

Use of the Menu as Means to Protect from Disease

Selection of Food Diet Should Provide Minerals, Proteins, and Supply Fuel and Energy. Well-Balanced Menu Essential to the Best of Health, Says Domestic Science Expert.

The people of this country pride themselves upon being the best fed of any in the world. While this is a fact, recent studies which have been made by the Government among the low income groups show that when there is a small amount of money available for food purchases, certain dietary essentials are lacking.



By EDITH M. BARBER

Families at all income levels purchase about the same amounts of cereals, potatoes and fats, other than butter. The lack of the more expensive foods such as butter, eggs, meat, milk, fruits and green vegetables in the diet results in short supplies of what we call the protective foods.

The study showed that as soon as income rises, more money is spent for foods which add interest and flavor to meals and which at the same time protect us from various nutritional diseases. Those of us who are fortunate enough to be able to spend an adequate amount for food should choose first of all those foods which provide protection through their minerals and vitamins and those which supply us with material for repair of the tissues. We will then supplement with those other food which are particularly valuable for the fuel and energy which they supply.

Cauliflower With Piquant Sauce
One head cauliflower.
Two tablespoons butter.
Two tablespoons minced parsley.
Two tablespoons minced celery.
One minced onion.
Two tablespoons flour.
One and one-half cups milk.
Salt, pepper.

Cook cauliflower until tender in boiling salted water and drain. Melt butter, cook parsley, celery and onion in it three minutes. Stir in flour and when well blended, add milk slowly, stirring constantly over a low fire until smooth and thick. Season to taste and pour over cauliflower which has been placed in serving dish.

Fruit Mousse
One and one-quarter tablespoons gelatin.
One-quarter cup cold water.
One-half cup boiling water.
Two cups berries or chopped fruit and juice.
One cup or more sugar.
One quart cream.

Soak the gelatin in the cold water and dissolve with the boiling water. Crush the fruit with the sugar; to the gelatin. Set in a pan of ice water and stir until it begins to thicken. Then fold in the whipped cream, put in a mold, cover, pack in ice and salt; two parts to one, and let stand four hours.

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SAFETY FIRST

One boy did this winter Johnny's mother sent him to the store to get half a dozen eggs. On his return he handed her a paper bag.

"What are these?" asked his mother. "It was eggs I sent you after." "Well, ma," Johnny explained, "the streets were awfully slippery so I thought I'd best get 'em instead."



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THE FAMOUS EDWARDSBURG ENERGY FOOD. CROWN BRAND CORN SYRUP. The CANADA STARCH COMPANY Limited

Wedding at United Church on Saturday

Miss Minerva Ruth Winger and Mr. Geo. Fenwick Married.

A quiet yet charming wedding took place at the manse of the United Church on Saturday at 3 o'clock, when Minerva Ruth, daughter of Mr. and Mrs. Winger, of Toronto, became the bride of Mr. George Fenwick, son of Mr. and Mrs. Fenwick, of 186 Maple street, north, Timmins. The Rev. W. M. Mustard performed the ceremony in the presence of a few intimate friends.

The bride was very becomingly attired in an attractive suit, made up of a plaid skirt, a grey vest, and a blue short coat. She wore a matching blue hat, with a chin veil and a large silk ribbon bow, and accessories in blue suede, and her corsage was made up of Tallman roses.

Mrs. Andrew McLeod attended the bride attractively attired in a coat ensemble of navy blue, with matching hat and fuchsia accessories. She wore a corsage of pastel sweet peas. Mr. Andrew McLeod acted as groomsmen.

After the ceremony, a buffet lunch was served at the new home of the bride and groom, on Balsam street, north. A large number of friends of the popular bride and groom were present to wish them much happiness, and to present them with numerous lovely gifts.

In the evening, the bride and groom received their friends at a reception, the bride choosing for the occasion a floor-length dress of black sheer, with insets of gold sequins, and a corsage of roses.

Out-of-town guests at the wedding included Mr. Fred Watson, of England. Mr. and Mrs. Fenwick will reside in Timmins.

What to Do



I HAD to leave high school and go to work. I have never had anything but every-day clothes, but am beginning to get ahead and want to know what to buy for more formal occasions. What is needed to be dressed properly for evening affairs? JACK B.

Answer — Most so-called formal occasions will be fully met by what is known as semiformal wear after 6 P. M. This consists of a black dinner jacket, otherwise known as a tuxedo, a black silk vest, trousers to match the coat, with one broad silk braid down the outside of each leg, stiff or pleated bosom white shirt, black silk tie, wing or fold-down white collar, black or gold studs and cuff links, plain black silk socks, black leather ties or pumps, gray suede gloves, black or blue top coat, black Homburg preferably, but your regular felt hat, if conservative in color, may be worn, white handkerchief and black scarf or muffler.

Charlie Chaplin to Take Role of Hitler in New Play

(From The New Yorker)

Charlie Chaplin's next picture will be called "The Dictator," and deal sardonically with Fascism, and Chaplin will impersonate Hitler. Chaplin says that a few people have tried to persuade him to tone down his original idea so as not to cause further persecution of German Jews, but that most letters he receives encourage him to go ahead and give Hitler the works, which he plans to do. Hitler won't be named, but there's only one dictator with that kind of mustache.

The plot is still in a state of flux, but it's pretty certain that Chaplin will have a dual role—the dictator, and a prisoner in a concentration camp who looks like him. He has definitely decided that he will talk in "The Dictator" but doesn't yet know what kind of voice he'll use. His normal voice is out of character. He's been rehearsing Hitler's mannerisms, and people who have seen him at work say he has them cold.

Chaplin's movie won't be the first in the anti-Nazi field. Warner Brothers will win that honour with a film called tentatively "Confessions of a Nazi Spy." In such pictures to date the political background has been only hinted at. But neither Italy nor Germany has been a good market for movies, and the producers think perhaps they might as well make a clean break.

North Bay Nugget—Despite discouragements and reverses in recent years there are many northerners who are confident that the Abitibi and James' Bay sections will yet contribute greatly to expansion of northern development and industry.

Miracle, Says Mother, as Son's Paralysis is Cured

A mother's two years' fight to save her son from infantile paralysis which ended, she says in a "miraculous cure," lies behind the career of a young R.A.F. athlete who has won a number of sports trophies, reports the London News-Chronicle.

The mother tells her story in a letter to the Hospital for Sick Children, Great Ormond St., W.C., which specializes in paralysis cases. She writes:

"More than 18 years ago I had a baby who contracted paralysis in his left leg. I massaged him twice daily with cod liver and bathed him in sea water. When I could not get sea water I sat him in water in which skate bones had been boiled.

"The use returned to his leg, but it was half an inch shorter than the right leg. Then I took him for electric treatment, which grew the short leg to normal.

"He is now a fine specimen and in the R.A.F., and has won cups for running, jumping and fencing."

The mother, Mrs. Lillian Angus, of Forty Lane, Wembley, said that she took every opportunity to inform mothers of children similarly afflicted of the treatment.



That Body of Yours

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

Low Blood Pressure May Mean Long Life But Not Buoyant Health

Of four brothers in a family, three died between the ages of 50 to 60. The remaining brother was asked why it was that he was still alive at the age of 76 and he replied, "Well, you see, I was the skinny one of the family, always underweight, and never had a good appetite."

One of the big points about this being thin and having no appetite is the blood pressure is likely to be low, the individual will not feel like doing much mental or physical work, which, together with eating only small meals, will not put so much work in the heart, blood vessels and kidneys.

Dr. A. Blaine Brower, Dayton, in the Ohio State Medical Journal, says, "Hypotension (low blood pressure) is not a disease, and if no symptoms are present, treatment is not required. When there are no symptoms nor complications after the age of 50, it is a pretty good sign that the patient will live beyond the normal span, because with less pressure of the blood, there is less strain on the heart and blood vessels."

"About 70 per cent of those with low blood pressure are underweight due to frequent attacks of influenza, taking less exercise, heredity, or some low infection or other trouble in the body."

As mentioned above then, if there are no symptoms nor complications it is possible that the low blood pressure is a family characteristic. I have in mind a brother and sister, both well over 60, who have blood pressure twenty points below what is considered normal for their age, and they enjoy excellent health.

However, the individual who is in his thirties or forties should not be congratulating himself upon having a low blood pressure just because low blood pressure means a longer life. What he should be doing is to have his physician and dentist try to find out why he is underweight, why he is never really hungry. In many cases it will be found that some low infection is present from the gall bladder, large intestine, teeth, tonsils, or sinuses. The individual with low blood pressure due to some infection or gland deficiency may live a long time but he will not feel strong or live abundantly.

After removing the cause of low blood pressure, treatment consists of plenty of sleep and rest, avoidance of strains and infections, proper diet and graded exercise."

How is Your Blood Pressure?

Is it high? Is it low? Do you know what is the cause and what precautions to take in either case? Send today for this latest booklet by Dr. Barton entitled "How Is Your Blood Pressure?" (No. 108). It makes this interesting subject understandable by all. Send Ten Cents to The Bell Library, 247 West 43rd St., New York, N.Y., to cover cost of service and handling, and mention the name of The Advance, Timmins. Be sure to mention the booklet by name and number.

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Was Literally Stricken Speechless with Terror

Most people who have heard the expression "stricken speechless with terror" have considered it only as a matter of a figure of speech. Even those who think it may sometimes actually occur, look upon it as only a fleeting experience. A lady in Kansas City, Missouri, however, had the actual experience of being stricken speechless by fright and remaining that way for five years. Mrs. Homer Pearce is the Kansas City lady in question. She has been unable to speak for some five years, but now is able to talk normally. Despatches this week from Kansas City give the story in detail.

One day in 1934 she was crossing a street. A small boy darted away from his mother and out into the busy traffic.

A truck bore down on him and Mrs. Pearce screamed a warning. The driver swerved, and the truck brushed the boy's jacket, leaving him unharmed.

"I called to him to stop . . ." Mrs. Pearce started to tell the boy's mother. The woman looked at her curiously. Mrs. Pearce's lips were moving, but no sound came from them. She was unable to speak.

For five years she had to write notes or shape simple words with her lips. She did not consult a physician.

Last month she was admitted to General Hospital to have an abscess removed from her neck.

They found nothing wrong. It was simply that Mrs. Pearce had been stricken literally "speechless with terror" when the boy ran into the street. Scientifically, the condition is called aphonia. The shock had blocked off the nerves involved in speech.

Treated With Drug Monday, Dr. John Yvon, resident psychiatrist, and an intern, Dr. Hugh Swamy, treated Mrs. Pearce with sodium amylal, a drug that dulls the conscious mind. Mrs. Pearce's belief she could not speak was overcome. "Clear your throat," Dr. Lyon told Mrs. Pearce.

"Mrs. Pearce, almost asleep, did it. 'Now cough,'" Dr. Lyon said. Mrs. Pearce coughed. Then the doctors suggested to her she could make other sounds.

The treatment was repeated Tuesday night, and Wednesday morning when Mrs. Pearce woke up the doctors asked her, "How do you feel?"

"Fine," she answered. "I feel wonderful, doctor. I feel wonderful."

TO-DAY'S FASHIONS



Standard Costume Now

By VERA WINSTON

The wool dress with a colorful plaid tweed jacket has become a standard costume, one that is both useful and ornamental. Here is an excellent model, the dress in a light brown wool crepe, the brown with a purplish cast. The frock is simply made with a high neck and short sleeves. The jacket is of a beautiful wool, light weight, with a plaid that includes purplish brown, lavender and blue. Flap pockets at the breast and patch pockets below the waist. The back is gathered from yoke to waist.

Huntingdon Gleaner—Two hundred men with black flags "picketed" the house of a thirteen-year-old girl who was to be married to a man of fifty at Cawnpore. When the bridegroom arrived to claim his bride, he found his way barred. The marriage, it was stated, has now been postponed indefinitely.

Beauty and You

by PATRICIA LINDSAY



Those who know her consider IRENE DUNNE the "Gracious Lady." Her charm weaves a spell over all.

Being Gracious Gets You Places

Pretty manners, and considerate ones, are again the vogue. Being a "lady" is definitely the fashion. This news, is going to be bad news to those women and girls who think rudeness is both attractive and effective.

Even through the era of "bad manners" which we have at last passed, graciousness always reaped its reward. And it is well to learn as young as possible that being gracious gets you places, whereas being rude gets you in general disfavour.

In Business Especially If you work, your associates are apt to be brusque at times which makes you pretty angry. But before unleashing your tongue pause to consider that they, as well as yourself, are rushed in the day's work, and may also be upset with worry or illness.

People, generally, like to be kind and mannerly. Some are timid about being gracious, others hide an inferior feeling by being curt and rude. But graciousness charms, and if you want to be considered and remembered as one who is a lovely woman, you will be gracious even against great irritation.

Don't Confuse Characteristics By urging you to be kind and con-

siderate I do not for a minute want you to be a Miss Miquetost. You know, that type of girl is so darn sweet and good natured that all friends and acquaintances step all over her! That's being soft; graciousness has nothing to do with it!

Synonyms for gracious are: Merciful, benevolent, friendly.

Do what you do for others willingly. Be polite in the requests you make. Be grateful for little favors extended to you. Try to be considerate of those less fortunate than yourself. Snobbery as well as jealousy is scorned.

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A nice way to be consistently gracious is this: If you are a young girl try to imagine that each person to whom you speak is your best beau in disguise! You wouldn't be rude or nasty to him, would you? If you are an older woman, try to imagine the person you must want to impress is peeking over your shoulder constantly. In his or her actual presence you would display your most gracious party manners—and if you are truly a belle you have but the one set of manners!

There are occasions when each of us must be firm, but we can be firm graciously. Even if we must bite our own tongue to keep back the things we would like to say! The day will come when you will be glad you were gracious, even though being so was terribly difficult!

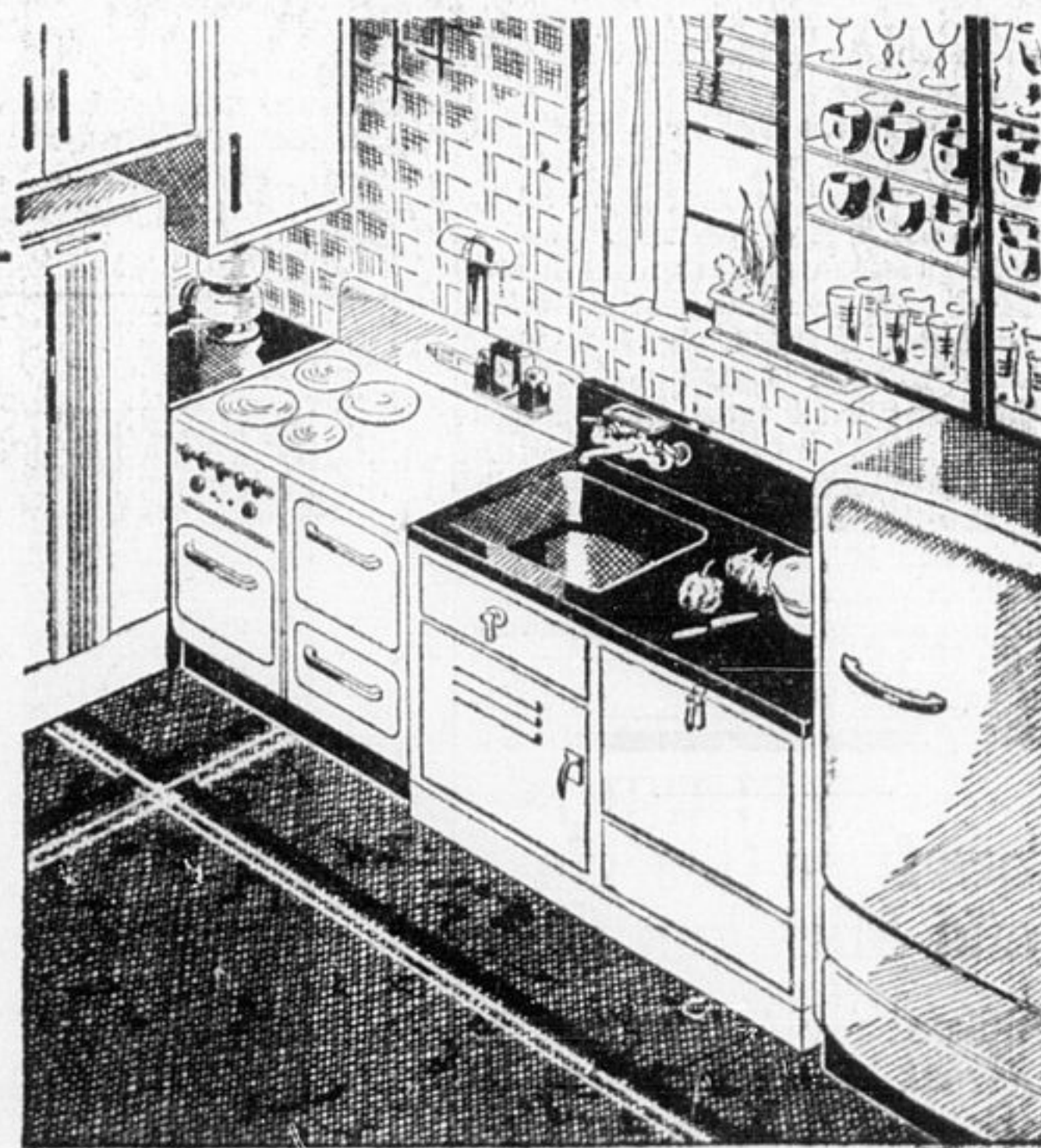
HARDLY FLATTERING

Mikhail—Sally, am I the first man you ever loved?
Sally—Of, course. All the others were fraternity boys.

Ottawa Journal—The reception in London for the President of France is, of course, far more than a gesture of good will. It is further proof to the world that Britain and France stand shoulder to shoulder.

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