

Schoolday Routine Asks Planning of the Menus

With the Youngsters Attending School, There has to be Definite Planning of Menus and Meals on Schedule Time, for the Best Results for Health and Comfort.

Vacation days are coming to an end. In households where there are children the routine calls for meals at scheduled hours. Breakfast must be on the dot so that it may be eaten without the disturbance which results from that bete-noire of being late for school.

Of course, must be packed at home. In this case, sandwiches will be the standby. They may be eaten with the milk, for which arrangements will certainly be made by the school. Sometimes a hot soup or cocoa can be offered, even when there are no facilities for cooked meals.

Educators today realize that the success of the school problem depends upon more than book knowledge. Physical indigestion produces mental indigestion.

Creamy Rice With Pruns

- 1/4 cup rice
- 1 cup boiling water
- 1 1/2 cups scalded milk
- 1/2 teaspoon salt
- 1/2 cup sugar
- 2 cups chopped fruit, fresh or dried soaked and cooked.

Cook the rice over direct heat in the cup of boiling water. When the water has been almost absorbed put the rice in a double boiler, add the scalded milk, salt and sugar. Cover and cook until the rice is tender. Mix the rice and fruit and when chilled serve with top milk.

Dried Beef and Cheese Sandwiches

- 1/2 pound of dried beef
- 1/2 pound American cheese
- Tomato soup
- Buttered bread.

Put dried beef and cheese through food chopper and add enough tomato soup to moisten. Spread between buttered slices of white bread. This filling may be packed in a jar and kept in refrigerator to use as needed. For sandwiches, slice bread one-fourth inch thick and cut into small squares or finger lengths.

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Young Couple Wedded at Timmins on Thursday Last

A quiet wedding took place at the priests' residence of St. Anthony's Church, at 10 a.m. Thursday, when Lucette, daughter of Mr. and Mrs. Ludger

Mallais, of 38 Tamarack street, became the bride of Mr. John Heacocks, son of Mr. and Mrs. John Heacocks, of Sault Ste. Marie. Rev. Fr. Proteau officiated. The bride wore a very becoming afternoon dress of medium blue crepe, with grey hat and blue shoes, and a corsage of roses and lily of the valley.

Miss Cecile Robineau attended the bride as bridesmaid, wearing an afternoon dress of black crepe, with black accessories.

Mr. Burton Young attended the groom as best man.

After the ceremony a wedding dinner was served at the home of the bride's parents, and in the evening the bride and groom received close friends and relatives at a reception held at the home of the bride's parents.

Mr. and Mrs. J. Heacocks will reside in Timmins.

Pretty Wedding at St. Anthony's Church

Miss Rose Bigras and Mr. George Lepage United in Marriage

A pretty wedding took place in the St. Anthony's Roman Catholic Church at 8:30 a.m. Thursday, when Rev. Fr. Proteau united in marriage Rose, daughter of Mr. and Mrs. D. Bigras, of Kirkland Lake, and Mr. George Lepage, son of Mr. and Mrs. F. Lepage, of Rimouski, Quebec.

The bride wore an attractive gown of pure white marquisette, with fitted white lace, and jacket of white lace, long puffed sleeves, and white accessories. She carried a bouquet of roses and lily of the valley.

Miss Aileen Bigras, cousin of the bride, acted as bridesmaid, wearing a blue net over taffeta gown, trimmed with pink net, and carrying a bouquet of roses and lily of the valley.

Mr. Louis Bigras, brother of the bride, attended the groom as best man.

After the ceremony a wedding breakfast was served at the home of Mr. and Mrs. Arman Dupuis, 38 First avenue.

In the evening the bride and groom received their friends at a reception in the Hollinger Recreation hall.

On Saturday Mr. and Mrs. Lepage left on a honeymoon trip to Toronto. They will reside in Timmins.

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BE BEAUTIFUL

By ELSIE PIERCE
FAMOUS BEAUTY EXPERT



LYNNE CARVER has her hair dressed with an upward sweep from the temples and ending in puffs and curls at the top of her head.

Coiffures Are Climbing Again

Prediction for fall is: "the shorter, the smarter."

It's the old style again. The longish bob and the Page-Boy are going the way of all flesh. The latter wasn't very popular with men anyway. Parity perhaps because they were prejudiced by the very name. Then, too, it was over-done to such an extent that it was bound to die a natural death. There's no denying the fact that it was a charming fashion for the very, very young—but only for them. Too many past that "very, very" boundary attempted it.

Turn of the Century Fashions

The turn of the century fashions which are forecast as the attraction for fall will doubtless influence coiffures. Puffs and curls will make a come-back that will be a relief to most of us in comparison with some of the straight, severe Page-Boys we saw. Swirls will be in evidence—and to us swirls and curls have always signified grace and glamour. Hair will be cut shorter (a good thing, say we, for frizzy, abused, sun-baked, brittle ends that should be cut away, anyway). And even hair that is not cut truly short will appear short because of the deep swirl to one side vogue. Merry Widow curls will be revived.

The swirls, by the way, will not be the severely tailored effects of recent

years. They'll be softer, deeper waves, ending in a burst of rolls, feathered puffs or strands, curls—and still more curls.

Up From the Nape

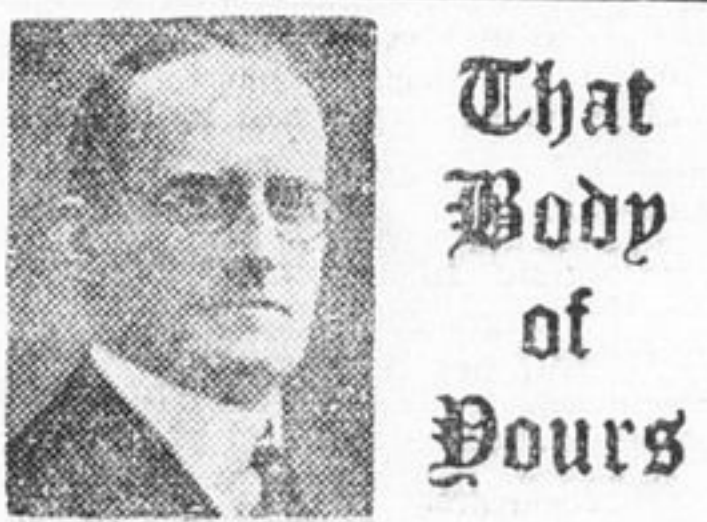
Another characteristic of the fall coiffure fashions will be the up from the neck vogue. If the neck is not too thin and long, if the hairline is good—particularly if it forms a natural V-line, one of the nicest things you can do is dramatize that natural hairline as the nape, combing the hair up smoothly and rolling it inward—a deep roll from back of ear to back of ear. This is a particularly companionable vogue with the little pill box hats that go down in a V in back depth. The beauty of it is that, based on a good permanent, the roll can play a dual part and become a burst of little puffy curls from ear to ear, high at the nape when occasion or hat call for it.

A short haired, molded yet soft look seems to be the thing for fall, so you better look into it if you are wearing your hair long, lest your coiffure look to definitely dated.

While on the subject of new coiffures, remember that healthy hair will highlight the hairdress, showing it off to advantage. Do get your hair into condition.

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That Body of Yours



(by James W. Barton, M.D.)

Strengthening the Sick by Giving Plenty of Food

Less than fifteen years ago patients with almost any illness were not allowed to eat solid foods, and very little liquid foods. There was the feeling that foods would create waste products which would get into the blood, and be carried to all parts of the body. The bowel was also flushed out daily to prevent accumulation of wastes. In other words food—nourishment and building up the body's strength—to resist the ailment was put in the background.

Similarly when a patient was being prepared for operation, he was given small amounts of soft or liquid foods, his intestines were flushed out, and often an enema used also to make sure there were absolutely no "wastes" in the lower bowel.

As we think of it now we can understand why so many patients were slow in recovering and why surgical patients remained in hospital about a week longer than at present. It just took this extra week or ten days for the patient to make up for the weakness caused by lack of sufficient food and perhaps also too much purging.

It is also in the last ten or fifteen years only that research physicians have been investigating foods thoroughly, their fuel or food value, the need of minerals, the action of vitamins.

Previous to this time any individual, after experimenting on himself and possibly a few others, could announce to the public that he had discovered the correct foods or combination of foods to preserve health and prevent disease. And, as a matter of fact, the average physician had not studied foods sufficiently to satisfactorily show the weakness of the claims made, or that the suggestion could not apply to everybody.

Dr. McLester calls special attention to the diet restrictions formerly imposed on typhoid, stomach ulcer, Bright's disease, diabetic and other patients and the harmful results therefrom.

Eating Your Way to Health

Send today 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, Timmins), 247 West 43rd Street, New York City.

United Men's Forum Told About Germany

Armand Schneller's Address Used as a Basis for Discussion About Hitler and Germany.

An account of a holiday in Germany delivered at the Men's Forum of the United Church on Friday evening was used as a basis for a good deal of discussion concerning Germany, it's leader's aims and the living conditions of the people in that country.

Armand Schneller was the speaker. The Forum, which will meet at intervals of two or three weeks throughout the winter, took the form of a banquet on Friday, after which discussion waxed hot.

Mr. Schneller believed that there had been a good deal of misrepresentation regarding Germany and Hitler. He told his audience of sixty-five or seventy men that a large section of the German people were behind their leader, partly because he had done a good deal to relieve unemployment and make better living conditions in the country.

Discussion ranged on over the subjects of Hitler's training plan for the youth of the country and other aspects of German life at present.

It was enlivened by the remarks of several others of the audience who had been to Germany within the past year or so. Speakers did not always agree but the difference of opinion and general discussion added to the information the men were able to draw from the evening.

The next speaker at the Forum will be Dr. Peter Bryce, Toronto, Moderator of the United Church. A definite date has not been set for the next discussion group.

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If You Like Books
(By A. H.)

Occasionally one stumbles upon a poem that is not so well known but which makes a definite appeal. And often that poem is forgotten except for certain lines, that keep coming back again and again. At times one would like to tell someone else about the thought of the poem, and this column presents an excellent opportunity for doing just that. But this being a very attractive poem I will not tell you about it. No, you may find out for yourselves. Quoting:

(By Vina Sheard)

Keep thou thy dreams—though joy should pass thee by;
Hold to the rainbow beauty of thy thought;
It is for dreams that men will sometimes die—
And count the passing pain of death at nought.

Keep thou thy dreams, though faith should faint and fail.
And time should loose thy fingers from the creeds;
The vision of the Christ will still avail,
To lead thee on to truth and tender deeds.

Keep thou thy dreams through all the winter's cold;
When weeds are withered and the garden grey.
Dream thou of roses with their hearts of gold—
Beckon to summers that are on their way!

Keep thou thy dreams—the tissue of all wings
Is woven first of them; from dreams

are made
The precious and imperishable things
Whose loveliness lives on, and does not fade.

Ansonville Hears Candidate Church

Labour - Farmer Candidate Speaks to Large Audience of Papermakers

Thomas Church, Labor-Farmer, candidate in South Cochrane spoke last night in Ansonville. He asked his audience of papermakers to unite with the miners and make their demands and the demands of all Ontario labour felt.


The meeting was held in the local theatre and was well attended. Cliff Potters was chairman. Speakers were Mr. Church, Wally Armstrong, Homer Gauthier, G. A. Charlebois, Ansonville and G. E. O'Donnell, of Iroquois Falls.

The papermakers, said Mr. Church should co-operate with the labourers of Ontario to show Mr. Hepburn that they did not agree with his labour policy.

The government was flayed by Mr. Armstrong for its administration of the pulp and paper industry. He charged that nine timber limits were sold without calling for tender.

Speaking in French Mr. Gauthier told his listeners that they at least should be as intelligent as he people of Quebec who knew enough to do away with Liberals and Conservatives and substitute a party better fitted to satisfy their needs.

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