

Orange Pekoe Blend "SALADA" TEA

Receipts for Various Seasonable Dainties

Savory Scalloped Oysters, Pate de Foie Gras Canapes, Stuffed Baked Potatoes, Holiday Punch, Pound Cake, Eggnog. Particulars for Making All These in the Most Satisfactory Way.

Here are a number and variety of recipes appropriate for this time of year:



(By Edith M. Barber)

Savory Scalloped Oysters

5 tablespoons butter
4 cups soft bread crumbs
1/2 cup minced green pepper
1/2 cup ground ham
1 teaspoon salt
Pepper
1 tablespoon lemon juice
1 pint oysters.
Melt butter, add crumbs, green pepper, ham and seasonings and mix well. Drain oysters and arrange in alternate

BLACKHEADS

Blackheads simply dissolve and disappear by this one simple, safe and sure method. Get two ounces of peroxide powder from any drug store, sprinkle it on a hot, wet cloth, rub the face gently—every blackhead will be gone. Have a Hollywood complexion.

layers with the buttered crumbs in a greased baking dish. Bake twenty minutes in a hot oven (450 degree F.)

Pate de Foie Gras Canapes

3 tablespoons pate de foie gras
2 tablespoons cream
Cayenne pepper
Salt
6 rounds of bread
Sliced truffles or sliced stuffed olives.

Mix paste with cream and seasonings. Rub through a fine sieve and spread on the rounds of bread. Garnish with sliced truffles or sliced stuffed olives.

Stuffed Baked Potatoes

6 large baked potatoes
1/2 pound grated cheese
1/2 cup milk
1/4 teaspoon paprika
1 1/2 teaspoons salt

Cut potatoes in half lengthwise and scoop out the centres. Put through the ricer. Add cheese to hot milk and beat until smooth. Mix with mashed potatoes, add seasonings and beat until light and creamy. Refill potato shells, return to hot oven (400 degrees Fahrenheit) and bake until brown.

Holiday Punch

1 cup water
2 cups sugar
1/4 cup brandy or gin
2 tablespoons rum
2 tablespoons curacao
Juice of two lemons
Juice of four oranges
2 cups grapefruit juice
2 cups strong tea
1 bottle champagne, cider or apple juice
1 bottle sparkling water.

Make a syrup of water and sugar. Mix other ingredients, adding champagne and sparkling water at the last minute. Pour in punch bowl, in which a large piece of ice had been placed. Recerate with cucumber rind, cut in spirals. Serves forty-five to fifty.

Pound Cake

1 pound butter
1 pound sugar
10 eggs
1 pound flour
1/2 teaspoon mace
2 tablespoons brandy.

Cream butter, stir in sugar gradually and mix until light and fluffy. Stir in well-beaten egg yolks and flour sifted with mace. Add brandy and fold in well-beaten egg whites. Bake in a deep greased pan one and one-quarter hours in a slow oven (300 degrees Fahrenheit.)

Note: This recipe may be cut in half if desired.

Eggnog

6 eggs
Sugar to taste
1 cup brandy
1 pint milk
1 pint cream
Nutmeg.

Beat eggs thoroughly. Beat in sugar and stir in brandy. Fold in milk and half the cream. Whip the remaining cream and fold into egg mixture. Pour into punch bowl and sprinkle with nutmeg. Half the egg whites may be beaten stiff and folded in with the whipped cream.

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This May Start a Regular Rush to the State of Nevada

(From Halifax Chronicle)

There lies on our desk an interesting pamphlet sent us by the First National Bank of Nevada, the purpose of which is to invite all and sundry with a little bit of money to come to "The Cyclone Cellar for the Tax Weary," or in a word Nevada.

Its opening paragraph awakens interest at once. It reads, "Nevada might well be called the cyclone cellar for the tax weary. Nevada has no income tax, no inheritance tax, no sales tax, no gift tax, and collects no tax on intangibles. Furthermore, and perhaps still more important, it has no need to levy such taxes because it is a solvent state with a surplus in its treasury and a balanced budget."

One further inducement held out is that Nevada is a community property state, where husband and wife can split the income, and each make a separate income tax return to Federal authorities, so dodging part of the tax which might fall if a single tax return was made.

All of which glowing picture is somewhat modified when it is found that the whole of the state of Nevada has only about 100,000 people, that it is the most arid of all the states of the Union, the least populated, and one would judge not a very desirable place to live. We seem to remember, too, that away back in the middle of last century, there was need of two more votes at Washington for some reason or other, and Nevada was created a state to get them.

BE BEAUTIFUL

By ELSIE PIERCE
FAMOUS BEAUTY EXPERT



LOUISE RAINER is photographed eating one of the new dietetic luncheons introduced at the studio cafe—and consisting of prunes, health salad and tea.

Does Your Diaphragm Disturb You?

The other day I met a friend for luncheon whom I hadn't seen in a few months. I tried not to cast an accusing glance her way, but she must have sensed what I was thinking. At any rate, when we were settled at our table she volunteered:

"My diaphragm disturbs me. I don't know why I'm spreading so. I've spent all manner of money on foundation garments, but look at this lump above the waist... it sticks out like a sore thumb, particularly in a tight fitting dress or suit."

We ordered. A salad for me and the hope that she would take the hint. But—no. Creamed soup and an entire of fat meat. And while we waited she nibbled on roll and butter. I made no attempt to stop her because I wanted to build up enough evidence against her.

The creamed soup and entire done away with (and plenty of butter on the vegetables, mind you), coffee followed with cream and sugar, and instead of fruit cup or baked apple a chocolate éclair with whipped cream.

It was precisely the sort of luncheon that a frail, undernourished, underweight individual should have, with a little more balance to the menu, of course. But, certainly, it was not the luncheon for a woman complaining

that her diaphragm was disturbing her. The final evidence came when, after the luncheon, I suggested walking to our destination (about two miles) and the lady of the diaphragm preferred to ride. It was a clear, cool day; perfect for the much-needed exercise, perfect for the brisk walking and deep breathing to work off some of the excess calories unwisely consumed at luncheon.

Diet and Exercise

Foundation garments may help. Exercise may trim down the pounds. But you had better look to your diet too. Of what avail a made-to-order corset if you eat more and exercise less than you should and if the huge will soon send the best garment out of shape? Do eat wisely. Cut down on the nibbling before the entire arrives. Eat salads instead of fattening foods. Have stewed fruit for dessert instead of cake. And exercise fifteen minutes night and morning—bend, turn, twist. Before you get out of bed in the morning pull arms overhead, less down, feel the pull on your diaphragm. Eye and any part, for that matter) won't be so disturbing. You'll be taking tucks in your frocks. You'll be losing inches around your waist. Have you the will to try it?

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(James W. Barton, M.D.)

That Body of Yours

Be Fair to Others and Yourself When You Have a Cold

I have spoken before of the kind-hearted, considerate, conscientious woman who was so anxious not to disappoint her friends in a bridge game at the home of one of the three, that despite a most severe cold with a high temperature, increased pulse, coughing and expectorating, she bravely got out of bed and kept the appointment.

The result was that all three of the other women promptly contracted the cold, one at least with serious symptoms.

The point, of course, is that even if you have a slight cold—have either the beginning or the end of a cold—you should not, in fairness, go where there will be other close to you, in homes, public conveyances, theatres, church or elsewhere.

It may be of course that you are subject to frequent colds which last a few days, and then clear up completely. But this is not the case with many of your friends, acquaintances, or others with whom you come in contact. To many of them, perhaps in a run down condition, perhaps subject to more severe colds, a cold may result in bronchitis, broncho-pneumonia, or even pneumonia.

Thus your slight non-serious cold may cause prolonged illness or even death to others. While some illnesses usually can occur but once in the body—typhoid, smallpox, various skin diseases—the infections of the nose, throat, bronchial tubes and lungs actually become more severe from repeated attacks.

It is not hard to see how a cold can spread from throat to nose, to sinuses, to brain, spinal cord, to bronchial tubes and lungs. If you think of your hall floor and remember that the floors of other rooms are just the same floor or floor level and that water spilled on this floor will flow along the floor to the nearest points, you can readily see how a cold in the nose can cause sinusitis, middle ear disease, brain-meningitis, bronchitis, broncho-pneumonia, pneumonia and other ailments.

So be fair to your heart by getting off your feet when attacked by a cold, and keep away from others who, by contracting your cold, may become seriously ill or even lose their lives.

The Common Cold

Are you bothered with colds three

or four times a year? Have you ever stopped to consider the consequences? Send for Dr. Barton's illuminating booklet, *The Common Cold*, the ailment which receives so little attention yet may be as dangerous as a hungry lion. Ask for booklet 104, enclosing Ten Cents to cover cost of service and handling. Be sure to give your name and full address and send your request to The Bell Library, in care of The Advance, Timmins, 347 West 43rd St., New York City. Other Barton Booklets: *Eating Your Way to Health*; *Why Dorry About Your Heart*; *Neurosis*; *Overweight and Underweight*; *Food Allergy*, and *Scourge* (gonorrhoea and syphilis) are also available at Ten Cents each.

Chops Off Father's Foot to Save Life

Indian Trapper Pinned by Falling Tree Has Terrible Experience.

From Moosonee this week comes news of the terrible experience of an Indian trapper and the desperate effort to save his life. Stories seem to be coming in numbers these days from the Far North suggesting the alarming experiences undergone by people in that distant country. These thrilling incidents are not startling events new to the Far North. They are the occasional experiences of men living in that country far from help and from hospitals and medical skill. The publication recently of a series of the events from the Far North is simply an illustration of the development of modern communication. What is known at Moosonee is known throughout the rest of the world in a comparatively few minutes. The telegraph, the telephone, radio, have annihilated distance, so far as messages are concerned. The aeroplane has done a similar service so far as transportation is concerned.

The latest thrilling story concerns a 40-year-old Cree Indian, George Methat, who met misfortune in the James Bay area, one hundred miles from Albany, and the heroic measures taken by his sons to save his life. Methat, a trapper living at Ghost River, was alone on his trap lines last week when a tree fell on him, breaking one foot and pinning him to the icy ground. With the thermometer registering 35 below zero (or rather a thermometer there would have so registered), the unfortunate man passed the night in this trying position. When he did not return that night his family were alarmed, and for two days and two nights his two sons and his wife searched for him. When he was found

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I have wooed you so,
But never a favour you bestow.
You rock your cradle the hills between,
But scorn to notice my white lateen.

I stow the sail, unship the mast;
I wooed you long but my wooing's past;
My paddle will lull you into rest,
O' drowsy wind of the drowsy west,
Sleep, sleep,
By your mountain steep,
Or down where the prairie grasses sweep!

Now fold in slumber your laggard wings,
For soft is the song my paddle sings.

August is laughing across the sky,
Laughing while paddle, canoe and I,
Drift, drift,
Where the hills uplift
On either side of the current swift.

The river rolls in its rocky bed;
My paddle is plying its way ahead;
Dip, dip,
While the waters flip
In foam as over their breast we slip.
And oh, the river runs swifter now;
The eddies circle about my bow.
Swirl, swirl!
How the ripples curl
In many a dangerous pool awhile!

And forward far the rapids roar,
Fretting their margin for evermore.
Dash, dash,
With a might crash,
They seethe, and boil, and bound, and splash!

Be strong, O paddle! be brave, canoe!
The reckless waves you must plunge into.
Reel, reel,
On your trembling keel,
But never a fear my craft will feel.

We've raced the rapid, we're far ahead!
The river slips through its silent bed,
Sway, sway,
As the bubbles spray
And fall in tinkling tunes away.

And up on the hills against the sky,
A fir tree rocking its lullaby,
Swings, swings,
Its emerald wings,
Swelling the song that my paddle sings.

If You Like Books

(By A. H.)

Among the best-loved of Canadian authors is E. Pauline Johnson, whose book "Flint and Feather" is a magician's hat—all one has to do is to turn a page and there is another delightful poem. Remembering days at school, when memory work first became a part of the daily lesson, one immediately thinks of the pleasure that was found in memorizing "The Song My Paddle Sings." Its quiet peace, and soothing music, endeared it even to the hearts of those who seemed to abhor memory work, and it seems that children in general will always find this poem one of their favourites. And then it doubles its value, for the adults treasure it as well.

E. Pauline Johnson loved the land of her birth, and she put this love into her writings, which will always be looked upon as a strong part of Canada. These poems have the quality of tenderness and of understanding, and a pure rhythmic beat that does not grow dull as would the efforts of some other author in the same line. Is it, then, any wonder, that a local school-girl remarked the other day that Pauline Johnson was the "Indian princess of rhyme?"

The Song My Paddle Sings
(by E. Pauline Johnson, from "Flint and Feather")
West wind blow from your prairie nest,
Blow from the mountains, blow from the west.
The sail is idle, the sailor too;
O! 'wind of the west, we wait for you,
Blow, blow!

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