

# Necessity to Consider Vitamins in Daily Diet

### Well-Balanced Varied Diet Prevents Much Illness and is Also a Builder of Strength. Variety is an Essential in Foods as Well as the Spice of Life.

"If you are building a house would you rather have tiles or window panes or floor boards, or cement or plaster or girders or rafters?" asks Dr. Leslie J. Harris in his book, "Vitamins," published by the Macmillan Company.



By EDITH M. BARBER

Dr. Harris' question was actually an answer, to some on who had asked him to name the foods most important to good nutrition.

Dr. Harris makes the point that through the consumption of a well-rounded varied diet, much unnecessary illness can be eliminated and that health, strength and therefore, happiness may be at least partially insured. With the exception of vitamin D, all necessities for the normal person will be provided by the proper choice of the daily food. Plenty of milk, eggs, vegetables and fruits, with some meat, fish, sugars, starches and fats, just those things which provide us with attractive meals are needed daily. For vitamin D in these days in this climate, when our bodies are not directly exposed to sunlight, we must depend upon fish liver oils or upon irradiated food products to provide the necessary amount. This is particularly important during childhood and for expectant and nursing mothers.

Extra amounts of other vitamins may be required if certain conditions of undernutrition or disease exist because they have been lacking. Vitamins have curative as well as preventive characteristics.

**Scrambled Eggs With Shad Roe**  
6-8 eggs.  
One-quarter cup cream.  
Salt.  
Pepper.  
Butter.  
Paprika.  
One can shad roe.  
Beat the eggs, add the cream and season to taste with salt and pepper. Melt one tablespoon butter in a heavy frying pan, pour in mixture and stir over a low fire until just set. Turn out on a hot platter, sprinkle with paprika and arrange on each side a roe which has been lightly browned on both sides in butter.

**Caramel Bread Pudding**  
Three eggs.  
One cup caramelized sugar.  
Salt.  
Three cups hot milk.  
One teaspoon vanilla.  
Six slices of bread.  
Beat the eggs enough to mix the yolks and the whites, add sugar, salt, milk and flavoring and stir until caramel is dissolved. Line pudding dish with bread, pour in the custard mix-

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Georgetown, Ontario

ture and set in a pan of hot water. Bake in a moderate oven (350 degrees Fahrenheit) until the custard is set, about 50 minutes. To caramelize sugar, stir the sugar in a heavy frying pan over a low heat until melted and light brown. (Copyright 1939, by The Bell Syndicate, Inc.)

## Goat Very Much Better Butter Than the Old Cow

(From Toronto Telegram)  
Liberal M.P. Leclerc, one of the gentlemen from Quebec, has introduced a bill confining the use of the word "butter" to the product obtained from cow's milk.

Now if "butter" is going to be given a better than dictionary limitation, it should be applied exclusively to goat's milk because a goat is really a better butter than a cow.

Now we admit that is sort of a silly remark but it is not half as silly as making a cow the only source of "butter" by law.

Imagine breaking the law because you referred to a commercial food product as "pea-nut butter"—especially as you could take any good dictionary into court and show the judge that butter does not come from cream alone.

The next thing might be a law prohibiting the use of the word "onion" in the sale of any such products as were not grown in the county of Elgin—only we can't imagine Ottawa Liberals being much in favour of that law.

## TO-DAY'S FASHIONS



Can Go Anywhere

HERE'S a frock that would go well anywhere. It is of navy sheer crepe with a crisp lingerie collar that is detachable. It buttons all the way down in front. The sewn-down pleats start at the hip yoke, flaring out at the knee. Three little horizontal inverted pin-tucks at the centre front are released at the bust and three folds finish the short sleeves.

## Salada Tea Company Sends Plowmen to British Isles

At the recent annual meeting of The Ontario Plowmen's Association held in Toronto, Salada Tea Company promised to make a substantial contribution towards the promotion of horse-plowing in this province—and in fact all Canada.

In Ontario County and Branch competitions each leading horse-plowman will be given a \$10 cash prize and the privilege of competing in a special event in the International Plowing Match to be held this year in Brockville.

The grand champion and runner-up at Brockville will be awarded a gold and silver medal respectively and will both be sent to the Old Land in company with a manager to compete with the best in the British Isles.

In addition to the first and second prizes at the International Plowing Match—Salada is giving twelve other cash awards ranging from \$25 to \$5.

This friendly gesture to the farmers of Canada should be great news to every plowman in the land.

# Beauty and You

by PATRICIA LINDSAY



This healthy little fellow is anticipating his body massage with is described in to-day's column. The Vitality of Tiny Tots Lowers During Late Winter Months.

Unless they are fortunate enough to be living in climate of warmth and sunshine, wee tots will feel the drag of long winter months, just as do adults. And mothers must give them special consideration and keep a sharp eye on their health.

Whenever you can do so, have children play in the sun even though it is only on a patch of sunlighted floor. If they play out of doors in cold weather rub their little bodies well with olive oil before you dress them warmly. And do not send them out to play directly after their morning bath when the weather is nippy. With pores opened they can easily catch cold which might hang on until the warm weather appears, dragging down their vitality to an alarming degree.

**Tonic is Advised**  
If your child seems to be listless and irritable, sleeping fitfully at night, you should take him to a reliable physician for a physical examination. Perhaps all he needs is a good tonic to carry him through the difficult weeks until summer, and your physician is the one to suggest the tonic. But if you have not the wherewithal for such advice, one of the most reliable tonics is good old-fashioned cod-liver oil. Your druggist will tell you how much should be given your child each day, according to his age.

**Body and Head Massage Soothing**  
Once a week at least, take the time to give your infant a thorough body and scalp massage. Follow this procedure:

After a good cleansing bath in early evening, let your child lie on a bed in which you have spread a large bath towel. See that the room is well heated—a little warmer than usual temperature so he will not get a chill. With either olive oil or mineral oil which has been slightly heated, rub his entire body slowly and gently—with the same massage movements you would get at a salon. Then wrap him up in the towel and sit him on your lap.

With him leaning against your chest massage his tiny scalp with your finger tips in rotary movements. Be sure your fingernails are not long! If you wear them long by all means wear a pair of clean white cotton gloves when you work on his head.

After about five minutes of this soothing treatment, brush his hair upward away from the scalp with a good brush whose bristles are not too soft or too stiff. But brush up, way from the head and not as the hair grows downward.

After you have tucked him into a bed with fresh linen and clean blankets, air the room well and shut out all light. Your child will get hours of good rest and the olive oil left on his body is good for him.

The next morning, do not bathe him with soap and water. Just rub his little body well with a fresh bath towel to wipe off any excess oil and the normal secretions of the night.

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## What to Do

by Phyllis Belmont



WILL you please tell me the correct way to serve tea informally? For instance, when a friend drops in for an afternoon call, or if I have a few friends in for bridge. I have no tea service. Just how can I serve the tea, preferably in the living room? Do I have to have a table or will my friends take the cup and saucer in their hand or lap, and if I serve cakes do these go on a separate plate? I feel it would be a bit awkward unless I had a small table, but I haven't. Do I offer them a small plate for their cakes? Thanks for the information.

MRS. B. P. M.

Answer — Serving tea informally does not require a tea service; but you really need a small table. This can be a bridge table. A tea wagon, too, is very convenient for serving tea. At an afternoon bridge, place a white cloth over the bridge table, put the cream, sugar and lemon slices and small cakes on the table, so the guests can help themselves. Then bring in the cups of tea which you have prepared in the kitchen. Give each guest a napkin, of course. If a friend drops in unexpectedly, fix a tray in the kitchen with a cup of tea on a small plate and pass a napkin and the sugar, lemon slices and cream and cookies. The guest will hold the plate in her lap while drinking the tea. But if more than one or two guests are to be served, you will need a table to take care of the cups, plates, napkins, teaspoons and the food; otherwise serve the tea on the dining table.

## Dianna Gets \$129,700



Dianna Durbin, child actress from Winnipeg, received \$129,675 pay in 1938. Her salary was disclosed in the annual report of Universal Pictures Co., Inc., filed with the Securities and Exchange commission in Washington.

## Japanese Not Superstitious But Carried Away Idols

(From Sault Star)  
Proving that at any rate they were not superstitious, Japs last week flied 500 wooden idols from the Flowerly Forest Temple in Canton. They were tempted not by the beaming images themselves, but by the \$1,500,000 worth

of gold with which they were plated. This will help the shrunken reserves of the Tokio exchequer.

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## Women's Club Make Model Home Designs

### Stipulations Prove Revelation to Builders and Designers.

Search for a formula of the ideal house produces as many answers as the number of those questioned. Pronounced and widely varying notions as to design, layout, building materials, furniture, decoration and equipment are nurtured by the architect, builder, interior decorator, investor - builder, household equipment producer, and last—and often most ignored in trying to meet the ideal—the house occupant.

Currently an attempt is being made to produce a concrete answer to the perpetual question of the ideal house through the joint efforts of those most directly concerned. The initiative has been taken by the 300 members of the Berkeley (Calif.) Women's Club, who will lay down the fundamental stipulations for a house that will epitomize their joint idea of a dwelling that combines comfort, practicality and attractive design. Since women actually use and spend more time in a house than anyone else, it is only fitting that they should have the basic say as to what a house should be and do and look like.

However, the Berkeley group has engaged an architect, decorator, landscape designer and a building contractor, partly for consultation and advice, but chiefly to carry out the actual building of a house according to the specifications evolved by the women.

### Revealing Survey

Already the club has carried out a most illuminating and, in many respects, startling survey of the features that they want and do not want in their model house. Particularly in regard to the items against which the women are definitely set, the survey has proved most informative and should prove a jolt to many builders and equipment men. For it shows that to a surprising extent, the features of house design and fitting that have been diligently embodied in houses, particularly in the "modern" houses of recent years, have been weighed in the balance and found wanting. It shows that women are far from being taken in by glittery gadgets and fancy design just because they are "ultra modern" or extolled as the latest thing in house fitting.

After a series of conferences, discussions and questionnaires, the club decided that among the things members want and do not want in their ideal house were:

- Dislikes
- Rough textured walls.
- Wrought iron grilles or balconies.
- Oddshaped windows.
- Trick lighting and hardware trim.
- Corner windows.
- Interior glass doors.
- Niches.
- Chimes in front hall.
- Telephones in closets.

- Raftered ceilings.
- Raised hearths.
- Corner fireplaces.
- Slippery floors.
- Bathrooms between two rooms.
- Furnace outlets in walls.
- "Freak architecture, or faddy, dated features.
- Glass brick.

"The women appeared to dislike modernistic architecture in many cases because their furniture did not fit into it.

### Features Desired

- Unbroken working surface in kitchen.
- Fan over stove.
- Cooler as well as electric refrigerator.
- Windows of uniform height.
- Overhead lighting in dining room.
- Plenty of baseboard electric outlets.
- All outside locks to fit one key.

## To Have Refuse Cans on Timmins Streets

An agreement will be drawn up between the council and Peter Spence to place refuse cans on various places on the principal streets of Timmins.

Spence appeared before the council on Monday night at a special meeting to get permission to locate the cans in return for the right to sell advertising space on their sides.

After some consideration the council granted permission subject to the terms of the agreement which will be drawn up.

Councillors McCabe and McNeill agreed that the cans would be useful. Mr. Spence said that he intended to put out about a dozen, one in front of the town hall.

"Where in front of the town hall" asked the mayor.

"Right under your window, Your Worship," said Councillor Armstrong.

"I would try it," said Councillor McNeill.

Councillor Armstrong: "I agree with Brother McNeill."

## Arthur Demeza Bereaved by Death of His Brother

North Bay, March 22—Attended by many relatives and friends, the funeral of Harry Demeza, former resident of North Bay, was held Monday morning with service at Martyn's Undertaking Parlor. Rev. A. J. MacLachlan, minister of the North Bay Baptist Church, officiated. Interment was in Terrace Lawn Cemetery.

The pallbearers were: George Lawrence, Alex Kirk, Ernest Clemenson, and C. Pratt.

Mr. Demeza's death occurred Friday morning at Halleybury where he had been ill in hospital for about two weeks. He was in his 53rd year.

Born in Tunbridge Wells, Kent, England, he was the son of the late John Demeza and Mrs. Demeza. He came to Canada in 1918, taking up residence at North Bay. About five years ago he moved north, his business taking him to various northern centres. He had recently been living at Halleybury.

He is survived by his mother, living at Horsham, Kent, England, three brothers, Fred Demeza, London, England, Arthur, of Timmins; and George, residing at 110 Chippewa street, North Bay; and two sisters, Mrs. H. Thompson, Pembury, Kent, and Mrs. E. Woodham, Horsham, Kent, England.

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