



VALUES!

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2 large tins	25 1/2 oz. tins		
Pork & Beans	29c	Tomato Juice	10c
National Brand	2 for	Standard Quality	2 for
Sodas, lge. pkgs.	27c	Corn, large tins	25c
On the Cob	2 for	2 large boxes	
Corn, lge. tins	22c	Salt	15c

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MAIN GROCERY
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 137 Main Ave. Timmings

Simplicity the Keynote at Wedding Breakfast

Sauce Suggestions for Wedding Breakfasts in This Month of Weddings. Wedding Breakfast May be Served at a Table, Appropriately Decorated, or Buffet Service May be Used.

Wedding breakfasts, like the rest of the ceremonies associated with these occasions, usually follow traditional lines. The first law for their success is simplicity. No matter how large the

however, buffet service is used for all the guests. There may be chafing dishes filled with the standard chicken a la king, with flaky hot biscuits to accompany it. In addition there may be lobster or crab a la Newburg, bowls of salad and plates of relishes. At a recent breakfast there were as well whole chickens and hams which were sliced by a caterer's man as the guests filled their plates. At another table was a punch bowl surrounded by the glasses. The wedding cake was brought in later for the bride to cut and was passed with the ice-cream.

For a small wedding breakfast there may, of course, be a more elaborate meal which may follow the usual three or four-course custom. At this time of the year fruit is often chosen as an introduction. A grapefruit shell filled with alternate sections of the original fruit and of avocado and flavoured with sherry or seasoned with an olive French dressing is one suggestion. The main course might be guinea hen or chicken with a cherry and pineapple sauce or with a Newburg sauce. Tiny balls of new potatoes with parsley butter and peas or lima beans make a good accompaniment. A green salad and the dessert complete the meal.

If you would like to break tradition, however, and serve bacon, scrambled eggs and creamed potatoes, your guests will be as pleased as I was at a recent wedding breakfast.

- Chicken a la King**
- 4 tablespoons butter
 - 1 cup sliced mushrooms
 - 1/4 cup minced green pepper
 - 3 tablespoons flour
 - 1/2 teaspoon salt
 - 1/2 teaspoon paprika
 - 1 1/2 cups milk
 - 1/2 cup cream
 - 2 egg yolks



(By Edith M. Barber)

apartment or house, it is usually over-taxed, because of the desire to have as many as possible of the friends of both the bride and groom present at this important event.

The wedding party may be seated at a table appropriately decorated. Often,



2 cups cooked chicken, cut in pieces
 1 pimento, cut thin
 3 tablespoons sherry

Melt butter, add mushrooms and green pepper, cut in small pieces and cook five minutes. Stir in flour and seasoning. Add milk and cream, stirring constantly until the mixture boils. Cook one minute. Add a little of this sauce to the beaten egg yolks, and stir into the rest of the sauce. Add chicken and pimento, heat, stir in sherry just before serving on toast.

Bridegroom's Cake

- 1 cup butter
- 2 cups brown sugar
- 6 eggs
- 1 cup coffee
- 1 cup molasses
- 4 1/2 cups flour
- 2 teaspoons soda
- 1/2 teaspoon cloves
- 1 teaspoon nutmeg
- 1 teaspoon allspice
- 2 teaspoons cinnamon
- 2 pounds raisins
- 1 pound dates
- 1/2 pound figs
- 2 pounds currants
- 1/2 pound candied lemon peel
- 1/2 pound candied orange peel
- 1/2 pound citron

Cream the butter and sugar together. Add the slightly beaten eggs. Heat the coffee, mix with the molasses and add alternately with the flour sifted with the soda and spices. Add the chopped fruit and pour into well greased loaf pans. Cover tightly with greased paper and steam three hours. Then bake half an hour in a slow oven, 250 degrees F. Makes about ten pounds.

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Organ Dedicated at the Finnish Church

Also Farewell Given Member of Finnish Church Choir.

At the Open Air Service held at the Church Camp at 3 p.m. last Sunday (June 6th), the beautiful new Thomas portable organ, donated to the Timmings and South Porcupine Finnish United Churches by Dr. G. S. MacKechnie, Mr. J. T. Jackson and Dr. C. Sullivan, was solemnly dedicated "to the service of God, and to assist the praises of His people, to the glory of His Holy name." The impressive dedication service was conducted by the minister, the Rev. A. I. Heinonen, who also delivered a sermon on "Music in the Worship of God."

The Senior Church Choir in full strength assisted at the service and the new church orchestra rendered several selections. There were also a few vocal selections by a male quartette and trio. As Mr. Gus Karkaus, one of the members of the Senior Church Choir, is leaving next Tuesday for Finland, the latter part of the service contained also a short address of farewell to Mr. Karkaus and his short reply, in which he thanked the minister and fellow-members and adherents for the privileges of a church home and also the fellow-members of the Senior Church Choir.

LOOK OUT FOR YOUR FIGURE

Protect Yourself Against Modern Living That Brings Excess Weight.

Lack of exercise, irregular hours, excessive eating, smoking and drinking are taking their toll these days. Lovely curves soon become bags of flabby tissue. Keep your liver strong and healthy, as it protects you from fatness, excess weight, poor blood, lowered vitality. If your liver isn't working properly, your kidneys, skin and stomach will soon become affected. "Fruit-a-tives", containing extracts of fruits and herbs, help nature to keep the liver strong and active. Thousands have found "Fruit-a-tives" the sure way to banish the effect of modern living, and safeguard their figures. Start "Fruit-a-tives" to-day, 25c and 50c at all drug stores.

FRUIT-A-TIVES LIVER TABLETS

for the enrichment of their fellowship. At the service the attendance was good and representative of Finnish-speaking people of South Porcupine and Timmings. And all enjoyed the experience.

Celebrate Silver Wedding Event Here

Mr. and Mrs. H. L. Traver Receive Congratulations from Many Friends.

There were many June weddings last week and also a silver wedding anniversary in town. Mr. and Mrs. H. L. Traver, of 15 Toke street, observing the 25th anniversary of their marriage which was the first formal wedding in Cobalt. It took place in St. James' Anglican Church, Cobalt, on the morning of June 4th, 1912, with the reception at the home of the bride's parents, Mr. and Mrs. C. J. Price, then resident on Cobalt street, Cobalt. The bride and groom of twenty-five years ago left on the afternoon train for a month's honeymoon trip to the Eastern Townships, Quebec and Montreal.

Last Friday evening, Mr. and Mrs. Traver invited a number of friends to presumably an evening of bridge, but which really was to celebrate this, their 25th wedding anniversary. Bridge was played during the early part of the evening; then a buffet lunch served from a table centred with wedding cake and decorated with roses and candles, a colour scheme of rose and silver. Later a sing-song of old favourite songs was enjoyed, the happy evening concluding with dancing.

Mr. and Mrs. Traver are still receiving congratulations on this happy occasion.

A beautiful bouquet of roses was sent them from the I.O.D.E. and many other lovely gifts from friends and relatives to mark this happy event in their lives.

Committee Assisting in Canvass for the Blind

At a recent meeting of the Ladies' Committee for the Blind the following were appointed a committee to assist with the canvass of special donations in connection with the campaign now being held:—Mrs. C. Briggs, Mrs. T. E. Pritchard, Mrs. Wm. McCoy, Mrs. Fred LaForest and Mrs. M. A. Bessette.

This campaign will terminate with the tag day on Saturday next, June 12th. This is the annual appeal of the Canadian National Institute for the Blind. The Institute work is carried on by volunteer workers and no professional canvassers are engaged. Throughout the Dominion there are vast numbers of ladies and gentlemen giving freely of their service and talents to make the work of the Institute successful.

The Children's Corner

(By "Your Friend Kip")

Did you know that:
 An umbrella has ribs but no trunk.
 A tree has a trunk but no ribs.
 A match has a head but no face.
 A watch has a face but no head.
 A rooster has a comb but no hair.
 A rabbit has hair but no comb.
 A river has a mouth but no tongue.
 A whip has a tongue but no mouth.
 If all these things got together, they could help each other a lot, could they not?

People seem to be the richest of them all, for they have many of these things, and can always procure the rest. Perhaps you can think of a few more lines to add to this verse. Don't forget to tell "your friend Kip" if you do!

Report for Month of May District Children's Aid

The following is the report of A. G. Carson, local superintendent of the District of Cochrane Children's Aid, for the month of May:—

Applications for children for adoption	3
Office Interviews	59
Interviews out of office	53
Complaints received	49
Investigations made	50
Children involved	43
Children in shelter	19
Children boarding out	23
Court attendance	7
Juvenile Cases	15
Boys on probation	5
Official warnings given	2
Investigations for other societies	2
Children committed to an industrial school	1
Mileage travelled	1512
Adoptions completed	2
Children placed in a mental hospital	1
Children given assistance in their own homes	6
Mail received	112
Mail sent out	2368
Cases under Unmarried Parents Act	5

May Honour Roll of Birch Street School

The following is the May honour roll for Birch Street public school:—

Names in alphabetical order.
 Room 1—Jr. IV—Rose Bregman, Peter Brownie, Elizabeth Gates, Mike Hrisshkevich, Pearl Johnson.—S. M. Robinson, teacher.

Room 2—Jr. IV—Mary Ellen McMillan, Violet Roos, Betty Tyrell.—J. F. Anglin, teacher.

Room 2—Sr. III—George Bialick, Michael Bozek, Mary Colyshenco, Mike Kapitan, Bill Malynchuk, Branis Martinac, Annie Ostrosky, Annie Rysack, Wallace Sargalis, Joe Smrke, Milan Smrke, Helen Synos, Gladys Vincent.—J. F. Anglin, teacher.

Room 3—Sr. III—John Bozek, Everil Eade, Marguerite Latham, Audrey Leach, Janet McMillan, Josephine Melville, Audrey Sauve, George Shaw, Thelma Smith, Jack Wilson.—Myrtle Kerr, teacher.

Room 3—Jr. III—Philip Melville.—Myrtle Kerr, teacher.

Room 4—Jr. III—Kathleen Brown, John Connell, Elizabeth Fettinate, Olga Holland, Nick Hrisshkevich, Dora Knell, Lillian Melville, Joan Pye, June Tellefson.—Miss Mann, teacher.

Room 5—Jr. III—Derek Couch, Joyce Latham, Harold Sanford, Douglas Shaw, Louis Smrke, Neil Stewart.

Room 5—Sr. II—Kathleen Blackhouse, Nora Leach, George Stefanick.—Miss G. Peterson, teacher.

Room 6—Sr. II—Mary Ballik, Nancy Carrol, Dorothy Easterbrook, Patsy Jackson, Mary Maxwell, Graydon Robinson, Sidney Simmers, Leonard Tollefson, Betty Williams.—Miss Doherty, teacher.

Room 6—1st—Helen Kremyr, Stanley Smrke.—Miss Doherty, teacher.

Room 7—Grade II—Emily Bregman, John Dundas, Ian Forrester, Nellie Klimovich, Madeline Pearce, Eric Seeneey, Doris Simmers, Mary Stefer, Elsie Westine, Marjorie Whitford.—D. Caswell, teacher.

Room 8—1st—Nancy Bolliger, Margaret Boyd, Mary Danechuk, Mariel Melville, Christine Rose, Joyce Sauve.—Ida V. Cole, teacher.

Room 8—Sr. Pr.—Milly Eade, Joyce Marson, Pamela Rose, Norman Smith, Annie Sainchuck, Seymour White.—Ida V. Cole, teacher.

Room 9—K.P.—Emily Bolliger, Betty Couch, Alice Erierson, Luba Klimovich, Carolyn Landers, Melvin Lehto, Irja Maki, Henry McLean, Phyllis Walkley, Jack Young.—S. Draganoff, teacher.

Room 10—K.P.—Shirley Alkerton, Moresse Aston, Kenneth Jackson, Raymond Jones, Walter Kembal, Bobby Maxwell, June Powers, Gloria Richards, Paul Sillanpaa, John Sporer, Lawrence Vidal.—Elsie Teskey, teacher.

Porcupine Old-Timer Made Many Rescues

A visitor to the Porcupine camp last week was Jack Robertson, of Troy, New York. To The Advance he gave the information that the chief reason for his visit here was to call on his old schoolmate, Harry A. Preston, pioneer of the Porcupine. Mr. Robertson is interested in the North Country, having some 160 acres of ground in Gowanus township, but primarily he came here to call on Mr. Preston, whose prospecting work has done so much to develop the North.

Speaking of Harry A. Preston, Mr. Robertson said: "Since Harry was a young lad he has always displayed the utmost daring. I can recall many rescues he made in our town of Niagara Falls, both in the upper river and also below the cataract. I remember him swimming out to recover the body of a man who was making a trip through the whirlpool rapids to demonstrate a life-saving boat which he claimed would right itself after being overturned by the waves. Poor chap! After the last rapid hit him, his boat overturned and he went into the whirlpool. His boat, bottom side up, also went into the whirlpool. Then Harry swam out (further than any dog was ever known to go) and brought back the ill-fated craft and its owner, Flack, to shore. Needless to say, though they worked like Trojans, nothing could be done to restore Flack. This is just one of many daring deeds performed by your oldest prospector."

"May all good things come his way!" concluded Mr. Robertson.

Presentation Made to Francis Alan Woodbury

On Friday evening Miss Ann Scott entertained friends at her home in honour of Mr. Francis Woodbury whose marriage will soon take place. The evening was spent playing bridge, winners being: ladies, first, Miss Marion Ostrosky; consolation Miss Margaret Moran; men's first, Mr. George Peacock; consolation, Mr. Carriere.

The groom-to-be was presented with a fitted tray.
 A lovely lunch was served, and a delightful evening was had by all.

MUFFETS
 The Sunshine Breakfast Cereal

100% WHOLE WHEAT
 Delicious as they are nutritious

BE BEAUTIFUL

By ELSIE PIERCE
 FAMOUS BEAUTY EXPERT

ROCHELLE HUDSON'S perfectly groomed appearance may be attributed to her knowledge of combining beauty rites with fashion demands.

It's So Much Easier Now To Be Beautiful

Picture yourself going through the contortions of lacing yourself (or being laced) into the steel harness of Grandmother's time. Then compare that breath-taking ordeal with the ease of getting into your cleverly-cut, perfectly-fitted, leatherweight undergarment. And, say you are not happy to be part of this generation. I dare you!

Picture yourself way back when a permanent meant winding the hair on sticks, packing it in clay, baking in the sun for days. Then think of getting your permanent to-day—a matter of two hours, perhaps, from preliminary shampoo to final setting. Think of getting a permanent, in fact, without electricity, without machinery, without wires or heaters—just a gentle, chemically-heated sachet putting the wave in by a vapor process. Imagine being able to walk about, do your telephoning, catching up on that short story (you probably won't finish it before your wave is finished), while the permanent is "taking." It IS easier now, isn't it?

Think of the time, and not so long ago at that, when powder was either a dead white or a deep pink and heavy as flour. It may have accomplished its mission of "toning down shine." Right through the ages women have feared a shiny nose. But it must have showed up every little flaw, wrinkle and imperfection since it seldom matched the skin it covered. And it must have clogged and enlarged ever so many pores. Contrast that with the special powder textures of to-day, prepared for either the dry or the oily skin, powders that are fine and powders that are super-fine. And the long line of shades, ready-prepared or specially and individually blended to harmonize perfectly not only

with the delicate nuances of your skin, but meant to change, darker or lighter, as your skin changes with the season. Isn't life and beauty easier now?

Think of the concept and standard of beauty a few decades ago. The baby who wasn't beautiful at birth started with a handicap. She never stood any chance of becoming a beauty because beauty at that time was limited to perfection of features. To-day every baby of the fairer sex is born with an equal right and equal chance of achieving beauty according to our modern standards.

Physicians and Beauticians are working together; milliners and hair-dressers; reducing salons and modistes; make-up authorities and costume color experts. The whole world is full of beauty. Science and Art have merged for the purpose of instilling a beauty consciousness out of which the world has evolved a New Beauty within the reach of all. Yes, it is easier now to "Be Beautiful."

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Oven Dinner
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