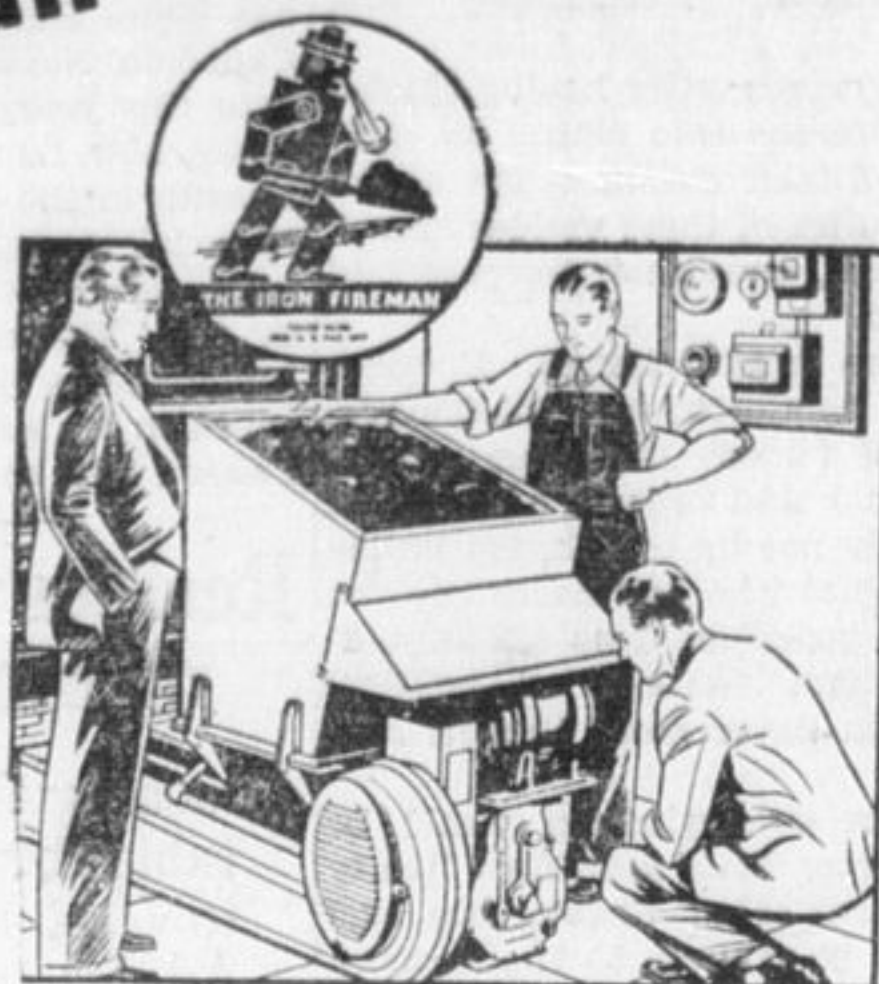


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The Household by Lydia Le Baron Walker

RUBBER AS A SUBSTITUTE FOR DOWN IS NOVEL AND ADDS TO ITS HOUSE USES.



The cushions and upholstery are rubber filled, and rubber tips are on rugs slipping.

Rubber is being used increasingly as a household commodity. The latest purpose is as a substitute for down in cushions and upholstery. The rubber is converted into sponges, of varying dimensions, and is thus given the springy quality needed for stuffing of upholstery; cushions, tops of large foot-stools, etc. It is this rubber-sponge upholstery that is competing with down. In softness, it is manufactured to be comparable. When the rubber is totally deodorized, the competitive value reaches a highwater mark. It is true that down will acquire a faint unaltered odor unless cushions are shaken frequently, and aired occasionally also. So both rubber and down require care in order to preserve their freshness, in this use for cushioned furniture or sofa cushions.

Rubber Rug Linings

Rubber is a recognized agent for rug linings, the word lining being used as in the case of carpet lining, to mean a separate article to be laid between the floor and the rug or carpet. In each instance the lining softens the tread and prevents the floor coverings above them from wearing out as quickly as if put directly on the hard boards. In the case of rubber rug linings, slight adhesive quality of the rubber mats helps to keep rugs from slipping on the floor. This is a great recommendation as rugs that slip and slide under foot cause accidents, and whatever reduces them is desirable. Rubber corner pieces for rugs keep the corners from turning up, and also lessen the liability of the rugs slipping.

Indented Rubber Mats

Indented rubber door mats, long ago found a place for themselves both outside doorways, and inside the house before entrance doors. Rain cannot hurt them, and the mats are easily cleaned of dust and dirt by washing with the hose, or douching with water. These door mats when deeply indented act as old-time foot-scrapers. Wiping shoes on the ridged surface of the mat before coming into a house takes off the mud and dust, and makes housework easier for the homemaker, who does not have to clean up the muddy tracks.

Rubber Insulation

With the various electric appliances in the home of today, rubber becomes an important non-conductor in many ways. Iceless refrigerators have rubber insulations. Rubber and glass are competitive agents of insulation, each having certain advantages for their specific uses.

Rubber Knobs

Rubber knobs come to stick into backs of furniture to keep them from hitting walls hard. They are excellent for sofas and davenport positioned with backs along walls. These buttons, in varying sizes are put to many uses to suit the homemaker's needs.

The Latest Use

To enumerate all the many household purposes of rubber would be an impossible task in one short article, which is primarily to acquaint homemaker's with the novel upholstery use to which it is being adapted.

(Copyright, 1935, by The Bell Syndicate, Inc.)

Huntingdon Gleaner: Lloyd George has a "double" in James Gray, a magistrate in Glasgow, Scotland. This former Premier learned when he recently appeared before an audience of 3000 in Glasgow to tell about his New Deal proposals. Gray arrived at the hall first, was mistaken for Lloyd George and received round after round of cheers. When Lloyd George arrived much of the lung power had been spent.

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Matachewan Showing Increasing Production

For First Seven Months of Year Production Increased at Matachewan from \$39,094 to \$115,524. Other Camps in Province.

Ontario's 36 producing gold mines in the month of July this year yielded \$577,627 more than they did in the same month in 1934. Output was valued in Canadian funds at \$6,403,057 and \$5,825,430 respectively. Tonnage was greater also, being 582,759 against 543,541.

Provide Increase

Matachewan and Northwestern Ontario provided the increase. In fact they had to make up for a falling-off both in the Porcupine and Kirkland Lake areas. Porcupine's total dropped from \$2,854,024 to \$2,720,509; and Kirkland Lake from \$2,847,528 to \$2,814,688. Northwestern Ontario boosted its production from \$251,139 to \$585,981 and Matachewan from \$39,094 to \$115,524.

The value of Ontario's gold production for the seven months ended July 31 was \$41,661,245 as compared with \$40,692,759 for the corresponding period last year. Tonnage treated was also increased considerably, being 3,959,718 against 3,580,256. In the seven months the mines produced 1,206,064 ounces of gold and 207,837 ounces of silver.

The 36 producing gold mines in order of output for July are as follows:

Porcupine Belt (10)—Hollinger, McIntyre, Dome, Coniaurum, Buffalo-Ankerite, Paymaster, Anglo-Huronian (Vipond), Marbuan, Gillies Lake, Nabb.

Kirkland Lake (10)—Lake Shore, Wright-Hargreaves, Teck-Hughes, Sylvanite, Macassa, Kirkland Lake Gold, Toburn, Barry-Hollinger, Bidgood, Moffat-Hall.

Matachewan (3)—Young-Davidson, Matachewan Consolidated, Ashley.

Northwestern Ontario (13)—Pickle Crow, Little Long Lac, Howey, McKenzie Red Lake, Central Patricia, Northem Empire, St. Anthony, Parkhill, McMillan, Minto, Dikdik, Taschota, North Shores.

Output Table

Monthly production in 1935, as reported to the Ontario department of mines, is shown below:

Source	Value Canadian \$	Gold oz.
Porcupine Belt:		
January	2,461,881	72,742
February	2,448,898	71,933
March	2,619,756	76,908
April	2,547,885	73,902
May	2,895,836	84,717
June	2,868,292	81,988
July	2,854,024	81,534
Total	18,696,572	543,724
Kirkland Lake Belt:		
January	2,657,047	77,741
February	2,475,278	72,113
March	2,711,420	78,419
April	2,540,040	74,258
May	2,776,460	80,007
June	2,954,055	84,039
July	2,847,528	81,043
Total	18,962,278	547,919
Matachewan:		
January	97,016	2,788
February	97,016	2,701
March	105,058	3,008
April	111,568	3,185
May	126,948	3,631
June	113,060	3,225
July	115,524	3,289
Total	762,924	21,827
N. W. Ontario:		
January	362,451	10,351
February	318	9,139
March	365,755	10,435
April	398,620	11,620
May	500,948	14,769
June	707,273	19,919
July	585,981	16,661
Total	3,239,471	92,894
Total for Ontario:		
January	5,578,395	163,622
February	5,336,369	155,886
March	5,801,989	168,769
April	5,598,113	162,965
May	6,300,192	183,124
June	6,643,130	189,171
July	6,403,057	182,527
Grand total	41,661,245	1,206,064

Hamilton Spectator: After considerable hesitation, Right Hon. W. L. Mackenzie King has come out flatly in favour of prosperity.



That Body of Ours

By James W. Barton, M.D., Toronto

The Body Needs Animal Proteins—Meat or Eggs

Those who advocate "going back to Nature" and believe that raw uncooked foods are most suitable for man should remember that man's earliest food was meat; he got the grasses and vegetables later when he found that they were more easily obtained than by having to hunt animals for food. He still continued to eat meat but found that the grasses and vegetables made a better all-round diet for him.

Prof. Bickel, before the Berlin Medical Society, pointed out that in primitive or early man a mixed form of nutrition, such as corresponds to the nature of a man, has always been in the foreground. A one-sided nutrition, when found, is nearly always due to circumstances, or, in other words, is forced. An exclusive diet of raw foods cannot be regarded as a natural diet. For the best nutrition vegetable protein—peas, beans—must always be supplemented or helped out by animal protein—meat or eggs.

It has been found that when not enough animal protein is being used the combustion or burning up processes are not as active, as animal proteins stimulate the processes to action more than other foods. And it has been learned that when more animal proteins—meat or eggs—are used than is absolutely necessary the processes reach the proper rate and do not go beyond it. If animals or human beings are nourished with vegetable proteins only, such nutrition is of poor quality and the increase in body weight will be below normal; there will be less resistance to infections; and the "nitrogen balance" will also be below normal.

As mentioned before an animal that eats vegetables and grasses only, like the cow, has an intestine that is 20 to 30 times the length of its body. An animal that eats meat only, such as the dog, has an intestine just three times the length of its body. Therefore man, whose intestine is about five times the length of his body should eat both meat and vegetables as his intestine is much shorter in proportion to the cow and longer in proportion to the dog.

Our nutrition experts who work out their diets on thousands of men, women and children under varying conditions advise that the average adult, doing light work, should use 1 part meat or eggs, to 2 parts fats—cream, butter,

fat meat, to 4 parts vegetables.

Growing children or men and women who work hard physically need more meat and eggs in proportion to fats and vegetables to increase growth and repair worn tissue respectively.

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Recent Wedding of Interest to Readers in the Porcupine

The following report of a recent wedding at Ottawa, as given by The Halleyburian last week, will be of much interest to many readers in this town and district. The Halleyburian says:—
"On August 6th, 1935, the marriage took place in Ottawa of Norman L. Craig, eldest son of Mr. and Mrs. S. Craig of Clover Valley, and Miss Lillian M. Gibbons, youngest daughter of Mr. and Mrs. J. F. Gibbons, of Northcote, Renfrew county. The ceremony was performed by Rev. Mr. Crawford of Ottawa. They were attended by Miss Jessie B. Gibbons, sister of the bride, and Mr. Clinton Briscoe. After the

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Each cupful of St. Charles Milk gives you double the amount of delicious cream and nourishment that is contained in one cupful of the freshest country milk. And what care Borden takes to protect this fresh flavor for you! Only the most spic-and-span dairy farms can supply the milk, and every drop must be fine, clean, pure and rich. In the marvellous Borden plants every utensil is a mirror of shining cleanliness. Here the milk is evaporated to double richness by a method that preserves all its original goodness.

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