

# Well to Study Question Of Food and Its Effects On Health of Children

Good Diet Should Contain Protein, Minerals and Vitamins. Attempts Made to Educate Parents to Watching and Planning for Health of the Youngsters Through Their Food.

May 1 was Child Health Day! Although this particular day has been given the above title, the program which the Children's Bureau of the United States Department of Labour offers is planned to extend throughout the year.



(By EDITH M. FARBER)

The objectives for the May Day celebration are three, each of which should be brought to the attention of every community. The first is the fact that proper food, rest, exercise, medical care and protection against disease during childhood influence well being throughout life. The second stresses the importance of educating parents in regard to the ways in which child health may be safeguarded. The third has the large aim of making health available to all children.

The question of proper food is naturally a matter of interest to the editor of this column. The safety of the food supply through the supervision of our city Health Department is assured through provisions for regulating the methods of producing and distributing milk and through inspections of markets. After the products have been purchased, however, each housekeeper has the responsibility of continuing safety precautions until the food comes to the table.

The choice of food, which will be adequate in every respect for proper growth and development and for protection from malnutrition is, of course, in the hands of each mother. Plenty of milk, a variety of vegetables and fruits, some of them raw, eggs, meat, fish or cheese with cereals and bread and butter form the foundations of a good diet. Sugar will, of course, be used for flavouring desserts. On a schedule of this sort, there will be protein for building tissues, minerals and vitamins for the construction of sound bones and good blood, and sugar, starches and fat for energy.

**Dried Beef and Cheese Sandwiches**  
 1/2 pound dried beef  
 1/2 pound American cheese  
 Tomato soup  
 Buttered bread  
 Put dried beef and cheese through food chopper and add enough tomato soup to moisten. Spread between buttered slices of white bread. This filling

may be packed in a jar and kept in the refrigerator to use as needed. For sandwiches, slice bread one-fourth inch thick and cut into small squares or finger lengths.

**Custard Bread Pudding**  
 6 slices buttered bread  
 4 eggs well beaten  
 1/4 cup sugar  
 1/2 teaspoon vanilla  
 Dash of nutmeg  
 1 quart scalded milk  
 Trim crusts from bread. Mix eggs, sugar, vanilla, nutmeg, and when blended, stir in milk slowly. Line baking dish with bread, buttered side up. Pour into custard mixture. Place in a pan of hot water and bake in a moderate oven, forty-five to fifty minutes, or until firm. (Released by The Bell Syndicate, Inc.)

## Canadian Girl Tells of Plague of Nazi Spies in Norway

No One Able to Speak Freely Because of the Number of Threats.

Miss Aase Bratvold, former Manitoba women's tennis champion, visited Norway for some months last Fall. She records in the Winnipeg Free Press instances in her own experience of Nazi espionage in Norway.

When I was in Norway last Fall, German spies were everywhere. My friends always spoke of them, of how they were appearing in greater numbers. All recognized the danger. Yet, they asked, what could Norway do, striving as it was to stay out of war and preserve itself from Nazi wrath which surely would have fallen on it if it had attempted to clean out the spies.

Two spy stories, one concerning a relative of mine and the other a friend, illustrate the incredible manner in which Nazi agents, as far back as last fall, had wormed their way into every part of the country's life. They are not spectacular, story-book spy accounts. They are, perhaps, very matter of fact. But they do show the extent of Nazi espionage in Norway. They show how, even then, no Norwegian seemed able to speak his own mind in his own country without the log ears of the German Gestapo overhearing him. Throughout Norway such cases could have been multiplied by the thousands. They give a partial key to the tragedy of this month.

Three young men, among them my relative, were lunching together in a downtown Oslo restaurant last Fall. Naturally their talk turned to the war. This was against a government warning not to discuss such things in public places, but these three were alone and they were friends. No one else was near. They thought they were safe to voice their views, which they did quietly. (Imagine, if you can, sitting in a Winnipeg restaurant and looking all around for U.S. agents before you guardedly expressed criticism of President Roosevelt!)  
 The day after the lunch in Oslo, my

## Red Cross Not in Favour of Joining Any One Appeal Idea

"We Cannot Foresee Our Costs. We Just Have to Meet the Need that Arises," says Dr. Routley.

Toronto, May 4—Because Red Cross must be prepared to meet emergencies all over the world at a moment's notice and operates in a field entirely its own, the Canadian Red Cross Society, meeting in Central Council in Toronto recently, decided to continue its policy of holding its appeal for funds separate from that of any other body, it was announced yesterday by Dr. Fred W. Routley.

"There has been some suggestion that all war-time appeals should be combined in one joint effort," he said, but there are several reasons why Red Cross cannot join this 'Community Chest' idea. Through the government, we have assumed the unique responsibility of caring for the sick and suffering, while the work of most other organizations engaged in war-time activities is recreational and educational.

"We have no idea how big the demands made upon us will be in the months to come, and so it is impossible for Red Cross to have a fixed budget. We must be free to undertake a campaign at any time, often on short notice.

"We don't know how many Canadian prisoners of war there will be. Our job is to look after them all, for Red Cross is the only organization permitted to provide for prisoners in belligerent countries.

"During the last war, the Canadian Red Cross cared for 2,600 Canadians interned in Germany at one time. The total number during the whole war was, of course, much larger. We can't tell, either, how many Canadians will be wounded in hospital.

"Our hands must be free to act at a moment's notice in any emergency. There is the additional consideration that our contributors must be free to designate the purpose for which they wish their money used. Through Red Cross, huge sums of money have been sent to Poland and Finland."

Dr. Routley pointed out that in peace time and war, Red Cross acted immediately when disaster struck anywhere in the world, and especially right here in Canada, such as the tragic explosion in Halifax in 1917, forest fires, and so on.

He referred also to the relief and rehabilitation work done in past years in the Western Canada drought areas and the flood-stricken districts of Western Ontario.

"The extent of Red Cross services can only be measured by the willingness and ability of the Canadian people to provide the means. We do all they want us to, but this very idea would be defeated if we combined our appeal with that of groups doing a different type of work.

"The people of Canada have been right behind us so far in all we have done. They approved our war-time action right from the start, when we cabled \$10,000 to England for the relief of victims of the Athenia-torpedoing the day war was declared, and when we had supplies and medical attention ready for these passengers on their return to Canada.

"Red Cross is a missionary organization because the work of every branch goes far beyond the confines of the community in which it is located. Each branch does its part in meeting all emergencies, such as recent earthquake destruction in Turkey. It helps in the upkeep of all services, peace-time and war, provided by Red Cross—health, outpost hospitals, and so on."

relative received an anonymous letter saying: "Hitler does not stand for criticism. You have been overheard speaking not in his favour and we warn you, be careful of what you say."

He thought it was a joke. But his companions denied all knowledge of it. The boys decided not to let the incident pass. Knowing no one except the waitress could possibly have heard them, they decided she must be responsible.

That evening they waited outside the restaurant until she came out and then followed her. She went straight to the German consulate. Reporting the affair to the authorities, they learned later, that sure enough she was a German spy.

The other illustration. One evening a school principal friend of ours, with his wife and their friends, were attending a supper dance. Again the whys and wherefores and who's faults of the war came up for discussion.

A week or so later the principal received a letter saying: "You have been in Germany. Never again. You will be remembered when the time comes. Hitler stands for no criticism."

The letter had a return address in Germany. The principal wrote a hot answer, saying, among other things: "I am a free man in a free country. I can say whatever I please and I am not afraid."

Later he received another envelope containing a photograph of himself, his wife and the friends, taken at the supper dance. An enclosed note said: "See we know what we are doing. You will be remembered."

Such are the methods of the German secret police as they prepare the way for an onslaught on a peaceful neighbour.

Dunnville Chronicle:—Notice in an Aberdeen Kirk: "Will those in the habit of putting buttons instead of coins in the collection plate, please put in their own buttons and not the buttons from the cushions on the pews."

## Business Girls' Club to Elect Officers Thursday

The Porcupine Business Girls' Club held a short business meeting on Thursday evening in the clubrooms, with the president, Miss Lily Ghalster, in the chair. General business was discussed.

Announcement was made of the next meeting of the club, which will take place on Thursday evening, commencing at 8 o'clock, in the clubrooms. This meeting will be the election of officers and will also feature the reading of the annual reports.

## United Church W.A. Enjoys Attractive Programme

The regular monthly meeting of the Woman's Association was held on Thursday evening in the United Church basement, with the president, Mrs. U. C. Fitzgerald in the chair, and a large number of members in attendance.

Following a short business session an interesting programme was presented by daughters of the members of the Association. Miss Garneth McLeod played a pleasing violin solo accompanied by her mother, Mrs. McLeod at the piano. Miss Jean Mason, delighted the gathering with a piano solo, and Miss Doreen Whittam proved her vocal talent in a solo selection in which she was accompanied by Mr. Herbert C. Treneer, organist of the United Church.

Following the meeting, the members enjoyed tea, and it was announced that the next regular meeting of the club will be held on the first Thursday in June, that is June 6th.

## Recipes Specially Suited for the Menu These Spring Days

Eggs in Tomato Aspic. Custard Sauce. Maple Rice Pudding.

With the advance of Spring comes a natural desire for the foods which appear on the market at this season, and for meals which have a spring-time appetite appeal. The Consumer Section, Marketing Service, Dominion Department of Agriculture suggests the following dishes for inclusion in the menu at this time of the year:

**Eggs in Tomato Aspic**  
 1 1/2 tablespoons gelatin  
 1/4 cup cold water  
 2 cups tomato juice  
 1 teaspoon onion juice  
 1 teaspoon sugar  
 1/2 teaspoon salt  
 6 devilled eggs  
 Soak gelatin in cold water. Combine tomato juice, onion juice, sugar and salt. Heat to boiling point. Dissolve gelatin in juice. Half-fill individual moulds with jelly mixture. When partially set, place half a devilled egg, yolk down, in jelly. When jelly sets, add remaining tomato gelatin mixture. Allow to set. Unmould on crisp lettuce. Garnish with watercress or asparagus tips. To devill eggs, remove shells from hard-cooked eggs, cut eggs in half, remove yolks. Mash yolks, season and mix with a little salad dressing. Pack yolk mixture into whites. Serves 6 to 12.

**Rhubarb Sponge with Custard Sauce**  
 1 1/2 tablespoons gelatin  
 1/4 cup cold water  
 2 cups hot, stewed, sweetened rhubarb  
 1 tablespoon lemon juice  
 2 egg whites  
 Pinch of salt  
 Soak gelatin in cold water. Add to hot rhubarb. Stir until gelatin is dissolved. Add lemon juice. When mixture is partially set fold in stiffly beaten egg whites. Serve cold with Custard sauce made with 2 egg yolks. Serves 6.

**Custard Sauce**  
 2 egg yolks  
 2 tablespoons sugar  
 Pinch of salt  
 1/2 teaspoon lemon juice  
 1 cup scalded milk  
 Beat eggs slightly. Add sugar and salt. Gradually add scalded milk. Cook over hot water, stirring constantly until mixture thickens and coats the spoon.

**Maple Rice Pudding**  
 1/4 cup rice  
 2 cups milk  
 2 1/2 tablespoons cornstarch  
 2 egg yolks  
 2 egg whites  
 1/2 cup maple syrup  
 1/4 cup maple syrup  
 Boil rice in salted water until tender. Scald milk in double boiler. Stir cornstarch smooth in 1/2 cup maple syrup and add gradually to the hot milk. Stir until mixture thickens, and cook 15 minutes. Add rice and well-beaten egg yolks. Place in buttered baking dish. Beat egg whites until stiff, gradually add the 1/2 cup maple syrup, and spread over pudding. Bake in a moderate oven (350 d. F.) until delicately browned—about 15 minutes.

**Lost Opportunity to Sell Her Photograph for \$25**  
 By not being present at the Palace theatre weekly Foto-Nite on Thursday evening, Mrs. E. W. Young, of 105 Tuke Street, lost the opportunity to sell her photograph to the management of the theatre for the sum of \$25. Mrs. Young's number was 777 and this was chosen by Mrs. Gertrude Legrare.

A rather interesting feature of the contest during Foto-Nite, was that four ladies were asked to eat whole pies, while kneeling down, and without using any utensils. The contest was very amusing and the lady who won, certainly worked fast for his award.

The offer this week at Foto-Nite will be \$40.

# Beauty and You

by PATRICIA LINDSAY



ANNE NAGEL boasts luxuriant hair which she attributes to exuberant health.

## Falling Hair Frequently Sign of Failing Health

Nature blessed us with vanity after our bodies were created. That was her method of making us care for ourselves. When we look at falling hair, our vanity should be pricked, for nature is telling us that something is wrong—that all is not well.

Thinning hair is frequently caused by improper care of the scalp, but noticeably falling hair is caused by a health condition which should be determined and remedied. Perhaps you need a good long rest, perhaps your menus are faulty or you are not getting sufficient exercise. For some reason your body is not functioning properly and it cannot supply the scalp with the nutrition it needs. After an examination, or self analysis, determine on a health program and then (and only then) attempt to bring back new hair beauty through the following suggested treatment. Rest, sun baths, scientific menus and exercise are always your best doctors, but somehow if we pay for a doctor's advice we will follow it!

**How to Treat Scalp**  
 Just to be certain that no scalp parasite is causing the hair to fall, shampoo every week for one month with tincture of green soap unless your hair has been dyed. Rinse it thoroughly after each shampoo, dry it in the sun, and brush it with a sterilized brush.  
 Before each shampoo give it a hot

olive oil treatment, applying the oil to the scalp with cotton. Leave it on over night.

After each shampoo massage the scalp with a sulphur ointment prepared by one of the leading scalp specialists. Remove excess ointment with a bit of cotton wrung out of witch hazel. Leave this on until the next shampoo. After the first month shampoo every ten days or two weeks. In the meantime be certain that your combs and brushes are kept antiseptically clean.

Do not under any circumstances have a permanent wave during the time your hair is falling. Wait until your body has grown healthy and your hair has stopped falling.

Sometimes a truly specialized treat-

ment is necessary with a vibratory massage, an Infra Red, or an Ultra Violet Ray. Only a physician skilled in such knowledge should advise you—no beauty-salon operator has the necessary medical training.

If you have bald spots, scattered over your scalp, where new hair begins to grow, clip the new fuzz one or two times to strengthen its growth. Sometimes a very diluted iodine mixture helps the hair to grow.

Of course, if you have let the condition go too long, and the hair follicles are dead, then nothing can ever produce hair again. It is a good idea to go to a scalp specialist, if you have the wherewithal, and follow his advice. A reliable scalp specialist will willingly give you instructions for homework if your funds are limited. But remember, if you are not diligent in the care of your scalp regularly, you cannot expect the condition to be corrected. A few minutes each day of tonic or pomade application and good finger-tip massage will do wonders to restore your hair to its natural beauty.

(Released by The Bell Syndicate, Inc.)

## Open Air Mass at Rouyn at National Festival, June 24th

Rouyn, May 4—Among the plans which have been formulated for the celebration of the national festival of St. John the Baptist here on June 24, is the solemnizing of an open air High Mass, on the grounds of Rouyn South parish church, by His Lordship, Bishop Rheumeau of Timmins.

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