

THE Secret Life of MARY JONES

UNLIKE most busy young wives, Mary Jones had a secret life all of her own. A happy quiet interlude in bustling days' last was hers alone to do what she pleased.

These "secret" extra hours gave her time to read, sew or rest—and do a hundred and one things lots of women never find time for.

This was possible because she had

learned of a secret baking method that enabled her to make bread and rolls in half the time with only a quarter of the work.

This secret—and this leisure—can be yours too—if you'll just write to The Quaker Oats Co., Dept. S-77, Saskatoon, Sask., for a FREE booklet entitled—"The Quaker Easy Method of Bread Baking."

Right Way for Broiling a Steak Now Often Used

Broiling Recently Has Achieved Considerable General Popularity. How it Should be Done. Some Requested Recipes. Creamy Sauce. Quick Meal and its Preparation.

"How do you sizzle a steak?" Question from a reader.

The sizzling idea has run like an epidemic through restaurants in the last few years. Although I have not investigated the process used in restaurants, I have an idea that a liberal

open during the cooking when using a gas broiler, except when cooking bacon or ham, which should be farther from the flame. Directions for broiling in electric ovens do not all agree. Most of them state that the oven door should be left ajar, but with some electric ovens this is not possible to do.

I like to turn meats often during the broiling. This is, of course, not necessary when you are cooking the thin cube steaks which need only about a minute's cooking on each side. After the cooking is finished, season with salt and pepper and dot with as much butter as you like.



(By Edith M. Barber)

amount of butter is poured over the food arranged on the platter, which is then slipped under the broiling flame. In my opinion flavours are better without that final touch. I admit that the title is appetizing when seen on the menu.

Now about broiling at home. This method of cooking meat is used often in the preparation of quick meals. Whether you are using a gas or electric stove, the broiling oven must be preheated from five to ten minutes before the meat is arranged on the rack for cooking. The rack should be placed as near the heat as thickness of the steak will allow. The door must be left

open during the cooking when using a gas broiler, except when cooking bacon or ham, which should be farther from the flame. Directions for broiling in electric ovens do not all agree. Most of them state that the oven door should be left ajar, but with some electric ovens this is not possible to do.

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Creamy Sauce

- 1/2 cup milk
- 1/2 cup cream
- 2 egg yolks
- 2 tablespoons sugar
- 1 tablespoon vanilla
- Salt
- 2 egg whites

Scald milk and cream in double boiler. Beat egg yolks until thick and add sugar. Pour milk and cream gradually, while beating constantly, on egg mixture and cook in double boiler, beating constantly with whisk until mixture thickens. Add vanilla and salt and fold in stiffly beaten egg whites.

Quick Meal

- Vegetable soup
- Broiled Cug Steak
- Broiled Tomatoes
- Buttered String Beans
- Fig Pudding
- Creamy Sauce

Coffee

Prepare string beans and cook. Light broiler.

Prepare tomatoes and broil. Open can of fig pudding and heat. Open can of soup and heat.

Make sauce.

Cook steak.

Make coffee.

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BE BEAUTIFUL

By ELSIE PIERCE
FAMOUS BEAUTY EXPERT



The gardenia whiteness of FRANCES FARMER harmonizes exquisitely with her golden hair and the combination is said to be the undisputed preference once more of discerning gentlemen.

Peaches and Cream Complexion, Blonde Hair and Brocade are All Back.

Fashion promises us more femininity, more frills and jewels and sumptuous materials than we have known in three decades. We're back to brocades, to lavish trimmings. Glamour, glitter, sparkle—it's all back again. We look prosperous. We carry ourselves proudly. We wear our clothes better. We're grand ladies again.

Gentlemen will once more prefer blondes. Blondes are back in vogue, stealing the spotlight once more, their golden lights gleaming in it. Platinum blonde is once more highly popular, so Paris tells us.

Colour

It's all a gay panorama of colour. More colour in clothes. More colour in make-up (a soft, subtle, feminine, blended colour ensemble—nothing harsh or too obviously artificial about it), more colour in the hair. Brunette heads, not to be outdone, take on a high, silken, glittering, jet black or blue-black sheen. Honey blondes have more of the mellow honey shade; chestnut hair boasts more reddish highlights. Emphasis on colour.

And the peaches and cream complexion that usually goes with blonde hair is back. More white and blue and pink tones in the skin—less yellow and orange. You have to ban tan. There are no longer two ways about it. There may have been at summer's end; but now fashion frowns on freckles and tan. . . . gardenia whiteness with a bit of pink in the cheeks and a livelier pink in the lips, that's the vogue. That means more clear red or blue-red tones in the powder; plenty of bleaching to bring the skin back to light, white

If You Like Books

(By A. H.)

"Vital Lampada," the poem that is read by every pupil of Ontario schools, was written by Sir Henry Newbolt. Is it therefore any wonder that this poet is famous, and his poems well-known to the reading public? A poem that expresses the thought and gives it to a student in lyrical form, will always be remembered. Once I heard this poem recited by a student who put "everything she had" into the poem, and all that heard it will always remember "Play up! play up! and play the game!"

Vital Lampada

(by Sir Henry Newbolt)
There's a breathless hush in the close-to-night—

Ten to make and the match to win—
A bumping pitch and a blinding light,
An hour to play and the last man in,
And it's not for the sake of a ribboned coat.

Or the selfish hope of a season's fame,
But his Captain's hand on his shoulder smote—
"Play up! play up! and play the game!"

The sand of the desert is sodden red—
Red with the wreck of a square that broke—
The Gatling's jammed and the Colonel dead,
And the regiment blinded with dust and smoke.

The river of death has brimmed his banks,
And England's far, and Honour a name,
But the voice of the schoolboy rallies the rank:
"Play up! play up! and play the game!"

This is the word that year by year,
While in her place the School is set,
Every one of her sons must hear,
And none that hears it dare forget.
This they all with joyful mind
Bear through life like a torch in flame,
And falling fling to the host behind—
"Play up! play up! and play the game!"



That Body of Yours

(by James W. Barton, M.D.)

Acquiring Relaxation of Mind and Body

When an individual learns that he has high blood pressure, he is apt to feel that as his blood vessels will not stretch properly, any unusual exercise or exertion, or eating certain foods may so increase the blood pressure that a blood vessel will break and he will have a "stroke," or a "heart" attack.

Now it cannot be denied that a stroke or a heart attack may be caused by a broken blood vessel, due to exertion or over-eating, nevertheless the "fear" of such a thing happening spoils the entire life of the individual, and in the majority of these cases there is no need to follow such strict rules.

Dr. John Oille, University of Toronto, in the Canadian Public Health Journal says, "In treatment of hypertension (high blood pressure) one must do nothing harmful. Doctors should not cut meat, protein (eggs, fish), or salt out of the diet of such patients. Unfavourable suggestions, such as instilling fear of strokes and heart failure should be avoided. By reassurance, education, and quieting drugs, apprehension and excitement should be reduced. Hypertension sooner or later helps to produce blood vessel trouble—hardening of the arteries—but only about 25 per cent. of patients with hardening of the arteries have an increase in blood pressure.

Little is known about the cause of hardening of the arteries, and most of the factors causing this hardening are beyond control. But focal infections (teeth, tonsils, sinuses, gall bladder) can be removed, fatigue and mental strain can be avoided. Calmness of mind should be cultivated and one should go about work without hurry, worry or mental tension and learn to relax mentally and physically.

There is nothing in alarming in the increasing death rate from blood vessel disease—hardening of the arteries—because over 55 per cent. of these deaths from heart disease occur in persons over 70 years of age, and over 75 per

Wrigley's Double Mint Chewing Gum. The Flavor Lasts. After every meal Wrigley's Aids Digestion!

cent. in persons over 60. The average span of life has greatly lengthened.

This advice from Prof. Oille—keeping calm, learning to keep relaxed mentally and physically, going about our daily tasks without hurry or worry—as given to us all in this public health journal should bring great relief and reassurance to those who have or think they have high blood pressure.

Why Worry About Your Heart?

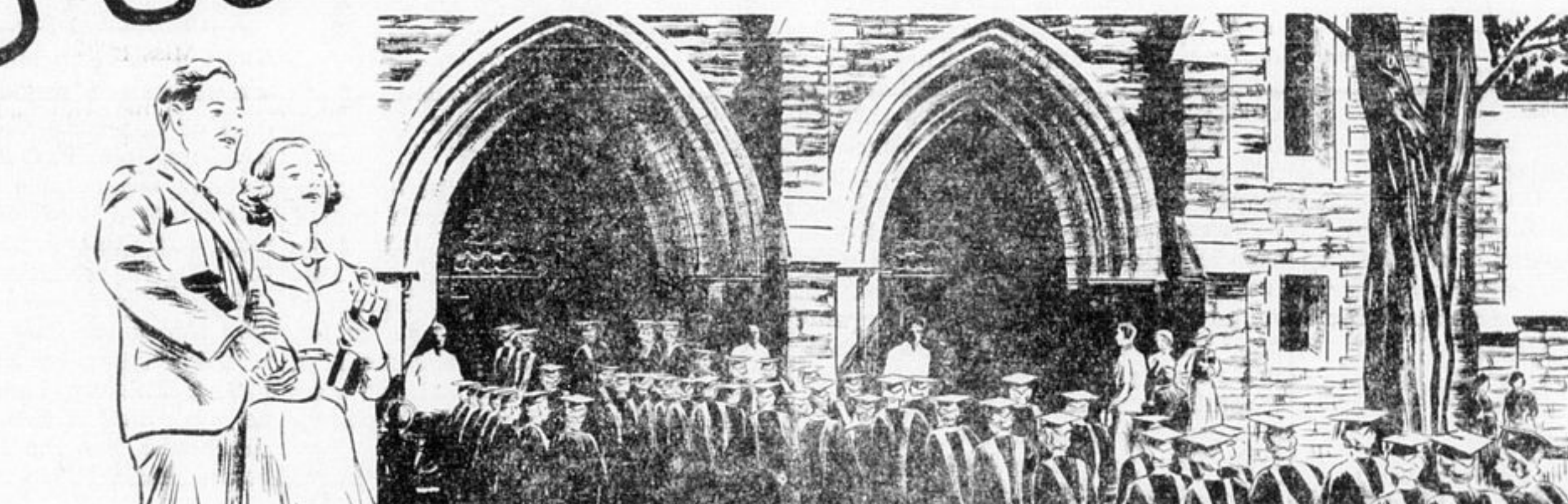
Is it skipping beats, is it murmuring, is it large, is it small—send to-day for this instructive booklet (No. 102) by Dr. Barton which tells the story of your heart in a simple and satisfying way. Enclose Ten Cents to cover service and handling and be sure to give your name and full address. Send your request to The Bell Library, in care of The Advance, Timmins, 247 West 43rd Street, New York City. For Ten Cents each you may also secure Dr. Barton's other

splendid booklets: Eating Your Way To Health (No. 101), Neurosis (103), The Common Cold (104), Overweight and Underweight (105), Food Allergy (106), and Scourge (gonorrhoea and syphilis) (107).

Huntingdon Gleaner—Cotton sandwiches and tin cans, rubber and molasses are among the old paving materials used on highways around the world. Cotton is laid between crushed stone and asphalt. Paris is trying streets of iron. Georgia has a road built of old tin cans, crushed flat with a steam roller and overlaid with sand and soil. Surface oil is mixed with molasses on highways in India. Australia has rubber streets. German engineers mix powdered aluminum with tar or asphalt to form a pavement.

BABY'S WEAR SPECIALS. Quality Woolen Goods. Everything for Baby—Angora wool Blankets, Booties, Bonnets, etc. The finest of materials in every one. Visit our Baby's Wear Shop on your next trip downtown. WOOL — HOSIERY — Linens. Flowers for Every Occasion. Mrs. Shephard. 20 Cedar St. N. Timmins.

FREE! A COLLEGE EDUCATION OR \$3,000 IN CASH!



VOTE NOW IN ROYAL YEAST'S GREAT POPULARITY CONTEST!

Help a boy or girl in your family, church or community win a real start in life!

TUITION, BOARD, ROOM, ALL EXPENSES PAID for 4 years at any university in Canada. OR \$3,000 IN CASH! 124 OTHER GREAT CASH PRIZES! . . .

Vote for your candidate in Royal Yeast's Dominion-wide Popularity Contest. Just save your Royal Yeast package fronts. Each front counts as 10 votes for your candidate. The winner gets 4 years at college FREE, with all expenses paid! 124 others will receive cash to cover part of their expenses.

Get your neighbors to help! Be sure everyone joins you in backing your candidate. Most of your friends do their baking with Royal—the dry yeast that 7 out of 8 Canadian housewives already use.

Save the package fronts. Mark with the name and address of your candidate and send to Royal Yeast, Box No. 5, Toronto, Ont. Start today!

IN your community—perhaps in your own home, there's a boy or girl who longs for college and a career, but who may never know real success or happiness because lack of money makes a college education impossible. You can help make this eager young person's dreams come true . . . provide that longed-for chance that can make such a difference! You'll win life-long gratitude and it won't cost you a cent.

Weak yeast can spoil your bread! ROYAL YEAST IS FULL STRENGTH! Every cake of Royal is sealed in an air-tight wrapper. It's free from contamination, stays full strength. And Royal is the only dry yeast with this special protection. Seven out of eight Canadian housewives today use Royal when they bake with a dry yeast. For 50 years it has meant highest quality. Don't take chances with inferior yeasts. Buy a package of Royal today—and be sure to save the front!

SAVE ROYAL YEAST PACKAGE FRONTS! THEY MAY MEAN SOMEONE'S COLLEGE EDUCATION

CONTEST RULES

- Any boy or girl who would like to go to college is eligible for Royal Yeast's Dominion-wide Popularity Contest. You can enter your own name or that of any other person.
- Each front from a Royal Yeast package counts as 10 votes.
- Send the fronts direct to Royal Yeast, Box No. 5, Toronto, Ontario. On the back of each label write the name and address of the person you are voting for.
- Contest closes May 31, 1938. Winners will be announced in time for the opening of the college year.
- It is not necessary to enter college immediately. We will pay the expenses whenever you wish to go.
- In case of a tie, the same prize will be awarded both winners.

If you have questions regarding this contest, write Royal Yeast, Box No. 5, Toronto, Ont.

PRIZES

1st Prize—The boy or girl receiving the highest number of votes will receive, free, 4 years tuition, board, room and all normal expenses at any college in Canada. Or \$3,000 in cash.

2nd Prize—1 year free tuition, board, room, and all normal expenses at any college in Canada. Or \$750 in cash.

3rd Prize—\$250 in cash which will pay a year's tuition in many colleges.

4th Prize—\$100 in cash—enough to pay room rent at most colleges for 1 year.

5th Prize—\$50 in cash—which will buy many of your clothes for the first year.

Next 20 highest will each receive \$25 in cash—enough to buy your first year's text books.

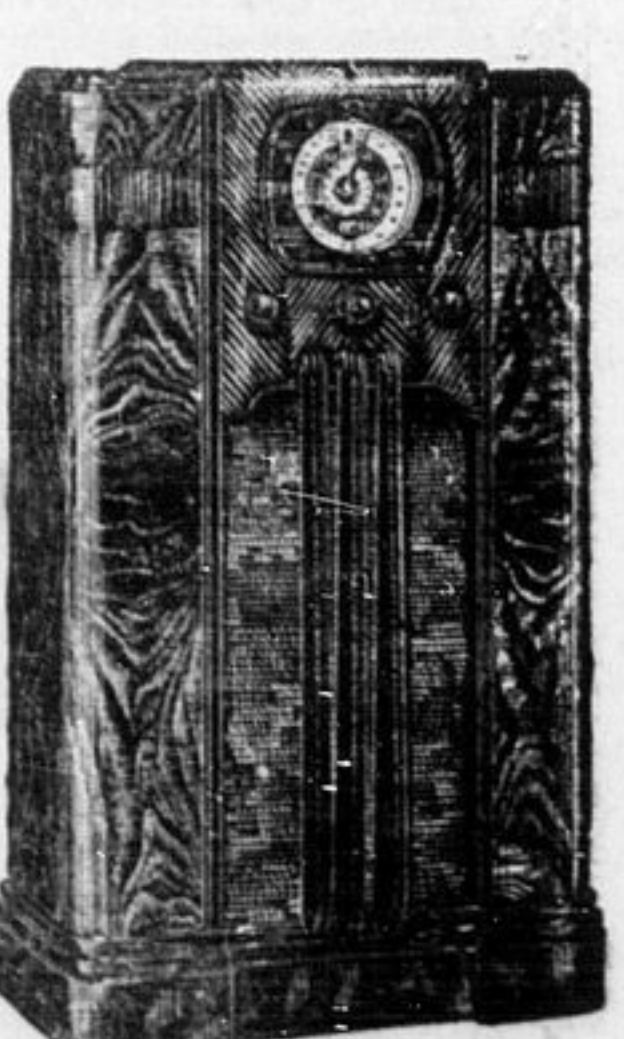
Next 100 will each receive \$10 in cash.

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This year's radios are better than ever—better in tone, better in performance. Easier tuning methods, more accuracy in getting foreign stations—all the refinements that radio and sound experts have added this year are available now. And the cabinets are real masterpieces of the designer's art. We have all sizes at prices to fit every budget.



Leading makes to choose from. A small down payment connects one to your aerial. Balance on easy terms.

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