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## BE BEAUTIFUL

By **ELSIE PIERCE**  
FAMOUS BEAUTY EXPERT



It is an excellent idea to remove one's nail polish occasionally and soak the nails in oil. OLIVIA DE HAVILLAND recommends rubbing the hands with a soothing hand lotion several times a day to keep them soft and smooth.

### Busy Days Have Their Pitfalls

The winter days are not without their pitfalls. Most women are breathlessly busy. The business woman is at the office, business in full swing. The woman in the home is busy, too. Christmas makes heaps of work at home. It's a hectic life, and where to find the precious moments to devote to one's beauty?

I cannot tell each and every one of you how and when to fit beauty into your busy programme. The best time, however, is before retiring, though many home women find the early morning best when husband and children are away. Anyway, do try to set aside 15 minutes or half an hour for the daily repair work until you can manage a little longer period for catching up.

#### A List of Don't's

Perhaps a short list of "don't's" would be easier to follow than a long list of "do's."

No matter how rushed, don't retire without removing make-up and cleansing skin thoroughly. You may do permanent harm to your skin by neglecting it temporarily.

No matter how hard you are working, give the hands a little care each day. Leave polish off entirely, rather than ON in streaks and patches. Don't let the hands get roughened and discoloured. A good scrubbing, a little

creaming and they respond quickly and beautifully to care.

If your hair shows signs of autumn souvenirs—dryness, brittleness, dandruff—and most heads do these days, don't go to bed without brushing it vigorously. Takes only a few minutes and your scalp will feel tingly and your spirits will be up for showing this bit of will power.

Whatever you do, don't get a finger wave without a thorough shampoo first. Once during this past summer I was so pressed for time before an important engagement that I had to have a finger wave without a shampoo. I knew it was the wrong thing to do. Results confirmed it. The hairdresser explained that clean hair takes a better wave and that it takes longer to wave hair that is not freshly shampooed and clean; but womanwise I insisted. I discovered that matted, dirty hair never shapes itself into a becoming coiffure and hair that lacks the sparkling sheen that clean hair should have doesn't show off the coiffure to advantage anyway.

Don't neglect the little details of good grooming feeling that nobody will notice. For have you ever failed to meet your dearest enemy on an "off day"?

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## Last Call for the Plans for the Christmas Event

This Early Part of the Week Must See Many Things Done if Christmas is to be the Big Success That it Has Always Been in the Past. Some Last Minute Suggestions.

The Christmas celebration when I was a child began several weeks beforehand. There was fruit cake and pudding making in which we had a hand and candy and cookie making and baking for which the children took large responsibility. But the day before Christmas, that was best of all.

There were the last gifts to wrap, the corn to pop and to string with cranberries in long festoons for the Christmas tree. There were the boxes of ornaments to get down from the high shelf and to inspect carefully as to whether they would stand another hanging. The Christmas tree, which had been brought in from the farm a few days before, must have the snow shaken from its branches and set up in the living room, ready to be trimmed after supper.

And then there was supper to get, Christmas Eve supper was just as much a ritual as dinner the next day. From eastern Pennsylvania with my mother's family had come the custom of oyster stew for Christmas Eve. It was served almost bubbling in a huge tureen to which our plates went back more than once. With this there must be, as well as the oyster crackers, the old-fashioned milk cracker, stamped with the outline of a cow, around which if you were very careful, you could eat. There were also hot rusks, those slightly sweet yeast biscuits, painted with egg yolk before they were baked so that they were a beautiful mahogany in colour. For dessert there was always pumpkin pie, and sometimes you were even allowed to eat the under crust, a privilege not usually granted to children.

And after supper the tree to trim and the stockings to hang, and then to bed to dream of the morning and Merry Christmas.

#### Oyster Stew

- 1/2 cup butter
- 1 pint oysters
- 1 quart milk



(By Edith M. Barber)

- 1 1/2 teaspoons salt
- Pepper
- 1 teaspoon paprika

Melt butter, add drained oysters and cook three minutes, or until edges curl. Add milk, salt, pepper and paprika, bring almost to the boiling point and serve at once with oyster crackers.

#### Stuffed Prunes

Select large prunes, wash and steam for five minutes. Remove pits and replace with nuts.

#### Stuffed Apricots

Wash apricots and steam for five or six minutes. Press a nut into each apricot while the fruit is hot.

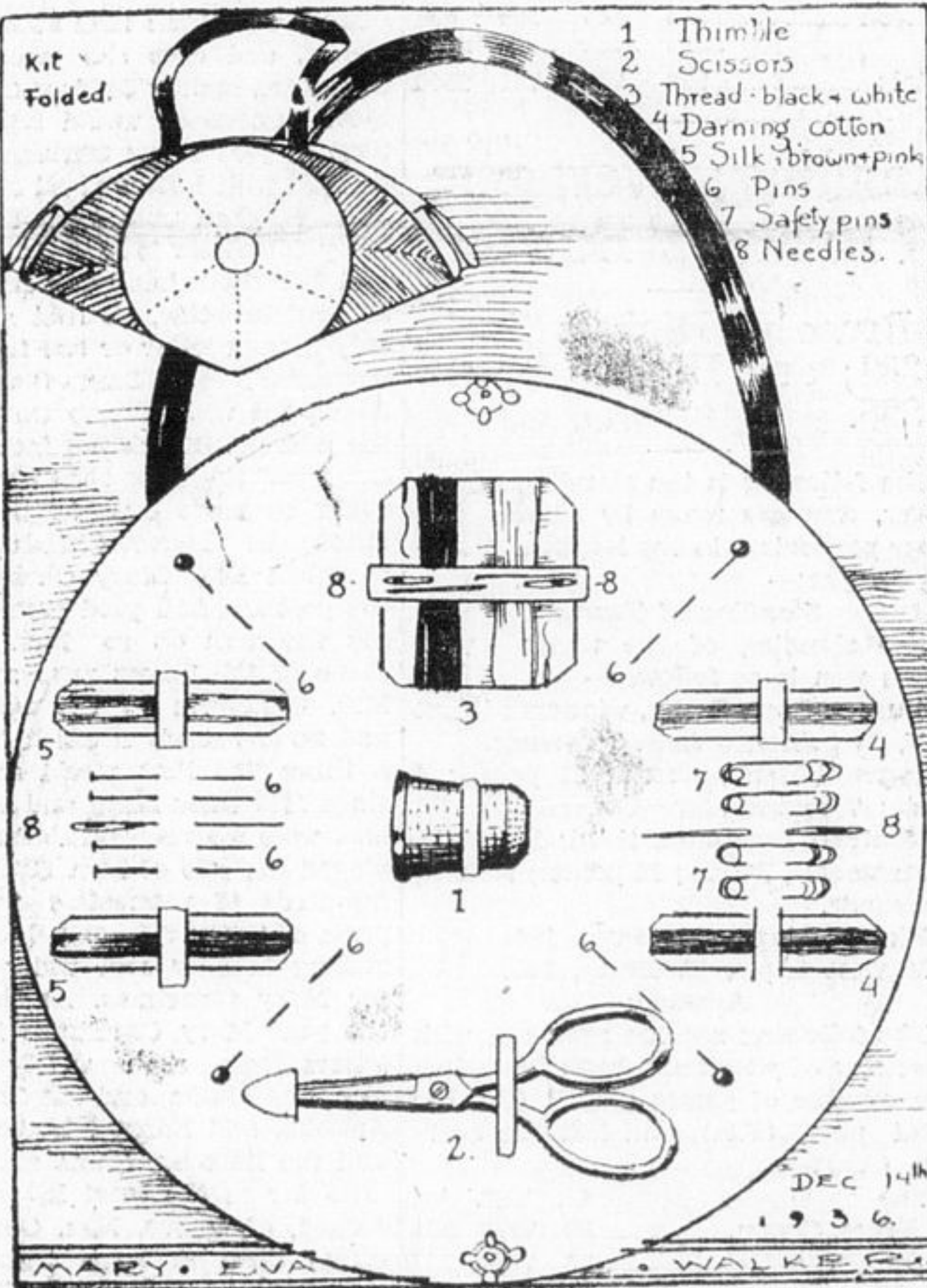
#### Stuffed Dates

If packaged dates are used it is not necessary to wash them. Remove pits or use pitted dates and press a nut into each date. Roll dates in granulated sugar.

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## The Household by Lydia Le Baron Walker

GAY NOVELTY SEWING KIT WITH FITTINGS CAN BE MADE IN A JIFFY FOR LAST MINUTE CHRISTMAS GIFT



A gay flower on a foundation of green chintz, indicating foliage, makes this smart miniature bag sewing kit, pictured closed and open with fittings, as named, in their correct places.

Picturesque sewing kits in the form of miniature bags are among the last minute Christmas gifts that can be made in a jiffy. The kits have genuine practical as well as artistic merit. The bag is so flat it can be tucked into a handbag without occupying appreciable space. It is just the thing to have in an overnight bag or even one for longer trips. A feature of the kit that will be appreciated is that it can be made of small pieces of goods one has in the house.

#### Materials and Uses

Two circles 5 1/2 inches in diameter are required for the bag itself. One circle is of flannel—outing flannel will do. This for the lining and another similar circle of chintz or any attractive material for the outside.

#### Handle and Straps

The handle and 6 tiny straps under which to slip fittings (see illustration) can be of No. 1 Ribbon or 3/4 inch widths of the outside material. Fold and seam these for 1/4 inch wide straps. Sew these completed straps to the lining as indicated. The longest strap measures 1 1/2 inches (2 inches if preferred) with 4 others half this length. The scissors' strap is large enough to go over scissors, as indicated in diagram, and the one for the thimble, is a loop just large enough to hold the thimble.

#### Scissors

Some kits are made without scissors. So if you cannot get them put in another two-thread holder. However, everyone who has to take a stitch when on a trip requires scissors, so they will be missed, if omitted.

#### Description and Directions

A complete list of fittings is given on the illustration. In the picture is also shown the bag closed, and open with the fittings properly arranged. Note how the circle is folded to give the bag shape to the kit. Snaps are fastenings for the bag. These show on the open-bag-diagram. The thread-winders are of light-weight cardboard, notched to hold the thread in place and just large enough to slip under their straps. In the illustration the size of the bag is slightly reduced, so remember the circle measures five and one-half inches in diameter and other measurements are as given. The lining and outer portions, are seamed together along with their circumferences.

#### Floral Kit

The smart bag shown has a circular flower of pink felt on a green chintz bag suggesting foliage, with green straps and handle. The tip of scissors is protected by a half oval of doubled lining material. Centre of flower is of brown, and radiating lines indicating petals are run in darker tone of pink crocheted silk.

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Huntingdon Gleaner:—Having sailed 1,000,000 miles, or more than 40 times around the world, in the same ship, Captain Halberg plans to retire in Sweden at the end of his present voyage. The vessel, the Swedish motorship Bjularen, recently docked at Adelaide, Australia, and Captain Halberg made the announcement of his plan to quit the sea.



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

## That Body of Hours

### The Sleep Habits of Men of Distinction

It has been generally understood that as we get older we need less sleep—that a baby sleeps all the time and the old man or woman scarcely sleeps at all. That this idea is wrong has been shown by various research workers who state that older people really sleep longer than middle-aged or even those between 20 and 30 years of age.

I have spoken before of the Survey of the Sleep Habits of 500 Men of Distinction as recorded by Dr. Donald Laird, Colgate University, in American Medicine some five years ago. Among those on the list were governors of states, eminent writers, preachers, lawyers, physicians, and outstanding men in the business world. Dr. Laird found that "the older persons, on the average, sleep longer than the younger persons." Thus the average sleeping time at age 25 was 7 hours and 25 minutes; at 35, 7 hours and 45 minutes; at 45, 7 hours and 50 minutes; at 55, 7 hours and 45 minutes; at 65, 7 hours and 40 minutes; at 75, 7 hours and 45 minutes; at 85, 8 hours and 10 minutes.

The fact that men of 45 need more sleep than those immediately younger or older would indicate the special need for sleep at this, the most important age from the productive standpoint.

About 60 per cent. of the group reported noticeable ill effects following a night of less than their usual quota of sleep—less active mentally; feeling of drowsiness; lack of pep; sleepy in late afternoon; energy impaired; lacking in initiative; lack of strength; shaky, tired; drowsy in the early evening; creative ability on the wane; loss of keenness; not so clear-minded as usual; a little languor; eye trouble; irritable.

More than 70 per cent. reported sufficient difficulty in going to sleep that they have developed special methods of coaxing sleep. Thus 33 per cent. use what they call "thought control," not letting the mind work or think on anything in particular; reading was used by 25 per cent. Only 3 per cent. used drugs, and 2 per cent. used alcohol. Eighteen percent. cultivated relaxation with or without the aid of warm drinks. Warm drinks only were used by 4 per cent.

The complete report showed that (a) the typical man of distinction gets about 8 hours' sleep; (b) moderate sleep troubles are common—70 per cent. had difficulty getting to sleep, and 40 per cent. were wakeful during the night; (c) the commonest methods of coaxing sleep were thought-control, reading or relaxing.

Relaxing means lying down, usually on the right side, with elbows and knees slightly bent, breathing slowly and deeply as if completely exhausted, and the mind a blank.

#### Neurosis

Are you worried about an ailment that you don't have, bothered by "symptoms" or pains that a medical test does not reveal? Send for Dr. Barton's tremendously interesting and helpful book, "Neurosis," explaining how the cure of ailments is accomplished where none exists. Address your letter to The Bell Library, care of the Porcupine Advance, 247 W. 43rd Street, New York, N.Y., enclosing ten cents to cover handling and stating your full name and address and the number of this booklet, 103. Also available are two other splendid booklets "Eating Your Way to Health" (No. 101) and "Why Worry About Your Heart?" (No. 102), copies of which are likewise available at ten cents each.

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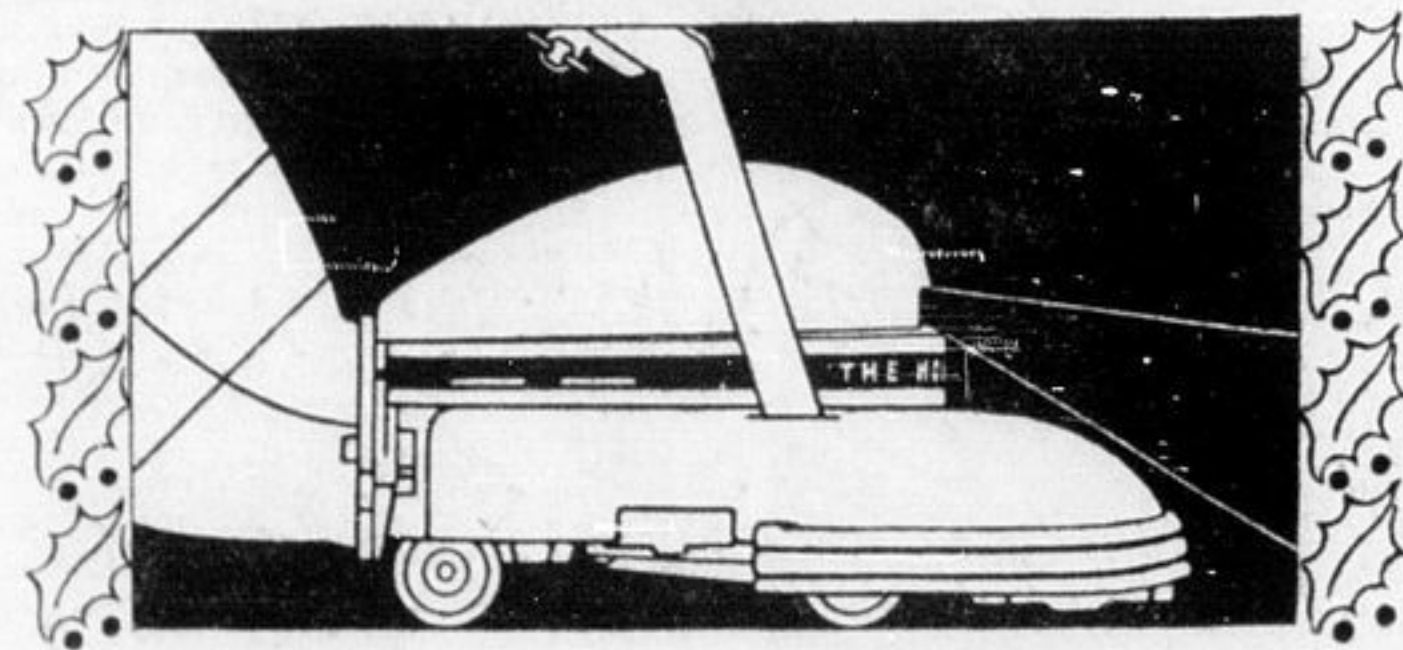
### Industries Remember Employees at Christmas

In a recent editorial in The Advance referring to the general spread of the spirit of Christmas these days, mention

was made of the number of business and industries that specially remember their employees at Christmas time. The reference was based on items of news that had appeared previously. Since then the evidences of the truth of the suggestion have been emphasized by the number of firms reported as giving bonuses and special gifts. In Timmins and other centres in the North the fact that an extra holiday (Boxing Day) has been agreed upon shows the desire to remember the comfort and pleasure of staffs at this time of year. In one issue last week of The Globe and Mail there were several further evidences of the extension of the Christmas spirit in business and industry. The employees of one Canadian firm are to receive over \$11,000 in total bonuses for Christmas. The salesmen of another and smaller firm were given bonuses of \$3300 for this Christmas. Stores have planned special gifts and bonuses, while industrial concerns are remembering their employees in similar way this year. There are more of these Christmas tokens this year than for several years past.

Globe and Mail:—If Premier Blum holds office much longer, possibly there will be a strike of French cabinet makers.

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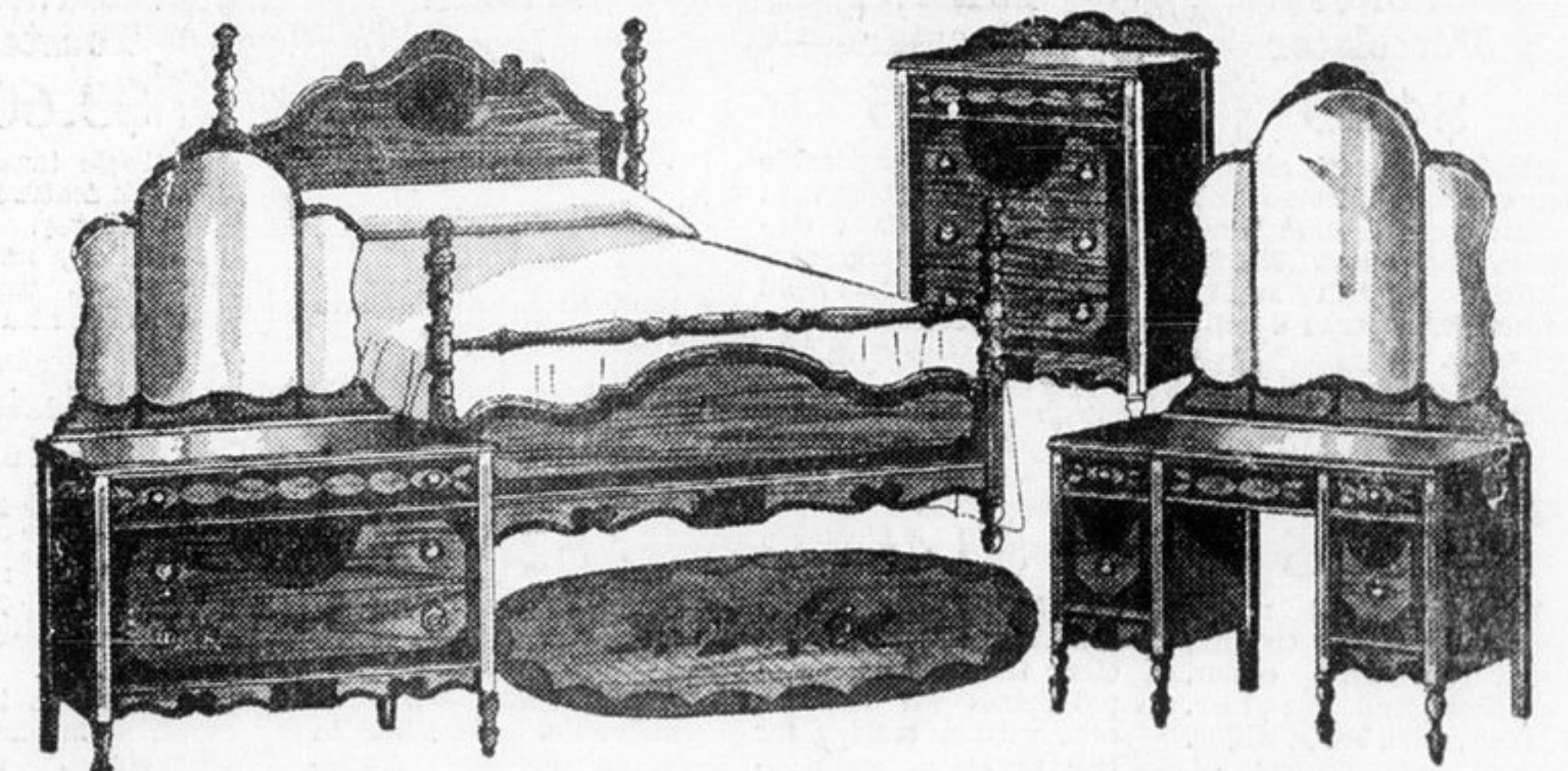
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