

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

## As Steady Diet Nothing Surpasses Home Cooking

Tearooms Serving Simple Meals Soon have Steady Customers. Foreign Restaurants Tempt Appetites for Occasion Meals. Nutritive Value of Chinese Referred to Especially.



(By EDITH M. BARBER)

Everybody loves home cooking. We enjoy an expedition to a French, Italian or other foreign type of restaurant, but for a steady diet we demand plain, homelike food. Those who live in apartments with small kitchens, some of them a rather make-shift variety, put them to good use at breakfast time, for Sunday night suppers and teas, and for an occasional dinner during the week. Many of us, whether men or women, single or married, have jobs which keep us busy during the day and consequently are always looking for a place to lunch near the office and a place to dine near the home.

To meet the demands an army of "tearooms" "coffee houses" and res-

taurants with home type cooking have sprung into existence in the last 15 years. The first tearooms depended largely upon "atmosphere" to draw their clientele. They must be quaint, down a few steps, or through a courtyard or even over a roof. They featured signs such as "Ye Old Spinning Wheel" or "Gwendolyn's Garret." There was even the old stable where the stalls were made into booths for dining. They sprang up like mushrooms and often disappeared as quickly. A woman who thought she could cook had perfect confidence that she could serve a large number of persons satisfactorily with perhaps little more equipment than she had in her own kitchen. While people are willing to try anything in their search for food which could qualify as good, unless food and service are consistently good, they are just as ready to pass on still hopefully to another place.

Eventually, however, in our quest for home-like food, we get what we want according to the unerring law of supply and demand. We now find in most communities places of the tearoom type where excellent food, prepared under clean, careful conditions, is served neatly and attractively and offered at moderate prices. While all of these which survive the acid test of competition must be far above the average tearoom type of ten years ago, there are some which stand out. At these you are sure of finding vegetables well cooked, breads, light and tender, as well as crisp salads. Practically all the restaurants of this type specialize in table d'hote meals, although you may be able to get a la carte service as well. At, of course, a comparatively higher price because of the cost of preparation of individual portions. And the food will be what we demand for everyday—the home-cooked type.

**Orange Peel Sauce for Ice-Cream**  
1/4 cupful of shredded orange peel (medium orange)  
3/4 cupful of boiling water  
1 cupful of sugar  
Scrape white portion from peel of orange and cut into shreds with scissors. Add to boiling water and cook

three minutes. Add sugar, stir until dissolved and boil three or four minutes until syrup thickens slightly. Cool and use as sauce for vanilla or chocolate ice-cream. This is also a delicious syrup to serve with waffles or griddle cakes.

**Macaroni and Cheese**  
1 cupful of macaroni strips  
2 cupfuls of thin white sauce  
1/2 pound cheese  
1 cupful of buttered bread crumbs  
Paprika  
Boil the macaroni until tender in boiling salted water. Drain and place one-half of it in a buttered baking dish. Pour over it one-half the sauce and one-half the cheese. Repeat with macaroni sauce and cheese. Cover the top with buttered bread crumbs, sprinkle with paprika and bake until brown in a hot oven (500 deg.)

**The Nutritive Value of Cheese**  
Cheese, which is valued by most of us in this country for its flavour, provides us with important nutrients. This is to be expected when we consider that cheese is made from milk solids. Milk in its natural form is a liquid. When, however, it sours, or when rennin is added, the solid curd separates from the liquid whey. The curd retains the fat, most of the protein and a large amount of the minerals and the vitamins.

Cheese is what we call a concentrated food. A one and an eighth-inch cube of cheese will provide one hundred calories. An ounce of cheese supplies one hundred and twenty-five calories. About one-fourth is supplied by the protein, the rest by the fat.

If it were necessary we could count on cheese to give us our daily quota of protein, as the body can build and repair muscle tissue efficiently from the high quality protein found in milk and consequently in cheese. There are many countries where cheese is the staple food. Bread and cheese forms the basis of many meals in European countries. It is common to see workmen produce from their pockets at lunch time a package of hard bread, a piece of cheese, which may be supplemented, apparently for flavour's sake, with a raw garlic or an onion.

Cheese is the filling for one of our favourite American sandwiches. We use it in combination with macaroni, rice and noodles and in sauces for eggs and vegetables. The cheese souffle or rarebit appears often on our tables. And we continue to use it with or without reason as an accompaniment for pie. Sometimes it will replace dessert in combination with toasted crackers.

**Cream Fridge**  
3 tablespoons coffee  
1/2 cup boiling water  
1 tablespoon cold water  
2 tablespoons gelatin  
2 packages cream cheese.  
2 tablespoons sugar  
3 egg whites

Add coffee to boiling water, cover and let stand five minutes. Add cold water to gelatin. Strain coffee essence through a cloth into gelatin and stir until dissolved. Beat cream cheese very well with a fork, stir in sugar and then the coffee mixture. Fold in stiffly beaten egg whites. Put in slightly greased mold and chill an hour. Turn out of mold and garnish with fresh or canned fruit.

### RECEIVES \$7,593.40 FOR \$5,000 POLICY

A policyholder who insured with The Mutual Life of Canada for \$5,000 in 1912 on the "Endowment in 25 Years" Plan, is receiving a cheque in 1937 for \$7,593.40. His annual payments to the Company totalled \$5,006.25, so that his gain is \$2,587.15. In addition, of course, he has received life insurance protection for the past 25 years.

Since The Mutual Life was first organized 67 years ago, in addition to providing protection, over \$66,000,000 has been paid to policyholders in dividends alone.

It is results such as these that have earned for The Mutual Life of Canada the name of "The Policyholders' Company." The policyholders have always owned the Company and all the surplus earnings. The policyholders' interests have been first and foremost. Security of principal, good returns to policyholders and prompt payment of all claims have characterized the Company's activities.

You are invited to become a policyholder and part-owner of this Mutual Company.

**MUTUAL LIFE OF CANADA**  
Established 1869

Owned by the Policyholders  
Head Office - Waterloo, Ontario

**FRED STOCK, Branch Manager**  
Representatives:  
J. E. Sullivan P. A. Macaulay  
W. M. Ritchie Horace Laquerre  
Timmings, Ont.

**Toasted Cheese**  
1/2 pound cheese  
1/2 teaspoon mustard  
1/2 teaspoon paprika  
1/2 teaspoon salt  
1 egg  
1/2 to 3/4 cup milk

Shred the cheese into greased baking dish, add seasonings and egg. Add enough milk to cover cheese and beat slightly to mix egg with cheese and milk. Bake in a pan of hot water in a moderate oven (375 deg. F.) about 35 minutes, until set.

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

### Here's a Dance of a Yap From the Old Town of Kap

(Kapuskasung Northern Tribune)  
Sault Ste. Marie, Ont., objects to being abbreviated to "the Soo." There isn't a chance that any attention will be paid to their protest. Sioux Lookout would have just as much right to kick and Sui-perior, and other places, if there arose confusion as to what place was meant when "the Soo" is mentioned. Limerick writers would object most of all. We've been reading limericks about Sault Ste. Marie for the last fifteen years, and they have gone around the world—a lot farther than the wolf yarns. Almost anybody can compose limericks, and many contests hinge upon them.

Just think of the infinite rhyming possibilities of "Soo" and its derivatives (grammatical), and you will realize that anything can happen. For instance:

There are wolf yarns that read very screwy,  
And the worst are the ones that are "Soo-ey!"

There are some who believe them,  
Just wouldn't dispute 'em—  
But the average man simply says "Phooey!"

Appropos of the Soo's anxiety to slough off the gough, the Timmings Advance wonders if we would object to the abbreviation of Kapuskasing to "Kap." Not at all. Lots of our citizens and other Northerners refer to our town colloquially in this way, and no harm is done. In our own particular line the short cognomen is often more adaptable for writing headings; so when the "Kap" fits, we put it on the head of a story. It also has its rhyming possibilities. To elucidate:  
There was a young lady of Kap,  
Who sat on a Timmings' lad's lap;  
He said "Will you be mine?"  
But she said, "Porcupine,  
You'll never stick me with that map."

Sudbury Star:—A national magazine is running a contest based on the question: "What would you do if you got a million dollars?" A Sudbury street car conductor says he knows a girl that would hand it to the conductor and wait for change.

Beautiful Silverplate  
**FREE**  
EVERY POUND and half pound package of Lipton's Tea contains valuable coupons exchangeable for beautiful pieces of Wm. Rogers & Son Silverplate (Princess Pattern).  
Buy Lipton's Tea—it costs no more to enjoy its more fragrant flavor—and start today saving the coupons. Write for premium list. Thos. J. Lipton, Limited, 43 Front St. E., Toronto.

**LIPTON'S TEA**  
THE LARGEST SELLING TEA IN THE WORLD



Jas. W. Barton, M.D., Toronto

### That Body of Yours

#### Don't Wait for Infection to Weaken Your Fighting Forces

When pain occurs in joints or muscles the first thought of the physician is to look for infected teeth or tonsils; if no trouble is present then the sinuses, gall bladder and large intestine are investigated.

However, what should be remembered is that by the time pain occurs in a joint the infection has been in the system for months, perhaps for years. And just as it has taken months or years for the poison from the infection to be large enough or strong enough to cause pain, swelling or other conditions, so will it take months and perhaps years to get rid of the poisons from the blood and tissues.

Once the cause of infection is found and removed, of course no more poisons will accumulate, but considerable damage may already have taken place, and the poisons still present after the infection is removed can still cause symptoms. This is why many physicians advise exercise, hot baths, electricity, massage and other physical and mechanical methods of treatment to increase the circulation of the blood and get rid of the accumulated poisons in a shorter period of time than it would normally take.

As considerable of the poison remains in the lower bowel, the bowel is usually kept active by laxatives if exercise cannot be taken.

But what we seem to forget is that during the time that the poisons from infection are accumulating to the point where they cause pain, the body forces are steadily fighting these poisons; fighting for months and years before the poisons win battles to the point where they are able to cause pain.

If, then, while your body forces, your resistance to infections and their poisons, are busy fighting off these infections and poisons, you are attacked by some other ailment—common cold, flu, pneumonia, then your fighting forces have to fight two armies instead of one.

Dr. W. H. Hughes in British Journal of Experimental Pathology, London, says, after careful experimental research work, that "the blood of patients with an active infection (teeth, tonsils, gall bladder, sinuses) shows a steady decrease in its ability to fight off harmful organisms."

That is, if your body is already fighting an infection, your blood loses some of its fighting power, and the new or other ailment that attacks you has that much more chance of causing symptoms.

The thought then is not to wait for pain or aches in joints or muscles to tell you that infection is present, but to prevent infection by getting an examination by your physician at least once a year, and by your dentist twice each year.

Are you bothered with colds three or

four times a year? Have you ever stopped to consider the consequences? Send for Dr. Barton's illuminating booklet, "The Common Cold," the ailment that receives so little attention yet may be as dangerous as being attacked by a hungry lion. Ask for Booklet 104, enclosing ten cents to cover the cost of mailing. Be sure to give your name, full address, and mention The Porcupine Advance. Other Dr. Barton booklets, "Eating Your Way to Health" (101); "Why Worry About Your Heart?" (102); and "Neurosis" (103) are also available at ten cents each.

(Registered in accordance with the Copyright Act.)

#### How Many Beer Pariaours are There in Kapuskasing?

(Northern Tribune)

A certain good woman was peeved because her husband was a member of so many organizations that he was out every night attending a meeting.

One evening a neighbour's little girl called and said: "Daddy wants to know if you've got a bottle opener."

"Yes," replied the woman. "But he's not at home."

#### Lord Riverdale to Visit Sudbury and Other Centres

Lord Riverdale of Sheffield, who visited Timmings on Sunday and Monday this week, left on Monday afternoon for Kirkland Lake. He will visit Sudbury, Winnipeg, and Sault Ste. Marie before returning to Montreal.

No Rubbing—  
No Buffing

JOHNSON'S GLO-COAT  
KEEP LINOLEUM SPARKLING

**JOHNSON'S GLO-COAT**  
Beautiful floors with 10 minutes work!  
By the Makers of Johnson's Wax

**BLACKHEADS**  
Don't squeeze blackheads—dissolve them. Get two ounces of peroxide powder from any drug store and rub with wet, hot cloth briskly over the blackheads. They simply dissolve and disappear by this safe and sure method.

## BE BEAUTIFUL

By ELSIE PIERCE  
FAMOUS BEAUTY EXPERT



Just as you should always use cold water to contract the pores after a hot water bath so ANITA COLBY demonstrates the use of cold skin tonic following cleansing cream.

#### Together These Two: Cleansing Cream and Skin Tonic.

Those who know their beauty lore need not be told that skin tonic should follow cleansing cream even as night the day. The reasons are many, but perhaps they'll be more obvious if we explain a little.

I am very often asked whether cleansing cream tends to enlarge the pores. The cream itself and the friction in applying it opens the pores. Then the cream penetrates so far as it is possible for cream to penetrate, and its flushing action calls forth every bit of foreign matter—dust, dirt, grime, stale make-up. All this is brought to the surface of the skin. The proper thing to do is to wipe this away with tissues. Repeat the cleansing process. Continue with tissues. When the cotton and tissues show no trace of soil it is safe to assume that the pores have been thoroughly cleansed.

That done, the tonic follows. In the first place it cuts any last lingering trace of grease from the cream and removes that together with any possible remaining soil. Then, its astringent action gets under way and it closes the pores. The stimulating, refreshing action of the tonic is in itself sufficient reason for using it, but the other reasons are more important to the health of the skin.

**Cleanliness First Beauty Law**  
Remember that no matter what branch of beauty you touch, cleanliness is the first law. And before a tonic or astringent is used to close the pores, these pores must be scrupulously clean. Else it's very much like a sealing sca'b forming at the surface, with an infection brewing beneath. When women use an astringent to seal pores that are laden with dust or makeup they invite trouble. That's how blackheads and blemishes very often get their start.

So you see it's cleansing cream and

then tonic. My bulletin "How to Tell Your Skin and What to Do About It" is yours for a self-addressed stamped (3-cent) envelope. It will help you to know your type and to select the preparations you need to beautify it.

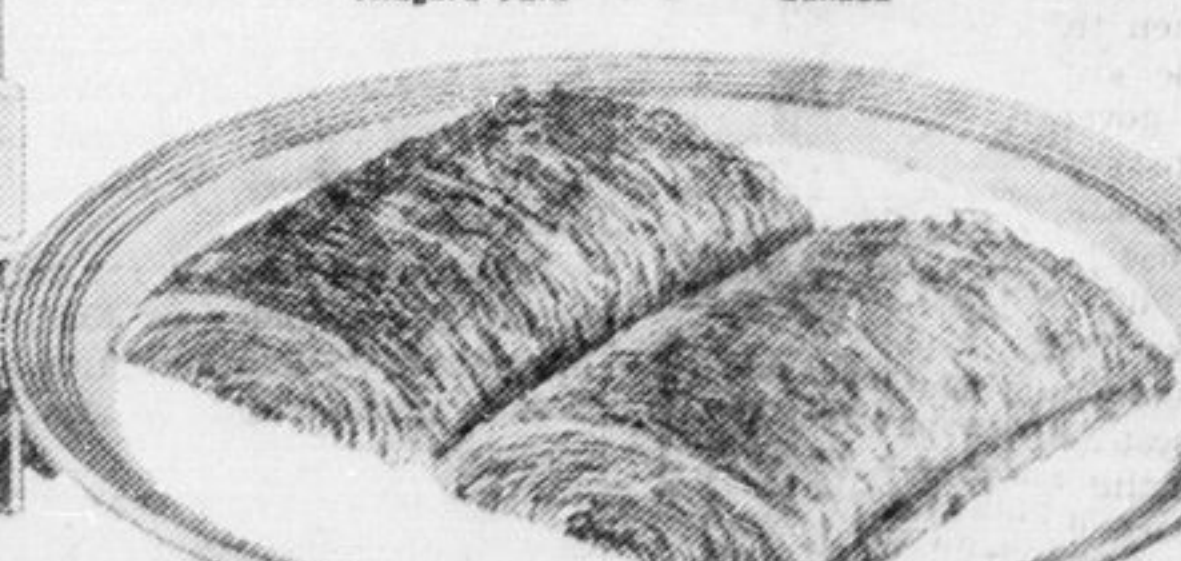
(Copyright, 1937, by the Bell Syndicate, Inc.)

## Starting on a good foundation!



SEND the children off to a good start by giving them Shredded Wheat every day, with milk. It's good for them because Shredded Wheat is made of choicest Canadian Whole Wheat, containing Nature's vitalizing, nourishing elements, so necessary for growing children, in a most delicious and digestible form. Give all the family Shredded Wheat every day—ready cooked, ready-to-serve.

THE CANADIAN SHREDDED WHEAT COMPANY, LTD.  
Niagara Falls - Canada



## SHREDDED WHEAT

MADE IN CANADA - OF CANADIAN WHEAT

"Unexpected guests never catch me napping now

... my **ELECTRIC REFRIGERATOR** always sees me through"

Crisp, fresh salads, dainty desserts, delightful dishes made from leftovers—there's no end to the palate-teasing refreshments you can make up and serve on the shortest notice—with an Electric Refrigerator to back you up. With it, the correct refrigeration temperature is maintained automatically. Nothing can spoil. And there are no drain pipes or drip pans—hence no contamination. And you can buy perishables in larger quantities at bargain prices knowing everything will keep till wanted. Ask about our easy payment plan.

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