



NORTH AMERICAN LIFE
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Three Meals for One of These Warm Days

Noted Culinary Expert Refers to Summer Appetites and How to Encourage Them in the Warm Weather These Days.

(By Barbara B. Brooks)
Nature takes care of her own, we are told, and how true this is about summer appetites. If it is too hot even to think of food, we perhaps take a ride to cool off. We pass fields of tall corn. "Good roasting ears," we say to ourselves. "I wouldn't mind having an ear of corn," volunteers Johnny. Further on we see vines drooping with tomatoes; beyond that huge melons that have sapped the last bit of life from their vines; and still farther, an orchard. We drive slowly in order to absorb the fragrance of warm, ripe peaches. "Let's go by the market," and with that, dag steps on the gas.

It is in a large summer market that we begin to appreciate how wise Mother Nature is. She tempts us with color, with aroma, with freshness, with variety. Best of all, these summer fruits and vegetables are easy to prepare and serve; they nourish without over-heating the body; and everyone likes them.

Few of us will leave the market empty-handed. Old Mother Nature smiles upon us as we load our baskets with her treasures. She knows we will come back for more because her wares live up to her promises. More than that she hides in fruits and vegetables a special charm. Scientists call it vitamin B. It is a substance in food which stimulates appetite and gives tone to the entire digestive system. Fruits and vegetables, especially the green, leafy ones, are rich in appetite-stimulating vitamin B.

When Nature plans your meals, the day's menu may be called "garden-fresh," "summer tonic" or "easy day," depending on one's point of view.

- Breakfast**
- Sliced Fresh Peaches
- Whole Wheat Biscuits
- Cream or Whole Milk
- Fried Canadian Bacon
- Beverage
- Luncheon**
- Corn on the Cob
- Scrambled Eggs
- Mixed Green Salad French Dressing (Lettuce, endive, romaine, etc.)
- Bread Butter
- Melon
- Iced Tea or Milk
- Dinner**
- Fruit Salad Appetizer
- Pan-Fried Steak Parsley Potatoes
- Summer Squash
- Broiled Tomatoes
- Rolls Butter
- Ice Cream
- Bran Butterscotch Cookies
- Iced Hot Beverage
- Children's Supper or Bedtime Snack**
- Bowl of Mixed Cereals (Corn Flakes, Bran Flakes, Rice Krispies)
- Fresh Fruit
- Berries or Sliced Bananas, Peaches or Pears

Sudbury Court Nervous
When Dynamite on Display
Five sticks of dynamite, fuses and caps had the court room jittery at Sudbury last week as experts testified in the preliminary hearing of Joseph Roy, formerly employed as a timberman at Frood Mine, now charged with the theft of miner's lamp and battery, two axe heads, five sticks of dynamite and caps.

Roy was committed for trial before Magistrate J. S. McKessock and bail was set at \$200 on recommendation of J. M. Cooper, acting crown attorney. Roy appeared before Judge Edmund

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Proulx immediately following his preliminary trial to apply for bail. He elected trial before a judge and jury and will likely come to trial in November.

During the hearing police were warned by A. E. O'Brien, assistant superintendent of mines, against keeping the caps and the dynamite together. The exhibits had been kept together in a box since the accused's arrest on August 2, and police learned of the possibility of the caps exploding and discharging the dynamite.

The alleged stolen goods were recovered by Chief Constable James Ramesbottom of the Copper Cliff police in a visit to the accused's home on the Garsden road in company with Corporal H. S. Traves of the R.C.M.P. August 2 according to the evidence submitted.

Huntingdon Gleaner: Hicks Foster, of Blue Mountain, Mississippi, had an old car which would not go, so this is what he did with it: He used the body in building a farm cart. The mudguards and bumpers made a watering trough. Spare hinges decorate the barn door. The axle form pillars under his house. The engine block made a door-step and the radiator is a fireplace screen.

Funeral on Sunday of Bernice Keizer

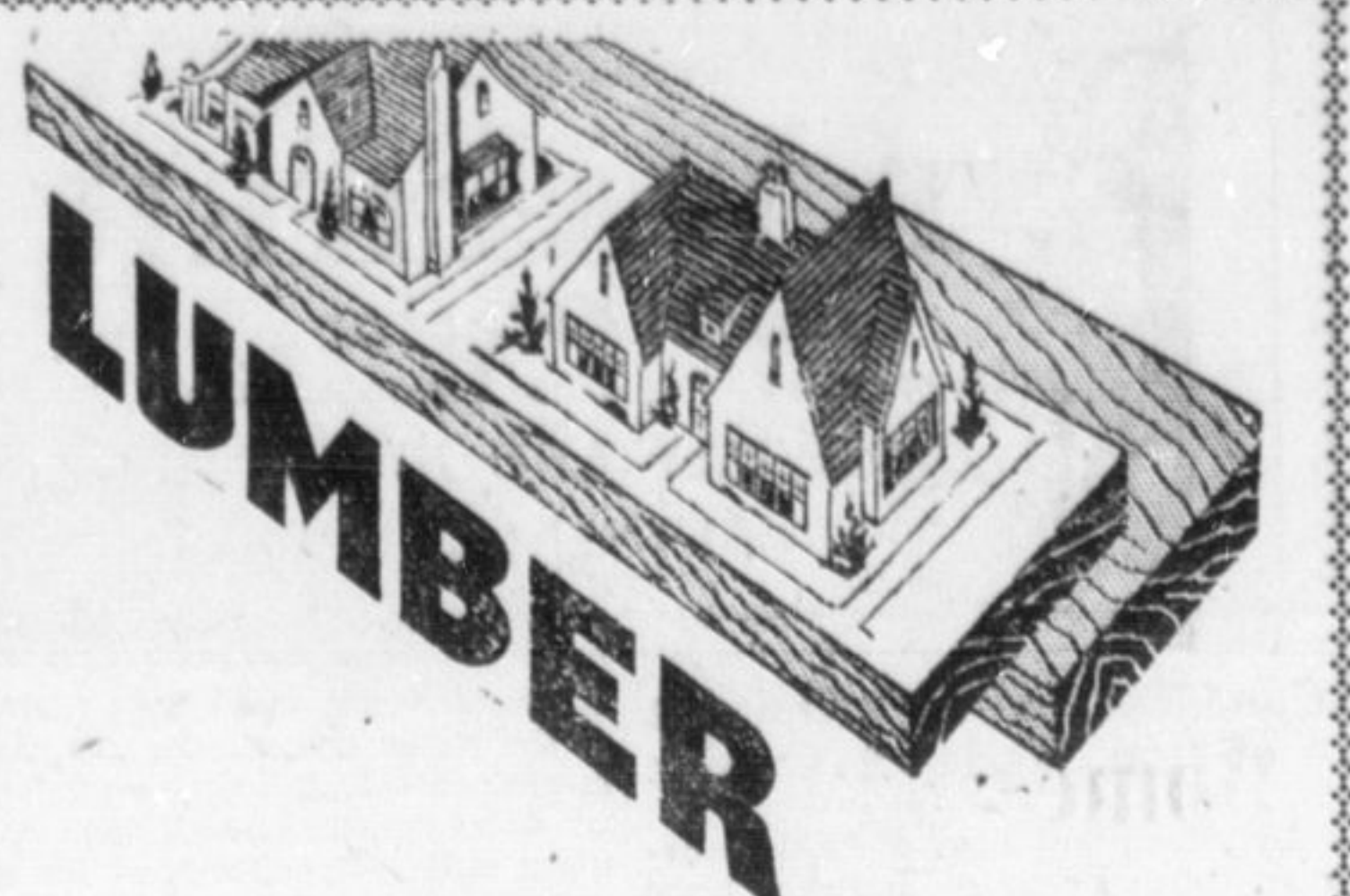
Four Uncles of the Little Girl Acted as Pallbearers. Large Array of Beautiful Flowers.

The funeral of little Bernice Keizer, only daughter of Mr. and Mrs. B. Keizer, Porcupine, who died last Friday after a short illness, was held on Sunday at the family residence and the Church of the Nativity. Bernice was just six years old and was a bright and cheery child, loved by all the family friends and neighbours. She was an only daughter.

Left to mourn her, in addition to her parents, are one brother, Sonny Jim; her grandparents, Mr. and Mrs. James Keizer of Nova Scotia and Mr. and Mrs. Peter McGarry of Schumacher.

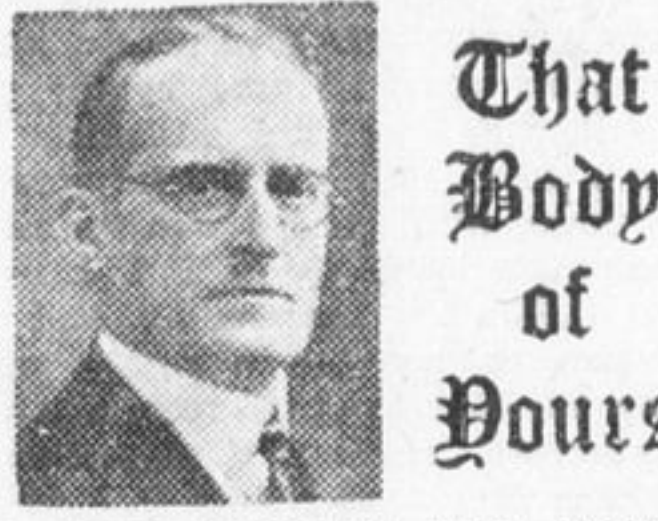
Four uncles of the little girl acted as pallbearers. They were Ernest and John Keizer, and Gordon and George McGarry.

The profusion of flowers that showed in what high esteem the child was held came from: Mother, Daddy and Sonny Jim; Grandmother and Grandfather McGarry, Gordon and George; Mr. and Mrs. Ernest Keizer; Granny and Daddy Keizer; Uncle Ned and Aunt Freda; Gordon, Edna and family; John and Ross; Lawson, Marjorie and the boys; Ada and Joe; Mr. and Mrs. W. Williams and Osborne; her little playmates, Eileen and Joyce, Doyle and Elaine; Mr. and Mrs. Charles Stephens; Mr. and Mrs. Green, Sr., Margaret and John; Stanley and Isabel; Mr. and Mrs. Fraser, Edna and Isobel; Fritz, Myrtle and family; Mr. and Mrs. J. R. Cooper and family; Mr. and Mrs. W. Lawson and family; Mr. and Mrs. G. Barr; Mr. and Mrs. Sangster; Mr. and Mrs. Jim Fowler and family; Mr. and Mrs. Kenneth Croft; Mr. and Mrs. W. Cripps; Dorothy Sangster; Leo Forrest; Mrs. Harry Houseman and children; Mr. and Mrs. J. McGrath and Patsy; Mr. and Mrs. A. Olson; Ed. Ann and Donna; Mr. and Mrs. Desjardins.



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By James W. Barton, M.D., Toronto
A Simple Method of Treating Poisoning by Dinitrophenol, the Weight-Reducing Drug

That Body of Hours

A drug which will increase the heat of the body to such an extent that it removes excess fat even more rapidly than can be accomplished by hard vigorous exercise is naturally going to become very popular with those who are overweight.

The fact that it is a dangerous drug when an overdose is taken, or in those who are "sensitive" to it, is not taken seriously by many because of the fact that this drug—dinitrophenol—may be obtained at any drug store without a physician's prescription.

Dr. M. L. Tainter, San Francisco, one of the original workers with this drug in the reduction of weight, issues a timely warning about the symptoms of dinitrophenol poisoning so that physicians and others may now keep the fact of the poisoning by this drug in mind.

There is nausea, flushed skin, restlessness, marked sweating, rapid and deep breathing, and fever. As the fever increases the breathing becomes very rapid and very deep until the victim is using all the muscles of his chest in a terrific effort to force more air into the chest. There may be pain in the chest, tightness about the breastbone, as well as sensations of intense heat.

Unfortunately there is no chemical antidote that will overcome dinitrophenol in the body, so that treatment of the symptoms and removal of the drug from the body is the first thought.

The stomach should be washed out with large volumes of water preferably containing baking soda—about a tablespoonful to the pint—in order to overcome the acid of the stomach which would prevent the dinitrophenol dissolving in the water. A large volume of water may be left in the stomach to take the place of the water that has been lost by the profuse sweating.

The fever may be overcome by putting the victim in a bathtub containing ice water, or in an ice pack. This will generally reduce the body temperature very quickly and keep it within normal limits. The cold prevents the dinitrophenol creating more heat.

The above treatment has been used successfully by Dr. Tainter and his associates in the Emergency Service and hospitals in San Francisco.

Now that dinitrophenol is being used so extensively the knowledge of the above treatment of dinitrophenol poisoning may save many lives.

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Institute for Blind at the Toronto Fair

Notable Exhibits at the 'Ex' This Year Showing How the Blind are Helping Themselves.

For centuries the blind lived in a little world of their own. In recent years they have been endeavouring to break out through the wall of darkness that cut them off from the world of light and colour. They are claiming the right to take their place in the normal life around them.

How they are attempting to do it is the story of the progress of the Canadian National Institute for the Blind, and how far they have proceeded along the tough path that they have mapped out for themselves, can be seen and understood by anyone who visits the Canadian National Exhibition.

In the Electrical and Engineering Building at the 1935 National Exhibition, a large area is set apart for the exhibit of the Institute. In this space will be demonstrated the various trades by which blind-men and women attempt to earn their living in this industrial age. The process of making brooms, baskets, mats, signal-cones, dresses, brushes, aprons and furniture will be demonstrated by blind workers. The display of the library of the Canadian National Institute will show what kind of books are used by the blind, and the Talking Book, developed during the past few years as one of the greatest boons to sightless people, will be demonstrated. A complete line of articles made by the blind, from clothes baskets to leather belts, will be on view in the Blind Craft shop which is in charge of members of the Women's Auxiliary of the Institute. Those

interested may see how the blind read, write, play cards, tell the time of day, read the thermometer, play checkers, and otherwise employ their spare time.

A successful blind poultry farmer will be at the exhibition with enough of his equipment to demonstrate how handicapped as he is, he co-operates with his hens towards making a success of a difficult business.

In another booth will be found the only blind man in Canada who derives a substantial income from the keeping of bees.

How cafeterias and refreshment stands are successfully operated by blind men and women will be shown by means of pictures and lectures.

It is the aim of the Canadian National Institute for the Blind to make this year's display at the Canadian National Exhibition comprehensive and interesting, and no phase of the work undertaken by this organization in its varied activities, from British Columbia to Newfoundland, has been neglected in the endeavour to present a complete picture to the general public. The space occupied by the exhibit is in the Electrical and Engineering Building, near the Prince's Gate.

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FINNISH NEWSPAPER HAS RECEIVED INCORPORATION
Attorney-General Roebuck's former law firm secured letters patent last week for the incorporation of the Vapua Publishing Company Limited. The head office of the company will be at Sudbury. Capital consists of 40,000 shares without par value providing that they are issued and may be allotted for a consideration not exceeding \$100.

Get the Finest Shave You've Ever Had

- When you're through for the day at the mine, lather up with Palmolive and enjoy a smoother, cleaner shave.

Olive oil, a fine skin conditioner is used in the making of Palmolive. It keeps your face fresh and fit.

- Medium Size 10c
- Large Size 25c
- New Double Size 40c
- Brushless 40c

More "Sunshine" Vitamin D

NO EXTRA COST

THINK what it means to be able to add to the family diet the precious "sunshine" vitamin D through the milk you use. It's the vitamin that babies must have to make little bones grow straight and strong, and to help little teeth come in sound and fine. The famous Dione quintuplets are being raised on Irradiated Carnation Milk. They have been fed Carnation Milk since November, 1934.

It's needed by every growing child, and by every prospective or nursing mother. In fact, every member of the family is better off for the daily fortifying with vitamin D that's so easy and inexpensive when Improved Irradiated Carnation Milk is used. No increase in price.

Many specialists recommend Carnation as an ideal milk for bottle-fed infants, because they know it is safe, nourishing, easier to digest than cow's milk in any other form. Why not ask your doctor?

The Improved Carnation Milk is also splendid for cooking, drinking, and for creaming coffee and cereals. Ask your grocer for Improved Carnation Milk. Look for the word "Irradiated" on the label.

Write for two valuable free booklets—"100 Glorified Recipes" and "Contented Babies". Address Carnation Company Ltd., Toronto, Ont.

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Cochrane to Have China Clay Industry This Winter

A despatch this week from Cochrane says:—"Manufacture of china clay products on a small scale in Cochrane this winter is now an assured fact, with the despatch by the Ruby Coal and Oil Syndicate of a small crew of men to Mattagami river claims to take out a quantity of clay to keep a small plant at work through the winter period.

"Negotiations with the town of Cochrane for a site for the plant are virtually complete, with the old powerhouse site decided upon as the most probable scene of operations.

"It is planned to build rough scows at the claims and float the clay to Moose River crossing, on the T. & N. O. Railway, where it will be loaded for shipment to Cochrane. Later, it is considered possible that the T. & N. O. may build a spur line to the syndicate's claims.

"A group of men left Cochrane on Monday for the claims. It is expected that the first shipment will arrive here about September 15, with further shipments to follow."

Treasurer's Sale of Lands for Arrears of Taxes In the Township of Whitney, District of Cochrane

TO WIT: BY VIRTUE OF A WARRANT issued by the Reeve of the Township of Whitney, bearing date the 10th day of June, 1935, and to me directed, commanding me to levy upon the several lands being in the Township of Whitney, mentioned and described in the following list of arrears of taxes respectively due thereon and costs, I hereby give notice pursuant to The Assessment Act, and amendments, that unless the said arrears of taxes and costs be sooner paid I shall on Tuesday the 28th day of October, 1935, at the Township Hall, at Porcupine, at 10 a.m., proceed to sell by public auction so much of the said lands as may be sufficient to discharge the taxes and lawful costs incurred in and about the sale and collection of same.

The following lands are all patented.

Dated at Porcupine this 10th day of June, 1935

Name and Address and Description	Years in Arrears	Taxes	Costs	Commission	Total
1—Charlebois, O., Timmins—Con. 4, N.E. ¼ N. ¼, lot 1	1930-1-2-3-4	\$238.68	\$2.00	\$5.96	\$246.64
2—Campbell, W. P., Porcupine—Queen Street Lots 167 to 172	1932-33-34	52.30	2.00	1.30	55.60
3—Freeman, A. E., Philadelphia—Con. 3, S.W. ¼, S. ¼ Lot 10	1932-33-34	136.46	2.00	3.41	141.87
4—Fisher, J. A., New Liskeard—Queen Street, Lots 197 to 199	1932-33-34	21.72	2.00	.54	24.26
5—Gold Reef Mining Co., Toronto—Con. 5, N.W. ¼ S. ¼ Lot 9	1931-32-33-34	105.82	2.00	2.64	110.46
6—Gold Reef Mining Co., Toronto—Con. 5, N. ½ lot 10	1931-32-33-34	397.51	2.00	9.93	409.44
7—Gold Reef Mining Co., Toronto—Con. 5, N.E. ¼ S. ¼ Lot 10	31-32-33-34	99.30	2.00	2.48	103.78
8—Jones, E. E., Toronto—Con. 1, S.E. ¼, N. ¼ Lot 3	31-32-33-34	175.14	2.00	4.38	181.52
9—Jones, E. R., Toronto—Con. 1, N.E. ¼, N. ¼ Lot 3	31-32-33-34	175.14	2.00	4.38	181.52
10—Jones, E. R., Toronto—Con. 1, N.E. ¼, S. ½ Lot 8	31-32-33-34	175.14	2.00	4.38	181.52
11—McCallum, J., Matheson—Florence Street, Lot 120	32-33-34	14.75	2.00	.36	17.11
12—Roberts, J. T., Buffalo—Con. 1, S.W. ¼, N. ½ Lot 12	31-32-33-34	287.50	2.00	7.19	296.69
13—Roberts, J. T., Buffalo—Con. 1, N.E. ¼, S. ½ Lot 12	31-32-33-34	287.50	2.00	7.19	296.69
14—Roberts, J. T., Buffalo—Con. 1, N.W. ¼, S. ½ Lot 12	31-32-33-34	287.50	2.00	7.19	296.69
15—Unknown—Plan M8, Lot 27	32-33-34	20.58	2.00	.57	23.09
16—Unknown—Con. 6, S.W. ¼, N. ½ Lot 7	32-33-34	136.46	2.00	3.41	141.87
17—Porcupine Realty Co., Welland—Plan M27, Lots 264, 266, 267, 268, 270, 271, 272	32-33-34	15.00	2.00	.37	17.37

WARRANT AUTHORIZING SALE OF LANDS FOR TAXES
To the Treasurer of the Township of Whitney: You are hereby commanded to levy upon the lands mentioned in the attached list for the arrears of taxes due thereon, with your costs, pursuant to the provisions of The Assessment Act, and amendments, and according to law, for so doing this shall be your sufficient Warrant and authority.

J. W. YOUNG,
Reeve, Township of Whitney,
54 to 78 (Thurs).
Dated at Porcupine this 10th day of June, 1935