

Some of the Problems in Regard to Food During the Summer Vacation

Fresh Supply of Fruit and Vegetables Not Always Conveniently Available. In such Cases Canned Goods May be Substituted. Always Well to Give Special Care to Water Supply.

Vacation with the children away from home may often bring new problems to the mother who in her own home can control her environment.



(By EDITH M. BARBER)

She is sure of purity of the water supply and of the milk which she uses. Of course, she tries to control these things in vacation time as well, but there are often factors which one cannot foresee, which make it important to think of a general rule for vacation days.

First of all, if there is any doubt about the water supply, all water for drinking should be boiled. Children should never be allowed to drink from streams or from wells away from the house. If a trip of any length of time away from the source of supply is taken, water should be carried in a thermos bottle to supply that craving for a drink which invariably seizes a child as soon as he gets away from home. The same thing is true of milk if you are to be absent for a meal.

Sometimes it is difficult to get a supply of fresh vegetables and fruits in the country, although it is theoretically their source. Oranges are, however, usually available, although tomato juice as well as fresh tomatoes will take their place. Canned vegetables such as carrots, peas and spinach can be used if the fresh ones are not available.

You are sure to be able to get fresh eggs where ever you are and with these other foods you will have a margin of safety. I hope, however, for your pleasure you will be able to have some of the fresh foods, which seem to go with summer. The children will not miss them as you will. In a place in Maine where I spent the summer we could get plenty of Swiss chard, occasional string beans and peas. There were wild blueberries and raspberries in their season. If you can have even a few fresh products, you will not mind supplementing with canned vegetables.

Blueberry Waffles

2 1/2 cups flour
3/4 teaspoon salt
2 1/2 tablespoons sugar
4 teaspoons baking powder
2 eggs
1/2 cup melted shortening
1 1/4 cups milk
1 1/4 cups blueberries

Mix and sift dry ingredients. Beat eggs. Stir in shortening, then milk. Stir well and add dry ingredients all at once. Add berries. Beat well and bake in hot waffle iron until no steam escapes between edges. Serve with ice cream, hard sauce or with butter.

Peas Parisienne

2 pounds peas in pod (2 cups shelled)
4 tablespoons butter
1 tablespoon water
1 medium-sized onion, sliced
1 tablespoon minced parsley
2 teaspoons sugar
1/2 teaspoon salt
1/4 teaspoon nutmeg
4 to 6 lettuce leaves, shredded

Shell peas and wash. Melt 1/2 the butter in heavy utensil. Add water, onion, parsley, and seasonings, and cook over low heat 2 minutes. Add peas, cover, and cook 8 to 15 minutes until peas are almost tender. Add washed and shredded lettuce, and cook 5 minutes, until peas are tender. Add remaining butter. Yield: 6 servings.

Note: Canned peas may be used in this recipe if the water is omitted and the liquid in the can used with them. The lettuce should be added with the seasonings and the cooking time reduced to about five minutes when the lettuce will be tender.

(Released by The Bell Syndicate, Inc.)

Sense and Nonsense:—The economic world has been scrambled, says an authority. Yes, and it seems some bad eggs were used, too.

Warning Given Against the Danger of Sunburn

(From "Health")

There is a present day craze on behalf of young persons to acquire a rapid tanning of the body. Because of this craze a mid-summer holiday may be spoiled the first day. A healthy coat of tan may be secured and a sunburn escaped by making the first sunbaths brief. It takes 16 days safely to tan a child.

Taken in proper doses a sunburn has a most beneficial effect on one's body. The ultra-violet rays of the sun activate the ergosterol present in the skin and produce vitamin D. This vitamin has a specific reaction in the building of bone and teeth. It prevents the escape of the calcium and phosphorus which are needed for bony growth.



By James W. Barton, M.D.

That Body of Yours

Stomach Cancer—Early Signs

As it is known that early treatment of cancer will save life, physicians everywhere are advising patients with symptoms in any way resembling cancer, to report immediately to their physician for the tests of cancer that now can be made.

In cancer of the mouth and skin where any sore or growth can be seen, the cancer can be removed by use of x-rays, radium, or by operation. It is in places such as the stomach that symptoms of cancer may be present which the patient does not consider serious enough to even report to his physician.

What should make men and women past thirty years of age give early thought to stomach symptoms is a study of the early symptoms of cancer of the stomach in 251 cases made by Dr. Sara M. Jordan, Boston, in the Journal of the American Medical Association.

Dr. Jordan points out that when the general practitioner or the specialist in diseases of the stomach and intestine are consulted, they are in a position to tell the patient whether or not cancer of the stomach is present by the use of x-rays, test meals, and the gastroscope which enables the physician to see the inside of the stomach. The whole trouble is that patients will not consult their physician when the first signs of stomach cancer occur.

What are the first signs of cancer of the stomach? Dr. Jordan's investigations show that the first signs in the great majority of cases are:

- (a) Pain or distress in stomach region or in upper right side of abdomen.
- (b) Loss of appetite.
- (c) Loss of weight and strength.
- (d) Vomiting.

In what type of patient does cancer of the stomach occur? The investigations showed that all persons over 30, men twice as often as women, should be suspected of cancer of the stomach when the above symptoms are present. It would thus appear that women seek relief from their symptoms earlier than men.

The simple and commonsense suggestions made by Dr. Jordan are:

1. Cancer of the stomach should be suspected in any patient over 30 complaining of "any" digestive symptom, but especially abdominal distress or loss of appetite, weight, and strength.
2. Middle-aged patients who complain of tiredness or anaemia may be early cancer cases.
3. Patients who are known to lack sufficient hydrochloric acid in their stomach digestive juice and patients with healed stomach ulcers, should be carefully watched.
4. Patients should be warned of the need of early and frequent examination if unexplained symptoms continue for any time.

Cancer: Its Symptoms and Treatment

Send Ten Cents to The Bell Library, Post Office Box 75, Station O, New York, N.Y., and ask for Booklet No. 110 on Cancer, mentioning this paper.

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Sudbury Star:—The little Dionnes are very co-operative, says their nurse. We suppose it means if one shows up with the wrong answers in a home lesson, they all do!

Timmins Lady Bereaved by Death of Her Father

Cochrane, July 17—Many Cochrane citizens were in attendance Friday afternoon at the funeral of Alfred Henry Hewson, widely known old-time resident of the town. The funeral service was conducted by Rev. J. Blackburn, of the Church of England. Interment was in Cochrane Union cemetery.

The pallbearers were R. E. McGill, Alf. Eaton, G. Waldron, J. P. Dent, Tom Buttery and Alex C. Bain.

Mr. Hewson died Wednesday at his home in Hillcrest, following an illness of two and one-half months' duration. He was in his 85th year.

He was born in Buckingham, Que., the son of the late Mr. and Mrs. Israel Hewson. His marriage to the former Margaret Anne McCullough, took place at Buckingham. Some years later they took up residence at Cochrane. Mr. Hewson was active in the organizing of the Orange Lodge in Cochrane and many members of that organization attended the funeral in a group.

Mr. Hewson is survived by his wife, three sons, W. G. Hewson, Herbert A. Hewson and John A. Hewson, all of Cochrane; two sisters, Mrs. Margaret Madden, of Timmins, and Mrs. Mary Hinchcliffe, of Montreal, and six grandchildren.

Worked Both Ways

"I've just read a marvelous article in the paper," said Mrs. Smith to her husband. "It's all about a man who had reached the age of forty, without learning to read and write. Then he fell in love with a woman, and for her sake he made a scholar of himself in two years."

"That's nothing," replied her husband sadly. "I knew a man who was a profound scholar at forty. Then he met a woman, and for her sake he made a fool of himself in two days."

Exchange.

TO-DAY'S FASHIONS



Pique frock for club tea

By GRACE THORNCLEIFFE

NO MATTER what's new in the way of summer fabrics, girls go on wearing sharkskin or pique. Both fabrics are crisp, clear, clean and set off summer tans.

Sketched here is a good-looking pique frock which has classic revers above a single-breasted closing. The body of the dress, sleeves and pockets are of lacy patterned eyelet embroidered pique. The full flared skirt has an inverted box-pleat back and front. The dazzling white is set off by a bright red patent leather belt, which, of course, teams up with a big red straw hat for a really smart costume.

Results of Timmins Centre's H.S. Entrance Exams

(Continued from Page One)

Manhire, William; Martin, Linnea; McMillan, Wilhelmian; McNeil, Earl; Melville, Lillian; Melville, Philip; Moore Gladys.

Otto, Irene.
Pye, Joan.
Fyfe, Pauline.
Rbys, Eldon; Rickard, Thomas; Roy, Dorothy.

Sanford, Harold; Sanford, Vincent; Saue, Leq; Seaney, Stuart; Shaw, Douglas; Smith, John; Smrke, Louis; Stewart, Neil.

Tole, Bernard; Tollefson, Grace; Tollefson, June; Truax, William.

Whitford, Ronald; Walsh, Doris; Williamson, Dorothy.

Timmins, Rural

Carriere, Simone; Coupal, Colombe; Lefebvre, Aurore.

Veritsky, William.
Holy Family Separate School
Adams, James.

Badeski, Gerald; Beauchamp, Sheila; Elaszcka, Andy; Bowie, Peter; Burnett, Vincent.

Cahill, Wilfred; Carpenter, Albin; Clarke, Joan; Cochrane, Allan; Coulas, Alice; Cuddehey, Meryl; Cummings, Kealey.

Durica, Joseph.
Ethier, Florence.
Frawley, Helen.
Herbert, Yvette; Hedican, Lawrence;

Hickey, Shirley.
Killeen, Theresa; Krzesiek, Teddy; Lauzon, Geneva.

Manion, Joan; McIsaac, Margaret; McKenna, Donal; McKey, Evelyn; McNamara, Reginald; McPhail, Donald; Mondoux, Ronald; Moran, Thomas; Moore, Helen; Mudry, George; Murphy, Talcen.

O'Callaghan, Rita; Oleksuk, Helen; O'Neill, Betty; Ostrowski, Walter.

Powers, Charles; Powers, Robert; Price, Georgina.

Richard, Richard; Ritchie, Helen.
See, Marjorie; Shulist, Frank; Skeba, Mario; Sullivan, Dolores; Sullivan, John.

Tomchick, Grace; Trafford, Lawrence.

Wallace, William; Wojciechowski, Theresa.

Jacques Cartier Separate School
Bissette, Marcel; Boudreau, Martine; Chaloux, Rita; Cloutier, Juliette; Desjardins, Alphonse.

Gelinas, Cecile; Guillemette, Theodore.
Lachapelle, Rene.
Magnan, Angele; Martin, Fernand; Poirer, Rejeanne; Proulx, Rose.

Raymond, Melina.
Villeneuve, Fleurette.

St. Michael Separate School
Barbarie, Gilberte; Barrette, Elda; Beaulet, Gaston; Bissonnette, Helene; Boisvert, Louis; Boisvert, Madeleine; Boudreau, Rosalie; Boudreau, Emery; Brassard, Rita.

Caron, Noella; Charron, Yolande; Charlebois, Aurelie; Comisso, Joseph; Cyr, Rita.

Doucet, Agnes; Dumoulin, Real.

Mrs. Rosa Brown Pays to Stamp the Paperhanger

Kirkland Lake much more than doubled its objective in the plan of the theatre for selling war stamps. With final figures to come in, the amount runs around \$5,000. In connection with the entertainments put on by the Kirkland Lake theatre there were a number of interesting features. At one theatre there was a large picture of Hitler in the lobby and bids were made to "stamp him out." It was only a few minutes until the paperhanger was all patted up. Mrs. Rosa Brown, the noted pioneer woman of Kirkland Lake gave \$10 to be allowed to go up on the stage and kick around the picture of Hitler. She concluded her performance by spitting in the face of the paperhanger. Mrs. Charlie McLeod paid \$63 to "stamp out" one of Hitler's eyes, while \$61 was paid by another Kirkland citizen for blotting out the other optic. Several bonds were sold during the evening, the largest being one for \$400 purchased by Mr. Jack Adamson, of the Lake Shore Mine.

Toronto Telegram:—The modern bathing suit would hardly afford a moth a full meal.

Magna, Rose Helene.
Ferron, Jeanette; Pichette, Louis.
Rene, Lucile; Robitaille, Gilberte.
Savard, Raymond; Smith, Laurent.
Tremblay, Claire.

St. Charles Separate School
Boulanger, Lorraine.
Castonguay, Joffre; Clement, Clement; Clement, Irene; Clusteau, Lucille; Couture, Leo; Cuelletier, Cecile; Dubois, Armand.

Fay, Agnes; Fay, Lucien; Fay, Gertrude; Fortier, Jeanne d'Arc.
Gauthier, Florent; Gauthier, Lionel; Girard, Lesly.
Hoff, Rita.

Lachapelle, Roger; Lajoie, Rhea; Lariviere, Therese; Legault, Laurent; Leroux, Georges.

Mainville, Aric; Majnariich, Slavov; Pilon, Jeannine; Potvin, Lucie; Robichaud, Rita.
Vezina, Jeannette.

St. Anthony Separate School
Bissonnette, Roger; Blais, Gilberte; Boutin, Roland.

Cantle, Gerard; Carboneau, Roger; Cloutier, Cecile; Cote, Jeannine.
Delgudice, Carmel; Desaulniers, Jeanne; Doiron, Rita.

Godin, Alime; Gosselin, Simone.
Joanisse, Constance.
Larher, Fernand; Lemieux, Robert; Levesque, Madeleine; Lloyd, Marguerite.



DOMINION OF CANADA WAR SAVINGS STAMPS

War Savings Stamps are issued and guaranteed by the Dominion of Canada. Sixteen of them will be redeemed for one \$5.00 War Savings Certificate.

As a contribution to Canada's War Effort and to popularize the new War Savings Stamps, the TIMMINS DAIRY makes it easy for every householder to obtain stamps. Remember your Timmins Dairy Man carries a supply; so help Canada Win the War by taking your change out in War Savings Stamps.

Timmins Dairy

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Milk — Cream — Ice Cream — Buttermilk
Owned & Operated by Canadians

Beauty and You

by PATRICIA LINDSAY



ANNA NEAGLE, the famous English star, on vacation in the desert at the conclusion of "Irene" spent the early mornings bicycling along desert by-roads.

Some Fun Every Day Relieves Nervousness Encourages Beauty

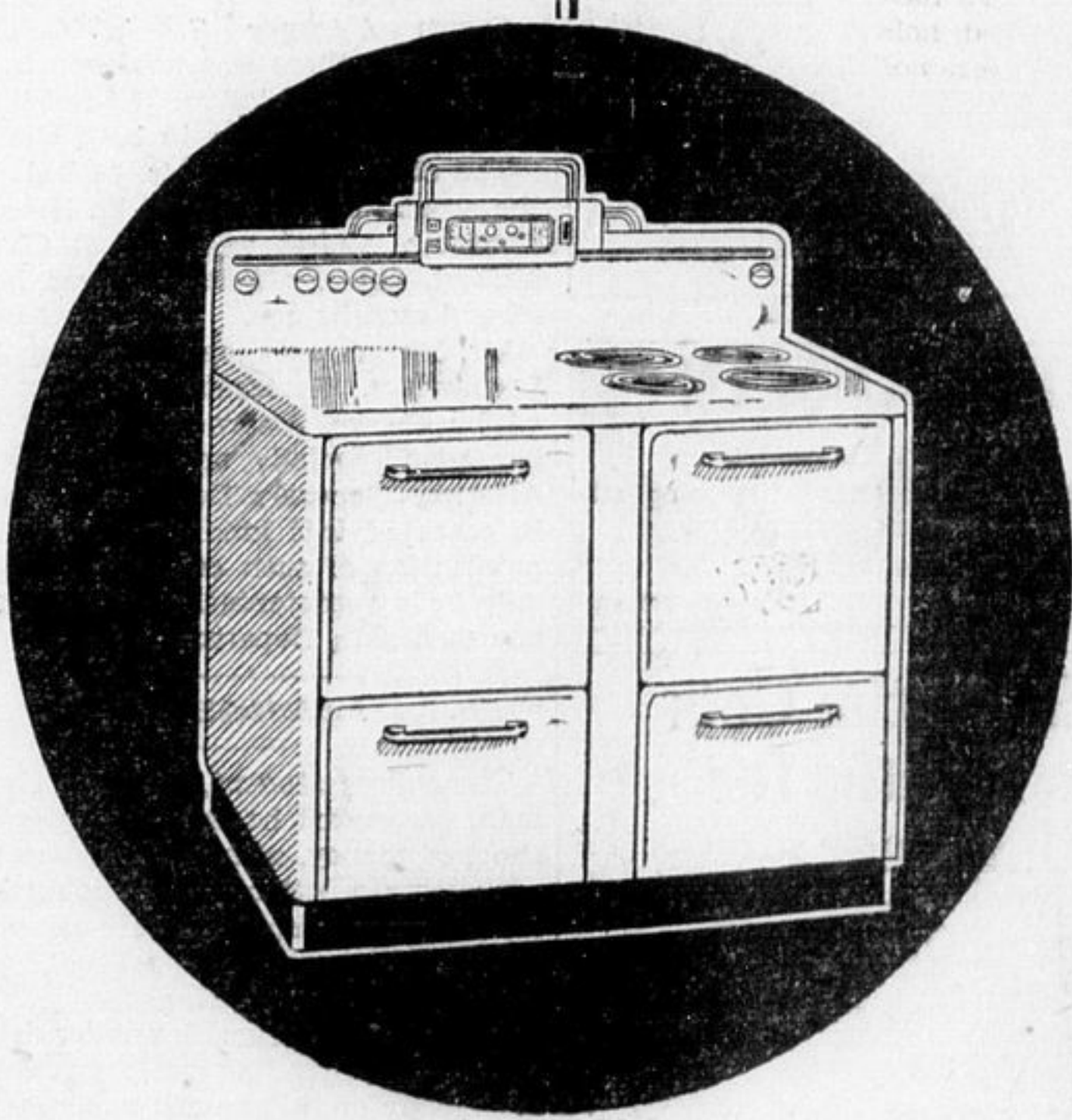
With most of the world at war and headlines bringing us definite fears, we must make every effort not to be bogged under. The best remedy, is a little fun every day. Simple fun to relieve the tension which surrounds us and to keep our perspective sane. The world is at war most of the time, it seems, and troubles are knocking at our doors pretty consistently, but what will happen if we ruin our health through worry and accept the attitude that life is pretty much of a headache!

Fun is a bromide, and fun is free for all. To my way of thinking fun should be either taken out of doors or at least away from the usual four walls within which we work. A housewife should definitely get out of the house at least one each day, and have a little pleasure. An office girl should get out during the lunch hour, or at the end of the day. A woman bored from too much pampering should get out and give a little fun to others each day—to underprivileged children, the infirmed, the aged or to others who have been denied advantages. Her fun can be denied service. Those who serve the greater part of the day should relax and just be merry for a few hours. Indolent and merry. There is no tonic in the world better than that for beauty!

Fun guards against tiredness. Haven't you felt sunk just before going to a party but when you arrived and entered into the merriment of it your fatigue suddenly left you? Fun minimized nameless fears. If you dread something, get out and have

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FREE WITH EVERY NEW ELECTRIC RANGE PURCHASED DURING THIS SALE

a four piece set of heavy duty aluminum ware. See it at any of our stores — but hurry, the supply is limited!

Five important features recommend electric cooking. Electric ranges cook better; cook faster; cook cleaner; are cooler; and are more economical.

Modern electric ranges take the uncertainty and guesswork out of cooking. With an electric range you're sure of your results.

No time is wasted cooking with an electric range, for they give real heat quickly, at the turn of a switch. No waiting for a smoky fire.

Electric cooking is clean cook-

ing because there is no soot or smoke to dirty your walls or curtains. Electric ranges are easy to keep clean.

You'll appreciate the coolness of electric cooking, for all the heat is used to cook the food — it does not escape and heat up the room.

The economy of electric cooking has been proved many times. Less shrinkage in meats — none of the full goodness of food is lost and you'll do all your cooking for less than half a cent per meal per person.

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