

# Do You Get Your Share of Vitamins B. and G.

Deficiency of Foods, Such as Cereals, Vegetables, Milk, Eggs and Fruits, Causes Disease and Loss of Weight, Says Expert in Culinary Matters. Some Recipes.



(By Edith M. Barber)

Vitamin B, although it is designated by the second letter of the alphabet, was actually the first vitamin suspected and eventually proved to exist. In the Orient, where food was limited, the disease known as beriberi was prevalent. It was found curable by substituting brown rice for white rice and by increasing vegetables in the diet.

While beriberi is unknown in this country where our diets are in general more liberal, the disease called pellagra is common in the Southern States. This has been found to be caused by a dietary deficiency believed to be vitamin G, which is so closely allied with vitamin B that it was indistinguishable from it for a long time. While neither of these diseases is common among the majority of our population, deficiency of foods such as whole cereals, vegetables, milk, eggs and fruits results in loss of weight, fatigue and diseases of the digestive tract. Sometimes a concentration of vitamin B in the form of yeast or wheat germ is given as a remedy when diets have been too limited.

One of the reasons for cooking vegetables in a small amount of water and of using the liquid is the fact that these vitamins are soluble in water. It is fortunate that vegetables cooked in this way retain more of their flavour and are therefore more attractive to the palate as well as more nutritious. Are you getting enough vitamins B and G every day? Check your foods with this in mind.

**Apple Pandowdy**  
2 cups tart apples, pared and cored.  
1 cup sugar  
Nutmeg or cinnamon  
2 tablespoons water  
Baking powder crust  
Fill a greased baking dish of apples, sprinkle with sugar and cinnamon or nutmeg, add the water and cover with a biscuit crust. Bake in a hot oven (450 degrees Fahrenheit) until the pandowdy is thoroughly baked and the fruit tender, about twenty-five minutes.

**Candied Sweet Potatoes**  
6 boiled sweet potatoes  
1 cup brown sugar  
1/2 cup melted butter  
Salt

Drain, peel and cut potatoes in halves lengthwise. Arrange in a buttered baking dish, sprinkling each layer with sugar. Pour over butter and sprinkle with salt. Bake 30 minutes in a moderate oven, 350 degrees. Brown top under broiling flame, if necessary.  
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## PRIVACY OF THE LINDBERGH'S BEING RESPECTED IN WALES

(Stratford Beacon-Herald)  
A considerable number of British newspapers, dailies and weeklies, come into our hands every week, either in an editorial capacity or privately, and we cannot recall seeing a single item about Colonel and Mrs. Lindbergh or their son, Jon, after they arrived at the Morrow home near Cardiff.

Mention was recently made of the Colonel in Lord Beaverbrook's Daily Express to the extent that "so far as we know he might be in Tibet, Russia or Asia Minor." At any rate an American correspondent in London writes to a syndicate of newspapers in the United States that the British press have completely respected the family's desire for privacy.

## Thrown from Snowplough Making Good Recovery

Alex Emery, town employee who was injured some weeks ago when thrown from a sidewalk snowplough, is now at his home and is reported as progressing to recovery. The bone in his leg was cracked, rather than broken, but will require as much attention and care as if it were a complete fracture.

## Ontario Minister Hits at Ottawa One

Says Ontario will Build the Trans-Canada Highway Despite Professor. Also Criticizes Northern Roadwork.

There was general interest in the North at the reports from Toronto of the 42nd annual meeting of the Association of Ontario Land Surveyors held last week at the Royal York hotel, Toronto. Remarks attributed to Hon. Peter Heenan, Ontario Minister of Northern Development, especially catch the public fancy in the North, though there is a suspicion that they will be denied or reduced. The fact that the various reports from Toronto all give about the same reference in different words suggests, however, that there was no misreporting, while those who know Hon. Peter Heenan will be inclined to believe that he will "let her go as she looks."

That Hon. Norman McL. Rogers, Federal Minister of Labour, should have "kept his mouth shut" about the construction of the Trans-Canada highway, and millions of dollars have been spent in the North on roads but there isn't one worth \$100,000 are the two features of Hon. Mr. Heenan's address that are headlined. It appears that the Liberal papers used heads featuring the \$100,000 idea about Northern roads, while papers not in sympathy with the party were inclined to centre on the reference to the Trans-Canada highway. Naturally those who think the choice of the rocky road route is a crime felt that the Trans-Canada question was of more importance than the criticism of roadwork expenditures in the North.

In his address to the land surveyors Hon. Mr. Heenan made a vigorous assault on recent remarks which Hon. Mr. Rogers made. He quoted Mr. Rogers as saying that he "did not know" whether or not the construction of the Trans-Canada highway would be an economic development.

"If he didn't know, why didn't he keep his mouth shut?" Hon. Mr. Heenan demanded. "We will build the Trans-Canada highway regardless of any professor from Kingston."

Millions of dollars had been spent on building roads in Northern Ontario he charged, and yet not one of them was to-day worth \$100,000. Mr. Heenan declared that politics had entered into the development of Northern Ontario and some Liberals were just as much to blame as Conservatives for "this political manoeuvring in the North."

"Northern Ontario has been developed in a political way and that's the damnation of it," the speaker con-

tinued. "The time has come to break political manoeuvring in the North and if there is one thing I propose to do it is to put Northern Ontario in the proper light. Millions of dollars have been spent on roads in the North and I challenge anyone to go up there and find one that's worth \$100,000. I'm not criticizing any particular political party for I'm not sure that some Liberals would not do the same things the Conservatives have done in the past 30 years."

Highways in Northern Ontario have been built not as recommended or surveyed by competent surveyors, the provincial cabinet minister charged, but rather had a few politicians gone out and told where to build them.

"That's why attempting to rectify mistakes is such an unpopular job today," Mr. Heenan remarked. "Governments of the past failed to hire engineers and surveyors and secure proper reports. They allowed Boards of Trade to get together and decide where the highways should go. But, as far as I'm concerned the Trans-Canada highway is going to be built according to proper surveys and recommendations of engineers."

The speaker said he expected the sections of the Trans-Canada highway between Kenora and Fort Frances, from Dryden, opening up the Patricia district, and the stretch between North Bay and Temiskaming would be opened up in July.

H. M. Anderson of North Bay was elected as president of the association for the ensuing year. Other officers appointed included E. Vavell, Toronto, vice-president; T. D. Le May, Toronto, secretary-treasurer; J. E. Jackson, Riverside, and G. L. Berkeley, Toronto, as members of the 1936 council.

## Two Lose Lives From Accident at Kirkland

Matti Kauppi, machine man, was instantly killed, and Axel Oxtman was so badly injured that he died in the hospital on Saturday as the result of an accident at the Teck-Hughes Mine late on Thursday afternoon, when the drill they were operating hit into a piece of unexploded powder left from a previous blast. Kauppi was found dead, but Oxtman lived for a little over a day after being taken to hospital.

## Over 300 Telephones Added to Timmins Exchange, 1935

The New Liskeard Speaker last week had the following of interest:—

"The annual meeting of the Northern Telephone Company will be held on Monday, Feb. 24th, at New Liskeard. The report now in the hands of shareholders shows that the company enjoyed a very satisfactory year in every respect. Dividends totalling 8 per cent. were declared and paid during the year, while the gross income was some \$26,566 higher than the preceding year. On Monday, Feb. 17th, the new telephone exchange installed at Duparquet, Que., was officially opened. This growing town adjoining the Beattie Gold Mines has formerly enjoyed only long distance service. Between 60 and 70 telephones were connected with the switchboard, and the company looks forward to considerable business in this locality. A brief comparative statement shows that the company had 7402 telephones in use at the close of the year as against 6601 at the end of December, 1934, making a gain of 801 for the year, and a gain of 2827 for the period from Jan. 1st, 1930, to December 31st, 1935. The principal increases in telephones were made at the following exchanges: Timmins and Schumacher, 312; Kirkland Lake and Swastika, 187; Noranda and Rouyn, 118; Amos, 52. Substantial increases were also made in a number of other exchanges. A gain of 47 miles in pole line was made during the year, the company now having 778 miles. On January 1st, 1930, the company had 502 miles of pole line. The long distance business of the company also shows a gain for the year with calls over the company's lines and those of connecting companies totalling 305,893 calls. Calls from pay stations totalled almost 7000 more than in the preceding year."

## Estimates Include \$42,000 for Kapuskasing Farm

In the House of Commons last week Jos. A. Bradette, M.P., protested against past neglect of the Dominion Experimental Farm at Kapuskasing. He pointed out that workmen on the farm had not proper housing, but that they were still living in old shacks erected for German prisoners during the war. In response to Mr. Bradette, the Minister of Agriculture, Hon. Mr. Gardiner said that provision for building improvements at the Kapuskasing Farm had been made. Hon. Mr. Gardiner told Mr. Bradette that cottages for the workmen at the farm would be built. He added that the vote for the Kapuskasing farm this year was \$42,000, which compared favourably with expenditures in other places. All will be pleased to learn all this, and to note that Mr. Bradette, member for this riding, keeps in mind the many different needs and requirements of the various parts of this unusually large riding.

## Fractured Ankle While Skiing at Slide Sunday

While skiing at the Ski Club slide near town yesterday N. R. Arthur, of The Advance staff, had the ill-luck to fracture his ankle. He is in St. Mary's hospital as a consequence but expects to be out and around again in a few days as the fracture is a clean one, with no complications likely.

North Bay Nugget.—With Dominion parliamentarians and Ontario legislators in session, it will be hard to get in a word about anything else but government and taxes.

## News and Notes of Timmins Girl Guides

Girl Guides Held Regular Meeting on Friday. Meeting of the Brownies on Thursday.

The following is the report of the meetings of the Girl Guides and Brownies:—

**Girl Guides**  
The Timmins Girl Guides held their weekly meeting on Friday evening. The attendance was taken by Helen Landers. Lieutenant Tilley took inspection. The Guides formed a horseshoe and the flag was raised by Winnifred Jackson assisted by Elsie McFadden and Maisie Doing. The National Anthem was sung and then the Girl Guides prayer was said.

A game was played under the direction of Lieutenant Tilley and another game was taken by Captain Cranston. The Guides then went to their Patrol Corners where first aid and other work was carried on. Elaine Lainsoury passed her good carriage test for Second Class.

The Guides then divided up into three groups. Mrs. Travers took one group in Morse Code; Captain Cranston took the Second Class Guides and Helen Landers took the others in knots. Bertha Sheridan passed the Knots for her Tenderfoot.

The meeting was brought to a close by the lowering of the flag and singing "Teach Us to Love."

A meeting of the Brownies was held on Feb. 20th in St. Matthew's hall. The meeting opened by the Fairy Ring. Two games were played under the supervision of Tawny Owl Booker. "The Grand Howl" was taught to the Brownies by Brown Owl Habib. A few of the Brownies who have not passed their Flag were instructed by Tawny Owl and the other girls passed in their To-Whit signals by Brown Owl. The meeting closed at 7:15 p.m.

## Leg Badly Injured at the Ankerite Mine

Fall of Loose Causes Injury to Bill Stephenson on Friday Evening Last.

While working in the new shaft at Buffalo-Ankerite mine on Friday night Bill Stephenson was struck on the leg by a piece of loose. So badly was he injured that it was feared at South Porcupine hospital to which he was removed as quickly as possible that amputation might be necessary.

This is the second serious accident in the new shaft at Buffalo-Ankerite. One miner lost his life on the job a short time ago.



## That Body of Yours

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

**Vegetables in Liquid Form**  
"For the busy man who hates wasting his time at meals New York snack bars offer a machine which crushes up raw spinach, carrots, watercress, potatoes, apples and oranges and extracts their juice. From its spigot runs apple-green liquid, a pint of which is guaranteed to be a full-sized vegetarian meal complete with vitamins and mineral salts. The meal takes half a minute to consume."

The above item from the Reader's Digest tells its own story. The importance of raw vegetables in the diet because of the very necessary vitamins and minerals they contain, has been so stressed by health writers that many readers feel that they must eat them daily if they are to be kept alive or at least in good health.

As a matter of fact vitamins and minerals are absolutely necessary to health and if they can be obtained so easily (as the above method) it may be a good thing for mankind. Furthermore, the fact that they are in the raw state means no loss of minerals, some of which are lost in certain forms of cooking.

Thus spinach contains the vitamins A, B and C, and the minerals lime, phosphorus and iron; carrots contain vitamins A, B and C, and the mineral iron; potatoes contain the vitamins A, B and C and the minerals phosphorus, iron; oranges have the vitamins and iron; apples contain vitamins A, B and C, but have only traces of the A, B and C, some lime, and slight traces of phosphorus and iron.

Therefore to be able to get all the above in one pint of juice would mean that the individual is getting sufficient vitamins and minerals daily.

However there is one point that must not be overlooked, and that is that while this juice might be sufficient to stimulate bowel action in some individuals, it would fail to do so in others because of the lack of "roughage." Roughage is the fibrous part of plants and vegetables that gives them their form or shape and holds their juices. Nature meant that considerable of this fibrous matter (roughage) should be eaten as its "roughness" irritates or stimulates the lining of the lower bowel, which is thus made to contract and squeeze its waste matter downward and out of the body. This is what prevents constipation.

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Buffalo Times.—New dates for the death of Hauptmann wouldn't be so bad if he was electrocuted each time.

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## Report and Map Issued of Waswanipi Area, Quebec

The Waswanipi area in Western Quebec is described by G. W. H. Norman as holding promise for prospectors searching for gold and copper, in a preliminary report (paper 36-3) in the area issued by the Geological Survey, Department of Mines, Ottawa. The area, 5500 square miles in extent, lies immediately west of the Chibougamau district where Consolidated Mining and Smelting Company and Ventures, Limited, are engaged in exploring gold and copper deposits.

Keen interest in the Waswanipi area was aroused following the discovery in 1934 of high-grade gold quartz veins at Rose Lake in the south-central portion of the area. Prospectors Airways and Ventures are exploring the veins with

encouraging results. Since 1934 several other gold prospects have been located near Rose Lake and these are now being investigated. The gold discoveries already made, together with the width of the rocks favourable for prospecting, are features of interest to prospectors. The report, entitled "Summary Report on Surveys in Waswanipi Map Area, Northern Quebec, 1935," is based on field work by Dr. Norman in the area in 1935. It is accompanied by a blueprint showing the present state of geological mapping in the area. Copies of the report and map may be obtained from the Director, Bureau of Economic Geology, Department of Mines, Ottawa.

Toronto Saturday Night.—Our hilarious Washington correspondent reports that the Supreme Court's decision has left Mr. Roosevelt in somewhat of a d'AAAA's.

# BE BEAUTIFUL

By ELSIE PIERCE  
FAMOUS BEAUTY EXPERT



Keep your coiffure well balanced is the advice recently given by a famous Hollywood make-up expert. SALLY EILERS' hairdress leaves the top of the head smooth with two rows of curls at the lower hairline. She adds a flowered coronet for evening.

## BALANCED COIFFURE IMPORTANT SAYS MAKE-UP EXPERT

It is a sign of progress that superlative claims are on the wane and that every branch of Beauty admits its limitations. For instance, a make-up expert who is largely responsible for Hollywood's make-up perfection remarked to me recently:

"Make-up is invaluable. I see it creating an illusion of greater beauty, every day of my life; I see it glorifying the beauty of our screen stars, yet it cannot carry all the burden. I often realize how inadequate make-up can be when careful thought is not given to other important features of the appearance."

"At a recent society ball—a gala event of the season—one debutante with a very narrow and pointed chin had applied her make-up to perfection, yet the complete effect was unsatisfactory. Why? Simply because she wore her hair in such a way as to accentuate rather than conceal her thin, narrow jaw. She had concentrated the bulkier part of her coiffure in tiny rolls and curls on top of her head. By contrast, this made her small chin seem even smaller; and her whole head seemed top-heavy."

"Another young lady had committed the same error, in reverse. Having a full, determined jaw, she made the mistake of bringing her hair down and fluffing it out at shoulder-length. As a result her jaw looked almost pug-nacious."

There is one paramount thing to remember, according to this make-up specialist. The hair-dress, like the face, has a point of balance, the point where the hair is worn heavier. This balance point should be placed where the final effect is most harmonious. If the chin is thin and pointed, the hair should be worn longer, so that the balance point offsets the narrowness of the chin.

And reversely if the jaw is full, the heavier portion of the coiffure should be worn higher on the head.

**Full Round Face**  
Keep the hair off it, if the face is full and round. Don't cover up too much of the throat or neckline if a short neck accompanies a stout face. But keep the hair full and fluffy if the face is thin—bring soft, rolling waves down to provide a frame for the face and features. But for the large head-wearing the hair too fluffy can make it appear almost lion-sized.

High forehead on thin face? Cover

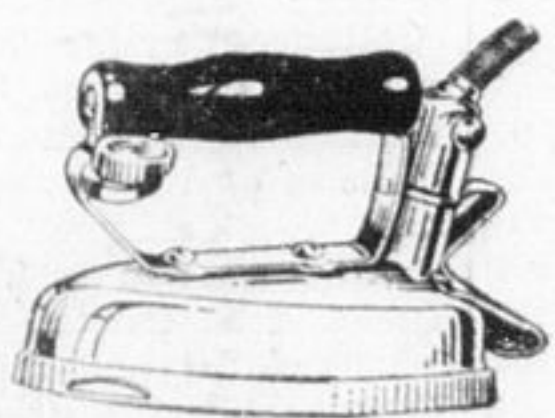
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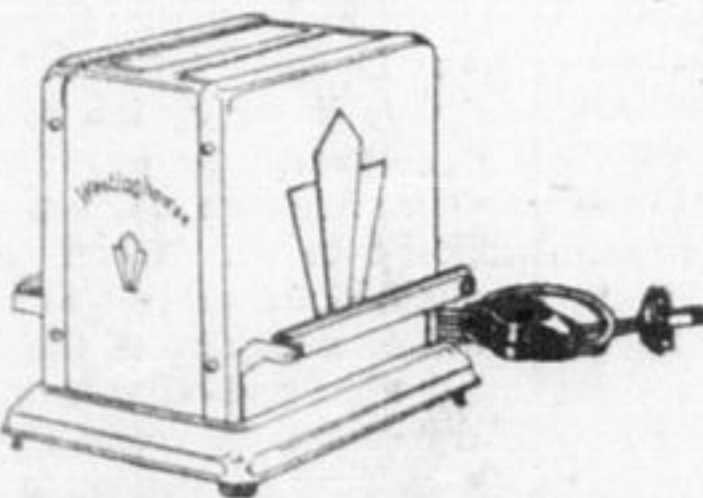
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