

Cold Meat Supplies are Hardy for the Week-end

Roasts on Friday or Saturday May be Used to do Useful Duty in Providing Pleasing Part in the Menu for the End of the Week.

The week-end is to be considered in planning menus this week. A roast for Friday or Saturday will furnish cold meat which may be put to good use for lunch or supper on Sunday and Monday.



(By Edith M. Barber)

- Sunday—Breakfast**
Melons
Ready-to-Eat Cereal
Scrambled Eggs on Toast
Raspberry Jam
Dinner
Jellied Tomato Bouillon
Fried Chicken
Cauliflower with Hollandaise
Cucumber Salad
Icebox Cake
Supper
Cold Ham
Lettuce and Onion Salad
Spice Cake
Iced Tea
- Monday—Breakfast**
Huckleberries
Ready-to-Eat Cereal
Boiled Eggs
Luncheon
Mixed Sandwiches
Cheese
Beer or Tea
Melons
Dinner
Tuna Fish with Cheese
Saratoga Potatoes
Baked Tomatoes
Peach Ice-Cream
Cookies
- Tuesday—Breakfast**
Orange Juice
Ready-to-Eat Cereal
Corn Muffins
Luncheon
Eggs Benedict

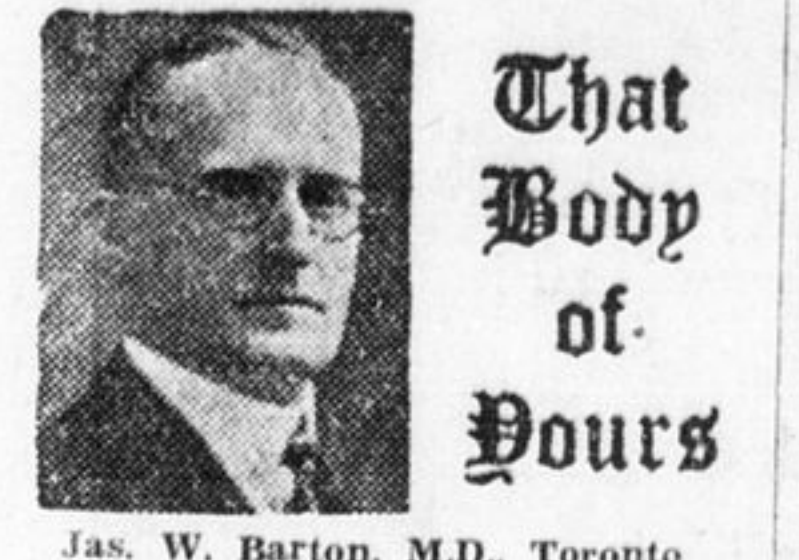
- Vegetable Salad**
Ginger Cookies
Tea
- Dinner**
Broiled Steak
Baked Potatoes
Corn on the Cob
Fruit Pie
- Wednesday—Breakfast**
Sliced Peaches
Ready-to-Eat Cereal
Fried Beef
Luncheon
Fried Tomatoes
Lettuce Salad
Tea
Cookies
Dinner
Roast Shoulder of Lamb
Browned Potatoes
Buttered String Beans
Baked Custard
- Thursday—Breakfast**
Orange Juice
Ready-to-Eat Cereal
Boiled Eggs
Luncheon
Corn on the Cob
Cucumber Salad
Berries with Cream
Tea
Dinner
Lamb Pie with Biscuits
Potato Croquettes
Spinach with Lemon Butter
Toasted Crackers
Friday—Breakfast
Tomato Juice
Ready-to-Eat Cereal
Omelet
Luncheon
Sardine Sandwiches
Sliced Tomatoes
Apple Sauce
Tea
Dinner
Broiled Fish
Broiled Potatoes
Broccoli with Special Sauce
Vegetable Salad
Lemon Ice
Sponge Cake
- Saturday—Breakfast**
Sliced Bananas
Ready-to-Eat Cereal
Toast
Luncheon
Baked Stuffed Eggplant
Celery
Tea
Dinner
Broiled Ham
Grilled Sweet Potatoes
Corn Pudding
Romaine Salad
Wine Jelly
Cheese Balls

egg white. Mix well and roll into small balls; place in a wire basket and just before serving, fry in deep, hot fat (375 deg.) to a delicate brown. Serve hot on toothpicks.

Borscht
1 1/2 pounds soup meat and a bone
Soup greens
1 1/2 pounds cabbage
2 onions
1/2 cup carrots, diced
1/2 cup turnips, diced
5 potatoes, cut small
1/2 green pepper, diced
5 beets
Salt and pepper to taste
Sour cream

Put some water with the meat, bone and soup greens and cook covered for one hour. Remove meat and add cabbage, onions sliced, carrots and turnips and cook for thirty minutes. Add the potatoes and the green pepper and cook 25 minutes. Boil the beets separately until tender. Peel, mince and ten minutes before serving them add them and the water in which they are cooked to the soup. Season to taste. Serve with sour cream.

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

That Body of Hours

The Common Head Cold and the Cold Due to Allergy
Sometimes you find yourself sneezing and coughing, with a "running" nose and naturally you believe you have caught cold and are in for a few days' misery. However, in a very short time, hours at most, the sneezing, coughing and stiffness of the nose disappear, and you are surprised. The truth of the matter is that instead of having the usual "infectious" cold, due to the "cold" flu or other organisms getting into the system, you really had an "allergic" cold in the head due to some substance you had breathed in from the air, or some substance you had eaten.

The usual or common cold in the head is due to overheated rooms, lack of ventilation, not enough moisture in the room, exposure to wet and cold, inhaling dust or irritating substances, infected tonsils, and adenoid growths. All these interfere with the mucous membrane of the nose so that it is unable to fight off the organisms that cause the cold. With the usual or common head cold there is a feeling of tiredness, chilliness, slight headache. The symptoms last from two or three days to several weeks.

However in the "cold" due to allergy—sensitivity to various substances—the history, the onset, the symptoms themselves are considerably different to those of the common cold.

Dr. Norman W. Celin, Seattle, Wash., in Northwest Medicine, says, "Frequent colds at any season or at special seasons of the year are often manifestations or symptoms of allergy. To diagnose (find out) that condition is allergic there must be an investigation of (a) a family history of allergy; (2) previous allergic history of the patient (asthma, hay fever, eczema, stomach and intestinal upsets); and (3) a present history of allergic symptoms. All foods, plants, substances handled in industry and other substances should be tested by the scratch method or injection into the skin. The most constant symptom of nasal or nose allergy is a "stuffy" nose which is always worse in the morning," chronic cough occurring especially during the early morning hours is likewise a symptom."

I believe that these simple methods of learning the difference between the usual head cold due to infections, and colds due to allergy (sensitivity to substances) will enable us to treat either type intelligently.

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 booklet, "The Common Cold," the ailment that receives so little attention yet may be as dangerous as being attacked by a hungry lion? Ask for booklet 104, enclosing ten cents to cover the cost of mailing. Be sure to give your name, full address and mention the Porcupine Advance. Other Dr. Barton booklets, "Eating Your Way to Health" (101); "Why Worry About Your Heart?" (102); and "Neurosis" (103) are also available at ten cents each.

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BE BEAUTIFUL

By ELSIE PIERCE
FAMOUS BEAUTY EXPERT

A new beauty aid that we learned to like this summer was a poudre cologne, combining a mild deodorant and eau de cologne. (Picture courtesy of Jeurle).

There Was Some Good in Summer After All.

Oh yes, summer has its souvenirs and it won't be long now before you'll be doing your darndest to get rid of them, but after all there was some good in summer, and there may be some things summer's taught us that we can hold on to, come colder breezes.

Most women, for instance, are just a little more careful not to offend during the summertime. We perspire more, and we therefore take every possible precaution. Perhaps in your search for the faintest of them all, you've found the one deodorant or non-sprant that made you feel utterly fresh and assured. Make it your business, then, to continue using it, as frequently, all winter long. There are innumerable daintiness aids on the market in every conceivable form. A newcomer this summer was the Poudre Cologne combining the effects of a mild deodorant, delightfully scented dusting powder and refreshing eau de cologne all in one lotion. It's quick and efficient, excellent for freshening up when you're feeling hot, tired and longing for a cool tub; grand before donning an evening gown. It leaves the skin with a fine, powdery film that doesn't rub off. It should be a favourite with busy co-eds and business women.

Exercise Education
Perhaps, like so many women, you've educated yourself to exercise, this summer. If you did, for beauty's sake, keep it up. Particularly if you are a business woman or home body. If you can't get to a gym, if you can't get out and

indulge in sports regularly, you can take your daily half dozen for ten minutes night and morning and that systematic routine will work wonders for the morale as well as the figure. Try it!

Cold Shower
While on the subject of beauty education, perhaps you've learned to take the cold shower and love it. If you have, try to prolong its invigorating effect into the winter. If you feel chilled or uncomfortable, stop, but if it continues to send your blood tingling and makes you feel fit as a fiddle that's fine. The cold shower is splendid as a general awakener of lazy circulation, makes you alert physically and mentally, gives you clear skin, shining eyes and so on.

Other Necties
What other necties has summer taught you? Perhaps you got the hour's nap each afternoon habit and found that it cured that exhausted feeling. If you did, and if you can manage it, keep it up. Perhaps you discovered that you can keep those scraggly hair ends coaxed into place by the simple medium of wearing curlers for a few minutes before you dress. Perhaps you found that Eau de Cologne has headache-curing powers besides being infinitely refreshing, that make-up goes on better over a clean-clean skin. That scrupulous cleanliness is the first big step to beauty and after that the rest is comparatively simple. Perhaps summer had some good in it after all!

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Say... is my Dad proud & happy

Mother is never tired, never cross, no mending, no torn clothes—since we traded our old fashioned washer for this beautiful Cushioned-action Westinghouse. Dad says why buy an ordinary washer for more money when the great Canadian Westinghouse developed cushioned-action.

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residence regulation. But with the help of the pastor, Rev. Mr. Lane, special permission was obtained through Queen's Park for the marriage. It is the first of its kind on record in Callander.

The trip is the first into Canada for both bride and groom. They left on Thursday to return to Findlay via Niagara Falls.

Women Drivers Not Worse Than the Men
Tests Seem to Prove They are More Cautious.

Toronto, Sept. 11.—Fanned by the indignant denials of wives, sisters and sweethearts, an old domestic controversy has been dragged into the open in Toronto over the relative qualities of women and men as safe drivers. Both sides of the argument are seeking material to support their claims in the results of tests at the safe driving clinic in connection with the Silver Cross safe driving campaign at the Canadian National Exhibition.

The battle was opened when Prof. H. R. DeSilva, head of the Harvard University Traffic Research Department, expressed the opinion that women were dangerous drivers. Prof. DeSilva is an authority on safe and dangerous drivers and has studied the causes of all kinds of car accidents, and he was quoted with solemn approval by several thousand males who had always felt that way and never failed to spot a woman making a bad turn in traffic even if it was six blocks away.

Prof. DeSilva did not really say all women were bad drivers and certainly did not suggest they should be barred from the front seats of cars. He stated that by the average results of scientific tests, women were likely to be more dangerous drivers. They did not respond as quickly to signals, they were not as steady at the wheel and their reaction times in general were slower in emergencies. Women, said Prof. DeSilva, are usually muscle bound.

All over Toronto women challenged the statement. They stormed into the safe driving clinic accompanied by doubting males to whom they wanted to demonstrate their skill. They climbed into the driver's seat in the miniature highway, they viewed the colour test, the angle of vision check, they peered into the tunnel vision machine and put their ears on the phone of the audition test.

Complied by Ralph Channel, in charge of the clinic, the averages at first sight appeared to support the contention of male superiority in the driving seat. Women averaged considerably below men in most of the tests. They were seven one-hundredths of a second slower in responding to the emergency braking signal. This, pointed out Mr. Channel, represented a distance of four or five feet that a car would travel at ordinary speeds, just

SNAP
Removes cigarette stains

enough to be the margin of safety in an emergency.

Women were 25 per cent. poorer than men in the steering test. Their results were bad in the miniature highway test. But examined closely the figures did not condemn women. The average was pulled down by older women who took the test, many of them not regular drivers. Young women, especially those who had been driving since adolescence, were found to score as well or better than the average man. Women athletes were better than most men and only exceeded by the best male drivers.

Miss Billie Hallam, who won the title of "Miss Toronto" in a beauty contest during the summer, was typical of younger women. Miss Toronto, who is one of the star players on the Maple Leaf girls softball team, went through the test with flying colours. Her eyesight was almost perfect, her hearing excellent, her reaction time was quicker than most male drivers and her steering as steady as a veteran chauffeur though she has only driven a short distance in real cars.

All women, regardless of age, averaged better in eyesight tests than the male drivers. Five times as many men as women were found to be suffering from colour blindness. While women did not score as well in the miniature highway test their fault was excessive caution rather than recklessness and this quality, claimed authorities, did not cause serious accidents.

Toronto Telegram.—Italian soldiers are not permitted to use profane language. We wonder what one says, when trying to wear a pair of home-knitted socks?

Days are getting shorter

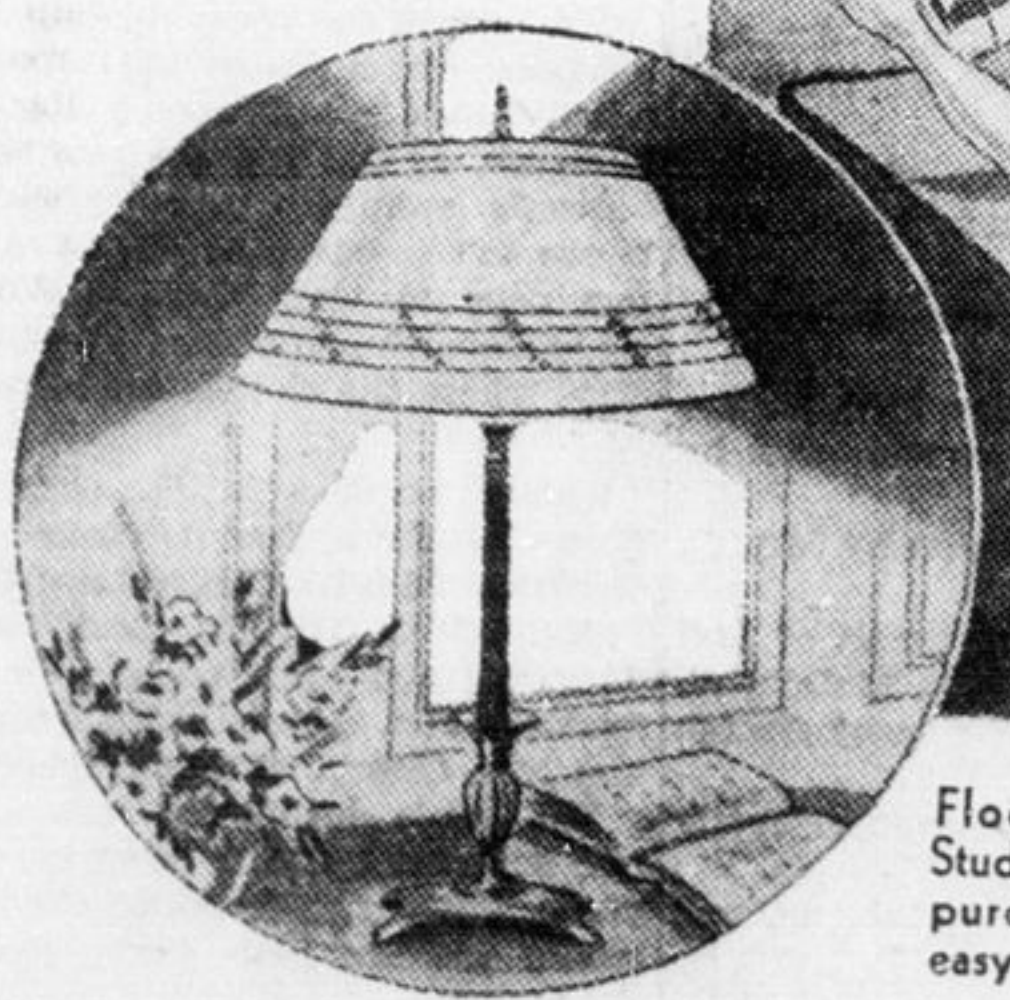


—how's the LIGHT in your house?

When you take your eyes indoors and settle down for an evening's reading, be sure the light will be right for them. Check your home up now for the longer evenings ahead. There are IES Better Sight lamps that you need, and that will fit perfectly into your decorative scheme. Special low prices right now.



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Newly-Wedded Couple to Live at South Porcupine

Ferris, Ont., Sept. 11th, 1937.—At the home of her sister, Mrs. Russell Adams, which was lovely with pink and white streamers and baskets of gladioli, Florence Helena O'Neil, daughter of Mrs. D. O'Neil, North Bay, was united in marriage to Gordon Hilliard Harper, nephew of Mr. and Mrs. A. W. Land, North Bay, on Monday, Sept. 6, at 10 a.m. Dr. J. C. Cochrane performed the ceremony.

Miss Lillian Munro, Arnprior, played the wedding music. During the signing of the register Miss Munro played "I Love You Truly."

Given in marriage by her brother-in-law, Russell Adams, the bride wore an attractive gown of turquoise blue taffeta, a jacket frock cut on long tailored lines. Her accessories were pink and she wore a wreath of gardenias in her hair. She carried a bouquet of pink roses and baby's breath.

Miss Edith O'Neil, R.N., Niagara Falls, N.Y., sister of the bride, was the only attendant. Her frock of rose beige

Travelled 600 Miles to be Married at Callander

The first couple to come to Callander to be married there simply and solely because it was the "Quint City" had the knot tied Tuesday afternoon. From Findlay, Ohio, a city of 20,000 people, about 600 miles from Callander, came attractive Evelyn Tussing and Norval Kenhouse to be united in marriage by Rev. T. W. W. Lane, pastor of Knox United Church, Callander.

The ceremony was a quiet one in the little church which was decorated with a profusion of summer flowers. Miss Lily V. Butler, Findlay, Ohio, and H. W. Forster, Callander, were witnesses. The bride was given in marriage by her father, S. C. Tussing, who with the bride's mother and Miss Butler accompanied the couple.

A difficulty presented itself in that they had no license and found it impossible to procure one, because of the

THE QUEEN OF RADIO

Dressed in a remarkable costume which suggests the ether waves, Miss Elmine Humphreys, the Radio Queen at the 1937 British Exhibition, looks like a Goddess from Mars.

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