

Sweet Story of the Maple Bush and of Maple Sugar

How the Sap from the Maple Trees is Transformed into One of the Most Delightful of Syrups. Days Warm and Sunny, Nights Cold and Frosty for the Best "Sugar" Weather.

The sap is flowing from the great maple trees these days. The days must be warm and sunny; the nights must be cold and frosty to induce the sap to run freely into the buckets hung on the tapped trees. The beginning and the closing of the season depends entirely upon the weather man, who de-



By Edith M. Barber

termines the date upon which my annual supply from Western Pennsylvania arrives. It comes from the same lovely grove of sugar maples, than which there is nothing more beautiful, which furnished the home table during my childhood.

The syrup is rich and thick. The flavour is pronounced, although delicate, the result of careful and cleanly methods of gathering the sap and clogging it down in the sugar house. The method of tapping the trees has changed little since the Indians showed the first settlers of our country how to make the incisions of the proper depth in the bark and to insert hollow

reeds to draw the sap into birch bark containers. The latter have been replaced by metal buckets. Instead of the Indian method of dropping hot stones in succession until enough moisture has evaporated or freezing the sap and removing the ice formed by the moisture, our forefathers cooked the sap in huge iron pots over open fires near the sugar bush. These have now been replaced by large shallow pans. By the latest methods the boiling syrup is tested for thickness by special instruments before it is poured into the cans which are then sealed tightly before they are sent to market.

According to Government records, the amount of syrup made and marketed each year in this country has increased enormously in the last seventy-five years. At the same time the maple sugar production has decreased, as it has been replaced for general cooking by the inexpensive cane and beet sugar.

Maple Parfait

4 eggs
1 pint cream
1 cup hot maple syrup
Beat the eggs slightly and pour on slowly the maple syrup. Cook over hot water until the mixture thickens; cool, and add the cream, beaten until stiff. Mold, pack in salt and ice, using two parts of ice to one part of salt, and let stand four hours. Or freeze in tray in automatic refrigerator.

Maple Tea Cakes

1 cup maple sugar shavings
1/2 cup shortening
1 egg
3 teaspoons baking powder
1/2 teaspoon salt
1/2 cup sugar
1/2 cup milk
2 cups flour
1/2 cup finely chopped English walnuts

Cream the sugar and fat and add the well-beaten egg. Sift the dry ingredients together and add alternately with the milk. Stir in nuts. Bake in small greased muffin tins in a moderate oven (350 degrees F.) for twenty minutes.

Fruit Content of Daily Rations

While fruits, of course, belong to the vegetable kingdom, we classify them separately from those foods which we call vegetables. In fruits most of the carbohydrate is in the form of sugar in contrast to the starch of vegetables. Like vegetables they are high in vitamins, in general, supplying us with larger amounts of vitamin C. Leafy vegetables, tomatoes and squash, however, can compete with even citrus fruits on this count. Most fruits supply, as well, a certain amount of one or more minerals. Like vegetables, they furnish a roughage in the form of

cellulose which aids the rhythm of digestion.

While the majority of fruits are eaten in their raw form, cooking destroys very little of the vitamin content. Canned fruits can be counted upon to supply us with practically the same amount of vitamins which are furnished by the raw product.

The natural acids of fruits are usually an advantage to digestion, excepting in special cases where there is already an excess of acid in the stomach. Even in such conditions ripe bananas, sweet cherries, cooked pears, apples and prunes can usually be taken. Let me call attention to the fact that the condition of acidosis is completely different from that of hyperacidity. No matter how acid the fruit is during digestion, after absorption, alkaline products which prevent acidosis, result.

In no respect have the dietary customs of this country changed more than toward the fruit content of our daily ration. This change is, of course, wholly advantageous.

Glazed Banana and Pineapple
3 bananas
3 slices canned pineapple
Granulated sugar

Cut bananas and pineapple slices in halves. Arrange in a shallow baking dish and sprinkle with water. Bake in a moderate oven (375 deg. F.) about ten minutes until the sugar is melted.

Baked Rhubarb Pudding
6 thin slices of bread
Butter

1 bunch rhubarb, cut into half inch pieces
1 cup sugar

Butter the slices of bread on the loaf before cutting and line a buttered dish with the buttered side of the bread toward the dish. Fill with rhubarb and sugar, cover with bread and bake in a moderate oven (375 degrees F.) about half an hour. If rhubarb is very acid more sugar may be added.

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Another Interesting Coin of George III Days

In connection with the coins in the possession of Mr. A. G. Bellamy as mentioned in the Advance on Thursday, it may be added that Mrs. J. E. Williams of Schumacher has a George III coin of even greater interest. It is a shilling that was gilded to wear as a job-ornament. The coin is dated 1787, a year older than the one coin of Mr. Bellamy's dated within the reign of George III. On the one side of the coin held by Mrs. Williams is the inscription "F.B.E.T.L.D.S.R.I.A.T.E.T.E. 1787 M. B. F. E.T. H. REX." On the other side is the head of King George III and the inscription "GEORGIUS III DEI GRATIA."

This George III shilling has been in the possession of the family for a great many years, and is highly prized by Mrs. Williams.

Sudbury Star:—Across in movie land they seem to be having a dicken's of a time casting "Gone With the Wind." They could go to the provincial house and pick up a lot of wind for the title role.

Talking Picture on Home Improvement

Over Three Hundred See Canadian Johns-Manville Film. Interesting Addresses.

Over three hundred people attended the showing of "The House that Ann Built" at the Masonic hall Thursday evening. This talking picture was presented by Canadian Johns-Manville Film, arranged with the Timmins dealer, the George Taylor Hardware Limited.

Dr. J. B. McClinton, of the Porcupine advisory committee, acted as chairman and opened the meeting with an address on home improvement and what the government-sponsored Home Improvement Plan would mean to the people of the district. Mr. Burt, manager of the Dominion Bank, Timmins, outlined the working of the plan from the banker's standpoint. He pointed out that any responsible citizen who owned residential property could borrow up to \$2,000 for the purpose of remodeling, repairing or adding fixed improvements. The borrower has three years in which to make repayment on a monthly instalment basis.

The movie opened in true theatre style with a Mickey Mouse comedy.

Explains Product Uses
W. Smith, Johns-Manville representative, seized the opportunity offered when a fuse blew out in the middle of the comedy, to explain the uses and advantages of his firm's products. He also invited everyone to come forward after the conclusion of the programme and inspect the samples which were arranged in a convenient display.

The comedy successfully finished, Mr. Mason, district representative of the company, told about the success of the Dominion Housing act and expressed regret that none of the leading institutions were far-sighted enough to bring the benefits of this government scheme for financing new homes, to the Northland. He went on to explain that the purpose of the picture was not so much to advertise their products as it was to show how old homes could be really brought up-to-date. He said that the picture was not without its romance either and gave a brief outline of the plot.

A Family Divided
The feature was then shown, "The House That Ann Built." It was the story of a family divided, the mother and son-in-law wanting to build a new home and the father and daughter agreeing with the architect in his plan to remodel the old home where the father was born. When the mother sees what really may be done in home improvement, her views are changed. The film is a remarkable advertisement for home improvement.

Change is Like Miracle
When she sees the remodelled home later she can hardly believe here eyes and much prefers it to the new one. They go through it room by room and the change is little short of a miracle. The father is even more attached to the home of his boyhood than before but when he sees how proud of it his daughter is and the "hero" architect bashfully states his intentions while the former fiancee quietly sneaks out, he makes the "house that Ann built" his wedding present to the happy couple. The picture carries a powerful story on what modernization can do.

Jack Fulton, manager of the George Taylor Hardware Limited, thanked everyone for coming and expressed the hope that they had enjoyed the programme.

As the audience filed from the hall, serious discussions could be heard from many quarters as to just what could be done to improve their respective homes. The entire programme was a notable contribution toward instilling in the public mind the desire for finer homes and better living conditions.

THERE'S A GOOD MOVIE TONIGHT BUT I SUPPOSE WASH-DAY'S MADE YOU TOO TIRED TO GO!



TOO TIRED! NO DARLING I'M SENDING OUR WASHING TO The Laundry NOW!

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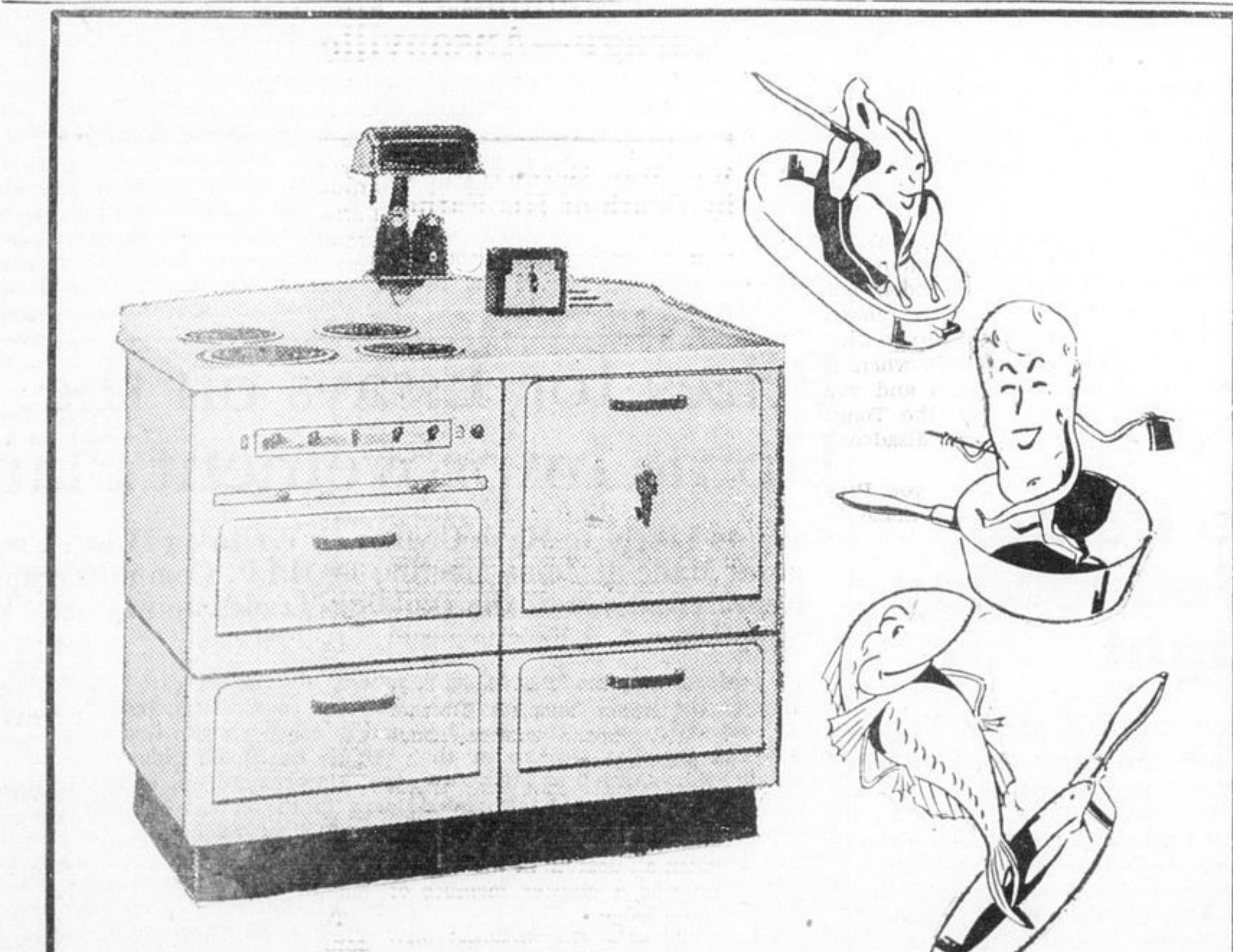
PHONE 153

Timmins NEW METHOD Laundry

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ELECTRIC COOKING guarantees FULL flavour in every pot!

There are so many advantages to electric cookery! And one of the biggest is this: Electric cookery gives you better-tasting food, and costs you no more for preparation — if as much — as cooking with other fuels. Think of it! No dirt, no heat, no waste. Less work. Lower food bills. Better food value and flavour.

Meals and vegetables cooked electrically do not waste away. They hold their goodness. The less expensive cuts of meat are made more appetizing. Electric cooking brings big savings in time. You simply prepare and put the food to cook, snap the switch and go about other things without a worry. Ask about our convenient payment plan.

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That Body of Hours



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

Have You the Gift of Health?
Some years ago I likened the body to an automobile. The stomach was the fuel or gas tank; the small intestine was the carburetor where juices mixed with food to produce energy; the arch of the foot and the fibrous disks between the bones of the spine were the shock absorbers; the brain was the battery and ignition system; the bones and skin were the chassis.

To get the most out of your car these different parts must be properly cared for. To get the most out of that body of yours, the different parts and all the parts must be cared for. What is the "most" you can get out of your body? Good health.

What is good health?
An editorial in Hygeia, published by the American Medical Association for the lay reader (not for the doctor) tells us:

"Health is a quality of life and living that renders the person who has it fit to live 'most' and serve 'best.' Today we appreciate more than ever before the gift of abounding health. We are subjected to more continuous, if not more varied strains on our bodies than ever before in the history of mankind. Excessive activity of the brain, the heart, and the muscles will interfere with the proper workings of the body exactly as an engine too powerful for the motor car into which it is built may shake to pieces the frame or chassis. A person in health is

Some Pay Quietly and Some Complain to Their Members

Some persons prosecuted for non-payment of radio license fees pay quietly and others go to their members of Parliament, Transport Minister Howe told the House of Commons Wednesday night.

He was answering a question by Gordon Graydon (Cons. Peel) who thought more notice should be given radio-owners before prosecuting.

Mr. Howe said all radio set owners received two written notices and a personal call before they were prosecuted. Besides there were notices broadcast over the air when license fees were due.

"We collected over 1,000,000 license fees last year," he said. "The net revenue after collection costs was \$1,900,000. We prosecuted about 2000 cases and of these about 1500 paid quietly while the other 500 went to their members of Parliament."

H. C. Dunbar Bereaved by the Death of His Mother

The Haileyburian last week says:—"Toronto papers last week contained a notice of the death of Mrs. Helen Elizabeth Dunbar, mother of Mr. Howard C. Dunbar, well-known resident of Haileybury. Mrs. Dunbar passed away in the city on Thursday, April 1st, at her late residence, 298 Brock avenue. She was the widow of the late John E. T. Dunbar, formerly lived in Guelph, Ont., and had visited Haileybury on different occasions. Mr. Dunbar here, and A. Perry Dunbar of Red Lake are the only surviving members of the family, another son, Talbot C., having been killed in a plane crash while serving in the flying corps during the war years. Mrs. Dunbar's funeral was held on Monday, April 5th, from the Rosedale Presbyterian Church, to Mount Pleasant cemetery, Toronto. Mr. Dunbar went down from Haileybury last week on hearing of the critical state of his mother's health."

BE BEAUTIFUL By ELSIE PIERCE FAMOUS BEAUTY EXPERT



Suits for spring is fashion's edict. GLADYS SWARTHOUT wears a striped suit cut on simple tailored lines but with the front panel using the striped material in an unusual way

Suited to Spring—The Fashionable Figure

There is something about spring that commands perfection. We want, more than at any other time of the year, to be utterly lovely. We seem instinctively to want to pull up, to brighten up, to try a new hair style (yes, even the most conservative of us). And we want to measure up to the lovely new fashions we are adopting.

In other words, we want to be suited to the season. And—if we may be permitted a sally—this being the season for suits, it takes a fashionable figure to be trimly fitted for the slim styles.

There is something crisp, trim, smart, neat and businesslike about a suit. The fashion is becoming to young and old alike. This year, with its details, the mellow shades, its infinite variety the suit takes first fashion honours. And well it might. Because there is a style to flatter every type, a shade to flatter every colouring.

For Thin Types
The ideal figure for the suit is the slender, well-proportioned one. But even the very slim figure can affect lines that flatter and make the eye see some ten pounds that aren't really there. A little padding at the shoulders, a pleum treatment at the waist, a bit of swing to the skirt and the suit is becoming to even a scrawny figure; in fact it makes the figure look rounder.

Stouts Cannot Be Stylish
But there is one figure that simply is not suited to the suit and that is the figure of too generous proportions. Because the stout figure demands straight lines to carry the eye up and down and make the figure seem slimmer. And straight lined suits reveal the contours unmercifully.

It seems a pity because suits are so fashionable this season and so unmercifully revealing.

St. Mary's Journal-Argus.—Mistress: "I don't think you've had enough experience." Maid: "I've had thirteen places in the last six months."