

UPPER CANADA COLLEGE

TORONTO
(Founded 1829)

Memorial Scholarships . . . Upper School

In honour 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 per 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.

Electrical Equipment in Preparing Quick Meals

Grills in Addition to Cooking Satisfactory May Serve Another Purpose, that of Preparing Toast and Griddle Cakes. Some Recipes of Special Interest.



(By Edith M. Barber)

Many business women and men too who like to prepare occasional meals depend entirely upon electrical equipment for which the so-called serving pantries provide outlets. Sometimes the equipment is merely a one or two-plate stove which, however, recently has been developed in such a different manner that it makes provision for roasting and broiling. There are convenient cookers which can be used for cooking meats which have been seared previously on top of the stove and for vegetables and cereals.

Recently an electric French fryer which produces the most delicately browned potatoes, croquettes and oysters and which can be used as well for French frying other vegetables, has appeared. I wonder if you have ever tried French-fried cauliflower which needs only to be dipped in a batter or cracker crumbs before frying.



The electrical table equipment is, of course, most useful in the preparation of a quick meal. The grills cook meat satisfactorily and some of them may be used as well for toast and griddle cakes. The waffle iron provides crisp waffles of the standard type and may be used to advantage in baking cake mixtures for dessert. One of the most delicious desserts I know is provided by chocolate waffles put together with ice cream.

For the main course there is that delicious waffle club sandwich which may, if you like, be served with mushroom sauce. Griddle cakes may provide a foundation for a first course if they are rolled around well seasoned minced ham or other cooked meat and they will provide as well a dessert if served with syrup, honey or preserves. The food repertoire can be varied in the smallest type of serving pantry with the aid of to-day's electrical equipment.

Quick Meal

- Mushroom Soup
- Ham Griddle Cakes With Cheese Sauce
- French Fried Cauliflower
- Mixed Vegetable Salad
- Ice-Cream With Orange Marmalade Sauce

Method of Preparation

- Mix griddle cakes.
- Heat fat for frying
- Prepare cauliflower
- Prepare salad and chill
- Prepare ham
- Make sauce for ice-cream.
- Make cheese sauce
- Open can of soup and heat
- Make coffee
- Make griddle cakes at table

French Fried Cauliflower

Separate head of cauliflower into sections, wash and dry. Dip in fine sifted bread crumbs, slightly beaten egg and crumbs again. Fry in deep fat, 375 deg. F., until brown. Drain on absorbent paper and serve.

Griddle Cakes With Ham

- 2 1/2 cups flour
- 1/2 teaspoon salt
- 4 teaspoons baking powder
- 1 tablespoon sugar
- 1 egg
- 2 cups milk

1/4 cup melted shortening
Minced ham
Cheese sauce
Mix and sift dry ingredients, beat egg, mix with milk and stir into first mixture. Stir in melted shortening. Bake on both sides on hot ungreased griddle. Spread each pancake with minced ham and roll. Place side by side on a hot dish and serve with well seasoned cheese sauce.

Waffle Club Sandwiches

- Waffles
- 6 slices chicken
- Mayonnaise
- 12 lettuce leaves
- 12 slices tomato
- 12 slices cooked bacon.

For each serving arrange chicken, lettuce and mayonnaise between the two waffle sections and on top of the second waffle section put lettuce, bacon, tomatoes and mayonnaise. Cover with the third waffle section.

(Copyright by the Bell Syndicate, Inc.)

Chemistry Takes Big Part in Automobile Industry

The new 1937 automobiles are largely a product of chemical industry which can lay claim to having played some part in producing every kind of material that enters into the production of the modern car. The exterior finishes, for instance, would not have been possible but for this industry's discovery of the modern durable, fast-drying enamels and lacquers. Working in conjunction with the metallurgist the chemist has replaced the old-time heavy metals used in the engine with light, strong, rust-resisting alloys. The chemical industry has given the motorist his present high-grade gasoline, but more mileage into his tires, supplied him with a durable, hard-wearing upholstery, modern plastics for his dashboard and safety glass for his windows. —The C-I-L- Oval.

Catching Minnows at New Liskeard in the Cellars

During the holiday season at New Liskeard there were heavy rains and as a consequence many cellars in homes in Dymond township, near New Liskeard, were flooded owing to the overflowing of a nearby creek that suffered from the heavy rains. One of the odd results reported is that one resident on going into his cellar one day noticed a minnow swimming around in the water in his cellar. The gentleman returned upstairs and secured a dipper and after some exercise and manipulation succeeded in capturing his fish. He took it upstairs and placed it in a large goldfish bowl he had. The fish is living and thriving and is like the music—going round and round. That at any rate is the New Liskeard story and they intend to stick to it.

Renfrew Mercury.—A Berkeley (Cal.) scientist says that soon housewives will be growing vegetables in the kitchen sink. It seems that chemical farming will soon be the order. But most kitchen sinks are pretty well filled up.

BE BEAUTIFUL

By **ELSIE PIERCE**
FAMOUS BEAUTY EXPERT



12-11
Good Grooming calls for perfection in every little detail. GLADYS SWARTHOUT attains that end in her evening coiffure and make-up when she highlights lips and eyes.

Little Things That Matter Because They Mar

We take good looks, and good grooming, and goodness and grandness for granted. The conservative employer expects his efficient staff to be at top-notch form all the time. He accepts no excuses, makes few allowances for slip ups. Mistakes may happen in the best of families, but in his family a few mistakes are enough to overshadow all the good.

It is quite so with good looks. If you are lovely at all times that loveliness is soon taken for granted. That applies to good grooming, too. In fact, good grooming is taken more and more for granted, it is expected of women nowadays.

And just as one mistake can undo an enviable record, so a single loose curl can spoil an otherwise beautiful coiffure. One little blemish and the reputation of a beautiful complexion is blasted. Chipped polish on one nail is worse than no polish at all.

Chipped Nail Polish
On this point I'd like to elaborate, because broken nail polish shouldn't be tolerated. It is easy enough to remove every bit of nail polish and go without polish for a day in an emergency, our best friend and severest critic may query, "Don't you like nail

polish?" But that's better than the reputation of being careless or slipshod. If you can learn to renew your own nail polish as often as it needs renewing, fine. If you have time to have it done, some beauty parlors make a very nominal charge for the service "change of polish" which includes a little clean-up treatment for the nails too. But in any case don't tolerate polish spots on the nails.

Good Grooming a Good Habit

More little details. No one ever notices your stockings when they are right but just as soon as a seam runs askew or a little hole makes its way at the heel every one knows it and calls your attention to it. A run down shoe heel calls for more attention than a brand new pair of shoes. Haven't you noticed? A tear or rip or stain, a button loose, or off, it's always the little things that matter because they mar an otherwise lovely picture. That's why good grooming is such a good habit. It keeps the lovely picture together. It makes for self-confidence. It makes you feel up to meeting anyone, your best friend and better yet, your dearest enemy.

(Copyright, 1937, by the Bell Syndicate, Inc.)



That Body of Yours

By **James W. Barton, M.D., Toronto**
Inflammation of Gall Bladder

If you were asked what was the most common ailment or disease in the abdomen you might say appendicitis, ulcer of the stomach, or "inflammation" of the bowels or intestine. You would be mistaken.

Inflammation of the gall bladder (chole cystitis) is the commonest of all abdominal diseases. It is now being recognized that many of the conditions causing symptoms in stomach and intestines are due in great part to an inflamed gall bladder. It is estimated that 2 of every 3 adults have more or less disturbance of the gall bladder. In fact the gall bladder is affected even in childhood.

The cause of the inflammation is the presence of tiny organisms but why they locate there, how they reach there and what are the varieties of organisms calls for thorough and painstaking investigation.

That these organisms would not locate in the gall bladder if it were kept active by exercise is admitted because exercise keeps the bile moving as was proven at McGill University, Montreal, some years ago.

The first point then is that sluggishness of the liver and gall bladder seems to invite these little organisms to locate in the gall bladder.

"All are agreed that this sluggishness, slowness—biliary stasis—as it is called, is due to overweight, overeating, chronic constipation, and lack of exercise. Tight corsets were an important factor in former years.

In the early stage, the symptoms of chole cystitis may be just pain or fullness in region of stomach, gas pressure, and nausea; biliousness is the name often used.

The condition of the gall bladder is investigated by the use of the X-ray, and by draining out the gall bladder by using Epsom salts and drawing them out again by means of a rubber tube. Epsom salts by mouth are effective in the treatment.

However, to prevent gall bladder trouble with all the symptoms that may accompany it two or three things are necessary: (a) eating the proper food; (b) proper laxatives, and (c) taking exercises that squeeze the liver and gall bladder and increase the flow of bile.

Fats have usually been forbidden but

as fats make gall bladder empty itself, small amounts of cream, milk, butter or olive oil may be taken; it is the cooked fats and fried foods which cause the gas distension. This is important to remember.

As a laxative, bile salts may be given. Some physicians give magnesium sulphate (Epsom salts) flavoured with orange.

The exercise consists of deep breathing to push the diaphragm down against the liver, and bending exercises with knees straight.

"Do you work in an office or do light factory work? Do you do hard physical or heavy household work? In his booklet, "Eating Your Way to Health," Dr. Barton outlines diets for light workers and heavy workers. Send ten cents to cover handling and service, for booklet No. 101 to The Bell Library, 247 West 43rd Street, New York, N.Y.

Spruce Still Chief Wood Used in Making of Paper

(From Canada Lumberman)

E. W. McBride, of the Abitibi Power & Paper Co. Ltd., Toronto, who recently made reference to the use of jackpine in the manufacture of pulp for newsprint, says that spruce is still the principal wood used in the paper industry. Recently a large number of kraft mills have been built in the southern United States, says Mr. McBride, and they are successfully using jackpine, producing pulp which is manufactured into ordinary brown wrapping paper and bags.

Some attempts have been made to use this slash pine to make newsprint, and the efforts are partly successful. "Further investigation," says Mr. McBride, "may solve all the present difficulties, and if entirely successful in the United States, there is no reason why the same process could not be applied to jackpine, in Canada where large stands are available."

The Abitibi Power & Paper Co. have carried out some research work on the use of jackpine, but investigations have not reached a stage where this wood can be employed in the manufacture of newsprint.

Huntingdon Gleazer.—In some way, Samuel Frank, San Francisco, obtained the names and addresses of 13,000 unmarried women of all ages and began making love to them by correspondence, although he was already married. Endearing letters and promises of marriage enabled him to borrow money from many of them, just how many will probably never be known. The "G-men" finally caught up with Frank, had him arrested for using the mails to defraud and he has been sentenced to five years in a federal penitentiary.

Tastefully Designed FLORAL TRIBUTES
Wreaths, Sprays, Bouquets
Flowers of Quality



Mrs. Shephard
Florist

29 Fourth, opp. Fire Hall

Phone 678

Quebec to Act in Case of Rubec Mines is the Report

According to word from Montreal this week the province of Quebec intends to take action in reference to the case of the Rubec Mines in connection with the recent report that "salted" samples from the property were used to deceive the public as to the immediate value of the mine. The Montreal reports state that Premier Duplessis has made an announcement to the effect that the authorities of the province would take appropriate steps to deal with the Rubec case.

"There is no doubt that the province is on the eve of a great increase in mining production," he said, "and the government intends taking measures to assure the people against exploitation. "As regards the particular case of

the Rubec mine the government will take action and, probably, legislation bearing on the matter will be submitted to the assembly at the next session." Hon. Onesime Gagnon, minister of mines, has the Rubec matter under consideration, Mr. Duplessis said.

Contrary to "certain rumours," the Premier declared, his government had not sent any delegates to Ontario to study the working of the Hydro-Electric system, but it was possible some members of the legislature had made investigations on their own account.

St. Mary's Journal-Argus.—A Missouri woman advertised for a husband. She got one at a cost of two dollars. He enlisted in the army and was killed. She got three thousand dollars' insurance and will get a widow's pension as long as she lives. Who says advertising doesn't pay?

Evening Gowns Now a Bit Sophisticated

Flowers and Bandings Used for Trimmings



LEFT, starched blue chiffon with bands of matching velvet; RIGHT, rayon satin in ciel blue with wine-colored shoulder flowers.

Such lovely evening gowns for the post-holiday season. New materials, new and different styles as the season advances.

Bands of contrasting or matching material—often velvet, are new and smart. The gown sketched left will suit the smart young thing who likes her clothes just a trifle sophisticated. It is made of starched blue chiffon with bands of matching blue velvet. The décolletage is square cut, and a flower is posed in front with bows of the velvet.

A more demure gown, but equally smart, is the rayon satin ciel blue, right, with flowers on the shoulders. Both dresses are plainly styled, but have a great deal of distinction.

Square, V-shaped or heart-shaped necklines are all equally fashionable, and still others are very high, but often cut very low in back to make up, apparently for the high front.

Laces More Important
Laces, nets and embroideries are growing in importance in the fashion world. Tailored clothes in these fabrics

usually use closely massed motifs in designs and frequently with a cire finish. Satin is much liked at this season of the year, and will be important when the southern season opens shortly. In fact, one stylist advised women going south for the winter—or for shorter periods—to be sure to have one satin dress in their wardrobe—several if they can afford it.

Favourites at formal gatherings are one-piece gowns minus sleeves, but high in the neck, and often draped across the throat.

Prints will be prominent in the southern fashions, as they are being shown in goodly numbers in Paris. They are seen in wide variety, and designs range from gaily-coloured landscapes like paintings on crepe satin to tiny splashes and dashes of Duco paint on organdies. Modern science has inspired some of the newest print motifs. Electric bulbs are used by one house and germ-like things called "Microbes de Jolie" from another. Famous French monuments, such as the Arc de Triomphe, are also seen in new prints.

SIMMS, HOOKER & DREW
INSURANCE IN ALL BRANCHES
REAL ESTATE

Houses and Lots for Sale on Terms

DOMINION BANK BUILDING

Opposite Goldfields Hotel Block
TIMMINS

PHONE 113
Residence—PHONE 138

Guard His Eyes with Good LIGHTING

Nothing is more vital to the health and well-being of growing youngsters than light. Free them from eyestrain — 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.

We have a complete stock of floor and table lamps which combine beauty with good lighting. See them.

CANADA NORTHERN POWER CORPORATION, LIMITED

Controlling and Operating
NORTHERN ONTARIO POWER COMPANY LIMITED
NORTHERN QUEBEC POWER COMPANY LIMITED