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Some Health Hints from An Expert at Cooking

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.

The word "indigestion" is used to cover every condition of disturbed digestion. It may be merely a temporary disturbance caused by eating too fast, by overeating or by eating when tired. It may also be caused by an excessive amount of fat, sweets, acids or spices. We all of us occasionally on one of these counts and in their

It goes without saying that a physician should be consulted immediately if there are symptoms of irritation in the stomach. Often the resulting diagnosis shows merely a mild case of gastritis. Occasionally, however, these same symptoms have been found to be caused by a cancerous condition which must, of course, be diagnosed early if a cure or even prolonged life is to result.

"Indigestion" should not be ignored and self-treated.

Eggs Poached in Milk
Fill a frying pan half full of milk; add a little salt. Break eggs into a saucer and slip them into the milk, which should be hot but not boiling. Baste 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 butter.

Vanilla Junket With Bananas
1 package of vanilla junket powder
1 pint milk
¼ cup sugar
¼ cup whipping cream
2 bananas, sliced

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

Keeping the Blood in Balance
From the time of birth to the end of life, the blood performs one of the most important functions of the body. In order that it may work efficiently, it must constantly be supplied not only with the nutrients which it carries to all parts of the body, but with material which allows it to rebuild itself daily. If iron is lacking, the red corpuscles will decrease in number and a condition which is known as anemia will result.

This sometimes happens in infancy due to a lack of iron in the mother's diet. Normally, the liver of the infant at birth holds in storage enough iron for the first five or six months of life. Modern practice, however, insures a plentiful supply of iron through the

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.

Ferocious anemia which has an unknown cause and which is a very serious condition is now treated by means of liver both in cooked form and in concentrated extract which is given by mouth 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 onions in three tablespoons of butter. Pour in sweet or sour cream to cover, and let simmer five minutes, closely covered. Add salt and pepper to taste.

Baked Cabbage and Tomatoes
1½ cup well-seasoned tomato sauce
3 cups chopped cooked cabbage
¼ cup grated cheese
½ cup bread crumbs
Salt, pepper

Put alternate layers of tomato sauce and cabbage in a greased baking dish. Sprinkle each layer with cheese and crumbs, salt and pepper. Bake in a moderate oven (350 deg. F.) until slightly browned.

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BE BEAUTIFUL

By ELSIE PIERCE
FAMOUS 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.

1. A feminine authority, and make-up artist to some of the leading Hollywood screen stars, sets down ten "don'ts" that should help every young girl on beauty bent.
2. For daytime, this make-up artist recommends conservative make-up. For evening, you can let yourself go a bit.
3. Don't try to imitate anyone else's make-up. Stick to your own type and be confident.
4. Don't put your lipstick on too thick. Many women, particularly very young women, do this in the hope that it will achieve an effect of sheen. It doesn't help to mix grease over grease—it merely gives a "smeared" unfinished look. Mix in a bit of vaseline in the coloring or apply a thin film of cream or vaseline first.
5. Don't put rouge plump on your cheekbones. This merely emphasizes the bones. It achieves a china doll effect that is passe. Blend the rouge outward instead, into the sides of your face and toward the ears and how far out you blend depends upon the width of your face, stop a good distance from the ears if your face is too round.
6. Blend your eyebrow pencil into the brow to give a natural effect. Don't
7. use eyebrow pencil in a hard, obvious line.
8. Mascara should be confined to the upper lashes only, and then to the tips of the longest of the winkers, emphasizing their length. Don't use mascara on the lower lashes because that will make you look wan and hard.
9. Always remove remaining make-up before applying or renewing the make-up. Don't try to put one layer of make-up over the other if you want a fresh, smooth result.
10. Don't rub your powder, don't grind or pound into your face. Dust as lightly as possible and quite generously. Then remove with powder blending brush or fresh puff or pad of cotton.

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

That Body of Yours

Emptying Time of Stomach Depends Upon Your Shape
When a barium meal is given by which the X-ray (fluoroscope) can watch the length of time taken for this white material (which makes a black shadow) to pass through stomach and intestines, the X-ray report will say, "Stomach empty in six hours—normal." This might mean that if a stomach emptied in four hours or eight hours it would not be considered normal.

As a matter of fact, the length of time it takes the stomach to empty itself depends upon the "build" of the patient. In a stocky, stout, strong type of person the emptying time of the stomach is about 4 to 5 hours, whereas the emptying time of the stomach in the long, thin, less rugged individual is about 6½ hours. Thus if in the long thin individual the stomach emptied in 4½ hours, and in the short stout strong



(By Edith M. Barber)

case the condition is easily corrected. Bad habits of eating, however, may be the cause of what is known in popular terms as stomach trouble, which may be mild or acute.

When the delicate lining of the stomach becomes irritated, it must not be subjected to acid foods or condiments. Whole cereals and fibrous vegetables should be avoided for a time. Soft cooked eggs, refined cereals, well cooked potatoes, cream and cottage cheese, meat, ice-cream and custards can usually be well taken.

In acute cases of gastritis it is sometimes necessary to withhold food for a day or two and then to begin with a liquid diet at short intervals. Solid food should be added gradually, first in a bland form, with a gradual return to a normal diet.



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Did you know that Electric Cooking costs LESS than \$3.00 a month for the average family of four or five.

Former Timmins Young Man Married at Toronto

The following from Saturday's Toronto Star refers to a former Timmins young man, the Utley family being popular residents here for some years:

"Epworth United Church was the scene of a pretty wedding this afternoon when Mary Helen Cordell, daughter of Mr. and Mrs. S. G. Cordell, was united in marriage to Thomas A. Utley, son of Mr. and Mrs. F. Y. Utley. Rev. R. V. Kendall officiated and Mr. Harold Kitey played the wedding music. The bride, whose father gave her in marriage, wore a gown of blue lace with matching jacket and a lace off-the-face hat. She carried a bouquet of yellow roses and blue cornflower. Miss Muriel Woollings, her only attendant, was attired in pink organdy with blue trimming and a small pink off-the-face hat. She carried pink roses and blue cornflowers. Mr. Gordon Utley, 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 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 and white accessories."

Blairmore Enterprise—Gaston: "Yes, the fish was too small to bother with, so I hired two men to throw it back."

Overweight and Underweight
Another splendid booklet by Dr. Barton now available, dealing with the subject of your weight as a factor in good health. Do you weigh too much—too little? What do you do to control your weight? Send for this latest Barton Booklet, enclosing ten cents for handling, give your name and full address, and mention The Advance. Ask for Booklet 105, send your letter to the Bell Library, 247 West 43rd Street, New York, N.Y. Previous booklets, also available at ten cents each, deal with The Common Cold (104); Neurosis; (103); Your Heart (102) and Eating Your Way to Health (101). Don't miss them.

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Reduced Freight Rates on blueberries from Haileybury
Blueberry pickers in the north country will benefit from a substantial reduction in express rates on the fruit shipped to southern points, W. Bradley, Haileybury express agent has announced. 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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Salads and Desserts for the Hot Weather

Some Interesting and Pleasant Recipes That are Particularly Seasonable.

Salads and desserts which may be moulded or frozen in the refrigerator and which give a somewhat festive air to a simple meal are particularly welcome to the housewife during the hot summer months. It is not hard to prepare such dishes during the cool of early morning, and it is a great relief to know that a tempting salad or dessert is ready to serve when the lunch or supper hour arrives.

The Milk Utilization Service, Dominion Department of Agriculture, recommends the following:

Cheese Salad
1½ cups cream cheese or creamed cottage cheese
1 green pepper, chopped
1 cup crushed pineapple, well drained
½ cup nuts, chopped
½ cup mayonnaise
½ cup cream, whipped
Salt, paprika, celery salt to taste
Soften cheese with fork. Add green pepper, pineapple, nuts, mayonnaise, whipped cream and seasonings. Pour into freezing tray and let stand four hours. Slice and serve on crisp lettuce leaves. Garnish with watercress. Salad may be frozen by packing carefully sealed mould in six parts of ice to one part salt and allowing to stand four to six hours.

Special Low Rates for Races at London

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

A special train service with reduced rates has been arranged by the Canadian National Railways for the running race meeting at Queen's Park, London's half-mile track, for Saturday, July 24th. The eleven-day session got under way Wednesday, July 21st, and lasts up to and including Monday, August 2nd, 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, Brantford, Paris, Woodstock and Ingersoll. The special train leaves Toronto's Union Station at 11:30 a.m. standard 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 London East at 2:14 p.m. where racing fans detrain just a few blocks from the track. The returning train leaves London C.N.R. Station at 7:15 p.m. Standard Time, giving the fans plenty of time to view the entire racing program and get away without undue haste. A feature of this excursion is that tickets are also valid to return from London up to Monday, July 26th if desired. Post time for the first race this Saturday will be 2:45 p.m. It is 2:30 p.m. every other day, London being on Standard Time.

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 the fields.

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