

When Meals Have to Go on a School Schedule

Return of School Days Means a Big Change in the Daily Life, Both for Mothers and the Children. Need for Vitamin D. to Replace the Beneficent Rays of the Sun.

The arrival of the fall with its school routine for the children marks a decided change in daily life both for mothers and for the young students themselves.



By EDITH M. BARBER

Meals must be on a regular schedule. Sometimes lunch boxes must be packed and provision made for the inclusion at supper, of vegetables, which during the summer could be offered at the noon meal.

No longer do most children have the opportunity for exposure in sun sills to the beneficent rays of the midday sun. For this reason special care must be taken that vitamin D is supplied in some other form. This is easily accomplished if milk, re-enforced with vitamin D, is used in liberal quantities. Milk re-enforced by two different

methods, either of which is satisfactory is now available for the additional cost of one cent a quart. If this is not used vitamin D should be supplied through daily doses of cod liver or haliver oil, or viosterol.

The reason for the emphasis upon the addition of vitamin D in the diet of children is the protection from rickets which it supplies. The straight legs and back, the good postures which are so notable among children of today are owing to the fact that vitamin D as well as an adequate quantity of milk and eggs are recognized parts of the daily food.

While vitamin D is not considered an important part of the diet for adults, a recent experiment in the treatment of arthritis has seemed to show that massive doses may be of value in the treatment of this disease, which is generally baffling to physicians. More definite information in regard to the effectiveness of the vitamin D treatment will be awaited with interest.

Dried Beef and Cheese Sandwiches
One-quarter dried beef.
One-quarter 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.

Baked Apples

Wash and core sour apples. With a sharp knife cut a line through the skin around the middle of each apple. This will prevent the skins bursting as the apples cook. Allow a quarter of a cup of sugar mixed with a quarter of a teaspoon of cinnamon to five apples. Fill the cavities with this mixture, place in a baking dish and cover the bottom of the dish with hot water. Bake in a hot oven, basting occasionally with the syrup. More water may be added



Beauty and You

by PATRICIA LINDSAY



The appealing beauty of WENDY BARRIE is free of all strain. Her acquired poise has enhanced her youthful charm.

RELAX YOUR WAY TO POISE

Summer is a splendid time to learn to relax. Have you ever visited in the tropics? Did you notice how slowly the natives moved and worked? It may have irritated you of northern breed. But I hope you also noticed the natives easy going in movement and their disarming poise!

If you are the nervous, high-strung type of individual, why not learn this summer to relax your way to poise. Take things easy. Rest. Exercise to relax only. Stop worrying.

Cure Your Insomnia

It is never the thoroughly relaxed person who suffers from insomnia. Lack of sleep is usually a symptom of a hurried mind or a nervous disorder. Much can be done to overcome insomnia.

In the first place if you over thirty you can do with as little as six hours of sleep during the hot weather. Under thirty requires eight hours at least. So don't begin to worry if you cannot sleep nine and ten hours without waking.

Regular sleeping hours are quite necessary. Make it a habit to retire the

same hour until you are relaxed.

Do not overeat or eat too fast. Both are likely to give you restless nights. You can skip a meal a day if you wish. Or substitute for two meals each day, a glass of milk every four hours and glasses of fruit juices in between.

Do not resort to nerve sedatives unless your physician advises them for you.

Sleep alone.

Ease Your Mind
During all your waking hours make every effort to stop worrying. Any woman's poise is destroyed completely by worry. Nervous little gestures develop and other distracting habits, such as eye twitching and little constant coughings. Nothing is so ominous as we imagine it to be. Just face it out—shrug your shoulders and let time do the rest!

Keep your days active—not strenuously so. But have something to interest you, so you will not be concentrating on YOU. You have thousands of duties and hobbies from which to choose. Make the effort and choose one or two.

as needed. Apples may be baked on top of the stove by placing in a covered dripping pan and cooking slowly, basting occasionally.

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GIRL GUIDES IN TIMMINS



The Guides of the 51st I.O.D.E. company held their weekly meeting Wednesday October 5.

Inspection was taken by Elsie Sheridan and Elsie Clatworthy. Horse-shoe followed and the flag was raised by Helen Smith, assisted by Eileen Baikel and Lillian Thomas. The National Anthem was then sung and the Guide Prayer repeated.

Elsie Sheridan instructed an exciting relay race, and patrol corner was held for a short time.

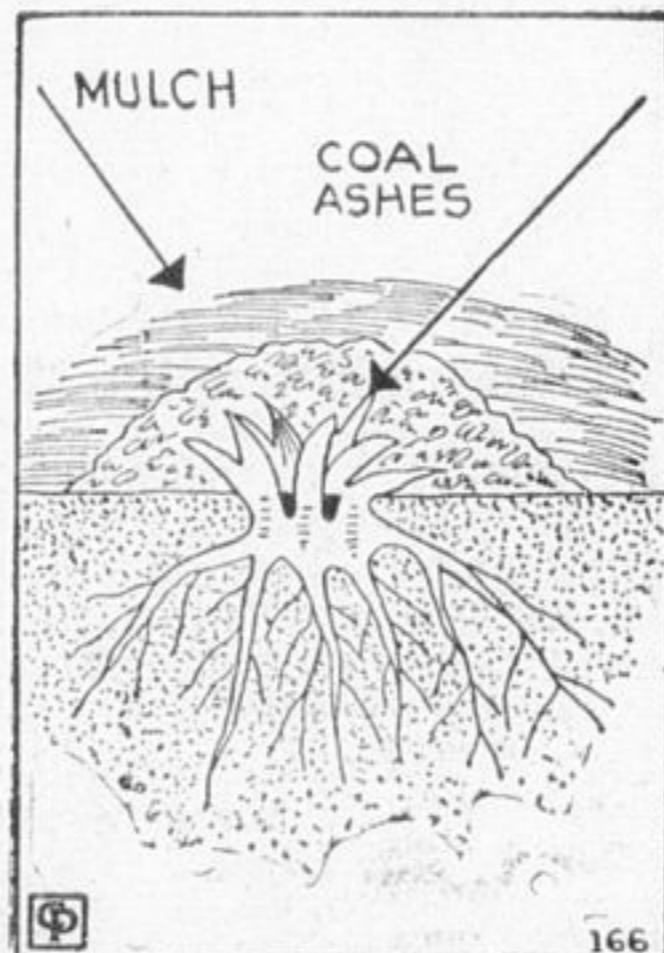
First aid was taken by Elsie Clatworthy; Mrs. Wadsworth, tenderfoot; Elsie Sheridan, Morse Code; Mrs. Morris, First Class Guides.

Campfire was assembled and a few of the Guide songs were sung. The meeting closed with "Taps."

Smith Falls News-Record: We have been told that nothing annoys a woman more than having friends drop in and find the house looking just like it usually does.

Weekly Garden-Graph

Written by DEAN HALLIDAY for Central Press Canadian



Winter protection for delphinium

Delphiniums, columbine, anemone and foxglove should be given extra drainage to prevent their crowns from rotting when they are covered over for the winter.

Coal ashes, gravel or sand mounded over the crown of the plant, as shown in the Garden-Graph, will permit good drainage if the winter proves to be an open one.

The mulch, which should be heaped over the drainage mound, should not be put on until the ground freezes, as the purpose of a mulch is not to protect the plants from freezing, but from thawing. When mulching use a material which does not pack down.

When naturalizing bulbs the most effective results are obtained by scattering them broadcast in more or less long drifts over the area to be planted and then setting them exactly where they fall.

Seeds of sweet peas may be planted now, and also the seeds of those plants that seem to lose their strength rapidly like the hollyhock, phlox and delphinium.

A. E. Wicks Plane Brings Woman Out to Hospital

Cochrane, Oct. 12.—A. E. Wicks' Waco plane completed one of its periodical mercy trips into the Far North last Thursday when it removed Mrs. Blackhall, wife of the Hudson's Bay post factor, from Fort George to Rouyn hospital.

The urgent call for aid sent the plane from South Porcupine to Cochrane, where Miss Flora Bolvin, R.N., was taken aboard and it sped its way north, stopping at Eastmain overnight before making its journey to Fort George and returning to Rouyn hospital with the suffering woman.

Those Who Made I.O.D.E. Afternoon Tea a Success

The I.O.D.E. members assisting Mrs. A. Booker, the convener of the successful afternoon tea on Wednesday of last week during the fashion show in the Masonic hall were: Mrs. R. S. Anderson, Mrs. Art Moran, Mrs. G. S. Lowe, Mrs. Theriault, Mrs. Passmore, Mrs. Conway, Mrs. H. Lang, and Mrs. Rodgers.

Health in Great Britain Shows Steady Improvement

A steady improvement in the national health of Great Britain is shown in the last annual report of the ministry of health.

"A comparison with 100 years ago reveals the magnitude of the advance. In 1838 the general death rate was 22.4 per thousand, compared with 12 today. The death rate for tuberculosis was 4.460 per million, against 700 today. More than 1,000 persons per million died from smallpox and 22 from cholera, while there was not a single death from these diseases last year. The death rate for typhoid was 1.228 per million, against five today.

"The maternal mortality, which has been unsatisfactory and refractory, shows substantial fall. The rate in 1937 was 3.1 per thousand births, against 3.6 in 1936 and 3.9 in 1935. The infant mortality was 58 per thousand births, compared with 59 in the previous year, but was slightly above the record figure of 57 in 1935.

"There are now 3,145 infant welfare centres in England, an increase of 94 over 1936.

"The crude death rate from tuberculosis per million in England and Wales was 695, against 692 in 1936 and 718 in 1935. There was a decrease in the reported cases of enteric fever (including para-typhoid) from 2,490 in 1936 to 2,149 in 1937.

"A feature of the report is the presentation of the statistics for Wales in a separate table. They show a great fall in the birth rate which has gone on in Great Britain for many years. In 1901, when the population of Wales was just over 2,000,000, there were 62,233 births; in 1937 the population was nearly 2,500,000 but there were only 37,175 births, a fall of over 50 per cent.

"During the same period the death rate fell from 18.1 to 10.5 per thousand but the infant mortality fell from 161 to 6 per thousand live births, which to some extent counteracted the effect of the fall of the birth rate. Another gratifying feature was a fall in the maternal mortality from 6.61 per thousand births in 1904 to 4.54 in 1937, the lowest yet attained."

Household Hints

By MRS. MARY MORTON

Modern cooks have discovered so many attractive uses for the once-neglected bunch of carrots that the days are almost forgotten when this vegetable was hardly ever prepared except in a stew or with a boiled dinner. Today we offer some tempting, healthful and satisfying carrot dishes.

Here are some ways of preparing young carrots. Rub carrots with a cloth dipped in salt, cook until tender in salted water, put in a hot dish with butter, pepper and salt, some chopped parsley, a squeeze of lemon and a teaspoon of brown sugar. Heat in oven.

Here is another carrot dish. Melt a lump of butter in saucepan, add an ounce of flour, mix well together, add three tablespoons of milk, pepper and salt and a suspicion of mace. Cook carrots in this for 25 minutes, add tablespoon of cream and serve hot.

Carrot Soup

A nice soup may be prepared by placing meat bones in water, adding a dozen large, grated carrots, some onions, seasonings, and cooking slowly for about four hours, stirring occasionally. Rub through a sieve and reheat.

Carrots are delicious baked, and this is a nice way to prepare them. Cut young carrots lengthwise in two, or if old carrots, cut into fingers. Fry them brown in cooking oil as quickly as possible. They need not be tender through, the point being to give them a caramel-like crust of brown. Drain away the excess oil, but leave the carrots fairly wet. Place them in an oven-proof dish with chunks of cold meat free from any fat. Dredge same seasoned flour over them, add a cup of stock, cover the dish and cook in slow oven for 45 minutes.

North Bay Nugget: The mining industry means much to Canada for there is \$800,000,000 of capital invested in it and approximately 80,000 employees who draw salaries and wages in excess of \$100,000,000 annually.

For lovers of green tea

"SALADA" GREEN TEA

Hints On Fashions

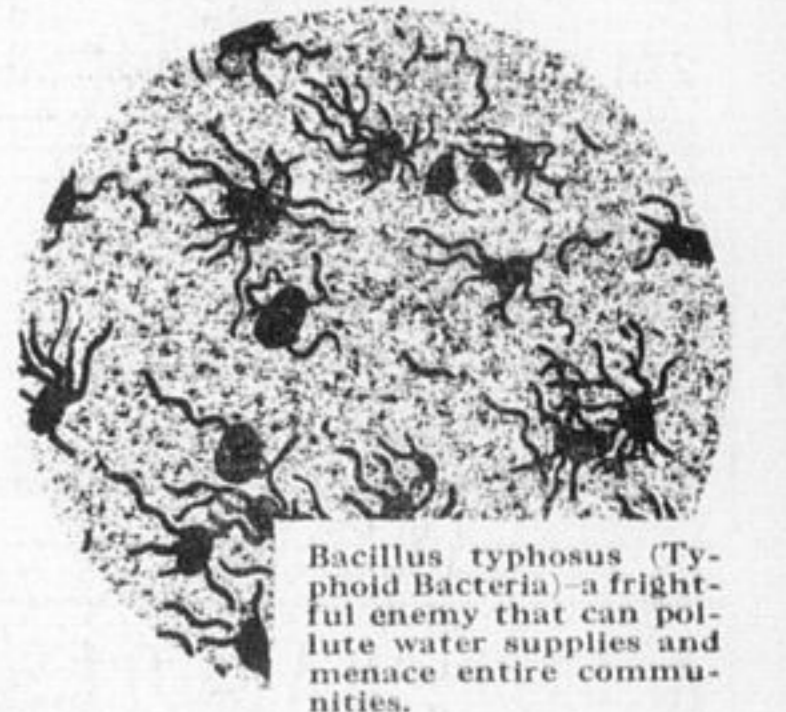


Two Beauties from Paris

With suits more important than ever and with a brisk market for separate blouse and skirt ensemble, the manufacturers have come through with some beauties. The general effect is one of soft neatness and an absence of the frilly and fluffy. To prove this, here are two models not long off the beat from Paris. The first is of pink taffeta with looped ends on the high neckline. The blouse is beautifully tailored and fitted. The buttons are self-covered. The high leg-o-mutton sleeve has that smart pushed-up effect. It's nice with black or brown or any of the purplish casts. Another model is in golden yellow cravat silk printed in blue and burgundy circles. There is an intricate band at the high yoke which ties in a knot end. The detail is repeated at the waist.

on the grass outside. One witness said that there was butter and milk and other food mixed with the bedclothes. The wife of the tenant left to get her husband when she found the landlady was determined to evict them. She asked Mrs. Dumbroski to leave things alone until the husband arrived, and specially warned her not to touch the little baby. On her return, however, the mother found her baby lying on the grass and another child outside without proper clothing. When the husband reached home he found his wife in need of a doctor's attention from the excitement and hardship suffered. His household effects were scattered around the yard. "You acted brutally about the whole thing," the magistrate told the landlady, adding that she had no right or authority to evict tenants like this. There was a legal way to do it, and had the legal method been followed the hardships complained about would not have arisen. The landlady had to beg for time to pay the fine, the court showing mercy in this by allowing a few days grace for payment.

THESE deadly FIENDS



Bacillus typhosus (Typhoid Bacteria) a frightful enemy that can pollute water supplies and menace entire communities.

Spread Ghastly Disease

Keep outside closets clean with Gillett's Lye. Destroys contents... banishes odors

DON'T risk the safety of your family and neighbors. Once a week, sprinkle half a tin of Gillett's Pure Flake Lye over contents of outhouse. This powerful cleanser quickly destroys contents... and banishes odors as it cleans. Keep a tin always handy. Ask your grocer for Gillett's Lye — today!

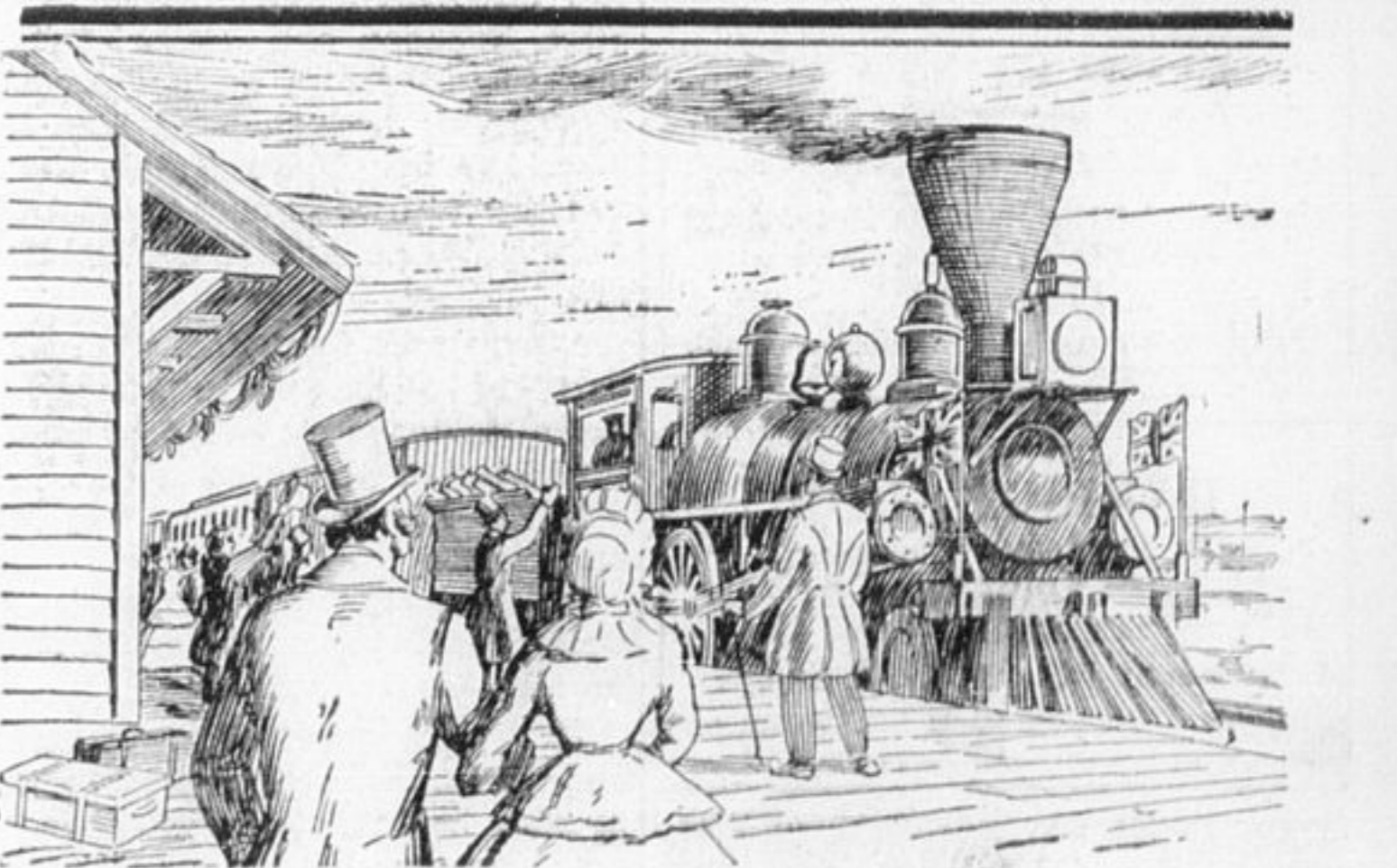


MADE IN CANADA

FREE BOOKLET—The Gillett's Lye Booklet tells how to use this powerful cleanser for dozens of tasks. Write to: Standard Brands Ltd., Fraser Ave. & Liberty St., Toronto, Ont.

Larder Lake Woman Fined for Unlawful Eviction

At Kirkland Lake last week Magistrate Atkinson not only fined Mrs. Julia Dumbroski fifty dollars and costs on a charge of forcible entry arising from an illegal eviction of a tenant and family, but his worship also added some severe criticism of the hard-hearted action of the landlady. The accused woman claimed that she ordered the tenant to leave several days previous to the eviction and when he and his family still remained in the house she and her daughter carried the household goods out of the house. Witnesses for the tenant, however, alleged that the furniture had been dropped from an upstairs window, and a month-old baby taken from the house and laid



Ontario's First Train

Back in 1853, the first steam-driven train in Ontario ran from Toronto to Aurora. The Ontario, Simcoe and Huron Railway marked the beginning of the end of the stage-coach—until then the popular means of travel.

Six years before this memorable event, the Canada Life issued its first policy to a resident of Ontario. It was then, and continued to be for almost twenty years, the only Canadian life insurance company.

With the same enterprise so apparent in pioneer days, the Canada Life continues to safeguard the future of its policyholders and their dependents. Each week, an average of approximately five hundred thousand dollars is distributed to those it serves.

The Canada Life

Canada's Oldest Life Assurance Company.

H. W. HARE, Manager, Kirkland Lake Branch
Harry R. Jenkins, Timmins, F. H. Hepburn, South Porcupine, Representatives

A good lesson to learn!

EVERYTHING that young bodies need is supplied by Shredded Wheat in a most delicious form that is easily digested. Serve Shredded Wheat every day to every one of the family.

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is fine for teeth

Dentists recommend Wrigley's Gum as an aid to strong, healthy teeth, cleanses them of food particles, massages the gums, aids digestion, relieves stuffy feeling after meals. *Helps keep you healthy! Take some home for the children too — they will love it!*