

# Tea for every Taste "SALADA" TEA

## Looking Down on Lil' Ol' New York at Tea Time

What is Served and How It is Served, as Revealed to Domestic Science Expert While Flying High in One of Those New Airplanes. Recipe for Some Sandwiches.

The sun was setting over the Hudson and the dark Palisades. The last rays were painting the little lakes in Central Park a lovely deep blue as we flew over the city the other day in the late afternoon. As the red, green and yellow lights began to outline the streets and the bridges, we drank tea as the guests of Miss Helen Stansbury, in one of the new planes, which are especially designed for comfort.



(By Edith M. Barber)

There are chairs which may be swung around so that you may look out of either window and be sociable with your companions.

There is a tiny "kitchenette" or perhaps it should be called serving pantry, where food may be kept hot or cold. The stove which can be persuaded to cook quickly at a high altitude is still in the process of being designed. Really good meals, however, prepared on the ground can now be served on the planes, as those of you who have travelled any distance have discovered.

Perhaps you would like to know what the ladies of the press were offered with the tea. Each of us was provided with a tray containing a fruit salad, made up of melon balls, red grapes, pineapple and cottage cheese. With this were dainty sandwiches of sliced chicken, foie gras, caviar and cream cheese with

chives. There were also little cakes, salted nuts and peppermints. They were so good that even two of the guests who were going up for the first time found an appetite.

Need I say that when we thank Miss Stansbury, we all hinted that we would like to be asked again?

**Pinwheel Sandwiches**  
Remove all but bottom crusts from a loaf of bread. Spread bread lengthwise liberally with cream cheese which has been beaten smooth with a little cream and mixed with chopped chives. Slice and remove bottom crust. Roll tightly and seal with butter. Wrap each roll tightly in moisture-proof paper, chill in refrigerator and slice.

**Ribbon Sandwiches**  
Remove all but bottom crusts from a loaf of bread. Spread bread lengthwise with pate de foie gras and slice. Then spread bread with watercress, butter, slice and remove bottom crust. Then spread bread with pimento butter and slice. Put slices together and wrap in moisture-proof paper. Chill in refrigerator and slice crosswise.

**Watercress Butter**  
1/2 cup softened butter  
1/2 cup minced watercress.  
1 teaspoon lemon juice.  
1 teaspoon onion juice.  
Cream butter with watercress. When well blended, stir in lemon juice and onion juice.  
(Copyright, 1938, by The Bell Syndicate, Inc.)

**New Series of Postage Stamps to Be Issued Soon**  
The Post Office Department has announced that six new regular pictorial stamps would be issued June 15. The denominations and subjects are: 10-cent, memorial chamber, Peace Tower, Parliament Buildings, Ottawa; 20-cent, Fort Garry Gate, Winnipeg; 50-cent, entrance to Vancouver harbor; \$1.00, Chateau de Ramesay, Montreal; 6-cent, air mail, with scene on Mackenzie river; and a 20-cent special delivery stamp, incorporating Canadian coat of arms.

The new stamps will all be double sizes, except the special delivery stamp, which will be larger than at present. A 13-cent regular pictorial stamp will be issued on a date to be announced.

**Sudbury Star:**—A Canadian-born Japanese viscountess, holidaying in Toronto says Japan has her hands too full with troubles in China to give Canada or the United States any cause for worry. It is agreed the Nipponese have their hands full.

## BE BEAUTIFUL

By ELSIE PIERCE  
FAMOUS BEAUTY EXPERT



This is ANNE SHIRLEY'S favorite waistline exercise. Lying flat on back she comes to sitting position, then touches left leg, alternates to the right, and repeats twenty times.

### Waistlines Are Wasting Away

As one reader very aptly puts it: "Fashion gets more and more heartless. It has come to such a pass that there is no knowing where waistlines are going. They are up near the bustline, down near the hipline or they aren't at all. And I mean 'not at all.'"

To all of which I can only answer "right." The scoffers who used to call grandmother's practices inhuman! How we wish life were as easy as getting into whalebones and counting on bed posts to do the pulling. Now we have to go to the mac for a waistline, or better yet, for lack of one.

However, if we want "no waistline at all" and want it badly enough, a few weeks of torso twisting will do the trick.

#### Try These Turns

First—in standing position, hands at sides. Raise on toes, flinging arms upward, palms facing each other. Now—still on toes, try to keep your balance as you bend forward from waist and try to touch fingers to floor, palms facing body. It is going to be hard at first. Repeat six times. Rest.

When you have mastered the twisting fingers to floor in front of you act, try twisting the trunk to left side, couching the fingers to the extreme left and gradually working around until the fingers touch floor in front of you and over to extreme right. This will probably give you a slight kink in the back.

That done, try rotating the trunk with waist as axis and hands on hips. Forward—right—back—left.

Now—down on the mat, for fair. Flat on back on the floor. Bring knees to chest. See what that does for abdomen and waist.

Next—hands on hips, flat on back on floor. Come to sitting position, without moving legs, and bend over touching fingertips to toes. If you

feel a good old-fashioned tug at the waistline that means it will soon reach the vanishing point.

(Copyright 1938, by The Bell Syndicate, Inc.)



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

## That Body of Yours

### Blowing Weak Iodine Powder into the Chronic Running Ear

While a "running" ear may not be regarded as a serious matter because as long as it continues to run—no backing up of pus or discharge—the condition may be considered a "safe" one, and not likely to require a mastoid operation.

However, this continuous discharge from the ear often means a run down condition, and the discharge itself means that the body, in addition to its other work, is manufacturing a useless substance. To clear up this chronic discharge and so build up the patient's health is often a difficult matter.

I have spoken before of the work of Dr. M. D. Lederman and others in blowing a 1 to 2 per cent. of iodine powder into the middle ear to clean up and dry up the discharge.

Dr. Lederman in aryngoscopy now reviews his 20 years' experience with iodine powder (Sulzberger).

"The powder is made by mixing a solution of tincture of iodine with dry powdered boric acid and evaporat-

ing the solvent or liquid part. This leaves a brownish-colored powder which contains 1 or 2 per cent. iodine depending on proportions used. The 1 per cent. is first used in chronic suppuration (pus condition) of the ear. The cleansing is best done by absorbent cotton on tips of the applicators (instruments). After all the pus and liquid is removed, the middle ear cavity is wiped out with 95 per cent. alcohol, then dried, after which the powder is blown in. This is repeated once a day or twice a week—depending on the quantity of the discharge—until the ear is dry. Irrigation or washing of the ear by the patient should be avoided but if the patient must be away for a time, he may use drops of alcohol containing the powder. If the ear does not clear up with the weak (1 per cent.) powder, the strong 2 per cent. preparation should be used."

Dr. Lederman reports a number of cases in which the iodine powder has cleared up previously incurable or intractable chronic running ears.

Certainly the idea of cleansing, drying, and applying a "restorative" such as iodine to an old running ear is logical. The results obtained by this method over a period of twenty years are most convincing.

#### Health Booklets Available

Eight helpful booklets by Dr. Barton are now available for readers of The Porcupine Advance. They are: Eating Your Way to Health; Neurosis: Why Worry About Your Heart; The Common Cold; Overweight and Underweight; Allergy or Being Sensitive to Various Foods and Other Substances; Scourge (gonorrhoea and syphilis); and How Is Your Blood Pressure? These booklets may be obtained by sending Ten Cents for EACH one desired to The Bell Library, 247 West 43rd St., New York, N.Y., mentioning The Advance, Timmins.

(Registered in accordance with the Copyright Act.)

## Paraded to Church at South Porcupine

Scouts, Cubs and Guides Attend Divine Service. Other South Porcupine News.

South Porcupine, May 2.—(Special to The Advance)—An orderly procession of Scouts, Cubs and Guides marched from the Scout hall on Sunday afternoon to the Anglican Church in honour of St. George's Day. With colour parties bearing Scout and Guide flags and the Union Jack, they were a cheering sight to see—each in the uniform to which they were entitled. Almost a hundred were counted, as the Dome troops and packs united with the town companies for the occasion. The colours were taken to the altar steps where the Archdeacon took them and placed them at the side of the altar.

Special hymns were sung, and the address given stressed the importance of purity and cleanliness—clean consciences and clean characters.

The Dome Guides were led by Captain Leitnerman and Company Leader Costain, and the Town company by Captain Wilkins. Dome Cubs were in charge of Cubmaster Leitnerman, and Town Cubs under Cubmaster Lemmon and Miss Andrew. Town Scouts were in charge of Scoutmaster Hall.

The whist drive held in the Community hall at the Dome Mines on Saturday night under the auspices of the Workers' Co-operative Society was a great success, over a hundred people attending. After whist round and square dancing occupied the time. Ladies winning prizes at whist were: 1, Mrs. Len Smith; 2, Mrs. S. Jay; and 3, Mrs. J. McGinn. Prizes for men went to: 1, Mr. Cyril Pierce; 2, Mr. R. Jones; and 3, Mr. W. Barron.

A marriage took place on Saturday night at the United Church Manse with Dr. Fraser as officiating minister. Mr. Nels Agne took as his bride Miss Hilma Vallurua. Mr. and Mrs. Arthur Owens witnessed the marriage and the new bride and groom will take up residence in South Porcupine at 62 William St.

Mrs. Smith, of Owen Sound, is visiting her daughter, Mrs. Acton, at the Dome Mines.

## Valuable Prize for Advance Subscriber

Refrigerator to be Given for Nearest Estimate to Number of Subscriptions.

There has been unusual interest roused in the campaign inaugurated by The Advance to extend the field of service of this newspaper to embrace new as well as older citizens of the town and district. Special attention has been given to the several valuable prizes offered to the contestants but this interest has been equalled if not exceeded by the interest shown in the special prize open to all subscribers, new and old, of The Advance. This valuable and desirable prize—a new 1938 Westinghouse Imperial Refrigerator from the Lynch Electrical Appliance Co., Third avenue, Timmins, will be given to the subscriber who estimates the closest to the number of subscriptions (new and renewal) that will be turned in by all of the candidates in the last three weeks of the campaign (June 6th to June 25th inclusive). It will take considerable skill to estimate the number of subscriptions turned in during the period named. Even with the record of the previous three weeks as a guide, it will be no easy task to estimate the returns of the other three weeks. On the other hand the prize is so valuable and desirable that most people will feel like making the trial, especially if they inspect the refrigerator itself, now on display at the Lynch Electrical Appliance Co., showrooms.

## Nourishing Food for Hungry Appetites

# PURITY FLOUR

Best for all your Baking

PF337

## Use Care in Picking Native Wild Flowers

How Canadians Can Have and Keep the Beauties of the Woods.

While it may not be the wild flower season in this part of the North for a month or two, it is still well worth considering the idea of conserving the beauties of the woods. There are scores of places in this immediate vicinity where wild flowers grow in great beauty. Along the banks of the Mattagami river, for instance, each summer sees wild roses in bloom making the landscape beautiful indeed. Those who feast their eyes on these wild flowers are naturally tempted to pick the flowers for adornment of the home. There are two things against this picking of wild flowers, however. First the fact that most wild flowers perish very quickly when picked. "They hardly last till you get home," as one lady once phrased it. The second reason is that thoughtless picking of the wild flowers threatens injury to the plants, with the result that finally if there is too much promiscuous picking of wild flowers, there will soon be no wild flowers at all. This doesn't mean that wild flowers should never be picked. The real idea is to "have the flowers and keep them too." So long as thought and care are used in the picking of wild flowers, no particular harm will result. It is admitted that the temptation to take some of the beauties home is very strong. In addition there are odd and unusual flowers that add to the temptation to pick. For instance, there are sections of bush in the vicinity where there are orchids that a flower lover would feel he or she simply had to take home to prove that they grew in this North.

The attitude that should be taken toward the wild flowers is very effectively presented by the following from the Dominion Dept. of Agriculture:—"From early spring until late autumn, the woods, glens and open spaces of Canada are made beautiful by a succession of wild flowers, more varied and as full of charm as the best gardens can provide. In all this glorious profusion, however, lurks a danger. Unfortunately many of the citizens, particularly of the larger centres of population, never give a thought to the fact that there may all too soon come an end to this great abundance of wild plant life through heedless destruction."

"The preservation of wild flowers does not mean that no one is allowed to pick a bloom, but it does entail due regard to the future of the plant. It demands a little thought. How is a plant to survive if there are not sufficient flowers left on it to form seed, and how can a plant possibly live if it is torn up by the roots, as is too often the case.

"Tearing a plant up by the roots to gain a bloom is wanton destruction and means only one thing—the passing of beautiful wild flowers from the Canadian landscape. Some species of wild flowers, such as violets, hepaticas, and others with flower stems rising directly from the roots, may be picked at will, so long as the plant body is not disturbed, but other wild flowers like the trillium, Ontario's floral emblem, should never be gathered freely, and as a matter of fact are best left alone in their natural setting, as the flowers cannot be picked without removing all the foliage on which depends the maturing of the bulbous root for the following season's crop of flowers.

"Conspicuous efforts have been made by the various horticultural societies throughout Canada to arouse public sentiment towards the proper protection of the native flora, and, though much has been done, still more organiz-

## CANADIAN MAID COOKING SCHOOL

Children Love This New Dessert

It's a real energy and body-building food, made richer yet more easily digested by Canadian Maid Evaporated Milk.



ed work is necessary on the part of all institutions in the Dominion to bring home the fact that unrestrained and destructive gathering of wild flowers will eventually cause the disappearance of the finest specimens of Canadian wild plants. It is a matter of public education, for people do not wantonly destroy beautiful things, far less flowers.

"In the United States, no fewer than 23 of the States have passed laws designed to protect wild plants. Those rules do not prevent the picking of wild flowers, but they do penalize the destroyer of roots and plants."

Barrie Examiner:—As an excuse for the allegedly low wages paid Toronto taxi drivers, the argument is advanced that the men receive substantial benefits from tips. Such a reason should not be considered in fixing wages. The travelling public pay the regular taxi charges, and should not be pestered by the tipping nuisance to pay a share of the man's wages.

## LOW-COST YEAR TO SEE



ROUND TRIP TOURIST CLASS ON LARGEST, FASTEST LINERS SAILING CANADA-EUROPE.

Go while exchange rates are in your favor and dollars buy so much more.

Canadian Pacific staunch ships sail via the St. Lawrence Seaway "39% Less Ocean" route. *Empress of Britain* from Quebec, \$258 up Tourist Class, *Empress of Australia* \$253 up; or, from Montreal and Quebec on state *Duchesse* \$233 up; popular *Monts* \$224 up... to British and Continental ports. Even lower fares for Third Class. Luxurious Cabin Class.

Apply to Local Agents or to Canadian Pacific Steamships, 87 Main St. W., North Bay, Ont.



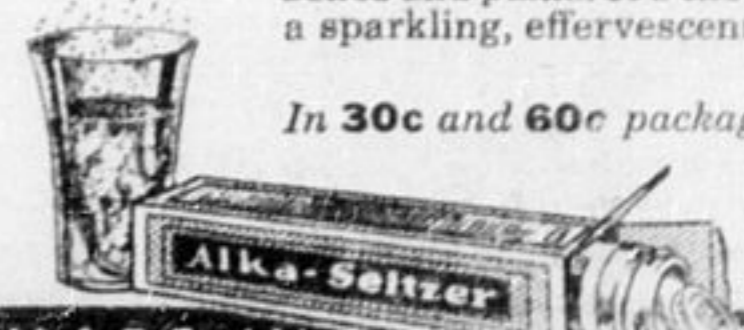
## Sneeze NO. 1

the first sign of a cold... CHECK IT WITH Alka-Seltzer



MOST serious colds start with a seemingly harmless sneeze—but that's the time you should apply the rule of prevention—take Alka-Seltzer. Alka-Seltzer helps in two ways. First because it contains an analgesic (sodium acetyl salicylate) you get quick relief from pain and discomfort. Then its alkalinizing agents help correct the cause of common ailments associated with hyper-acidity. Take one or two Alka-Seltzer tablets in a glass of water for colds, headaches, acid indigestion, distress after over-indulgence, muscular aches and pains. It's the new, pleasant way—a sparkling, effervescent solution you'll like.

In 30c and 60c packages at all druggists.



★ NOW MADE IN CANADA ★

## 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.



Save Time, Footsteps, Money and Serve Tastier Meals!

with ELECTRIC COOKING



Why spend hours on end in the kitchen this summer when you can have the perfect even cooking heat of an Electric Range at the snap of a switch. You cook tastier meals without fuss or worry and your kitchen is cool and comfortable. Electric Cooking ends cooking waste and retains the full nourishment value of every dish. Just make a small down payment. The balance on easy terms.

Canada Northern Power Corporation Limited  
Controlling and Operating  
Northern Ontario Power Company Limited  
Northern Quebec Power Company Limited