PHONE 112

is delicious

Some Health Hints from An Expert at Cooking known cause and which is a very serious condition is now treated by means

What to do for Indigestion. First Avoid Bad Eating Habits. Avoid Certain Foods. How a Well-Rounded Diet in Childhood Will Help to Ward off Anemia. Other Hints on Health and Diet.



(By Edith M. Barber)

case the condition is easily corrected. cream. Bad habits of eating, however, may be the cause of what is known in popular be mild or acute.

stomach becomes irritated, it must not it must constantly be supplied not only This might mean then that if a stom- coloring or apply a thin film of cream be subjected to acid foods or condi- with the nutrients which it carries to ach emptied in four hours or eight or vaseline first. ments. Whole cereals and ilbrous veg- all parts of the body, but with ma- hours it would not be considered noretables should be avoided for a time. terial which allows it to rebuild itself mal. can usually be well taken.

times necessary to withhold food for due tova lack of iron in the mother's stomach is about 4 to 5 hours, whereas a day or two and then to begin with diet. Normally, the liver of the infant the emptying time of the stomach in if your face is too round. a liquid diet at short intervals. Solid at birth holds in storage enough iron the long, thin, less rugged individual in a bland form, with a gradual return Modern practice, however, insures a thin individual the stomach emptied in to a normal diet.

The word "indigestion" is used to It goes without saying that a phy- onions in three tablesoons of butter. cover every condition of disturbed di- sician should be consulted immediately Pour in sweet or sour cream to cover, gestion. It may be merely a tempor- if there are symptoms of irritation in ary disturbance caused by eating too the stomach. Often the resulting diag- covered, Add salt and papper to taste. fast, by overeating or by eating when nosis shows merely a mild case of tired. It may also be caused by an ex- gastritis. Occasionally, however, these cessive amount of fat, sweets, acids or same symptoms have been found to be spices. We all of us sin occasionally caused by a cancerous condition which on one of these counts and in their must, of course, be diagnosed early if a cure or even prolonged life is to re-

and self-treated.

Eggs Poached in Milk Fill a frying pan half full of milk; moderate oven (350 deg. F.) until

add a little salt. Break eggs into a slightly browned. saucer and slip them into the milk, which should be hot but not boiling. Paste the eggs with the milk. Allow them to cook until they are set. Serve with the milk poured over them. Season with salt, pepper and a little but-

Vanilla Junket With Bananas package of vanilla junket powder 1 pint milk

¼ cup sugar

½ cup whipping cream 2 bananas, sliced

Prepare vanilla junket according to he directions on package. Chill in refrigerator. Whip the cream, adding one-fourth cup sugar just before the cover the junket with the sliced bananas and garnish with the whipped

Keeping the Blood in Balance

From the time of birth to the end white material (which makes a black achieve an effect of sheen. It doesn't or pound into your face. Dust as lightly terms as stomach trouble, which may of life, the blood performs one of the shadow) to pass through stomach and help to mix grease over grease—it as possible and quite generously. Then most important functions of the body, intestines, the X-ray report will say, merely gives a "smeared," unfinished remove with powder blending brush or When the delicate lining of the In order that it may work efficiently, "Stomach empty in six hours-normal." lock. Mix in a bit of vaseline in the fresh puff or pad of cotton. will result.

plentiful supply of iron through the 41/2 hours, and in the short stout strong

early addition of egg yolks to the milk diet which supplies most of the other requirements.

A well-rounded diet throughout childhood will decrease the probability of the anemia which used to be common among young girls. It is sometimes induced, however, by the reducing fad which often results in semi-starvation. Care should be taken that foods, such as meat, eggs, vegetables, fruits and whole grains remain in the diet, as well as milk, for this reason. When there are symptoms of anemia, not only should the supply of these foods be increased, but as well, iron salts which have been found to be soluble so that they can be used by the blood, should be taken in concentrated form.

Pernicious anemia which has an unof liver both in cooked form and in concentrated extract which is given by nouth or by injection.

Liver With Cream Sauce Slice the liver one-third inch thick Scald and strip off the skin on edges. Drain and saute quickly with two sliced and let simmer five minutes, closely

Baked Cabbage and Tomatoes 11/2 cup well-seasoned tomato sauce

3 cups chopped cooked cabbage 14 cup grated cheese

1/2 cup bread crumbs Salt, pepper

Put alternate layers of tomato sauce "Indigestion" should not be ignored and cabbage in a greased baking dish Sprinkle each layer with cheese and crumbs, salt and pepper. Bake in a

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That Body Dours

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

Upon Your Shape

When a barium meal is given by

BE BEAUTIFUL

By ELSIE PIERCE

PAMOUS BEAUTY EXPERT

Screen and stage stars have long used a powder blending brush such as MARSHA HUNT is using here, but now it is universally used by many women for blending and removing any excess powder.

Ten Make-up Don'ts From a Favourite Make-up Artist to Favourite Flickers.

A feminine authority, and make-up use eyebrow pencil in a hard, obvious artist to some of the leading Holly- line. wood screen stars, sets down ten "don'ts" that should help every young upper lashes only, and then to the tips

girl on beauty bent. evening, you can let yourself go a bit. you look wan and hard. But don't try to imitate anyone else's

be confident. which the X-ray (fluoroscope) can Many women, particularly very young smooth result. watch the length of time taken for this women, do this in the hope that it will

cheekbones. This merely emphasizes the these tissues (not with your hostess Soft cooked eggs, refined cereals, well daily. If iron is lacking, the red cor- As a matter of fact, the length of bones. It achieves a china doll effect guest towels). cooked potatoes, cream and cottage puscles will decrease in number and a time it takes the stomach to empty that is passe. Blend the rouge outward Don't pluck eyebrows from above, but

food should be added gradually, first for the first five or six months of life. (s about 6 hours. Thus if in the long brow to give a natural effect. Don't cate, Inc.)

Some years ago Dr. R. W. Mills in the American Journal of Roentenology

(X-ray journal) showed that there were

six general types of body from the very

short, stout and strong to the very long,

thin and weak, but for general use

1. Wide, long body, short legs-bull-

3. An intermediate type—somewhere

In the wide or bulldog type the sto-

mach is up high, well above the navel

is the shape of a steer's horn, with large

end up receiving food from the tube

running down from the mouth, so that

it can easily empty itself-straight dia-

tine. The stomach movements are also

faster and stronger than in the long.

thin type, as there seems to be more

tone or elasticity to the muscular walls

In the long, thin type, the stomach is

low, maybe as low as the hip bones

when the individual is standing. In ad-

dition to having to push the food up-

ward to empty it into the small intes-

tine, the muscular power of this type is

not as good and the emptying time is

thus about half as long again as in

The intermediate type is really the

ideal type. The stomach is neither high

up nor low down and the emptying

time of stomach is between 5 and 6

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ley, Haileybury express agent has an-

nounced. The previous rate of \$2 per

hundred pounds from Haileybury to Toronto and other southern cities has been cut to \$1.20 for the period from

July 19 to September 30.

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Another splendid booklet by Dr. Bar-

gonal downhill trip for the food as the stomach pushes it out into small intes-

we now have just the three classes.

2. Narrow, short body, long legs.

between types 1 and 2.

of the stomach.

the wide type.

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ther of them is "normal."

Mascara should be confined to the

The little lipstick tissues are lifesavers. Carry them with you. Remove Don't put rouge | plump on your traces of lipstick from fingers with

cheese, meat, ice-cream and custards condition which is known as anemia itself depends upon the "build" of the instead, into the sides of your face and from under the brow and not too thin. patient. In a stocky, stout, strong type toward the ears and how far out you Don't put daytime make-up "on" un- minutes. Heat soup over boiling water, fans detrain just a few blocks from the In acute cases of gastritis it is some- This sometimes happens in infancy of person the emptying time of the blend depends upon the width of your der an electric light. Try to apply all face, stop a good distance from the ears make-up in the same type of light that by grating onion). Heat until cheese is don C.N.R. Station at 7.15 p.m. Stanyou expect to appear under.

individual it took 61/2 hours then nei- Former Timmins Young

onto Star refers to a former Timmins tions given for "Cheese Salad." young man, the Uttley family being popular residents here for some years: noon when Mary Helen Cordell, daughter of Mr. and Mrs. S. G. Cordell, was united in marirage to Thomas A. Uttley, son of Mr. and Mrs. F. Y. Uttley. Rev. R. V. Kendall officiated and Mr. Harold Kitney played the wedding music. The bride, whose father gave her in marriage, wore a gown of blue lace with matching jacket and a lace offthe-face hat. She carried a bouquet of to thicken, fold in whipped cream, fruit yellow roses and blue cornflower. Miss and nuts. Pineapple, peaches, bananas, Muriel Woollings, her only attendant, was attired in pink organdy with blue trimming and a small pink off-theface hat. She carried pink roses and blue cornflowers. Mr. Gordon Uttley, brother of the groom, was best man and the ushers were Mr. George Cordell, brother of the bride, and Mr. Leonard Ure. After the ceremony a reception was held at the home of the bride's parents on Palmerston avenue, where Mrs. Cordell received, gowned in stir until dissolved. Chill and allow to flowered chiffon with white accessories and wearing a corsage of pink roses. The groom's mother assisted, wearing a gown of green chiffon with white accessories and a corsage of roses. Later the couple left for a motor trip, the bride travelling in a white suit trimmed with navy, navy blue hat

Blairmore Enterprise: - Gaston: "Yes

into freezing tray and let stand four hours. Slice and serve on crisp lettuce leaves. Garnish with watercress. Salad

of the longest of the winkers, emphasiz- sealed mould in six parts of ice to one rates has been arranged by the Cana-For daytime, this make-up artist re- ing their length. Don't use mascara on part salt and allowing to stand four to dian National Railways for the running commends conservative make-up. For the lower lashes because that will make

Don't rub your powder, don't grind

Man Married at Toronto bed of lettuce and serve with mayon- time for the first race this Saturday The following from Saturday's Tor- salad may be frozen by following direc- other day, London being on Standard

"Epworth United Church was the scene of a pretty wedding this aftermarshmallow mixture. Add flavouring. Freeze as "Cheese Salad." and white accessories."

the fish was too small to bother with. Some people know what the higher so I hired two men to throw it back." mathematics may be. This is a case of

Salads and Desserts

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ticularly Seasonable.

ing Recipes That are Par-

Salads and desserts which may be

moulded or frozen in the refrigerator

and which give a somewhat festive air

come to the housewife during the hot

Cheeses Salad

1 cup crushed pineapple, well drained

Salt, paprika, celery salt to taste

whipped cream and seasonings. Pour

Jellied Tomato Cheese Salad

1 tablespoon granulated gelatine

1½ cup condensed tomato soup

Fruit Rice

1 tablespoon granulated gelatine

4 cup cold water

1/8 teaspoon salt

20 marshmallows

1 cup hot coffee

Pinch of salt

Flavouring

1/2 cup toasted almonds

1 cup whipping cream

(may be omitted)

1 teaspoon vanilla

1 cup hot cooked rice

2 tablespoons fruit sugar

1 cup whipping cream

% cup diced or crushed fruit

Soak gelatine in cold water. Dissolv

in hot rice. Add salt, sugar and vanilla

Cool and chill, When mixture begins

strawberries, maraschino cherries, or

Mocha Marlow

Add marshmallows to hot coffee and

Apples Adam and Eve Ate

Here is a lesson in very hot weather

mathematics. It deals with the number

of apples Eve 8, and goes on the prin-

cipal that 4 every 1 Eve 8, Adam 812

partially set. Whip cream and add

Figuring Out How Many

combination of fruits may be used.

1/4 cup blanched almonds

14 cup cold water

½ cup mayonnaise

4 teaspoon salt

1 tablespoon onion juice

½ cup cream, whipped

cup chopped celery

Soften cheese with fork. Add green pepper, pineapple, nuts, mayonnaise,

or supper hour arrives.

mends the following:

cottage cheese

1 green pepper, chopped

½ cup nuts, chopped

1/2 cup mayonnaise

½ cup cream, whiped

Blackheads go quickly by a simple method that just dissolves them. Get two ounces of peroxine powder from your druggist, rub this with a hot, wet cloth gently over the blackheads-and you will wonder where they have gone. Have a Hollywood complexion.

Residence-PHONE 135

the lower mathematics.

"Some say that Eve 8 and Adam 2a total of 10. Others say that Adam 8 to a simple meal are particularly wel- and Eve 8-total 16. But if Eve 8 and Adam 82, the total would be 90. Now, summer months. It is not hard to pre- if Eve 81 and Adam 812, the total would pare such dishes during the cool of be 893. And if Eve 81 first and Adam early morning, and it is a great relief 81 second the total would be 811 plus to know that a tempting salad or des- 812-1623. Or if Eve 811, and Adam sert is ready to serve when the lunch 81242 oblige Eve, the total would then be 82,053. Though we admit that Eve The Milk Utilization Service, Domin- 814 Adam, Adam, if he 8181242 keep ion Department of Agriculture, recom- Eve company, total 8182056. All wrong! Eve, when she \$1812 many and Adam, in order to relieve her grief \$12, therefore 11/2 cups cream cheese or creamed Adam, if he 8181242 brighten Eve's spirits, hence both ate 81,896,864 ap-

Special Low Rates for Races at London

Fare from Toronto to London on Saturday, July 24, to be only 2.30 Return.

may be frozen by packing carefully A special train service with reduced race meeting at Queen's Park, London's Salad may be moulded, instead of half-mile track, for Saturday, July 24th. Always remove remaining make-up frozen, by using 1 tablespoon granu- The eleven-day session got under way cream is stiff. When ready to serve Emptying Time of Stomach Depends make-up. Stick to your own type and before applying or renewing the make- lated gelatine scaked in 2 tablespoons Wednesday, July 21st, and lasts up to up. Don't try to put one layer of make- of water, and dissolved over boiling and including Monday. August 2nd, Don't put your lipstick on too thick, up over the other if you want a fresh, water. Add with other ingredients to Civic Holiday. The return fare for Saturday, July 24th, Toronto to London, is but \$2.30, far less than the usual single fare, and the same reduction holds good at other stopping points en route, these being Hamilton, Brant-

1 cup cream cheese or cottage cheese ford, Paris, Woodstock and Ingersoll. The special train leaves Toronto's Union Station at 11.30 a.m. standard 1/2 cup stuffed olives, sliced, or half time; leaves Sunnyside 11.41 a.m.; Hamilton 12.28 p.m. Brantford 1.10 p.m. Paris, 1.22 p.m.; Woodstock, 1.43 p.m.; Ingersoll, 1.55 p.m. and reaches Soak gelatine in cold water about 5 London East at 2.14 p.m. where racing add salt, cheese, onion juice (extracted track. The returning train leaves Lonsoftened. Add soaked gelatine and stir dard Time, giving the fans plenty of Blend your eyebrow pencil into the | (Copyright, 1937, by the Bell Syndi- until dissolved. Chill, and when par- time to view the entire racing program tially set, add mayonnaise, whipped and get away without undue haste. A cream and olives or celery. Turn into feature of this excursion is that tickets mould that has been rinsed in cold are also valid to return from London water and chill. When firm, remove to up to Monday, July 26th if desired. Post naise. Sprinkle with paprika. This will be 2.45 p.m. It is 2.30 p.m. every

> Prices are as follows for return trip: Toronto and Sunnyside, \$2.30; Hamilton, \$1.50; Brantford \$1.15; Paris \$1.00; Woodstock, 75c.

> A large crowd is expected to take advantage of the cheap rates especially as it covers the entire week-end.

Eganville Leader: - A foreign correspondent states that the little mountain chalet home of Herr Hitler is now a formidable fortress of steel and concrete with secret machine gun posts, guarder roads and secret service men pretending to be peasants at work in

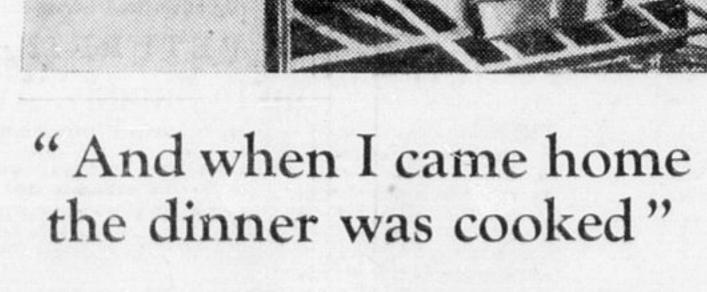


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