



Is prepared so easily on the modern ELECTRIC RANGE

When the daily menu grows a bit stale—when the family appetite needs pepping up—try a broiled dinner, and watch how the plates come back for "more!" Perfectly cooked. All the flavour. Health-values conserved by perfectly controlled heat. Tender little sausages. Juicy, flavour-full pork chops. Lamb patties, bacon-wrapped, and grilled to a golden brown. Garnished with slices of broiled pineapple. Corn pudding perfectly cooked - - Just a sample of the delights made possible by the never-failing automatic electric range. Our low monthly terms make it easy for everyone to enjoy the benefits of electric cooking.

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Duckling with Cherry Sauce for Sunday Menu

Either Sweet or Sour Cherries may be Used, Says Culinary Expert. Give Duck a Delicious Flavour. Menu for a Week. Some Tested Recipes.

Have you ever tried a cherry sauce with duckling? Either sweet or sour cherries may be used. After pitting they should be placed around the duck for the last fifteen minutes of cooking, during which time they add a delicious flavour.



(By Edith M. Barber)

- Sunday—Breakfast**
Sliced Oranges With Raspberries
Ready-to-Eat Cereal
Ham Omelet Coffee Cake Coffee
- Dinner**
Anchovy Canape
Celery Carrot Strips
Roast Duck With Cherries
Wild Rice
Cauliflower With Browned Crumbs
Lettuce Salad
Baked Alaska
Supper
Jellied Tomato Ring With Mixed Vegetable Salad
Saratoga Potatoes
Melon Ice Tea
- Monday—Breakfast**
Orange Juice
Cooked Cereal
Bacon Toast Coffee
- Luncheon**
Omelet With Duck Gravy
Sliced Tomatoes
Berries Tea
- Dinner**
Veal Cutlet
Mashed Potatoes
Lima Beans in Cream
Lettuce Salad
Cherry Cobbler
- Tuesday—Breakfast**
Stewed Rhubarb
Ready-to-Eat Cereal
Scrambled Eggs Toasted Muffins
Coffee
- Luncheon**
Stuffed Tomato Salad
Doughnuts Tea
- Dinner**
Broiled Ham
Stewed Potatoes Buttered Spinach
Chocolate Ice-Cream, Mint Sauce
- Wednesday—Breakfast**
Orange Juice

- Ready-to-Eat Cereal**
Bacon Toast Coffee
- Luncheon**
Jellied Bouillon
Mixed Vegetable Salad
Raspberries Tea
- Dinner**
Corned Beef
Potatoes Carrots
Spanish Cream, Caramel Sauce
- Thursday—Breakfast**
Sliced Bananas
Ready-to-Eat Cereal
Poached Eggs Toast Coffee
- Luncheon**
Corned Beef and Vegetable Hash
Toasted Muffins
Fruit Salad Tea
- Dinner**
Swedish Meat Balls
Creamed Potatoes Buttered Spinach
Berry Pie
- Friday—Breakfast**
Stewed Prunes
Ready-to-Eat Cereal
Boiled Eggs Hot Rolls Coffee
- Luncheon**
Sardine and Cottage Cheese Salad
Shredded Pineapple Tea
- Dinner**
Boiled Salmon Egg Sauce
Boiled Potatoes Broccoli With Cheese
Chocolate Pudding
- Saturday—Breakfast**
Tomato Juice
Ready-to-Eat Cereal
Bacon Toast Coffee
- Luncheon**
Broccoli Soup
Watercress and Carrot Salad
Cookies Tea
- Dinner**
Baked Tongue
Fried Sweet Potatoes
Carrots With Brown Butter
Raspberry Ice
Peached Egg on Toast
6 eggs
1 tablespoon butter
Salt
6 slices toast
Melt butter. Turn out fire. Break the eggs into a small dish, slip into the pan, cover and let stand three to five minutes. When of the desired consistency, remove and serve on buttered toast. Dot with butter and add pepper if desired.
- Stuffed Egg Salad**
5 hard-cooked eggs
1 tablespoon vinegar
1/2 tablespoon salad oil
1/2 teaspoon mustard
1/2 teaspoon sugar
Pepper
1 teaspoon salt
Paprika
2 tablespoons minced meat, fish or pickles.
Cut the eggs in halves crosswise. Remove the yolks, mash and add other ingredients, mixing the mustard, sugar, salt, pepper and paprika together before adding. Anchovies, sardines, ham or bacon give special savoriness. Refill the whites and arrange on lettuce or cabbage leaves.

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Report for June of the District Children's Aid

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

Applications for children for adoption

Office interviews	61
Interviews out of office	52
Complaints received	42
Investigations made	45
Children involved	51
Children in Shelter	22
Children boarding out	20
Mail received	95
Mail sent out	182
Court attendance	6
Juvenile cases	24
Boys on probation to court	3
Investigations for other societies	4
Mileage travelled	2062
Wards visited	9
Children given assistance in their own homes	3
Children made temporary wards	3
Children admitted to Shelter not wards	5
Children returned to parents	1
Children sent to a training school	4
Cases under the Unmarried Parents Act	3

Distinguished Guests at Rotary Club at Englehart

Englehart, July 10—(Special to The Advance)—With prominent Rotarians present for the occasion, the recently-organized Rotary Club here received its charter at a special meeting held last Wednesday night, members of the company including past and present District Governors of this Division of Rotary International, Halleybury Rotarians in a body and others. Presentation of the charter was made by Rotarian George Barber of Batavia, N.Y., past district governor, in whose term the new club was formed. Rotarian T. J. Patton, of North Bay, his successor in office, was among the speakers who also included A. H. Cavanaugh, general manager, and W. A. Griffin, superintendent, of the T. & N. O., Tom Magdalen, of New Liskeard, and Cyril Atkinson of Buenos Aires, at present visiting his parents, Magistrate and Mrs. Atkinson, of Halleybury. Other gifts to the new club included a clock from Toronto, a bell from North Bay and a Rotary wheel from Halleybury. Englehart club has a membership of twenty citizens.

MUFFETS
BRAND
WHOLE WHEAT BISCUITS

Delicious Ready-to-Eat Cereal

BE BEAUTIFUL
By ELSIE PIERCE
FAMOUS BEAUTY EXPERT



Three charming examples of the new beach mode are modelled by DIANE BARRINGTON, JANE HAMILTON and MARIE MARKS. All three are wearing modish toeless sandals.

Toeless Sandals... Free Feet... Unlined Faces

Toeless sandals, free feet, unlined faces. In just that sequence you have a happy circle, a fine state of affairs. Which is just what Fashion is achieving these days.

The other day I overheard a woman say: "You can't tell which are the bedroom slippers and which are the walking shoes these days."

I couldn't help thinking: when you can combine the comfort and freedom of bedroom slippers and the style value of sandals, you're achieving an ideal set-up.

Personally, I don't think that for out-and-out walking the heelless, toeless sandal is the proper support. The typical, sturdy, walking shoe seems more sensible for the purpose.

But, for general wear, the Peekaboo sandal has its advantages. It's a splendid style for spring and summer first—because it permits the feet to get some measure of ventilation and the hot, sticky, cramped, shut-in feeling is thus avoided.

Second—it is making women more foot conscious which is a step in the right direction.

Encourages Pedicure
Third—the vogue encourages the pedicure. And when a woman attends her toes week after week, when she is reminded of her feet, from a beauty standpoint she soon looks to their health. After all, the average woman to-day is sensible enough to realize that feet are literally the foundation of bodily health and beauty.

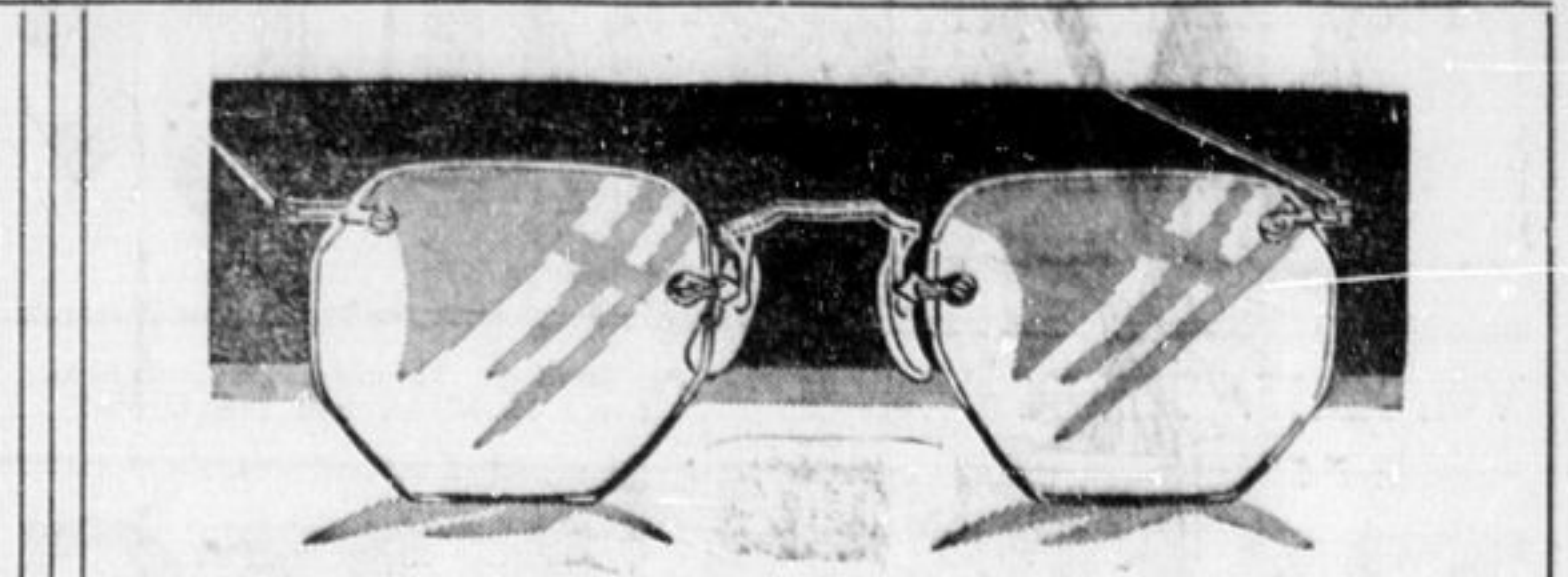
A shoe stylist told me recently that in the past ten years the average size of women's shoes has increased by a size to a size and a half. Greater comfort in women's clothing has much to do with this increase. The feet of the present generation have grown larger because modern women were better fitted as children and as a result their feet have developed more naturally and are better formed than their mothers' and grandmothers'. In spite of the increase in size the difference is not really perceptible, because shoes are so cleverly styled that they look small and dainty. In purchasing shoes to-day women very wisely worry about whether the shoe fits, not about the size.

You can do much for foot beauty at home. While taking the warm tub bath scrub feet and toes with a good, fairly stiff nail brush using plenty of soapy water. Work around the cuticle of the toes with a cotton-tipped orangewood stick.

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Some Summer Salads That Win Approval

- Golden Glow, Tomato and Egg Mould, Quick Cabbage and Other Salads.
- Here are some summer salads as outlined by the Dominion Dept. of Agriculture:
- Golden Glow Salad**
1 package lemon jelly powder
1 1/2 cups boiling water
2 tablespoons vinegar
1 cup grated raw carrot
1/2 teaspoon salt
1 cup cucumber, diced and drained
1/2 teaspoon minced onion
Dissolve jelly in boiling water. Add vinegar and salt. Chill. When slightly thickened, add vegetables. Turn into moulds. Chill until firm. Unmould on crisp lettuce. (Serves 6.)
 - Tomato and Egg Mould Salad**
6 eggs
1/2 teaspoon salt
1/2 teaspoon pepper
1/2 cup mayonnaise
3 large tomatoes
Lettuce
Hard cook the eggs, cool slightly and while still warm shell them and force them through a potato ricer or sieve. Add salt and pepper and pack the rice of eggs firmly into 2 glasses. When ready to serve salad, remove eggs from glasses by running a knife around the edge. It will then be possible to cut the eggs in slices. Peel tomatoes, cut in thick slices.
 - Quick Cabbage Salad**
1 quart of cabbage finely shredded
1/2 cup of green pepper minced
1/2 cup of sweet pickles diced
1 tablespoon sugar
2 tablespoons of prepared mustard
1/2 teaspoon of salt
3 tablespoons vinegar
1/2 cup of cream, sour or sweet
Black pepper
Mix the cabbage with green pepper and pickles. Combine the sugar, salt, vinegar, cream, mustard, and pepper, and pour over the cabbage. Blend well and serve at once. (Serves 6.)
 - Carrot Salad**
2 cups chopped carrots
1/2 cup finely chopped nuts
1 cup celery
1/2 teaspoon salt
Mix thoroughly. Serve dressing separately. (Serves 6.)
 - Beet Jelly Salad**
1 cup finely chopped beets
1/2 cup finely chopped celery
1 cup finely chopped apples
1 cup prepared lemon jelly
Small amount of onion.
- Sudbury Star:—Reports have it that some of next year's school books will carry lessons in crooning. If it catches on, lessons in asthma will be added.
- Bowmanville Statesman:—The world doesn't want to hear your troubles unless you can tell them so they will make it laugh.



Announcement

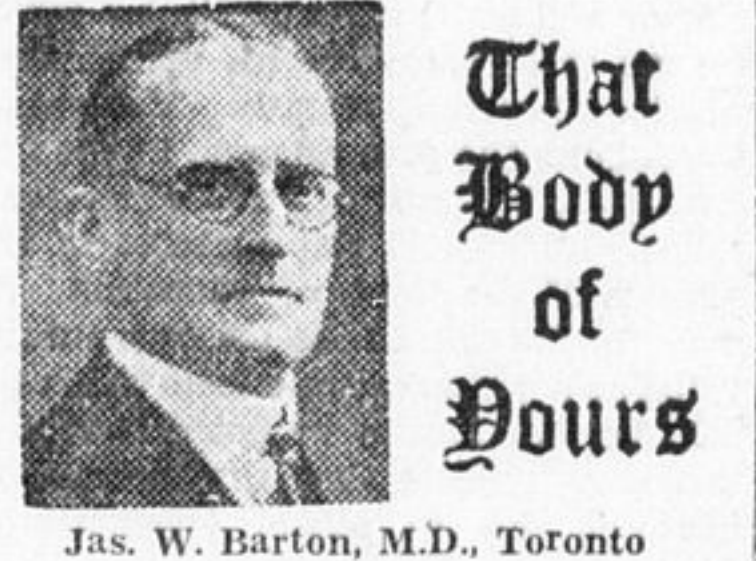
The Halperin Optometrical Parlor wishes to announce that Mr. H. SWEET of Hamilton, well-known registered optometrist and graduate of the College of Optometry of Toronto, will take charge of our Optometrical Parlor. Mr. L. Halperin personally assures you of complete satisfaction.

If any of our previous clients need adjustments made to their glasses or new lenses refitted, we shall be pleased to do this work free of charge.

Evenings by Appointment

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

Home or Sanatorium Treatment for Early Tuberculosis

A young adult in the home may catch a cold and begin to cough a little. The cold and cough seem to "hang on," he seems tired all the time, doesn't feel much like eating, and loses weight. The family physician is consulted, gets a little suspicious about the lungs, has an X-ray examination, and informs the family that it is an early case of tuberculosis and that a few months in a sanatorium is advisable.

You can readily understand the feeling of parents, brothers and sisters; their son or brother is to be hurried off to a sanatorium, perhaps at some distance, to be among strangers, to sleep on a "strange" bed and eat "strange" food. They point out quite sensibly (logically in fact) that he can't be happy away from home; he will be upset and his appetite and sleep will be poor. They believe therefore that he would improve more rapidly at home where his mind would be at rest, he would sleep on his own bed (outdoors if necessary), and he would get the most nourishing food cooked in the way he liked it.

There are no doubt, some cases where these points or arguments would suit the particular cases, but there is no question but that the vast majority of cases of early tuberculosis do better in a sanatorium. Of course all medium or advanced cases should be in a sanatorium.

However so persistent have been some parents and relatives in pointing out the "advantages" of treating cases at home that the French Academy of Medicine appointed a Commission of Inquiry "composed of the highest authorities" to investigate this point. "The conclusions drawn were unanimous in finding that sanatorium treatment not only is efficacious but has no near competitor (the home or any other place). The sanatorium is a centre from which the patient can benefit from all the modern and highly technical methods of treatment that are of course absolutely impossible at home."

That Body of Ours

And nowhere in medicine has there been such an advance in "technical" methods as in the treatment of tuberculosis.

The thought then is for the sake of the health, the life in fact, of a loved one we should send him to the sanatorium if attacked by tuberculosis. I've said nothing, of course, of the grave danger to others, particularly children, of having a tuberculosis patient in the home.

Are you susceptible to colds? Do you worry about your heart? Are you overweight or underweight? Does your food agree with you? Do you have to watch your calories, fats, starches, etc.?

Do you believe you have an ailment that medical tests do not reveal? The following booklets by Dr. Barton will be helpful to many readers and can be secured by sending ten cents for each one desired, to cover handling and service to the Bell Library, 247 West 43rd St., New York, N.Y.: "The Common Cold"; "Overweight and Underweight"; "Eating Your Way to Health"; "Why Worry About Your Heart?"; "Food Allergy"; "Neurosis."

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In Charge of Halperin Optical Parlours Here

Announcement is made this week by L. Halperin that H. Sweet, of Hamilton registered optometrist and graduate of the College of Optometry of Toronto, has taken charge of the Halperin Optometrical Parlours.

Kirkland Lake Library Stages "Sit-Down" Strike

The Kirkland Lake library is staging a sit-down strike and refuse to vacate the quarters on the second floor of the post office building. Over a month ago the library received notification from the federal government to vacate the premises on July 1, but to date the library has not moved and is standing pat, while Walter Little, Temiskaming M.P., is working on behalf of the library to secure permission from the government for the library to remain in the building.

Powassan News:—It is too bad so many people give up dancing after they are married. That's about the only times they put their arms around each other.

SHOT FROM GUNS

Then triple-sealed to bring that right from the oven freshness to you!

QUAKER PUFFED RICE