

Tea for every Taste

"SALADA" TEA

Why Everyone Should Have a Place in the Sun

Necessary to the Best of Health. When You Miss the Sun on Your Back Have Some of the Value of the Sun Transplanted Into Your Food. "The Sun in Foods."

"A place in the sun" has from the time immemorial been a phrase used to describe a man's ambitions. The value of sunlight as a health factor has



(By Edith M. Barber)

been recognized since the beginning of time. It is only recently, however, that we have known what particular quality of sunlight is most valuable as a health factor.

The action of the violet rays upon the skin has been found to supply a property which allows the body to utilize the phosphorus and calcium in such a way that strong bones are pro-

duced. In life as it is lived today it is difficult for us to get enough direct sunlight for this purpose, even when it is supplemented by foods which supply the same quality which we know as vitamin D. Among the foods which we use daily we find small amounts in egg yolks and in cream and butter. Fish oils, however, supply vitamin D in liberal quantities.

Science has made it possible for us to get a supply of vitamin D from foods which naturally contain little of it; we can know buy milk which has been "irradiated" by artificial violet rays by feeding the cows irradiated yeast or by adding a concentrated form of cod liver oil. Several cereals and a number of other foods which have been treated with vitamin D are also available.

Natural vitamin D has been isolated by Dr. Nicholas A. Milas of the Massachusetts Institute of Technology. In the laboratories of this institution a concentrate which has a far greater potency than any other form of vitamin D has been produced.

Boston Baked Beans

- 1 quart of pea beans
- 3/4 pound fat salt pork
- 1 tablespoon salt
- 2 tablespoons sugar
- 1/2 cup molasses
- 1/2 teaspoon mustard
- Boiling water.

Pick over beans, cover with cold water and soak overnight. Drain, cover with water, heat (keeping water below boiling point) and cook until skins will burst which may be determined by taking a few beans on the tip of a spoon and blowing on them when skins will burst if cooked. Drain beans. Scald pork and scrape; remove one-quarter inch slice and put in bottom of bean pot. Cut through rind of remaining pork every half inch, making cuts one inch deep. Put beans in pot and bury pork in beans, leaving rind exposed. Mix salt, molasses and sugar; add one cup boiling water and pour over beans; then add enough boiling water to cover beans. Cover bean pot and bake six to eight hours in slow oven (250 degrees Fahrenheit), uncovering the last hour

of cooking, that the rind may become brown and crisp. Add water as needed.

Maine Lobster Stew

- 1 lobster, medium size (1 1/2 pounds)
- 4 tablespoons butter
- 1 1/2 quart milk
- 1 1/2 teaspoon salt
- 1/2 teaspoon pepper

Chop the meat of the lobster very fine. Mash liver and coral together and add half of the salt and pepper. Place butter in sauce pan, add lobster, liver and coral and allow to simmer for a short time, but do not allow the butter to brown. Keep all the tail bones of lobster and add to milk and scald. Strain and pour on the lobster add remaining seasoning. Bring back to the boiling point and serve in large soup bowls.

(Copyright, 1937, by The Bell Syndicate, Inc.)

Funeral of Former Indian Agent Largely Attended

Sturgeon Falls, Nov. 17.—Nipissing district's Indian Reserves were deserted last Friday afternoon as their inhabitants assembled in Sturgeon Falls and attended the funeral service for the late George Philip Cockburn, former Indian agent, who died while timber cruising in Comandara township last Monday. Rev. W. L. Cullis, assisted by Rev. C. Goodier, and Canon Piery, officiated at the funeral service conducted at 2.30 o'clock from the deceased's late residence to the Sturgeon Falls United Church where persons from as far as Niagara Falls and Toronto, as well as Northern centres, gathered to pay final tribute. Interment was in Union Cemetery, Sturgeon Falls. The pallbearers were: Web Scott, Wesley Watters, Jack Colley, Cecil Hawley and Roy and Hamilton Cockburn. Over a mile in length, this was the largest funeral procession ever known in Sturgeon Falls. Headed by the Indian agent, A. Marleau, the Indians and their families marched behind the hearse from the church to the cemetery. The late Mr. Cockburn has been a resident of Sturgeon Falls for the past 53 years and came here from Port Carling where he was born in December, 1869, a son of the late J. D. Cockburn and the late Katherine McDonald. Accepted as "The White Father" by the Indians, Mr. Cockburn was held in high regard. Surviving besides his wife, the former Margaret Scott whom he married over 36 years ago, are one daughter, Mrs. Anase Seguin, Sturgeon Falls; three grandchildren; two sisters, Mrs. Jack Colley, Sturgeon Falls, and Mrs. H. Richardson, Port Credit, and four brothers, Roy, Sturgeon Falls; Walter, North Bay; J. Donald, Hamilton, and Hamilton, Toronto. Among those who attended the funeral from out of town were E. H. Winn, Niagara Falls; J. M. Kaine, Grimsby; Mr. and Mrs. Alex Cockburn, Gravenhurst; Mr. and Mrs. Ray Gibson and Mr. and Mrs. Grant, Halleybury; Mr. and Mrs. W. Scott, Mr. and Mrs. W. Watters, Mr. and Mrs. Hamilton Cockburn and M. Milligan, Toronto; Mr. and Mrs. J. Donald Cockburn, Hamilton; Frank Richardson, and W. M. Cooper, Sudbury; Jack Colley, Hearst; Anase Seguin, Timmings; Mr. and Mrs. Alex Murray and Mr. and

BE BEAUTIFUL

By ELSIE PIERCE
FAMOUS BEAUTY EXPERT



And now the beauty world offers a special permanent to the woman who complains of hair that is too curly so that soft, natural waves such as GLORIA STUART'S may be theirs.

What To do When Hair is Too Tightly Curled

Every once in a while this column is challenged. The thin ones complain that too much emphasis is made on reducing and the stout seem to command the beauty spotlight as far as this editor is concerned. Those who are troubled with nose shine accuse us of paying too much attention to the dry skin. And so it goes. One fairly serious challenge in the mill recently— "Permanent waves are important, I'll admit, and we don't blame you for emphasizing them as a boon to woman-kind, and the proper foundation for the latest swirls and curls and pompadours and what-nots. But why don't you, once in a while, give thought and a kind word of advice to those whose hair is too, too curly.

I read somewhere that wavy hair was the heritage of the Caucasian race. The Fates certainly went to extremes in passing that heritage on to our family. Lily white skin and blue eyes and hair with chestnut lights in it sounds pretty good, doesn't it, but when there's just the difference between kink and curl, when the hair is a busy mass in spite of constant thinning, when you can't put a comb through it without fairly soaking it first... well... why don't you say something to and about us. If you

don't think there are enough of us, you ought to court the kinks passing by as I have. Maybe I'm kink-conscious, but how often I wish I had been born with straight as sticks hair, because then there's always the permanent. What to do? CONSTANT READER."

A Permanent Un-Wave

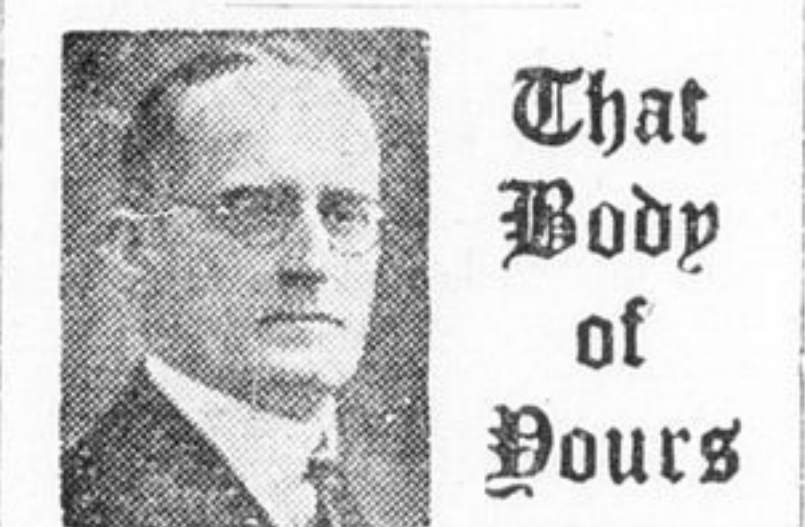
This column is quick to admit that it hasn't paid very much attention to the other extreme, because the hue and cry seems to be how to wave straight hair. But, we can understand the anxiety of "Constant Reader"; we can understand the "often I wish I had been born with straight hair."

I am happy to report that there is something for those whose hair is so curly that it is hard to manage, hard to arrange in the latest soft swirls and pomps. It is a treatment that is best described as a permanent un-wave and takes out enough of the kink to transform the tight, tight curls, into deep, wide, manageable, soft waves.

Like the permanent it lasts until the hair grows out. In other words as portion hair grows in at the roots that part may be kinky. Also like the permanent, the un-wave treatment should be administered by an expert.

(Copyright 1937, by The Bell Syndicate, Inc.)

Mrs. Morrison, Field; and Mrs. A. J. Young, Mrs. W. Washburn, Mrs. Mason, Thomas McKee, A. McDougall, Mrs. A. J. Clark, Mr. and Mrs. A. B. Girard, Mr. and Mrs. P. Marchildon and George Deacon, North Bay.



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

Nature is Not Now Allowed to Kill Off the Unfit

Some years ago an elderly physician observing a group of men and boys taking exercise in a gymnasium, turned away in disgust. "When I was young I got my exercise sawing and chopping wood; that's what these fellows need—some good hard work."

This old physician failed to remember that these men and boys had work to do but was not physical work and they were taking this gymnasium exercise because their bodies needed work.

Man's whole body is covered with muscle which was meant not only to move him from place to place but to enable him to lift objects, to hunt his food, to jump gullies, climb hills and do other mechanical things in life. As he has none of these things to do in our present civilization he wisely uses or exercises these muscles by taking regular gymnasium work or other forms of exercise. The exercise not only strengthens his muscles, heart and lungs, but gives him a natural appetite for plain nourishing foods, aids his digestion and prevents constipation. If in addition to working his muscles, the exercise or game gives him pleasure, happiness is added to the health gained.

The matter of the physique and health of its people is now giving concern to all nations, not with the idea of preparing for war, but that men and woman will be able to carry on at their work for a longer period and not be a charge on the community in the days to come.

"In the past, nature secured a fit race by killing off the unfit. Now we are gradually undoing nature's efforts by our greater sense of humanity toward the weak. While this is no doubt the right policy, it increases the necessity to create fitness."

Naturally there is more diabetes and heart disease and cancer present to-day than formerly because all the weak individuals nature (left alone) would have killed off, have been enabled to live to middle age.

By regular exercise and eating enough of the right kinds of food, the body can be brought to its best physical condition and maintained there.

Even a daily walk, which can be taken by practically every well person, will go a long way in strengthening the entire body—particularly the heart and lungs.

Seven Health Booklets

Are you susceptible to colds? Do you worry about your heart? Are you overweight or underweight? Does your food agree with you? Do you have to watch your calories, fats, starches, etc? Do you believe you have an ailment which medical tests do not reveal? The following booklets by Dr. Barton will be helpful to many readers and can be secured by sending Ten Cents for each one desired, to cover handling and service to The Bell Library, in care of The Timmings Advance, 247 West 43rd St., New York City. The Common Cold; Eating Your Way to Health; Food Allergy; Why Worry About Your Heart?; Neurosis; Overweight or Underweight; Scourge (gonorrhoea and syphilis).

(Registered in accordance with the Copyright Act.)

Sister of Timmings Man Passes Away at Cache Bay

Cache Bay, Nov. 17.—Ill for several years with diabetes, Mrs. Magloire St. Louis died at Cache Bay at 9 o'clock Wednesday morning, November 10, in her 71st year. Mrs. St. Louis was formerly Marie Taillon, daughter of Mr. and Mrs. Lamabe Taillon. She was predeceased by her husband seven years ago.

Funeral service was held at Cache Bay Friday with Rev. L. P. Theriault officiating. Pallbearers were four sons, George, Palma, William and Benoit, and two nephews, Thomas and Jean Plouffe. Interment was in St. Therese's cemetery.

Born at Ogdensburg, N.Y., Mrs. St. Louis was married August 25, 1863, at Anger, Que. She formerly lived at Masson, Que. The deceased woman was a member of the Ladies of St. Ann.

Survivors are five sons, George, Palma, William, Benoit and Euclide; one daughter, Mrs. Adrian Leduc; two sisters, Mrs. Palma Lahaie and Mrs. Cleophas Joanis, Anger, Que.; three brothers, Aimable, Timmings, John, Noelville; and George, Iroquois Falls.

Acton Free Press—"As ye would that others should drive toward you, drive ye even so to them," suggested by the Rotary Magazine as the year's best safety slogan. And for the runner-up, this from the Holyoke, Mass., Transcript: "The car to watch is the car behind the car in front of you."

A "strong" flour that goes farther

PURITY FLOUR

Best for all your Baking

If You Like Books

(By A. H.)

The book "Snapshots on Life's Highway" has so many interesting sections that it would be a shame if more of them were not quoted. Here is a part from "Social Matters—Old and New": "No town could possess a more delightful building for large balls than this fortunate place has in its Pavilion. I was at one given by the 5th Lancers that was something to remember! There 1,500 people who danced with uncomfortable crowding in three fine rooms with bands in each, and there were also three supper-rooms. The scene on arrival was unique, as the gardens through which the carriages drove to the great entrance hall were all lighted by torches held by mounted Lancers. I also twice attended large fancy-dress balls there, held in that most appropriate setting. The rooms have never lost their regal character, and the great hanging crystal chandeliers that light them are the same that illuminated the Prince Regent's festivities. London balls had not the same fascination for me. I was often with cousins in town, and went to many dances there in private houses and also at the metropole, but I preferred those in country houses, at Brighton, and the military balls at Southsea. There was always too much of a crush in town. In Ireland once, at a military ball at Drogheda, the friends I was with stayed so late that it was 6 a.m. when we reached home, after a long drive in a large covered wagon (a merry house-party of high-spirited young people, and chaperon), so on arrival we voted it was much too late to go to bed on such a fine morning, changed our clothes and played tennis till breakfast! How untiring youth is!"

Says the Quintuplets Should Have Normal Life

Dr. Allan R. Dafoe, medical guardian of the Dienne quintuplets, looked forward in an address at Cincinnati, Ohio, to the time when the five sisters can be "taken from behind glass walls" and permitted to play around with neighbour children just as less famous boys and girls. "The time is approaching when the five girls must begin to mingle with other children in order to brush more intimately against life," Dr. Dafoe told an audience of women at Cincinnati. "They must be taught to be indifferent to the gaze of the curious, to which they will be subjected as long as they live," he stated. The next problem, said the doctor, is a plan for their education. The girls are receiving pre-kindergarten training under the direction of a private tutor and nurses, he said. "We will not allow them to become scientific guinea pigs," he added. "We try to remember that each of the quintuplets represents a distinct personality." Dr. Dafoe created a neighbourhood stir when he visited Roger, Ronald and Roland Kunkel, five-months-old triplet sons of Mr. and Mrs. William Kunkel at Cincinnati. "The country doctor who suddenly became a world figure when he delivered the quintuplets, was at Cincinnati as guest of the Woman's Exposition. He was to visit child health and baby clinics before his departure for Philadelphia. North Bay Nugget:—Though seldom used, the dictionaries keep on listing the neglected adjectives. Who ever speaks of an evitable war?

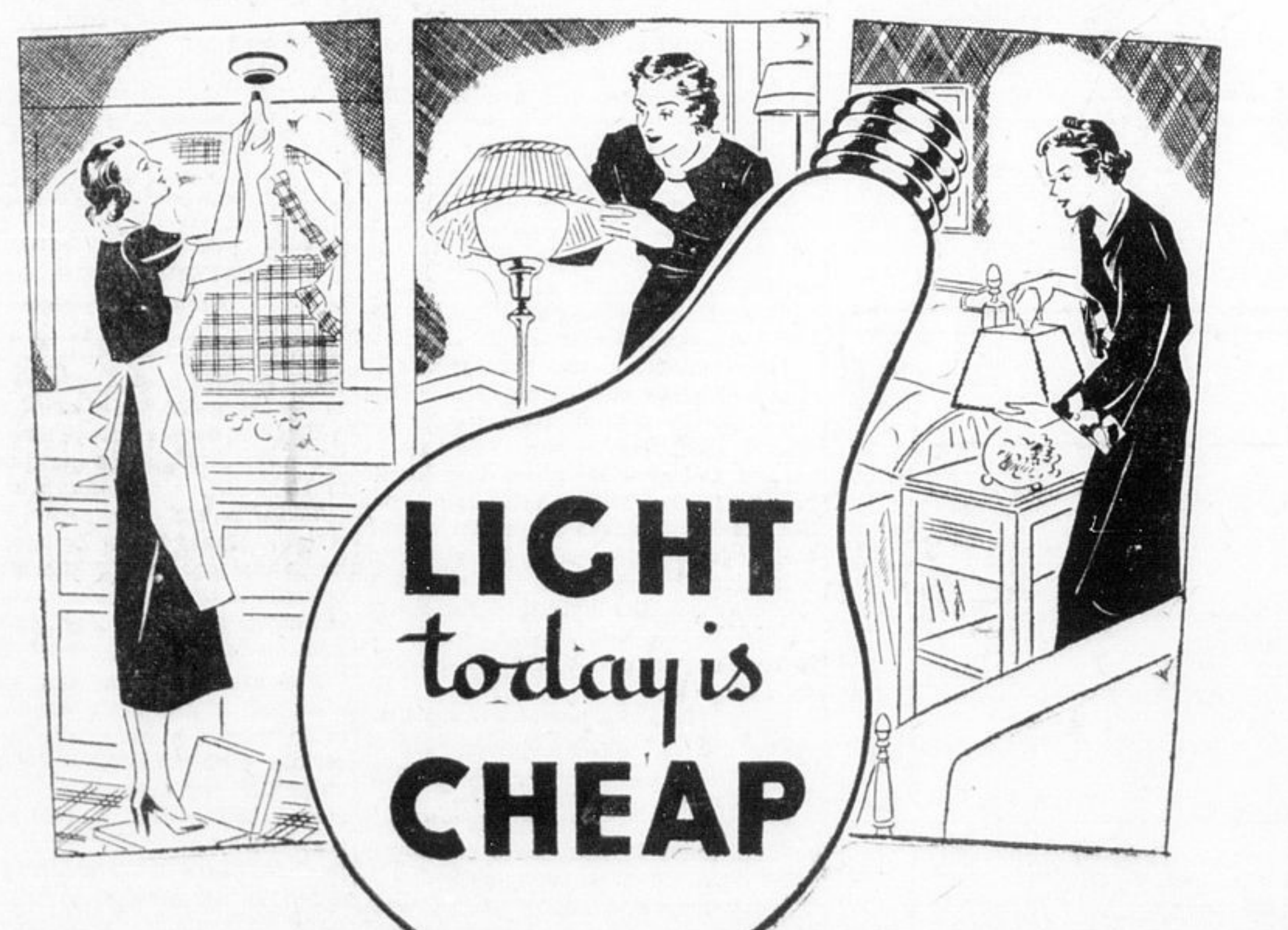
No Rubbing—No Buffing

JOHNSON'S GLO-COAT

Beautiful floors with 10 minutes work!

By the Makers of Johnson's Wax

MORE LIGHT in the Kitchen • MORE LIGHT in the Living Room • MORE LIGHT in the Bedroom



LIGHT today is CHEAP

— Use it to beautify your HOME!

You'll be surprised how much brighter and more cheerful you can make your home with a few new lamps. And with correct lighting so cheap there's no need to take chances with your eyes. The new lamps give plenty of glareless light — the kind you need for reading, sewing, studying and all close work.

We have a complete stock of smart, new designs in bridge, floor and table lamps of all kinds. Low prices and easy terms.

Canada Northern Power Corporation, Limited
Controlling and Operating
NORTHERN ONTARIO POWER COMPANY, LIMITED
NORTHERN QUEBEC POWER COMPANY, LIMITED

This Christmas Go HOME!

DECIDE now to spend the holidays with relatives and friends in the Homeland. Christmas Eve, Christmas Day, Boxing Day, and the theatres and stores, sports indoors and out, then the New Year's celebration... nowhere is the holiday spirit so happily evident as in the Old Country.

Whether you travel on regal Duchesses or the even lower-cost Montships, you are assured the utmost value in travel comfort to British and Continental ports.

Third Class fares as low as \$91 one way; \$167 return. Proportionately low rates for Cabin and Tourist accommodations.

FROM MONTREAL AND QUEBEC

Nov. 24—Duchess of York
Nov. 25—Duchess of Richmond
Nov. 25—Montrose

FROM SAINT JOHN

Dec. 3—Montrose
Dec. 10—Duchess of Bedford
Dec. 14—Duchess of Richmond
Dec. 15—Duchess of Atholl
(*Halifax one day later)

Full information from your own travel agent or Apply to Local Agents or to Canadian Pacific Steamships, 87 Main St. W., North Bay, Ont.

Sail

Canadian Pacific