

WHAT ONE GIRL WORE

By Betty Brownlee



The holiday season is approaching and at that time of the year we glory in all the home entertaining that is done. So many old-fashioned middle-of-the-day dinners to attend, so many afternoon and early evening family parties to enjoy!

Your afternoon dresses are coming in for a lot of wear. You can be as informal as you like for these family occasions, but you do want to feel a little dressed up to show the family that times are looking up.

Why not treat yourself to a new afternoon dress for the holidays? There are so many lovely, simple new models being shown—and they are not all expensive either.

Black, of course, is always smart. But then the girl of limited budget who has been wearing black because she felt it to be the most practical color for her, sometimes gets tired of seeing herself in it. Splurge for the holidays and get a really bright frock.

One of the loveliest red frocks of the season was worn by a smart young thing at a tea we attended last week. It was simplicity itself, having no contrasting trimming to tire of, but being cut on slim and becoming lines.

It's sketched for you today. The skirt consists of three fashionable tiers, each one of them boasting a tiny pleat at either side. The sleeves show a slight flare and the new high neckline has a tiny rolled back collar that finished in a tie with feathered ends. The belt of self fabric is finished with a sparkling rhinestone buckle.

Temiskaming & Northern Ontario Railway

TRAIN SERVICE

Train No. 17—North Bay to Cochrane Monday, Wednesday and Friday.

Train No. 18—Cochrane to North Bay, Tuesday, Thursday and Saturday Through Sleeping Car Service Ottawa to Moosonee.

Trains Nos. 17 and 18 use Canadian Pacific Railway Station at North Bay. Trains Nos. 46 and 47—Through service daily between Toronto and Cochrane, carrying through Sleepers between Toronto and Timmins, Toronto and Rouyn, and between Montreal and Cochrane, and through Sleeper Moosonee to Ottawa. Parlor Cafe Car Service operating between North Bay and Swastika. These trains use Canadian National Railways Station at North Bay.

Connection at Earlton Jct. for Elk Lake, daily except Sunday. Service between Englehart and Charlton Monday, Wednesday and Friday.

Connections at Swastika, daily with Nipissing Central Railway for Kirkland Lake, Larder Lake, Cheminis, Ont., Aldermac, Rouyn and Noranda, Que.

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Service between Cochrane, Moosonee and Intermediate points:

Train No. 101—Leaves Cochrane 10:00 p.m., Monday, Wednesday and Friday; arrives Moosonee 7:10 a.m. Tuesday, Thursday and Saturday. This train operates Restaurant Car and through Ottawa-Moosonee Sleeper.

Train No. 102—Leaves Moosonee 6:00 a.m., Monday, Wednesday and Friday. Arrives Cochrane 1:15 p.m., making connection with Train 46. This train operates Restaurant Car and through Moosonee-Ottawa Sleeper, which is handled Cochrane to North Bay, Train 46, thence Canadian Pacific train No. 8.

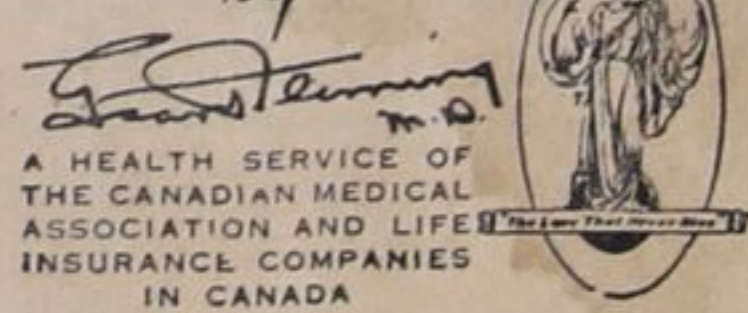
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HEALTH



DIET IN DISEASE

The health of the body cannot be maintained without a properly-balanced diet. The lack of any one of the food essentials from the diet leads to the loss of health and to actual disease.

If some part of the body has become diseased, then, as part of the treatment for the patient, a diet should be used which will not throw any extra strain upon an already weakened or diseased organ, thus facilitating the recovery of that organ.

The kidneys have the task of ridding

the body of much of its waste material. In nephritis, or Bright's disease, the kidney is not able to function properly. The treatment therefore aims to relieve the kidney of as much of its burden as possible.

There is no diet which is suited to all cases of kidney disease. The proper diet in any individual case depends upon the nature and extent of the disease. People have read that acid foods are harmful, and they start to live on what they think is a non-acid diet, without even knowing what are the acid and what are the alkaline foods.

As a matter of fact, a diet made up of an excess of alkaline foods is actually harmful, and it is certainly not the best diet for damaged kidneys. There should be a balanced diet, so that there is no marked excess of either alkaline or acid foods. A slight excess of alkaline foods is generally desirable.

The acid foods are meats, poultry, fish, eggs, and the cereals. Alkaline foods are the fruits and vegetables. It

is a surprise to many people that citrus fruits leave an alkaline ash after they are used up in the body, and that oysters leave an acid ash. Practically this means that the diet should include a liberal amount of fruits and vegetables.

There is a real difference between a salt-free diet and a salt-poor diet. In some cases of nephritis, it is necessary to cut down the amount of salt used, because the kidney has difficulty in secreting it, which leads to oedema, or swelling. A salt-free diet requires supervision. A salt-poor diet can be secured through not adding salt to the food at table, and by avoiding salted fish, nuts and other salted foods.

When diet is a part of the treatment



for any disease, it requires just as careful prescribing and supervision as does any other part of the treatment. Diet is certainly not a cure-all, but it is of importance in the treatment of some diseases. Self-experimentation by trying various diets is dangerous, because of the harm which it may cause.

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