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

Proper Diet Includes the Necessary Vitamins

Milk, Eggs, Green Vegetables, Fruit, Cereals and Meat Should be Part of Every Day's Menu, Suggests Noted Culinary Expert. Spinach Ring. Prune Pudding.

"Oh dear," sighed one of my friends the other day, "I read in the paper this morning that they had just found another vitamin—another thing to worry about in planning the children's meals!" Perhaps some of you have felt like that occasionally after reading a detailed article on the nutrition prob-

Third—A whole cereal used in the form of breakfast food or bread at least once each day.
 Fourth—An egg, or at least an egg yolk for each child, and where possible for the adults each day.
 Fifth—Meat, fish or eggs or cheese once a day.
 Sixth—Plenty of bread, butter and cereals, some sugar, preferably used as a flavouring for desserts rather than in the form of candy between meals.
 These are the A, B, C's of nutrition. If they are considered, the family will be automatically well fed if, and this is important, the food is well combined, well prepared and is actually eaten.

Spinach Ring
 1/2 peck spinach
 2 tablespoons butter
 2 tablespoons flour
 1/2 cup milk
 3 eggs, separated
 Pepper and salt
 1 tablespoon grated onion
 1/2 teaspoon nutmeg
 Wash, pick over and cook spinach until tender, about ten minutes. Drain, chop or put through meat grinder. Heat butter, stir in flour, then the milk. When smooth and thick, stir gradually on to the beaten yolks. Add spinach and seasonings. Fold in the stiffly beaten whites of eggs, place in a well-greased ring mold set in a pan half filled with boiling water, bake 20 minutes in a moderate oven 375 degrees F. or until set. When ready to serve loosen edges, turn carefully on hot platter. Place a creamed vegetable or meat in centre.



(By Edith M. Barber)

lem. It seems so complicated to have so many factors that one despairs of ever completely understanding it.

Fortunately the application of the principles of the science of nutrition is comparatively simple. It is not necessary for the woman who plans the meals for her family, to concern herself directly with any one of the vitamins or proteins, for instance, as a separate factor, because the findings of the nutritionists can be interpreted in terms of every day foods and in not so many words at that.

First—A quart of milk for each child, and a pint for each adult each day. (Part of this may be used in the cooking. It is a good plan to include at least one milk dish a day for children and grown-ups alike.)

Second—Plenty of fruits and vegetables each day; fresh or canned fruit always including orange or tomato juice each day or a leafy vegetable such as lettuce, cabbage or spinach as well as at least two other vegetables or fruits, fresh or canned.

Prune Pudding
 2 1/2 cups milk
 1/2 cup brown sugar
 Salt
 3 tablespoons cornstarch
 1 cup prunes, soaked and stoned
 Scald 2 cups milk and add brown sugar and salt. Mix cornstarch with the half cupful of cold milk and add to the hot milk, stirring until smooth and thick. Add prunes and cook in a double boiler at least 20 minutes. Pour into molds to cool.
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Florida Times-Union:—South Florida driver fined \$100 for drunken driving had to sell his car to pay the fine or go to jail for 30 days. Say, that's an idea.

Got Big "Kick" from Advance Editorial

Points Out that Toronto Would Have 801 Instead of 119 Beverage Rooms in Proportion to Timmins.

Toronto, Ont., January 8th, 1937
 Editor, Porcupine Advance, Timmins, Ontario.

Dear Sir:—I don't know when I have had quite the kick out of any editorial that was given me by your "Toronto-Timmins" of Dec. 30th, 1936.

Too bad it will not be republished in Toronto. Unless it by chance finds its way into the community papers.

The fact is that the working heads of the Police list the contributing factors as follows:

1. The greatest density of traffic Toronto has ever seen.
2. Bad weather and street conditions.
3. Bad visibility.
4. Liquor.
5. Lending of cars and keys by a person afraid to drive on account of drinking, to others supposedly more able but actually incompetent, and lending and renting of cars by used car dealers.

A half hearted attempt was made to the liquor factor at the door of beverage rooms.
 The fact is, potent liquor sales were over eight times greater than the average pre-Christmas sale, while the volume of hotel beverage rooms was less than that of the preceding Saturday. Hotel beverage rooms were carefully watched by plainclothesmen and police on the beat. A station having 68 beverage rooms in its district reported not one brawl or offensive occurrence.

It is interesting to note that Timmins with its 18 hotel beverage rooms (which proportion to its population would give Toronto 801 beverage rooms instead of the 119 existing) was able to report such a record of orderliness.

It would seem that hotel beverage rooms justified the claims made for them—the safe, controlled drinking is the safest and best control—and, mayhap, at long last, this may be recognized in the case of potent liquor as well as beer, and eliminate the drinking of potent liquors in the hundreds of offices, entertainment in hotel bedrooms and the thousands of homes, automobiles, etc., which were the source of "Black Christmas" in Toronto, insofar as the liquor responsibility is concerned.

Sincerely,
 Moderation League of Ontario,
 H. S. Pritchard.

CHILD'S HEALTH CONFERENCE AT SCHUMACHER ON FRIDAY

The Child's Health Conference will be held in the basement of the public school at Schumacher on Friday afternoon, January 22nd, from 3 to 5 p.m. All mothers and their babies are invited to attend.

N. Y. Daily News:—Ziegfeld "Follies" Presidential poll revealed 36 chorines for Roosevelt, nine for Landon and three neutrals. . . The neutrals didn't know there was an election.

Twenty Years Ago In Timmins

Twenty years ago—1917—wartime in the world. Times weren't quite so good as they are to-day. The Allies were getting desperate, needing food, men and munitions. Prices were soaring and wages had to increase too to keep up with the pace. It was a different sort of Porcupine those days.

In the middle of January, 1917, the Porcupine Consolidated Patriotic Club was formed and had as its objective the raising of \$5000 a month for patriotic purposes. It was to be a combined effort of all the people. A. R. Globe, then assistant general manager of the Hollinger Consolidated, and one of the town councillors, headed the club.

The Miners' Union was a powerful body in those days. Miss Laura Hughes, daughter of Dr. James Hughes and niece of the great Sir Sam Hughes, had come to Timmins to address a meeting of the union, under the chairmanship of W. DeFeu. She was well received and heartily applauded throughout. One of her main points was that workers made just as good, if not better members of parliament than the men who were being elected to those posts.

Important changes were made in provincial police circles 20 years ago. W. S. Ackroyd arrived to take over the Timmins post just that long ago. He relieved Robert Allen, who was transferred to South Porcupine.

Fire Chief Bob Day, who had come to Timmins from Collingwood, left the town 20 years ago without giving the usual month's notice much to the annoyance of the town council. So annoyed were they that they considered taking legal action to recover a month's salary from him. They decided to engage Ernest Drury (not the farmer preacher), fire chief at Haileybury. Mr.

Drury later decided to remain in Haileybury and Alex Borland took over the tough job.

Comments in The Advance of 1917: "The Tuesday evening 10 o'clock train arrived here at six o'clock Wednesday morning." Such was life on the T. & N. O. then. "The colder the weather, the hotter the interest in hockey." From the earliest days, Porcupine people had their hockey teams that drew bigger crowds than any other sport.

The Gold Reef was working twenty years ago and a report circulated around town that it had been seriously damaged by fire. The Advance denied this, saying that one house had burned. A technically interfered with the election of J. T. Easton in the Tisdale elections 20 years ago. He resigned promptly, though he had headed the poll, was nominated again and given his place by acclamation.

Private A. P. Dooley of Timmins, then on leave in England, saw many of the Porcupine boys overseas, even though they weren't in the 198th. He mentioned Billy White, Scotty Gardiner, Jack Munro, Dave Maxwell and Fred Guthron in a letter home.

Len Newton addressed the town council 20 years ago on the necessity of Timmins having a good general hospital. The miners were well cared for, he said, through the mine hospital, but the women and children had no place to go in case of serious illness. His scheme was one by which a hospital board would be established to which miners would make regular contributions from their pay cheques and other citizens would hold monthly or annual memberships.

Some names mentioned in The Advance of 20 years ago: P. Hopkins, of the Ontario Geological Department; Mr. and Mrs. Harry Darling, Mrs. S. V. Darking; C. J. Spence; C. G. Cumming; Mayor McLaughlin; K. F. DeLong, R. J. Jemmett.

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That Body of Yours

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

The Crying Child

When I was in my teens I visited a home where paregoric and even "laudnum drops" (both opium preparations) were regularly used to soothe the crying baby. Young as I was I thought it was a "terrible" thing for a mother to give opium to babies.

Some years later we were told by our baby specialists that crying was good for babies as it "stretched" their lungs and would prevent lung ailments—bronchopneumonia, pneumonia, and even tuberculosis. All babies should be allowed to cry. The only precaution to be taken was not to allow babies to cry too hard as it might cause hernia or rupture.

What about crying babies?
 "Babies cry because of temper, or because they are spoiled and simply want attention. Generally, however, babies cry because of discomfort, pain or hunger, and occasionally one may cry from nervousness. If the crying is because the baby is angry or wants to be amused, then letting him cry is good for him. But one should examine the baby thoroughly and be sure there are reasons before leaving him to "cry it out."

I am quoting Elizabeth Willis de Huff in Hygeia. Child specialists tell us that for the sake of his health, heart and chest development the average very young baby should cry from 15 to 30 minutes a day. "The cry is loud and strong. Infants get red in the face with it; in fact, it is a scream. This is the baby's exercise and is necessary for health. This is the cry of the normal child."

Dr. L. Emmett Holt, New York City, in his book, "The Care and Feeding of Children," describes the abnormal cry of children as being too long or too frequent. The abnormal cry is rarely strong, often it is a moaning or wailing cry, sometimes only a feeble whine.

The main causes of the abnormal crying are pain, temper, hunger, illness and habit.

The cry of pain is usually strong and sharp, but not generally continuous. The face is drawn and legs drawn up; the child looks distressed.

The cry of hunger is a continuous, "fretful cry, rarely strong and lusty."

The cry of temper is loud, strong, accompanied by kicking or stiffening of the body, and is usually violent.

In the cry of illness there is usually more of fretfulness and moaning than real crying.

The cry of habit is usually in young infants who want to be rocked or carried; sometimes for a light or a

Removes cigarette stains

pacifier to suck.

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 you have an ailment that medical tests do not reveal? The following booklets by Dr. Barton will be helpful to many readers of The Advance 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," "Neurcisis."

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BE BEAUTIFUL

By ELSIE PIERCE
 FAMOUS BEAUTY EXPERT



Fur-lined string gloves and a leather jacket serve to keep BETTE DAVIS protected and warm on her daily ride.

It's a Cruel, Cold World

You'll find it a cruel, cold world during the bitter blasts of winter if you don't dress properly; if you don't protect your skin; if you don't set your hair securely and fasten your hat so that it sits well on your head; if you dare to venture forth without gloves on your hands; if you fail to cream your hands or apply lotion every day or several times a day; if you say "look at this red nose, it's always that way in the winter" and then do absolutely nothing about it; if the best you do about cold hands and feet is complain about them; if you shun the outdoors or overheat interiors.

Yes, you'll find it a cruel, cold or utterly dull world if, instead of hating the winter intensely, you build up resistance, learn to like the outdoors and to prepare to face them.

Saner To-day
 But women who are wise are finding the world less cruel and cold and infinitely more sane to-day. For one thing we are dressing ever so much more sensibly. Witness the warm underwear, the underhose, the sport clothes, the knitted garments, sweaters, boucle suits. Years ago women wore diaphanous underwear the whole year round. Not very sensible or comfortable. But one reason was the uncomely bulk of warmer garments. Now stylists have learned to incorporate slim line and featherweight into warmer underthings as well as upper garments.

The love for exercise has stimulated an interest in outdoor sports. And women have learned that by protecting skin and hands and hair and dressing warmly enough they can enjoy the outdoor sports even in winter. Women have learned too that overheated houses are hard on health, on skin and on spirits. They make one feel dull. So they are keeping their homes well ventilated and the thermometer about 68 degrees.

Women have learned the value of oil in counteracting chapped hands and scaldness of ankles, thighs, arms. They have learned, too, that exercise is the best circulation stimulant and one of the surest ways to combat chronically cold hands and feet. Altogether the world gets less cruel and cold year by year and health and beauty should suffer less this winter.

BOY SCOUTS IN TIMMINS

The weekly meeting of the 6th Timmins (Mattagam) Troop was called to order at 7:15 p.m. The fees and attendance were taken.

Physical exercises soon took much energy out of everybody and after a few pushups or dippings practically everyone was gasping. A game was played and everyone enjoyed it.

The patrols went to their corners for instruction. Horseshoe was formed and Scouter Fisher invested Buster Bellamy and Jimmy Clatworthy with the help of the Scibe.

Scouter Fisher spoke to us on a certain subject which is a secret to be revealed later. Little Herbie Langdon gained much applause for his efforts on the tin whistle. Pyramids were practised for a little while. The meeting was closed in the usual way.

The preceding week we visited Watt's Bakery where we might have learned a thing or two. —Troop Leader.

Art Display

Of interest to those who appreciate fine line etchings and delicate watercolours, is a collection of the works of R. Thornhill, noted Ontario artist. The subjects of these paintings are chiefly laid in rural Southern Ontario which the artist interprets with keen understanding. A rustic bridge over the tranquil Don river in North York, a picturesque island in Muskoka, a restful scene near Newmarket, an unusual study of Scarborough Bluffs and an etching of Saint James Cathedral, Toronto, are among the works treated with skill and feeling by Mr. Thornhill. All are tastefully mounted on heavy mats. Popularly priced so that they may be enjoyed by all. From \$5 to \$10.

C. A. REMUS

Jewellers Phone 190
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How far from drudgery THIS is!

Many women get so used to the weekly grind of washing and ironing they become dulled to the drudgery involved in old-fashioned methods. The next time you do the weekly ironing, keep a time record of how many hours it takes you. Is it two hours, three, four—or all day or more? No matter whether it is two hours or the better part of two days, just consider this: An electric ironer will save you two-thirds of the time, and the third you spend will be oh, so much easier than any ironing you have ever done by hand. And a modern electric ironer is not complicated, either. You learn to use it quickly, it does a fine job, even on fussy pieces, it costs less than 3c an hour, and can be bought on easy terms.

It takes minutes—not hours—to do the entire ironing.

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