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Club Luncheon Ideas Will Please Hostesses

Some Ideas for Menus for Simple Club Luncheons to be Served Before Afternoon Bridge. Some German Dishes for Those who Like This Type of Food.

Several requests have come recently for menus for very simple club luncheons, to be served before the afternoon bridge. It seems to me to be a sensible custom, to serve a luncheon at a re-



(By Edith M. Barber)

gular meal hour instead of refreshments at an hour which will be so near dinner time that appetite is lost.

Another very good reason for serving beforehand is that most women feel it necessary to get home before the children's supper hour and when there is a distance to be traveled, they are anxious to leave as soon as the game is over.

Still another reason—if a woman has a dinner to prepare after she gets home, it is a much easier task if she has the stimulation of her own appetite as well

as her family's interests to add to her work.

As far as the hostess herself is concerned, it is usually easier for her to serve before bridge than after. She can then play her hand without worry as to whether the coffee is boiling over or the sandwiches drying out.

Recently a hostess entertained at a breakfast served at eleven o'clock. She provided melon as a fruit course and then served coffee, small baked sausages, creamed potatoes and waffles. There were plenty of waffles and they made the dessert as well when the sirup was passed.

Another woman, who had been sent a Virginia ham from her Southern home, gave her guests ham and eggs and hot waffles with grapefruit as a starter.

The clever hostess does not feel that she must follow accepted formulas for refreshments for her parties, and her guests always agree with her.

Luncheon Menu

Chicken turnover
Celery Pickles
Ice cream with meringues
The meringues can be bought at the bakery. As they are often rather long for an afternoon service the small "kisses" can take their place.

Little Spice Cakes

1/2 cup shortening
2 cups brown sugar
3 eggs
1/2 cup sour cream
3 cups flour
1 1/2 teaspoons soda
1 teaspoon cinnamon
1/2 teaspoon nutmeg
1 cup sour milk
1 cup chopped raisins

Cream the shortening; add the sugar gradually. Add the well-beaten eggs. Sift the flour once before measuring. Mix and sift flour, soda, cinnamon and nutmeg together, and add alternately with sour cream and sour milk. Add the chopped raisins last. Bake in small muffin tins twenty-five minutes in a moderate oven, 375 degrees Fahrenheit. Ice with orange or caramel icing.

Gingerbread Waffles

1 1/2 cup flour

1/2 teaspoon ginger
1/4 teaspoon salt
3 teaspoons baking powder
4 tablespoons sugar
1 egg
1/2 cup molasses
1/2 cup milk
1/4 cup melted shortening

Mix and sift flour, ginger, salt, baking powder and sugar. Beat egg, add molasses, milk and shortening. Add liquids to dry mixture and beat well. Bake in a hot iron. Serve with whipped cream and sprinkle with nutmeg.

For Those Who Like German Food
Let's dine in Germany to-night. If there is a group of persons of German origin in your town, you will be certain to find a good restaurant of the German type there.

You may indulge in sauerkraut cooked for hours and perhaps pickled on the premises and the native or imported frankfurters or the home-made bratwurst, the white sausage which is so popular in Germany for the second breakfast served between 10 and 11 in the morning at all beer halls. You may have potato pancakes or dumplings or German fried potatoes. You may choose venison accompanied by preissel-beeren. Perhaps you will select German pot roast or wiener schnitzel, for which the veal is carefully selected and perfectly cooked. You will discover lentils cooked in interesting fashions.

You will find good soups with liver dumplings or noodles. There are fried apples or the famous apple pancake, which is served brown and crisp as it comes from the fire, rolled before your eyes and cut into pieces at the table. Other favourite desserts are cheese cake and coffee kuchen, which go well with the excellent coffee.

German foods have a reputation for being heavy. It is true that generous portions are always served and, if you wish to leave without being too replete, do not indulge too liberally in the rye bread, which will tempt you while you are waiting for your meal to be cooked to order. There is nothing like an occasional German meal to satisfy your palate and your appetite.

Lentils, Mecklenburg Style

1 cup lentils
1 quart water
1 cup diced salt pork
2 onions, minced
1 stalk celery, diced
1 tablespoon flour
1/2 cup vinegar
1/2 cup water
Salt, pepper

Clean lentils and soak several hours in the water. Cover, and cook in same water until lentils are tender, but still hold their shape. Fry diced salt pork until crisp and light brown. Add onions and celery and cook three minutes. Sprinkle with flour and stir until well mixed. Add lentils, heat and serve with game or fowl, or as a luncheon dish.

Cheese Cake

1/2 cup butter
1/2 cup sugar
3 eggs
1 1/2 pounds cottage cheese
1/2 cup flour
Salt
1 teaspoon vanilla
3 cups milk
Cream butter with sugar. Add well

Worried by Pimples and Eczema

Complexion Unblemished after Six Weeks of Kruschen

"For the past two years," writes a woman, "my face was covered with hard pimples and red blotches, and I also had eczema on my neck and forearms. I tried lotions, creams and ointments, without the slightest effect. I was so worried. Fortunately I decided to give Kruschen a trial, and without any exaggeration, within six weeks my face was without a blemish, and I have not had a sign of eczema since. I take Kruschen regularly every morning, and would not be without it."—(Mrs.) J.A.

Pimples and eczema are frequently due to impurities in the blood—irritant poisons which sluggish body organs are failing to expel from the system. Kruschen Salts help to keep the body organs functioning normally and healthily, thus preventing the accumulation of impurities in the blood.

beaten eggs and cheese. Stir in flour, salt and vanilla and then the milk. Take a round cake form about two and one-half inches high and put in a very thin layer of pie dough. Fill with above cheese mixture; bake in a slow oven (320 degrees Fahrenheit) to a golden brown for about one and one-quarter hours.

Potato Pancakes

2 cups grated potatoes
1 egg
2 tablespoons flour
Milk
Salt
Pepper
Onion juice

Pare and grate potatoes into cold water. Drain and to every two cups of potato allow one beaten egg two tablespoons flour and sufficient milk to make a stiff batter. Season with salt, pepper and onion juice. Drop by tablespoonfuls into a frying pan with hot fat about the depth of one-half inch. Cook until well browned and crisp and serve with meat and gravy.

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GERALTON PLUMBER HAS BOTH FEET BADLY FROZEN

Facing amputation of both his feet in a Little Long Lac hospital, C. Silver Douglas, Geraldton plumber, is in a critical condition. Douglas was found by train crews near Bankfield, a station four miles west of Geraldton, with both feet frozen and unable to walk. Until two weeks ago Douglas was a plumber at Little Long Lac mines and has recently opened an office in Geraldton.

Northern News:—"You can't warn them too often," was what Fire Chief Jack Mathieson said when we asked him if there was anything more one could say about fire dangers.

Englehart Man Grows Big Lemon Down in California

(From New Liskeard Speaker)

Last week we received, through the mails, a small box in which was nicely packed a wonderful lemon. An accompanying note informed us that Mr. Vic Woolings, of Englehart, had forwarded the beautiful sample of the lemon family from a few he had received from his father, Mr. Thomas S. Woolings, who, with Mrs. Woolings, is spending the winter at their home in Florida. Needless to say we were greatly pleased to be thus remembered by our friends, who are enjoying weather conditions just the opposite to that we have been experiencing in Timiskaming these days. The lemon we received is twice the size of the ordinary lemon and was grown by Mr. Woolings at his home in Florida. This new variety of lemon was first propagated by Mr. T. Ralph Robinson in 1921, and is the result of crossing the Sicilian lemon with the Mexican lime. Mr. Woolings claims it to be the finest lemon of all time and the same received by us is also said to be first Indian River grown and the first of its kind to be sent to Canada. The fine fruit finally found its way into the home of the senior Stephenson of the Speaker family and the writer is awaiting the verdict, which we are already satisfied will be complimentary to the sample sent us by Mr. Woolings. Thank you, sir.

Famous Soldier, Brother of Inspector Creasy, Dies

The Halleyburian last week says:—"Inspector F. B. Creasy, of provincial police headquarters here received the sad news a few days ago that his brother, Major Edward Crozier Creasy, had passed away at his home in Bedford, England, late in November. He was a grandson of the late Sir Edward Creasy, author of "Fifteen Decisive Battles of the World" and a distinguished soldier himself, serving for many years in the Indian army. In 1924 English papers told the story of an exploit of which he was the hero, which took place in Upper Silesia. He had been captured by Polish rebels and condemned to death, eventually facing a firing squad of five soldiers with rifles levelled at his breast. He defied the soldiers, crying, "The Union Jack, though invisible, is around me. You will hit the British flag if you shoot." In spite of repeated commands to fire, the squad, impressed by his courageous attitude, refused to carry out the execution. Major Creasy was a son of Mr. Edward Creasy, J.P. of Bedford. He served throughout the great war in different areas of hostilities and was with the first army which went to relieve General Townsend at Kut-el-Amara, where he was severely wounded. Major Creasy had been ill for a considerable period and his death was not unexpected."

The North wind doth blow and we shall have snow!

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That Body of Hours

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

Persistent Dyspepsia May Be Cancer
When a patient complains to his physician of indigestion and pains in his stomach, the said patient being under 40 years of age, a few directions as to chewing the food well, not eating when tired or excited, and using some alkali—magnesium, baking soda—is the usual treatment he receives. And in the majority of cases this is all that is necessary.

In other words as the patient is not at the cancer age (40 to 70) cancer is not suspected. Unfortunately there is not much pain in cancer of the stomach and the patient is not alarmed. When pain is present it may radiate from the stomach to the shoulder, head and back, and is of a dragging, gnawing or burning character. Food usually aggravates any pain, whereas in ulcer of the stomach food relieves the pain.

The symptoms of cancer once it is well established in the stomach are: diarrhoea, vomiting, loss of appetite, weakness, anaemia, a feeling of pressure and soreness over the stomach region, and swelling of ankles and feet. The patient has a drawn expression and a pale, dry, sallow skin. However the fact that the "indigestion" is really due to cancer should be discovered long before these signs or symptoms appear because cancer of the stomach is easy to cure by operation in early stage and most difficult if not impossible to cure in the late stage.

Fortunately cancer of the stomach in the early stage can be discovered by various tests, the most reliable of which is the X-ray.

Surgery is considered the best treatment of cancer of the stomach although deep X-ray treatment is often given following the operation. Even operation is not advisable when the cancer has spread to the liver or other parts.

The point is that if a patient has cancer of the stomach there is only about one chance in three that it can be operated upon. There will be no lessening of this large percentage of cases too advanced for operation until "people at large and physicians become cancer-minded" and X-ray examination is resorted to in all patients even with mild symptoms.

Sir James Walton, as reported in The Lancet, in the annual oration before the Medical Society of London, reviews 461 personal cases of cancer of the stomach and states, "It cannot be too strongly impressed on the physician

"First Bottle Helped Me"

writes Mrs. Joseph Render, 1629 Lillian Street, Windsor, Ont.

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and patient alike that the onset of persistent dyspepsia in one over the age of 40 must be regarded as due to cancer until the contrary can be proved.

Eating Your Way to Health
Send to-day for this special booklet (No. 101) by Dr. Barton dealing with vitamins, minerals, calories and what and how much to eat. Enclose ten cents to cover service and handling and be sure to give your name and full address. Send your request to The Bell Library in care of the Porcupine Advance, 247 West 43rd Street New York, N.Y.

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No Relief When Men Will Not Accept Work Offered

Last week Kapuskasing had a couple of cases where men asking relief from the town council were offered work in the bush and refused. The council showed these men no consideration. The men were able-bodied and apparently healthy and as soon as the council learned that they were simply the type that looked for something for nothing, the sympathy of the council was alienated. The two men thought the community "owed them a living," overlooking the fact that if a community owes its citizens anything, the citizens also owe something to the community.

"What's Behind the News"

Tonight at 7:15
GRATTAN O'LEARY'S BROADCAST
CKGB

These interesting sidelights on "What's Behind the News" are sent to you as a radio feature by The Life Underwriters' Association of Canada.

The Household by Lydia Le Baron Walker



The household was aroused when in bygone days a caller announced her arrival by using this early type of knocker.

The earliest device for announcing the arrival of guests and callers at a dwelling was the knocker. Previously the shout of arrivals was sufficient, should their coming fail to be noticed by the clouds of dust raised by the beasts of burden, and the famous horses of ancient times.

Knuckles as Knockers
With advancing times dwelling in settlements came about, and walking as well as riding was a form of travel. Some methods of announcing arrivals was needed. Rapping on a door with the bare knuckles or the nailed fist of armour, was the signal to bring the occupants of a house to the door.

Iron Knockers
Then instead of a knocking with knuckles a large iron ring was hung on the door, and this was drawn out and allowed to fall with a thud on the door. To increase the noise of this knocker, a large flat headed nail was driven into the door in such a position that the ring would strike it and give a resounding thump. These devices were the first real knockers as we know them today.

Bells and Knockers
Notwithstanding the modern convenience of electric bells now installed by front doors, there is something so picturesque about door knockers, that they are in constant use. Occasionally in small houses, one-piece brass or wrought iron knockers of exquisite design and workmanship constitute the sole method of announcing arrivals of guests. But more often the knocker is an ornament and the electric bell is found also, but in inconspicuous form. For a large house, a knocker is scarcely sufficient to make a sound loud enough to be heard in distant parts of the home. Even if it could it would make too much of a commotion for neighbours to find agreeable.

Useful Ornaments
The knockers, however, are fine for emergency use when electric bells are out of commission, and are both quaint and smart ornaments. So popular are they that small knockers for chambers, boudoirs, dens, or studies are used in many homes. These are not only ornamental but useful accessories, and are prized as such.

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