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Using Salad Platter for Quick Meal in Summer

Cold Meat or Fish May be Used in Combination. "Let the Refrigerator Do the Work," is the Suggestion of Culinary Expert. Of Course, Some Recipes.



(By Edith M. Barber)

During summer the business woman housekeeper makes good use of salad platters for the quick meal. She may precede these with a hot soup if she likes. In selecting the combinations for the salad platter which is to serve as a whole course, one hearty leader should be chosen first. Cold meat or fish dressed with mayonnaise, may be the central note. Instead of this, eggs, boiled and stuffed, avocados halved and stuffed with a hearty salad may be used. The central note may, instead, be sardines or anchovies, smoked salmon or cold ham, cottage or cream cheese.

A potato, a macaroni or a rice salad with which French dressing is used will add a satisfying note. The addition of minced onion, green pepper or pimiento to any of these will provide flavour and also add to the appearance. Sliced cucumbers with sour cream dressing add a note of crispness to a salad plate, as do lettuce, romaine and other greens, which will, of course, be used.

Nothing is more attractive for a salad platter than a ring of aspic, tomato or cheese jelly which, however, must be planned and prepared ahead. A few moments the night before or in the morning will suffice for its mixing. The refrigerator will do the best. Individual molds or stuffed eggs, surrounded with jelly, are both delicious to the taste and attractive to the eye.

Special Potato Salad

4 cups cold boiled potatoes, diced. 1 cup pecans, broken in small pieces 1 chopped onion

BLACKHEADS

Get two ounces of peroxide powder from your druggist. Sprinkle on a hot, wet cloth and rub the face gently. Every blackhead will be dissolved. (The one safe, sure and simple way to remove blackheads. Have a Holly-wood complexion.)

1/4 cup mayonnaise 3/4 cup whipped sour cream 2 hard cooked eggs Pimiento strips.

Mix all the ingredients together except the eggs and pimiento. Arrange on a bed of lettuce and garnish with the sliced eggs and strips of pimiento.

Tomato Shrimp Jelly

2 cans tomato soup 1 can boiling water 2 tablespoons gelatin 1/4 cup cold water 1/2 pound shrimps, peeled and cooked 12 stuffed olives.

Heat the soup with the boiling water. Soften the gelatin in the cold water, add the soup, stir until dissolved. Arrange stuffed olives and shrimps alternately in a mold and add carefully a little of the gelatin mixture. Place on ice to harden, and repeat. A ring mold is attractive when it is turned out—and the centre can be filled with sliced cucumber mixed with whipped sour cream seasoned with onion and tarragon vinegar. When the mold is set, turn out on a platter and garnish with lettuce or romaine. Pass the sour cream dressing or mayonnaise. Canned shrimps may be used if desired.

Quick Meal

Vegetable soup Hot crackers Salad platter Strawberry tarts. Coffee

Method of Preparation

Prepare salad plate. Open can of soup and heat. Heat crackers. Make coffee. (Copyright, 1937, by The Bell Syndicate, Inc.)

Went to Jail Rather Than Let Husband Pay Fine

There was an unusual situation at Sudbury police court last week when Mrs. Sophie Tymchuk was convicted of stealing a number of cabbage plants. She was let off with a fine of \$20 and costs, which her husband was ready to pay. He was \$250 short of the full amount necessary (the total being \$42.50, while he had only \$40.00). The police chief, however, had accepted the \$40.00, knowing no doubt that Mr. Tymchuk would bring him the other \$2.50 all right. At this stage, however, Mrs. Tymchuk asserted herself. Then Tymchuk had a brief conference with his lawyer, the latter asking for the return of the money as his wife preferred going to jail rather than paying out \$42.50. The money was handed back and Mrs. Tymchuk is now all set to spend the next two months in jail.

POOR FATHER

Father: "Yes, my boy, I'm a self-made man." Son: "Gee, Pop, that's what I admire about you. You always take the blame for everything."

The Children's Corner

(By "Your Friend Kip")

Trix Naish in her "Dog Chatter" some weeks ago, related an incident that I am sure would please you all (if you love dogs, which I know nearly every little boy and girl does). So here goes, and if you have any dogs like this (or other pets), let me know, and your dog will soon be nosing its way into this column!

General Draper's Dog "Brigadier-General D. C. Draper, Chief Constable, has a three-year-old Airedale, named Barney, that sings Old Man River and Alouette. I've never heard anything like it in all my life.

We sit down to lunch—the General, Mrs. Draper and I. Barney sits up and begs. "All right, old fellow," says the Chief, "let's have some singing." Barney puts two paws on his master's knee. He crosses them just as an opera singer clasps her hands.

"Old Man River, first," says the General. He strikes a low key. Barney looks comically serious from under his bushy eyebrows. Then he utters a squeak that goes away above the General's pitch. "No, no," says the Chief, "that's Alouette. We want Old Man River." But Barney wants Alouette. He keeps striking the high note until the General gives in and tells him to go ahead.

Well! Now I know what Alice in Wonderland felt like when the rabbit spoke. Barney trills up and down and holds on to certain notes like nobody's business. My mouth drops open in amazement, and I forget to shut it until Barney's finished. He gets so worked up that the singing becomes louder and louder until it seems to fill the whole room.

Barney refuses to sing Old Man River. He repeats Alouette several times. The General has to leave for the office before lunch is over. Barney comes along and puts his head in my lap. I dangle a piece of meat before his eyes. (Mrs. Draper doesn't mind your feeding the dog from the table.)

"Come on, Barney," I plead, "Old Man River." Mrs. Draper says it's no good. The General has taught Barney how to sing, and he won't do it for any one else. I try again and again. Suddenly, Barney lets out a deep-throated rumble. Mrs. Draper and I look at each other wide-eyed. "That," says Mrs. Draper, in great amazement, "is the start of Old Man River."

The low howl moans up and down. Barney's mouth opens wider and wider. It's Old Man River as Paul Robinson never sang it. I'll never forget it. And, mind you, Barney does all this singing despite the fact that he had his tonsils out just a few days ago.

Recipes for Pea Soup and Cheese and Spaghetti Soup

Here are a couple of tested recipes:—

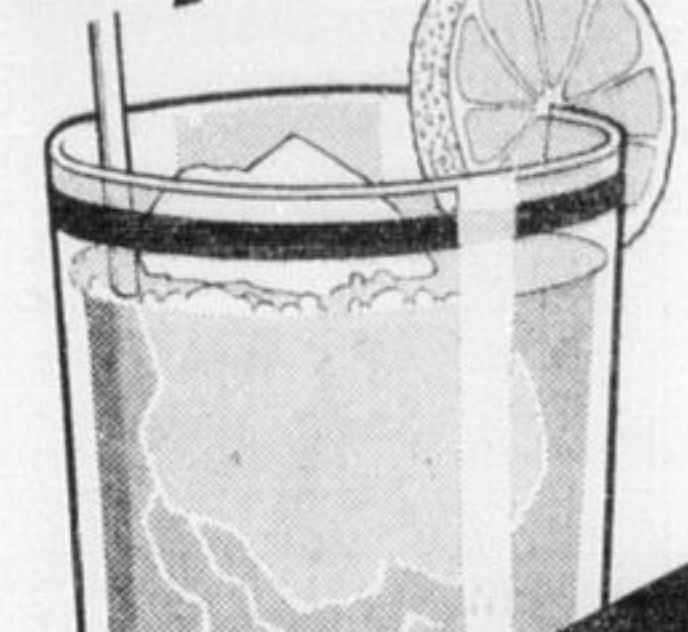
Cheese and Spaghetti Soup Ingredients:—1 pint of milk or milk and water, 1 small onion, 1 tablespoon of cooked spaghetti, 2 oz. of grated cheese, 1/2 oz. of butter, 1/2 oz. of flour, 1 teaspoon of made mustard, 1/4 teaspoonful of salt.

Method:—Melt the fat, stir in the flour, and add the milk by degrees. Bring to the boil, add the chopped onion, mustard and salt. Simmer gently for fifteen minutes. Strain and add the grated cheese. Re-heat until the cheese is melted, add a tablespoon of freshly-cooked spaghetti.

Pea Soup Ingredients:—1 quart of split peas, 2 onions, 1 turnip, 1 carrot, 1 head celery. Salt and pepper to taste. Meat stock.

Method:—Soak the split peas in cold water for 12 hours. Drain the peas and put them in 2 quarts of cold water, with the meat stock and bring to boil. Clean and cut the carrot, turnip, onions and celery into small pieces, and when water is boiling add the vegetables, and seasoning. Boil slowly for 2 hours. Pour into colander or wire sieve and rub vegetables, etc., through with a wooden spoon. The soup is then ready for serving. When serving, add one mustard-spoonful of made mustard to each plate of soup.

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

That Body of Yours

This is the Time to Start Injections to Prevent Hay Fever

As hay fever is a yearly visitor to a large number of individuals who find the hay fever season—sometimes in August till the first frost appears—the most miserable time of year.

And when we see these individuals with running eyes, running nose, sneezing and coughing, we understand why they think Nature is so unfair in afflicting them with these distressing symptoms and letting others—of the same family, breathing the same air, eating the same food, engaged in the same work—escape, we can hardly blame them.

There is no question but that heredity—a family tendency—causes many of these cases and also deformities in nose and throat, but why hay fever picks out some and avoids others cannot be explained but only likened to the fact that cancer, asthma, rheumatism, tuberculosis, diabetes and other ailments, also seem to make their own selections.

As the great majority of the autumn cases are due to the individual being sensitive to the pollen of ragweed it is now customary to try to de-sensitize these individuals by the injection of pollen extracts six weeks to three months before the yearly attack usually arrives. It is therefore my custom to suggest that they start receiving these inoculations or injections by their physicians during the month of June.

Not that these injections cure all cases; not even when the series of injections have been given yearly for as long as three or four years. But that one yearly series cures some cases two series others, and others are cured only after a series of three or four years, is undoubtedly true. And when all nose and throat defects have been corrected it is very much worth while for hay fever victims to try one or more of these series of inoculations.

Having once established by tests that ragweed (or other pollen) is the cause of the hay fever, "injections should be given at intervals of one or twice a week for 6, 8 or more weeks before the yearly attack is due, gradually increasing dose from the strongest dilution which does not give rise to a positive skin test to the strongest dilution which produces a positive test.

"What is one man's food is another man's poison" is an old saying but the truth of it is being proved almost daily by leading research physicians throughout the world. Some individuals are over-sensitive to certain foods and will have colds in their heads, "stuffy" noses, pains in the stomach or abdomen when they eat these foods, while other people suffer no ill effects eating the same foods.

"Food Allergy" booklet No. 106 by Doctor Barton, tells how to discover the offending foods and what to do about them. You may obtain this booklet by sending ten cents to cover handling and service to the Bell Library, 247 West 43rd street, New York, N.Y.

Urges Governments to Encourage Thrift

Life Insurance Executive in Able Address Suggests Ways in Which This May Be Done.

Pointing out that provincial taxation of life insurance premiums increased the cost to Canadian policyholders by \$4,500,000 annually, Victor R. Smith, Toronto, president of the Canadian Life Insurance Officers' Association, last week termed the provincial tax "unjust, iniquitous, and a tax on thrift" in his presidential address before the annual convention at the Royal York hotel, Toronto.

Mr. Smith warned that insurance companies may be forced to introduce separate premium scales for each province unless uniformity is reached in provincial taxation, which now ranges from one to 3.3 per cent.

He strangely urged governments to encourage thrift as a means of reducing future relief rolls. With this in mind, he suggested that insurance companies would likely consider bringing before the Quebec and federal commissions on taxation their problems, arising out of what he said was discriminatory taxation of insurance policyholders.

"Some of those which will no doubt be stressed might be mentioned at this time; the iniquity of the provincial taxes on life insurance premiums, if such a subject is within scope of the commission's inquiry; also double and triple taxation arising out of the overlapping of provincial succession duty statutes," he said.

"Representations calculated to urge economy in governments in Canada, either by consolidating some of the services of the dominion and the provinces or by reducing the number of services, or both, is another problem to which close study will be given."

Distribution of legislative jurisdiction over insurance, as between dominion and the provinces, was well-balanced and should not be disturbed, he advised.

Governments should encourage, not discourage thrift, he stated. In Great Britain, thrift was encouraged by exempting from income taxation sums paid out in life insurance premiums up to one-sixth of their income, said Mr. Smith. He urged elimination of income tax on the principal of policies paid by instalments and objected to taxing the contribution of employee or employer to company pension funds. In Canada, legislation had been passed which would never have been effected "if the public realized the true position of insurance in this country's social and economic life," Mr. Smith contended.

The president saw encouragement in recent action by Quebec and Ontario. Ontario's amendment to the Succession Duty Tax Act to exempt small annuities and income settlements was a far-sighted policy, said Mr. Smith. It was encouraging, he said, to know that Quebec had seen the desirability of effecting reform in provincial and municipal taxation, a lead he hoped would be followed by other provinces.

He offered governments the service and experience of private life insurance companies in mapping contributory plans for insurance against dependant old age. While Canada still had a railway problem and budgets remained unbalanced, governments here "could not stand the entire strain of the social reforms required," he asserted. Success of social insurance programmes in England had been due to this type of co-operation, the president reminded.

Mr. Smith criticized some municipal pension schemes as being open to serious objection from an actuarial standpoint. Civic pension schemes were in the realm of private insurance, he contended.

Illustrating the stabilizing effect of insurance, Mr. Smith pointed out that more than a billion dollars was paid to Canadian policyholders in the six years of the depression—more than twice the entire sum expended on direct relief.

Attacking debt-reducing legislation which gave protection of law to debtors with ample resources but unwilling to pay, quite regardless of their ability to do so, Mr. Smith feared that legislative encouragement to debtors cannot be pushed past a certain point without endangering the position of the insurance companies, which were, after all, only middlemen for the millions of small policyholders.

"The companies have demonstrated the inherent soundness of life insurance saving, through good times and bad, through war and pestilence, and more recently, through waves of subversive legislation in parts of Canada involving repudiation of contractual obligations, both public and private, such as no man could ever have envisioned in a British democracy."

Life insurance can survive any crisis brought about by operative of natural, social and economic law, he assured.

"It does not prove the institution invulnerable against man-made laws, however. There are only 100 cents in every dollar. Life insurance companies are not magicians," Mr. Smith declared.

Although still unthinkable in Great Britain and the United States, debt reduction acts such as that of Alberta were "unhappily all too familiar to Canadians," he said. Contracts were still the basis of economic order and must be altered only by mutual agreement, he urged.



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years if anything should happen to me. And a regular income for life for myself beginning at age 65. Besides, I get annual dividends on this plan." If you're fit physically and can afford \$25 cents a day you too can enjoy the benefits of this generous Life Assurance Plan. \*Example at 30 years of age.

NORTH AMERICAN LIFE F. N. Whaley A. Nicolson 8 Reed Block 10 Marshall Bldk

ALL PROFITS FOR POLICYHOLDERS

If You Like Books

(By A. H.)

In Monday's issue of The Advance, there was quoted in this column the first of two "Songs For My Mother," by Anna Hemstead Branch. This is the second of these poems, and I do hope it will find its way to your heart:—

My mother has the prettiest tricks Of words and words and words. Her talk comes out as smooth and sleek As breasts of singing birds.

She shapes her speech all silver fine Because she loves it so. And her own eyes begin to shine To hear her stories grow.

And if she goes to make a call Or out to take a walk, We leave our work when she returns And run to hear her talk.

We had not dreamed these things were so Of sorrow and of mirth. Her speech is as a thousand eyes Through which we see the earth.

God wove a web of loveliness, Of clouds and stars and birds, But made not any thing at all So beautiful as words.

They shine around our simple earth With golden shadowings. And every common thing they touch Is exquisite with wings.

There's nothing poor and nothing small But is made fair with them. They are the hands of living faith

That touch the garment's hem.

They are as fair as bloom or air, They shine like any star, And I am rich who learned from her How beautiful they are.

When in England Speak as the English People Do

(From Kapuskasing Northern Tribune)

As advice to foreign motorists, we pass on the following observation of an American visiting an English filling station for the first time.

"I want some gas and atr." "I beg your pardon?" "Gas and air—oh, I see. I mean petrol and wind."

"Very good, madam. And how much wind do you hold?"

Fort Francis Times:—One welcomed invention would be a zipper for the city streets continually having to be dug open.

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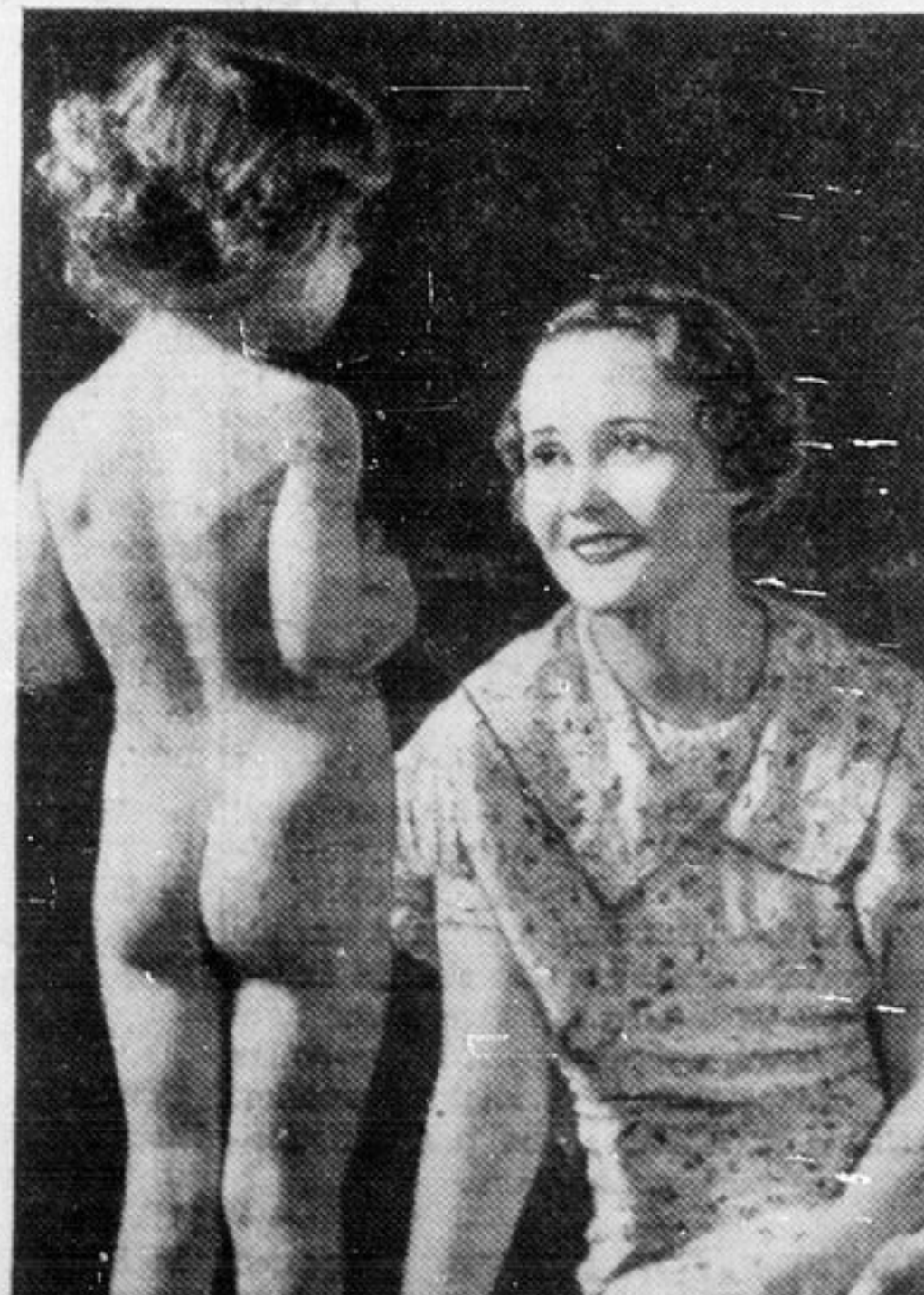
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