

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 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.

Apple Dumplings Good for the Cold Weather

Hot Desserts Touch the Fancy During Cold Days. Here are Some Recipes That May Interest, Together with Menus for a Full Week, with Desserts Featured.

What is better on a cold day than a hot dessert, such as apple dumplings, a cranberry brown Betty, a cottage pudding? Sauces, by the way, belong with these desserts.



(By Edith M. Barber)

Sunday—Breakfast
Grapefruit Ready-to-Eat Cereal
Griddle Cakes With Frizzled Beef
Coffee
Dinner
Clear Tomato Soup
Celery Olives
Roast Beef Yorkshire Pudding
Browned Potatoes
String Beans in Cream
Romaine With Chutney Dressing
Ice Cream, Caramel Sauce Cookies



Supper
Creamed Shrimps With Mushrooms
Watercress Salad
Fruit Compote
Tea Cookies
Monday—Breakfast
Stewed Prunes
Ready-to-Eat Cereal
Bacon Whole Wheat Rolls Coffee
Luncheon
Poached Eggs With Tomato Sauce
Celery
Melba Toast Tea Crushed Pineapple
Dinner
Cream of Watercress Soup
Cold Roast Beef, Hot Chili Sauce
Macaroni With Cheese
Carrots With Lemon Butter
Cranberry Brown Betty, Hard Sauce
Tuesday—Breakfast
Orange Juice Cooked Cereal
Omelet
Rolls Coffee
Luncheon
Vegetable Chowder
Sardine Salad
Tea Gingercake
Dinner
Fricassee of Chicken
Hot Biscuits
Brussels Sprouts Buttered Beets
Baked Stuffed Apples
Wednesday—Breakfast
Stewed Figs
Ready-to-Eat Cereal
Soft-Cooked Eggs Toast Coffee
Luncheon
Chicken Hash
Lettuce With Pickle Dressing
Tea Cookies
Dinner
Tomato Juice Cocktail
Broiled Scallops
Mashed Potatoes Spinach
Apple dumplings, Supreme Sauce
Thursday—Breakfast
Orange Juice
Cooked Cereal
Sausages English Muffins
Coffee
Luncheon
Baked Beans

Mixed Green Salad
Tea Cookies
Dinner
Chicken Broth
Broiled Hamburg Steak
Buttered Potatoes
Broccoli With Hollandaise
Cottage Pudding, Chocolate Sauce
Friday—Breakfast
Tomato Juice
Cooked Cereal
Poached Eggs Toast Coffee
Luncheon
Cereal Cakes With Bacon
Celery Tea
Dinner
Baked Stuffed Fish
Buttered Potatoes
Cucumbers With Sour Cream
Wine Jelly
Saturday—Breakfast
Grapefruit
Ready-to-Eat Cereal
Bacon Toast Coffee
Luncheon
Potatoes With Sausage
Lettuce Salad
Canned Peaches Tea
Dinner
Cube Veal Steak With Gravy
Baked Sweet Potatoes Braised Celery
Vegetable Salad
Orange Souffle
Cereal Cakes With Bacon
3 cups cold oatmeal
1 tablespoon minced onion
1 teaspoon minced onion
Salt
Pepper
Corn meal
Bacon
Mix seasonings with the oatmeal and form into small cakes. Roll in the corn meal. Put in a greased baking pan and place strips of bacon on the top. Bake in a hot oven (450 degrees F.) until the bacon is crisp. Serve for breakfast or luncheon.
Cube Veal Steak With Gravy
1 onion
2 slices bacon
6 cube veal steaks
2 tablespoons flour
1 cup boiling water
1 bouillon cube
Salt, pepper
Peel and slice onion. Mince bacon and cook onion and bacon together until onion is brown and bacon crisp. Push over to one side of pan. Cook veal steaks two minutes on each side and remove to platter and keep warm. Add flour to bacon and onions, and mix well. Add slowly the boiling water in which the bouillon cube has been dissolved and stir until smooth and thick. Season to taste. Serve with the veal cube steaks.
(Copyright, 1937, by the Bell Syndicate, Inc.)
Charlottetown Guardian:—Snuff-taking in the Old Country is noticeably on the increase. One of the converts to the habit has just declared that all his life he had been "humiliated by frequent streaming colds," but since taking the first pinch, 18 months ago, he has not had a single one.

BE BEAUTIFUL

By ELSIE PIERCE
FAMOUS BEAUTY EXPERT



11-23
SIMONE SIMON poses after her make-up has been applied under perfect light and without a shadow.

Your Mirror and Your Make-Up

If we grant that make-up can help us make the most of our looks we must also agree that make-up is worth all the time and effort it takes. I think make-up should be made a ritual, a ceremony. If women took the time to sit down before their dressing table, leisurely and studiously apply make-up the result would not only be all the more lovely, but all the more lasting as well.

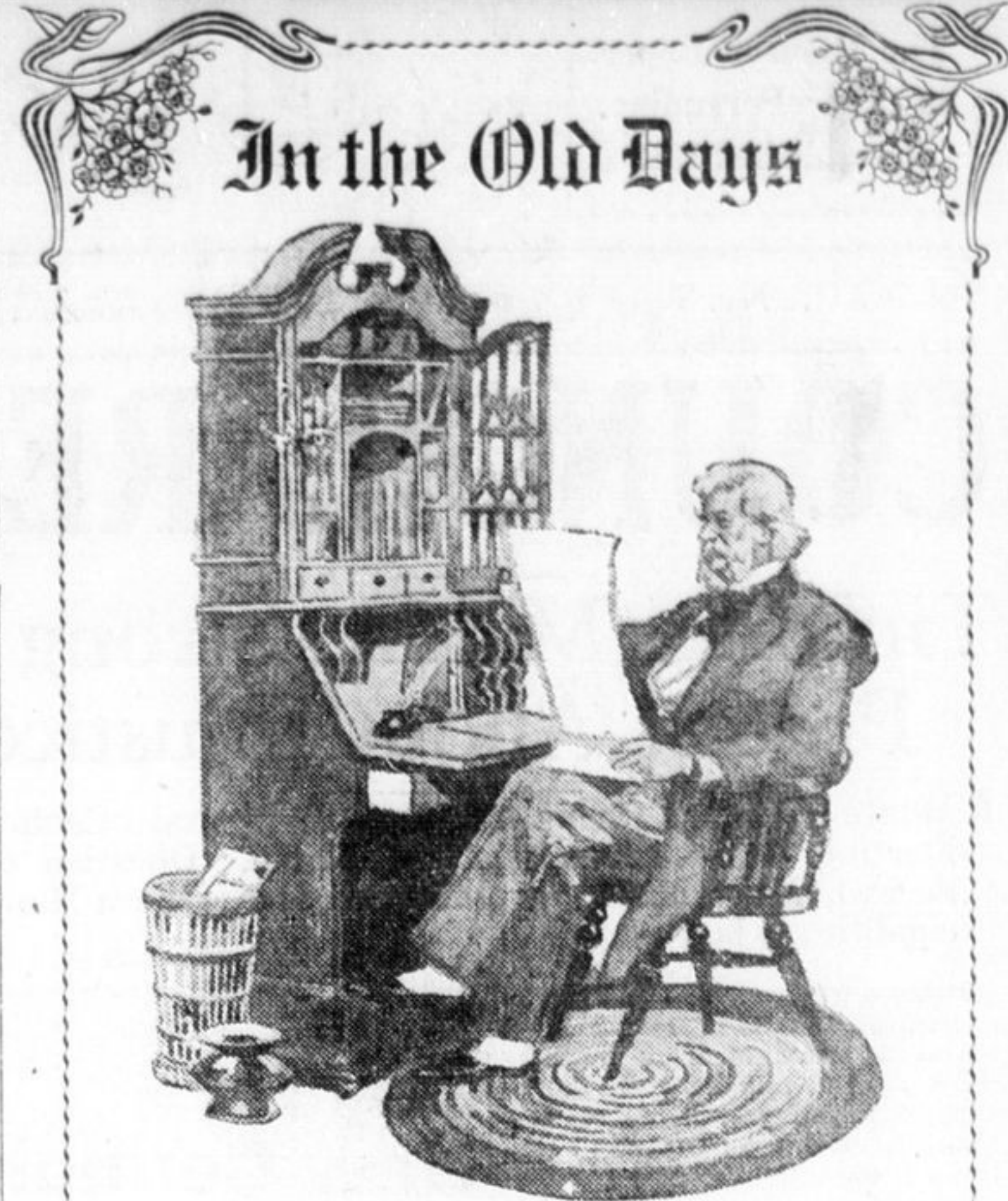
The mirror by which make-up is applied has much to do with the success of the finished picture. Have you ever heard a woman say "that mirror is too true" . . . she doesn't mean that at all. She probably means that the mirror, not being a very fine quality glass, has a way of distorting the features and blurring the image. The really true mirror is one to cherish. You want your mirror to tell the truth. You want to know the truth and try to improve on it. You want to see yourselves as others see you. So, seek a true mirror by investing in a really fine glass.

Proper Light
And remember that the proper light will help your mirror to tell the truth. It is fashionable, from an interior decorating viewpoint, to place the dressing table before a window . . . And it is fine from the beautician's viewpoint too. See that the light falls full on your face as well as into the room beyond you so that no shadows are created. Generous light at night is a little

more difficult. Even if you use large bulbs you may find that you really cannot see and even when you lean forward nearer the mirror the light seems to strike you in spots so that you only see parts of your face or your gown. If these parts are highlighted, and the rest in shadow, you may find, to your dismay, when facing better light that your rouge is far too bright. Uniform light is desirable. And it is often advisable to turn on some other light in the room. Don't try to light the mirror—it is yourself you want to see. And this is easier when the room is lit than when you see yourself silhouetted against a dark background of the room.

There should be a lamp on either side of you. And it should permit the light to fall where you want it most, on your head and shoulders. If you are sitting down select tall lamps. Large bulbs are desirable. But don't use them under small shades or the light will glare at you. The bottom diameter of shades for most dressing tables should be about eight inches.

White shades are preferable, too. Coloured shades should be avoided because they leave their mark upon surfaces they touch. Suppose you make up under a blue shade and later sit under a rose coloured bridge lamp—you may find your make-up doing a "presto change" act that is far from becoming.
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When Horses Wore Bonnets
When Poets Wrote Sonnets
On Beautiful Women by Scores,
Wives Soon Found That Mrs.
Not Only Meant Kisses
But Meant Monday's
Washing Day Chores.

Ah! But Now

TIMMINS
New Method
LAUNDRY
PHONE 153

The Household by Lydia Le Baron Walker

A NEEDLECRAFT DESIGN OF RARE BEAUTY AND HOW TO USE IT IN MAKING HOUSEHOLD ACCESSORIES.



The Garden Bowl pattern is so shaped that it is remarkably well-suited for end table covers.

In the comparative leisure that comes after the holiday rush is over, women return to the art of needlecraft as a recreation. There is something exquisite about fashioning beautiful articles to ornament the dining table, to lend loveliness to living rooms, and to add to the charm of boudoirs.

Filet Foundations
To-day I am telling about colour embroidery on filet net, which net can be hand knotted; be a good quality of machine-made filet net; or be filet-crochet, made by the worker as the foundation for the embroidery. The one thing essential in the filet-crochet is that the squares and posts be regular and symmetrical.

Embroidering the Filet
The embroidery is worked in darning stitches. The number of times the yarn is woven in and out to fill the spaces of the mesh, depends on the size of the yarn, medium size working up rapidly and proving effective.

Many Styles From One Pattern
A design that can be used for cross stitch, knitting, and crochet, is offered to-day for ten cents and a self-addressed stamped (3-cent) envelope sent with a request to Lydia Le Baron Walker, care of The Advance. The design is called The Garden Bowl Needlecraft Pattern, and is one of rare beauty. On the pattern sheet are directions in counted stitches for making the gracefully-shaped net in filet-crochet. Two color schemes are developed and are given in colour charts. There are also full instructions for darning the design on the net and for cross stitching on different materials. Many uses for the pattern are suggested.

Descriptions
The shape of the lace is semi-oval, and fits that of many end tables, for which these covers are distinctive. The lace can be extended to any desired length by repeating the design, however developed, in crochet, cross stitch or knitting.

Some Uses
Handsome chair backs are made from one section, or davenport backs from three, four or five. The lace when darned in colours makes exquisite ends for living-room table runners of velvet, satin, or linen. In white or cream, the lace transforms simple linen runners or square cornerpieces into expensive and exclusive table linens.
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SMALLEST ENGINE
Johannesburg Star:—What is stated to be the smallest steam engine in the world is now in Capetown. It is less than half an inch high. It is the work of Mr. J. Ewing, of Kenya, and is a three-cylinder double-acting piston-valve reversing-gear steam model engine. It has a bore of three sixtieths of an inch and a stroke of one-sixtieth of an inch. There are about 20 parts in it.



Eyestrain picks its victims young

NEW BETTER-SIGHT LAMPS GIVE BETTER LIGHT AT LOW COST



This is the lamp for glare-free, sight-saving light. Every child should have one for reading and studying. Gives far more and better light than ordinary lamps using same amount of current.

We have a complete range of Floor and Table lamps.

A small down payment puts one in your home.

Protect YOUR baby's eyes with CORRECT Lighting

Protect his eyes in babyhood; protect them through his school years; guard the eyesight of your entire family. Do it this easy, inexpensive way — with correct lighting. It's simply a matter of having an adequate number of bulbs of correct wattage properly placed and shaded to eliminate dull spots and glare. The bulbs themselves cost little; floor and table lamps may be bought on easy terms. Put new light and new joy in YOUR evenings at home: find new pleasure in reading, sewing, games. Never let a lamp socket stay empty. Always have spare bulbs on hand: BUY THEM BY THE CARTON.

Canada Northern Power Corporation, Limited

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



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

That Body of Hours

Drugs and Coarse Foods Not Advisable
We should not condemn an individual with "constipation" because he tries to rid the lower bowel of wastes by using purgatives. He wants to get rid of the wastes.

Nor can we condemn another individual who decides that he will not use "drugs" but will use "coarse" foods that will irritate the lining of the bowel and so make it empty its contents.

However there are a great many cases where there is a "spasm" of the bowel (just like a "cramp") and of course the wastes can't get past. Naturally it is thought to be "constipation" and purgatives and coarse foods are used to cleanse the bowel.

Now spasm of the lower bowel is due to the same cause as a spasm elsewhere; that is emotional disturbances of any kind such as rage, fear, excitement, depression, worry and other emotions which put the nervous system out of balance or cause what is called "imbalance."

Dr. T. L. Hardy in the British Medical Journal tells us, and most physicians will agree, that "certain physiological and psychological types can often be recognized, notably the spare, lean type of individual, wiry of build, dark and sallow of complexion, with his anxieties and perplexities engraved on his features." "In this soil or background different factors will affect the nervous system and muscular system so that they will not work together in harmony." What is called spastic constipation may result.

"Constipation, past or present, real or alleged, is complained of by the majority of these patients, but more important are the methods adopted for its relief by purgatives, enemas, and unsuitable diet (usually coarse foods). The amount of purgative medicine taken by patients with spasm of the colon (the large bowel) in the belief, often mistaken, that they are constipated, is enormous, and results largely from the view, still widely held, that the large intestine is a septic tank and must be

emptied completely once a day if good health is to be maintained."

Treatment of this spastic condition is not effective when the patient is given a barium meal, and is able to see by the X-ray that while it may take two or three days to go through the body, this is a more healthy state of affairs than the constant emptying of the bowel by a purgative.

Are you susceptible to colds? Do you worry about your heart? Are you overweight or underweight? Does your food agree with you? Do you have to watch your calories, fats, starches, etc.? Do you believe that you have an ailment that medical tests do not reveal? The following booklets by Dr. Barton will be helpful to many readers and can be secured by sending ten cents for each one desired, to cover handling and service, to The Bell Library, 247 West 43rd Street, New York, N.Y.—"The Common Cold," "Overweight and Underweight," "Eating Your Way to Health," "Why Worry About Your Heart?," "Food Allergy," "Neurosis."

FORESTRY NEXT TO MINING

(From Sudbury Star)

Though forestry ranked fourth in Canada's industries during the year, with mining well ahead of it in the standing, there is nevertheless cause for satisfaction in the showing made by the country's forest operations during this year. Experts estimate that the national income from that source is \$250,000,000, as against \$197,783,000 last year.

This increase is accounted for by greater production of newsprint and expansion in export of lumber. And there is every indication these industries will yield still more next year. Domestic demand for lumber was not nearly as brisk as the export demand, but with the building industry picking up there should be an accompanying increase in domestic purchases.

These forests are one of Canada's greatest sources of wealth, and like mining will continue to pay well for years to come, provided they are properly managed. Forest conservation is an important piece of work. Governments are spending thousands of dollars on it and deserve co-operation in all their efforts.

King's County (N.B.) Record:—There are other things than charity that should begin at home, and shopping is one of them. "Shop at home" is a good slogan at all times.