

# Fruits and Vegetables Help in Balancing Diet

### Speaker's Indictment of the Diet on This Continent. Explanation Needed in Regard to This Address to Group of College Students.



(By Edith M. Barber)

Recently I read of an account of a talk given to a group of college students where the speaker indicted severely the present American diet. The speaker stated that generally the food eaten in this country was "unbalanced." In my opinion the dietary habits of the people of the United States are better than those of any other nation. They have improved enormously in the last twenty years for two reasons.

The first reason is the availability and the high quality of a variety of fruits and vegetables which in our cities have practically no season. It is possible even in the smallest town to purchase a large variety of canned products instead of merely tomatoes and corn, the staples of a bygone day.

The second reason is the increased knowledge of the importance of a plentiful amount of fruits and vegetables and of milk and eggs. The discovery of the vitamins and their

sources and further knowledge of the need of certain mineral salts and the general dissemination of these facts by newspapers and magazines have made the men and women of to-day diet-conscious.

Children generally are being fed in such a way that not only are they in better condition than once was the case, but at the same time they are being trained to like foods which provide health essentials throughout life. Again I say, that the foundation of good nutrition is plenty of milk, eggs, fruits and vegetables, some meat, some fat, some sugars and cereals.

#### Vegetable Chowder

- 1 tablespoon fat
- 1 medium-sized onion
- Salt
- 1 cup boiling water
- 1 cup potatoes, diced
- 1/2 teaspoon paprika
- Pepper
- 1 cup canned corn
- 3 cups milk

Brown onion sliced thin in the fat, add the seasonings, boiling water and potatoes and cook until potatoes are soft. Add milk, corn and more salt if needed. Bring to the boiling point and serve.

#### Fruit Canape

- 6 slices pineapple
- 12 sections grapefruit
- 12 sections orange
- 1 sliced banana
- 3 tablespoons lemon juice
- 6 strawberries or candied cherries
- 6 sprigs mint

Arrange on each serving plate a slice of pineapple, fresh or canned, and around edges arrange sections of grapefruit and orange, leaving centre free for sliced bananas. Sprinkle lemon juice over bananas and garnish with strawberries or cherries and sprigs of mint. Pass powdered sugar.

#### Carrots and Onions in Casserole

- 1/2 dozen medium sized carrots
- 1/2 dozen good sized onions
- Bread crumbs
- 1 cup milk
- Butter

Place carrots and onions in greased casserole in alternate layers, seasoning each layer with salt, pepper and butter. Pour the milk over the layers, cover with fine bread crumbs and bake slowly for three-quarters of an hour. (Copyright 1935, the Bell Syndicate, Inc.)

## Consistent in Support of Route for Trans-Canada

Last week, The New Liskeard Speaker found it necessary to reply to a suggestion made in The Northern Tribune, of Kapuskasing, to the effect that some of the newspapers of this part of the North had altered their views more than once in reference to the proper route for the Trans-Canada highway. The New Liskeard Speaker points out that it has consistently advocated the route by way of the Ferguson highway since the Northern Ontario Associated Board of Trade after much study and discussion and after securing the advice of skilled and experienced surveyors and engineers who approved this route and the route from Hearst westward. The New Liskeard Speaker is absolutely right in its remarks now, just as it was right in its consistent stand since the question was discussed. The Advance has taken a similar stand and has been termed "pig-headed" and so on by some people who now are back to advocating the route originally proposed by the Northern Ontario Associated Boards of Trade. Short-sighted people may think that a route from Swastika westward or through Elk Lake would be of the greater advantage to towns like New Liskeard and Timmins. In the long run, however, such a route would not be best for the country at large and so would not be the best for any individual town. Timmins is interested only in a general way, this town not being directly on any of the proposed routes. Despite propaganda from Sault Ste. Marie, there is no desire to sidetrack that city. But every town and city cannot be on the highway. There would be every support for a provincial road to connect the Sudbury-Sault road with Chapeau and Oba, thus giving the Sault easy access to the trans-Canada highway. No matter what the final decision may be in the matter and no matter what devilment political trickery may play with the routing of the trans-Canada highway, the fact remains that the logical and economical route through Northern Ontario for the trans-Canada highway is by way of the Ferguson highway and westward from Hearst.

The Northern Miner report last week says:—"Holtrex Gold Mines, Limited, is plaintiff in two legal actions initiated at Osgoode Hall, Toronto this week. The first of these actions is against the township of Tisdale and Wm. O. Langdon, to set aside a tax sale at which part or all of the Holtrex claims were purchased by Mr. Langdon. Late in March, 1934, a bill was passed in the Ontario legislature validating all Tisdale tax sales to that date, but it does not come into effect until July 31st, 1935.

"The company is also bringing action against McIntyre Porcupine Mines, Limited, for a perpetual injunction to restrain the latter company from dumping tailings on the Holtrex property, and seeking damages for trespass. "At one time there was talk of a deal whereby McIntyre would drive a long crosscut into the Holtrex property, would pay back taxes and would receive some concession in regard to tailings disposal, but this agreement was never consummated." Questioned on Saturday as to the pending actions, Mr. Langdon told The Advance that he had heard nothing of them to date and that he had been served with no papers. The property was bought from Tisdale in the ordinary way at a tax sale, he said, adding that he could see no reason why the sale should not be valid.

## South Porcupine Citizen Wins Electric Coffee Urn

John Johnson, South Porcupine, was the winner of the Westinghouse Electric coffee urn given away by the Geo. Taylor Hardware Co. in connection with their attractive display at the Moose carnival here last week.

Mr. Johnson has been notified of his good fortune and will present his coupon at the store where the electric urn will be presented.

## Nothing Known Here of Tax Sale Actions

### W. O. Langdon Says No Papers have been Served on Him and he can see No Basis for Actions.

Legal action to upset the sale of mining claims by the township of Tisdale, in one of its tax sales, to W. O. Langdon, of Timmins, are said to have been instituted at Osgoode Hall, Toronto, according to The Northern Miner, but Mr. Langdon says he knows nothing of any such action and that he can not see any basis for suit in regard to these tax sales.

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By James W. Barton, M.D., Toronto  
**Removing the Thyroid Gland to Help Hopeless Heart Cases**

A group of 75 patients with chronic heart disease were selected as suitable cases in which to remove the entire thyroid gland in the neck in an attempt to rid them of their heart symptoms.

Most of the patients were chronic invalids confined to bed or to chair existence. Others of these 75 patients suffered congestive heart failure when they undertook any effort, or showed signs of angina pectoris (breast pang, or tightness under the breast bone) when they were at rest or on slight exertion.

All the patients had been absolute invalids for long periods in spite of having received all available medical treatment.

You can readily see that these were practically all hopeless cases in which everything possible from rest and medical standpoint had been done without success. It was therefore decided by Drs. H. L. Blumgart, D.D. Berlin, David Davis, J. E. F. Riseman and A. A. Weinstein of the Beth Israel hospital, Boston, to remove the whole of the thyroid gland as a means of quieting or resting those hearts, as the juice of the thyroid increases the rate of the heart beat. The results were recently recorded in the Journal of the American Medical Association.

As these were all cases with very severe symptoms it was not hard to notice any improvement in their condition, such as less swelling of the feet, disappearance of breathlessness, able to walk or take light exercise without getting out of breath, and other symptoms denoting heart failure.

Twenty-four of these patients have so far recovered that for the first time in months to years they are up and about the entire day without discomfort and without reappearance of the signs and symptoms of congestive heart failure. Of the 75 patients with chronic heart disease, angina pectoris was quite pronounced in 25. Since the operation eight of these patients have had no attacks of angina pectoris in spite of being around on their feet; five have had great relief, and five were entirely free of angina pectoris before the attacks returned.

This is a wonderful achievement when we think of the hopeless condition of these patients before operation, but these physicians state the patients must be carefully selected, must have normal thyroid glands, must be carefully supervised before, during and after operation if the risks of operation are to be reduced, and the patients are to receive the fullest possible benefit. (Registered in accordance with the Copyright Act.)

Huntingdon Gleaner:—One of three thieves who had successfully burgled a private bathing establishment at Helmieth, near Cairo, could not resist the temptation of having a good hot bath before he left. He then dressed himself, picked up his stolen booty, including a child's tricycle, and climbed out of the window—into the arms of a waiting policeman. His friends meanwhile had managed to escape.

## Cooking School Here for Four Days This Week

A general invitation is extended to the ladies of the town and district to attend a cooking school to be conducted by Mrs. M. Barrett, home economist of the Canadian General Electric Co., in the Oddfellows' hall, Timmins, on June 4th to 7th inclusive, from 2 to 5 p.m. The event is under the auspices of the Northern Ontario Power Company, Limited. There will be practical demonstrations of electric cookery and food preservation. Prizes and cook books will be given free. The event will undoubtedly prove of interest and value to all housewives.

## Enquiry Starting at Matheson This Week

### Several Local People Said to be Called for Questioning in the Investigation.

Investigation into the affairs of the Department of Northern Development in the Matheson district gets under way this week, probably on Wednesday. W. B. Common, K.C., senior solicitor of the attorney-general's department in Toronto will head the investigation and Joseph Sedgwick, K.C., solicitor from the same department, will assist Mr. Common.

It is understood that several local people have been subpoenaed in connection with the probe.

## Mining Institute to Give Luncheon to Hon. Mr. Leduc

The Porcupine branch of the Canadian Institute of Mining and Metallurgy is tendering a luncheon to Hon. Paul Leduc, Minister of Mines for Ontario, at the Empire hotel on Wednesday at 12.15.

Institute members are expected to turn out well to hear the minister's speech. Tickets are available to members of the institute from M. E. Williams, Timmins; Jack Beatty, Schumacher; W. H. Johns, at South Porcupine or from the president U. S. Annett at the C.I.L. office on Fourth Ave.

## Death of Miss F. Pitre Yesterday Afternoon

Taken suddenly ill at the home of her sister and brother-in-law at the rear of 271 Pine street, south, Miss Florence Pitre, aged 22, died shortly after being admitted to St. Mary's hospital yesterday afternoon.

She had been a resident of Timmins for a number of years and had come here from Transcona, Manitoba, where her parents still live. Employed as a maid at a Timmins home for more than a year past, she was highly spoken of by her employer, though it was stated that she was of a somewhat nervous disposition.

## First Through Trip of Gas-Electric Car

### New Car Arrived for First Time Thursday Evening on T. & N. O. from Cobalt.

Thursday evening, the gasoline-electric locomotive on the Tuesday, Thursday and Saturday run from Cobalt to Timmins made its first arrival at the Timmins station. It pulled out again for Cobalt on Friday morning at 7.50.

This power plant is the only one of its kind on the T. & N. O. and consists of a gasoline engine that drives an electric generator that in turn supplies power to an electric motor to turn the wheels. The number of batteries needed is just about half what it requires to run the lights on an ordinary electrically lighted coach such as is in everyday service on the railway.

## Production of Ontario Mines Shows Increase

The value of metalliferous production from Ontario mines, smelters and refineries in the first quarter of 1935, totalled \$29,517,953 in Canadian funds, compared with \$27,864,933 in the corresponding quarter of 1934, an increase of 5.9 per cent. The increase was in nickel and copper, gold, silver and cobalt showing small declines.

In the last quarter, 500,299 ounces of fine gold were produced compared with 506,962 ounces in the first quarter of the previous year. Silver production fell off from 1,375,474 ounces to 1,111,407 while copper in blister and ores increased from 39,352,411 pounds in the first three months of 1934 to 56,632,053 pounds in the first quarter of this year and nickel from 26,964,806 pounds to 29,021,486 pounds.

Ontario Department of Mines figures show that 32 gold mines milled 9.2 per cent. more ore in the first three months of this year than the 20 mines operating in the first quarter of 1934 milled but the value of the bullion marketed was 1.7 per cent. lower in the 1935 period.

## Walked into Side of Car at Busy Corner Saturday

On Saturday evening there was much traffic at the corner of Balsam street and Third Avenue. At about seven o'clock in crossing the street F. Harrison walked into the side of a moving car and was knocked down, sustaining some minor injuries. He was taken to Dr. Boutin's office and his injuries attended to. He will not suffer any serious effects from the accident. The police were promptly on the scene of the accident and found that the car driver was not at fault.

## Mickey Mouse to be Alive Here in Person

### Will Give Performances at the Conklin's All-Canadian Shows Opening at Timmins June 10.

Who has not seen the popular Mickey Mouse in pictures? The answer is, very few; for anyone who visits the movies cannot but have seen this feature comedy cartoon.

But then again, how many have seen Mickey Mouse alive and in person as a high-class performer? Not many—for this will be the first time that a Mickey Mouse show with live performers has ever been seen in Canada.

You laugh at the cartoons on the screen but if you want a real hearty laugh, just wait until you have seen the live Mickey Mouse performing.

This is only one of the many shows to be seen on the midway of Conklin's All-Canadian Shows this year. Novelities have been secured from all corners of the earth to amuse increasing crowds that patronize this organization year after year.

A new scheme of decorations and elaborate lighting effects has been added to make the midway a blaze of light and colour.

This well-known organization will be showing at Timmins under the auspices of the Canadian Legion for one week, commencing June 10th.

## Funeral of A. Rybka, Thursday, May 30

### Large Attendance at Services. Many Floral Tributes. Had Resided in Timmins Twenty Years.

The funeral of Mr. Anton Rybka, 25 Patricia Bld., who died in the St. Mary's hospital, May 28th, was held in the Church of the Nativity, Thursday, May 30th, Rev. Father Gabriel officiating, to the Roman Catholic cemetery.

Mr. Rybka was a resident in Timmins for the past twenty years.

A large number of relatives and friends attended the services at the church and at the graveside. Left to mourn are his wife, three daughters, Cecelia living at home, Mrs. D. Greer residing in Gold Centre, Mrs. L. S. Lacosse, and a son, Theodore, both residing in Kirkland Lake.

Among the floral tokens were tributes from:—the family, Mr. and Mrs. D. Greer, Mr. and Mrs. L. S. Lacosse, Mr. and Mrs. N. Lacosse and family, Mr. and Mrs. H. Fasset, Mr. and Mrs. F. Byck, Mr. and Mrs. Z. J. Ostrowski, Miss Stephanie Ostrowski, Mrs. J. Pluta and family, Mr. and Mrs. S. I. Bucovetsky and family.

Spiritual offerings:—Mr. and Mrs. N. Lacosse, Mr. John Tytko, Miss Mary Budziak, Mrs. J. Budziak, Mr. and Mrs. J. Wojciechowski, Mrs. J. Fujirur.

Woodstock Sentinel:—Ex-Reeve Greiger of Hensall, 79 years of age, stood in the witness box in supreme court for five hours without tiring, a Goderich despatch states. But why should it be necessary for him to do so? The practice of U.S. courts in allowing the use of a chair seems more sensible.

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He'll tell you the importance of carefully selecting timber—why it must be well seasoned—what careful grading means to you. He will advise you to buy reliable lumber so that men's time won't be wasted throwing aside defective pieces and mounting up your building costs.

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