

The Dionne Quintuplets



GOOD FOR YOUNG AND OLD
BEE HIVE
GOLDEN CORN SYRUP
used in the regular diet of the Quintuplets

Help Preserve Vitality by Proper Choice of Food

To Delay Degenerative Ills the More Extensive Use of Protective Foods Like Milk, Eggs, Fruits and Vegetables is Recommended by Well-known Expert in Culinary Matters and Health.



(By Edith M. Barber)

Some time ago a chemist started a group of scientists by promising to add two years to the life expectancy of persons past forty-five through the use of a drug product with which he had been experimenting.

It is quite possible that the span of life in years to come will be lengthened in some such way. In the meantime, however, we have definite knowledge that the improved diet of the American people promises not only to increase their span of life, but to make them healthier. Dr. Henry Sherman of Columbia University who also reported at this same meeting is certain that his findings during years of experimentation with rats which react practically in the same way as human beings, are directly applicable. To delay the development of degenerative ill, Dr. Sherman recommends the extensive use of the so-called protective foods such as milk, eggs, fruits and vegetables.

While some of us may be interested in prolonging life, each of us desires, perhaps more than anything else, vi-

talinity to use in the years which are your portion. It is now accepted that a good choice of foods adequate in all factors and which suits the digestive powers enables us to resist disease and produces a feeling of well being which gives us the power to compete with circumstances. The inclusion of milk, eggs, fruits and vegetables in the diet is not a fad. It is a basic principle.

Creamed Chicken with Oysters
1/2 cup butter
1/2 cup flour
1/2 teaspoon salt
Pepper
1 cup milk
1 cup cream
2 cups diced cooked chicken
1 pint oysters
1/2 cup finely chopped celery.

Melt butter, add flour and seasonings and stir until well blended. Add milk and cream slowly, stirring constantly until thick. Boil one minute. Add chicken and oysters and cook until oysters are plump. Add celery and serve on toast.

Baked Tomatoes with Rarebit Sauce
2 tablespoons butter
1 1/2 tablespoons flour
1/2 teaspoon salt
1/2 teaspoon mustard
Dash cayenne
1/2 cup milk
1/2 pound American cheese cut in small pieces
6 baked or broiled tomatoes

Make a white sauce of the butter, flour, salt, mustard, cayenne and milk. Add cheese and stir until it is melted. Pour over baked or broiled tomatoes. (Copyright, 1935, by The Bell Syndicate, Inc.)

Quebec Chronicle-Telegraph.—As a matter of fact, it is said that a number of western and southern roads have already adopted a flat two-cent rate and have netted healthy increases in business as a result. There is a question, therefore, whether a lower rate would not be more remunerative to the railroads as well as more equitable to the passenger.

Vocational Training for the Unemployed

New Plan Said to be Contemplated by the Dominion Government. Patterned on United States Plan.

Marking a departure from former methods, the Dominion Government, in co-operation with the provinces, will shortly set up training centres for youths to take the place of federal relief camps which are to be abolished. Sponsored by Hon. David Croll, Ontario labour-welfare minister, a plan was unanimously adopted at the inter-provincial conference at Ottawa, according to word from Toronto this week.

An indication of the new scheme was given at the conclusion of the conference when the result of the discussions was made known. Resolution No. 5 of the special committee headed by Hon. Norman Rogers, Dominion minister of labour, read as follows:

"That under Government leadership a system shall be devised for the training of youth in habits, and techniques of work and industry, and for a thorough and well integrated apprenticeship system."

In this 31-word sentence is the essence of a new theory—as far as Canada is concerned—in treatment of unemployed youth, according to well-informed circles. It is known that the Dominion Department of Labour has been studying closely the conservation camps in the United States, created under the New Deal. The Canadian camps will be patterned along similar lines. They will be centres of vocational training and education and the men will be paid a regular wage. From this sum they will pay board and lodging.

A number of the camps will be for youths only. Others will take care of older unemployed. The various departments of education in the provinces will co-operate.

One of the difficulties encountered under the present system of relief camps is the non-permanent nature of the personnel. Men come and go as circumstances change, but under the proposed plan the unemployed will stay in one place for a definite period. The whole purpose behind the project is training of young minds and bodies to prepare them for jobs whenever such jobs become available.

Cobalt Man Collapses by Bed of Invalid Wife

Overcome by a sudden heart attack, James Kennedy, 48 years of age, and one of the early residents of the Cobalt area, collapsed by the bedside of his invalid wife and died almost instantly on Sunday of this week. He was about to attend morning mass as he was stricken down. The late James Kennedy was an employee of the Northern Ontario Power Co. for some years past, but had been off duty for some seven weeks on account of an attack of bronchitis. He had apparently recovered from the worst of the attack and expected to go back to work in a few days. The late Mr. Kennedy, who has wide circles of friends in the North, was a native of Quyon, Que. He is survived by his widow, one son, Hugh, aged three years, and one brother, John, living at Capreol.

London Tit-Bits.—The future of "he drinks" is "he is drunk."

Green tea drinkers will find a sheer delight in the exquisite flavour of Salada Japan tea. Try a package.

"SALADA" JAPAN TEA

Old Country Man Did Not Find Porcupine So Good

The following is from the "Fanning Mill" column of The St. Mary's Journal-Argus:—

"Local man has been telling us about a holiday trip he took in the French River district during the fall. He was alone, but on the way up met an Englishman fresh from the Old Land. The two joined forces.

"They fished with considerable success but, since no ice was available, they were unable to bring south any of their catch. The Englishman was very eager to take home to his family who were living in Toronto, some trophy—something with which to prove to them his skill as a woodsman. Such times as the men were not busy in the boat he roamed the bush with a small calibre rifle. But he saw no sign of game.

"The night before they started for home the zealot went out with his gun and a lantern. The local man heard a shot and in a few minutes Bob (as his companion was called) rushed into camp with a dead porcupine. He was informed that in Canada such creatures were not generally considered edible. But he wrapped the carcass with loving care and toted it to the city. Our friend has just had a letter from him.

"I am afraid you were right about the porcupine," it reads in part. "I had no end of trouble getting the hide off the little beast. Mrs. B. cooked it. It tasted very nice, not unlike mutton, we fancied. But afterwards we were all deathly sick. Rover too. We threw the ghastly stuff in the garbage and next day the neighbour's dog was dreadfully ill also. So there is no doubt it was the porcupine."



That Body of Hours

By James W. Barton, M.D., Toronto Correcting Stuttering

It is believed that the number of individuals who stutter or stammer is very large as there are 20,000 in New York City alone.

All sorts of devices and methods have been tried to enable the stammerer to talk clearly. This was because it was thought that stammering or stuttering was a defect of the speech—tongue or throat—failing to remember that when the stammerer was among his own people or at home he was able to speak clearly and correctly without any trouble.

Investigation showed that there is a "stutter" type of individual who developed his stuttering "after" he had learned to speak, and the stuttering was really due to nervousness.

Dr. James S. Greene, Medical Director, National Hospital for Speech Disorders, New York City, tells us in the Journal of the American Medical Association that since he opened the clinic seventeen years ago 15,000 stutterers have been handled, besides several thousand sufferers with speech defects other than stuttering.

"The adult sufferer usually gives the history of having been a nervous, fearful child, an unduly irritable excitable child, often living with very "nervous" parents."

"From early childhood conflicting emotions rule the stutterer's mind. He is a victim of dread, even terror. In short he is a "hesitant" or "hesitating" individual.

Then as he begins to hesitate and stutter he becomes more and more conscious of his stuttering habit, he gets an inferiority complex and in many cases life is spoiled completely.

After a physical examination at this speech hospital, the patient talks into a microphone, answers questions or reads, and a record of his defective speech is made on a disk. This enables the instructor to learn the exact character of the patient's speech and enables the patient to note the improvement after treatment has been carried on.

The whole basis of the treatment is relaxation; getting the patient to talk, read, sit around with a group and enter into the conversation. Since stutterers are afraid "to go places or do things," evening groups of boys and girls are brought together so that the stutterer learns to "mix" well with others.

For those who cannot attend this National Hospital for Speech Disorders, there are similar schools in many of our larger cities.

Toronto Saturday Night.—The mosquitoes and the black flies have long departed but we still have to face the pest who says he doesn't want anything for Christmas.

Necessity for Stability in the Taxation of Mines

(From Ottawa Journal)
The Dominion-Provincial Conference has been discussing taxation of mines, urging the desirability of stability in taxation.

It is something worth discussing. Mines have become one of Canada's greatest assets, were her sheet-anchor throughout the depression. Cobalt, to most of us, is but the name of a mining district. Yet Cobalt has produced 400,000,000 ounces of silver, paid \$100,000,000 in dividends. Porcupine is but a name, too; yet the gold mines of Porcupine have produced 400,000,000 tons of ore, dividends totalling \$125,000,000. To-day, our mines are more active than ever.

What this means in employment for Canadians, in exports for Canada, in payment of balances for Canada, must be plain to the meanest intelligence. Plain it should be also that if our mineral resources are to be further developed, it will still greater gain for Canada, it is vital that we take no step hindering development.

Which is where taxation and instability of taxation comes in. If mining men, the people who have money to invest in mines, in their development, know what the taxation future holds out for them, then they can proceed with confidence, or at least with knowledge. If, however, they know not what the future may bring in taxation, are compelled to risk or gamble too much, then they are not likely to take chances. Their money will not go into mines.

This being clear—and it should be clear to anybody—the importance of the discussion by the Dominion-Provincial Conference is quite evident.

Pioneer of Cobalt Had Romantic Life

William Woodney, Aged 62 Years, Passes After Adventurous Career in Many Lands.

The North lost a pioneer and a man of strikingly adventurous life when William Woodney passed away at Cobalt during the week-end at the ripe old age of 82 years. He had sailed the seven seas, was a pioneer of the Klondyke, one of the early makers of the Cobalt camp, and had given useful and valued services in the Great War, despite the fact that he was over 60 when he enlisted and had to do a lot of tall explaining to convince the military authorities that he was as young as he looked and felt. He was buried in the Haileybury cemetery on Monday of this week, with members of the Cobalt and Haileybury Legion giving him the last earthly honours as their comrade.

The death of Wm. Woodney from heart trouble closed a career which had been crammed with varied activity in his more than four score years, that had included also such widely-differing experiences as treasure hunting in Ceylon and shooting rapids in Yukon streams during the gold boom days. Mr. Woodney in intervening years had prospected in many parts of Northern Ontario and Northern Quebec, notably the Michipicoten, Sturgeon Lake and Rouyn areas. These trips were varied in 1912 by a trip to the Arctic with a fur-trading expedition organized by Captain K. T. Munn, in which the schooner that carried the party was crushed in shore ice off Baffin Land and the members were marooned for a time on a desolate coast. Three years later Mr. Woodney, back in Cobalt, joined up with the first tunnelling company, organized by the late Col. R. P. Rogers, then manager of the old Coniagas mine, and with this unit he saw action in France. Going to sea as a youth, Mr. Woodney was a sailor for a time, rising to be ship's officer. Much of his service with the merchant marine was in the Orient. The Klondyke rush of '98 found him there piloting boats on rivers of the far north. Previously, he had heard tales of an eastern princess' jewels hidden in Ceylon under mysterious circumstances, and he joined the army for service in that colony in order to have the opportunity of hunting for the rumoured treasure. Born in Ireland over 82 years ago, Mr. Woodney was unmarried. He had no relatives in Canada, but a sister survives in Greenore, County Louth, Irish Free State.

Sudbury Star.—In Russia the Soviet Academy of Science claims to have upset the law of gravity, which just goes to show what a revolution can do.

St. Mary's Journal Argus.—A local fur farmer, who remarked that he had been "pelting" his foxes, was asked if he did it with stones. This reminds us of the old lady who asked how many times one can pelt a fox. She was informed that after the third pelting the fox gets pretty sore.

The Household by Lydia Le Baron Walker



QUICKLY MADE. A quilted cover for your spectacles case, and an ornamental case for the daily newspaper.

TWO DECORATIVE CASES FOR CHRISTMAS GIFTS ARE

Two distinctive cases for Christmas gifts are given to-day. Both cases can be made in a very short time, as must all presents now with Christmas so near. One is the case for spectacles and pince-nez (eye-glasses), the other for newspapers.

Materials
Quilted material is handsome for the cases of both kinds, although silk brocade is, if anything, even more elegant. Tapestry, figured or plain linens, cretonnes, satens, or even burlap can be used for the newspaper case. Satin and silk are correct for spectacles cases, and as little is required, either of ribbon or yard goods, the cost is trifling.

Directions For Spectacles Case
Cut a paper pattern from a case, making it ample. Make a basted case of old cloth so you are sure the proportions and shape are correct. Cut a flap to fit the edge of whichever side comes where the case opens. From this fitted pattern cut the fabric for the outside and the lining of each piece of the pattern. If the case is to be quilted, cut a thickness of cotton sheet wadding, a trifle smaller than the pattern, and baste it to the inside of the outer material. Quilt each part, if desired. Seam the edges of parts together on the inside except for a small place sufficient to allow for the turning of the portions being made. When each part is done, seam them together, and sew snaps on flap and case to secure the cover about the case when inclosed.

Smart Accessories
These cases are among the smart novelties. They are preferred by some women to silver or precious metal ones, as the leather cases, so covered, are as ornamental and much lighter.

Initialing Case Covers
A note of distinct individuality is given the case covers if the initials of the person for whom the present is made are embroidered on the outside. You need not have these initials stamped. Trace the necessary capital letters from books or newspapers and cut them from note paper. Lightly touch with paste and position on the case. Embroider over the paper which forms a slight filling. This makes the letters slightly embossed. Be sure to have stitches so close that none of the paper is visible.

Newspaper Case Directions
Cut four pieces of fairly stiff cardboard the size of a newspaper folded twice, that is to one-quarter its full page size. Cover two pieces with outside material and two with lining. The case will be better looking if sheet wadding is put over the cardboard for the outside before gluing down to the fabric. This material should be cut large enough to fold over the other side of the cardboard where it is glued to the board. Line a strip three inches wide and the length of the longer edge of the cardboard, and glue it along each lengthwise edge to the back of the two lining covered pieces. Above these backs position and glue the two outside cover portions. This lined strip of material forms the back and holds the pieces together in book cover style.

Gift For Man or Woman
The newspaper will be ornamentally concealed when tucked inside this folder. Such a gift is well suited to a man or woman. For a man imitation leather of a good grade would be more suitable than textile for the outside of the folder.
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'A Gentleman and Unafraid'

(From The Legionary)
"Dedicated to the memory of Lt.-Colonel W. H. Scarth, late Provincial Secretary, Ontario Command, Canadian Legion."
Not great, perhaps, as greatness goes By C. M. G.'s and D. S. O.'s. He made no effort, did not try To catch the decorative eye. For King and Home he fought abroad, And Duty done, to him, was full reward.

Though gallant deeds may pass unseen, Unrecognized by King or Queen, A higher judge remains, above, The fighting man's respect and love, And seeking no applause throughout his days, In death he could not stem the torrent of our praise.

Brave Soldier, Gallant Gentleman, True Friend: We old hands gathered in our hundreds at the end Of your fine life, to bow the head and shed a tear Before that wealth of bloom that banked your bier, And in November's murk of fog and rain To whisper, not "Adieu" but—"Au Revoir!" Perchance we'll meet again. Nov. 1st, 1935.—Ceclie E. Morgan.

Huntingdon Gleaner.—All kinds of services are asked of post office officials but Victor Moses, postmaster at Corvallis, Ore., has received an assignment from the postmaster of another Oregon town which he is unable to take care of. "Will you kindly try to deliver to Mr. Blank," the neighbouring postmaster wrote Moses. "He lived in Corvallis and that is where he committed suicide."

OUTSTANDING EVENT
Winter Golf Tournament, Victoria, Feb. 17-22, 1936.
Full information from your local agent

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