

# Growth and Health Are Both Dependent on Diet

To-day's Youngster Gets Adequate Amount of Milk and Cod Liver Oil to Avoid Physical Defects Once More Common. Recipe for Baked Cheese Omelet.

Records show that the average height of both young men and young women is greater nowadays than it was a generation ago. This is probably a result of the more general use of milk throughout the growing period. More significant perhaps is the fact that round shoulders, pigeon breasts and bowed legs are far less common now than they once were. The addition of fish liver oil to the diet of children which has been the common practice since the discovery of its high vitamin D content is largely responsible.

To construct the skeleton of the



(By Edith M. Barber)

body, calcium and phosphorus which are supplied in the proper proportions by milk are essential. In order that the bones may be formed properly and calcium and phosphorus be utilized for this purpose an adequate amount of vitamin D is essential. In summer the rays of the sun contribute this and there is very good reason for the modern custom of dressing children in sun suits which allow the rays to touch the uncovered flesh. During the winter it is only for a short

time during the day, from twelve to two, that the ultra violet rays are in evidence. It is too cold even at this time for bodies to be exposed to the direct rays of the sun.

Few natural foods contain vitamin D and if present, it is in small amounts. It has, however, been found possible to fortify certain foods such as milk with vitamin D, and by several different processes. During each day children should have four hundred units of Vitamin D supplied by fortified foods or by fish liver oil, supplemented by the rays of the sun.

### Baked Cheese Omelet

1 1/2 cups milk.  
1 teaspoon salt.  
3 tablespoons cornmeal.  
2 cups (1/2 pound) grated cheese.  
3 egg yolks, well beaten.  
3 egg whites, stiffly beaten.  
Scald milk in top of double boiler, add salt and cornmeal, stirring until mixture is smooth and thick. Remove from heat, add cheese, and stir until well blended. Add slowly to well-beaten egg yolks. Fold in stiffly beaten egg whites. Baked in greased 2-quart casserole in moderately hot oven (425 degrees F.) until firm, about 20 minutes. Yield: 6 servings.

### Cream of Tomato Soup

3 cups canned tomatoes.  
2 bay leaves.  
3 sprigs parsley.  
6 peppercorns.  
6 whole cloves.  
3 sprigs thyme.  
1 teaspoon sugar.  
1/4 teaspoon celery salt.  
1 stalk celery, diced.  
1 medium-sized onion, sliced.  
Speck of baking soda.  
3 cups thin Cream Sauce.  
Simmer tomatoes with herbs, seasonings and other vegetables, uncovered, about 15 minutes, until celery is soft. Force vegetables and liquid through a sieve, stir in soda and combine with hot cream sauce. Season with more salt and pepper, if necessary. Reheat and serve. Yield: 6 servings.

(Released by The Bell Syndicate, Inc.)

# Beauty and You

by PATRICIA LINDSAY

Appealing Bathing-Suit Figure Possible Through Exercise.

If you were asked why so many women did not look attractive in bathing suits what would you answer? And why cannot many women wear shorts and slacks to advantage? You know the answer as well as I—they have allowed their buttocks and hips to grow heavy.

Reducing buttocks is as much a job as slimming hips—you must keep after the problem daily by exercising. I'm not going to lecture, but I am going to give you the following exercises to practice. So get into your bathing suit and down on the mat and bump and roll yourself into a mighty fine figure!

1—Lie on back, knees bent, feet on mat. Lift hips clear off mat and swing to the right. Then let weight fall on left buttock, bumping it on mat three times hard. Then swing to left and bump three times on right buttock hard. Repeat this entire movement at least fifteen times! (I told you you would have to work!)

2—Sitting with hands back of hips on floor, and right knee bent back to chest. Keeping right knee bent, swing it over to your left side as far as it will go. Then straighten the right leg downward and at the same time, bend left knee back to chest and swing it over to the right side. The movement is a rolling one with the pressure on the buttock muscles and a rhythmic criss-crossing of the legs. Begin with ten times and work up to thirty.

3—Lie on your back on the mat, right knee bent, with foot on mat. Left leg is stretched out with heel pointing. Grasp your right ankle with your right hand and forcibly raise your right hip off the floor and roll over to the left side. As you roll over pull your right leg backward as far as it will go. Pull hard and get a good stretch. It will hurt you at first but get used to it. Then return to starting position. Repeat three times and then reverse movement and repeat with left leg. Get a roll and stretching into the movement—that is what counts. Twenty-five times.

Be Diligent  
If you will faithfully practice these



So lovely is RITA HAYWORTH'S figure that manufacturers clamor for her to model their loveliest bathing suits. She is a Columbia Star.

three exercises every day you will slenderize your buttocks. How nice it is to be able to wear bathing suits, slacks, shorts or suit skirts without a thought of your silhouette! You will be mighty proud of your accomplishment in two months—and maybe in one month.

(Released by The Bell Syndicate, Inc.)

## Preston East Dome Cuts Ore at the Top Levels

(From Northern Miner)

A number of ore intersections in the older part of the mine on the second, third and fourth levels were cut in exploratory diamond drilling during the past month at Preston East Dome. The most interesting area probed was in the hanging wall of porphyry north-west of the shaft at the fourth level where one hole cut 35 ft. averaging close to half-ounce grade. The two principal intersections in this hole were 10 ft. assaying .36 oz. separated by five feet of non-ore material from 20 feet, which assayed .95 oz. uncut or .55 oz. cut grade. Other holes in the immediate vicinity showed lower and more scattered values. An excellent intersection was obtained in a hole drilled from the 336 raise above the third level, where 45 ft. of core returned an uncut average of .45 oz. cut to .32 oz.

On the new lower levels, current development is largely confined to opening up the workings with waste passes, ore passes and doing other preparatory work. Only a limited amount of development work at these levels was done in ore areas. The ore in the 707 drift was lengthened out to a total of 109 ft. and the month's advance of 75 ft. averaged .24 oz. in muck samples and channel samples averaged .64 uncut or .41 oz. cut grade. This ore is wider than the drift and slashing has not yet been completed to expose the full width. The narrow quartz vein in the 903 drift is now exposed for a total of 287 ft. averaging .15 oz. in muck samples and .17 oz. in channels. May production is estimated at approximately \$181,000 from 15,696 tons milled, an average of 563.4 tons per day. During the latter part of the

month, grinding was at the rate of 550 tons per day. A total of 3,326 tons of waste or 107.3 tons per day were removed by picking. Operating costs amounted to \$4.98 per ton milled or \$4.10 per ton hoisted. The increase in costs for the month is attributed to the greater number of tons broken and the larger tonnage sorted.

The crosscut south to Presdor at the ninth level was advanced 192 ft. to a point 935 ft. from the shaft. The month's advance was in greenstone and serpentine and no values were encountered. The heading has still about 500 ft. to go to reach the Presdor boundary.

## Japanese in B. C. Sacrifice Profits to Help Britain

Japanese berry growers of the Fraser Valley, British Columbia, are voluntarily sacrificing part of their profits to help along the British Ministry of Food.

The British Ministry of Food had made representations to the Japanese berry growers in the Fraser Valley and surrounding districts that strawberries for jam were urgently required. The Japanese growers offered 1,360 tons. This quantity not being sufficient, they raised the figure to 2,000 short tons.

The British Ministry required 2,500 tons or more and offered a price of £33 sterling per long ton. At this price, the actual return to the growers was 4 1/2 cents per pound giving a profit, after deduction of all charges, of one-half cent a pound. B.C. canning concerns were offering the equivalent of 5 1/2 to 6 cents per pound. The Japanese growers held a meeting, however, and decided in view of the urgency of the situation, to supply the British Ministry of Food with a mini-

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imum of 2,500 tons at the price named by the Ministry although they could have sold their crop at a profit of two cents per pound as against the half cent they got on the British offer.

At a meeting of Japanese in the Surrey district, it was also decided that each Japanese would subscribe a minimum of \$5 to the Victory Loan. A number of those in the district were unable to subscribe even this amount. In these cases, wealthier residents made up the deficiency.

Toronto Telegram: A judge of a beauty contest is a man who shouldn't have any trouble in keeping his mind on his work.

## That Body of Yours

By James W. Barton, M.D.

### Rheumatism from Infected Teeth, Tonsils, Gums and Other Organs

From time to time our humorists, good naturedly, try to tease physicians with such statements as "the operation was a success but the patient died." You do not hear this statement so much now because it is known that "snock" is so often the cause of death, not the operation. Also, physicians are now better able to prepare the patient against shock.

Another witty saying was "the teeth have all been removed, but the patient still has his rheumatism." The point here is that permanent damage was done to the joint because the teeth were left in so long and so the weather, the diet, any little injury, is felt in the affected joint. Further, even if infected teeth were the cause, poison from these infected teeth can remain in other organs of the body—tonsils, adenoids, gums, gall bladder, large intestine, prostate gland in men—for months after the teeth are removed and can cause rheumatism.

When it was found over thirty years ago that the removal of infected teeth and tonsils cured many cases of rheumatism, the teeth and tonsils were blamed for all cases of rheumatism. Later, it was found that the removal of infected teeth and tonsils did not cure all cases of rheumatism and so many physicians went back to the old theories of cold and dampness, improper diet, injury and others, and believed that infection—teeth, tonsils, sinuses, gums, intestine, gall bladder—was not a cause. In fact some physicians even today doubt that infection

is a cause of rheumatism, except perhaps one of a number of causes.

In one of a series of 16 articles on rheumatism or arthritis in the Philadelphia number of the Medical Clinics of North America, the clinic of Dr. Theodore Franklin Bach, Abington Memorial Hospital, reports that, in 100 consecutive cases of arthritis picked at random, of 53 atrophic cases (where some joint tissue is lost or worn away) there were only two that did not have one or more points of infection. Of 36 hypertrophic cases (where inflammation in the joint has left bony growths or deposits) every case showed one or more points of infection. Of "mixed" cases, only two showed no point of infection.

This means that in 100 cases there were only four which had no point of infection such as infection of teeth, tonsils, and others.

This does not prove that infection caused the rheumatism in the 96 cases but it tends to show that infection is at least one factor in causing most cases of rheumatism.

### Chronic Arthritis and Rheumatism

Sufferers with chronic rheumatism and arthritis will find much helpful information as to diet, exercise, heat and other suggestions in Dr. Barton's booklet "Chronic Rheumatism and Arthritis" (No. 109). To obtain it 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.

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### "ORDERS IS ORDERS"

A visitor was entering a museum when he was stopped by the new doorman.

"Pardon me, sir," he said, "but you must leave your umbrella here."

"But I have no umbrella," replied the man in surprise.

"Then I'm afraid you must go and get one," said the doorman firmly.

"That notice says that all umbrellas must be left at the door."—Exchange.

## TO-DAY'S FASHIONS



### Natural Shantung Frock With Casual Neckline

Shantung has scored a material success, and it is surprising that it has been out of the picture for so long. But here it is ready to make torrid town days pleasant and cool. Natural shantung makes this smartly simple dress fashioned with casual neckline, and sleeves that are loosely cut and cuffed right below the elbow. A broad leather belt slims the waist. The skirt is made with unpressed pleats sewn down over the hips and panier pockets.

### Married at Pro-Cathedral at North Bay on Monday

North Bay, June 25—The Pro-Cathedral of the Assumption was scene of a pretty wedding Monday morning, when Monica Tackney, daughter of the late Mr. and Mrs. Tackney, became the bride of Vincent Mulligan, son of Mrs. T. M. Mulligan and the late Mr. Mulligan.

The church was decorated with many lovely flowers and wedding music was played by Miss Evelyn McCrea. Rev. J. C. Humphrey officiated.

Giles J. Tackney, brother of the bride, gave her in marriage, and William Shephard was best man.

For her wedding, the bride wore a lovely gown of dusky rose crepe in street length, with matching turban. Her accessories were of soft green and she carried a white prayer book, from which streamers caught with waxy white blossoms fell.

Miss Mary Tackney, bridesmaid, wore a frock of blue flowered crepe, white leghorn hat, and a corsage of roses and maiden-hair.

Following the ceremony, a wedding breakfast was held at the Empire Hotel, where the bride's sister-in-law, Mrs. Giles Tackney, in a gown of pink taffeta, with matching hat, and Mrs. Mulligan, mother of the groom, in

## Reviewing Work of the Health League of Canada

Ottawa, June 25—Citing the experience of Ontario with regard to immunization against diphtheria and compulsory pasteurization of milk, the Health League of Canada today declared its intention to extend its activities in regard to such safeguards to all Canada.

The announcement was made at the annual meeting of the League's Board of Directors, held at the Chateau Laurier here, when reports of the work of the League for the past year were presented. It was pointed out that toxoid immunization had resulted in a world record for Toronto in 1940, when not one case of diphtheria was registered in that city. The pasteurization of milk had driven bovine tuberculosis and other milk-borne diseases from Ontario.

A growing interest in industrial health was reported, and the League had been consulted on the subject by large industrial employers. Safeguards suggested by the League would cut down on loss of time through sickness and speed up the national war effort.

Much had been done during the past year to educate the public with regard to the menace of venereal disease. This had declined in Canada recently, but an upsurge was to be expected as the result of wartime conditions, and the League had its plans laid to cope with the evil in an effective manner.

Interest shown by women of Toronto and surrounding municipalities in the League's Nutrition classes was evidenced by the fact that more than 5,000 attended these classes during the past year. The instruction had been experimental, in an attempt to test the public interest in such questions. The result would justify greater emphasis being laid on this important work in future.

It was shown that the League had distributed thousands of pieces of free literature on health topics during the year, while its official magazine, "Health," had been an important factor in connection with popular education.

## Two Births Registered First Half of the Week

Present indications suggest that this year is going to be far behind 1940 in the matter of births. As noted in these columns often this year, the births registered last year averaged 20 a week. For the first of this week there were only two births registered at the Timmings town hall.

Born—on May 20th, 1941, to Mr. and Mrs. Wilfred Thompson, of 72 Bannerman avenue—a daughter.

Born—on June 3rd, 1941, to Mr. and Mrs. Ovilva Leroux, of 12 Preston Lane—a son.

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black and white crepe, black picture hat, and wearing a corsage of pansies, received the guests.

Later, the bride and groom left for an extended motor trip through eastern Canada. For travelling, the bride chose a frock of powder blue crepe with grey accessories. They plan to take up residence in Timmings upon their return.

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