

Fashion Fancies

Doubling Up Their Style Smartness



Doubling up on popular style themes is one way the smart coat has of arousing enthusiasm. The tiered skirt, the bolero jacket and sleeve decoration imposed above the elbow are all so important a part of Spring costumes that this coat shown above, for instance, not only decided to use all three, but two of each. The double bolero bodice, the double elbow cuffs and the double tiered skirt are used with tailored correctness.

Fashioned of black woollen of a soft basket weave, the model assumes a practical as well as fashionable quality. Despite the colorful woollens and silks being shown and generally accepted the black coat retains an enviable place of prominence in the spring wardrobe. For the first chill days they are created of woollen fabrics, while heavy silk crepes and wool crepes are already making a significant debut.

Individuality Tucked Into the Brim



Tucked into the brims of the new spring hats are many novel and individual ideas of styling. Pleats appear in surprising places and offer a distinctive quality to 1930 versions of tailored and dressy millinery. With a plain brim a box pleat or a single pleat on one side may be used or again one side may be pleated while the other is folded back to express an individual conception of the idea. This latter is the choice of the gray panamalaque model shown at the top of the sketch above. It is trimmed with green velvet ribbon, which is draped over the forehead and knotted at the left side, while on the right it is pulled through the brim.

Another important characteristic of the present mode is seen in the lower model of black bakou. That is the picturesque effect of the scoop brim which harmonizes so superbly with the frocks of the day. Here the brim is cut narrower in the front, as is the provocative habit of brims this season and droops low on the cheeks, to be decorated by a series of pleats at the back. A narrow band and flower of white leather piped with red supply a color contrast that would make this hat a smart addition to many costumes.

THE RHYMING OPTIMIST

By Aline Michelle

In a Cathedral

Here is a dimness which is eloquent
Of thoughts unspoken, thoughts too high for speech,
With muted music and soft light is blent.
A sense of things beyond words utmost reach.
Here Silence lays her fingers on the lips
And pours her balm into the troubled heart;
Cares pass away like distant, out-bound ships
That slowly down the horizon depart.
Far off, across the sanctuary's gloom,
Within the space too sacred for men's feet,
Like little stars the joyous candles bloom,
Like holy thoughts the incense rises sweet;
A benediction lingers everywhere
A brooding Presence thrills the lambent air.

The Ideal

Who would relinquish any dream
For truth, as long as fancies seem
So freighted always with life's best;
With things desired, yet not possessed?

The dreams of youth paint days-to-be
With every blest felicity,
They showed a fairer world than this,
No grief or care to mar its bliss.

The dreams of age are lovely things,
An iridescence on their wings
Brings back again the radiant glow
Of dawn, of hope, of long ago!
Too rare, perhaps, for mortal touch,
Yet dreams have blessed the dreamers much,
Because, in time men shape their lives
Nearer the dream for which each strives!

"Mad Fourth" to Hold Reunion in Hamilton

This well known overseas Battalion is to hold their Annual Reunion in Hamilton on the 26th, and 27th of April, 1930, in commemoration of 2nd Battle of Ypres, when this unit earned for themselves a name that will go down in history by their gallant stand on that day.
All members who are interested are requested to write Capt. R. S. Watson, 66 Beulah Ave., Hamilton, who will forward full particulars.
It is expected that upwards of six hundred will attend.

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 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 Earleton 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, and NORANDA, Quebec, and Intermediate Points.

Connections at Porquis Jct. for IROQUOIS FALLS, daily.

TRI-WEEKLY SERVICE between Cochrane, Island Falls Jct., and Coral Rapids, leaving Cochrane 8.30 a.m., Monday, Wednesday and Friday, arriving Coral Rapids 2.55 p.m. same day, returning leaving Coral Rapids 8.30 a.m., Tuesday, Thursday and Saturday, arriving Cochrane 2.30 p.m. same day.

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

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

Again Have Chance to Get Free Newspaper

Annual Guessing Contest is Now Open; Name Date of Ice Leaving the Lake

The Haileyburian's annual guessing contest on the date of the ice leaving Lake Temiskaming, which has been run by this paper for several years, is again open. The conditions of this contest are the same as in previous years, that each reader who correctly guesses the date on which the lake will be clear of ice will receive a year's subscription free of charge.

Captain McCarthy Burns, who is closely in touch with conditions on the lake, will be the referee of the contest, and his decision will be final.

Any person is entitled to enter by filling out the coupon below and sending or bringing it to the office. The closing date will be Saturday, April 12th and only guesses made up to that date will be accepted. As many members of a family as wish may send in their guesses, each on a separate coupon, but only one subscription will be awarded in each family.

By making a careful study of the clearing dates printed below one may strike an average date, but whether it will help or not we cannot say.

On some occasion in the past, there have been a number of winners, while on others there have been very few, and once or twice there have been none. However, the awards will be made immediately after the lake is clear; those who are already subscribers will have their due dates advanced a year, and those who are not will be placed on the mailing list.

COUPON

My guess is that the ice will be out of Lake Temiskaming on

Name

Address

RECORD

1893	May 15th
1894	April 25th
1895	May 5th
1896	April 30th
1897	May 8th
1898	April 27th
1899	May 5th
1900	May 7th
1901	May 2nd
1902	April 23rd
1903	April 27th
1904	May 7th
1905	April 29th
1906	May 7th
1907	May 16th
1908	May 15th
1909	May 17th
1910	April 12th
1911	May 8th
1912	May 5th
1913	April 27th
1914	May 14th
1915	April 28th
1916	May 2nd
1917	May 10th
1918	April 30th
1919	April 24th
1920	May 6th
1921	April 26th
1922	May 5th
1923	May 21st
1924	April 29th
1925	May 2nd
1926	May 22nd
1927	April 25th
1928	May 14th
1929	May 5th

INFANT WELFARE CLINIC

COLUMBUS HALL
EACH THURSDAY
3 to 4 p.m.

Brading Breweries Limited

COMMON DIVIDEND No. 25
Notice is hereby given that a Dividend of Thirty-three and one third cents (.33 1/3) per share upon the Common Stock of the Company has been declared for the two months ending March 31st 1930 payable April 10th 1930 to shareholders of record at the close of business March 31st 1930.

By Order of the Board,
OTTAWA, ONT. T. A. McCONKEY
March 21st 1930 Acting Sec.-Treasurer

Health Service of the Canadian Medical Association

Cleanliness

Cleanliness, which is essential to health, is something more than a matter of aesthetics. It means cleanliness within and without. It includes the removal of all waste matter produced in the body, as well as freedom from dirt on the outer surfaces of the body.

If the skin is to function properly, the pores must not be blocked; they must be kept clean by the regular bathing of the body.

It is probably true that a large majority of people do not drink sufficient water. A glass or two of water before breakfast and between meals is a habit which should be cultivated. In this way the required intake of water will be secured and, in addition, the habit will be found to be of very real assistance in overcoming faulty bowel elimination.

Constipation is one of the most common complaints of the human family. It represents self-neglect and failure to develop a habit which can be established if simple rules are followed and persisted in until the regular habit is established.

The most important consideration is the establishment of the habit. The taking of food is a natural stimulus to bowel action and, therefore, a natural time for evacuation is a half-hour after a meal. There is some difference of opinion as to how many movements there should be daily, but there should be one at least. The toilet must be visited at exactly the same hour every day whether or not there is an urge to go.

In addition to the regular toilet habit and the free use of water, fresh or dried fruits should be used regularly. If the bowel is

containing some roughage, such as cabbage, celery and whole cereals, may help.

It is also necessary that the individual exercise daily. Exercises which bring into play the abdominal muscles are useful. A minimum of daily exercise may be considered, such as an hour walk.

The care of the teeth and hands are special points of personal cleanliness. The regular proper not irritated, the addition of food

use of the tooth-brush to free the teeth of food particles and to massage the gums is required. The thorough washing of the hands before preparing or eating food is one of the simplest and most practical measures in preventing the spread of communicable diseases.

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



One way to ensure your child having the "quart of milk a day" urged by health authorities is to serve the milk dishes that are so appetizing when made with Borden's St. Charles. Send for free Recipe Book full of helpful suggestions. Use coupon.

(A Tall Can of St. Charles, being doubly rich, equals a quart of bottled milk)



FREE RECIPE COUPON
THE BORDEN CO. LIMITED, Dept. A,
140 St. Paul Street West, Montreal

NAME.....
ADDRESS.....

Borden's ST. CHARLES MILK

[UNSWEETENED]

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Dominion Stores Limited have over 525 stores in Ontario and Quebec is one that the housewife, who does her shopping at these all-Canadian stores, could easily answer. That answer would be brief and to the point—"Quality, Economy and Personal Service."

To those, however, who Dominion Stores Limited have not the pleasure of serving, we ask that you give us a fair trial, and we guarantee that that reason—"Quality, Economy and Personal Service"—will not be found wanting.

GOOD QUALITY

Tomatoes

No. 2 Tin - 10c

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S. O. S. 6-PAD PACKAGE 22c

A DELIGHTFUL FLAVOR

Cheese SWIFT'S BROOKFIELD 1/2-LB. PKG. 21c

EXTRA FINE EVAPORATED

Apricots LB. 39c

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Libby's Pork and Beans

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CRIMSON LABEL

Red Rose Tea 1/2 LB. PKG. 35c

DELMONTE

Spinach NO. 2 TIN 21c

Gold Soap 10 BARS 59c

THE HEALTH SOAP

I-ifebuoy 3 CAKES 21c

VICTORY SWEET MIXED

Pickles LARGE BOTTLE 49c

PURE RASPBERRY OR BLACK CURRANT

JAM

40-oz. Jar - 35c

"THE POWDER WITH THE FRUIT BUD"

SHIRRIFF'S LUSHUS

Jelly Powders 3 Pkgs. 23c

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