

### Bolton Win Group Title In Overtime Session

Goalie Hall too Good for Georgetown as Third Game went into Overtime—Bolton Forwards Decidedly Out-played—Record Crowd for Season in Attendance.

#### "IT IS WELL TO WIN—BUT BETTER TO HAVE DESERVED VICTORY"

Playing before a record crowd of over 1000 fans at the arena here last Thursday night, Georgetown Intermediate went down to defeat by a 3 to 0 score, the third game of the playoffs, the other two being the games, and interest ran high. Georgetown were favored to win, but same luck was not on their side.

It was by far the best game played here in a number of years—the speed at times was dazzling to say the least and both teams played superlative hockey throughout three successive periods and five minutes of overtime. Bolton won the championship, but they really had to earn it. Contrary to a report in a Toronto evening paper, their forwards were out-played in every period, and it was only by sheer luck and super-goaltending by "Red" Hall, that they came through as winners. Goalie Hall was nothing less than a marvel, the way he got between the puck and the open net on dozens of occasions was almost unbelievable. Bolton owe their victory in no small measure to this custodian of their net.

Play was wide-open all the way, and the crowd was simply amazed at the speed put behind the rushes of the various players in the third period as they raced from one end of the arena to the other in their frantic efforts to score. Going into the final frame two goals down, the Georgetown team managed to tie up the score, only to lose out in the overtime.

For the visitors it was a great game to win, knowing as the Bolton team must have, that they were out-played in every period of the game. Georgetown had the upper hand—but lacked the goals. And so we say again: "It is well to win, but better to have deserved victory."

There was no scoring in the first period of the game, although the local boys missed many chances which looked like sure goals. Malone, in the Georgetown net, had practically nothing to do in this period, while Hall was sprawling all over the ice in his effort to keep his citadel clear of pucks. It looked like a sure thing for Georgetown and the fans were in a very optimistic mood.

However, the second period proved the jinx, when Bolton made the red light blink three times to Georgetown's once. Wait Richardson scored the first goal of the evening on a beautiful solo effort that took him through almost the whole team. Sticking his way around the Bolton forwards and through the defense, he back-handed the puck up in the left hand corner of the net. About this time Bolton began to realize they had to work even harder to win and play resumed for a time to the Georgetown end of the rink. They made the best of their short stay at this end, and when the local defense, Schaefer and Chapman shot in two goals from close in. Ward was then penalized for holding, and Crocker added another for Bolton, to make the score 3 - 1 at the end of the second period. This gave the Bolton fans who were up on large numbers, plenty to cheer about, and the hearts of the Georgetown rooters sank temporarily.

However, in the third period Georgetown renewed that fighting spirit for which they are noted, and

before the end of the twenty-minute stretch had overcome that two-goal lead and forced the game into overtime. At the outset of the period Chapman was penalized but Georgetown failed to count. With the teams at full strength again Tost scored from a scramble. The game had only started when it was held up over a disputed goal. The goal-judge insisted the puck went in the Bolton net, but the referee thought otherwise and overruled. Georgetown did not take part in the dispute, so it became obvious that the puck did not enter the net. The tying goal came with only two minutes left in the period, when Tost scored again, with assists, going to Richardson and Ward.

Both teams were almost exhausted as the overtime session commenced, but Bolton proved to be more alert and half way through the first five minutes, Nelson took advantage of a break and scored when left uncovered on right wing. Georgetown then played every man up in their desperate effort to again tie up the game, but it was only a dream, for Norton broke away with only the goal-keeper to beat and scored the fifth goal of the evening for Bolton. The game 5 - 3 for Bolton.

It was a great series, and in the final game, both teams played like real champions and true sportsmen. While in a game that meant so much to both teams, you might expect feeling to run high and rough tactics resorted to—but it was all taboo, and both teams gave of their best. This sportsmanship was brought out very forcibly when Crocker crashed into Dewhurst on defense, knocking him to the ice. After finishing the play he went back to see if he had been injured and offered an apology. The game ended as the teams skated off the ice at the end of the game. Georgetown shook hands with the winners, congratulating them on their success, and all was well. Next year we will be back again in our endeavour to win the group, and hope that Bolton and as it was a very enjoyable season.

Georgetown—Goal: Malone; defense: Hall, Dewhurst; centre: Tost; wings: Ward, Richardson; subs: Riddell, Ritchie, Orlinton. Bolton—Goal: Hall; defense: Chapman, Norton; centre: Crocker; wings: Nixon, Shaefer; subs: Nelson, Stubbs, Wilkinson, Young. Referee: Jack Bennett, Toronto.

#### A FEATHERED CHORUS

Three hundred birds, under the leadership of a girl, render the praise service at Saint Peter's chapel in Florence, says a writer in a Catholic exchange.

Each bird is in his individual cage. There are one hundred and fifty on each side of the altar. For two years they have been under this girl's oversight. The opening of the hymn selected is whistled by the leader and the birds follow her, closely observing her baton.

It is wonderful to listen to the exquisite harmony and volume of music produced by this feathered choir of four score birds. No flaw is detected by the most critical ear. This is the only bird choir of its kind in the world, and is one of the strong attractions of the city for tourists.

What we would like to know: Is just where the nudist camps go in the winter time?

## HEALTH

A HEALTH SERVICE OF THE CANADIAN MEDICAL ASSOCIATION AND LIFE INSURANCE COMPANIES IN CANADA

#### PYORRHOEA

John Hunter, the famous English surgeon of the eighteenth century, was among the first, if not actually the first, to point out the damage which arose in other parts of the body as a result of infections in the mouth.

Of recent years, rather startling advertisements have directed public attention to pyorrhoea, which is one of the most common ills of mankind, even if it is an exaggeration to say that "four out of five have it." More teeth are lost because of pyorrhoea than from decay.

Pyorrhoea is a disease of the gums which surround and support the teeth. It is not a new disease, as evidence of its ravages is found in skulls of prehistoric times. It occurs in all lands, among all races and in both sexes.

The normal healthy gums are pink in colour, firm in texture and cling closely to the necks of the teeth, forming little pink points of tissue which project between the teeth.

The first step to pyorrhoea is gingivitis or inflammation of the gums. This shows itself by the gums becoming tender and bleeding readily. After a time, the gums shrink, the necks of the teeth are exposed and it is at this stage, with the formation of pus, that we have real pyorrhoea. The trouble apparently originates in any condition which by irritating the gums, sets up an inflammation. Tartar which collects around the teeth will, unless removed periodically, act as an irritant. Tartar is most prevalent on the teeth close to the openings of the salivary glands, which means the inner surfaces of the lower front teeth and the outer surfaces of the upper back teeth.

Poor dental work leads to irritation. A poor bite due to irregular teeth or the loss of one or more teeth irritates the gums. There should be a law against the sale of tooth picks because the regular user of these gives his gums a great deal of punishment.

It would appear that the way to prevent pyorrhoea is to eat a balanced diet so as to provide good building materials for the teeth; to chew food well, using all the teeth; to keep the teeth clean by regular and thorough brushing night and morning; to brush the gums at the same time as the teeth; to have the teeth cleaned regularly by the dentist, and to have such dental care as may be found necessary at the time of the regular dental cleaning.

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

#### PERHAPS IT'S A CHESTNUT

The old story about the man who got a job because his prospective employer saw him pick up a pin from the floor has a sequel, possibly equally old. He told a friend of his success and the friend, also job-hunting, had the forethought to drop a pin on the floor as he entered the manager's office. As it happened, he obtained the job without using his strategic device, but as he turned away, just to clinch the bargain, he picked up the pin and put it in his lapel.

Instantly the manager roared: "It's all off! We don't want you here. A man who'll steal a pin will steal anything."

There are two kinds of people in the world, talkers and doers.

#### TESTED RECIPES

##### Short Ribs with Vegetables

Brown desired quantity of short ribs on all sides in hot frying pan. Place in covered casserole with a few slices of onion, salt and pepper, and cook slowly for about 3 hours. When cooked, remove ribs, thicken liquid with flour, reheat and serve together. If desired, boiled potatoes, peas, onions, diced turnips and carrots may be added to the gravy, or served separately.

##### Pan Broiled Flank Steak

Trim a flank steak and wipe with a piece of cheese cloth wrung from cold water. Score diagonally in opposite directions on both sides with a sharp knife. Thoroughly grease a hissing-hot frying pan with some of the fat trimmings, place steak in pan and turn every ten seconds for the first three minutes of cooking to sear the surface well over. After this, until richly browned on both sides, reduce heat and turn occasionally. Remove to hot serving platter, sprinkle with salt and pepper and spread generously with butter.

##### Sirloin Steak a la Hollandaise

Prepare a Hollandaise sauce as follows: put 4 egg yolks in the top of a double boiler, beat slightly, add 1/2 cup butter, and 1/2 cup cold water. Set over low heat and stir constantly keeping the water in the lower part of the boiler just below boiling point, the lower part of the boiler having been half filled with hot water at the start. When the mixture thickens to the consistency of boiled custard, add gradually 1/2 teaspoonful salt, mixed with 1/4 teaspoonful pepper and few grains cayenne; continue beating. Then add 2 tablespoonfuls lemon juice slowly while beating. Pour half of sauce on to a hot platter; over this place a thick, juicy broiled sirloin steak; cover steak with remaining sauce and serve immediately.

##### Don't Growl at Hash

Hash may be an old boarding-house favorite to a few and a boarding-house bugbear to many, but hash, when properly made, is a pretty good dish for a cold day. Here are two hash recipes that will please you:

##### Beef Hash

2 cups chopped cold roast beef or steak  
2 to 4 cups chopped boiled potatoes  
1 cup beef gravy or hot water  
4 tablespoons butter  
Salt and pepper

Put butter (or substitute) into a frying pan and then put in the meat and potato, salt and pepper, mix with beef gravy or hot water, and cover. Let it steam or heat through thoroughly, stirring occasionally to mix it evenly and also to keep it from sticking. When done it should be neither watery nor dry, but just firm enough to stand up well when tested. If onion is liked, fry two or three slices in the fat before the hash is added.

##### Corned-Beef Hash

2 cups chopped corn beef  
2 cups cooked potatoes  
1 cup milk or water  
2 tablespoons butter or fat  
Salt and pepper

Mix beef and potatoes together lightly and season. Pour the milk into a frying-pan with the fat and when this is warm, turn in the hash, spreading it evenly and placing the rest of the fat, cut in pieces, on the top. Cover the pan and place it where the hash will cook slowly for half an hour. There should then be a rich, thick crust on the bottom. Turn the hash over. Fold it as an omelet is folded and place it on a warm platter. This slow process of heating the hash gives it a flavor that can not be obtained by hurried cooking.

#### NATIONAL COMMITTEE ON MILK

With the acceptance by Hon. Manning Doherty of the chairmanship of the National Committee on Milk, the cause of safe milk is being advanced. It is expected now that the personnel of this Standing Committee of the Health League of Canada will be rapidly completed in order to secure action throughout Canada.

Hon. Manning Doherty of Toronto, is a graduate of the Ontario Agricultural College, the University of Toronto and Cornell University. From 1897 to 1902 he was Professor of Biology at the O.A.C. Suelph. He was Minister of Agriculture in the Drury Government from 1919 to 1923. He retired from politics in 1925. He has continued his interest in agriculture and is a strong advocate of milk pasteurization.

"Pasteurization has been proved so necessary to the conservation of life" Mr. Doherty says "that it is inconceivable it should meet with any opposition. Fortunately the present move in Ontario to make pasteurization compulsory is meeting with no serious opposition. Selfishness and ignorance may be responsible for some objection but the public generally will welcome an assurance of safe milk."

"The freedom from milk-borne diseases enjoyed by a number of municipalities will soon be the experience of all Ontario. When other provinces see the results in public health in Ontario, no doubt they too will in upon pasteurization. That its benefits may be extended to all Canadians will be one of the objectives of the Health League's National Committee on Milk."

#### TRY IT ON MAIL ORDER HOUSES

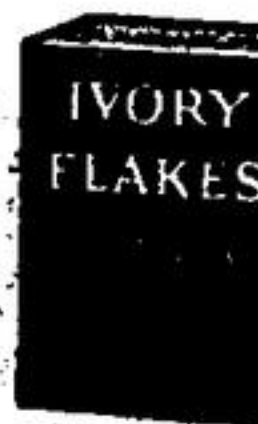
Here is a suggestion for those who make a practice of doing their buying from the mail order houses: The next time you are sending an order to a mail order house insert a half-dozen tickets for your church concert, garden party or fowl supper, or if it is the "off season" for the foregoing, the "off season" for the foregoing, enclose a politely worded note requesting a donation for some charity in which you are particularly interested, etc., etc. Then let us know of the gracious response you obtain. It will be a nice encouragement to local contributors.

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#### IMPROVE SLEEPING CAR MATTRESSES

Travelers on Canadian National trains occupying sleeping car accommodation, whether in a lower or an upper berth or in a room, will enjoy the comfort of a new type of spring mattress in future. W. W. Swinden, General Superintendent of the Sleeping and Dining Car Department of the Canadian National Railways, announced here. "This improved service will greatly add to sleeping comfort in upper berths and will make this type of accommodation much more attractive." Mr. Swinden said. "The magnitude of this installation does not make it possible for all sleeping cars to be so equipped at once. This improvement has been applied in 272 sleeping cars which are now equipped with 3148 new type lower berth mattresses, and 227 new type upper berth mattresses."

#### MORATORIUM ON HUNTING

Gun licenses in southern Ontario expired on Feb. 28th and will not be renewed until May 1st, officials of the department of game and fisheries stated recently. An official explained there will be no shooting whatsoever in the southern counties during March and April. Approximately one month has been clipped off the time usually allowed for shooting ground hogs, crows, rabbits and other small game.

### Powder Snow In The Rockies



Nothing in Europe, according to the most enthusiastic visitors, can compare with the Canadian Rockies for skiing. Record crowds of visiting winter sportsmen this season have found superlative snow conditions in the Banff and Lake Louise districts of the great mountain ranges in Western Canada. Owing to the altitude of this mile-high playground, the skiing will remain good until early summer.

The Canadian Rockies are experiencing a great increase in popularity. Special trains have regularly from Western Canada, and United States to enjoy the fine powder snow surface on the long sweeping slopes of Mount Norquay and Sunshine Lodge, and many parties have penetrated to the unsurpassed Skoki Valley and Mount Assiniboine districts. Other large parties have come

from Toronto, Boston, New York and distant eastern centres. Among their numbers have been celebrated skiers acquainted with the most famous ski-grounds of the world, all of whom have been impressed by the scenic grandeur, sense of exploration, and the perfect snow conditions. The pictures above include two scenes, from Mount Assiniboine and Skoki Valley and action shots of expert skiers enjoying the deep powder snow.