

Cool and delicious!

"SALADA"

ICED TEA

When Your Old Friends Are Guests at Dinner

Here is the Story of What Actually Happened at a Dinner to Which Edith M. Barber had Invited Some of her Friends. The Account may be of Value to Others.

I never have any trouble planning a menu when I ask friends—old friends—to dinner. When I call them up, they



By EDITH M. BARBER

say, "Oh, do have this or do have that." Dinner, in fact, usually turns into supper. It is usually the privilege of the first one invited to choose the dishes.



Founded 1857
ALBERT COLLEGE
Belleville

With Residential Accommodation
GRAHAM THE HALL MANOR
For Boys and For Girls and Young Women

Courses Offered:
Public, Lower, Middle School
Honour Matriculation
Second Year University (Queen's)
Business Administration and Commerce
Music and Dramatic Art
Physical Recreation

Principal and Head Master
Rev. Bert Howard, D.D.

Illustrated prospectus and information regarding Bursaries and Scholarships on request. Early registration recommended.

utes. Then add the potatoes, sprinkle generously with flour salt and pepper, add boiling water and cook 10 minutes. Arrange crackers in hot soup dishes and pour chowder over them.

Manhattan Clam Chowder
Substitute three cups of tomato juice for the milk in the above recipe. Add one teaspoon of thyme.

Copyright, 1938, by the Bell Syndicate, Inc.)

Poison Ivy, Menace to Children, Adults

Spraying the Most Practical Effective and Safe Method of Eradication

It has been said in past years that there is no poison ivy in this part of the North, but unfortunately this is not the fact. There is poison ivy in this area, and several have found this out to their bitter cost. It is true that this menace to well-being is, perhaps, not as common in the Porcupine area as in some sections of Ontario, but the pest is certainly present. It is also true that in this part of the country there seem to be only small patches of poison ivy, and that these may be avoided by careful people who are on the watch and know the dangerous weed. Also it is a fact that most people in the North knowing of a patch of poison ivy, at once try measures to eradicate poisonous weed. For these thoughtful people the following article by Purdon F. Love, publicity representative of the Ontario Dept. of Agriculture, Toronto, will be of particular interest:

Poison Ivy Is Menace to Children and Adults

There is an innocent looking weed rustling happily in the June breeze in anticipation of the thousands of children and adults it is going to infect this summer—unless some person will make it his or her business to administer a death-dealing blow—preferably by the chemical route.

Poison ivy is the bane of summer resorts and woodland stretches and now is the time for a real clean-up. It is found along fence lines, waste places, in fact almost any place where there is no cultivation.

A menace to health, it has been the cause of a great deal of suffering, hospital and doctors' bills and has ruined many a vacation. Visitors who have suffered from Poison ivy at a summer resort are not likely to return the following year.

How will you recognize poison ivy? Well, it is a low bushy perennial. The leaves are smooth and firm to leathery, coarse-toothed edges and ALWAYS IN GROUPS OF THREE. Leaves of the Virginia Creeper, for which the plant is sometimes mistaken, are in groups of five.

Chemical weed killers are easily applied and destroy all foliage and root system of poison ivy. Shallow rooted patches have been killed outright with a single application of sodium chlorate, one pound to a gallon of water. Care must be used, however, as there

BE BEAUTIFUL

By ELSIE PIERCE
FAMOUS BEAUTY EXPERT



JOAN FONTAINE has resisted the temptation to bob her hair and her long hair is braided to form a halo over head.
A view of Mary Ellen Best's study showing herself at here easel.

"Suppose My Hair Is Still Long"

A reader writes: "About 10 years ago I bobbed my hair. It took one deep breath and a dash of courage to do it. It took eight months for it to grow back. I have never bobbed it since. It seemed to me that I had stepped completely out of character. I felt that what little distinction I had (others had told me this, and so I repeat without egotism) was cut away with the long tresses. I was in my early twenties then so the thought of 'looking younger did not occur to me—it wasn't important. Now I'm wondering whether to bob again—will it make me look a little younger, will I be able to achieve more style with my hair shorter. I'm half hesitant, half fearful and this time the breath is hard and long. So much is said about coiffures these days—nothing about the long-haired lass. Can you help me?"

So by way of helping the reader I publish the picture of lovely Joan Fontaine whose hair is long even if not too long. She is one of our shining lights

who still has long hair. There are a few like her in Hollywood. And their shining halos are proof enough that one does not necessarily have to cut off the hair to gain distinction.

In fact, there is the type with madonna-like beauty, with chiselled features who looks better with hair longer.

Hair Must Shine

You may not be able to dress the hair in such a variety of styles, if it is long, but surely there are two or three lovely ways in which to "do" the hair. Joan Fontaine brushes the hair softly off the face into a low knot at the nape of her neck. A thick braid forms a crown over the top of her brilliant head. With the new upswung vogue, long hair lends itself beautifully to an upward arrangement. A few invisible little combs can come to the rescue. Try it for a change. But remember one thing: long hair must shine. Its beauty lies entirely in its color. Make up for the simple style by keeping every strand brushed, polished, colorful.

is a fire hazard with sodium chlorate. Write the Crops, Seeds and Weeds Branch, Ont. Dept. of Agriculture, Parliament Buildings, Toronto, for valuable pamphlet on Poison Ivy, which describes how to use sodium chlorate.

This weed is labelled "noxious" under the Weed Control Act, and must be destroyed. If you know where a patch of Poison Ivy exists, notify your municipal authorities at once.

Say Newspapers are the Best Advertising Media

Newspapers will continue to be the chief medium used by the combined life insurance companies of Canada in their "Life Insurance Service" campaign.

Plans for the series of the next year were laid at the recent meeting in London, Ontario, of the Canadian Life Insurance Officers Association. Other media have been considered but the major dependence will be placed on newspapers to bring the message of the institution of life insurance to the people of Canada.

The "Life Insurance Service" campaign is unique in its character as representing one entire branch of the industry. It is also outstanding in the fact that it has been running consistently for 18 years. The messages have dealt with the various services that life insurance is providing to policyholders, with the social and economic influence of life insurance as an institution, and with some scientific interpretations of the manner in which insurance functions. The whole object of the campaign is to keep the people of the Dominion informed of the manner in which their premium dollars are handled to bring them widespread benefits, and the trustee relationship the insurance companies hold to their policyholders.

Canada Goose Established Now in the Old Country

(London Telegraph)

It is always a pleasure to mark a flock of the fine black-throated Canada geese which haunt such meres and broads as those of Cheshire and East Anglia. More than 200 years have passed since they were introduced. Now they have been endowed with an English name, the cravat goose, from the white patches on the sides of their faces.

Brandon Sun: Being short of jokes we asked the Mrs. if she knew anything funny. She just looked at us and burst out laughing.

SALLY'S SALLIES



When a man sings in his bath it shows that he is happy—or else that the door won't leak!

Slabs and Coal

our variety of coal
Coke — Welsh Anthracite — Pennsylvania Blue — Briquettes — Alberta — Pocahontas — Buckwheat — Nut Slack — Steam Coal and Cannel.

FRANK BYCK

COAL AND WOODYARD AND OFFICE
86 Spruce South Phone 32 Timmins



That Body of Yours

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

How Regular Play Prevents Child From Tiring Easily

When we were youngsters returning from school in the afternoon, it was our custom to get a slice of bread and butter covered with brown sugar, then go out to play until the hour of the evening meal. Today, while many parents give their youngsters food after school—milk, candy, bread and butter, a banana or orange—many other parents feel that it is unwise to give children food 'between meals', and the youngster gets no food between lunch and dinner, or dinner and supper, which ever happens to be the daily routine. He is often then too tired to want or digest food.

Now before the school age or when youngsters are "picky" about food, it may be wise to not let them eat between meals but a growing boy or girl who wishes to be outdoors playing after school should have some food to "play on." This little extra supply of food gives them the strength with which to play and the play actually uses up this extra food so that the child needs food again at the evening meal.

How is it known when a youngster needs food?

The food that gives energy with which to play is the starch or sugar foods. If there is not a normal amount of sugar in the blood there will be a feeling of weakness and tiredness. Play or exercise not only uses up sugar but manufactures lactic acid. The amount of lactic acid in the blood shows the amount or degree of fatigue or tiredness of the individual.

Now, what has play to do with fatigue and sugar or starch?

Drs. Frederic W. Schultz and Eleanor Blish in American Journal of Children's Diseases, in investigating the use of sugar in children with an empty stomach, found in children who were weak that after eating sugar there was a great rise in the amount of sugar in the blood, whereas in children who were rugged or normal the rise in blood sugar was not so great. That is, the rugged children did not need the sugar so much as there was not so much lactic acid in their blood. They did not get tired so soon.

The big point, however, discovered by these research workers was "The child's ability to play or exercise for a longer time and to do more work with less production of lactic acid was more dependent on training (playing regularly) than on the effect of eating the sugar. The influence of training was so marked that it overshadowed



the amount of good done by the sugar. Encourage your youngster to play regularly after school.

Eating Your Way to Health

Send today for this special booklet by Dr. Barton entitled "Eating Your Way to Health" (No. 101). It deals with calories, starches, sugars, proteins, fats, vitamins and minerals, and what and how much to eat. Send your request to The Bell Library, 247 West 43rd St., New York, N.Y., enclosing 10 cents to cover cost of service and handling, and mention The Advance, Timmins. (Registered in accordance with the Copyright Act.)

Lord Tweedsmuir in The Rotarian: "I am inclined to agree with what a friend of mine is never tired of declaring, that the horse is the basis of civilization, that the speed of a horse is the maximum speed for a civilized man, and that anything beyond that is barbarism."

"CANADIAN MAID" COOKING SCHOOL

My Economy Mayonnaise

You'll say this is the perfect finish for a crisp, cold salad—no eggs—no trouble—and Canadian Maid makes it perfect every time.

TODAY'S RECIPE
Mix thoroughly together—
1/2 cup salt, 1/2 cup dry mustard,
1/2 tsp. sugar, 1/4 tsp. granulated sugar, and few grains
Cayenne. Add 3 tbsp. Canadian
Maid Milk and blend. Beat in
1/2 cup salad oil. Add 2 tsp.
vinegar, beating till smooth.
This makes one cup of grand
mayonnaise.
Be sure you use Canadian
Maid—for a velvety smooth
mayonnaise.



COOK with ELECTRICITY

Dependable
Time-saving
Economical
Healthful



GENERAL ELECTRIC
HOTPOINT RANGE

After your first week with an Electric Range you will wonder how you ever managed with old-fashioned methods.

Your cool, clean kitchen will seem like a palace. The days of ashes, kindling and sulky fires will seem like nightmares.

With an Electric Range, you have quick, even cooking heat at the snap of a switch for just as long as you want it. You save endless footsteps.

The full-flavor and nourishment value of every dish is retained. Food goes farther. You save money. Free yourself from mealtime slavery. Cook with electricity.

Canada Northern Power Corporation Limited

Controlling and Operating
Northern Ontario Power Company, Limited
Northern Quebec Power Company, Limited

OH, PA! WANT TO HEAR MY POEM?
—MA SAYS IT'S PRETTY HOT!

"WHEN THE SUN WE'VE BEEN DEIFYING 'TIL OUR HIDES BEGIN TO SMART THEN WE DURHAM START APPLYING SO'S TO MAKE THE HEAT DEPART!"

GLUB! GLUB!

Yes Sir! and Yes Mam!—this summer you may find this suggestion mighty handy. Gently cooling and soothing—this pure, handy corn starch helps draw out the sting and relieve the smart of sunburn. D837

DURHAM
CORN STARCH

DURHAM
CORN STARCH

A Handy Friend to Many!