



That Body of Hours

By James W. Barton, M.D., Toronto
Fresh Air Necessary For Good Digestion

It is unfortunate that human beings must live indoors so much because many of the ailments of which the human race complains are due to living the indoor life.

As you know there is less moisture, less oxygen, less movement of air indoors than outdoors, and thus colds in the head, sinus, bronchial, and chest conditions are the natural result.

Lately it has been felt that the nose, throat, bronchial tubes and lungs are not the only parts of the body that are affected by the lack of oxygen in the indoors. The heart has been found to beat more rapidly when there is not sufficient oxygen, so that "tiredness" of the heart muscle may occur. As you know airman or those climbing high mountains have to take small tanks of oxygen with them on their height expeditions owing to lack of sufficient oxygen so high up.

However it is now believed that much of the stomach and intestinal disturbances can be traced to this lack of sufficient oxygen.

Dr. E. J. Van Liere, Morgantown, W. Va., in the American Journal of Digestive Diseases and Nutrition, records the results of some experimental work on dogs. He found that in diseases where there was a lack of oxygen in the blood it was important that only food that was easily digested and would leave the stomach quickly should be used.

Animals that, for the time being, were deprived of the full or usual amount of oxygen in the air showed a delay of several hours in the emptying time of the stomachs. You can understand that if there is a delay of several hours in the emptying time of the stomach another meal is likely to be eaten while some of the food of the previous meal is still in the stomach. This causes indigestion and gas distension.

Now we can't live outdoors but we can ventilate the home by means of windows, doors, or mechanical methods. While nearly everybody ventilates the bedroom during sleep, allowing fresh air to come in after meals is just as important as we see how necessary to digestion is the oxygen in the air.

The stuffy full feeling that occurs after eating may in many cases be due to a lack of fresh air.

SUDBURY MAY HOLD CIVIC EVENT FOR KING'S JUBILEE

Sudbury is considering the proposal of holding a civic programme to observe the silver jubilee of King George V. If the plan is proceeded with the service clubs of the city will be asked to co-operate.

The Advance Want Advertisements

Fire Destroys Taxi on South End Road

Efforts of Drivers and Passengers Fail to Extinguish Blaze in Car. Snow Used to Fight Fire.

A taxi belonging to a local firm was almost totally destroyed by fire on the South Porcupine road last week. According to the driver, the car was stopped as soon as the first smoke was seen and snow thrown on the blaze as quickly as possible. Another taxi came along the road at that time and more snow was shovelled onto the flames that had by that time gained a good hold.

The efforts of the two drivers and their passengers were of no avail and the whole interior of the car was burned. The body was twisted with the heat, the windows broken and the rear tires ruined. The engine and extreme front were the only parts of the taxi that escaped destruction.

The passengers and drivers of both cars were taken to their destinations by the second car. The destroyed taxi was a 1934 model of the medium priced field. It is thought that the fire started from defective wiring.

Onward.—A group of Breton fishermen not long ago made a great catch of a million sardines, but the buyers would take only 690,000 and so the foolish fishermen threw the whole million back into the sea. Surely men are strange mortals.

ONE CENT A MILE Coach Excursion

From T. & N. O. Stations

TO

TORONTO

Hamilton, Smithville, Dunnville, Welland, Buffalo, Galt, Woodstock, London, Kitchener, Guelph, Chatham, Windsor, Detroit.

Friday and Saturday, March 15th and 16th

Via

North Bay and Canadian Pacific

Tickets are valid for travel on T. & N. O. Train No. 2 and connections, arriving North Bay 5:30 p.m., connecting with C.P.R. Train 857 leaving North Bay at 6:50 p.m. and connecting at Sudbury with Canadian Pacific Train No. 28

Tickets are valid to return, leaving destination point up to and including Monday, March 18th, so as to arrive North Bay and connect with T. & N. O. Train No. 1, leaving North Bay C. P. Depot 10:15 a.m., Tuesday, March 19th.

Temiskaming and Northern Ontario Railway

Funeral Thursday of Mrs. Frank Roy

Large Number of Friends and Relatives Pay Last Marks of Respect to Late Mrs. Roy.

The funeral of Mrs. F. Roy, who died here on Monday, was held on Thursday morning at nine o'clock from St. Anthony's church. A large number of her friends and relatives were present at the service. Father Theriault conducted the ceremonies at the church and at the Roman Catholic cemetery.

The pallbearers were Leo Roy, U. Aubry, A. J. Clark, D. Lacroix, A. Lavoie and O. Lacroix.

Floral and spiritual offerings were sent by the following:—

Omer Lacroix and family, Muriel Gratton, Mr. and Mrs. Elzear Blais, Mr. and Mrs. T. J. Lawlor, Mr. and Mrs. Alde Lavioie, Mr. and Mrs. Carriere, Mr. and Mrs. J. D. Lacasse, Mr. and Mrs. C. Desautiers, Annette Millette, Mr. and Mrs. Henri St. Germain, Marie Jeanne Lavoie, Eva Lavoie, Mrs. Ruest and family, Mr. and Mrs. J. Leblanc, Mr. and Mrs. Ephraim Charlebois, Alice Major, Mr. and Mrs. Senecal, Mr. and Mrs. O. Desjardin, Mr. and Mrs. A. Robitaille, Mrs. Alexina Lapalme, Mr. and Mrs. Louis Couture, Mr. and Mrs. Antoinette L'Ecuyer and family, Mr. and Mrs. O. Chalut, Mr. and Mrs. Eddie Barker, and Mrs. A. Aubry.

Oldsmobile Six and Eight Now Showing

Built to Give New Features of Safety, Comfort, Performance and Economy to the Public.

Many new and better features are incorporated in the 1935 Oldsmobile Six and Eight lines announced today by General Motors Products of Canada Limited, which are having their premiere showing at dealer establishments today.

Built to conform to the public demand for new features of safety, comfort, performance and economy as revealed in replies to the 1934 questionnaire conducted by General Motors Customer Research Branch at Oshawa, the 1935 Oldsmobile lines introduce as an outstanding development the new all-steel "turret top" roof by Fisher. This not only provides added safety in itself, but lends new strength, rigidity and grace to the already strong and graceful Oldsmobile bodies.

The streamline design of the new Oldsmobiles is utilitarian and at the same time individualistic, incorporating with all the advantages of wind resistance reduction enhanced beauty of symmetrical lines.

Other new features are: A complete system of sound-proofing of body, chassis and motor; longer wheelbase and roomier interiors; increased economy of operation by means of improved manifold and carburetion systems; increased power achieved through an entirely new design of cylinder head which still permits the use of standard fuel; redistribution of weight to give an even smoother ride by placing seat location between the axles; new design of the car front, with narrow and higher radiator grills, new radiator ornaments, new fenders and restyled louvers; and the retention of the 1934 advancements, principal of which are knee-action wheels and hydraulic brakes.

Ten models are available in the Oldsmobile Six: the 5-passenger Coach; 5-passenger Coach with trunk; 5-passenger De Luxe Coach with trunk; 2-passenger Coupe; 4-passenger Coupe with Rumble Seat; 4-passenger De Luxe Coupe with Rumble Seat; 4-passenger De Luxe Convertible Coupe with Rumble Seat; 5-passenger Sedan; 5-passenger Sedan with trunk; and 5-passenger De Luxe Sedan with trunk.

Mail and Empire.—"One person is killed every 12 hours by an automobile on this continent," said a speaker addressing the Optimists Club, thus probably reducing its visible supply of optimism.

Plan to Reorganize Abitibi Paper Co.

Expect to Have Control of the Company Transferred from U.S.A. to Canadian Interests.

Plan for a "complete reorganization" of the Abitibi Paper and Paper Company "involving acquisition of control by Canadians and injection of millions of new capital into the enterprise" have been placed before the Ontario Government, said The Toronto Star last week.

The paper says a definite offer has been made to Joseph Ripley, of New York, chairman of the bondholders' protective committee, that negotiations between representatives of Canadian financiers, Mr. Ripley, and G. T. Clarkson, liquidator, are "known to be under way" and that some announcement on reorganization plans is expected from the Provincial Government soon.

Government interest is attributed to belief reorganization would help revive the province's pulp and paper industry. "The proposed transfer of financial control and management from the United States to Canada is also said to have impressed Cabinet Ministers most closely associated with northern affairs," the Star says.

The proposed reorganization, as outlined in the paper, calls for injection of \$10,000,000 in new capital, \$7,000,000 of which is said to be available from Canadians, the rest from British capitalists. The \$50,000,000 first mortgage bonds now outstanding would be replaced by a new issue. Reduced working capital are other points.

Abitibi was placed in bankruptcy in September, 1932. It owns or controls 11 subsidiary concerns operating pulp paper, hotel, power and railway businesses.

WOMAN 89 YEARS OLD VOTED FOR FIRST TIME LAST WEEK

Among the 7000 odd voters casting their ballot last week for J. Harry Marceau in the Nipissing by-election was Mrs. S. Bedard, of North Bay, who voted for the first time in her long life of 89 years. Mrs. Bedard said that the only reason she had for voting at this election at her age was that she was anxious to see that Mr. Marceau was elected. This lady of 89 showed younger women and men, as well, how to act when they wish to have a particular candidate elected.

Northern News.—After learning that a man was arrested as a suspected kidnapper because he had a photograph of Ethel du Pont, explosives heiress, the tenant of an adjoining desk has thrown away his picture of Mae West.

Selecting Food to Get Benefit of Essentials

Sometimes it is Necessary to go Outside the Natural Food Realm for Adequate Supplies of Vitamin D.



(By Edith M. Barber)

are usually taken for medicinal reasons.

Instead of using cod liver oil or halibut liver oil, he may now get the vitamin D he needs from a number of irradiated foods. The list of foods which have been irradiated each year has been increasing. There is now one bread, several cereals, some milk, some dehydrated vegetables and pureed vegetables, an infant food, a chocolate malt drink and two yeasts, besides several cod liver, halibut oil and malt products. Cod liver oil and halibut oil although containing a large amount of both vitamins A and D, are irradiated in order to give a concentrate of vitamin D, which sometimes is needed, for children.

Carrots With Butter

3 cups diced cooked carrots
1-2 tablespoons butter
2 tablespoons lemon juice
Salt and pepper.
Melt butter, add lemon juice and stir the carrots into this mixture. Season to taste and heat.

Cocoanut Cup Custard

2 eggs
4 tablespoons sugar
2 cups milk
1 cup cocoanut
1 teaspoon vanilla extract
Beat eggs very lightly. Beat in sugar. Add milk slowly. Add cocoanut and flavouring. Pour into cups which have been greased lightly with butter. Stand cups in a pan of water and bake in a slow oven (300 degrees F.) one hour.

Cheese Timbales

1 1/2 cups milk
6 eggs
1 cup grated cheese
2 teaspoons onion juice
Pepper and salt to taste.
Mix all ingredients. Put mixture in molds and set in pan of hot water and cook until set, about fifteen minutes, in a moderate oven (375 degrees F.)
Other artificial methods of putting vitamin D into foods are also used. The food given to cows is sometimes irradiated in order to produce milk with a larger vitamin D content. In some milk irradiated ergosterol is put in directly.

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SUDBURY RETURNS TO USE OF VOUCHERS FOR RENTALS

Relief tenants in Sudbury who are in arrears of rent are now to be paid by voucher cases where the landlord is in arrears of taxes. This plan has been adopted following complaints that in many cases tenants on relief had received money to pay rents but that they turned it to other uses instead of paying the landlords.

in arrears of taxes. This plan has been adopted following complaints that in many cases tenants on relief had received money to pay rents but that they turned it to other uses instead of paying the landlords.



ERNEST JOSEPH WESSON
—8 months old son of Mr. and Mrs. Wm. Wesson, Toronto. Fed "Crown Brand" Corn Syrup since birth.

Could you wish for a HEALTHIER CHILD?

HIS little body is straight as a young tree. He is plump, rosy and full of happiness. His skin is velvet-soft and without a blemish. He is a "CROWN BRAND" BABY. EDWARDSBURG "CROWN BRAND" CORN SYRUP was prescribed in first feeding formula. It has become a fixture in his daily diet. He loves it and thrives on it amazingly.

"CROWN BRAND" is wonderfully rich in Maltose and Dextrose, the great energy producing elements. Its easy digestibility enables even delicate children to assimilate all the body-building nourishment it contains. Doctors and Children's Hospitals recognize the vital importance of "CROWN BRAND" in infant feeding. It is a delicious table syrup too, that every member of the family will enjoy.

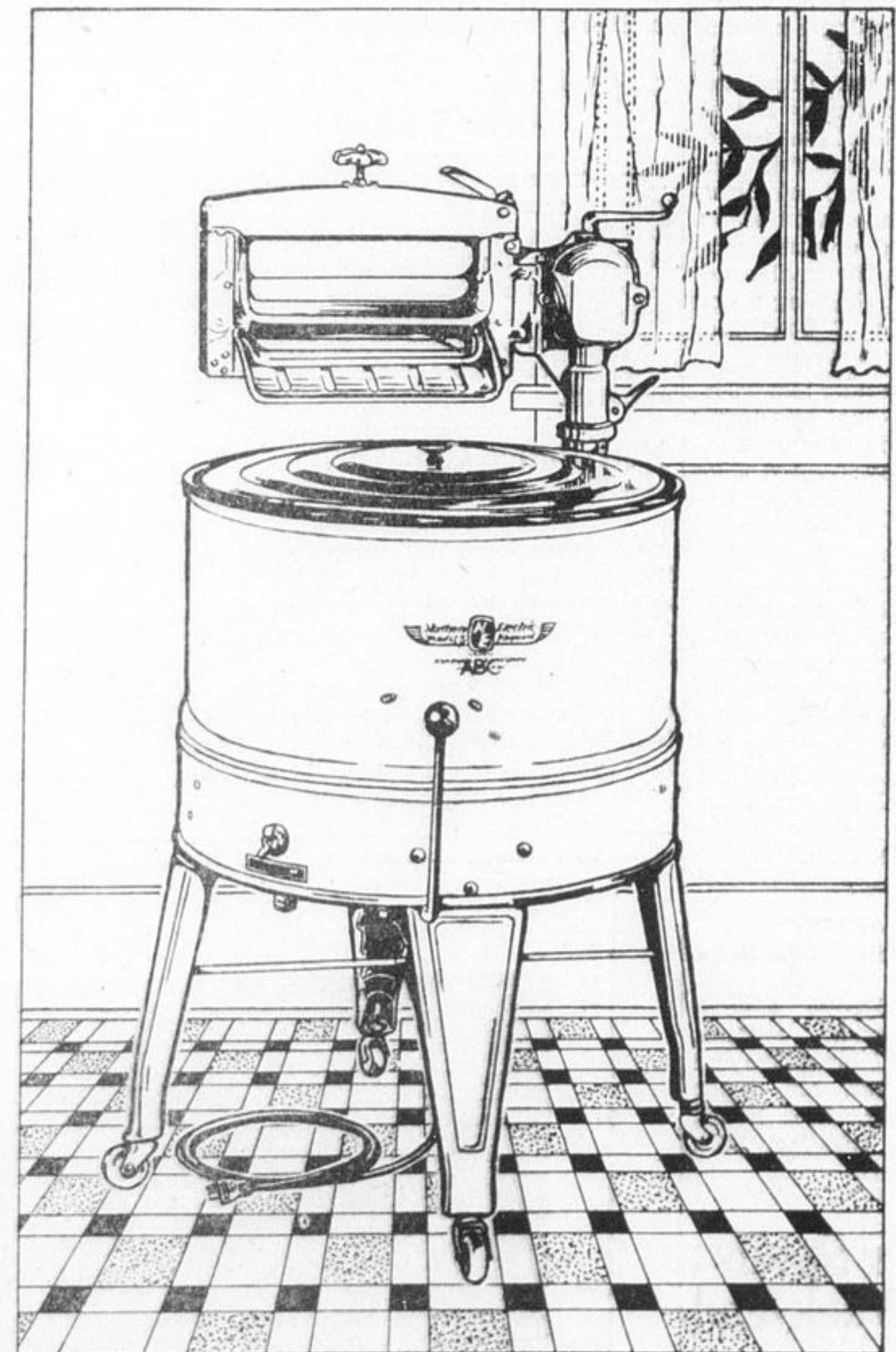
Your grocer sells EDWARDSBURG "CROWN BRAND" CORN SYRUP. Ask for it by name. Then you are sure of getting one of the greatest food values money can buy.

THE CANADA STARCH COMPANY Limited, TORONTO and MONTREAL
Manufacturers also of Benson's Corn Starch, Benson's Golden Syrup, Lily White Corn Syrup, Mazola Salad and Cooking Oil and other famous brands.

EDWARDSBURG CROWN BRAND CORN SYRUP

Listen to these Outstanding Radio Programs: "SYRUP SYMPHONIES," 8 to 8:30 Every Monday Evening over a Canadian Network. From CFRB Toronto, CFCO Ottawa, and CKLW Windsor: "MRS. AITKEN AND HORACE LAPP," 10:30 to 11 a.m. Every Tuesday, Thursday and Friday. From CFRB: "JOLLY JUNIORS CLUB," Saturday, 5:30 to 6 p.m.

Easier Washdays are Here!!



Wash with an ELECTRIC CLOTHES WASHER

End Wash-tub tyranny and toil with an Electric Washer, the easy way to pleasant washdays. You simply put the clothes in; snap the switch and let the washer wash, cleaner, quicker and with less wear and tear on fabrics than you ever thought possible. Electric washdays conserve your health and strength and make home a happier place to live in. Start them in YOUR home with a Northern Electric—ABC Washer. Pay only \$5.00 Down; the balance on easy terms.

Free

A convenient, attractive Metal Clothes Hamper will be given to every Electric Washer purchaser during this special offer

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