

# Fantastic Ideas About Some Food Combinations

One Reader, for Instance Suggests that Cereals Should Never be Used with Milk. Some other Fads Dealing with Dietetics. And Some Recipes.



(By Edith M. Barber)

"My dear Miss Barber: In your article on cereals the other day you did not mention the fact that they should never be used with milk, because starch and vitamins should not be taken together." I certainly did not mention that "fact," which is non-existent. This is a food fallacy which I had not heard before. I wrote to the writer and said to him that it would be an impossible task to separate vitamins and starch, at least in the whole grain cereals if there were any reason for it.

For some reason or other it seems to be the style to attempt to separate various food constituents. You have probably been bored, as I have been, by people who insist that starch and protein must be separated. This is an impossible task, as bread, cereals and vegetables such as beans and peas provide both protein and starch. Of course, the devotees of this food system are not consistent.

Another fad which accompanies the latter is the separation of starch from fruits. Neither of these theories is based upon any scientific fact, but followers of these diet systems are fortunately seldom harmed as far as health is concerned. It is their family and friends who suffer, both because separate dishes must be provided for them and because the addicts are never content to suffer alone—they must attempt to convert everybody else.

### Chiffonade Dressing

- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 teaspoon mustard
- 1/4 teaspoon sugar
- 1/4 teaspoon paprika
- 6 tablespoons salad oil
- 2 tablespoons vinegar
- 1 teaspoon minced onion
- 1 teaspoon minced chives
- 1 tablespoon minced green pepper

1/2 tablespoon minced pimento  
Mix the dry seasonings, add the oil and vinegar and beat or shake well. Add the other ingredients and serve.

### Baked Custard

3 eggs  
Salt  
3 cups milk  
3 tablespoons sugar  
1 teaspoon vanilla  
Nutmeg  
Beat eggs enough to mix the yolk and whites and add the other ingredients. Pour into custard-cups and set in a pan of hot water. Bake in a moderate oven (375 degrees F.) 40 minutes (or 300 degrees F. 60 minutes) until custard is set. Test by trying with a knife, and if the mixture is jelled it is ready to remove from the oven. (Copyright, 1936, by the Bell Syndicate, Inc.)

## Cobalt Makes Appeal to Provincial Government

Cobalt has made appeal to the provincial government for some form of assistance in its present difficulties. At a meeting of the town council at Cobalt last week this action was decided upon. The condition of the town's finances was described at the council meeting as a regular crisis.

In a resolution adopted unanimously and ordered sent to Premier Hepburn, Cobalt town council asks for a larger proportion of relief costs to be borne by the Dominion and Ontario treasuries and also to send to Cobalt an expert who will discuss with the council the conditions the local authorities contend exist there.

Council previously had notified the Department of Education at Toronto that it was unlikely the high school debentures, due in October and approximating \$2280, could be met this year, but had been asked by Queen's Park to make provision in the tax rate to meet this amount. The debenture payments have been defaulted for some years past. It was stated that financial troubles were making maintenance of the hospital and support of the Victorian Order of Nurses difficult, while estimated school costs of \$31,000 had to be met. The town has nearly \$50,000 owing in outstanding taxes and has a bank overdraft of \$20,000.

Port Arthur News-Chronicle.—Reports of death from carbon monoxide gas have not been as frequent this winter as in the past, probably due to people having learned the great danger from automobile exhausts in an enclosed place. A reminder to be on continuous guard, is, however, to be regarded as timely in days when the temperature suggests the closing of doors.

## Relief Camp Pay to be Raised March 1st

Dominion Government Announces Closing All camps by July 1st. Employment Plans Outlined.

Last week Hon. Norman McLeod Rogers, Minister of Labour, announced the closing of all relief camps in Canada by July 1st, and also new plans for employment. It is stated that the present strength of the camps will not be increased, and that there will be no new admissions. Also it was announced that there would be an increase, to date from March 1st in the relief camp allowances from 20 cents a day to \$15 a month per man while the camps continue.

To operate, each man, however, will receive only \$7.50 in cash, the balance being set aside to be given him when he leaves the camp in the form of vouchers payable at the rate of \$4 a week at any post office.

"This insures that if a man leaves a camp of his own free will he will at least have some means of support while he is seeking industrial re-establishment," the minister said. Allowances for food, clothing, medical care and tobacco would be continued as at present.

A labour department survey last December showed there were 19,328 single, homeless unemployed in various relief camps across Canada.

In a statement to the House of Commons the minister said: Arrangements have been made with the Canadian railways to employ 10,000 men on deferred maintenance work during the coming summer.

Men taken from the relief camps by the railways will be on a basis of work and wages.

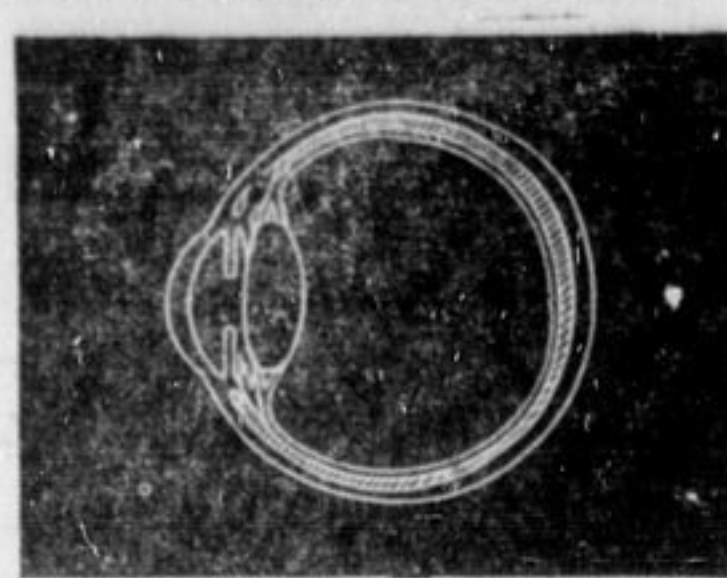
The additional railway maintenance work will be undertaken by the Government and railways on a co-operative basis. An emergency supplementary estimate will be introduced in the House to cover the Government's share.

While relief camps remain open, projects will be continued under the department of national defence, working in close co-operation with and carrying out the policy of the labour department.

Co-operation will be encouraged between provinces and Dominion in working out more intensive application of the farm placement scheme.

Text of the statement follows: It has been announced that relief camps as now organized and conducted will be discontinued during the present year. As an emergency measure these camps may have been justified. As a permanent feature of social organization in Canada they cannot be supported either on grounds of social utility or governmental economy.

This does not imply criticism of the administration of these camps under the department of national defence. In their organization and administration the department of national defence performed a difficult task with commendable efficiency as a peace-time



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To continue these relief camps, however, on their present basis, would be to institutionalize them and to encourage an attitude of hopelessness on the part of those for whom they were designed to make provision in a period of economic extremity.

### Probe Confirms Intention

The intention to abolish relief camps has been confirmed by findings and recommendations of the committee appointed to report to the minister of labour on existing conditions in these camps.

The Government recognizes that in closing these camps every effort must be made to provide employment for those now on the strength of the camps who are employable. Preliminary arrangements have already been made for setting up machinery which will absorb, from time to time, those on the strength of the camps, into gainful and useful employment. It is anticipated that these arrangements will permit the closing of relief camps, as such, not later than July 1 of the present year. No new projects will be undertaken. The present strength of the camps will not be increased. There will be no new admissions.

In seeking ways and means to provide employment, the Government has recognized the desirability of affording, so far as may be possible, alternative employment suitable to the training and experience of those now in camps. As a result of negotiations with Canadian National Railways and the Canadian Pacific Railway through the minister of railways and canals, arrangements have been made whereby 10,000 men will be employed on deferred maintenance work on the trackage of these companies during the coming summer.

This work will be in addition to the usual maintenance work of the railways. It will be undertaken on a co-operative basis, provision for which will be proposed in the emergency supplementary estimates. Men taken from the relief camps by the railroads will be in private employment and on a basis of work and wages. Relief camps will be closed progressively to permit the transfer of camp strength to employment on the railways, etc., as soon as weather conditions permit.

While the relief camps remain open, projects will be continued under the department of national defence, working in closer co-operation with and carrying out the policy of the department of labour. The decision to carry on under the present organization is a natural outcome of the policy of abolishing the relief camps. It would be costly and undesirable to build up a large organization, under the department of labour, which will of necessity be short-lived.

### Seek Provincial Co-operation

It is proposed to encourage a greater measure of co-operation between the provinces and the Dominion in the working out of more intensive application of the farm placement scheme, a scheme which has to date been followed quite extensively by some of the western provinces with very satisfactory results. Forest conservation, easier access to mining areas and other development projects would be other outlets for employment and it is anticipated that these opportunities I have suggested for employment will absorb the bulk of men in the camps who are fitted for this class of work.

It is expected that through the instrumentality of the proposed National Employment Commission, working in co-operation with business and industrial undertakings, additional avenues of employment will be found. A greater degree of co-operation will be sought in the national interest between the Government and those agencies which have the power and understanding to meet the problem.

It has been decided by the Government that the present allowance of 20 cents per day shall be increased to \$15 a month, as from March 1. All other allowances, such as food, clothing,

medical care, tobacco, etc., will remain the same as at present. This monthly allowance of \$15 will be paid out as follows: \$7.50 in cash, the other \$7.50 being set aside until such time as the man leaves the camp, when he will receive non-negotiable vouchers payable at the rate of \$4 a week at any post office, for the total balance standing to his credit. This ensures that if a man leaves a camp of his own free will, he will at least have some means of support while he is seeking industrial re-establishment.

Returns are now being received from all camps which will indicate the age and occupational classification of the camp's population and will be used as a guide in planning for re-employment of those who are employable. The Government feels that it has a special responsibility at this time, in first seeking to find employment for these men who are in the camps, if the plan to close the camps is to be carried out successfully. Once this has been done, continuous efforts will be put forth to secure employment for all those who are employable. The unemployable will have to continue to be, as at present, charges of the provincial and municipal governments.

## Educational Work of Daughters Empire

Creditable Report of the Excellent Educational Work of the Local I.O.D.E.

On several occasions The Advance has had reference to the good work being done by the I.O.D.E. in Timmins and for the district. The "Educational Report for 1935" as recently presented to Timmins Golden Chapter Imperial Order Daughters of the Empire, upholds this thought. It should be remembered that the educational work is only one branch of the I.O.D.E. effort but it is an important one and suggests the value of the Order to the community and to Canada. The report in full for the educational work of the I.O.D.E. is given in full below as submitted to the recent meeting of the Order here by the Educational Secretary, Mrs. T. Edward Pritchard:—

### Educational Report for 1935

Madam Regent and members of our Imperial Order Daughters of the Empire:— Each annual meeting of our Order must be regarded as a stopping place in the march of the members towards the ideals for which they hopefully toil—a time for summing up their past efforts and forecasting future endeavours, and it is gratifying to be able to enumerate what we have accomplished along educational channels during 1935.

1. Libraries valued at \$10.55 each were sent to five schools.
2. One dictionary valued at \$1.00 was sent to a school.
3. Ten copies of the "Wonder Atlas of the World," valued at 20 cents each were sent to six schools.
4. One Union Jack valued at 60 cents sent to the school at Driftwood, Ont.
5. Sixteen large boxes of used books and magazines were sent to seven schools.
6. Six boxes of books, relief and Christmas cheer, sent to Stavert, Ont., containing (a) 5 copies of the "Wonder Atlas of the World," 20 cents each; (b) 6 pairs of new mittens; (c) 4 pairs of new bloomers, nighties, bands; (d) 20 pounds of candy; (e) used clothing, consisting of (1) coats, slippers, dresses, galoshes, sweaters, caps, hose, scarfs, trousers, bath robe, etc. (f) used books, and magazines and soap; (g) 1 Union Jack 22 by 36 (donated); (h) 1 map of the world, and 1 map of Africa (donated).
7. Calendar containing a map of each hemisphere was sent to each of six schools.
8. A \$5.00 donation was contributed towards the provincial bursary for W. C. D. Pacey.
9. A \$2.00 donation was sent to the Educational Relief Fund.
10. Empire Study Programme No. 5—"The League of Nations," by Mrs. Plumtre. These have been read at our meetings.
11. A paper on the Ethiopian question was given.

J. M. de C. Pritchard,  
Educational Secretary.

### Three Months on Charge of Breaking and Entering

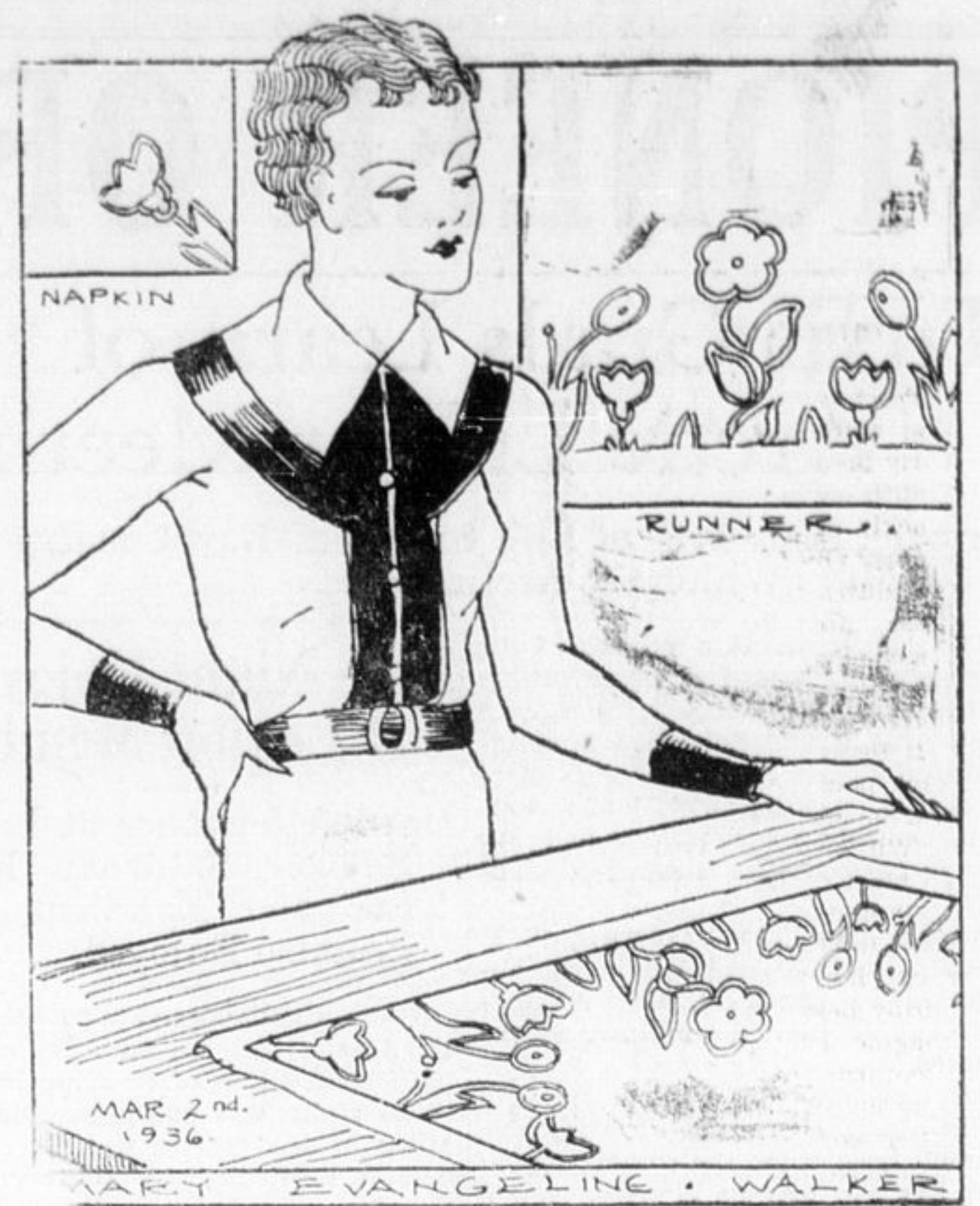
At Kirkland Lake last week Andrew Spencer and J. Racicot were sentenced to three months at hard labour on charges of breaking and entering and theft. Their counsel, Ed. Pearlman, put up a strong plea for them on the idea that they were first offenders. They were not exactly strangers to the magistrate, however, and he no doubt remembered seeing them before, and not so long ago either. Both these young men and another young fellow, also with them at Kirkland Lake, were picked up some weeks ago in Timmins on charges of assault. They were accused of attacking a man and his wife who were walking down street. There was no apparent excuse for the assault. Spencer on that occasion was dismissed as no one was present to identify him as concerned in the assault. The magistrate commented, however, that it appeared even from Spencer's own evidence that he was the cause of all the trouble. Racicot was fined for his part in the assault case. At Kirkland Lake last Thursday they did not escape so easily, being sent to jail for three months each with hard labour.

North Bay Nugget:— The Ontario Department of Municipal Affairs evidently aims at stopping up one source of deputations to Toronto by putting the camps on travelling by North Bay Legislators. What's one more in the Queen's Park daily throng?

# The Household

by Lydia Le Baron Walker

SMART EASTER GIFTS AT SMALL COST THAT ANY WOMAN CAN MAKE.



Spring Flowers stand in stately beauty or nod in a friendly fashion on the luncheon cloth runner and napkin developed from the pattern described.

Now is the time to start making Easter gifts. If you want something distinctive at small cost, you can succeed by using the following patterns. You can transform a simple square of white linen into a luncheon cloth or a strip of the same into a runner, by bordering it with appliqued flowers in soft yellows with green foliage. Napkins to match should have just the half blown flower and felled stem.

### A Novel Note

These applique table sets are the very latest style when the tiniest flat braid or round cord in white edges each motif. Baste the motifs to the foundation and overcast the cord around all edges with fine white thread, or run the braid around them. This design is the Growing Plant. When it is developed in lavender and green on a wood-toned linen, the design is charming for the trimming of a knitting or other bag. A gift to gratify any woman, especially an elderly one.

### Window Box Work Bag

Speaking of bags, here is a fascinating one for the woman who sews or embroiders. The very name suggests the approach of summer. In this design the spools of silk or cotton form the flower pots while the blossoms are emery, wax, little pin cushion, thimble holder, and a large centre flower for scissors case. The Window Box itself is the needlebox. The description of the bag sounds no more fascinating than it is in reality.

Ducks in Variety  
These ducks make apron pockets, egg cozies, little cuddle toys, holders, bean bags and kitchen pin cushions. What could be more appropriate than a set of these individual duck egg cozies for an Easter gift? Cut the yellow material inside the duck outline for individual egg cozies which should be rather small. This design pattern is ten cents with a self-addressed, stamped (3-cent) envelope.

### Basket of Easter Flowers

This is made of crocheted flowers and leaves in applique topping a basket made of applique crocheted strips of cloth, braid, tape or narrow crocheted strips. It is a distinctive decoration that can be made large or small according to the size of the article on which the decoration is to go. This pattern also is ten cents. Should any person want two of these patterns they can be had for fifteen cents and only one self-addressed, stamped (3-cent) envelope will be needed. Requests for patterns should be sent to Lydia Le Baron Walker care of this paper.

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