Vitamin A May be Found in Many Articles of the Daily Menu

This Vitamin is in Butter, Cream, Egg Yolk, Whole Milk Cheese and in Many Fruits and Vegetables. Value of Vitamin A. Recipes for Tomato Rarebit and Eggs Benedict.

"In what foods is Vitamin A found? If a person is deficient in this, how can it be made up?" asks a reader. Perhaps it would be well to begin the answers to these questions by mentioning the fact that this vitamin is necessary for health and vigor throughout life, as well as for normal growth.

(By Edith M. Barber)

Recent work has shown that a plentiful amount taken daily protects against the actions of infections of the mucous membranes, glands and eye. So-called night blindness has been found to yield to an increase of vitamin A in the diet, or through concentrates which are generally taken in tablet form.

The foods which contribute vitamin A generously are butter, cream, egg yolk, whole milk cheese and many vegetables and fruits which are highly colored. Fish-liver oil, or its concentrate, is a supplementary source.

A liberal amount of vitamin A in the diet is advantageous because a supply may be stored in the liver and tissues for future use, and is of particular value against the onslaught of infections. For this reason, it is often protection against those ailments which are so prevalent in winter, and which we call colds.

Tomato Rarebit

1 pound soft cheese.
Paprika, pepper.
½ teaspoon salt.
½ teaspoon mustard.
1½ to 2 cups tomato soup.

Cut the cheese in small pieces, add mixed seasoning and cook over a low fire until melted. Add enough tomato soup to thin the mixture, so that it may be poured on slices of toast.

Eggs Benedict

½ cup butter.
2 egg yolks.
1 tablespoon lemon juice.
Cayenne.
3 English muffins, split and toasted or six slices toasted bread.
6 slices ham.
6 poached eggs.

Divide the butter into two portions; put one piece in a small saucepan with the egg yolks and lemon juice, hold the saucepan over a larger one containing hot, not boiling, water and stir constantly until the butter is melted. Add the second portion of butter and stir until sauce thickens. Remove from heat and season with cayenne. Arrange on each half of toasted English muffin a piece of ham, which has been frizzled in a frying pan for a few minutes, and on this drop a poached egg. Pour the Hollandaise over and serve.

(Released by The Bell Syndicate, Inc.)

South Porcupine Girl Guides' Weekly Meeting

The 1st South Porcupine Girl Guides held their regular weekly meeting on Wednesday, Nov. 1st, at 4.15 p.m.

The meeting began with roll-call and inspection followed by the singing of "God Save the King" and the repetition of the Lord's Prayer.

The colour party consisted of Rita Costello, Lillian Harry, and Tina Yorke.

The Guides are working on the fireman's badge and Mr. W. G. Skinner gave the first of a series of lectures on the subject.

A new dance was learned by the company and then the Guides practiced songs for the Brownie Fly-Up next week.

The company accepted with pleasure the invitation of the Scouts to a Hallowe'en party and then the meeting which was followed by a Court of Honour ended with "Taps."

Marriage of Miss Keith and Dr. Walter C. Arnold

In reference to the recent marriage of Miss Christina Dow Keith, who for some time was town health nurse at Timmins, and Dr. W. C. Arnold, of Haileybury, The Haileyburian last week published a report from Toronto of the wedding, together with the following comment:—

"Dr. Arnold is an old resident of Haileybury and Medical Officer of Health, while Mrs. Arnold was formerly Public Health Nurse here and has many local friends. Congratulations are extended and the assurance of a hearty welcome when they arrive home."

The Toronto report of the wedding was as follows:—

"The marriage took place yesterday afternoon, October 25th, in St. George's United Church of Christina Dow Keith, daughter of Mrs. George A. Keith, to Dr. Walter Clifford Arnold of Haileybury. The bride's uncle, Rev. Robert Haddow of Weston, assisted by Rev. Dr. Willard Brewing, performed the ceremony. Miss Flora Gray was at the organ. The bride wore her travelling costume, a smart blue suit with dusky pink satin blouse, blue hat and accessories and corsage of white bouvardia and lilies of the valley. Her cousins were ushers, Dr. J. D. Keith, Gordon Keith and Robert Keith. The reception was held at the home of her brother, Dr. W. S. Keith, on St. Leonard's Cres. Mrs. Keith, mother of the bride, received wearing a soft blue crepe gown and corsage of pink roses. Mrs. W. S. Keith was in black and turquoise blue with corsage of yellow roses. The couple left on a motor trip, and on their return will live in Haileybury"

Study Club Groups Organized by the Junior C.W.L.

Work Also Well-Under Way for the Red Cross.

The Jr. C.W.L. held its regular monthly meeting on Thursday evening in the Knights of Columbus club rooms on Third avenue, with about thirty members in attendance.

Miss Toots Keeney gave a report on the successful card party, and the treasurer gave a report. Mention was made of the fact that the members are now practising a play which will be presented early in December, and will be a very entertaining event.

Study club groups were organized under the convenership of Miss Mae Andrews and Mrs. G. Reynolds, and it was noted that the first study club meeting will be held on November 10 at the homes of the conveners.

Mrs. Reynolds reported on the Red Cross work, stating that some work had already been done by the members, who are working on sweaters and socks.

An interesting feature was the reading of the minutes of the Diocesan convention which was held in New Liskeard.

Following the business of the meeting a delicious lunch was served and it was announced that the next meeting will take place on Thursday, December 7th.

GIRL GUIDES IN TIMMINS

The 51st I.O.D.E. Girl Guides held their meeting and Hallowe'en party Thursday, Nov. 22nd. Meeting was called to order by Captain Wadsworth and horseshoe was then formed. The colour party marched on the colours and the Guides sang "God Save the King."

Captain Wadsworth then explained a game in which each patrol took part, the winning patrols being the Purple Heather and Forget-me-Not. Other exciting games followed. The Guides then gathered at campfire and many of them took part in singing, dancing and reciting. Lunch was then served.

The Guides then sang "Taps," and the meeting was closed by Captain Wadsworth, the evening being fully enjoyed by all.

Toronto Telegram—Simile: As hard to meet as an easy payment.

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Report Women's War Work Committee of the Red Cross

S.J.A.B. Hall Used as Distributing Centre for Materials.

(by Mrs. Neame, Convener)

The activities of the Red Cross are being carried on at the St. John Ambulance hall, and at the home of Mr. Pete Bardessono.

The St. John Ambulance hall, kindly lent by its owners, is being used solely as a distributing centre for wool to knit socks and sweaters and is being looked after by a committee of twelve ladies. Two of these are on duty each day from 2 to 4.30 During the time this centre has been open 500 pounds of wool has been distributed to individuals and organizations, half of which has been returned already as knitted goods. Eleven dozen pairs of socks and one dozen sweaters having been sent to Red Cross headquarters.

Due to the great kindness of Mr. Pete Bardessono, two of the basement rooms in his beautiful home have been put at the disposal of the Red Cross. In these rooms surgical supplies, hospital gowns and pillow cases are being made by industrious groups of ladies. These teams are drawn from the principal organizations in town both old and new Canadian, and also by groups under the leadership of the doctors' wives. A large shipment of the articles made in these rooms has been sent to the Red Cross this week. The work would have been impossible had it not been for the splendid response to the appeal for sewing machines which are being kept in order by the Singer Sewing Machine Co. Three large tresble tables and a wool cupboard have been built by members of the Carpenter's Union under Mr. Robins. They kindly offered their services for any necessary work.

The purchasing committee of three ladies have a very difficult task on their hands through the shortage of materials, and the following firms have been most generous in their dealings with the Red Cross: Mr. Bucovetsky, Feldman Lumber Co., The Goldfields Dry Goods, Herman's Dry Cleaning, Montgomery Dry Cleaning, New Method Laundry, The Porcupine Advance, Mr. Rinn, Timmins Press, Mrs. Shaheen, Mrs. Shephard, Taylor Hardware.

Kirkland Lake Couple Observe Silver Wedding

(From Northern News)

Mr. and Mrs. Van Rassel, 27 Wood Street, celebrated their 25th wedding anniversary at a delightful dinner and dance held at the Odd Fellows' hall on Saturday night. Nearly a hundred guests, relatives and friends, many from out of town, were present to enjoy the occasion with Mr. and Mrs. Van Rassel.

Centre of the decorations, which were white and blue, was the wedding cake, trimmed with bells and leaves of white and silver.

Among the out-of-town guests were Marie Van Rassel, of Toronto, Mr. and Mrs. J. Van Rassel and Mr. and Mrs. W. B. Van Rassel and families, Mr. and Mrs. G. Van Rassel, Mabel Charbonneau, Mrs. H. Babcock and George McLean, all of Timmins, Jack Blythe of Kapuskasing, George Becigneul of East Malartic, Mr. and Mrs. D. Noy of Perron Gold Mines, Sam Allard and Mr. and Mrs. W. E. Thuerck of Haileybury, Mrs. H. S. Charette and daughter Hazel, and Mr. Walker, of North Bay, Fred Goodman and Red Dorzinski of Malartic, Quebec.

North Bay Woman Makes Racket out of "Shell Out" Game

Had Group of Youngsters Gathering Goods for Her

North Bay, Nov. 4—Taking advantage of the big heartedness of her fellow citizens was one North Bay woman when Hallowe'en festivities swung into action Tuesday night.

Several west end residents reported having watched the woman as she patrolled the streets with five small children, presumably her own. She stopped at various points along the street and directed the youngsters, telling them which houses to visit. As they filled their Hallowe'en bags with apples, nuts and candy, they returned to the woman who loaded the harvest into a larger bag.

In such a manner she had little trouble in stocking the family larder with sufficient fruit and candy to last many days, with no expense and very little effort on her own part.

Matachewan Indian Girl Still Missing After 10 Days

Elk Lake, Nov. 4.—Despite an intensive search of the countryside by Indians familiar with the district, no trace has been found of Leona Twain, 13-year-old Indian girl missing from her father's home in Willison township, 15 miles north of here, for eight days, Provincial Constable Harold Gall said today. Camps in the area have been visited, the officer declared, without uncovering any clue to the mystery. The girl disappeared into the bush on Wednesday of last week, allegedly after words with her step-mother and although she is believed to have been sighted at a distance the following day a mile south of her home, searchers have not come across her trail. She has no relatives in the district, Constable Gall said. The search party is out again today.

Another "Keep Home Fires Burning" Writes New Song

London, England—Ivor Novello, playwright, musician and matinee idol, who 25 years ago wrote "Keep the Home Fires Burning" and made an estimated $75,000 out of it, has contributed a song to this war's musical budget. It is called "We'll Remember the Meadows" and its chorus goes like this:

"We'll remember the meadows
And the fields of waving corn,
We'll remember the music
Of the land where we were born,
We'll remember the laughter
And the sunshine after rain,
And we'll grin, grin, grin,
Till we win, win, win,
And then come back again."

Honour Bride-to-be at Enjoyable Linen Shower and Party

Event in Tribute to Miss Olga Pottoski.

Mrs. Frank Adamo, of South Porcupine, was hostess at her home on Thursday evening at an enjoyable linen shower, in honour of Miss Olga Pottoski, bride-to-be, whose marriage to Mr. Joe Adamo will take place at the Church of Nativity on Saturday, November 11th. The hostess is a sister-in-law of Mr. Joe Adamo.

About thirty friends of the popular guest of honour were present to extent their best wishes, and to shower her with numerous lovely gifts. The presentation of the gifts to the bride-to-be was made by Mrs. Resso, who brought in the gifts in a basket decorated in mauve.

During the evening, the guests enjoyed numerous games, including the ever-popular bingo. An interesting feature was the showing of movies which were admired by all present.

Noranda Young Lady Hurt in Automobile Accident

Noranda, Nov. 4.—Elita Irvine, well known Noranda girl, employed in Mrs. Delaney's beauty parlor, "The Little Shoppe", was injured in a car accident on the Kirkland Lake-Swastika highway Sunday. Miss Irvine was riding in the front seat of a car driven by Harold Lynch, Kirkland Lake. About a hundred feet east of Trout Creek bridge Lynch turned out to pass a parked car, and as he was passing saw a car driven by M. W. Summerhayes, manager of the Wright-Hargreaves mine, approaching. Though both drivers immediately applied brakes, the wheels failed to hold on the slippery surface and the cars crashed, head-on. Windshields were broken and the front left side of both cars badly damaged. Miss Irvine suffered a deep forehead wound which required four stitches, Russel Crogan, a passenger in the front seat of Summerhayes' car, was cut about the head with flying glass, but both drivers escaped injury.

Articles Sent for Evacuated Families by the I.O.D.E.

Collection Proved Good Success in Timmins and District.

The box of new articles of clothing collected by Timmins Golden Chapter I.O.D.E. is now on its way to England.

These articles all new were collected for the use of the evacuated families in England and the I.O.D.E. report that the collection was an outstanding success.

The following is a list of goods received:—

One pair Hudson Bay blankets; 1 coloured blanket; 3 pairs flannellette sheets; 1 wool and cotton blanket; 1 bay blanket; 4 coats; 4 shirts; 7 woolen dresses with bloomers; 5 dresses; 7 skirts; 16 suits woollen combinations; 22 suits cotton combinations; 14 suits woollen underwear (2-piece); 15 sweaters; 2 windbreakers; 2 pair trousers; 2 pair breeches; 1 play suit; 1 snow suit; 5 pairs shoes; 22 pairs cotton bloomers; 5 caps; 3 helmets; 1 pair pillow cases; 33 pairs rayon socks; 28 pairs woollen stockings; 7 sleepers; 5 nightgowns; 2 waists; 8 suits pyjamas; 14 towels; 8 face cloths; 1 pair mitts.

The I.O.D.E. wish to thank the following people for their kind and useful donations:—

Mrs. W. J. Lawry, Mrs. McWilliams (Dome); Mrs. D. McInnis; Mrs. McTaggert; Mrs. G. A. Macdonald; Mrs. D. Ostosser; Mrs. A. Neame; Mrs. F. Passmore; Mrs. W. Pritchard; Mrs. E. Pritchard; Mrs. Robinnau; Mrs. Rodgers; Mrs. F. Read; Mrs. R. Smith; Mrs. A. Schaefer; Mr. A. Skelly; Mrs. H. Fraser; Miss E. Terry; Mrs. L. Taylor (Cherry St.); Mrs. C. Wilkins; Mrs. R. Young; Mrs. A. Young; 51st I.O.D.E. Girl Guides; 1 parcel, Schumacher Hardware; No. name; Jewish Ladies Society; J. Martin's Store (3rd Ave.); Rinn Bro. Store, (Pine St. N.); Shaheen Store (Pine St. S.); Marshell-Ecclestone (3rd Ave.); Mrs. A. Allen; Mrs. W. Burns; Mrs. Bartleman; Mrs. A. Booker; Mrs. A. Cadman; Mrs. F. Carriere; Mrs. R. E. Delahunt; Mrs. Dr. Day; Mrs. Dalton (3rd Ave.); Mrs. A. Dorschener; Mrs. E. Dorway; Mrs. A. Gillies; Mrs. L. Halperin; Mrs. T. Hardy; Mrs. G. S. Lowe.

There were many other donations but unfortunately the doners' names were not on the parcels, therefore it is impossible to include their names in the above list.

Blairmore Enterprise — And now they're going to take the ribbon out of Ribbentrop.

Beauty and You

by PATRICIA LINDSAY

A necklace of processed pine cones makes a refreshing frame for this pretty young face which is kept lovely through intelligent skin care.

College Girl's Oily or Dry Skin Requires Three Beauty Aids.

Naturally our thoughts are with the college girl these days. Now that she is back and settled with her room-mate she should give some consideration to her skin care. Naturally she doesn't want to be troubled with an elaborate routine, but if she doesn't begin skin care this week she is likely to neglect it the rest of the school year—much to her sorrow and loss of beauty.

A leading cosmetician worked out two "short-cut" routines for the college girl with dry or oily skin condition.

"Even if your complexion is fresh and lovely now," she warns, "don't neglect it! The most fetching wardrobe in the world, or the most fetching manner cannot cover up a neglected skin. And a few minutes each day devoted to your skin will reward you with an exquisite complexion for years to come." And she is right, my lambs.

The Simplest Treatments

If your skin is dry you use a rich cleansing cream; you tone it and close the pores with a refreshing, milky tonic; you use a protective make-up base which also helps to keep your make-up intact. This make-up base is sufficient during the week with no powder and rouge. Use just a lipstick. Over the week-ends you may embellish more.

For the oily skin there is another three-step treatment. A special, quickly lubricating cleansing cream, and a supply of soap grains (which is a unique washing preparation important to the oily skin), and a special astringent make-up film to keep your skin looking fresh as a dew-kissed petal! The idea of the routine is a soap cleansing after make-up is removed with cream, and a bit of complexion film to make your over-active pores behave.

Simple, aren't they? These two daily skin treatments. And you will not have to cram to pass even the most meticulous beauty exam! Come what may in the exciting school year, you will be prepared to face it with a pretty face! And you will have that nice comfortabe assurance that you are preserving your beauty for the long years ahead!

Keep your three beauty aids, and your make-up, out in a conspicuous place. On the top of your dresser, on the the handy bathroom shelf—some place to remind you to use them every day.

If you wish even further convenience you may shop and get the three aids you need in a compact little kit which is no end convenient to tuck in your bag for week-end jaunts.

I don't have to tell you, of course, to get as much sunshine as you can, as long as your skin is protected by cream. Fresh air and sunshine do more for your health and beauty than any preparation on the market. You might watch your menus too, it is being very knowing to insist upon heaps of fresh vegetables and fruits and fruit juices and to refuse fried foods and rich starchy sauces and desserts. But most likely, your school kitchen is modern, and you get these served to you daily.

(Released by The Bell Syndicate, Inc.)

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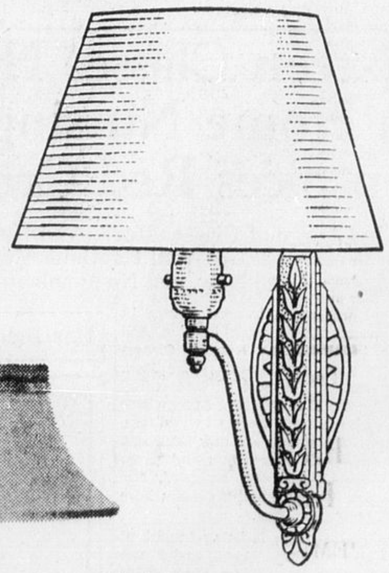
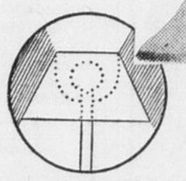
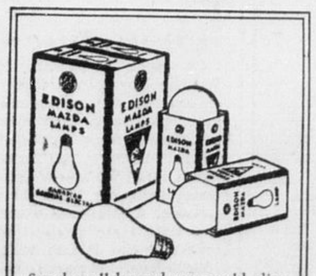


Modern, scientific lamps have an opalescent bowl under the shade which properly directs and diffuses the light.





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