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More New Books at the Public Library

Many New Books in the Fiction Class Added to the Shelves Recently.

A pair of new books in the non-fiction class at the library are "Harbours of Memory" and "More Harbours of Memory," both by McFee, in which the author recalls to memory places and events of interest.

Fiction
In the fiction class there are new books of both mystery and romance. "Only Love Lasts"—Rosamund Du-Jardin—The vivid romance of a girl's awakenings.

"Love Me Long"—Helena Grose—The love story of a woman who tried to make her own way and failed.

"Family Pride"—Marjorie M. Price—The sojourn of an American girl in her English father-in-law's home.

"Gunsmoke Hacienda"—Grant Taylor—The climax is a pitched battle between cowboys and Mexican bandits.

"Fog Over Fundy"—Louis Arthur Cunningham—A strange story of Armande de Vyaart, descendant of the Norman who settled on the Bay of Fundy's shore.

"Moonlight Cruise"—Deirdre O'Brien. Two men and a woman find themselves thrown together on a Mediterranean cruise, as if by fate.

"Win'er Jasmine"—Sophia Cole—A story of love in London.

"Ship's Company"—Pauline Benedict Fischer—To save a broken heart, a young woman goes abroad. On the way she finds the means to mend the break.

"Edgar Prethero"—Hector Winkle—Called "The Story of an Englishman."

"Restless Tides"—J. Strang Morrison—A New England town's wealth.

"I Met by Moonlight"—Leslie Ford

bachelor is found murdered and the young woman who was the toast of the town is gone.

"Gay Pretending"—Lucy Agnes Hancock—A nurse, called by a patient inhuman and feelingless, finds a chance to live a different kind of life.

"Walking Dream"—Marjorie Moore—A foggy night brings a famous actor into a girl's life.

"Against the Stream"—Howard Pfaelzer—a misfit in this modern world wanders to Venice and there finds romance.

"The Saddleroom Murder"—N. K. McKechnie—A brilliant detective saves an innocent man from the gallows.

"One Moonsoon Night"—Shallmar (F. C. Hendry)—Nine more tales from incidents and experiences of this writer's life.

"Mingled Yarn"—Shallmar (F. C. Hendry)—Exciting tales of the sea.

"Fallow Ground"—Meredith Reec—An ambitious young woman finds her true happiness close to the soil.

"Moons in Gold"—C. S. Montanye—A mystery story that centres around a magnificent set of opals.

"Spanish Trails to California"—T. De LaRue—Beginning in turbulent Spain and ending in California.

"The Garden of the Hesperides"—Forepoint Severn—The story of the English apple tree—how it got to England and what has happened to it.

"Sugarhouse Eptry"—Richard Hayward—A novel of the north of Ireland in which a woman struggles to conquer her love of a married man.

"Challenge"—Sapper—Bulldog Drummond in a secret errand again.

"Ship Ashore"—Sydney Parkman—Serious trouble in the South Seas.

"Flame in the Wind"—Margaret Peller—"A delightful and absorbing romance" of a young woman who was having trouble finding money for meals—let alone rent.

"I Met by Moonlight"—Leslie Ford

"I Met by Moonlight"—Leslie Ford

—Murder of a woman who had vexed and harassed the whole of a Chesapeake Bay community.
"African Orchestra"—Lethbridge.
"Roses in the Snow"—Hoy.
"And More Also"—Elizabeth Carfrae.
"Windswept"—Moore.
"Love Comes Last"—Miller.
"Without Charm, Please"—Hauck.
"As Long as I Live"—Emilie Loring.
"The Beachcomber"—McFee.
"Casuals of the Sea"—McFee.
"Command"—McFee.
"The Harbour Master"—McFee.
"Clayhanger"—Bennett.
"Riceyman Steps"—Bennett.
"Hilda Lessways"—Bennett.

Report of Junior Room of Connaught Public School

The following is the report of the Junior Room of Connaught Public School for the month of March—
Jr. III—Rae Johnston, Wallace Riley, Fay Aitchison, Adam Vetch, Betty Irwin, Muriel Moore, Hazel Fournier, Nellie Duffy (absent).

II—Fred Lepkan, Lois Johnston, Earl Ferguson, William Vetch, Russell Robinson, Donald Bass, Tennyson Johnston, Isabel Weiss, Joyce Robinson, Beulah Moore, George Ahola, Gene Irwin, Morris Moore.

I—Noreen Ledingham, Doris Johnston, Stanley Russell, Annie McLeod, Helen Sheppard, Gladys Fournier.
Pr.—Norman Grant, Heikki Vierimaa, Clifford Ferguson, Anni Vierimaa, Bobby Weiss, Rita Lepkan, Arthur Moore, Elwood Fournier, Douglas Ledingham.

Grace M. Evans, teacher.

Song, "Tipperary" Said to Have Been Written in Day

"Tipperary," that best-known British song of the Great War, was written in the Lancashire town of Stalybridge 25 years ago—and it was written in a few hours.

An old inn at Mere End, Balsall Common, Warwickshire, bears a tablet which purports to commemorate the "fact" that "Tipperary" was written there in 1912. Mr. Jack Judge, the composer, however, who now lives at Cadbury, Worcestershire, has settled a long-standing controversy by revealing that he wrote "Tipperary" at Stalybridge.

In 1912, Mr. Judge was appearing at the Grand Theatre there, when a fellow artist challenged him to write a song and produce it in a day.

On the same day Mr. Judge wrote the words and music of "Tipperary" and sang it before a large audience assembled in the Grand Theatre.

"The song caused such a furore," he says, "that we had to sing it again and again, and had some difficulty in clearing the theatre for the 'second house.'"

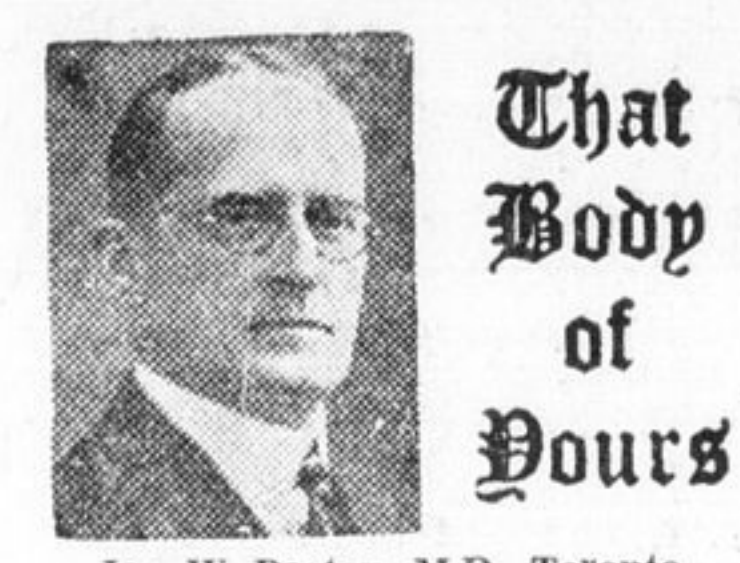
"Tipperary" has gone on with undiminished popularity ever since. I have had letters by the bushel from everywhere about it."

Hamilton Spectator: Premier Aberhart says that the public mentally is that of a 13-year-old child. But we know 3-year-olds who would choose a nickel to a piece of coloured paper.

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

That Body of Hours

A Dangerous Ailment or Group of Ailments

With the knowledge that rest, fresh air, and good food will bring about a "cure," the dread ailment, tuberculosis, is being fought successfully. Today, also, despite the fact that the cause of cancer is unknown, the early use of radium, the X-ray, or operation is saving thousands of lives.

Now while tuberculosis still has many victims, and cancer stands near the top as a cause of death, it is interesting to read a report of the Metropolitan Life Insurance Company about another ailment or group of ailments

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 St., 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).

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BE BEAUTIFUL
By **ELSIE PIERCE**
FAMOUS BEAUTY EXPERT



MARSHA HUNT recommends massaging a cuticle cream around the base of the nail to keep cuticle smooth and nail base nourished.

Hand Yourself Beauty—Right and Left

A wise young blade said recently: "Some women don't let the left hand know what the right is doing... so much so that when they meet over a bridge game the pair certainly don't look like mates. True, the right hand usually does most of the 'dirty' work, but I see by the ads that there's no excuse for the give-away. What do you say, Miss Pierce?"

I'm afraid I'll have to admit it's true, for I've seen it myself. And if work were an excuse we would see many, many more "sandpaper" hands. The mere fact that any number of women who do their own cleaning and washing and similar chores can manage to keep their hands looking like "never do a thing hands" is proof that it can be done.

The hands either tell tales about us or speak eloquently for us, more so than our faces, in fact. They deserve at least as much care as the face. They get that much more abuse. They are immersed in water, washed with soap and water much more than the face, meaning that the natural oils are exhausted to a greater extent. They are subject to just as much exposure. When housework is done, unless gloves are worn, the hands are subjected to household dust, to strong cleansing agents. Put them all together and you have the

reason why hands that are abused and not given compensating care soon look wrinkled and feel sandpaper.

Respond to Care
But add a little compensating care and see how quickly and gratifying the hands respond. Treat them to a gentle massage with a hand cream every time they are washed. Use the same rich, nourishing cream on them at night that you do on your face. In fact, merely use the little left over cream for the backs of the hands, go through the same movements you use in washing the hands. If you can wear cotton gloves without feeling uncomfortable slip them on at bedtime after giving the hands a generous creaming. You'll be amazed at the splendid over-night repair work.

When washing the hands, make sure that you dry them very carefully. Careless drying contributes to chapping and roughness—particularly if the hand lotion doesn't follow immediately. Winter winds contribute to redness and roughness, but again creaming is the best way out. Some women go through a severe winter with her hands looking lily white and others have winter hands even in spring. Once more it is a matter of consistent care—and if the right hand does more work it should have more cream. It really isn't difficult to hand yourself beauty—right and left.

whose victims greatly outnumber those of tuberculosis and cancer.

"It is stated that in the United States (and this would likewise be true for Canada) 50 out of every hundred children born will die from one or other of the cardio-vascular-renal diseases; that is heart, bloodvessel, and kidney diseases. This is five times the number of deaths to be expected from cancer, and ten times that from tuberculosis."

This at first sight is discouraging but a few minutes' thought will show some reason for so many deaths from heart, bloodvessel and kidney ailments as compared with these other ailments.

In the first place fewer babies die at birth or during their first year. Less than forty years ago the number of children who died at birth or during the first year was about 3 in every 10; to-day the number is just 1 in every 20. This means that many more children will reach manhood and womanhood; a number of whom will be none too rugged.

In addition, there is now the protection given by medical science against diphtheria, scarlet fever, and other infectious diseases of childhood, and the great saving of life among infant children by scientific feeding.

Many delicate children saved in childhood will likewise grow up and there will be that many more chances for the development of this heart, bloodvessel and kidney group of ailments.

Now of what use is this information to those of us who are adults? A timely editorial in the Journal of the Canadian Medical Association gives the answer. In it physicians are advised to prevent the beginning of this group of ailments by careful watching of the heart and kidneys of a patient afflicted with an acute ailment—typhoid fever, scarlatina, influenza. "It is not sufficient to see the patient safely through the attack and then dismiss the matter from the mind."

Two points stand out for all of us. First, to remain in bed for a few days after an illness is past, and, second, to get checked over by our physician at least once a year.

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GORDON BLOCK TIMMINS

Are Some People Really Unable to "Digest Fats?"

Domestic Science, Expert Says that in the First Place Fats are Digested, but They Sometimes Delay the Digestion of Other Foods Eaten with Fats. Also Here are Some More Recipes.

"I can't digest fats." Every one in a while I hear this statement which is usually not entirely correct. All fats are digested, that is to say prepared for absorption, to a large extent. Fats, however, digest slowly and at the same time delay the digestion of other foods eaten with fats.

as energy it will be stored in our tissues, as are other foods, in the form of fat.

Spinach With Cream
1 peck spinach
Salt, sugar
Pepper
1 teaspoon minced onion
1/2 cup cream
Lock over spinach and wash carefully. Cook without water in a covered kettle with a little salt and sugar six to eight minutes or until tender. Season with pepper and more salt, if necessary. Serve in a hot dish. Add minced onion to whipped cream and pile on top of spinach.

French Dressing
1/2 teaspoon salt
1/2 teaspoon mustard
Paprika
1/2 teaspoon sugar
6 tablespoons olive oil
1/2 teaspoon onion juice
2 tablespoons vinegar
Mix the dry ingredients and add to the oil. Add the onion juice and vinegar and stir until it thickens. A small piece of ice added before stirring hastens the process.

Requested Recipe—Scalloped Oatmeal
2 sausage links
1 green pepper
1 onion
2 tablespoons salad oil
2 cups cooked oatmeal
1 cup canned tomatoes
1/2 cup buttered crumbs
Chop sausage links, peppers and onions rather coarsely and brown in two tablespoons salad oil. Add to the oatmeal with tomatoes and salt and pepper to taste. Pour into casserole, cover with buttered crumbs and bake in a hot oven (450 degrees F.) for 20 minutes.

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Sudbury Star: Folks who suggested that the high altitude would affect the Eastern representatives were right. Didn't Bill Regan get a nose bleed?

This is not always objectionable, as we feel more comfortable when digestion is not too fast. Sometimes, however, fried foods which are coated with fat, are delayed too long. Fat cooked at a high temperature may sometimes be broken down into irritating substances which when used to excess may cause digestive troubles. The occasional use of fried foods for the person in normal health is not objectionable, but persons with delicate digestions often have to be careful about their use. Fats in the form of cream and butter and shortening used in combination with other foods are usually taken care of easily by the efficient digestive system.

The mouth plays no part in the digestion of fats except to divide the food into small particles. The stomach emulsifies some of the fat, preparing it for the digestive juices of the intestines, where actual digestion takes place.

Fat is a concentrated food which is important both in its liquid form of oil and in the hard form which we usually call fat. It gives us a large number of calories at a reasonable cost, and at the same time acts as a regulator for the emptying time of the stomach. It is also important because of the flavour it gives to food and its "shortening" quality, which is important in the manufacture of cakes and bread. If we eat an excess of fat which is not used

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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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