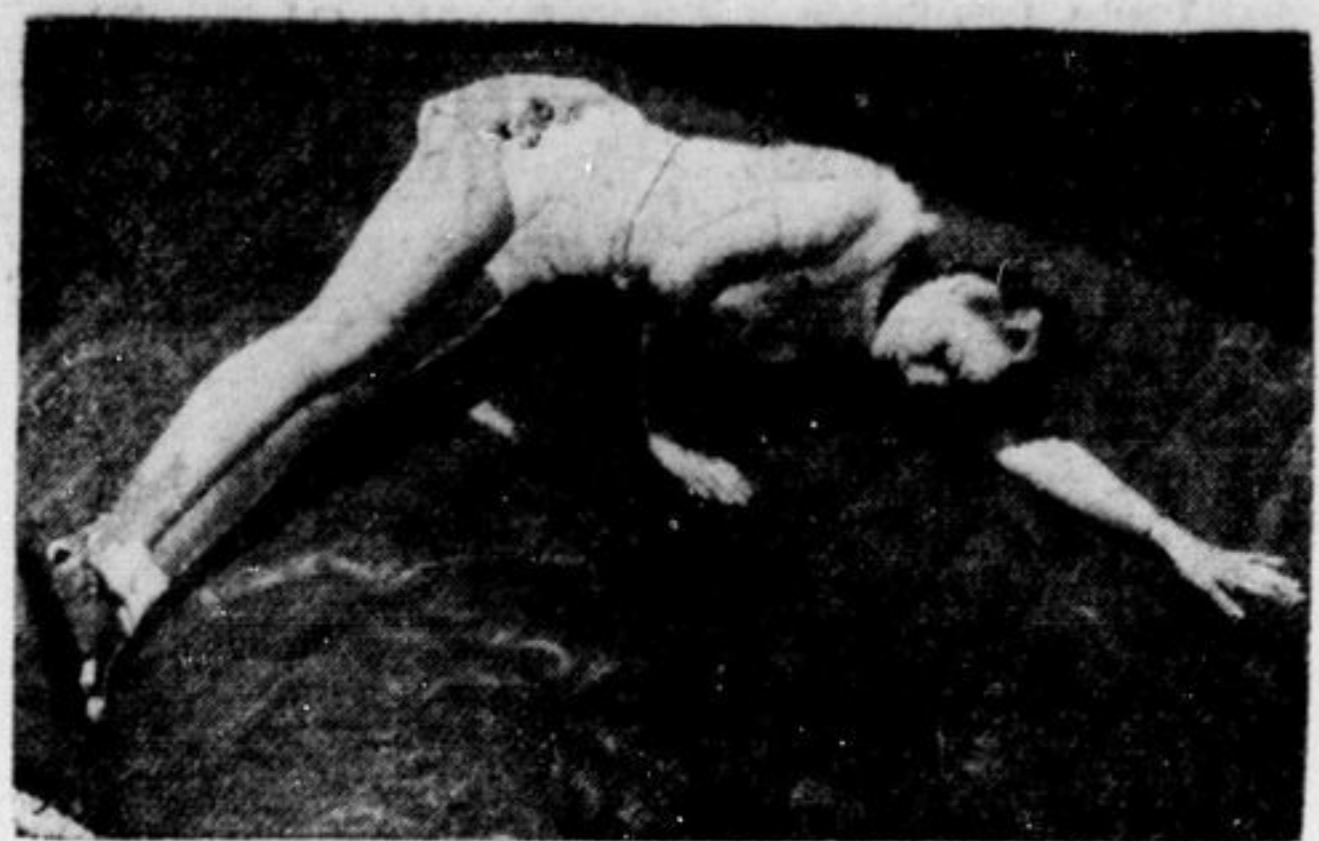


Beauty and You

by PATRICIA LINDSAY



This diligent beauty is demonstrating the DOUBLE LEG SWINGING EXERCISE, described today. Note how she supports herself with her right hand.

Spring is Coming Ladies. Time to Whittle Down Those Hips!

Large hips—that are too large for the other figure measurements—is one of the most common figure faults of American women. Why? Life is too good to us—we sit much more than we should. We rest on our hips and allow them to spread. A svelte hip-line is kept svelte only through exercise—even dieting will not refashion the hip contour.

Every woman should supplement their daily mat exercise programme with a two mile walk each day. Now that isn't a great distance. Twenty city blocks—short city blocks—make a mile. And perhaps if you live in the country the centre of town is only a mile away. Why not walk to your marketing each day instead of telephoning or driving in a car? That two mile walk each day will not only keep your hip-line normal but it will make you look younger and much more attractive. WOMEN DO NOT WALK ENOUGH!

Other sports, if you prefer them to walking, also tend to keep you in good health and the right measurements! Take up badminton, tennis, swimming, bowling or golf if you can and reap amusement as well as health from the hours you devote to exercise. But if you are terribly busy, with little time for a two mile walk or for a sport, you must determine to exercise at home. And don't tell me that you cannot spare even a half hour, for I will not believe you. You can spare a half hour or even an hour for good health! Make your exercise period a part of your day's programme and don't cheat.

Here are some hip whittlers which will gradually streamline you if you are faithful to them. They are presented through the courtesy of the Contour Corner of the American Woman's Association.

Get Busy Now Alternate Toe Touching

(1) Lie on back, arms extended sideways at shoulder level. Lift right leg and touch right foot to left hand, twisting the trunk at the same time. Following the same procedure with left foot to right hand. 10 times to each side in easy rhythm. Rest and repeat. (Take exercise in small doses at the beginning if you have not been exercising.)

Hip Bouncing

(2) Sit on floor, legs extended, hands on floor slightly back of, and bracing the body. Raise the body on the hands and heels; bump hips to floor... bumping from left to right with a 1, 2, 3, 4 count. Then from right to left, with the same count. In easy rhythm until tired. Don't strain yourself.

Double Leg Swinging

(3) Lie on side, head resting on

under arm. Place hand of other arm on floor to serve as brace. Swing both legs forward and upward, making an "L" of your body and return to floor 5 times right, 5 times left. Rest and repeat. (Released by The Bell Syndicate, Inc.)



That Body of Yours

By James W. Barton, M.D.

Cause and Cure of Trench Mouth

One of the commonest ailments among the soldiers in the last war was called trench mouth, which was later recognized as the Vincent's angina of which physicians already had knowledge. As the symptoms interfere with the general health of the individual, these patients were brought into hospital and isolated from others until cured.

"The patient complains of tender, swollen, spongy gums which bleed on the slightest pressure." "There is some ulceration of the gums and inner sides of the cheeks, often found behind the last molar or grinding teeth and often there may be deep sloughing ulcers of one or both tonsils. The breath is foul with the odor of rotting meat." The disease is due to an organism.

Dr. F. B. Bowman, Hamilton, in the Canadian Medical Association Journal states that the disease is contagious and may be transferred in many ways. The use of common drinking glasses, kissing, and the passing from man to man of tobacco bags closed with a puckering string and usually fastened with the teeth which were commonly used in the last war were considered the causes of infection.

Dr. Bowman was in charge of a laboratory in the last war and when these cases first began to arrive, the disease was thought to be pyorrhoea. Accordingly, after the painting of the gums with caustics, acids, and mouth washes of all kinds had been used without benefit, smears were made from the ulcers and the organisms were found in large numbers which showed that Vincent's angina and trench mouth were the same disease.

As pyorrhoea means pus in the gums and treatment by ipecac helped cases of pyorrhoea it was decided to prepare a mixture of ipecac and arsenic and apply this to the infected and ulcerated spots. The mixture contained equal parts of liquor arsenalis, wine of ipecac and glycerine and was applied by tooth brush or absorbent cotton.

This treatment was most effective, the sore and bleeding gums, the ulcers, the inflamed lining of the mouth and the terrible odor all rapidly disappeared.

As this is a disease that is common where people are crowded together, the above method of preventing it and the method of treating it should be remembered.

Health Booklets

Ten Barton Booklets are available to readers who send Ten Cents for each one desired to The Bell Library, Post Office Box 75, Station O, New York, N.Y., mentioning the name of this newspaper.

(No. 101) Eating Your Way to Health

Report of Work Done by Timmins Red Cross in February

Very Creditable Record by Workers in Bardessono Rooms.

The following is the report of work done by the Timmins branch of the Red Cross for February:

During the month of February a very creditable amount of work was completed by the women working in the Bardessono rooms and also by groups working at home. In the wool room a considerable increase was noticed in the amount of knitting being done. The quota of seamen's garments was easily filled. These were the articles shipped to headquarters.

Hospital and Surgical Supplies

- 48 pneumonia jackets
- 110 abdominal binders
- 90 pairs pyjamas
- 156 pillow cases (laundered)
- 258 sheets (laundered)
- 20 dressing gowns
- 25 gauze handkerchiefs
- 25 khaki handkerchiefs
- 12 bed jackets
- 400 flannelette bandages
- 72 comfort bags
- 15 laundry bags
- Making a total of 1231 articles

Refugee Clothing

- 2 quilts
- 1 baby bonnet
- 96 nightgowns
- 18 pairs mittens
- 3 baby jackets
- 3 pairs pyjamas
- 7 sweaters
- 10 scarves
- 41 boys' shirts
- 5 girls' skirts
- 3 pairs wristlets
- Making a total of 189 articles.
- From the wool room 350 pounds of wool were given out.

The following articles were shipped to headquarters:

- 166 pairs socks
- 39 pairs seamen's stockings
- 51 sleeveless sweaters
- 34 turtle neck sweaters
- 51 scarves
- 64 seamen's scarves
- 92 helmets
- 66 pairs mitts
- 15 face cloths
- Making a total of 595 articles.

In the report of the Chairman of War Work a special mention of thanks and appreciation is given to the Timmins New Method Laundry under its new ownership for the laundering of sheets and pillow cases, to the John Fogg Lumber Company for the donation of a cupboard and to the Star Transfer for its generosity in moving shipments back and forth.

The last quota from headquarters calls for 30 turtle-neck sweaters, instead of the 15 requested in the previous quota. As the demand for these seamen's sweaters is urgent the local Red Cross asks all who can possibly knit these sweaters to procure wool from the wool room in the municipal building.

(No. 102) Why Worry About Your Heart?

(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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TO-DAY'S FASHIONS



Slim Fitting Wool Frock

One of the most beautiful costumes of the season is this slim fitting jacket dress of light wool. Quilted embroidery in horizontal band trims the jacket closing. The fitted long-torso line is achieved by seaming down the front. The dress beneath is made simply, with accent on good tailoring. Its white collar is worn outside the jacket collar.

Information Regarding Science of Bacteriology

Toronto — The head of a pin, if covered with a single layer of bacteria would accommodate about half a million of them, according to a spokesman for the Health League of Canada discussing germs or bacteria today. He explained that the terms are two names for the same thing.

After reviewing the work of Leeuwenhoek, Pasteur and Lister in bacteriological research, the speaker stated that bacteria were of two kinds, harmful and beneficial, and that these low forms of plant life are of prime importance since they produce profound changes in nature. Upon the science of bacteriology, though it is less than a century old, rests the structure of disease prevention and, to a large degree, agriculture and even of life itself, he declared.

Among beneficial bacteria were mentioned those which grow in the roots of clover, alfalfa and certain members of the bean family. These make substances useful as soil fertilizers. Others were those which produce flavour in cheese, and those which are useful in the curing of sponges or the manufacture of such products as jute, linen, hemp, cocoa matting, tobacco, alcohol, etc.

Harmful bacteria cause many of the most serious diseases, including anthrax, cholera, pneumonia, tuberculosis, leprosy, tetanus, typhoid fever, as well as the communicable diseases of childhood and the common cold.

He described how the germs of such diseases as whooping cough and ordinary colds are spread, by the coughing or sneezing of the victim spraying the air with fine droplets which are loaded with bacteria. Many more persons would become infected than is actually the case, said the speaker, were it not for the fact that most disease-producing germs cannot live long outside the body. They require moisture and a heat of about the temperature of the body, and cannot long survive exposure to air and drying.

He concluded with some simple directions for avoiding ordinary infections and conveying infection to others: avoiding contact with disease; covering the mouth when sneezing or coughing; using always individual towels, etc.; washing hands before eating and before going to bed, taking care not to use common drinking vessels, etc.

Functions of the Tank Brigade and Armoured Division

Functions and formations of the Tank Brigade and the Armoured Division, newest adjuncts of the Canadian Active Army, sometimes confused in the public mind, were explained by the Hon. J. L. Ralston, Minister of National Defence, in the House of Commons.

The Army Tank Brigade is an armoured formation which works with the Infantry and is in the nature of a supplement to these forces. The Armoured Division will be capable of working on its own, the Minister stated.

The Army Tank Brigade is equipped primarily with Infantry or Mark III tanks. There are three tank battalions in the Brigade. They are the Ontario Regiment, the Three Rivers Regiment and the Calgary Regiment. In addition there are nine other detachments or sections, namely: the 1st Army Tank Brigade Company, Royal Canadian Army Service Corps, Calgary; No. 2 Light Field Ambulance, Royal Canadian Army Medical Corps, made up from No. 2 Field Ambulance Toronto; 1st Army Tank Brigade Workshop Royal Canadian Ordnance Corps, made up from No. 3 Reserve Army Field Workshop, Montreal; 1st Army Tank Brigade Ordnance Field Park, R.C.O.C., made up from No. 1 Reserve Ordnance Store Company, Ottawa; Nos. 54, 60 and 61 Light Aid Detachments, made up from No. 3 and No. 3 Reserve Army Workshops, R.C.O.C., Montreal; Intelligence section and Signals section.

The Armoured Division, Mr. Ralston explained, is a vastly different organization. It consists of three Brigade groups with some 40 units including signals, engineers, ordnance and other branches of the Army with a personnel of about 13,000, and will be equipped with cruiser tanks. Included in this division was one of the brigades will likely be the Lord Strathcona's Horse as an Armoured Regiment; the First Canadian Cavalry Regiment; the Fort Garry Horse, (Third Armoured Regiment); and the Westminster Regiment, a Motor Battalion.

Another Armoured Brigade group, it is expected will include the 2nd, 4th and 5th Motorcycle Regiments and the Perth Regiment. In the Third Brigade group will probably be the Cape Breton Highlands, Royal Canadian Artillery, the 41st, 47th and 87th Light Anti-Aircraft Batteries. The Division is representative of the whole of Canada from Esquimaux to Cape Breton and will include as well as those units already mentioned Army Service Corps Units, armoured workshops, Ordnance field park, Field Security section, Provost company, bath and salvage unit and other ancillary troops.

REVENGE

A little man dashed into a public-house and said to the landlord: "I just got home to find a strange man kissing my wife!" "And what did you do?" "I picked up his umbrella and smashed it across my knee, and said, 'There! I hope it rains!'"—Illustrated Sporting and Dramatic News, London.

Some Ways to Replace Meat and Fish on the Menu

Spaghetti, Macaroni or Noodle Dishes Make Satisfactory Bases for the Main Course. Recipe for Quick Meal and Method of Preparation. Also Recipe for Sicilian Spaghetti.

I don't like the word "substitute" and I don't care for "mock" used in connection with a recipe. Any food or any recipe which is worth using has its own merit.

There are dishes which may sometimes take the place of meat or fish for the main course. To fulfill this requirement they must be hearty, interesting in flavour and altogether satisfying.

In this category are a number of dishes which have spaghetti, macaroni or noodles as the base. In them we generally find such ingredients as cheese, mushrooms, tomatoes, onions,

- 2 1/2 cups canned tomatoes
- 1 bay leaf
- 1 teaspoon salt
- 1 tablespoon sugar
- 1 package spaghetti
- Grated Parmesan cheese

Heat olive oil in heavy saucepan. Add black pepper and onion and saute over medium heat three minutes. Add tomato paste which has been mixed with the water in three installments, allowing the mixture to boil after each addition. Add tomatoes, bay leaf and salt and simmer, uncovered, over low heat 45 minutes. Add sugar and simmer 15 minutes longer. Cook spaghetti as directed on package, drain, rinse and arrange on hot platter. Pour sauce around it and sprinkle with cheese. Yield: six servings.

Note: Mixed saute chicken livers may be sprinkled over the sauce if desired. A clove of garlic may be cooked with onion. (Released by The Bell Syndicate, Inc.)

Mixed Bonspiel Held at the Rink at South Porcupine

South Porcupine, March 26—(Special to The Advance)—A mixed bonspiel under the auspices of the men curlers was held on Saturday night at the South Porcupine rink. Eight rinks participated in the winning rink being that of Mr. Ernest Young, with Mrs. A. Ewing, vice, Mr. A. Ewing, second, and Mrs. Maxwell Smith, lead. Prizes were chickens. The runner-up was the rink of Mrs. L. Sauder, with Mrs. Wilson Rayner, vice, Mr. Pusey, second, and Mrs. Gordon Browne, lead. Prizes were cups and saucers.

REASONABLE

A Scot living in London called at a cat-meat shop one morning, gave his address, and asked that penny-worth of meat be delivered in the afternoon. Some time later the proprietor of the shop was surprised when the Scot rushed in and said he wished to cancel the order. "What's the matter? Is your cat dead?" "Naw, naw," chuckled the Scot, "he's just caught a mouse."—St. Mary's Journal-Argus.

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District Deputy Grand Matron Visits South End

South Porcupine, March 26—(Special to The Advance)—On March 18th, Mrs. Anna B. McCready, of Cobalt, District Deputy Grand Matron of District 16 (O.E.S.), paid her official visit to Porcupine Chapter No. 84 Order of Eastern Star. During her short stay she was the guest of Mrs. George Bannerman, of Golden City. Before leaving she was entertained at dinner in the tea room (South Porcupine) of Mrs. W. W. Wilson. Others present were Mrs. John Fell, Mrs. H. Kerr, and Mrs. W. W. Wilson. Mrs. John Mason and Mrs. John Costain were not able to attend. Mrs. George Bannerman acted as hostess.

Toronto Telegram — An authority says an ape tires of anything when it becomes accustomed to it. Just trying to ape human beings.

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