

Badly Chosen Diet May Be Responsible in Some Cases for Diabetes

Culinary Expert Discusses Diabetes in Regard to Food. Advises Against Overeating. Suggests Careful Rationing of Food to Combat Disease. Also Some Recipes.

Experts tell us that a hereditary tendency caused by diabetes has been definitely established. They also state however that contributing causes may be overweight, too little exercise, worry

1 teaspoon salt
3 tablespoons cornmeal
2 cups (½ pound) grated cheese
3 egg yolks, well beaten
3 egg whites, stiffly beaten
Scald milk in top of double boiler, add salt and cornmeal, stirring until mixture thickens and boils. Remove from heat, add cheese, and stir until well blended. Add slowly to well beaten egg yolks. Fold in stiffly beaten egg whites. Bake in greased 2-quart casserole in moderately hot oven (425 d. F.) until firm about 20 minutes. Yield 6 servings.

Creamed Eggs
6 hard-cooked eggs
2 cups Medium Cream Sauce
1 tablespoon minced parsley
6 slices buttered toast
Sprigs of parsley
Cut eggs in quarters. Place in saucepan, add cream sauce, parsley, and Worcester sauce, and heat thoroughly keeping below the boiling point. Arrange toast on platter and cover with egg mixture. Garnish with sprigs of parsley. Yield: 6 servings. Note: The Worcester sauce may be replaced by 2 tablespoons Tomato Catsup. (Released by The Bell Syndicate, Inc.)



(By Edith M. Barber)

and a badly chosen diet. Dr. Elliott P. Joslin, an authority upon diabetes, has found that almost every case which he has observed has been among persons who are overweight.

The symptoms in the early stages are loss of physical energy, excessive hunger and extreme thirst. Often the eyes become suddenly affected. Whenever these symptoms occur a physician should be immediately consulted.

In order to prevent the onset of this uncomfortable, although today not fatal disease since the discovery of insulin overeating as a habit should be avoided. If, however, it occurs the amounts of sugar and starches must be lowered materially. In fact, all foods must be weighed carefully and measured to correspond to the sugar tolerance of the individual's case. Not only sugar, but starch and protein. If eaten in excess, will be changed into sugar by the digestive processes. With the help of insulin it is possible nowadays to take a diet adequate in every respect.

Baked Cheese Omelet
1½ cups milk

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*Never dissolve lye in hot water. The action of the lye itself heats the water.

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MADE IN CANADA

Wedding at St. Matthew's Anglican Church Monday

An attractive wedding took place at St. Matthew's Anglican Church on Monday afternoon at two o'clock, when Miss Ha Sandian, daughter of Mr. and Mrs. Knut Sandian, became the bride of Mr. Albert Frank Pearce, son of Mr. and Mrs. Francis Pearce. The Rev. Canon R. S. Cushing performed the marriage ceremony.

Mr. and Mrs. J. Pearce, brother and sister-in-law, were the attendants, and the couple have taken up residence in Timmins.

Women's Auxiliary St. Mary's Hospital Doing Notable Work

Annual Meeting and Election of Officers on Monday, April 15th.

The meeting of the Women's Auxiliary of the St. Mary's Hospital which was held on Monday afternoon was exceptionally well attended, over one hundred women from the town being present to donate their services in work for the hospital. The amount of work accomplished was equally worthy of note, many articles being completed for use in the hospital.

About 10,000 sponges were made by the women on Monday afternoon, as well as a large number of draw sheets and sheets. Those present took turns at the sewing machines, in order to complete more work.

The Italian ladies marked about 160 pieces of work with cross stitching, as well as completing a large number of draw sheets and aprons.

The next meeting of the Women's Auxiliary will take place on Monday, April 15th, and will be the annual election of officers.

Cathedral the Scene of Lovely Spring Wedding on Tuesday

Miss Patricia Spencer and Mr. Rene Poupart Married This Week.

The St. Anthony's Cathedral was the scene of a lovely spring wedding on Tuesday morning at 8.30 o'clock, when the Rev. Fr. Theriault, priest of the Notre Dame des Lourdes parish, united in marriage Miss Patricia Spencer, daughter of Mr. and Mrs. Maxime Spencer, 269 Pine street south, and Mr. Rene Poupart, son of Mr. and Mrs. Joseph R. Poupart, of 171 Spruce street south. Wedding music was played by a Sister of Assumption at the organ, and Mrs. A. McKay sang suitable French selections.

Given in marriage by her father, the charming bride wore an attractive wedding gown of white moire taffeta, fashioned on princess lines, with long rows of shirring at either side of the bodice, and the full skirt caught in a bustle effect back, made with tiny rows of taffeta falling from the waist to the hemline. She wore a fitted jacket to match, with long leg o'mutton sleeves, small Peter Pan collar, and buttoned at the front to the waist. Her long embroidered tulle veil was caught in a coronet of lily-of-the-valley, her slippers were made of white satin, and she carried a shower bouquet of pink roses, gathered with long white streamers and rosebuds.

Miss Jean Barbarie was the attractive bridesmaid, wearing a floor-length ensemble of powder blue net over taffeta, made on long fitted lines, with a bolero jacket of powder blue angora. Her dainty hat was made of powder blue flowers, with a nose-length veil bowing at the back, and she wore matching gloves and shoes. The bridesmaid's bouquet was made up of pink and white carnations, and she wore a gold locket, gift of the groomsmen.

The groom was attended by his father, and by Mr. Antonio Spencer, brother of the bride, as groomsmen.

Following the ceremony, a wedding breakfast was served at the home of the bride's parents, where Mrs. Spencer received the guests in a street-length dress of dusky rose crepe, with burgundy accessories, and a corsage of white carnations.

Later in the day, a wedding dinner was served at the home of the groom's parents, the groom's mother choosing for the occasion an ensemble of midnight blue velvet, with matching turban and accessories, and a corsage of white carnations. In the evening the bride and groom received their many friends at a reception in the Hollinger Recreation Hall.

Mr. and Mrs. Poupart will take up residence at 201 Cedar street south.

It is interesting to note that the bride was born in the southern end of the town of Timmins, lived there all her life, and is now making her new home there.

Italian Ladies in the Schumacher Red Cross Group

Generous Contribution to Funds of Red Cross by Group.

Early in February, the Schumacher Branch of the Canadian Red Cross Society acknowledged receipt of a cheque for \$142.50 from the Italian Ladies Group. This was the sum they received from the McIntyre Mine for 370 hours of work done by them on the decorations, table linen, etc., for the McIntyre Community Building.

The names of the ladies who participated in this splendid contribution to the Red Cross are listed below in alphabetical order:

- Mrs. Philomena Batagelli
- Mrs. Mary Battachio
- Mrs. Mary Boni
- Mrs. Maria Di Fant
- Mrs. Alice Elpi
- Mrs. Angelo Fabello
- Mrs. A. Fregonese
- Mrs. Mary Gasperetto
- Mrs. Elena Lorenzo
- Mrs. Josephine Morandin
- Mrs. Angela Narduzzi
- Mrs. Anna Narduzzi
- Mrs. Angela Pelizzari
- Mrs. Tmalla Setacci
- Mrs. Amelia Turissini
- Mrs. Derna Zirardo

The officers of the Schumacher Branch of the Red Cross Society are very grateful for the generous co-operation and hard work of the ladies mentioned above, who gave their time and talent to the project which netted such a handsome sum.

Cobalt Helped the New Zealand Sheep Raisers

Canada's minerals have come to the aid of New Zealand's sheep. Recently, says an article entitled "Empire remedy" in the current issue of C-I-L Oval, when New Zealand's veterinary authorities discovered that numerous cases of bush sickness affecting livestock in important sheep rearing districts were due to a shortage of cobalt in these regions, they recommended importing salt blocks containing a sufficient percentage of the essential mineral to take care of the deficiency. Thus the Canadian salt industry, already experienced in the making of sulphurized, iodized and phosphated blocks for domestic farmers and able to obtain plenty of cobalt from Northern Ontario mines, was soon shipping the new cobaltized blocks to the sheep raisers of distant New Zealand.

TO-DAY'S FASHIONS



Blue cardigan outfit

By GRACE THORNCLEIFFE
HERE'S a good dress for those brisk days that come along in spring. It is a cardigan costume in cadet blue. The cardigan has knit sleeves, back and border. The front is wool like the many-gored skirt. Two patch pockets placed high on the chest have knit borders and small bone buttons. Worn under the cardigan is a white and navy vertical striped knit slipover with short sleeves.

Toronto People Have Odd Hick Ideas of Humour

Judging from articles in the Toronto newspapers the people of that city have queer ideas of humour. On April 1st there were hundreds of "April Fool" calls on the telephone asking about "Mr. Stiff," "Miss Deadman." The Chief Coroner was naturally annoyed about this, and is quoted as saying:—"People don't realize that they tie up our phones which receive the ambulance calls. Fortunately, no emergency calls were delayed by the joke calls." While the morgue was the chief butt for the Toronto hick humorist, the police stations and fire halls were also annoyed. There were calls at police stations for "Mr. Bull," while the favourite at the fire halls was for the Toronto hick humorist to call up and ask the firemen if they knew where "Mr. Blaze" could be found. Several humorists, really brilliant (for Toronto) called up the Toronto Humane Society asking "Is Kitty there?" Even the zoo did not escape. There were phone calls there for "Mr. Lyon," "Miss Nightingale," "Mr. Bayer" and others. The "April Fool" artists should have visited the zoo, instead of just calling up.

Huntingdon Gleaner:—Madison, Wis.—Joseph Fabian Toomy, of Brownsville, Minn., was fined \$50 by Judge Patrick T. Stone in U.S. district court here on charges of illegal trapping in the Mississippi river wild life refuge. Two government wardens said they followed Toomy on his visit to muskrat houses through the marsh and picked up nine traps. Toomy denied the traps bore his marks; insisted he was spotting places to put gill nets. "There's no doubt in my mind," Judge Stone said after hearing testimony, and then imposed the fine. "You can take your traps with you if you wish," he told Toomy. Toomy reddened, gulped, and shook his head. "I don't think they have the right marks," he said.

Beauty and You

by PATRICIA LINDSAY



This unusual upswing coiffure is called "zipper." (Note back view). Small ostrich plumes add a festive note for gala occasions. Curls fashion a high crown and back ends are rolled under from a center part.

If New Permanent Is Too Frizzy Have Kink Taken Out.

Sometimes, even though we do take pains to have our hair in good condition before a permanent wave, it comes out of the machine very frizzy. And that disappoints us no end for we know it means several weeks' time before our hair is silky and manageable again.

If this happens to you, ask about that anti-kink cream which is applied to strands of your hair with a comb and washed off with warm water. It doesn't take the curl out of your hair, but it does take out the kink. Your hair truly is softer and keeps its setting longer.

When Getting a Permanent Wave

Many women write and inquire which permanent machine is the better. I've asked many questions regarding waving machines and it seems to make little difference which machine is used, but it does make a great deal of difference which waving lotion is used. How the hair is stretched and wound on the curler, is important too, and because of these two factors it is better for you to go to an experienced operator (even if he does charge a little more than the shop around the corner) for he can judge which lotion you should use upon your hair, and how much it should be stretched, simply by feeling its texture.

I do not advocate paying an exorbitant price for a permanent wave, but I am convinced that you cannot get a bargain wave. It never looks nicely and you wish a hundred times over that you had not succumbed to your pinch-penny desire. Rather have no wave at all unless your hair is in good condition for waving and unless you can afford to go to a salon which will stand behind its promises. A good salon will care for your hair, or give you a new permanent, if the first wave is unsatisfactory.

Have It Shaped

Most heads have too much hair to be waved by a machine unless it is thinned and shaped before it is waved. A good stylist can so shape your hair before a permanent to permit you to set it in at least three styles. It stands to reason if you get but two permanent waves a year, that you might want to change the style within a six-month period. Three way bobs are all the rage now—and they are possible only by expert shaping. But do caution your hair-

Marriage at Notre Dame Des Lourdes on Monday

The Rev. Fr. Theriault officiated at a charming wedding on Monday morning at 8.30 o'clock, when he united in marriage Miss Rita Larocque, daughter of Mr. and Mrs. Samuel Larocque, of 80 Mountjoy street south, and Mr. Romeo Laviolette, son of Mr. and Mrs. Xavier Laviolette.

The bride, who was becomingly attired for the occasion, was given in marriage by her father, while the groom was attended by his father.

Mr. and Mrs. Laviolette have taken up residence in Timmins.

Toronto Telegram:—To scratch out a living nowadays, one certainly must keep scratching.

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