

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.

"This vitamin stuff is making us a nation of neurotics," remarked a man 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 Edith 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 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 adjust itself readily to changes in light intensity.

In fish liver oils we find the richest natural sources of vitamin A. In fact the livers of all animals provide this vitamin. Whole milk, butter, cream and cream cheese, egg yolks, salad greens, carrots and tomatoes supply valuable amounts. The inclusion of plenty of these foods in the daily diet is so natural that it should not cause 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 sliced potatoes
 - Salt
 - Pepper
 - Paprika
 - 2 tablespoons chopped chives
 - 5 eggs
- Add the butter and milk to the hot sliced potatoes and season to taste. Beat well, add the chives and spread in a shallow greased baking dish. Make five hollows and in each place a raw egg. Sprinkle with paprika and bake in a moderate oven until the eggs are firm.

(Released by The Bell Syndicate, Inc.)

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	75
Interviews out of office	125
Complaints received	17
Investigations made	17
Children involved	15
Mail received	99
Mail sent out	140
Children in Shelter	5
Children boarding out	61
Wards visited	19
Court attendance	4
Juvenile cases	4
Wards placed in boarding homes	1
Mileage travelled	1675
Children committed to an industrial school	1
Persons prosecuted for offences against children	1
Children placed in foster homes (not wards)	1
Children admitted to Shelter (not wards)	3
Children given hospital and medical care	5
Children returned to parents	1
Children given assistance in their own homes	5
Investigations for other societies	3
Cases under the Unmarried Parents Act	5

Northern News:—Here's to Aubrey Davis of Newmarket. A war-time "dollar-a-day man," he has refused a \$15 a day living allowance and additional expense allowance.

Cannot Break the Finnish Spirit Says Mr. Heinonen

Finns All Over World Realize Friend is Not Communism 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 but that Britain and her ideals represent the true Christian democracy they so much adhere to," said Mr. A. I. Heinonen, minister of the Finnish United Church, speaking on Thursday night to the local branch of the Lions Club when it held its regular meeting in the Empire Hotel.

Within twenty-four hours after the war between Russia and Finland broke out the first British ambulance had arrived on Finnish soil, said the speaker. 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.

There were no Communists among the Finns now, said Mr. Heinonen. They were as one man in their condemnation of Russia and her brutal aggression in Finland. For that matter, said the speaker, those Finns who had experience of Russia even before the war were against Communism. He said that he knew dozens of Canadian Finns right in the camp who had been in Russia "the workers' paradise" and who had returned disillusioned. "You can't make Communists out of them now," said Mr. Heinonen. "They found that there was no bread in Russia and no butter, no peace and no confidence. The terror of the people was the OGPU or the secret police and even children were used as spies. The hundreds who have come back to Canada from Russia knew all these things."

Referring generally to the chaotic state of the world, Mr. Heinonen said that too many of us were worshipping an ideal we called "progress." Progress, where, how and to what end we did not know. We just had to have more science, more pleasure, more cars and food and money. Natural religion was asleep. Then came the crash of the world being precipitated into war and it was followed by a cultural pessimism. We dwell too much upon a civilization of "things" rather than one of the "spirit," said the speaker and we had lived to see what seemed to be an eclipse.

However, he said, with a world which so pitifully needed Christ and a Christ that so well knew the needs of the world there must surely be some closer approach to sanity in the future.

Wendell Brewer thanked Mr. Heinonen on behalf of the club and suggested the club show its appreciation of the Finnish cause by something of a more concrete nature than good wishes.

William King, President, was in the chair.

Business Girls' Club to Present Play in near Future

The Porcupine Business Girls' Club held a general business meeting on Thursday evening in the club rooms, the chief business of the evening being plans for the presentation of a play in the near future. No definite date has been set as yet, but further notice of the event will be made.

The next meeting of the club will take place on Thursday evening in the club rooms.

rect slight or early cases, they will not correct completely many others, so that if parents can see, after the child and instructor have worked faithfully with the exercises for weeks and months, that they are not getting results, they are more willing to allow operation. No parent likes to feel that he or she has not done all that was possible to have his disfiguring condition corrected and prevent the inferiority complex that may be present later. The operation consists in straightening out the curve and splinting the bones together to hold the spine straight.

"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 should operation be found necessary.

Health Booklets
Readers may obtain Dr. Barton's booklets by sending Ten Cents for each one desired to The Bell Library, Post Office Box 76, Station O, New York, N.Y., mentioning this paper. The booklets are: (No. 101) Eating Your Way to Health; (No. 102) Why Worry about Your Heart?; (No. 103) Neurosis; (No. 104) The Common Cold; (No. 105) Overweight and Underweight; (No. 106) Allergy; (No. 107) Scourge (gonorrhoea and syphilis); (No. 108) How Is Your Blood Pressure?; (No. 109) Chronic Rheumatism and Arthritis; (No. 110) Cancer: Its Symptoms and Treatment.

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Northern News:—Premier Pattullo of British Columbia was not far wrong when he told New York that if the States and Canada were to send over 2,000,000 men, the war would soon be 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. Mustard in charge of the meeting 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 World's 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.

Another Successful Sale of Finnish Coffee Bread

Mrs. L. Laakso and Mrs. J. Eskelin were hostesses on Thursday afternoon and evening at a sale of Finnish coffee and coffee bread held in the Harmony hall on Fourth avenue. The event was very well attended, and many people enjoyed the special Finnish delicacies which were served.

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

GIRL GUIDES IN TIMMINS



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 Shafter's Method of Artificial Respiration was given. Captain Wadsworth also showed the smaller Guides the Fireman's Lift.

The meeting closed by the colour party taking down the colours. "O Canada" and "Taps" were sung.

At court of honour it was decided that Gladys Langman would be made Company Leader, and Kay Starling transferred to Assistant Lieutenant.

Globe and Mail:—Wearing of Communist pins in their organization, grade unionists in Sweden offered them free one-way transportation to Moscow. There were no takers; indicating that the Reds in Sweden are no different from those anywhere else.

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 brilliants.

Getting Out to Festivities Inspires Good Grooming.

Two men I know constantly debate whether women dress to impress other women, or to allure men! One argues that wives certainly grow slack in their personal grooming after a couple of years of married life. Once she gets her man she loses interest!

The other argues that no woman 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.

The only fault I find is that the majority of women do not primp up often enough. A woman should not let 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 hat and she immediately begins to plan where she can go to show off her new possession! That is if she is not too discouraged from the trials and tribulations of life. Then she needs a week's holiday instead of a new bonnet! Or she needs both!

Pretty clothes and other ornaments were meant to be enjoyed not only by those who wear them but by those who see them. That is why women adorn themselves—and men, too. We are

Take up Residence at Schumacher After Wedding Trip

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

Halleybury, 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 Francis Gibson, to Mr. William Leonard Briden of Schumacher, youngest son of Mr. and Mrs. S. D. Briden of Halleybury. 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 music.

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

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 in silk crepe dress of dusty turquoise shade, brown fur topcoat and brown turban and accessories. On their return, Mr. and Mrs. Briden will make their home in Schumacher, where the groom is employed at the Connaught mine.

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

(Released by the Bell Syndicate, Inc.)

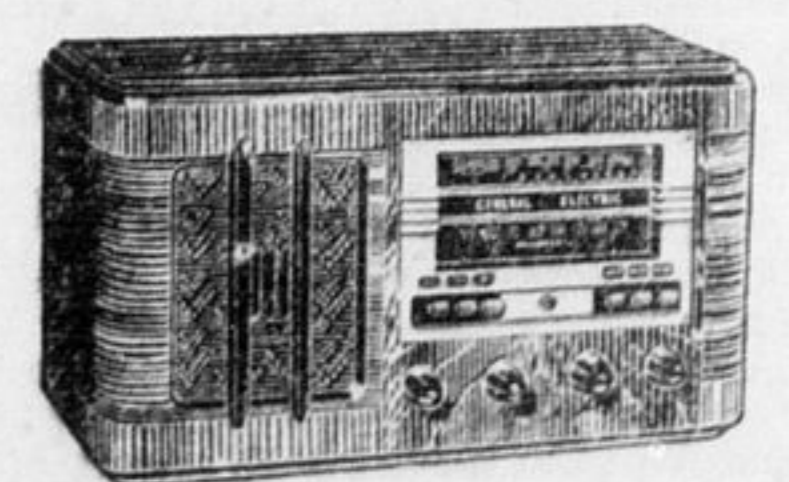
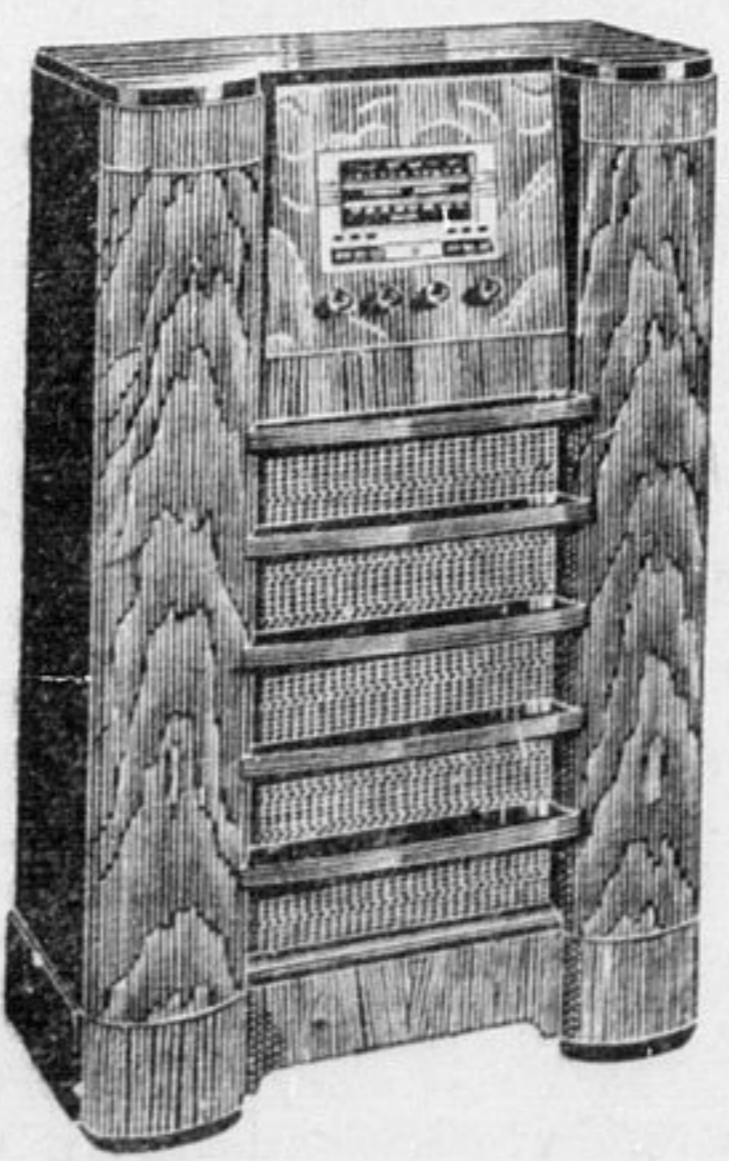
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That Body of Yours



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

TREATMENT OF CURVATURE OF THE SPINE
One of the gratifying results of the physical examination of school children is the early discovery of spinal curvature. Parents should remember this when they hesitate about giving permission to the school physician or nurse to have sufficient of the child's clothing removed to get a good view of the spine.
A curvature that is not discovered until the youngster is well along in his or her teens is difficult to correct by exercises and even operation may not give good results.
Dr. H. P. Ulrich, Baltimore, in American Journal of Surgery, states that the objective to be attained in the treatment of scoliosis (curvature of the spine) should be to correct the curvature completely and to maintain this correction permanently.
"After complete physical and X-ray check-up, the patient should have exercises to improve posture, increase the flexibility of the spine, and keep in close touch with the clinic. While these exercises may be sufficient to cor-