

# Ice Boxes To-day Like All Other Moderns are Now Completely Streamlined

Successor to the Old-Fashioned Chest Has a Few Exclusive Advantages. Ice Cubes One of the Valuable Adjuncts of the Refrigerator To-day. Recipes for Molded Salmon and Chocolate Refrigerator Cake.



By Edith M. Barber

The old-fashioned ice chest has gone modern and become white and streamlined. Better than that, insulation is so good today that a good refrigerator will need filling only a few times a week and the temperature inside the box will keep consistently low.

You may even have ice cubes if you want them by putting the rack which is part of the equipment into a small tank, filled with water, on the cake of ice itself. The drains are made in such a way that they are easy to clean and they can be connected with the sewer if you like.

The refrigerator should not be overloaded and food materials should not be put too close together. No food should ever be placed in the ice chamber and the ice should never be wrapped. Air must contact the surface of the ice in order to circulate and cool the food compartments.

One of my friends who has a number of children has in addition to her large refrigerator in the house a small ice chest in which ice and bottled beverages are kept so that she does not have to worry about the refrigerator door being opened. The ice for the home-made ice cream which is occasionally made is also stored in this chest. By the way, did you ever buy ice in the country cafeteria style. Not long ago when I was week-ending in Connecticut and we needed an extra supply on Sunday we drove down to the village and put our money in the slot of the ice house and out came the clean sparkling block ready for us to carry away.

### Molded Salmon

- 1 cup (8 ounces) cooked or canned salmon
  - 1 tablespoon granulated gelatin
  - 1/4 cup cold water
  - 3/4 cup cooked salad dressing or mayonnaise
  - 1/2 cup chopped celery
  - 2 tablespoons minced green pepper
  - 1/4 cup chopped olives
  - 1/2 teaspoon salt
  - 1/2 teaspoon paprika
  - 1 tablespoon lemon juice
  - Dash of cayenne
- Remove bones and skin from salmon and flake. Soften gelatin in cold water five minutes. Place bowl over boiling water and stir until gelatin is dissolved. Cool slightly and add salad dressing or mayonnaise and mix well. Add remaining ingredients and blend well. Pour in one-quart mold and chill until set. Unmold on bed of lettuce and garnish with olives and sliced hard-boiled eggs. Yield: six servings.

### Chocolate Refrigerator Cake

- 2 squares chocolate, cut in pieces
- 1 can (1-3 cups) sweetened condensed milk
- 1/2 cup water

24 vanilla wafers  
Melt chocolate in top of double boiler, add milk, and cook over hot water, stirring occasionally, until thick, about five minutes. Remove from heat and add water. Line bottom and sides of seven-inch loaf pan with waxed paper. Pour in thin layer of chocolate, add layer of wafers, alternating layers until chocolate is used, finishing with layer of wafers. Chill twelve hours or longer. Turn out on platter, remove waxed paper and slice. Serve with whipped cream. Yield: eight servings. (Released by The Bell Syndicate, Inc.)

## New Canada Speaks on Progress of War

Translated extracts from foreign language publications in Canada reach as follows:—

### German-Russian War

"Der Nordwesten," German language weekly, Winnipeg:—"Our Canada has done very much as a British Dominion in respect to money and war materials, but she has not put up enough recruits for the armed forces fighting for freedom. If the young men of our country wish to preserve it with all it offers for themselves their duty is quite clear. They should make up their minds firmly and without delay: Canada calls and whoever—whether he is from England, France, Germany or the Ukraine—has found here another homeland and does not do his duty now is certainly an undesirable citizen. "Der Nordwesten" has always been opposed to Communism and will be so in future but it is Hitlerism and not the Communist doctrine that is threatening us today. The attack on Soviet Russia is a warning that must be heeded by us if we are fond of our civilization.

"Gazeta Polska (Polish Gazette), Winnipeg:—"A Polish army is being organized in Canada. The moment is near when armed action will decide our future, the fate of the world and civilization. Nobody must be absent at this historic moment when the fate of the world and the freedom of nations are being decided. Every Pole must prove by his preparedness to fight honorably for his country that he is and will be worthy of it. The fatherland expects every citizen to do his duty. Let everyone who has a Polish heart and in whose veins flow Polish blood report at once at the camp to increase the ranks of the Polish army.

### Volunteer Now

"Kanadiysky Farmer" (Canadian Farmer) Ukrainian-language weekly, Winnipeg:—"The Canadian army needs men. It must have them at once. The sooner it gets them the better because the modern soldier must be trained much longer than his comrade of the last war. This is a war of machines. It is the patriotic obligation of every able-bodied healthy Canadian to respond to the appeal of the Canadian Government. Canada calls her sons to rally round the British flag. Our sacred duty is to heed this appeal.

### In a Mennonite Camp

"Mennonitische Rundschau" (Mennonite Review) German-language weekly, Winnipeg:—"In a letter to the editor from the Mennonite camp at Clear Lake: The foremen in both camps are very good-natured. We are permitted to hold our religious exercises according to our own wishes. They all show us great courtesy in this regard. I wish all young men could work at the park because it is simply a pleasure to be here. We may look with respect at these young men as Mennonite representatives. Their preachers, parents, brothers, sisters and

# Beauty and You

by PATRICIA LINDSAY



A clear, firm skin is enviable beauty. MISS LUCILE FAIRBANKS radiates a complexion loveliness that is preserved through meticulous skin grooming.

## Made at Home Masques to Beautify Your Skin

Before I give you a few recipes for face masks I want to tell you that there are a number of most efficacious beauty mask preparations on the market. These are scientifically mixed and are, naturally better for the task of refining the skin, than any you can mix at home. But many women have asked me for a mask recipe which they can mix in their own kitchen, so here is a choice:

**THE YEAST FACIAL:** This mask is especially beneficial for dark, discolored skin (like a too deep brown from too much sunning) or one that is clogged by impurities. The yeast draws impurities from the depth of the pores and thus aids in beautifying the complexion.

Thoroughly wash the skin first with warm water and a bland soap. Rinse well. With one cake of baker's yeast combine one tablespoonful of milk and ten drops of oil of lavender or oil of lilac. Either oil is for eliminating the offensive yeast odor.

If the mixture is too thick add a bit more milk and then spread it over your face evenly and let it remain on your skin for thirty minutes. At the end of the fifteen minutes you may put a second coating over the areas most discolored or blemished. Then remove the pack with warm water and a soft face cloth and apply a good chilled astringent to tone up the skin. This may be repeated once a week.

**THE CUCUMBER MASK:** This mask is excellent for bleaching the skin. It is also very refreshing during hot days.

Place the peel of a cucumber in a cup of cold water. Add the juice of one lemon to it, and moisten in this mixture an old clean linen handkerchief.

After your face has been cleansed well, lie down on your bed and cover your face with the saturated pieces of cucumber peel. (Keep peel in strips if possible). Over the cucumber place the saturated handkerchief. (Cut an opening for your nose). Rest for twenty minutes, remove the mask, rinse face with warm water and then quickly rub a piece of ice over your skin.

Friends may visit them every Sunday and also on workdays but then only after 5 p.m. All this must be done in a proper way. The work consists of road work, truck-driving, felling of trees, building bridges, etc. This may serve as a cheerful message to all our communities and also the parents, because better organization courtesy on the part of the management cannot be imagined and no greater courtesy could be desired. We see herein the fulfillment of a prayer and God's grateful guidance.

Editorial Note:—(Mennonite and other conscientious objectors to compulsory military service have been required to give labor service. Clear Lake, better known as Riding Mountain camp, is in Manitoba.)

**Germany's Road to Ruin**  
"Nova Vlast" (New Country, Slovak-language weekly, Montreal.

Colonel O. Spaniel of the Czechoslovak general staff: The Germans have entered a critical path that inevitably leads to perdition. Russia, like England and the United States, is such a colossus that even a military defeat of greatest extent cannot knock her out of the conflict. It is a mass of 160 million people, living in a vast territory, that constitutes one-sixth of the globe, with tremendous natural resources. . . . The Soviet Army will play the part of the Tsarist Army of Napoleon's time. It will exhaust the Germans, will compel them to strain their military force over the limit. Time and distance will do the rest.

"Der Courier," German-language weekly, Regina:—"Now, if one sizes up the whole situation in a sober way and sees what powers and forces are opposed to Germany, one will have to admit that, in spite of the numerous splendid victories and initial military and diplomatic successes, Germany must lose the long war which she had not anticipated.

Wrap ice in the same handkerchief you used as a mask.

**THE BRAND AND HONEY PACK:** Mix enough honey with a half a cupful of bran to make a smooth paste. If it is too thick add a little cologne (if your skin tends to be oily) or a little rosewater (if your skin tends to be dry). Spread it over your skin, leave on for fifteen minutes, remove with dampened cloth, rinse first with warm water and then cold water and apply chilled astringent. This may be repeated twice a week if desired. It does refine the skin's texture. (Release by The Bell Syndicate, Inc.)



By James W. Barton, M.D.

### Trying to Prevent Hay Fever

The fact that hay fever, asthma, and eczema are closely related and "run" in some families has been well established; the grandfather may have hay fever, the son or daughter, asthma, and the grandchildren, eczema. Or perhaps it may be the other way around. While this does not mean that every member of the family will be afflicted with one of these three ailments, it does mean that they are "likely" to be afflicted if they come in contact with certain substances—pollen from plants and trees, house dust, various odors, and certain foods. Sometimes a defect of nose and throat will set up symptoms, whether or not these ailments run in the family.

While most cases of true hay fever occur in the autumn, due to the pollen of ragweed, "there is the spring type due to tree pollen such as the oak, birch, maple, elm, hickory and cottonwood and the summer type almost always due to pollen of grasses, timothy, June grass, orchard grass, and red top."

When the symptoms—sneezing, itching of eyes and nose, "running" of eyes and nose, stuffiness of ears, and fear of light—occur at "any" time during the spring, summer and fall seasons, they are usually, due to furs, feathers, and foods. The first thought in treatment is to try to locate the cause by using skin and other tests of the substances that usually cause the symptoms.

In the "real" hay fever, as the ragweed in the neighborhood or going to a pollen-free climate for the weeks during which the pollen is in the air, will prevent symptoms.

The usual method of prevent is injecting ragweed pollen extract under the skin about six weeks before the usual onset of the pollen season. However, hay fever specialists are now advising that these injections should be started three or four months before the seasons starts. The injections are given every 5 or 7 days, beginning with a weak solution and gradually increasing the strength to a point just short of a reaction.

Sprays of ephedrine and epinephrine (adrenalin) or remedies containing either of these drugs or used as "drops" are usually effective in relieving the symptoms.

### Allergy

Hay fever, asthma, eczema, hives, stomach upsets, are just a few of the many symptoms due to allergy or sensitiveness to various foods and other substances. Send today for Dr. Barton's helpful booklet entitled "Allergy" (No. 106). 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 mention the name of this newspaper.

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## Women Will Help in Conserving Gasoline

Miss Margaret Hyndman, K.C., Gives Views on the Question.

Toronto, July 23—Women of Canada can be depended upon to forego pleasure jaunts and lazy ways and to knuckle down to give all-out co-operation to save gasoline for British bombers Margaret Hyndman, K.C., of Toronto, declared last week when the Department of Munitions and Supply launched its appeal for a drastic cut in the use of gasoline by motorists.

"You'll find the women of Canada responding wholeheartedly," insisted Miss Hyndman, whose war work is well known across Canada. Her tour of the Dominion as director of organization for the Voluntary Registration of Canadian Women in which some 250,000 women enrolled for service in the event of national emergency, demonstrated the eagerness of Canadian women to do the biggest bit they could do in case of need, she says.

"In fact, there is every indication that the women have been ready to extend their services to an extent far beyond others in the country. You will find, I think, that almost every Canadian woman is contributing some measure of voluntary service. In a thousand ways they have reconstituted their aim not to play any glamorous or noble role neither are they anxious for credit or reward. But they are eager to do any job they can and that in the most efficient and effective way."

The women will not go about the conservation of gasoline in any half-hearted way, contended Miss Hyndman. "I am sure women who are used to taking the car round the corner or down the street for household provisions, will be glad to walk and to carry their groceries," she said. "For every woman who realizes that every time she walks to the store in this way, she will make more gasoline available for essential war services. And more gasoline available means more aircraft fuel."

More men trained in the Commonwealth Air Training Plan . . . more tankers going to Britain . . . more bombers zooming across the English Channel . . . more bombs bursting over Germany. It is true one woman can't save a great deal of gasoline by leaving the car in the garage but all the women across Canada who drive cars can.

"There's another side to the picture if women will use their feet as well as their heads," she added. "We women in Canada have grown used to a sort of softness, the women in England have hardened themselves by walking so that they are able to take the discomfort and the displeasure. Should the women of Canada be called on to make similar sacrifices they must condition themselves to stand the physical and moral strain."

Leave the car in the garage and fill up the buses and street cars at other times than the rush hours, suggests Miss Hyndman to the housewife who finds it necessary to go long distances.

And if you can't go to the store for food on your own two feet, see to it that the delivery man doesn't have to run up to the house with a mere loaf of bread or a package of cigarettes.

"But," says Miss Hyndman, "you may be sure the Canadian women will rise to the emergency—just as though the gasoline were rationed—and she simply couldn't purchase it."

## Elsie the Cow to Help The Toronto Telegram Fund

Toronto, July 24—To assist in securing contributions to The Toronto Evening Telegram British War Victims' Fund and to direct the attention of Americans to Canada, as a vacation land, Elsie, the Cow, famous as an advertising character and as a featured attraction at the New York World's Fair, is coming to Canada in August. She will appear in her own unique boudoir at the Canadian National Exhibition.

With nearly \$1,000,000 of voluntary donations already received and forwarded to the Lord Mayor's National Air Raid Distress Fund in Great Britain without any deduction for expense. The Telegram British War Victims' Fund has become in less than one year the largest fund of its kind in the British Empire. To aid this fund on its way to the second million-dollar mark, Elsie is opening a chest for contributions from the United States and from visitors to the Exhibition. All such donations will go to the person of Wonderful Lady, a war guest rectly to The Telegram Fund.

Elsie will appear in Canada in the form of the Island of Jersey just before the German occupation of that island last year. With her will come the quaint and unusual furniture and pictures which were her background at the New York World's Fair.

As an advertising character, Elsie, the Cow, has become known to millions of magazine and newspaper readers, both old and young. She appeared first as a living personage at the New York Fair and then in motion pictures and on the air. The honoured guest at dinners and receptions and benefits, she has toured the United States where she has been received with honors by state and civic officials and has been seen by millions of people.

In making her first visit to Canada

## Sudbury Star Columnist Makes Supreme Sacrifice

The Sudbury Star columnist, who writes the column, "An Eye on Everything," has given his most priceless treasure to the war effort. Here is his story:—

### Aluminum Memo'ies

While we willingly relinquish our old aluminum stew pan to the defence agencies, we think it only proper to indicate what a valued thing we are giving up and what a volume of our personal history, as well as a piece of battered metal they are getting.

That pan has travelled down nine rivers from their sources to their mouths, and has been carried over 400 miles of mountain trails; it has cooked beans, soup, prunes, eggs, bacon, fish, coffee, cocoa, and five species of wild berries; it has been begrimed by the smoke of at least 20 different kinds of firewood, and been scoured with chore-boys, sand, ashes, grass, reeds and bracken; it has burned dozens of fingers incautiously jerking it off the fire when something in it boiled over, evoking snarls and curses; it has been used not only as a cooking utensil but as a washpan, and a shaving mirror, and it has been beaten at night to scare a porcupine away from a food bag, and has been thrown at a squirrel and stepped in by a bear. The smell of forests and mountains clings to it, and when we thump it we can hear the sound of the whippoorwill.

We are glad that we have but one stewpan to give to our country; if we had two, the effort might prove more than our sentimental spirit can withstand.

purely a goodwill trip in the interests of better international relations relations and The Telegram British War Victims' Fund. Elsie is expected to add materially to the funds available for the relief of distress caused by air raids on the British Isles.

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