

Descriptive of Sample Dinner Served on Air Liner Flying from West

Cookies from San Francisco and Chicago Pastry Served Fresh in New York. Recipe for Stuffing for Mainliner Squab Chicken. Some Other Interesting Items.

The dainty little cookies came from San Francisco, the pastries came from Chicago. All the way to New York. Yes, they were fresh. The journey from the West Coast by air took less than twenty-four hours, and the one from Chicago only four hours.

They were made in the commissaries of an airplane and were served with the ice cream molded in airplane form for dessert at a recent luncheon in New York. This took place on the roof restaurant of a high building, where the meal duplicated in every respect



That Body of Yours

By James W. Barton, M.D.

Shortness of Breath May Be Due To Other Causes Than Heart Disease

As heart disease stands at the head of the list as a cause of death, and this fact is known to almost everybody, it is often difficult for the physician to persuade his patient that his shortness of breath and pain in heart region are not due to heart disease.

The extra first beats of the heart is another symptom that causes alarm, yet "after middle age they may be considered almost a normal phenomenon."

Even swelling of the feet, when the heart is not enlarged, is practically never due to heart diseases.

What, then, are the symptoms of real or organic heart disease?

The one outstanding symptom is shortness of breath after exertion. Yet this symptom is very often present in those with a normal heart.

Shortness of breath on slight exertion is found in those with a blocked nose. As enough fresh air (oxygen) is not getting down to the lungs to purify the used blood, breathlessness due to lack of oxygen or too much carbonic acid, follows. If these individuals, while exerting themselves, will breathe in and out through the mouth, in most cases they will find that the shortness of breath does not come on as soon, doing the same amount of work.

Whether or not they have the nose condition corrected, the fact that getting more air down to the lungs prevents the breathlessness shows that the heart is normal.

Another condition causing shortness of breath is eating too many acid-forming food—meat, eggs, fish, cereals—for the amount of exercise taken. These are all nourishing foods and at least one of them should be eaten every day. Eating more fruit and vegetables will prevent acidosis, as this condition is called.

This same condition—acidosis—arises in those who are reducing weight so that those on reducing diets are often alarmed about their heart when they notice how easily they get out of breath. The using up of body tissues instead of food causes acidosis.

If, then, you get out of breath easily, you should first have your family physician examine your heart. If he finds it normal and no blockage of nose present, there is no cause for worry, but it would be worth while to check up on your daily food habits.

Why Worry About Your Heart?
Is your heart skipping beats? Is it rapid? Do you get out of breath easily? Send today for Dr. Barton's informative booklet called "Why Worry About Your Heart?" (No. 102), addressing your request to The Bell Library, Post Office Box 75, Station O, New York, N.Y., mentioning the name of this newspaper.

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Some 12,000 Canadians Helping Build Airplanes

Excluding Canadian Associated Aircraft Limited which is engaged in assembling planes for the British Government, some 12,000 Canadians are now busy on the aircraft production programme. More than 7,000 are employed in eight of the Canadian aircraft plants. The balance are busy in factories turning out components and equipment for aircrafts.

Beauty and You

by PATRICIA LINDSAY



Exquisite HELEN PARRISH, one of R.K.O.'s younger stars has a personal charm which ensnares admiration.

Personal Daintiness Essential to Charm

With warmer days just around the corner we must look to little grooming details which are essential to our personal charm. We want to be spring fresh in our appearance and that calls for freshness of body as well as fresh clothing.

Most girls find a daily bath or shower a primary step in daily grooming, and it is usually followed by the use of deodorant on areas which perspire the most. Good deodorants come in liquid or cream formulas and they should be applied only on freshly washed skin. Such a beauty aid is always needed under the arms and across one's upper back for those two areas perspire more freely than the rest of the body. If you happen to suffer from foot perspiration you will find the daily application of a liquid deodorant after a foot bath a welcome corrective.

Weekly or semi-monthly sessions with yourself and a depilatory also make for more pleasing body care—especially if you are one to wear tan suits, bathing suits, shorts or evening clothes. Just take the precaution of buying a harmless preparation and with very little experimentation you will become expert in keeping your body free of superfluous hair. If you are timid about inquiring about a good depilatory and how to use one, go to a salon for a single treatment and watch how the operator applies the mixtures and removes it. Excepting for wax formulas, depilatories are as simple to use as a face pack.

For Excess Perspiration
Some girls have the problem of excess perspiration with which to contend and indeed it is a definite problem. Such a condition may be caused by any one of several factors and the beauty who is serious about correcting it will check all the possible causes. Constipation, lack of exercise, nervousness, over-weight, worry or diet.

If your body is perfectly normal in its functioning and in its weight, you have little to worry about—for a healthy body has a pleasant smell. But a body which suffers from constipation, strain, incorrect menus, mental or physical lethargy, is a sick body and is demanding attention.

A famous old English custom, to correct lazy body functioning, has come into style once more. It is simple—merely the drinking of a cup of hot herbal tea before one retires and the drinking of the juice of a lemon in hot water when one gets up. They act as cleansing aids to your intestines just as creams do for your skin.

Some women, who are troubled with too free perspiration, like to bathe in water to which has been added baking soda, a cup or two of epsom salts or toilet vinegar. While in the tub their skin is brushed well with a body brush before it is soaped—and after being thoroughly dry they apply a deodorant or an anti-perspirant. During very hot weather two baths are necessary, one in the morning and one at night.

As personal daintiness depends so much on meticulous grooming it pays any woman or girl to take every precaution.

(Released by The Bell Syndicate, Inc.)

Puzzle Solved

A magazine writer says women control seventy per cent. of family incomes. This statement is puzzling for a moment until suddenly it occurs that the remaining thirty per cent. is accounted for by taxes.

—Edmonton Bulletin

Understanding

Gandhi, that inscrutable mystic with power over millions in India, has declared his refusal to hurt Britain in time of grave peril, by a campaign of civil disobedience. The Nazis will find this attitude pretty difficult to understand. But Gandhi understands the Nazis, without doubt.—St. Catharines Standard.

Compares Position of Hitler with That of Napoleon First

Interesting Commentary on the Progress of the War.

In his column of "Grab Samples" in The Northern Miner—a column that is always interesting and illuminating—W. G. Gorman last week writes as follows:—

Hitler and Napoleon
In other wars we have been a divided people; the effect of our external operations has been in some measure weakened by intestine dissension. The sentiment of self-preservation has absorbed every other feeling and the fire of liberty has melted down the discordant sentiments and minds of the British Empire into one mass and propelled them in one direction.

Partial interests and feeling are suspended, the spirits of the body are collected at the heart and we are awaiting with anxiety but without dismay the discharge of that mighty tempest which ranges over the skirts of the horizon and to which the eyes of Europe and of the world are turned in silent and awful expectation.

While we feel solicitude, let us not betray dejection nor be alarmed at the past successes of our enemy which are more dangerous to himself than to us, since they have raised him from obscurity to an elevation which has made him giddy and tempted him to suppose everything within his power. The intoxication of his success is the omen of his power. What though he has carried the flames of war throughout Europe and gathered as a nest the riches of the nations while none peeped nor muttered, nor moved the wing? He has yet to try his fortune in another field, has yet to contend on a soil filled with the monuments of freedom, enriched with the blood of its defenders—with a people who, animated with one soul and inflamed with zeal for their laws and their prince, are armed in defense of all that is dear or venerable—their wives, their parents, their children, and the sanctuary of God and the sepulchre of their fathers.

We will not suppose there is one who will be deterred from exerting himself in such a cause by a pusillanimous regard to his safety, when he reflects that he has already lived too long who has survived the ruin of his country and that he who can enjoy life after such an event deserves not to have lived at all.

By a series of criminal enterprises, the successes of guilty ambition, the liberties of Europe have been gradually extinguished and we are the only people in the eastern hemisphere who are in the possession of equal laws and a free constitution. Freedom, driven from every spot on the continent, has sought an asylum in a country which she always chose for her favorite abode but she is pursued even here and threatened with destruction. The inundation of lawless power, after covering the whole of Europe, threatens to follow us here and we are most exactly—most critically placed—in the only aperture where it can be successfully repelled—in the Thermopylae of the universe.

The foregoing paragraphs might well be written by an Englishman of today; actually they were written 128 years ago by Robert Hall, at the time of the threatened invasion of Britain by Napoleon in 1812. The spirit of resolution and sacrifice that breathes in Hall's letter lives in Britain today. There is apprehension, a realization of critical danger, but no thought of surrender.

The shameful collapse of France, with an army of four million trained men, may yet prove to be a blessing to the British Empire and the world. Revelations come thick and fast that the French troops were sabotaged from the rear, that in Paris and the polit-

Hints for Those Going on Holiday This Summer

Whether you are going away on a vacation this summer, or remaining at home, you will still need proteins, carbohydrates, vitamins and minerals in your diet, according to the Health League of Canada.

If you are going away on a vacation and providing your own food and doing your own cooking, remember that the basic essentials of a good diet are milk, milk products, eggs, meat and fish, vegetables and fruits, and grains or cereals. Commercially canned fruit and vegetables are safe and good. Butter may be obtained especially packed for long keeping and may be kept cool by placing the sealed receptacle in running water. Canadian cheese is a valuable food. Cereals may be bought in bulk and packed in cans for a trip. Eggs may be a difficulty, but there is a large variety of excellent canned meats and fish on the market. Various substitutes for household bread may be cooked in camp if you are not a bread-maker.

clians lay the deadliest enemy. American technicians, escaping from France into Spain, have related that, engaged to equip plane factories, they had completed two modern plants by February and that not one machine ever emerged. No sooner was a factory tooled for production than some change would be made in engine or plane design and the work would have to be done all over again. Readied time after time there was a series of delays, a mass of red tape, a criminal lack of realization of the emergency, an exasperating meddling by politicians which rendered these splendid plants entirely useless and turned them over to the enemy in the long run.

It is entirely probable that England did not trust France from the outset; it is significant that in the end all British troops were at or near the coast and were removable to safety. Certainly Britain did not trust the Belgians and had little reason to do so, remembering the last war when the natives would remove the pump handles in the farm yard to keep the troops from getting a drink of water, indicative of their attitude. The "poor starving Belgians" were the synthetic heroes of the last war which they were sorry to see ended, as they never lived so well or so lazily before.

Hitler is so extended now that he is in an exceedingly hazardous position. Like Napoleon he has Europe under his heel but Europe is wriggling already in apprehension of hunger and starvation. The Europeans who would not fight for their honor may fight for their bellies. Like Napoleon, Hitler has overrun Europe but he has not conquered it. He has to garrison every city, every port, every railway, every aerodrome and industrial area. He has not the men or the material to blanket the continent. His Allies hate him and all his works, they skulk at his heels like the jackals they are and the jackal never had any love for the lion. If Britain can hold out until winter the end of Hitler is in sight.

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(By EDITH M. BARBER)

the type which was served on the planes themselves at an altitude of 8,000 feet.

The food service on the plane is directed by an experienced hotel man who has many problems which must be met if appetizing food is to be served to passengers. It was necessary for him to design equipment and utensils which would insure keeping the food hot or cold as it should be between the time it leaves the commissary kitchen and is served after the plane has soared to a height where air is generally smooth. You will be interested in the sample menu.

- Avocado continental
- Anchovy olives
- Macadamia nuts
- Mainliner Squab chicken
- Buttered string beans
- Braised celery
- Parker house rolls
- Molded ice cream
- Petits fours
- Milk
- Coffee

A second interesting experience was offered recently by another company, which invited us to luncheon in the air while we flew over the World's Fair and actually got a bird's eye view of it.

- Avocado Continental
- 3 avocados
- 1/2 cup tomato catsup
- 3 tablespoons vinegar
- 2 teaspoons sugar
- 1 teaspoon Worcestershire sauce
- 1/2 teaspoon salt
- Few drops tabasco sauce

Cut avocados in halves lengthwise and remove pits. Mix remaining ingredients together and place 2 tablespoons of sauce in each avocado half. Chill and serve as a first course.

- Stuffing for Mainliner Squab Chicken
- 1 tablespoon olive oil
- 2 teaspoons minced onion
- 1/2 cup minced mushrooms
- 2 chicken livers, chopped
- 1 cup chicken stock
- 1/2 cup uncooked rice
- 1/2 teaspoon salt
- Pepper.

Heat olive oil in casserole and cook onion, mushrooms and chicken livers in it for five minutes over a low fire. Add chicken stock, bring to a boil. Add rice and seasonings, cover and cook in a moderate oven, 375 degrees F., about twenty minutes, until rice has absorbed liquid. This makes enough stuffing for six squab chicken.

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