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Cook Says that Life Begins at Breakfast

Barbara B. Brooks Writes Importance of Breakfast.

(By Barbara B. Brooks)

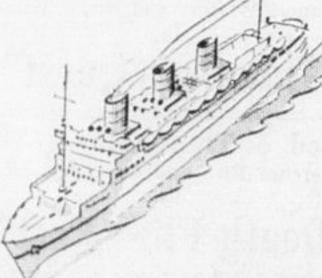
"I save time by giving myself thirty minutes for eating breakfast," was the startling contribution of one busy business man to a discussion of pet time savers. He went on to explain that he had not always allowed himself a leisurely breakfast. For years he had been a coffee and fruit juice snatcher. That was plenty of breakfast, he argued; he never felt hungry until lunch time. The fact that he was usually restless and often found it impossible to concentrate on the work at hand, he attributed to the strain of modern liv-

stock of his habits. He occasionally office and my mind stays on the job evening. finally asked himself, "Why am I a slow starter? Why does it take me most of the morning to get into the sleep needed, a "daily dozen," a half ginning: hour in the open? What about breakfast? There was an idea. He liked to eat breakfast when there was time. He enjoyed cereals, eggs, ham, hot breads. He would have to watch his waist-line, he supposed, if he began eating a good old-fashioned breakfast; but he remembered that his luncheon was

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Canadian Pacific

"Canadian Pacific Express Travellers" Cheques . . . Good the World Over" heavy meal that could well be cut.

any I-told-you-so advice and furthered when the fire broke out.

it was an easy one to prepare. Eggs, sale be put off.

it is time to get up ,wondering what we of the time. a bite of lunch."

Many of us have learned the wisdom fund here ten years ago. of starting the day with an energy- A pleasant card party was given ten ill. He has had an attack of pneumonia

Bowl of Mixed Cereal

Sliced Banana Whole Milk Brown Sugar Bacon Bran Biscuits Coffee or Cocoa

Fruit Juice Whole Wheat Ready-to-eat Cereal Whole Milk or Cream Eggs Scrambled with Dried Beef Cinnamon Buns Coffee or Cocoa

Berries or Other Fruit in Season Corn Flakes Whole Milk or Cream Bran Waffles or Griddle Cakes

Honey Coffee or Cocoa

Bacon Bran Biscuits ½ cup all-bran

% cup buttermilk

1 1/2 cups flour I teaspoon baking powder

1/2 teaspoon soda 1/2 teaspoon salt

4 tablespoons cooled bacon fat.

2 tablespoons crisp, diced bacon

(450° F.) about 12 minutes.

Haileybury Proposal to Exempt New Dwellings

(The Haileyburian)

If a resolution passed by the town coun- A charity match for the benefit of the \$4,000 or over will be exempted from all taxes except those levied for school decided upon later. The resolution was liam Lowery and Co. sponsored by Councillor F. Leslie, who but believed that it would encourage the erection of new houses.

mice which had eaten contaminated 3-mile race in Montreal, the South firecrackers at the heels of unsuspectfood was stated, at a Liverpool inquest, Porcupine correspondence said ten ing pedestrians. to have caused the death of the eight- years ago. It was thought that he had Thirty years before Red Lake was dismonths-old son of John James Jones, a good chance of winning but he fell dock labourer. After the baby's death three miles from the finish, broke a had been right through the field, it was a post mortem was held and a number pedal, and had to finish the race with- revealed in a despatch from Winnipeg of mice caught in the house were ana- out making proper repairs. lyzed. The same food-poisoning bacilli | Four hundred people attended the lish university graduate, the second an were found in the child's body and annual ball of the Schumacher fire de- artist from a London illustrated paper. ture" was recorded.

TEN YEARS AGO IN TIMMINS

From data in the Porcupine Advance Fyles.

her and her husband against a cement "Those who howl about the high Advance. At that time the property. Ottawa Aware of Plan for have lived. An inquest was begun here look like a piker." but had to be adjourned since the husband was in hospital and two important football teams that played a benefit witnesses were out of town. Evidence game here ten years ago for the V.O.N.

appeared to be working well. Order of Nurses branch here, the total Moses played the wedding march and April 1935 was 78.6

fire. Two box alarms and a telephone visitor to Toronto this week." "Born- foods were removed from this index it would take steps to prevent it. call left no doubt as to there being a in Timmins, on Wednesday, May 19th, remained unchanged at 78.3 blaze somewhere in the Mattagami sec- 1926, at Mrs. Goulet's hospital, to Mr. tion of the town. It proved to be a and Mrs. Manson Smith-a son." gramme began with the full co-opera- and his family. The loss was about Ont., to take in the Scottish Rite ceretion of his wife. She refrained from \$1,000 The family were away at church monies there." "Born-in Timmins, on

the plan with attractive, varied menus | Final settlement of the affairs of the Mrs. William France, 4 Borden avenue day after day. A ready-to-eat cereal Mattagami Pulp and Paper Company -a daughter (Jessie Agnes)." "Fol-Interestingly About the was the breakfast mainstay. She kept was again delayed, The Advance re- lowing instructions from the council, a several kinds on hand and served them ported ten years ago this week. The large British flag has been draped bewith different kinds of fruit to give unsecured creditors, including a large hind the magistrate's desk in the town plenty of variety. Cereal and fruit number of settlers of this district who hall and will remain there." "Mrs. with rich whole milk and coffee made had never been paid for the pulpwood Donald K. MacDonald and daughter substantial breakfast. Incidentally, they delivered, asked that a proposed arrived last week from Scotland to join

> hot cakes, muffins or toast were some player with the Minneapolis team, came one of the new houses at Schumacher.' of the surprise items which appeared back to Timmins ten years ago to visit "Mr. E. H. Hill has been laid up for one at a time, but at regular intervals. his father, J. S. McGuire and his sister some days with a severe attack of "Perhaps it is the surprise element Mrs. S. R. McCoy. Known as "Mickey" sciatica, being confined to his house and that does it, but," says our business in the United States, he had been an bed. He is somewhat improved in man, "I find myself wide awake when outstanding player on Timmins teams health now. His many friends sincere-

enough, I don't get up much earlier Beaver lodge, A.F. & A.M. was held ten T. Moisley and son left last week for a now than before, but have ample time years ago at St. Matthew's church, three months' visit to Ridgeville, Ont. for a leisurely breakfast. That seems Rev. Bro. R. S. Cushing welcomed the and other points south." "Mrs. W. to set the pace for the entire day. I Masons to the church and made a Borland and Miss Gladys Borland re-From time to time this man took am ready to work when I get to the special address to them during the turned last week from Toronto to join

giving breakfast. Here are some whole- years ago at the home of Mr. and Mrs. and though recovering, the recovery is stride of the day's work?" Was more family menus which make a good be- E. J. Banning, 288 Spruce street south. not as rapid as his hosts of friends here "Little Miss Marjorie Carriere was the would like to see." "Commander Graves winner of the lady's prize and Mr. E. R.D., R.N.R., representing the Navy (Cornflakes, bran flakes, rice krispies) Wilson of the gentleman's," The Ad- League of Canada, is to visit Timmins vance reported.

was no dam to blow out, the old-timers | popular and efficient." Soak all-bran in buttermilk. Sift the course of his prospecting and de- Philabaa, who had just arrived here flour, baking powder, soda and salt to- velopment work on properties in the then from Scotland. A special feature gether. Cut in diced bacon and bacon district simply helped on the change was an address by Mrs. Fatrick on "Alfat until mixture is like coarse corn- of the channel and did not cause it." lan Ramsay, the gifted Scottish poet." meal. Add soaked all-bran; stir until He was a native of France and was 78 It was hoped ten years ago this month Oratory of St. Joseph, a shrine main- men wanted to travel by motor car. Yield: 12 biscuits, 21/2 inches in dia- tained by Brother Andrew. There he The problem of education in the passed away on Monday, May 10th.

cil at the regular meeting on Monday V.O.N. was between Cornish One-and- held a social evening in the Oddfellows night is carried out, all new dwellings All and Hollinger Recreation club ten hall here ten years ago. Following the years ago. Cornish won 3-1.

"My Turn Next" was the title of a goodness Jiggs dinner." three-act comedy put on in South Forpurposes, for a period of years to be cupine ten years ago this week by Wil- nounced in The Advance ten years ago

said that he was not quite clear as to mines was going ahead ten years ago. too" that the setting off of fireworks the powers of the council in this regard. The Furness mine was one of those re- was actually illegal and that if they ported to be re-opening.

Mrs. Jalmar Vaino, injured in a from the neighbouring town included thought-of Haileybury business men motor car accident at the corner of that of the first softball game of the Cedar and Fourth ten years ago this season there, when Hollinger took an spring, when a car got out of control, easy victory from McIntyre 6-1. All re-opened for working ten years ago ran up on the sidewalk and pinned both the scoring was done in the second half. this summer, it was reported in The

wall, died in Toronto shortly after the taxes in Timmins and suggest that in by Porcuring Grande "The vair was held by Porcuring Grande "The vair was held plying for the Quebec charter were she were taken to hospital in Toronto. tax burden so heavy, should consider traceable on the surface for a distance her badly crushed leg might be saved, the case of York township, near To- of about 300 feet," the report said. But gas gangrene set in, amputation ronto's boundaries," The Advance ad- shaft had been sunk and crosscuts Railway to construct a line into the was necessary and the woman died of vised. "In the section that has local opened at the 100 and 200 foot levels. shock, loss of blood and exhaustion." improvements, such as sewers, etc., the A small stamp mill had been used the C. D. Howe, Minister Railways told It was thought at the time if she had tax rate is 79.9 mills. This makes the previous summer, but was afterwards the House of Commons Monday. It has not risked the train journey she might Timmins rate of 65.4 mills last year shut down.

The Blues and the Stripes were two COST OF LIVING SHOWS given by a young woman who was in On that evening, the new stands which The Dominion Bureau of Statistics way line into Noranda it would open edge of a passing truck, Feter Barrett, neither the brakes nor steering wheel time.

Sunday, May 16th, 1926, to Mr .and the former's husband and son here, the ham, bacon, other meats, fish, waffles. Frank McGuire, then a star hockey family having taken up residence in

ly wish him a speedy and complete reare having for breakfast. Strangely The annual church parade of Golden turn of health and strength." "Mrs. P. Mr. Borland here, the family taking up made a few resolutions—things were until someone suggests knocking off for The Jewish Society of Timmins con- residence on Pine street south." "His tributed a \$50 cheque to the V. O. N. many friends will regret to know that Mr. F. C. H. Simms continues seriously

> during the next few days on the annual Miss E. Giroux received severe facial work of securing subscriptions to carry injuries ten years ago this week when on the good work of the Navy League the car in which she was riding was The Navy League is the only organizastruck by another car that came out tion looking after the sailors of the from behind a third, parked on the merchant marine and their dependants. side of the road. The driver of the It is well worthy of the hearties support second car was arrested on a charge and all should give Commander Graves of failing to return to the scene of an hearty welcome and good response to his appeal." "One of the specially ad-Empire Day, May 23rd, was to be ob- | mired spots in town these days is the served in Central school, The Advance beautiful green lawn in front of the Hollinger hospital." "The watering The famous Rev. Father Paradis died | cart was out on duty yesterday. Welin Montreal just ten years ago. He had come, gentle stranger." "Miss Loretta been one of the early prospectors of the Boivin was home from Fauquier, Que-

> Porcupine, particularly the Night Hawk bec, to spend the week-end." "Mrs T. Lake area. "He is usually credited with J. McCann returned last week from altering the level of Frederickhouse Toronto, where he had been taking his lake by blowing out a dam there," said final course in pharmacy. He was suc-The Advance, 'but those acquainted cessful in his examinations and is now with the country at the time relieve back again in his place as F. M. Burke's him from this responsibility. There drug store, where he has always been

> say, the waters themselves wearing The Caledonian Society welcomed a away a channel from the lake and new piper to their group ten years ago anything that Rev. Fr. Paradis did in this week in the person of Thomas

dough follows fork around bowl. Turn years of age when he died. During his that the highway from Porquiss Junconto floured board; knead lightly a few days he had lived at Temagami, where tion to Cochrane would be completed seconds; roll or pat to 1/2-inch thick- he had built a church, mainly with his by July 1st. The Temiskaming Fireness and cut with floured cutter. Bake own hands. A month previous to his men's tournament was being held in on lightly greased pan in hot oven death he was taken ill and went to the the district town that year and the fire-

North was partially solved in two ways Note: Sweet Milk Recipe: If sweet P. Dougall gave the Kiwanis club a when Hon. G. Howard Ferguson was milk is used instead of buttermilk, omit talk on his native city, Aberdeen, ten minister of education. He first of all soda and increase baking powder to 3 years ago this week. "Mr. Dougall's inaugurated correspondence school for description of Aberdeen, its beauties pupils who could not get any where (natural and human) and its people near a schoolhouse, and then he reand history was most interesting and commended the making of a railway informatve and was so lightened with school house. An ordinary C.N.R. humour as to completely disprove the coach was to be taken, refitted, and common slander of the Scot's lack of transferred from one point in the North to another.

Kara Sanctorum, No. 153, A.M.O.S card games came "a real honest-to-

Careless use of fireworks was dewhen the newspaper reminded boys Work in Deloro and Shaw township "and some of them mighty big boys" did not show more sense about it, prose-South Porcupine's Baggio Feravanti, cution by the police might follow. In who was becoming a famous bicycle the spring of 1926, long before "the Huntingdon Gleaner:-Poisoning by racer in those days, came second in a 24th" boys around town were throwing

covered, a party of three prospectors in 1926. One of the men was an Engin the mice. A verdict of "misadven- partment in 1926. It was held at the and the third an adventurer. They McIntyre Recreation hall. Other news were well outfitted. From meagre de-

tails, it appeared that one of the men. A blend of the world's the graduate, had accidentally shot himself while cleaning his rifle. The most fragrant green teas other two had disappeared. "Haileybury Mattamagi Coal Mines

Limited" was the name of a company

formed in 1926 to develop claims totalling 2,500 acres on the projected branch of the T. & N. O. north of Cochrane.

J. D. Grant, formerly of Drumheller,

Alberta, was head of the company. He had had a good deal of experience in

coal mining, number of highly-

The Three Nations claims were to be

were principals in the company.

GREEN TEA

The Federal Government is aware of a proposal of the Canadian Pacific mineral area of Northern Quebec, Hon. advised the Canadian National Railways to make representations as to an appication being made to the Quebec costs of services on the base 1926-100, way

With the addition of \$50 ty the Tim- ried ten years ago at Kirkland Lake to due principally to declines in food costs from Ralph Maybank (Lib., Winnipeg he had sustained severe injuries and mins Syrian Society to the fund being Sadie, only daughter of Mr. and Mrs. but also to a slight recession in the cost South Centre), who wanted to know if was in serious condition. raised for the support of a Victorian Assad of Kirkland Lake. Miss Selina of fuel. The comparative figure for the Government knew of an attempt Arnold Pels, driver of the cycle was went over \$900. The Advance reported Rev. J. F. Anderson of Trinity United An index for retail prices alone in- by the Canadian National Transconti- but escaped with a minor shaking up. cluding such commodities as foods, coal, nental line, if such a move was a breach. Clyde Hartling, a passing motorist Three alarms were turned in at the Locals in The Advance of ten years coke, clothing, household requirements, of the Canadian National-Canadian transported the two injured men to fire station ten years ago for a single ago included: "Dr. R. H. Brown is a etc., declined from 75.9 to 74.8. When Pacific Act and if the Government the hospital following the accident.

Stevens (Recon., Kootenay East), asked fered no serious hurt. St. Mary's Journal Argus:-A man is if it was lawful for a concern which house at 118 Commercial avenue, "Messrs Sands, Parker and S. Mac- not licked until he begins to blame his came under Federal jurisdiction to es-The something-for-breakfast pro- owned and occupied by a Mr. Boudreau pherson left on Sunday last for Barrie, parents, his community or his family. cape Federal control by seeking incor- Try The Advance Want Advertisements

poration of a subsidiary from a province officials of the Canadian Pacific Rail-

Hon. Earnest Lapointe, Minister of Justice said he would answer later.

Kirkland Lake Motorcycle Rider Swept from Cycle

Swept from a rear seat of the motor-SEASONAL REDUCTION Legislature for a charter. Although cycle on which he was riding, by a the proposal would mean a third rail- large steel girder projecting over the the car involved was to the effect that seated 700 people were used for the first index number of retail prices, rents and a territory not now served by any rail- Kirkland Lake, was rushed to the Kirkland Lake hospital shortly before noon Salem Berday of Timmins was mar- fell from 80.5 in March to 79.8 in April. Mr. Howe was answering a question on Monday. On admission, it was found

> by the C. P. R. to enter territory served also thrown to the ground by the impact Pels was allowed to return to his home Following up the matter Hon. H. H. when examination showed he had suf-

Barrett is expected to recover



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