

# Orange Pekoe Blend "SALADA" TEA

## If Everybody Lived in the Great Out-of-Doors!

In That Event There Would Not Be So Much Talk Necessary About Vitamin D, Cod Liver Oil and So On. Not Enough of Vitamin D in Milk, Cream, Butter, Egg Yolk and Some Vegetables

"I don't believe in all this fuss over giving children cod liver oil or vitamin D milk," said a man to me the other day. "If nature had meant us to have it, it would have provided naturally."



(By Edith M. Barber)

But, of course, nature does provide a source of vitamin D. If man lived in the open, the way he did in the early history of the world, he automatically received vitamin D from the action of the sun's rays upon his skin. To-day we must, however, seek some source of supply. This is especially important while teeth are forming and the bony framework of the body is developing. In order to utilize the calcium and phosphorus which we obtain in liberal

quantities from milk, and in smaller quantities from some other foods, vitamin D is essential. In its absence a condition of acute rickets results.

While there are small amounts of vitamin D to be found in whole milk, cream, butter, egg yolk and some green vegetables, it is not enough to supply the daily need. We can depend upon fish oils, upon rays from ultra violet lights from special lamps, upon irradiated foods and upon those foods to which vitamin D concentrate has been added.

### Vegetable Goulash

1/2 cup salad oil  
2 onions  
2 green peppers  
8 tomatoes or 1 can  
Salt  
Pepper  
Parsley (minced)

Heat the oil, slice the vegetables. Cook the peppers and onions five minutes and add tomatoes. Cook until the tomatoes are soft. Just before serving add minced parsley to taste and seasoning.

### Golden Tapioca Cream

3 cups milk  
3 tablespoons granulated tapioca  
3 eggs  
1/2 cup brown sugar  
1/2 teaspoon salt  
1/2 teaspoon vanilla

Scald milk in double boiler and slowly add tapioca. Cook until clear and add some of hot mixture to yolks of eggs slightly beaten with sugar and salt. Return to boiler and cook, stirring constantly until mixture coats spoon in a straight line when tested. Remove from fire and fold in stiffly beaten whites. Flavour, pour into pudding dish and chill.

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Sudbury Star.—According to the current world events observers, the refrain has been altered to read: "Over the Alps lies Hitler."



## BE BEAUTIFUL By ELSIE PIERCE FAMOUS BEAUTY EXPERT



ISA MIRANDA'S dressing table does not hold the usual array of creams and lotions. She uses almond oil, goat's milk and rain water for her complexion.

### Try a Patting With Rain Drops

Do you like to feel the pitter patter of rain on your face? Or, do you prefer to huddle in your home at the slightest sign of inclement weather?

Isa Miranda, the glamorous Italian star, is said to have one of the loveliest complexions in the screen colony. And what does she use? Three things, but they are not the usual three essentials, Almond Oil which is sent to her from Italy, goat's milk and rain water. She says, "I find that nature provides the substances I require."

She massages her face with the almond oil every evening, leaving it on for fifteen minutes and rinses with lukewarm water. Every morning she washes her face with the goat's milk, patting it with cotton and allowing it to become nearly dry before rinsing. When it is raining she catches big tubs of rain water, also for washing her face. And she says: "When it is raining I like to sit in the garden and

let the drops beat down on my face. That makes the skin firm and strengthens the muscles of neck and chin."

The next time it is raining not too hard don your rubbers, your raincoat, and try walking in the rain a bit and letting the rain play pitter patter on your face. It will harden you and build up your resistance if you learn to go out in any kind of weather and it is fine for the face.

### Not Too Beautiful

Some special notes about Miss Miranda that may interest you: The make-up artist assigned to her was politely cautioned: "Beauty is a common thing, especially in Hollywood. For me, I do not want to be too beautiful. I am an actress. I believe it is better to emphasize character in the face. I do not want to place emphasis on youth, either. I do not want to look too young. I believe it is better for an actress to look like a woman of no particular age at all." Interesting? (Copyright, 1938, by the Bell Syndicate, Inc.)

the deep veins will not carry the blood without the help of the outer veins just below the skin, then there is no use injecting these outer varicose veins as more of the outer veins will have to take their place to help the inner veins to carry the blood upwards to the heart.

While the great majority of cases may not need to be tested before using the injection method, most surgeons will ask questions as to whether the leg has ever been swollen or if there has been any phlebitis—inflammation of the veins. In these cases what is known as the Perthes test is used before using this method. A bandage is tied around the leg which pushes the blood out of the outer or superficial veins and the patient walks about the room for a time, or, if the surgeon is busy, he goes for a walk and returns in a half hour to an hour. If there is pain, the ankle and foot swollen or any discoloration present, the case is not considered suitable for the injection method.

The point then is that this method, which sometimes includes tying off the large (saphenous) vein in the groin to prevent the return of varicose veins, has proven its worth in a great many cases of varicose veins and varicose ulcers.

### Seven Health Booklets

Are you susceptible to colds? Do you worry about your heart? Are you overweight or underweight? Do you have to watch your calories, fats, starches, etc.? Do you believe you have an ailment which medical tests do not reveal? The following booklets by Dr. Barton will be helpful to many readers and can be secured by sending ten cents for each one desired to cover cost of service and handling, to the Bell Library, 247 West 43rd Street, New York, N.Y., mentioning The Advance, Timmins, Ont.—"The Common Cold"; "Food Allergy"; "Neurosis"; "Why Worry About Your Heart?"; "Eating Your Way to Health"; "Overweight and Underweight"; "Scourge (Gonorrhoea and Syphilis)".

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## Funeral of the Late Richard D. Hopkins

### Large Attendance and Many Floral Tributes at Funeral at Porquis Junction

Porquis Junction, May 21.—(Special to The Advance)—The funeral of Richard D. Hopkins, popular old-timer of Porquis Junction, who passed away at his home there last Tuesday was held on Thursday, May 19th.

The late Mr. Hopkins was 80 years of age at the time of his death.

The many from out-of-town who attended the funeral and also the floral tributes attested to the high regard in which he was held. The funeral which was to be held from the house at 3 p.m. was held from the United Church when it was found it would be impossible for the many attending to hear the service in the house. The service was conducted by Rev. Mr. Milton from Connaught. "Abide With Me" and "Lead Kindly Light," two of Mr. Hopkins' favourite hymns, were sung during the service.

Palbearers were Ray Black, John Mills, Harold Steele, P. Richardson, Jack Reynolds, and D. McMillan who were all old friends of Mr. Hopkins.

Those from out of town who attended the funeral were a daughter, Mrs. B. Bond, of Providence Bay; two brothers of Mrs. Hopkins, Messrs. Jas. and Sandy Rumley of Silver Water, Manitoulin Island; Mrs. Begley and daughters, of Matheson; Mr. and Mrs. Lloyd Hopkins and daughter, of Pottsville; Mr. and Mrs. Leonard Hopkins and Mr. Walter Hopkins, of Porcupine; Mr. and Mrs. Arnold Buck, Mr. Albion Buck, and Miss Hattie McColeman, of Timmins; Mrs. Harry McAnsh, of Twin Falls; Mr. and Mrs. Lloyd Buie, Mr. Eddie McColeman, and Mr. Brian Reid, of Connaught; Mr. and Mrs. Roy Behie and daughters, of Kirkland Lake; Mrs. Arthur Houghton, of Island Falls Jct.; Mrs. E. Potter and brother, of Swastika. Also several friends from Ansonville and Iroquois Falls.

Floral tributes from: Wife and Family—pillow; Jennie and Family—wreath; sprays from Roy and Elma Behie; June and Beverley Behie; Lloyd, Jose and Colleen; Audrey and Len; Walter, Wesley and Norman; Women's Association of United Church—spray of red roses; Women's Institute; Mr. and Mrs. J. A. Reynolds; Mr. and Mrs. Richardson and Family; Mr. and Mrs. M. Maloney; Virginia, Arnold and Albion Buck; Mr. Bruce Mitchell; Mr. and Mrs. L. Harris.



## That Body of Hours

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

### Most Cases of Varicose Veins Can Be Cured by the Injection Method

Perhaps you have varicose veins and have heard of, and actually seen, a number of cases which have been cured "without operation;" that is, the injection method which is now used in treating hemorrhoid (piles) and also a certain percentage of hernias or ruptures. As this means no loss of time from work, no anaesthetist, no stay of two or three weeks in hospital, you are just to try this method. You are just considering having your veins injected when you meet a friend or acquaintance who has undergone this injection method only to have varicose veins appear again on the legs. Naturally you hesitate about going to the expense (though it means no loss of time) of having your veins treated by this method.

Now it is true that varicose veins may again appear after injection, but fortunately the surgeon is able to "test" the vein system of the individual before injecting the veins for, if

### SCOTT'S SCRAP BOOK

By R. J. SCOTT

A CLOCK IS A BELL—THE WORD CLOCK COMES FROM THE WORD CLOCHE, MEANING BELL. THE FIRST CLOCKS MADE OFTEN HAD NO FACE OR HANDS, BUT SIMPLY RANG AN ALARM TO AWAKEN MONKS FOR THEIR PRAYERS.

A SPIDER—(CHILORACHY'S STRIDULANS) OF ASSAM, "CREAKS" LIKE A KNIFE DRAWN ALONG A COMB WHEN THE CREATURE IS ATTACKED.

A PARROT ADOPTED AND TRIED TO MOTHER A LITTER OF PUPPIES—THE BIRD WAS OWNED BY A DR. FANLISON OF PESNAMBORO, BRAZIL.

THIS CEYLON POSTAGE STAMP OF 1835 SHOWS THE TEMPLE OF THE TOOTH, A TEMPLE SAID TO HOLD ONE OF THE ORIGINAL TEETH OF BUDDHA.

## Health Services for Timmins Pupils

(Continued from Page One)  
health nursing service grows. Since one nurse is considered to be able to serve satisfactorily 3,000 people, it will be seen that the present staff of only two public health nurses has not been large enough to serve the people of Timmins.

There are approximately 2,264 children in the public and 2,600 in the separate schools, and major portion of the nurses' time is devoted to school work. Even then it has not been possible to do all that should be done for this age group, let alone the desirability of having the nurses visit each child born in the municipality as soon after birth as possible. I am, however, pleased to announce that the council and the board of health have recently consented to the appointment of another nurse to the public health staff. Even with this additional nurse it will be seen that a fourth nurse is really necessary to efficiently carry out public health service in this town.

The town of Timmins has been very fortunate during the past few years in having available the nursing services of a Victorian Order nurse, and while this is a separate service from public health nursing, the Victorian nurse has filled an important function in the community. She has always been untiring in her efforts and co-operative with our public health nurses. The community has been wisely assisting this Victorian nurse, and it is hoped that an additional nurse will shortly be engaged by the order to assist the present one who unquestionably has too great a responsibility to carry.

I understand that this week has been set aside under the sponsorship of the Kiwanis Club as "Clean-up Week." While I wish to congratulate the citizens generally for their endeavors this spring in cleaning up their premises, I would urge that a special effort be made to complete the job throughout this week-end. In this connection I desire to state that the board of health are continually receiving complaints from citizens regarding nuisances, particularly in reference to outside toilets, stables and unsanitary surroundings. While the board of health do not wish to impose undue hardship on any citizen, nevertheless, these unsanitary conditions must be removed and we insist that after a reasonable time notice has been given that all unsanitary nuisances be removed. A clean town is not only a source of satisfaction to the citizens and a joy to the stranger within our gates, but a valuable aid in maintaining proper health standards for our people.

May I also point out to our Town



Fathers that we are still without an isolation hospital unit in Timmins, and I trust that early consideration will be directed to the building and equipping of the same as a necessary health measure.

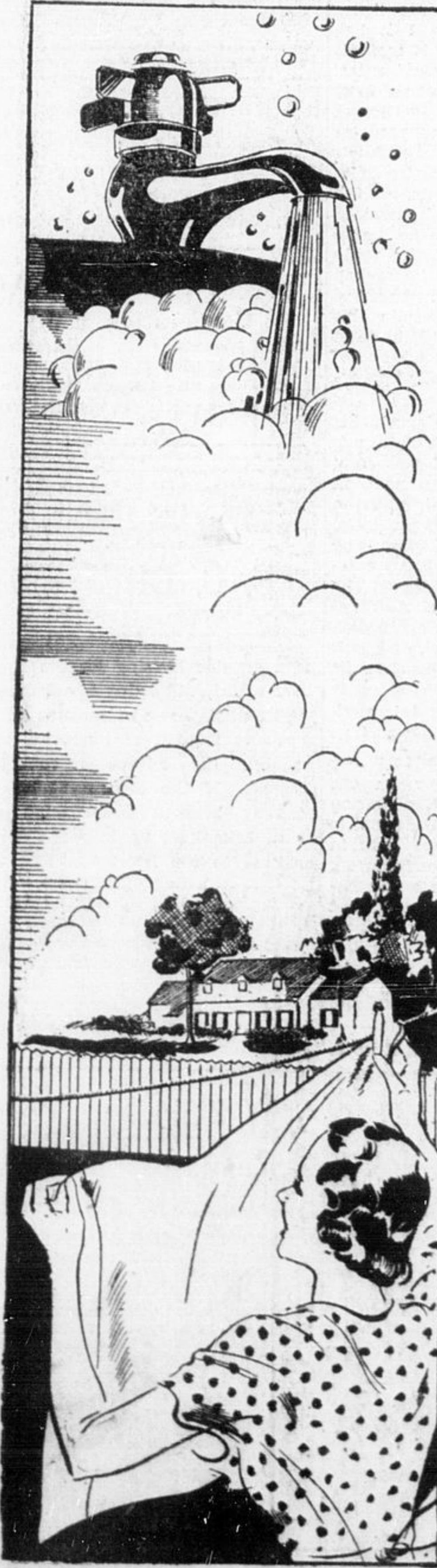
The question of the establishment of a proper municipal slaughter house for the sanitary disposition of meat sold in this town is also a matter that should be no longer postponed.

The board of health wish to acknowledge the kind co-operation given, and the health services rendered by the medical and dental fraternities, the Kiwanis and Lion clubs and all other service and social bodies in Timmins. Also I wish to congratulate the board of trustees of both the public and separate schools of this town on the fine services they have rendered the people of this town regarding the construction of up-to-date and sanitary school buildings and for the valuable assistance given myself and the school nurses in providing working facilities and accommodations for the health supervision of the pupils.

In conclusion, I wish to pay a tribute to the untiring efforts and valuable health services rendered by my predecessor, Dr. Moore, who was the medical officer of health of this town for so many years, and who retired last August when he left Timmins. It was largely due to his creditable conduct of public health matters that Timmins is now one of the healthiest towns in the Dominion. This community owes Dr. Moore a sincere debt of gratitude.

Dr. J. A. McInnis,  
Medical Officer of Health.

Barrie Examiner.—The building activity apparent in Barrie at the present time is gratifying. Building could be encouraged by a moderate assessment for say, the first five years. The council's policy of selling town-owned lots at a low figure upon condition that houses are erected thereon is a good one.



## Plenty of HOT WATER for Easy Washdays with an ELECTRIC WATER HEATER

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