

How To Assure Richest Returns in the Vitamins

Yeast, Milk, Eggs, Meat, Whole Grains Contribute Vitamins, as Do Also Fruits and Vegetables. The Word "Vitamin" Came into Existence Only Twenty-Seven Years Ago.

The word vitamin came into existence only 27 years ago. This name was proposed in order to describe the newly discovered but potent organic compounds which were beginning to be recognized as necessary for maintenance and growth.



By EDITH M. BARBER

Although the letters A, B, C, D, E and G have been given, as new vitamin units were established, research work in the famous laboratories throughout the country have shown that all of these are made up of a number of elements.

Dr. C. A. Elvehjem, of the department of biochemistry, University of Wisconsin, discussed the vitamin B complex in practical nutrition at the recent meeting of the American Dietetic Association in Milwaukee. At the present moment this complex has been found to be divisible into at least six parts, each of which has an individual influence upon physical well-being of experimental animals. The necessity of three of these for human nutrition has already been established.

Dr. Elvehjem made the point that

at present, we have not enough available information in regard to the vitamin content of food. First analyses are always made with foods which are easiest to test. At the moment brewer's yeast and wheat germ seem to be the richest natural sources, but vegetables, fruits, whole grains, milk, eggs and meats also contribute. We are beginning to have at our disposal vitamin concentrates which allow us to take measured amounts in convenient form.

String Beans and Celery With Cream
One pound string beans.
One bunch celery.
One-half cup cream.
Salt, pepper.
Cut beans crosswise and cook until tender with a dash of sugar and a dash of salt in a small amount of water in a heavy covered pan. Dice celery and cook until tender in the same way. Drain vegetables, mix together with cream, season to taste with salt and pepper and reheat.

Whole Wheat Fig Bread
One cup white flour.
One teaspoon baking powder.
One and one-quarter teaspoons baking soda.
One teaspoon salt.
One-half cup sugar.
Two cups whole wheat flour.
One cup shredded figs.
Two cups sour milk or buttermilk.
One-half cup molasses.

Sift together white flour, baking powder, soda, salt and sugar; stir in whole wheat flour and figs. Combine milk and molasses and add to flour mixture. Stir lightly until mixed. Pour batter into a greased loaf pan, and bake in a moderate oven (350 degrees Fahrenheit) about one hour.

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Sudbury Star: To an earnest feminine enquirer a health hint man offers several ideas on how to prevent discoloration beneath the eyes. Maybe she ought to quit irritating her husband, too.

What to Do



SOME one criticized me recently for subscribing myself to a letter "cordially yours." Was I wrong? If so, how would you convey a thought a little more friendly than "sincerely," but not quite as friendly as "affectionately"? I will be much obliged for a ruling on this.

Answer — I like the word "cordially" myself, especially when writing a letter that is a little more than a business communication, but I have heard many authorities condemn it as being affected. If you feel that "cordially" honestly expresses your sentiments, then why not continue using it? Be yourself—not a slavish follower of rules. But if, on the other hand, you hear further criticism, temper your "sincerely" with some expression like "with my best wishes" or with "kindest regards" or some other pleasant phrase.

Animals Thrive on Pasteurized Milk

British Authorities Deny Stories to the Contrary.

(By I. W. S. McCullough, M. D., D. P.H.)

The milk Nutrition Committee of Great Britain has just issued their report of the experiments made to determine the relative values of raw pasteurized milk in the nutrition of young animals.

In some quarters there are persistent efforts made to convince the public that animals such as calves, pigs, rats, etc., do not thrive so well on pasteurized as they do on raw milk. All the experiments so far carried out in Great Britain, in the United States and in Canada are to the effect that animals without exception thrive if anything a trifle better on the pasteurized article.

At reading, eleven pair of calves from tubercle-free herds were fed for 6 months on milk from an accredited herd. For one-half these calves the milk given was raw; for the other half pasteurized milk from the same herd was used. The calves weighed before and after the experiment and notes taken of their progress. The average weight for the pasteurized milk group was a little higher than that for those fed on raw milk. Towards the end of the experiment 8 of the 11 raw-milk fed calves reacted to the tuberculin test. Only one of those fed on pasteurized milk gave a positive reaction. Similar results were found from two

Drop \$140,000 Fraud Case



A charge of fraud involving \$140,000 against Mrs. Maye Solomon, prominent Toronto woman, has been dropped on consent of the attorney-general, it was announced. Mrs. Solomon had surrendered after a continent-wide search. The charge against Mrs. Solomon was one of criminal breach of trust. It arose out of her trusteeship of the estate of her late husband.

experiments carried on at Aberdeen except that there was an insignificant advantage in favour of the raw-milk group.

Pneumonia was found to be commoner in the raw milk group. Those carrying on the experiment have concluded that raw milk and pasteurized milk have almost identical nutritive value for calves but that there is a considerable risk of spreading tuberculosis among calves given raw milk.

The hearing of these results on the nutrition of children seems to be identical. Raw milk as food is about as good but no better than pasteurized milk for children. The advantage of the pasteurized article is apparent from the fact that it rarely carries the seeds of tuberculosis undulant fever, typhoid fever and the many other infections which experience has proved to be milk-borne.

H. E. Montgomery to Sojourn in South

Was Recipient of Parting Gift From City Hall Employees. Leaves Early in February.

Mr. H. E. Montgomery will leave behind him the chill wintry blasts of the Northland next week in favour of southern sunshine. He intends to leave sometime near the first of February for Florida or California.

He had not made up his mind which of the states he would visit yesterday and said that he probably would not know until the last minute. He intends to holiday for at least two months.

Mr. Montgomery was recently the recipient of a gift from the employees of the Town Hall. In view of the fact that he was leaving his office as Clerk of the Town of Timmins—an office that he held for twenty-five years, the employees who formerly worked under his jurisdiction and his friends in the municipal building made the presentation at Mr. Montgomery's house. The presentation of the handsome club bag was made by Arthur Shaw, Town Assessor.

Following the presentation Mr. Montgomery took his friends out to dinner. They returned and spent the evening at his home.

Asked if he intended to return to Timmins Mr. Montgomery said that he certainly did intend to. When, he could not definitely say.

Died on Tuesday in Hospital in Toronto

Mr. Walter Forsberg Popular Resident of Timmins for Many Years.

A sad death occurred at the Toronto General Hospital on Tuesday morning at 7.30 o'clock, when Mr. Walter Forsberg, a popular resident of Timmins, passed away after undergoing an operation at the hospital a week ago.

The late Mr. Forsberg was born in Finland, coming to Timmins sixteen years ago. He was 57 years of age, and had been an employee of the Hollinger Mines during his residence in town. For several weeks he had been ill at St. Mary's Hospital and it was deemed advisable to transfer him to the Toronto General Hospital for a special operation. The death came as a great shock to his family, and his numerous friends in town and district.

The late Mr. Forsberg was at one time a member of the Loyal Order of the Moose, and was a respected citizen of the town. He is survived by his wife, Mrs. Forsberg, residing at 23 Hollinger Lane, two daughters, Miss Taimi Forsberg, employee of the Dominion Stores in Timmins, and Marita; and by a sister and brother in Finland.

Huntingdon Gleaner: No longer will passengers on the Southern Railway hear Porter Brown calling "Vauxhall! Vauxhall!" He has retired at the age of 65 years after 51 years' service. All these years he has worked at Vauxhall station. Porter Brown has never married. "I have had one or two narrow escapes from being married," he said recently, "but up to now I have managed to escape."

Death of Widow of Hon. Frank Cochrane

Family had Much to do with Developing of North.

At Ottawa last week there was a death in which the North had some sad interest, remembering the pioneering years of this country. Mrs. Alice Cochrane, widow of the late Hon. Frank Cochrane, passed away at Ottawa in her 84th year. Her late husband, Hon. Frank Cochrane, after whom this district was named, was Minister of Lands and Forests and Mines in the Whitney Government and took an active and helpful interest in the opening up of the North. Later he represented this district when it was part of the riding of Temiskaming for the House of Commons. As member of the Ottawa House, Hon. Frank Cochrane was made Minister of Railways and Canals when the Borden government took office in 1911. He continued to hold this portfolio until 1917.

From Ottawa this week came the following reference to the death of Mrs. Cochrane:—

Ottawa, Jan. 25.—Mrs. Alice Cochrane, widow of Hon. Francis Cochrane, Minister of Railways and Canals in the Borden Government, died at the Roxborough Apartments on Saturday afternoon, in her 84th year.

The news will be received with regret by a large circle of friends. Mrs. Cochrane was a member of Dominion United Church, and in her time was active in church and philanthropic work and prominent in the social activities of the Capital.

She came to Ottawa with her husband on the formation of the Borden Government in 1911. Hon. Francis Cochrane was Minister of Railways and Canals from that year till 1917. Prior to that he had been for six years Minister of Lands, Forests and Mines for Ontario in the Whitney Government.

Born at Pembroke, on October 28, 1855, Mrs. Cochrane was the daughter of Arunah Dunlap, well-known pioneer lumberman of the Ottawa Valley. She was married at Pembroke in 1882 to Francis Cochrane and resided for a time at Mettawa, removing to Sudbury with her husband when the construction forces of the Canadian Pacific Railway reached that point.

During his extended connection with Sudbury and district Mr. Cochrane established and developed the Cochrane Hardware Company, with branches in a number of Northern Ontario towns, retiring from active management upon removing to Toronto in 1905 to enter the Whitney Government.

He died in September, 1919. Since that time Mrs. Cochrane had continued to make her home in Ottawa. She had enjoyed exceptional health until about six months ago, but recently her condition had been such that her death was not unexpected.

She leaves one son, Wilbur C. Cochrane, of Toronto and Sudbury, and a daughter, Mrs. Robert L. Blackburn, Aymer road. A younger son, Ogden, died in Ottawa on January 23, 1919. There are also four grandchildren, Frank and Alice, of Toronto, children of Mr. and Mrs. Wilbur Cochrane; and Ogden and Mary, children of Mr. and Mrs. R. L. Blackburn.

The body was taken to Toronto on Saturday night and the funeral was held from the residence of her son, 255 Roxborough avenue east, Monday afternoon at three o'clock. Interment was in the family plot at Mount Pleasant cemetery.

TO-DAY'S FASHIONS



A Novel Costume By VERA WINSTON

Here is one of the most novel costumes shown for some time. A charming frock, it can be either sport or dressy, depending on accessories. And it is nice for town or winter resort wear. The blouse part is of black antelope with black knit sleeves. It closes in back with a zipper. The skirt is knit. It can be worn with or without a belt. A jewelled silver necklace dresses it up, while a kerchief in gay colors gives it a sporty look.

North Bay Nugget: The road building program now being inaugurated in this and other northern districts means another step toward equipping Northern Ontario to make the most of its industrial opportunities.

ROYAL GUARDS AGAINST BAKING FAILURES



BECAUSE IT'S ALWAYS PURE, FULL-STRENGTH

Beauty and You by PATRICIA LINDSAY



For gay evenings about town is this roomy but compact vanity. A chic new luxury which carries all your beauty aids.

Newer Evening Bags Delightful Tributes to New Beauty

In step with the more elegant trend of woman's fashions are the new evening bags which are not only novel in modern design but are symbols of regal taste and beauty.

Carryalls are they, through necessity. For our modern belle dare not sally forth on a gala evening without ample means at hand to retouch her perfect grooming as the hours wane.

Last year's small bag with its tiny shirred pocket is no longer adequate for the host of aids smart girls now like to carry. So the new creations ingeniously manage to hold all without sacrificing trim compactness.

One little treasure which boasts of two divisions has been very much favored. The one side has powder in a leak proof container, rouge in a separate shut-tight niche, and a large mirror covers space for a good size lipstick, a change purse, comb and any other little helper you might wish to take with you.

On the other side, completely shoo off so no tobacco grains can mess up your make-up cosmetics, is a roomy compartment for cigarettes—holding enough to help out the boy friend when his supply runs low! It closes into a miniature sachel-like affair which women seem to like to carry.

A softer version of bag has a flexible closing and a deeply shirred body, permitting a wide opening for hurried grabs at your cosmetics. Such a bag does not come equipped with make-up but its several pockets are so designed that you may tuck in your favorite vanity and cigarette case without causing a bulge.

Another one which teased my sophisticated fancy was a gay deceiver. It folded as innocently as a large broad-cad envelope but when opened its three divisions formed a triple mirror which you could prop up anywhere and peek into as you would a dressing table mirror. It was fitted with a cigarette case and removable compact, each covered with the same lush material as the bag itself, and a cunning comb was tucked away in a large flat pocket which could hold your hanky, lipstick and small vial of perfume.

These bags, of course, are extravagant whims and if the young man of your fancy has a restricted Christmas budget you should not bring them to his attention. But if he has more than ten dollars for his love's gift you would be doing him and yourself a favor by telling him about them!

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Toronto Telegram: All things are not even. It's easier to start a fight than it is to stop one.

20% DISCOUNT on all Helena Rubinstein PRODUCTS

FOR 7 DAYS ONLY! JANUARY 30th to FEBRUARY 6th

FOR one week only, Helena Rubinstein offers her complete line of beauty creations at a discount of 20%. A saving of one-fifth of the regular prices!

You who know these world-famous preparations will recognize this as remarkable value. You will want to supply yourself for months to come.

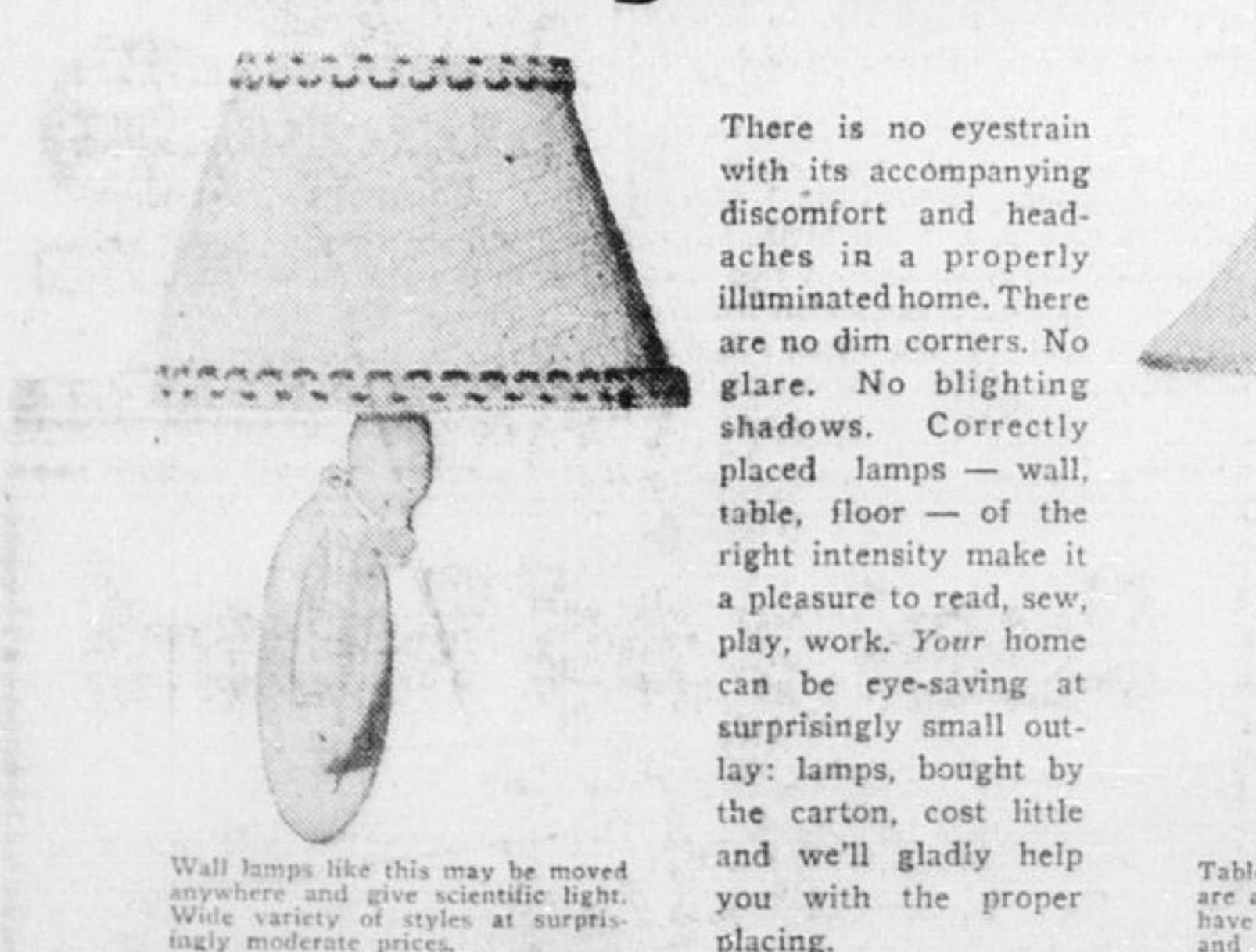
If you have not yet used Helena Rubinstein's preparations, now is your opportunity to experience their extraordinary beauty-benefits. But be sure to act promptly.

J. Bert Sutherland 11 Pine Street S Druggist Phone 808

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