

Cool and delicious! "SALADA" ICED TEA

Cheese Given Honour of First Manufactured Food

Placed in the Staple Food Class. Cheese Belongs to the Main Course of a Meal. May Replace Meat or Fish. Some Recipes.

Cheese has the honour of being the first manufactured food. Its discovery, was probably accidental. When milk was carried in a skin bottle made from a goat's stomach, it came in contact with the rennin which remained, and

other. We also are accustomed to serve many cooked cheese dishes on toast and for a very good reason. One cheese made of whole milk is about equal to another made in the same way. Cheese made from skimmed milk, while it is lacking in fat, provides a larger percentage of protein. This essential requirement of the diet is provided in its best form by every type of cheese as well as by milk. While we may all enjoy a bit of cheese after dinner, because of the tang which its flavour provides, it actually belongs in the main course of a meal to replace meat or fish from time to time.



(By Edith M. Barber)

separated into curds and whey. Since that time milk curd has been the basis of cheese manufacture.

Cheese retains most of the food value of milk and is, of course, a concentrated food. All European nations have innumerable kinds of cheese of varying texture and flavour. In many of these countries cheese furnishes the largest amount of protein used daily.

Cheese should be considered a staple food rather than an accessory. The custom of putting bread and cheese together is excellent from a nutritional standpoint, as one supplements the

Peached Eggs on Cheese Toast

12 slices bread
Butter
1 cup cottage cheese
2 tablespoons minced onion
1 teaspoon paprika
6 poached eggs
Saute sliced bread in butter until light brown on both sides. Spread with cottage cheese, mixed with onion and paprika. Have ready six poached eggs and arrange on 6 slices of toast. Pass the extra toast.

Tomato Rarebit

1 pound soft cheese
Paprika, pepper
½ teaspoon salt
½ teaspoon mustard
1½ to 2 cups tomato soup

Cut the cheese in small pieces, add mixed seasoning and cook over a low fire until melted. Add enough tomato soup to thin the mixture so that it may be poured on slices of toast.

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Halifax Herald:—In the light of revelations such as these it is not difficult to understand why Prime Minister Chamberlain remains steadfast and unmoved when critics and firebrands rave about "national pride," "prestige," and "courage." To fling Britain into war to protect camouflaged shipping companies all in the profiteering game would be madness indeed, and far from some statesmanship; and Mr. Chamberlain rightly shrinks from such a policy.

SNAP
Cleans Dirty Hands

BE BEAUTIFUL

By ELSIE PIERCE
FAMOUS BEAUTY EXPERT



Work up a fluffy soap lather with your finger tips when you shampoo your hair and rub the scalp vigorously to loosen bits of dry skin and dust.

Keep Your "Topknots" Tubbed and Scrubbed This Summer

That scrubbed, tubbed look is an enviable asset during the summer particularly, so strive for it, right to your very topknots. As a matter of fact, keep your hair scrupulously clean, sparkling and lovely. Then you won't have any quarrel with the hatless vogue which warm winds inspire.

Remember that the sun is pretty much of a paradox. On the one hand it reveals all the lovely highlights and all the brilliant colour of the hair. On the other, it shows up every flaw, every imperfection of colour and above all, every grain of dust or dandruff.

Remember, too, that the scalp throws off sweat and oil secretions in great abundance during the summer. It is constantly shedding bits of flaky skin. Dust and soot become embedded in the scalp and hair. Regular brushing helps to remove surface particles, but shampooing is the only way to get rid of them entirely.

The Question of "How Often"

The theory that frequent shampooing is bad for the hair is out of date; it has long since been exploded. And any woman who deliberately lets her hair grow lustreless and drab through lack of shampoos is needlessly sacrifi-

cing one of her greatest claims to charm. How often to shampoo? The question is best answered "as often as you need to; as often as the hair seems dirty." If you spend most of your time in the average home or office every week or ten days is usually about right. On the other hand, if you move to the beach for the summer, or live in dusty surroundings, you may need at least two shampoos a week.

Simple Routine at Home

Even if you are in the habit of having your shampoos in the luxurious surroundings of a fine beauty salon, it is well to familiarize yourself with the home routine. You may be away for a week-end or a week, a good distance from a beauty shop; or you may be travelling. It doesn't hurt to know that it is best to use soap in jelly or liquid form; that if you use cake soap you can shave and melt it in hot water; that the rinsing is even more important than the soaping and so on.

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Thoughts on Girls Banks, Discretion

How Much is Ten Shillings in Canadian Money?

Writing recently in The Toronto Telegram Thomas Richard Henry has the following in his column:—

The Test

A. T. B. writes to say we are too hard on the modern girls. We presume A. T. B. is walking around in that rosy haze that comes at the period of a young man's life when he experiences chivalrous emotions, etc.

We suggest one test for his lady love. We suggest that he go swimming with her; that he take her by the nape of the neck, remove her bathing cap and carefully dunk her head under water.

While her head is under water he should scrub her face with his free hand. Then he should pull her up to the surface, and look at her very carefully. He will see the foundation on which the permanent waves, the paint and the lip rouge is built.

If he still likes what he sees, he can go ahead and marry the girl.

Discretion

James H. Rand, Jr., chairman and president of Remington Rand Incorporated, told the annual meeting of stockholders recently, that the company would complete the reinstatement of workers, in compliance with an order of the United States National Labour Relations Board.

It seemed a fairly good reason for re-instating the men.

A Generous Bank

A Telegram artist received a ten-shilling note from England recently. He sent a boy to the bank to get Canadian money.

The boy brought back \$4.45. We know there is something wrong with the story, but that is the way it happened.

Incidentally the artist gave the bank teller a second chance to figure out how much ten shillings amounted to in dollars and cents.

An Early Start

Yesterday a business man showed us a blank that had been filled out by a man seeking employment.

The man was 32 years of age and stated he had been employed by one firm for 6½ years, by another for two years, by a third for two years, another for 5½ year and still another for five years.

Those periods of employment would seem to suggest that the man had not been out of work much since he was 11 years of age.

Exchange:—How difficult to draw the line between genius and insanity.

These are Peaches of Peach Recipes

Prepared and Tested by Home Economists of Dept. of Agriculture, Ottawa.

(From Ottawa Dept. Agriculture) It is peach time in Canada. Early varieties of peaches grown in the Niagara Peninsula, Ontario, and in the Okanagan Valley, British Columbia, are now on the market and will soon be followed by later varieties. This year the crop of peaches is a good one, and the quality is excellent. Of all the fruits grown none is more luscious nor more healthful than peaches. The following recipes may prove timely:—

Peach Ginger Shortcake

¼ cup butter
1 egg
½ cup sour milk
½ teaspoon ground ginger
1½ cups flour
½ cup brown sugar
½ cup molasses
½ teaspoon soda
½ teaspoon ground cinnamon
1 teaspoon baking powder

Cream butter and sugar, add egg and beat well. Add molasses, then sour milk, to which soda, ginger, and cinnamon have been added. Mix well, then add flour and baking powder sifted together. Bake in greased pan 50 minutes in slow oven (325 degrees F.). Split while hot and pile fresh sliced sugared peaches generously between and on top. Whipped cream may be served if desired.

Peach Muffins

2 cups flour
½ teaspoon salt
1 egg
¾ cup butter
3½ teaspoons baking powder
¼ cup sugar
1 cup sliced peaches
1 cup milk

Mix and sift flour, baking powder, sugar, and salt. Beat egg and milk and add to sifted ingredients. Add peaches. Stir as little as possible to blend well. Bake in moderate oven (350 to 375 degrees F.) 25 minutes. Serve hot.

Fresh Peach Cobbler

6 large peaches
1 egg
2 tablespoons butter
1½ cups flour
¾ cup milk
¾ cup granulated sugar.

Peel and slice fresh peaches. Sprinkle each layer with sugar. Make a batter of the ingredients and drop by spoonfuls over the peaches. Bake ½ hour in hot oven.

Fresh Peach Crumbly Crust

1 cup flour
1 cup sugar
6 peaches
½ cup butter

Peel and slice fresh peaches and sprinkle ½ cup sugar over them. Mix remaining ½ cup sugar with flour and rub in butter until well blended and of crumb consistency. Spread over peaches and bake in moderate oven ½ hour. Serve hot or cold.

Funeral of the Late Mrs. S. McPherson

Large Attendance and Many Beautiful Floral Tokens at Funeral of Former South Porcupine Resident

South Porcupine, Ont., August 10.—(Special to The Advance)—The following clipping for a Toronto paper will be of interest to many in the camp. Reference has been made in the South Porcupine column to this, but Mr. E. Jones, who returned from the funeral this morning, has brought further particulars:—

"Streetsville, Aug. 4th—Mrs. Stanley McPherson died at her home in Streetsville yesterday following a lengthy illness. Born in Wales, 41 years ago, she was Kathleen Jones before her marriage. She had been a resident of Streetsville for the past 6 years and had come from Wales to Canada as a child. During her residence in Streetsville Mrs. McPherson was a member of the United Church.

Surviving are her husband, her mother, Mrs. S. A. Jones of South Porcupine; four brothers, Ernest of South Porcupine, William, Hugh and Robert of Toronto, and two sisters, Mrs. Wm. Harrison of Mount Dennis, and Mrs. Horace Bond, of Fairbank."

Mrs. McPherson was buried in Prospect cemetery, Toronto, from the home of her sister, Mrs. Wm. Harrison, of Mount Dennis, on Saturday, August 6.

Pallbearers were: Messrs. William Harrison, Hugh Jones, H. Bond, W. Jones, Kenneth McPherson and E. Harrison.

Floral tributes were numerous and beautiful and included several from South Porcupine and Schumacher:—Sisters and Brothers; Mother; Stan; Uncle Will and Family; Alice; Violet Boure; Mr. and Mrs. Silverwood; Betty McDonald; Dorothy and Bill; Legion Post 139, Streetsville; United Church, Streetsville; Mr. and Mrs. Charles McInnis; Mrs. Ireland; Mrs. Leroy; Velma Armstrong; Harry and Irene; National Drug Co.; Dr. and Mrs. Montmarro; Pearl Kennedy; George and Jim Morgan; Annette and Fred Ellis and Family; Wilf and Mary; Officers of United Drug Co.; Leonard and Gladys Bond; Mr. and Mrs. Payne; Mr. and Mrs. B. Root; Church Family; Mr. and Mrs. D. A. McEllan; Mr. and Mrs. Boag; Mr. H. McSee; Mrs. Greig; Mother, Kenneth and Edna; Mr. and Mrs. Fred Mason; Aunt Kate Herdman and Girls; Streetsville Business Men's Association; Mr. and Mrs. Meredith;

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That Body of Yours

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

It Is How Fast You Work or Exercise That Governs Amount of Food Needed

If you work hard physically, you will need more food than if you sit or stand about an office or in the home, nevertheless when you are just sitting, or even lying down, you need food because the body processes go on day and night—the full 24 hours.

The huge muscles that cover the entire body use up more energy and therefore more food is required than is used or needed by the other tissues of the body.

In a special article in the Canadian Medical Association Journal on Diet and Nutrition, Dr. I. M. Rabinovitch, Montreal, says:

"The expenditure of energy by the body depends to a very large extent upon active protoplasmic mass (the active or living part of the body cells) and the greater part of this mass is in the muscles. When engaged in any occupation, therefore, the primary or main factor which governs the need of food is the degree of muscular activity (work or exercise). Women need less food than men usually because they are, as a rule, smaller and less muscular. Their main value, from the physical standpoint and food needs, is about four-fifths."

Showing that the body uses up energy (and so needs food) during the entire day and night, the following daily food needs of a metal worker are of interest.

8 hours at work at 240 calories	1920
heat units per hour	240
5 hours of sitting at rest at 100 calories per hour	600
2 hours of light exercise at 17 calories per hour	340
8 hours of sleep at 65 calories per hour	520
Total	3380

Showing that the same kind of work requires about the same amount of food in the average individual wherever he lives is shown by the following table:

Farmer in Connecticut	3410
Farmer in Vermont	3635
Farmer in New York	3785
Farmer in Mexico	3435
Farmer in Italy	3565
Farmer in Finland	3785

Although food intake is now counted in amounts of heat units or calories,

the total food intake is not the only factor to be considered; that is vitamins and minerals, and the particular amounts of the regular foodstuffs—protein, starch and fat. Dr. Rabinovitch points out that as starch foods are the foods that supply energy, fatigue or tiredness may be prevented or delayed by eating more starch food. Also much less food is needed by the body if work is done slowly than if done rapidly, just as a motor car during a "normal" rate of forty miles an hour might require twice as much gas if it were going sixty (not eighty) miles per hour.

Eating Your Way to Health

Send to-day for this special booklet by Dr. Barton entitled "Eating Your Way to Health," No. 101. It deals with vitamins, minerals, proteins, starches, fats, calories, and what and how much to eat. Address your request to the Bell Library, 247 West 43rd Street, New York, N.Y., enclosing ten cents to cover cost of service and handling, and mention The Advance, Timmins.

INFORMATION WANTED

regarding the descendants of those who took part in, exhibited at, or attended the Canadian National Exhibition during its early years.

FOUNDERS' YEAR

This year marks the Diamond Jubilee of the Exhibition, and as such it has been set aside as "Founders' Year" in honour of those men and women who supported the Exhibition during those early years by their organizing ability, their exhibits or their attendance. A special effort is being made to locate as many as possible of the descendants of those far-seeing pioneers, and to hold a gala reunion on the opening day of the Exhibition.

For registration card write to or call in at Canadian National Exhibition office, 8 King St. West, Toronto.

New Attractions This Year

Royal Artillery Band
For the first time in history this famous band is leaving the British Isles to visit the C.N.E. Band concerts daily from the specially constructed Band Shell on the grounds.

Guy Lombardo... Benny Goodman... Tommy Dorsey

An enormous marquee has been erected covering a dance floor 250 feet by 90 feet. Here the maestros of sweet and swing music will conduct their famous orchestras. Come and dance.

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