

Phosphorous Known to Be One of the Important Elements in Daily Food

Classed as Important as Calcium. Can be Found in Milk, Cheese, Eggs and Vegetables and Also in Nuts. Recipes for Vegetable Milk Chowder and for Chocolate Marshmallow Pudding.

Fully as important as calcium to which an article in this column was devoted a week or two ago is the mineral phosphorus. Together they form the bony structure of the body to which they give strength and rigidity. Phosphorus is also a constituent of every

10 marshmallows, quartered. Mix cornstarch and cocoa with water and add to hot milk. Cook in double boiler, stirring constantly until it thickens. Continue cooking for about twenty minutes. Beat egg yolks and add sugar. Pour hot mixture slowly over egg and sugar. Return to double boiler and cook for a few minutes. Add flavouring and marshmallows. Pour into mold and chill.
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(By Edith M. Barber)

cell in the body and is particularly important in nerve tissue.

Many American diets have been found to be low in phosphorus as well as calcium. Milk, cheese, eggs, vegetables, nuts and some fruits contain both minerals. Meats and cereals are other sources of phosphorus.

In order to maintain the normal alkaline elements such as calcium and acid elements such as phosphorus is necessary. One of these is just as important as the other and there is no good reason for stressing alkaline food in order to prevent the much publicized acidosis. It is almost as uncommon as alkalosis of which you seldom hear.

A healthy body is equipped to maintain the alkalinity of the blood within a normal range regardless of the food eaten. The well-balanced diet contributes the acid elements which we need from meats, eggs, fish and cereals and the basic elements from fruits and vegetables. Another good reason for planning our meals in such a way that variety will be offered!

Vegetable Milk Chowder
4 1/2 tablespoons butter or other fat
1 onion, minced
2 cups diced raw vegetables, celery, carrots, turnips or others.
2 cups boiling water
1 quart milk
1 teaspoon or more salt
Paprika

Melt the butter in large saucepan. Add the onion and cook about two minutes. Do not allow it to brown. Add the other vegetables, cook one minute and add the water and salt. Cook until the vegetables are tender (about fifteen minutes). Add the milk and heat. Add the paprika and more salt, if necessary.

Chocolate Marshmallow Pudding
4 1/2 tablespoons cornstarch
3 tablespoons cocoa
3 tablespoons cold water
3 cups scalded milk
2 egg yolks
1-3 cup sugar
1/2 teaspoon vanilla

Long-Beloved Story Brought to Screen by Walt Disney

"Pinocchio" Featured at the Cartier Theatre All This Week.

The special feature at the Cartier theatre all this week is "Pinocchio", the widely acclaimed Walt Disney second full-length production on the screen. "Pinocchio" is a delightful adaptation of the story beloved of grown-ups and children alike.

"Pinocchio" was written during the latter part of the last century by Carlo Lorenzini under the pen name of C. Collodi. Collodi had been Lorenzini's nickname since his childhood and was the name of his mother's home village.

The story first appeared in installments in a popular Italian magazine under the title of "Le Avventure di Pinocchio." In the early 1900's the story was first published in the United States, in book form, and became an immediate success. Today it is considered a childhood classic, with a host of adult admirers.

The author was born in 1826 and died in 1890, after leading an unusually full and varied life. In his prime, he was the editor of a leading Italian newspaper. In addition, he received decorations from the army for valor. He started to write children's books only after he retired from public life. Although the Disney Technicolor version of "Pinocchio" differs somewhat from the original story because of the demands of the motion picture medium, the essential flavour of the Collodi story has been preserved, and lovers of the tale will not be disappointed when they see the colourful RKO Radio release on the screen.

For the benefit of the few who were not introduced to the delights of "Pinocchio," suffice it to say that the story concerns an old woodcarver named Geppetto who creates a little puppet boy of pine. Because the kindly old man loves children and has never had any of his own, the Blue Fairy brings the marionette to life to be a son to him. The fairy tells Pinocchio, however, that he cannot become a real boy until he has proved himself worthy. The rest of the story concerns the mischievous Pinocchio's many scrapes and adventures before he becomes worthy of being Geppetto's son.



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

That Body of Yours

Heart Relieves Pain
When you are suffering severe pain from rheumatism, arthritis, or neuralgia, you are likely to reach for the strongest pain killing drug, except morphine, which you wisely refuse to use. Most physicians believe that while searching for the cause of your pain, there is less harm to the body by using a pain killing drug than trying to withstand a pain that wracks your mind and body.

Unfortunately, most of us forget that there are other methods of relieving pain and stiffness besides drugs. Among these other methods are what are called "physical" measures, that is, heat, massage, and electricity.

In speaking of neuritis—the severe severe rheumatic pain due to organisms or products manufactured by organisms Dr. Richard Kovacs, New York, in New York State Journal of Medicine states that general heat measures — electric cabinet baths, hot baths—should be used because they speed in the body processes and increase the rate at which the poisons are removed from the blood and tissues.

"Mild local heating is the main standby to give relief from pain. Its action is two-fold because it not only brings about direct quieting of the nerve endings but also relieves or relaxes the adjoining muscles which are in a state of spasm as they try to protect the damaged part (joints, tendons). It is this continuous spasm or tenseness that helps to cause so much pain.

"This explains why the more penetrating forms of heating — diathermy and short wave diathermy—are more effective than hot compresses and baking cabinets. In mild cases counter-irritation of the skin is helpful by several types of current — high frequency, galvanic, and ultra-violet light treatment."

In addition to heat other "physical" measures used are massage to improve the nutrition of the part (brings blood to part faster and removes wastes), to prevent thickening of the tissues affected, and to prevent wasting of the muscles. Passive exercises (part is moved by the attendant, not by the patient) to prevent deformity and shortening and growing together of the ends of joints; active exercise and hot applications to keep the unparalyzed muscles in good condition.

Heat, in any form, relieves pain. **Chronic Rheumatism and Arthritis**
Sufferers with rheumatism and arthritis and their families will be interested in this helpful Barton booklet entitled "Chronic Rheumatism and Arthritis" (No. 109), which contains many helpful suggestions as to cause, various forms of treatment, diets, etc. Send your request to The Bell Library, Post Office Box 75, Station O, New York, N.Y., enclosing Ten Cents to cover cost of handling and mailing and mention the name of this newspaper.

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Large Number Received Into the Finnish Church

At the communion service, Easter Sunday, more new members were received into the fellowship of the Church than on any other single occasion in the history of the Timmins Finnish United Church. The baptized young people of the Communicants' Class were publicly examined by the minister before the congregation as to their understanding of Christian faith and duty and the doctrines of the United Church of Canada. After the young people had been duly received into the membership in full communion of the Church, the minister called the older people that were to be received by their names.

Then the minister bade all the members of the church to stand and in their name he made prayer of welcome to the new members. Then he blessed them all.

In his Easter sermon the minister took for his text the words of Jesus: "Whosoever liveth and believeth in Me shall never die." The Church Choir rendered several beautiful Easter selections. The young people of the Communicants' Class and the Y.P.S. had decorated the chapel for the occasion with evergreen and lilies.

At the special service on Good Friday evening, the minister took for his text the words of Jesus on the cross: "My God, my God, Why Hast Thou Forsaken Me?" the Church Choir rendered several appropriate special selections. The attendance was good.

Pioneer Resident of Coniston Passes Away

Coniston, March 23.—Death came Wednesday night to one of the pioneer residents of Coniston, Mrs. John Kerwin, who has lived in that town for the past 29 years, coming there from Haileybury at the time the smelter was under construction. Born 66 years ago in Brudenell, Ont., the former Frances Ring, she received her education in Brudenell, and was married there 47 years ago, going then with her husband to Ville Marie, where they remained for 15 years. From that pioneer town they went to Haileybury, living there for eight years, during the boom days of that centre. In Coniston, Mrs. Kerwin was a member of the Church of Our Lady of Mercy, and was an active member of the Catholic Women's League, holding offices in the league for many years. Surviving are five daughters, Mrs. Ed. McKerral and Mrs. H. Gagnon, of Coniston; Mrs. C. True and Mrs. F. Foran, of Sudbury, and Mrs. W. O. Kelly, of Kentville, N.S.; and eight sons Tom and Joe, of Coniston; Michael, Ed and Con. of Falconbridge; James, of Timmins; Jack, of Toronto, and Bartley, of Detroit. Funeral services take place on Monday morning at 9 o'clock from the Church of Our Lady of Mercy at Coniston, and interment in the Roman Catholic cemetery in Sudbury.

New Telephone Directory to be Issued at Early Date

As will be noted by the announcement elsewhere in this issue, the Northern Telephone Company is preparing a new telephone directory. The new directory will be issued at an early date and as there will not be another new directory until next year, it is advisable that all concerned should take immediate action. Anyone planning the installation of a phone should make the necessary arrangements so as to be listed in the new directory.

Charming Spring Wedding at Notre Dame Church Today

Miss Dolores Dubien and Mr. A. Chartier Married.

A lovely early spring wedding took place at the Notre Dame des Lourdes Roman Catholic Church this (Monday) morning at 9:30 o'clock, when the Rev. Fr. Theriault united in marriage, Miss Dolores Dubien, daughter of the late Mr. and Mrs. Ovilva Dubien, and Mr. Aldoria Chartier, son of Mr. and Mrs. Rene Chartier, of 97 Commercial avenue. The church was beautifully decorated for the occasion with spring flowers, and many friends were present to witness the ceremony.

The charming bride chose for the occasion a floor-length ensemble of pink moire, with matching turban and accessories, and carried a bouquet of pink roses. She was attended by her sister, Miss Valtine Dubien, who was attractively attired in pale blue taffeta, with matching accessories, and a bouquet of pink and white carnations.

Two pretty little flower girls, Fernand Beauline and Jacqueline Loust, were very daintily attired, the former wearing a floor-length Empire style frock of pink taffeta, and the latter in an identical frock of pale blue taffeta. Both wore matching accessories, and carried baskets of mixed flowers.

The groom was attended by Mr. Rene Chartier, his father, and by his brother, Mr. Alcide Chartier, and Mr. Alcide Lehoux.

Following the ceremony, a wedding breakfast was served at the home of the groom's parents, where Mrs. Chartier received the guests in a becoming ensemble of black crepe, with matching accessories, and a corsage of white carnations.

Later in the day a wedding dinner will be served, and this evening, the couple will be honoured at a reception in the Ukrainian hall.

Mr. and Mrs. Chartier will take up residence at 99 Commercial avenue.

Toronto Telegram:—Ho, hum! One-half of our friends are broke and the rest seem to half-crack.

Beauty and You

by PATRICIA LINDSAY



This is a sleek coiffure for the woman who wishes to wear smart hats. It maybe combed out softly for evening wear.

Hair Stylists and Milliners Get Together in Creating Spring Hats

About the most welcome news, I can bring women throughout the land is that hair stylists and hat designers have decided to cooperate this spring! So now when you put your head into the hands of a salon-barber you may be assured that he will dress your hair so you will be able to wear the latest bonnets. That is, unless the fellow you choose is so much the individualist that he cannot bear to conform to the agreements of his profession. That will be your hard luck.

Early indications are that spring hats will be small but will hug the shape of the head instead of sitting over one eyebrow as they did last spring. In other words the old skull cup will be the key to new designs. Vellu, flowers, berries, feathers and material twists will, of course, create the smartness all women shop for.

That means, your hair will be dressed smoothly over the crown, with curled bangs, or high curls, in front, and a soft neckline. Because summer is approaching you will find short loose curls at the nape of the neck, or long hair twisted up in flat sleek rolls. Girls who want to wear long bobs may do so, providing they are under twenty-five

and do not mind being hot around the neck!

Condition of Your Hair
You should want your hair to be in the best condition in spring, for summer activities and sunning is bound to rob it of beauty and health. And please don't make the mistake of rushing to get a new permanent wave if your hair needs reconditioning. You will be a regretful lass for the next six months if you do.

First of all, weekly reconditioning treatments for one month are in order, daily brushing are necessary and a reshaping of your hair should be done before it is curled and not afterward. If you live in the south and have gone around without a hat, or have swum a lot, your scalp is unusually dry and your hair is likely to be lacking in electricity. If you live north, the constant wearing of hats, steam heat and lack of sufficient exercise have all conspired to rob your hair of its natural loveliness. So when spring comes determine to bring back the life and beauty of your neglected hair before you get it styled, or before you shop for your Easter bonnet.

Styles for Older Women
One milliner told me that she depends upon the women who are over thirty-five to keep her business alive. "Younger girls like to go without hats, or wear inexpensive models they pick up in department stores, but the woman over thirty-five is hat conscious. For her I design most of my hats, and I find that the sleek coiffures which follow the shape of the head, with fetching sculptured curls clustered where they are needed to flatter the face, are the coiffures which set off hats with a dash. The youthful hair does on the woman past thirty-five, never look smart. They are humorous!"
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