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Diet May be Important in Curbing Tuberculosis

Domestic Science Expert Points Out That Proper Food and Plenty of Fresh Air Combine to Protect Patients from Susceptibility to Tuberculosis.

Tuberculosis is a comparatively new name for an old disease. When a young woman went into a "decline" or an older person had consumption there was little reason to hope for a recovery. Now, however, that the cause has been discovered and the treatment developed by experience, there is every hope

have place in protecting us from susceptibility. A sudden loss of weight, a severe cough and daily rise of temperature should not be ignored. A doctor should, of course, be consulted.

The usual amount of milk and eggs in the diet should be increased, whenever these conditions occur. There should be as usual fruits, vegetables, meats and the other constituents of a normal diet. Even when tuberculosis has developed patients are no longer sufficed with food. Instead the diet is carefully worked out so that it contains all essentials.

Omelet

Eight eggs.
Three-quarters tablespoon salt.
One-quarter cup butter.
Break eggs into bowl, add salt, beat until very foamy. Heat butter in heavy frying pan until foamy. Add eggs, cook over moderate fire, stirring occasionally. Shake over low fire until golden brown; fold and serve on hot platter.

Blanc Manger

Three cups milk.
One-third cup cornstarch.
Two eggs.
One-third cup sugar.
One-quarter teaspoon salt.
One teaspoon vanilla.

Scald two and one-half cups of milk, add remaining cold milk to cornstarch, stir to smooth paste and add to hot milk, stirring constantly. Cover and cook over hot water fifteen to twenty minutes. Beat egg yolks with sugar and salt, and stir into hot mixture. Cook five minutes, remove from fire and stir in vanilla and fold in beaten egg whites. Pour into one large or six small molds and chill. Serve with whipped cream.

Calling the Roll of Citron Fruits

What are the names of the fruits that belong to the citrus family? A reader asks for a list of these fruits which are so important from a nutritive standpoint as well as for epicurean reasons. On this list belong oranges of many varieties, grapefruit, lemons and limes. Mandarins, tangerines, kumquats and satsumas are special varieties of the orange family, as are

also the less well-known citrange and the citron.

While throughout the ages we find citrus fruits appreciated and enjoyed whenever they could be obtained, it is only within the last generation that they have been generally distributed and recognized as important contributors to our well being. All of them are particularly valuable for their vitamin C content, but provide as well goodly amounts of vitamins A, B and G. Oranges and grapefruit contribute both calcium and phosphorus, and lemon juice provides the former. The natural fruit acids, as a rule, aid the digestive processes, although they are alkaline after absorption.

The California Valencia, which are so sweet and juicy, are now in season, while grapefruit is beginning to return to the market. Limes and lemons are also plentiful.

Baked Oranges

Four seedless oranges.
Three-quarters cup white corn syrup.
Two cups sugar.
Two cups water.

Grate the oranges slightly to break the oil cells in the rind. Cook in boiling water thirty to forty minutes or until tender. Drain and cut in halves. Mix corn syrup, sugar and water together and cook five minutes. Pour this syrup over oranges which have been placed in a casserole. Cover and bake at 350 degrees Fahrenheit one and one-half hours. If used as a salad mix cream cheese with some of the syrup and spread it over chilled orange sections. Place the oranges on a salad green and decorate with slices of avocado pear.

Snow Pudding

One and one-quarter tablespoons gelatin.
One-quarter cup cold water.
One cup sugar.
One-third cup lemon juice.
Three egg whites.

Soak the gelatin in cold water, dissolve with the boiling water, add the sugar and lemon juice, stir until the sugar is dissolved, and cool quickly. When thick beat until frothy. Beat the whites of the eggs, add to the gelatin mixture, and continue beating until it is stiff enough to hold its shape. Cool and serve with soft custard.

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Why the Young Lad Did Not Like to Attend the School

(From Ottawa Journal)

A Boston man has a son who has just entered school. He was supposed to be enjoying it, but one morning he walked into the dining room where his father was having breakfast and remarked:

"I'm tired of going to school, Pop."
"Why?" asked the father. "What is your objection to going to school?"
"Oh," answered the boy, "it breaks up the day so."

Sudbury Star: Incidentally, it is just this time of the year that finds Dad pushing and wondering why the sudden attention.

Legends of Bells at Christmas Time

From Submerged Steeples and Buried Chapels Come the Stories.

(Acton Free Press)

Near the English town of Raleigh, in Nottinghamshire, is a valley in which, according to tradition, an entire village lies buried.

Centuries ago it was swallowed up by an earthquake, and with it a magnificent old Saxon church, whose wonderful peal of bells had long been famous all over the countryside.

Every Christmas morning people would gather from far and wide to hear these celebrated chimes, writes M. L. Stollard, and after their disappearance, so tradition tells us, the bells still continued their ancient custom, and could be heard from beneath the ground, ringing their Christmas greeting. Less than a century ago, we hear of parents telling their children to go to the valley on Christmas morning, and place their ears to the ground, so that they could hear the merry chimes of these long lost bells.

In the old Yorkshire fishing town of Whitby a similar legend is told. It is said that some Danish pirates stole the bells from the old abbey of St. Hilda, intending to carry them away to Denmark, but their evil designs were frustrated, for the ship broke to pieces almost immediately on the Yorkshire rocks, and the entire crew were drowned.

The bells disappeared under the waves, but every Christmas morning they pay their tribute to the Great Birthday, and can be heard ringing their old triumphant peals far down the water.

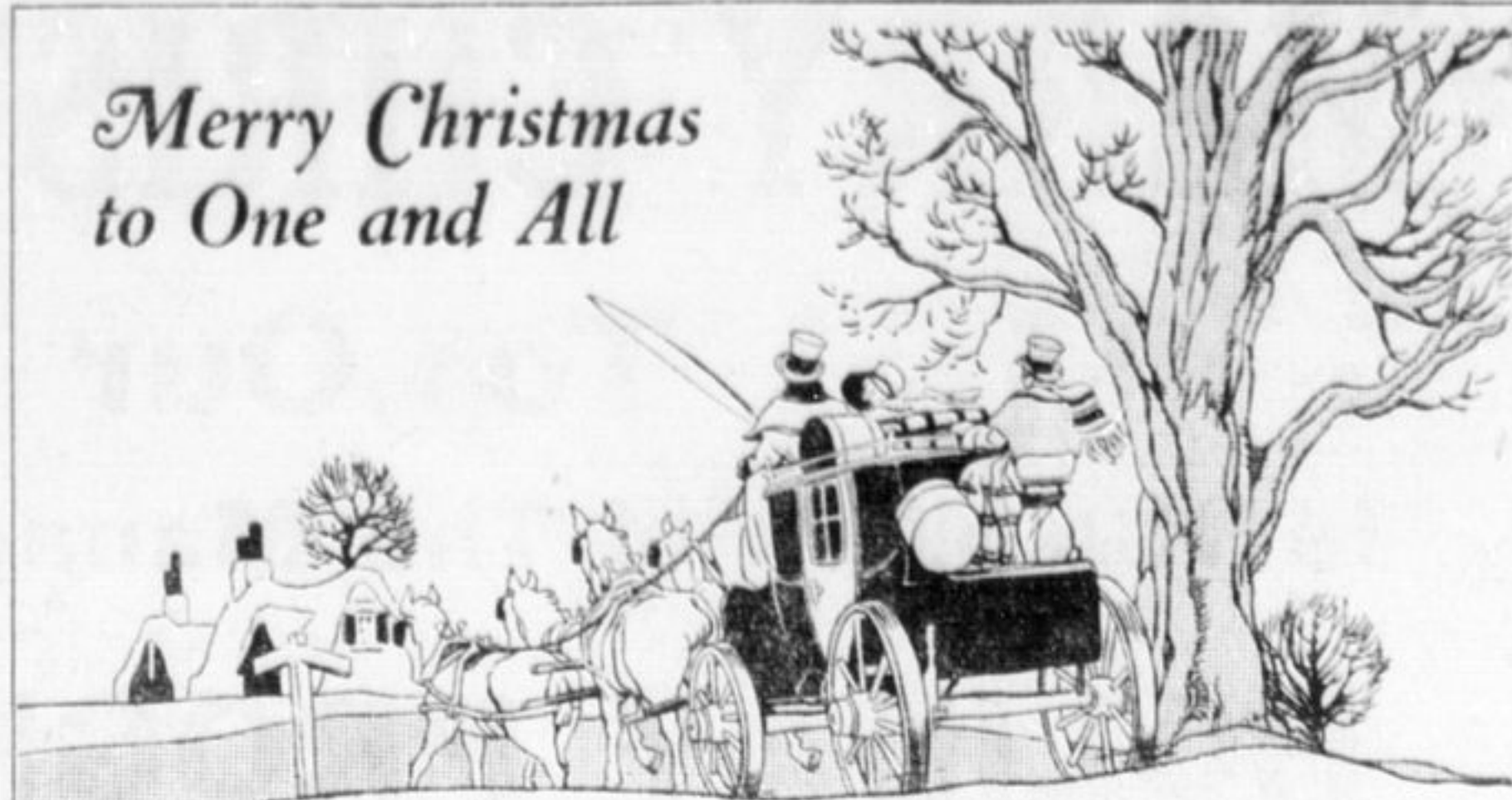
In several coast towns we hear of this ancient tradition that lost church bells were sent abroad to be sold and melted down. Here again the vessel was dogged by disaster. It foundered mysteriously just outside Yarmouth, with all hands on board, and the bells were lost in the sea, but to this day the Yarmouth fishermen pause on their oars on Christmas morning, and listen to the muffled peals from under the water mingling with the louder chimes of the parish church.

Below the Waves

During the 16th Century, when the monasteries were dissolved by order of Henry the Eighth, a shipload of bells were sent abroad to be sold and melted down. Here again the vessel was dogged by disaster. It foundered mysteriously just outside Yarmouth, with all hands on board, and the bells were lost in the sea, but to this day the Yarmouth fishermen pause on their oars on Christmas morning, and listen to the muffled peals from under the water mingling with the louder chimes of the parish church.

The submerged land of Lyonesse, off the coast of Cornwall, was once a flourishing district, thickly populated with people. The Saxon chronicles tell us that in 1099 the sea overflowed the land, and swallowed it up completely, including its one hundred and forty churches. All through the centuries these church bells were said to ring

Merry Christmas to One and All



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Beauty and You

by PATRICIA LINDSAY



The natural radiance of pretty LUCILLE BALL is greatly due to the care she gives her skin and hair. Her personality is meticulous!

Ten Minutes Each Day Keeps Skin and Hair Well Cared For.

Many young girls neglect the proper care of the skin and hair because they think it too laborious... but this new five-point routine is really fun, and keeps them looking their loveliest," said the enterprising beautician of a leading Fifth Avenue salon.

Through actual work with a typical college girl in her salon, this efficient routine was worked out as being simple and effective for all young girls in their late teens or early twenties.

Five minutes daily for care of the skin, and five minutes devoted to the hair and scalp, it is hoped, will contribute much to your success and happiness!

Your Face

1. Cleanse—Each night and morning cleanse the skin thoroughly with a good cream, using a pad of cotton moistened with a mild skin tonic; or a lightly textured cream applied with the fingertips.
2. Tone—Pat on a mild astringent, helping to clear, tone and refresh the skin.
3. Soothe—At night smooth on a delicate soothing preparation which helps the skin to retain its softness. Leave on overnight.
4. Powder—Dust lightly with a lighter powder using a darker shade over it. This helps to give the complexion a radiant, cameo-like glow.
5. Finish—Use a lipstick to harmonize with your rouge and costume color.

Your Hair

1. Brush—Each night and morning brush your hair vigorously upward and outward using two brushes. Never brush down.
2. Massage—After brushing, massage the scalp thoroughly. Place the finger tips wide apart on the scalp and contract the skin. Then let go with a springing motion. Repeat until the whole scalp is tingling.
3. Coiffure—Experiment with your own hair. Find the style most becoming. Keep it faultlessly groomed.

Refresh—Several times a week refresh the scalp with a good hair tonic. Part the hair in small even parts and apply the tonic with a pad of cotton to the scalp. Use a tonic for your particular scalp condition—dry, oily.

5. Soften—Before each shampoo apply a small portion of a rich lubricant to the scalp with the fingertips. Massage well and then shampoo.

Persistence Brings Results

If you follow this well-planned schedule faithfully, you will be surprised how easy it is to appear your best groomed self at all times! Why not tack the schedule where you will see it as a daily reminder? And if you are puzzled over your choice of cosmetics just write and tell me your problem!

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Kirkland Lake Firemen Now Getting Safety Hats

(From Northern News)

Kirkland Lake professional and volunteer firemen will be wearing safety helmets in the near future.

Council on Tuesday night approved the purchase of 27 of the hats at once, at a cost of \$290.25. They are of a new type, equipped with a winter pull-down lug to protect the ears and back of the neck, and are of approved heavy fibre construction. The winter neck-piece is detachable for summer wear.

Five new coats of water-proof type are also being ordered for the department to bring the equipment up to full requirement.

In his letter asking for the purchase of the hats, Chief Mathieson recommended that now that there is considerable brick and tile construction in town, there is considerable danger of head injuries to men fighting fires.

Incidentally, the new hats will to a great extent keep water from going down the smoke-eaters' necks.

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