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BE BEAUTIFUL
 By ELSIE PIERCE
 FAMOUS BEAUTY EXPERT



For beach or spectator sports wear this pair of wine-red shell type of full-vue glasses is fitted with amber lens of medium tone to deflect the strong rays of the sun. (Picture courtesy of Better Vision Institute)

Sun Glasses As a Youth Preserver

For beach or spectator sports wear this pair of wine-red shell type of full-vue glasses is fitted with amber lens of medium tone to deflect the strong rays of the sun. (Picture courtesy of Better Vision Institute)

That quip that "men never make passes at girls who wear glasses," she has had more compliments since the acquisition of the glasses. She feels that glasses often disguise puffiness and circles under the eyes. Not that one should have circles under the eyes, but if they are there and until one can get at the root of the trouble it doesn't hurt to conceal them. She also points out that glasses can do much to "point up" the better features and minimize the less attractive ones. For instance, a highly arched bridge on glasses will give a broad, short nose a look of length. Round or oval lenses will make irregular features seem more even and so on.

Last winter, the young woman of our story invested in a fitted-to-her-needs pair of sunglasses. She spent the season at a winter resort and sun on snow, you know, is as glaring as sun on sand. She feels that the difference is indescribable. One sees better, to be sure. One feels better, too, because there is confidence with knowing that the glasses are right for you, that you are not jeopardizing your eyesight with an inferior glass or one that is not right for your vision or your face, for that matter. If one does not need special lenses, glasses fitted to one by an expert need not be very expensive. While on the subject of glasses for the sun, amber hued glasses are suggested for strong sunlight to deflect the sun's rays.

St. Mary's Journal-Argus:—The ladies are more interested in what a bride is married in, than what she is married to.

Have Them Fitted to Your Needs

Women have become educated to the use of sun glasses. But few appreciate that it is wise and a worthwhile investment to have the glasses fitted to the individual needs... the needs of their vision, primarily, and then their particular needs from a style point of view for glasses are now styled to fit the face. Did you know that?

A young woman I know has been wearing glasses for two years (the last pair styled to her type). Contrary to

Little Twin Girls Die from Pneumonia at Haileybury

The Haileyburian last week says:—"Pneumonia took the lives of the little twin granddaughters of Mr. and Mrs. Jas. Brown, Georgina avenue, over the week-end. They were sixteen months old and stricken within two days of each other, the first passing away on Friday and the other on Sunday. The funerals were conducted on Sunday and Tuesday afternoons, with the services held by Pastor Robert S. Weaver of the local Baptist church and interment in Mount Pleasant cemetery."

Responsibility for Bad Roads Must be Recognized

(From North Bay Nugget)

Two fatal accidents recently in this district were unofficially attributed to autos getting out of control on running into loose gravel.

Does this indicate liability on the part of the Department of Highways? Or is it that drivers are inclined to disregard the hazard of driving speedily over roadways newly surfaced with gravel or sand?

Certainly there is carelessness one way or another. If the highways department spreads gravel or some other surfacing substance over a roadway and fails to put out warning signs, responsibility for accidents resulting therefrom must be assumed by the department.

When inquiring into the cause of highway accidents the authorities should spare no effort to fix responsibility. Too frequently coroner's verdicts and police reports touch only lightly on the cause of serious mishaps, and in some instances merely indicate the death was due to some cause clearly indicated before an investigation was launched. Fatal highway accidents must be probed to the fullest possible extent and responsibility fixed, regardless of consequences. With that, recommendations should be directed to responsible government departments to impel corrective action.

The present practice of spreading gravel and trusting traffic to pack it into a compact and trustworthy mass is a contribution to the causes of accidents. Not every driver is able to judge whether the gravel has been beaten down enough to ensure safe driving, and frequently drivers are upon heavily gravelled stretches, at high speed, before being aware of the danger. The result is that their vehicle is thrown out of control and the climax is a spill in a ditch, often with fatal consequences.

Well-conditioned highways are imperative if the authorities hope to get anywhere with their announced campaign to minimize serious accidents.

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Wedding of Interest at South Porcupine

Golden City Store to be Removed. Personal and Other News Items.

South Porcupine, Ont., Aug. 7.—(Special to The Advance)—Mr. and Mrs. King, of Golden City, have had to move their new houses further back to accommodate the new road route which cuts off the corner at the lake at Golden City. We understand that their store which has been a landmark for many years is to be pulled down, Mrs. King going out of business.

Mr. and Mrs. J. Ratcliffe, of Bruce avenue, returned on Thursday from three months' holiday in their old home in the Isle of Man.

Chief and Mrs. McInnis left on Saturday to attend the funeral of Mr. Varcoe at Manila, who was a brother-in-law of Mrs. McInnis.

Mrs. Wilfred Martin, of Toronto, is visiting Mr. and Mrs. Ralph Wood at Golden City.

Mr. A. D. Pearce left on Saturday to spend two weeks in Windsor and Kemptville.

Mr. and Mrs. Arnold Wilder, of New Liskeard, and Mr. S. Taylor, of New Liskeard, with Mr. Gordon Wilder of Kirkland Lake were visiting Mr. and Mrs. Jack Wilder over the week-end.

Mr. and Mrs. Reg. Ledson left on Saturday to spend a holiday in Toronto. Mr. and Mrs. M. Clarke and family are on holiday and Mr. Cal Kirkwood, of Porcupine, is relieving at the T. & N. C. station.

Mr. and Mrs. Pelkie, of Latchford, are visiting at the home of Mrs. Starling.

Mrs. John Newman returned this week from Duparquet, bringing with her Miss Mary Brown to visit at the home of her grandmother Mrs. R. Brinton.

Mrs. Sheiler, of Iroquois Falls, is visiting Mrs. Rayner this week-end.

Mr. Cyril Starling, who has been in the Tisdale hospital for operation, returned home this week.

Miss Bessie Verner was operated on for appendix trouble in hospital here on Friday and is progressing well.

at the wedding included Mrs. J. Wizanuk and Billy, of Creighton Mines, Sudbury, Mr. and Mrs. Yanny and Miss Stella Yanny, of Sudbury, Mrs. Alec Roznosky of Sudbury, Mrs. Patrick of Detroit, and Mr. Andrews of North Bay.

The happy couple have been made the recipients of many beautiful gifts, from their numerous friends, silver articles being prominent.

To both we extend a very hearty wish that they may have many years of happiness together and that their married life may be as propitious as its beginning.

That Body of Yours

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

Relieving Symptoms in Hay Fever

While the injection of pollen extract to help hay fever definitely cures a percentage of cases and relieves others there are still a large number of cases who get no relief by this method.

Thus when the hay fever season arrives there are always a great many sufferers who are looking for immediate relief from the distressing symptoms of hay fever. Living in rooms for a number of hours a day which filter out all pollen gives considerable relief. The use of preparations containing epinephrine (adrenalin), sometimes combined with ephedrine (the Chinese drug) shrink the lining membrane of the nose make it less boggy and give relief sometimes for hours.

Another method is that whereby the pollen in a room is attached to an electrical contrivance and the air rendered free from pollen irritation.

Another method of obtaining relief is by what is known as ionization—direct application of electricity to the lining of the nose. Some research workers report great success by this method, and others, while less enthusiastic, state that ionization "is a valuable help to other accepted methods."

Drs. Samuel W. Garfin and Samuel M. Pearl, New England Medical Journal, give a first or early report, covering six months' experience in the treatment by ionization of 68 cases of hay fever, asthma and chronic head colds. Immediate and complete relief from symptoms was noted during the active state of the disease. Only two of 35 patients with head and hay fever failed to obtain relief. In 20 asthma patients both with and without fever, relief was obtained in all but two.

The change in the appearance of the lining of the nose from a sickly, pale boggy, swollen and water-logged condition, to a healthy appearance was observed within four to six days. The effect of the ionization is to render the lining of the nose more normal, thus enabling it to better withstand pollen or other irritating substances or organisms.

The point then is that when injecting of pollen has failed to prevent hay fever, ionization may be added to the other methods of relief.

(Copyright, 1937)

Tricks in Making Best Jelly and Gelatine Dishes

Helps for Perplexed Readers, Together with Some Recipes. Also Reference to Dieting to Increase Weight, as Well as to Reduce it. And Some More Recipes.



Readers are interested in how to un-mold gelatin dishes so that the jelly neither breaks nor melts. I have found that the best method is to dip the mold almost up to the top in warm but not hot water. Hold it in the water a moment; then remove, dry the outside, place plate over it, turn over and shake hard.

Another reader asked why the jelly decided to make with fresh pineapple would not mold. An enzyme which fresh pineapple contains acts upon the gelatin in such a way that it removes the setting qualities. Canned pineapple may be used successfully in gelatin dishes. Another reader demands a recipe for the perfect cheese cake which fortunately I am able to give. A spring form is an asset in the preparation of this recipe.

The final request is for a "nice recipe using chicken livers." I hope that the one which I am giving deserves that adjective.

is often fully as difficult a matter as to lose weight. Sometimes it is more so for the reason that certain systems seem to be geared so high that more calories are needed to run body machine.

Sometimes, however, we find that the fault lies with the appetite, as many thin persons find it difficult to eat a normal amount of food. These have been described as persons who pick at their food instead of eating with relish the dishes set before them. In this case, the first matter of importance is to stimulate the appetite. It has been found that an extra amount of vitamin B added to the diet will often produce this effect. Yeast and wheat germ are recommended as the medium as well as the inclusion of foods which are naturally endowed with this important vitamin. Most foods with the exception of fats and oils and sugar contribute 1 certain amount, but when the diet is limited in quantity it is certainly wise to supplement with substances which are particularly high in vitamins B-C.

Of course, quantity should be increased by means of foods which are easily digested. Milk, cream and eggs are the best supplements which can be made to the general diet. An eggnog at bed time is particularly good, because it does not take the appetite away for the regular meals.

Old-Fashioned Rabbit

1 pound American cheese
 1 tablespoon butter
 2 teaspoons salt
 2 teaspoons dry mustard
 1 teaspoon paprika
 1/2 bottle beer
 Toast

Shred cheese with a fork. Melt butter, stir in seasoning; add cheese and stir over a low fire till melted. Stir in the beer gradually and cook, stirring over fire until mixture is smooth. Pour at once over hot toast. A dash of cayenne pepper may be added if desired.

- Bran Muffins**
- 2 tablespoons shortening
 - 1/2 cup sugar
 - 1 cup sour milk
 - 1 cup bran
 - 1 teaspoon baking powder
 - 1/2 teaspoon soda
 - 1/2 teaspoon salt
- Cream the shortening and sugar, add sugar and sour milk. Add bran and let soak until most of the moisture is taken up. Sift flour with baking powder, soda and salt and add to first mixture, stirring only until flour disappears. Fill greased muffin tins two-thirds full and bake in a moderate oven (400 degrees Fahrenheit) for twenty to twenty-five minutes. Yield: Eight large or twelve small muffins.
- Note—If sweet milk is used instead of sour milk, omit the one-half teaspoon of soda and use three teaspoons baking powder. Raisins or dates may be added if desired. A small slice of apple sprinkled with cinnamon and sugar, placed on top of the muffin batter before baking, makes a delicious variation of the recipe.

- Chickens' Livers en Brochette**
- Chicken livers
 - Sliced bacon
 - Watercress
- Cut livers in four pieces. Alternate pieces of liver and bacon on skewers, allowing four pieces of liver and five pieces of bacon to each skewer. Arrange skewers on broiler and broil under a moderate flame, turning often, until bacon is crisp. Serve on skewers garnished with watercress.
- Jellied Veal**
- 2 tablespoons granulated gelatin
 - 1 cup cold water
 - 2 cups stock, well seasoned, or 2 bouillon cubes dissolved in 2 cups boiling water
 - 1 onion, minced
 - 1 stalk celery with leaves
 - 1 tablespoon tarragon vinegar
 - 2 cups cooked veal, chopped
 - 1/2 cup pimentos
 - 2 tablespoons finely chopped parsley
 - 1 1/2 cups cut celery
- Soak gelatin in cold water about five minutes. Bring the stock, with the onion and celery, to a boil and let cook three minutes, strain and add to softened gelatin, add vinegar. Cool, and when mixture begins to set, fold in veal, pimentos, parsley and celery. Turn into a mold and chill. Remove from mold and cut into slices for service.

- Cheese Cake**
- 1 package zwieback or 4 cups corn flakes
 - 2 tablespoons butter
 - 2 tablespoons sugar
 - 1 cup sugar
 - 2 tablespoon flour
 - 1/2 teaspoon salt
 - 5/8 cakes cream cheese
 - 1 teaspoon vanilla
 - 4 eggs
 - 1 cup cream
- Roll zwieback or corn flakes into crumbs, add butter and two tablespoons sugar and cream together, blend thoroughly and put into nine-inch spring form mold and press down evenly on the bottom.
- Mix the cup of sugar with flour and salt and cream well with cheese and mix again. Add vanilla and beaten egg yolks and cream and whip again. Fold in beaten egg whites and bake in a moderate oven, 325 degrees Fahrenheit, for about an hour or until centre is set.

About Reducing Weight

While most of the loud cries from the dieters seem to be for reducing menus, there actually are persons whose aims in life are to gain a few pounds. This

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GOOD MORNING!

A FRESH START WITH A FRESH CRISP CEREAL

QUAKER PUFFED RICE

If the package isn't triple-sealed it isn't Quaker Puffed Rice.