

# How About Raisins and Nuts for Dessert for the "Quick Meal"

Nuts Should be Cracked Before the Meal if Nut-Crackers are Not in Plenty. Macademia, the Novelty from Hawaii is Worth Trying, Says Miss Edith M. Barber.

Desserts for the quick meal may be furnished occasionally at this season by a bowl of mixed nuts and a cluster of raisins. Be sure, however, that you have a good nut cracker or two, or the family will strike on account of hav-



(By Edith M. Barber)

ing to work hard directly after a meal. Of course, enough nuts for dessert may be cracked previously, but not too many, as they naturally dry out after the shells are opened.

The supplies of nuts are generous and of good quality this year. For salting and for use in cooking, you will often find that it is more practical to purchase them in shelled form. Most of us are not experts at cracking shells in such a fashion that the meats may be removed without breaking. Almost any one, however, can manage paper shelled pecans and almonds.

The nuts may be either fried in deep fat or baked in a little butter or salad oil before salting. I prefer baking without any extra fat in the case of Brazil nuts. If you prefer to buy your nuts already salted, you should try some time the new macademia from Hawaii.

### Salad Nuts

Method 1—Place nuts in a baking pan, allowing one teaspoon butter or salad oil for each cup of nuts. Bake in a 350-degree Fahrenheit oven (moderate), stirring occasionally, five to ten minutes until brown. Brazil nuts do not need the butter or salad oil. Sprinkle with salt.

Method 2—Allow one pint of salad oil for each pound of nuts. Heat oil to 300 degrees Fahrenheit. Cook nuts, a small amount at a time, in deep hot oil until delicate brown. Drain on soft paper and sprinkle with salt.

Method 3—Allow one egg white for each half pound of shelled nuts. Beat egg white slightly, shake the nuts in it and place them on a baking sheet and bake in a moderate oven 350 degrees Fahrenheit, fifteen minutes until brown, stirring occasionally. Sprinkle with salt.

### Quick Meal

Cream of pea soup  
Boiled ham  
Baked sweet potatoes  
Spinach with lemon butter

### Nuts

Fruit  
Coffee  
Method of Preparation  
Light oven  
Scrub potatoes and bake  
Boil water for spinach  
Light broiler  
Prepare spinach and cook  
Broil ham  
Open can of soup and heat. (Dilute with milk, if condensed.)  
Drain and dress spinach.  
Make coffee  
(Released by The Bell Syndicate.)

Toronto Telegram—A diplomat is the husband who can convince his wife that a fur coat would make her look too fat.

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## Interesting Items at South Porcupine Guide Meeting

The regular weekly meeting of the 1st South Porcupine Girl Guides was held at the Parish hall on Wednesday December 13. The meeting began with country dancing and another part of the dance was learned.

Horseshoe was then formed and the National Anthem was sung and the Lord's Prayer repeated.

The next part of the meeting was thoroughly enjoyed by everybody present.

Miss Jones, R.N., from the General hospital came and taught the Guides how to do the "firemen's lift" for the fireman's badge. It looked easy, it was so clearly explained and demonstrated that Miss Jones and the Guides had a busy and jolly time helping every member to reach perfection.

The meeting ended with Camp Fire and "Taps."

This week Guides and Rangers will come together for a Christmas meeting.

## GIRL GUIDES IN TIMMINS



The meeting of the 51st I.O.D.E. Girl Guides was held in the Hollinger hall. The meeting was called to order by Captain Wadsworth. Horseshoe was formed where the colours were brought out and the National Anthem was sung.

The Guide prayer was then repeated. Many of the Guides' mothers, brothers and sisters were guests. The party was started with the programme which contained a song by Peggy Wetmore, a song by Joan Pye, a dance by Rose Mary Hurst, a dance by Arley McCharles, a song by Gladys Roy, Eileen Dickier, and Bertha Sheridan, a song by a group of Guides and a play by a number of Guides called "Snow White and the Seven Dwarfs." The Guides also sang many songs. The presents were then given out and the lunch served. The meeting was closed with "O Canada" and "Taps."



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

## That Body of Yours

### ELECTRO-COAGULATION METHOD OF REMOVING TONSILS

Your own physician and a throat specialist have advised that owing to the fact that you have had tonsils surrounded by an inflamed throat, have a sore throat frequently, have had pains in the joints and muscles, have had an X-ray of teeth and found no infection, your tonsils should be removed.

You dislike the idea of an operation, an anaesthetic, the thought of severe hemorrhage or bleeding, losing time from your work and expense of hospital stay. You want to have your tonsils removed because you know that rheumatism and heart disease often follow infected tonsils. Therefore you put the question squarely to your physician, "What about having my tonsils removed by the electro-coagulation method—diathermy?"

If you could spare the time and money, were in good physical condition, and did not mind taking the anaesthetic, it is likely that your physician would recommend the removal of the tonsils by surgery. With the patient under complete anaesthesia both tonsils can be completely and cleanly removed at the one time—a matter of two or three days (sometimes longer) in the hospital. No weekly trips (6 to 12) to surgeon's office is necessary as with the electro-coagulation method.

However there are certain advantages about this non-surgical method that make it suitable for many who must have their tonsils removed.

1. It is done in the surgeon's office; the patient loses just the time necessary to make the weekly visits. No interference with work, home or social life.

2. There is no operation and general anaesthetic with its annoying and sometimes dangerous after effects—nausea, vomiting, pneumonia, lung abscesses.

3. There is less loss of blood, and the surgeon is not bothered by having too much losing of blood which sometimes makes operation difficult when tonsils are removed by surgery.

You can thus see that the patient and physician have both the advantages and disadvantages of electro-coagulation method to consider when tonsils must be removed.

"This method cannot be used with small children or other cases where the co-operation or help of the patient is necessary."

### The Common Cold

Are you bothered with colds three or four times a year? Have you ever stopped to consider the consequences? Send for Dr. Barton's illuminating booklet, THE COMMON COLD, the ailment that receives so little attention yet may be as dangerous as being attacked by a hungry lion. Ask for Booklet 104, enclosing Ten Cents to cover the cost of mailing. Be sure to give your name, full address, and mention The Advance, to the Bell Library, 247 West 43rd St., New York City.

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Toronto Telegram—There seems to be a number of motorists who cling to a middle-of-the-road policy of driving.

# Beauty and You

by PATRICIA LINDSAY



BARBARA STANWYCK wears a period coiffure with soft, phantom waves which give an upward contour. The ends are tied in back.

## Few Sensible Rules Keep Hair Looking Its Best

New interest in hair beauty has been aroused with the new fashions. Neglected tresses, poorly styled, are greatly taboo, and beauticians are stressing proper scalp grooming as much as a proper skin grooming. And why not?

Your hair is the frame for your face. If it is dull and unruly your face is robbed of much beauty. If your hair is glossy and softly arranged about your face your skin and eyes reflect glory.

Every woman should know the few simple rules for keeping hair lovely. Daily brushing and scalp finger massage, regular shampoos (the frequency of your scalp), monthly or semi-monthly lubrication if scalp is dry, and settings by expert finger if your own are not capable enough to fashion the strands into a becoming coiffure.

What a boon it is to have hair-dressing services within our budgets, but the mistake we are apt to make is to depend too much on our hairdresser and too little upon ourselves. Because we pay him a weekly or fortnightly visit, we expect him to keep our locks at their best. In fact, we are likely to find fault and perhaps change our patronage, if our hair loses any of its beauty. Unjustly we accuse the operator, little realizing that the care we give our scalps between salon visits is far more important to its beauty, than that an operator can give it in an hour or two!

### Home Care

Take for instance the scalp that tends to be dry and sensitive. Too frequent washings, too many hours beneath a hot dryer, and certain setting lotions are ruinous to its beauty. Such a scalp requires home care—almost—to keep the hair glossy and elastic.

It is best, in fact, if you will shampoo

it at home under your bathroom shower, using a bland liquid soap and giving it a thorough rinsing with warm and cold waters. Dry it by hand (in the sun if possible) and brush it well afterwards.

If you can possibly allow at least six hours to elapse before you go for a setting, and at the salon request that it be set with water only. If the operator objects simply be firm and tell her that you are treating your hair with care these days. The day after that you are treating your hair with care, natural oil from your scalp will lubricate your hair and give it a beautiful natural gloss. Of course you are expected to brush it daily with a good brush and spend a couple of minutes massaging the scalp with your fingertips—no oil or cream or tonic is needed unless especially prescribed by a scalp specialist.

By following such a routine you reduce the minutes of hot hair drying, keep your scalp and hair free of setting lotions which may quite possibly not be suitable to its type, and you encourage natural gloss by drying and brushing before setting.

### Tip On Tinting

If you have your hair tinted, a less artificial effect will be gained if you have the tint applied a week after a shampoo providing that during the interim you use absolutely nothing on your hair—no setting lotion or tonic or dressing of any sort. It is also good to have all dry ends clipped before the tint is applied as they absorb more of the dye than the rest of the hair—giving your face a harsh frame which is the main objection to dyed hair.

(Released by The Bell Syndicate, Inc.)

## Total Donations for Christmas Seals Now \$1,701.58

More Contributions Needed to Reach Objective.

The total amount of money that has been contributed for Christmas Seals so far is \$1,701.58.

Since the last list of names appeared, the following people have purchased Christmas Seals:

Edith Adam; Mrs. N. D. Adams; Severins Anzil; William Appleby; Arbutus Chapter; Dr. G. C. Armistage; Leslie Armour; Frank E. Armstrong; Anonymous.

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## Sunday School and Y.P.S. Present Christmas Event

Programme of Special Interest by Finnish United Church Organizations.

The annual Christmas concert held under auspices of the Sunday School and Young People's Society of the Timmins Finnish United Church, Friday, Dec. 22nd, at 8 p.m. was a great success. The children and young people gave a fine programme lasting about two hours.

The programme opened with the Christmas Hymn by the congregation and the S. S. and Y. P. S., followed by an advent prayer lead by the minister, Rev. A. I. Heinenon. Then followed the programme rendered by the S. S. and Y. P. S., with Mr. Tolvo Kallio, the retiring president of the Y. P. S., in the chair. The programme delivered was as follows:

Song by S.S. "Now Little Children Sing!"; Dramatization, "The Christmas Message," by Leah Heinenon. Jorma Lehto, Roy Howlett and Paul Sillanpaa; Christmas Greeting by Toivo Kallio. Organ Solo "Gloria" from Mozart's Twelfth Mass, by Miss Myra M. C. Heinenon. Choruses "O Hail to Him, Who Has Come" and "This is a Great Festival," sung by the Girls' Choir, Helen Lehto, Sarah Passi, Leah Heinenon, Elma Nykanen, Ellie Heinenon and Gertrude Heinenon. Welcome and Pantomime, "Christmas Eve," by two pairs of twins, Leila and Laila Kivinen and John and Paul Halonen. Song and recitation, "The Christmas Tree," by the boys, Jorma Lehto, Arnold Vinsa, Paul Sillanpaa, Roy Howlett and Melvin Lehto. Story "Little Lizzie's Christmas Present," by Sarah Passi. Mixed chorus, "Hail to the Christmas Tree," by the Y.P.S. Choir. Saxophone solo by Heige Hongisto, accompanied at the organ by Miss Elma Nykanen. Vocal duet by Miss Elma Nykanen and Heige Hongisto. Children's drill by two pairs of twins, Leila and Laila Kivinen, and John and Paul Halonen, with singing by Vera Heinenon, Helvi Lehto and Lempi Kivela. Vocal solo by Helen Lehto. Recitation by Toivo Kallio. Organ solo, "Star of the East," by Miss Esther Leeman. Mixed chorus "Oh Thou Blessed One," by the Y.P.S. Choir. Recitation-dialogue, "The Star and the Girl," by Helvi Lehto and Vera Heinenon. Instrumental selection, "Hark the Herald Angels Sing," by Violin Trio, Miss Elma Nykanen, Miss Ellie Heinenon and Esko Jokela. Vocal solo, "Christmas Spirit," by Lempi Kivela. Chorus, "Christmas Morning," by Sunday School Choir. Benediction pronounced by the minister, Rev. A. I. Heinenon.

Immediately after the programme refreshments were served to all present by the young ladies of the Y.P.S.

Part of the fine programme delivered Friday was repeated after the Christmas service, Sunday night at the Community Christmas Tree celebrations for the benefit of those who were not present at the concert. Admission was free to all, and at the close of the programme the community Santa Claus gave presents to all. Refreshments were served to all. Finnish-speaking citizens from all over the Porcupine Camp were present for the event.

## Happy Christmas Tree Event at Salvation Army

On Friday evening, at the Salvation Army Citadel, the children enjoyed the annual "Christmas tree," with gifts and games for all, and a pleasant Christmas party for the youngsters.

## Settlers Build Their Own School in Pense Township

Another New School is at the Tyrantite Mine.

New Liskeard, Dec. 28—(Special to The Advance)—Erected by the residents of the district themselves, a new frame school located in a back-to-the-land settlement in Pense township, 25 miles northeast of here, is ready for occupancy when classes re-open next week after the Christmas vacation. It was stated by W. L. Lovell, public school inspector for this part of Temiskaming. The school section has been organized for some years, but difficulties prevented the building of a school until recently when, with the assistance of a government grant to back their own labour, the settlers cut logs for lumber and built and equipped the school. Fourteen pupils are ready to attend school in this section, settled by former residents of the Brantford district of Ontario.

Another new school in Mr. Lovell's district has been opened at the Tyrantite mine, 17 miles beyond Gowganda, where 14 pupils also, together with one five year old visitor, are receiving tuition under Miss Audrey Leary, of Gormley. This school is located in a log building formerly used as a bunk house at the mine, and which has been fitted up as a school. This is a new school section, only organized within recent months, Mr. Lovell said, and it is five miles square, the maximum area permitted by the statutes of the province. The children attending this school are from families of men engaged at the Tyrantite property.

### What Hopes?

(From an Exchange)

A group of mothers, waiting round the doorway of an infants' department to meet their children as they came out of school, were discussing the progress of A.R.P. in their neighbourhood. Said one: "Yer know Mrs. A. 'as got a bucket o' sand in 'er'ouse, and so as Mr. F. They say it's fer them incendiary bombs. Daft, I call it! I bet if we get any bombs, there's not one in a thousand at 'ell ever drop i' t' bucket."

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