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For Week-end Parties in The Odd Fine Weather

When Labour Day is Past, So is the Most of the Summer. Only the Odd Fine Day. About the Picnic or Week-end Party That May be Held When the Weather's Fine.

Although the Labour Day week-end no longer signals the end of the season's outdoor life, it heralds the fact that summer is practically over. We realize that we have not carried out half of the plans we made early in the spring. Week-end parties are likely to

much work. Guests will like to feel that they are not putting the hostess to inconvenience, if the round of golf has been delayed or if that extra swim could not be resisted. Announcement can be made at breakfast that there will be a buffet luncheon and guests can help themselves to sandwiches, salad, cold drinks, fruit and cookies.

A picnic on the beach or in the woods for the main meal of the day on Sunday or Monday may be a good idea. While there are preparations to be made beforehand, there is usually to be found a male guest or the host himself, who will be glad to take over the responsibility of making the fire and cooking the chops, steak, ham or frankfurters, which are indicated at an outdoor meal. It is just as well not to count upon potatoes and corn roasted by means of an open fire, unless you have a real expert in your midst. Creamed potatoes made at home may be reheated and corn can be easily boiled if the fire is made early enough to get a huge kettle of water boiling. The very sight of a large picnic coffee pot will make the guests certain beforehand that they will enjoy the meal. You have probably noticed, as I have, that no matter how big the thermos jugs are, they never seem to hold enough coffee.

If you are living near a beach, you may like to plan for an old-fashioned clam bake, but be sure you have an experienced supervisor, who is ready to spend the time it takes to lay the bed of stone and kindling wood, to add more stones when the fire is right and to keep on repeating the process until the stones are red hot. Besides the clams, there may be lobsters, chicken or fish, onions, corn on the cob and sweet potatoes, all of which will cook after the embers have been raked from the red hot stones in about two



(By Edith M. Barber)

be large for this long holiday. Extra guests are likely to drop in and food supplies must be plentiful. To plan the marketing for a three-day holiday is no small thing, aside from the preparation of the food itself.

The wise hostess will plan for informal luncheons, which will not make her or her assistants, if she has them,



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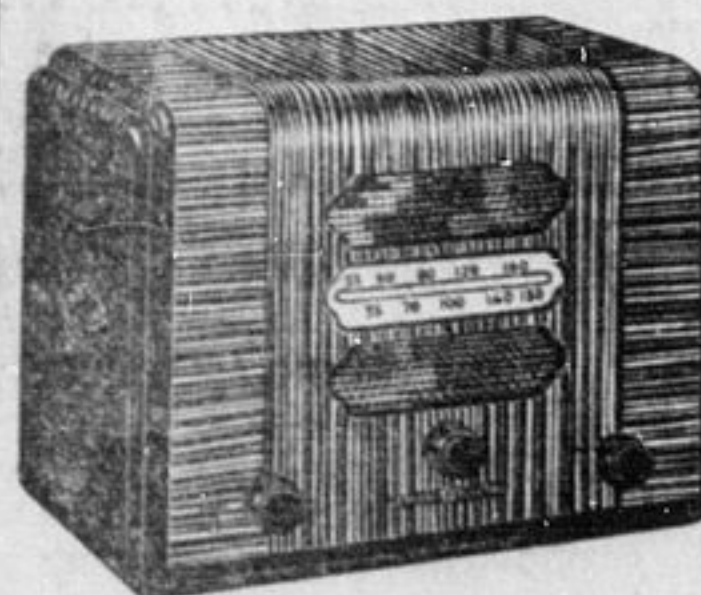
Enjoy the improvements on the new models

This year's radios are better than ever—better in tone, better in performance. Easier tuning methods, more accuracy in getting foreign stations—all the refinements that radio and sound experts have added this year are available now. And the cabinets are real masterpieces of the designer's art. We have all sizes at prices to fit every budget.

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hours, if covered tightly with canvas. If you have not a fire-maker among you, one who is willing to select every piece of drift wood or brush wood by hand, it is better to be a sissy and use charcoal for whatever kind of a fire you need. By the way, you will find that meat cooks better over a charcoal fire if the glowing coals are sprinkled lightly with water during the process.

For the home meals, simplicity should be the rule. Although they may be commonplace to you, guests will remember that special Brown Betty, that peach pie or shortcake, that rich spiced cake, those creamed potatoes, that favourite cheese dish, that onion soup or any of your other home specialties.

Onion Soup Au Gratin
4 large onions
2 tablespoons butter
1 quart beef broth or four bouillon cubes, dissolved in four cups of boiling water.
1 teaspoon Worcestershire sauce
1/4 teaspoon salt
Pepper
French bread
Grated Parmesan cheese

Slice onions thin and brown in the butter. Add more butter, if necessary, to keep them from burning. When onions are tender, add beef broth and seasonings. Bring to the boiling point. Pour soup into earthen casserole, arrange slices of toasted French bread on top, sprinkle with cheese and place under broiler flame to melt and brown cheese.

Coffee Nut Cake
1/2 cup shortening
1 cup sugar
2 tablespoons water
2 eggs
1/2 cup chopped nuts
2 cups cake flour
3 teaspoons baking powder
1/2 teaspoon salt
1/2 cup strong coffee.

Cream shortening, stir in sugar gradually and cream together until light and fluffy. Add water to eggs and beat until light; add to creamed mixture and beat well. Add nuts and blend. Stir in flour, which has been sifted, with baking powder and salt, alternately with the coffee, beating after each addition until smooth. Pour batter into two eight-inch greased layer cake pans and bake in a moderate oven (375 degrees Fahrenheit) thirty to thirty-five minutes. Ice with mocha frosting.

Mocha Frosting
1/2 cup butter
4 cups sifted confectioners' sugar.
1/2 teaspoon vanilla
1/4 teaspoon salt
1 ounce unsweetened chocolate, melted.
1-4 cup strong coffee (about)

Cream butter, stir in half the sugar gradually, blending well after each addition. Add vanilla, salt and chocolate and mix well. Stir in remaining sugar alternately with the coffee until of right consistency to spread. Beat well after each addition.

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That Body of Yours

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

The Golden Rules of the Cancer Examination

Because cancer stands near the top as a cause of death, all over the world scientists are working hard and long to discover its cause, and cancer organizations are raising money and spreading everywhere the knowledge of the symptoms of cancer in its early stages. There is another branch of work on cancer which has been growing steadily that is not well known or appreciated, and that is the knowledge physicians everywhere are gathering and passing on to one another. Thus Dr. Frank E. Adair in Southern Medicine and Surgery outlines to his fellow physicians ten golden rules of the examination for cancer:

- Examine the lips, tongue, cheeks, tonsils and back of throat for persistent ulcerations, the larynx (where vocal cords are located) for hoarseness, and the lungs for persistent cough.
 - Examine the skin of the face, body, hands, and feet for scaly, bleeding warts, black moles, and unhealed scars.
 - Examine every woman's breasts for lumps or bleeding nipples.
 - Examine tissue beneath skin for lumps on the arms, legs, or body.
 - Investigate any symptoms of persistent indigestion or difficult swallowing. Palpate (examine with fingers) the abdomen.
 - Examine the lymphnode system for enlargements (glands) of the neck, in the armpit, and in the groin.
 - Examine the uterus for enlargement, tearing, bleeding, or new growth. Using both hands to determine the condition of the ovaries.
 - Examine the rectum and determine the cause of any bleeding or pain.
 - Examine urine under microscope for blood.
 - Examine the bones, and make an X-ray of any bone which has a boring pain worse at night.
- I believe that anyone undergoing such a thorough examination for cancer, whether or not there is a single symptom present—lump, sore, bleeding, pain, indigestion, or other—will leave the physician's office calm in mind, knowing that at the present time anyway, cancer has not made a start, and also that practically all cases of cancer in the early stage can be cured.
- HEALTH BOOKLETS AVAILABLE**
Eight helpful health booklets by Dr. Barton are now available for readers low: Place one-inch-square pieces of

Beauty and You

by PATRICIA LINDSAY



MARY HOWARD is one young beauty who believes in plenty of sleep. "Outdoor exercise makes me want to get to bed early," says she, "and night after night I sleep ten hours." A glance at her is enough to recommend that every young girl do likewise.

BEAUTIES MUST SLEEP

Man is a peculiar animal. So frequently he fights that which is good for him. Diets that bring strength and sleep which allows a body to recover from the fatigue of daily work!

How many young girls do you know who actually dislike getting to bed at a sensible hour? Parties until dawn mean more to them than a night's rest—until they see their beauty fading! And fade it will, rapidly, unless you get sufficient sleep.

How Much Sleep Does a Beauty Need?

A prominent life insurance company recently made a research on sleep. They discovered that "teen age girls really need more sleep than younger children because of their increasing growth. Eight hours is usually considered to be the length of time that a healthy adult should sleep nightly. Some people need more, some people need less. Each person must be the judge of the amount of sleep which brings her rested to a new day.

"However," the report continues, "there is more to sleep than just going to bed and staying there a certain number of hours. How well we sleep is as important as how long we sleep."

To Battle Insomnia

If you have difficulty in getting to sleep after you have gone to bed, it is suggested that you plan for a good night's rest. Your bed should be comfortable, your blankets light in weight and warm, the room quiet, dark and air. Your evening meal should be of easily digested food and if you need to coax slumber still more, take a tepid bath just before retiring—no brisk rubbing with the towel, rather a lazy drying of your body. Drink a glass of milk and then hop into bed and read a non-exciting book until your eyes just will not stay open!

Sleep a Beautifier

Sleep is so essential to a woman's good looks that a few consecutive nights without it will make her look haggard, with lifeless hair. Her normal cheerful disposition will change into a cross, irritable one.

Your body calls for rest. You must give it rest. Learn to love your bed hour. Make every preparation you can to fall asleep in a relaxed frame of mind so that the night hours will bring you fresh beauty and the following day will be lived smoothly and happily!

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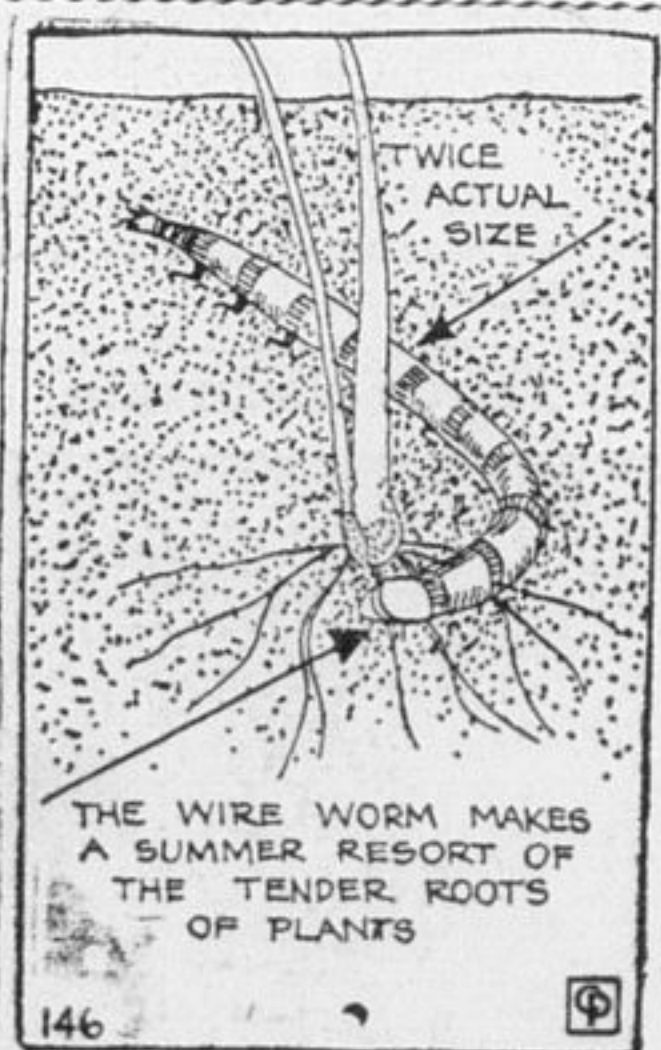
of The Advance. They are: Eating Your Way to Health; Why Worry About Your Heart?; Neurosis; The Common Cold; Overweight and Underweight; Food Allergy or Sensitiveness to Various Foods and Other Substances; Scourge (gonorrhoea and syphilis); and How Is Your Blood Pressure?

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 Ont.

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Weekly Garden-Graph

by DEAN HALLIDAY



Trapping Wire Worms

Wire worms are a menace to the lawn, flower beds and vegetable garden. They are often found in abundance in light soils. Plants which have been attacked by wire worms begin to look sickly and when dug up it will be found that the worms have eaten practically all the roots.

Shown in the Garden-Graph is a picture of the wire worm about twice the size of the actual worm. The worm is the larva of the click beetle. It is 1 1/2 inches long, slim and either orange-brown or yellow in colour. As these worms line to ripe age of five years, they provide a perennial problem for the gardener.

From England comes a new idea in fighting wire worms. This is to trap them by appealing to their greediness. The method of trapping them is as follows: Place one-inch-square pieces of

carrot two inches deep in the soil, a foot apart. Have the pieces of carrot split with a small stick so they can easily be pulled up. The wire worms which will be found clinging to the pieces of carrot can then be dropped into a can.

Another Landmark of the Town Has Disappeared

An old-timer of the camp, who had been away for a few weeks on a trip, returned to town a couple of nights ago. Meeting a few friends a few drinks were enjoyed in celebration of the trip, or the return, or just the drinks. Then after the manner of the old-timers they quietly went their several ways about their own affairs. It wasn't long before the returned old-timer remembered the fact that he hadn't had a meal for several hours. Accordingly, he headed for his favourite eating place after the manner of old-timers. It seemed to him that he passed scores of cafes, but he knew his way all right and eventually landed at the right place—but it wasn't there anymore. "You can't leave this town a minute any more without something happening," he said. "Why, the Goldale Cafe has been here for fifteen years or more," he added, "and before that the Chinaman who run it used to be at Fat's Cafe when there was hardly any town here at all." The old-timer considered the matter a grievance. It didn't help much to explain to him that the expansion of a store in the Bardessono Block made it necessary to take over the Goldale premises, and that the Chinaman had been unable to secure suitable other premises, and so had decided not to re-open. "It would be bad enough for them to move, but to go out of business altogether!" he muttered. "There should be a law against it!"

Ownerless Teeth Being Held at Pembroke Now!

(Pembroke Standard-Observer)
Some one in Pembroke or district is minus a perfectly good set of upper teeth, which are in the hands of police who have no use for them and would like to find the owner. The teeth were found at Riverside Park, near the men's bathing hut, and were probably lost by someone attending the Labor Day picnic. Perhaps he yawned while watching the ball game and the denture dropped out. The owner may recover his teeth on application at the police station.

NU-WALL the low cost washable wall paint!



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Death of Mrs. S. Jones, of Kirkland Lake Last Week

Kirkland Lake, Sept. 10.—Mrs. Selwyn Jones, wife of Mr. D. R. Jones, 45 McCamus avenue, passed away on Wednesday afternoon, after a lengthy illness. Mrs. Jones, who had just passed her 29th birthday, is survived by her husband and two sons, Joe and Dickie, her parents, Mr. and Mrs. W. D. Jones, and one brother, Ellis Jones. Her husband, "Dave" Jones, is leader of the Welsh choir.

After resting at her parents' home, 45 McCamus avenue, funeral services will be held at Trinity United Church, on Sunday afternoon, at 1 o'clock, with interment at Kirkland Lake cemetery. Mrs. Jones was a member of Trinity United Church, the Ladies' Auxiliary of the Canadian Legion, and the local chapter of the Women of the Moose.

ried couple. To each page was assigned the name of the composer, who had given their version of future highlights, yet to be realized by the bride and groom.

The hostess, Miss D. Wilson, then served a most tasty lunch to the guests, which was thoroughly enjoyed by all.

Included in the guests were: Mrs. D. Hay, Mrs. J. S. Brown, Mrs. Geo. Wilson, Sr., Mrs. Geo. Wilson, Jr., Mrs. C. S. Jesup, Mrs. R. Biggs, Mrs. F. Butterfield, Mrs. C. Butterfield, Mrs. L. Rathwell, Mrs. Geo. Cameron, Miss Olive Cameron, Miss Bernice Hay, Miss Kay Hay, Miss Elmerie Varette, Miss Gwen McMillan, Miss Donna Simpson, Miss Florence Storm, Miss Peggy Hogg, Miss Audrey Cannon and Miss Beatrice Vanier.

Sudbury Star: A tells-all magazine hints that Hitler has had other love affairs than the one with Hitler.

Surprise Party Held at Iroquois Falls Last Week

Iroquois Falls, Ont., Sept. 7.—(Special to The Advance)—The many intimate friends and relatives of the recent bride, Mrs. Patricia Brown, assembled at the home of Miss Dorothy Wilson, on Tuesday evening, where a most delightful surprise shower was given in the bride's honour.

Pretext of a friendly visit to Miss Wilson's turned out to be this most enjoyable occasion, in which Mrs. Brown was the recipient of many valued and cherished miscellaneous gifts, including linen, chinaware, cutlery, lamps, and kitchen ware.

Following the thrilling moments of unpacking the beautiful gifts, the ladies participated in a unique game of composing a honeymoon picture book, depicting the future life of the mar-



Dentists recommend Wrigley's Gum as an aid to strong, healthy teeth, cleanses them of food particles, massages the gums. Aids digestion, relieves stuffy feeling after meals. Helps keep you healthy! Take some home for the children too—they will love it!

1	2	3	4	5	6	7	8	9
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ACROSS
1—Stains
5—Clutch
6—Old form of the
11—From the in- doors
13—On the lee
14—Snatch away
15—An implement used for washing floors
18—Distance made by a vessel in one tack
19—An entrance
21—Jots
23—Low
25—Affirmative vote (variant)
27—Letter N
28—Conjunction
29—Because
30—Fourth note of the scale
31—For example (abbr.)
32—A stableman
34—Examinations (colloq.)
36—Period of time
37—Pronounced
38—A fairy vessel in one
41—Male parent
43—Petroleum
45—Form of en before 1
46—A rascal
47—Ties with a cord
20—A county in south central New York
22—Savory
24—Letter R
26—Metal tubes of guns
29—The Roman pound
30—Dreaded
31—Additional
32—Capital of Norway
33—General of Confederate army
34—A kind of narrative poetry
35—Pronoun
37—A doll
39—A white lie
42—Letter M
44—Chinese measure

DOWN
1—Nicknames
2—Made of lead
3—Sign of the infinitive mode
4—An amount
6—Sun god
7—Calm
8—Beholds
9—Small, pointed piece of wood
12—Labor
15—A storage crib
17—Post Office

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