

Fashion Fancies

Hiding a Spring Fashion Secret



There is more under this collar than one might at first think, for it is hiding the fact that capes are one of Fashions spring secrets. In fact in the model above, the wide collar is not a collar at all, but a separate cape in soft, dusty pink flannel. The fan-shaped set-in pleats on the opening of the cape in front find emphasis in repetition on the skirt of the same fabric.

And still the cape is covering up something! It is that the "baby" colors are taking on sophisticated airs. Here it is the long-sleeved blouse of powder blue that verifies the rumor that blue and pinks, either separately or in combination are looking for early popularity.

The New Spring Suit



The cape is cutting delightful capers on our new clothes. It is present in so many varieties, all of them attractive.

The capelet is an important feature of this suit of green broadcloth with its three-quarter coat. The shape is quite interesting with its V-shaped yoke cut in one end and slightly bloused bodice. It has a narrow rolled collar and straight cuffs of lapin. The skirt of the suit is box-pleated. The blouse is of egg-shell satin with odd groupings of tiny green buttons.

Temiskaming & Northern Ontario Railway TRAIN SERVICE

The CONTINENTAL LIMITED. Trains Nos. 1 and 2, between Montreal and Vancouver, daily, operating through Sleeper between Cochrane and Toronto. These trains use Canadian National Railways station at North Bay.

TRAINS Nos. 46 and 47—Through service daily, between Toronto and Timmins, also to Rouyn and Noranda, Que., operating Parlor Cafe Car Service between North Bay and Timmins. Through Sleepers operated between Toronto and Timmins, also between Toronto, Rouyn and Noranda, Que. These Trains use Canadian National Railways station at North Bay.

TRAINS Nos. 17 and 18—Daily except Sunday service between North Bay and Cochrane, operating through Sleeper between Timmins and Montreal. These trains use Canadian Pacific Railway station at North Bay.

LOCAL SERVICE between Cobalt, Fountain Falls and Silver Centre, Monday, Wednesday and Saturday.

Connections at Earlton Jct. for ELK LAKE daily except Sunday.

Connections at Englehart for CHARLTON daily except Sunday.

Connections at Swastika daily with Nipissing Central Railway for KIRKLAND LAKE, LARDER LAKE, CHEMINIS, ROUYN,

THE RHYMING OPTIMIST

By Alice Michalio

The Spring

Have you, sometime, walked a-long and aimlessly
In the serene, dim fastness of a wood
Where the slant rays of sunlight light dim fires
And peace and beauty matched your musing mood?

Have you, thus wandering, come upon a spring
That gushed, translucent, from a rocky hill,
Its waters falling with a little song
And inexpressibly refreshing chill?

There flowed the spring and any man athirst,
Had but to cup his hands beneath its tide
And draw them back, brimmed up with sparkling drops;
Had but to drink and then go, satisfied.

Have you, in life's dim woodland wandered long?
Are you athirst? Then seek; a spring is there
Whose falling waters make immortal song,
Whose draughts make heaven more sure and earth more fair.

Adventure

I am Adventure, the restless, the bold,
Never content or at peace;
Questing I go, after coral or gold
Caring for naught but release.

Caring for naught but the lure just ahead
And the promise of lands far away;
Never a question and never a dread,
Finding fresh rapture each day

I am Adventure, the master of ships,
Bound for the ultimate isles,
Sweet is the spray of the sea on my lips,
Sweet are the wind and its wiles.

Little I heed of the ports where I touch,
Brown skins or yellow or white
All the years bring that I prize overmuch
Is change and its endless delight.

I am Adventure, the lifter of wings,
Soaring aloft in the sky,
Bound by no ancient vows, ruled by no kings,
Glamour of living am I!

and NORANDA, Quebec, and Intermediate Points.

Connections at Porquis Jct. for IROQUOIS FALLS, daily.

TRI-WEEKLY SERVICE between Cochrane and Island Falls Jct., leaving Cochrane at 8.30 a.m., arriving Island Falls Jct. 11.20 a.m., Tuesday, Thursday and Saturday; leaving Island Falls Jct., 12.20 p.m., arriving Cochrane 3.10 p.m., Tuesday, Thursday and Saturday.

See current Time Table or apply to any T & N. O. Rly. Agent for full particulars.

A. J. PARR,
Gen. Frt. and Pass. Agt.,
North Bay, Ont.

INFANT WELFARE CLINIC

COLUMBUS HALL

EACH THURSDAY

3 to 4 p.m.

Health Service

of the Canadian Medical Association

SAVE THE BABY TEETH

Because the first teeth or baby teeth are replaced by the secondary or permanent teeth, it should not be thought that they are of little or no importance. A clean mouth does much to make a healthy, comfortable, happy baby. A clean mouth means sound healthy teeth, which are needed to chew the food that will make the baby grow.

If the first teeth are allowed to decay, they cannot be used for chewing; the child does not secure the nourishment he needs, and, as a result, he suffers. The tooth with an unfilled cavity will likely develop a gum boil, or an abscess may form at the root. This, in turn, may infect the second teeth, or the infection may pass into the body and damage the heart. The baby tooth serves as a guide, as a place-keeper for the permanent tooth which comes later. The early loss of baby teeth is a common cause of irregular and crooked permanent teeth.

Healthy teeth are the result of proper food. The diet of the expectant mother determines the kind of teeth her baby will have for his first set. The diet of the infant and young child makes the permanent teeth and protects the first teeth. Most important of all foods is breast milk. At three months, strained orange juice or tomato juice is added to the diet and, a little later, cod liver oil. Cooked strained cereal is added at six months, and cooked strained green vegetables at seven months.

The first permanent tooth to appear is a back tooth or molar. It comes in behind the last baby molar and is the sixth from the centre. We mention this tooth particularly because of its importance. It appears during the fifth, sixth, or seventh year and is often called the six-year molar. It is frequently regarded as one of the first set and neglected. It is most important, however, that these four teeth be preserved, because upon their position depends much of the arrangement of all the permanent teeth.

Thumb-sucking, the use of a comfort, or the presence of adenoids, which cause the child to breathe through the mouth, will spoil the shape of the mouth, throw the teeth out of alignment and so interfere with their proper use in masticating food.

Questions concerning Health, addressed to the Canadian Medical Association, 184 College Street, Toronto, will be answered personally by letter.

"Ice Box Cookies"

1 cup butter; 2 cups sugar; 3 1/2 cups Purity Flour; 2 eggs; 2 teaspoons baking powder; flavoring; 1 cup nuts and raisins chopped (optional)

Make the dough in a roll and keep it overnight in the ice box or a cool place. Slice thinly and bake in a quick oven.



Western Canada Flour Mills Co. Limited, Toronto.

Notes of the North

Two rinks of curlers from Kirkland Lake visited Timmins on Saturday in an effort to lift the Englehart cup, but they were not successful, and so the Englehart cup remains here still—until such time as some other curling club in the district can successfully contest Timmins' claim to this valued trophy.—Porcupine Advance.

Members of the Public Affairs committee, of the Kiwanis Club, which Kiwanian A. G. Macdonald is chairman, had charge of the program at the weekly luncheon on Thursday, and had as special speaker for the occasion, George T. Smith, of Haileybury, who gave an interesting resume of the purpose of a Board of Trade, and urged that if Kirkland Lake had not already got such an organization it should get busy and form one.—Kirkland Lake Northern News.

The poultry on the farm of Mr. J. A. McNabb, Thornloe, are apparently trying to excel all other poultry. One day an egg is laid, the largest yet noticed this winter, and another day, the smallest on record; eight and three-quarters inches by ten and seven-eighths and four inches by four and one-half.—New Liskeard Speaker.

Hedley Tripp, manager of the Gamble Robinson Co., in Cobalt, has been appointed their general purchasing agent with headquarters at North Bay. Mr. and Mrs. Tripp have been eleven years in Cobalt, and have made many friends who, though glad for Mr. Tripp's promotion, will be very sorry to see them go away. Mr. Tripp goes away to North Bay in March to take over his new duties. Mrs. Tripp and family do not expect to go till later in the year.—Cobalt Northern News.

For the first time in several years the names of some of Cobalt's mines appear on the list of

MR. AND MRS. LAROCQUE SURPRISED BY FRIENDS ON CRYSTAL WEDDING

On Sunday last a number of friends and relatives of Mr. and Mrs. Henri Larocque, Ferguson Avenue, gathered to honor them on their "Crystal Wedding." The gathering was a surprise to Mr. and Mrs. Larocque and a very pleasant evening was spent.

Mr. Joseph A. Legris, acting as toastmaster, presented Mr. and Mrs. Larocque with a beautiful French crystal lemonade set, in amber color, as a token of esteem on the part of their many friends. Mrs. Joyal entertained the gathering with splendid music during the evening and all wished the host and hostess many happy returns of the anniversary.

Those present were Mr. and Mrs. J. B. Seguin, parents of Mrs. Larocque, Mr. and Mrs. L. Beaudry, Mr. and Mrs. J. Larocque, Mr. and Mrs. E. Simard, Mr. and Mrs. J. A. Legris, Mr. and Mrs. W. McCurdy, Mr. and Mrs. N. Morissette, Mr. and Mrs. Charbonneau, Dr. and Mrs. Joyal, Mrs. J. A. Clermont, Cochrane, Mr. and Mrs. A. N. Gagnon, Mr. and Mrs. L. Dupuis, Mr. and Mrs. J. Perrier, Mr. and Mrs. J. Lorrain, Mr. and Mrs. A. Daigle, Mr. and Mrs. S. Allard, Mr. and Mrs. J. B. and Mr. and Mrs. H. E. Proulx, Mr. P. Vachon,

shippers of ore. The 1929 table compiled by A. A. Cole, mining engineer of the T. & N. O. Railway, includes, with the regular producers of the camp, Agaunico, Badger, Beaver, Coniagas, Cobalt Comet, Crown Reserve, Foster, Hudson Bay, Kerr Lake, Silver Queen, Trethewey and Temiskaming. The reason for the sudden revival of all these old mines is that they are under lease by local syndicates. Keora, Pioneer Prospectors and Paramount are new names, first appearing as shippers in 1929, and individual profits of several times the ordinary miner's pay are heard of. One case of profits aggregating about \$50,000 is believed to be true. —Northern Miner



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N.G.—F. L. Fleming
Rec. Sec.—W. J. McCagherty

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Quaker Oats Large Pkg. 25c	Corn Flakes 3 Pkgs. 23c	Branston Pickle JAR 23c
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QUALITY PRODUCTS FROM OUR OWN BAKERY	CLARK'S Spaghetti 1-LB. TIN 15c	SEALED TO SAVE THE FLAVOR
FRESH Jelly Rolls Each 15c	TODHUNTER'S Chocolate Nibs lb. 35c	Richmello COFFEE
ROYAL Fruit Cake lb. 19c	MANYFLOWERS Toilet Soap 4 CAKES 25c	FRESH ROASTED
CHOCOLATE ICED GINGER CAKES EACH 15c	A MALT TONIC DRINK Ovaltine 4 1/2-OZ. TIN 50c	1/2-LB. TIN 31c
	NEW LOW PRICES Olives STUFFED 12-OZ. JAR 27c	1-LB. TIN 57c
	GREEN LABEL AYLMER Catsup BOTTLE 19c	ALSO
	CANADA OR DURHAM Corn Starch PKT. 10c	Special Blend lb. 48c
		Select Blend lb. 48c

Bovril 2-OZ. BOTTLE 40c	NORWEGIAN Sardines 2 TINS 25c
HI-GRADE Horseradish BOTTLE 14c	AYLMER NO. 1 TIN Apple Sauce 2 FOR 19c
HEINZ Chili Sauce BOTTLE 29c	HANDY OR STAR Ammonia 3 PKGS. 25c
SHIRRIFF'S Pure Extracts 2 1/2c SIZE 23c	Roman Meal PKT. 32c

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