

# Worth Giving Attention to Question of Dessert

There are All Kinds of Ready-made Foods which Make Appropriate Finales. Diet Takes the Place of Drugs. Old-Fashioned Taffy Pull Makes Good Party for the Youngsters.

Desserts for the quick meal are usually given less attention than other courses. This is as it should be, of course. Fortunately there are all kinds of ready-to-use foods which make appropriate finales. There's always fruit—fresh or canned.

You can be original with the help of the latter if you combine several. One of my favourite combinations is composed of whole apricots and large white cherries. Large prunes, which you may stew easily, with peaches and sliced oranges and a bit of grated rind are delicious.

And of course, there is always cheese. Nothing is more attractive and more popular than several varieties offered on a board which comes particularly for the purpose of serving them. There

Toast crackers  
Make coffee

### Diet Takes the Place of Drugs

Diets or drugs? The pendulum swings. A generation ago the American people dosed themselves liberally with patent products, for definite ailments and for that "run-down feeling." The discovery of the importance of proper diet both for the prevention of illness and, to some extent, for its curative powers, especially after the discussion of the vitamin question had become common, resulted in a new attitude toward the food question. It also resulted in a new type of medicinal products which, while offered us at drug stores, are actually food concentrates.

New forms of cod liver oil for the sake of its vitamins A and D content, halibut oil with its especially high vitamin A as well as D content, sometimes in the irradiated form, for the sake of the large amount of vitamin D, are now prescribed by physicians. Calcium and phosphorus concentrates are now available, prepared from fresh milk, and are particularly useful in cases where milk itself cannot be used in the amounts necessary, as well as in special conditions such as pregnancy and certain skin diseases.

Instead of old-fashioned tonics, concentrated foods made from coconuts, bananas and milk are often recommended. For certain conditions, especially in intestinal disturbances, vitamin B and C concentrates prepared from yeast or wheat germ are available. You may even get in capsule form combinations of four vitamins, A, B, D and G. In case you cannot take vitamins A and D in oil or capsule form, you may now take them through injections directly into the muscles. The fact that these products are available does not, of course, make it any less important to choose a well-rounded diet which, excepting in the case of children who need extra vitamin D, will usually prevent conditions which need special dietary-drug treatment.

### Scalloped Potatoes

1 quart sliced raw potatoes  
4 tablespoons flour  
1 tablespoon butter or other fat  
1 teaspoon or more of salt  
Pepper  
2 cups milk

Slice the potatoes one-fourth inch thick. Arrange them in a buttered baking dish in layers, sprinkling each layer with flour, butter, salt and pepper. Add the milk and bake in a moderate oven (350 degrees F.) until the potatoes are soft.

### Baked Onions With Milk

Peel onions, put in baking dish. Sprinkle with salt and pepper, cover and bake in moderate oven (375 deg. F.) for half an hour. Add two cups of milk and continue baking for another half hour.

What about an old-fashioned taffy pull for a party? Grown-ups as well as children will enjoy it. A large kettle of boiling syrup should be provided. You may have it partially cooked before the guests arrive, then finish the cooking, testing it by dropping some of the syrup into cold water. When it forms a hard ball it is ready to pour into small pans, one for each two guests. The pans may be cooled in cold water, and when the edges begin to harden the candy is ready to pull. You may offer a prize for the lightest taffy. You will be amazed at the variety of colours and textures which will be produced. By the way, dry hands are bet-

# BE BEAUTIFUL

By ELSIE PIERCE  
FAMOUS BEAUTY EXPERT



JEAN ARTHUR wears this appropriate costume for spectator sport occasions. It is a combination of gray herringbone and black serge with a cravat and cuffs of white pique.

### Good Taste the First Requisite in Smart Dress

Upon good posture hangs (beautifully) or falls the first fall dress and every costume thereafter. But perhaps before posture comes the all-important element of good taste. For after all, one can carry a dress beautifully, but if the dress is fundamentally wrong as to cut or color it cannot fully flatter.

Good taste, it seems to me, is the first requisite toward dressing smartly. And good taste, like love of good books, grows on one. Don't let them tell you that a woman knows instinctively what colours or what lines she should wear. It may seem second nature with her but it is the result of cumulative experience and study. If you come across a youngster in her teens who seems to have an intuitive "knaek" or "flair" look for a guiding influence in the family somewhere—mother, sister, aunt. Yes we'll admit to a genius or artist here and there; but they're few and far between. For the most part good taste is acquired, and with a little careful study and thought it is easily cultivated.

### Appropriateness and Harmony With Personality

The average woman knows precisely what costume is appropriate for what occasion. The woman with good taste does not overdress for business nor does she underdress for dress-up occasions. If she has jewels she dons them for

more formal occasions, she changes to an elaborate coiffure, to eyeshadow and similar subtle artifices. She may own only two or three costumes, but each is complete even to accessories and each is assigned for certain types to wear—sports, business, formal and so on.

And all her costumes have one thing in common; harmony with her personality. The smart dresser is smart enough to have her clothes accent her, but she predominates. This doesn't mean that she need be afraid of color. Far from it. The woman with taste has a keen color sense. Drabness never dangles long with her. But knowing colours, she knows enough to avoid any that are so loud they hush her into the background. Nor does she fear trimmings, the type that really add and enhance. But she does avoid overdoing and do-ada's that are cheap and what the French call "de trop" (meaning too much). Fortified with good taste she can call upon the simple and smart to keep her distinctive. She does not call on clothes to make her look conspicuous any more than she'd think of raising her voice to gain attention. Her good taste is part of a charming personality which takes her to popularity and to poise.

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ter than grazed fingers for pulling taffy.

Some of the guests may pop corn, if you have a fireplace, while the candy is cooking. Otherwise corn may be popped when there is room on the stove. Some of the corn may be buttered and some may be covered with the syrup which was not used for the taffy. If you cook your syrup longer, until it cracks when tried in water, you may produce old-fashioned butterscotch, which needs only to be poured into pans to chill until it is hard enough to break into pieces. Cut pecans, walnuts or Brazil nuts may be stirred into the syrup just before it is poured. Nuts may be also pulled into the taffy when it is almost ready to be cut with the scissors.

You may serve doughnuts, apples and coffee for simple refreshments at a party of this sort, or you may prefer to make a rarebit, the savouriness of which will contrast well with the products of your candy pull.

### Molasses Taffy

1 cup sugar  
1 cup brown sugar  
2 cups light molasses  
½ cup water  
½ cup butter  
¼ teaspoon soda  
¼ teaspoon salt

Put white sugar, brown sugar, molasses and water into a saucepan and cook until 265 degrees F. is reached, or until syrup forms hard ball when tested in cold water. Cook candy slowly as molasses burns very easily and stir constantly during the latter part of the cooking. Remove from the fire, add butter, soda and salt and stir just enough to mix well. Pour onto greased pan and when cool enough to handle pull until rather firm and of a light yellow colour. Stretch into a long rope and cut into pieces with a scissors. Use at once or wrap each piece in waxed paper to prevent it from sticking together.

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### Suggested Cheese Dishes of Interest

Welsh Rarebit, Potatoes au Gratin, Macaroni Loaf, and Cheese Souffle.

The following cheese dishes are suggested by the Milk Utilization Service, Dairy Branch, Dominion Department of Agriculture.—

### Welsh Rarebit

3 tablespoons butter

4 tablespoons flour  
3 cups milk  
2 cups grated cheese  
¼ teaspoon salt  
Dash pepper  
Dash paprika  
2 eggs, beaten

Melt butter. Blend in flour. Add milk gradually, stirring constantly until mixture thickens. Add cheese and seasonings and stir until cheese is melted. Add beaten eggs and cook about 2 minutes. Serve at once on toast or crackers. Garnish with paprika, chopped stuffed olives, green peppers or parsley.

### Potatoes au Gratin

2 tablespoons butter  
3 tablespoons flour  
2 cups milk  
½ teaspoon salt  
4 cups diced, cooked potatoes  
Pepper  
1 cup grated cheese

Melt butter. Blend in flour. Add milk and cook until sauce thickens, stirring constantly. Add salt, pepper, and ½ cup grated cheese. Combine with potatoes. Turn into buttered casserole. Sprinkle remaining cheese over top and bake in a hot oven (400 degrees F.) for about 15 minutes.

### Macaroni Loaf

1½ cups cooked macaroni  
1 teaspoon onion juice  
1 cup soft bread crumbs  
1½ cups grated cheese  
2 tablespoons chopped green pepper, pimento or parsley  
Salt and pepper  
2 eggs  
1 cup hot milk

Combine all ingredients, except eggs and milk, and place in buttered baking dish. Add hot milk slowly to beaten eggs, and pour over other ingredients. Place baking dish in a pan of hot water and over-steam in a moderate oven (350 degrees F.) until set—about 40 minutes. Serve with tomato sauce or catsup.

### Cheese Souffle

4 tablespoons butter  
4 tablespoons flour  
1½ cups milk  
1 teaspoon salt  
2 cups grated cheese  
6 eggs

Melt butter. Blend in flour and add milk and salt. Cook until sauce is thickened, stirring constantly. Add cheese and stir until cheese is melted. Remove from heat and add to beaten egg yolks, blending thoroughly. Cool.

Beat egg whites until stiff and fold into cheese mixture. Turn into large buttered casserole or individual custard cups and bake in a slow oven (325 degrees F.) for about one hour.

# Temiskaming Member at the Round Table Club

W. G. Nixon, M.L.A., Tells Toronto Club About the Agricultural North. Thinks Little Secession Talk in North and No "Desire" for Boycott. Official Report of Address at Toronto.

Last week Toronto newspapers carried more or less lengthy reports of an address by W. G. Nixon, M.P.P. for Temiskaming, in which it was suggested that the speaker had inferred that there was no secession thought in the North and no idea of a boycott. To many in the North these suggestions came as amazing, in view of the fact it was from Mr. Nixon's own home town, New Liskeard, that the resolution was sent from the Board of Trade to the Northern Ontario Associated Boards of Trade urging a general boycott in the North of Southern Ontario business and industry until such time as the South is ready to give the North a fair deal. From touch with the public in this part of the North The Advance knows there is considerable disposition to a boycott as the most easily accessible and effective means to force the South to give some measure of attention to the North at this time. The same feeling exists in Kirkland Lake, New Liskeard and other centres of the North. There is no doubt about it. Indeed, so general is the feeling that there is every justification for saying that it only needs leadership to make it a most effective and injurious weapon. That it should be denied by a man in the position of Mr. Nixon certainly is reason for astonishment. On second thought many in the North felt that likely Mr. Nixon had been misreported, or quoted in such a one-sided way as to make the report unfair. This part of the North had an example some days ago as to how unfair and inadequate reporting could misrepresent matters. That example was the case of the judicial enquiry at Timmins some days ago. The reports reviewed the enquiry in a way that suggested that every point was against Chief Paul, this being done by featuring everything unfavourable and completely omitting all rebuttal and any favourable evidence. Although the despatches in the enquiry matter were sent from Timmins and Toronto newspapers consequently were not blameable, the fact that there had been so glaring a misrepresentation of the actual facts the one week left the suspicion that similar inadequate reporting might creep into the Toronto newspapers in reference to a Toronto meeting. Accordingly The Advance publishes herewith what may be termed an official report of Mr. Nixon's address. It is from the secretary of the Round Table Club and may be accepted as accurate in effect. It will be noted that Mr. Nixon confined his remarks chiefly to agricultural matters in the North, and few indeed are more competent to deal with such a question, as Mr. Nixon has both the knowledge and the experience in this line. In assuring the members of the club that the "Serious-thinking people of Northern Ontario are whole-heartedly behind a united Ontario, Mr. Nixon was stating the actual fact. The feeling of the people in this North is naturally friendly to the South, but at the same time it would be well for the South to remember that there is a limit even to friendliness. The people of the North will be neither milk cows nor door mats for an indifferent South. Continuance of the friendly feeling depends entirely on the attitude of the South. In discounting rumours of secession, Mr. Nixon may be right so far as this part of the North is concerned. At present in this area of the North secession does not appear to be a live issue. At the same time reports from Northwestern Ontario are to the effect that the people there, disgusted at the neglect and indifference shown them, are seriously considering the possibility of a new and separate province. Probably, most people here will agree that "there is no desire on the part of the businessmen of Northern Ontario to boycott the business houses of Toronto." It may be said that the people of the North do not "desire" any trouble with anyone or for anyone. Friendly, as they have been to Toronto and the South, the people of the North do not "desire" any change in this spirit. BUT the fact remains that in the last two years the North has been shamefully neglected. The progress of the country has been unnecessarily retarded by the neglect and indifference shown. And the North is not taking it meekly or quietly. The North resents it, and will continue to resent it. The idea of a boycott is a live issue on this account. If this feeling is to be changed to the old-time friendship and co-operation, it is the South that must change. The issue rests with the South. The North does not "desire" any ill will, any boycott, any separation. But the North does desire fair treatment and a square deal. And if it is necessary to be unfriendly to force that square deal, then the South will be shown that the North can be unfriendly.

The report of the address by Mr. Nixon is as follows:—  
To the members of the Round Table Club of Toronto on Wednesday, November 4, W. G. Nixon, M.P.P. for Temiskaming, spoke in glowing terms of the agricultural products of Northern Ontario. He said that farmers of the North had carried off first prizes for grain and seed at the Canadian National Exhibition, the Royal Winter Fair and the Guelph Fair.  
"The North can produce agricultural products that can compare favourably with anything grown in any other part of the province," he declared. There was something distinctive and fine about Northern Ontario potatoes, carrots and parsnips, he said.  
Mr. Nixon said that the development of the North "must go on." Northern Ontario must be peopled, he declared.

Mistakes had been made in the past in land settlement schemes, he said, "and they will likely happen again," but because there have been mistakes is no reason for dropping settlement schemes. A well-directed policy of rehabilitation for farm settlers would help solve the unemployment problem, he said. Aid must be given to settlers, not only in getting placed, but in maintaining them until they are self-supporting, Mr. Nixon held.

The organized marketing of Northern Ontario's produce presented a serious problem, the speaker went on. "Farmers are essentially individualists," he said. He described Northern Ontario as "one of the greatest potential markets for farm products to be found anywhere in Ontario."

"The buying public is becoming more discriminating every day," Mr. Nixon continued. "For that reason the marketing of produce must be improved. Produce needs to be graded." But he had no doubt that the farmers would solve this problem, and "agriculturally, Northern Ontario will take an important place in the life of Canada."

Tremendous activity was going on in Northern Ontario this year, Mr. Nixon said. "Never in the history of the North has there been such activity in the mining industry," he said. The timber industry was active, too. He had heard of one pulp company that had taken out 75,000 more cords of wood this season than they did a year ago.

Tracing expenditures made on highways in Northern Ontario during the past few years, Mr. Nixon said that he would leave it to the imagination of his listeners "what part Northern Ontario played in providing the wealth necessary for the highways."

He further urged development of roads in the Northern country. Temagami had had 8000 tourists this summer, and Mr. Nixon said that with proper road facilities this area would make a great contribution to the tourist trade of the province.

Mr. Nixon brought smiles to his listeners when he said that Northern Ontario "is not slow in producing large families, as well as minerals, timber and agricultural products." He said the Dienne sisters had brought hundreds of thousands of tourists from the United States. "They are wonderful and

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beautiful children," he said. "They are a great credit to their parents and to those who are taking care of them."

He assured the members of the Club that the serious-thinking people of Northern Ontario are whole-heartedly behind a united Ontario.

Discounting rumours of secession, Mr. Nixon told the club members that "there is no desire on the part of the businessmen of Northern Ontario to boycott the business houses of Toronto." The southern part of the province needed the northern area which was offering splendid opportunities to young men, he said.

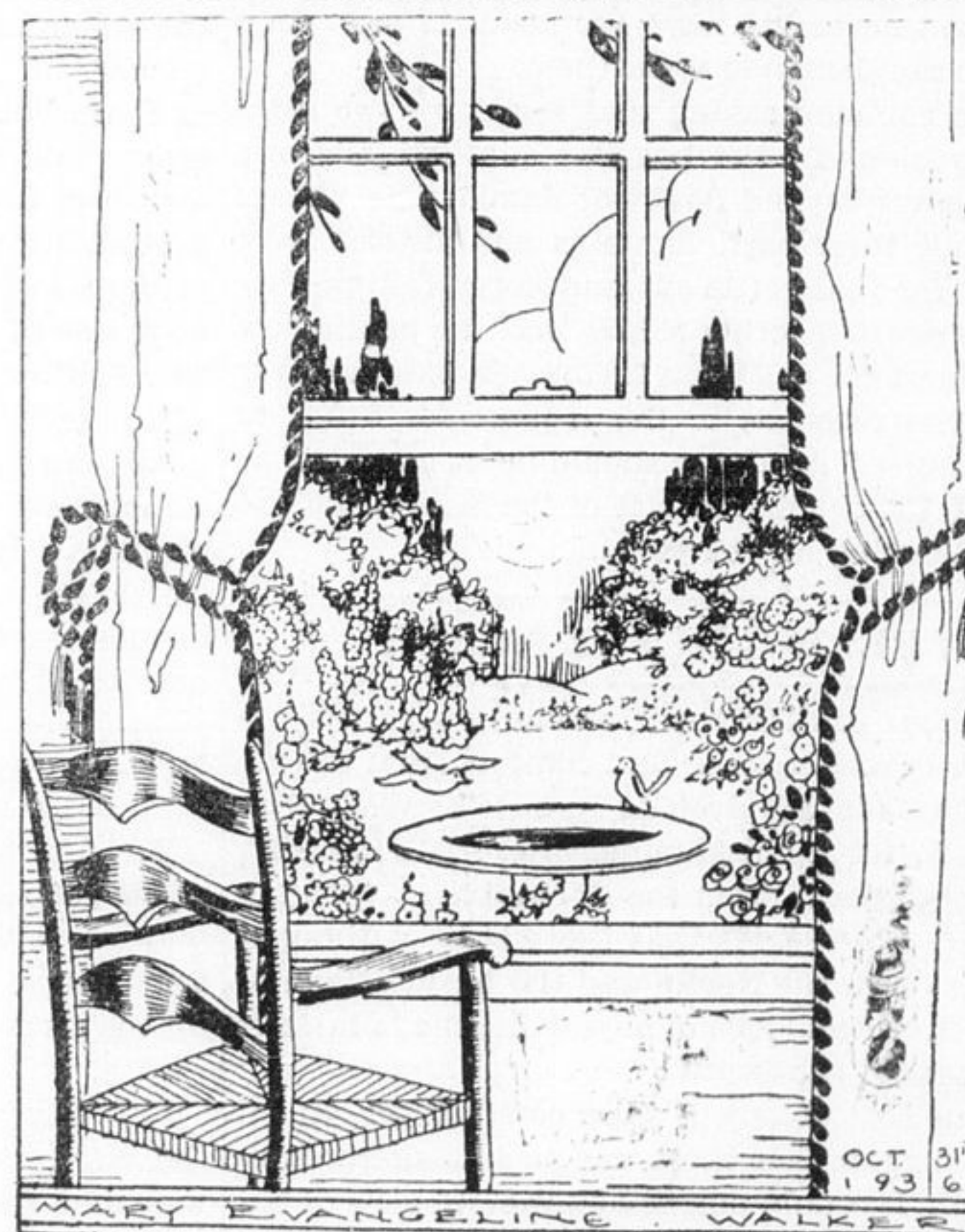
A personal invitation to the members of the Round Table Club of Toronto to visit Northern Ontario was extended by Mr. Nixon, who was given an ovation at the conclusion of his address.

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# The Household by Lydia Le Baron Walker



### A smart window treatment that stresses the beauty of the view HOW TO DECORATE A WINDOW WITH A VIEW TO MAKE IT MOST EFFECTIVE

The homemaker who is so fortunate as to have a window with a fine view should treat it decoratively to stress the view, not the decorations. Windows that have poor views, deserve to be well treated so that the outlook is lost or at least made insignificant by the beauty of the decoration. How to decorate windows, therefore, depends on what you wish to stress most. If the scene from a window is notably fine, the object should be to make persons entering the room aware of the outlook. Rooms that face rivers, lakes, mountains, hills or valleys, of beauty, landscaped gardens, or other scenes that are picturesque, have some such windows, and the views are actual decorative assets.

### Avoid Glass Curtains

Never use glass curtains on a window with a view, even if the other windows in the room are so curtained. When the outlook is remarkably fine it is advisable to do away with sheer curtains altogether, even though looped back, or allowed to hang straight at the sides. Net, lace or other sheer curtains lose their beauty unless they fall enough over the glass for the light to sift through. Therefore, when drawn back they would add little to the attractiveness of the window treatment, and might as well be dispensed with since the window should be clear.

### Window Draperies

Draperies are sufficient decoration for the window. Let them be of a kind that will not draw attention from the scene, but serve as a frame for the landscape picture. Rich, the draperies may be, and as handsome as the purse can afford, but inconspicuous, setting off the view to best advantage.

### An Attractive Treatment

A neutral soft green cut velvet is used in the room pictured. The edges of the hangings are smartly corded in a deeper hue. The tiebacks, of two rows of the heavy cord, are tied in bows and ends of cords are finished with tassels.

### How the Draperies Are Hung

These draperies extend over the frame of the window and scarcely fall over the glass at all. This is the accepted way to hang draperies when either a view is wanted or the light from the window is needed in a room. The draperies may fall in straight lines without tiebacks, if preferred. Either arrangement is pleasing and correct.

### Materials

Plain materials are the best for hangings at windows with a view. Patterns in several colours detract from the beauty of the landscape. (Copyright, 1936, by The Bell Syndicate, Inc.)



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