

Soup an Important Item on Menu for Luncheon

Serving a Milk Chowder With Plenty of Toasted Crackers or Melba Toast Means that Only a Simple Dessert is Needed to Make a Good Meal. Here Also Are Some Recipes.

What about soup for luncheon today? Perhaps you would like one of those good milk chowders, full of flavour and food value—the kind that is a full meal in itself. With plenty of toasted crackers or Melba toast, you will need



(By Edith M. Barber)

only a simple dessert for a good meal. The first thing to do is to see what vegetables you have on hand. Of course, you have onions and potatoes, perhaps a few stalks of celery and a carrot or two. There may be some leftover corn in the icebox, or you might open a new can. Next pure and dice the potatoes, celery and carrots, if you are going to use them; slice the onions and cook the prepared vegetables in a few tablespoons of butter for ten minutes or so. Don't let them brown, however. Then add just enough water to cover them; put a cover on your kettle and let them cook about twenty minutes, until tender. Now you are ready to add the milk, and corn, if you like, and to season the chowder to taste.

Any other leftover vegetables, such as peas, and tomatoes may go into your chowder also. You may, if you like, add a few canned shrimps for the sake of their colour and flavour. Speaking of fish, you may use the same method for making that famous New England fish chowder. The fish may be cooked with the vegetables after it has been boned and cut into pieces. If you prefer, you may use salt pork instead of butter in making this chowder.

Milk Vegetable Chowder

- 3 tablespoons butter
- 1 onion, sliced
- 2 stalks celery, diced
- 1 cup potatoes, diced
- 1/2 cup carrots, diced
- 1 cup water
- 4 cups milk
- 4 cups milk

Salt, pepper
1/2 cup canned corn or other cooked vegetable.

Melt the butter and cook the onion, celery, potatoes, carrots in butter three or four minutes until vegetables are tender; add milk seasoning and cooked vegetables; reheat and serve with toasted crackers or Melba toast.

Cream Soups

- 3 tablespoons butter
- 1 tablespoon minced onion
- 3 tablespoons flour
- 1 teaspoon salt
- Pepper
- 3 cups milk
- 1 1/2 cups ground or strained cooked vegetables.

Melt butter, add onion and cook one minute. Stir in flour and seasoning and add milk gradually. Stir over fire until smooth. Add vegetables (mixed vegetable may be used). Reheat and add more seasoning, if necessary.

A dash of nutmeg with pea soup, of cloves and sugar with tomato, of celery salt with potato, of paprika with corn will improve the flavour.

If tomatoes are used add 1/2 teaspoon of soda before coming with the cream sauce.

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Armistice Dance by the Ladies' Auxiliary

Interesting and Pleasing Event Last Thursday at Empire Hotel.

The Ladies' Auxiliary of the Canadian Legion held a very enjoyable Armistice Day dance in the Empire hotel on Thursday, November 11th. There was a fairly large attendance, and all who were present certainly had a very happy evening of fun and merriment. Paper hats were precariously perched on the heads of all the dancers, the music for the dancing being ably supplied by Al Pierini and his orchestra.

A special tribute was paid to Canada's Dead by the sounding of the "Last Post" and a minute's silence. In the "wee hours" of the morning the dancing came to an end, another successful evening being added to the list of those held by the Ladies' Auxiliary.

Sudbury Star:—Finding your car after a hockey game is simple. You wait until 600 parkers are off the lot, and there it stands.

Chattanooga Times:—It ought to be of some significance that, after fifteen years of radio the biggest hit of the air is a ventriloquist's dummy.

BE BEAUTIFUL

By ELSIE PIERCE
FAMOUS BEAUTY EXPERT



GLADYS SWARTHOUT'S arms, elbows and hands are smooth and soft. Lemon juice will bleach and creams soften and soothe if your arms are not as lovely as they should be.

Arms and Elbows Will Need Some Homework if You're Getting Into Sleeveless Gowns.

Even if the calendar didn't tell us that the social season approaches, the many letters asking about arm treatments would serve as the necessary reminder. What to do about them, would-be-lovely ladies want to know.

If you're planning to don evening dress give your arms and particularly your elbows a good going over. Need I remind you to think of face, neck, back, shoulders, arms and hands as one and give yourself a deep-down, all-over facial. That's the best way to get the skin soft and smooth.

The elbows may be particularly dark and horny. Which means that they will need some extra-special attention.

Scrub and Rub 'Em

First scrub them with bath brush and a good soap every night while you take your warm cleansing bath. Rinse thoroughly. That done, prepare to bleach. Many women find the lily lemon a boon for elbow bleaching. Remove as many seeds as you can and dig half the lemon over each elbow. If you don't find it too uncomfortable you can tie the half-lemon or a heavy slice of lemon over the elbow and leave it there for a while. Rinse. And apply a lubricating cream to soften the skin. Leave this on as long as possible, preferably overnight, and again you can bind the creamed elbow in flannel strips to keep the cream on the skin and off the bed linen.

There are any number of bleaches you can substitute for the lemon. For instance, half lemon juice and half peroxide patted on and allowed to dry on the skin. Then there are bleaching packs. The same packs that you use for face and neck are fine. And there are bleaching creams to be had; some of them embodying bleaching and refining properties so that they bleach, soften and smooth the skin all in one.

If you are using a liquid powder base for face and neck, blend it over arms and elbows, too.

Too Thin or Otherwise

If your arms are so thin that you are sensitive about them when in evening clothes, keep massaging them with a good lubricating cream and practice deep breathing and arm flinging exercises. If they are too stout, the same flinging exercises, but clench the fists and tense the upper arm muscles. Sports, such as golf, are grand.

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

That Body of Yours

Foods Easy and Hard to Digest

The reason that liquid foods are used for sick persons is that all foods must become liquid before they can be absorbed from the small intestine into the blood. No matter in what form the carbohydrate (starch) foods are eaten, whether as bread, pastry, or potatoes, they must be reduced to sugar before they can be absorbed into the blood; fats must be broken up to a solution and alkaline salts of fatty acids; and protein (meat, eggs, fish) must be reduced to solutions of amino acids before absorption by the blood is possible.

This means, then, that from the standpoint of ease of digestion, solutions of food are better prepared for digestion than solid foods, which must first pass into solution, while fat-soluble foods must be changed into a water-soluble state.

While it is difficult to go into all the factors affecting the digestibility of foods, "it is evident that liquid cooked foods (the cooking breaking down the hard fibres in food) are in a good state of preparation for digestion and absorption into the blood, whereas rough foods, raw, containing much fibre, must go through a long process of breaking down and undergo chemical changes to make them suitable for absorption."

What is known as Einhorn's classification of the digestibility of foods placed in the order of their ease of digestion is:

1. Liquid foods are considered the most digestible. They are already soluble in water. This group includes such foods as clear soups, sugar solutions, fruit juices, milk, gruel, and soft eggs.
2. Foods which are liquid at body temperature as ice-cream jelly, gelatine, butter and fruit jellies.
3. Finely divided cooked foods from which the rough parts have been removed such as purees of vegetables, scraped meats, custards, mashed potatoes, and purees of fruits.
4. Solid foods which are easily broken down by digestive processes. These foods are usually cooked or otherwise prepared, such as bread, toast, crackers, boiled vegetables, boiled fruits, fish

and meat with very little fibre.

5. Foods which have a great amount of fibre and are not easily broken down by digestion—fibrous, raw vegetables such as radishes, cucumbers, lettuce, tough meat and soggy bread.

6. Fried foods are considered the hardest to digest because, in frying, the starch and protein gets coated with fat. Thus the digestive juices of mouth and stomach do not get a good opportunity to prepare these foods to be absorbed into the blood.

Eating Your Way to Health

Send today for this special booklet (No. 10) by Dr. Barton, entitled Eating Your Way to Health, dealing with vitamins, minerals, calories, and what and how much to eat. 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, c/o The Advance, Timmins, 247 West 43rd St., New York City.

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Troubles of Airmen Crossing Boundary

It Takes Time and Money to Cross the "Imaginary Line."

(By Sandy A. F. Macdonald)

In case you might not have known, in addition to being an Armchair Aviator, we are, in everyday life, an arm-chair business man, or trades person. The alternative terms depend on whether it happens to be a deal or an article we're trying to sell at the time that we are, in any event, getting the usual "bird." In the case of very small articles we sometimes refer to ourselves as a vendor. As a matter of fact, the way things are, we really vend a great deal more than we deal or trade. Vending is modern business along more or less catch-as-catch-can lines, and while it doesn't get one into "Who's Who," it does help to keep one out of Who's Gow. "Dealing" and "trading" are professions now practically monopolized by politicians and pipsies anyway, so we'll just put ourselves down as a vendor, and let it go at that.

All of which has little or nothing to do with the title above, except that we started out to say that we recently had occasion to visit Cleveland, U.S.A. on a business trip—and then decided we might as well come clean and tell you, what with market conditions, etcetera, etcetera, business has been pretty lousy in our vicinity too.

Well, the aeroplane being the quickest and most comfortable, not to mention the least expensive means of getting around, we decided to visit Cleveland by air. So we rolled our little Monocoupe out, tossed an overnight bag aboard, and phoned the Customs Department to clear us out of the "Port of Toronto" according, as required to established laws and precedents of the Sea.

The Customs Official, on arrival at the airport, 20 minutes late, proceeded at once to stage an amazing exhibition of strength and endurance—wearing down lead pencil after lead pencil in the preparation of long official documents—sufficient it seemed, to see us completely round the world. Having duly completed which, and such, he coolly presented us with a bill for THREE-FIFTY for his services! We registered a vigorous protest, paid the toll, and proceeded on our way—not, however, without first wiring the American authorities in advance, as required by Law and Order, Whosis vs. Whatisis. Sub section so and so of Section such and such. This regulation provides an airtight defence against the forward pass and has been written into the American Constitution to immortalize the heroic French stand at Verdun—"ILS NE SONT PAS"—THEY SHALL NOT PASS! The French defenders of Verdun have long since been permitted to sit down, of course, but traffic requiring to cross the International Border must forever stand—for anything and everything.

We took off from Toronto at 10:50 a.m.

At one o'clock, two hours and ten minutes later, we were over Cleveland City Hall. Traffic at the Airport delayed our landing and it was 1:30 when

we taxied to the service hangar. It being unlawful to leave an aeroplane at a Port of Entry until it has been cleared, for the next hour and a half we sat in the plane awaiting the arrival of the Customs Official. When he finally turned up, another 35 minutes were devoted to filling out the endless forms required to record our arrival. When these were all duly completed, they had enough documents to wrap the Monocoupe up in paper and send it home by parcel post if necessary. An aeroplane entering the United States is treated as a "vessel", from a foreign Port, and we were required to file the same information that the Captain of the Normandie must record when he docks at New York from Le-Havre! As there was no dock at Cleveland Airport for us to moor our "vessel" to, the Customs Officer accommodated by docking us Six Dollars for his services!

Somewhat fed up by this time, we paid the costs and enquired whether we might now partake of a bite of lunch and proceed upon our way. We were politely informed that we might visit the airport lunch room, but must remain at the field until we had seen the Immigration Officer! At four, p.m. we were officially admitted to the U.S.A.—C.O.D. The Immigration Official collected another Six-sixty!

It was then too late to return to Toronto before dark. The following morning (Labour Day) having duly advised the Customs Department at Toronto of our expected arrival (by wire prepaid) we made the return trip in 2 hrs. 40 minutes. The Customs fee on arrival home was a genuine bargain, a mere Two Dollars. You'd really wonder how they could do you for such a modest sum. Japanese labour perhaps.

Our gas and oil costs for the round trip came to \$6.59. Customs and Immigration tolls for what was to have been a three hour visit to Cleveland totalled \$18.10! The only "imaginary line" we recall having seen on our journey was the wasteline of our sagging pocket book reduced to almost negligible proportions by the Government Officials who took us to the cleaners.

Stocking of Waters Iroquois Falls Area

Several Thousand Speckled and Lake Trout Distributed in District Waters.

Iroquois Falls, Nov. 12th. Special to The Advance.

The rummage sale, held under the auspices of the United Church Women's Aid in the United church on Tuesday, Nov. 9th, was very successful.

A great variety of used articles were on display, many being of great use to the persons purchasing them.

The proceeds of this sale will be used in local church needs.

Cub Hockey Team Hold Card Party
The first cub hockey card party was held in the town hall, Ansonville, on Tuesday, Nov. 9th.

Games of 500 were played, in which the winners for the ladies were: First, Mrs. A. Ronholm; second, Mrs. W. Goodman. The winners for the men were: First, Mr. A. Corcoran; second, Mr. Gerard.

Many tickets were sold for this card party, and it is to be hoped that the citizens will continue to enjoy the entertainment put on to support the local hockey team.

Live Fish Are Distributed to Lakes
The Iroquois Falls Rod and Gun club received a shipment of several thousand live speckled and lake trout on Monday, and distributed them proportionately to suitable nearby lakes and streams.

These fish were delivered here by truck from Sault Ste. Marie hatcheries and much credit is due the Department of Games and Fisheries in that the fish were in excellent condition after the long trip.

The shipment included groups of yearlings and fingerlings, these being placed by members of the Rod and Gun club in lakes and streams from Watabeag to Nellie Lake.

The foresight displayed by the Rod and Gun club deserves great credit.

ANYBODY CAN ROLL



BETTER CIGARETTES
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being that they are providing future fishing for anglers, who at a later date will enjoy the thrill of catching these same fish.

Birthday Tea
A unique birthday tea was held in the Ansonville United church, on Tuesday, under the auspices of the Ansonville United Church Women's Aid.

The admission to this tea was the equivalent in coins to the age of the person entering.

An enjoyable afternoon was had by all participating, and the tea was reported a great success.

SERIOUS

Rotary Magazine:—The secret trick is to recapture the attitude of play from time to time. Perpetual dignity, everlasting seriousness, are signs of premature mental aging and must be given an occasional discard.



Exams—Now!

Those at the end of the school year are often made easy by one at the beginning of the year. Start the school year right with an eyesight examination.

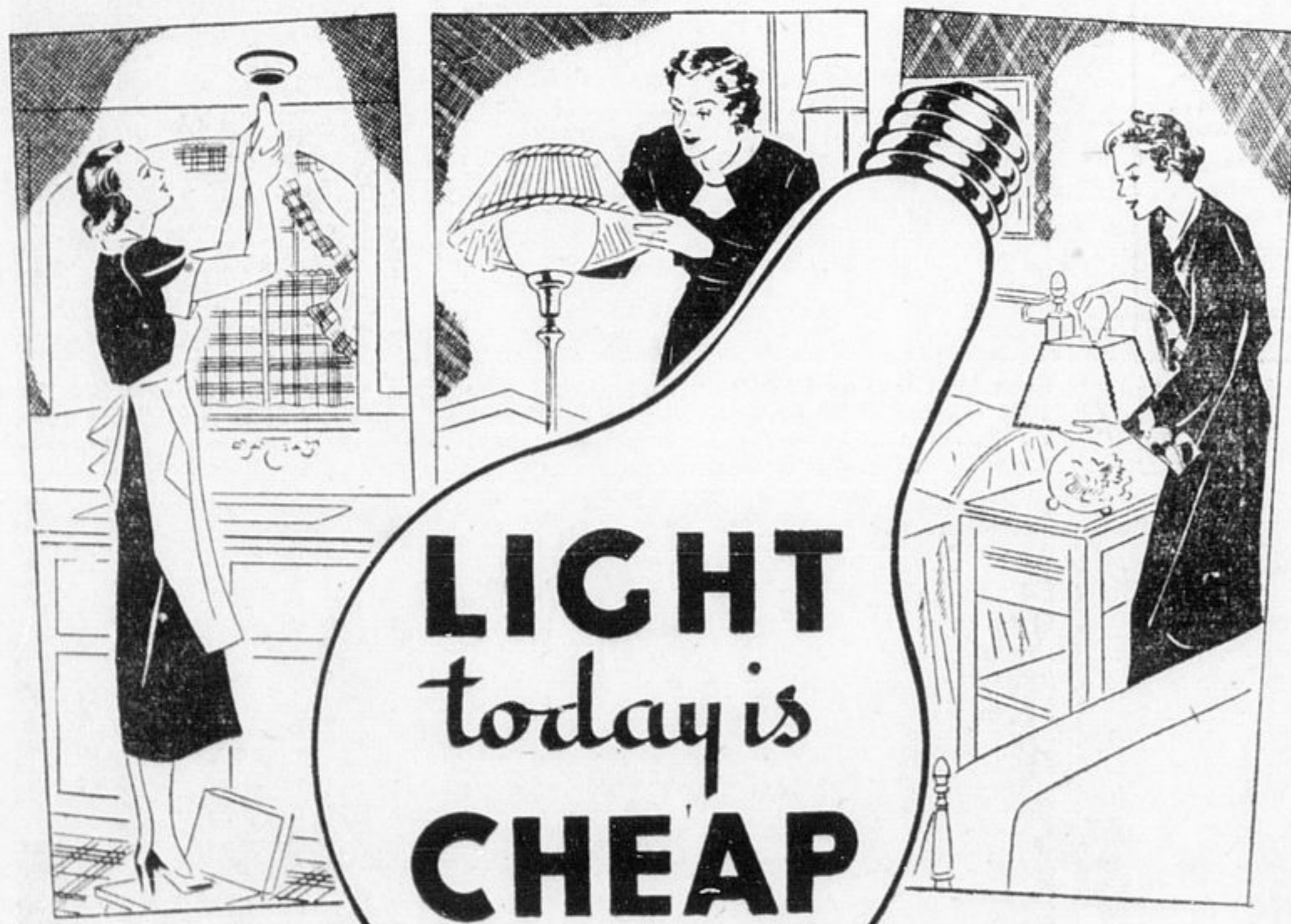
If glasses are needed you will be amazed at the difference in school marks and at the way in which lessons become easy. Less time for study, better results, and a happier outlook on school and life are the usual results of wearing needed glasses.

Make the first examination of the school year an eyesight examination.

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TREASURER'S SALE OF LANDS FOR ARREARS OF TAXES

Township of Whitney, District of Cochrane

To Wit:

BY VIRTUE OF A WARRANT issued by the Reeve of the Township of Whitney, bearing date the 23rd day of July, 1937, and to me directed, commanding me to levy upon the several lands being in the Township of Whitney, mentioned and described in the following list of arrears respectively due thereon, and costs.

I hereby give notice, pursuant to the Assessment Act and amendments, that, unless the said arrears of taxes and costs be sooner paid, I shall on Wednesday, the 17th day of November, 1937, at the Township Hall at Porcupine, at 10 a.m., proceed to sell by public auction so much of the said lands as may be sufficient to discharge the taxes and lawful costs incurred in and about the sale and collection of same.

The following lands are all patented.

Dated at Porcupine this 23rd day of July, 1937.

| Name, address and description: | Years in Arrears | Taxes | Costs | Commission | Total |
|--|------------------|----------|--------|------------|----------|
| Brady Estate, 558 Panet St., Montreal, N.E. 1/4 S. 1/2 Lot 7, Con. 3 | 1934-5-6 | \$126.92 | \$2.00 | \$3.15 | \$131.17 |
| 2. Deschamps, Mrs. L., Sth. Porcupine, Lots 80 & 81, Dome St., M. 18 | 1934-5-6 | 51.99 | 2.00 | 1.28 | 54.37 |
| 3. Jaker, Ernest, Sth. Porcupine, Lots 75 & 76, Dome St., M. 18 | 1934-5-6 | 105.70 | 2.00 | 2.63 | 110.33 |
| 4. Hull Estate, Porcupine, Lot 38, Plan M. 12 | 1934-5-6 | 4.95 | 2.00 | .25 | 7.20 |
| 5. Henry Fiss, Porcupine, east 8ft. Plan M. 13, Lot No. 5 | 1934-5-6 | 7.11 | 2.00 | .25 | 9.36 |
| 6. Nicholson, Dan, unknown, Lot 202, M. 25 | 1934-5-6 | 101.29 | 2.00 | 2.53 | 105.82 |
| 7. Phillips, A. E., Timmins, S.W. 1/4 S. 1/2 Lot 12, Con. 2 | 1934-5-6 | 113.19 | 2.00 | 2.82 | 118.01 |
| 8. Mills, Albert, Kinmount, 34 Galbraith, M. 18 | 1934-5-6 | 40.09 | 2.00 | 1.90 | 43.99 |
| 9. Paine, W. E., Toronto, N.W. 1/4 N. Lot 8, Con. 2 | 1934-5-6 | 488.75 | 2.00 | 12.22 | 502.97 |
| 10. Paine, W. E., Toronto, S.W. 1/4 N. Lot 12, Con. 5 | 1934-5-6 | 122.18 | 2.00 | 3.05 | 127.23 |
| 11. Paine, W. E., Toronto, S.W. 1/4 N. Lot 12, Con. 5 | 1934-5-6 | 122.18 | 2.00 | 3.05 | 127.23 |
| 12. Paine, W. E., Toronto, N.W. 1/4 S. 1/2 Lot 12, Con. 5 | 1934-5-6 | 112.18 | 2.00 | 3.05 | 117.23 |

Warrant Authorizing Sale of Land for Taxes.

To the Treasurer of the Township of Whitney:

You are hereby commanded to levy upon the lands mentioned in the attached list for the arrears of taxes due thereon, with your costs, pursuant to the provisions of the Assessment Act, and amendments thereto, and according to law.

For so doing this shall be your sufficient warrant and authority.

Dated at Porcupine this 23rd day of July, 1937.

To be published in The Ontario Gazette, August 7th, September 4th, October 2nd, 1937.

J. W. YOUNG,
Reeve Township of Whitney.