

Any Time is Tea Time

"SALADA" TEA

Other Elements Besides Vitamins Needed in Diet

Plenty of Milk, Eggs, Fruits and Vegetables, Some Meat or Fish will Suffice for All the Energy Needs of the Body, Says Expert in Culinary Art.



(By Edith M. Barber)

"I see in the paper that everybody is going to pick out foods just on account of the vitamins. What do you think of that, Miss Barber?" said a man to me the other day. What do I think? Important as vitamins are, they are not the only necessity in the well-rounded diet.

In fact, if plenty of milk, eggs, fruits, vegetables, some meat, fish or cheese and enough breads, cereals, sweets, butter and other fats to supply the energy needs are used daily, little thought may be given to the vitamins. Except in the case of children, they will just naturally be supplied. Children who need vitamin D to help them form good bones and teeth in larger quantities than do grown people, must have cod liver oil, sunlight or what are known as irradiated foods.

It is not necessary to embark, as if in search of the Grail, on a special expedition to find the much talked about vitamins. They are to be found at our front door, or at least just around the corner of the grocery store and dairy. What effort we make should be toward providing food, good in all respects. It should appear at our table in such attractive form that it does not flaunt

its nutritive contributions any more than its flavour. It is not necessary for any of us to know food chemistry in order to obtain vitamins or any of the other necessary food constituents.

Baked Eggs

2 tablespoons butter
1/2 cup milk
3 cups mashed potatoes
Salt
Pepper
Paprika
2 tablespoons chopped chives or onion
5 eggs

Add the butter and milk to the hot mashed potatoes and season to taste. Beat well, add the chives and spread in a shallow greased baking dish. Make five hollows, and in each place a raw egg. Sprinkle with paprika and bake in a moderate oven (375 deg. F.) until the eggs are firm.

Fruit Salad

1 can grapefruit
Lettuce
1 canned pimento cut in strips
6 ripe olives
Relish
Mayonnaise dressing

Arrange segments of grapefruit on bed of lettuce to form a star. Lay strips of pimento between segments. Place a halved ripe olive at centre and decorate segments of grapefruit with tiny bits of the relish. Serve with plain mayonnaise or any favourite salad dressing.

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Huntingdon Gleaner:—The rescue of a young woman from the clutches of a "vice ring" is now believed to have been the motive for the murder of the Rev. Harold Lacey Cecil, of Melbourne, Australia. Mr. Cecil was vicar of a church in the suburb of Fitzroy, where he was noted for the fearlessness he displayed as he conducted his social welfare work in the crowded underworld section. He was found battered to death in his vicarage, and the police are investigating a theory he had incurred the enmity of a ruthless criminal organization.

BE BEAUTIFUL

By ELSIE PIERCE
FAMOUS BEAUTY EXPERT



4-29
JOAN CRAWFORD was the first screen star with the courage to appear sans make-up. She started the fad of a bright and shiny skin.

SPARKLING CLEANLINESS STILL FIRST BEAUTY ESSENTIAL

The male of the species complaining again. "If only some young girls would strive more for that freshly scrubbed look and less for sophistication they would come nearer the highest standards of beauty."

I know exactly what he means, and so do you. The other day I saw the type. Too much make-up in the first place. Eyeshadow, and plenty of it, during the day. And a darkish powder that did make her face look as though it hadn't been washed for a week.

Sparkling cleanliness remains beauty's first essential. And don't for beauty's sake, attempt an illusion of lack of cleanliness. A smudge of eyeshadow, a dirty tan powder, particularly of the mustard shades, often give that effect.

Look Refreshing

Only a certain type looks her natural best as the exotic, sophisticated siren. If Dame Nature catalogued you as the sweet and simple type an attempt at sophistication may make you look not only ridiculous but even unwholesome. The best you can do is look refreshing and radiant.

Face Bath

Every night, take a warm cleansing, sudsy bath scrubbing the body with a medium bristled bath brush, let the warm water out and draw fresh tepid water from the tap.

Give your face a bath, too. As the warmer weather approaches most skins

tend to become more normal; the oil glands are stimulated, less dryness is apparent. This means that the majority of skins can stand more soap and water scrubbing. A good bland soap, a medium bristled complexion brush and you have a cleansing and toning bath in one.

The most important thing to remember after the soap and brush bath is thorough rinsing. Don't allow any suds to remain on the skin or to dry on the skin for it will leave a drying, pore-clogging soap film. Rinse several times in clear warm water, then cold.

Now look carefully at your face and you'll see what I mean by a radiant, refreshing, scrubbed and tubbed look. You'll see the delicate shading of pink and white, the colour is up. Note carefully where your key colour is, that is just where you have the deepest colouring and how it fades imperceptibly away. Catch that and imitate Nature as closely as possible and you have mastered one of the most important make-up rules. Now try to match Nature as closely as you can in your choice of powder for the white areas. Leave the darkish powder tones to summer and the sophisticated.

Cream for Dryness and Lines

After the facial bath if your skin is inclined to be dry or lines are beginning to form apply just a thin film of cream or oil. The area around the eyes can invariably stand a generous application. A wee bit of pure, odorless castor oil is fine as a muscle oil around the eyes and is especially beneficial when warmed a bit.

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Mohawk Porcupine Gold Mines Now Incorporated

Newest incorporation to take over development of properties in the Porcupine area is the Mohawk Porcupine Gold Mines Ltd. This company has acquired two groups of claims and plans to start a program of surface exploration on the south group in the very near future. The actual development plan for the north group has not yet been laid out.

The north group of nine claims is held under option from South Tiblemont Gold Mines Ltd. It is located adjoining north of the Porcupine Reef Gold Mines, which has optioned control to McIntyre Porcupine, and just west and north of Noranda's option on Porcupine Creek. The south group of eight claims is situated adjoining south of the Two-in-One Gold Mines and about three miles southeast of the town of South Porcupine.

Mohawk Porcupine is capitalized at 3,000,000 shares, \$1 par, of which 1,200,000 have been issued for properties. Permanent directors have not yet been elected. Head office is located at 330 Bay Street, Toronto. The company reports some cash in the treasury and an offering of 500,000 shares is to be made shortly to provide the treasury with additional working capital.

Does Hubby Also Go Home to His Mother These Days?

It is a common thing to hear people say, "Oh, times have changed!" It would certainly seem that they have, and that even the old jokes are no longer recognized. Just read this from the column, "Mainly for Women," in The Sudbury Star:—

"In a round-about way we have just heard of a Northern Ontario young man who has left his wife and gone home to live with his folks. We were told that he said to a friend of his that his wife refused to cut the lawn in the summer or attend to the furnace in the winter. Also that she would not shine his shoes or keep the car washed. 'My mother does those things,' he is quoted as saying to the friend, 'and if my mother doesn't think she is too good to do them, I certainly don't think my wife is.'"

"The only part of the story that we are doubtful about is that the man was a friend."

Try The Advance Want Advertisements

News and Notes of Timmins Girl Guides

Number of Guides Passed in Good Carriage and Bandaging. Other Notes of Girl Guides and Rangers.

The regular meeting of the Timmins Girl Guides was held on Friday evening. An hour's softball practice was held before the meeting. Owing to the absence of Captain Cranston the meeting was under the direction of Lieutenant Tilley. The attendance was taken and horseshoe formed. The Orchid Patrol put up the flag.

The Guides then went to their patrol corners. Two games were played under the supervision of Cub Master Morris. The Guides then divided up into groups. Lieutenant Tilley passed Winnifred Jackson and Winnie Stewart in their Good Carriage. Ruth Steward, Winnifred Jackson, Mary McLean, Winnie Stewart, Elaine Duggan, Jean Shaw, Bertha Sheridan, Irene Solitt and Annie Byron were passed in their Bandaging by Brown Owl Habi.

A circle was formed for campfire and songs were sung. The Guides will go on a hike on Saturday leaving the school at 10.30 a.m. The meeting closed with the singing of "Taps."

NEW RUNSWICK RESTORES THE "TEN POINT" MOOSE LAW

In the interests of big game conservation, the province of New Brunswick is restoring the "ten point" law covering moose this season. In addition, the legal limit age has been raised from three to four years, with the open season remaining the same as heretofore, October 20th to November 20th, according to the Fish and Game Department of the Canadian National Railways. The non-resident deer and bear license, introduced last year, will again be in force. Under this license, which costs \$10.00, a visiting sportsman is permitted to take two deer and two black bears. A further provision of this season's big game hunting regulations makes it compulsory for each non-resident hunter to be accompanied by a registered and licensed guide, which means that a guide may only take care of one hunter at a time. This provision has been made with a view to lessening the possibilities of hunting accidents.



That Body of Yours

By James W. Barton, M.D., Toronto
The Mind and the Emotions can Cause Organic Disease

There never has been any question but that the emotions—anger, fear, worry (which is chronic fear), fright—can affect the natural or regular processes of the body.

Thus in the midst of a meal, bad news over the telephone takes away all appetite, worry often causes constipation; fear or fright causes diarrhoea; any excitement causes the heart to beat rapidly; worry slows up digestion.

However these are all natural processes that are hurried or delayed by the emotions.

Can these emotions so interfere with the workings of the different organs that actual disease of these organs may occur?

A few years ago if a patient complained of various pains or disturbances in or about certain organs such as the heart, stomach, or intestine and the examining physician could find no change in the structure of the organ, the patient was told that there was nothing wrong, that it was his mind or imagination and that if he did not forget about it he would continue to have the symptoms.

Thus symptoms due to the emotions were called "functional" disturbances and symptoms due to a real change in the structure or working of the organ due to infection or disease were called "organic." In other words the one due to emotions was called "false" and the one due to disease was "true."

However so much can the mind, the emotions, disturb various organs of the body that if these emotional disturbances persist over a long period of time, the symptoms become as serious in their effects as if true organic disease were present.

Thus Prof. W. B. Cannon of Harvard has written a book on Bodily Changes in the Emotions; Dr. W. C. Alvarez of Mayo Clinic in the Journal of the American Medical Association writes of Ways in Which Emotions Can Affect the Digestive Tract, and Dr. Eli Moschowitz in Archives of Neurology and Psychiatry writes of the Psychogenic (mental) Origin of Organic Disease.

Among the diseases with actual change in the structure of the organ which Dr. Moschowitz believes may be caused by emotional disturbances are: (1) high blood pressure; (2) the severe form of goitre; (3) ulcer of the stomach and of the first part of the small intestine (duodenal ulcer); (4) spasm of the lower end of the tube carrying the food to the stomach; (5) irritable and apastic large intestine and inflammation of large intestine (mucous colitis).

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Brampton Conservator:—To seedless oranges are now added thornless roses and stringless beans. Which suggests the hope that we may see taxless income, speechless banquets and even dogless streets.

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Big Amateur Night at Iroquois Falls

Prize Winners and Programme at Unusually Attractive Event Last Week.

Iroquois Falls, Ont., May 27th, 1936. Special to The Advance.

"Amateur night," held under the auspices of Elvira Rebekah Lodge No. 292 drew a crowd which taxed the capacity of the local large town hall, Friday evening. Tap dancing by pupils of Miss R. Williamson's dancing class, and cowboy songs featured the varied programme. First prize was won by 9-year-old Bernard Spence, who sang the old and popular "Cowboy's Lament," accompanied by Mrs. G. Lafortune at the piano. Second prize went to Janet Leclair, tap dancer, and third to diminutive eight-year-old Rolande Delean, who played a cornet solo. The amateur programme was followed by a concert programme and dancing.

The amateur programme consisted of the following numbers: Tap dance, Rita McDermid, ten years old; tap dance, Beryl McDermid, 11; tap dance, Rita and Beryl McDermid; song, Bernard Spence, 9; tap dance, Dorothy Pink, 10; tap dance, Mona Stringer, 10; tap dance, Hopie Fakey, 8; song, Miss Dorothy Larson; cornet solo, Rolande Delean, 8; tap dance, Bertie Ogden, 13; Miss Becky Kidekel, in emulation of radio amateur programmes, was given the gong upon her attempted recitation of schoolboy's memorable "The Burial of Moses"; tap dance, Peter Paquette; song and tap dance, Hazel Brindle, 11; piano solo, Bud Stewart; song, Miss Olive Cameron; Zither solo, A. Zack; song, Eugene Ayotte; tap dance, Janet Leclair; Cowboy song and yodelling, George Spence, guitar accompaniment by Blake Moscript; Dr. Drummond's poem "Ba Gosh"; Miss Pearl Conway; the three black crows, Leo Richer, Irvin Martineau and Bud Stewart; piano solo, Miss Annette Richer.

Very much enjoyed vocal solos by Miss Maisie Spence, and Miss M. Henderson accompanied by Mrs. W. G. Cushnie, a recitation by Mrs. F. Lafortune and a tap dance by Mrs. R. Williamson comprised the concert programme.

Music was provided during the seating of the audience by an orchestra consisting of Albert Delean and his two daughters, Theresa and Micheline, George and Villio Sandrin and Harry Ogden.

Mrs. K. Kussner, Past Noble Grand, and Mrs. G. Ehler, Noble Grand, were conveners. Judges were Miss M. Pilon, L. O. St. James and W. G. Cushnie. Amateur programme accompanists were Miss E. Varrett, Miss Whitehead, Miss S. Banting, Mrs. A. Elliott and Miss Joanne Benson.

General Motors Sending Four Veterans to Vimy

Widespread interest was aroused recently when General Motors of Canada, Limited, conducted a well-organized draw to determine the four lucky veterans in the service of the company who would go with the Vimy Pilgrimage this July. In order to enter the draw, a man's record had to show that he had served in France and also that he had been an employee of General Motors for seven years or more. All envelopes containing the names of entrants were placed in illuminated glass barrels which were electrically rotated for some time before the draw was made. Following the draw at Walkerville where Charles S. Smith proved to be the winner of that group, president R. S. McLaughlin and Mrs. McLaughlin officiated at the draw held at Oshawa to decide who would go from the Oshawa plant and the field force. The two winners from the plant were William Herbert Gamble and Andrew Anderson, with Edwin Wilson Cromeys name being drawn from the barrel with the field force entries. While they are away the men will be continued on the payroll at a minimum salary of \$25 per week. In addition to expenses which the company pays, their fellow employees are co-operating in seeing that they have some money to jingle in their pockets.

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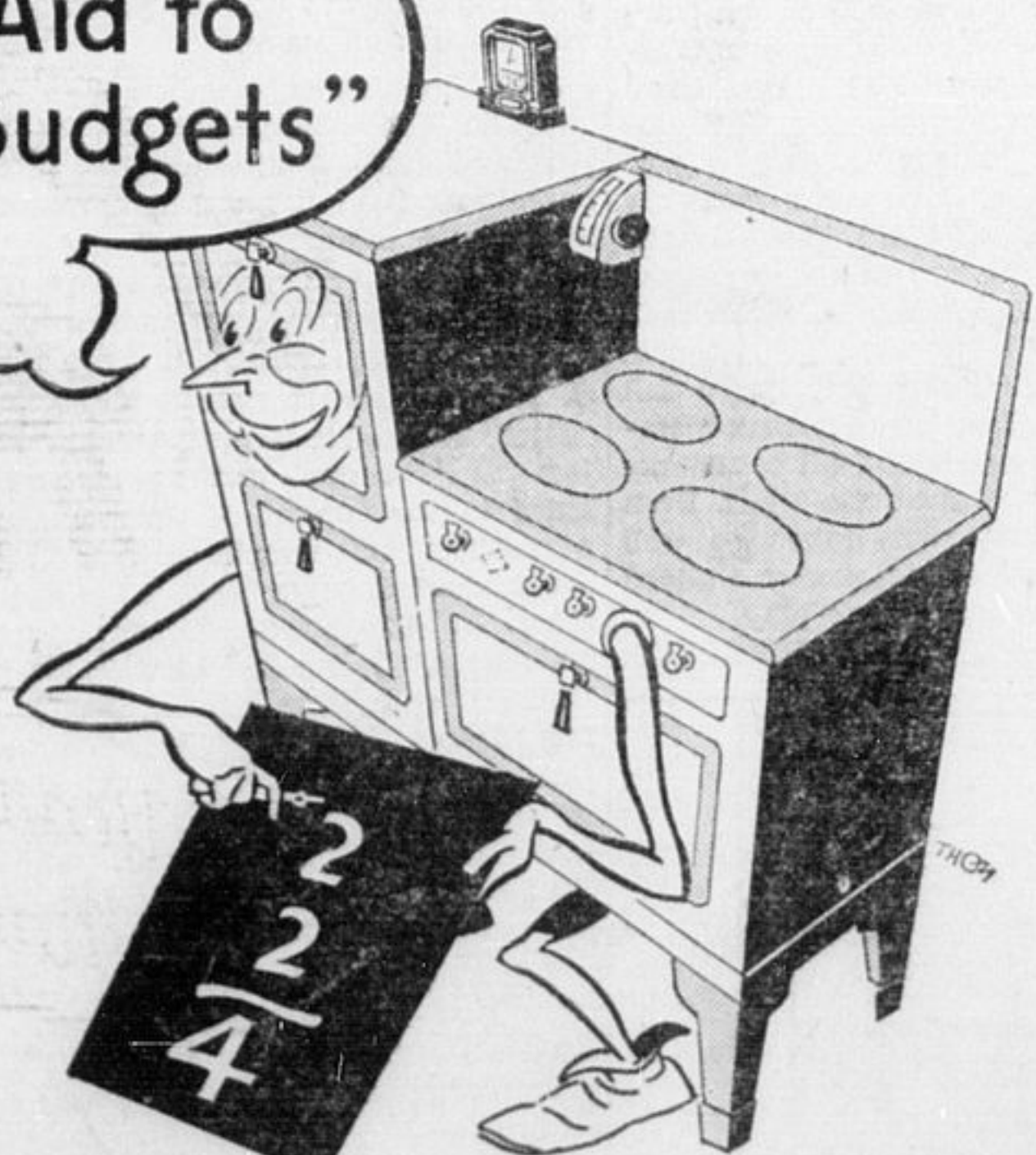
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