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Endless Variety of Fruit Now Ready for the Table

Menu Based on the Idea of Using the Various Fruits Now in Season. Also a Couple Recipes—"Piquet Sauce for Fish," and "Broiled Hamburg Steak."



(By Edith M. Barber)

At no time of the year is the fruit market more liberally supplied with numerous varieties of fruit than at the moment. Grapefruit, oranges and bananas, still plentiful and reasonable, compete with strawberries, cherries and pineapples. Melons are more plentiful and consequently the price is becoming more reasonable.

- Sunday—Breakfast**
Grapefruit
Scrambled Eggs
Griddle Cakes Maple Syrup
Coffee
- Dinner**
Fruit Canape
Roast Duck With Olive Sauce
Potato Souffle Buttered String Beans
Romaine With Chili Sauce Dressing
Ice-Cream With Strawberry Sauce
- Supper**
Jellied Veal
Mixed Green Salad
Tea Nut Cake
- Monday—Breakfast**
Strawberries
Ready-to-Eat Cereal
Boiled Eggs Toasted Muffins
Coffee
- Luncheon**
Omelet With Creamed Duck
String Bean Salad
Cake Tea
- Dinner**
Broiled Hamburg Steak
Baked Potatoes Buttered Peas
Rhubarb Pudding Hard Sauce
- Tuesday—Breakfast**
Stewed Prunes
Cooked Cereal

- Bacon Toast Coffee
- Luncheon**
Cream of Pea Soup
Lettuce Sandwiches
Coffee Cake Tea
- Dinner**
Boiled Tongue
Mashed Potatoes
Carrots With Lemon Butter
Coconut Pudding
- Wednesday—Breakfast**
Orange Juice
Ready-to-Eat Cereal
Poached Eggs on Milk Toast
Coffee
- Luncheon**
Sliced Tongue
Watercress Salad
Biscuits Honey Tea
- Dinner**
Sautéed Soft Shell Crabs
Saratoga Potatoes Spinach
Lettuce Salad
Burnt Almond Ice-Cream
- Thursday—Breakfast**
Stewed Rhubarb
Ready-to-Eat Cereal
Creamed Herring Hot Rolls
Coffee
- Luncheon**
Cheese Souffle
Mixed Fruit Salad
Toasted Crackers Tea
- Dinner**
Tongue Croquettes
Creamed Potatoes
Asparagus With Brown Butter
Berry Shortcake
- Friday—Breakfast**
Sliced Pineapple
Ready-to-Eat Cereal
Coddled Eggs Toast
Coffee
- Luncheon**
Grilled Sardines
Vegetable Salad
French Toast Syrup Tea
- Dinner**
Baked Shad Piquant Sauce
Buttered Potatoes String Beans
Caramel Custard
- Saturday—Breakfast**
Orange Juice
Ready-to-Eat Cereal
Bacon Hot Rolls
Coffee
- Luncheon**
Scalloped Fish
Cole Slaw
Ginger Cake Tea
- Dinner**
Roast Lamb
Browned Potatoes
Scalloped Tomatoes
Cottage Pudding Butterscotch Sauce
Piquant Sauce for Fish

1 tablespoon vinegar
1 tablespoon lemon juice
1/2 teaspoon salt
2 tablespoons chutney pickle
1/2 cup butter
1 teaspoon chopped parsley
Mix vinegar, lemon juice and chutney pickle, heat over hot water. Brown the butter, add to other ingredients. Serve at once.

Broiled Hamburg Steak
1 1/2 pound ground beef
2 strips minced bacon
1 1/2 teaspoons salt
1/2 teaspoon pepper
1 tablespoon minced parsley
1 tablespoon minced onion
1 cup tomato sauce or soup
Mix all ingredients together except tomato sauce and spread mixture one inch deep in a shallow pan. Cover with tomato sauce or soup. Set under broiler and broil for about ten minutes.
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Special Rates on Railways for Dominion Day Holiday

With the advent of Canada's mid-summer public holiday, Dominion Day, which this year will be observed on Thursday, July 1st, the railways of Canada will place in effect reduced fares, providing an opportunity for economical travel to the many summer resorts for which Canada is noted or to visiting and sightseeing at points of particular interest, according to C. P. Riddell, chairman, Canadian Passenger Association.

These fares will consist of single fare and one-quarter for the round trip, good going Wednesday, June 30 and up to 2 p.m. of Thursday, July 1st, with return movement good to leave destination up to midnight of Friday, July 2.

Famous Annual Totem Pole Tournament at Jasper Park

The annual Totem Pole Tournament, which is one of the outstanding golf events in Western Canada, will take place over the Jasper Park Lodge course from September 5 to 11 inclusive, according to Joseph Van Wyck, general manager of hotels, Canadian National Railways. This tournament, which is played over a magnificent scenic 18-hole course laid in the Athabasca Valley in the heart of the Canadian Rockies, promises to be the most successful yet staged over this picturesque course.

During this golf week the best amateurs strive for the honour of winning the Silver Totem Pole and other prizes which are awarded to men and women players in competition. The Jasper Park course becomes doubly attractive during this period, states Mr. Van Wyck, for since its inception eleven years ago, Jasper Golf Week has been an event of growing importance in the activities of golfers, players from all parts of Canada, the United States and other countries taking part in the competitions. Arrangements have been made for all-inclusive rates over Canadian National Railways for the benefit of golfers participating in this event. These rates cover round-trip transportation, standard sleeping car occupancy, seven days accommodation at Jasper Park Lodge, green fees and bus transfer from Jasper Station to the Lodge and return.

Child's Health Conference at Schumacher on Friday

The Child's Health Conference will be held in the basement of the public school at Schumacher on Friday afternoon, June 25th, from 3 to 5 p.m. All mothers and their babies are invited to attend.

BE BEAUTIFUL

By ELSIE PIERCE
FAMOUS BEAUTY EXPERT



Is your hair as lovely as GRACE MOORE'S? Keep it light, gleaming and lustrous by following suggestions in to-day's article.

Special Shampoos and Rinses for Blonde Hair

It is true that Hollywood has a great many blondes who made up their minds to make their hair a golden hue. It is also true that Hollywood has more "natural" blondes than most people imagine. And these have a way of thwarting nature in her paradoxical, Indian-giver way of giving with one hand and taking away with the other.

Those graced by Nature with blonde or light hair know full well that as the years grow on one, the hair has a tendency to darken. They know full well the trials and tribulations of keeping light hair light.

But it isn't an impossibility.

Kind Treatment Needed

The blonde head, like the silver head, needs kind treatment to keep its colour. Caustic soaps are taboo. Constant drying with artificial heat must be counter-acted by special oil treatments. The marcel iron should not be used too frequently. Brushing is very important for it helps to stimulate the circulation, keeps the scalp and hair free from dust and grime that tend to do a darkening act.

Shampoos must be extremely bland. There are many specially-prepared shampoos on the market, shampoos that are kind enough and have as their mission "keeping blonde or light hair light."

Shampoos for blonde hair may be made at home from pure lemon soap shaved and allowed to simmer in warm water, then allowed to jell.

In any case, do not use a bar of soap directly on the hair as it will leave a film that is difficult to remove. Liquid or jelly shampoo (the latter reduced to a liquid or to suds in the palm of the hand) are preferable to the cake.

Now we come to the oft-repeated question, "How often to shampoo?" The answer is obviously "As often as the hair needs it." If you are blonde and live in a big city where soot and grime and dust are prevalent, you probably need a shampoo at least once a week. Film stars frequently shampoo twice a week or oftener; but then they do give their hair a balanced treatment of massage and oil.

Thorough rinsing is of utmost importance. The rinsing, to my mind, is even more important than the shampooing because unless every bit of soap curd is cut away the hair cannot be really clean. And to retain its golden hue hair must be scrupulously clean. To the last rinsing water the juice of one or two fair-sized lemons may be added, left on for a few minutes, then sprayed away. Or, camomile tea leaves may be allowed to seep in water and poured over the hair. Or one of the ready-prepared vegetable rinses may be used. From the many movie stars to whom I have talked about blonde hair rinses, I conclude that the lowly lemon is quite a favourite.

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If You Like Books

(By A. H.)

A long time ago I read a poem that puzzled me—and still does. Perhaps you have read it too, this fascinating poem by Walter De La Mare, "The Listeners." And like all others who have read it, you have probably thought, what does it mean, and read it again. No one will ever be sure if their opinion is right—but I class it as a tribute to people who keep their promises, although I can never probe so deep into its depths as to find its original thought. For those who have never read the poem, it is here quoted:

The Listeners
"Is there anybody there?" said the Traveller,
Knocking on the moonlit door;
And his horse in the silence champed the grasses
Of the forest's ferny floor.
And a bird flew up out of the turret,
Above the Traveller's head:
And he smote upon the door again a second time;
"Is there anybody there?" he said,
But no one descended to the Traveller;
No head from the leaf-fringed sill
Leaned over and looked into his grey eyes,
Where he stood perplexed and still.
But only a host of phantom listeners
That dwell in the lone house then
Stood listening in the quiet of the moonlight
To that voice from the world of men:
Stood thronging the faint moonbeams
On the dark stair,
That goes down to the empty hall,
Harkening in an air stirred and shaken
By the lonely Traveller's call.
And he felt in his heart their strangeness,
Their stillness answering his cry,
While his horse moved, cropping the dark turf,
Neath the starred and leafy sky;
For he suddenly smote on the door,
Even
Louder, and lifted his head:—
"Tell them I came, and no one answered,
That I kept my word," he said.
Never the least stir made the listeners,
Though every word he spake
Fell echoing through the shadowiness
Of the still house
From the one man left awake:
Ay, they heard his foot upon the stair,
And the sound of iron on stone,
And how the silence surged softly
backward,
When the plunging hoofs were gone.

Winners of Prizes at Cooking School

Event Under Auspices of the Northern Power Co. had Large Attendance Each Day.

Mrs. Mary Barrett, whose "cooking school" in the Empire Theatre has been such a delight to the ladies of the district, held her last class on Friday afternoon. Mrs. Barrett, who has made many friends during her annual visits here, said she was very sorry to leave and added "All the people in the North are so very friendly."

On Thursday, the attendance at the school had jumped to 386, and on Friday it reached 476, proving the success of the school. The first class here, five years ago, was attended by only ten ladies. This, however, was largely due to lack of advertising. This year generous space was used in The Advance to acquaint the public with the event. The big attendances this year show that cooking demonstrations supply very pleasing and interesting entertainment.

The prize-winners at Friday's class were:—1st, Mrs. Amanda Andrews, mix-master; 2nd, Mrs. Fred Reed, coffee percolator; 3rd, Miss Hazel Near, electric iron. All these are products of the General Electric Company who are sponsoring these classes. The Timmins representative of the company is the Northern Ontario Power Company. The remaining prize-winners were: Mrs. Duchesne, casserole; Mrs. Stevan, pie; Mrs. Caron, cake; Mrs. Shippam, dessert; Mrs. Thompson, Mrs. Gilbon and Mrs. Dorchesner, all won cakes.

The Advance extends congratulations to these ladies and to Mrs. Barrett who has made these lessons such a pleasure.

Little Norma Smith, who drew for the prizes, was presented with a lovely Shirley Temple doll.

**New District Scoutmasters
Announced at Toronto**

(Northern News)
Provincial Boy Scout Headquarters, Toronto, announced this week the appointment of three prominent Northern Ontario Scout leaders as District Scoutmasters of their respective communities. They are O. E. Andrew of Kirkland Lake, George L. Whiting of Iroquois Falls and Walter Lemmon of South Porcupine. Their warrants of ap-

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Silver Wedding of Mr. and Mrs. G. Hale

Twenty-Fifth Anniversary of Wedding of Esteemed Local Couple

Mr. and Mrs. George Hale, of 110 Balsam street north, celebrated the twenty-fifth anniversary of their wedding on Wednesday night. The evening was spent at sing-song and other musical entertainment, and a delicious lunch was served by the hostess.

Mr. and Mrs. Hale were married in Cwmillery, Wales, on June 14, 1912. Thirteen years ago they came to Timmins and lived here for four and a half years, then moving to Saskatchewan, and returning here two years ago.

Mr. Hale is a well-known teacher of music and choir director. In addition to large classes in music, he is the director of the Welsh Miners' Choir, of the Schubert Choral Society, and the South Porcupine Glee Club. He was selected by the committee of the Lions Club to organize and direct the community choir which will be one of the big features of the celebration of the Silver Jubilee of Timmins and the Porcupine Old Home Week. In the West, Mr. Hale achieved much prominence in musical circles by his talent in conducting choral organization there.

Both Mr. and Mrs. Hale have a large number of friends here and in the West. They have four children, Lillian, who is teaching in Northern Saskatchewan, and Cyril, Kathleen and George, who are living with their parents in town.

Among the friends who were present were: Mr. and Mrs. Cooklin, Mr. and Mrs. Meredith, Mr. and Mrs. Wm. Roberts, Mr. and Mrs. T. Bird, Mr. Matt Meredith (these friends were in Cwmillery at the time of the wedding); Mr. J. Stewart, of Saskatoon, Mr. and Mrs. Banning, Mr. and Mrs. McKenna, Mr. and Mrs. Wm. Stewart, Mrs. George Shippam, Miss Bristow, Mr. Charlie Roberts, Mrs. C. Watkins, Mr. and Mrs. Worthington, and Mrs. Parnell.

The host and hostess received many lovely gifts, and a thoroughly enjoyable evening was had by all.

GIRL GUIDES IN TIMMINS



The 51st L.O.D.E. Company held their weekly meeting on Friday. Before the meeting the Guides had their pictures taken by Mr. Morris. After inspection, horseshoe was formed. The colours were broken by the Bluebell patrol.

Irene O'Grady was enrolled as a Guide.

Eileen Dicker passed her Laundry Badge and Gladys Langman her Thrift Badge.

Plans for the party on the coming Wednesday were discussed. All parents of Guides and Brownies are invited.

Next Friday will be the last meeting for the 51st Guides for the summer. After campfire the meeting was closed with taps.

Presented Plants to the Children's Aid Shelter

The Children's Aid Shelter last week was the recipient of a number of plants through the kindness and thoughtfulness of Northern Flowers (J. B. Broughton & Son). Effort is made to have the grounds at the Shelter attractive and beautiful, for the good effect this has on the children at this home, as well as for the beautifying of the town. The plants donated by Northern Flowers will add to the attractiveness of the Shelter grounds.

North Bay Nugget:—It is predicted that by 1938 Hollywood will be through with black and white photography, and envy will be reproduced in true green.

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