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**Important to Guard
Against Pneumonia**

Over 40,000 have Died in
Canada from This Disease
in Past Six Years.

The following is one of a series of educational health articles sent to The Advance by the Health League of Canada, a voluntary organization at present making a valiant battle to improve the public health by rousing people in general to a knowledge of the subject of health and in effort to combat the various well-known causes that result in illness and death:—

Over 40,000 persons have died of pneumonia in Canada in the past six years.

In the United States and Canada an average of 121,000 persons die from pneumonia each year.

Many of these deaths could have been prevented. The path to prevention lies in good medical and nursing care from the very first appearance of symptoms.

It is generally known that all pneumonia patients are not getting this thorough medical and nursing care. The fault does not lie with the physician nor with the nurse. They stand ready to help when called, but they are not called soon enough and often enough.

In cases of pneumonia delay in calling a nurse or doctor is a major reason for the appalling death toll in the Dominion.

Patients who refuse to afford the expense of a trained nurse or doctor are penny-wise and pound-foolish, for pneumonia is one of the diseases in which proper care is of first importance. Some patients may not be able to afford either physician or nurse. Here the community must be held negligent if it does not, by voluntary or governmental means, supply such adequate care.

Pneumonia is an inflammation of the lungs caused by certain kinds of germs which pass to a person through the nose or mouth from someone else who is carrying the germs. These germs are in the discharges from the throats and noses of most people. There is danger from any of these germs as they sometimes cause colds and bronchitis.

Pneumonia is a "catching" disease.

Those sick with it should be isolated. The doctor's instruction as to the disposal of the patient's nose and throat discharges should be followed carefully to prevent further spread of the germs.

Pneumonia often is fatal. One person dies out of every five who contract the disease. Patients should be put to bed immediately the disease is suspected and should stay there until they are fully recovered. Pneumonia usually starts with a severe chill, great prostration, loss of appetite, a feeling of heaviness in the chest generally made worse by coughing or breathing, followed in a few hours by bloody expectoration. Sometimes there is no chill or pain in the chest, but only rapid breathing, blueness of the lips, and fever.

What is to follow if pneumonia sets in depends upon the patient's resistance to the pneumonia germs. And it is here that the advantage of physical fitness and proper medical and nursing care, conserving this bodily strength, counts. Even in the weeks of recovery relapse must be guarded against by nursing the patient so that he or she will have no need to raise up in bed or in the slightest way over-tax their strength.

Remember these important rules:—

(1) Keep physically fit with daily exercise.
(2) Get enough rest and sleep to avoid fatigue.
(3) Sleep and work in well-ventilated rooms.

(4) Avoid becoming overheated or cold.

(5) Avoid close contacts with those who have colds or grip, or flu, or bronchitis.

(6) Cover your mouth when sneezing or coughing.

(7) Don't spit in public.

(8) If you have a cold or gripple or flu or bronchitis, go to bed and stay there until better.

(9) If your condition in bed gets worse, especially if a pain in the chest or rusty-coloured spit appears, call a doctor and, if need be, a nurse.

(10) When recovering from pneumonia, don't be in a hurry to get up. Let your doctor be your guide and avoid a relapse.

The New Yorker:—Seven months ago, William J. Pringle, Jr., of Altadena, California, paid Lloyds \$200 for twin insurance. Last week he collected \$5,000. Twins were born to his wife.

**New Wrinkles for
Use of Dried Fruits**

Dried Fruits are Economical to Buy. May be Served in Attractive Ways.

(By Barbara B. Brooks)
In summer it is well to crowd onto the menu all the fresh fruits and fresh vegetables that we possibly can. It would be a lost opportunity to serve canned or dried food when fresh was available. But as soon as the fresh fruits become less plentiful on the market and are higher in price, then a thought should be given to the food value, the comparative cost, and the uses for dried fruits.

Dried fruits are the most concentrated form of fruits and are economical to buy. They are fully ripened fresh fruits with the water and, in most instances, the seed, pit or core removed. The widely used method of removing the water content of the fresh fruit is by sun drying, but it is also done by the dehydrating method, which is rapid drying by artificially heated air. From three to seven pounds of fresh fruit are required for one pound of dried fruit.

The storage of dried fruits is important. They should be kept at normal humidity. It is not advisable to keep them under refrigeration but they should be kept in a cool place, out of draughts and away from radiators, stoves, etc. The cut fruits such as apricots, peaches, pears and apples darken when they are exposed to heat. Dried fruits take on odors readily, so should be kept away from strong-smelling foods.

Apricots are one of the most interesting of the dried fruits. There are many ways in which they can be used in cookery. Because they have a truly distinctive flavour they add a zest to almost any dish. Stewed, they are very good at breakfast with ready-to-eat cereal, or served for dessert, for the school lunch or for a bedtime supper.

Allow six to nine apricot halves for each serving. One pound of dried fruit is enough for 12 servings. Wash the fruit, cover with water and cook gently for 30 minutes to one hour. Add sugar to taste during the last five minutes of cooking. One-half cup of sugar is usually sufficient for one pound of apricots.

In this recipe for pickled dried apricots we meet the fruit in a new form. Fixed this way, it makes an appetizing pickle to serve with meats or in the relish dish on the buffet table.

Pickled Dried Apricots
1 cup large dried apricots
Water
1 cup sugar
3 tablespoons vinegar
12 whole cloves
1/4 teaspoon mustard seed
Stick cinnamon

Wash the apricots. Boil gently for ten minutes in water to cover. Add sugar, vinegar, spices and cook until the apricots are tender but still hold their shape. Fill small sterilized jars with the apricots. Cover with syrup and seal.

Notes: Prunes may be prepared in the same way.

Next we have a recipe for apricot bran bread which is a deliciously different loaf to serve at any meal but is particularly suitable for tea and sandwiches or to serve with the salad at luncheon.

All Bran Apricot Bread
1 cup chopped dried apricots
1 1/2 cups sour milk or buttermilk
3 tablespoons fat
1/2 cup sugar
1 egg
1 1/2 cups all bran
2 cups flour
2 teaspoons baking powder
1/2 teaspoon soda
1/4 teaspoon nutmeg
1/2 teaspoon salt
1/2 cup chopped nut meats

Soak chopped apricots in milk about 15 minutes. Cream fat and sugar thoroughly; add egg, beat until creamy. Add all bran, apricots and milk. Let soak until most of moisture is taken up. Sift flour with baking powder, soda, salt and nutmeg; combine with nut meats; add to first mixture, stirring only until flour disappears. Bake in greased loaf pan with waxed paper in the bottom, in moderate oven (350 deg. F.) about one hour and ten minutes.

Yield: 1 loaf 4 1/2 by 9 1/2 inches.
The tang that apricots have in pie has no rival, but it can be captured in different form. Here is a suggestion for some tarts that have the flavour of pie but have gone sophisticated on us.

Apricot Marshmallow Tarts
6 tarts
1/2 cup dried apricots
1/2 cup sugar
6 marshmallows

Cook apricots by method given above. Press through a sieve. Sweeten pulp to taste. Add marshmallows cut into pieces, and fill baked pastry shells. Place marshmallow on top and brown in a moderate oven (375 deg. F.).

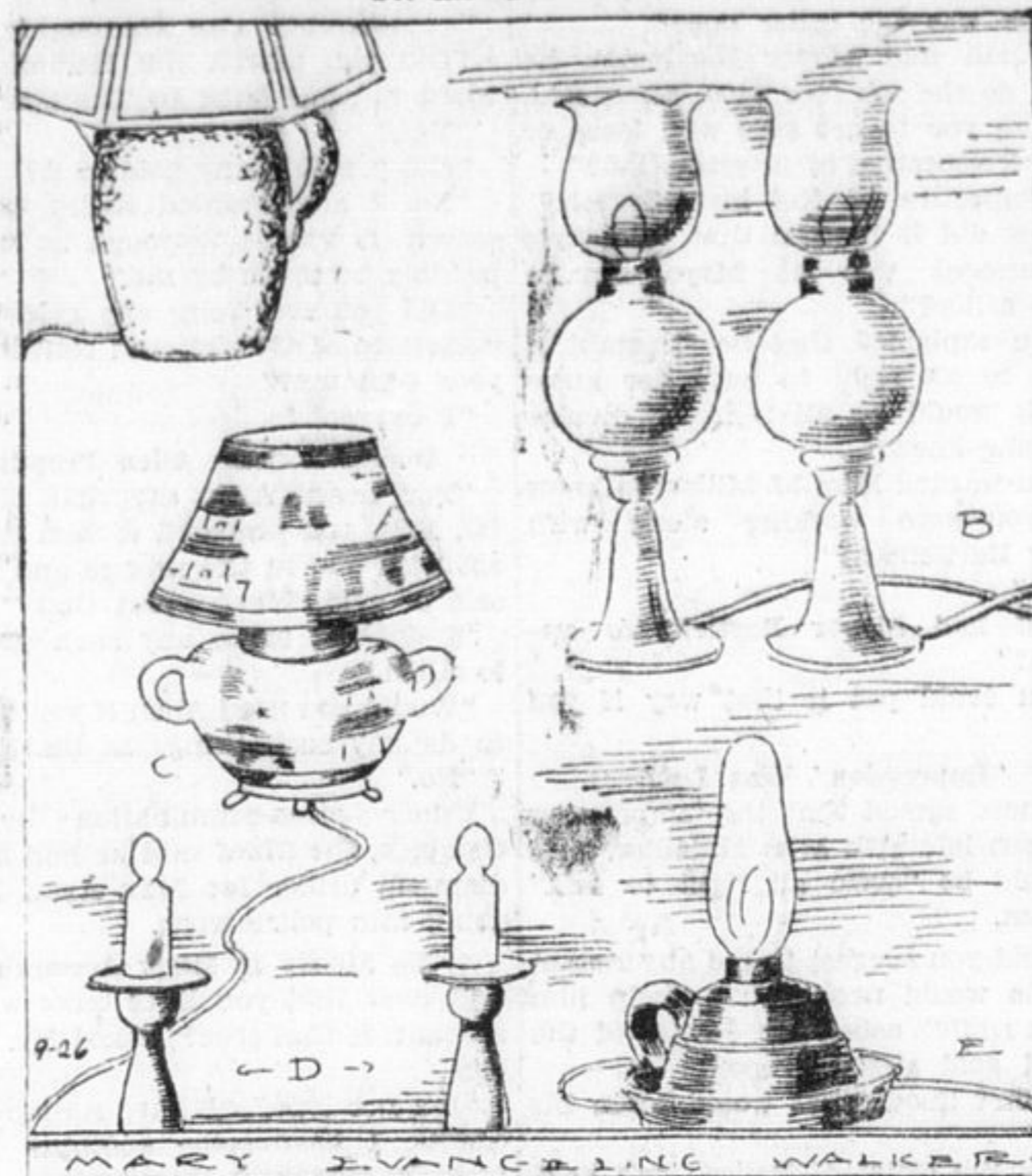
Pastry for Tarts
1/4 cup all bran
1 1/2 cups flour
1/2 teaspoon salt
1/2 cup fat
5 tablespoons cold water (more or less)

Roll all bran and combine with flour and salt out in fat. Mix until the consistency of cornmeal. Add enough water to form dough. Roll out on a floured board to 1/4 inch in thickness. Line tart shells, prick lightly with a fork. Bake in hot oven (450 deg. F.) eight to ten minutes to set the crust.

Ottawa Journal:—Oakland, Cal., woman is suing for damages because a wrestler was thrown into her lap while she was watching a wrestling match. But she couldn't expect the contestants to be pitching bouquets around.

**The Household
by
Lydia Le Baron Walker**

WIDE VARIETY OF ELECTRIC LAMPS, AND A FEW COMMENTS ON LAMP BASES.



An assortment of excellent electrified lamps—A, is made from an old brown glazed pitcher. B—consists of a pair of antique whale oil lamps, modernized for electric lighting. C—has a choice antique silver sugar bowl base. D—shows a pair of candlesticks as bases while E—is a quaint brass kerosene lamp now used for a desk electric light.

Lamps there are to-day in such variety that we may change the word books to lamps in the familiar quotation "Of the making of books there is no end." Certainly it is true that "Of the making of lamps there is no end."

Any article that, by hook or by crook, can be transformed from what it is into an electric lighting fixture is grist for the mill of change.

Russian Samovar Lamp
The latest article that I have discovered made over into a lamp is an antique Russian samovar. The shape and size of the samovar are unwieldy. There is something a bit grotesque in the appearance. It seems as though we should turn the light off and on by the spigot, as we would turn the flow of the water or the tea off and on. Yet, on examining the novel lamp it was discovered that no harm was done the samovar. The electric unit was simply inserted into the opening at the top, from which the cover had been removed. The samovar could be restored to its original form, unharmed, simply by eliminating the unit, cord, bulb and shade. It was satisfying to find restoration was so simple.

Transformations
The ease with which articles can be altered from their original purpose to lamps without hurting the articles is one reason why lamps have become so heterogeneous. It does not take an electrician to do the work. The homemaker can purchase the units, and make the transformation herself. Since this is the case, it is well for her to think whether or not the article is really well suited to its use as a lamp.

Some Suitable Lamp Bases
Among the articles that belong to this category are vases, bottles, jugs, some types of antique sugar bowls that are large and high, and which perhaps have, by now, no covers. Large candlesticks with bases sufficient to support electric lighting units, are perfect for the purpose, as are old whaleoil and kerosene lamps. In these, the form of light is changed, but the object of the article, that of supplying light, remains intact.

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**Opening of Enquiry
Friday, Before Judge**

(Continued from Page One)

"You didn't go to the mayor?"
"No."
"You figure Paul and Salley had taken the gold?"
"Yes."
"But you made no report at the time?"
"No."
"They had had a 'couple of glasses of beer' that evening, Boyd said, but that was 'just an eye-ful.'"

Mr. Caldwell wanted to call James Izatt but the judge refused to hear him, since Mr. Caldwell said it was corroboration of Boyd's conversation with Hemming.

"Get the witnesses that know what happened. Not hearsay," said the judge. "You can't bring another witness to show that Boyd is not a liar."

Mr. Caldwell hesitated at calling Hemming. "If I felt I was prosecuting instead of assisting your honour, I would not call Hemming," and a little later: "I'm not trying to substantiate the charges but merely trying to help your honour."
"Somebody must be, otherwise I wouldn't be called here," retorted the judge.

Hemming Knew Nothing of Gold
Hemming said he was not in the taxi business last February but had driven Boyd and two others out toward Schumacher on the evening in question. At the first bend of the S turn on the Hollinger road, Chief Paul and Deputy Chief Salley had stopped the car.

"Did you know there was gold in the car?" asked Mr. Caldwell.
"There was no gold mentioned to me."
"Did you see any gold?"
"I never seen any gold."
"Did you know if any gold was found by the police?"
"No."
Salley, not Paul, had driven his car back to Timmins with him, Hemming said.

The \$20 Touch
"What about the \$20?" asked Mr. Kester, referring to the money alleged to have been paid to Boyd to "keep his mouth shut."
"That was unfortunate for me," said Hemming. "This man Boyd bothered me on many occasions for money and I told him I had nothing to do with it. Boyd and another man came over one afternoon. He was pathetic. He started with \$300. 'Don't be foolish,' I said. 'Then he had told Hemming a long story about wanting to get married and being flat broke. He figured I'd split with Salley and Paul on the gold deal,' said the witness.

Car Lights "Like Knife in Stomach"
Bill Splawnyck told the court he was a Ukrainian who had not yet been naturalized. He runs the Radio hotel.

On Tuesday, November 26th, 1935, he and another fellow called Gogal, had gone to Boulanger and Desjardins on Main avenue at seven o'clock to buy some gold. After some delay, they scaled out 43 ounces of it and the money changed hands. "It was in a glass jar," said Splawnyck, "and was full of nuggets. Like walnuts size. No powder, all pieces. Boulanger says it is safe to go home. We start to walk down the sidewalk and watch. Nothing on the road. Then lights on a car come like a knife in my stomach. They catch us right away."

Paul and Salley took both men to the police station, found the stuff in Gogal's pocket and asked them how they came to have it. They said nothing. Gogal has since left for Red Lake and cannot be located.

"Did Gogal ever come to court about it?" asked Mr. Caldwell.
"No. That's all there was to it. I lost \$840, that's all."
"Was it your first deal?"
"My first and last."
"Did you test the stuff?"
"Just with my eye."
He was willing to swear it was gold he bought.

"Did you assay it?" asked the judge.
"No."
"Did you see the Chief test it?"
"No."

The Acid Test
Former Deputy Chief Salley corroborated everything Splawnyck had said about them being brought to the police station. Gogal had the bottle of metal in his hip pocket. Chief Paul put some of it in a saucer and poured nitric acid on it. It "smoked and burned," Salley said.
"Were the men questioned where they got it?"
"Splawnyck said he didn't know."
"The Chief kept the bottle in a drawer in his desk and Salley had often seen it there since, he said.
On the evening when Boyd, Hemming, Boulanger and O'Brien had been stopped near the Hollinger he had seen nothing in the back seat, even after Boyd and O'Brien had got out. Figuring that the gold was hidden in the car somewhere, Salley took charge of it and drove it back to Timmins with Hemming, where he searched it thoroughly with a flashlight. "There was nothing there."
He knew Mrs. Nellie Kramer, Salley said, but had never been at her house at any other time than while making searches for liquor.
Other evidence on pages 1, 2, 5 and 6 of this section and in Section 1.

Blairmore Enterprise:—A small town is a place where everybody knows, not only which men beat their wives, but which wives need beating.

Peterboro Examiner:—German newsweds receive a free newspaper for a month after their marriage. The only trouble about that plan is that by the time they get round to being interested in a newspaper they will have to start in paying for it.

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

Lines for Stouts Who Would Be Stylish

To attain the perfection of a figure like LORETTA YOUNG'S follow a simple but sane reducing regime. In the meantime, select clothes with the "right lines."

What about the woman who is more than just pleasantly plump? Is she Dame Fashion's forgotten woman? Surely she can't wear the princess line, the wasp-waisted frock, the pinched-under-the-bosom vogue, the padded shoulders, tricky sleeves, winged-back evening gowns. Is she to go into hiding for a Rip Van Winkle spell or work off the excess fat at breakneck speed (incidentally breaking up fat, disposition and health thereby. We recommend neither. We heartily subscribe a sane, sensible reducing regime, slow but sure with not more than two pounds a week loss and that providing it has the doctor's O.K. And we recommend simple, lovely, long lines that give an illusion of slenderness and a lie to the scales.

Try the simple long lines, your stylish stouts, and next thing you know someone will ask you how long you have been reducing.

What to Avoid
Perhaps the lesson is more easily learned if you know what to avoid. In the first place, have the courage to say "no" to Fashion if her latest whim doesn't suit your type. Know when to meet her halfway and when to detour. Dark colours are your forte. Black relieved with jewel touches or a bit of bright colour; navy blue and in fact any of the dark autumn shades so popular this season. It is the high colours you want to avoid and the shiny-surfaced materials. Taffetas and satins are not for you. Flat crepes are fine and sheer wools are good and stylish. Avoid colour contrasts, particularly a bright blouse or jacket with dark skirt—cuts height, adds width. The heavy, long-haired furs are for the slim. Flat furs for you. These, happily, are the last word in Fashion's dictates for this winter. Wide, tricky, flaring sleeves are not meant for too-generously proportioned arms. Have the sleeves perfectly cut, well-fitted, not skin tight, but fitted nevertheless to give an illusion of slenderness. Avoid bracelets. Avoid cuffs and trimmings at the wrists. Avoid wide belts. Avoid cross lines or round lines. Long or V lines are best—at the neckline, at the back and waist. The inverted V or tucked-under the bosom princess line is not for you. But don't demean your fate. Fashion still has enough left for you. Make "comfortably fitted" your code. Don't take a size too small, feeling you can fool the world and disguise the

excess avoirdupois. You'll only emphasize and make matters worse.
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New Chemicals Used for Odorless Dry-Cleaning
For the dry-cleaning of textile materials as well as for the degreasing of metals, two new non-inflammable chemicals are now being made in Canada. Used in special machines, they create a vapour which extracts all dirt and grease without harming the material being cleaned and without leaving any after odour. The use of these chemicals in laundries and in the heavy metal industries is interestingly described in the October issue of "The C-I-L Oval."

Petition at Cochrane to Help Condemned Man
At present a petition is being circulated in Cochrane on behalf of John Wah, the Timmins Chinaman, sentenced recently at Cochrane to be hanged on Jan. 8th, for the murder of another Chinaman in Timmins last year. Sympathy has apparently been created in some quarters for the condemned man because he has apparently no friends to assist him and no money to put up a fight for his life. The humane feelings shown for the condemned man are creditable to those sponsoring the petition and it is a pleasing thing to know that there are always those ready to rally around the otherwise friendless. At the same time John Wah was given a fair trial and was well defended, so far as the circumstances seemed to permit. It is not likely that anyone would seriously object if his sentence were commuted to life imprisonment, but at the same time it would be unfair to suggest that any injustice would be done if the sentence of the court were carried out. Those sponsoring the petition claim that Wah was handicapped in his defence because one of his chief witnesses disappeared. The claim is also made that the provocation for the deed was much greater than appeared to be the case at the trial. It is understood that it is expected to secure a hundred names on the petition asking for a reprieve for the former Timmins Chinaman.

TOWN OF TIMMINS

By-Law Number 489

Being a By-law of the Town of Timmins to provide for compulsory closing of Retail Furniture Stores in the Town of Timmins on Wednesday of each and every month, except the month of December from the hour of one o'clock in the afternoon until five o'clock in the forenoon of the next day following.

Be it enacted by the Council of the Corporation of the Town of Timmins as follows:—

1. The shops of all retail Furniture Stores within the Town of Timmins shall be closed and remain closed on each Wednesday of the month of the year except the month of December at or during any time or hours between one o'clock in the afternoon of any day and five o'clock in the forenoon of the next following day.

2. This By-law shall be published in the Porcupine Advance on November 2nd, 1936, and shall take effect as and from January 1st, 1937.

3. Any person convicted of a breach of any of the provisions of this By-law, shall forfeit and pay, at the discretion of the convicting Magistrate, a penalty not exceeding the sum of Fifty Dollars (exclusive of costs) for each offence:— and in default of payment of the said penalty and costs, forthwith the said penalty and costs, or costs only, may be levied by distress and sale of the goods and chattels of the offender; and in case of their being no distress found out of which such penalty can be levied, the convicting Magistrate may commit the offender to the common Gaol of the District of Cochrane, with or without hard labour, for any period not exceeding Twenty-One days, unless the said penalty and costs (if any), including the costs of said distress and of the committal and conveyance of the offender to the said Gaol, are sooner paid.

Passed this 28th day of October, 1936.

J. P. BARTLEMAN, Mayor
H. E. MONTGOMERY, Clerk