

Variety is Shown in Ottawa Relief Menu

Ottawa Dietetic Association has Prepared a List of Food Suggestions Within the Relief Allowance. May be of Interest for Comparison.

"How can a family live on the amount allowed for relief?" This question is often asked, and it may be interesting to note the answer attempted by the city of Ottawa. As a matter of fact most people feel that relief allowances do not give much scope for variety with nourishment, and the ordinary thoughtful man will be pleased indeed when everyone is able to be off relief. It is for this reason that The Advance has so earnestly and persistently advocated work as the cure for unemployment. In the most of cases the women in the house manage on very little. There are exceptions, of course, but generally speaking they do wonders. With work at fair pay they would be able to do still better. Different people have different tastes, and with their own money to use they would be able to better almost any menu submitted. In the meantime, however, the fact of direct relief can not be avoided, and it is equally the fact that the cost of direct relief must be kept to the minimum. With so many on direct relief, the burden of paying for the cost must fall on the few and so costs have to be kept to the minimum.

Accordingly with direct relief still here it is of some interest to note how the small amount of relief allowance may be utilized. The Ottawa Journal on Monday of this week gave a review of the daily menus recommended by the Ottawa Dietetic Association for use by those on relief. The cost of the weekly allowance of food is kept to the figure of \$4.79 for a family of five, practically all adults, though one is a lad of 16 and the other a daughter of 14 years. These latter two, however, would eat as much as the average adult. For children it would appear that at least in some cases the cost might be heavier. Also, in comparing with other places, allowance must be made for difference in prices. However, here is the Ottawa case, as presented by The Journal on Monday:—

To give an idea of the food value and the variety that may be provided in low cost menus, the Ottawa Dietetic Association, under the direction of Mrs. Flavie Tallon, have prepared a list of food suggestions and market lists that follow the usual city relief allowance. The preparation of the menus and the market lists was done at the request of the Public Relief Board, and with the co-operation of the Ottawa General Hospital and the Ottawa Welfare Bureau.

The menus were put to practical use this summer when they were used by a family of five in Ottawa. The family consisted of a mother, father, a daughter of 18 years, a son of 16 years and another daughter of 14. At the request of the Ottawa Welfare Bureau, Dr. H. Featherstone performed a thorough medical examination of all the members of the family. They were found physically fit at the beginning of the experiment, and at the end they were in equally good condition, but their weight had increased considerably.

Though the menus published were prepared for the summer allowance of the civic relief order, a slight increase would have to be made for winter use, as more food is needed at that time. All the foods used were the usual relief allowance, with the exception of cornstarch, one can of fruit and one half dozen eggs, and bread and milk was given at the client's request.

A dietitian fed a family of five on the amount of money supplied for food by the City Relief Board, but the order was so arranged that the amounts spent were as follows, approximately. (Week's allowance):—Milk, 25 p.c.; meat, eggs, cheese, 15 p.c.; fats, oils, 15 p.c.; sugars, jams, etc., 15 p.c.; cereals, breads, 15 p.c.; fruits and vegetables, 15 p.c. Total, 100 p.c.

Weekly Order
Milk, 10 quarts, 80c.
Meat, eggs, cheese—eggs, 1 dozen, 12c; hamburger, 15c; sausages, 15c; bacon, 15c; veal stew, 15c—72c.
Fats—Butter, three pounds, 69c; shortening, 1 pound, 6c—75c.
Cereals and Bread—Bread, 12 loaves, 78c.
Fruits and Vegetables—Potatoes, two gallons, 18c; onions, two pounds, 5c; carrots, two gallons, 10c; tomatoes, four tins, 40c; tin of pears, 11c; prunes, one pound, 10c—94c.
Sugar and Jams—Corn syrup, two pounds, 15c; brown sugar, one pound.

"PERSONS NOT FAT LIVE LONGEST"

Eminent Physician Declares
In a recent lecture before the American Academy of Medicine, a prominent physician stated that persons who aren't fat live the longest.
Common sense confirms this. Insurance companies often reject overweight folks, or charge higher premiums on account of the risk. Fat crowds and weakens body organs—slows you down and puts unnecessary strain on the heart. A host of ailments (even rheumatism, acidity, shortness of breath and lassitude) are often associated with fat.
So get rid of this dangerous, unhealthy fat. There's no reason why you shouldn't, when science has given you this safe, effective treatment—a half-teaspoonful of Kruschen Salts in a glass of hot water first thing every morning.
This healthful "little daily dose" of Kruschen keeps the system free from harmful toxins, it helps to re-establish normal and proper body functioning—it keeps you feeling fine and fit all the time. Energetic activity takes the place of sluggish inactivity all while you lose excess fat gradually and without discomfort.

71c; white sugar, four pounds, 30c—52c.
Extras—Tea, 20c; laundry soap, two bars, 7c—27c.
Total—\$4.79.

Weekly Menu
Saturday—Breakfast: Bread and milk, toast, corn syrup and tea; lunch: Cream of potato soup, bread and butter, applesauce, tea; dinner: Hamburg steak and onions, mashed potatoes, tea biscuits, corn syrup and tea.
Sunday—Breakfast: Bread and milk, toast, prunes, tea; lunch: Lettuce and egg salad, bread and butter, pears, tea; dinner: Bacon, boiled potatoes, carrots, applesauce, tea.
Monday—Breakfast: Rolled oats, toast, molasses, tea; lunch: Tomato soup, bread and butter prunes and tea; dinner: Veal stew, creamed potatoes, bread and butter, molasses tea.
Tuesday—Breakfast: Bread and milk, toast, corn syrup, tea; lunch: Stewed tomatoes bread and butter, corn syrup and tea; dinner: Left-over stew, baked potatoes, bran muffins, tea.
Wednesday—Breakfast: Bread and milk, toast prunes, tea; lunch: Potato soup, bread and butter applesauce, tea; dinner: Sausages, mashed potatoes, carrots, bread and butter, tea.
Thursday—Breakfast: Cream of wheat, toast, molasses, tea; lunch: Spanish rice, bread and butter rice pudding, tea; dinner: Bacon, baked potatoes, gingerbread, bread and butter tea.
Friday—Breakfast: Bread and milk, toast, corn syrup, tea; lunch: Stewed tomatoes bread and butter, caramel pudding tea; dinner: Baked beans, mashed potatoes, bread and butter, corn syrup and tea.

SETTLER BREAKS RIBS WHILE BUILDING STABLE, RECENTLY

Word from Matheson last week told of the injury of one of the settlers in the district while busy at some building operations on his homestead. While building a stable for use on his farm, Peter Demers, a settler near Matheson, fell to the ground when one of the logs slipped out of place. Mr. Demers fell on his side with such force that he broke several of his ribs. Dr. Arnot was called to the Demers home and fixed him up, but it will be some days before he will be able to safely resume work.

GEORGE LEVER, NEW LISKEARD, TO PLAY WITH WINDSOR TEAM

Geo. Lever, one of the able hockey players in the New Liskeard area, left on Saturday for Windsor, where he reported for duty to Stan Brown, the playing-manager of Windsor's International Hockey League entry. George Lever was out of hockey last winter on account of illness, but is fortunately now fully recovered and in excellent condition. He knows the game and also can play it and should make good. New Liskeard has been famous for years as a hockey town and has produced a comparatively large number of experts on the ice. Of this large number George Lever is a worthy member.

President Roosevelt Now Pledges Managed Currency

Many radio fans in town listened with great interest on Sunday evening to the address made on the air by President Franklin Roosevelt, head of the United States. The president's address had many points of interest and also opened up a chance for a lot of discussion, not to mention argument.

A managed currency was pledged by the president, though he did not indicate in any detail just how this management was to be achieved. He also suggested plans to establish a government market for gold to assure stabilization of the United States dollar. This address of President Roosevelt was his third outstanding address to the United States people since his inauguration in March of this year. He reviewed all aspects of his recovery programme.

In view of the reports of trouble in the ranks of the farmers of the United States, with proposals for a farm strike, not to sell at current prices but to sell only at a profit, and so on, what President Roosevelt had to say about agricultural unrest is particularly noteworthy. He pointed out that every effort would be made to further the rise of commodity prices. As some feared when the NRA plan was first proposed, it has had the effect of raising wages, spurring industry to renewed activity, but the increase in the price of farm commodities has not kept pace with the increase in other lines. As a result the farmers have found themselves, if possible, in worse position than before. Everything is costing them more when they are buying but an equal increase is not apparent in what they have to sell. The president promises that the price of commodities will be increased. "If we cannot do this one way we will do it another," he stated in his speech, adding "Do it we will!"

President Roosevelt's reference to the stabilization of the United States currency was interpreted as meaning that the government would maintain the price of the dollar in international exchange through gold operations in something the same way that the Bank of England through its stabilization fund, undertakes to regulate quotations of the pound sterling.

According to despatches from the city on Monday, Toronto reaction to the latest Roosevelt recovery plan was decidedly favourable. "We, in Canada, should bear in mind the fact that if American commodities advance, there must be a corresponding advance in the Canadian price structure," one financial authority stated. The broad feeling seemed to be that the one essential for recovery, both in Canada and the United States, was a higher commodity price level; and the fact that such a development had been assured by President Roosevelt was of greater significance than the methods by which he hoped attain that objective.

Another Airport to be Built in Swastika Area

Work started this week on the construction of still another airport in the chain across the Dominion. The new airport is at Round Lake, twelve miles south of Swastika. The work started this week with 60 men at the camp. There will be a total of 60 men at work all winter at the new airport, it is said. In an article in reference to the work on the airports, The North Bay Nugget last week said:—

"Round Lake, 12 miles south of Swastika, is to be the next link in the chain of airports constructed by the Department of National Defence, according to information received yesterday by G. Mitchell, superintendent of construction for this district. Work at Round Lake will commence next Tuesday, and will continue during the winter. The camp will consist of 60 men, of whom as many as possible will be recruited at Kirkland Lake, Swastika and Englehart. Clearing and rock removal operations will be carried on during the winter months. Round Lake marks the ninth airport to be opened in this district, which extends from Reay in the south to Tudhope in the north. The most advanced project of the lot is Porcupine Junction where work is rapidly nearing completion. At Reay, which was recently started, work is progressing favourably and the office buildings, store houses, and dining room are completed. The men are now engaged in building the bunkhouses, and it is expected that they will be under cover by the end of the month. Englehart, South River, Diver, Gillies, and Ramore, have reached the grading stage while clearing is still being done at Tudhope. A step towards improving conditions at the camps was made recently in the form of free issues of tobacco to the men. Each man is allowed one-third of an ounce per day, sufficient for the average smoker. All

the camps are practically filled, and no difficulty is being experienced in recruiting men for vacancies."

C.C.F. Doctrines a Danger to Well-Being of Canada

(From Toronto Telegram)
Citizens who have turned to C.C.F. in the hope that this new and somewhat mysterious organization can bring about better conditions should ask themselves whether they would prefer to live in Russia as it is today rather than in Canada as it is and will be under sane democratic government. Even those who are on relief here are better off than those in employment in the land of Communism, Humphrey Mitchell, M.P., a Hamilton labour man, reported after a visit to that country.

If C.C.F. is anything at all it is nothing better than thinly disguised Communism. If the radicals and theorists who lead the party ever attained power here Canada would be plunged down hill to Russia's level, not raised up to the level of a paradise on earth. The living standards of the Russian people have not been elevated nor has life been made easier or better for them under the same political system which the C.C.F. proposes for Canada. In Russia the Communists simply substituted one form of tyranny for another. There is no more freedom under Czar Stalin I. than there was under Czar Nicholas.

C.C.F. policies are not only freakish but dangerous to the well-being of Canada and the Canadian people. It is perhaps natural that any new political movement should attract a following in times of depression. That has been the history of every period of hard times the world over. But that such a group of impractical idealists should attain power is unthinkable. Application of the policies which they advocate could end in nothing but chaos and ruin.

De Nova Scotia

(By David McCord in The Yarmouth Herald)
The bras and bras of Britons' Breton, "Bras" is the word that you write "stet" on.
A lonely land, where now I be, From Sydney west to Margaree.

For them as care to double tracks The roads run round to Halifax; And there would any find the likes Of beauty southward to the dykes?

There is no quarrel! I stake my claim Where Gaelic gives a better name To life and death and Housemaid's Knee From Sydney west to Margaree.

Great Scots who hae wi' Wallace bled— They all live here, so strike me dead! And here are Wallace, Amherst, Hood, Behind the deep, moose-bitten wood.

From River John to Ingonish They live on apples, rum and fish, And dare the coalshaft undersea From Sydney, east of Margaree.

O Haligonian, coasting out To seize the ocean, save the trout! Save me the salmon, Dolcefari! From Breton back to Tantramar.

The tides run up, the rivers down; The Island Cape is gold and brown; The fear of winter's on the tree From Sydney west to Margaree.

Where French and Indian, Scot and Gael Loved, fought, and hunted, hoisted sail, The Bay of Fundy laves in blood The clay-bed where the fortress stood.

But to the north at Cheticamp The shadows scold the little lamp As day and night and peace agree From Sydney west to Margaree.

NOTICE

Having been discharged by Mr. M. E. Ferris, the present owner of the firm known as "Sinclair the Valet" I wish to let the public of Timmins know that I have no more connection with the above mentioned firm.

I further wish to take this opportunity of thanking all our former customers who through their loyalty and support during two very trying years from the time my father, the late Robt. Sinclair, passed away until the sale of the business August first 1933, helped me to carry on the business successfully for my mother, Francis Sinclair.

October 23rd 1933

Elizabeth Sinclair

GOOD PROGRESS BEING MADE BY THE BUFFALO ANKERITE

The Northern Miner last week says: "Good progress is being made with Buffalo Ankerite's winze from 600 to 1,150 ft. The first of the new levels has been established at 737 ft. and sinking is again under way. No. 5 vein, which is the most productive orebody in the mine, shows in the station at the 737-

ft. level. It has just been cut and no details as to width and values are as yet available. There has been in recent weeks an improvement in ore grade and during the first ten days of this month production amounted to \$14,500. This is figured at \$20 for gold, to which must be added the current premium of over 40 p.c.

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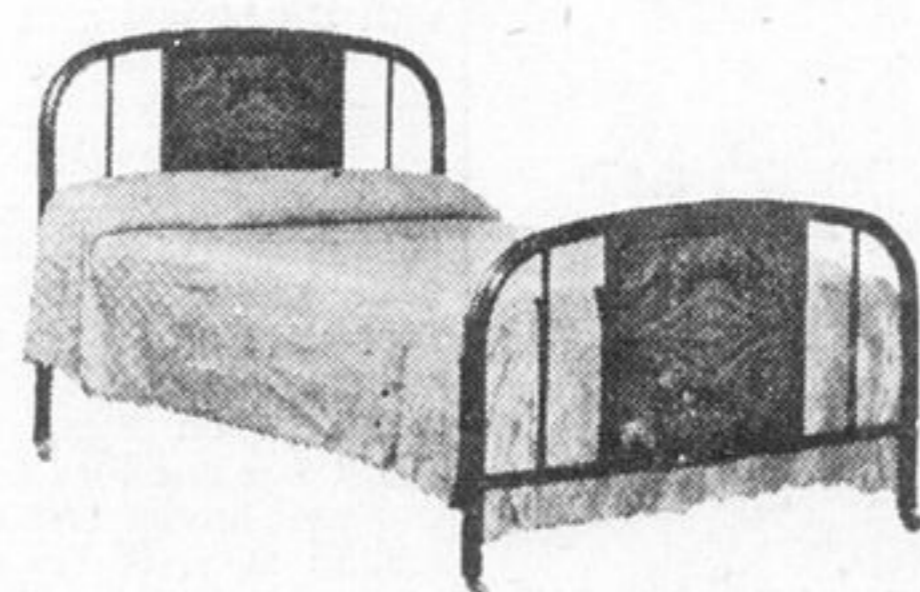
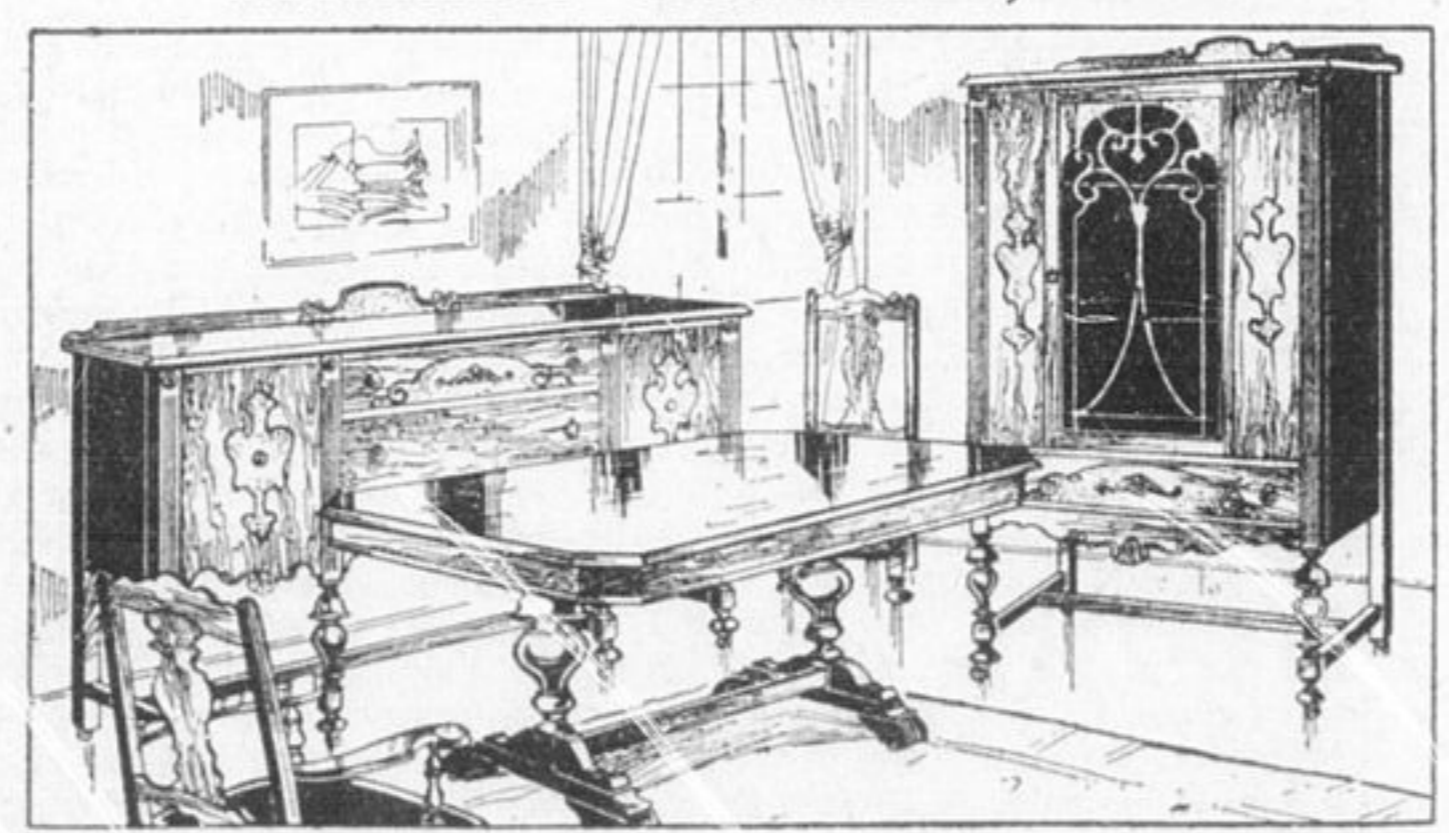
HOUSEHOLD FURNITURE, ETC.

In order to make room for our new stock of Furniture we have decided to dispose of all our present surplus stock by Public Auction on

Tuesday, October 31st

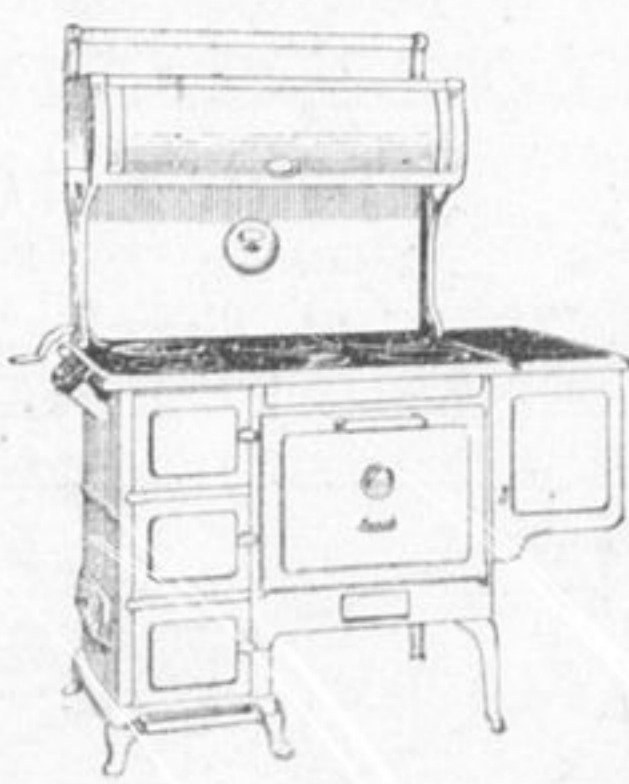
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Bedroom Suites, Beds, Springs and Mattresses

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