

# Milk Scores on All the Counts as Part of Diet

Domestic Science Expert Writes Again on Milk. Says That Taking it in Some Form is Life Habit for Nearly Everybody. Should be Pasteurized.

The available food supplies of a country influence racial traits and physical development. These sometimes produce striking contrasts, even when in the same country. This is demon-

strated in India where in the northern part are to be found some of the finest specimens of man, while in other parts where diet is limited and where religious customs prevent the use of certain kinds of foods, stature is small and physical condition is poor. While it is difficult to score foods exactly, perhaps we can say truly that no other food scores so high on all counts as does milk. This is taken for granted in the case of infants, who generally thrive well on natural breast milk and on cow's milk which has been modified to correspond as closely as possible with the natural food. Sometimes, goat's milk is substituted in special cases. Milk from any animal should be pasteurized so that we may count upon its safety.

The use of milk, however, should not be discarded after other foods have become part of the diet. Its use should continue throughout life, although after growth has been attained, the amount may be decreased. We may take our milk in soups, custards, and other cooked dishes and of course in cheese, which is actually a concentrated form of milk, and which retains most of the original food value.

**Vanilla Ice Cream**  
1 cup condensed milk  
1/2 cup water  
1 1/2 teaspoons vanilla  
1 cup cream  
Salt  
Mix milk with water, add vanilla and fold in whipped cream and salt. Turn into freezing trays and automatic refrigerator and freeze three to four hours.

**Cream of Vegetable Soup**  
1/2 cup finely chopped turnip  
1/2 cup finely chopped carrots  
1/4 cup finely chopped onion  
1/4 cup finely chopped celery or celery tops  
4 tablespoons fat  
2 tablespoons flour  
3 cups milk  
1 teaspoon salt  
Paprika  
Cook the finely chopped vegetables in the fat for ten minutes with constant stirring, add the flour and stir until well blended. Add milk slowly to the vegetable mixture, stirring constantly, add the seasoning and cook for five minutes.

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## Says Germany May Have Another Source of Nickel

(New York Sun)

Approximately 90 per cent. of the nickel used in the world now comes from Canada; 10 years ago the principal producing corporation in the district of which citizens of the United States had previously been in the majority, was reorganized with a majority of British subjects as members, although the greater part of the investment remained in the ownership of citizens of this country. This shift in personnel was hailed as an astute move by the British for the reason that it put in their power control over the policy of the corporation, and nickel is essential to the making of arms.

It is now reported that a deposit of nickel in Celebes Island, Netherlands East Indies, is to be developed by a Holland corporation, and it may be significant that the metal is to be extracted by a new process worked out

## Strict Regulation of All Eating Places in Kirkland

Last year Kirkland Lake (Teck township) passed a by-law with stringent regulations for cafes, restaurants and dining halls. This year all licenses are being picked up and will not be re-issued until all the new regulations are complied with. This was all understood when the by-law was passed last year, so the eating places have had several months to prepare and still have until March 1st. Among the regulations are that there must be provision for the complete sterilization of all utensils used in the preparation and serving of meals in these public eating places. Equipment for this is specified. Another section of the new by-law states that every employee and person engaged in the handling of food for human consumption must furnish a certificate from a legally qualified practitioner that he or she is not suffering from any communicable disease. Such certificates must be renewed every six months. After March 1st all Kirkland restaurants and cafes will be inspected and licenses re-issued if all requirements are fulfilled. There will be periodic inspection all through the year to see if the rules of the by-law are being adhered to. Other paragraphs of the by-law state that all furniture, ranges, tables, stoves and so forth must be arranged to permit ready and easy cleansing on all sides. All restaurants must maintain, for the use of cooks, helpers and others, ample sanitary toilet facilities with towels, soap, hot and cold water. No person who is suffering from a communicable disease shall work in or frequent the premises where food is being prepared.

## Organization Meeting of First Timmins Rangers

The organization meeting of the Rangers took place at the home of Mrs. J. Morris on Friday evening. Elections took place and the results were as follows:

Secretary—Miss Jean Cowan  
Treasurer—Miss Helen Landers.  
Press Reporter—Miss Mae West  
It was decided upon that the meetings are to be held every Thursday evening; the fourth meeting of each being a social will be held on Friday. The Ranger group is to be under the able instruction of Mrs. Morin and all are looking forward to a very enjoyable time.

The next meeting will be held at the home of Miss Gladys Cooper on February 2nd.

After the meeting was adjourned lunch was served by the hostess.

by the Krupp establishment in Germany. Twenty thousand tons of the Celebes ore were treated according to the new technique in the Krupp works in Germany and the results of the test are declared to have been "remarkably successful."

# Beauty and You

by PATRICIA LINDSAY



Pinning a lush hibiscus blossom into her hair this young lady gayly contrasts her soft Bermuda Beige suntan which has delicate coral pink undertone.

## Southern Suns Demand Skin Protection

All you fortunate darlings, who either live in the South or migrate there once icy winds begin to blow, should take reasonable precautions to keep your skin softly textured and no deeper in hue than what is fashionably known as Bermuda Beige.

For our new fragile beauty cannot condone the miserable rans and mahogany which were so long the vogue. More than one lassie discovered that her skin texture was considerably ruined from too crisp a burning, and older women have spent hours of time and sizeable investments trying to recapture skin loveliness after a season's tropical folly.

This new rosy type of tan is a light, glowing shade of sun coating—glowing because natural healthy colour peeks through the sun's healing kiss. So the current problem is to seep in Vitamin D without discolouring your skin.

Of course, if you wish, you can smartly carry a parasol or wear a fetching sunbonnet to shade your face, but even then a thin protective skin lotion should be the rule of the day. For both the steady reflection of the sun, and the sudden change of temperature from North to South, can raise havoc with your skin beauty.

Efficacious Protection  
Perhaps the thought of tropics and

sun and holidaying brings to mind a delightful lotion made from luscious green Persian limes, for I find myself wanting to tell you lucky sun-worshippers about it.

Rich in minerals and sun vitamins this almost gossamer concoction seems to instantly quench the thirst of a dry or crisped skin, as a savory fresh lime-sauce quenches an actual thirst. And what is more, it keeps your skin fragrantly moistened for hours after its application and prohibits the persistent sun from cutting beauty-robbing capers.

### Good for Cold Climate Too

Less fortunate darlings who must stay and brave the icy winds will also find a loyal friend in this emollient, for it defies the wind as well as the sun. And its delicate consistency makes a splendid foundation for rouge and powder. Two handful of pennies will buy four ounces which will last you months—which is another reason I felt the urge to tell you about it!

Write me care of this paper and enclose a self-addressed, stamped (3-cent) envelope if you wish to know the name of this protective cream. It is sold at all good cosmetic counters.

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# Orange Pekoe Blend "SALADA" TEA

What to Do by Phyllis Belmont



IS IT correct to wear tails and white tie at a formal church wedding at 6 o'clock? Does the best man have to wear tails or can he wear a tuxedo? There are four ushers in the church. Would it be correct to have two ushers or must there be four? What part of the wedding expenses does the bridegroom pay?

Answer—Formal weddings in the evening call for regulation full dress, consisting of tail coat, white tie and so on, which are worn by the bridegroom, best man, bride's father and ushers. The number of ushers depends, of course, on the size of the wedding. There should always be a sufficient number of ushers to take care of the seating of the guests. The bridegroom gets off quite easy as far as the wedding expenses are concerned—his expenses start afterward. He pays for the bride's bouquet and the wedding ring, the corsages worn by the mothers of the bride and bridegroom, and the boutonnières of the ushers and best man. He also pays the clergyman's fee; the amount depending on the size and formality of the ceremony and all the expense of the wedding trip.



That Body of Yours

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

## Ten Golden Rules of the Cancer Examination

Because cancer stands near the top as a cause of death, all over the world scientists are working hard and long to discover its cause, and cancer organizations are raising money and spreading everywhere the knowledge of the symptoms of cancer in its early stages. There is another branch of work on cancer which has been growing steadily that is not well known or appreciated, and that is the knowledge physicians everywhere are gathering and passing on to one another. Thus Dr. Frank E. Adair in Southern medicine and surgery outlines to his fellow physicians ten golden rules of the examination for cancer.

1. Examine the lips, tongue, cheeks, nostrils and back of throat for persistent ulcerations, the larynx (where vocal cords are located) for hoarseness, and the lungs for persistent cough.
2. Examine the skin of the face, body, hands, and feet for scaly, bleeding warts, black moles, and unhealed scars.
3. Examine every woman's breasts for lumps or bleeding nipples.
4. Examine tissue beneath skin for lumps on the arms, legs, or body.
5. Investigate any symptoms of persistent indigestion or difficult swallowing. Palpate (examine with fingers) the abdomen.
6. Examine the lymph node system (or enlargements (glands) of the neck, in the armpit, and in the groin).
7. Examine the uterus for enlargement, bearing, bleeding, or new growth. Using both hands try to determine the condition of the ovaries.
8. Examine the rectum and determine the cause of any bleeding or pain.
9. Examine urine under microscope for blood.
10. Examine the bones, and make an X-ray of any bone which has a boring pain worse at night.

I believe that anyone undergoing such

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## TO-DAY'S FASHIONS



Handsome Afternoon Dress

By VERA WINSTON  
THE SHOPS are showing handsome little afternoon dresses, the sort of frocks that are difficult to find and which fill such a gap in a daytime wardrobe. Here is an especially handsome model. It is of black matalasse crepe, and its high draped neckline forms a fine background for a jewelled necklace. It closes in back with a zipper to the waist. An inserted flare in back of skirt only. Front is straight. Set-in belt ties in a small bow in back. Bishop sleeves are quilted at the upper arm and the quilting is caught with tiny little jewel tone buttons in various colours.

Vancouver Province: The malady of unemployment increasingly calls for practical recognition. The fact that there is no known remedy in sight is not a reason for evading the truth. It is all the more reason for the utmost co-operation in the search for a cure.

## Another 'Strike' at Burwash Farm Followed by 'Strokes'

There was another form of strike at Burwash prison farm last week when some fifty prisoners refused to work, claiming that it was too cold outside. They were immediately locked in their cells and placed on a bread-and-water diet. A couple of days like this and practically all of them volunteered to go back to work again. Three of the ringleaders were placed in solitary confinement and another was given a half dozen strokes of the strap for serious breach of prison rules and for insubordination.

## Science Seems to be Trying To Spoil Another Story

(The Commentator)  
In an average year more than 60,000,000 bunches of bananas are brought into the United States and sold. Each bunch, according to the story by which most of us have been raised, is the possible home of a translucent spider whose bite brings instant death. It's a good story but only partly true. Tarantulas do hide in banana bunches, but by the time they have ridden all the way from their tropical homes to the United States in the refrigerated hold of a fruit ship they are semi-paralyzed and quite inactive from the cold. It is possible for them to chaw out and give you a poisonous bite, but the chances of your dying from it are one in a million unless you are exceptionally run-down physically. In medieval times it was believed that the bite of this spider gave rise to a disease called tarantism the first symptom of which has a state of depression and lethargy. From this the sufferer could be aroused only by music, which excited in the victim an overpowering desire to dance until he fell to the ground bathed in perspiration and was supposedly cured. Tarantism was believed to attack men, women and children, with the whole areas of population being stricken at one time by this highly infectious disease. Science today has pretty well established the fact that tarantism is just one more case of the world's recurring frenzies of fear which have no basis except in men's minds.

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