

# Importance of Water to the Survival of People

Most Important Material Consumed by the Body is Completely Lacking in Food Value, Says Culinary Expert. Liberal and Sure Supply of Water Should Determine Residence.



(By Edith M. Barber)

The most important material which we take into our bodies through the mouth is completely lacking in food value! This sounds like a contradictory statement. It is, however, water which we are describing in these terms. As has been proven many times, man can live much longer without food than he can without drink, which he must have, not only to satisfy his thirst craving, but for use in every body process. The first qualifications in choosing a place of residence is a liberal and sure water supply. These of us who live in cities and suburbs take this for granted. This is not the case, however, in the country. It was brought to my attention in Maine when a new well was necessary. Capt. Sinnott was called upon to locate the well on one of the veins of water which run at intervals through the island. He came armed with a crooked willow twig, which, believe it or not, turned toward the ground when it found running water. Of course, it would not be so obliging for everyone, although we were all allowed to try our hand at divining. One or two of us actually found that we had the power, although we were scientific scoffers, and clutched the wand as tightly as possible! Now we are anxiously waiting to see if that well flows.

To go back to the importance of water which too often we neglect to drink in the proper quantity. At least eight glasses should be taken daily if our body machinery is to be supplied with amounts which will enable it to run efficiently. Some of this may be taken at meals if it is drunk after food has been chewed and swallowed. The rest may be taken between meals. Part of the supply may of course be in the form of any sort of liquid beverage.

### Fruit Punch

- 1/2 cup orange juice
  - 1/2 cup lemon juice
  - 1 cup pineapple juice
  - 1 cup strong tea
  - 1 pint gingerale or charged water
  - Sugar syrup
  - Slices of orange and lemon
- Mix fruit juices and tea. Chill in the refrigerator, and just before serving add ginger ale, sugar syrup to taste

and slices of orange and lemon. Serve with ice cubes in each glass.

### Grape Juice Flip

- 1 pint grape juice
  - 1/2 cup lemon juice
  - 1/4 cup sugar
  - 1 cup water
  - 1 pint ginger ale
- Combine grape juice, lemon juice, sugar and water and stir until sugar is dissolved. Pour over cracked ice and add ginger ale. Makes six large glasses. (Copyright, 1937, by the Bell Syndicate, Inc.)

## Pretty Wedding on Saturday Morning

Miss Carmen Caron and Mr. George Chretien United in Marriage.

A lovely wedding took place on Saturday at 9 a.m. in the Notre Dame du Lourdes Roman Catholic Church, when Rev. Fr. Chapleau united in marriage, Carmen, daughter of Mr. and Mrs. A. Caron, and Mr. George Chretien, son of Mr. and Mrs. M. Chretien.

The bride was very charming in a gown of white chiffon, trimmed with lace, and wore a long white veil, caught in a crown of lily-of-the-valley. Her accessories were in white and she carried a bouquet of pure white lilies.

She was attended by three maids of honour, Miss Muriel Chretien, sister of the groom, and Misses Olive and Jeanette Caron, sisters of the bride. The maids of honour wore identical gowns of pink net over tulle, with wide skirts and high puffed short sleeves. Each wore a pink net turban with a short veil. They carried bouquets of sweet peas and carnations.

Little Paulette Rondeau was flower girl, wearing a gown of white tulle, with appliques, and a white turban identical to those worn by the maids of honour. She carried a bouquet of mixed gladioli.

After the ceremony a wedding breakfast was served at the home of the bride's parents, 33 Middleton avenue, where many friends had gathered.

In the evening the bride and groom received friends at the Hollinger Recreation hall, the bride wearing a gown of blue tulle, with blue accessories.

Mr. and Mrs. Chretien will reside in Timmins.

## Boy Cyclist Struck by Truck in Cochrane Area

Struck by a truck on the highway south of Cochrane on Tuesday morning Jean Louis Bedard, aged ten years, son of Mr. and Mrs. Bedard, who live in Lamarche township, died as a result of injuries sustained. Jean was apparently riding a bicycle at the time, and was proceeding in the same direction as the truck. According to information available the boy turned his head to look at the truck approaching him from the rear and unconsciously swung his bicycle right into the path of the truck. An inquest has been ordered by Coroner E. R. Tucker.

# BE BEAUTIFUL

By ELSIE PIERCE  
FAMOUS BEAUTY EXPERT



JUNE LANG attributes her young and lovely figure to the fact that she exercises at the beach every day. Recently she has been called "The Modern Venus"

## Beware that Sedentary or Middle-Aged Spread

Dame Nature and Dame Fashion are conspiring to keep us active. Right through the ages that middle-aged spread has been handed down. It was all right for Grandmother to sit by the fire and knit. The spread gradually accumulated from the sitting. To-day's modern Eve does her knitting, but off-sets that by plenty of exercise.

That firm, molded hipline, just the faintest suggestion of a curve but no jumps or bumps or pads, that's the edict of the day. Firmness and proportion are two important factors, with good posture keeping both well controlled.

Business women who sit by their desks all day and have little opportunity to exercise have more of a hip problem than women in the home who can get about if they like, play a round of golf, walk, exercise. Business women should stand as much as they can, walk, pick up their own papers instead of having the office boy do it. There's the danger of having the spread attributed to old age instead of sedentary work, you know.

From what I've seen of the fall silhouette a firm, even but feminine line will be the vogue. Exaggerated hips won't be in the running at all. There's consolation, though, in the fact that there is still ample time to roll the excess pads away.

### Roll Your Own

Summer is conducive to exercise. The casual clothes, the loose slacks, shorts, culottes make exercise easy. If you are at the beach you can exercise, roll, squat, jump—it's done, and no one thinks anything of it.

You can lie right on the sand on your back (or on floor or mat) have the shoulders touching the floor, mat or sand. Arms out at shoulder level at right angles to rest of body. Now raise

right leg and bring it over trying to touch the tips of left hand. Repeat a few times and then try it left leg to right hand.

The back roll is one you can do (good for you if you can) if you want to attract an admiring crowd... and whittle hips down at one and the same time. It is a little difficult for beginners. But, with practice comes finesse. Same position on back, shoulders touching floor, arms at sides, palms down. Raise both legs off the floor and draw them back overhead. See if you can touch your toes to the floor back over your head.

This exercise does wonders for hips, strengthens the back, flattens the abdomen.

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## That Body of Yours

### Reducing Weight Slowly But Safely

Every overweight knows that if he or she eats less food there is bound to be a loss of weight. The reason that many refuse to cut down on their food intake is that the amount of weight lost seems so small in proportion to the amount of food of which they deprive themselves. Thus, after a couple of weeks on a reduced diet, as the loss of weight may be but one or two pounds or perhaps none at all, they resume the full

diet. There has also been in some cases such a feeling of weakness that the overweight felt that it would be dangerous not to eat more food.

Now the reason for not losing weight in some cases is due to the fact that though a small amount of liquid is taken, nevertheless as all foods contain water, the body was taking water from the foods to maintain what is called "water balance." This holding of water in the tissues kept up the weight. If these individuals had continued on the reduced diet for at least three or four weeks, as there would be less solid or fat tissue to hold water, the total weight of the body would gradually become less.

Thus, those who are reducing weight must, in addition to cutting down on starch foods and fat foods (the fat makers), also cut down on all liquids.

A good general working rule for those overweight who are in good health is to cut down by one-quarter to one-half on all starch foods—bread, potatoes, sugar, pastry; by one-half on all fat foods—butter, cream, fat meat, egg yolks; and by half on all liquids—water, tea, coffee, milk, soft and hard drinks. Meat, poultry, fish should continue to be eaten in the usual amounts because these foods (proteids) are most important for two reasons: first, proteids are body builders, and body repairers, supplying new tissue cells and repairing old ones, and second, proteids have a "dynamic" effect in the body in that they create a strong or fierce fire when they are burned (used). This strong fire helps to make the other foods (fats and starches) also burn more fiercely.

The increased heat prevents fat forming and melts fat already formed.

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### Eating Your Way to Health

Send to-day for this special booklet (No. 101) by Dr. Barton dealing with Vitamins, Minerals, Calories, and What and How Much to Eat. Enclose ten cents to cover service and handling and be sure to give your name and full address. Send your request to the Bell Library, in care of The Advance, 247 West 43rd Street, New York, N.Y.

## If You Like Books

(By A. H.)

Are there some poems that leave you troubled and wondering? "At the Cedars" is one of my favourites of this type. It seems to hold the reader in a spell all its own—so different!

### At the Cedars

(By Duncan Campbell Scott)

You had two girls—Baptiste—  
One is Virginie—  
Hold hard—Baptiste!  
Listen to me.  
The whole drive was jammed  
In that bend at the Cedars.  
The rapids were dammed  
With logs tight rammed  
And crammed; you might know  
The Devil had clinched them below.

We worked three days—not a budge,  
"She's as tight as a wedge, on the ledge."

Says our foreman:  
"Mon Dieu! boys, look here,  
We must get this thing clear."  
He cursed at the men  
And we went for it then;  
With our cant-dogs arow,  
We just gave he-yo-ho;  
When she gave a big shove  
From above.

The gang yelled and tore  
For the shore,  
The logs gave a grind  
Like a wolf's jaws behind,  
And as quick as a flash,  
With a shove and a crash,  
They were down in a mash,  
But I and ten more,  
All but Isaac Dufour,  
Were ashore.

He leaped on a log in the front of the rush,  
And shot out from the bind  
While the jam roared behind;  
As he floated along  
He balanced his pole  
And tossed us a song  
But just as we cheered,  
Up darted a log from the bottom,  
Leaped thirty feet square and fair,  
And came down on his own.

He went up like a block  
With the shock,  
And when he was there  
In the air,  
Kissed his hand to the land;  
When he dropped  
My heart stopped,  
For the first logs had caught him  
And crushed him;  
When he rose in his place  
There was blood on his face.

There were some girls, Baptiste,  
Picking berries on the hillside,  
Where the river curls, Baptiste,  
You know—on the still side.  
One was down by the water,  
She saw Isaac  
Fall back.  
She did not scream, Baptiste,  
She launched her canoe;  
It did seem, Baptiste,  
That she wanted to die too,  
For before you could think  
The birch cracked like a shell  
In that rush of hell,  
I saw them both sink—

Baptiste!—  
He had two girls,  
One is Virginie,  
What God calls the other  
Is not known to me.

Onward.—The Russians are following Canadian farmers in the attempt to grow wheat as far north as possible. Last summer winter wheat ripened at several places in the Russian Arctic, and the swamps are being drained to grow this wheat.

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## Garry John Gurnell Married at Toronto

Pretty Wedding Event at St. John's Church on Saturday Evening.

Despatches from Toronto to-day tell of the marriage Saturday evening in St. John's church, Toronto, of Miss Yvonne Renwick, daughter of the late Dr. James Weir Renwick and Dr. Mary S. Renwick, to Mr. Garry John Gurnell, son of Mr. J. E. Gurnell and the late Mrs. Gurnell, of Timmins. Rev. Mr. Hahn officiated and the wedding music was played by the church organist. The bride was given in marriage by her brother, Major Hal F. Renwick, of Delhi. She wore a gown of white silk lace over tulle, the sleeves puffed to the elbow and tight to the wrist; a silk veil caught to the head, with a Juliette cap; and she carried a bouquet of lilies and fern. Mrs. B. Humphries was matron of honour, wearing a gown of white sheer with navy accessories and a large white hat, and she carried a bouquet of blue flowers. Mr. A. Daines was the groomsman. The ushers were Mr. John West and Mr. A. Baldwin. A reception was held afterwards at the home of Miss Margaret Veit, Yorkville avenue, the hostess receiving in a gown of wood violet lace and wearing a corsage of gardenias. Mrs. Hal F. Renwick and Mrs. Gurnell, of Timmins, also received. Mr. and Mrs. Garry John Gurnell left for a honeymoon at the Muskoka Lakes. The brides travelling dress was of light grey wool with wine accessories.

## David Gordon Plays at Wedding at Englehart

Englehart, Aug. 27—Relatives and friends witnessed the marriage Wednesday, August 25th, at the home of the bride's parents at Charlton, of Miss Harveline Simms, daughter of Mr. and Mrs. Joseph Simms, and Charles Ed-

ward Hughes, son of Mr. and Mrs. Geoffrey Hughes, Charlton. Rev. Robert K. Trowbridge, Englehart officiated.

The wedding ceremony was held in the garden, which was a profusion of flowers, and where a lovely arch was arranged for the bridal party. Lohengrin's Wedding March was played by Miss Molly Hough, Charlton, with a violin accompaniment by David Gordon of Timmins.

The bride was lovely in her wedding gown of pin-dot sheer. Miss Margaret Henebery, the bride's only attendant, was in flowered yellow chiffon. The groom was attended by his brother, William Hughes, Charlton. The bride's mother was in blue sheer with attractive hat to match and wore a corsage of sweet peas and lily of the valley.

After the ceremony, during the signing of the register, Floyd Freeston sang, "O Perfect Love," accompanied by Mrs. R. K. Trowbridge.

At the reception a delicious lunch was served and David Gordon played several classical violin selections.

Sudbury Star:—Two fellows with hot lips are a star trumpet player and a Scotchman finishing a cigar.

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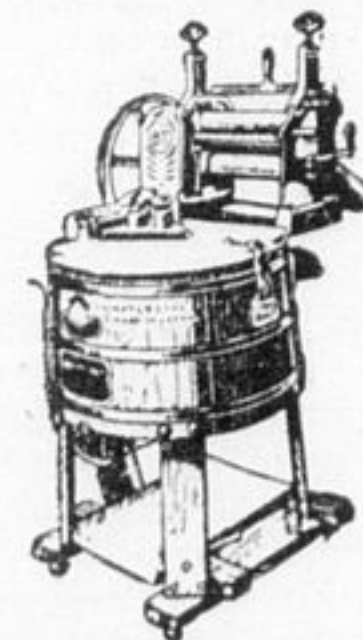
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