

Automatic Refrigerator Will Give Variety of Very Special Service

Some Tips on Special Uses That May be Made of Refrigerator. With Proper Use the Refrigerator Adds Variety to Desserts During the Hot Summer Months. Some Timely Recipes.

Most housekeepers would be willing to sponsor a special Thanksgiving Day some time during the heart of the summer in order to honour the modern refrigerator. We are so used to this convenience that it is hard for us to realize that a supply of ice in



By Edith M. Barber

summer is the product of our modern age.

While all of us appreciate this on account of the food beverages which we all like so much, it is often only the housekeeper who gives the refrigerator its due. Whether it is of the automatic or the modern ice type, we can be certain that there will be no spoilage of perishable foods, and therefore no ill which are so easily caused by these and which used to be so common. The cold control regulator on the automatic refrigerator should be turned higher in warm weather so that the thermometer will register a little above 40 at all times. The door should be opened and closed as quickly as possible. If you are going away for the week-end, don't turn off the refrigerator. You may turn the regulator toward warmer—as the temperature will not rise with the opening of the door. It will take more current or gas to completely recondition the temperature if the refrigerator has been turned off than it will to let it run during your absence of a few days. If you are to be away longer and you desire to disconnect the fuel, be sure to leave the door open.

We do not buy automatic refrigerators today just to make frozen desserts, but there are a number of these which can be prepared in the cold chamber. They are not exactly like "turned" ice cream in texture and you will need special recipes for them. You can purchase very good freezing mixes to use as a base for desserts of this sort. To the vanilla-flavored mix, you may add cinnamon and peppermint candies, peanut brittle or bits of semi-sweet chocolate with the other ingredients.

Refrigerator Mocha Ice Cream

1½ cups milk.
2 tablespoons ground coffee.
1 cup sugar.
2 egg yolks, slightly beaten.
¼ teaspoon salt.
1½ cups heavy cream, whipped.

Heat milk with coffee over hot water. Melt half the sugar in heavy frying pan, stirring until it turns to a light brown sludge. Slowly stir in remaining sugar. Strain coffee mixture through cloth, add caramel, and stir over hot water until sugar mixture is dissolved. Add slightly beaten egg yolks and salt, and cook over hot water, stirring constantly, until custard coats the spoon. Cool and add cream. Pour in refrigerator tray and freeze three or four hours. Yield: One quart.

Vanilla Marlow

20 marshmallows.
1 cup milk.
¼ teaspoon salt.
2 teaspoons vanilla extract.
1 cup heavy cream, whipped.
Melt marshmallows in milk over hot water, add salt, and cool by placing pan in cold water. When mixture begins to thicken, add vanilla extract and fold in whipped cream. Freeze in tray of automatic refrigerator, without stirring, three or four hours. Yield: One quart.
(Released By the Bell Syndicate, Inc.)

Since Reformer: An optimist is one whose glass is half full; a pessimist is one whose glass is half empty.



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Ottawa Urges Conserving of Fruits and Vegetables

Ottawa, July 26—"Serve by conserving" should be the motto of the housewife in wartime declares a joint statement, issued by the Agriculture Department and the Wartime Prices and Trade Board.

Canadians are asked to make sure that no fruit or vegetables go to waste this summer because they are not gathered and distributed for immediate use for storing or preserving, the statement continued. Lack of adequate rainfall has reduced early-ripening crops, and the most efficient use must be made of the fruits and vegetables coming on the market in the months ahead.

Sugar supplies are abundant for all preserving needs points out S. R. Noble, Sugar Administrator under the Wartime Prices and Trade Board, despite the wartime disruption of many of the shipping facilities on which Canada normally depends.

These Days It Would Appear That the "V's" Have It.

Reference was made in Thursday's Advance to Tuesday's issue of The Northern News of Kirkland Lake fairly plastered with "V's" big and little letter 'v's being used as dashes and ornaments on all the pages. Thursday's Globe and Mail came along with an immense "V" on the front page in a light red colour. The Advance mentioned that there was a big "V" displayed on the Timmins fire hall door and that some stories, houses and motor cars were adorned with the British victory symbol. From New Liskeard comes the story that the staff of the J. and J. Taylor Co. painted a large "V" on the pavement outside the store, and that this was the first public appearance in New Liskeard of the British slogan for victory. Added to the "V" were three dots and a dash—the telegraphic symbol for the letter "V". A car of fruit coming to Timmins last week from the south had an immense "V" on its side, the letter being made from strips of heavy paper or card. Several stores in town have been featuring the "V" symbol, while Scotty Andrews has the symbolic "V" on his barber pole.



By James W. Barton, M.D.

That Body of Yours

You Can Avoid Ailments Common to Your Build

Physicians now recognize that the shape of an individual seems to lead to certain ailments—the round chest or immature chest leading to tuberculosis, the heavy wide type of body leading to liver, heart and blood vessel ailments, and the narrow or slender type of body leading to peptic ulcer (ulcer of stomach and small intestine), anaemia, low blood pressure and tuberculosis.

I am reminded of this because in a recent issue of the American Journal of Digestive Diseases, Dr. S. C. Robinson says: "The peptic ulcer patient tends to be normal or underweight; he is usually of the slender or narrow type; he has little tendency to get heavy around the waist—protruding abdomen; his blood pressure is lower than the average."

The slender individual is more apt to develop tuberculosis because his chest is immature and he does not get sufficient oxygen. As his small intestine is a few feet shorter than the average, he gets less nourishment from his food, and nourishing food is a factor in preventing tuberculosis. Because he is thin and nervous, his stomach manufacturers more acid digestive juice than he needs and excess acid causes ulcer. His blood is thin for lack of oxygen and nourishing food. His blood pressure is low because all his vital forces are low.

Does having a slender or narrow body mean that the individual is sure to develop a peptic ulcer? Does having a wide body mean that the individual cannot develop a peptic ulcer? As a matter of fact, it is quite possible for a narrow individual to avoid peptic ulcer, and it is quite possible for a wide heavy individual to develop peptic ulcer. This is because the nerves, the emotions, can be so disturbed that ulcer occurs whether the individual is narrow or wide.

Some months ago I met a former patient and commented on his healthy appearance. He was of the wide type of build and I was astonished when he told me he had had a stomach ulcer that had required surgery to correct. I told him that he was the wrong type to have ulcer—wide build, buoyant disposition, friendly with everybody.

"Yes," he replied, "I was because I was wide, buoyant and friendly that my firm (stockbrokers) had me handle all the clients during the 'break' in the market. It was not long before I could not eat or sleep and the ulcer developed."

By keeping calm, narrow individuals can avoid ulcer. By not overeating, wide individuals can avoid heart, blood vessel, liver, and kidney ailments.

Overweight and Underweight
Send today for Dr. Barton's helpful booklet entitled "Overweight and Underweight" (No. 105), enclosing Ten Cents and addressing it to The Bell Library, Post Office Box 76, Station O, New York, N.Y., mentioning this newspaper.

Beauty and You

by PATRICIA LINDSAY



Fresh as apple blossoms is the modern beauty who grooms meticulously daily and for a final dash of fragrance, anoints her body with a good cologne.

Many Women Ignorant of Personal Hygiene Detail.

Physicians, nurses, masseuses and gymnasium instructors all tell me that too many women are still ignorant of personal hygiene detail. Many women suffer from the knowledge that they have an unpleasant body odor but still hesitate to go to a doctor, or to a good nurse, and ask for cleanliness instructions.

Such timidity is not in keeping with the enlightenment of this era. No woman or girl should be too timid to find out anything she should know about her body. If her mother cannot instruct her, then she should by all means go to a doctor and ask him all the little questions which trouble her.

It is simple for beauty editors, and other writers interested in the general health of women, to instruct through print how to care for the body externally. But it is impossible for us to give medical instruction. That is a physician's duty or a parent's.

It's Up to Individual

One's body is a temple and it should be kept sweet and clean. Daily scrubbings are the primary rule, and little groomings like clean fingernails and toenails, clean scalps and ears, follow in sequence. Then comes the all important detail of using an anti-perspirant or a deodorant during warm and hot weather—or if one exercises a good deal.

Any girl who is engaged in physical labor such as being a waitress, maid, office messenger, cook, housekeeper, nursemaid and other such active occupations, shouldn't be without the aid of a liquid, cream or powdered deodorant which is always applied directly after a bath or shower.

Such a preparation serves to neutralize the secretions of the body and helps to keep it free from body odors until the nightly shower or bath. All girls and women who labor physically at their tasks require two baths a day

—even though they are tired from their work. A bath, taken correctly not only refreshes but it revives one, and once the habit is formed of jumping under the shower when you first get up, and at the end of the day when work is done, bathing is no longer a task.

It is also imperative that women should wear fresh hose and undies every single day for clothes absorb perspiration and quickly become rancid.

I cannot stress too strongly the importance of being intelligently instructed about internal body hygiene. After all there should be no mystery regarding it, and when a woman practices it habitually she can be assured that she is free of objectionable odor—which is half the battle of acquiring an alluring charm and poise. If you are very young and hesitate to visit a doctor you might seek the advice of your woman physical education instructor—I am sure she will explain well what you as a woman should know.

Stalin Praises R. A. F. But Says "Strike Harder"

London, July 26—Prime Minister Winston Churchill and Premier Josef Stalin, it was reported, have exchanged friendly letters in which Stalin emphasized the importance to the Anglo-Russian cause of every blow Britain can now strike in the west.

Stalin was said to have paid tribute to the strong offensive being carried out by the Royal Air Force but to have strongly urged that Germany be attacked by Britain in every way possible.

Churchill's reply, it was believed, expressed admiration for the determination with which Russia is withstanding German attack.

Wrong Addressing of Soldiers' Mail is Serious Matter

18,259 Items Wrongly Addressed in June.

From the Post Office Department at Ottawa there comes a letter referring to a very serious state of affairs.

In the month of June there were no less than 18,259 items of soldiers' mail wrongly addressed. Think of it! Consider the trouble to the post office department—the cost—the loss—the delay in delivering mail—through this unnecessary wrong addressing. The Advance has given the correct form of address a great many times. This form of address could be used in practically all cases if a little thought and care were given to the matter. Unfortunately, however, chiefly through thoughtlessness and carelessness, items of soldiers' mail are improperly addressed with unfavourable results.

Readers of The Advance are asked to carefully read the following letter from the Post Office Dept. at Ottawa, and then to take the necessary steps to see that, so far as they are concerned, there will be no more improper addresses for soldiers' mail.

The letter reads:—

"Because mail for our fighting men is still being carelessly addressed extra duties are being thrown upon members of Canada's forces overseas. Hon. William P. Mulock, K.C., M.P., Postmaster General, stated that during June alone 18,259 pieces of mail passed through the Directory Section of the Canadian Postal Corps overseas, which necessitated five soldiers of the Canadian Postal Corps being kept from more important military duties in order to search nominal rolls and military records to supply the information so carelessly omitted. Five men could do much necessary work elsewhere instead of having to try supplying the information missing from these letters through neglect on the part of the senders.

The 18,259 pieces of mail requiring special directory service overseas were not in all cases mailed from Canada, some having been posted in the United Kingdom. While sometimes the soldier himself may be at fault in failing to notify his correspondents of the particulars of his present address, or to notify his Postal Orderly of his change of address when leaving his unit, in a great number of cases the error is the result of the omission of important details by the correspondent.

"Through observing a few simple rules for addressing military mail, co-operation can be given which will result in these soldiers being released for more important duties, and will spare hundreds of troops overseas the anxiety and disappointment caused when their mail is delayed.

"Mail for troops overseas should be addressed as follows: Regimental number, rank and name, Name and details of Unit (i.e. Company, Section, Squadron, Battery, Holding Unit, etc.), Name of Regiment or Branch of the Service, Canadian Army Overseas.

"Mail for delivery in Canada should be addressed with the usual complete particulars, but with the exception that the words "Canadian Army Overseas" must be omitted and instead the name of the place where the soldier's Unit is stationed should always be given. All mail should be fully addressed, properly prepaid and a return address given in the upper-left hand corner."

Sudbury Star: As if war itself were not dreadful enough, there will be all the puns about Stalin retreating steppe by steppe.

Housewives Asked to Save Zinc Sealer Rings

Ottawa, July 26—Over 2,000 local salvage committees are prepared to receive and make the best possible use of all surplus zinc sealer rings which are not needed in the present; fruit and vegetable conservation drive, declared William Knightley, Director of Salvage, Department of National War Services.

"Where local salvage committees are not operative, local Red Cross, V.A. D.C., or other war service units will receive the zinc rings," added Mr. Knightley. "By writing to this department, any individual or organization may secure information as to the best method of disposing of the metal so collected. Salvage organizations should dispose of sealer rings whenever possible within their own community."

Canadian housewives are being urged to "serve by conserving" all available supplies of fruit and vegetables this summer, and S. R. Noble, sugar administrator under the Wartime Prices and Trade Board, has announced that there is ample sugar on hand for this purpose.

Value of Humour to the People in These Days

(Brandon Sun)

It is sometimes said these days are not ones for humor. That is foolish. The basis of the wonderful courage and the stamina of the British race in the face of tremendous dangers is humor. It is notorious that the Englishman is able to see the funny side of the most gloomy situation. It may be that Cockney wit gets too much advertising but the fine ability to see the funny side all over Britain has preserved her morale as few other British attributes. Every part has its own style of humor and every event is song, story or comment.

And one may see the worth of humor or wit in world facts before us. Which are the lands and peoples without laughter? They are the oppressor nations—every one of them. Now are added the many little peoples beaten by the witless war lords, but not conquered. Moreover, among ourselves, laughter is more infectious than gloom. So avoid gloom, have faith, hope on, and on and on that the days will be brighter and when the lights of Britain shine again the soul of laughter may show again the true Briton, free to laugh and to live in the way we have chosen. Now and then comes a stab of pain, and the laughter is not as loud as it might be but we laugh. It is not as easy as it used to be, but it is not too difficult.

North Bay Nugget: Ottawa, bound up as it is in a mighty defence effort, is so overcrowded they report it is a common thing to find that your paper-wagon turns out to be some stranger's feet.

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REDDY SAYS: "War Savings Stamps will help us win the war. Do your share. Buy all you can."

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