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Make the most of these fine winter nights by having a gay sleighing party. What could be more fun than a group of friends jaunting through the snow covered, moonlit countryside. Phone or call at the Star Transfer and arrange everything—including blankets, straw and the jingling bells.

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Wishing a Healthy New Year for 1938

Without Health There Can Be Little Happiness

(From Health League of Canada) Few New Year's greetings omit a wish for "health and happiness." Invariably we associate one with the other, for without health there can be little happiness.

In Canada, national health is taking a more prominent place in public attention than for some time and the prospects for 1938 are encouraging.

The current issue of "Health," official publication of the Health League of Canada, contains a timely editorial in reference to this. We quote it as follows:—

"The question of achieving national health in Canada or in any country for that matter is fraught with difficulties and complications. Not the least of these is the general tendency of tradition of cure rather than prevention has persisted so long that it is extremely difficult to change what has become a more or less permanent point of view. The facts as to illness in Canada present a picture which is little less startling. The cost of illness is so great that one would imagine that action would be precipitate once the average citizen becomes aware of the situation. All down the lines, however, one finds the same situation. We fail to pasteurize milk although we know full well that raw milk carries disease and causes disability and death.

WEAR SMART STYLES AT 45

Retain An Attractive Figure

Disfiguring extra pounds that make it difficult to dress as you wish are often due to sluggishness of your liver. When this great cleanser of blood and distributor of energy is inactive or overworked, sugars and carbohydrates which should be stored in the liver develop into fatty tissue. Middle aged and older women with attractive figures invariably possess healthy livers. Fruit-a-tives fruit liver tablets put your liver in good condition, and keep it healthy. You feel better, skin clearer, eyes brighter, are more likely to retain your graceful figure—wear smart young styles. Thousands of women use Fruit-a-tives for this reason. Try them, 25c., 50c., all druggists.

FRUIT-A-TIVES LIVER TABLETS

PLEASANT HOMES

by Elizabeth MacRea Boykin

FACTS AND FANCIES ABOUT KITCHEN APPLIANCES

Antique Kitchen Utensils Reveal Many Amazing Contraptions—Modern American Equipment is Put to Strange Use in Europe

There's an aura of romance lingering about our memories of the old time kitchen. Traceable no doubt to long remembered fragrances of gingerbread baking in a coal stove oven and to the genial rocking chair that always stood near the stove for pea shelling interludes or mending hours. And of course there were those geraniums on the window sills!

Certainly it couldn't have been the kitchen implements of yore that lent that romantic glow. We recently went to an exhibit of old culinary utensils. The exhibit was called "Two Hundred Years of Streamlining in the Kitchen" and showed 17th and 18th century kitchen implements along with their modern counterparts. And if you've never believed in evolution before, you'll be converted now when you see how far kitchen appliances have come from their early beginnings.

Early Labour Saving

A tipper attachment to the wrought iron kettle was the old time idea of labour saving, and a pressing iron with a little door in the back was heated by stuffing charcoal inside it. The foot warmer worked the same way with charcoal and you took it with you to bed or to church, as you pleased. The lemon squeezer of 18th century vintage looked more like a Rube Goldberg brainstrom—'twas the shape of a cobbler's bench with two handles and a fancy way of fitting the lemon in. But the apple peeler was the prize—hand hewn and made to clamp the edge of the table like a contemporary meat grinder; it held the apple in its grip, you turned a crank with one hand and held a little grater blade with the other that took the peelings off as you turned. The only catch here was that it would be a lot easier to use a knife!

A Wholesale Mouse Trap

A mouse trap made to catch mice at a time looked like a guillotine and worked on the same principle—two feet high and two feet wide and every business-like we'll have you know. The gophering iron had the modern idea of doing three things in one—it put the crimps in either hair or linen neckwear, or it would heat a hot toddy. . . . you just stirred the little hot iron in the glass of spirits.

The ancient waffle iron looked more like a pair of bellows to us with its long handles by which you held it in the fire. The toaster was a near relation with long handles too. Even the cabbage cutters and the cookie molds from old Pennsylvania Dutch kitchens had their heart and flower motifs.

Meat hooks from antique kitchens recall the days when meat was cured at home and hung in the smoke house instead of the market, and a cranberry rake reminds us that once upon a time we would have had to go to the cranberry bog and rake up our own cranberries if we wanted any conserve or sauce.

A Far Cry

A far cry, these old kitchen appliances, to the up-to-the-very-last-minute versions of electrical and gas gadgets that make life very rosy for the lady of today. And it is double interesting to recall that the old time implements mostly had their origins in European kitchens, while America has led in thinking up the modern methods of housekeeping. In fact, it turns out that although we may import fashion ideas from Paris, Paris imports housekeeping ideas from us.



As it is done in the 20th century—electrical, with all the modern conveniences, plus a touch of the soda fountain. Note the high stools and counter on the right side of the picture where busy moderns breakfast on the run. The inlaid inoleum wall is the last word.

A friends of our Dorothy Dignam, an expert on electrical and gas equipment for a large utilities advertising company when she decided to do some research upon the fate of American household equipment that was being ordered so regularly by intriguing-sounding addresses. And she found out a lot of interesting things. . . .

It seems that a Detroit refrigerator made its way into a hospice of the St. Bernard monks far up in an Alpine pass, that Racine, Wisconsin, flood polishers were being used to keep the inlaid floor beautiful in the palace of the ex-kaiser in Potsdam, Germany. While Prague, Czechoslovakia, ordered American washing machines all right but they had to be made in bigger sizes to accommodate the enormous, voluminous sheets and oversize nightshirts that go into the family wash of Czechoslovakia. A Connecticut electric grill was the attraction of a smart little Mayfair breakfast shop in London, which was being used to make crisp cheese wafers. The Berlin hausfrau had no interest in the Marshall-Mush and Pineapple Piffle talents of the American electric refrigerators but they did demand bottle cooling compartments! In Paris there were kitchen planning companies where American style kitchens were tailored to measure and guaranteed to be the latest vogue from Schenectady. Sweden's vacuum cleaner salesmen went around on snowshoes, while Norway used electric refrigerators not to keep food cold but to keep it from freezing.

Naturally it took lots of pluck and not a little luck to learn all this. And Dorothy Dignam didn't hesitate to do a bit of doorbell ringing, too, on her travels. She learned about European housekeeping from both cooks and mis-

resses and had many an adventure in the doing. She treasures one fast friendship with an Irish countess whose home she entered by the back door, and she boasts that she almost got into Buckingham Palace the day Queen Mary's new range was installed.

So it seems that the modern American kitchen is quite something with its gleaming porcelain, its clever contraptions that do everything but eat the dinner. But, with all this efficiency, we still like to recollect the sociability of the old time kitchen. Though we don't advocate any return to its methods of work, we do think the modern kitchen could do with a little more gingerbread and rocking chairs and a little less glitter and barrenness. No offense intended. If you like sleek effect, help yourself to the easy-to-keep white porcelain that are offered on every hand.

(Copyright 1937, by Elizabeth MacRae, Boykin)

Mines Leading in Expansion of North

Traffic Returns Indicate the Business Activity of the North.

The following article by Malcolm Lang, chairman of the Temiskaming and Northern Ontario Railway, is one of the features of the annual Financial Survey and Mining Review of The Globe and Mail issued on Tuesday:—

Rapid Expansion of North

No better barometer of business conditions in any area can be found than the traffic returns of the railway which serves that district. When for any

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reason business is depressed, railway earnings inevitably fall, and, as general business improves, that condition is also reflected in higher railway revenue.

Using this yardstick for measuring business conditions in the territory served by the Temiskaming and Northern Ontario Railway and its subsidiary, the Nipissing Central Railway, it becomes at once evident that conditions in this part of the country are quite satisfactory. The same condition doubtless prevails generally throughout Northern Ontario and Northern Quebec.

Traffic Is Heavier

Traffic returns of the railway throughout the year have continued to be satisfactory. Passenger travel in 1937 has been between 30% and 40% higher than in 1936. Freight traffic has also been heavier. Revenues from Telegraph and Telephone Departments of the railway show considerable increases over the previous year. These conditions were more marked in the first nine months of 1937, and toward the end of the year reports indicate that conditions are tending to remain at present levels rather than continue to show regular increases over the same months in the previous year. However, present indications are that total returns in all departments of the service will show increased patronage for the year ending March 31, 1938, over the year ended March 31, 1937.

Chief among the industries showing the most notable prosperity in this territory is mining. It is not necessary to attempt any review of the mining industry in this issue, as that will doubtless be covered by other contributors in this issue. It may be sufficient to say that business conditions in the mining communities continue to show every sign of prosperity; and it is impossible for any one who has not visited the North to conceive of the activity in such towns as Kirkland Lake, Noranda, Rouyn, Timmins and the surrounding areas.

Pulp and Paper Gaining

The pulp and paper industry is again gaining something of its former vigor, and this is reflected in increased activity in bush operations generally. Lumber mills and other industries processing forest products are more active than in recent years and construction of new buildings is very noticeable.

The activity of the mining towns, pulp and paper communities, and forest industries generally, has the effect of providing ready markets for products of farms and has thus contributed to a measure of prosperity in agricultural areas.

Improve Far North

In order to meet the growing needs of the North, the railway has steadily improved its physical equipment in all departments. Heavier locomotives have been purchased and air-conditioned passenger cars have been placed in service. Passenger train service has been improved by new trains which permit a business man to be in his city office during the day, leaving the city in the evening and after a comfortable night's journey, arriving at any of the mining centres the following morning. Similarly the return journey can be made at night without loss of time. Freight service has been speeded up until now freight trains run with the regularity and dependability of passenger trains. The travelling and shipping public have shown their recognition of these improved services by the increased use made of them.

On the whole, conditions in this territory may be said to be very satisfactory, and there is every reason to look for a continuance of these conditions.

through record performance of the mining industry, which closed the year with the greatest production in history at a valuation of \$452,054,000.

Gold production advanced for the fourteenth consecutive year, each Province contributing its share. Total production was up 7½ per cent. from 1936, Ontario contributing 63 per cent. of the whole, with increase on the year of nearly 8 per cent.; Nova Scotia production was up 63 per cent.; Manitoba's, 13 per cent.; Saskatchewan's, 33 per cent. and British Columbia's 10 per cent. Yukon and Northwest Territories fell off slightly, and Alberta's output was, as usual, small.

Market Were Erratic

Market conditions throughout 1937 was extremely erratic and, on the whole, disappointing. The year came in with far better outlook than since the depression began, with activity pronounced in every line and metals commanding good prices. In March, President Roosevelt made his famous "durable goods" onslaught and the market cracked wide open. That was quickly followed by the gold scare of late March and early April, which, in view of subsequent events, now seems to have been a deliberate attempt to bring about deflation. However that may be, the effect was disastrous upon all markets of the continent, Canada's included.

Since then there have been rallies of short duration in a general way, but private business in the United States has failed to take up the slack caused by anticipated reduction of Government relief expenditures, there have been 4,017 different labour strikes in United States; ten million are unemployed, and all markets have been in a tailspin since August. The repercussions in the Dominion were decisive and unavoidable, and the entire list suffered.

Nevertheless, seasoned dividend-paying gold stocks made an enviable record of recovery during the latter end of the year and enter 1938 in stronger public favour than ever before.

New Financing Difficult

Junior gold stocks and development stocks have both suffered severely, particularly the latter, which closed the year at low ebb. Financing of new projects has been practically impossible and those properties that have been under development with reasonable promise of success have experienced great difficulty in finding additional capital.

Over 50 gold plants are now operating throughout the Dominion and many more are projected for the present year. Much depends upon the availability of development capital, but the natural conclusion is that since gold securities have been placed before the investing public in recent years as perhaps the safest of all investments, financing will proceed at a fair level, though considerably below that of the past two or three years.

Can Government Help?

In view of the overwhelming importance of the mining industry in its bearing upon the prosperity of the whole Dominion, it seems to us that a thorough investigation of the situation should be made by the several Provincial Governments to ascertain if any unnecessary obstacles exist to mine financing and, if so, to remove them forthwith.

Maximum interest in the industry can only be sustained by new strikes and development of new districts. Canada's great producers, which have entered the manufacturing phase of their existence, are undoubtedly attractive to those with heavy capital to invest, but it is the new mine, offering promise of big capital enhancement, that appeals most to the general public and sustains the spirit essential to mining activity and expansion.

Gold Mines Helped Canada During Year

Largely Responsible for Making 1937 a Fairly Good Year.

(From The Globe and Mail)

And so closes one of the most erratic years in recent world history! Wars, rumors of war, preparations for war, class hatreds, jittery markets, boom and slump, partial recovery and widespread lack of confidence, have all been part of 1937.

No country has come out of this crucible of experience in better shape than Canada, with the possible exception of the Mother Land, and that enviable record has been largely gained

Bowmanville Statesman.—Many a mans wisdom is taken for granted because of the smart things he doesn't say.

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The curious looking affair at the left is a 17th century wash board. The peculiar gadget (lower center) is an 18th century rusklight which has a piece of resinous pine clamped in its jaws. The guillotine at the right is an 18th century Pennsylvania Dutch mouse trap. Left top—a waffle iron; center top—a pressing iron with a sliding back lifted to insert hot charcoals in the hollow compartment; right top—a toaster of early vintage.

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