### 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 ten- 1 teaspoon salt 3 tablespoons cornmeal dency caused by diabetes has been | definitely established. They also state however that contributing causes may be overweight, too little exercise worry



(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 Church held last Friday evening, Miss these symptoms occur a physician Myra M. C. Heinonen, R. N., and Veikko should be immediately consulted.

In order to prevent the enset of this ing "Art and Hobbies Night" program. uncomfortable, although today not Miss Heinonen presented a paper on fatal disease since the discovery of in- the topic: "What do I imagine the tone sulin overeating as a habit should be poem Finlandia, by Sibelius contains?" avoided. If, however, it occurs the The paper was delivered in both Finnish amounts of sugar and starches must be and English languages, and Miss Heinolowered materially. In fact, all foods nen illustrated her remarks with exmust be weighed carefully and meas- tracts from "Finlandia" played on the ured to correspond to the sugar toler- organ. Several composers of music in ance of the individual's case. Not only Finland and other countries have pubsugar, but starch and protein, if eaten lished their interpretations on the tone in excess, will be changed into sugar by poem "Finlandia." Miss Heinonen prethe digestive processes. With the help sented mostly viewpoints held by Aapo of insulin it is possible nowadays to Simila, another Finnish composer of take a diet adequate in every respect.

Baked Cheese Omelet 1½ cups milk

### TAKES-OFF GRIME WITHOUT SCOURING

TO need for hard rubbing and scrubbing when you use a solution of Gillett's Pure Flake Lye. It cuts right through grease, clears clogged drains, keeps outhouses sanitary and odorless, scours pots and pans, takes the hard work out of heavy cleaning. Keep a tin always handy.

FREE BOOKLET - The Gillett's Lye

Booklet tells how this powerful cleanser



Never dissolve lye in hot water. The action of the lye itself heats the water. 2 cups (1/2 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

Creamed Eggs 6 hard-cooked eggs

2 cups Medium Cream Sauce 1 tablespoon minced parsley 6 slices buttered toast Sprigs of parsley

keeping below the boiling point. Ar- use in the hospital. by 2 tablespoons Tomato Catsup. (Released by The Bell Syndicate, Inc.)

#### Meeting of Y.P.S. Timmins Finnish United Church

For the regular weekly meeting of the Y.P.S. of Timmins Finnish United Lehtinen had prepared a very interestmusic. A little more than four decades ago in recent history of Finland, when Russianization of the Finnish people was carried on by the Government of Russia in a most high-handed and ruthless manner, the musical work, "Finlandia," was born in the mind of Sibelius proclaiming the coming Repu'silc of Finland. The triumph of right over might-under the guidance of God -is the prevailing sentiment. At the conclusion of her remarks, Miss Heinonen played on the gramophone an organ recording of "Finlandia." Another number "Jokes and School Boy Howlers," presented by Miss Ellie Heinonen, was also much enjoyed. Miss Myra Heinonen gave also a short talk on Canadian Etiquette, which was followed by lively discussion. The meeting was opened by the pre-

sident, Helge Hongisto, who conducted the devotional period, assisted by Ruben Peterson. Then followed a short busitin and Miss Ellie Heinonen, will be in sleeves. charge of next meeting to be held next Friday, April 5th, which is a "Physical Toronto People Have Odd Recreation Night." After a short program, the Y.P.S. will walk to the McIntyre rink for skating, returning to the church for lunch and entertainment. Group 3 convener Miss Elma Nykanen, members Miss Myra M. C. Heinonen, Miss Sarah Passi, Miss Anja Punkari, Mauno Niemi, Leivo Punkari, Esko Jokela and Joe Aho, will be in charge of the meeting April 12th. Group 2, convener Helge Hongisto, members Miss Hellen Lehto, Miss Irene Rintamaki, Miss Leah Heinonen, Ruben Peterson, Elis Jokela, Saul Leivo and Kauko Vastila, will be in charge of the meeting April 19th. Prizes for the winter's skiing races were presented by the presi-The meeting was very interesting and

almost every member was present.

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#### Wedding at St. Matthew's Cathedral the Scene Anglican Church Monday

An attractive wedding took place at St. Matthew's Anglican Church on Monday afternoon at two o'clock, when Miss Ila Sandlan, daughter of Mr. and Mrs. Knut Sandlan, 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.

### Women's Auxiliary St. Mary's Hospital

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

The meeting of the Women's Auxiliary of the St. Mary's Hospital which rows of shirring at either side of the was held on Monday afternoon was ex- bodice, and the full skirt caught in a ceptionally well attended, over one

at the sewing machines, in order to rosebuds. complete more work.

draw sheets and aprons. election of officers.



Plue cardigan outfit

By GRACE THORNCLIFFE HERE'S a good dress for those brisk ness meeting at which Miss Elma Ny- days that come along in spring. It is a kanen acted as recording secretary, cardigan costume in cadet blue. The Three groups were elected to take care cardigan has knit sleeves, back and

## 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 dent at this meeting as follows: Senior stations and fire halls were also annoy-Boys, Aale Passi; for Junior Boys, Eelis ed. There were calls at police stations Jokela; for Girls Miss Ellie Heinonen. for "Mr. Bull," while the favourite at the fire halls was for the Toronto hick Branch of the Red Cross Society are humorist to call up and ask the firemen f they knew where "Mr. Blaze" could be found. Several humorists, really brilliant (for Toronto) called up the and talent to the project which netted Toronto Humane Society asking "Is such a handsome sum. Kitty there?" Even the zoo did not es-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.

have the right marks," he said.

### of Lovely Spring Wedding on Tuesday

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

The St. Anthony's Cathedral was the Mr. and Mrs. J. Pearce, brother and scene of a lovely spring wedding on sister-in-law, were the attendants, and Tuesday morning at 8.30 o'clock, when the couple have taken up residence in the Rev. Fr. Therriault, priest of the Notre Dame des Lourdes parish, united in marriage Miss Patricia Spenger, daughter of Mr. and Mrs. Maxime Spencer, 269 Pine street south, and Mr. Rene of 26) Pine street south, and Mrs. Rene Poupart, son of Mr. and Mrs. Joseph R. Doing Notable Work Poupart, of 171 Spritte street south. Wedding music was played by a Sister Wedding music was played by a Sister of Assumption at the organ, and Mrs. A. McKay sang suitable French selec-

Given in marriage by her father, the charming bride wore an attractive wedding gown of white moire taffeta, fashioned on princess lines, with long bustle effect back, made with tiny rows hundred women from the town being of taffeta falling from the waist to the pains to have our hair in good condi- Some hairdressers like to snip off your present to donate their services in work hemline. She wore a fitted jacket to tion before a permanent wave, it comes whole crown of glory. Tell him you Cut eggs in quarters. Place in sauce- for the hospital. The amount of work match, with long leg o'mutton sleeves, out of the machine very frizzy. And would rather have a trim a couple of pan, add cream sauce, parsley, and accomplished was equally worthy of small Peter Pan collar, and buttoned at that disappoints us no end for we know weeks after you get the permanent, Worcester sauce, and heat thoroughly note, many articles being completed for the front to the waist. Her long em- it means several weeks' time before than to be without enough hair for your broidered tulle veil was caught in a our hair is silky and manageable again. hats, etc., for a couple of months. range toast on platter and cover with About 10,000 sponges were made by coronet of lily-of-the-valley, her slip- If this happens to you, ask about egg mixture. Garnish with springs of the women on Monday afternoon, as pers were made of white satin, and she that anti-kink cream which is applied Don't spare the brush either before parsley. Yield: 6 servings. Note: The | well as a large number of draw sheets carried a shower bouquet of pink roses, to strands of your hair with a comb and you get the wave or after you get it. Worcestershire sauce may be replaced and sheets. Those present took turns gathered with long white streamers and washed off with warm water. It doesn't Learn to brush scientifically-from the

pieces of work with cross stitching, as semble of powder blue net over taffeta, longer. well as completing a large number of made on long fitted lines, with a bolero jacket of powder blue angora. Her The next meeting of the Women's dainty hat was made of powder blue Auxiliary will take place on Monday, flowers, with a nose-length veil bowing April 15th, and will be the annual 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 groomsman.

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

breakfast was served at the home of the bride's parents, where Mrs. Spencer shop around the corner) for he can received the guests in a street-length judge which lotion you should use upon dress of dusky rose crepe, with bur- your hair, and how much it should be gundy accessories, and a corsage of stretched, simply by feeling its texture. white carnations.

was served at the home of the groom's I am convinced that you cannot get a parents, the groom's mother choosing bargain wave. It never looks nicely and for the occasion an ensemble of mid- you wish a hundred times over that Franklin's account shows that his nicknight blue velvet, with matching tur- you had not succumbed to your pinchban and accessories, and a corsage of penny desire. Rather have no wave at white carnations. In the evening the all unless your hair is in good condition bride and groom received their many for waving and unless you can afford to friends at a reception in the Hollinger | go to a salon which will stand behind Recreation Hall.

Mr. and Mrs. Poupart will take up your hair, or give you a new permanent, 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 their all her life, and is now making her new home

### Italian Ladies in the Schumacher Red Cross Group

Generous Contribution to Funds of Red Cross by Group.

Early in February, the Schumacher of all arrangements and program for border. The front is wool like the many- Branch of the Canadian Red Cross the next three meetings of the Y.P.S. gored skirt. Two patch pockets placed Society acknowledged recepit of a Grou 1, convener Miss Gertrude Hein- high on the chest have knit borders cheque for \$142.50 from the Italian onen, members Miss Onerva Lehtinen, and small bone buttons. Worn under Ladies Group. This was the sum they Miss Taimi Jokela Veikko Lehtinen, the cardigan is a white and navy ver- received from the McIntyre Mine for Veikko Paakkola, Aale Passi, Aaro Mar- tical striped knit slipover with short 570 hours of work done by them on the decorations, table linen, etc., for the MaIntyre Community Building.

The names of the ladies who participated in this splendid contribution to he 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. Tmalia Setacci

Mrs. Amelia Turissini Mrs. Derna Ziraldo

The officers of the Schumacher very grateful for the generous cooperation and hard work of the ladies mentioned above, who gave their time

#### Cobalt Helped the New Zealand Sheep Raisers

Canada's minerals have come to the aid of New Zealand's sheep. Recently, Huntingdon Gleaner:-Madison, Wis. says an article entitled "Empire re--Joseph Fabian Toomy, of Brownsville, medy" in the current issue of C-I-L Minn., was fined \$50 by Judge Patrick Oval, when New Zealand's veterinary T. Stone in U.S. district court here on authorities discovered that numerous charges of illegal trapping in the Mis- cases of bush sickness affecting livesissippi river wild life refuge. Two stock in important sheep rearing disgovernment wardens said they followed tricts were due to a shortage of cobalt Toomy on his visit to muskrat houses in these regions, they recommended through the marsh and picked up nine importing salt blocks containing a saftraps. Toomy denied the traps bore ficient percentage of the essential minhis marks; insisted he was spotting eral to take care of the deficiency. Thus places to put gill nets. "There's no the Canadian salt industry, already exdoubt in my mind," Judge Stone said perienced in the making of sulphurized, after hearing testimony, and then im- lodized and phosphated blocks for doposed the fine. "You can take your mestic farmers and able to obtain plenty traps with you if you wish," he told of cobalt from Northern Ontario mines, Toomy. Toomy reddened, gulped, and was soon shipping the new cobaltized shook his head, "I don't think they blocks to the sneep raisers of distant New Zealand.

# Beauty and You

by PATRICIA LINDSAY



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

If New Permanent Is Too Frizzy Have Kink Taken Out.

take the curl out of your hair, but it crown out to the very end of the hair Miss Jean Barbarie was the attractive does take out the kink. Your hair Brushing not only polishes your hair The Italian ladies marked about 160 bridesmaid, wearing a floor-length en- truly is softer and keeps its setting but it also keeps the scalp and hair

When Getting a Permanent Wave Many women write and inquire which permanent machine is the better. T've 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 Following the ceremony, a wedding go to an experienced operator (even if he does charge a little more than the

I do not advocate paying an exorbi-Later in the day, a wedding dinner tant price for a permanent wave, but its promises. A good salon will care for

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 nowand they are possible only by expert shaping. But do caution your hair-

Sometimes, even though we do take dresser to go easy with the scissors!

length clean. Wipe the brush on a clean towel after every twenty strokes. The more you brush a good permenent wave the more beautiful it will beasked many questions regarding waving deep, lovely waves and manageable ends which are glossy and not dull! (Reelased by The Bell Syndicate, Inc.)

> Huntingdon Gleaner:- First bark established in the United States was the Bank of North America in Philadelphia in which Benjamin Franklin did his banking .Complete records of the bank, kept intact all these years, were turned over to the State Historical Society of Pennsylvania recently. They covered the period from 1781 when the second continental congress chartered the bank as a means of providing supplies and finances for the revolutionary war, down to 1929, when it was absorbed by another Philadelphia banking institution. Examination of Benjamin name of "Poor Richard" could have been derived from the condition of that account It shows that it was overdrawn an average of about three days in every week.

#### Marriage at Notre Dame Des Lourdes on Monday

The Rev. Fr. Therriault officiated at a charming wedding on Monday morning at 8.30 o'clock, when he united in marriage Miss Rita Larceque, 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 nowaday, one certainly must keep scratching.

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