

# All Fish Rich in Iodine and so Valuable in Diet

### Health-Giving Mineral is Derived from Sea Water. Value of Iodine in Food for Children and Others Iodine Form of Salt Referred to. Recipe for Fish Dishes.

Sea air for many centuries has been considered as a specific for lowered vitality. After illness, doctors customarily recommended a sojourn at the seaside. They came to feel that there was something magic about the atmosphere even when fresh air in other places was often considered dangerous.



Edith M. Barber

The fact is that sea water indirectly provides us with one of the essential minerals for our welfare. We depend upon it for the iodine which we must have to protect us from simple goiter. The sea spray is carried by the clouds to the land near the sea coast and absorbed by the soil which in turn gives it to the plants. As you would expect, fish and shellfish from the ocean are well endowed with iodine. We also find iodine in some inland portions of the country from which the sea which once covered them gradually subsided. In other sections which had been covered with glaciers, there is an absence of iodine as they took with them much of the soil when they receded. Streams and shallow wells in the northern States are generally low in iodine.

To provide this lack, it is now the custom to use iodized salt and even in a sea coast city, we may not be getting our quota of this important mineral because our water and many of our vegetables and fruits come from distant points. It is particularly important that children have a full supply. Of course, it is essential that they have salt for other reasons. In iodized form, it is a particularly good asset.

#### Fish Fillets Baked With Cream and Mushrooms

- 1 1/2 pounds fish fillets
- 3/4 cup sweet or sour cream
- 1/2 teaspoon salt
- 1 teaspoon paprika
- 1 cup (3/4 pound) mushrooms
- 2 tablespoons sliced onions or minced olives.

Wash fillets and wipe with damp cloth. Cut in pieces for serving. Arrange on greased oven proof platter and pour cream over fillets. Sprinkle with seasoning, mushrooms and onions or olives. Bake in hot oven (450 d. f.) about ten minutes, until fish flakes when tried with a fork. Yield: Six servings.

- #### Vinaigrette Sauce
- 1 teaspoon salt
  - 1/2 teaspoon paprika
  - 1/2 teaspoon pepper
  - 1/2 tablespoon dry mustard
  - 1/2 teaspoon sugar
  - 1 tablespoon tarragon vinegar
  - 2 tablespoons cider vinegar
  - 1/2 cup olive oil
  - 1 tablespoon minced pickles
  - 1 tablespoon chopped stuffed olives
  - 1 teaspoon chopped onions

Mix all ingredients and beat well. Serve cold with cold meats, or heat to boiling point and serve with hot vegetables such as spinach, broccoli, artichokes and asparagus. Yield: About 3/4 cup sauce.



## That Body of Yours

By James W. Barton, M.D.

### Heart Disease Common Among Physicians

The number of physicians who die of heart disease and high blood pressure has become so large that medical societies and research workers are investigating the matter.

One outstanding reason for the high death rate from heart disease among physicians is the irregularity of their daily habits. Dr. Paul D. White, Boston, in the Journal of the American Medical Association states that the doctor's life is a hard one and he doesn't have time or energy enough to lead a physically healthy life. It is not often that he can really practice what he preaches. Dr. White speaks of one physician who had gradually, from force of circumstance, become responsible for the health of some 3,000 or more persons in a widespread community. He was on call day and night; the people could not get along without him. Nobody thought it would ever be different or that he would ever get tired until one day, at too early an age, he was struck down with severe heart disease. Dr. White says, "I

can't help but believe that his excessively difficult professional life, with its wear and tear, had something to do with his illness and that it would have been far wiser had he secured one or two young assistants before the day he was forced to get them. Two advantages would have resulted had he done this. In the first place, he would have conserved his own health and strength, and, secondly, the adjustment of the medical care of the community at the time of his acute illness would have been far easier for every one concerned."

Now, the underlying cause of most cases of heart disease and high blood pressure is believed to be repeated infections — slight or severe — which weaken the heart muscles itself, interfere with the proper working of the heart valves and cause a loss of the elastic tissue in the blood vessels. But notwithstanding this, the heart and blood vessels do their work every day and would continue to do so for many years if the individual would follow them by hard mental and physical work, especially as he approaches middle age.

### Why Worry About Your Heart?

Many persons worry about their heart because they think it is beating or has a murmur. Dr. Barton's booklet entitled "Why Worry About Your Heart" (No. 102) tells the whole story of the heart in a simple and interesting manner. To obtain this booklet just send Ten Cents, to cover cost of handling and mailing, to The Bell Library, Post Office Box 75, Station O, New York, N.Y., mentioning the name of this newspaper. Other Barton Booklets are:

- (No. 101) Eating Your Way to Health
- (No. 103) Neurosis
- (No. 104) The Common Cold
- (No. 105) Overweight and Underweight
- (No. 106) Allergy
- (No. 107) Scourge (gonorrhoea and syphilis)
- (No. 108) How Is Your Blood Pressure?
- (No. 109) Chronic Rheumatism and Arthritis
- (No. 110) Cancer: Its Symptoms and Treatment.

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## Al. Wetmore, Guest Speaker at Meeting of Women's Institute

### War Savings Stamps and Certificates the Topic.

Lawyer A. L. Wetmore was guest speaker at the regular monthly meeting of the Women's Institute held in the Hollinger Hall on Wednesday afternoon, with Mrs. Carl Briggs in the chair, in the absence of the president, Mrs. P. G. Howard. Mr. Wetmore spoke on the present campaign for the sale of war savings stamps, urging the co-operation of the members, and asking them for any suggestions that they might want to make.

The meeting opened with the singing of the Institute Ode and Lord's Prayer, followed by the roll call which gave the answer to the question, "What Is Your Idea of What the Union Jack Stands For."

The members discussed routine business, and plans were made for a telephone five hundred card party to be conducted at the homes of members, on any night of next week. Results must be phoned to the War Services Committee by Saturday, when the final winner will be announced. First prize in the five hundred is a beautiful quilt. Anyone wishing to take part is asked to phone Mrs. W. Rickard, phone 2752W.

Final plans were also made for the dance to be held in the Hollinger hall in honour of the second anniversary of the Institute.

The programme was conveyed by Mrs. West, and opened with the singing of "The Maple Leaf Forever." Mrs. H. J. McGarry gave an interesting comment on current events of interest to the Institute and of patriotic interest.

## Mussolini Admits Losses in Libya are Tremendous

### Tells Nation in Radio Address that One Whole Army Corps Has Been Decimated.

Premier Mussolini made an empty attempt to defend the disaster that befell his forces in Libya during a radio address on Sunday. The Italian dictator admitted that one entire army corps had been lost as well as the Fifth Air Squadron. He told the nation however that Nazi air and armoured detachments are now in Libya and Sicily.

## Dropped Between Stitches

By Ann

Heartiest best wishes for every happiness are extended to Mr. and Mrs. George P. McLean, whose marriage was a very lovely event at the Timmings United Church on Thursday evening . . . both the bride and groom are well known and very popular throughout the district, the groom having taken active part in sports events prior to joining the R.C.A.F. with which he is now sergeant-observer . . . for her marriage, Mrs. McLean, who was formerly Miss Dorothy Frances Leach, wore a lovely old veil, which was first worn by her aunt, Mrs. John J. Archer, at that wedding . . . and a thoughtful gesture on the part of the bride and groom, was a visit to the bride's grandmother, Mrs. John Archer Sr., 82 Maple street south, (who is ill) when they presented Mrs. Archer with the bride's beautiful bouquet.

Mr. and Mrs. J. Sullivan certainly have a lot to be proud of . . . it was only a short time ago that they received the news from their son, Joe, at Loyola College, Montreal, that he had been awarded a scholarship for attaining the highest honours in his year . . . and, then, you all know that on Wednesday evening, their lovely daughter was chosen one of the final candidates for Queen Esther . . . the other Queen Esther was, of course, Brunette Vivien Pierce.

While again on the subject of the Purim Ball, which is still the main topic of conversation in the whole of the Porcupine Camp, it seems only right to extend a special verbal bouquet to the many charming ladies at the dance . . . each and every one looked especially lovely, with the newest and most attractive of models in evening attire . . . and, too, a "pat on the back" to Mrs. Sky and her efficient committee in preparing the delicious lunch served during the evening . . . with another extra special word to those who prepared the signs featured in both halls, an adequate proof of the fact that the evening was chiefly planned to advocate the sale of war savings stamps . . . that eighteen hundred and eighty-six dollars worth of war savings stamps certainly will form the "banana peel" on which Hitler will slip.

At the regular weekly meeting of the Gold Nugget Rebekah Lodge on Thursday evening, the officers held practice in preparation for the initiation ceremonies on Thursday, March 6th . . . further arrangements for this interesting evening will be made at the meeting on Thursday of this week.

"Close your eyes and put out your hand" is a command that must be obeyed, and especially when the words come from a little gentleman of about nine years . . . and when the eyes popped opened again, nestled in the hand was a small bottle . . . on the bottle were the words "Lotion prepared by the Helping Hand Branch, Jr. Red Cross, Grad. 4, Central Public School" . . . the pupils of the various classes in the public schools are all doing their bit to help in Canada's war effort, and this hand lotion, a product of Grad. 4 pupils, is only one of the many ways the children have devised to raise funds . . . the bottles of lotion, which, by the way, is very good, are being sold at 10, 12 and 15 cents so that if a little lady or gentleman comes to your door with a charming "sales talk," help the "helping hand."

Helmo Haitto, the fifteen year old boy violinist, who is touring Canada, is scheduled to appear in Timmings on March 21st . . . plans are being made to secure a large hall for his appearance, but as yet, no definite arrangements have been completed . . . the lad appeared recently in the film "There's Magic in Music", which has not yet been shown in Timmings, and has made a great name for himself in the world of music . . . he is a Finnish boy who came to the United States during the Russo-Finnish war.

Another violinist, but this time a Timmings representative, deserves a double "pat on the back", and many congratulations . . . he is Max Ryan, son of Mr. and Mrs. Max Ryan of 60 Elm street south, whose orchestration, "Twenty-Nine" was played for the first time by the Timmings High and Vocational School orchestra at the Friday morning senior assembly . . . Max is seventeen years old, a student at the High School, and he is quite matter-of-fact about his achievement . . . says he completed the fine work "on a Saturday afternoon and evening."

Mr. Murray, principal of the school, in introducing the selection to the pupils of the school on Friday, said that it was a very fine work, and better than many of the selections given by music students for their examinations at University . . . Max prepared the music for the conductor's copy, 1st and 2nd violins, piano, E Flat Cornet, B Flat Trumpet, B Flat Clarinet, and E Flat Bass . . . and the orchestration was played by the school orchestra of seventeen pieces.

From the Birch Street Public School

## THURSDAY'S AIR FORCE WEDDING



comes the announcement that the annual concert will be given by the pupils on Tuesday and Wednesday, March 4 and 5 . . . then, of course, the students are busy at work preparing plays and individual numbers for the programme, and if you have had the pleasure of attending previous concerts, you know that these children are all very talented.

Another amount of nearly \$2. will be added to Canada's war effort . . . and that amount means a lot of the treats that the children of Grade 5, Mattagami Public School, gave up in order to present and enjoy an auction broadcast in their school room on Friday afternoon . . . from the afternoon tea given by Mrs. M. P. Honkala on Friday, nearly thirty-five dollars will be donated to the Bombed Victim's Fund . . . one of the little girls from the Mattagami School spoke of the school's war effort in a proud manner, but yet, a manner which said "well, we want to do it 'cause we know it's the only thing to do."

About sixty members of the Timmings Ca Bo Gi Club and a large number from the Schumacher Club were the guests of the Kirkland Lake Ca Bo Gis at Parish night in their home town yesterday . . . about four private cars and two large buses made the one hundred mile trip from the Porcupine, and all those tired but happy people whom you see in local offices, stores, and at the mines will vouch for the hospitality of the Kirkland Lake mem-

Pictured above are Sergeant-Observer and Mrs. George P. Maclean and their attendants, at the reception which followed their marriage at the United Church on Thursday evening. In the group from left to right are: Miss Bessie Stencil, bridesmaid; Mrs. McLean, who was formerly Miss Dorothy Frances Leach; Mr. McLean, and Mr. James McLean groomsmen, brother of the groom. The little lad in the foreground is Master Raymond Ash, who carried the groom's service bible.

## Death of Infant Son of Mr. and Mrs. T. Langman

Baby George Langman, ten months old son of Mr. and Mrs. Thomas Langman, of 158 Mountjoy street north, passed away suddenly at St. Mary's Hospital on Wednesday after an illness of only a few days, and funeral services were held on Friday afternoon at 3.30 o'clock at the Timmings United Church. The Rev. W. M. Mustard conducted the services. Left to mourn his loss are his parents and two sisters, Gladys and Bernice. Interment was made in the South Porcupine cemetery.

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## Beauty and You

by PATRICIA LINDSAY



To Have Lovely Eyes You Must Pamper and Protect Them.

Greatly improved readability is now possible through a new polarized light which decidedly cuts the glare. Many colleges are providing these new lamps for students. The girl on the right is ruining her eyesight by reading with a glare on the print and the light hitting her eyes.

Eyes have the power to magnetize and fascinate when they are not neglected. They are woman's most important beauty feature, in my humble opinion.

No eye can be arresting if it is weakened by strain, dull from lack of rest and care, or prematurely surrounded by wrinkles caused from too dry skin and misuse.

There are essential rules for sensible eye care which will not only protect your eyes from strain but will help to enhance their beauty and make YOU most compelling. Here they are:

Always read in a good light—never when the sun or an electric light, is making a glare on the print. Never read lying down—be comfortably propped to a sitting position.

Exercise your eyes—they need it as all muscles of your body. Wear glasses if you must—don't be stupid and let a false vanity prevent you from taking care of your eyes.

Rest your eyes frequently by using prepared eye pads or cotton saturated in chilled witch hazel. Wash your eyes at least once a day—especially if you are a city girl.

Each night gently massage around your eyes with a good eye cream or oil—olive or almond. Keep your lashes lubricated with a lash cream or an oil. Brush them each day with a tiny lash brush so they will curl upward.

Never strain your eyes by concentrating too long on one thing, or by reading in a moving vehicle. Blink frequently to relieve your vision of strain.

Remember that any head exercise will aid your eyes. Practice them daily if you have the time. See that you eat foods containing Vitmain A. Carrots and dried apricots are especially good.

### For Eye Magic

If your eyes are healthy from daily care and good health then you may enhance their beauty with make-up. Here's how to do it:

Lashes may be curled with one of these tiny lash curlers. Lashes may be slightly darkened with a mascara (sparingly applied) or better yet, with a black lash cream.

Eyelids may glisten with a soft eye shadow, or by vaseline. See that you keep either on the lid—it should not spread beyond the end of your brow.

If you have a steady hand you may draw a feather line with a pointed brow pencil along the roots of your upper lashes, on your lid.

If your lashes are extremely thin and colourless you may use artificial lashes on occasion—have them placed by an expert and avoid using too many—they should look natural.

Your brows must be kept sleek and trim for they are the halos for your eyes! Never use drops which promise to enlarge your eyes—that is being a stupid beauty instead of a wise one!

(Released by The Bell Syndicate, Inc.)



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