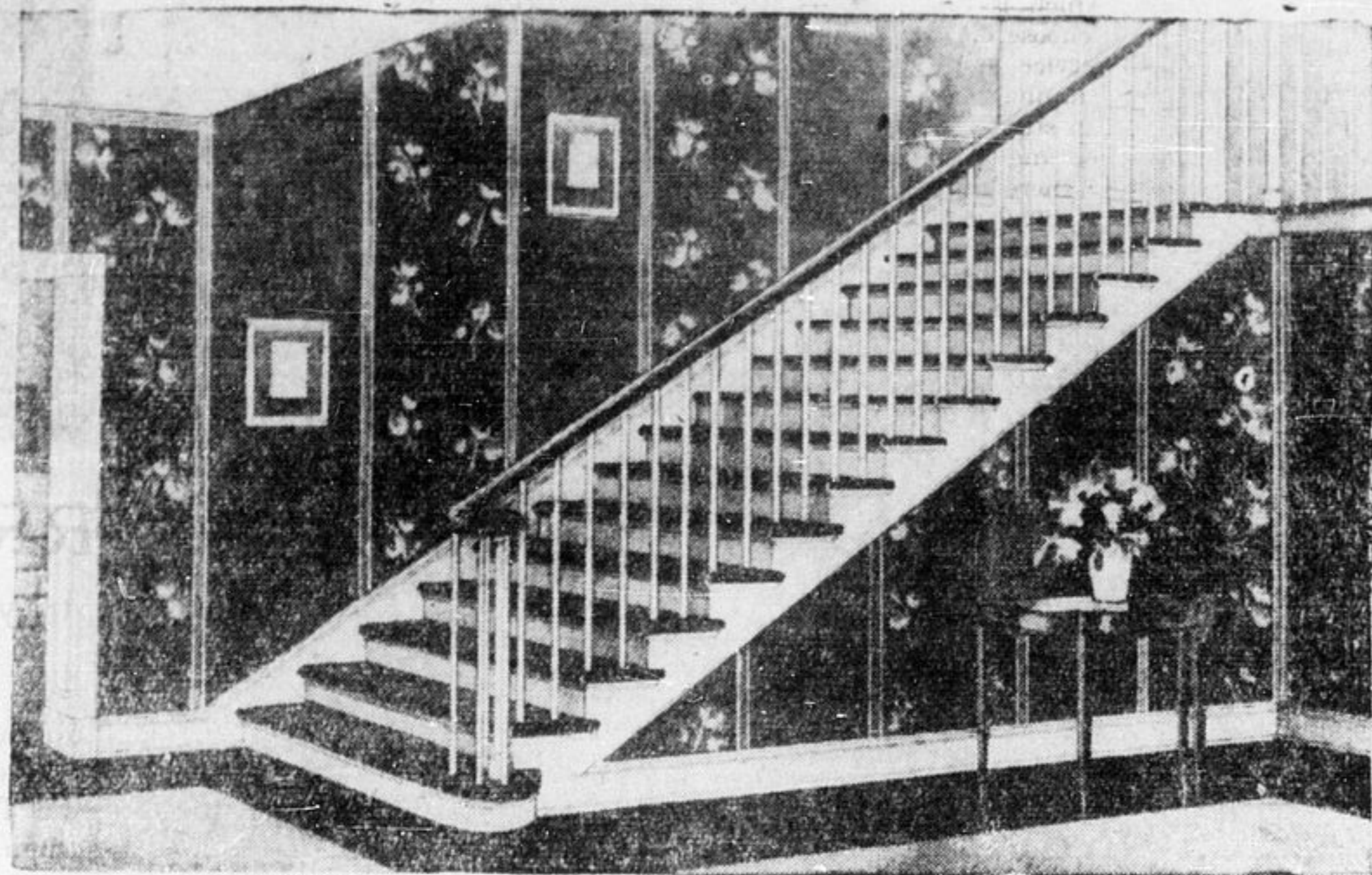


PLEASANT HOMES

by Elizabeth MacRea Boykin

PLANNING YOUR HALL OF FAME

Hints on Hall—Furnishings and Decorations—Individuality in Colours and Themes.



Here is an idea for varying the wide wall expanses in your stairwell—use a flowered paper alternated with a width of plain paper the same colour as the background of the flowered one. You can join them by a small border as shown here, or else leave the seams plain.

Is yours a hall of fame? Or just a place to hang your hat? Does it say "hello there!" to your guests and family and come right out and extend a hearty welcome? Many of us have a divine touch with all the rooms in the house and then get completely bogged down by that funny foyer or the hopeless hallway. Here are hints to help you make your hall a fair introduction to the rest of the house. It doesn't take money—you begin with practicality, and a good idea and season with charm!

Functional

Brass tacks—we mean the kind you get down to. Before you can talk very much about color and originality you must consider first a hall has a certain functional duty as well as an esthetic one. The floor covering is probably the most important item on your list. You may feel that you must go along with that seer or rug handed down from the living room. If so, be sure that the hardwood floor under the rug fairly sparkles! That will give the hall a definite lift, but be careful that the small rug is well anchored.

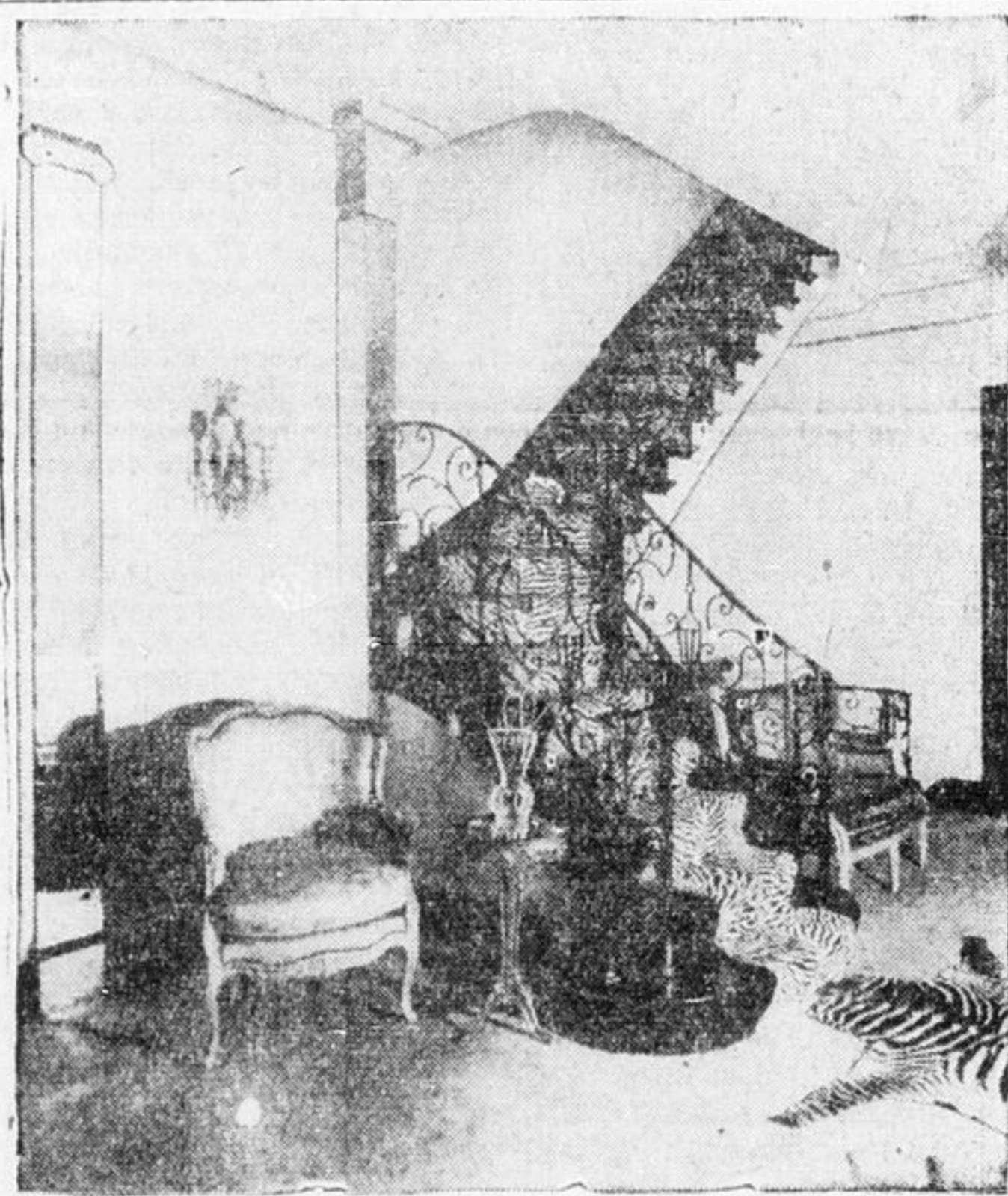
A to-the-baseboard floor covering is usually a little nicer than a scatter rug in a hall for it lends an air of spaciousness and tranquility to a small room. If you choose a figured carpet, select a rather small design that will be in scale with the size of the room. In any case, choose a carpet with a texture weave or one of the soft, one patterns—these won't show footmarks as easily as the solid tone carpets. Or you can use a high quality linoleum—easy to keep, long of wear and available in a repertoire of thrilling colors. The perfectly plain colors are the

smartest but they show every mark. Try a Jasper or harlequin effect for ease in keeping—and add the spice of a border or medallion motif to suit your own wishes and the personality of your house.

If walls are all chopped up with doors and opening, don't attempt anything elaborate—a plain wall is more successful here. Always remember the other rooms in relation with the hallway—no matter how stunning the paper may be in your foyer, if it clashes in anyway with the living room vista, the effect may be too stunning! If the adjoining rooms have all the same kind

of walls it's often better to do the hall in the same color, though it can be excitingly contrasted. If the adjoining rooms are all in different colors, better stay neutral in the hall, for small rooms, like small countries, often find neutrality the safest policy.

Try grey with colorful accessories or with colored woodwork, such as henna or jade green. If the hall is fairly large, or with wall spaces rather unbroken, you may venture into designs. The large scenic papers that give dramatic horizons are often very handsome in halls, giving impressions of distance and openness. Or small scenes to re-



Very spectacular indeed is the staircase in the hall of Hope Hampton's house. The zebra skin carpeting is quite something.

fect the interests of your family, marine, sporting or historic subjects. Unusual, dramatic patterns are frequently just the right things for your foyer, even though they might be considered too stylized for a room in which you spend more time.

The Furniture

There can't be much furniture in a hall so that little must be important. There should be some sort of seating arrangement—a low seat is ideal for it's both comfortable and small. A pair of chairs are good—especially if they are really beautiful ones who might feel slighted in a room full of furniture but shine out in all their glory in the hall. You may add a table, a chest of drawers or a desk or highboy if you wish. And don't forget a mirror for those surreptitious peeks at your new hat or old earrings just before you depart for that luncheon-bridge. Besides a mirror makes the room seem larger. It's nice to arrange flowers to reflect in it. You'll want space to keep oddments, and you must have a place for hats and coats.

A Place to Display Treasures
In a small house, the hall may be the one place for you to display your treasures—that collection of pressed glass or bird prints, or old guns, or even snapshots. You can be really quite imaginative in this way—creating a dramatic, if small, setting for either yours or your husband's prized possessions. And if you do let your husband display his hunting prints or old bottles in the hallway, you'll find this gesture one of the greatest wife-builder-uppers ever!

Here are some suggestions for the hall as a Treasure Room:

Nationalistic—Play up your heritage in hall decorations. If you're Scotch, collect samples of different Tartan plaids, frame them for your hall walls. If you are Irish, you can get pictures of Irish types or Irish castles or Irish authors as the theme song. If you are



That Body of Hours

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

REMOVING ANXIETY IMPORTANT IN TREATMENT OF HIGH BLOOD PRESSURE

In these days when heart and blood vessel diseases stand first as a cause of death, and when we see middle-aged men of worth to the community dying suddenly of heart disease or with stroke, quite rightly we wonder of our present methods of treating these cases is sufficient.

As you know, an X-ray or fluoroscope examination is made of the heart; the electrocardiograph gives tracings of its rhythm and, to some extent, its strength; the ability of the kidneys to do their work is accurately measured. With this much knowledge of the "case" one might naturally believe that treating the case would be a simple matter. The physician attempts to correct any condition found that may be causing the blood pressure to be high.

Just as a broken leg may mean very little to one individual and be a most serious matter to another, so with this matter of high blood pressure. Men returning from overseas with apparently slight wounds have been unable to do their former work because of what the war did to them.

Dr. Edward Weiss, Professor of Clinical Medicine, Temple University School of Medicine, says, in a "guest" editorial in Medical World:

"In essential hypertension (high blood pressure due to nerve or gland disturbance), I believe the relief of anxiety is much more important than looking for substances in the blood that may be causing increased pressure. While the approach from the anxiety standpoint does not apply to all patients, it is a practical method of dealing with a set of important factors (the patient's mental and emotional life) that be made less important in the patient's mind, whereas the physical condition of the organs and bloodvessels themselves cannot be changed. We are too little concerned with the emotional life which may hold the key to the satisfactory management of the patient with high blood pressure."

The thought then is that in considering high blood pressure, more than the physical findings—high and low amount of pressure, condition of the kidneys, the size of the heart, the electrocardiogram—must be considered, because anxiety, fear, worry, excitement, mental overwork, or other mental or emotional factors may increase the blood pressure.

The allaying of anxiety is thus an important part of the treatment of high blood pressure.

HOW IS YOUR BLOOD PRESSURE

Is it high? Is it low? Do you know what to do and what precautions to take in either case? Send today for Dr. Barton's timely booklet entitled "How Is Your Blood Pressure?" (No. 108) which deals with this interesting subject. Send Ten Cents to The Bell Library, 247 West 43rd St., New York, mentioning The Advance, Timmins. (Registered in accordance with the Copyrighted Act)

Swedish, collect those charming post-cards with peasant motifs and have a group of them for your wall. Feature German, Russian, Spanish ancestry, whichever is yours, and we'll guarantee you individuality in your hall decoration. This is an especially charming idea for the informal house furnished with maple.

Setting for Miniatures—Walls of foyer paired a fresh, gleaming white—stairwall painted a deep mulberry. Plum colored carpet on foyer floor and on stairs—white balustrade. A mahogany 18th century table and a pair of small mahogany chairs on either side of the table. A fine old Japanese print over the table. Small white hanging shelves placed at scattered intervals on the mulberry walls of the stairwell, miniature flower vases, in brilliant colors, placed on each small shelf.

Haven for Rubber Plant—If your family laughs at that stately plant you've cherished for years, make them stop by using the rubber plant in your hall. Use the deep green of the plant in your carpeting, have sparkling white walls. Set the plant in a modern white cylindrical vase and let its long leaves play an interesting pattern against the foyer wall. You might use Victorian furniture—a marble-topped table and two chairs or a Victorian love seat in this hallway.

Bottle Neck—Do you collect bottles or interesting old pharmaceutical jars? If you do, here is your best place to show them off. Shallow glass shelves are the thing for this purpose. If you have a window, they are lovely with the light shining through. If you don't, put the shelves against the wall and illuminate them indirectly. If your bottles or jars run to dark colors, better have your wall light—silver or gold paper would be lovely for such a purpose or else aqua or pale, pale pink. If your collection is in light colors, try one of the handsome dark-toned wall colors, such as hunter's green or cobalt blue. You won't need much else in the way of furnishings except a good floor covering and a small table and chair.

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London, (Eng.) Express: "The bravest man I ever knew," said the explorer, "was the chap who took a taxi to the bankruptcy court, and then, instead of paying his fare, invited the driver in as a creditor."

Pharmacy Requires Thorough Training

Tradition of Training Comes Down from 1765.

Toronto, Jan. 25.—Explaining a proposal to increase the pharmacy course to three years, F. A. Lemon, President of the Ontario Council of Pharmacy, said the tradition of thorough training for the practice of pharmacy was established on this continent in 1765 by a man who graduated from a school founded by Benjamin Franklin and, after post-graduate work in Europe, established the Philadelphia College of Pharmacy and advertised for prospective students as follows:

"A course of lectures on Materia Medica by John Moore, M.D.: "The course will commence on the 18th day of November, and will be given three times a week at the college, at three o'clock in the afternoon, all finished, which will last between three and four months. To render these lectures as instructive as possible to students of physic, the Doctor proposes to give some useful observation in general, and the proper manner of conducting the study of physic. The authors to be read in materia medica will be pointed out. The various substances made use of in medicine will be reduced under classes suited to the principal indications in the cure of diseases. Similar virtues in different plants, and their comparative powers, will be created and an enquiry made into the different methods which have been used in discovering the qualities of medicines; the virtues of the more officaceous will be particularly insisted upon; the manner of preparing and combining them will be shown by some instructive lessons upon pharmaceutical, chemistry, and pharmacy. To prepare them more effectually for understanding the art of prescribing with elegance and propriety it is proposed to include in this course some critical lectures upon the chief preparations contained in the Dispensaries of the Royal College at London and Edinburgh. The whole will be illustrated by many useful and practical observations on Diseases, diet and medicines."

Comprehensive in its day, this is scarcely more than an outline of the requirements for the practice of pharmacy today. After matriculation, the intending pharmacist must prepare himself for public service by serving three years as an apprentice. During these years he must pass examinations from time to time to secure admission to college. Then he must attend the college for two years.

In the effort to elevate further the standards of the profession of pharmacy, a three year course is now offered. At present the third year of the course is optional but it may soon be required of all students, Mr. Lemon, who practices pharmacy in St. Thomas, said.

Describes Burns as Patron of Democracy

Atmosphere at Kiwanis Club Monday Scottish. W. W. White Speaks on Robert Burns. Had Great Understanding and Sympathy with Men and Their Problems. He Said.

One could almost smell the fragrance of the heather and the steaming haggis on Monday afternoon at the Empire Hotel, when the Kiwanis Club paid tribute to the memory of the immortal Robert Burns. W. W. White was the speaker. His subject, of course, was "Robert Burns."

Len McDougall led the members in songs of the gen and of the brae and James Gells sang several Scottish songs. He sang twice, before the speaker and once after.

A Scot himself, Arch Gillies introduced the speaker, who in his talk, linked Burns and his democratic and humanitarian views with democracy as we know it today.

Mr. White prefaced his talk with an outline of Scottish-Canadian history. He told of how sections of what is now Nova Scotia were granted to the Scots by charter in 1621 and how their descendants still live there today.

Speaking of the period in which Burns lived, Mr. White said that there were many great men in that era which was building up to the millennium of the French Revolution. Among them were Fox, Pitt, Mozart, Nelson, Wellington and Napoleon.

Of these men probably the most famous was Napoleon. However, although he was better known and more widely read, he did not, nor did any of his contemporaries, occupy the place in the hearts and affections of the people that Burns did. Today all these men were famous but none was more loved than the Scottish bard.

Burns' boyhood was a story of peasant and poverty, said the speaker. Trying to analyse the reasons for his tremendous popularity, he said that he believed it was because of his inspiration partly, but also because of his sympathy and understanding of men

and their problems. The poet was described by Mr. White as the patron saint of democracy. Democracy was under a threat today, he said. Liberty must always be accompanied by justice and human kindness. These were the precepts to be learned from the writings of Burns and these were the precepts upon which democracy was founded.

If liberty failed, said Mr. White, nothing remained but compulsion. For that reason we should induce only the best men—only men with the highest ideals—to go into politics.

Burns realized the value of the family and family life, it was evident by his writings that he did. He realized that a happy nation must be composed of homes that are happy.

Thanking the speaker, Jack Fulton said there was no name in the history of the British Empire that produced so much enthusiasm as that of Burns.

A guest at the meeting, Mr. W. M. Whyte ("Dad"), spoke briefly and humorously of the Scottish. He told several stories about and on the Scots.

It was announced that Charles Byam, Lieutenant-Governor of the Kiwanis, from New Liskeard, would attend the charter meeting of the club next week.

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