

Beauty and You

by PATRICIA LINDSAY



VITAL AMERICAN BEAUTY is much envied. It can be acquired through proper eating, and greatly enhanced by clever make-up and attractive coiffures!

Keep Abreast of New Diet Facts to Acquire Beauty and Health

If you are not satisfied with the way you look or the way you feel, maybe there is a simple answer in some diet facts which have not reached your ears or eyes! Whiter teeth, sturdier frames, relief from nerves, can be yours if you mind your peas and carrots, or your whole wheat bread!

To have a good figure and a lustrous carriage, to keep your hair lustrous and your eyes sparkling, to have white teeth and a glowing complexion, minerals in adequate amounts (in addition to vitamins) are essential. The big four, according to nutritionists are iron, calcium, phosphorus and iodine. Foods which supply these will usually supply sufficient other minerals which the body needs.

How to Get Them

Iron, for example, is necessary to create good red blood which makes the difference between a rosy white face and one that has a rosy-hued pallor. Red blood also carries the needed oxygen to tissue and organs which depend upon it for normal, healthy functioning. Insufficient oxygen hampers the body's work and when that happens we lose our pep, look bedraggled and acquire a listlessness which is anything but attractive or nice to live with!

To avoid such ailments see that you get your mineral. An iron-rich diet may be had in beef liver, New Orleans molasses, oatmeal, apricots, eggs, whole wheat, raisins, parsley, lean beef, and oysters. If you include one or more of those in your day's menu you will get sufficient iron. Molasses, for instance, is the second richest source of iron. Three tablespoons of it gives one-third of a day's requirement. Mothers should know that a tablespoonful of it mixed in a glass of chilled milk makes a delicious drink for children—and a nourishing one.

Calcium and phosphorus, also necessary for body beauty, are hiding in every glass of milk, in vegetables and in nuts. If you skimp on calcium you will soon have broken fingernails and teeth needing dental attention! Iodine (which keeps the thyroid normal) is found in fish food. Salt water fish especially, is a good source.

Food Is a Cosmetic

In this cosmetic age we women resort to nail polish, creams, lipstick, powder and rouge to minimize our defects and to enhance our beauty. Too few of us realize that proper food is the best of all cosmetics for it builds vital beauty! Without good fuel the body cannot function normally and healthily—see that your menus improve as you learn new facts about nutrition!

(Released by The Bell Syndicate, Inc.)

Toronto Telegram:—The man who gets the biggest kick out of life is the one who usually does the least kicking.

DEPENDABLE FOR 3 GENERATIONS



Merry Crowd at Box-Social on Thursday evening

Kinettes and Their Friends Celebrate Hallowe'en with Novel Event.

Kinettes, Kinsmen, and their friends celebrated Hallowe'en on the eve of the day when goblins, witches, and all the "scary" characters of make-believe land take charge for twenty-four hours. On Thursday evening, the merry group gathered at the Lion's Club hall, where Hallowe'en motifs made a suitable setting for the occasion, and where Henry Kelbeck and his orchestra supplied the music for dancing.

A Paul Jones, a Sadie Hawkins Dance, and a Grand March were only a few of the special dances which brought the dancers together, while the evening's treat was the auctioning of box-lunches by President Bob Stock of the Kinsmen, and Jack Gauthier. The boxes were designed in numerous shapes and sizes, some of the finest being a Hallowe'en cat, a powder-box, and several in the navy blue colours and in the orange and black of Hallowe'en. Their contents were equally fine, including apple pie, salted nuts, sandwiches, cakes, cookies, candies, and innumerable "goodies" that made each box worth its purchase price.

The Kinettes feel that the proceeds of the event, will supply the wool for their knitting for the sailors of the trawler "Thornwick Bay" for a long time to come, and are especially pleased with the bidding for the box-lunches which made up most of the proceeds.

The committee in charge included: the president, Mrs. Henry Hudson; the secretary, Mrs. Robt. Stock; the treasurer, Mrs. Roy Hardy; and Mrs. Les Marshall, Mrs. W. Alexander, Mrs. Frank Pilon, Mrs. Henry Osfossor, Mrs. Chas. Kerr, Mrs. Ken Zimmerman, and Mrs. Russell Thompkins.

Among the guests were: Mr. and Mrs. R. Taylor, Mr. and Mrs. Francis Woodbury, Mr. and Mrs. Wm. Rutherford, Mr. and Mrs. John Platt, Mr. and Mrs. Geo. Richards, Mr. and Mrs. John Watts, Mr. and Mrs. Harold Pirie, Mr. and Mrs. G. Reynolds, Mr. and Mrs. Geo. Howard, Mr. and Mrs. J. Dalton Jr., Mr. and Mrs. Gil Chemier, Miss Elsie Blackmore, Mr. James Silver, Mrs. Keith Stirling, Mr. Russell Henderson, Mr. Stan Henderson, Miss Gladys Shields, Mr. James Hepburn.

Globe and Mail:—As cold weather approaches, it will be less true that the Nazis' lines have fallen in pleasant places.

charge of the games. Another treat during the evening, was the piano playing by Mrs. P. H. Carson.

Hallowe'en Social for Members of the United Church Choir

Event Takes Place in the Church Hall on Friday Evening.

Members of the United Church choir celebrated Hallowe'en at a social evening in the church following the usual rehearsal on Friday evening. Traditional witches and pumpkins, and the orange and black of Hallowe'en adorned the setting, and the members enjoyed a merry evening with games and other amusements.

Mrs. D. Coombs and S. Whitehead served a tasty lunch, while Mrs. Ed. Wilson and Mr. G. Doughty were in

Miss Madge Austin is Appointed Professional for Porcupine Club

Porcupine Skating Club This Year to be Directed by Expert Figure-Skater. Formal Opening of Club on Sunday Afternoon.

A new professional has arrived in Schumacher to take charge of the classes in figure-skating at the Porcupine Skating Club, a professional whose previous record proves that she will do a great deal in advancing the art in this district. She is Miss Madge Austin, who, among her accomplishments claims the honour of having been second in the World's Professional Pair Championships in 1936, when she skated with Colin Ford.

Miss Austin, who was formally introduced to her new pupils at an opening skating party on Sunday afternoon, has been a professional since 1930, when she began to teach at the Hammersmith Sportsdrome in London, England. From Hammersmith, she transferred to the Richmond Sportsdrome also in London, and then joined the St. Maurice Company to take part in the first ice show to have ever been presented in a theatre. For eleven months, Miss Austin performed with the company at the London Coliseum, and then toured the British Isles.

In 1938, Canada lured the accomplished skater, and she came to the Toronto Skating Club as professional instructor. Return to England was made in the summer of 1939, and that year she skated in Glasgow, Scotland, before returning to Canada and the Toronto Skating Club once again. Miss Austin has been in Canada since the latter part of 1939, and she was pleased to accept the offer made to her by the McIntyre to conduct the Porcupine Skating Club in its work this year. She was especially delighted, said the new instructor, when she found that the McIntyre provides the finest facilities that she has seen in Canada, even better than the Toronto Skating Club.

Miss Austin skated for several years as the partner of Colin Ford, now with the Middle East Forces as a dispatch rider. This pair was chosen to appear at a command performance for the Duke and Duchess of Gloucester, when the royal couple witnessed their first display of skating. The display included all types of skating—hockey, speed-skating and figure-skating—and following the display, Miss Austin and her partner were presented to Their Royal Highnesses.

The new instructor is the first lady professional in Canada's figure-skating history, to have entered pupils in Canadian Championships, and a pair she had taught came second in the Junior Pair Championships for Canada last year.

Haileybury Curling Club Ready for 1941-42 Season

Haileybury Curling Club is ready for the 1941-1942 season. James E. Grant is the new president, with M. R. Howey vice-president; Irwin Colthart, secretary-treasurer. The annual report showed there were 68 active members last season, twenty of them being first-year curlers.



By James W. Barton, M.D.

That Body of Yours?

Decide Your Correct Weight By Your Type of Build

Some years ago the tables issued by insurance companies gave average and ideal weights for height and age. Today, insurance companies give the correct or ideal weight for height and type of build as they find that the 'ideal' weight for men and women should be the same as they were at the age of thirty. This means that it is not the right or 'natural' thing for men and women to become heavier as they grow older but they do so because of changes of habits as to eating and exercise. The weight increases because they eat more or exercise less, or both. Why is the weight at the age of thirty taken as the correct weight for life?

This is because while women usually mature between ages of 24 and 27, and men between 27 and 29, allowing for little differences, both men and women are usually mature at the age of thirty.

When men and women have reached maturity it means that food is not needed for growth either in height or width, that the ends of the bones have become firmly attached to the shaft or other part of the bone, as all parts reach maturity.

None of us know the exact day or hour when we reach maturity and many naturally go on eating the same amount of food as before reaching maturity. Continuing to eat food to obtain growth, when no further growth can be attained, means that this extra food, not being needed for growth, is stored away as fat.

Another reason why thirty is a critical age for men and women, with the natural healthy tendency to put on a little fat, is because at this age their station or occupation for life is usually settled. Whether married or single, they enter a less active physical life.

The days of active athletics and nights of dancing or other active recreation are usually past and the individual settles away to live a more or less routine life. It is this 'settling' away that gives the body a settled appearance or 'middle-aged spread' as it is called.

As there are three types of build—slender, medium and heavy—the tables usually give the heights and weights of the medium type of build.

The table of heights and weights for the medium build for men of thirty start at five feet in height up to six feet four inches. Thus at five feet weight should be 126 pounds. Adding three to four pounds for each inch, a man six feet tall should be about 172 pounds. While most physicians would be inclined to think this weight 8 to 10 pounds low, it must be remembered that these tables have been arrived at after examination of thousands of healthy men who have been accepted by insurance companies as good risks.

As women are not as tall as men, the figures for medium build at age of

Mary Kirstine of St. Mary's to be Skating Pupil Here

Follows Miss Madge Austin to Porcupine Skating Club

The first pupil to follow her teacher to Northern Ontario, fourteen-year-old Mary Kirstine, daughter of Mr. and Mrs. A. G. Kirstine of St. Mary's, Ontario, arrived in Schumacher on Wednesday of last week, and will spend the winter months here. A charming golden-blond, Mary is a talented skater, although she has been figure-skating for only the past two years and for this 1941-42 season, she has become a member of the Porcupine Skating Club. Mary, who was a pupil of Miss Madge Austin, the new instructor at the McIntyre Arena, at the summer school at Kitchener during the past summer, and during the winter at London and Stratford, began her figure-skating career at Stratford during the winter season of 1939-40. She was then a pupil of Earl Myr, and during the following summer, she practised the art under the direction of Otto Gold at Kitchener. In December of last year, she passed the New Canadian Fourth tests, being the first in Western Ontario to pass these tests. During the summer months, she passed her third tests at Kitchener, and she is the winner of the Junior Ladies' Skating championship in the Western Regional for the past year.

Mr. and Mrs. Kirstine, who accompanied their daughter on her trip to Schumacher, and spent a few days here, were exceptionally pleased to find that Mary would be accepted as a member of the Porcupine Skating Club. They lauded the work of Miss Austin as an instructor, and both agreed that the facilities provided by the McIntyre Arena for figure skating are remarkably fine. Mary, they said, was to be just another pupil in the Porcupine Skating Club.

Mary Kirstine will attend the Schumacher High School.

thirty begin at 4 feet 8 inches, the correct weight being 112 pounds. Adding 2 to 3 pounds for each inch in height, a woman 6 feet tall should weigh about 160 pounds.

Before reducing, the individual should study himself or herself before a mirror and decide whether they are the slender, medium or heavy type of build. If slender, the advice of insurance physicians is that they can subtract 10 per cent from the weight given for their height and be of the correct weight. A slender woman of 5 feet 4 inches, instead of weighing 130 pounds should weigh 10 per cent—117 pounds—less, that is 117 pounds. If of the heavy type she should weigh 10 per cent more or 143 pounds. That is, there can be a difference of 26 pounds in the correct weights for women 5 feet 4 inches (the average height).

These same figures hold for men of slender or heavy build. A man 5 feet 7 inches (average height for men) of slender build, instead of weighing 142 pounds, should weigh 128 pounds. If of heavy build, he should weigh 14 pounds more, that is 156 pounds.

Do not try to increase or decrease your weight until you decide whether your build is the slender, the medium, or the heavy type.

Cancer: Its Symptoms and Treatments. Remember, cancer is curable if found early. Send today for Dr. Barten's latest booklet entitled 'Cancer: Its Symptoms and Treatment' (No. 110). Address your request to The Bell Library, Post Office Box 75, Station O, New York, N.Y., enclosing Ten Cents to cover cost of handling and mailing and mention the name of this newspaper.

New Books Added to South Porcupine Public Library

The following new books have been added to the South Porcupine public library:—

- Fiction
 - "K" K.—M. R. Rinehart.
 - Skin Deep—Kelland.
 - Freckles Comes—G. S. Porter.
 - Secret Valley—Gregory.
 - Rocky Bend—Gregory.
 - Twin Sombreros—Z. Grey.
 - Wildfire—Z. Grey.
 - Wild Geese—Ostenso.
 - So Stands the Rock—Downes.
 - Trailer Doctor—Williams.
 - Sackcloth for Susan—R. Rees.
 - Wings of Youth—H. Welshimer.
 - Dr. Red—Thompson.
 - Dark Lightening—Miller.
 - When a Girl's in Love—Miller.
 - Shy Pluto—Oppenheim.
 - Nurses Are People—Hancock.
 - Amazing Summer—Gibbs P.
 - Tadpole Hall—Ashton.
 - Mr. and Mrs. Meigs—Corbett.
 - The Day's Work—Kipling.
 - In Tune With Wedding Bells—G. L. Hill.
 - Junior Miss—Benson.
 - Road to Glenfairlie—Garth D. Lorrie—J. Abbot.
 - A House For Emily—E. Reeves.
 - The Princess—P. Strong.
 - Mrs. Tim Carries On—Stevenson.
 - Down the Road a Piece—M. Flint.
 - They Came to a River—A. McKay.
 - Neutral Ground—F. Hough.
 - The Blind Man's House—H. Walpole.
 - Chalice—Doner.
 - Best Short Stories of 1940—O'Brien.
 - The Keys of the Kingdom—Cronin.
 - Out of the Fog—Lincoln.
 - Dark House—Deepling W.
 - Escape—Vance.
 - The Sun is My Undoing—Steen.
 - The Angel in the House—Norris K.
- Non-Fiction
 - Toughen Up America—Keiser.
 - The Unobstructed Universe—White S. E.
 - I Will Sing One Song—Ethrige.

ALL DEPENDS

Mis'tres (hearing crash in kitchen)—More dishes, Mary? Mary—No, ma'am, less!—Exchange.

Repledge for War Savings

"SALADA" TEA

Births Registered Here at End of the Last Month

Born—on October 2nd, 1941, to Mr. and Mrs. Edgar O'Connor, of 169 Tamarack street, at St. Mary's Hospital—a daughter.

Born—on October 11th, 1941, to Mr. and Mrs. Gordon Paxton McCall of 41 Hollinger Hall, at St. Mary's Hospital—a daughter.

Born—on October 11th, 1941, to Mr. and Mrs. Kenneth Hollywood, of 271 Mountjoy street south, at St. Mary's Hospital—a son.

Born—on October 9th, 1941, to Mr. and Mrs. Harold MacPherson, of 167 Balm street north, at St. Mary's Hospital—a son.

Born—on October 3rd, 1941, to Mr. and Mrs. John Boyd, of 17 Patricia Boulevard, at St. Mary's Hospital—a daughter.

Born—on October 14th, 1941, to Mr. and Mrs. Louis A. Preti, of 27 Montgomery avenue, at St. Mary's Hospital—a daughter.

Born—on October 15th, 1941, to Mr. and Mrs. John Hazen Jones, of 195 North Road, at St. Mary's Hospital—a son.

Born—on October 17th, 1941, to Mr. and Mrs. Joseph Leo Zee Cloutier, of 22 Way avenue, at St. Mary's Hospital—a daughter.

Born—on October 19th, 1941, to Mr. and Mrs. Earl Orceau, of 15 1/2 Bannerman avenue at St. Mary's Hospital—a son.

Born—on October 4th, 1941, to Mr. and Mrs. Arthur B. C. Stichtart of 169 Maple street south, at St. Mary's Hospital—a son.

Born—on October 14th, 1941, to Mr. and Mrs. Gregory Kuzyk, of 31 Patricia Boulevard, at St. Mary's Hospital—a son.

Born—on October 14th, 1941, to Mr. and Mrs. Andrew Kapel, of 16 Mont-

gomery avenue, at St. Mary's Hospital—a son.

Born—on October 12th, 1941, to Mr. and Mrs. Mrs. Jerome Edward McComb, of 49 Second avenue, at St. Mary's Hospital—a daughter.

Born—on October 4th, 1941, to Mr. and Mrs. Arthur Desautels, of 116 Hollinger avenue—a daughter.

Born—on October 4th, 1941, to Mr. and Mrs. Leon Carriere, of 127 Willow avenue—a daughter.

Born—on September 20th, 1941, to Mr. and Mrs. J. Emmanuel Chateau, of 48 Windsor avenue—a daughter.

Sudbury Star:—The cool, season nears apace, and the one who the fellow who bought a muffler because his overcoat was loud in once more making the round.

ATTEND

YOLLES SWEEPING HOUSE FURNISHING CLEARANCE SALE

YOLLES FURNITURE

43 THIRD AVE.

Easy to carry home

DRINK Coca-Cola

BETTER LIGHT FOR BETTER SIGHT

SAYS Reddy Kilowatt

WORK, SEW, READ, STUDY, PLAY, LIVE IN COMFORT—

FREE FROM EYESTRAIN



"That sounds like a big mouthful folks," says Reddy Kilowatt, "but believe me it's full of meaning; there's not an adjective or a wasted word in that entire heading. For what could be more important these indoor days than guarding sight with better light. It's easy to do and it costs so little. Just see that every lamp and fixture has its proper quota of bulbs and keep a carton handy for immediate replacement when one burns out. That's the kind of home comfort everyone appreciates."

REDDY SAYS:

"It takes money to provide the tools of war. Buy War Savings Certificates."



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