

Varying Use of Fruits and Vegetables on Menu

Economy as Well as Quality may be Watched in Using Fruits and Vegetables and Taking Advantage of Any Special Bargains that may be Offered in These Fine Foods.



(By Edith M. Barber)

In making use of the week's menu, vegetables and fruits will be varied naturally in order to take advantage of bargains and quality.

- Sunday—Breakfast**
Cantaloupe
Baked Salt Mackerel
Hot Rolls Blackberry Jam Coffee
- Dinner**
Tomato and Cucumber Canape
Roast Beef
Browned Potatoes String Beans
Hearts of Lettuce French Dressing
Lemon Ice-Cream Nut Cake
- Supper**
Molded Sea Food
Bread and Butter Sandwiches
Cake Ginger Ale
- Monday—Breakfast**
Blackberries
Ready-to-Eat Cereal
Poached Eggs Toasted Rolls Coffee
- Luncheon**
Toasted Cheese Sandwiches
Sliced Tomatoes
Iced Tea Cookies
- Dinner**
Cold Roast Beef
Stuffed Potatoes Lima Beans
Orange Pudding
- Tuesday—Breakfast**
Orange Juice
Ready-to-Eat Cereal
Strawberry Jam Toast Bacon
- Luncheon**
Stuffed Pepper Salad
Blueberry Muffins Tea
- Dinner**
Lamb Chops
French Fried Potatoes
Baked Tomatoes
Peach Cobbler
- Wednesday—Breakfast**
Tomato Juice
Ready-to-Eat Cereal
Omelet Toast Coffee

- Luncheon**
Roast Beef Hash
Orange Biscuits
- Dinner**
Baked Ham
Corn on the Cob
Green Apple Pie
- Thursday—Breakfast**
Melons
Ready-to-Eat Cereal
Hot Rolls Coffee
- Luncheon**
Cream of Corn Soup
Vegetable Salad
Pears Iced Tea
- Dinner**
Cold Sliced Ham
Grilled Sweet Potatoes Squash
Cucumber Salad
Blueberry Pie
- Friday—Breakfast**
Sliced Bananas
Ready-to-Eat Cereal
Scrambled Eggs Toast Coffee
- Luncheon**
Egg and Sardine Salad
Watermelon Tea
- Dinner**
Tomato Juice Cocktail
Broiled Fish Tartar Sauce
Creamed Potatoes Corn Pudding
Ice-Cream With Sliced Peaches
- Saturday—Breakfast**
Berries with Ready-to-Eat Cereal
Bacon Toast Coffee
- Luncheon**
Scalloped Fish
Cucumber Salad
Hot Ginger Cake Tea
- Dinner**
Swedish Meat Balls
Potatoes With Parsley Butter
Beets
Quick Chocolate Roll
Molded Sea Food
- 3/4 tablespoon gelatin
2 tablespoons cold water
1/2 cup celery, cut fine
1/4 cup pimento
1/2 tablespoon sugar
1 teaspoon salt
1/2 tablespoon flour
1 teaspoon mustard
Cayenne
2 egg yolks
1 1/2 tablespoons melted butter
3/4 cup milk
1/4 cup vinegar
2 cups shredded lobster or crab meat
Cucumbers
Sour cream dressing
Soak gelatin in cold water five minutes. Add celery and pimento. Mix dry ingredients, add egg yolks, butter, milk and vinegar. Cook over boiling water, stirring constantly until mixture thickens. Add gelatin mixture and stir until dissolved. Pour over fish and mix well. Fill mold, chill in refrigerator several hours, and serve with cucumbers dressed with sour cream dressing.
- Quick Chocolate Cream Roll

18 thin, chocolate snaps
1 teaspoon almond extract
1 cup cream

Whip cream very stiff, add the flavoring and spread wafers. As spread, pile on top of each other. Lay roll on side on serving dish. Cover top and sides with remaining cream. Set in refrigerator for at least three hours. Slice it diagonally.

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Bought an Automobile to Keep up With Living

(St. Marys Journal-Argus)

—It may be that the automobile has come to stay. A particularly conservative-minded but wealthy local agriculturist astonished all his friends and enemies just recently by buying a fine car. It is the first he has ever owned for he loves horses and has always declared he would never bother with a benzine buggy. He used to hold pretty emphatic views on the subject so we were curious to find out why he changed his mind.

"Well," he explained, "I went to a funeral a while back. I was the only one who turned out with a horse and rig. I started off for the cemetery with the rest of the procession. But when I got there the man was buried and the others were gone. So I thought to myself if I can't keep up with the dead one I'd better give up or give in. So I gave in. And say," he added gleefully, "I'm getting twenty-two and a half to the gallon!"

Heavy Frost Last Week at Shillington

Personal and Other Notes from Shillington Correspondent.

Shillington, Ont., Aug. 25, 1936. Special to The Advance.

Mrs. William MacDonald of Red Lake is visiting with her parents, Mr. and Mrs. W. H. Hartford.

Rev. H. C. MacTaggart, of North Bay, spent a couple of days here last week, visiting friends.

Mrs. K. W. Bigelow has returned home from a week's visit with relatives at Noranda.

Mr. Wellington Hartford, of Blenheim, is visiting relatives here.

Mrs. Hector Bateman, of Timmins, is spending a few days with Mr. and Mrs. E. Bastian.

Mr. and Mrs. Melvin Carveth left for Toronto last Thursday. Mrs. Carveth is to receive medical attention while there. Miss Kathleen Starling, of Timmins, is visiting with relatives here.

The heavy frost last week did much damage to gardens and grain crops in this community.

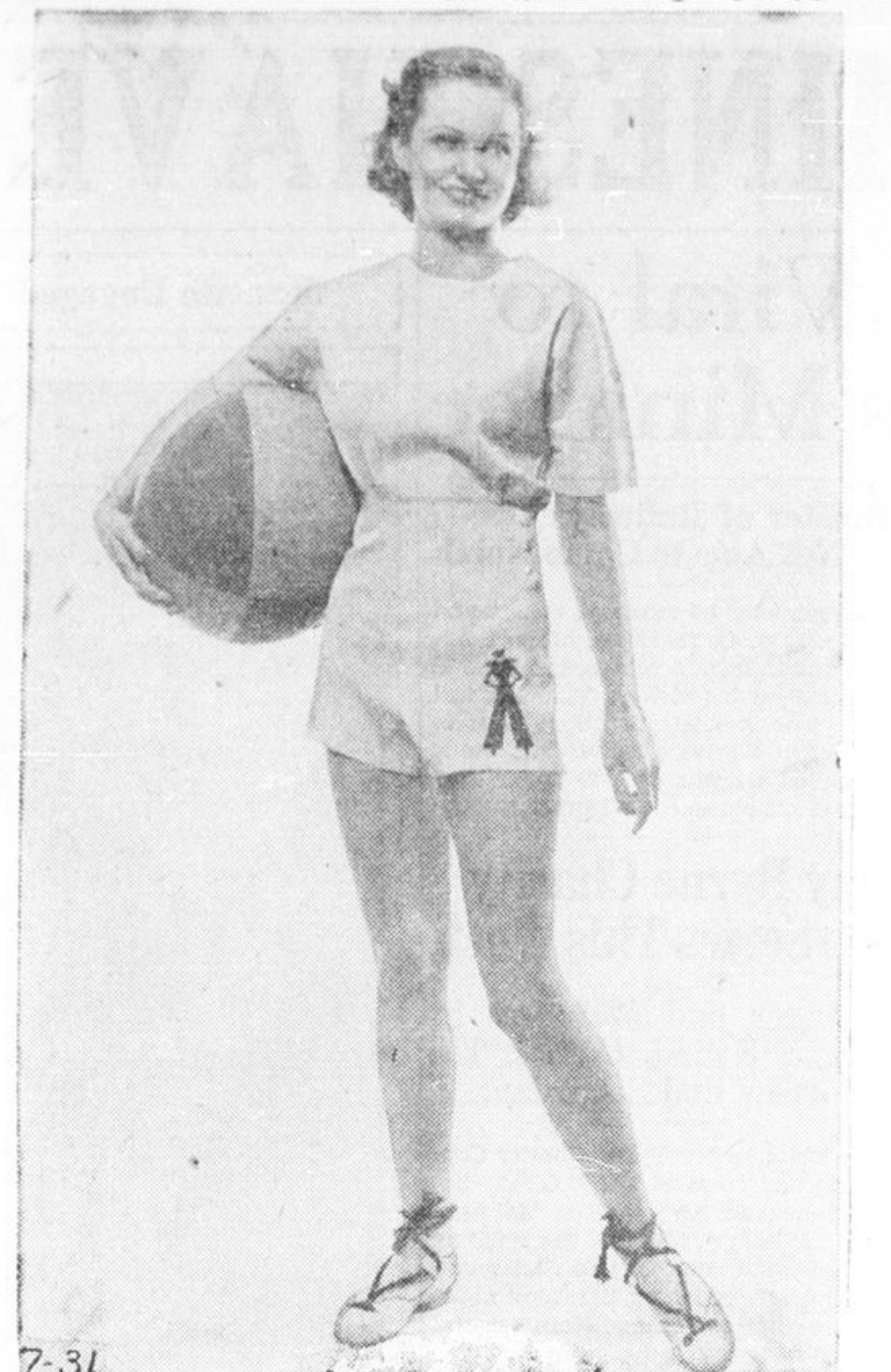
Mr. J. Beeson, of Toronto, is spending his annual holiday with relatives here.

Miss Ora Slack is visiting relatives and friends in Brantford.

Miss Doris Kuusivirta has returned home from a holiday spent with friends at Kirkland Lake.

BE BEAUTIFUL

By ELSIE PIERCE
FAMOUS BEAUTY EXPERT



PATTI PICKENS of radio fame dons these rubber shorts for her medicine ball activities on the beach and says they send pounds rolling.

Casual Summer Sports Are Splendid

There are any number of sports regarded as far less significant than the major sports such as tennis, golf and swimming. While less important, perhaps, they are nevertheless fine for the good they do body as well as mind. Most summer sports have a psychological effect. They induce a sense of well-being, which even the most crowded social calendar (during the winter) fails to bring with it.

Getting outdoors is in itself valuable. Deep breathing is one of the finest of chest exercises. Sure we all breathe! Unvoluntarily and unconsciously. But how many of us attempt to purposefully breathe deeply?

Whatever sport you follow, try to make it a habit to breathe deeply. Suppose you paddle a canoe. There's good arm and shoulder movement in that—and there's something very, very restful about paddling.

Horseback riding is a splendid sport which almost inspires deep breathing and the exercise helps to make thighs and hips trim.

If you feel as much at home in the water as Mr. Fish himself, and can swim like an Olympic champion, try riding an aquaplane. It develops a sense of balance, makes for better posture and carriage.

Beach Games Are Grand Too

The beach games are grand, too. No flabby muscles for one who tosses a medicine ball about.

Have you ever tried organizing a small group for calisthenics on the beach? The informal attitude of the beach permits one to do that sort of thing—you can, in fact, go through a dozen back and side rolls by way of jrimming down the hip bulges and no one would even stop to stare.

If you have children, frolic with them. And if you have a dog, there's nothing like romping with him to make you feel young, carefree and to keep you limber.

If you have a bicycle—ride it. Pedalling is fine to strengthen the back muscles, the calf and ankle. It's quite the fashionable thing to do, too, so you need have no compunctions about appearing the overgrown tomboy.

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BOY SCOUTS IN TIMMINS

Wasn't camp just swell this year? But now that September is back I guess it is to school for us. What will we do with all those ideas that we got in camp from our pal's troop? Can't we use them in our troop too? We'll see the Scoutmaster about that. So let's get down to work and make ours the best troop in town this winter. While I was away this summer I picked up a magazine with a little poem in it. I don't know who wrote it for it wasn't signed out it is really something for us to think about. If each and every one of us tried to do what it suggests—boy! What a troop we'd have. Here it is:

Myself

I have to live with myself and so, I want to be fit for myself to know. I want to be able as the days go by, Always to look myself straight in the eye;

I don't want to stand, with the setting sun, And hate myself for the things I've done.

I don't want to keep on a closet shelf A lot of secrets about myself, And fool myself, as I come and go, Into thinking that nobody else will know

The kind of man I really am; I don't want to dress myself up in sham.

I want to go out with my head erect, I want to deserve all men's respect; But here in the struggle for fame and self,

I want to be able to like myself, I don't want to look at myself and know That I'm bluster bluff and empty show.

I never can hide myself from me; I see what others may never see; I know what others may never know, I can never fool myself, and so, Whatever happens I want to be Self-respecting and conscience-free.

Our Scout Hat

Somebody was asking me the other day questions about the Scout hat. He wondered why we wore such a hat. So I told him that our chief had chosen it for several reasons. Why it protects

The Old Way
Labouring over a steaming wash tub, hot, tired, disgusted! Then to think of hanging them on the line... and ironing! No wonder some women dread laundry days when it means this! You can be in the other picture if you wish! Simply call the laundry.

The New Way
No more wash tubs... no more ironing! The MODERN way, the LAUNDRY way, picks up your bundle and returns it to you clean and fresh and ready to use! When complete modern laundry service costs so little, does it pay to do your own laundry?

TIMMINS
New Method
LAUNDRY

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For what? The most detailed studies of the most abstract sort of things appear to lead nowhere. Nor do they until some great mind arrives to correlate the most disconnected observations.

Orson D. Munn, editor of Scientific American, outlines briefly one such case in the current issue of his magazine.

The first episode was 40 years ago when an American biologist, studying the snails of the District of Columbia (not the government), found that a species of snail common enough in the Potomac river was not to be found in the streams running into that river. He said as much in a voluminous report on the subject, pointing out that the Potomac was very slightly alkaline but that the tributary streams were very slightly acid. The point was that some snails required an alkaline water, while others required an acid habitat.

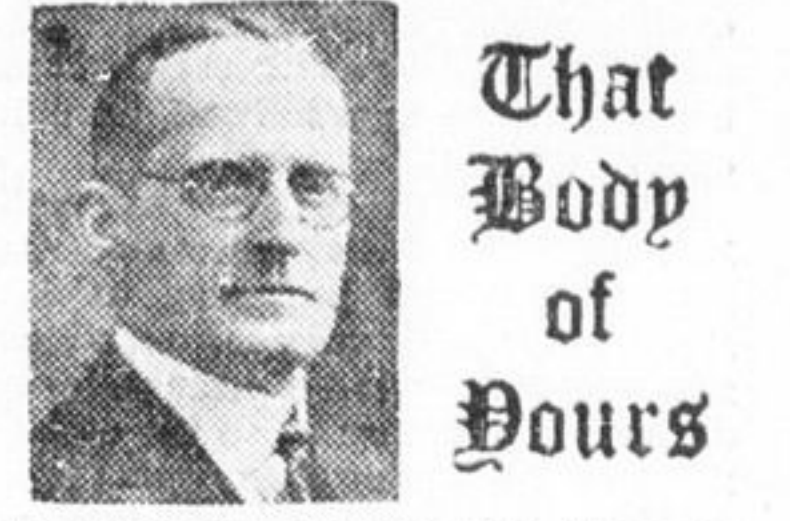
Second episode: Modern Japanese investigators discovered that a disease afflicting 200,000,000 people in the Orient, known as schistosomiasis, is caused by a tiny worm that bores in through the skin to live in the blood stream. Tracing the life of the worm, they found that while in its earlier stages, as a larva, it lives in a snail. Oriental workers in the watery rice fields could hardly escape the dread disease that took a yearly toll of thousands of lives. Treatments were developed but none were permanently successful and they were decidedly costly.

Then someone who had read the American biologist's treatise on the snails of the Potomac and its streams began to wonder about those Oriental snails. The rice fields in which the disease was most prevalent were found to be slightly acid. Quantities of crushed limestone were dumped along the shores of the shallow waters. The water changed from acid to alkaline in reaction, the snails died, and with them the larvae that would have grown to be the worms that caused the scourge.

"Simple?" asked Mr. Munn. "Yes; every 'little thing' in this entire chain! Yet if you ask any one of the millions of Orientals who have suffered and seen thousands about them suffer—and many die—from this terrible disease, he probably would do his equivalent of crossing himself and say 'Yes; simple as any miracle!'"

Kingston Whig-Standard:—Strange how some people interrupt every time you try to say something and yet think you are queer if you say nothing.

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

That Body of Yours

Infected Teeth Should be Removed

Some years ago when physicians learned that infected teeth caused many cases of rheumatism there was a tendency on the part of the public to make fun about it because it was also said that infected teeth were causing various other ailments—stomach and intestinal trouble, inflammation of the gall bladder, and various eye inflammations.

More recently the fact that teeth cause rheumatism is no longer doubted and the first thought of the patient himself is as to the condition of his teeth and of his tonsils.

Now it must be admitted that all rheumatism is not caused by infected teeth and tonsils, but as, in medicine, the commonest causes of ailments are always searched for first, the teeth should be examined first by a competent dentist and the help of the X-ray examination.

Research physicians and dentists tell us that by the time rheumatic patients are examined the cause is about one-half of the total number is infected teeth. If these infected teeth are removed improvement follows, with of course the use of heat and the help of massage and electrical treatment.

However as all forms of arthritis or rheumatism are not due to infected teeth the question arises as to whether infected teeth should be removed anyway, even if these particular teeth are very useful in chewing food and thus preventing indigestion.

I believe your dentist and your physician will tell you that good circulation of good (pure) blood is absolutely necessary to attain or retain good health. Infected teeth not only poison the blood, but the circulation of the blood itself becomes poor around the affected joint. Infected teeth thus prevent progress toward recovery in all forms of rheumatism.

In fact as the whole general health of the individual is lowered by the poison from the infected teeth it is only good sense to have them removed even if they have nothing to do with causing the rheumatism itself.

Thus while the removal of infected teeth may not relieve your rheumatism, for your general health and to prevent aggravation of rheumatism, there is no question but that they should be removed. New or artificial teeth will provide teeth for chewing purposes.

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Tickets are valid to return leaving destination point not later than CP Train 1 from Windsor St. Station, Montreal 10:15 p.m. Sunday, September 20th and connecting here with our Train 1, September 21st

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