

Hot Beverages Go Well Even in Summer Time

Menus for the Coming Week Include Tomato Caviar Dance Canape, Roast Lamb and Mint Sauce, and Cream Potatoes for the Regular Dinner on Sunday.



(By Edith M. Barber)

If the weather is warm this week you may like to use a good many cold beverages with your meals. However, many people feel that a meal is not complete without a cup of a hot beverage at the end. From the standpoint of digestion this is very wise.

Sunday—Breakfast
Melons
Ready-to-Eat Cereal
Omelet
Muffins Coffee
Dinner
Tomato Caviar Canape
Roast Lamb, Mint Sauce
Creamed New Potatoes Spinach
Pineapple Ice Almond Cakes

Monday—Breakfast
Orange Juice
Ready-to-Eat Cereal
Toasted Muffins Coffee
Luncheon
Cold Tomato Soup
Sliced Raw Carrots Radishes
Toasted Cheese
Cookies Tea

Dinner
Veal Paprika
Noodles With Poppy Seeds
Buttered Peas
Vegetable Salad
Raspberry Tarts
Tuesday—Breakfast
Stewed Prunes
Ready-to-Eat Cereal
Poached Eggs Toast Coffee
Luncheon
Fried Squash With Cheese
Lettuce Salad
Ginger Ale Strawberries
Dinner
Meat Croquettes
Baked Potatoes
Creamed Onion Tops
Cabbage Salad, French Dressing
Rhubarb Tapioca

Wednesday—Breakfast
Raspberries
Ready-to-Eat Cereal
Scrambled Eggs Toast Coffee
Luncheon
Lamb and Lettuce Sandwiches
Hot Ginger Cake
Iced Tea
Dinner
Roast Chicken
Pan-Fried Potatoes Broccoli
Lettuce With Pickle Dressing
Watermelon

Thursday—Breakfast
Orange Juice
Ready-to-Eat Cereal
Bacon Whole Wheat Toast Coffee
Luncheon
Fruit Salad
Sponge Cake With Whipped Cream
Tea
Dinner
Jellied Chicken With Eggs
Potatoes au Gratin String Beans
Strawberry Shortcake

Friday—Breakfast
Shredded Pineapple
Ready-to-Eat Cereal
Baked Eggs Toast Coffee
Luncheon
Sardine Salad Sliced Tomatoes
English Muffins Marmalade
Iced Tea
Dinner
Baked Fish Fillets With Cheese Sauce
Oven-Fried Potatoes
Beets With Greens
Romaine With Spicy Dressing
Spanish Cream
Saturday—Breakfast
Grapefruit
Ready-to-Eat Cereal
Baked Eggs Toast Coffee
Luncheon
Creamed Dried Beef
Lettuce Salad
Cookies Tea
Dinner
Broiled Steak
Hashed Browned Potatoes
Baked Tomatoes
Ice-Cream With Caramel Sauce
Meat Croquettes
1 1/2 cups cold chopped meat
1 cup thick white sauce
Salt
Few grains cayenne
1 teaspoonful lemon juice
1 teaspoonful onion juice
Nutmeg
1 1/2 cup dried bread crumbs, rolled and sifted
1 egg, diluted with 2 tablespoonfuls water
Mix the sauce with the meat, add the seasonings and spread on a plate to cool. Shape, dip in crumbs, egg and crumbs again. Prepare more crumbs and egg if necessary. Fry in deep fat (380 degrees F.) and drain on paper.

Hashed Brown Potatoes
1/2 cup salt pork or bacon fat or dripping
Salt
4 cups chopped boiled potatoes
Pepper
Heat the fat in one side of the double frying pan and add the potatoes, finely chopped. Stir until the fat is well mixed, season to taste and let brown underneath about fifteen minutes over a low fire. Cover, turn pan and brown on the other side.
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Powassan News:—Man is just like the old-fashioned hour-glass—he is no earthly good without some sand.

Hepburn Getting More from Dominion than Henry Did

(From Sudbury Star)
In dealing from time to time with the question of the trans-Canada highway and the construction of arterial roads in Northern Ontario, considerable emphasis has been placed by Hon. Peter Heenan on the claim that no comprehensive program could be inaugurated or continued because the Dominion government had failed to treat Ontario, under Premier Hepburn, as liberally as it had the province under Prime Minister Henry; that the monthly allowance for relief had been greatly reduced.

According to Hon. Wesley Gordon, minister of labour in the federal government, who spoke last week in Kirkland Lake, the facts are just the opposite.

Mr. Gordon stated that while the Henry government had received from 1930 to 1934 the sum of \$820,000 a month from the federal treasury, the Hepburn administration had, since it came into power, to May, 1935, received the sum of \$1,600,000 per month—nearly twice as much. He said further that \$600,000 of the amount was not earmarked for any special purpose and therefore could be expended on road work if desired.

These figures should be of interest to people, particularly in the North, who may have been irritated because of the apparent cut in the appropriation and the resultant difficulties in promoting a road-building campaign. The information merely goes to show that, with an election approaching, it becomes necessary to check and double check. Mr. Gordon's figures should be comparatively easy to verify, and from them it would appear that the Dominion is doing fairly well by the province.

Famous Canadian Train Celebrated Its Birthday

Railways, like kings, commoners and quintuplets, have their birthdays and state occasions, and thus July 1st noted the 35th anniversary of the first running of "The International Limited" train of the Canadian National Railways, which has been in continuous daily operation between Montreal and Chicago since July, 1900, and is still going strong. During the 35 years "The International Limited" has travelled 21,715,760 miles, carrying approximately 2,500,000 passengers on its 25,556 trips. Over part of the route there are severe winter conditions of frost and snow which render steaming difficult and yet, despite this annual handicap, the train has a record of 82.3 per cent. "On-Time" performances during the entire period.

"An 'International Limited' starts every afternoon from Montreal, its opposite number leaving Chicago the same evening, each train to traverse 864 miles between terminals. From Montreal the train serves large centres such as Toronto and London, and important communities in Michigan and Indiana. At Sarnia it leaves the Canadian border to enter the St. Clair tunnel and emerge at Port Huron on the Grand Trunk Western lines of the Canadian National Railways to continue its run to Chicago. Allowing for "dead time" caused by necessary station halts, the train maintains an average speed of 52 miles per hour. To attain that average and to take up time spent at stations for the movement of passengers, the transfer of mails and express, the train must operate at a much higher actual speed with sprints of over 80 miles per hour, and there is a record of 87 miles per hour clocked off on certain portions of the line.

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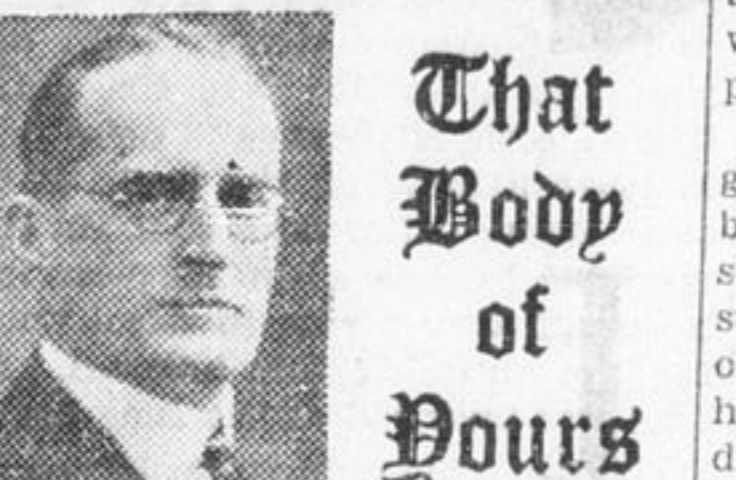


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By James W. Barton, M.D., Toronto Keeping Your Dentures (False Teeth) Up to Date

"If you are trying to chew 1925 beef-steak with 1929 dentures (false teeth) you are just six years and four fittings out of date."

I am quoting Dr. Walter Chappelle of Buffalo who recently gave a two-day lecture course to the Toronto Academy of Dentistry. Dentures or false teeth get out of date just like clothes and motor cars. He also explained that one of the reasons why people complained of their dentures, and of getting seeds behind their plates when the berry season opened was that they might be chewing in the wrong frame of mind. The patient has to learn to bite correctly and to give his new teeth a chance.

It is only too true that although the dentist tries to get an impression of the "natural" bite of the patient, the patient may swing his lower jaw forward or backward slightly and a wrong biting position is impressed into the soft wax material from which the dentist will make the dentures.

Sometimes all that is necessary to make false teeth fit properly is a few rubs on one spot with sandpaper. Every patient should be willing to return two to four times if the teeth do not fit comfortably at first.

The reason that false teeth do not continue to fit snugly as the months or years pass by is because the gums and mouth shrink after the natural teeth have been removed. The amount of shrinkage is not at the same rate in all cases, so that while some need a new fitting after only one month, others can go for three years without having a new base or foundation made to fit the smaller mouth.

Dr. Chappelle explained further that while some people were so easy to fit you could "stand off and throw a denture into their mouths and have it fit," others required long and laborious fitting.

I believe these three points should be kept in mind: (1) When the impression is being made the patient should bite "naturally." (2) The mouth and gums shrink quickly in some and slowly in others, so that some require new dentures sooner than others. (3) The patient should give the dentist a reasonable opportunity to give a perfect fitting as some mouths require "long and laborious fitting."
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City of North Bay Will Not Feed Hunger Marchers

The hunger marchers from Sudbury and the T. & N. O. region north of North Bay will not be fed; they will have to look after themselves, Mayor W. G. Bullbrook of that city stated last week after he had been informed of the plans being laid for the march on Ottawa.

"Will they be fed at the old jail, the city's transient bureau?" the mayor was asked.

"I don't see where we could feed a mob of 2,000," was the reply. "They will have to provide their own food." As long as they conduct themselves in an orderly fashion and don't give indication that they intend to remain in the city, the strikers will not be interfered with, he stated.

Diamond Drill Results at the Edgareek Mine

Official reports from the property of Edgareek Consolidated Gold Syndicate in the Beauty-Munro district, state that the No. 23 diamond drill hole has been completed to a depth in excess of 180 feet. As yet no assay results are available, but good mineralization is in evidence in the core. No. 24 drill hole has been started and good progress is being made.

To date a considerable amount of diamond drilling has been carried out in a systematic manner in an effort to prove the downward continuation of the known surface veins. Results from previous holes show that the veins persist to depth and become wider as depth is attained. One of the latter holes cut a vein width of over three feet, showing an average grade of \$32 per ton, while another vein, which showed a width of 3 1-2 feet on surface, revealed a stockwork of quartz stringers at a depth of 176 feet extending in the core for 20 feet, indicating a true width of approximately 14 feet.

W. T. Stewart, president, will leave for the property this week-end to examine work done to date.

Spiders No Menace to Man's Existence

Newspapers of the United States and Canada have recently thrown a scare into the general public on the subject of spider bites. Deaths have been reported from here, there, everywhere, all due to spider bites.

One or two doesn't seem bad, but when a whole epidemic of spider bites starts killing off the population at a terrific rate, it's generally agreed that "something ought to be done about it." Authorities of McGill University have done it, and here is their pronouncement, word for word:—

"It is time somebody spoke up in defence of spiders. The spider in actuality should be ranked as one of mankind's greatest friends. Were it not for spiders it would possibly be not an exaggeration to state that insects, upon which spiders feed, would make life practically unbearable.

"All spiders, it is true, carry poison glands. They were given these glands by nature to kill their prey. In rare instances and under peculiar circumstances this poison has been the cause of suffering. Mosquitoes and wasps, however, have caused many times the discomfort of spiders.

"It has happened that the spider is blamed for a fatality because it happened to be noticed near the victim. A wasp and a weak heart might more often be the cause.

"There is really no such a type of spider as the 'black spider' or 'black widow.' The coloration varies from type to type. The more poisonous kinds are generally black or black and red.

"The name, 'black widow,' is derived from the fact that the female of this type is very voracious. She even eats her husband at the time of mating. The husband is small by comparison with the female and takes tremendous risk when courting his mate. The female 'black spider' is quite often a widow for the very reason she has devoured her mate.

"As well as being useful to mankind through the fact that they are instrumental in killing enormous numbers of flies and other insects which carry disease germs, spiders are extremely interesting in their habits.

"They have the distinction with man of using manufactured products to aid them in gathering food. They use their webs in many ingenious ways to collect subsistence.

"Because they are ugly, they are hated. They should be praised for their good work and not be regarded with such hate and obloquy."
So much for the vindication of spiders—alive. Of all the curious fables that have been woven around the six-legged insects, perhaps the queerest is the one about "Don't kill a spider or it will rain." It's said that the famous Rain-maker Hatfield, who had them all guessing out West some years ago with his "artificial" methods of making the ten million dollar rains, tried spiders for awhile, but they didn't do the job.

Next time you see a spider (provided he or she isn't beg with you) leave the insect alone and perhaps the natural reproduction of the kind will clear all the black flies and mosquitoes out of the North.

Senate Passes Law Against "Get-Rich-Quick" Schemes

The Senate Friday afternoon approved of an amendment to the Criminal Code, as proposed by its banking and commerce committee, which gives police authorities the right to prosecute people who operate get-rich-quick schemes.

The amendment as approved by the Senate is to be section 236 of the Criminal Code, which provides maximum penalties of two years imprisonment and a fine not exceeding \$2,000. The amendment is as follows:

"Everyone is guilty of an indictable offence and liable to two years imprisonment and to a fine not exceeding \$2,000 who conducts, manages, or is a party to any scheme, contrivance or operation of any kind by which any person, upon payment of any sum of money, or by obliging himself to pay any sum of money, shall become entitled under such a scheme, contrivance or operation to receive from the person conducting or managing such scheme, contrivance or operation, or any other person, a larger sum of money than the amount paid or to be paid, by reason of the fact that other persons have paid or obligated themselves to pay any sum of money under such a scheme, contrivance or operation."

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Torch Diver Here

DUNCAN FAIRLIE who dives more than 100 feet into a tank of water 6 feet deep and just 16 feet wide. He's in Timmins this week with Wallace's shows across the bridge near the Riverside. While diving he is a mass of flame and so is the surface of the tank.

THEY HAVE BETTER IN THE PARLIAMENT RESTAURANT

(Calgary Herald)

There was a strike recently in the Kansas state penitentiary because of objection to the prison menus. Here was the menu for a day before the strike was declared: Breakfast—Side meat, hominy grits with milk and sugar, hot buns, bread and coffee. Lunch—Baby lima beans, hot corn bread, bread and coffee. Supper—Chicken, fried steak, country gravy, boiled potatoes, baked corn, garden vegetables, bread and iced tea.

Walter Little May be the Candidate in Temiskaming

Some months ago the Liberals of South Temiskaming met and named Col. Mac Lang as their candidate for the Federal House in the coming election. No sooner was the convention over than there was some difficulty about the matter. J. A. Legris, of Halcyon, protested that the convention had not been properly handled and that those not qualified to vote at the convention had been allowed to register their opinion as members of the Liberal party. Mr. Legris, who is a lawyer, even threatened to institute legal proceedings to have the matter righted. In the meantime Premier Hepburn of Ontario made it plain that he wanted Col. Mac Lang to remain as head of the T. & N. O. and that no man could hold the two jobs. He would have to quit one position or the other.

Also it may be noted that from all over the North there came the suggestion that Col. Lang drop out of the political ring so that his good work as chairman of the T. & N. O. might not be lost. For a time Col. Lang held to his decision to run as a candidate for the Liberal party, but recently it appears that friends are bending their efforts to induce him to continue as head of the railway. In conformity with the suggestion, or for other reasons, Col. Lang has agreed to the calling of another convention, to be held at Kirkland Lake on July 17th. The party stalwarts are to gather at Kirkland Lake on July 17 to hold a convention, when their standard-bearer in the forthcoming general election will be

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