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To Meet the Problems of Attractive Desserts

Domestic Science Expert Suggests that Fruit Can Always be Depended Upon to Supply Any Deficiencies in the Menu. Some Recipes, and a Menu for a Quick Meal.

Desserts are often a problem to the business woman housekeeper. She has no time to concoct elaborate delicacies. For this reason she depends largely

are special prune plums for instance which introduced from Europe half a century ago supplied millions of plums for use in this country and in many others. The sweet California prunes have been developed from French stock, while those which grow so successfully in the northwest are from Italian stock.

By the sun drying to which the fruit is exposed, water is evaporated to such an extent that the fruit will keep for a long time when carefully packed. In order to replace the water, dried fruit is usually soaked before it is cooked. It is possible, however, to cook it without soaking if it is plunged into boiling water. Cooked fruits will keep so well in the refrigerator that it is an economy to cook more than enough for one meal at one time. It may be served one day as a fruit compote while the remainder may be used to make a whip or some other dessert.

Stewed Prunes

1/2 pound prunes
1 quart cold water
Wash prunes, soak them in one quart cold water for several hours. Cook slowly until tender in the same water. Sliced lemon or orange peel, stick cinnamon or candied ginger may be cooked with the prunes. They may be flavoured with wine just before serving. They may be combined with sliced oranges or canned or stewed apricots.

Prune Whip

4 egg whites
1/2 cup sugar
1 cup stewed prune pulp
1 teaspoon lemon juice
Beat egg whites until stiff; beat in sugar, prunes, which have been forced through a strainer, and lemon juice. Pipe mixture in sherbet glasses and chill before serving.



(By Edith M. Barber)

upon fruit, which in my opinion has few rivals when used as a finishing touch to a good meal. Sliced fresh fruits by themselves or in combination may be varied by the use of the many varieties of canned and dried fruits.

It is a good idea to keep several cans chilling in the refrigerator and ready for service.

Dried fruits have individual flavours which they acquire during their preparation for market near the great orchards where they are grown. The fruit itself is often grown with the effects of drying on flavour and texture taken into consideration. There

Quick Meal
Vegetable Soup
Celery Pickles
Fried Liver and Bacon
Buttered Hominy
Hot Spinach With French Dressing
Prune Whip Sliced Orange Compote
Coffee

Method of Preparation
Prepare prune whip and chill
Prepare celery and chill
Prepare spinach and cook
Cook bacon
Open can of hominy, heat and dress
Cook liver
Open can of vegetable soup and heat
Dress spinach
Make coffee
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That Body of Yours

By Jas. W. Barton, M.D.
No Fat and Plenty of Sunlight in Treatment of Psoriasis

The patient really has no symptoms and except perhaps a slight itching. Sometimes, especially in the hands and knees, the itching is so entirely absent that the disease may exist for a long time without the patient paying any attention to it. There is seldom any pain.

I am speaking about psoriasis, the skin affection with flat dry patches, covered with white, silver gray or asbestor-like scales. There is no oozing and hence no crusts; the amount of scalliness varies from a thin film to a dense, heaped-up mass. On removing the scales a smooth, shining red surface is exposed dotted here and there with deep red spots. These spots bleed easily when touched. The scales are a dirty white colour on the surface, but those underneath the uppermost layers have the appearance of frosted silver.

So, notwithstanding that the disease usually causes no pain, and only a slight amount of itching, you can understand why these patients are so greatly embarrassed by these dirty white patches on the skin. This disease interferes with business and social progress.

So important is psoriasis in relation to the happiness of the individual, his family and friends that at the last meeting of the British Medical Association, Dr. R. M. B. MacKenna, Honorary Dermatologist, Royal Southern Hospital, Liverpool, in speaking of preventive measures in skin diseases devoted most of his address to psoriasis. "As psoriasis or the tendency to psoriasis is so often inherited I have known of not a few instances where women have deliberately refrained from having children lest their children should be affected with the disease."

Dr. MacKenna agrees with research physicians who stated that too much fat food (that is, too much fat food for the psoriatic patient) aggravates psoriasis or may bring on the eruption. Experiments show that the digestive and other body processes in patients with psoriasis do not handle fat as well as do the body processes of normal or individuals free of the psoriasis tendency.

Another fact brought out was that it was observed that an Englishman suffering with psoriasis was likely to be free of it when he visited the tropics, showing that the skin with a tendency to psoriasis needed plenty of sun if it were to be kept free from psoriasis.

Thus the regular exposure of the skin to ultra-violet rays often prevents a return of the ailment.

"Eating Your Way to Health"
Send to-day for this special booklet (No. 101) by Dr. Barton, dealing with Vitamins, Minerals, Calories, and what and how much to eat. 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.
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Thinks Present Winter has Been Changeable One

(From C.N.P.C. Review)
We doubt very much whether there has ever been a winter in the North Country that has quite equalled the one through which we are passing in diversity of temperature. There have been severe winters and there have been mild winters but this one seems to have consisted of a succession mild days followed by cold ones, with none of the cold spells long enough to become monotonous.

The changes in the weather have kept us so busy adapting ourselves to the variations of temperature that the winter has almost slipped away without our noticing it.

It is true that there is still plenty of time for six-foot snowdrifts to pile up and for stretches of Arctic weather to put in its appearance, but there is more than an even chance that we have experienced the worst of this winter, and if we have not, the probabilities are that any severe cold snaps or heavy falls of snow will be of short duration.

The first harbingers of Spring viz: the spring and summer catalogues of the departmental stores have already put in an appearance and it only needs the arrival of the gaudily coloured seed catalogues to confirm the conviction that Spring is not far behind.

BE BEAUTIFUL

By ELSIE PIERCE
FAMOUS BEAUTY EXPERT



RUBY KEELER values the brilliance of her eyes, clearness of skin and lustre of her hair and starts her day by drinking several glasses of water before breakfast.

Drink Water If You Want a Lovely Transparent Skin.

Don't stop me if you've heard this one about the value of water to health. But I'm not going to stop with the health point of view. For somehow we women fail to respond to health sermons. The glamour of beauty is bound to get more of a response. So let's talk about beauty and how water enters the picture.

The eight glasses of water a day theory has been debunked. Most authorities agree that eight glasses of liquid is what the body requires and fruit juices, vegetables, composed chiefly of water, soups, coffee, tea and milk may be called upon to supply some of the fluid content; but they should not be allowed to take the place of water entirely. A glass of water or perhaps two before breakfast is a fine way to start the day. Many people prefer it hot and add lemon juice. It's a good cocktail, sets you up right. Try to avoid sugar in this cocktail if you can. Another few glasses of water through the day, preferably between meals.

Bear in mind that the body is composed of a multitude of cells of which the chief constituent is water. We lose water through breathing, through the pores of the skin by perspiration and through natural evacuation. This water loss should be replaced in order to

keep the fluid level of the body. During the winter we perspire less, which ordinarily would mean that the water loss is less. However, water loss is governed by humidity more than by temperature. In artificially heated homes the air is usually very dry and a lot of water is lost as a result. Therefore we should continue to drink water during the winter months.

What if we don't? Dry skin, chapped lips, lustreless hair and eyes result. What if we do "drink plenty of water"? Ah, there's the beauty of it. I quote from notes made during a lecture by a physician a few years ago:

"Water has a sparkle, clear, beautiful—and the woman who drinks a lot of water usually boasts a thin, transparent, beautiful skin with the clarity of water about it. Her eyes are clear and sparkling too. Conversely, a thick, dull skin usually suggests a lack of water among other things. Thin and nervous people usually sin on the insufficient water side.

We all know that water helps to wash away wastes, helps the kidneys and intestines to function properly. But how many of us know that water helps to keep muscles firm and complexions clear?"

Now will you turn on the faucet?
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GIRL GUIDES IN TIMMINS

The 51st I.O.D.E. Company held their regular meeting on Friday morning. The attendance and inspection were taken by Helen Landers and Kay Wilkinson. Horseshoe was formed and the flag raised. The Guide Prayer was repeated.

The standing of the patrols to the end of January is as follows:—Purple Heather 185, Blue Bell 185, Orchid 165, Pampelnel 159, Forget-Me-Not 159, Pcopy 142.

Games were played and the Guides then went to their patrol corners. Gladys Roy passed her Good Carriage test.

A circle was formed for campfire. As a Valentine party was not held this year a toboggan party will probably take place within a few weeks.

Next Friday will be test week, and any tests may be passed.

The meeting closed with the singing of "Evensong" and "Taps."

The 106th I.O.D.E. Company held their meeting on Tuesday evening in St. Matthew's Church hall under Captain Tilley. The inspection and attendance was taken by Captain Tilley and Margaret Beckett, Horseshoe was formed.

Musical chairs and a few other games were played. The Guides then went to their patrol corners. Jean Dick passed her Guide Law and passed her signs and knots.

The meeting was closed with the singing of "Taps."

Brownies
The 46th I.O.D.E. Brownie Pack held their meeting on Friday evening in St. Matthew's Church hall. The Fairy Ring was formed and inspection taken by Brown Owl Bailey.

The Brownies were then sent to their corners where they continued in their studies for the Second Class Badge and proficiency badge.

The meeting was brought to a close with the Brownie Squeeze.

Globe and Mail.—The New York Herald Tribune says "a successful hockey player in Canada is a national hero." Pardon us—an international hero.

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W. H. Alderson Died in Sixty-fifth Year

Was Well Known Throughout the North. Held Many Important Positions.

Wide circles of friends and acquaintances in this part of the North will regret to learn of the death of W. H. Alderson at Gravenhurst on Sunday last, Feb. 14th. He had been ill for some eleven weeks, and death was attributed to a heart attack. The late Mr. Alderson was widely known in the North, having spent much time in this country both in connection with public and private affairs. He was chiefly known here on account of his many years' connection with the Gutta Percha and Rubber Company, also, his work as chairman of the Northern Ontario Fire Relief Commission, the Ontario Associated Boards of Trade and other public bodies.

William Herbert Alderson, proprietor of the Muskoka Beach Inn at Gravenhurst, was born in Pennsylvania on June 26th, 1873. He came to Canada with his parents while he was still an infant. The family settled first in Montreal. He received his education in Montreal and Toronto schools, coming to Toronto in 1887, and serving for three years as office boy with the Grand Trunk. In 1891 he entered the employ of the Gutta Percha & Rubber Company as time keeper and in 1907 was appointed sales manager of the Ontario Division of the company. He held this office for some years.

He was elected president of the Toronto Board of Trade in 1921, and also had served as director of the following: Ontario Motor League, the Rehabilitation Commission of Toronto, Toronto Publicity Bureau, Canadian National Exhibition, Beaver Consolidated Mines Company, Ltd., and he was a Past President of the Toronto Rotary Club. He was a member of Zeta Lodge, A.F. & A.M., Parkdale Canoe Club, Engineers' Society.

Appointed by order-in-council of the Ontario Government as chairman of the Northern Ontario Fire Relief Committee, and later chairman of the Emergency Committee of the Ontario Division of Red Cross, Mr. Alderson was granted leave of absence by the Gutta Percha and Rubber Company, with salary for one year. During this time he devoted his entire time to the distribution of approximately \$1,000,000 for the rehabilitation of the fire sufferers of Northern Ontario.

Surviving are his widow, formerly Jean Caldwell, Gravenhurst, and two sisters, Miss Annie Alderson and Miss May Alderson of Toronto. The funeral service will be held Wednesday afternoon in Toronto.

He was widely known in connection with many Toronto and Provincial or-

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Some More New Books at Library

"Odyssey of a Digger" Tells of Search for Gold in Australia.
A book that should appeal strongly to men and women of Timmins is "Odyssey of a Digger," by Captain F. D. Burdett, because it tells of the search for gold under entirely different conditions than those that obtain here. This is a true story of a "baked Yukon"—the desert placer fields of arid central Australia. Where there is no water for panning gold, the process is known as "dry blowing" and a hard life it is to blow the sand away from the grains of gold.

Some More New Books at Library

"Odyssey of a Digger" Tells of Search for Gold in Australia.

Fiction added during the past week is: "The Intimate Stranger," by Eugene Thomas. Twelve years previous to the opening of the story, the undergardener of a Long Island estate had been dismissed because the daughter of the house had dared to love him. Here he gains his revenge on the Long Island-er.

"The Body in the Bonfire," by Christopher Bush. A curate and his group of boys find a headless corpse at the scene of their evening bonfire, to begin this murder mystery.

St. Mary's Journal-Argus: Visitor: "These biscuits are lovely, Mrs. Smith. I don't know how many I've had." Little Tommy: "You've had seven."

BLACKHEADS
Blackheads go quickly by a simple method that just dissolves them. Get two ounces of proxine powder from your druggist, rub this with a hot, wet cloth briskly over the blackheads—and you will wonder where they have gone.



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