

What Would You Choose as Your "Last Breakfast"

Edith M. Barber Favours All the Breakfast Foods—Bacon, Porridge, Orange Juice, Marmalade, Cinnamon Buns, Buckwheat Cakes, and Thin Toast.

My last breakfast on earth? What would I choose? As long as this is a material dream, first of all I would wish for a large appetite and an enlarged capacity, so that I might indulge for once in all my favourite foods. A special dispensation would, on second thought, not be necessary as far as appetite is concerned. All I would need would be the tantalizing



By EDITH M. BARBER

odor of bacon sizzling in the pan! It's like raw meat to a tiger.

All the foods which are associated with breakfast are my favorites. Most of them I eschew except on Sunday mornings when I choose that two-meal-a-day plan. This abstinence is not entirely on account of the much-sought-after sylph-like figure, although sub-consciously this may enter into the matter. The fact is that apparently I can earn a better living on a non-too-full stomach.

For my last breakfast on earth, therefore, I would like the capacity to make up for all the lean days in the years. I would not leave out that long glass of orange juice, without which I can not now begin my day. Perhaps I would increase the number of cups of coffee, the fragrant, sparkling first-ness of breakfast. And, of course, there must be plenty of rich cream to go with it. In fact, I would demand an enormous pitcher of cream to use not only with my coffee, but with that huge dish of old-fashioned oatmeal which has cooked for hours in order to be worthy of being on the menu of my last breakfast.

What next? First of all there must be bacon, cooked just to a turn—not too soft and not too crisp and plenty of it. As long as this is a dream, I will have as well frizzled beef, or I might have well browned sausages. And I might have buckwheat cakes with maple syrup. You might just pass me all of them. And then I must have toast, thin, crisp, but not too crisp. It must be buttered while it's hot, no diet toast for me. With it I would like some honey-in-the-comb or (possibly "and") some orange marmalade. What else? Nothing but Philadelphia, sticky, cin'non buns, hot soft on the inside and crisp on the outside and served with plenty of butter. Do you wonder that I wished for a large appetite?

After I have consumed the above breakfast, I would, without doubt, pass into a blissful coma. I fear, however, that the ambrosia of the ethereal regions would be too flat for my taste. Do you suppose they would let me use that famous grill in the lower regions to cook my bacon and thus make a heaven out of hell?

Old-Fashioned Oatmeal
One cup oatmeal.
One teaspoon salt.
Four cups boiling water.
Add cereal slowly to rapidly boiling salted water. Boil over direct heat for five minutes, stirring frequently. Cook covered over hot water for three hours. Add more water to lower part of double boiler, as it cooks away.

Sticky Cinnamon Buns
Two cups scalded milk.
One and one-half teaspoons salt.
One-quarter cup sugar.
One cake compressed yeast.
One-quarter cup lukewarm water.
Flour (about six cups).
One-quarter cup softened butter.
Brown sugar.
Cinnamon.
Raisins or currants.
Cool milk to lukewarm add salt, sugar and yeast cake which has been dissolved in the warm water. Add flour to make a soft dough and knead thoroughly until it no longer sticks to the board. Put in a greased bowl, cover and let rise until it triples in bulk. Roll into a sheet one-quarter inch thick, spread liberally with butter, softened to spread easily. Sprinkle with brown sugar and cinnamon. Add currants or raisins and roll as for jelly roll. Cut into slices and place close together in a greased pan which has been sprinkled with brown sugar. Let rise until light and then bake in a hot oven, 425 degrees F., for twenty minutes.

Frizzled Beef
One-quarter pound dried beef.
Three tablespoons butter.
Three tablespoons flour.
Two cups milk.
Pepper.
Tear the beef into pieces. Melt the butter in a frying pan and cook the beef in it a few moments. Sprinkle with flour, stir well and add the milk slowly, stirring constantly until it boils. Let boil one minute, season and serve.

Buckwheat Cakes
One-quarter cake compressed yeast.
Two cups milk, scalded and cooled to lukewarm.
One-half teaspoon salt.
One and three-quarters cups buckwheat flour.
One-quarter cup butter, melted.
One tablespoon molasses.
One-quarter teaspoon baking soda.
One-quarter cup lukewarm water.
Crumble yeast into bowl and stir in milk to dissolve yeast. Add salt, flour and butter and beat until smooth. Cover and let rise overnight. Just before baking, stir in molasses, baking soda and water. Bake on a hot ungreased griddle. Makes about eighteen cakes.

Two cups milk, scalded and cooled to lukewarm.
One-half teaspoon salt.
One and three-quarters cups buckwheat flour.
One-quarter cup butter, melted.
One tablespoon molasses.
One-quarter teaspoon baking soda.
One-quarter cup lukewarm water.
Crumble yeast into bowl and stir in milk to dissolve yeast. Add salt, flour and butter and beat until smooth. Cover and let rise overnight. Just before baking, stir in molasses, baking soda and water. Bake on a hot ungreased griddle. Makes about eighteen cakes.

One orange.
One grapefruit.
One lemon.
Water.
Sugar.
Cut the fruit into fine strips, removing the seeds. Measure, add three times the amount in water and allow to stand for 24 hours. Boil until the skins are tender. Measure, add an equal amount of sugar and boil until it responds to jelly test (two drops will hang side by side from spoon which has been dipped into marmalade). Seal in clean, hot jars.
(Copyright 1939, by The Bell Syndicate, Inc.)



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

That Body of Yours

One Cause of the So-Called Chronic Appendicitis

Most physicians agree that in case of acute appendicitis—increased temperature and pulse rate, increase in white corpuscles of blood, tightening of the abdomen—operation should be performed, and the earlier the better.

In cases of chronic appendicitis, however, there is not the same agreement as to operation, because, unfortunately, many physicians have had cases where no improvement followed operation and some cases appeared definitely worse.

Many physicians are of the opinion that these attacks of "chronic appendicitis" are due to adhesions, that is the raw surface of two adjoining parts of the intestine have got "stuck" together, causing a narrowing of the intestine and a "pull" on the nerves of the region. The opening of the abdomen to correct this condition has not always given results, as new adhesions apparently form, and even if no adhesions form, the symptoms continue.

What may be the explanation of many cases of this so-called chronic appendicitis—constant pain in appendix region—is given by Dr. W. A. Bigelow, Brandon, Man., in the Canadian Medical Association Journal, who states that the pain, colic, dragging, and other symptoms are due to fibrous bands—present at birth—which have fastened the last part of the small intestine and first part of the large intestine together instead of allowing them to remain free from one another as in the normal individual.

Dr. Bigelow reports the results of removing these bands in the cure of so-called "chronic appendix."

"A questionnaire was sent out in January 1937 to only those on whom the removal of the appendix had been done elsewhere, previous to our operation for the removal of these bands. None of the patients included in this report had received any relief whatever from the removal of the appendix itself. Only one question was asked, 'Have you been completely relieved of your one-sided pain since we removed these bands?' One hundred and forty-seven answers were received from a total number of 161. Of this number 136 reported cured and 11 reported not cured."

The thought then is that, in cases of the so-called chronic appendicitis, when no relief has followed operation, the possibility that these "constricting" bands may be causing the symptoms should be remembered.

Neurosis
Are you worried about an ailment that you don't have, bothered by "symptoms" or pains that medical tests do not reveal? Send for Dr. Barton's interesting and helpful booklet entitled "Neurosis" which explains how the cure of ailments is accomplished where none apparently exists. Address your request to The Bell Library, 247 West 43rd St., New York, N.Y., enclosing Ten Cents to cover cost of service and handling and mention The Advance, Timmins. (Registered in accordance with the Copyright Act.)

First Crows of Season Reported at Haileybury

The Haileyburian last week says:—"Several local residents reported at the week-end that they had heard and seen crows around town and in the district, the first of the spring migrants to reach this far north. They are not very plentiful yet, owing perhaps to the somewhat backward spring weather, and other spring birds are so far conspicuous by their absence. However, we may look for spring anytime now that the crows are here."

Death of Mrs. Geo. Dagg At Portage du Fort, Que.

Portage du Fort, Que.—The funeral of the late Susan Blackwell, wife of the late George Dagg, former mayor of this town for many years, was held from the residence of her son, Thomas Dagg, on March 15th to the Pentecostal Church, where Rev. Mr. Downing took charge of the service and burial was in the Portage du Fort cemetery. The late Mrs. Dagg, who was in her 75th years, was a daughter of the late Mr. and Mrs. Thomas Blackwell of Ross. Following her marriage to George Dagg 55 years ago they resided on a farm in Clarendon and about 38 years ago they moved to a farm at Portage du Fort, now occupied by their son, Thomas. Mrs. Dagg had been confined to her bed for several months and was stricken with a paralytic stroke a few days previous to her death. She leaves three sons, John A., Fort William, Ont.; Thomas, at home and Harvey, Toronto, and four daughters, Mrs. McJanet, Timmins; Mrs. M. J. McCallum, Port William; Mrs. A. Manwell, Litchfield, and Bertha, at home. A son, Roy, lost his life in the Great War in 1918. Pallbearers were Richard Vaughan, Paul Tanguay, Hubert Toner, George McCallum, Jas. Fraser and Robert Manwell, sr.

Spring Concert and Sale of Work Event

Auspices of Timmins Finnish Church Organization.

Tickets have been issued for a popular event or series of events to be held in the Finnish United Church, Timmins, on Friday, May 12th. The programme for the occasion includes a spring concert by the Church Choir and the Y.P.S. orchestra from 7 to 8 p.m., for which a nominal admission fee is to be charged. There is also to be an exhibition of Finnish women's rural home industries and a sale of work from 2 p.m. to 7 p.m., and the Ladies' Aid Sewing Circle and Handicraft Class of Timmins Finnish United Church. The admission to the exhibition and sale of work is free.

H. S. Students' Night At South Porcupine

Other News from South Porcupine and the Dome.

South Porcupine, March 25—Special to The Advance—Our sympathies are extended this week to Mr. and Mrs. Marshall Homer, whose little three-year-old son, Bernard, died while with his mother, visiting his grandparents in Kirkland Lake. Three weeks ago he left with his mother in the best of health. Soon after arriving in Kirkland Lake the boy was taken with an attack of appendicitis, and was taken to the Kirkland Lake hospital where an operation was performed. Ten days after the operation it was found necessary to perform another for a bowel complication, and the child did not rally from this, dying within 12 hours of the second operation. The funeral took place on Thursday morning, from the Catholic Church in Kirkland and Mr. Hubert Horner and Mr. Milburn Horner, brothers of the child's father, attended from South Porcupine. Mr. Marshall Horner is employed at the Haller Mine, and the deceased was their only child. Neighbors and friends are sympathizing with the young couple in the loss of a bright and happy little lad who was a favorite with everyone.

Mr. and Mrs. Jas. Miller and baby are spending a few days in Toronto on holiday. Students' night at the high school on Friday was marked by a sleigh-ride round the lake. Three sleighs were chartered and a happy crowd left amid the regular jolly accompaniments. There were the usual rumblings-off the sleigh, cold toes and noses, and much noisy hilarity, but all came back safely to the high school where hot beans, bread and butter, cake and coffee awaited them. Needless to add, a good time was had by all. Mr. Mulcahy and Miss Foster accompanied the sleigh-riders.

The contractors, Hennessey and Hennessey have finished their contract north of Timmins at Smoky Falls and left with all their equipment by road to Haileybury. Mr. Hennessey, who has been spending some time visiting her parents, Archdeacon and Mrs. Wood-

all, left with her husband for Haileybury today.

Mrs. R. J. Wilson and two children, of William Ct., are leaving next week for Val d'Or, to join her husband who is working there.

The Young People's Society of the United Church held their regular meeting on Wednesday night. Miss Esther Dean with Miss Newsham Haneberry gave a reading, accompanying a set of slides operated by Mr. Harold Hayes on Missionary work in Hohan. Mr. Chris Abramson, with some of his pupils, gave a number of guitar selections, much enjoyed by the audience, and Mr. Norman Bontier presided at the meeting. After the usual recreation period, refreshments were served.

We are glad to know that reassuring news concerning Mr. A. Stanlake's health has been received, since his visit to specialists in Toronto.

Mr. N. Sullivan, of Hearst, spent the week-end with his family in town. Leonard, elder son of Dr. and Mrs. B. H. Harper, had the misfortune to fall and break his collar-bone this week. This happened during a friendly tussle coming from school. We wish him a quick recovery.

Mrs. Bernard Hull, of William St., left this week for her parents' home in London, for a few weeks' visit.

Miss Billie Reardon, of Orillia, is the guest of Mrs. Mayers' of Dome Ave., for a week or two.

Confirmation classes are being held each Friday after school hours in the Anglican Church by Archdeacon Woodall. Sunday morning classes combining Bible and Confirmation instruction are held every Sunday in the church at 10 a.m.

We are sorry to learn that Mr. J. J. Davis, of the Dome, who has been confined to her bed for the past month, is to leave next week for Toronto for specialists' advice.

Mrs. Watler Lemmon is in Toronto General hospital and will be a patient there for some months, after having a complicated operation, requiring bone-grafting on the spine. Latest reports indicate that the operation will be a success, and we extend wishes for a complete recovery.

The stork, after taking a week's holiday from the Porcupine General hospital got very busy this morning and made up for lost time by leaving three babies there. To Mr. and Mrs. Jack Peither—a son; to Mr. and Mrs. L. D. Callahan—a son; and to Mr. and Mrs. Peter Scott—a daughter. All arrived on March 25th.

SOME REVISED MOTTOES

- (From Globe and Mail)
- Egotist's—An I for an I.
- Miser's—Backward, turn backward, O dime, in thy flight.
- Farmer's—Weed 'em and reap.
- Flirt's—Don't count your chickens before they show up for the date.
- The old folks'—When is the younger generation coming to?
- Crook's—A thing of booty is a joy forever.
- Londoner's—There no police like Holmes.

GIRL GUIDES IN TIMMINS



Guides of the 51st I.O.D.E. Company held their regular weekly meeting on March 22nd.

Guides formed in patrols and the attendance was taken. Inspection followed, the Guides being inspected by Captain Wadsworth, assisted by Elsie Sheridan, Horseshoe was formed and the flag raised by Kay Starling, assisted by Florence Gledhill and Marion Johnson. The National Anthem was sung, the Guide prayer and Guide laws repeated, followed by a few minutes' silence held for Mrs. Smith.

Patrol corners were held for a short time during which Lieut. Sheridan and Capt. Wadsworth passed a few girls in their tenderfoot.

Campfire then assembled where the Guides sang a few songs and discussed the card party. After campfire horseshoe was formed, the flag lowered by the Colour Party and the meeting brought to a close with Taps.

During the meeting Agnes Gledhill, Margaret Monahan, Audrey Jacklin, Jean Smith, Dorothy Roy and Arlie McCharles were enrolled by Captain Wadsworth.

On March 30th, there will be another card party held for the Guides in the Hollinger hall at 2 o'clock, which all ladies are cordially invited to attend.

Brownie News

The regular meeting of the 50th I.O.D.E. Brownies was held Friday night, at 6 p.m. in the St. John's Ambulance hall.

The meeting opened with the fairy circle. The sixes then went to their corners and inspection was taken.

After inspection the sixes worked in their corners.

Anne Phillips passed her recruit test. A game was played and then the Brownies formed a circle and sang a few songs.

The meeting closed with the Brownie Squeeze.

Rangers

The Rangers met in the town hall last Thursday evening. Plans were completed for the party to be held on April 1st. Ranger Tenderfoot was then taken up in preparation for enrollment on the return of Mrs. Tomney. Dis-

cussion and plans were made to begin work on a baby's layette and will be put into action next Thursday. A game was then played, Mrs. Wadsworth being the winner of the prize. "Taps" was then sung and the meeting adjourned.

—Mae West, press reporter.

Housewarming Party Here on Friday Evening

A happy group of their friends gathered at the new home of Mr. and Mrs. T. Pollari, Hollinger Lane, on Friday evening, at a "housewarming" party. A very pleasant social evening was spent, special features of the event being vocal selections by Mrs. Pikkusaari, wife of the Rev. Mr. Pikkusaari, who delighted the gathering with beautifully rendered solo selections, and performed duet numbers with Mrs. Kuitunen, of South Porcupine.

Mr. and Mrs. Pollari were the recipients of lovely gifts, and during the evening a dainty lunch was served by Mrs. Ryhanen, Mrs. Makynen and Mrs. Lehtisalo.



Velva Cream Mask

by *Lizbeth Arden*

A treatment of this satin-soft Velva Cream Mask refreshes the skin and helps you achieve the Elizabeth Arden Look. Use after thorough cleansing and toning with Ardena Cleansing Cream and Ardena Skin Tonic.

Velva Cream Mask, \$2.20 and \$5.25

J. Bert

Sutherland

DRUGGIST

11 Pine St. S. Phone 808

Beauty and You

by PATRICIA LINDSAY



HELEN PARISH—the dainty starlet of the silver screen—has a fresh, arresting charm. She believes in careful grooming.

Daintiness Is Primary Law of Good Grooming

It is so easy to grow careless about one's clothes during the winter months. Somehow in summer we delight in slipping into a freshly laundered dress and wouldn't dream of wearing one which did not look crisp from a recent pressing. But in winter there is a tendency to "get by" with infrequent cleanings and pressings.

This is a good week to look over your clothes. Take out all of your dresses from the closet and inspect them carefully. Do they need dry cleaning? How about fresh shield? Are all the buttons intact and the hooks and the eyes? Perhaps the hems are ripped in places and require a stitch or two. And do not hang them away until you have aired them well, brushed them thoroughly and pressed them or had them cleaned.

Lingerie Next
Then get out your lingerie and mend that. Seams may be parting and straps too. Your darker undies must be dry cleaned if they are not washable—just as your gowns. There is absolutely no excuse for any girl to wear soiled underthings, and if she wishes to be fresh as a daisy she will take great care that she doesn't wear soiled underthings.

Little Precautions Necessary
Because we must wear heavier clothing in winter, than in summer, our pores can become choked or we may at times, perspire too freely. Either condition should be corrected by a stimulating bath and the use of a reliable deodorant. If we do not take these precautions our dresses soon have a telltale odor which is easily detected by others and may be missed by oneself. Many girls find that a brisk cologne rub, after a daily shower or bath, prevents their clothes from absorbing body secretions. You might try that.

Accessories Need Attention Too
Of course, I should not need to caution any of you about wearing soiled collars and cuffs, or other lingerie touches, on your dresses. But alas, too frequently you see girls trying to make them "do" one day more.

Handbags and gloves also should come under your inspection. And inside bands of hats. Learn to clean these at home with a bit of cleaning fluid if you cannot afford to send them out.

You will be surprised how much more dainty you will look, and how much more self-satisfied you will feel, if you see to all these little groomings. Freshness, or daintiness, is very appealing. And if you want to be convinced about it just discuss the subject with a candid man! All men simply loathe the carelessness of dress. Most of them truly do not mind what you wear (if they are fond of you) as long as it is immaculately clean and mended. Just keep that in mind!

(Copyright 1939, by The Bell Syndicate, Inc.)

Quality You'll Enjoy

"SALADA" TEA



Plenty of HOT WATER for Easy Washdays with an ELECTRIC WATER HEATER

It's fun to just turn on the tap and have piping hot water for washing, for the dishes and for every other household need. That's what you'll be able to do all summer long if you install an Electric Water Heater in your home. It's an inexpensive convenience you should no longer do without. Make only a small down-payment. The balance on comfortable easy terms.

Canada Northern Power Corporation Limited

Controlling and Operating

Northern Ontario Power Company Limited
Northern Quebec Power Company Limited