

### UPPER CANADA COLLEGE

TORONTO  
(Founded 1829)

**Memorial Scholarships . . . Upper School**  
In honor of "Old Boys" of the College who fell in the Great War, Upper Canada College offers for competition a number of Scholarships of \$600.00 a year for three years, to candidates who are under fourteen on the 1st September prior to the examination which is held in April.

**Bursaries at Preparatory School**  
Three Bursaries are offered to enable boys to enter the Preparatory School who otherwise could not do so.

For full particulars apply to the Principal, Reference to Upper Canada College, Toronto.

## Some Favorite Recipes for Good Cheese Dishes

Some Recipes Given Here That Have Been Asked for by Readers of This Column, Together with a Few Special Recipes of Interest. Many Ways to Prepare Cheese.

There are so many delicious cheese dishes that it is difficult for me to select my favorite recipes. Perhaps first on my list should be toasted cheese, which is so easy to make and which is such a good luncheon dish. Possibly I

Cut the cheese into small pieces. Place in a greased pan, sprinkle with mixed seasonings. Beat the egg in slightly and add one-half cup milk; add enough more milk to cover. Put pan in another pan of hot water and bake in a moderate oven about 30 minutes, until cheese is brown.

**Old-Fashioned Rabbit**  
1 pound Canadian cheese  
1 tablespoon butter  
2 teaspoons salt  
2 teaspoons dry mustard  
1 teaspoon paprika  
1/2 bottle beer

Toast  
Shred cheese with a fork. Melt butter, stir in seasoning, add cheese and stir over low fire until melted. Stir in beer gradually and cook, stirring over fire until the mixture is smooth. Pour at once over hot toast. A dash of cayenne pepper may be added if desired.

**Tomato Rarebit**  
1 pound soft cheese  
Paprika, pepper  
1/2 teaspoon salt  
1/2 teaspoon mustard  
1/2 to 2 cups tomato soup

Cut the cheese in small pieces, add mixed seasoning and cook over a low fire until melted. Add enough tomato soup to thin the mixture so that it may be poured on slices of toast.

**Cheese Souffle**  
1 cup milk  
3 tablespoons quick-cooking tapioca  
1 teaspoon salt  
Few grains cayenne  
Few grains mustard  
1 cup grated cheese  
3 eggs

Scald milk in double boiler, add tapioca and cook 15 minutes, stirring frequently. Add seasonings and cheese and stir until melted. Remove from heat and cool. Stir in egg yolks beaten until light. Add salt to egg whites, beat until stiff and fold lightly into the cheese mixture. Turn into greased baking dish, set in a pan of hot water and bake in a moderate oven (375 degrees Fahrenheit) for 35 to 40 minutes.

**Cheese Cake**  
1 package zwieback

**Toasted Cheese**  
1/2 pound Canadian cheese  
1 teaspoon salt  
1/2 teaspoon mustard  
Paprika  
1 egg  
1/2 to one cup milk

2 tablespoons butter  
2 tablespoons sugar  
1 cup sugar  
2 tablespoons flour  
1/4 teaspoon salt  
5/8 cakes cream cheese  
1 teaspoon vanilla  
4 eggs  
1 cup cream

Roll zwieback into crumbs, add butter and two tablespoons sugar and cream together, blend thoroughly and put into nine-inch spring form mold and press down evenly on the bottom. Mix the cup of sugar with flour and salt and cream well with cheese and mix again. Add vanilla and beaten egg yolks and cream and whip again. Fold in beaten egg whites and bake in a moderate oven, 325 deg. F., for about an hour or until centre is set.

**Cheese Sauce**  
2 tablespoon flour  
1 tablespoon butter  
1/2 teaspoon salt  
Pepper  
1 cup milk  
1 cup soft cheese, pressed through a strain, or 3/4 cup grated hard cheese

Melt butter, stir in flour and seasonings. Stir in milk slowly and stir until thick and smooth. Add cheese and stir until melted.  
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### Christmas Donations Received at Shelter

As usual at Christmas time there were many kindly and thoughtful donations given the Children's Shelter. These were much appreciated by the children and by the Children's Aid Society. Among the many generous gifts the following are gratefully acknowledged:—

Mr. and Mrs. W. D. Cuthbertson, hamper of apples.  
Timmins Fire Dept., 12 boxes of candies and fruit.  
Wyman Orr, 1 large box of candy.  
Mr. and Mrs. A. W. Young, case of oranges.  
Mr. and Mrs. Lewis Mayhew, case of oranges.  
Pioneer Stores, case of apples  
A Friend, South Porcupine, oranges.  
A Friend, Timmins, \$25 for Christmas cheer for the children.  
Golden Beaver Lodge, \$178.00.  
Royal Arch Chapter, \$15.00.  
Arbutus Chapter, O.E.S., \$10.00.  
Porcupine Lodge, A.F. & A.M., \$15.00.

### NEW LISKEARD COUNCIL ELECTED BY ACCLAMATION

Last week the mayor, councillors and school board at New Liskeard were all elected by acclamation for 1937. The chances are that New Liskeard will be as well served this year as if there had been the hullabaloo of an election. W. H. Walter is the new mayor of New Liskeard, and the councillors are:—R. R. Woods, Dr. D. R. Fleming, W. V. Cragg, N. McMonagle, Jos. Penman and Arthur Grant.

Toronto Telegram:—Storm is brewing over Manitoba's new tax on Eastern beer. The vat is in the fire!

## BE BEAUTIFUL

By ELSIE PIERCE  
FAMOUS BEAUTY EXPERT



A few days rest is ordered for a cold. Look as pretty as you can to raise your spirits if you feel low. ROCHELLE HUDSON matches the apricot and blue of her bedroom with a lounging robe of the same shades.

### The "Cold" Season Is Here

A reader challenges: "Why don't you write about colds?" Perhaps the actual treatment of colds is out of your province, but emphasizing prevention as you do, why don't you tell would-be lovely ladies how to prevent colds? There certainly isn't anything prettier about a red nose, swollen lips, tearful eyes.

Not a very pretty picture, I'll admit. And, since I like challenges, here goes! Most people know the rules for dodging or preventing colds, but the trouble is most people pay no attention to them. Surely we all know enough to cover up coughs and sneezes and to avoid people who fail to carry out these rules.

Another rule for avoiding colds is healthy living. When you feel fit as a fiddle you are less likely to catch cold. On the other hand, hunger, improper food, fatigue, insufficient sleep, fresh air or outdoor exercise, sedentary habits all keep the vitality low and indirectly may be contributing causes to "the cold."

**Fruits Help**  
During the winter months fruits such as oranges, lemons, grapefruit and apples help to counteract the tendency to acidosis which inactivity coupled with heavier foods induce. Add to this milk and plenty of water. Water as you know helps to keep

**A Quarter of a Century**  
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## Further Donations to Christmas Seals Fund

Another List of Additional Names of Those Contributing to Assist in the Fight Against Tuberculosis in the Porcupine. Receipts Now Near the \$1,700 Mark.

In the issue of Dec. 21st The Advance published a list of those subscribing to the Christmas Seal Fund in the Porcupine. The total proceeds of this fund go to help in the battle against tuberculosis in this district. The response to the appeal this year has been very generous. The list published on Dec. 21st covered the money received up to about Dec. 18th. The following are additional subscriptions received after the list was published on the 21st of last month.

**Individual Subscriptions**  
Fred Aherle, Geo. H. F. Adams, Alex. Allen, John M. Anderchek, Miss Myrtle Anderson, Peter Arnott, W. C. Arnott, Schumacher, Jules Badeski, Vaughan Baker, Miss Mary Banning, W. P. Bennetts, Mr. Maurice Bessette, South Porcupine, Charles Birce, Miss Laura Birce, Miss Ellen M. Blyth, Isaac Bowness, P. A. Boyce, Schumacher, H. E. Boyd, Miss Etta Brown, Sydney Burt.

A. P. Carrier, D. Carrier, Miss D. Caswell, Miss E. Cathers, Bruno Charon, Mrs. C. Charron, Miss Sonia Charon, Paola Cherubini, W. G. Clark, O. J. Clement, Patrick Closs, Chas. W. Collins, Walter Cook, Percy Collier, J. R. Costain, South Porcupine, John Costman, Walter Cowan, Herbert Curman, Mrs. W. Curtis.

Morris Daher, Mrs. Verna De Mille, Mrs. C. Demers, South Porcupine, Joseph Demers, Mrs. Gay Dixon, Miss C. M. Dodd, John A. Doren, South Porcupine, W. R. Dunbar, Ed Duxfield, Schumacher, Hugh Dysart, South Porcupine.

Norman J. Enright, V. H. Evans, South Porcupine.  
G. L. R. Fairfield, Ed Finch, Mrs. Malcolm Florence, South Porcupine, S. G. Fowler, South Porcupine, Alex. W. Freeman.

Joseph G. Garipey, Emile Gauthier, Edwin Giblin, H. W. Gillen, Geo. Gillgrass, Joseph Godin, Geo. E. Golden, Wm. Goranson.  
F. H. Hall, South Porcupine, Geo. M. Hamilton, South Porcupine, W. Hansen, Mrs. C. Hayes, A. Houle.  
W. S. Jamieson, Frederick Jones, Fred Jonke.

Sonya Kaiko, John Kelly, Albert Keir, John Kerr, Miss M. Kerr, Mrs. Art Kinkel, Jr., South Porcupine Gwy C. Kinsey.  
Andrew Lalonde, John Lonsdale, Mrs. Eino Laamanen, W. G. Leck, Schumacher, Gilbert Lee, Mr. Lehtisals, John Lopes.

Business List  
S. D. Eplott and Sons.  
Jerry Laflamme Men's Wear.  
McColl Frontenac Co.; McIntyre Mine, Schumacher.  
New Ontario Machine Shop; North American Insurance; Northern Lights Royal Arch Chapter.  
Timmins Fire Brigade; Timmins Garage; Timmins Service Ltd.

**Summary**  
Total for Business List for week ending Dec. 25, 1936: \$143.00  
Individuals: 160.50  
Total for week to Dec. 25, 1936: 303.50  
Preceding Balance: 1394.50  
Total Receipts to Date: \$1698.00

It is not yet too late to send in further donations and any who have overlooked the matter might well send cheque or cash to the treasurer, Mrs. H. W. Darling.

**That Body of Yours**  
By James W. Barton, M.D., Toronto

Keeping Fit  
It was my privilege for a number of years to lecture to high school teachers—all university graduates—on the general care of the body with particular emphasis on the value of exercise and also of play. My thought was to so enthrall these teachers—men and women—in the general effects of exercise that they would stimulate their students to take regular exercise and engage in group games.

I tried to point out the effect of exercise in circulating the blood, clearing the complexion, assisting digestion, preventing constipation, giving a good posture or carriage, preserving the figure, clearing the brain and promoting alertness, attaining muscular and nervous control and other benefits.

It is therefore a source of great satisfaction when you read of a whole evening of a great organization such as the British Medical Association being given over to the one general subject, "Keeping Fit."

Just two lectures were given and they were quite properly on diet and exercise. "Just as in a town, after a rain and a good wind, the dust and dirt were taken away and clean fresh air resulted in unexpected vistas, so exercise, by bringing about improved circulation, took away the waste materials from the body cells and brought them the equivalent of fresh air in the shape of extra supplies of oxygenated (pure) blood."

This then is the keynote of exercise—removing the wastes, and bringing to every cell the pure life-giving blood that maintains strength and stimulates it to further effort.

Man's body is covered with muscle, and this muscle was meant to be used. In fact man's stomach, intestine, lungs, heart—every organ—are built on a large scale so that they could do all the work which would be necessary when all these muscles were worked or exercised.

"An amount of exertion which quickened and deepened the breathing was good for everyone. If the exercise were taken in the open air so much the better. Walking, skipping, dancing and swimming were excellent exercises within the reach of everyone."

"Nearly everyone knew the pleasant feeling that came after exercise, also that the fatigue due to a day of work and worry was sensibly lessened by exercise."

### Report of District C. A. S. for the Month of December

The following is the report of A. G. Carson, local superintendent of the District of Cochrane Children's Aid Society, for the month of December, 1936:—

Application for children for adoption	1
Office interviews	23
Interviews out of office	41
Complaints received	36
Investigations made	56
Children involved	45
Children in Shelter	18
Children in boarding homes	31
Mail received	105
Mail sent out	105
Children admitted to Shelter (not wards)	4
Children returned to parents (not wards)	4
Court attendance	3
Juvenile cases	3
Boys on probation	19
Official warnings given	1
Investigations for other societies	2
Mileage travelled	387
Wards visited	9
Adoptions completed	1
Children given assistance in their own homes	16
Wards returned to Shelter	1

Sudbury Star:—A motorist has remarked that the lad who pointed out that you can't fool all the people all the time had never met up with highway detours.

### Jackpine Resources of Dominion Still Notable

(From the Financial Times, Montreal)  
A survey of the jackpine resources of Canada, in relation to the prospects for success of efforts to develop a jackpine pulp that would produce a satisfactory grade of newsprint paper, recently made by a Canadian newspaper official, suggests that the bogey of competition from the Southern States in the newsprint field—which was emphasized by the American Newspaper Publishers' Association in its obvious efforts to delay a price increase—was something of an empty threat.

The survey indicates that jackpine resources of the Dominion are sufficiently large to enable the Canadian companies to retain their dominant position in the world production of newsprint, irrespective of the success or otherwise of the research work on Southern jackpine. Pulwood resources have, of course, been the most significant factor of the accession to power of Canadian mills in the field of newsprint production. There have been other factors however, notably the generous supplies of cheap waterpower in close proximity to mill sites.

Canada already has up-to-date and efficient mills for the production of newsprint, with heavy resources of wood, and sympathetic provincial governments ready to give every reasonable encouragement to the newsprint industry, in view of the prominent position it has attained in the economic life of Eastern Canada. On the other hand, establishment of new mills in the Southern States would involve a huge capital outlay and those putting up the necessary capital would have little promise of obtaining returns therefrom for some considerable time.

Even if the new mills in the South could compete successfully with Canadian operators, which is extremely doubtful, such competition would only have the effect of undermining the price structure in the newsprint industry and again making profitable operations impossible for all concerned.

With Canadian operators at last following a sensible marketing policy, recovery in the newsprint industry to a point where operations will produce a reasonable profit undeterred by the threat of Southern competition, appears only a matter of time—and the time may be much shorter than it seemed a year ago.

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### Open the Door

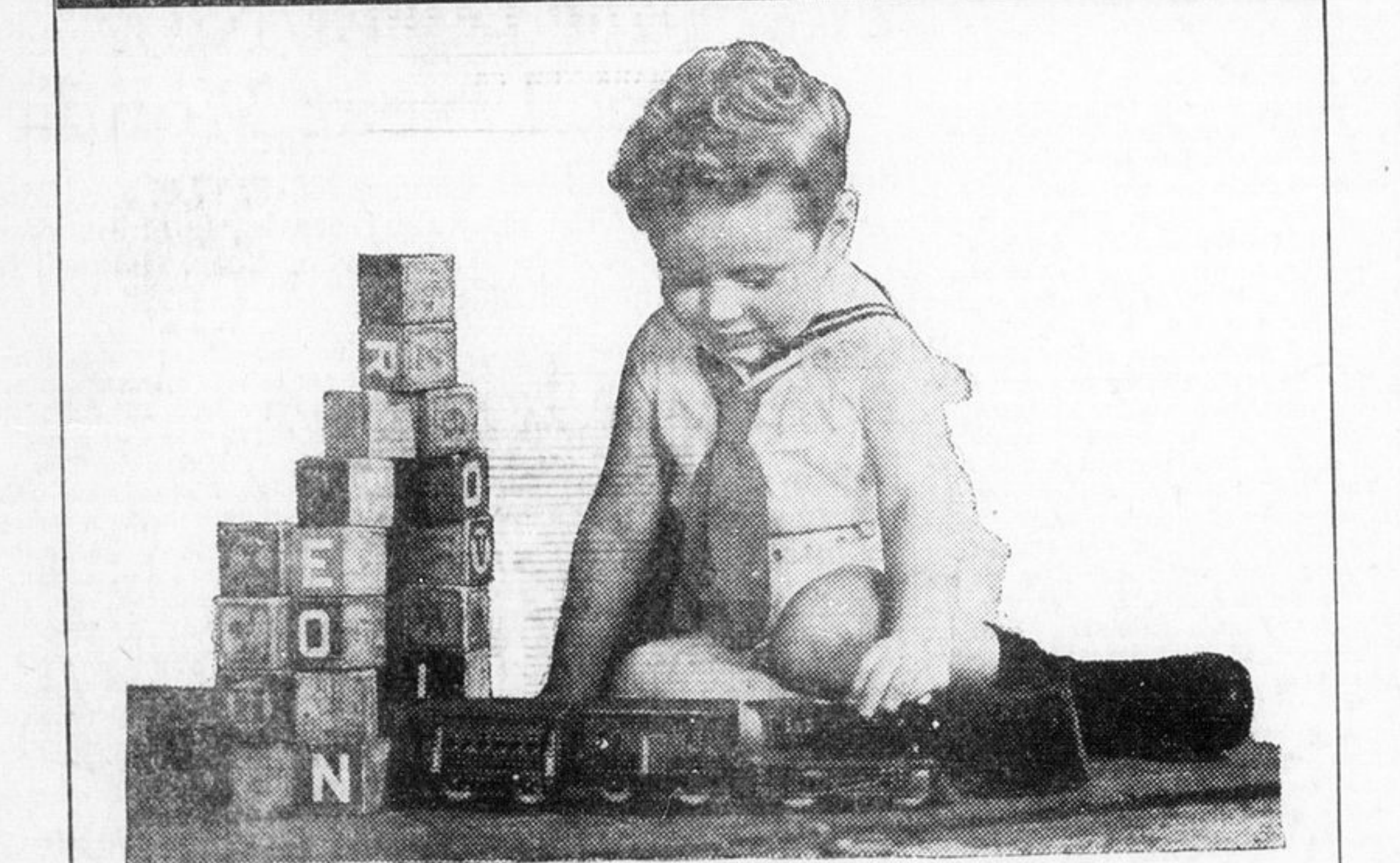
(P.L.M. in the New York Times)  
What do I hear in the wind?  
Cries!—as of pain.  
What do I feel in the storms  
Of snow and of rain?  
Tears of a suffering world—  
Of sick and of poor—  
Bitter as salt in the mouth—  
Open the door!  
Take from me then this my mite—  
Oh, may it bless  
Those whom the sharp winds of life  
Have brought to distress!  
Take from me then this my mite—  
Oh, may it ease  
Those who are spent with storm—  
Bringing them peace!  
Though it, indeed, be so small,  
Yet may it bring  
Hope to one anguished in heart—  
Make a heart sing!  
Help with your hands and your smile  
The storm to outride—  
Open the door of your heart—  
Open it wide!



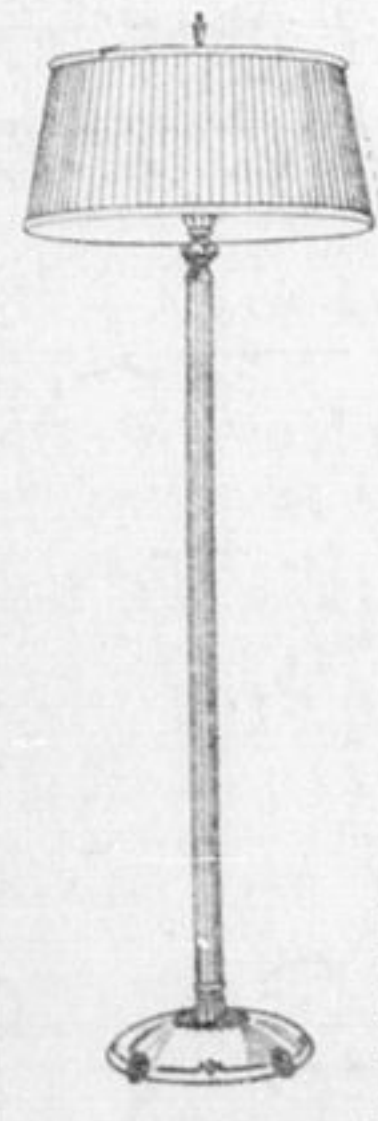
(By Edith M. Barber)

like it best, because it is an old family recipe. Next comes old-fashioned rabbit, sometimes called blushing bunny. Cheese souffle must also be included, and there certainly must be a cheese sauce. A reader of this column has asked that I reprint the recipe for the old favourite, cheese cake, so that should complete the list.

**Toasted Cheese**  
1/2 pound Canadian cheese  
1 teaspoon salt  
1/2 teaspoon mustard  
Paprika  
1 egg  
1/2 to one cup milk



## Guard His Eyes with Good LIGHTING



Nothing is more vital to the health and well-being of growing youngsters than light. Free them from eye-strain — for study and for indoor play. Correctly diffused lighting is a boon to adults too. You can read, sew, chat, play cards, with complete comfort in properly lighted rooms. And the cost of proper lighting is insignificant: a few extra bulbs of the right strength, properly placed and shaded, do the trick. We will gladly check up on your home lighting and suggest the few changes that may be necessary.

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