

Canada's BEST BREAKFAST PURITY OATS

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Turn Those Oranges into Delicious Marmalade

Oranges and Grapefruit Bring Thoughts of Marmalade to Culinary Expert, who Writes Interestingly About the Making of Orange Marmalade, Citrus Marmalade and Marmalade Variations.

If Santa Claus was as good to you as he was to me and brought you a box of oranges as well as one of grapefruit you will be thinking about making marmalade. Even if you're not so

Measure, add an equal amount of sugar, and boil, stirring occasionally until the syrup jellies, about one hour. Pour into hot glasses and seal.

Marmalade Variations

1. Use six oranges and two lemons.
 2. Use three grapefruit and two lemons.
 3. Add one and one-half cups of crushed pineapple after fruit and syrup have been cooked 15 minutes.
 4. To cooked fruit, add two cups cooked cranberries and an equal amount of sugar.
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(By Edith M. Barber)

lucky as I was, your thoughts will turn to the making of this popular marmalade now that oranges and grapefruit are coming into the height of their season. Perhaps you will like a mixed marmalade which has a pleasantly bitter tang, given by the grapefruit or lemon and which is not unlike the imported products which are made with Seville oranges.

If you care more for flavour than you do for appearance you may prepare the fruits very quickly by putting them through the food grinder. A more attractive marmalade is made when the fruit is cut by hand. In any case, for the sake of flavour, fruit should be allowed to soak overnight before it is cooked. The length of time for the first cooking depends upon the tenderness of the rind of the fruit which you use. Sugar should not be added until the fruit is tender. The test which decides when the marmalade is ready to go into hot jars is the usual jelly criterion. Two drops should hang beside each other from the spoon which has been dipped into the syrup and held above the kettle for a moment. By the way, speaking of kettles, be sure that you use a heavy utensil through which heat will be distributed so evenly that there will be no "hot spot."

May your marmalade be as good as those New Year's resolutions which you will, perhaps, be making when the clock strikes 12 and 1937 is ushered in. Happy New Year!

Citrus Marmalade

- 1 grapefruit
- 1 orange
- 1 lemon
- Water
- Sugar

Wipe fruit and slice very thin. Remove seeds of fruit and core of grapefruit. Measure and add three times the quantity of water. Let stand in dish overnight. Boil until the fruit is soft.

BLACKHEADS

Don't squeeze blackheads—dissolve them. Get two ounces of peroxide powder from any drug store and rub with wet, hot cloth briskly over the blackheads. They simply dissolve and disappear by this safe and sure method.

That Body of Hours

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

Wastes in Lower Bowel Should Be Kept Moving

When food is eaten Nature intends that it should spend a little time in the mouth getting broken up into small pieces so that the digestive juice of the mouth—the saliva—can get well mixed with it before it goes down to the stomach. During its stay in the mouth it also gets moistened and softened so that it is more easily handled by the stomach.

During its stay in the stomach—2 to 4 hours—it is intended that a certain type of food, the proteins—meat, eggs, fish, cereals—shall be changed into peptones which can be absorbed by the blood. After it leaves the stomach and enters the small intestine, the food gets well mixed with digestive juices and is absorbed into the blood through the walls of the small intestine. As the small intestine is 20 feet long it has a real chance to absorb the nourishing materials from the food as it passes along. The time taken to pass along this 20 feet may be 6 to 12 hours.

There is little or no nourishment left in the food as it leaves the small intestine and enters the large intestine. The large intestine is only six feet long—smaller in length but larger in size or calibre than the small intestine.

Now nature intends that these wastes be kept moving along and so out of the body. If anything interferes with the movement of these wastes in the large intestine it is called constipation.

It so happens that there are certain points in the large intestine where the waste has to move around very sharp corners just as we speak of a road having a hairpin curve, and when there are two curves in succession, we speak of it as an S curve. Thus there is an S curve where the small intestine joins the large intestine at lower right side of abdomen in the appendix region, and an S curve about the same place on the left side where the large intestine, after going down the left side of the abdomen, has to make this double turn to enter the rectum—the last six inches of the large intestine. A hairpin curve is located under the liver on right side as the large intestine goes straight across under the stomach to left side; another hairpin curve is on this left side where the large intestine turns sharply down the left side from whence it ends at the rectum. Wastes are likely to be slow in moving around these curves.

To prevent delay at any of these curves liquids and fats which soften and lubricate this waste should be eaten, as also should rough foods which irritate and so stimulate the muscles of the walls of the intestine to "squeeze" the wastes along.

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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Workman Alleged to Have Falsified Time Check

On the charge of falsifying a time check while working for the Canadian International Paper Company, Pierre Phillip Andre was committed for trial at the next fall sittings at Amos by J. O. Tardif, J. P., at the Rouyn court last week, where the case was given a preliminary hearing.

According to the evidence Andre after working two days for the company and receiving his time check accordingly put a figure three in front of the two, making it 32 days. The change to the check being detected by the cashier at the company's pay office, the provincial police were called and the accused was arrested by Constable Matte.

Andre had the option of a speedy trial in January to avoid being held in custody until next September.

Honour Roll at Central School for the Fall Term

Standing of the Pupils in the Central Public School, Timmins, who Won Places on the Honour Roll for the Fall Term Concluding Last Week.

The following is the honour roll for Central public school for the fall term:
 Teacher, Mr. E. J. Transom—Class Sr. IV—Allan Lawson, Fred Milne, John Boychuk, Fred Florence, Irgio Gallino, Fred Chaplick.
 Teacher, Miss O. Ramsay—Class Jr. IV—Sheila Harper, Elna Kusela, Lucette Hanson, Mary Klimovitch, Ruth Hansen, Annabelle Lang, Britta Bergman, Gladys Langman, Sara Passi, Peal Wallace.
 Teacher, Mr. S. Robinson—Class Jr. IV—Mike Hrishkewich, Sidney Hesperin, Douglas Baker, Peter Brownie.
 Teacher, Miss E. Baker—Class Jr. IV—Stella Rothwell, Anita Soni, Jean Mason, Jennie Stawarska, Olga Huhlski, Annie Valchuk, Pearl Johnson, Eileen Barkel, Lillian DeMarco, Nora Carrick, Dorothy Horwitz, Heedi Bauman, Agnes Costunk.
 Teacher, Miss J. Markell—Class Jr. IV—Anne McColeman, Garneth MacLeod, Rose Bregman, May Won, Joyce Ryan, Elizabeth Gates, Barbara Honey, George Caldwell, Betty Tyrrel.
 Teacher, Mr. W. Buie—Class Sr. III—Joe Smrke, Everett Cole, Alice Cadden, Eva MacLeod, Brans Martinac.
 Teacher, Miss H. Patterson—Class Sr. III—Margaret Skubinski, Tom Won, George Blalik, Monica Shrage, Peter Kolaski, Helen Synos, Bill Malynchuck, Gerald Caswell, Stanley Cohen, Walter Zurby.
 Teacher, Miss M. Tackaberry—Class Sr. III—Bill Silychuk, Jean Blahay, Violet Butkovich, Thelma Smith, Arthur Wollan, John Bozck, Larry Lake, Arvid Sween, Muriel Gauthier, Elizabeth Simpson, Nick Carrick.
 Class Jr. III—Bernard Tole, Glen Code.
 Teacher, Miss M. Morrison—Class Jr. III—Jack Lacy, Viola Warren, June Tollefson, Helmi Hill, Norman Shankman, John Izatt, Alan Burnes, Kenneth Burt, Carl Soloby, Gladys Stewart, Clemens Nieman and Alfred Chinn, equal.
 Teacher, Miss A. Doherty—Class Jr. III—Lillian Melville.
 Jr. II—John Calbeck, Donald Honey, Marjorie Simpson, Mary Bailik, Graydon Robinson.
 Teacher, Miss G. Peterson—Class Sr. I—Russell Aikin, Frances Blahay, Mary Costunk, Velma Frittanni, Lawrence Johnson, Dimitre Wizinski.
 Jr. II—Mary Clark, Mary Durica, Annie Floria, Blaine Gouette, John Jones, Ruth MacArthur, Wilhelmina MacMillan, Phyllis McColeman, Betty Jean McMinis, Kathleen Milne, Leonard Moyle, Louis Smrke, Edward Usenic.

Naybob Mines Called on Toronto Stock Exchange

Shares of the Wood-Cadillac and Naybob mines were called for trading on the Toronto Stock Exchange last week.

The Wood-Cadillac listing covers an authorized capitalization of 3,000,000 shares of \$1 par, of which 2,840,300 were outstanding on December 7. The ticker code will be WOD. Of an authorized Naybob capitalization of 3,500,000 shares, also \$1 par, 1,812,541 were outstanding on November 30. It will be traded as NAB.

Globe and Mail:—And there are infants in arms who in the future will be able to boast that their grandsires drew a good long bow in Hastings.

The Household by Lydia Le Baron Walker

DOOR STOPS AND CHAINS PUT TO NOVEL HOME USES

The chain keeps the glass door from hitting and branking the light globe.

The homemaker can, by simple devices, save her furniture and furnishings from getting marred and at the same time protect paint and wallpaper in her rooms. Also in similar ways she can guard against breakage, and entanglements of door fastenings that are annoying rather than disastrous, or example door stops can be made to do more than prevent doors from hitting the wall, and lengths of chain can be put to unusual uses of protection against accidents.

Door Stops

Door stops can keep furniture from rubbing against a wall back of it. The stops may be screwed into the base board, or into the furniture itself, in some instances. The stops should be positioned where the rubber tips will strike the baseboard or panelling of the wall, and not where they will come in contact with plastered walls or wallpaper.

Protection

When there is a chest with a lid that must be raised often, and which would scrape the wall back of it each time it was opened or shut, the wall can easily be safeguarded. Screw two door stops into the baseboard behind the chest to keep it just far enough away from the wall to allow space for the

lid to open and shut freely, without touching wall or woodwork. The edge of the chest lid also is not marred when this is done, so the door stops do double duty in protective ways!

Legs for Foot Rest

Before leaving the subjects of door stops, let me suggest their use as legs for low footstools. These can be made at home. Cover a small strong wooden box with a piece of carpet, or make a needlepoint cover of cross stitch. Pad the top of the box slightly before fastening on the cover. Screw four door stops to underside of box, and a smart and neat foot stool results. The wood of the stops can be stained any tone to match furniture in the room.

Chains

When a china closet door swings open it sometimes catches in another door fastening. This annoying occurrence can be avoided by securing a length of small-link chain with screw eyes to door and frame of closet. Occasionally such a door, swinging wide, would strike a ceiling light globe unless held in check by such a device. The chain should always be long enough to permit doors to open as wide as possible without danger of damage.

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BE BEAUTIFUL By ELSIE PIERCE FAMOUS BEAUTY EXPERT



Brunettes should use a rinse to insure sheen in their hair. In this photograph KAY FRANCIS emphasizes her dark beauty by coiffure style and make-up.

BRUNETTE BEAUTY

Instead of envying their fair-haired type. Dark, flashing eyes mirror the exotic or dramatic quality. They should be "played up." Not too obviously, however. For daytime, many of the screen's leading brunettes use a little olive oil on lids as well as lashes. The oil makes the lashes silkier, more luxuriant, darker and throws highlights on the lids. Mascara and eyeshadow is preferred for evening by these same luminaries of the silver sheet.

Skin

Because a clear, flawless skin remains a woman's greatest beauty asset, brunettes and blonde complexion alike require daily, diligent care. Many brunettes, particularly the Latin brunettes, have a tendency to excessive oiliness of the skin. Diet has much to do with this and very often we find an abundance of oily fried foods, rich desserts and starches on the daily menu. As these are cut down the skin improves immeasurably.

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Brockville Recorder and Times:—In his book of reminiscences, Hon. Dr. Manion has a kind word or two to say about the "dime novels" which used to be regarded as exercising such a pernicious influence upon the young. Whatever may now be thought of them, there can be little doubt that they were very much more palatable than the deluge of sexy publications which has taken their place.

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