

Filled Cookie Jars Always Popular Among Children

The Problem, However, is to Keep the Jar Filled. Some Good and Inexpensive Recipes for Cookies. Also Some Notes About Old Friend Rhubarb.

We all love the cookie jar when we are children, especially, but even when we grow up cookies out of the cookie jar seem to taste better than they do out of pasteboard box or tin container. If there are many healthy appetites in the family the problem is to keep the cookie jar filled. There are many



(By Edith M. Barber)

recipes which are not expensive and which will produce cookies with good keeping qualities (as far as the cookies themselves are concerned). These may be made in large quantities because they do not get stale.

Spicy cookies are especially good because they ripen as they are kept and their flavour grows even better. They may be either rolled or dropped. In the latter case, they are sometimes called rocks, perhaps because such a thick batter is used that they do not spread. Cookies of this sort usually have raisins or dates in them and often nuts are added.

Molasses cookies may be thin or thick and either rolled or dropped. If they are thin they are known as ginger snaps. Sometimes this mixture is packed in a bread can and chilled and cut into slices for baking.

Molasses Nut Bars

- 1/2 cup shortening
- 1/2 cup boiling water
- 1 cup brown sugar
- 1/2 cup molasses
- 3 cups flour
- 1 teaspoon ginger
- 1 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 1/2 teaspoon salt
- 1 cup chopped nuts

Put shortening in bowl, add boiling water and when melted add sugar and molasses. Sift dry ingredients together and stir into first mixture. Chill, roll, thinly, cut in strips or in fancy shapes, sprinkle with chopped nuts and bake

about ten minutes in a moderately slow oven, 325 deg. F.

Drop Cookies

- 1 cup butter
- 1 1/2 cups brown sugar
- 3 eggs
- 1 teaspoon lemon extract
- 3 1/4 cups flour
- 1 teaspoon soda
- 1/2 teaspoon salt
- 1 1/2 teaspoons water
- 2 cups seedless raisins
- 1 cup cut nuts

Cream butter, add sugar and cream together. Add the eggs, one at a time, beating well after each addition. Stir lemon extract. Sift flour with soda and salt and add alternately with the water to the first mixture. Stir in raisins and nuts. Drop from a teaspoon on to a greased cookie sheet about an inch apart. Bake fifteen minutes in a moderate oven, 350 deg. F.

In Regard to Rhubarb:

The way rhubarb is best liked is as plain "garden sass." Wash the stalks and break them into inch pieces. If the skin is at all tough it will come off in stringy pieces. If the skin is not tough, it can be left on to give the sauce a prettier colour. Scald the rhubarb and after two or three minutes drain off the hot water. This will take away some of the acidity and less sugar will be required than when it has not been scalded.

Place the rhubarb in the top of a double boiler and add sugar. The amount of sugar will depend upon the tartness of the rhubarb, but in any case be generous. Cook until the rhubarb is tender. The pieces should retain their shape and colour if cooked in this way. The rhubarb, sugar, and a small amount of water can be placed in a casserole and baked slowly in the oven instead of being cooked on top of the stove. A long, slow cooking produces a thick syrup and darkens the pink color of the juice.

Rhubarb pie is always popular. Line the pie pan with a pastry crust and brush it with the white of an egg. Mix together the yolk of an egg and sugar, using one cupful of sugar for each cupful and one-half of rhubarb. Combine the rhubarb, which has been cut into small pieces, with the egg and sugar and fill the crust with it. Add a very small amount of water to start the flow of the fruit juice. Cover the pie with strips of pastry. A rhubarb pie is usually cross barred, so that there will be plenty of space for evaporation and he crust will not be soggy.

A rhubarb pie can be baked without a top crust and a meringue used instead. Individual rhubarb tarts are well liked, either with a top crust or open.

Baked Rhubarb Pudding

- 6 thin slices of bread
- Butter

PANNING GOLD IN PORCUPINE



The picture shows a group of New York and Indiana men "panning" some gold samples on the Porcupine East Lake Mining Co. claims in Whitney. Those shown in the group include Walter R. Hensey, P. H. Lyon, of New York, and Frank C. Hardane, Hollis Hardane and Charles Robinson, of Vincennes, Indiana. The picture was published in The Advance on Sept. 27th 1912.

1 bunch rhubarb
1 cup sugar
Butter the slices of bread on the loaf before cutting and line a buttered baking dish with the buttered side of the bread toward the dish. Fill with rhubarb and sugar, cover with bread and bake in a moderate oven (375 degrees F.) half an hour.

Rhubarb Marmalade

- 4 cups (2 pounds) finely chopped rhubarb
 - 1 lemon
 - 1 orange
 - 1 cup water
 - 7 1/2 cups sugar
 - 1 bottle fruit pectin
- Combine chopped rhubarb and grated rind of lemon and rind and juice of orange. Put in large kettle add water and sugar, mix, and bring to a full rolling boil over hottest fire. Stir constantly before and while boiling. Boil gently 2 minutes. Remove from fire and stir in pectin. Skim; pour quickly. Cover hot marmalade with film of hot paraffin, when marmalade is cold, cover with 1/2 inch of hot paraffin. Roll glass to spread paraffin on sides.

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

That Body of Hours

Are You Getting Too Heavy?

Our insurance companies tell us that about two out of five of the adult population are overweight, and that overweight is a definite cause of increasing death rate among their policy holders.

However, aside from the fact that overweight shortens the life span we should remember that overweight

makes life less enjoyable, makes ailments more frequent, and increases the risk should surgical operation become necessary.

In cases of great overweight the individual has a real task on his hands because it means cutting down greatly on the foods he likes so much—starch and fat foods. Such an individual should first see his physician and thus learn to what extent, and at what rate he can reduce his food intake.

However, for the individual who is not greatly overweight, but finds that his or her clothing is getting "snug," particularly about the waist, there is no reason why, during the course of a few months, he or she should not get down to normal weight without too much reduction in the food intake. The following three simple suggestions can be easily followed:

1. Exercise: While cutting down on the diet is the most effective way of reducing weight, exercise, by burning up fat tissue and replacing it with active muscle tissue gives the body in-

creased strength; the individual actually learns to like to take a little exercise. Walking is the simplest form, and can usually be done despite weather conditions, and at almost any age.

2. Sleep: Cutting down the amount of sleep or rest by one hour daily cannot possibly injure the slightly overweight individual, as it means being up and around, really means that much more exercise.

3. Food: (a) Continue to eat the usual amount of meat and fish. (b) Cut down by one-quarter on all fat foods—butter, cream, fat meat, egg yolks. (c) Cut down by one-quarter on all starch foods—bread, sugar, potatoes, pastry. (d) Cut down by one-quarter on all liquids—water, tea, coffee, milk, soft and hard drinks.

There is nothing mysterious or magical about the very satisfactory results obtained by following these simple suggestions.

Eating Your Way to Health

Send to-day for this special booklet (No. 101) 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, in care of The Advance, 247 West 43rd Street, New York, N.Y. (Registered in accordance with the Copyright Act.)

PORCUPINE BOARD OF TRADE HELD MEETING 25 YEARS AGO

The Advance states that there was only a small attendance at the Porcupine Board of Trade meeting held in the Mulligan house twenty-five years ago. Several matters of importance were discussed.

Powassan News:—A man's false teeth were frozen to his jaws recently at Oregon City, Oregon. Mr. Fred Welland, aged 85, slept through a night with his mouth and bedroom window open. Next morning he had to work his jaws up and down with his hands

BE BEAUTIFUL

By ELSIE PIERCE
FAMOUS BEAUTY EXPERT



With an expert permanent, thinning and setting, anyone can have as smart a coiffure as the one recently styled for CLAIRE TREVOR

For a "Coiffure That Keeps" You'll Need Three Things

Do you want a coiffure that keeps? I can almost hear you answer "What a question!" My point, however, is: do you want it enough to do three important things to insure its keeping?

The first essential is a good permanent. But, mind, I say the first essential. Some women make the mistake of expecting the permanent to be the cure-all for all hair evils, to take care of the coiffure as long as the permanent lasts. If you expect that of your permanent, you are doomed to disappointment. And that, no matter how good your wave. Because all that a permanent can do; all that it is expected to do, is to transform straight hair into hair that has waves in it. But those waves do not fall into the sort of pattern that you expect and desire of a finished hairstyle. The very nature of the permanent waving process, the winding and steaming, makes for a certain amount of regularity and symmetry in the waves. But you, naturally, want a coiffure with curls and waves and treatment strategically placed to balance your face, to flatter you and your features.

First—A Good Permanent

This does not mean that you can do without the permanent. I repeat: your first step is a good permanent, one that will leave your hair soft, silky, pliable, easily managed. With a good permanent as a foundation there is more chance of the hairstyle staying "in"—less chance of it going the way of all flesh the following morning. Remember that a permanent is neither the beginning nor end of all hair care.

Second—Proper Cutting

The next step is proper cutting and thinning of the hair so that it will follow the very line of your hairstyle. Such cutting can only be done with a razor. The scissors won't do it. The thinning shears can't. A razor in the

hands of an expert actually molds and thins the hair, strand by strand so that it follows the contour of the head and falls into the line of the coiffure.

Third—Styling By One Who Knows

The third step is the actual setting and styling by one who knows how, and do entrust your hair only to one who knows. If you want a hairstyle that is really beautiful and becoming, just a little different, one that will do things for you, you can't hope to have such work done except in the hands of an expert. If your hair has been properly permanented, and cut and is cleverly styled and set, the setting should "keep"—at least from one shampoo to the next.

One of the country's leading hair stylist contends that these three steps should absolutely guarantee a coiffure that keeps. So much so that he even debunks the necessity of wearing a hairnet. He believes in "free" hair. But, perhaps that's expecting too much of hair that is not naturally wavy!

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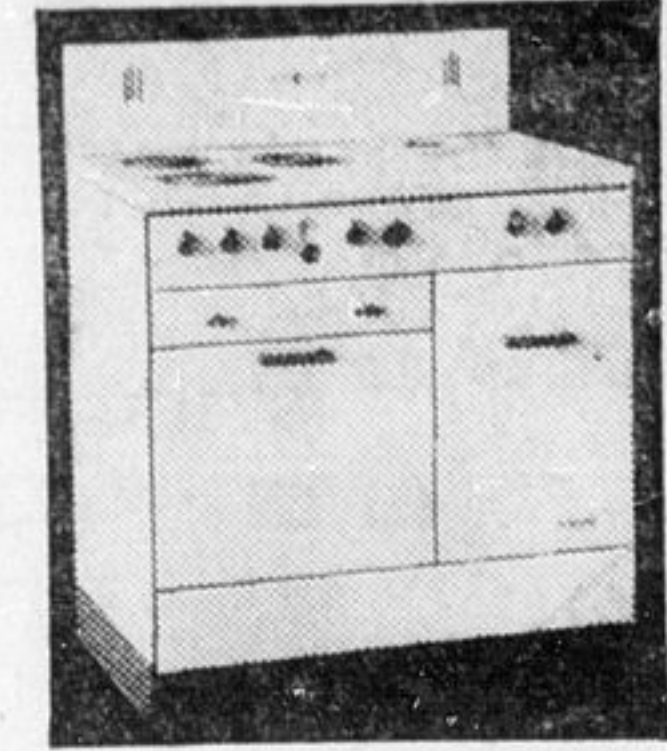


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Funeral Thursday of Nicholas Jarvinen

Worked Here for Many Years as a Blacksmith.

The funeral service for Nicholas Jarvinen, single man, of 60 Balsam street, Timmins, who passed away Tuesday, June 22nd, at St. Mary's hospital of heart failure, was conducted in Walker's funeral parlours Thursday afternoon at four-thirty o'clock, the Rev. A. I. Heinonen of the Timmins and South Porcupine Finnish United Church officiating.

The late Mr. Jarvinen was born in the month of September, 1876, at Kairilankyla, Normarkun pitaja, Province of Turku and Porri, Finland, and came to Canada a number of years ago. Until quite recently he worked as a blacksmith, owning the house at 60 Balsam street north.

He leaves to mourn his loss both of his parents, two sisters and one brother, who live at Kairilankyla, Normarkun pitaja, Province of Turku and Porri, Finland; also a half-brother, Jalmar, at Sudbury, Ont.; no relatives in Canada or United States.

The late Mr. Jarvinen was very popular among the Finnish-speaking citizens of Timmins and district, and a number of friends had gathered for the funeral service. The pallbearers were: Jalmar Kiviranta, John Aalto, Pentti Hirvonen, Alec Koskela, Nicholas Siivola and Gust. Leino. A number of floral offerings had been sent by friends. The interment was at Timmins cemetery.

AND A FINE KIND OF MUTINY

(From Woodstock Sentinel-Review)
A 70-year-old widow of Nairn, Ont., refuses to accept relief unless she is permitted to work it out. Mutiny on the bounty, as it were.

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