

Nothing More Delightful Than a Cup of Refreshing Tea, if Properly Made

Tea Should be Put into a Warm Pot and Drenched with Freshly Boiled Water for Sparkle. Also Recipes for Special Cinnamon Toast and Sandwich Loaf.

The spoiling of gallant youth through bad education, the degradation of good art through incompetent criticism and the waste of fine tea through careless making are listed



(By Edith M. Barber)

as the three great evils which beset China during the Sung Dynasty! We hear a good deal about the first two conditions nowadays, but seldom is the latter commented upon.

Although the Americans drink twenty billion cups of tea during the year, if statistics are to be believed, the tea leaves which go into the making are generally selected without much thought and the beverage is too often badly made. When we order tea from the grocer we are quite likely to leave the responsibility of choice to him. If by any chance green tea instead of black should be sent we might complain as at present the latter is customarily used by at least three-quarters of the tea drinkers.

The tea connoisseur, however, will order by brand after experimentation and choose a tea which has fragrance and body and which makes a clear beverage due to careful choice of leaf.

And now for the making of this beverage so that it will be sparkling and full of flavor. The tea must be put into a warm pot and then drenched with freshly boiling water which has been

drawn from the cold water faucet. The pot must be kept in a warm place for five minutes in order that every leaf may give its full flavor to the infusion. It should then be served and used at once or poured into another hot tea pot so that the leaves will not insill bitterness. The cups should be warmed before they are filled. And cream or milk, sliced lemon and sugar should be offered with it.

There is nothing more cheering than a cup of tea in the late afternoon, nor a pleasanter beverage at luncheon. There are also a number of our countrymen who like to begin the day with good tea.

Special Cinnamon Toast
1/2 cup butter.
1/4 cup sugar.
1/2 teaspoon cinnamon.
White bread.
Cream the butter, and when softened beat in the sugar, which has been mixed with the cinnamon. Spread mixture on finger length slices of bread. Arrange on a baking sheet and bake in a moderate oven, 350 degrees F., until slightly brown, about fifteen minutes.

Sandwich Loaf
Remove crusts from a loaf of bread, slice lengthwise into five slices. Cream one-half pound butter and divide into four parts. To the first part add 1/4 cup finely minced ham and 1 teaspoon prepared mustard. To the second part add 1/4 cup minced watercress, 1 teaspoon onion juice and 1 teaspoon lemon juice. To the third part add 1/4 cup minced pimento and to the fourth part add 1/4 cup minced olives. Spread the slices with the fillings and place them on top of each other in the order given. Cover with the unspread slice. Soften four packages of cream cheese and beat in 1/4 cup sour or sweet cream. Cover top and sides of sandwich loaf with the cream cheese mixture and put into the refrigerator to chill at least one hour. Garnish with parsley or watercress and slice at the table.
(Released by The Bell Syndicate, Inc.)

No Shortage of Drugs in Canada During the Present War

Different Conditions Now to Those in the Last War.

Canadians have no reason to fear a shortage of essential drugs as happened in the last war. Some dislocations in trade will be unavoidable. Prior to 1914, Canada and the United States depended for many of its chemicals on Germany and other countries whose trade was cut off. The result was that physicians and pharmacists were seriously handicapped.

While the last war found the western hemisphere unprepared, this war was expected. Raw materials obtainable only from overseas were bought for reserve. More important, however, is the fact that Canada is dependent on foreign countries for relatively few essential drugs. In both Canada and the United States, the manufacture of medicinal chemicals and synthetic products has become a staple industry. In fact, some products which had to be imported before 1914 have been exported from this continent to Belgium in recent years.

Should the war prove a lengthy one, some difficulty may be found in obtaining the desired amounts of certain oils. Canadian and American reserve stocks of castor oil, olive oil and cod liver oil are adequate for some time but in time the war would affect importations. While cod liver oil is said to be the best source of Vitamin D, Canadians have available off its own shores, an unlimited supply of another Vitamin D source in halibut.

It is reassuring to Canadians to know that the people of Great Britain also will suffer no shortage in most essential drugs, though the old country does depend upon outside sources for such drugs as quinine, morphine and codeine, which are prescribed more frequently in war-time than in peace. While no famine in essentials is anticipated in Britain, the people have been urged to conserve stocks and avoid waste.

Finnish Women the Best Prepared to Do War Work

A despatch from New York says that of all the women in the world, Finland's are perhaps the best prepared for a national emergency.

And this valuable asset in the little country's present crisis is credited to a lone woman—Finland's heroine of the first Great War.

Her name is Lotta Suard. When her husband went to war she went with him, cooking his food, mending his clothes and nursing his wounds. When he was killed, she continued the work for other soldiers.

Her deeds snowballed into a national inspiration for the women of Finland, and today 100,000 of them—one out of every twenty women in the country—are voluntary members of the Lotta Suard organization, trained intensively for vital duties in a national emergency.

Lita Helsingius, an attractive 27-year-old member of the group, who is preparing to return to Finland after a summer at the New York World's Fair Finnish pavilion, told a New York newspaper about it.

"I work for the Finnish Travel Bureau, but I'm also in the field kitchen division of the 'Lottas,'" she explained. "We go out with the militia on their encampments and prepare food for them."

"Then there are several other divisions. The members of the anti-aircraft corps are prepared on a minute's notice to drop their regular household duties and rush out to observation towers to sight planes, sound air-raid alarms and swing into the raid precautions program."

There is also a hospital service division, another that concentrates on collecting funds and supplies and a cavalry division is being organized, with women grooms and even women blacksmiths.

The women carry on the "Lotta" work in addition to their normal civilian life. They range in age from 17

TO-DAY'S FASHIONS



The Longer Jacket

Emphasis on the waist, as evidenced by the new fashions, is responsible for several trends. One of these is the longer jacket, sketched today in smart stripes over a plain dress. The frock is of dull crepe with high, round neck and long sleeves. The jacket is yellow or black.

up, and there is a junior division for girls down to 11.

Regardless of age, every member has to participate each winter and spring in hiking and skiing practice, with ski runs up to nine miles.

Beauty and You

by PATRICIA LINDSAY



SONJA HENIE lured success through acquiring a splendid code of living. Today she is compensated in charm, success, beauty and fame

Good Habits Acquired When Young Make Adult Life More Richer and More Successful.

Probably it isn't easy for you young girls to be back at school. Vacation days seem very remote and you gripe about the restrictions you are now under. Discipline is distasteful after the carefree days of summer and you are irked by the sensible requests made by those who are responsible for your training.

First let me say, be glad that you have the opportunity to learn. Thousands are denied the privilege. Make the most of it—school days are all too brief and care-laden days many! Cherish every opportunity that comes your way to help you grow into an intelligent, charming woman. Both the knowledge and charm will be called upon to serve you for the rest of your days!

Six Educational Needs

President Day of Cornell University spoke wise words about education before the Institute of Parent Leadership. He said bluntly that there are six educational needs and parents and teachers should see that children are instructed in them. I might add that children might try to achieve them without the aid of parents or teachers. And whether you are in school or through with school those six needs are pretty vital to a well balanced, successful life.

- You should
- 1—Acquire the basic skills such as reading and writing.
- 2—Cultivate interest in sensitivity.
- 3—Form good work habits (learn to concentrate).
- 4—Learn to live with one's feelings.
- 5—Protect your health and acquire good health habits especially in mental health.
- 6—Cultivate the art of critical thinking.

President Day pointed out that those of you who fail in cultivating these six

characteristics will be the perpetual juveniles—you will be unable to cope with life and will be dependent upon others for your welfare. That means in simpler words — you will not be among the successful; you will not be happy for only the independent are truly happy as life, you have been told is the survival of the fittest!

The first is easy if you have any gumption whatever. The second is more difficult to master. President Day means you should have all your feelings out—you should glory in the sunset, like the rain. You should be sympathetic when sympathy is due; you should "sense" things—know when to speak the right word, do the right thing.

Good work habits should be formed young. Learn to concentrate. One of the best ways to do this is to concentrate the same hours each day. Pull your mind away from your surroundings and study or work. Give your all to it. See that what you do is done well! Never be satisfied with half measures—or life will give you half measure.

Good health habits are essential to all. Keep your body and mind active, up to par, and permit both to grow. Don't dwarf them by going limp, or growing indifferent, or being untidy in your actions and thoughts. To be healthy is to be happy for vitality encourages successful living.

The last is what you will grow toward. If you succeed in the first five you will be capable of critical thinking. You will be able to determine right from wrong—for yourself, your family, your community, your country. You will be cherished by all.

Get busy, my loves, and don't waste precious hours putting up foolish arguments!
(Released by The Bell Syndicate, Inc.)

Twice as Many Rats as Human Beings in Canada

(By J. W. S. McCullough, M.D., D.P.H.)

The population of Canada is under 12 millions of people. The rat population is estimated to reach 25 millions. The rat is man's most intelligent and dangerous foe. He is filthy, destructive and disease-carrying; a menace to society. At a most conservative estimate the rat population of Canada consumes food of a value of 50 millions a year. If this were his only fault the rat's continued existence might be tolerated.

It is not as a destroyer of property or as a consumer of food but as a health menace that the rat does the greatest harm. Because his body is infested with fleas, lice and mites the rat distributes what are known as mechanical carriers of disease. Investigation has shown that a single rat carries on the average of 15 fleas, and these fleas in many instances, are known to carry disease.

Rats, as well as mice and squirrels, furnish an important chapter in preventive medicine. These rodents, as they are called, comprise more than one-third of all living species of mammals. They have strongly developed incisor teeth but no canine teeth. The front of the incisors is covered with enamel which keeps them sharp and chisel-like. These teeth continue to grow during the life of the animal.

A rat bite may cause fever (rat-bite fever) and other infections but the real danger from rats is because of the disease-carrying insects living on them. The rat is the chief reservoir and source of human plague. The plague is the "black death" which in the years 1664-5 killed 70,000 of the half million population of London. Daniel Defoe, author of "Robinson Crusoe," wrote one of the best descriptions of this devastating epidemic. Infectious jaundice, leprosy, trichinosis and epidemic typhus are spread by rats. These rodents frequently infect food supplies in butcher shops, slaughter houses and in groceries and warehouses. The rat is prolific. Their increasing numbers are limited only by the available food supply and opportunities for nesting. The families run from 7 to 14 in number.

The suppression of the rat is probably a biological impossibility. The animal is unusually intelligent, keen and cautious. Millions have been killed in the endeavour to control plague epidemic in India, Japan and in coast cities such as San Francisco, without causing an appreciable reduction of the stock.

Rat-proofing of buildings, starving, the use of traps, poisons and fumigation have all been tried with more or less success. The natural enemies of the rat are hawks, snakes, skunks, weasels, the mongoose, minks, dogs, cats and ferrets.

The rat cannot live without food and he will quickly migrate if food supplies are denied him, just as he will congregate where food is plentiful. All available forces must be arrayed against him in order to limit this source of disease-carrying parasites.

Notable Concerts by Children of the Separate Schools

Work of the Pupils of Music Classes Won Special Approval.

Mention was made in The Advance on Monday of the Separate School children's concerts, given over the week-end in St. Anthony's hall. The talent of the children and the very careful training of the Sisters of Assumption and teachers of the schools have the highest praise, and accordingly a fuller account is given herewith.

The pianoforte quartets and duets showed very talented training and the performance of the pupils of the music school of the Sisters of Assumption was a feature of the various performances. These included four young girls—Helene Leest, Francoise Rochefort, Therese Royand, Clarissa Hatch. They played a very intricate composition, "The Little Mill."

Another group, younger in age, and mixed, two boys and two girls, Charles Theriault, Gerald Spomer, Gracie Larcher, Jacqueline Blais, played exceptionally well. The technique and style of this group and the delightful melody brought forth prolonged applause.

The highlight of the concert was the drama, "Tarsisius", rendered in operatic style. The voices of the principals were beautiful to the ear and the full ensemble in choral work, reflected highly upon both pupils and teachers. The scenery and costumes also deserve special mention and the lighting effects were a noteworthy feature.

The programme given was as follows: Rhythmic Orchestra — The Music Juniors—"The Sweetest Word That Is," Floral Offering—"A Rose Without Thorns."

Concerting Selection—Misses Constance and Colette Joannisse and Fleurette Nadou and Jean Joannisse.

Dumbell Drill—by the the boys, Musical Duet—Lorraine Badeski, piano; Jacques Sauve, saxophone—"The Gulliwog's Cake-walk."

Japanese Drill—by the girls, One act comedy—Estelle LeJambe, Laurette Legault and Annette Barrette.

Fishing Song—by Junior Boys.

Special note should be made of the ability of the accompanist, Sister Claire. This was an outstanding feature of the events.

Local Firm Offers Monthly Contribution to Red Cross

Generous contributions to the Red Cross are the rule among many local firms and individuals. The following letter received by the secretary of the Canadian Red Cross Society, Timmins, is an illustration of the support given by some local firms:—

Timmins, Ont., Nov. 3rd, 1939
Mrs. F. Woodbury, Secretary
Canadian Red Cross Society,
Timmins, Ontario.

Dear Madam:—Enclosed you will find a cheque for \$25.00. I am pleased to advise you that I have been instructed by the owners of this firm to mail a similar cheque to your Society each month for the duration of the war, and to tell you that we are pleased with the fine work your Society is accomplishing.

Yours very truly,
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per J. L. Fulton.

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*Never dissolve lye in hot water. The action of the lye itself heats the water.



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ROYAL ASSURES AN APPETIZING LOAF

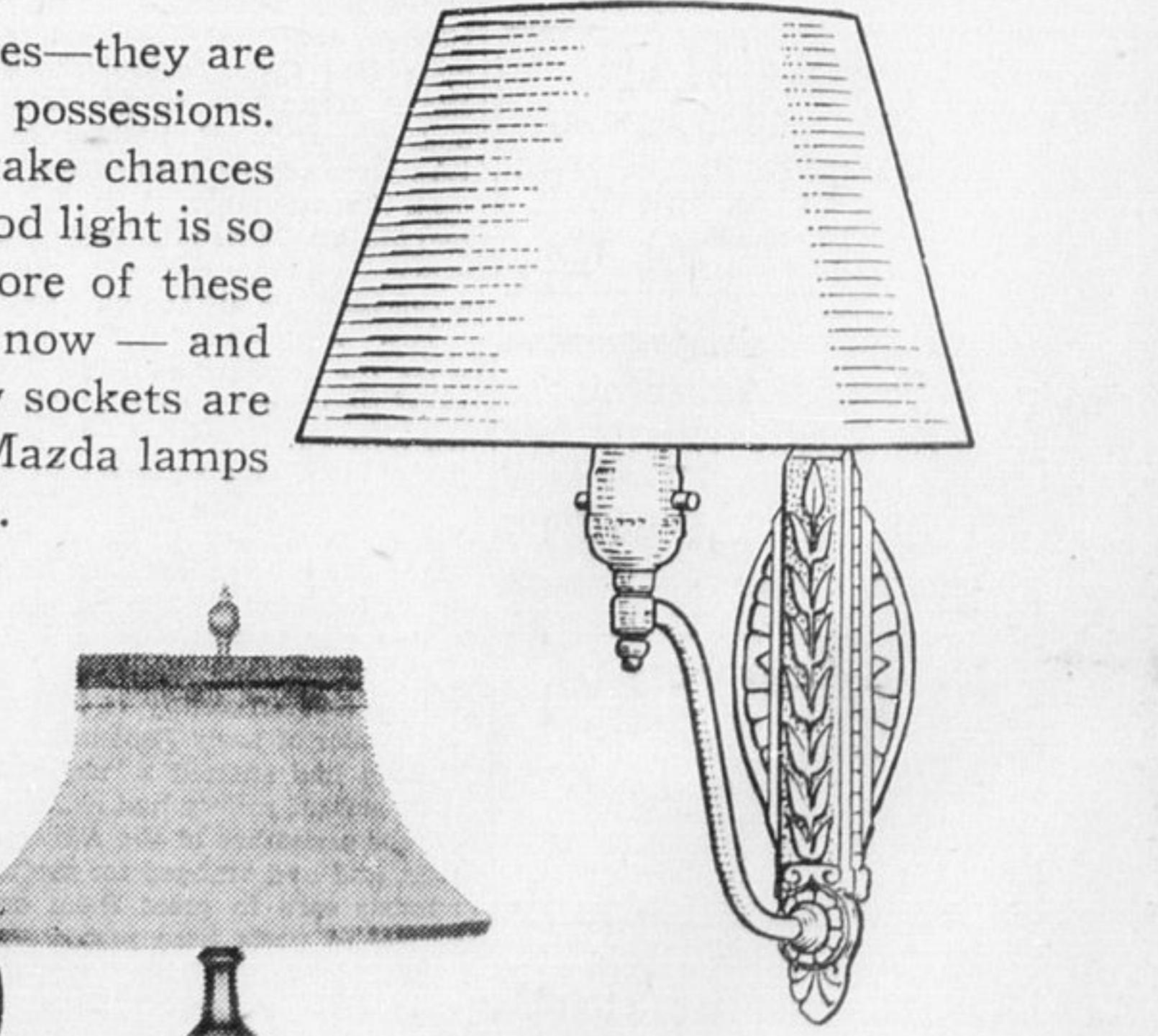
NO SPOILED DOUGH
NO BIG "HOLES"
NO DOUGHY SPOTS

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Good LIGHT is Cheap!

Don't neglect your eyes—they are your most precious possessions. There's no need to take chances these days because good light is so cheap. Get one or more of these "Better Sight" lamps now — and be sure that all empty sockets are kept filled with new Mazda lamps of the proper wattage.

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We have a complete stock of portable wall lamps like the "pin-up" type, above, as well as table, floor, and bridge lamps. Your choice for \$1 Down (some, even less), balance on easy terms.

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