

Are Some Headaches Due to Form of Food Allergy

A Doctor Explains His Theory in Regard to the Matter, Saying that One Particular Food May be to Blame for the Food Allergy and the Resulting Headache.

Perhaps the most common ailment to which mankind is subject is headache. Most persons who are subject to headaches simply resign themselves to the fact unless they occur in an acute and chronic form. It has recently



(By Edith M. Barber)

been found, however, that the cause may often be due to what is known as a food allergy.

If headaches are recurrent, an analysis of the diet for the past few days is advisable. After this has been done several times, it may be found that some one food has been to blame. Elimination of this particular food may be all that is needed for headache prevention. This statement was made by Dr. W. T. Vaughan of Richmond when he discussed allergies before the American Dietetic Association not long ago.

Sometimes, however, it is merely overeating which is to be blamed, especially if many rich foods have been included in the diet. When this is the case, headache is merely a symptom which the digestive system sends out as a signal that it is being overloaded. All of us sin occasionally in this respect and it is a wise precaution to eat lightly after special indulgence in food or drink. It may be wise to use only liquids for the next two or three meals. "An ounce of prevention is worth a pound of cure."

Frozen Crab-Meat Cocktail
1 teaspoon gelatin
2 tablespoons cold water
1 cup flaked crab meat
4 tablespoons ketchup
1 tablespoon lemon juice
1 teaspoon seasoning sauce
1/2 cup French dressing
1/2 teaspoon salt

Soak the gelatin in cold water for five minutes and dissolve over hot water. Add the other ingredients and turn into refrigerator tray to freeze two to three hours. Serve in chilled cups and garnish with sprigs of parsley.

Bavarian Cream
1 1/2 cups milk
2 egg yolks
2 tablespoons sugar
Salt
1 1/2 tablespoons granulated gelatin
1/2 cup cold water
2 egg whites
3/4 pint cream
3 tablespoons powdered sugar
3/4 teaspoon vanilla

Scald milk and add gradually to egg yolks, slightly beaten and mixed with sugar and salt. Cook over hot water, stirring constantly, until mixture thickens, then add gelatin which has been soaked in the cold water. Strain and add the egg whites, beaten until stiff. Cool and when mixture begins to thicken, fold in whipped cream, sugar and vanilla. Mold and chill. Serve with crushed fruit, cream or chocolate sauce. "Beautiful soup! Who care for fish, game, or any other dish? Who would not give all else for two pennyworth only of beautiful soup!"

Lewis Carroll penned these classic lines long before it was customary for food manufacturers to tell the world in ecstatic terms about their products, about the merits of their products and about the economy of their use, not to mention their convenience. The latter characteristic is, of course, modern. Business women house-keepers are not the only ones who appreciate the fact that many kinds of excellent soup are theirs with little more effort than that of ordering them from the grocer. The price is now, although "two pennyworth" will not be quite enough for a meal.

Many soups come in two forms. Some

are meant to be used after heating just as they come from the can. Others are condensed and may be diluted with an equal amount of liquid. This allows us to make a number of variations, as we may use milk, milk and cream, chicken or beef stock, or merely water. I have worked out a delicious combination recently of oysters, browned onions, milk and condensed tomato soup which is a whole meal itself. Some condensed soups may also be put to good use as sauces for casserole dishes, or for foundations for a jellied salad. They may be used to tie together leftovers of meat and vegetables which are sometimes combined with macaroni and noodles.

The canny housekeeper will look out for sales which will give her an opportunity to buy at a low price a variety of flavours which she can use for many purposes besides the best purpose of all—that of serving a piquant hot soup before a meal.

Oyster Tomato Soup Au Gratin
2 tablespoons butter
6 small onions, pared and sliced
1 pint oysters
1 cup condensed tomato soup
3 cups milk
3 slices bread
1/2 cup grated cheese

Melt butter and cook onions in it until golden brown. Add oysters, soup and milk and cook over a low fire until mixture is hot, but not boiling. Pour into a deep heat proof casserole. On top of the soup place bread from which the crusts have been removed and which has been cut into triangles, sprinkle with grated cheese and set under the flame in broiling oven until cheese has melted and begun to brown.

Baked Eggs with Mushroom Sauce
2 cups condensed mushroom soup
6 eggs

2 tablespoons minced onion
2 tablespoons minced parsley
Heat mushroom soup, pour into individual baking dishes and break an egg into each dish. Sprinkle with minced onion and parsley and bake in a hot oven (450 degrees Fahrenheit) about ten minutes until eggs are set.

Quick Meal
Oyster and tomato soup
Grapefruit and avocado salad
Pumpkin tarts
Coffee

Method of Preparation
Prepare soup.
Make salad and chill.
Make coffee.
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Increase in Population Noted in the Town of Hearst

Further indication of the growth of Northern Ontario was revealed recently when the Hearst town council passed a by-law for the issue of debentures amounting to \$14,000 for public school purposes.

Increase in population necessitated enlarging and installation of new equipment in the present school. The by-law was registered in the Registry Office for the District of Cochrane.

Blairmore Enterprise: Every tailor knows a lot of promising young men.

BE BEAUTIFUL

By ELSIE PIERCE
FAMOUS BEAUTY EXPERT



Correct posture can add distinction to any costume. MYRNA LOY'S carriage is correct, erect without effort, shoulders at ease and head back.

Perfect Posture Makes Its Contribution to Health and Beauty.

To the average eye, watching a figure, it is either good or bad, posture-perfect or posture-poor. Perhaps we say "she slouches" or "she slumps." Beyond that we don't stop to classify figure flaws.

But the eye of the specialist sees each imperfection of posture. In fact, there is much name-calling and classification. Let us see these types as an expert would.

You have doubtless seen school children leaning over backwards in an effort to stand erect, putting a strain on the neck and shoulder muscles and causing what we call "sway back." About twenty years ago we were taught that posture was correct. Today's school children are taught to strive for a more relaxed posture—chin, chest and toes on practically a perpendicular line, shoulders relaxed, abdomen in, small of the back as straight as possible, without strain. The overathletic type often runs into the same posture dangers mentioned above—a curving spine and abdomen and chest pushed forward, leaving the door open for the "sway back" or "lordosis curve."

Often, too, taller women with high, full abdomens have a tendency toward "sway back."

I emphasize this figure fault so much because it is very unattractive and one of the most difficult to correct. I recommend that children be taught proper posture from infancy, that teachers take up where mother leave off and mothers continue the good work after school hours.

Other Types
Spreading hips and large thighs are often typed "the middle-aged spread." However, one sees this defect in inactive young people to a greater extent than in active middle-aged people. It must follow that it is the result of insufficient exercise (and very often of overeating). Women in business who sit at their desks a great deal should "walk it off" a mile or more a day.
More definitely a sign of middle age is the sagging chest. The "pendulous type" is decidedly unattractive with everything out of alignment, chiefly due to lack of abdominal muscular support; the internal organs having been caused to fall and the chest and head to drop.

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That Body of Yours

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

X-Ray Treatment of Goitre in Adults and Children

It is not now necessary for a patient to travel long distances to have a goitre removed by operation as most hospitals have skilled and experienced surgeons on their staff who are performing this operation frequently.

However, there are cases where the patient is not strong enough or who is unwilling to undergo operation so that other methods—usually the x-ray—must be used. The x-ray method may take a number of months to obtain results, and the symptoms may be urgent or alarming, so that the physician must use great care in deciding whether to risk operation or continue x-ray treatments.

Dr. J. H. Harris, Harrisburg, in the American Journal of Roentgenology and Radiology reports a study of 244 cases at the hospital of the University of Pennsylvania treated by x-ray. The majority of the patients were between 20 and 50 years of age. The length of time these patients had suffered with goitre symptoms ranged from a few weeks to two years or more. The greatest number had been ill less than six months.

The patients, whose chief symptoms are nervousness, with a small soft goitre, and who had been ill six months or less have the best chance to be cured by x-ray treatment.

All children with the severe form of goitre should be given x-ray treatment before considering surgical treatment as often the x-ray does not appear within three months, or if a marked increase in the symptoms occurs for any length of time, the x-ray treatment should be stopped and the goitre removed by surgery. By using x-ray treatment and thyroid gland itself may be saved, which may be worth much to the growing boy or girl emerging into manhood and womanhood.

Dr. Harris states that with proper selection of cases excellent results are obtained by x-ray treatment as evi-

denced by the 90 per cent. of cases improved during the years 1932 and 1933 when these studies were made.

The point then is that when the symptoms are not urgent—no emergency—the x-ray treatment of goitre offers excellent results, and in the case of children may prevent the need of complete removal of the thyroid gland by surgery.

Scourge
Dr. Barton's latest booklet, "Scourge" with reliable information regarding the two most dreaded social diseases, gonorrhoea and syphilis, is now available. Know the facts, protect yourself, and save endless worry. Address your request to Dr. Barton, in care of this newspaper, 247 West 43rd St., New York N.Y., enclosing ten cents to cover cost of service and handling.
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If You Like Books

(By A. IL)

One often hears it said that Canadian poets have not got that certain style that has made so many other poets famous. Any Canadian dislikes hearing anything said against one of his countrymen, and is always ready to put up a good argument in his behalf. But what if, especially in this case where it is so very important, you are lost, and do not know where to look for your answer? Is there a library that you have access to? If so, then rush to it, look up a volume of Bliss Carman, Archibald Lampman, Emily Dickinson, Pauline Johnson, Marjorie L. C. Pickthall, Wilson MacDonald, or many another Canadian poet, and in it you will find your answer. It is a treasure chest of melody—something that you can own for your personal pleasure.

Each author has a style of writing that marks him off from fellow poets. Some of their poems may have a catchy lilt and music like "M'sieu" by Wilson MacDonald. Others may be dreamy and peaceful, like "Dream River" by Marjorie Pickthall. Then, of course, there are marching songs, and patriotic poems, and anything your heart may desire—all written by one of your countrymen, a Canadian. It gives a deep

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sense of satisfaction to know that, and to have a comeback at any occasion.

A fitting example of melody and harmony in poem is the aforementioned "M'sieu," and for this reason it is quoted as proof of Canadian individual style which gives refreshing and pleasant reading.

M'SIEU

(by Wilson MacDonald)
The Ottawa is a dark stream;
The Ottawa is deep,
Great hills along the Ottawa
Are wrapped in endless sleep.
And, where the purple waters turn
To seek the valiant north,
At Mattawa I found a road
And on it wandered forth.

The road was made for free men
And fenced along with wood;
And every blossom at its edge
Declared that life was good.
It wound in love about the rocks
And 'round and 'round the trees;
It went asearch for loveliness,
A vagrant with the breeze.

A mile away from Mattawa
The road breaks in a clearing;
And near by is a whitewashed hut
And fields in gold appearing.
And from this place came out a maid
A winsome maid of ten
And I have never hoped to see
A fairer child again.

She came along the roadway
In that fair summer hour,
And softer grew the pine-songs
And fairer bloomed each flower,
And when she passed she raised her eyes,
As bluebells do at dawn,
And cried, "M'sieu" and courtesied low
And then went swiftly on.

My heart, that leaps not lightly now,
Thrilled wildly at the word:
A poem with a lovelier sound
I never yet had heard.
I would have clasped her to my heart—
This little woodland belle—
But all I did was blush a bit
And stammer "Mademoiselle."

When I went back to Mattawa
And thence to Montreal,
I heard, on every wandering wind
That little maiden's call,
And when the empty words of men
Leave faith a thing forlorn,
I'll think of Mademoiselles "M'sieu"
And that fair summer morn.

The Ottawa is a dark stream;
The Ottawa is deep,
Great hills along the Ottawa
Are wrapped in endless sleep.
And when the purple days return,
Go, all ye weary, north,
And find the road to Mattawa
And on it wander forth.

Household Insects Cause Heavy Losses

Hints for Dealing With the Moths and Other Household Pests

In an address to the Entomological Society of Ontario on the importance of cleanliness and good housekeeping practices in household insect control, C. R. Twinn of the Entomological Branch, Dominion Department of Agriculture, said that undoubtedly the most injurious of household insects are the two species of clothes moths, of which the webbing clothes moth is the more important. These universally common insects have probably been a source of loss and annoyance to man from the earliest times, but the improved standards of living of modern times, involving wider use of manufactured fur and woollen clothing, rugs, and upholstered furniture, have greatly extended their field of damage. As the black carpet beetle has somewhat similar habits to the moth, the following remarks may be considered as applying equally to it.

These insects are most apt to multiply in places where there is relatively little disturbance. This is an important point and should be borne in mind as it suggests the remedy. Care, forethought, and vigilance need to be exercised. Incipient infestations should be traced to their source and removed without delay to prevent their spread. Clothing subject to damage, when not in use, should be brushed and beaten, or be sent to the dry cleaners, before being carefully stowed away in moth-proof bags or boxes. Frequent attention to clothing not so protected is necessary during the warmer months of the year.
Floor cracks, especially when covered



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with rugs or carpets, need to be filled or cleaned out periodically. The spaces behind baseboards and other woodwork should not be overlooked. Woollen lint, dust and debris which collect in the cold air shafts of the house furnaces form a source of infestation and should be removed from time to time. Rugs and carpets, especially those with a thick pile, or with felt padding beneath them, require to be cleaned on both sides at frequent intervals, preferably with a vacuum cleaner. Surface damage to susceptible fabrics on upholstered furniture may be prevented by frequent brushing and the use of a vacuum cleaner. The felt in pianos also needs attention periodically.

Another species of household insect that may multiply where care is not exercised is the larder beetle. This is a pest of animal-food products and normally occurs in dwellings in small numbers, or as occasional specimens accidentally introduced. Sometimes, due to a lack of cleanliness, homes may be completely overrun with them. One source of outbreaks of the larder beetle, which demonstrates the importance of periodically cleaning unused parts of the home, is the dead bodies of cluster flies. These flies often enter dwellings in large numbers in the autumn, around window frames, under shingles, and through cracks resulting from faulty construction, and their corpses may accumulate in attics and neglected rooms and serve as food material for larder beetle larvae.

Team Lost Through Ice at Temagami Last Week

Temagami, Ont., Dec. 31.—Crashing through the ice of Lake Temagami between Bear Island and White Bear Camp, Mike McCarte, Temagami, and Louis Mailley, New Liskeard, experienced near-tragedy about midnight Tuesday when their team of horses was drowned and a load of merchandise on the sleigh lost in the icy waters.

The pair managed to clamber up on the ice but both Mailley's legs were frozen to the knees before they regained Bear Island.

Leaving Temagami in the early evening, with a load of merchandise for Bear Island and White Bear Camp, the first stop had been made before the ice gave way.

The team and teamster, Mailley, were headed to the camp to work for a few weeks.
Returning to Bear Island, the pair sent word of their plight to Temagami, Mass Perron, Temagami, and Provincial Constable B. Braney, brought Mailley to Temagami by car for medical attention by Dr. McGowan. He was sent north to hospital via the night freight Wednesday.

Collingwood Enterprise-Bulletin:—Ontario mining towns, Kirkland Lake and Timmins, for example, are protesting vigorously against the stories circulated in Southern Ontario that there is work for everyone who goes north. Both towns already have relief rolls which have been increased by the reports. There need is not more men, but more work, they say—and they should know.

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Everybody needs enough light to be able to read comfortably. One way to check this is to notice how long they DO read. If an hour's reading makes Father or Grandma drowsy, it's quite likely that there is insufficient light or else glaring light.

Reading is so important that every member of the family should be provided with the kind of light that will protect their eyes and give them the full enjoyment of the great blessing of sight. The modern table and floor lamps we are showing this year offer scientific protection. They give ideal, glareless light for reading, studying or sewing. We have a wide variety of really beautiful lamps at surprisingly low prices. You can have your choice for as little as \$1 down.



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