

# Question About Food Timely for the New Year

### Domestic Service Expert Suggests a Number of Questions That Every Person Would be Well to Ask at This Time of Year. Also Some More Recipes.

How are your New Year's resolutions? I am not suggesting that you undertake any new ones, but instead, as this is the beginning of a new year, you might take time to make a check-up of your food habits. Ask yourself these questions.



By EDITH M. BARBER

Are you getting some milk every day, as a beverage, with cereal, or in soup or dessert, or through cheese?

Are you eating plenty of vegetables, some of them raw?

Are you eating fruit every day, some of it in the form of citrus fruits or tomato juice?

Are you eating eggs several times a week?

There are other considerations of which, however, you are probably getting enough. Most of us eat meat or fish at least once a day. Most of us eat plenty of bread, butter and sweets to furnish us with energy. Perhaps a check ought to be made as to whether these are crowding other foods out of the diet. Overweight usually proves this to be the case.

Just one more point—if you are subject to colds and other infections, you may need an extra supply of vitamin B which you can buy in tablets or capsule form if your doctor advises.

A healthy New Year to you!

#### CREAM OF CORN SOUP

3 tablespoons butter or bacon fat.  
1 teaspoon minced onion.  
1 teaspoon minced green pepper.

3 tablespoons flour.  
2 cups of milk.  
1 can corn.  
Salt, pepper.  
Paprika.  
Melt the butter, add minced onion and green pepper and cook three minutes. Stir in the flour, and when well blended add milk slowly. Stir until smooth and thick and let boil one minute. Add corn and seasonings, reheat and serve with crackers.

**Glazed Bananas and Pineapple**  
3 bananas  
3 slices canned pineapple  
Granulated sugar  
Cut bananas and pineapple slices in halves. Arrange in a shallow baking dish and sprinkle with sugar. Bake in a moderate oven (375 degrees Fahrenheit) about ten minutes until the sugar is melted.  
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### Father of Arthur Carson Buried at Austin, Quebec

Shawville, Que., Jan. 7.—(Special)—A life long resident of Clarendon Township, James Patterson Carson, died on Wednesday at his home in the Austin section, in his 86th year. Mr. Carson was injured about a year ago by a falling tree and had not been in good health since, but his passing came as a surprise to his many friends. He was born and lived all his life in Austin.

He was a son of the late Mr. and Mrs. Joseph Carson. About 55 years ago he married to Sarah Maria McCagg, who survives, with three sons, Arthur, of Timmins; Harry, of Ottawa and Clarence, of Austin, and two daughters, Mrs. George Palmer, of Stark's Corners; two sisters, Mrs. William Sheppard and Miss Bella Carson, of Clarendon Township, and a granddaughter who lived with him Ruby Carson.

Some years ago he was active in municipal life, once being a member of the township council. He was also a member of the Austin United Church. The funeral was held from his late home to Austin church on Friday afternoon with interment in the church cemetery. Rev. C. Armstrong, of Bristol officiated.

**Detroit Free Press:** The biggest evils are those in human form who crawl around hunting up evils.

### Another Pleasant Event by Merry Maids 500 Club

Mrs. Clegg acted as hostess to the Merry Maids Five Hundred Club on Thursday evening, when they met at the home of Mrs. W. A. Devine, James Street for their regular weekly card party.

Winners at five hundred were: 1st, Mrs. Clegg; 2nd, Mrs. Fred Benne; and 3rd, Mrs. Carver.

A very lovely lunch was served by the hostess after the cards. The regular weekly meeting next Thursday will be held at the home of Mrs. R. Hardy, Transmission Line.

### GIRL GUIDES IN TIMMINS



There was no meeting for the Guides of the 51st L.O.D.E. Company last week and there will be no meeting next week on January 11th.

We would like to congratulate Elsie McFadden for winning the "Tour for Talent Contest."

Mrs. Wadsworth wishes to thank the Guides for the lovely present she received.

### Junior C. W. L. Enjoy Happy Social Event

#### Plans Made for Sleigh Ride Party at End of Month.

The Jr. C.W.L. held its regular monthly meeting in the basement of the Church of Nativity on Thursday evening, with the president, Mrs. J. Martin, in the chair.

The meeting took the form of a social evening, and games and other entertainment were greatly enjoyed by the members. Christmas gifts were exchanged, and best wishes for the New Year extended to all the members.

The regular business was discussed and plans were made for a sleigh ride party to be held at the end of the month. Further plans will be made for this event, and the date will be announced in a later issue of The Advance.

Following the business and games, a dainty lunch was heartily enjoyed by all attending.

**North Bay Nugget:** Defiance by young Germans who found refuge in Northern France will irk Mr. Hitler, and he may possibly seek to reclaim them in order that they suffer the consequences of challenging his will.

# Beauty and You

by PATRICIA LINDSAY



VINA BOYV, beautiful, blonde and brilliant soprano of the Metropolitan Opera Company, has the most enviable of throat lines. Simple exercises preserve its beauty.

### Lovely Young Opera Singer Tells How to Keep Throat-Line Young.

Fresh from a most successful season in Paris, comes beautiful Vina Boyv for her Metropolitan appearance. Seldom is opera so blessed with talent, beauty and good sense, all wrapped up in one body!

A new pork paper thus reviewed her recent interpretation of "Manon"; "this was distinctly one of the artist's good nights and the strength and brilliance of her tones, running to golden heights, and the daring of the execution carried all before them. She was a blonde and dazzling vision, too, in billowing sapphire velvet and a glittering panoply of diamonds." For one so young, that tribute is noteworthy!

#### Has Exquisite Throat Line

Vina Boyv's neck is one of her best physical features. It is slender and graceful, with a firm throat line and chin. When questioned about this enviable beauty asset she strongly declares that the breathing exercises which she has had to do since the beginning of her career, are strictly accountable for keeping her neck beautiful.

She further states that proper breathing exercises will help any woman to keep her throat-line young—and is there a woman who does not loathe the crepey neck of old age?

#### Her Very Own Exercises

She gave me a splendid exercise for developing the neck beautiful—which cleverly combines breathing control with the control of the muscles of the shoulder, arms, hands and neck. You can do it!

1—Stand in stocking feet, spine erect. Place the hands interlocked behind the head. The back of the head should rest against the palms.

2—Now try to push the head backwards, resisting by pressure of the hands. Every muscle in the neck, hands, arms and shoulders will be tensed. While doing this inhale slowly, and then hold your breath; keep up the resistance of opposing forces as long as you can hold your breath.

3—Let your arms drop passively to your sides, as you let your breath out slowly through slightly-opened lips (not through your nostrils!).

4—Return to the same tense attitude. This time let your breath out through the nostrils (instead of through your mouth) at second intervals—as if you were about to sneeze!

5—Now take a deep breath and pause before repeating 2 or 3 times. This breathing exercise done daily will do much to ward off an unlovely throat line.

#### BREAKFAST

	Calories
Drink the strained juice of a lemon in 3/4 glass of warm water every morning directly after early elimination, at least one half hour before breakfast.	50
Choice of:	
1 ordinary drinking tumbler of orange juice or grapefruit juice	100
1 egg boiled or poached	70
1 slice of whole wheat, rye or bran toast	50
1 tsp. butter	30
Clear coffee or tea with lemon (or no beverage) or fruit juice as above)	—
<b>Total</b>	<b>300</b>

#### LUNCHEON

Salmon salad—1 tbs. mayonnaise	150
Rye bread toast	50
1 tsp. butter	30
1/2 grapefruit (medium)	70
<b>Total</b>	<b>300</b>

#### DINNER

1 fruit cup	100
Calves liver (2 small pieces)	150
4 or 5 boiled onions	70
1 small potato—baked (eat skin)	75

1/2 cup Blanc Mange plain..... 200

Total..... 595

Total calories for the day..... 1195

Tall girl allowed..... 1500

The menus for the first fourteen days in Patricia Lindsay's slimming diet may be had. Send your request accompanied by a self-addressed, stamped 3 cent envelope to Miss Lindsay care of the Advance, Timmins.



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

### That Body of Yours

**Mouth Infection and Arthritis**  
What was a dramatic incident to me occurred some years ago whilst listening to an illustrated lecture by Dr. Weston Price, the noted dental authority of Cleveland.

On the screen was a picture of a woman so badly crippled that she was unable to walk or use her arms. Dr. Price said, "I am responsible for this woman's terrible condition as I did not remove some infected teeth many years ago and put in some crown and bridge-work. By removing the bridge-work and crowns, extracting some pulpless teeth, I have been able to give her some help at this late time—ten or fifteen years later."

A picture then showed the woman sweeping the floor and doing other household, but Dr. Price stated that she would never recover the full or proper use of her arms and legs. He then strongly advised that before crown and bridge work is done, the dentist should make sure that no infection is present if crippling arthritis (rheumatism) was to be avoided.

The matter of removing pulpless teeth is still dividing the dental profession. Dentists who feel strongly that no teeth can give the service and comfort of the natural teeth do not like to sacrifice pulpless teeth which by X-ray and clinical tests appear to be free of infection. On the other hand, Dr. Weston Price and Dr. Charles Mayo of the Mayo Clinic, feel that as pulpless teeth are so very apt to harbor infection, no chances of arthritis or following heart disease should be taken.

Dr. Clarence A. Dunn, of the Roosevelt Hospital, New York, states that at the present time the pendulum is swinging from the wholesale removal of teeth to a saner or more conservative viewpoint. It is the pulpless teeth (nerve and bloodvessels removed and canal filled) that cause the differences of opinion among dentists. However, an examination for organisms of a large majority of these pulpless teeth show infection present, and if no other cause of arthritis can be found, these teeth should be removed.

Dr. Dunn states that other mouth conditions besides pulpless teeth may cause arthritis such as pyorrhea, unsanitary crown and bridge work, and impacted teeth with infection present.

#### Health Booklet Available

Eight helpful health booklets by Dr. Barton are now available for readers of The Advance, Timmins. They are: "Eating Your Way to Health"; "Why Worry About Your Heart?"; "Neurosis: The Common Cold"; "Overweight and Underweight"; "Allergy or Being Sensitive to Various Foods and Other Substances"; "Scourge (gnorrhoea and aphthas); and How Is Your Blood Pressure? These booklets may be obtained by sending 10 cents for each one desired to The Bell Library, 247 West 43 St., New York, N.Y., mentioning the name of this newspaper.

Sudbury Star: Human nature is what makes a man laugh louder at his funny story than when the other fellow tells one.

# Blended For Quality "SALADA" TEA

### Former Resident Wedded at Schreiber

Miss Thomasina Anna Boyle and Mr. Edward L. Message Married.

Schreiber, Ont., Jan. 9.—(Special to The Advance)—A bride whose parents were among the earlier residents of South Porcupine, and whose childhood was spent in that section of the gold mining camp, has taken up residence with her husband here following the marriage recently in Port Arthur of Mr. and Mrs. Edward L. Message, who first met when each was attending Normal School at North Bay.

Mrs. Message is the former Thomasina Anne Boyle, elder daughter of Mr. and Mrs. Hugh Boyle, now living in Toronto, but who have lived in Hadleybury, South Porcupine and North Bay, while her husband, son of Mr. and Mrs. A. J. Message, of Schreiber, is a member of the public school staff here. The wedding was solemnized on Christmas Day at the home of Mr. and Mrs. H. E. Cushman, Fort Arthur, and the occasion was the 46th anniversary of the marriage of the groom's parents.

Given in marriage by her cousin, Mr. Jack Smith, the bride wore a New York model of glass blue crepe tulle cut on princess lines and featuring dolman sleeves. Her hat, of the new ribbon silk, was in matching shade and she wore black suede gloves and sandals, with a corsage of Sweetheart roses and lily-of-the-valley.

Miss Eleanor Boyle, R.N., was her sister's bridesmaid. She wore a frock of sheer black alpaca with touches of powder blue at the neck and on the cuffs. Her hat was of black antelope felt and she wore black gloves and shoes and a corsage of Sweetheart roses and lily-of-the-valley.

The ceremony was performed by Rev. J. A. McMahon, minister of the First Presbyterian church, and Wilfred Cushman was groomsmen. Following the ceremony, a buffet lunch was served, and at the subsequent reception Mrs. A. J. Message and Mrs. Cushman assisted in receiving the guests, with Mrs. E. A. Hendrickson and Miss Ethel Message assisting at the lunch, which was attended by about 40 guests.

Mr. and Mrs. E. L. Message had a honeymoon trip to the United States before they came home to Schreiber in time for the resumption of school classes after the holidays. Mrs. Message's travelling costume was a hunter's green two piece wool frock, black wool coat with baby lamb trim and black accessories.

### Important Areas Sighted In Itinerary for Royal Visit

(From Sudbury Star)  
Sudbury district citizens, who are so have the privilege of seeing King George and Queen Elizabeth in Sudbury during their tour of Canada next summer, will be inclined to support the protest of the North Bay and Timiskaming areas and Callander, because of the omission of these sections in Their Majesties' itinerary.

Residents throughout Northern Ontario take the view that the T. & N. O. section, with its rich gold mines, playing an important part in the economics of Canada, is deserving of some recognition in the coming tour of the royal couple. Likewise, there has been considerable surprise and disappointment that the sovereigns are not to be taken to view the quintuplets, although the Dionnes, cute as they are, most certainly are not the North's greatest attraction.

Walter Little, M.P. for Timiskaming, advises that his district was quite satisfied that the needs of the Northland would have been served had a stop at North Bay been included in the royal itinerary. People of the T. & N. O. district were planning to make North Bay and Callander a headquarters for the visit.

No matter how one looks at it, Northern Ontario has been shabbily treated, particularly when it is considered that a city like Kingston is to have the royal pair in its midst for eight and a half hours. The men who devised the itinerary have shown poor judgment in leaving a large population of the Northland out of the program altogether.

Unfortunately, too, there will be little chance under the itinerary for the King and his consort to see Canada at work. As The Sudbury Star said previously when the tour was first announced, there are world famous mines and newsprint mills in Northern Ontario, and great automobile plants and other manufacturing in other parts of Canada which would be of intense interest. It is fine to have Canadians see their King, but why not let the King see Canada?

### Music and Literary Club Meeting This Afternoon

The first regular meeting of the Porcupine Music and Literary Club this year is being held in Harmony hall, Fourth avenue this Monday afternoon, commencing at 3 p.m. Mrs. C. V. Kearns and Mrs. Lee Honey, the conveners of the meeting have prepared a very attractive programme, including solos by Mrs. Jos. A. Theriault and Master Hart Drew, while Rev. Fr. J. R. O'Gorman, who is well known for his wide knowledge and love of literature, will give an address on literary matters.

### Many Flowers at Funeral of Baby Jackie Leach

The funeral of Baby Leach, two-and-a-half-year-old son of Mr. and Mrs. Alvin Leach, took place on Saturday from the family residence at 17 Windsor avenue. Rev. Canon R. S. Cushing officiated, and interment was made in Timmins cemetery. There were many beautiful floral tributes, including flowers from the following:—

Pillows:—Family; Bessie and Andy; Alan Morton and family, Swastika. Crosses:—Mr. and Mrs. W. J. Stackdale and family, North Bay; Girls' Auxiliary St. John's church, North Bay. Present:—Mr. and Mrs. H. Stackdale and family, North Bay.

Wreaths:—Messengers and Staff, Express office; Volunteer Fire Dept.; Fire Fighters Association Local 535; Mr. and Mrs. Ralph Elson and family; Express office staff, North Bay.

Heart:—The Staff of S. I. Krage Co. Ltd.

Sprays:—Ladies' Auxiliary of the Canadian Legion; Mrs. M. A. Robbins and family, Lewiston, Maine; Mr. and Mrs. Ellsworth Leach and Billy, Council Bluffs, Iowa; Mr. and Mrs. F. Elson and family, North Bay; Mr. and Mrs. W. D. Forrester and Catherine, North Bay; Mr. and Mrs. K. Packer and family, North Bay; Mr. and Mrs. F. McLean and family; Mr. and Mrs. W. Lang and Douglas, Schumacher; Mr. and Mrs. R. Lang and family; Dome; Mr. and Mrs. C. Clark and family; Marion Lawlor; Mr. and Mrs. John Archer and family; Mr. and Mrs. C. E. Jamieson and family, South Porcupine; Mr. and Mrs. A. Borland, Sr. and Mamie; May and Beulah; Christian Society; Mr. and Mrs. A. Borland, Jr. and family; Mr. and Mrs. A. Allen; Mr. and Mrs. A. E. DeMeza and Elmer; Mr. and Mrs. T. Platts and family; Mr. and Mrs. M. A. Sage, Jr., North Bay; Mr. N. Desormaux and Marjorie, North Bay; Mr. and Mrs. A. Luxton and family; Johnie Van Rassel; Mrs. J. H. Lang and Ivan, South Porcupine; Mr. and Mrs. B. McDivitt and family; Mr. and Mrs. C. Beattie and family; Mr. and Mrs. W. D. Forrester and family; Reva and Bunny; Mr. and Mrs. A. Nicolson; Mr. and Mrs. Doug. Walker and son Ralph; Mr. and Mrs. Wilf Cadieux and Baby Alme.

Mr. Mrs. R. J. Fowell and Family, Cobalt; Mr. and Mrs. C. H. Hodgins; Northern Lights Chapter R.A.M.; Jack Foster and Family, Noranda.

Toronto Saturday Night: Another difference between this country and Europe is that when mobs gather here it is merely to look at the new motor cars.

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