

Some of the Uses to Which Maple Syrup is Put in The Modern Chef's Menu

Expert Suggests Maple Syrup be Used with Poached Eggs or Parfait Style. Also Use Advised with Rice for the Quick Meal. Some Recipes Given.

It was a clear sunny day after a cold night. "The sap should be running this morning," said one of my friends. "I went out to a sugar bush the other day and came back with a gallon of fresh



(By EDITH M. FARBER)

maple syrup. The best maple syrup in the world, you know, is made in Michigan."

Here's another State that lays claim to superiority. Perhaps the Michigan product is as good as the Pennsylvania, but of course, I doubt it! Vermont, New York, Ohio and other States that produce smaller amounts of maple sugar and syrup will all challenge the statement. Vermont and New York have always led in production. The great hurricane unfortunately destroyed many fine trees in New England and consequently, the supply may be smaller this year. Perhaps Canada will send enough from Quebec to make up the difference.

It is a Quebec custom to poach eggs in maple syrup, both at the sugar camps and in the home. This is a combination which I have never tried. Omelets are good with sweet sauces, so possibly poached eggs may be.

The largest use for the syrup is in its own form with hot biscuits, griddle cakes, waffles or French toast. It is also delicious for flavoring frozen and custard desserts and for frostings and candies. The maple sugar itself when made according to modern methods makes a soft and creamy confection. It may be scraped and used with hot breads and boiled rice and of course makes marvelous candy.

I can hardly wait for my fresh maple syrup direct from Pennsylvania to arrive. It is a little late this year, but I hope that my Titusville friends have not forgotten to place the order with the Hummers or Kerrs.

Maple Sauce

1 1/2 cups maple sugar

1/2 cup milk
2 tablespoons butter
Mix sugar and milk and stir over the fire until the sugar is dissolved. Boil seven minutes. Add butter and serve hot on ice cream or cottage pudding.

Maple Parfait

4 egg yolks
1 cup hot maple syrup
1 pint cream
Beat the egg yolks slightly and pour on slowly the maple syrup. Cook over hot water until the mixture thickens; cool, and add the cream, beaten until stiff. Mold, pack in salt and ice, using two parts of ice to one part of salt and let stand four hours. Or freeze in tray in automatic refrigerator.

Quick Meal

Scrambled eggs with bacon
Buttered new potatoes
Peas Parisienne
Steamed rice with shaved maple sugar
Coffee

Method of Preparation

Wash rice and steam in milk
Scrub potatoes and cook
Open can of peas and cook with onion and lettuce.
Shave maple sugar
Cook bacon
Scramble eggs
Dress potatoes
Make coffee

(Released by The Bell Syndicate, Inc.)

GIRL GUIDES IN TIMMINS



The regular meeting of the 1st Timmings Company was held on Monday evening in the Church of Nativity Parish hall. The meeting opened by Roll Call and Inspection by Captain Landers and Lieutenant Wilkinson. Horatio was formed and the colours marched on by Theresa Lacroix, Meurisse Hitch and Maureen Sweet. After the singing of the National Anthem and the repeating of the Guide Prayer the following were enrolled; Jeannine Morin, D. Morin and Theresa Pigeon.

The Guides then retired to their Patrol Corners where Patrol Boxes were inspected. They then reviewed the Tenderfoot Test and part of the Second Class Test. A practice was then held of the campfire song in which all the Company will take part in the concert which will be held on May 1st.

The meeting closed with Evensong and "Taps." There will be a special meeting for the Company on Thursday evening at 7:00 p.m. and a full attendance is requested. Uniforms are not necessary.

1st Timmings Brownie Pack

The 1st Timmings Brownie Pack opened its meeting on Monday evening in the Church of Nativity Parish hall by the Fairy Circle. Roll Call and Inspection was taken by Miss Betty Morin. The Brownies then went to their Sixer corners where they studied the Brownie Prayer.

The Fairy Ring was formed and songs were sung. Another chapter in their continued story was read and the meeting was brought to a close with the Brownie Squeeze and Pack Howl.

Stumped

The minister was imploring an old man to repent his sins.
"Well," said the old man, "if you will answer me one question, I will come to church."

"What is the question?"
"Who was Cain's wife?"
"My friend," replied the minister, "you will never be able to embrace religion until you stop bothering yourself about other men's wives."—Exchange.

Albert College, Belleville, \$10,000 Scholarship Fund

Word has just been received from Dr. Bert Howard D.D., principal of Albert College, that scholarships for the coming year are about to be awarded. Believing that promising students should be given every opportunity to continue their studies, preparing themselves for better citizenship, Albert College has created a special fund for this purpose. Albert College being co-education, both boys and girls entering grades VIII, IX, and X are eligible. Perhaps in no other way will the training of young Canadians be given broader scope than through the privileges of residential life and the associations gained in such a school as Albert College.

Parents and teachers interested should write to the Principal, Dr. Bert Howard, D.D., for complete information.



That Body of Yours

By James W. Barton, M.D.

How To Live As Long As You Can

In these days of motor accidents and epidemics of flu followed by pneumonia, no physician would attempt to predict the life span of his patients. He can tell them in all truth that if they will keep their weight down, or slightly below average, they will likely live five to ten years longer. If, in addition to keeping their weight down, they will try to live within their means, try to avoid excitement, and not eat large meals, he can promise them even a few years longer of life.

Why can the physician predict or promise a longer life span to those who will faithfully try to follow the above suggestions?

The figures of our insurance companies are compiled from the histories of thousands, in fact, hundreds of thousands, of individuals and they reveal the fact that, past the age of thirty, every extra pound of excess fat cuts down the life expectancy of the individual by 1 per cent. Thus, an individual 30 years of age, 10 pounds overweight with a life expectancy of 40 years more, if he does not reduce his weight, will on the average, cut four years from his life span. These figures apply to the entire group of overweight persons of whom might cut off more or less years, but the average shortening of the life span is 1 per cent for each pound of overweight.

Similarly with emotional disturbances—grief, worry, anxiety, excitement,—all or any of which send up the pulse rate and increase the blood pressure. In addition to emotional disturbances, there is a habit of overeating then again there will be an increase in the pulse rate and in the blood pressure. A continuous increase in pulse rate and blood pressure means an increased amount of wear upon the heart and blood vessels. It is by the condition of your heart and blood vessels that your physician judges your real age and state of health.

So if you want to live long or as long as you can, keep your weight down, and as much as possible, your emotions under control.

"Longevity—long life—is based on three physiologic levels: low weight, low pulse rate, and low blood pressure."

Overweight and Underweight
This booklet by Dr. Barton entitled "Overweight and Underweight" (No. 105) contains many helpful suggestions as to diet, exercise and other means of increasing and decreasing weight. Send for it today. Address your request to The Bell Library, Post Office Box 75, Station O, New York, N.Y., enclosing Ten Cents to cover cost of handling and mailing and mention the name of this newspaper.

(Registered in accordance with the Copyright Act)

Anxious to Secure Names of Canadians in the R.A.F.

Reference has been made in previous issues of The Advance to the desire of the Canadian Red Cross to have the names of all Canadians serving in the Royal Air Force. A circular sent out by the Red Cross explains the need and the purpose for this list. At the suggestion of the Eastern Porcupine branch of the Red Cross, the circular letter is again published herewith:—
Toronto, April 16, 1940.

To Ontario Branches:—Divisional Office is anxious to register the names of all Canadians who have joined the Royal Air Force or other Imperial units in England.

The object is to ensure that should any Canadian be wounded, or be taken prisoner, the Society may be in a position to come promptly to his aid, and advise relatives of his condition.

The co-operation of Branches is requested. Please give this circular the widest publicity within your area. A supply of forms is enclosed—two copies to be completed and returned to Divisional Office, one copy to be retained on Branch Files.

Yours sincerely,
(Signed) W. S. Caldwell, M.D.,
Assistant Director

The Eastern Porcupine Branch at South Porcupine has the forms referred to in the letter and they may be secured from that branch, or from any other branch of the Canadian Red Cross.

North Bay Nugget:—Miss Agnes Macphail, erstwhile M.P. for Grey-Bruce riding, was snowed under in the March 26 election because the majority of her supporters were snowbound.

Beauty and You

by PATRICIA LINDSAY



HAND SPARKLE FOR SPRING!
Sequins on your daytime jewelry and on your fingertips—that's the news for spring hands. Luminous polishes make their bow—as glittering as the Circus Queen's sequins!

Finger-Tip Glamour Dips Into Luminous Polishes.

You'll probably get a shock, as I did, when your manicurist shows you the new luminous polishes for daytime wear! Delicate star-dipped pinks, deep rich reds with the sparkle of sequins such as a circus rider wears!

It seems as if the vogue started in Paris as part of the luminous make-up rage inspired by the war black-outs. They've been worn for evening by ultrachic women in America, but now you will see them worn during the daylight hours too!

Range of Shades
These polishes are far more opaque than they used to be and smooth-flowing. One coat is all you need to cover the little line where your finger ends and the nail continues.

There is a pale rose, recommended for its fragile, feminine appeal for it makes the hand look delicate. It has a mother-of-pearl overtone, and it will be lovely with summer pastels, frivolous garden hats and frocks.
The more deeper shades are, frankly, more bold and more glamorous. Either one will put you in a daring mood and they look very smart with simply cut street clothes and splashy print evening gowns. They are definitely for the sophisticated for their sequin-like sparkle is anything but demure!

You will have fun wearing these, but don't try them out on your boss. They are not for office wear!

Other Hand Notes

Do you know that clippers are ever so much better to use for hang nails than the old-fashioned cuticle scissors? The trick lies in learning to use them lightly and by all means you should buy a good pair to begin with. The clippers should be true, and only the lightest of touches is sufficient to nip off any calloused corners or hangnails. If you manicure your nails weekly, and take care to massage the cuticle with oil between manicures, hangnails will not appear. Do not clip the corners of your nails—the nail needs that support to grow strong.

About Creams
During the past two years several

very efficacious hand lotions and creams have made their debuts. Surely one of these has the perfect consistency for the skin on your hands. Keep a jar or bottle in your desk drawer (if you are a housewife) and certainly in your bathroom or on your dressing table. Then you will be reminded to anoint your hands with the skin preservative and brisk weather or no, your hands will be delightfully smooth and young looking. You also keep the nail cuticle duly when you massage your hands habitually after you wash them before hopping into bed.

(Released by The Bell Syndicate, Inc.)

Funeral at North Bay of the Late John Wm. Leekie

North Bay, April 24 — Many North Bay citizens, as well as residents of Englehart and district, were in attendance Thursday morning at the funeral of John William Leekie, widely known T. & N. O. Railway conductor, whose death occurred in Toronto the previous Monday.

Many spiritual and floral tributes were received from the wide circle of friends and railroad associates of Mr.

Leekie in North Bay and Englehart. The funeral was held from the home of Mr. and Mrs. J. G. O'Hara, 234 Worthington street east, under the auspices of the Brotherhood of Railway Conductors, Lodge No. 689. Solemn High Mass of Requiem was offered at the Pro-Cathedral of the Assumption, with Rev. J. C. Humphrey as the celebrant and Rev. C. G. Adams and Rev. R. F. Vent as deacon and sub-deacon respectively. Rev. F. Sowinski, parish priest of Englehart, offered mass at a side altar.

Committal service at the cemetery was conducted by Rev. F. Sowinski, assisted by Rev. J. C. Humphrey and Rev. C. G. Adams.

The pall-bearers were Duncan, Thomas and George Leekie, P. B. Kilroy, J. G. O'Hara and Angus McNab. Interment was in St. Mary's Roman Catholic Cemetery.

Mr. Leekie was in his 57th year at the time of his death. He had been holidaying in Florida because of ill health, and was en route to his home in Englehart when overtaken by fatal illness. He had lived in North Bay for a number of years prior to taking up residence in Englehart in 1931.

He is survived by his wife, five brothers, Thomas, of Braeside; Duncan Neil and Myro, all of Renfrew; and George, of North Bay, and two sisters, Mrs. Stanley Mayhew, of Renfrew, and Mrs. Isaac Thompson, of Denbigh.

Attending the funeral from out-of-town points were Angus McNab, of Pembroke; Thomas Leekie, of Braeside; Mrs. S. Mayhew, of Renfrew; Mrs. Robert Leekie and Jean, Robert John and Roy Leekie, all of Timmings; Mr. and Mrs. F. Murray, of Kirkland Lake; Mrs. H. Legary, Mr. and Mrs. George Bruce, Mr. and Mrs. J. Ryan, Mr. and Mrs. M. Scott, Rev. F. Sowinski, and Mr. and Mrs. L. W. Brennan, all of Englehart, and others.

Impossible

There had been a burglary and a detective had been sent to investigate.

"Hm," he murmured, after he had been round the house and asked a few questions. "Looks to me like an inside job. The burglar evidently know where to find everything."

The householder shook his head. "Couldn't be," he replied. "Nobody in this house knows where to look for anything."—Montreal Star.

Making It Personal
Newcomer—I was struck by the beauty of this town.
Native—You shouldn't get so familiar with her.—Smiles.

"I'LL MAKE YOUR BREAD A SUCCESS—"

ROYAL YEAST CAKES
MAKE PERFECT BREAD

MADE IN CANADA

FINE FLAVORED, LIGHT TEXTURED, DIGESTIBLE"

*Try These For Flavour "SALADA" *TEA BAGS



Keep the Smile in their eyes

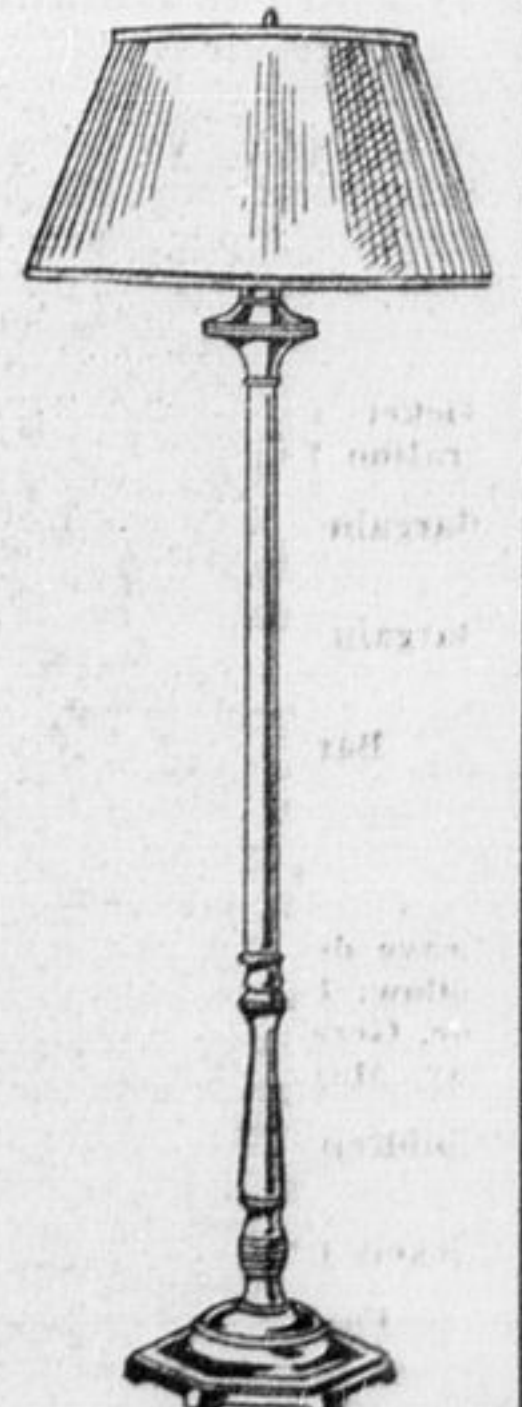
with GOOD LIGHT

See them smiling—keep them smiling. Good light will help your children to keep good eyesight. Studying, playing and working require proper light to avoid eyestrain. Don't let anything mar their complete enjoyment of youth. See that your home is light conditioned with modern "Better Light—Better Sight" lighting. It costs very little and it will be one of the best investments in happiness you ever made. Ask us about it.

Always keep a supply of genuine Edison Mazda lamps handy. 40, 60 and 100 watts now only 20¢ each. Buy them by the carton.

CANADA NORTHERN POWER CORPORATION LIMITED

Controlling and Operating
NORTHERN ONTARIO POWER COMPANY, LIMITED
NORTHERN QUEBEC POWER COMPANY, LIMITED



FASHION with comfort by Selby

Exclusive With VOGUE SHOE SHOP
Reed Block Pine St. Timmings

Here's why more women are using Tintex for home dyeing

Tintex is so easy to use

It requires no special preparation, no complicated system—even beginners can get perfect results. In addition, Tintex is

QUICKER—Dissolves immediately—many tints require no boiling—doesn't stain hands or utensils.

SAFER—Dyes all washable fabrics safely—assures clearer, brighter and longer-lasting colours—bears Canadian Home Journal Seal of Approval.

ECONOMICAL—A few cents worth of Tintex is plenty for dyeing average articles.

SMARTER COLOURS AND MORE OF THEM—There are more than 50 attractive colours on the Tintex Colour Card.

Try it. Get a package or two of economical Tintex from your drug or department store today.

Try WHITEX—the magical bluing that works on woollens and silks as well as on other fabrics.

Tintex TINTS AND DYES

TO-DAY'S FASHIONS

For town or country.

By VERA WINSTON
A SIMPLE suit that can be dressed up or down with the right accessories is a good buy these days. This model is as right for country as for town. Fine men's-ward flannel is the fabric. The collared bolero jacket has two large patch pockets as has the white pique blouse which ties in a crisp bow at the neck and buttons in pearl. The skirt is made on a wide waist band which zips up the back and a centre seam which develops into a kick pleat. Pockets are repeated at the hips.