Buy Victory Bonds

were some tickets sold here, and all will

The first prize, a \$200.00 Victory Bond

The second prize, a \$50.00 Victory

Bond, went to that popular old-time

resident of Timmins and the North, W.

F. B. Cadman, of the Canada Northern

Fower Co. head office at New Liskeard.

The winner of the linen table cloth,

There were eight other prizes, each

a \$10.00 War Savings Certificate, as fol-

Miss Mary Beattie, New Liskeard Ont.

Miss Pearl Tremblay, Matachewan,

J. L. Bucher, care of Windsor Arms,

J. F. McDonnell, care of T. & N. O.

Miss R. Fick, 284 King street, West,

Miss K. Bertie, 284 King street, West,

The Advance used to poke fun at the

publishing of examination results for

"early" letters in the alphabet, while

names beginning with the letters from

"N" on to "Z" were shown sad discrim-

two "A's" three "B's" two "C's" one "F"

"T" complete the list. The moral is

order of merit, as luck itself seems to

Blairmore Enterprise: - A good pre-

favour enough of those in the "earlier

letters of the alphabet.

W. J. Carr. New Liskeard, Ont.

valued at \$100.00 was George Arnold,

Montreal, Que.

New Liskeard, Ont.

land Lake, Ont.

## Some Hints about Making Baking Powder Biscuits

Varied Types of Biscuits May be Prepared by Using the Same Ingredients. Baking Powder Biscuits are Better When Served Hit. Recipes for Various Baking Powder Biscuits.



(By EDITH M. BARBER) Baking powder biscuits are rightly considered a typical American bread of the homemade variety. It is amazing,

· standard.

of a biscuit which is tender, but not too rich. Even when you use the recape printed today the final product will not be exactly the same if, for instance, the dough is rolled thick or thin. The latter will make a crustier type of bisthe dough must be dropped instead of ing. being rolled, you will have a still different result. Experience will tell you which type of biscuits all of which are good, you will prefer.

If you like, you may mix your dough venient for you and even cut it into expert. rounds if you have room in your refrigerator for a baking sheet and have the biscuits ready to pop into the oven fif- cate simplicity."-Exchange.

teen minutes before you are ready to

Of course they must be hot when they are served. If you make a good sized batch you may use them as a hot bread during the meal and let them serve as dessert with honey-in-thecomb or a good jam.

The dough may be rolled into a flat sheet, spread with softened butter, brown sugar or honey and cinnamon and then formed into a thick roll which may be sliced and baked. These are known as quick cinnamon buns and make a good dessert for either lunch or dinner. The biscuit dough may also furnish the base for a shortcake. You may be a little more generous with your shortening if you like.

With so many uses for biscuit dough, every cook should be an expert at prearing it.

Baking Powder Biscuits

2 cups sifted flour 3 teaspoons baking powder

1/2 teaspoon salt

4 tablespoons shortening. % cup milk (about)

Mix and sift dry ingredients. Cut in however, what different results are ob- | shortening with pastry blender or with tained from the same ingredients. One two knives until the consistency of reason for this is that standards differ. | coarse commeal. Stir in milk to make Some people like a biscuit which is a smooth dough. Turn out on slightly "short" and almost as rich as pastry. | floured board, knead half minute, and Others like one which is more "bready". | roll lightly to thickness of half inch. Then there are people who just make Cut in two-inch rounds with floured biscuits which do not conform to any cutter. Bake on ungreased sheet in a hot oven (450 degrees Fahrenheit) twe-Most of us like an in-between kind live to fifteen minutes. Yield: fourteen to sixteen biscuits.

#### Variations of Baking

Powder Biscuits Fruit biscuits - Add one-half cup slightest objectionable odor. cut raisins before milk is added.

AN EXPERT

A prominent man, in an interview hair-removers-small discs of fine emany time during the day that is con- was asked to give his definition of an ery which are rubbed over freshly

# Beauty and You

= by PATRICIA LINDSAY =



Attractive crests of a composition reveal themselves to be sachets, deliciously and permanently scented to put away in your lingerie drawer. Something every woman yearns for

For Keeping Sweet Consider These

is necessary to take every precaution to you a firm grip. I think all mothers keep our bodies sweet; free of the will approve of this method of remov-

Daily bathing with a good skin scrub-Cheese biscuits -Cut one-half cup bing with soap is the primary step, of cuit. If you add more liquid so that grated cheese into flour with shorten- course, but then comes the removal of superfluous hair, the use of a deodorant (Released by the Bell Syndicate, Inc.) a good foot massage and to top the vanishes quickly when applied to under or tale to make us smell nicely.

> Right handy are the tiny minutecleaned legs to keep the hair stubbles His answer was succinct and definite: down. The same may be used on arms, "An expert is one who can compli- too, and they are indeed nice to pack in your week-end case. Each little pad

More than ever, in our busy lives, it fits into a wooden holder which allows ing superfluous hair for young daughters in their late teens or older.

#### Good Protection

A very effective deodorant comes in a delightfully fragrant cream, which grooming either a sprinkling of cologne arms or across shoulder blades (where it does not injure fabric or irritate the widely-separated places. skin. The jar which holds it is pleasing enough to have out on your dressing fortunate in the choice of the man table or bathroom shelf to remind you conducting the event, they were also to use it!

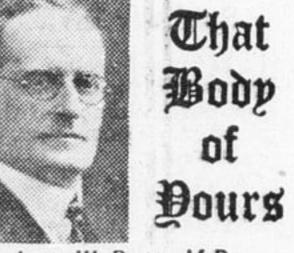
Foot Balm

feet these days because we are using weather was unusually kind, the three inoted that out of eleven winners, only them more than ever. To cool and soothe days of the carnival being perfect fall two have names with initials in the latpainful feet, or to refresh any foot af- days. This is credited with increasing ter half of the alphabet. There are ter a bath, try that peach-toned balm the attendance over past years, though which contains something that is in- credit is also given to other factors, a- and one "M", while one "S" and one stantly refreshing. This lovely liquid mong them being "Princess Coreta," keeps the skin and cuticle of the feet whose charm and personality endeared that school examination results and smooth and prevents ugly, stocking- her to all who came in contact with her, everything else should have names in snagging callouses from forming, Stockings may be worn over it for it is not crowd for "Children's Day," over six greasy. And -a secret - the same hundred youngsters from four years of lotion may be used for improving rough age to seventy-five years crowding in

To Powder Your Body

on cosmetics comes some attractive innovations from cosmetic houses. A recent arrival is a little powder gadget, prettily backed in lovely moire and ruffiles. Its other side is soft velour, through which fragrant powder (your choice of three heavenly scents) sifts. It is not refillable, but it holds enough powder to last any meticulous lassie for a long, long time.





By James W. Barton, M.D.

Whenever you hear about how much longer men and women live today than just twenty-five years ago, you know that the main reason is that there are not so many children die at birth or during their first year now. Also that infectious diseases of children can be

What many of us fail to remember is that the middle-aged man and woman of today has a longer expectation of life than ever before despite the fact hat he may not be very robust

Why has the middleaged individual a longer life expectancy despite the fact that he is not more robust than were those of middle age, twenty-five years ago?

The reason is that men and women with heart disease, diabetes, pernicious anaemia, high blood pressure or other "dangerous" conditions have been told by their physicians and many have learned for themselves, how to live

Thus I spoke a few weeks ago of meeting a middle-aged friend walking much slower than was his custom. On Questioning, he admitted that his physician had advised him that if he wanted to live for a number of years, he could do so by walking more slowly resting more giving up some of his teaching work

and learning to relax more. We have friends and acquaintances who follow a low starch diet or take insulin injections daily and live a normal life. Formally these cases died in a short time with diabetes. They have learned also not to allow themselves to

put on excess fat. Similarly with that formerly fatal disease pernicious anaemia. Many a bright and useful man and woman formerly passed away in a few months or a year following some shock or infection. To-day, these men and women eat about a quarter pound of liver daily

or take liver extract and continue to !

Less than twenty years ago, operation for ulcer of the stomach or small intestine (peptic ulcer) was common. To-day the majority of ulcer patients have learned how to live safely and free from ulcer symptoms by following a diet, avoiding emotional disturbances and removing or preventing infection of teeth, tonsils, gall bladder and intestine. In other words, the heart patient lives a "heart" life, the diabetic a "di-

"ulcer" life. By living their kind of life, they con-

abetic" life, and the ulcer patient an

Cancer: Its Symtoms and Treatment All middle-aged persons would be wise to take an interest in cancer. Send today for this instructive booklet by Dr. Barton entitled 'Cancer: Its Symptoms and Treatment' (No. 110). Ad-Post Office Box 75, Station O, New York of handling and mailing and mention was won by the Acme Glove Works, Bring along your husbands."-North the name of this paper.

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#### Prizes at Liskeard **Kiwanis Carnival** Widely Distributed

First Prize Went to Montreal. Others to Several Towns in North, Carnival Notable Success.

Hotel, Terento, Ont. about the recent Kiwanis Carnival at Railway, Swastika. New Liskeard. The first was that it was a most enjoyable and notable success. The second was that the prize- Toronto, Ont. winners were scattered all over this Mrs. R. Scott, 43 Second street, Kirkprovince, and beyond. The first prize went to Montreal, while other prize winners had addresses in Toronto, Ma- Toronto, Ont. tachewan, Kirkland Lake, Swastika, and New Liskeard.

This would seem to prove that much school classes where the names were credit for the success of the event must arranged alphabetically instead of by go to the advertising committee for the merit, claiming that this method of event. W. R. Ramsay being in charge publishing results gave a standing that of this committee, and apparently doing might not be deserved to those whose excellent work to make the event known luck it was to have names beginning many women perspire profusely), and and to rouse interest in so many in with "A," "B" "C" and the other

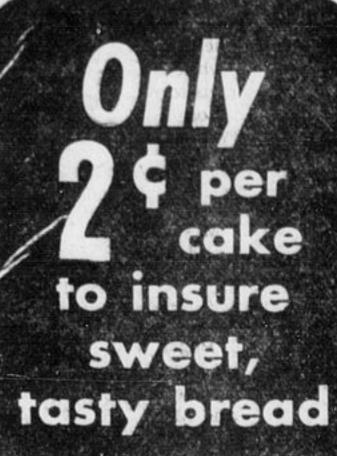
If the New Liskeard Kiwanis were those who had the misfortune to have lucky in the matter of weather - ination. The New Liskeard Kiwanis something that the most capable work- Carnival prizewinners were announced A great deal of attention is given to ers can not control in this North. The in due order of merit," but it will be

As usual there was an unusually large to see the movies and clowns, to buy hot dogs and hamburgs. They all had acher has something to say. A poor Along with the yearning to economize a wonderful time, their only objection preacher has to say something.

TEA JUST JUNK

being that the party had to come to an The following notice appeared in the While Timmins was one of the towns that did not share in the prizes, there

"On next Wednesday evening, the be interested in the list of prize-win- Ladies' Aid will hold a rummage sale dress your request to The Bell Library ners so widely scattered in two provin- at the Methodist Church. Good chance to get rid of anything not worth keeping, but too good to be thrown away.





FULL STRENGTH ...DEPENDABLE IN THE AIRTIGHT WRAPPER

# (Released by The Bell Syndicate, Inc.)

# BUSY WAR-WORKERS Bank by Mail

Save time, gasoline, tires, general wearand-tear by using the mail to transact your banking business. Once you have established a simple routine, you will enjoy using your mail-box as your bank window.

Have the necessary stationery and postage handy, keep the fountain pen filled (or the typewriter in running order) and, with the simple instructions we will

send on request, you can easily carry on your savings or chequing account without visiting the Bank.

Determined, systematic saving by every citizen is a part of the national price of VICTORY.

Don't postpone saving by mail; write today for our folder "How to Bank by

### BANK OF MONTREAL

"A BANK WHERE SMALL ACCOUNTS ARE WELCOME"

Modern, Experienced Banking Service . . . . . the Outcome of 125 Years' Successful Operation

Timmins Branch: T. W. TOD, Manager

ALL FIGHT!" Reddy Kilowatt ICTORY DEPENDS ON US It is OUR self sacrifice which creates the savings which buy the bonds which pay for the bullets and bombers and other battle-tools which our fighting men need to finish the job ... and the Axis.

> KEEP IT UP ... BACK THEM UP Buy more VICTORY BONDS

LIMITED