

Oranges and the Many Pleasant Dishes in Which They May Form a Part

Recipes for Baked Oranges, Orange Marmalade, Orange Biscuits, Orange and Onion Salad, Orange Sauce. How Oranges Can be Used to Improve the Week's Menu

The Forty-niners in their covered wagons or in their sailing ships sought and found gold in California. Golden ore can be exhausted and cannot be recultivated. The golden fruit, however, which is now the basis of a great industry in this State, is brought forth from the soil in ever increasing numbers.

Oranges and other citrus fruits are not native products. A few trees were

hot oven, 450 degrees Fahrenheit, fifteen minutes.

Orange and Onion Salad
3 oranges.
2 Spanish or Bermuda onions
French dressing
Slice the oranges after peeling and arrange with slices of onion on a bed of lettuce or endive. Dress with French dressing and let stand at least one hour before serving.

Orange Sauce
2 egg yolks
1/4 cup sugar
1 cup orange juice
Grated rind of one orange
1/2 cup hot water
Beat egg yolks until thick. Stir in remaining ingredients and cook over hot water until thick. Serve on pudding. (Released by The Bell Syndicate, Inc.)

Fish Hatchery Starting Operations Near Englehart

The New Liskeard Speaker last week had the following paragraph of interest to all parts of the North:

"With the arrival on Tuesday of this week of the first shipment of fish eggs, the new Ontario Government Hatchery at Hill's Lake can be said to be in operation. On Tuesday morning a shipment containing some four million eggs was received at Englehart and transported to the new hatchery by truck, marking the first opening of the hatchery. Later this week, according to Game Overseer Elgin Binkley, a shipment of parent fish is expected. The parent fish will, when received, be placed in the new large pond set aside for them, and it is from these fish that eggs will be secured for the future operations of the hatchery. The manager of the hatchery is Mr. Wallness, formerly of Sault Ste. Marie."

Another List of Purchasers of Christmas Seals

Number Yet Need to Make Returns to Reach Objective Here.

Since the last list of names appeared, the following people have contributed to the Christmas Seal Fund:

- Alma's Beauty Parlour.
- Baxter, John; Blyth, Miss Ellen; Boyce, P. A.; Bull, W. E.; Byron, W. F.; Canie, Provin.
- DeVillano, G. Leo; Dengley, John; Erickson, George.
- Gardner, Thomas; Gibbin, E. L.; Hamilton, G. B.
- Fay, Philip.
- LaRenier, Clifford; Landers, Jos. P.; Moran, Elmer; Macdonald, G. A.; McLanders, Carl.
- Pennie, Charlie; Priese, Fred.
- Rintala, Walter.
- Shuttleworth, William; Simmers, W. J.; Smith, Frederick; Swift Canadian Co.
- Thompson, Mrs. E. P.; Travers, Mrs. H. L. Turner, Harry.

Former Resident Here Re-enlists With Finland

A recent issue of The Globe and Mail published a picture of Herman Nykanen, 200-lb. former professional wrestler, and lately working in the mines at Great Bear Lake, who has re-enlisted in the Finnish army. Mr. Nykanen travelled by dog sled, aeroplane and train from Great Bear Lake to New York to return to Finland to join his brother who is a captain on the Mannerheim line. He served as a lieutenant under Mannerheim against the Reds twenty years ago, later coming to Canada, where he gave exhibition wrestling in many towns and cities. Herman Nykanen lived for some time in Timmins where he was very popular. While here he was in several wrestling bouts, but the incident that will be most generally recalled will be the case of a circus visiting Timmins several years ago, a feature of the show being a wrestler who challenged any local man, or as many local men as liked to go against him one after the other. In most places, in fact, in all of them but Timmins, the circus wrestler threw all comers. Here, however, he lost the bout and admitted he had met a better man. The local wrestler was Herman Nykanen who seemed more delighted at the pleasure given the local crowds than he was at the winning of the purse offered by the circus.

Successful Event in Aid of Finnish Red Cross Work

A large number attended the social evening in the Harmony hall on Thursday, when coffee and Finnish coffee bread and cakes were served, donations going to the Finnish Red Cross. Mrs. Utrianen and Mrs. Schroeder were in charge of the event, which will be held every Thursday evening, all donations to be contributed to the Red Cross to aid in the Finnish war work. Refreshments were served from 7 to 10 p.m., and were well prepared and tasty.

The Finnish people of the district have aided their native land in many ways, large donations having been made, and a monthly fund conducted, which provides a handsome sum each month.

Pleasing "At Home" Event at Rebekah Lodge Last Week

Visitors Present from Other Lodges. Interesting Programme.

The regular meeting of the Gold Nugget Rebekah Lodge was held on Thursday, January 4th, at the Oddfellows hall, with visitors present from North Bay (Mrs. Land, Past Assembly President), (Mrs. Lauder, Nipissing Lodge), and from Iroquois Falls (Mrs. Brown, Elvira Lodge). Mrs. Ethel Keene, Past Assembly President, was also present.

After the lodge meeting an "At Home" party was held for the Oddfellows and Rebekahs which included dancing and an interesting programme.

Mr. H. C. Trener sang "Tommy Lad" and an encore, and Mrs. T. Gay pleasingly rendered "Tatters" and "Sitting at Home by the Fire," accompanied by A. Garraway.

Billy Richards and Jack Thompson performed a duo tap dance, and Jos. Jago and P. Harris sang a duet.

The T.P.A.A. Harmonica Band were featured on the programme, giving several fine selections. Marjorie McChees gave a dance number, and Mrs. T. H. Richards, accompanied by A. Garraway, sang two solo selections. J. Jago and P. Harris each sang solo numbers accompanied by A. Garraway, and following the programme, a dainty and tasty lunch was served.

Members of Junior C.W.L. Hold Happy Holiday Party Event

Red Cross Convener Reported Distribution of Wool to Jr. C.W.L. Workers

The Jr. C. W. L. entertained on Thursday evening at a delightful Christmas party, this being the first occasion upon which the members were able to meet to hold this annual event.

Prior to the social event, a short business meeting was held. Mrs. Anderson reported on the Christmas donation made by the club, and read a letter of thanks which had been received from the family who received the donation this year.

Mrs. G. Reynolds, the Red Cross convener, reported that wool had been distributed for eight sweaters and eight pairs of socks.

The members made plans for a home-baking sale to be held during this week, definite date and place to be announced shortly.

A motion was passed to pay both the National and the Diocesan per capita tax this month of January.

Christmas cards were received from the Rev. Fr. O'Gorman, the Sr. C.W.L., Mrs. Hollands-Hurst, the diocesan president, and a letter from Miss Flynn, diocesan convener of Juniors, wishing the members a very happy new year.

During the Christmas party, the members and their friends enjoyed many happy games and a dainty lunch was served.

Winners of the prizes were as follows: coddle, Mrs. J. Anderson; chinese checkers, Mrs. Jenkin; door prize, Mrs. C. Culhane.

A beautifully decorated Christmas tree, bearing gifts for each member, was a feature of the event, and each member was made happy with some small gift as a souvenir of the event.

Quintuplets Turn Page to New Chapter of Life

(From Toronto Telegram)

Subject to approval by the Ontario Government, a settlement of the differences between Dr. Alan Dafoe and the parents of the Dionne quintuplets is reported to have been reached. While retiring from his post as physician, Dr. Dafoe is to remain as physician in charge of the five little girls. With the announcement comes the intimation that within the next twelve months or so, the time necessary to select a site and build a family home, the quintuplets will be reunited with their parents and brothers and sisters.

Dr. Dafoe's association with the quintuplets has brought him deserved fame. Whether or not any other doctor could have done as well, he was the man on the scene. His skill and care have been unremittently given to the little charges who have made the name of the little northern village near which they live a household word. It is well that the guardianship of their health will still be in such capable hands.

That the five girls should soon be returned to their parents to be brought up with their brothers and sisters is entirely in their own interest. If they are to lead as normal a life as is possible for quintuplets, they cannot be indefinitely segregated from contact with other children nor from dependence upon their father and mother. Their estate should properly remain under the supervision of the Official Guardian while they are minors, but it is time for the Government to consider whether in all other respects guardianship should not be relinquished by the province and transferred to the parents who are their natural guardians.

Pyjamas With Pockets Promise to be Popular

From Sault Ste. Marie Star:—Pyjamas will not be popular as a street costume for men until provided with pockets for a watch, knife, key-ring, fountain pen, pencil, billfold, the twelve-mile railroad ticket, the driver's license, and the little red memorandum book stuffed with newspaper clippings.

Guard Against Danger of Monoxide Poisoning

(From Montreal Star)

It seems incredible that year after year the coming of cold weather should be the signal for deaths from carbon monoxide gas fumes in garages. Surely it would appear that if there is one thing about which the public should be completely informed, it is of the danger of running an internal combustion engine in an unventilated place. Yet already this year, although we have had comparatively little extreme cold and almost no snow to complicate the problems of entering and leaving garages, accidents from gas poisoning have begun.

The insidiousness of the gas is its greatest danger, second of course to its deadliness. There is neither smoke nor smell to it, and its first effect is the paralysis of the motor muscles, so that while the victim may remain conscious of his impending fate for a few seconds he is quite unable to save himself. Moreover, the ordinary ceiling ventilators, which are to a certain extent effective in the case of light, volatile gases such as that used for illumination and cooking, are useless with the heavy carbon monoxide, which must fill the enclosed space completely before it literally spills out of a high-placed ventilator like a liquid. Not many private garages, the scene of the very great majority of fatal gas poisoning accidents, are equipped with the fan-driven ventilators which, by moving the air in either direction, will do away with the danger.

There are one or two quite simple rules that, if observed, would end monoxide gas poisoning today: stop your engine when you stop your car in any small enclosed place; if an engine must be warmed up before driving, back immediately till the exhaust is outside the threshold; never leave garage doors so they can blow against the back of a running car.

There are some motor accidents which are not preventable—very, very few, but still some. Death by carbon monoxide gas poisoning is not one of them.



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

That Body of Hours

SLEEP HABITS FOR CHILDREN
A great deal is being said and written about sleep these days, because rest—unbroken sleep—is a great builder in children and a great restorer of energy in adults. The fact that infants sleep nearly all the time is Nature's method of preserving the energy for growth and development. The kicking and squirming of infants for the short time they are awake seems to give them all the "exercise" they need.

Just how long should children sleep? The Ontario Department of Health in one of their series for mental health clinics give these figures:

- Birth to 6 months—18 to 20 hours
 - 6 months to 2 years—16 hours
 - 2 years to 6 years—12 hours
 - 6 years to 10 years—11 hours
 - 10 years to 14 years—10 1/2 hours
 - 14 years to 18 years—10 hours
- Regarding the first two years of life, the most important rule in developing healthy sleeping habits is to leave the child alone. Make sure the baby's needs in regard to nourishment, waste from bowels and bladder, and clothing are looked after at regular hours. Then, if the baby cries, be satisfied that he is comfortable and do not interfere. A definite routine for sleeping, waking, food and toilet should be established from the beginning. This should be changed only to suit the needs of the growing child.

As children grow older, a definite hour for going to bed is advisable and he should go to bed the same hour every night. This is habit-building.

In regard to exercise, the youngster should be allowed, at regular hours if possible, to roll, squirm, kick, and stretch without too much clothing to hamper these exercises. Daytime rests or naps are advisable up to the fifth year, right after the noon meal if possible.

The period before actual bedtime is extremely important in influencing sleeping habits. There should be a quiet unexciting bed-time hour. Romping and running, vigorous play, and exciting stories should be avoided. Taking off clothes, going to the toilet, getting bathed, taking a drink (if this is allowed, as no drinking is permitted if child wets the bed), should be looked after before getting into bed.

Room should be well ventilated, bed-clothing light, soft, and warm. Lights and sounds should be avoided as much as possible if they attract his attention.

The Common Cold
The common cold is probably the one ailment most neglected and yet it may lead to dangerous complications. Send Ten Cents for Dr. Barton's helpful booklet entitled "The Common Cold" (No. 104), mentioning this paper, to The Bell Library, Post Office Box 75, Station 0, New York, N.Y. (Registered in accordance with the Copyright Act.)

Huntingdon Gleaner:—At one time during a season of heavy fog, a London daily paper offered a prize for the best fog story. The story given here won the prize. A merchant received a telephone message one morning from one of his clerks. "Hello, Mr. Smith!" said the clerk over the wire. "I cannot come down to the shop this morning on account of the fog. I have not yet arrived home yesterday."

Popular Timmins Young Lady Married at Moosonee

Miss Mary Beadman and Mr. James Peace Wedded.

An attractive wedding, of interest to many Timmins people, was solemnized at the Moosonee Anglican Church on Wednesday, January 3rd, at 8 p.m., when the Rev. Gilbert Thompson, of Moose Factory, united in marriage Miss Mary Beadman, of Timmins, and Mr. James Peace, of Moosonee.

The bride, who was given in marriage by Mr. Ernest Bradley, of Moosonee, was charmingly attired in an ensemble of coral wool, with a silver fox jacket, and burgundy accessories, and carried a bouquet of roses and lily-of-the-valley.

Miss Gertrude Aho, of Timmins, attended the bride, while Mr. Allan D. Kupkee, of Moose Factory, was the groomsmen.

Following the ceremony a reception was held at the home of Mr. and Mrs. Ronald Thompson, manager of the Hudson Bay Co., at Moosonee, and the bride and groom have taken up residence in Moosonee, where Mr. Peace is the meteorological observer.

The bride, whose home has been in Timmins for many years, is very popular and has many friends here. She graduated from the Timmins High School, and attended North Bay Normal School, taking a post at Moosonee, recently being public school teacher at Gardiner.

Their many friends here will extend best wishes for every happiness to Mr. and Mrs. Peace.

Tuberculin Tests Given 755 Children During December

Corrective Measures Taken by Town Nurses For School Children's Ills.

During the month of December 755 Timmins children received the tuberculin test according to a report of the Town of Timmins public health nurses, submitted to the Board of Health when it met on Thursday evening. Of that number 59 had a positive reaction and 696 reacted negatively. Those children who reacted positively will be given a chest examination and X-ray test at the chest clinic here.

Fifty-six school children and 36 pre-school children were given a third dose of diphtheria toxoid.

The report showed that 89 school visits were made; that 133 class room inspections were carried out and 72 first aid dressings applied, that special physical examinations were given 41 and that 3 were given vision tests.

Defects found in children included 11 for vision, 1 for an ear defect, 2 for defective nasal breathing, 6 with abnormal tonsils, 7 with decayed teeth and one with enlarged glands.

Many children were given corrective measures for defects discovered during the past months and physical defects discovered during earlier months and known to be present.

Conferences were held with principals of schools, teachers, dentists and janitors. A large part of the nurses' work comprised visits made to homes of pupils and town charges.

Resolutions thanking the Sanitary Inspector, James Meehan and the Clerk, P. H. Murphy for the assistance and co-operation given the Board of Health during the past year.

Routine business occupied the attention of the Board. Reports were received, scrutinized and ordered filed. The question of a slaughterhouse for the Porcupine, which has long been discussed in Council and Board of Health circles, was deferred.

Huntingdon Gleaner:—Sixty-one per cent of the people of the United Kingdom are satisfied with the Chamberlain government's conduct of the war while 18 per cent are dissatisfied, according to a survey conducted by the British Institute of Public Opinion. The result of the poll was announced at New York by the American Institute of Public Opinion.

Beauty and You

by PATRICIA LINDSAY



A lubricating eyestick keeps eyelids from chapping. Dry or Sensitive Skin Requires Specific Winter Treatment.

If you are of the eighty per cent of Canadian women who have dry or sensitive skin, you have a definite complexion problem during the nippy weather and perhaps several suggested treatments have not sufficed to keep your skin as smooth and translucent as you desire.

Chapped, rough dry skin is no fun. It isn't comfortable and it certainly robs you of complexion charm. But how to correct the condition satisfactorily has many a cosmetician experimenting!

Occasional daubs of lotions and creams give only temporary relief as you know, for it requires a regular, daily routine to keep the skin from flaking or scaling and subduing in tone!

A clean skin best resists irritations, so therefore it is essential to wash it with a rich bland soap lather at least three times a week. Dirt and other surface impurities must never be allowed to remain and join forces with the irritations of the elements!

After much research about this type of skin, I find that a cleansing with cream before the soap and water washing is the better method. Scrub it at night before going to bed and, if it is very sensitive, rub on a bit of pure mineral oil. Ordinary dry skins react favorably to a rich lubricating night cream which should be rinsed off in the morning with cold water (not hot)—especially if you are going out early in brisk weather. Or you may use the mildest of skin tonics instead of the water if you prefer.

Facial Exercises
When your skin has just been washed and dried thoroughly it is good to massage it with your palms. No cream nor

lotion—simply rub clean palms against clean face with movements going upward from the chin. This exercises lazy pores and they give more freely of natural lubricating oils. Frequently this daily treatment substitutes for a make-up foundation, for I have seen dry skins which look "sticky" when a foundation is applied.

Those of you who believe in a one-cream-treatment should select a rich cold cream. Use it for cleansing, then wash your face, apply the cream again and wipe as much of it off as possible. What remains may serve as a make-up base. The same rich cream may be used as a nightly skin lubrication.

Facial exercises are most efficacious if you will do them regularly, sitting before a mirror. Make faces at yourself while cream is on your skin, after you have massaged it will tone up the tiny muscles.

A new leaflet of facial exercises to help eradicate unnecessary wrinkles and firm sagging contours, is now available if you will write me care of this paper and enclose a self-addressed envelope bearing a three-cent stamp when you request it. These exercises are simple and easily memorized which is much in their favor.

(Released by The Bell Syndicate, Inc.)

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