

Canada's
BEST BREAKFAST
PURITY OATS
MADE BY THE MILLERS of PURITY FLOUR

Some Pleasing Ways to Use Apples on the Menu

Apple Meringue and Apple Bread Pudding are Two Specials Worthy of Particular Notice. Recipes for These Given by Noted Culinary Expert.

Barrels of apples in the cellar! That was a long time ago, both as far as

It is a long time since I have had my choice of apples, and for that reason I particularly enjoyed the box of fruit which recently came to me. There were Baldwins and Northern Spies, and in addition McIntoshes and Cortlands which I do not remember in my Pennsylvania childhood. All are good eating apples and as well retain their flavour in cooking.

There is a great difference in opinion as to whether cooked apples should be served hot or cold. I am on the fence as far as this is concerned. Of course, I want apple dumplings and pies hot. I like applesauce very cold, and baked apples cold, but not chilled. For some reason chilling seems to take away flavour. Brown Betty in my opinion should be hot, and with it I like hard sauce or cream. By the way, have you ever tried a bread and butter pudding which is different from a Brown Betty because whole slices of buttered bread are used? The ingredients are the same for one as for the other but the textures and flavours are different.

Apple Meringue
4 or 5 apples
1½ cups sugar
1 cup boiling water
1 tablespoon grated orange rind
2 tablespoons orange juice
¾ cup white wine
3 egg whites

Pare, quarter and core apples. Cut each quarter into thirds. Stir one cup of sugar and water together in a shallow pan over fire until sugar is dissolved. Add orange rind and juice and boil five minutes. Cook half the apple at a time in the syrup until they are transparent. Arrange in shallow baking dish and add wine. Beat egg whites until stiff, fold in remaining sugar and bake in a slow oven (300 degrees F.)



(By Edith M. Barber)

apples and a cellar are concerned. Each year in my childhood in the fall came Kings, Baldwins and Northern Spies. I wonder if they were as large as I remember them, when each day after school the cellar was raided by all the neighbourhood children?

BLACKHEADS
Get two ounces of peroxine powder from your druggist. Squeeze on a hot, wet cloth and rub the face briskly. Every blackhead will be dissolved. The one safe, sure and simple way to remove blackheads.

15 to 20 minutes, until meringue is light brown.

Apple Bread Pudding
6 slices buttered bread
3 cups sliced apples
Sugar
Cinnamon

Line a baking dish with buttered bread, buttered side toward the dish. Arrange apples, sugar and cinnamon in alternate layers. Cover with remaining bread cover, and bake in a moderate oven (350 deg. F.) 30 minutes, uncover and continue cooking until brown.

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

World Topics in New Books at the Library

"Far East in Ferment," "Going Native," "World Around Us," Among New Volumes at Library Here.

Europe, the Balkans, Africa and Asia all have their "hot spots" where revolt or war seems likely to break out at any moment. Even the remote islands of the Pacific are not free from the threat of being blasted to pieces, a new book at the Timmins Public Library reveals. It's called "Far East in Ferment" and was written by Guenther Stein. The author is an acute observer who pieces together a terrifying mosaic of Japanese action in the far east. Manchukuan incidents, the fortifying by Japan of a formerly unimportant Pacific island. Internally and externally Japan is preparing—for what?

A West Indies Idyll
What modern man hasn't thought about "going native?" Getting away from the world of business, the rush of present day life, is an appealing thought to most. In "Going Native" Eric Muspratt tells of one of those idyllic trips to a West Indian island where a heaven of peace, contentment and proof that civilized man can still live "in the raw" make a satisfying true story.

For armchair explorers (and who isn't?) "Explorers' Club Tales" will fill the bill. Here are true tales of exploration, research and adventure as told by the famous Explorers' Club in New York by such men as Roald Amundsen, Sydney H. Ball, John B. Burnham, Richard E. Byrd, Lincoln Ellsworth, Vilhjalmur Stefansson, Lowell Thomas and a dozen others.

The "German Van Loon"
"The World Around Us," by Paul Karlson, is written in a style like Van Loon's and has been translated from the German. The physical world as it is generally recognized to-day is laid bare in a language all can understand.

The Household by Lydia Le Baron Walker

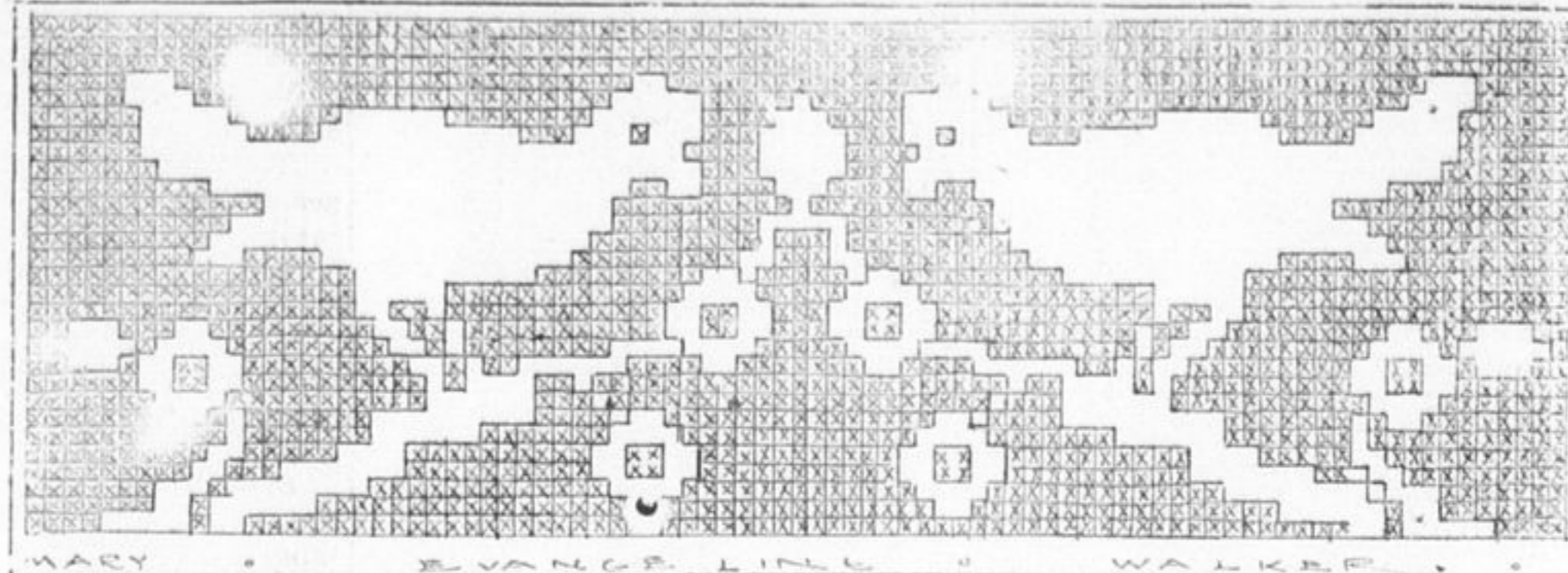
Assizi work takes its name from the little Italian village where St. Francis of Assizi was born. The work is distinctive and of rare charm. It is appropriate that birds should be featured, and that there should be a chaste quality to the style. The embroidery accents both in its character and design, the name Assizi, around which gather the charm and beauty of the gentle nobility of the saint.

Working Materials
The Italians use a round thread straight weave linen for the work which is done by counted threads, as cross stitch. It is almost, if not quite, as easy to embroider on this linen as on cross-stitched canvas. The embroidery medium is a contrasting coloured fine thread. This does not signify that

the stitchery must be closed for the background textile is visible through the stitchery, showing between and around the threads of the medium.

Stitchery Directions
In Assizi work the design is left minus stitchery while the background is embroidered in cross stitch. This reversion of the customary method of having the background plain and the pattern worked, as described, is one of its charms. It leaves the design in pristine beauty. The units are outlined, not in outline stitch but in what is known as Holbein stitch which has the same precision of counted threads as cross stitch. Peculiarities of Holbein stitch are the formations of Y's and the use of slanting lines to accent termination of lines and contours of motifs.

ASSIZI WORK—WHAT IT IS AND HOW TO DO IT



Birds are featured in classic Assizi Work, of which this is a beautiful example. It can be worked according to directions given.

Dr. Karlson begins with the atom and carries his story right through to the cosmos of relativity.

Fiction included in new books at the library:
"The Ely," Conyers.
"This Isn't the End," Widdemer.
"Men in Arms," Slocombe.
"The Secret Hand," Daniel.



That Body of Yours

By Jas. W. Barton, M.D.

The Thyroid Gland Is Like the Draft in Stove or Furnace

When you open widely the draft in your stove or furnace the fire burns more fiercely and more heat is created but of course the coal, wood, oil or other fuel is burned up that much sooner.

If you open the draft partly your heat is slower in coming, remains at a certain heat for a longer time, and fuel is not burned up so rapidly.

If you close the draft entirely there will still be a fire but it will be a slower fire, a lower temperature and the fuel will last a long time. In other words the fire will burn without the special draft in the ordinary stove or furnace.

Similarly with that body of yours; the foods eaten will burn and the body processes continue even if the draft (the thyroid gland in the neck, the juice of which acts as a forced draft in its action on the body processes) is closed tightly.

Now it is a fact that in a number of individuals the thyroid gland has been stimulated to too much action (by infection, shock, worry) and too much thyroid juice thus gets into the blood. The result in the body is like a forced draft in the furnace; all the body processes including the heart work more rapidly than normal. This means that in these cases of thyroid trouble the very rapid beating of the heart is one of the three outstanding symptoms. This increased rate of action of all the body processes also causes nervousness, indigestion, sleeplessness and other symptoms. These patients may have to remain in bed to slow up even slightly the rate at which the heart is beating so that it will not wear itself out or exhaust what is known as the reserve power of the heart.

If after every effort has been made to remove the infection or other condition causing goitre, and there is danger of collapse or death, then something must be done to slow down the heart rate.

Up until about three years ago nothing could be done but now the entire thyroid gland is removed by surgery and with this forced draft removed the heart slows down to about the normal rate, thus saving the patient's life.

In some cases the total removal of the thyroid gland reduces the rate at which the body processes work, and the patient becomes fat and sluggish, mentally and physically. By giving thyroid extract in suitable doses there is the necessary loss in weight and mental and physical improvement.

Why Worry About Your Heart?
Is it skipping beats, is it murmuring, is it large, is it small—send to-day for this instructive booklet (No. 102) by Dr. Barton, which tells the story of your heart in a simple and satisfying way. 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. For an additional ten cents you may also secure Dr. Barton's splendid booklet, "Eating Your Way to Health" (No. 101).

Mutual Life Shows Continued Progress

Large Increase in New Assurances, Company Solid and Progressive.

The general manager of the Mutual Life of Canada, Mr. W. H. Somerville, in his comments on the statements presented at the annual meeting held at Waterloo, Ontario, on February 4th stated that the new assurances issued in 1936 of \$44,472,470 were slightly over three-quarters of a million greater than in the preceding year; and that of the total insurance in force \$537,895,287, ordinary insurance was \$523,135,781, and group insurance \$14,759,506, of the total amount, \$521,995,784 was in Canada. The gain in insurance in force was \$10,523,101.

The cash receipts were \$28,237,458.63, and disbursements, including provision for depreciation in value of investments \$9,777,171.86, resulting in an increase of \$8,460,286.77 in the Net Ledger Assets, and bringing the total assets of the company to \$161,105,207.82 at the close of the year.

The rate of interest earned on the Ledger Assets was 4.81%.

Profits realized from sales of securities of \$1,276,669.85 were used, to the extent of \$941,154.36, to write down the cost price of new investments, and \$300,675.09 to provide for further possible depreciation in value of bonds.

The value of the company's bonds and stocks on the basis of market value as of November 30, 1936, exceeded the value at which these were taken into the company's books by \$7,557,887.10.

The surplus earnings for the year were \$4,701,711.93; and the total of special reserves and surplus funds was increased by \$1,200,860.94 to a total of \$15,753,903.23, including \$3,500,000 for dividends payable in 1937, \$4,834,822.38 free surplus, \$2,000,000 general investment reserve, \$1,147,863.51 specific depreciation reserve on mortgages and sale agreements, and \$900,000 policy reserve adjustment fund.

The company's total assets of over \$161,000,000 are invested in the following main groups: Government and other bonds, 50.7%; mortgages, 22.8%; loans to policyholders, 17.2%; cash, real estate, stocks, due and deferred premiums and interest, 9.3%.

Bond purchases made during the year aggregated \$20,445,768.85, representing investment of new money and proceeds arising from the sale and redemption of securities. The return on these new bond investments was 3.48%.

Policy loans were reduced \$1,076,217.21, an indication of improved business conditions.

While the amount of claims incurred in 1936 by reason of deaths of policyholders increased \$272,453, the total was well below the amount for which provision had been made, being in line with the company's experience of the past several years. Altogether, the statements reviewed were evidence of sound and satisfactory progress.

Geraldton to Have Phone System in Few Days Now

Every effort is being made to have the Geraldton telephone system in operation by February 15 and work of erecting the outside cables of the system is fairly well completed in spite of the hazards encountered in the way of cold weather and snow. The switchboard will have a capacity of 200 lines and will be connected with the long distance telephone to Port Arthur.

Sudbury Star.—Down in the United States they seem to be somewhat confused. They get around the corner and find that prosperity is on a sit-down strike.

Cross Stitch Method
In making the cross stitches, work a row first in single stitches, that is the first slanting stitch of a cross stitch, and then make the cross slanting stitches over them on a return "journey" to the end of the line of first stitches. By so working the cross stitches the under side of the embroidery has a quaint attractiveness of its own. Incidentally this method promotes speed.

Procedure
Outlining the pattern may be done first or after the background stitches have been taken. The outline will be as straight and even as a ruled line if done in two "journeys." In the first follow the outline by passing the threaded needle over and under a like number of threads of the background textile. On the return "journey" follow the same plan only in reverse, putting the needle up and down in the same holes as those used first. The Y's and slanting strokes are often omitted in modern Assizi work of the Western hemisphere.

Beautiful floors with 10 minutes work!

JOHNSON'S GLO-COAT
By the Makers of Johnson's Wax
Gives Brighter Lustre—Longer Wear
NO RUBBING—NO BUFFING

run and five police officers. With highway travel unsafe except with the military protection, and with not a single daily convoy leaving each major population centre, railroad patronage became unusually heavy and it became necessary to take unusual steps to safeguard this travel.

As an experiment, the Palestine Railroad procured several 131-inch wheelbase Ford V-8 trucks, which were fitted with flanged wheels and protective armour plate. These were placed on the railroad in advance of the locomotive and cars and were used as scout and pilot cars.

Each pilot car carried a complement of men and armaments and ran far enough ahead of the train to give warning of hostile Arab bands or to chase them into the hills before the arrival of the train.

This procedure also proved successful and the railroad purchased a fleet of 12 Ford trucks which have been converted into railway pilots. A recent development has been the coupling of two trucks, end to end. Thus joined, they can travel either forward or backward as a unit, obviating the use of a turntable, as required for a locomotive.

Furthermore, the two trucks joined can be more heavily protected with armor plate and can carry more machine guns and a larger complement of armed men.

THEMISKAMING AND NORTHERN ONTARIO RAILWAY THE NIPISSING CENTRAL RAILWAY COMPANY will operate

BARGAIN COACH EXCURSION
FRIDAY, FEB. 26

to
PEMBROKE JCT OTTAWA, MONTREAL and QUEBEC via North Bay and Canadian National.

Excursion travel will be handled on train 46 connecting at North Bay with C.N. train 2. On the return journey tickets will be valid for travel on C.N. train 1 from Montreal, Monday, March 1st, 1937.

BARGAIN COACH EXCURSION
THURS., FEB. 25

to
Points in the MARITIMES via North Bay and C.N.

Tickets will be valid to leave destination point Wednesday, March 3rd, 1937.

For Further Particulars Apply to Local Agent.

Hit-and-Run Driver Kills Valuable Dog at Val D'Or

Owned by Dr. M. K. Gordon, of Val d'Or, "Prince," the blue ribbon champion of all bulldogs in Canada, was instantly killed by a hit-and-run driver recently. The canine was exhibited at all the outstanding shows in Eastern Canada and had taken first place honours since its puppyhood.

Motors Playing Big Part in Arab Strikes

Some Double Trucks Used that Will Run Either Way Without Turning.

With the coming of the recent bitter Arab strikes in Palestine the business of travel became increasingly difficult and dangerous. Private cars were held up on the highways and trains were likely to be blown up or derailed.

According to dispatches received from Palestine, it fell to the lot of the motor-car to play a leading role in the programme devised to combat the Arab disturbances.

So risky became private travel on the highways that military convoys were organized to accompany caravans of private cars from one centre to another. Many of the routes lead through desolate areas where raiding bands stage attacks, charging from within dark caves or from behind giant boulders.

The military convoy comprises a speedy Ford lead car carrying officer and scouts who scan the countryside with powerful glasses, looking for possible marauding bands. Three hundred yards back of the car is a truck carrying soldiers armed with machine guns and rifles. They are ready to go into action against the raiders on a moment's notice.

Following the soldiers' truck come the passenger cars, usually about 30 of them. These are followed by another truck which has complete radio equipment. It is in constant telegraphic communication with an airplane overhead. Bringing up the rear is still another truck carrying armed soldiers and a commanding officer.

The effectiveness of the military convoys in frightening away or in fighting off Arab raiders led to the purchase by the Palestine Police of a fleet of 65 Ford V-8 pickups. Assigned to police stations throughout the country, these light cars speed into all parts of the land in the police drive for order. Each carries a mounted machine

gun.

LIPTON'S TEA

FREE
TO GET THIS BEAUTIFUL SILVERPLATE SAVE THE COUPONS IN EVERY 1 LB. AND ½ LB. PACKAGE OF LIPTON'S

LIPTON'S is the choicest blend of Ceylon and India teas. It's more delicious in flavor. That's why it's the largest selling tea in the world. Try it—and save money by saving the coupons. Write for premium list to Thos. J. Lipton Limited, 43 Front St. E., Toronto.

LIPTON'S TEA
CANADIAN BLENDED—FRESH AS THE DAY THE TENDER LEAF TIPS WERE PICKED IN THE LIPTON PLANTATIONS

**A fresh dress
A clean blouse
EVERY DAY!**

This woman bidding goodbye to crisply clad school children does her own washing. But not at the expense of her own health and figure. She has abolished the rub-a-dub-dub, the backaches and the headaches of keeping active children's clothes clean. Result, her children always look clean and neat, and her towels, sheets, table linen and personal clothes are equally fresh, crisp and ready to use. . . . Wash-tubbing might be justified, if it saved money—but it

doesn't even do that. Electricity is now so cheap that the current to run a washing machine costs only ¼ a cent a tubful. The cross-currents of warm, soapy water dissolve and wash out the dirt without a tenth of the wear-and-tear of the old-fashioned rubbing board. And electrically driven rollers press out all the surplus moisture so quickly, easily, that all the clothes dry more quickly, too. You'll find an electric washer the greatest single labor saver in the house. Get one!

ON SALE NOW
"The Chatelaine"
\$77.00 or \$75.00
CASH or DOWN
24 months to pay

A fortunate purchase from one of Canada's leading manufacturers enabled us to make this exceptional offer. A complete, modern 1937 model washer and wringer at an amazingly low price. Free Metal Clothes Hamper with every washer. They are going fast. Get yours now!

Canada Northern Power Corporation, Limited
Controlling and Operating
Northern Ontario Power Co., Limited
Northern Quebec Power Co., Limited