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See What Foods Should Be Barred from the Diet

Some People are Sensitive to Certain Foods, These Foods Producing a Condition that Means They Should be Excluded Entirely from the Diet. Some Children Should Not be "Forced" to Eat Certain Foods.



(By EDITH M. BARBER)
At the present moment, general rules for good nutrition are well established for the normal person. Every once in a while however, you find a personal idiosyncrasy for one or more foods which demands that they be excluded temporarily or permanently from the diet.

There are a number of persons who are what is known as sensitive to certain food and when they take them, even in small amounts, allergic conditions may be developed. The symptoms are hives, and nasal disturbances which are not unlike hay fever which is also caused by sensitiveness, in this case, to pollen.

A number of children are born with a sensitivity to such foods as eggs, whole grains and wheat and sometimes to beans and peas. There is an occasional reaction to milk. These conditions can be overcome in general by giving minute quantities at first and gradually increasing the amounts. It



is quite common to find that strawberries and shellfish cause reactions. Sometimes, this fact will be undiscovered until it shows after a nervous strain or disease. Often skin tests will show what food has suddenly become responsible for hives or a chronic cold. Usually the sensitivity clears up after other condition are improved.

If there is chronic condition which has been found impossible to correct, foods which are responsible must be replaced by others which will provide the same type of nourishment. If one member of the family is allergic, the meals for the family should be planned as far as possible with this consideration in mind.

Rye and Rice Muffins
(Without Wheat, Eggs or Milk)
1/2 cup rice flour
3/4 cup rye flour
6 teaspoons baking powder
1/4 teaspoon salt
3/4 cup water
1/2 tablespoon vegetable shortening melted.

Sift dry ingredients together. Add water and melted shortening and beat thoroughly. Pour into muffin tins, greased with a vegetable shortening and bake in a hot oven, 400 deg. Fahrenheit twenty-five minutes.

Eggless Mayonnaise
1/4 cup evaporated milk
1/4 teaspoon granulated gelatin, soaked in one teaspoon cold water.
1 teaspoon salt
1/2 teaspoon paprika
1 teaspoon sugar
1 teaspoon dry mustard
Few grains cayenne
1 cup vegetable or olive oil
1 tablespoon lemon juice
1 tablespoon vinegar

Scald milk in the top of a double boiler. Add soaked gelatin and stir until dissolved. Pour into a bowl and chill until very cold. Add seasonings and oil drop by drop, until the mixture thickens a little. Mix lemon juice and vinegar together and add alternately with the oil, one teaspoon at a time. Beat thoroughly after each addition. When mixing set the bowl in a pan of ice water.

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Official Sign of the Arrival of Summer

Drinking Fountains Again in Commission on Streets in the Town.

Summer has arrived—officially—according to the Timmings Department of Public Works. The fountains are up again; the ones at the corner of Third and Cedar and Second and Pine. The populace may once more quench its thirst at the expense of the citizens in general.

The Department of Public Works never takes a chance. When the fountains come down in September, it's a sure sign that winter isn't far off. When they go up in June, it's safe to go swimming.

Sudbury Objecting to Game at Conklin's

Investigator Says "Sucker Hasn't a China man's Chance" in Playing These Games.

At Sudbury last week Conklin's Shows ran into a bunch of trouble. Complaints were made about some of the "games" on the grounds and an exposure of these was featured by The Sudbury Star. A. R. Harkness, of The Star staff with another gentleman and a lady from the staff of the newspaper made a round of the shows, watching and playing all the "games." The resume of their findings was that they didn't find a single honest game and that the "sucker hadn't a Chinaman's chance" of beating any of the games. One of the games, the "clothespin" one, was alleged to be manipulated by the operator covering one figure or exposing that figure to make the number on the clothespin different from the winning number. The coloured ball game was alleged to be worked in the same way, the operator showing the number he wished by concealing some of the figures with his hand. The Star said that complaints were heard of large numbers of losses, the amounts ranging from \$10 to \$60. "The people who patronize these games should have their heads read," was declared to be the police attitude in the matter. Men—and women—who had lost money last year were back again this year to see if they could beat the game. Of course, they couldn't. Instances of actual cases of losses and how the "sucker" didn't have a chance, are recounted by The Star. There were a number of complaints made to the police, and in each case the police seemed to be successful in having some or all of the lost money returned. In the most of the cases, however, those playing the games did not want police intervention in any way. They thought they had a chance to "beat the game" and win from the operator and no amount of warning or example seemed to do any good.

There was one charge laid by Chief Loudon against one operator. The chief watched the game himself and decided it was manipulated. The games that were closed down in Timmings apparently were run in Sudbury, while there were others in operation at Sudbury that were not conducted here. On pay night at Sudbury, according to the reports, the boys there went wild over the games and consequently heavy aggregate losses are reported. The games

apparently run "high, wide and handsome," and as a consequence, there is such a combination of complaints that it is not likely to happen again, either at Sudbury or elsewhere for a year or two at least.

News and Notes of Timmings Girl Guides

New Pack of Brownies is Started Here. Girls Wishing to Join Invited to Attend.

The weekly meeting of the 51st I.O.D.E. Co. of Girl Guides was held on Friday evening. Attendance and inspection were taken by Captain Cranston. Horseshoe was formed and Jean Cowan raised the flag.

After this, "balancing" games were played. The Guides then divided up into three groups. Mrs. Dorschner took up the Needlework Badge; Captain Cranston took Second Class work, and Morse Code was taken by Helen Landers.

A circle was formed for campfire. The names of those who would tag for the blind were taken. The meeting was brought to a close by the singing of "Taps."

Brownies
A new pack of Brownies has been started. Their first meeting was held on Tuesday evening at Central school. Miss Booker will be Brown Owl of the pack.

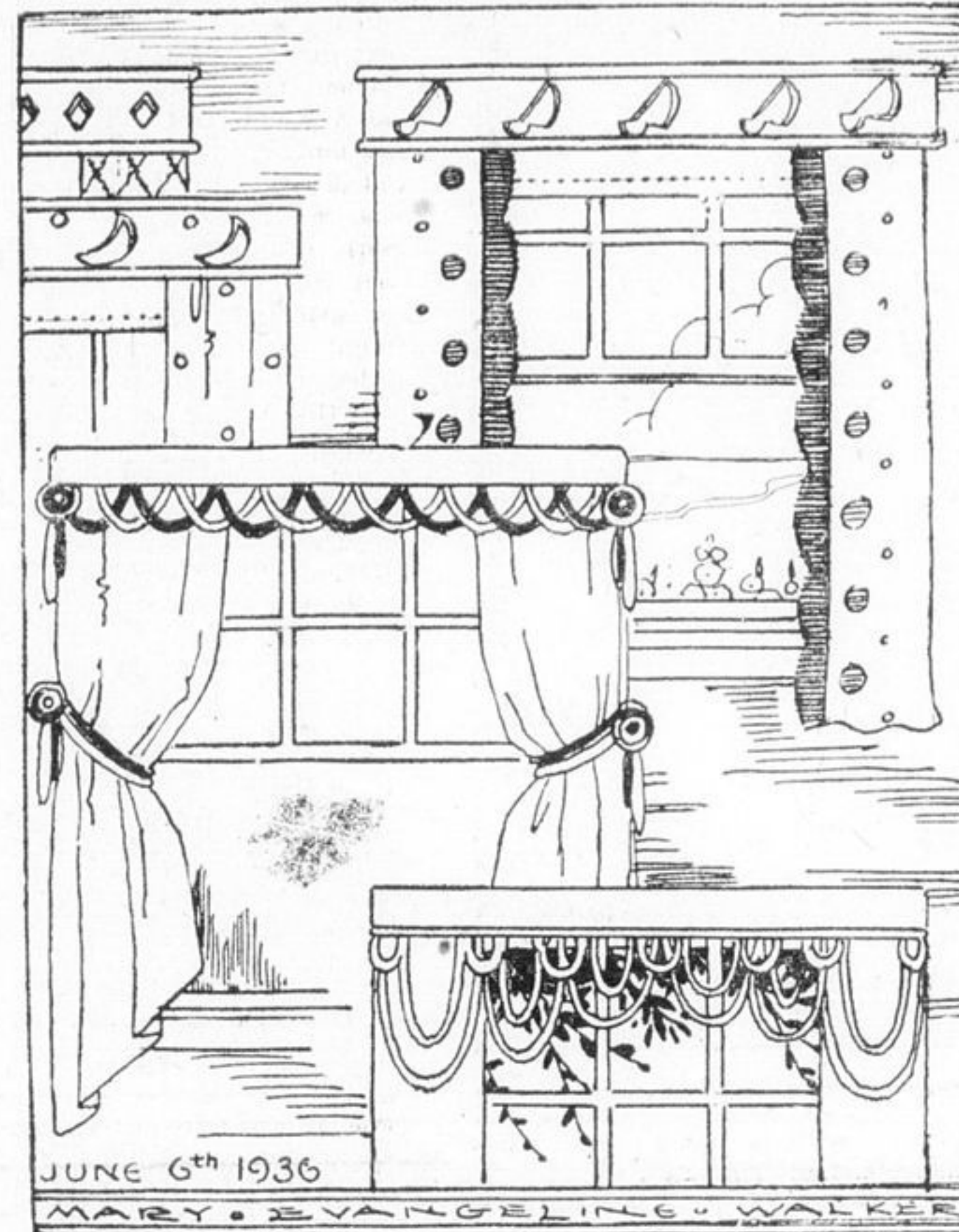
Games were played during the evening. The Brownies were then taught the Grand Pack Howl. Another meeting will be held on Tuesday evening, beginning at 6:30 p.m. Any girl wishing to join is invited to attend.

Rangers
The Ninth I.O.D.E. Rangers held their regular weekly meeting on Wednesday evening. The Rangers hiked out to the Scouts' Lookout. A campfire was built and marshmallows roasted. Plans were made for future meetings which will be held all summer.

Meetings will be held regularly on Wednesday evenings. They will be held out of doors, weather permitting. Next Wednesday evening Morse signalling will be taken and a weiner roast held.

The Household by Lydia Le Baron Walker

VOGUE OF OPENWORK CORNICES AND VALANCES ESPECIALLY GOOD FOR SUMMERTIME



Cut-out cornices in three styles are pictured in top windows, while openwork valances are shown in the two lower windows.

The vogue of openwork valances and cornices for windows is especially appropriate for summer homes. This open effect is not due to the sheerness of material, but to the interstices between strands of festooned cords, to the cut-outs in wood cornices, and the crevices showing when large rings are interlaced. While rope hangings, once so popular, are seldom seen to-day, although these have in sporadic instances been used recently, the festooned rope is slated as a novelty.

Rope and Cord

The rope is really handsome heavy cord, about 1/2 inch in diameter, which may be of silk in a plain colour, or variegated. Or it may be of rather loosely coiled strands, plain or of differing harmonious colours of cotton. Cotton rope in natural colour, or dyed is satisfactory for simple cottages. Choose rope not tightly twisted.

Arrangements in Style
Cut the rope in varying lengths and have the strands looped to form festoons that will be evenly spaced apart at the centre and gradually come together at each side where they are caught, with ends concealed by a chou of the rope. Or the ends may be finished with tassels, the longest end coming next the wall and the shortest by the window. This style of valance is the most open of all.

Interlaced Ring Valance:
Celluloid or wooden rings about 1 or 1 1/4 inches in diameter are laced together with cord, bands of the drapery material, wide tape or ribbon 1 inch wide and are festooned like the rope. The harmony of colours is essential to the beauty of such valances.

Cut-Out Cornices
Cut-out cornices are the handsomest of all openwork window finishes for hangings. I have seen these cornices with 5 or 7 round holes evenly spaced across them. More attractive still, are those with ships, little trees, plants in flower pots, clover leaves, or other motifs cut from the wood, as are seen in some house blinds. There should be 3 motifs at least in one cornice. Could anything be more appropriate than the ships for a man's room, especially one fond of the sea?

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Provincial Police Post at Englehart is Closed

The provincial police post at Englehart has been closed, the officer formerly in charge there, Constable J. R. Dickson, having been transferred to Cochrane. In this connection Inspector F. B. Creasy is quoted as saying that the reason for the closing of the Englehart office is the shortage of men in the division. From other sources The Advance learns that the provincial force at the present time is undermanned. Shortly after the change of government in the province there were a number of changes in the Ontario police force and the force does not seem to have fully recovered yet from these changes. In the North the shortage of men seems to be apparent whenever a change is made. Among the recent changes was the transfer of one man from North Bay to Callander, his place being taken at North Bay by an officer from Sudbury.



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Not Much Roadwork in This Part of North

Fourteen Projects Announced as New Mining Roads, Only Two Small Ones Near Timmings.

In the announcement given last week of the mining road programme agreed upon by the King and Hepburn Governments there is little encouragement for this part of the North. The territory immediately adjacent to Timmings is the most progressive and promising of all the mining areas yet in the list as published there is only one item of assistance to this immediate vicinity—that of "repairing the road to the Delnite Mine." Other items of interest here are: "Improving and repairing parts of the road from New Liskeard to Elk Lake and Matachewan;" "improving and repairing the road leading into Hyslop township (Ross Mine);" "building, completing and repairing parts of the road from Elk Lake to Gowganda and Tyrrell township." From the published list it would appear that the Ferguson highway has not been considered at all. Perhaps, the idea is that the Ferguson highway now being under the Department of Highways of Ontario, will receive the same treatment as given to other highways such as the Kingston highway, the Hamilton and other highways, etc. It seem too good to be true.

Any announcement as to the list of roads to be favoured was made last week at Queen's Park, Toronto, by Hon. Paul Leduc, Minister of Mines for Ontario.

One of the despatches says that the Dominion is contributing two-thirds of the cost of the undertakings, and the province one-third. The federal contribution is limited to \$375,000, so that the total amount available for the program is \$562,500.

"It may not be possible," Mr. Leduc stated, "to complete all these works with the funds available this year. On the other hand, if there is a surplus further projects will be considered."

The program as approved by Mr. Leduc and Hon. T. A. Cramer, federal minister of mines, is as follows:

1. Road or railroad from Dog Hole Bay to the Pickle Crow-Central Patricia area.
2. Building of road from Beardmore to the Sand River area.
3. Improving and repairing parts of the road from New Liskeard to Elk Lake and Matachewan.
4. A one-mile road to connect the Red Lake-Gold Shore Mines with the water transportation system into that area.
5. Improving and repairing the road

leading into Hyslop Township (Ross Mine).

6. Repairing the road leading into the Delnite Mines.
7. Repairing the roads in the Michipicoten area that serve the Parkhill, Minto, Darwin and other mines, together with improvement of communications into the Stanley mine.
8. Road from Fish Siding on the C.N.R. line (Port Arthur to Sioux Lookout Branch) to Sturgeon Lake.
9. Improving and repairing parts of the road between Goudrea and Lochalsh.
10. Winter road into the Woman Lake area.
11. Improving the road from Collins to Obong Lake (Chromium Mine).
12. Building, completing and repairing parts of the road from Elk Lake to Gowganda and Tyrrell Township.
13. Road leading from the main highway from Kenora to Fort Frances into the Wendigo mine.
14. New road from Jack Pine to the Sturgeon River Mines.

Silver Wedding of Mr. and Mrs. Blood

Twenty-fifth Anniversary Observed of Marriage of South Porcupine Couple.

South Porcupine, Ont., June 13th, 1936. Special to The Advance.

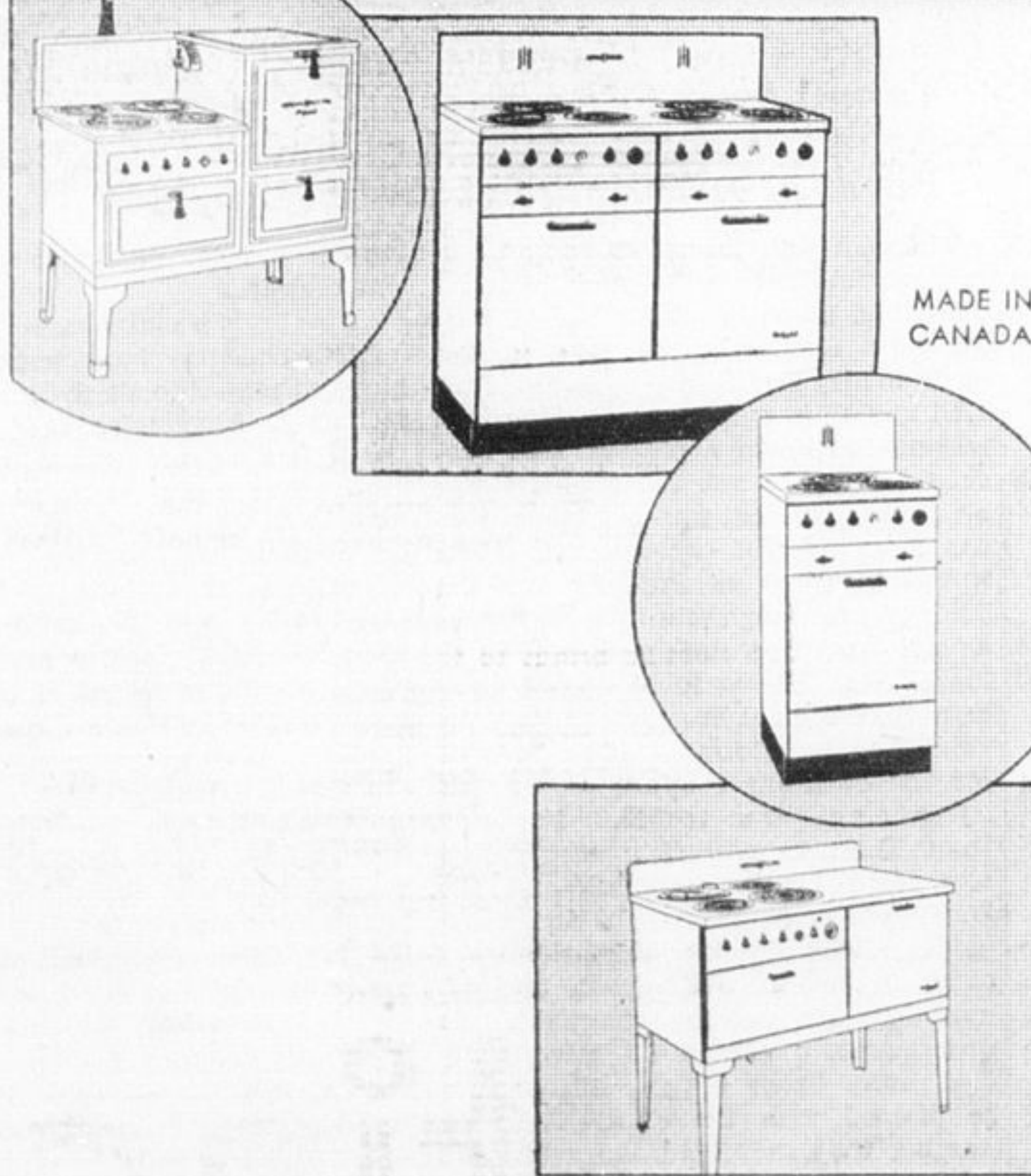
Mr. and Mrs. Herbert Blood, of Bloor avenue, are celebrating to-day (June 13th) the twenty-fifth anniversary of their wedding day. At their home on Bloor avenue a reception is being held from 3 o'clock this afternoon and many guests have been invited for the celebration.

The Rebekahs, of which body Mrs. Blood is a member, have presented Mr. and Mrs. Blood with a silver casserole from the members of the lodge. This was given with a few words of congratulatory greeting and the good wishes of the lodge by Mrs. T. Gibbons, who is the District Deputy President. Mrs. Blood is receiving her guests in a gown of shell-pink satin, and a special wedding cake has been made for the auspicious occasion. Many lovely gifts have been received and bouquets of beautiful roses and other flowers.

We add our good wishes also and trust that Mr. and Mrs. Blood may live to enjoy many more wedding anniversaries.

Toronto Telegram:—Three Toronto Varsity scientists are leaving to attend a world conference in Holland on Low Temperature. After last winter's experience, they should have something of interest to report.

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