

Passage Booked to
any part of the World

J. J. McKay

STEAMSHIP AGENT

for all routes

Call, phone or write for travel information to all parts of the world. Free passport service. We arrange hotel reservations and every detail of your trip. Cruises organized.

20 Pine North Timmins Phone 1135
Steamship Agent Real Estate Insurance

Sunday Night Suppers Informal But Pleasing

Guests Enjoy Simple Meal Which Hostess has Prepared Ahead of Time. Waffles and Griddle Cakes May be Baked at the Table. Some More Recipes.

Sunday night suppers which are customarily informal are always enjoyed by guests. Food, of course, should be



(By Edith M. Barber)

prepared as far as possible ahead of time so as to allow the hostess free to entertain and enjoy her guests. Waffles and griddle cakes which can be baked at the table add to the sociability of such a meal. The following menus are easily prepared for such occasions.

1. Waffle Chicken Sandwiches

WHEN USING
WILSON'S FLY PADS
READ DIRECTIONS CAREFULLY AND FOLLOW THEM EXACTLY

Each pad will kill flies all day and every day for three weeks. 3 pads in each packet. 10 CENTS PER PACKET at Druggists, Grocers, General Stores. WHY PAY MORE? THE WILSON FLY PAD CO., Hamilton, Ont.

BE BEAUTIFUL

By ELSIE PIERCE
FAMOUS BEAUTY EXPERT



MADELEINE CARROLL'S halter neck evening frock reveals shoulders of marble whiteness and beauty.

It's Open Season for Beautiful Shoulders

Atlas carried the world on his shoulders, but the modern woman's task is a comparatively simple one: she need only show a pair of beautiful shoulders to the world.

Evening fashions definitely call for beautiful shoulders. There's the romantic dropped-shoulder line; and the narrow ribbon bands that leave the shoulders almost entirely exposed.

Bathing suit season is not so far off now. Shoulders again. Backless tennis dresses; halters. Summer fashions, like evening fashions, reveal shoulders.

And even if you are wearing a man-tailored blouse and suit, covering every inch of beautiful shoulder, isn't it a treat to know that "underneath it all" there is beauty waiting to be revealed when you and Fashion have the whim for it?

Remove excess but leave a thin film overnight. In the morning, remove any remaining cream and under the cold shower if you can stand it without shock, then a patting with iced skin tonic or rubbing alcohol.

Another night after the tubbing, take a handful of table salt, and while the skin is still moist rub the salt over it. Then under the shower and rinse the salt away. You'll find your skin glowing with increased circulation.

An occasional turkish bath is fine and while there you might have a body massage and the scotch hose for further stimulation of healthy circulation.

If you are donning a backless or shoulderless (well almost shoulderless) evening dress, use a make-up base, a cream or lotion to match your natural skin coloring. Such make-up bases are now made so they won't rub off. Then dust powder over it, with a long-handled powder puff or brush.

If you are exposing shoulders to the sun, do I have to warn you about protection in the form of cream or oil?

(Copyright, 1937, by the Bell Syndicate, Inc.)

That Body of Hours

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

Just Three Points to Watch in Increasing Weight

In the first daily health article I ever wrote I told of a woman who had consulted me regarding reducing her weight. Before I had any opportunity of speaking she quietly informed me that she didn't want me to interfere with her diet in any way as she liked good things to eat. She next said that she hated exercise and so wouldn't want to take any exercise. And finally, while I listened in astonishment, she said that she did like to rest; in fact she never arose until noon each day.

My reply was courteous, I believe, but brief: "Madam, there are just three avenues by which weight is reduced—less food, more exercise, less sleep—and you have closed them all. I can't help you."

And similarly with increasing weight. There are just the same three ways, but of course, using the opposite method—more food, less exercise (in the sense of being on the feet so much) and more sleep.

Beginning with food, there is often the difficulty of a poor appetite, a small stomach or a stomach that hangs low because of no supporting fat. However food can be made more attractive in appearance so as to stimulate the "brain appetite"—eyes, sense of smell—thus causing more digestive juices to be poured out not only in the mouth but by the stomach, liver and pancreas also. One of the first things taught a nurse is to make the serving tray attractive to stimulate the patient's appetite. And even if the appetite is poor a little more food than is "wanted" can be safely taken and digested by one who is underweight.

The special foods to eat are the "concentrated" foods, foods rich in food value—fat meats, cream, extra butter on vegetables and bread; more sugar in tea and coffee and also in desserts; more milk, cocoa, and chocolate; eggs. Fruits and vegetables should be taken daily to prevent constipation.

In regard to exercise, just enough walking in the fresh air should be taken to stimulate the appetite and also help to prevent constipation.

Sleep or rest is about as important as food in increasing weight. Rest or sleep means that only about one-quarter to one-third of work is being done by the body as when one is standing or walking about. Thus an extra hour of real sleep or rest during the day or

night can be a big factor in increasing weight.

Remember, then, whether increasing or decreasing weight, there are just three points to watch—food, exercise, sleep or rest.

Eating Your Way to Health

Send to-day for this special booklet (No. 10) by Dr. Barton, dealing with Vitamins, Minerals, Calories, and What and How Much to Eat. 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, care of The Porcupine Advance, 247 West 43rd Street, New York, N.Y.

(Registered in accordance with the Copyright Act.)

Class Prophecy for Nurses Graduating

Vision of What is Going to Happen to the Eleven.

At the graduation exercises of St. Mary's hospital this week, one of the features that was enjoyed by all was the "Class Prophecy," so cleverly given by Miss M. Olaveson, Second Year Student. The audience enjoyed this so much that there has been a general request for a permanent record, and accordingly The Advance is publishing herewith the Class Prophecy.

Class Prophecy of 1937

Three long years have ended at last; Let's hope for the future and sigh for the past;

Let us look at our class ten years hence, And a pile of knowledge which must be immense!

Here they are and getting something. But oh dear me, there's something wrong! One, two, three, four, five, six, seven. Why, when they started out there were eleven!

But little Dan Cupid's arrow once more Played love's old trick, and what a score: Alton, Watson, Thrasher and Shaw, Are now living up to the Marriage Law!

Thrasher, tho' married, still lives in the North, And often at night the natives drag her forth; Johnnie has a cold, and coughed all night! Poor Rita goes out and sets things right!

"Hurricane deck" is a brand new place; For first-class service it sets the pace, For St. Cecile holds the rod in her hand, And probes march at her command.

Last has a Training School all of her own, And gives the poor nurses even week-ends at home. Come in when you like and in bed before seven, But always be sure you're up by eleven.

Shaw is no longer a Public Health nurse; An ice-cream factory now fills up her purse. You know Shaw's ten flavours cannot be beaten, But alas, every cent of the profit she's eaten!

Porter no longer plays with her dollies, She's a high-stepping member of Zeigfeld Polles— The third from the left in the very front row. You can tell by her feet she's anxious to go.

Now let's turn our thoughts to New York City, Where we see little Fritz sitting pretty In a penthouse apartment, in love with life, For now she's content as a millionaire's wife.

An assistant superintendent of Bessie's new school, Daisy Jewel Anderson makes each little rule. Up on a soap-box, determined and pale, A worthy successor to Florence Nightingale.

Alton is married and lives out of town, But never on her face do you see a frown; Poor hubby digs gold from morn till night, So Jeannie can dress up and look just right.

Bugera, a grass widow, still receives flowers; She just couldn't abide by irregular hours. Let's tell Dan Cupid next time he takes aim, To make sure there's no M.D. after his name.

Special Sale!

(YOUR LAST OPPORTUNITY)

JOHNSON'S GLO-COAT

No-Rubbing Floor Polish

two pint cans for the price of one PLUS 10c

JOHNSON'S 10c SALE
Pay the Regular Price for 3 PINT get the 2nd PINT for ONLY 10c

You can have beautiful floors without Rubbing or Buffing!

- Glo-Coat (the liquid polish) quickly changes dull, lifeless floors and linoleum into beautiful shining surfaces that everyone will admire. Keeps floors polished and clean. Seals out dirt and ugly stains. Protects from wear. Saves hours of cleaning time.
- Here's a real money-saving offer which you can't afford to miss. Go to your dealer at once and get two pint cans of Johnson's Self-Polishing Glo-Coat for only 10c more than the price you usually pay for one. . . . The supply won't last long at this special price, so don't delay!

S. C. Johnson & Son, Ltd., Brantford, Ont.
BY THE MAKERS OF JOHNSON'S WAX

Let's look in a dress salon run by Pierre. In a svelte mauve gown you'll see Watson there; She is the lady with the auburn tresses And she knows the fashion of hats and dresses.

After looking at our class ten years hence, And the pile of knowledge which we know is immense. Do you still hope for the future and sigh for the past, And the three long years that have ended at last?

Death of Second White Woman to Live at Matheson

The Northern Tribune of Kapuskasing last week says:— "Death came with tragic suddenness last Friday night to Mrs. Fred McGrath wife of the foreman at the Experimental Farm. She had just returned from an evening shopping trip by motor with her husband, and was apparently all right when she went into her home after nine o'clock. But soon afterward she was seized with a heart attack. While her sister-in-law Mrs. Wm. McGrath came over to tend her, Dr. J. A. E. Wright was sent for. In spite of prompt medical measures to revive her, she passed away little more than an hour after she was stricken. The late Mrs. McGrath had been here for fifteen years with her husband, and before that she resided at Matheson, being the second white woman there. Among the many beautiful floral tributes were the following:—Frances and Art of Toronto; Will, Maude and children of Kapuskasing; Husband; sister (the Bye family) of Owen Sound; Mr. and Mrs. S. Ballantyne; Mr. and Mrs. C. McLean, Matheson; Mr. and Mrs. C. Saville and Joan; Mr. and Mrs. C. Chalmers, Matheson; Mr. and Mrs. R. Osborne; Farm employees; children of Experimental Farm; Spruce Falls Lodge No. 648, A. F. & A. M.; Mr. and Mrs. T. Ratcliffe; Mr. and Mrs. Ray Schmeidler; Mr. and Mrs. Ed. Marshall; Mr. and Mrs. F. Kersley; Mr. and Mrs. A. M. Reid; Mr. and Mrs. A. Carlson; Mr. and Mrs. H. Longhurst; Mr. and Mrs. A. Husband; Mr. and Mrs. H. Stralton; Mr. and Mrs. J. H. Roberts; Mr. and Mrs. L. H. Hanlan; Mr. and Mrs. R. Menzies; Mr. and Mrs. Sid Smith, Cochrane; Mrs. Pearl Sisler; Mr. Roy Bye, nephew; Temiskaming Preceptory No. 60; Rameses Temple Shriners."

Gore Bay Recorder—There is nothing the world is so slow to applaud as success, and nothing it is so quick to discover as failure.



A REFRESHING SUMMER BEVERAGE

For a truly delightful and invigorating summer beverage use Lipton's Iced Tea. Lipton's is the choice of leaf tips from the great Lipton Plantations—it's more flavorful, more economical—preferred by tea drinkers the world over. To make the best iced tea, ask your grocer for Lipton's.

LIPTON'S Iced TEA

SAVE THE COUPONS

Every 1 lb. and 1/2 lb. package of Lipton's contains a valuable coupon. Save these, they are exchangeable for silverware. Write for premium list today—Thomas J. Lipton Limited, 45 Front Street East, Toronto.

BEGIN TO SAVE TOMORROW

with a

G-E Refrigerator

Small Down Payment Low Monthly Terms

Begin saving to-morrow with this smart, new G-E Refrigerator! It saves on food bills. . . keeps odds and ends fresh and tasty. Cost of operation is surprisingly low. The complete sealed-in-steel Thrift Unit ensures years of expense-free service. A small down payment will put one in your kitchen and the savings you make will likely cover the low monthly payments.

CANADA NORTHERN POWER CORPORATION LIMITED
Controlling and Operating
Northern Ontario Power Co. Ltd. — Northern Quebec Power Co. Ltd.

Let's tell Dan Cupid next time he takes aim, To make sure there's no M.D. after his name.

Now let's turn our thoughts to New York City, Where we see little Fritz sitting pretty In a penthouse apartment, in love with life, For now she's content as a millionaire's wife.

An assistant superintendent of Bessie's new school, Daisy Jewel Anderson makes each little rule. Up on a soap-box, determined and pale, A worthy successor to Florence Nightingale.

Alton is married and lives out of town, But never on her face do you see a frown; Poor hubby digs gold from morn till night, So Jeannie can dress up and look just right.

Bugera, a grass widow, still receives flowers; She just couldn't abide by irregular hours. Let's tell Dan Cupid next time he takes aim, To make sure there's no M.D. after his name.

"FLAVOUR MEANS A GREAT DEAL IN CORN FLAKES... THAT'S WHY I PREFER QUAKER CORN FLAKES!"

Better Flavour GUARANTEED!

• Quaker Corn Flakes are guaranteed to be the best flavoured, most delicious corn flakes you ever tasted... or your money back. They are the only corn flakes with this money-back guarantee printed on every package.

In addition, they are the only corn flakes irradiated with Sunshine Vitamin "D"—and the only ones with a valuable coupon in every package. That makes them better value too!

QUAKER CORN FLAKES