

For Better Baking

Quaker Natural Bran is a special baking bran. Because it is natural bran it mixes better, rises lightly and makes bran muffins, cakes, cookies and bread more delicious, more appetizing. Try it and enjoy that real natural bran flavour.

Quaker Natural Bran

More Economical!

Herrings and Creamed Codfish for the Menus

Some Nutrition Specialists Advise Including Salt Fish on the Menu as Often as Twice a Week. Some Recipes, Also About Serving Something Novel With Cocktails.

Some of the nutrition specialists advise including salt fish in the menu as often as twice a week, and consider it a specific aid in preventing goitre.

Creamed codfish will be welcomed occasionally, especially with mashed or baked potatoes. Either flaked or solid fish can be used. The latter should be

a can of them may be prepared for the table in a few minutes. Remove the fish from the can and place on a platter that can be put into the oven. Sprinkle the fish with pepper, brush with lemon juice and melted butter, and pour over them the liquid from the can. Heat thoroughly, and when removed from the oven garnish with parsley and slices of lemon.

Codfish balls are often served either for breakfast or luncheon. They may be served plain or with a tomato sauce. For one cup of codfish (freshened if necessary) use two and one-half cups of potatoes. Pare and dice the potatoes and cook with the fish in boiling water until the potatoes are soft. Drain and mash until there are no lumps left in the potatoes. Add one-half tablespoon of butter, one egg and one-eighth teaspoon of pepper, and salt if necessary. Drop by spoonfuls into hot fat and fry until brown.

The codfish mixture can be purchased in cans all ready for shaping and frying. This can be either formed into balls or into flat cakes which can be sauted.

Kipperd Herring with Cream
2 onions, sliced
2 tablespoons butter
1 can kippered herring
1/2 cup thin cream
Paprika

Saute onion in butter in a skillet until light brown, then remove from pan. Drain the herring and saute lightly on both sides in same skillet. Add cream and heat well. Serve garnished with onion and a dash of paprika.

Salt Codfish Chowder
1 1/2 pounds salt codfish
1/4 pound salt pork, cut into small cubes
1 quart potatoes, sliced
2 onions, sliced
Pepper
Hot milk to cover

Shred the fish, soak in lukewarm water for two hours, changing the water once. Try out the salt pork in a chowder kettle, place a layer of potatoes over salt pork, then a layer of fish, onion and pepper. Repeat until all ingredients are used. Cover with hot milk and simmer slowly until potatoes and fish are tender.

Seeking Something to Serve with Cocktails
Something novel to serve with cocktails! That's a question which several readers would like to have answered. Perhaps they will be interested in the sophisticated dunking which is popular just now. A tray or a platter has in the centre a bowl of thin mayonnaise, of cream cheese mixed with whipped

sour cream or, perhaps most savory of all, Stilton cheese with port wine, Cheddar with brandy mixed with enough whipped cream to make a thin mixture. Around the bowl may be cooked shrimps or toothpicks, thin strips of cucumber, dill pickles and carrots, flowerets of raw cauliflower, radishes and young onions.

The Stilton cheese with port and the Cheddar with brandy are now mixed and put up in this country as well as imported. They come in attractive small glass jars which all cooks will be glad to know make grand little refrigerator dishes for that leftover egg yolk or white and those dabs of vegetables which can be put to good use for soup or for an omelet sauce the next day. This cheese is also good for canapes and of course, with toasted crackers to serve with coffee either after desert or in place of it.

Wine and brandy seem to be particularly adapted for use with special cheese dishes. My favourite fondue, the recipe for which is of Alsatian origin, is an example of this. The original recipe called for Gruyere, but a very soft American cheese is satisfactory. The cheese is soaked in white wine, then melted, after which a little brandy is added.

Shilton Canape
12 rounds Boston brown bread
Shilton cheese in port
2 tablespoons minced celery
2 tablespoon minced pimento
Spread rounds of bread with softened cheese and dip in the mixed celery and pimento. Serve as an appetizer or with salad.

Fondue a la Alsace
1 pound cheese, Gruyere or American
1/2 cup white wine
1/4 cup brandy or kirsch
French bread
Cut the cheese and soak in chafing dish in the wine for several hours. Heat over shafting dish flame, until cheese is melted. Add brandy or kirsch. Serve hot with French bread.

(Copyright, 1936, by The Bell Syndicate, Inc.)

Livers Are Not Sluggish on the Pacific Coast

An active liver is the sign of a good disposition. It seems to work that way with halibut men on the Pacific and Atlantic coasts. A few years ago science made the discovery that Halibut livers are a potent source of vitamins and other elements good for the body. Large medicinal and drug organizations immediately began to buy up all the Halibut livers in sight. Back in 1934 they paid 23 cents a pound out at the Pacific and only slightly lower than that for the Atlantic product. Then demand increased, promoted a scarcity, and the price went to 36.5 cents a pound in 1935. Now the offers are around 45 cents a pound.

Last year 10,192,000 pounds of Halibut were produced on the Pacific coast and the quantity of black Cod was not far short of 1,000,000 pounds while there were fine landings also of ling cod, red cod and cod. With a continuation of the 1935 standard this year, the medicinal activity in Halibut livers should add much additional revenue not only to jubilant Pacific coast and Halibut men, but to their brothers on the Atlantic as well.

Sudbury Star:—Premier Hepburn, after all, is making good on one of his pre-election promises. He is solving the unemployment problem—for the United States. His revised estimates are to the effect that Northern Ontario will this year export 600,000 cords of its best pulpwood, to be manufactured into newsprint by American capital and American labour—while the mills at Espanola and Sturgeon Falls remain idle and the residents are maintained from the public purse on the relief rolls.

Report Two Months S.S. No. 1A, Tisdale

Standing of the Pupils in Various Classes at South Porcupine School.

Names in order of merit of those from Sr. III to Sr. IV obtaining 60 per cent.; of those from Sr. Pr. to Jr. III obtaining 70 per cent.

Sr. IV—Room 4—Helen Haneberry, Charlie Pajala, Viola Mansfield, Frank Richards, Lillian Belisle, Gertie Lillhoog, Betty Cameron, Harry Disher, Frances Cunningham, Hazel Steves, Nick Toderan, George Romanick, Evelyn Mitchell, Betty Couch, Frank Brydon, Helen Hoelke, Lloyd Owens, Henry Kohatala, Jolly Hows.—Bertha M. C. Shaw, teacher.

Jr. IV—Audrey Jamieson, Jean Dy-sart, Isabel Hepburn, Luella Johnston, Sadie Pasanen, Marjorie Ewing, Austin Gibbons, Vivian Ferrigan, Eura Smith, Tommy Mahon, Kouko Vesala, Clara Lindross, Bonnie Clark and Harry Coot, Edwin Brown and Rose Hoelke, Martha Luhta, Keven Cahill, James Dogue, Harry Robinson, Mary Sekulick, Keija Iola, Colin Robinson, Lucy Olliver, Adelaine Jakes, Geraldine Rogers, Victor Larsen, Mary Stefuik, Leo Lamotho, Douglas Deacon.—R. Ship, teacher.

Jr. IV—E. Cumming, teacher—Kauko Nikkanen, Rita Woon, Leo Aro, Ivin Brown, Sulo Maki, Douglas McLellan, Phil Deacon.

Sr. III—Nelson Terrien, Stanley Mahon, Evelyn Disher, Douglas Farren, John Parkas, Kirtha Nikkanen, Donald Galbraith, Eric Kehusmaa, Jack Londry, Paul Lamotho.

Sr. Third—Alma Heikkila, Leonard Harper, Roy Mawhinney, Jimmy Cuthbertson, Kathleen Pyke, Albert Bartosovich, Leona Sullivan, Donald McCulloch, Alden Pasanen, George Toderan, Francis Bennett, Wilma Finan, Audrey McCaw, Stuart McDonald, Dolores Gultard, Gerald Gagnon, Walter Larsen, Grace Lefurgy.—O. Walker, teacher.

Room 9—Junior III—teacher, V. Rapsey—Patricia Mahon, Donald Briden, Mary Reshetarski, Elaine Emdin, Gordon Kaufman; Molly Richards and Bernice Kosobuski; Terry Talentine and Kalevo Vesala; Erkki Korhonen, Leo Huhta, George Aro, Keith Anderson, Phyllis Cahilly; Elvon Kavanaugh and Eino Rintamaki; Fred Ostrom; Nelson Farrell and Robert McIntosh; Evelyn Syvert, David Parker, Mary Davovitch, Mary Lefurgy, Lorene Knutson, Edith Blakeman, Marjorie Pera, Lauri Luoma.

Room 6—Second class—Hilkka Salonen, Frank Haws, George Dubinsky, Margaret McLellan, Tauno Pere, Paul Pearce, Kenneth Hynes, Barbara Hepburn, Jack McLellan, Frances Kurpuk.

Jr. III Class—Sheila Miller, Billy Adamo, Eino Niemi, Jean Carruthers, Aime Strand, Rita Costello, Robert Mairs, Betty Deacon, Dennis Young, Leonel Gauthier, Helen Cundari.—E. Paolini, teacher.

Second Class—Nadyne Smith and Teresa Smith, equal; Jean Murrell, Mary Harper, Eila Ollila, Alma Johnston, Mary Merlo, Paul Croteau, Frank Sicoli, Andy Sliz; Vida Flaineh and Stanley Barbas equal; Bethel Bowes, Annie Rechetnyck, Ero Ketola, Katie Kalinoski, Dorna Reid and Leslie Costello equal; Juanita Fortune, Mary E. Pearce, Muriel Fortune, Norma Macdonald, Ellen Disher.—R. M. Donlevy, teacher.

Junior First Class—Ruth Steeves, Annie Pajala, Lorne Richards, John Mozdler, Wilburn Finan, Freda Rashanska, Helka Salanen, Mitchell Hyruik, Melbourne Hodgins, Oliver Hukela, Mauno Haavesto.

Junior Class (First)—Wilfred Toppari, Olga Rashitarski, Edith Bennett,

Sheila Ross, Patsy Mawhinney, Ailen Laine.—G. Higgins, teacher.

First Class—Room 3—Sylvia Koski, Ina Niemi, Alice Roos, Olive Hills, Norline White, Ada Mazzaato, Eino Yiljoki, Clara Covey, Nancy McNeil, Helena Niskoia, Kathleen Bonifero.

Sr. Primer—Boyd Turner, John Sicoli, Billy Smelzie, Billy Pearce, Rolife Dzulba.—M. Levinson, teacher.

Purpose of Health League of Canada

Outline of Aims and Hopes of National Organization.

In recent issues of The Advance there have been a number of references to the Health League of Canada, and as a consequence more than one query has come into this office in regard to the purpose and standing of the organization. Also in a recent issue of The Northern Tribune reference was made to the Health League of Canada in these columns is because scarcely a question can come up in regard to public health that the Health League of Canada can not furnish particularly valuable data and advice. Take, for instance, the matter of the elimination of diphtheria by inoculation—a question that is special local interest. The Health League of Canada gives re-

ORANGE PEKOE BLEND

"SALADA" TEA

gularly very valuable information on this subject. The same is true of the tuberculin tests, smallpox, general sanitation, social diseases, and a score of other health questions. The Health League of Canada is a voluntary organization working to promote community health. Dr. Gordon Bates, well known in this part of the North, is actively connected with the Health League, which is an assurance of the value and effectiveness of the organization. Just what the Health League of Canada is and what it hopes to accomplish may be summarized by a recent letter from the organization. Here is what the letter says:—

For Community Health
The Health League of Canada is a national voluntary organization.

Its objects are:—
(1) To promote personal and community health.
(2) To promote such action as is necessary for the prevention of disease.

Methods
The education of the Canadian pub-

lic by the dissemination of knowledge necessary for the solution of current health problems.

(1) Through these media:—Newspapers, radio, periodicals, magazine "Health", pamphlets and books, lectures and exhibits, moving pictures.
(2) Through other organizations:—Schools, churches, national societies, industrial organizations, etc.
(3) Through co-operation with legislative bodies and civil services.

Our major efforts are at present devoted to the solving or reducing of these major health problems:—

(1) Diphtheria.
(2) Milk-borne disease (safe milk)
(3) Venereal diseases.
(4) The promotion of periodic health examination.

Active enterprises of the Health League of Canada:—

(1) Regular educational health bulletins are provided free of charge to newspapers all over Canada.
(2) Weekly health talks are provided free of charge to every radio station in Canada.

(3) Speakers on health subjects are provided to organizations.
(4) Ten thousand magazines, "Health" are distributed quarterly to key public people all over Canada.
(5) Moving pictures on health topics are shown to thousands; billboards, street car signs and leaflets are read by thousands.

(6) Voluntary committees have been organized for the study of many health problems.

Brantford Expositor:—An official record shows that the recent British Summer counting from April to September had a record of only 854 hours of sunshine, the third smallest amount in forty years. On the other hand the sunshine of increasing prosperity helped a great deal.

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



Guard Against the Beauty Ills of Moving Day

Hands especially will suffer from "Moving Day" so wear gloves and keep the cuticle softened and nourished with oil as MARIAN MARSH does.

In October the nation does some intensive moving work. Families move from shore or country resort back to their city homes. Or those living in apartments move from one locality to another.

To the average housewife it's all in the day's work. And there's the rub. Because the average housewife works too hard. Even if she isn't moving, the season usually calls for closets to be "done," for painting, redecorating, storing the summer things, getting winter things out of camphor and so on.

And all this increased activity plays havoc with one's appearance. In the first place, there is too much danger of working to the point of fatigue. And this, if anything, is the worst enemy of beauty. It undermines one's health to begin with. It etches fatigue lines around the mouth and eyes. It gives the skin a leaden, dullish hue. Even the woman who can "take it" and tries to smile through it seldom succeeds in disguising its effect on her spirit and her expression.

Hair and Hands
The direct effect of moving day on beauty hits the hair and hands hardest. Coming almost immediately on top of the havoc of summer exposure, the damage is doubly serious. Don't let an undue amount of dust get into your hair. Wear a cap when you work, and should you feel that dust has worked its way into your hair, brush vigorously and then shampoo before the dust particles have a chance to mix with the oil and clog the scalp.

Should the hair become quite harsh and the scalp itchy, brush, treat yourself to an oil treatment followed by a shampoo.

Now for the hands wear gloves as much as possible when doing housework—rubber gloves when you have to immerse your hands in water, particularly if the water is hard or if you are using caustic soaps and cleaners. Cotton gloves for dusting and similar tasks.

One little trick to avoid getting the nail tips unduly dirty is to dig them into a bar of yellow soap first. The soap attracts the dust to it and not to the nail and when you have finished it is easy enough to remove the soap and the nail tips are still quite clean. After you have finished your task scrub the

RELIEF FROM

- SPRAINS
- CUTS AND BRUISES
- RHEUMATIC STIFFNESS
- LUMBAGO
- ACHES AND PAINS

use **DR THOMAS' ECLECTRIC OIL**

Sprains... strained muscles... banish the pain with Dr. Thomas' Eclectric Oil... the liniment of so many uses... relied on by sufferers for over sixty years. Keep it always in your home, it relieves and heals in dozens of injuries and common ailments. It's one of Canada's greatest foes to pain.

Your nearest druggist has it.

soaked in warm water to soften and to remove some of the salt; then it can be shredded. Make a white sauce, using the proportion of two tablespoons of flour and two of butter to one cupful of milk. Add the codfish to suit your taste, and just before serving add one slightly beaten egg to each cup of sauce. Serve garnished with chopped parsley.

If flaked codfish is used it does not need to be soaked. If it is too salty it can be freshened by putting it in a strainer and pouring boiling water over it. Usually if the salt is left out of the white sauce the codfish does not need to be freshened.

Kipperd herrings are appetizing, and

"What's Behind the News"
Every Thursday at 7.15 p.m.
Every Sunday at 5 p.m.
GRATTAN O'LEARY
Canada's Outstanding News Commentator
over **CKGB**
Mr. O'Leary's interesting insights on "What's Behind the News" are sent to you as a radio feature by The Life Underwriters' Association of Canada.

"Here's your round-trip ticket to everywhere!"

Where would you like to spend the evening? London? Paris? Rome? Or at Chicago, New York or Hollywood? I'll take you there and back in no time and in the comfort of your own armchair. In fact, you can make a Cook's Tour of Europe and North America with side trips to Cuba, Hawaii and Buenos Aires, picking your own entertainment as you go, all in the space of a couple of hours. Day after day, night after night, I break down barriers; laugh at borders, immigration officers and passports. Why not come along with me. It's fun. And I'm easy to own. Just a small down payment does the trick. Ask about me."

See the World by RADIO

Canada Northern Power Corporation Limited
Controlling and Operating
NORTHERN ONTARIO POWER CO., LIMITED
NORTHERN QUEBEC POWER CO., LIMITED

HOCKEY BROADCAST SATURDAY NIGHT

For Clear Reception Replace weak radio tubes NOW

JOIN a million fans Saturday night listening to Foster Hewitt's play-by-play description of the big hockey game... but first replace worn-out tubes with new General Electric Radiotrons. You'll enjoy the game far more. And you'll ensure better reception for all radio programs.

GENERAL ELECTRIC RADIOTRONS

MADE IN CANADA

Guaranteed by Your Dealer

THE GEORGE TAYLOR HARDWARE LTD.
"A CHAIN OF SERVICE"
Head Office—New Liskeard, Ont.
Branch Stores and Warehouses at Cobalt, New Liskeard, Swastika, Kirkland Lake, Cochrane, Timmins, Ont., Noranda Que.
Phones 300-301 Timmins