

# Discussing Some of the Many Uses of Molasses

### Molasses Can be Used Very Pleasingly With Griddle Cakes and Waffles. Also With Cookies and Taffy, and to Baste a Meat Loaf. Recipes for Molasses Squares and Molasses Pudding.

When I was a little girl, I sometimes used to be sent to the store to buy N'Orlean's molasses which came out of a barrel by means of a spigo, into a paper bucket.

For years I thought that molasses grew in trees as did the maple sap which I had seen flowing in the spring. No one could convince me that white

order the individual more likely to become infected by various ailments and retard or interfere with natural growth of children.

Lack of vitamin C was first found to be the cause of scurvy and later to be at least partly to blame for slowness of a wound healing early decay of teeth and rheumatism.

Since lack of vitamin D was found to be the cause of rickets (soft bones lacking lime—knock knees bow legs), giving lime direct or giving foods rich in lime has made rickets a rare disease.

When vitamin B was first discovered it was used to increase appetite and prevent constipation. Today vitamin B has been found to have more than one factor and vitamin B complex comprises vitamins B1, B2, B6, and other

So important is vitamin B1 to human health that more is being written about it in medical journals than about all the other vitamins combined. There has been so much work done in trying to obtain vitamin B1 that "the first grain of pure vitamin B1 must have cost an aggregate of several hundred thousand dollars."

Why is vitamin B1 arousing so much interest? It is now almost the specific or special treatment for neuritis and arthritic pain. It gives excellent results in all "run down" conditions.

The list of food rich in vitamin B1 are: Brewer's yeast, or yeast tablets, lean beef, beef liver, butter, bacon, ham, malted milk, peanuts, whole wheat bread.

In many cases vitamin B1 is given direct, about 50 units daily to infants and 200 to 300 to adults.

**Eating Your Way to Health**

Send Ten Cents today for Dr. Barton's handy booklet on food entitled "Eating Your Way to Health" (No. 101) Address request to The Bell Library Post Office Box 75, Station, O. New York, N. Y.

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BARTON "EATING" GDS

## Candlelight Bridge Auspices of I. O. D. E. Very Successful

Although a new undertaking, the Candlelight Bridge held on Saturday afternoon under the auspices of the I. O. D. E. was a well-patronized and very successful event.

Mrs. Alex Allan convoked the bridge, and was ably assisted by Mrs. A. F. Carriere, Mrs. J. Keene, Mrs. Dorschner, Mrs. H. Graham and Mrs. T. E. Pritchard.

The attendance came to order for the bridge with the singing of the National Anthem and at the conclusion of the bridge, Mrs. S. L. Honey kindly drew for the door prize. No. 112 was the lucky number, and was held by Mrs. Passmore, the prize being an envelope of War Savings Stamps.

The Oddfellows Hall had been attractively decorated with flags for the occasion, and presented a delightful picture during the afternoon. Mrs. Boker, representing the 1st Vice-Regent, Mrs. L. E. Dorway, who is confined to her home by illness and Miss Ellen Terry, 2nd Vice-Regent presided at the tea table which was centred with flowers and candles in patriotic colours.

Following the bridge, the refreshment committee with Mrs. H. Leng, as convener, assisted by Mrs. Passmore, Mrs. Warnock, Mrs. Gells, Mrs. Ed. Robinson, Mrs. Wheeler, Mrs. Coulson, Mrs. Pizzetti, and Mrs. Lloyd prepared the individual tables, changing their appearance from bridge to "tea time" with "Candlelight". While tea was being served, a pleasant musical programme was presided at arranged by Mrs. Theriault, of the entertainment committee.

During the programme Mrs. Boutin accompanied at the piano. Mrs. Emilie Lacourtiere delighted the gathering with the singing of "None But the Lonely Heart" (Tchaikowsky), and "Se Tu Veure Mignonne" (Massenet). Mrs. Lacourtiere has only recently taken up residence in town, and her lovely voice

## That Body of Yours



By James W. Barton, M.D.

**The Importance of Vitamin B1**  
When we think of the hundred of thousands, yes millions, of dollars, spent every year to find the cause and cure for cancer, we feel it is well spent. Cancer cut useful lives in their prime aside from its distressing and painful symptom.

It so happens that the research work of Drs. Banting and Best, Toronto, in discovering that insulin prevented death in diabetes, and the work of Drs. Minot and Murphy, Boston, in preventing death from pernicious anaemia, did not cost large sums of money.

The point is that research workers try to work to the end of their leads whether the time taken to follow these leads is short or long.

For the past few years you have been reading much about vitamins, the food elements whose lack causes various diseases.

Thus lack of vitamins A is now definitely known to cause eye disturbances (night blindness), skin irritations, ren-

### NEW DIRECTOR



W. B. Powell of Hamilton, Ontario, who was elected to the Board of Directors of The Mutual Life Assurance Company of Canada, at the Annual Meeting of the policyholders held at Waterloo

will be a welcome addition to the vocal talent of this community.

Mrs. Worthington, whose solo selections are always enjoyed, sang "One Fleeting Hour" and "Trees", and Mrs. Theriault rendered the beautiful "Liebestraum" (Franz Liszt) and "There are Fairies at the Bottom of Our Garden" (Liz a Lehmann).

Prize-winners at bridge were: 1st, Mrs. P. H. Laporte; 2nd Mrs. C. Mondoux; 3rd, Mrs. P. Conway; and consolation, Mrs. Geo. Slinn.

Mrs. Shaheen, Mrs. Chisholm and Miss Terry formed the advertising committee, and Mrs. Holtz attended to the receipts. Mrs. W. Mackie was in charge of the tables.

The Chapter is very grateful for the patronage given this event, and the financial success of the afternoon.

### Treating Illegal in South Africa and S. West. Africa

Treating is banned in Union of South Africa and in South-West Africa Government Gazette Extraordinary issued at Pretoria announces that it is now illegal for a man to have a drink paid for by somebody else. Special concessions are made in the case of bona fide luncheons or dinners and the treating of drinks in a private room. Ban on treating does not apply to women. Maximum fine for contravention of no-treating law is £25.

Try the Advance Want Advertisements

### Weekly Business Meeting of Rebekahs on Thursday

At the weekly business meeting of the Rebekah Lodge on Thursday evening, the members made final plans for a bake sale to be held on Saturday, February 8th.

Routine business was discussed, and announcement was made that the weekly business meeting would take place as usual on Thursday evening.

### Kicked a Cat to Death. But Only Fined \$1 and Costs

Dan Perreault, of Rouyn, kicked a cat to death in a bathroom on a Rouyn apartment house recently and last week he was before the court for his allegedly brutal performance, but he escaped with the nominal fine of \$1 and costs. Perreault is said to have picked up the cat in the hallway and carried it into the bathroom where it was battered and kicked to death. The cat was a pet of some people who had an apartment in the house and when they learned of the terrible death of their pet they notified the police. The charge against Dan Perreault followed. Perreault claimed that when he picked up the cat, it bit him, and he dropped it at once. The animal, however, was said to have run into the bathroom and Perreault followed it, eventually battering it against the walls and later kicking it to make sure it was killed in all several lives.

### Some Stories

#### OVER THE WAY

Standing at his post by the canal bank in the hush of Christmas night, the Home Guard heard someone approaching. Waiting until he thought the newcomer was near enough he challenged:

"Halt! Who goes there?" "Friend!" came the prompt reply in a "well-oiled" voice.

"Advance and be recognized," he cried.

From the darkness came the angry retort:

"What do you think I am — a blooming duck? I'm on the other side!"

The Passing Hour

#### A NEW APPROACH

"Do I owe you anything?" "Not a penny my dear sir. Are you going about paying your little debts?" "No, I'm going to see if I've overlooked anybody. Lend me \$10 till Saturday."

—Globe and Mail

#### NO CHOICE

Restaurant Patron— You may bring me a dozen fried oysters. Waiter—I'm awfully sorry, boss, but due fact is, we's outer all shellfish 'cepting aigs.

—Exchange

#### CAUGHT

Jones was exceptionally cheerful. All day long he has been whistling and humming at his work, until at last Brown asked him what was the matter. "Well, you see," explained Jones "my wife has lost her diamond engagement ring."

"What's there to be so cheerful about in that?"

"I'm waiting for her to tell me. You see, I found it in my trouser's pocket."

—Sudbury Star

#### TIME TO LAUGH

"Get a good laugh at bathing suits worn 30 years ago," observes Laz Deeson of Lazy Ledge, "cause 30 years hence they won't be nothing to laugh at."

—Exchange

#### QUALIFYING

A small boy called for his aunt, who lived on the other side of the town.

"Hello, Auntie, Sue, nice day." After a moment of embarrassed pause he added: "Auntie Sue, I smell something that seems like pie with raisins in it."

"Yes Billy I have some nice mince pies but they're for company."

He pondered this and then said hopefully: "I came to make a little bit of a visit myself."

—Globe and Mail

#### IT WORKED

A family living in a suburb of Melbourne finding the usual notices on the gate ineffective in discouraging hawkers and convessers, replaced them with the following one.

"Beware of the Agapanthus! If attacked do not run but walk slowly backward."

Reported 100 per cent efficient.—Globe and Mail.

## Beauty and You

by PATRICIA LINDSAY



Erectness without tenseness (good posture to you) is taught singing pupils by star-maker Allhouse. A chair against the back, diaphragm raised for proper breathing, head held straight but not stiff! Thus perfect ease for speaking or singing.

### Occupational Kinks Relieved Through Relaxing Exercise

When you get a kink in your neck, your back or any other part of your body it is a warning that a muscle, or several muscles, have become tense through too concentrated activity or from holding poor posture too long.

That is why such kinks are called occupational kinks. Most everyone has experienced such a pain or fatigue after sitting or working a long time in one position.

To relieve such pain you must stop at once what you are doing. Get up and stretch, clear your mind by thinking of something else, and take a few deep breaths of fresh air. If the pain persists at the end of the day you have no alternative than to go through a series of relaxing exercises or have someone give you a deep massage around the area which hurts.

As neck, shoulder and back kinks are the most common, I give you below some exercises to relieve these. You may practice these movements at home or at your place of business (if you can get out of sight of boss!).

#### Sound Routine

Stand up with feet lightly apart. Draw in your abdomen, lift up your chest and stretch your arms overhead. Relax. Now drop your arms limply to your sides and bend over from the waist allowing your head to hang as it will. In little jerks bend over more and more until you touch the floor, keeping knees straight and arms dangling. Then slowly in little jerks come up to erect position. You should feel great relief in your back if you are doing this exercise correctly.

Movement 2: Now stand erectly, place hands in shoulders and hold elbows shoulder high. Pull your abdomen in and up, then press your elbows back and down until your shoulder blades meet. Holding this position stretch your neck "tall" and slowly bend it forward and backward. Relax when you feel a pull on your muscles. This relieves the congestion which one often feels at the base of the neck.

Movement 3: Hold both arms up in the air—not tense. Twist your body so your arms will describe a wide, complete circle. Put your all into this movement—feel as free as a bird. Go

They're FREE Beautiful Pictures (mounted) in colour of Britain's Fighting Planes SPITFIRE, HURRICANE, DEFiant, SUNDERLAND FLYING BOAT, WELLINGTON BOMBSTER AND BLENHEIM BOMBER Don't miss this opportunity! Just take a label from a tin of CROWN SYRUP—write on the back your name and address and the title of the picture you want... (1 label for each picture.) Mail the label to Dept. J, The Canada Syrup Company Limited, 49 Wellington St. East, Toronto. The picture will be sent immediately, absolutely without charge.

**CROWN SYRUP**

### Pledge for War Savings

# "SALADA" TEA

### Crashes No Bother



Ken Tyler is one pilot training with the R.C.A.F. at Trenton who scarcely gives a second thought to the possibility of a crash. It would merely be something he's done 144 times before—on all but two occasions with Hollywood cameras taking it all in for the films. The former stunt flier has 2,000 flying hours to his credit and is a veteran of the Spanish and Chinese wars.

### GOOD ROADS

Overheard at the meeting of newly elected officials of a city council:

"Let us," said one of the aldermen, "put our heads together and make a concrete road." Kamloops Sentinel



### NEW RUNNERLESS STRAWBERRY

BARON SOLEMACHER. This greatly superior variety produces the largest berries from seed of any variety. Flowers eight weeks from seed. Easily grown. Does not have runners but produces great quantities of finest fruit throughout the season. Has the delicious flavor and aroma of wild strawberries. A showy pot plant and fine for garden. Plant now. Order direct from this advertisement. (Pkt. 25c) (2 pkts. 45c) Postpaid. FREE—OUR BIG 1941 SEED AND NURSERY BOOK—Better Than Ever DOMINION SEED HOUSE, GEORGETOWN, ONT.

Do it "The Easy Way" with

## ELECTRICAL APPLIANCES

You can save yourself many a step and many a dollar with Electrical Appliances. For instance, an electric mixer gives you many extra pairs of hands in the kitchen. An automatic electric iron gives you better ironing with less effort and in less time. And for housecleaning there's nothing like a fast working, easily managed vacuum cleaner. Your family will applaud the delicious waffles you can make so quickly and easily in an electric waffle iron. An electric clock in the kitchen or bedroom is handy a hundred times a day. Then, for those midnight snacks or light lunches there's nothing more convenient than an electric grill and for the perfect complement, perfect coffee—made quickly, easily in an electric coffee maker. Drop in soon and see our complete line of electrical appliances.

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