Emphasizes Important Part Played by Vitamins In Diet and Nutrition

Foods High in Vitamins, With the Addition of Concentrates When Necessary, Have Resulted in Better Growth and Development. A Few Recipes.

New Liskeard Recently.

Last week The Advance made refer-

employees and friends of Mr. and Mrs

S. D. Eplett, of New Liskeard, did not

allow the double anniversary-the 25th

anniversary of the founding of the S.

D. Eplett & Sons firm and the 47th

anniversary of the wedding of Mr. and

Mrs. Eplett-to pass without special

Gordon, and so quiet was the entire

know anything about it until Gordon

turned into a "banquet room," where

rival. Following a bountiful supper.

honor of presenting his father with a

lounging chair and stool, while his

"At the gathering of the employees

That

Body

Dours

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

TREATMENT OF

CURVATURE OF THE SPINE

physical examination of school chil-

3 the spine) should be to correct the

curvature completely and to maintain

give good results.

mother was the recipient of roses.

ferred to."

pleasure by all here:-

"This vitamin stuff is making us a 25th Anniversary nation of neurotics," remarked a man 25th Anniversary to me the other day. He went on to say that people got along for generations without thinking of vitamins and most of them seemed to survive.



(By Exith M. Barber)

Of course, immediately I had to try and prove to him that vitamins play an important part in nutrition, although I can sympathize with his boredom caused by hearing them discussed at meal time. For the inclusion of foods which are high in vitamins with the addition of concentrates when necessary has however, resulted in better growth and development and in better general health throughout the community.

Today, we will take vitamin A as an illustration. When there is a deficiency Liskeard Creamery the firm opened not know. We just had to have more we find that resistance to colds, and infections of the sinus gland and ear are reduced. More recently it has been found that vitamin A aids the eye to intensity.

natural sources of vitamin A. In fact facturing plant, which opened in 1932. "spirit," said the speaker and we had the livers of all animals provide this In 1938 the firm opened a dairy and ice lived to see what seemed to be an vitamin. Whole milk, butter, cream cream plant at Larder Lake to serve eclipse, and cream cheese, egg yolks, salad that rapidly growing town. The firm greens carrots and tomatoes supply also has distributing agencies at Amos so pitifully needed Christ and a Christ's valuable amounts. The inclusion of and Val d'Or, the former having been that so well knew the needs of the plenty of these foods in the daily diet in operation since 1925 and the latter world there must surely be some closer is so natural that it should not cause since 1938. The company has about approach to sanity in the future. a neurosis.

Tomato and Corn Scallop 2 tablespoons butter

1 onion 1/2 green pepper

1 can tomatoes 1 can corn

Salt Pepper

4 to 6 slices of buttered bread Melt the butter and in it cook the minced onion and green pepper until light brown. Add the tomatoes and corn and seasonings. Line a baking dish with the buttered bread, from which the crust has been trimmed. Pour in the vegetable mixture and cover with bread and bake in a hot oven (450 degrees F.), until the bread is light brown.

Baked Eggs

2 tablespoons butter 1/2 cup milk

3 cups riced potatoes

Pepper Paprika

2 tablespoons chopped chives

(Released by The Bell Syndicate, Inc.) the ice cream business previously re- hold the spine straight."

Report for January of District Children's Aid

The following is the report of Mr. A. G. Carson, local superintendent of the Cochrane District Children's Aid Society for the month of January:-Office interviews Interviews out of office 125 Complaints received Investigations made Children involved Mail received Mail sent out Children in Shelter Children boarding out Wards visited Court attendance Juvenile cases Wards placed in boarding homes Mileage travelled Children comitted to an industrial school Persons prosecuted for offences against children l of the spine. Children placed in foster homes (not wards) Children admitted to Shelter (not wards) Children given hospital and medical care

Children returned to parents Children given assistance in their own homes Investigations for other societies Cases under the Unmarried Parents Act

Aber

5 this correction permanently. Northern News:-Here's to Aubrey check-up, the patient should have British Columbia was not far wrong Davis of Newmarket. A war-time "dol- exercises to improve posture, increase when he told New York that if the lar-a-day man," he has refused a \$15 the flexibility of the spine, and keep States and Canada were to send over a day living allowance and additional in close touch with the clinic. While 2,000,000 men, the war would soon be expense allowance.

Cannot Break the Finnish Spirit Says Mr. Heinonen

munism or Nazism but British Democracy.

"Today Finns in Canada, and in fact, Finns all over the world begin to realize that neither Germany's Nazism nor Russia's communism is their true friend of Business and 47th out that Britain and her ideals represent the true Christian democracy they of Wedding Observed so much adhere to," said Mr. A. I. Heinonen, minister of the Finnish United Church, speaking on Thursday Unusual Double Event at night to the local branch of the Lions Club when it held its regular meeting in the Empire Hotel.

Within twenty-fours hours after the war between Russia and Finland broke out the first British ambulance had arrived on Finnish soil, said the speak-He lauded the Canadian Red Cross and more particularly the Red Cross Societies of Schumacher and Timmins, which he said, sent \$500 and \$1,000 respectively to the Finnish Red Cross.

observance. The unusual event is of There were no Communists among special interest to Timmins and this the Finns now, said Mr. Heinonen. part of the North, because of the They were as one man in their conconnections of the firm here. The fol- demnation of Russia and her brutal lowing more extended report from The aggression in Finland. For that matter, New Liskeard Speaker will be read with said the speaker, those Finns who had experience of Russia even before the "Thursday evening, February 1st. war were against Communism. He said was a red-letter day in the history of that he knew dozens of Canadian Finns S. D. Eplett & Sons Limited, for on right in the camp who had been in that occasion the employees of the Russia "the workers' paradise" and who New Liskeard plants, and their wives, had returned disillusioned. "You can't the managers of the out-of-town make Communists out of them now.' branches and their wives, as well as said Mr. Heinonen. "They found that other members of the staff, gathered at | there was no bread in Russia and no New Liskeard for the celebration of the butter, no peace and no confidence. The firms 25th aniversary. The celebration terror of the people was the OGPU or on February 1st marked the anniver- the secret police and even children sary of the starting of S. D. Eplett & were used as spies. The hundreds who Another Successful Sale Sons in the ice cream business in New have come back to Canada from Rus-Liskeard; some years later the creamery | sic knew all these things."

was purchased from the Ontario gov-Referring generally to the chaotic ernment, marking the entrance of the state of the world, Mr. Heinonen said firm into the dairy business on a large that too many of us were worshipping an ideal we called "progress." Progress fee and coffee bread held in the Har-"Following the purchase of the New where, how and to what end we did mony hall on Fourth avenue. The branches in Timmins where they science, more pleasure, more cars and people enjoyed the special Finnish delihave operated a dairy and ice cream food and money. Natural religion was factory since 1922; in Cochrane an ice asleep. Then came the crash of the cream factory has been going since world being precipitated into war and adjust itself readily to changes in light 1926, Rouyn is the sight of another ice it was followed by a cultural pessimism.

cream factory, while Kirkland Lake has We dwelt too much upon a civiliza-In fish liver oils we find the richest an Eplett Dairy and ice cream manu- | tion of "things" rather than one of the

> However, he said, with a world which 100 employees on its payroll at all

> Wendell Brewer thanked Mr. Heinonen on behalf of the club and sug-"The gathering together of the em- gested the club show its appreciation of ployees of the firm was planned by the Finnish cause by something of two sons of the founder, Sam and more concrete nature than good wishes. William King, President, was in the affair kept that the father did not chair.

at whose home he and Mrs. Eplett Business Girls' Club to were to be guests at dinner, led his parents to a section of the "freezing

room" of the plant, which had been The Porcupine Business Girls' Club held a general business meeting on party taking down the colours. "O the gathering was awaiting their ar-Thursday evening in the club rooms, Canada" and "Taps" were sung. the chief business of the evening being consisting of roast turkey with all the plans for the presentation of a play in trimmings, a short program of toasts and moving pictures was carried out been set as yet, but further notice of and during the evening, speaking on behalf of the staff, Sam Eplett had the

the event will be made. The next meeting of the club will

other being the wedding anniversary of if parents can see, after the child and from those anywhere else. Mr. and Mrs. Eplett, Sr., who on April instructor have worked faithfully with the first will celebrate the 47th anniver- the exercises for weeks and months, sary of their marriage. Mr. and Mrs. | that they are not getting results, they Add the butter and milk to the hot Eplett were married at Woodville in are more willing to allow operation. No riced potatoes and season to taste. 1893, and until 1898 Mr. Eplett carried parent likes to feel that he or she has Beat well, add the chives and spread in on a hardware business at Coldwater. not done all that was possible to have a shallow greased baking dish. Make Disposing of it, he opened hardware his disfiguring condition corrected and five hollows and in each place a raw stores in New Liskeard and Milberta, prevent the inferiority complex that egg. Sprinkle with paprika and bake selling his former store to Magladery may be present later. The operation in a moderate oven until the eggs are Brothers in 1908 with the idea of re- consists in straightening out the curve tiring. A few years later he purchased and splinting the bones together to

> "Often patients come in complaining of a painful spot in the spine and examination reveals the curvature. Such patients often do not have deformities sufficiently severe to require or warrant a long period of treatment. Exercises and massage should be begun and if these are not successful, operation is advised."

The thought, then, when spinal curvature is discovered, is to ask the family physician to refer the patient to an orthopedic specialist. Sometimes exercises and massage prescribed by the specialist and taken under the supervision of a competent physical director may be all that is necessary Further, this treatment is not lost One of the gratifying results of the should operation be found necessary.

Health Booklets dren is the early discovery of spinal Readers may obtain Dr. Barton's curvature. Parents should remember booklets by sending Ten Cents for each 1675 this whe they hesitate about giving one desired to The Bell Library, Post permission to the school physician or Office Box 75, Station O, New York, I nurse to have sufficient of the child's N.Y., mentioning this paper. The bookclothing removed to get a good view lets are: (No. 101) Eating Your Way to Health; (No. 102) Why Worry about A curvature that is not discovered Your Heart?; (No. 103) Neurosis; (No. 3 until the youngster is well along in his 104) The Common Cold; (No. 105) or her teens is difficult to correct by Overweight and Underweight; (No 5 exercises and even operation may not 106) Allergy; (No. 107) Scourge (gonorrhoea and syphilis); (No. 108) How Is Dr. H. F. Ullrich, Baltimore, in Your Blood Pressure?; (No. 109) American Journal of Surgery, states Chronic Rheumatism and Arthritis; that the objective to be attained in the (No. 110) Cancer: Its Symptoms and 6 treatment of scoliosis (curvature of Treatment.

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"After complete physical and X-ray Northern News:-Premier Pattullo of these exercises may be sufficient to cor- over.

Group at W.M.S. Deals With "Christian Church in India"

The Women's Missionary Society of the Timmins United Church held its regular meeting on Thursday afternoon in the church, with Mrs. W. M. Finns All Over World Rea- Mustard in charge of the meeting lize Friend is Not Com- which opened with a hymn and prayer.

A short business meeting was held. during which Mrs. Gordon reported the number of subscriptions for the magazine "Missionary Monthly." Mrs. A. Ramsay agreed to act as

hostess for the March meeting Sympathy of the members was extended to the family of the late Mrs. J. M. Studer, and a letter of sympathy was sent to Mrs. P. H. Carson, who recently was bereaved by the death of her father.

Mrs. Traver asked for volunteers to canvass for the work of the War Services Incorporated, and plans were made for an annual tea, to raise money for the supply fund. It was decided that this tea would be held on Saturday, February 24th.

Committees, with Mrs. Howard, Mrs. A. Carson, and Mrs. Passmore as conveners, were reported, and the secretary was instructed to write to the radio station to thank the management for arranging to carry to the broadcast from Toronto by Mrs. G. E. Forbes of the Worlds' Day of Prayer.

A splendid programme and study chapter was presented by Mrs. Wair's group, the subject being "Christian Church in India."

Mrs. Ramsay delighted the members with a solo selection and Mrs. Weir was assisted by Mrs. Rinn, Mrs. Pozzetta, Mrs. McCarthy, Mrs. Oltsher, Mrs. Passmore, Mrs. Woods and Mrs Rutherford.

The meeting closed with the Benediction following which the members stayed to listen to the World's Day of Prayer Broadcast.

of Finnish Coffee Bread

Mrs. L. Laakso and Mrs. J. Eskelin were hostesses on Thursday afternooon and evening at a sale of Finnish cofevent was very well attended, and many eacles which were served.

Proceeds from the sale are being donated to the Finnish Red Cross



The regular meeting of the 51st I.O. D.E. Guide Company was held on Thursday, Feb. 8th. The meeting opened with "God Save the King." The girls assembled in a circle and Captain Wadsworth taught them their "Emergency Helpers' Badge." Demonstrations were given and the Shaeffers' Method of Artificial Respiration was given. Captain Wadsworth aslo show-Present Play in near Future ed the smaller Guides the Fireman's

The meeting closed by the colour

that Gladys Langman would be made where she can go to show off her new the near future. No definite date has Company Leader, and Kay Starling transferred to Assistant Lieutenant.

take place on Thursday evening in the munist pests in their organization, trade she needs both! unionists in Sweden offered them free | Pretty clothes and other ornaments one-way transportation to Moscow. were meant to be enjoyed not only by of S. D. Eplett & Sons, the occasion was rect slight or early cases, they will not There were no takers; indicating that those who wear them but by those who looked upon as a double celebration, the correct completely many others, so that the Reds in Sweden are no different see them. That is why women adorn

Beauty and You by PATRICIA LINDSAY ____



This fascinating beauty takes delight in displaying her exquisite evening compact of burgundy French enamel with a royal crest of

Getting Out to Festivities Inspires Good Grooming.

man she loses interest!

The other argues that no woman for inspiration. Let's keep it going. would wear the current stylish hats if she was trying to attract the attention or admiration of men-for men think the hats are crazy! Therefore she must dress to impress other women.

It truly doesn't make any difference why women dress up, as long as they do now and then. Some women I know vie with their female friends in wearing the most expensive, the most glamorous of clothes. Other women I know wear soft felt brimmed hats because they feel "men like those sports hats." So I think the feminine motive for wearing finery is evenly divided.

majority of women do not primp up attend the gayest ball being held in often enough. A woman should not let | your set. Do something that stretches a one week pass without getting in her best bib and tucker, after a thorough body grooming, and going out to some minor or major festivity. Getting out in the company of other men and women inspires good grooming, and also serves to reward us for the time we spend keeping attractive. If a woman never goes out she has little incentive for keeping lovely looking-unless she gets a personal satisfaction from simply preserving good looks.

Give a woman a handsome new evening bag, or long white gloves or a new At court of honour it was decided hat and she immedately begins to plan possession! That is if she is not too discouraged from the trials and tribulations of life. Then she needs a week's Globe and Mail:-Wearying of Com- holiday instead of a new bonnet! Or

themselves - and men, too. We are

necessary to us. It was created by men | mine.

Be Daringly Gay I'd like to urge every woman to be

daringly gay every once in a while, as Released by the Bell Syndicate, Inc.) a filip to a nicked morale. By that I mean spend a little more money on nice clothes than you ordinarily would, more time getting yourself prettied at a salon or at home, and more hours having a good time. Instead of meeting a friend for luncheon in your old hat. buy a new hat and meet her for dinner in a place you always wanted to go and take in the best show in town! Or if that seems too tame in comparison to what you usually do for diversion, dress The only fault I find is that the up in a startling new formal gown and point! Wear new make-up, a new nail polish. Dress your hair differently, have a facial! In other words "go to town," as they like to say in Hollywood! Plan something that will inspire you to be a raving beauty and give you so good a time that you will have pleasing memories of it long afterward.

Gay, carefree, joyful hours are few

Take up Residence at Schumacher After Wedding Trip

Miss Margaret Francis Gibson and Mr. William Leonard Briden, Wedded on Saturday.

Haileybury, Feb. 12-(Special to The Advance)-Standards of pink snapdragon and Spring flowers were the decorations in the home of Mr. and Mrs. F. R. Gibson, Lake Shore Road, for the marriage on Saturday afternoon of their only daughter, Miss Margaret Frances Gibson, to Mr. William Leonard Briden of Schumacher, youngest son of Mr. and Mrs. S. D. Briden of Haileybury. The ceremony was performed before an altar in the living room by Rev. Richard Haines, rector of St. Paul's Anglican Church. Miss Elizabeth Briden of Kirkland Lake, niece of the groom, played the wedding

Given in marriage by her father, the bride was gowned in heavenly blue chiffon, with full skirt and shirred bodice. Her draped tricorne hat was of matching shade and she carried a shower bouquet of Briarcliff roses, lily of the valley and adianthum fern. She was attended as matron of honour by her sister-in-law, Mrs. Grant Gibson of Toronto, who were full-skirted fuschia chiffon, with matching turban. Her nosegay bouquet was of pink carnations and iris. Mr. Harry Stuckey of Timmins was groomsman.

A reception followed the ceremony, at which Mrs. Gibson, mother of the bride, wore a gown of Burgundy and silver metallic lace, with corsage of Johanna Hill roses. Mr. and Mrs. Briden left on the evening train on their wedding trip, the bride travelling Two men I know constantly debate | beasts of habit and it would be too easy in silk crepe dress of dusty turquoise whether women dress to impress other to eat and sleep and work in a deadly shade, brown fur topcoat and brown women, or to allure men! One argues routine, if the old social game was not turban and accessories. On their rethat wives certainly grow slack in their being played. Our minds would grow turn, Mr. and Mrs. Briden will make personal grooming after a couple of dull, we would grow introverted and their home in Schumacher, where the years of married life. Once she gets her progression would cease. Social life is groom is employed at the Coniaurum

> in life and we should plan to capture more of them as long as we do not neglect our ordinary duties.

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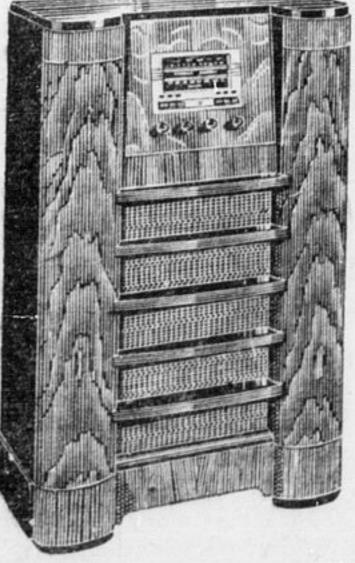
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Tea At Its Best DALLA LIA TEA

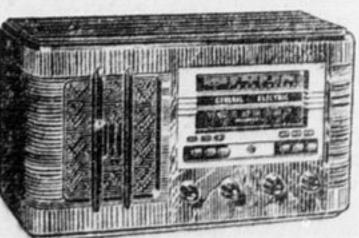
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