes
- Tomato and Cucumber Salad
- Melon

Method of Preparation

- Prepare salad and chill
- Prepare melon and chill
- Prepare crab.
- Open can of chilled consomme and put in bouillon cups.
- Make crab in chafing dish at table.
- Crab Rarebit
- 2 tablespoons chopped green pepper
- 2 tablespoons butter

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2 tablespoons flour
1 cup strained tomatoes
1/2 cup milk, scalded
Cayenne
1/2 teaspoon mustard
1/4 teaspoon salt
1/2 teaspoon Worcestershire sauce
1 egg, slightly beaten
1 cup flaked crab meat
Brown green pepper in butter. Add flour. Mix until smooth. Combine seasonings, tomatoes, cheese and egg. Add to first mixture. Cook over hot water ten minutes, stir constantly while slowly adding milk. Add crab meat; heat thoroughly; serve in patty shells or on toast rounds.

Carolina Corn
6 slices bacon
6 eggs
1/2 cup milk
1 can whole kernel corn
Salt
Pepper
Fry bacon to a delicate brown and remove from fat. Cut into small pieces. Beat eggs slightly, add milk, corn, bacon and seasonings. Cook in bacon fat, stirring constantly, until set.

Cheese Souffle
1/2 cup butter
3 tablespoons flour
1 cup milk
1 cup strained or grated cheese
3 eggs
1/2 teaspoon salt
Paprika
1 teaspoon onion juice
Prepare a cream sauce with butter, flour and milk. Cook this mixture until thick, then add the cheese and stir until melted. Add yolks of eggs, salt, paprika to taste and onion juice. Mix carefully and fold in stiffly beaten egg whites. Turn into a greased baking dish and set in a pan of water in a moderate oven (375 degrees F.). Bake until firm, about fifty minutes.

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That Body of Yours

By James W. Barton, M.D., Toronto
Why You Should Be Willing to Remain in Bed After an Illness

You may object to your doctor's instructions to remain in bed for a few days after you have really recovered from some ailment. Even when the illness has not been severe most physicians advise that after the temperature is normal a rest of one day for each degree above normal the temperature reached during the illness should be taken. Thus if the temperature rose to 102 1/2, that is 4 degrees above normal, you should remain in bed four days after the temperature has returned to normal again.

Naturally it is hard for anyone whose illness has been brief to remain in bed, but it must be remembered that during an illness, the heart has been doing a great amount of extra work and the heart muscle, though not under the control of the will, can become tired if it does too much work. The heart muscle has what is called "reserve" strength which it uses during an illness, but when the illness is past the heart muscle needs to recover or "catch up" some of this reserve strength it used to fight the illness.

You can readily see that if you rest in bed you do not use the heart's strength to move you around on your feet and so the heart gets a real opportunity to recover some of its reserve strength.

When the heart has not fully recovered its strength after an illness, the patient finds that after he stands for a while he feels weak and has to sit down, whereas before his illness this amount of quiet standing did not bother him at all.

Drs. E. C. Schneider and C. B. Crampton of Middletown, Conn., in American Journal of Physiology, record their results in determining the output of the heart in several individuals in both the standing and reclining or lying down positions.

Without exception, the individuals showed an increase in the amount of blood pumped by the heart after lying down for fifteen minutes, as compared with the amount pumped while standing.

Ordinarily on prolonged quiet standing the output (amount of blood that is pumped) remains unchanged in individuals who show no distress as a result of long standing. However the output of the heart decreased in those, who, on long quiet standing, show poor or weak heart power.

So don't be unwilling to remain in bed after an illness. Your heart will pump more blood and will get back some of its "reserve" strength in a shorter time.

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REMARKABLE COINCIDENCE COMES FROM LONDON, ENGLAND

(London Advertiser)

A remarkable experience befell Col. Foley when he was travelling along Oxford street in a bus and heard the conductor telling a passenger the names of the shops that originally stood on the site of a large store. Surmising that the man had probably delivered letters there Col. Foley asked him: "How long ago were you a postman?" "How did you know I was a postman?" the conductor retorted. "Quite simple, my dear Watson," said the colonel. The man who had evidently not read his "Sherlock Holmes," nearly fell off the bus. His name actually was Watson.

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List of Promotions at Timmins Central School

Pupils Promoted on the Year's Work and by Examinations in the Various Classes at the Central Public School at Timmins.

Jr. IV to Sr. IV—Room 4—Promoted on year's work—E. R. Baker, teacher:—Isobel Bird, Dorothy Brovender, Thelma Brown, Carleen Colborne, Muriel Crispin, Mary Degillo, Margaret Gedge, Ruth Jenkins, Ruth Johannesson, Patricia King, Clara Marin, Rosa Moffa, Lena Orlando, Jordis Peltomaki, Elsa Peitonemi, Vivian Pierce, Eva Pincius, Ella Pooley, Rita Prest, Doris Shaheen, Clara Spadafore, Mabel Westine.

Passed examinations:—Alma Bennett, Mary Bennett, May Cadman, Geraldine Jenkins, Hazel Lavin, Slava Majnari, Patricia Patterson, Mildred Potter, Tami Ross, Irene Solitt, Beulah Thompson, Hilda Tomlinson, Doris Wright, Muriel Wright.

Room 5—S. M. Robinson, teacher:—Passed on year's work—Erling Anderson, Maynard Bailey, Victor Borlotolli, Lal Degillo, Elio Della Vedova, Peter Ferrari, Russell Fortin, Reginald Giroux, Augustine Kader, Lloyd Koskie, Gino Mazzuca, Lad Medve, Mike Muzdeka, Mirko Muzdeka, Dan Onica, Donald Ramsay, Max Ryan, Warren Skeoch, Jack Thomas, Teuvo Tenhunen.

Passed on examination:—Reggie Cavanagh, Louis Vachino, Thomas Roy, Harvey McColeman, Ellis Matson, Dean McArthur, Tom Berry, Lloyd Jones, Gunnar Telkinen, Normand Mascioli, Lawrence Henry, George Partais, George Soulsby, Fred Chaplick.

Room 6—J. A. Markell, teacher:—Promoted from Junior Fourth to Senior Fourth on year's work:—Gweniville Appleby, Corinne Church, Iris Cocklin, Jim Cowan, Muriel Dunn, Joe Florence, Jean Frittaion, Helen Haines, Michael Hamilton, Jack Hamilton, Billie Lawson, Marion MacLeod, Phyllis McCoy, Rocco Paolini, Winnie Parnell, Kenneth Riley, Peter Spada, Vera Stevens, Irene Smith, Alice Thomas, Joyce Tyrrell.

Room 6—J. A. Markell, teacher:—Passed from Jr. IV to Sr. IV on the final June examinations:—Clifford Cretney, Jean Elmer, Ellen Farnan, George Hway, Eddie Keefe, Mary Klimovich, Loila Koskela, Helen Lehto, Leo Marshall, Barbara May, Annie Pannas, Kenneth Passmore, Murray Stanley, Eileen Whitford, Joyce Wilson.

Sr. III to Jr. IV—V. McKinley, teacher:—Passed on year's work:—Peter Abrahams, Marjorie Allen, Synese Baumen, Albert Beaven, Nick Borilka, Calvin Dukeshire, Louise Elties, Olympia Gates, Maurice Goode, Jean Hamilton, Ruth Hansen, Eero Hemming, Patricia Jones, Emily Kader, Bill Kapitan, Fred Milne, Nick Nastasuk, Rose Nosko, Marie Rochon, Violet Roos, Irene Ruotsala, Minnie Sears, Winnie Stevens, Annie Volchuk.

Passed on examinations — Synese Bauman, Steve Denisovich, David Forrester, Carlo Halonen, Rosie Morosan, Francis Simpson.

Room 8—Miss A. G. Doherty, teacher:—Passed from Sr. III to Jr. IV on year's work:—Britta Bergman, John Boychuk, Francis Burt, Elsie Cameron, Bill Carson, Marian Cumliffe, George Doner, Fred Florence, Irigo Galino, Lily Gurevitch, Sheila Harper, Lucette Hansen, Wilfred Leeman, Annabel Lang, Allan Lawson, Penelope Luxton, Saira Passi, Oliver Passi, Tony Senuck, Moe Shrage, Billy Southam, Annie Stefanich, Bruce Taylor, Peggy Williams.

Passed from Sr. III to Jr. IV on final examinations:—Kaleni Asikainen, Annie Byrom, Michelina Chiola, Harvey Cottrell, Albert Ericson, James Hadley, Nick Kolaski, Marguerite Mackenzie, Able Martin, Donald McInnes, Mary McMillan, George Moluchi, Pete Nastasuk, Alec Rubanetz, Elsa Sarabara, Winnie Stewart, Cecil Tibbet.

Jr. III to Sr. III—M. Morrison, teacher, Room 9—Passed on year's work:—Jeanne Fotoff, Barbara Honey, Dorothy Horwitz, Oil Kobzick, Henry Rumpel, Tom Shub, Anita Soni, Laura Young, William Burnes, Agnes Elties, Aatos Hubiski, Kenneth Jones, Rosie

Kremer, Onerva Lehtinen, Robert Neiman, Nereo Raffaele, Douglas Roy, Bentley Saari, Tony Slak.
Passed on finals—Martha Brown, Amilya Chap, Leonard George, Eric Gregson, Gordon Hatton, Stuart Irving, Marion Johnson, Alice Pemberton, Pearl Prest, Alec Pretula, Peter Romanuk, David Rowe, Hilka Saarinen, Emily Simmons, Maurice Stewart, Jack Walkley.

Room 10—Passed on year's work—Jr. III to Sr. III—H. M. Patterson, teacher:—Douglas Baker, Rose Bregman, George Caldwell, Nora Carrick, Margaret Cherry, Elizabeth Gates, Sidney Helperin, Aune Hemming, Gilbert Hill, Mike Hrishkevich, Mary Klowaty, Douglas Kullas, Mattland Luxton, Jean Mason, Otto Mattinen, Helen Moroz, Garneth MacLeod, Anne McColeman, Frank Pearce, Gladys Roy, Jennie Stavarski, Gertrude Teitto, Pearl Trethewey.

Promotions as a result of finals—Room 10—Jr. III to Sr. III—Ted Berry, Evelyn Boychuk, Albert Florence, Rhona Holland, Irene Lawson, Draga Majnarich, Kenneth Mellow, Albert Moscarello, Paul Moscarello, Jack Piro, Bob Ross, Leslie Shiele, Annie Tartachuk, Angelo Terrabassi, Viola Zadorwney.

Promotion List—Basement room — G. Peterson, teacher:—Passed to Sr. III on year's work—Sylvia Bregman, Frank Butkovich, Eileen Clegg, Agnes Costinuk, Mary Duriseck, Stanley Hadley, Paddy Hamilton, Klaus Hokkinen, Shirley Keizer, June Kelly, James Maxwell, Scott McColeman, Philip Nathanson, Lido Nastasuk, Steve Pretula, Clifford Skeoch, Helen Stock, Barbara Thompson, Betty Tyrrell.

Passed final examinations to Sr. III—Florence Anderson, Ernest Cocklin, Alvin Daher, Sara Feldman, Leo Leino, Aaro Martin, Eva Morrison, Lloyd Riley, Jack Rodda, Sophie Shub, Lillian Thomas.

Passed on year's work to Jr. III—Stanley Alkerton, Jennie Bobly, Alice Cadman, Margaret Chinn, Helen Doner, Betty Simpson, Kenneth Skeoch, Walter Zuboy.

Passed on final examinations to Jr. III—Arnold Bregman, Kalevo Hakkinen, Lawrence Johnston, Orval Rhude, Frances Watt.

Promoted on year's work—Sr. III to Jr. III—Heidi Bauman, Richard Book-er, Eddie Borilko, Bernice Bridgman, Raymond Burt, Violet Butkovich, Teddy Carroll, Mary Colysheno, Ethel Davidson, Mary Partais, Edythe Golden, Mike Kapitan, Peter Kolaski, Jean Little, Neil Mafturack, Shirley Remus, Martin Rumpel, Annie Rysack, Monica Shrage, Bill Slywchuk, Thelma Smith, Allan Stanley, Helen Synos, Lois Urquhart, Sylvia Whitford, Mary Zudel.

Sr. II to Jr. III—W. A. Bue, teacher:—Passed on final examinations, Sr. II to Jr. III—Annie Ansara, Alex Borilko, Goldie Butkovich, Jean Carson, Allan Chambers, Stanley Court, Annie Groom, Terry Kelly, Eddie Krajchi, Mike Krakana, Jean Marshall, George Mitchell, Margaret Patrick, John Remmert, Elizabeth Romisson, Robert Skelly, Gino Soni, Agnes Thompson, Ellen Youtlen.

Room 13—L. Shaw, teacher:—Promoted on year's work from Jr. II to Sr. II—George Bialik, Weda Serebetz, Eva McLeod, Cathie Jardine, Larry Wake, Annie Ostroskie, Henry Passi, Marjorie Tomlinson, Charles Adams, Lois Southam, Catherine Chalmers, Branislava Martinec, Mary Robchuck, Joe Onucki, Bob Walker, Earl Solabau, Walter Shermert, Norma Monahan, Milco Soni, Helen Korri, Billie Melychuck, George Taylor.

Promoted on final examinations to Sr. II from Jr. II—Harold Bregman, Hemmo Soni, Stanley Kremer, Max Moharuk, Shirley Longmore, Peter Zwaryak, Lillian Melville, Aili Salminen, Bill Bundziak, Robert Lawson, Patricia Rhude, Pinne Demchuck, Dorcen Meredith, Bill Hamilton, Roger Rumpel, Joe Chop, Dora Hutcheson, Issy Fishman, Frank Whitford, Ina Thomson, Kenneth McFadden, Richard Moscarello.

Room 14—Miss L. Browne, teacher:—Promoted to Sr. Primer:—Bill Bareiko, Olga Derchuk, George Sawchuck, Max Straatman, Stanley Straatman.

Promoted to Sr. I—Francis Blahay, Ronnie Daher, Mona Davidson, John Jones, Vilppi Makela, Thelma Pooley, Bill Pretula, Bobby Simmons, Doreen Thomas, Demitre Wizinski.

Promoted to Jr. II—Alfred Chim, Iola Chiola, George Karcha, Viola Keizer, Gladys Moore, Magdelena Remmert, Gladys Rigg, Jack Sween, Zuzana Vodenski.

Passed on year's work to Sr. I—George Ansara, Dorothy Easterbrook, Louis Krajchi, Helen Krakana, Pearl Maruschuk, George Matymish, Sonya Rajesky, Margaret Simpson, George Stefanich, Rosie Tartachuk.

Passed on year's work to Jr. II—John Bobie, Kenneth Burt, Anne Jamieson, Jack Lacy, Billie Manhire, Oliver Mattinen, Jimmie Simpson, Vera Stanuz, Joe Sunego.

Room 11—M. Cameron, teacher:—Recommended on year's work from I to Junior II—Janet Adamson, Walter Blahay, Reggie Bradley, Alan Burnes, Bobby Cain, Glen Code, Elizabeth Curtis, Helmi Hill, Annie Kilmovitch, Violet McKinnon, Richard Moyle, Clemens Neiman, Jean Plaunt, Jackie Rochon, Vjesti Schroeder, Margaret Skubinski, Gladys Stewart, Viola Warren, Elsie Yates.

Passed by examination from I to Jr. II—Lauri Aaltonen, Hugh Connelly, Bill Curick, Ernest Davidson, Ronald Foreman, Mario Gallino, Helen Hall, Nick Hrishkevich, Margaret Lillie,

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Promoted to Senior I—Annie Arcori, Sylvia Boychuck, Harold Lory.

Room 15—E. Acton, teacher:—Promoted from K. P. to Jr. I—Harry Assad, Daisy Bauman, Mary Bialik, John Caldwell, Audrey Cameron, Patsy Carroll, David Clutchey, Lucy Court, Jack Craik, Jacqueline Crosby, June Davidson, Douglas Delahunt, Ruth Durkee, Bobbie Harper, Donald Honey, Betty Jenkins, Lillian Johnson, Alfred Grooms, Helen Kramer, Helvi Lehto.

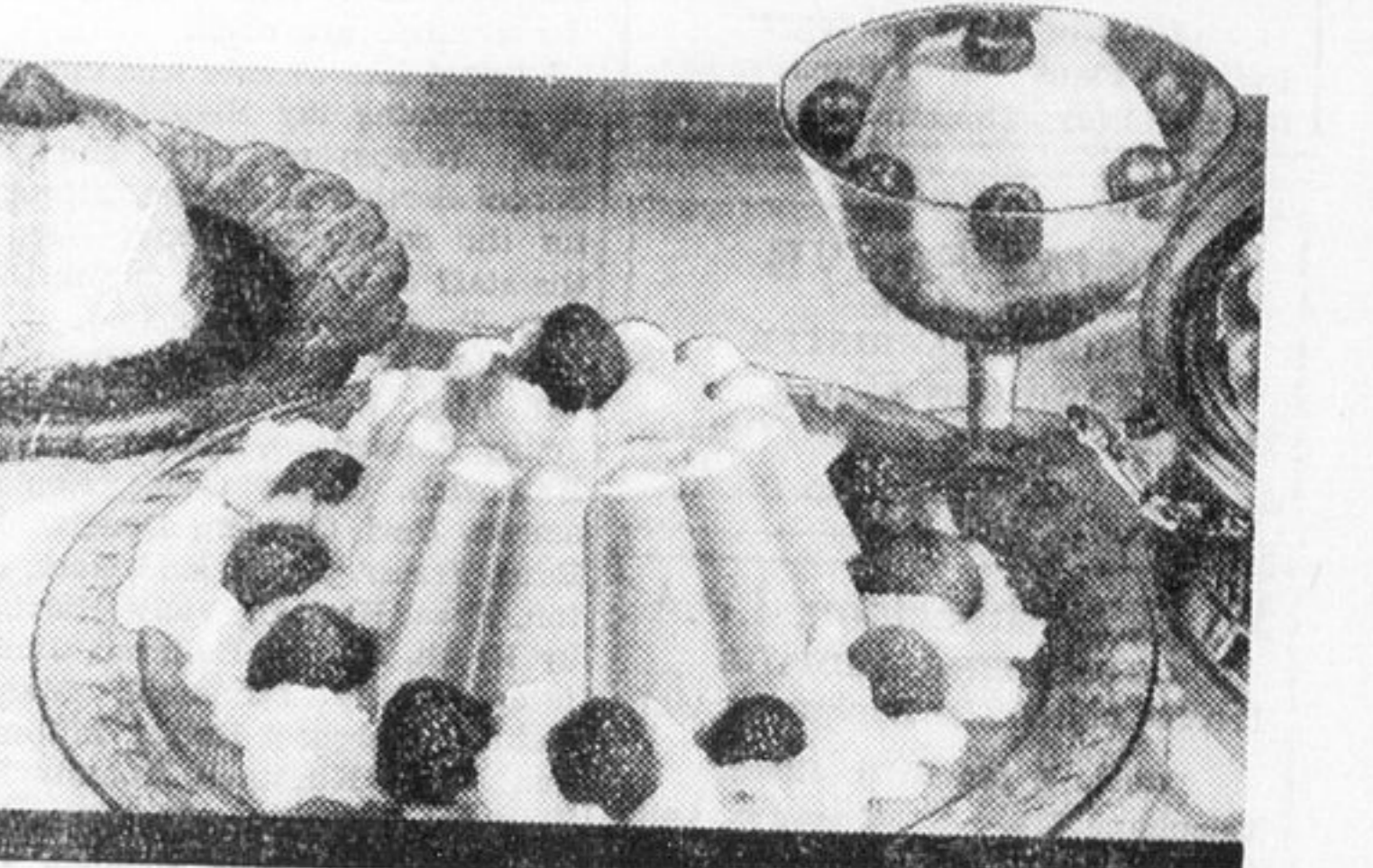
Promoted from K. P. to Sr. Pr.:—Russel Aiken, Ralph Alkerton, Eleanor Anderson, Elsie Chornawka, Mary Chornawka, Mary Costinuk, Elizabeth Domiluk, Roy Elles, Francis Elmer, Annie Erkkila, Vilma Frittanni, Gladys Irving, Lawrence Johnson, Leonard Hill.

Promoted from K. P. to Jr. Pr.:—Ralph Adams, Monica Bridgman, Yvonne Essa, Leo Curick, Annie George, Jimmie Hutchison, Billy Kester, Bobbie Kremer.

Room 16—O. McCulley, teacher:—From K. P. to Jr. I:—Ruth McArthur,

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For less than 15 cents you can serve six people liberally with the delicious easily prepared recipe given below. Be sure to use Durham Corn Starch—a leader in quality—for the best results.

How to Make and Serve SNOW PUDDING

2 cups boiling water; 2 heaping tablespoons Durham Corn Starch; 1 cup granulated sugar; 1/2 teaspoon salt; juice of 1 lemon; whites of 2 eggs. Dissolve the corn starch with a little cold water. Add to the boiling water, sugar, salt and lemon juice. Cook in double boiler until thickened—stirring constantly. When cold, add stiffly beaten whites of eggs and pile high in sherbet glasses leaving a space around the edge of the glass for custard sauce.

CUSTARD SAUCE
2 cups milk; 1/4 cup sugar; yolks of 2 eggs
1 tablespoon Durham Corn Starch; 1/2 teaspoon vanilla. Mix together sugar, corn starch and eggs. Add to scalded milk and cook in double boiler until thickened. Add vanilla. Pour over white mixture and chill. Serves six people.

RAINBOW FOAM
A delightful variation is made by putting two or three drops of carmine coloring on one side of mixing bowl and green food coloring on the other side. Fold into the white mixture slightly—just enough to streak it well. The result will be a foamy mass of pale pink, green and white in rainbow effect.

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