

Importance of Good Milk is Cause of Good Health

Miss Barber Reviews the Old Days in the City When Both Milk and Water Were Poor and Infant Death Rate High. Value of Pasteurization Noted.

The house in which I live was built just about a hundred years ago when the onslaught of business drove the gentlemen who resided on lower Broadway to build anew in the Washington Square district. The land upon which this house was built was originally part of the Brevoort farm.

The Brevoort family retained large grounds around their house at the corner of Ninth street and Fifth avenue, perhaps even enough to pasture a cow for their supply of milk. To the new houses which were built in rows with only small gardens at the back milk was supplied by farmers who brought it in twice a day in order that it would be fresh or it was purchased from city-bred cows.

came concerned about their milk supply and a milk route which guaranteed country milk with cows fed on grass was started in this section of the city below 14th street. Before long the new railway was running a freight train just for milk and this, with the pure water supply, was responsible for a lower death rate among children.

It was not until years later that pasteurization was discovered and applied to milk and an even longer time before milk began to be distributed in bottles. The year 1841, however, marked the beginning of the campaign for the safe pure milk supply for this great city and the company which traces its origin to this date has the right to be proud of celebrating its hundredth anniversary.

Today we place our clean milk bottles in cold refrigerators. Even as late as 1873 Marion Harland, famous food authority, in discussing the care of milk, writes, "A cool cellar is the best place in which to keep milk. Set upon swing shelves to avoid the possibility of drowned mice and keep the cellar dark to avoid flies."

Pineapple Cheese Torte
 1 cup fine Graham cracker crumbs.
 1-3 cup butter, melted
 1 cup cottage cheese
 2 cups canned diced pineapple
 1/2 cup cream, whipped

Combine crumbs and melted butter in nine-inch pie pan and mix well. Press mixture evenly and firmly around sides and bottom pan. Chill. Spread with cottage cheese and cover with pineapple. Garnish with whipped cream. Yield: six servings.

Snow Cream
 2 egg whites, stiffly beaten
 1/4 cup powdered sugar
 1 cup strawberries, crushed and sweetened slightly
 1 cup heavy cream, whipped

Combine stiffly beaten egg whites and sugar. Fold in berries and the whipped cream. Chill thoroughly, serve in sherbet glasses. Yield: six servings.

(Released by The Bell Syndicate Inc.)



(By Edith M. Barber)

The milk produced by this latter method was very poor, as was the water supply at that time. The new waterworks was not opened until 1842. With poor milk and poor water it was no wonder that the death rate of children under five was 50 per cent. In 1841 the people of New York be-



By James W. Barton, M.D.

That Body of Yours

Why Meat, Eggs and Fish Are Not Reduced in Reducing Weight

One of the arguments that overweighted use when advised to eat less food is that everybody should eat in proportion to their size and weight, and as they are 'naturally' heavy, they have to eat large meals to sustain their strength.

As a matter of fact, we all should eat according to the ideal weight for our particular build. If of heavy build but not fat, more food should be eaten than by one of average or slender build. There should, however, be no allowance made for the weight of excess fat; that is, food should not be eaten to supply this fat. The truth is that less food should be eaten in direct proportion to the amount of excess fat present. Fat tissue does not need any food to maintain it because fat is fuel itself. In fact, that is all that fat is, namely fuel, stored fuel. It is not an active tissue such as muscle that is continuously wearing itself out because it works, is active.

As a source of fuel, heat, energy, fat is the richest food of all. A gram of protein (meat, eggs, fish) gives 4 calories or units of heat or energy. A gram of carbohydrate or starch food—potatoes, bread, sugar—gives 4 calories of heat or energy. Fat, however, gives 9 calories for each gram, so it is more than twice as rich a fuel or food as either proteins or carbohydrates. It is for this reason that Nature meant our bodies to have as much as 20 to 30 pounds of fat under the skin and about the various organs. The fat, while acting as a support to organs and a protection for the nerves, serves an important purpose in being a reservoir or storehouse of fuel or food should we be cut off from a food supply for any length of time. Fat is also necessary in helping to keep heat in the body.

After recognizing that fat is necessary for support of organs, protection of nerves, and is richest in food value, the fact remains that Nature has provided us with a normal amount of fat to do all these necessary things. It is what we "add" to the amount of fat that Nature provides, that causes trouble in the body. Excess fat interferes with all the working organs, putting a strain on heart and blood vessels, decreasing resistance to infection, being a forerunner of diabetes, and making surgical operations more dangerous.

The proportion of the various foods, considered best for the average home or office worker, is roughly 1 part proteins (meat, eggs, fish), 2 parts fats (butter, cream, fat meats, yolk of eggs, gravies) and 3 to 4 parts starches (sugar, bread, potatoes). These proportions are measured in calories.

It is known that fats and starches both give energy and both store fat, whereas proteins give energy and repair worn tissue but do not store fats, except, of course, in the case of some proteins which are rich in fat (fat meat). It is for this reason—starch

and fats—store fat—that both these foods are reduced in amount in all diets to reduce weight. Thus, while the diet for the individual of normal weight doing home, office, or light work is the proportion of 1 protein to 2 fats, or 3 to 4 starches, the diet for reduction of weight is 1 protein, to 1 fat, to 1 or 2 starches.

Why is protein food not reduced in amount in reducing diets? Protein food is of special use in maintaining and repairing tissue. It is "stimulating" to the individual and stimulating to digestion and to the absorption of foods into the blood. It has more dynamic action or power than other foods. Also, it cannot be stored as fat, as can the fats and starches.

It can thus be seen that a food that maintains the structure of the tissues, has more stimulating power in burning up foods and preventing fat storage (by fats and starches) and cannot itself be stored as fat, is a valuable food for anyone wishing to reduce weight.

Hence, all physicians in prescribing a reducing diet, increase, rather than decrease, the proteins.

Overweight and Underweight
 This handy booklet by Dr. Barton contains many helpful suggestions for those who are too thin and those who are fat, including diet suggestions, exercise, various types of overweight and underweight. To obtain it just send your name and address and Ten Cents to cover cost of handling and mailing to The Bell Library, Post Office Box 75, Station O, New York, N.Y., and ask for booklet No. 105—Overweight and Underweight, mentioning the name of this paper.

Body Recovered After Seven and a Half Months

(From New Liskeard Speaker)
 Seven and a half months after the best his life by drowning in the waters of Mountain Lake, south of Elk Lake, the body of William J. McBryne was recovered on Saturday evening and at no great distance from the spot where he was last seen after he had been thrown into that widening of the Montreal River when the boat in which he was crossing the lake was swamped.

The body, which was considerably decomposed after its long immersion, was brought here early on Sunday morning, and the funeral, with private services for immediate relatives, was held in the afternoon of the same day. The Rev. E. J. Kerr, minister of St. Andrew's Presbyterian Church, officiated, and burial was made in New Liskeard cemetery.

Two members of a forestry staff company, Frank Lavallee and John Peters, with Frank Hartzke, who lives on the shore of the lake, found the body floating in the water. It is believed it had been held in a deep hole in the lake and was not released to come to the surface until the warmer weather set in. No inquest was necessary, it was decided by Dr. G. R. Cram, coroner from Elk Lake.

Provincial Constables Harold Gall and Ernest Webster were called after word had been sent to Elk Lake of the finding of the body. Mr. McBryne met his death on October 12, and a young companion from Halleybury, Graham Harvey, 17, was saved from a similar fate. They were members of a hunting party which also included James Warren, who was on shore when the tragedy occurred. Mr. Mc-

Death at Kingston Last Week of Mrs. Carson Barr

Death came Thursday, June 5, in Kingston General Hospital, to Mrs. Carson Barr, 76-year-old former Margaret Bertram. She was married in 1883 to the late Carson Barr, who predeceased her in 1919.

Born in Parkham, Ontario, August 10, 1865, she resided there until 1918 when she came to North Bay. She lived here for 12 years and then returned to Parkham where she lived until her death.

The funeral was held from the home of Mrs. L. A. Winters, 208 King street west, Sunday, June 8, at 3 p.m. Rev. Peter Webster conducted the service and interment is to be in Terrace Lawn Cemetery.

Mrs. Barr is survived by six daughters, Mrs. William Simonette, Parkham, Ont.; Mrs. Joe Gougeon, Hartford, Connecticut; Mrs. Wilfred Hill, Hillsdale, Ontario; Mrs. L. A. Winters, North Bay; Mrs. Louis Schofield, Schumacher, Ont.; Mrs. Eddie Whitlam, Kirkland Lake; also four sons, W. R. Barr, North Bay; E. A. Barr, Belleville; Bertram Barr, Detroit, Michigan; C. T. Barr, Sault Ste. Marie, Ontario.

Also surviving are one brother and two sisters.

Kitchen Shower in Honour of Bride-to-be

Gifts Arrive by Express and Delivery.

Miss Mary Ramsay, bride-to-be, was guest-of-honour on Saturday evening at a kitchen shower held at the home of Mrs. A. B. Ramsay, 118 Maple street south, with Miss Margaret Thorburn as joint hostess. Pink blossoms and white lilacs adorned the home, which made a lovely setting for the event.

A sewing competition was won by Miss Mabel Durell, while Mrs. Trandy and Mrs. William Ramsay were the winners in a musical competition. Just before the serving of a very tasty lunch, the gifts were delivered to the bride-to-be by express and delivery boys, who came knocking at the door to make their deliveries.

Among those who attended were Mrs. B. Twamley, Miss L. Sullivan, Miss O. Ramsay, Miss McKinley, Miss Campbell, Miss Dempsey, Miss Grace Ramsay, Miss Lewis, Mrs. Donoghue, Mrs. Jenkins, Mrs. W. Ramsay, Miss E. Durkin, Mrs. W. Hiesie, Miss Mabel Durell, the hostesses, Mrs. Ramsay and Miss Thorburn, and the guest-of-honour, Miss Mary Ramsay.

Among those who sent gifts but were unable to attend were: Mrs. E. Trandy, Miss Margaret Morrison, Miss B. Rutherford, and Miss Marjorie Nelson.

Timmins Ladies to be Guests at Schumacher W.M.S.

Other Items of Interest from Schumacher and District.

Schumacher, June 7th. Special to The Advance.

Wednesday afternoon, June 11th, at three o'clock the Women's Missionary Society of Trinity United Church held their meeting in the church hall. The ladies of Timmins W. M. S. will be guests at this meeting. Goods, which will complete the bale that is being sent to the Indian Mission will be on display. The ladies of the congregation are invited to attend this meeting. Afternoon tea will be served.

A very pleasant surprise was in store for Miss Meta Moore, bookkeeper at Feldman's Store, First Ave., as she was leaving the office Saturday. The firm and staff decided to make her a presentation in view of her forthcoming marriage. Miss Moore was presented with a beautiful silver tea service. Miss Moore will become the bride of Mr. Ken Young, on Monday June 16th, the wedding to be held at 12 o'clock in

AMBASSADORS FROM MARS



Billed as "Sheep-Headed Men from Mars," Eko and Iko, pictured above, are coming to Timmins, June 16th, with Conklin's "Frolic-Land" Shows, if Jack (Barnum) Halligan, impresario of the huge circus side-show, has his way. The peculiar twins, born with hair like the wool of sheep, are the highest paid "freaks" in the carnival business. A pair of pine-headed pygmies, a "gorilla girl," a man who swallows a sword 28 inches long and even a most astounding "headless woman" will be other attractions in Halligan's show. The carnival is to remain through Saturday night, June 21st, with many other tent-theatre productions and all manner of thrilling rides, at the Ball Park.

the Trinity United Church. Mrs. Hicks, Gold Centre, entertained Tuesday afternoon in honour of her daughter, June, who was celebrating her sixth birthday. Twenty-four guests were present and a very happy time was enjoyed. Community singing, with patriotic songs, was a special item. Mrs. Hicks assisted by her sister Mrs. Percy Harvey, served a very delicious lunch to the young guests.

The Catholic Women's League of St. Alphonsus Parish Church, held their meeting last week in the church hall. Business and plans for future events were discussed. The ladies decided to hold an afternoon tea and sale of home baking at the home of Mrs. M. Ferguson, 75 Second avenue, on Wednesday, June 11th, from 2 till 5 o'clock.

Friday evening a pretty wedding was held at Trinity United Church. When Miss Margaret Elizabeth Pawson, of Timmins, became the bride of Mr. David Ward Pook, of Timmins. The bride and groom were attended by Mr. and Mrs. Charles F. Williams, Timmins. The Rev. F. J. Baine, officiated.

Mrs. Percy Harvey, Mrs. Ben Davis and Mrs. Hicks were hostesses at a card party held last Thursday at the home of Mrs. Harvey, Gold Centre, in aid of the Bombed Victims' Fund. The winners of the prizes were 1st, Mrs. Davis; 2nd Mrs. Greer; 3rd, Mrs. Fairbrother. The prizes were war saving stamps. After the cards the hostesses served a delicious lunch. After lunch a social period was enjoyed.

Mr. Godfrey Charlebois Dies at Age of Eighty-three

For 35 years a resident of Temiskaming, 23 of them spent in Thornloe, Mr. Godfrey Charlebois died on Tuesday at his home there from an illness which followed severe burns he sustained about six weeks ago. The funeral was held from the Roman Catholic Church at Earleton at nine o'clock Friday morning, with burial in the parish cemetery there. The late Mr. Charlebois, who was 83 years and six months of age, was a native of Montebello, and a blacksmith by trade. He came to the north in the early days of the Cobalt camp, and lived at Halleybury for 12 years before moving to Thornloe. Surviving are his widow, one son, Leo at Thornloe, and four daughters, Mrs. May Gravel of Pembroke, Mrs. Patrick McNulty of Timmins, Mildred in Sudbury and Ida at home. There are eleven grandchildren.

Novel Idea Used at Vienna, Ontario, for Salvage Collection

Army, Navy and Air Force Organized at School for Salvage Work.

Vienna, Ont. (Special).—D. G. Kilmer, principal, has captured the imagination of the boys of his school. Result in five weeks they have collected and sold \$150 worth of salvage. The money has been donated to the war effort.

Mr. Kilmer's novel idea is to divide the 42 boys in his school into three corps, representing the Air Force, the Army, the Navy. Each corps has its own Air Marshal, General, Admiral. Salvage is collected on a competitive basis.

"The idea has gone over so well," explained Mr. Kilmer, "that it has spread first through the surrounding township, and now through our county. I hope it will catch on and spread across Canada."

The basis of the competition is quite simple. Mr. Kilmer went on. Various items of salvage are given points of value. A boy who collects a pound of scrap steel gains 100 points for his corps. An old automobile tire is worth 5,000 points. A scrap storage battery or a copper wash boiler is worth 40,000 points.

"In this way," said Mr. Kilmer, "we have a means of recording the efforts of the boys. The three corps in my

school work on a strictly competitive basis, each one trying to outdo the other. The enthusiasm we have generated for the reclamation of waste materials is quite astonishing. Within five weeks we have gathered a mountain of things whose money value was \$150. The boys are continuing their work with unabated vigor."

It is Mr. Kilmer's hope that many Canadian schools may be organized on this basis during June, so that they may carry on during the summer holidays.

"I am of the opinion," he said, "that the idea can be profitably applied to rural schools near centres where salvage can be sold. Vienna, with its population of 200, leads the way. We expect to carry on during the holidays reclaiming waste and preventing waste."

Mr. Kilmer pointed out that collecting salvage by the voluntary effort of school boys has a unique asset. The boys, by their very vigor and youthful enterprise, are able to get salvage not ordinarily available to adult salvage groups.

"When every available piece of scrap material lying around is salvaged," Mr. Kilmer concluded, "our corps will concentrate even more vigorously upon prevention of waste. If our plan is copied across Canada, the school boys should be able to bring many tons of material to the war industries, and raise hundreds of dollars for war purposes."

Report of Buffalo-Ankerite Red Cross for Past Month

The regular monthly meeting of the Ankerite group of the Red Cross was held on Tuesday afternoon with Mrs. Mead presiding.

After a short business discussion, the secretary read the following report of completed articles taken to the Eastern Branch at South Porcupine during the last month as follows:

- 3 pairs seaman's stockings.
- 1 pair army socks.
- 4 helmets.
- 3 calos.
- 3 pairs two-way mitts.
- 1 man's sleeveless sweater.
- 4 long scarves, 72 inches.
- 2 turtle-neck sweaters.
- 13 pairs ladies' slacks.
- 5 girls' jumpers.
- 5 pairs boys' shorts.
- 1 boy's shirtwaist.
- 2 boys' jackets.
- 2 hospital gowns.
- 1 quilt.

Cutters Report
 10 pairs girl's slacks.

HARDLY REASSURING

Nervous passenger—What if a bridge has been hit and the train falls into the river?
 Guard—That's all right, sir. We have plenty of trains—Globe and Mail.

GOOD PERFORMANCE

"Dear Dad—We wish you could have come to the school concert. We did 'Hamlet.' A lot of parents came. Some of them had seen it before, but they laughed just the same."—Exchange.

Large Attendance at Graduation Exercises of Nurses

(Continued From Page One)

the medical field at the present time was the topic of the address by Dr. R. P. Smith. A nurse's first duty, said the speaker, was to her patient and that duty was all important. He advised the graduates to keep the motto of St. Mary's Hospital always before them—"Semper Fidelis—Always Faithful."

Major, the Rev. Fr. J. R. O'Gorman mentioned that close to one hundred nurses have graduated from St. Mary's Hospital, and added that he had preached his first service here to the Sisters of the Providence twenty-nine years ago—on August 15th, 1912. This, continued the Reverend Father, was the first graduating class that had to contend with the new academic rules, although there had been many who had gone back to school for another year when the regulations were changed. One of the hopes expressed by the Rev. Fr. O'Gorman was that some of the graduates might do the uniform of the nurses serving in England, and in conclusion he said that although kindness, sympathy, and intelligence were necessary to a good nurse, it is the heart that is all important.

"Rhapsody" was the piano solo chosen by Miss Claire Vachon as her delightful addition to the programme, and Miss A. Rotondo president of the Student Nurses' Association, read the Class Prophecy, which foretold the future of the graduates, Miss A. Robillard sang the lovely French song "Roses de Saadi."

Miss Mary Bridget Donovan gave the inspiring valedictory, and thanked the parents for their unflinching interest in the work of the graduates. She spoke briefly of the significance of this honour night for the class, and mentioned that during the three years of their training there had been difficulties to overcome. The mastering of these difficulties, she added, had

brought her courage. To Sister Fidelis and the Sister Superior, on behalf of the class, Miss Donovan gave a special vote of thanks for the help and interest they had given during the years of training, and included the Medical Board and Supervisors in further words of thanks. In closing she said that sadness and joy were mingled in the farewell.

The Rev. Fr. McNamara of Barry's Bay administered the Nightingale Pledge, and the presentation of diplomas and pins was made by the Rt. Rev. Bishop Rheame while Sister Angela (Superior) plunged the medals on the graduates.

Addressing the graduating class, the Rt. Rev. Bishop Rheame chose the verse, "One Must Love God and Love His Neighbour," from the Bible, as his subject. A nurse's love for a neighbour, he said, was all important in sickness and in death. These graduates had chosen a vocation of healing; the bodies of those who are sick, but they must remember to seek the person of the sick as well. Their work is to heal the body and soul—to find the root of the sickness whether mental or spiritual. A nurse is trained to attend to the body of the sick, and her body-training is important, but no more important than her spiritual welfare. Words of kindness to a patient will bring a great deal of happiness, Bishop Rheame told the graduates, adding that they had chosen a profession where it was not the case of money that mattered as much as charity. He advised them not to get discouraged when they were nursing in a home and had drawbacks to contend with, saying "Be nice, self-sacrificing—an ideal nurse." (Bishop Rheame repeated his words in French.)

Father Theriault, who has been in the Porcupine Camp for thirty years, and has been chairman at eleven graduating exercises, in thanking the speakers, said that he felt this duty was an honour.

Following the ceremony, friends and relatives congratulated the graduates, and presented many lovely gifts as souvenirs of the occasion.

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