

Bananas Recommended, But They Must be Ripe

It is the Unripe Banana that Does the Harm, for the Ripe Fruit is Quickly and Easily Digested. Bananas a Favorite Fruit with Children, Says Domestic Science Expert.

If one of those popular surveys were taken of the fruits favoured by children, I am sure that the banana would score very high. This has been the case since the time, little more than half a century ago, that this tropical

the banana sometimes furnishes the only type of carbohydrate which can be taken.

Besides furnishing carbohydrate, which in the ripened banana is in the form of sugar, it also contributes a certain amount of protein, a worthwhile amount of phosphorus, and can be counted upon to furnish vitamins A, B, C and E. We are fortunate that we find the banana available throughout the year and at such a generally low price as it gives us good return for the money which we expend in its purchase.

Banana Bran Bread

- 1/2 cup shortening
- 1/2 cup sugar
- 1 egg
- 1 cup bran
- 1 1/2 cups flour
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1/2 teaspoon soda
- 1/2 cup chopped nuts
- 1 1/2 cups mashed bananas
- 2 tablespoons water
- 1 teaspoon vanilla

Cream shortening and sugar well. Add egg and bran. Sift flour with baking powder, salt and soda. Mix nuts with flour and add alternately with mashed bananas, to which the water has been added. Stir in vanilla. Pour into greased loaf tin. Let stand thirty minutes and bake in a moderate oven (375 degrees Fahrenheit) for one hour. Let cool before cutting.

Apricots With Bananas

1/2 pound dried apricots.
Sugar
3 bananas.
Soak apricots in just enough water to cover for several hours. Cook until very tender. Force through strainer and stir in sugar to taste. Cut bananas in half and arrange in a greased baking dish. Pour apricot pulp over the bananas. Bake in an oven (275 degrees) fifteen minutes. Serve hot or cold. For serving hot, two tablespoons of whipped cream may be put on top of the fruit just before serving.

TIMMINS CITIZENS' BAND WHIST DRIVE ON FRIDAY

There will be seven valuable prizes at the first whist drive put on by the Timmings Citizens' Band on Friday of this week. Needless to say there will also be a happy evening spent by all attending this card party. The event will be held in the Hollinger Recreation hall on Friday evening, Dec. 10th, commencing at 8 o'clock sharp. Anybody who enjoys cards and a pleasant evening will miss something good if they neglect to attend.

If You Like Books

(By A. H.)

Accidents are usually anything but lucky. However, looking through an old book of poems that I chanced upon, it was purely an accident that I found "The Little Maid's Sermon", by Susan Teall Perry, and realized that that accident certainly was lucky. For, although one tries to remember these treasured poems that have once been read, only lines will be remembered, and unless these hold the title line, there is very little hope of finding the poem. This morning, when talking to a member of the A.Y.P.A. she stated that they were preparing hampers for the needy in the camp at Christmas time, and brought to my mind the words: "Remember the poor," were the words she spelled. And now fate brought the whole poem to me! It must be a lucky day!

The Little Maid's Sermon

(by Susan Teall Perry)
A little maid in a pale-blue hood
In front of a large brick building stood.
As she passed along, her quick eye spied
Some words on a little box inscribed.
'Twas a box that hung in the vestibule,
Outside the door of the charity school.

"Remember the poor," were the words she spelled,
Then looked at the dime her small hands held;
For chocolate creams were fresh that day
In the store just only across the way.
But gleams of victory shone o'er the face
As she raised her eyes to "the money-place."

But her arm was short and the box so high
That a gentleman heard, who was passing by.
"Please, sir, will you lift me just so much?"
(For the tiny fingers could almost touch).
The stranger stopped, and he quickly stooped
By the sweet-faced child in the pale-blue hood.

As he lifted her, she gently said:
"Would you mind it, sir, if you turned your head?"
For you know I do not want to be
Like a proud, stuck-up old Pharisee."
He humored the little maid, but a smile,
Played o'er his face as he stood there while.

"Excuse me, child, but what did you say?"
The gentleman asked in a courteous way.
As he took in his the wee white hand,
"I believe I didn't quite understand."
"Oh, sir, don't you know? Have you never read?"
Said the child amazed, "what the Saviour said?"

"We should not give like those hypo-

BE BEAUTIFUL

By ELSIE PIERCE

FAMOUS BEAUTY EXPERT



Every dressing table should boast an atomizer ANNE SHIRLEY believes it the economical and only satisfactory way to apply perfume, brillantine, etc.

Though Perfume Change, Atomizer Remains Ideal Way to Spray It.

In a season calling for such descriptive as elegance, opulence, wealth—in a season when fashions are more glamorous than they have been in more than a quarter of a century, perfume assumes a more important role than ever. Nowadays most women use perfume most of the time. The woman who used to have the one perfume for rare occasions now has a rare perfume for those special events, and has several other perfumes besides. It is as unfashionable to use one perfume all the time as it is to wear one type of costume for all occasions. Perfume is called upon to enhance one's charm, accent one's personality, spread a subtle or haunting fragrance, an aura of romance about one. Perfume can be as delicate as the most fragile china, as woody as a forest, as heady as strong wine.

What perfume for you? Throw all rules and regulations to the winds. Have as many scents as you have selves. Call on one perfume to define your tweeds, another to play up a coy mood, a third to make that glamorous, seductive new evening gown all the more exotic. That's the role per-

fume should play, today. In Miniature Sizes Save your wise, thrifty and careful buying for your corrective beauty aids; plan your time for your beauty routine as carefully as you plan the family meals; watch your weight as diligently as you watch your budget. But—buy perfume with complete abandon. You don't need a king's ransom to do that, because perfumes are now available in miniature sizes—can buy and try to your heart's content. There's just one rule to observe, and that's the matter of application. The old reliable atomizer is the best way to use perfume. Spray it directly on the skin, spray it on lingerie—don't use perfume on outer clothes—spray a bit of it behind the ears, tuck it to the hem of your skirt, the palms of your hands, add a few drops to the last rinsing water of your shampoo.

Another thing to remember: don't have your cosmetics and creams or any other toiletries very heavily or definitely perfumed. Avoid a clash between your beauty aids and the final dash of perfume! (Copyright 1937, by The Bell Syndicate, Inc.)



(By Edith M. Barber)

fruit began to have more or less general distribution. Children loved them, but mothers feared them! It took us a long time to discover that it was not bananas themselves but the unripe fruit which upset tummies.

Bananas to be ripe must not only be lacking in any touch of green, but must have their yellow surfaces flecked with brown. The ripe banana is quickly and easily digested, even by infants, for whom it may be actually beaten to a pulp. In certain intestinal disturbances

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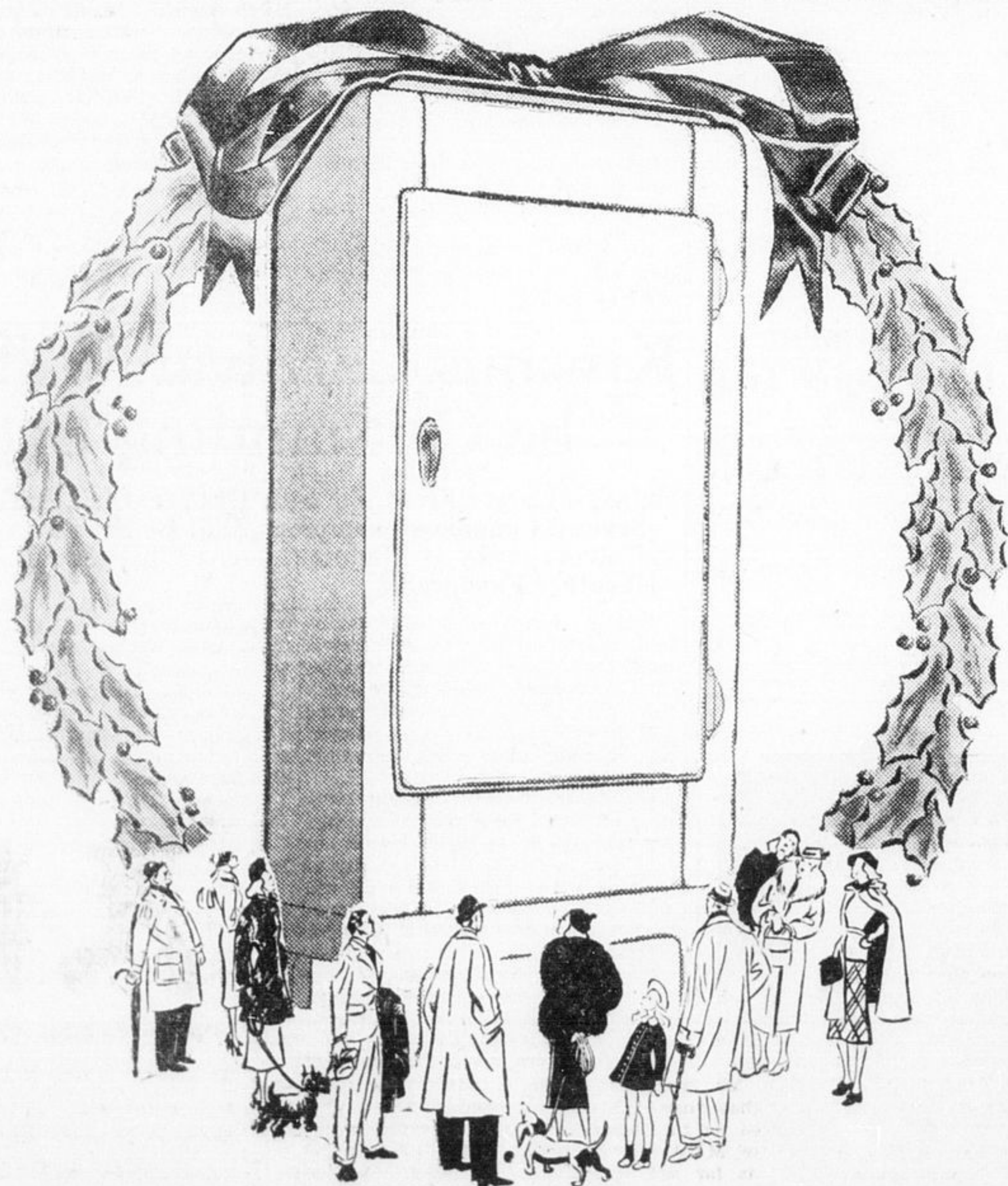
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That Body of Hours

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

The Use of Kaolin in Ulceration of Large Intestine

The treatment of colitis—inflammation of the large intestine—by the use of kaolin—a clay used in making pottery—has become popular of late, and yet we are informed that kaolin (aluminum silicate) was used very effectively in the treatment of Asiatic cholera many centuries ago. In the treatment of the 1919 epidemic of cholera in China (given both by mouth and up into lower bowel—rectum), it proved to be a great help in decreasing the death rate from this disease.

The kaolin acts by absorbing the harmful organisms and sweeping mucous, wastes and poisons from the lining of the large bowel and thence from the body.

As kaolin is an aluminum compound and some aluminum compounds, especially in large quantities, are poisons—destroying the red corpuscles in the blood—the use of kaolin has naturally been viewed with some suspicion by some physicians.

Drs. James B. Eyerly and Herbert C. Brehaus, Chicago, in the Journal of the American Medical Association, tell of their experience with kaolin and aluminum hydroxide in six cases of ulcerative colitis—an ulcerated condition of lining of the large intestine. "In ulcerative colitis there is a raw, ulcerating mucous membrane (lining of the large intestine) and thus to ob-

tain the maximum benefit from kaolin and aluminum hydroxide we give it only by the lower bowel (enemas). First the colon (lower bowel) is cleansed with a pint of warm water. In one hour this is followed by an enema consisting of a 3 to 5 ounce mixture of kaolin and aluminum hydroxide in from 3 to five ounces of warm distilled water. The patient is instructed to "hold" this in the bowel as long as there is no discomfort. Usually one day is sufficient, but occasionally two are given."

While this method (by enemas) is useful in this severe type of inflammation of the lower bowel, kaolin, obtained from reliable sources, may be used by mouth when there is an excess of mucous in the stomach and small intestine, and also in mucous colitis (believed due to nervousness or emotional disturbances).

It appears to lessen the number and severity of the spasms, and removes irritating substances and wastes from the lining of the bowel.

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 that 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 Advance, Timmings, 347 West 43rd St., New York, N.Y. The Common Cold; Food Allergy; Neurosis; Why Worry About Your Heart; Overweight and Underweight; Eating Your Way to Health; Scourge (gonorrhoea and syphilis).

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Youngsters Appreciate Weekly Treat at Shelter

For some weeks past, there has been a generous and appreciated remembrance of the youngsters at the Shelter each Saturday, though the kindly donor remains unknown. Each Saturday, regular as the love of youngsters for such things, there comes to the Shelter a supply of popsicles, polar bars and similar confectionery. On more than one occasion the matron at the Shelter, Mrs. E. M. Condie, has asked the name of the kindly donor of this weekly treat for the youngsters, but the deliveryman's reply is always the same that the donor does not wish to be known—that he is satisfied if the youngsters enjoy the treat. This is to say that the youngsters certainly do enjoy the Saturday supply of sweets and sincerely wish the donor long life and prosperity to continue this kindly and appreciated gift each week.

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Dome Mines Girl Guides Win Trophy

Awarded Silver Cup for Company Singing This Year.

The First Dome Mines Girl Guide Company have received word that they have been awarded the silver cup for Company singing.

Mrs. Routledge, who was Provincial Commissioner of the Girl Guides previous to her resignation last year, offered the handsome cup, for annual competition, until a Guide Company has won it three years when it becomes their property permanently. This year the competition was held in October.

The competition is judged on the type of songs chosen and merit in singing, and is eligible to any Company in the district between Sudbury and Kapuskasing.

C. W. L. Junior League Hold Regular Monthly Meeting

The C.W.L. Junior League held their regular monthly meeting in the basement of the Church of Nativity on Thursday evening. Plans were discussed for a Christmas tree and a party. It was decided that, as in other years, the league would assist needy families with articles of clothing during Christmas time. Mr. L. Charlebois showed slides on the subject "The Blind Spot of Science," and the evening was brought to a close with the singing of "God Save the King."

Death of Sister of Lady Resident in Timmings

Massey, Dec. 4.—A resident of Massey for the past 20 years, Mrs. David Mongrain was buried in the Massey Roman Catholic cemetery Thursday morning. Rev. Father J. A. Tourangeau of the Immaculate Conception Church, officiated at the funeral service conducted from her late residence at 9 o'clock. Following a short illness, Mrs. Mongrain died at her home Wednesday morning. Born at Penetang, on June 21 1887, deceased was a daughter of Mrs. Seveline Delbon and the late Mr. Delbon. She later moved with her parents to Lowell, Mass., where she was married on October 13, 1907, to David Mongrain. Mrs. Mongrain was a Roman Catholic and belonged to the Ladies of St. Ann's. Besides her husband she is survived by one son Armand, at home; her mother, Mrs. Seveline Delbon, Massey; and one sister, Mrs. Ernest Massicotte Timmings.



Much Damage From Fire at Mount Rock

Blaze Guttered Whole Interior of House While Tenants Away

Iroquois Falls, Ont., Dec. 2nd, 1937. Special to The Advance.

A fire causing considerable damage broke out at 35 First avenue, Mount Rock, at 7 p.m. on Wednesday, December 1st.

The origin of the fire is still undetermined, but it is believed that it was caused by an overheated stove.

The tenants reported as being two lads batching, were away from the house at the time of the fire, and when returning, found the house in a complete state of ruin caused by the fire, which gutted the whole interior.

Smoke gushing from the roof and windows attracted the attention of Mr. Jack, a neighbour, who immediately summoned the fire department.

On the arrival of the Mount Rock fire department the fire was well under way, and it took two hours work to completely stifle the fire.

Furniture and personal belongings were ruined as a result of fire, smoke and water.

This house is owned by Mr. A. Vanier, who says that the dwelling is covered by insurance.



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