

BEE HIVE GOLDEN CORN SYRUP

A GREAT ENERGY FOOD

Body Needs in Calories Due to Age and Work

Not All are Eating Too Much Food, though Some do. About 1,300 Calories a Day Needed by the Average Person, Says Expert.



(By Edith M. Barber)

"We all eat too many heating foods, don't you think so, Miss Barber?" How many times that statement with its rhetorical questions is made to me. Of

course all foods are actually "heating" to some extent; that is to say all foods give us calories.

We must have a certain number of calories, depending upon our age and occupation, to preserve life. Years ago when nutrition as a science was in its infancy we judged foods almost entirely by the calorie or fuel value. We gave them another score for the protein that is to say muscle building content. We did not care particularly about the minerals, and we did not even know that the vitamins existed. Now we score our foods on all these counts. There is less talk about the calorie value, but its importance still remains.

The average person needs twelve to thirteen hundred calories a day just to exist. This is known as the basal requirement and to this must be added more for all the exercises we take. A man doing heavy labour may use up four to six thousand calories. Persons who lead sedentary lives however, may get along on two to three thousand calories a day.

If we overeat, the foods which are not used up will be deposited as fat in our tissues. It is true that concentrated foods of high calories value such as

fat, sugars and starches, provide a comparatively large number of calories and for this reason the sedentary person avoids an oversupply of these so-called heating foods. The person who uses this term, however, I find usually refers to cooked cereals and to meat, which is actually first of all for tissue building. The term "heating foods" is old-fashioned and usually dates us.

Codfish Cakes
1 cup salt codfish
2½ cups mashed potatoes
2 tablespoons milk
1 tablespoon butter
1 teaspoon pepper
1 egg
3 teaspoons parsley

Pick the codfish into bits and let simmer thirty minutes. Prepare the potatoes as usual, and the fish, egg parsley, butter and pepper and the milk if more moisture is needed. Shape into flat cakes or into balls, egg and crumbs, and fry in deep fat 360 degrees Fahrenheit until golden brown.

Frozen Macaroon Cream Cake
Line a refrigerator tray with whipped cream. Arrange macaroons in rows, spread a layer of whipped cream and arrange more rows of macaroons. Cover with whipped cream and freeze three to four hours.

Grandmother's Shoofly Pie
Line a pie pan with pastry rolled a little thicker than usual. Sprinkle plentifully with brown sugar, dot with butter and bake in a hot oven, 450 degrees, about 15 minutes. Cinnamon may be added.

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Don't Need Any Jack to Change Tires on This Car

Recent news from General Motors Export tells that a 1933 Oldsmobile touring car and trailer with a party of Roumanian wrestlers and strong-men, has arrived in Bombay from Bucharest, travelling by way of Yugoslavia, Greece, Palestine, Syria, Iraq, Persia and Baluchistan. Except for occasional punctures their car did not give the slightest trouble on the long trip. The report proceeds: "Incidentally they carried no jack because when it was necessary to lift the car, one of the strongmen simply lifted the wheel off the ground while the tire was changed."



Northerners Oppose Dogs in Deer Hunts

Members from North in the Legislature Against Use of Dogs in Hunting.

According to a despatch from Toronto last week, a multitude of recommendations, ideas, suggestions, counter proposals, and wide divergence of views and opinions, were listened to attentively by the Game and Fisheries Committee of the legislature Thursday at what will likely be the last public hearing this session.

The question of permitting dogs for deer hunting was the major issue before the committee on the second day of its public hearing, with opinions ranging from continuing the ban on dogs to unrestricted use. In point of number those in favour seemed to be in the majority—but only slightly.

Several proposals were made for the restricted use of dogs. The one most frequently heard of was that hunting parties be compelled to limit 25 per cent. of their bag to dogs. A straight buck law was also recommended by a number of speakers.

Dr. W. A. McCauley tersely presented the views of the Sudbury Fish and Game Protective Association, when he came out in opposition to the use of dogs. "Our association is in favour of a buck law and strongly advocates 'no dogs,'" said Mr. McCauley with emphasis.

"There isn't a sportsman in this room who will stand up and say it's easier to get deer without the dog. That should indicate that those opposed to the use of dogs are the real conservationists," he declared.

The views of the Ontario Hunters Game Protective Association were outlined to the committee by William Gastie, Fruitland, honorary president of the association.

Numerically this body was the largest to make definite recommendations before the committee on the second day of its public hearings.

E. L. Hughes, Trout Mills, who represented the Ontario Tourist Trade Association and the North Bay Board of Trade, was opposed to several suggestions of earlier speakers. He said inquiry has revealed that an affidavit signed by two witnesses had worked out well in Wisconsin and other States of the Union and would curtail bootlegging of wolf pelts from other provinces if the government increased the bounty.

Mr. Hughes asked for a buck law for from three to five years. He considered the 75 per cent. buck law was highly impracticable as it was impossible to divide the animals in this way and would lead to abuses and confusion.

A buck law would on the other hand be quite satisfactory, he considered. Mr. Hughes said he had worked it out that one doe with her offspring in 10 years would propagate 300 deer, and this had been worked out by allowing for a 20 per cent. mortality rate.

A spring bear hunt was another proposal advanced by Mr. Hughes. The bear, he said, is a destroyer of moose and other game and is no longer a fur wearing animal. More game wardens were needed in Northern Ontario, he considered.

"The police can cover the roads nicely but game wardens are needed in the bush. Woodsmen who know game and fish conditions and have passed examinations are what we need," said Mr. Hughes. "For years the government, all governments, have been appointing wardens who could not tell a pike from a sucker," he said. A special game warden was needed for the west side of Lake Nipissing, he declared.

"Would a \$5 or \$10 increase in the wolf bounty create new interest in destroying the wolf?" asked the Hon. H. C. Nixon. "Yes. Indeed it would," was the answer.

About Mr. Rowlandson's Lumber Workers' Measure

An editorial note in The Northern Tribune of Kapuskasing last week says: "John Rowlandson, M.L.A. for South Cochrane, has before the Legislature a bill which he terms a humane measure, to prohibit woods operators from overtaxing their bush workers. He claims that many men are ruptured each season, or suffer other ailments, some temporary and some permanent, by being called upon to do work that is too heavy, such as handling big felled trees in heavy snow. His bill, among other things, would stop bush workers from man-handling billets of wood longer than 48 inches, single-handed. Whatever objections there may be to Mr. Rowlandson's bill can be put forward when the Legislature deals with it in committee. It has its merits, certainly. Yet it would probably increase the cost of woods operations, at a time when European competition is very keen, to the extent of considerably reducing the output of Canadian and American newsprint mills. Are the European workers similarly safeguarded in their well-being?"

Another Group of Books at Library

Eight Important Non-Fiction Volumes Added, Together with Several Fiction Numbers.

Additions made at the Timmins Public Library last week in the non-fiction division include:

"The Riddle of Jutland," by Langhorne Gibson and J. E. T. Harper. (A simple, straightforward story of the great naval battle that should clear up the reason for the Jellicoe-Beatty controversy once and for all.)

"Jungle Tales," one of a series of "Tales from Outcasts" by many authors. Thrilling narratives of adventure, war and sport, mostly of India. "More Pages from My Diary, 1908-1914," by Lord Riddell. (The six seething years before the war in the life of a statesman, intimate with the prominent men of the times.)

"The Back of Speed," by Sir Malcolm Campbell, Stephen King Hall, Flight-Lieut. Stainsworth, H. Scott-Paine and six others. (All you want to know about how, why and where speed records in the air, on the land or sea are made. Profusely illustrated with photographs.) "Fire on the Andes," by Carellin Beals. (The story of ancient and modern Peru and the oldest civilization in the hemisphere.)

"The Georgian Scene," by Frank Swinnerton. (A series of portraits and critical estimates of writing men and women. Included are Shaw, Wells, Chesterton, Nichol and many others.)

"The Popular Practice of Fraud," by T. Swann Harding. (Expose of frauds throughout many branches of industry in the United States.)

"Israel," by Hervey Allen. (A new edition of the well known book on the life and times of Edgar Allan Poe.) Fiction now available includes: "The Budapest Parade Murders," by Van Wyck Mason. (The munition makers strike at the peace of the world but a U.S. army intelligence officer foils them.)

"Romance on a Cruise," by Maymie Greig. (Six people go on a West Indies cruise—the results are interesting.)

"Red Stefan," by Patricia Wentworth. (An Englishman escapes from the U.S.S.R. after exciting adventures—and love.)

"Forgotten Canon," by Hoffman Birney. (Adventure in the mysterious Colorado river valley. Gold beyond the unknown mountains.)

"The Body in the Bunker," by Adams. (Murder in an unusual place—a golf course.)

"Glory Jam," by Seaforth. (A family loses all their money but begins a "come-back" in an unusual manner.)

"Kate Coventry," by G. J. Whyte-Melville. (An "autobiography" of an English girl.)



That Body of Yours

By James W. Barton, M.D., Toronto Psoriasis—White Patches on Skin—Cured by Fat Free Diet

In skin ailments the patient is not usually interested in the cause or usual course of his ailment but what will cure it in the shortest possible time.

Thus psoriasis—white patches resembling mortar on the skin—is known to exist for years, disappear for months or years and then return. It is so embarrassing that anything that will cure it is eagerly sought.

Until recently the usual treatment was arsenic internally (Fowler's solution) and ammoniated mercury on the white patches themselves.

Some months ago I spoke about the treatment of Dr. O. Grutz, Leipzig, by cutting down on the fat foods—butter, cream, lard, bacon and fat meats—which had brought about a number of cures in old standing cases of psoriasis.

Recently he reports further success with this treatment advising also cutting down on omitting cakes and other baked foods containing fats, fat fish—eel, herring, salmon—pork, mutton, goose and duck.

He permits the use of lean meats, soups, and vegetables providing they are prepared without fat, fruits and berries, preserves and fruit juices, and various breads that have been prepared without fat.

On such a diet overweight patients with psoriasis frequently lose weight, and thin individuals have been known to gain weight.

It would seem that just as many individuals put on excess weight by eating starchy foods—bread, potatoes, sugar,—so some individuals are attacked by this skin ailment—psoriasis—when they eat even the ordinary amount of fat foods.

Dr. Grutz reports that in some patients the results of cutting down the fat in the diet is noticeable after two or three weeks, while in others six weeks or even several months is necessary to show the effects. In some patients the white patches increase in size but are less in depth shortly after the treatment is started, but treatment should continue as persistence brings about a cure.

Every physician has had some cases of psoriasis and has not always had the success he would like in treating it. It is therefore gratifying to know about this simple treatment.

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Current Digest:—A historical novel is like a bustle, for it is a fictitious tale based on a stern reality.



BROWN LABEL - 33¢ 1/2 lb.
ORANGE PEKOE - 40¢ 1/2 lb.

The Household by Lydia Le Baron Walker

A WELL SET TABLE WITH HANDSOME SERVICE PLATES



A WELL APPOINTED DINNER TABLE AND HOW TO SET IT CORRECTLY.

A dining table properly set is a dainty and inviting thing to look at, even though it be devoid of edibles. The linen must be spotless, the silver well polished, the glassware shining, and the china immaculate. These are the essentials whether the meal is to be served the family only, or whether the table is laid for a dinner or luncheon party. The general details of laying the table are identical, however.

Tablecloths in Vogue
The napery may consist of a tablecloth of linen rayon, or a mixture of both, or of silk, or it may be of lace. Tablecloths for dinners are gaining in vogue over runners, centrepieces and doilies, these latter becoming more and more conned to luncheon and suppers, with breakfast sets for the early morning meal. The tablecloth must have a silencer beneath it both for softness and for table protection.

Service Plates
Service plates are the things to have at every place. These are not intended for use, but decoration and formality since no place should at any time be without its plate before it, either one of these plates or one with the food of the course. Service plates are generally a trifle larger than dinner plates, and highly ornamental. Silver service and elaborate porcelain plates are de luxe while glass plates, especially large decorative ones, gay in colour may serve the purpose. In fact, if your China closet does not boast service plates the handsomest dinner plates you have can be pressed into service.

Silver and Glass
On the right of the service plate are the knives in the order in which they will be used, the first needed on the outside, and regardless of size. Cutting edges of blades are turned toward the plate. Spoons are also on the

right in correct order after the knives. Forks are on the left on their outer edge. Three pieces of any one kind of silver is the proper limit. The butter spreader is on the bread and butter plate if used. Its position is at upper left of service plate. At dinner bread and butter is not supposed to be served, but some hostesses continue to have them. Beverage glasses are at upper right and either in a row or in a group. The disposition of other dishes on the table remains with the hostess, who should arrange them with a view to symmetry and accessibility or decoration.

St. Onge Block Now is Being Torn Down

Following Recent Fire at Building it was Decided to Wreck Structure and Dispose of Material.

The job of tearing down the St. Onge Block at the foot of Third Avenue on Mountjoy Street is nearly complete now. Following the gutting of the building by fire a few weeks ago, it was decided to wreck the place and dispose of the materials.

As far as can be learned this week no disposal has been made of the land, but it is understood that it will be sold in the near future.

"Toronto Mail and Empire"—Adolf Hitler's mention of President Wilson's Fourteen Points will send youngsters scurrying to books of reference to learn what the Fourteen Points were and also who President Wilson was.

Notice

Notice is hereby given that all arrears of taxes owing to the Town of Timmins which are not paid on or before April 15th, 1935, will be collected by Bailiff or distraint. To all arrears outstanding on May 1st, 1935, a penalty of 10 p.c. will be added.

H. E. MONTGOMERY,
Clerk.

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