

Canada Northern Power Corporation Ltd.

CONTROLLING AND OPERATING Northern Ontario Power Company Limited Northern Quebec Power Company Limited

BE BEAUTIFUL By ELSIE PIERCE

FAMOUS BEAUTY EXPERT



For beach or spectator sports wear this pair of wine-red shell type of ful-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 thit that quip that "men never make passes Vision Institute)

YOUTH PRESERVER

order changeth"

selves, think what squinting at the sun | seem more even and so on. does to the face . . causes hard lines | Last winter, the young woman of our | Well-conditioned highways are imaround the eyes which may become story invested in a fitted-to-her-needs perative if the authorities hope to get deep wrinkles, a hard expression is the pair of sunglasses. She spent the sea- | anywhere with their announced camresult when squint replaces smile, an son at a winter resort and sun on snow, paign to minimize serious accidents. aging look. That is more cause for con- you know, is as glaring as sun on sand. cern to women than eyesight. Nor do She feels that the difference is indewe care to quarrel with women as to scribable. One sees better, to be sure. the soundness of this attitude. The fact | One feels better, too, because there is is that sight and youth are being saved confidence with knowing that the every season at beach or mountain glasses are right for you, that you are resort by the simple medium of sun not jeopardizing you eyesight with an

Have Them Fitted to Your Needs their vision, primarily, and then their strong sunlight to deflect the sun's particular needs from a style point of rays. view for glasses are now styled to fit the face. Did you know that?

A young woman I know has been dies are more interested in what a bride wearing glasses for two years (the last is married in, than what she is married pair styled to her type). Contrary to to.

s pair of wine-red shell type of ful-vue at girls who wear glasses," she has had tions should be directed to responsible bridal fashion with roses. glasses is fitted with amber lens of m more compliments since the acquisition edium tone to deflect the strong rays of the glasses. She feels that glasses rective action. of the sun. (Picture courtesy of Better often disguise puffiness and circles under the eyes. Not that one should have gravel and trusting traffic to pack it (Albert's Bakery), Timmins,—had been SUN GLASSES AS A circles under the eyes, but if they are into a compact and trustworthy mass cut, the happy pair left by car for a car. Not so many years ago the woman of the trouble it doesn't hurt to conceal dents. Not every driver is able to judge Coast, the bride wearing an ensemble that rear pigs. was the exception who took the trouble them. She also points out that glasses whether the gravel has been beaten of sand with navy accessories. On to wear sun-glasses to protect her eyes can do much to "point up" the better down enough to ensure safe driving, and their return they will reside on Bloor the head. from the suns glare. Now she is the features and minimize the less attrac- frequently drivers are upon heavily avenue in the house recently occupied rule. Just another proof that "the old tive ones. For instance, a highly arched gravelled stretches, at high speed, be- by Mr. Jack Porter. Out of town guests Try The Advance Want Advertisements in life are to gain a few pounds. This bridge on glasses will give a broad, fore being aware of the danger. The Apart from the detrimental effect | short nose a look of length. Round or | result is that their vehicle is thrown out of the sun's glare on the eyes them- oval lenses will make irregular features of control and the climax is a spill in

inferior glass or one that is not right for your vision or your face, for that Women have become educated to the matter. If one does not need special use of sun glasses. But few appreciate lenses, glasses fitted to one by an exthat it is wise and a worth-while in- pert need not be very expensive. While vestment to have the glasses fitted to on the subject of glasses for the sun, the individual needs . . the needs of amber hued glasses are suggested for

St. Mary's Journal-Argus:-The la-

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 ceme-

Responsibility for Bad Roads Must be Recognized

(From North Bay Nugget)

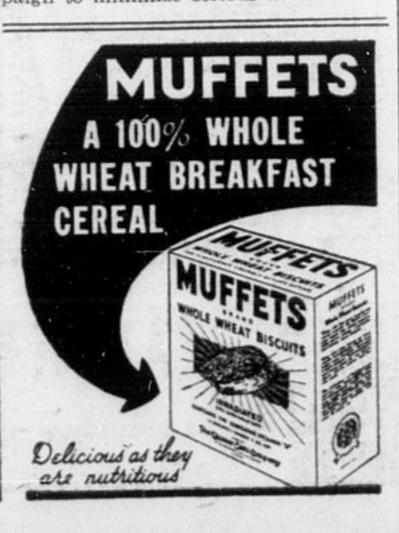
Two fatal accidents recently in this district were unofficially attributed to autos getting out of control on running into loose gravel.

of the Department of Highways? Or is pink sheer with large picture hat and it that drivers are inclined to disre- white accessories, carrying sweetheart over roadways newly surfaced with of the bride who wore powder blue taf- booklet, THE COMMON COLD, the ailgravel or sand?

Certainly there is carelessness one carried sweetheart roses. partment spreads gravel or some other tle four-year-olds who looked very 104, enclosing ten cents to cover the way or another. If the highways desurfacing substance over a roadway pretty dressed in long frilled frocks of cost of mailing. Be sure to give your and fails to put out warning signs, re- pale green organdie with little Juliet name and full address, and mention sponsibility for accidents resulting caps of white carried the bride's train the name of your newspaper. Other therefrom must be assumed by the de-

When inquiring into the cause of ed with gladioli for the occasion. should spare no effort to fix responsi- and as they left the church the fire de- UNDERWEIGHT (105), FOOD ALand police reports touch only lightly form with white gloves formed a guard rhea and Syphilis) (107), are also on the cause of serious mishaps, and in some instances merely indicate the government departments to impel cor-

a ditch, often with fatal consequences



Wedding of Interest

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

South Porcupine, Ont., Aug. 7-(Special to The Advence)-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 gging 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 Manilla, who was a brotherin-law of Mrs. McInnis.

Mrs. Wilfred Martin, of Toronto, i 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 Porquis Jct., 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. Sheler, of Iroquois Falls, is visit-

ing Mrs. Rayner this week-end. Mr. Cyril Starling, who has been in the Tisdale hospital for operation, re-

turned home this week. Miss Bessie Verner was perated on for appendix trouble in hospital here on Friday and is progressing well.

Wedding

An exceedingly pretty wedding was solemnized in the Roman Catholic Church here on Thursday morning by Father Gelinas when Miss Helen Marie M. Pearl, New England Medical Jour-Barabas, daughter of Mr. and Mrs. A. Barabas of Commercial avenue, became the bride of Mr. Benjamin Tomchick of the South End Garage. A large number of interested friends gathered at the church to witness the marriage known to us all. Miss Barabas was with active state of the disease. Only two the Northern Power Co. for four years, and Mr. Tomchick who is at the South End Garage has not only made himself popular in his business associations, but has also interested himself in the town's welfare by being a member of the local volunteer fire department for some years.

The bride looked very lovely in beautiful bridal gown of white satin, made on princess lines with a train, and wore a long veil of embroidered not caught to the head in a Juliet cap with real orange blossoms, the orange blosof the veil at intervals. She carried a ing of pollen has failed to prevent hay shower bouquet of talisman roses, fern, and lilies-of-the-valley.

Two bridesmaids attended her. Miss Margaret Tomchick, si Does this indicate liability on the part | bridegroom, who was attired in salmon gard the hazard of driving speedily roses, and Miss Helena Wiznuk, cousin feta with white accessories, and also ment that receives so little attention

-Joanne Barotski and Norma Sulli- Dr. Barton booklets, EATING YOUR van. The church was prettily decorat- WAY TO HEALTH (101) WHY WOR-

Mr. Mike Cybulski acted as best man, partment looking very smart in uniof honour for the bride and groom.

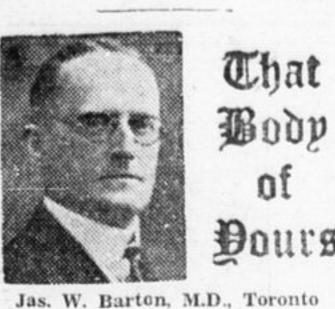
They were taken back to the bride's death was due to some cause clearly in- home in a state coach made by the fire Another Collection of dicated before an investigation was truck, and over a hundred guests were launched. Fatal highway accidents must entertained at breakfast, the bride's be probed to the fullest possible extent mother receiving the guests in a gown and responsibility fixed, regardless of of flowered chiffon wearing a corsage consequences. With that, recommenda- of roses. The house was decorated in

After the huge cake—a four-tiered affair made specially by the bride-The present practice of spreading groom's brother-Albert Tomchick there and until one can get at the root is a contribution to the causes of acci- month's honeymoon on the Atlantic

at South Porcupine bury, Mr. and Mrs. Yanny and Miss Stella Yanny, of Sudbury, Mrs. Alec Roznosky of Sudbury, Mrs. Patrick of Detroit, and Mr. Andrews of North

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 begin-



Pours

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 larg 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 relies

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 Samue nal, give a first or early report, cov

ering six months' experience in the treatment by ionization of 68 cases of hay fever, asthma and chronic head colds. Immediate and complete relie from symptoms was noted during the ver 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 organ-

The point then is that when injectother methods of relief.

(Copyright, 1937.) The Common Cold

Are you bothered with colds three or four times a year? Have you ever stopped to consider the consequences: Send for Dr. Barton's illuminating yet may be as dangerous being attack-Two charming little flower girls—lit- ed by a hungry lion? Ask for Booklet RY ABOUT YOUR HEART (102) NEUROSIS (103), OVERWEIGHT AND LERGY (106), and SCOURGE (Gonor-

Examination "Howlers"

(From Globe and Mail) Chaos is a name for the world as a the bottom.

Hosiery is what carries the water to out out fires.

Pigmies is the name for those farms is set. A handicap is one that is easy on

nuk and Billy, of Creighton Mines, Sud-bury, Mr. and Mrs. Yanny and Miss 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.



(By Edith M. Barber)

(By EDITH M. BARBER) Readers are interested in how to unnold gelatin dishes so that the jelly neither breaks nor melts. I have found

hat the best method is to dip th mold almost up to the top in warm out not hot water. Hold it in the water moment; then remove, dry the outide, place plate over it, turn over and hake hard. Another reader asked why the jelly

the 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 emoves the setting qualities. Canned pineapple may be used successfully in relatin dishes. Another reader demands 1 recipe for the perfect cheese cake which fortunately I am able to give. A spring form is an asset in the preparition of this recipe.

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

djective. 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 pacon 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 bou-

Illion cubes dissolved in 2 cups boiling

1 cnion, minced 1 stalk celery with leaves

1 tablespoon tarragon vinegar 2 cups cooked veal, chopped

1/4 cup pimentos

2 tablespoons finely chopped parsley

11/2 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 ad to softened gelatin, add vinegar. Cool, and when mixture begins to set, fold in veal, pimentos, parsely and celery. Turn into a mold and chill. Remove

from mold and cut into slices for ser-Cheese Cake 1 package zwieback or 4 cups corn

2 tablespoons butter 2 tablespoons sugar

1 cup sugar

2 tablespoon flour

4 teaspoon salt

5½ 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

Mix the cup of sugar wth flour and salt and cream well with cheese and mix again. Add vanilla and beaten egg Allegation is the name for alligators yolks and cream and whip again. Fold in beaten egg whites and bake in a An autograph is the plan of a motor moderate oven, 325 degrees Fahrenheit, for about an hour or until centre

About Reducing Weight

While most of the loud cries from the dieters seem to be for reducing menus, there actually are persons whose aims

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 ma-

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 a certain amount, but when the diet is limited in quantity it is certainly wise to supplement with substances which are particularly high in vitamins

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 nade to the general diet. An eggnogg at ped 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 cay-

enne pepper may be added if desired.

Bran Muffins 2 tablespoons shortening

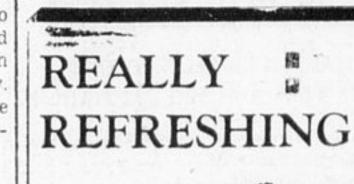
1/4 cup sugar 1 cup sour milk

1 cup bran 1 teaspoon baking powder

½ teaspoon soda ½ teaspoon salt

Cream the shortening and sugar, add egg 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 twothirds 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.





When the heat gets you down and you need refreshment . . . try a delicious Golden Hub sandwich and a cool drink! Our menu selection is complete.

Golden Hub Gordon Block Timmins

