

# BEE HIVE GOLDEN CORN SYRUP

A GREAT ENERGY FOOD  
PRODUCT OF ST. LAWRENCE STARCH CO. LTD.

## There is Wide Choice in Vegetables These Days

Culinary Expert Gives a Week's Menu Featuring Vegetables. Thinks Duck may be a Good Selection for Sunday Dinner. Recipes for Red Salad Dressing and Kipper Herring with Cream.



(By Edith M. Barber)

Asparagus, watercress and rhubarb are popular in the market just now, although you will find a whole array of other vegetables and fruits for your choice. Duck may be a good selection for Sunday dinner.

- Sunday—Breakfast**  
Sliced Oranges and Grapefruit  
Ready-to-Eat Cereal  
Omelet With Mushroom Sauce  
Raised Muffins Coffee
- Dinner**  
Olive and Egg Canapés  
Radishes Young Onions  
Roast Duck Apple Sauce  
Wild Rice Asparagus  
Cucumber Salad  
Strawberry Ice Nut Wafers
- Supper**  
Shrimp and Celery Salad  
Saratoga Potatoes Toasted Muffins  
Sponge Cake With Pineapple
- Monday—Breakfast**  
Orange Juice

- Hot Cereal** Toast
- Bacon** Coffee
- Luncheon**  
Asparagus Soup  
Vegetable Salad  
Cake With Crushed Strawberries  
Tea
- Dinner**  
Pork Chops  
Oven-Fried Potatoes  
Buttered String Beans  
Lettuce With Red Dressing  
Tapoca Cream
- Tuesday—Breakfast**  
Baked Figs  
Ready-to-Eat Cereal  
Scrambled Eggs Toast Coffee
- Luncheon**  
Duck Soup With Corn  
Shredded Lettuce and String Bean Salad  
Stewed Rhubarb
- Dinner**  
Broiled Ham Fried Bananas  
Baked Potatoes Beet Greens  
Cream Puffs
- Wednesday—Breakfast**  
Grapefruit  
Hot Cereal  
Fishcakes Toast Coffee
- Luncheon**  
Scrambled Eggs With Ham  
Watercress Salad  
Hot Muffins  
Marmalade Tea
- Dinner**  
Corned Beef  
Potatoes, Cabbage, Turnips, Carrots  
Fruit Salad
- Thursday—Breakfast**  
Stewed Prunes  
Ready-to-Eat Cereal  
Peaches Eggs Coffee Toast
- Luncheon**  
Corned Beef Hash  
Lettuce With Ketchup Dressing  
Tea Cookies
- Dinner**  
Meat Loaf, Mushroom Sauce

- Scalloped Potatoes  
Asparagus With Lemon Butter  
Chicory Salad  
Cream Custard  
**Friday—Breakfast**  
Orange Juice  
Cooked Cereal  
Boiled Eggs Hot Rolls Coffee
- Luncheon**  
Kipper Herring in Cream  
Celery Salad  
Tea Bran Muffins  
Shredded Pineapple
- Dinner**  
Broiled Fish  
Mashed Potatoes Buttered Onions  
Cabbage and Pepper Salad  
Strawberry Shortcake
- Saturday—Breakfast**  
Tomato Juice  
Ready-to-Eat Cereal  
Sausages Toast Coffee
- Luncheon**  
Onion Soup With Cheese  
Mixed Green Salad  
Tea Ginger Cookies
- Dinner**  
Roast Veal  
Baked Sweet Potatoes  
Creamed Cabbage  
Rhubarb Tart  
Red Salad Dressing

Mix ingredients, add a small piece of ice and beat one minute until thick.

**Kipper Herring With Cream**  
1 onion  
2 tablespoons butter  
1 can kippered herring  
1/2 cup cream  
Paprika

Slice onion and cook in butter over a low fire until yellow. Remove from pan. Drain herring, brown slightly on both sides in butter, add cream and heat. Serve garnished with onions and sprinkle with paprika.  
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**Sale of Baking, Fancy Work Finnish Church, South End**

Last year the sale of home baking and fancy work under the auspices of the Finnish Lutheran Church of South Porcupine attracted much attention and interest and proved very pleasing and successful. Accordingly there will be even greater interest in the announcement now made that a miscellaneous sale of home baking and fancy work, under the auspices of the Finnish Lutheran Church, will be held in the Church of England hall, corner of Commercial and Main streets, South Porcupine, on Saturday of this week, from 1 to 8 p.m. Refreshments will be served, and everybody will be welcome. All will find the display of home baking and fancy work most attractive and pleasing. All will be well repaid in interest and enjoyment by attending this event on Saturday.

**HIGH-PRESSURE METHOD USED IN SELLING BONDS**

(Investment Dealers Digest)

A partner who censors the salesman's outgoing letters quotes from this one batted out last week: "I can offer you these bonds at 90. If I do not hear from you I shall conclude that you do not wish to pay more than 88 so in order to save both you time and mine I will accept that price."

Saturday Night.—Canada does not need the British navy to protect it from annexation by a foreign power. We could frighten off any invading host with our railway problem alone.



NATALIE PALEY has slender tapering fingers which permit the use of a brilliant nail polish shade which looks well on long oval nails.

**BE BEAUTIFUL**  
By ELSIE PIERCE  
FAMOUS BEAUTY EXPERT

**HINTS ON HAND CARE—THE MANICURE**

Mrs. S. C. wants some "manicure hints, please." She has read somewhere that the long fingers should have long nails, the short finger should wear the nail freshshortened and that, she says, doesn't make sense. Furthermore, are there any rules for nail polish shades—some say "harmonize" others say "contrast." It's the inconsistency that she doesn't quite follow.

As a matter of fact very often we interpret suggestions as inconsistencies when they aren't in the least. Should the short stubby finger wear the nail short? The answer is: yes. Now to the average woman this might seem inconsistent. But it is safer to be temperate, because just as soon as the nails are given false length in an attempt to make the fingers of the short stubby hand look longer, attention is called to the exaggerated effect and the fingers actually look shorter and squatter than natural, by contrast. Long fingers seem "chopped off" unless the nails are quite long, not necessarily exaggerated.

Exaggerated length nails are permissible on the slender finger whether it is long or short. If the nails are naturally quite short or small it is best to avoid giving them false length. The stubby nail should not be exaggerated in length. The large nail should not be exaggerated in length. It focuses too much attention on itself and is really not good looking, though it does give the hand an appearance of strength and character. Nails that are ragged, rough, brittle, thin, soft or break easily should be kept short not only as protection against breaking, but also to avoid calling attention to the flaws.

It can all be summed up, then, into one rule: long nails belong only to the slender, tapering or long finger and on the beautiful hand, of course.

**Polish Shades**

This applies to nail polish shades too: only the really beautiful hand should wear the extreme, brilliant shades. Otherwise the deep nail hue serves as a boomerang, calls attention to flaws. Now the matter of harmony or contrast: with white—contrast, using a slightly deeper than usual polish. The beautiful hand can stand a very brilliant, blood-red shade. For costume shades in the reg family, harmony is good, providing the costume and nail shades are very near each other. Otherwise a good rule to follow it: bright shades of polish with neutral costume colours; neutral polish shades with bright costumes.

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More appetizing SALADS

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Rich as eggs and smooth as cream. Delicious, fresh-flavored Mayonnaise... without that oily after-taste.

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### Delays Seem Only Result of Change Made in North

In an editorial article last week The Halleyburian has the following to say in reference to the recent abolition of the Northern Development Department and affairs since that time in the North—

"Delays appear to be the only result so far of the amalgamation of the Department of Northern Development with other government departments. News this week is to the effect that the work on the Trans-Canada highway in the western part of the province has been suspended, and so far as other districts are concerned, there appears to be little or no work of any kind being done on the roads. No provision for the men who have been on relief to be put to work has been made and the whole situation seems to be at a standstill. The Minister of Highways is reported to be on a tour of the North at the present time, and perhaps there has not yet been sufficient time since the amalgamation for any definite plans to be made, but in the meantime there will be discontent and dissatisfaction if something is not done in the near future towards getting the summer work started on the highways. Members of the provincial government are said to be still negotiating with the Dominion authorities over the percentage of road work that each is to provide for, and over the relief problem, while these most directly affected are without definite prospect of an improvement in conditions. Let us hope that it will not be very long before there is something definite in the way of information forthcoming and that the North Country will not be neglected in the summer work programme."

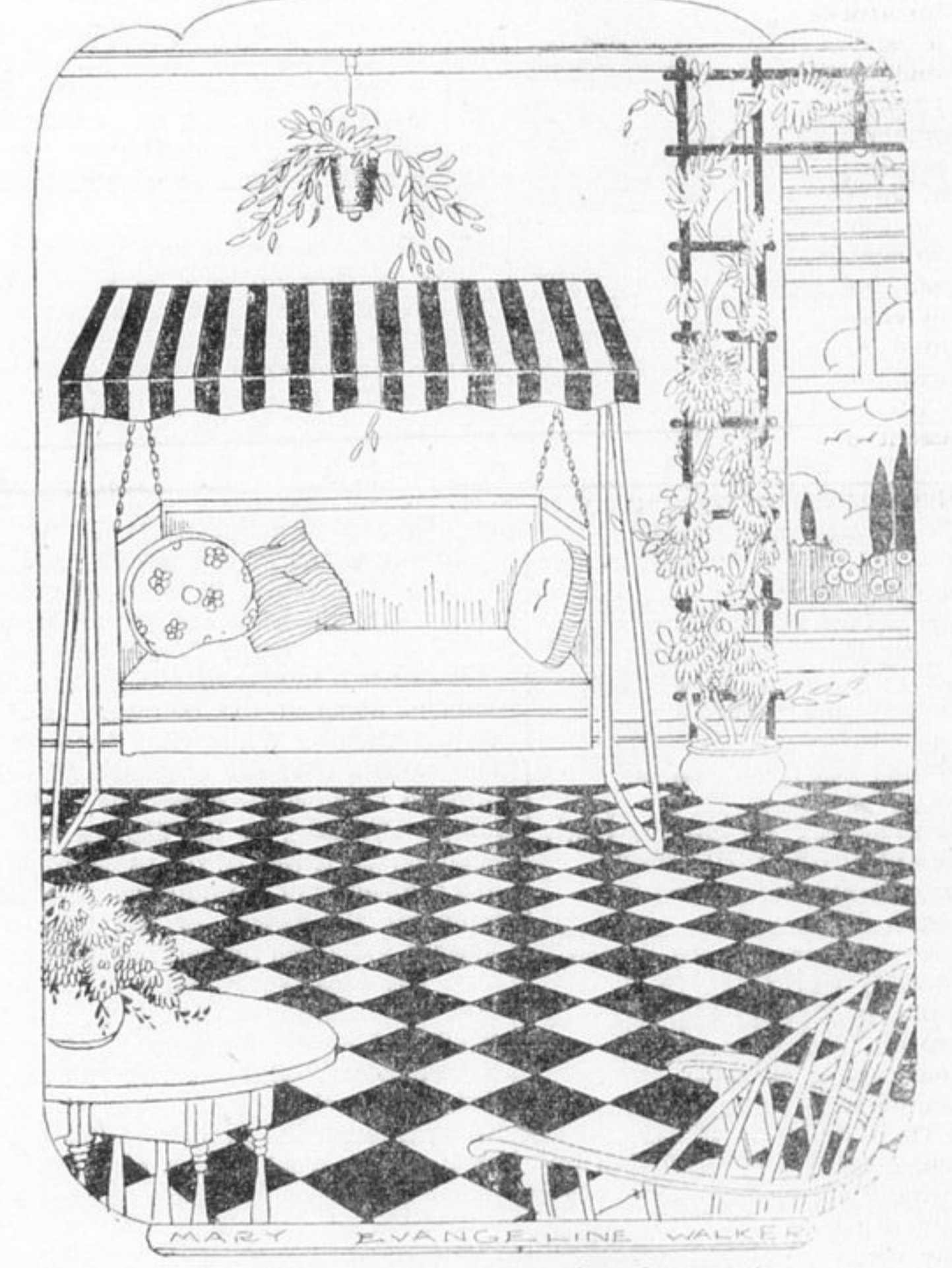
### ANOTHER BACKING HON. W. A. GORDON FOR LEADER

Here is another backing Hon. W. A. Gordon, K.C., of Halleybury, for the Conservative leadership. This is what The Pembroke Bulletin says, in the course of an editorial—

"If, however, it is not Ferguson who will it be? In the humble opinion of this journal of all the names suggested, and there must now be about twelve, that of the Hon. Wesley Gordon represents the man who would best meet the requirements, but although he has been urged to allow his name to stand, yet nothing has been heard from him at all."

## The Household by Lydia Le Baron Walker

ENJOY VACATION DAYS AT HOME BY FITTING UP A VERANDA ROOM



A successful veranda room in a basement

Veranda rooms are something that give the atmosphere of outdoors even in crowded city homes where piazzas are not found, and the countryside is distant. No addition to the living quarters is essential, for one of the rooms. The living room can be transformed through the elimination of certain pieces of wintry furniture and the substitution of more summery ones.

**A Simple Type**

While the transformation may not be radical, yet the effect of trellised windows, potted plants, strips of awning cloth for wall hangings, bare wood tables, palm leaf fans, and a veranda chair or two, will work wonders. If, in addition, all woolen rugs are taken from the floor, and simple grass ones are put down in their stead, a final porch-like note is included.

**The Best Location**

The simplest type of veranda room may be all the homemaker can manage in an apartment, but in a house more opportunities present themselves for further developments. The best possible place is a basement or cellar room, if this floor is dry. The room will be cool even during hot weather and its seclusion will make it restful.

**The Cellar Room**

In this room the floor can be covered with tiled felt base floor covering. A couch, hammock, with or without an awning, is just the thing to suggest a veranda, and also it provides an ideal spot for a steta. There should be porch chairs, porch tables, and the usual furnishings of a piazza.

**Vacation Atmosphere**

These veranda rooms have proven refreshing places for families who have had to remain at home without opportunity for vacations to country, seashore or mountains. The atmosphere is delightfully different from the rest of the house, and this gives a certain sense of change for the families, who would otherwise be continually in the familiar home rooms.

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## Stephen L'African Knew Gold Here 60 Years Ago

Late Pioneer Stationed at Nighthawk Lake, and Freight Supplies Across Porcupine Lake, Pearl Lake and Over to Mattagami River Years Ago. Had Wide Knowledge of North.

Some issues ago The Advance referred to the death at Matachewan of Stephen L'African, former Hudson Bay factor, who passed away at the great age of 99 years. In the reference to the death there was mention of incidents in the romantic life of the late Steve L'African, and this week The Advance has received further particulars of the pioneering of the late Mr. L'African, particularly as relating to the Porcupine. In a letter to The Advance, Harry A. Preston, himself an old pioneer of the North, says—

"In the death of Stephen L'African the North lost its oldest pioneer. He died at Fort Matachewan where he had lived for 70 years. A Hudson Bay factor, he was stationed at Nighthawk Lake at one time and freighted supplies across Porcupine Lake, Pearl Lake, and over to the Mattagami river. He knew there was gold at Porcupine 60 years ago. I have lived in the North for 34 years, and I met Steve during the year 1907 when he stopped overnight on his canoe trip from Abitibi Lake to Latchford. Then during 1926, 1927 and 1928 I lived alongside Steve each summer. I thought that I knew quite a lot about woods and the outdoors, but after living with Steve I learned a great deal more.

"I was with Steve when he got the biggest scare of his life, as I did myself, and that was at the time of the mysterious explosion on August 3rd, 1926, west of Matachewan.

"It's too bad old Steve did not live to see that Timmins-Sudbury road built, because it would have crossed the Montreal river right at his door. He offered to donate the land through his property for the purpose of such a road.

"The Indians around Matachewan will feel his loss considerably for he did his share to help them live.

"Long years ago Steve thought coal would be found at Porcupine. He told me that there was a lot of black rock or mineral on the boundary line of Whitney and Shaw townships. Well, these are the very same claims that were staked on H. A. Preston's license in 1909, soon after the Wilson party arrived. There were a couple of old pits.

"It is a two-fold policy. On the one veined. These claims staked in my name are a long way off from anything staked by the Wilson party.

Toronto Globe.—More than \$4,000,000,000,000 has been spent for radios in the United States and for that price the public at least has learned about coffee.

AFTER EVERY MEAL

WRIGLEY'S SPEARMINT THE PERFECT GUM

AIDS DIGESTION

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(contestant's name)

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