

Sugar Has Important Place in Any Diet Planned for Nations on Defence

Not Only Does Sugar Supply Fuel for Energy, but It Also Makes Other Foods Appetizing. The Use of Sugar Makes Changes in the Diet More Practical Than They Would be Without It.



(By EDITH M. BARBER)

The recommendations in regard to diet formulated by the National Nutrition Conference for Defense have been discussed in detail for the past months. After the most important foods were listed it is noted that the diet should contain "other foods to satisfy appetite." In this category sugar and other sweeteners certainly belong.

White sugar, which we use far more than any other type of sweet, supplies us with fuel for energy and does this inexpensively. One of the most important characteristics of sugar has to do with its nutritive value but with fact that it makes other foods appetizing. Cooked apples, for instance, need sugar to make them palatable. We should not be able to make cakes and other desserts without sugar or some other form of sweet. Sugar can only be criticized as a food when it is eaten in too large quantities and thus excludes other foods from the menu. In too concentrated a form, it may upset digestion.

Molasses, which, like a great deal of our white sugar comes from the sugar cane, contributes valuable minerals of which iron is the most important. Its distinct flavor is an asset for some things such as sauces, cookies and certain kinds of cake. Brown sugar scores between white sugar and molasses. Honey shows a trace of minerals and has a flavour of its own. No research has been done on the mineral content of maple sugar but we value it as honey, especially for its flavor.

Mocha Nut Cake

- 2 cups sifted cake flour.
 - 3 teaspoons baking powder.
 - 1/2 teaspoon salt.
 - 1/2 cup shortening.
 - 1 cup sugar.
 - 2 tablespoons water.
 - 2 eggs.
 - 1/2 cup chopped nut meats.
 - 1/2 cup strong coffee.
- Mix and sift flour, baking powder and salt. Cream shortening, add sugar slowly and cream until fluffy. Add

water to eggs and beat until light. Add to creamed mixture and beat well. Stir in nut meats. Add sifted dry ingredients alternately with coffee, stirring well after each addition. Bake in two greased 9-inch layer cake pans in moderate oven (375 degrees Fahrenheit) 23 to 25 minutes. Frost. Yield: two layers.

Maple Nut Sauce

- 1 cup sirup.
 - 1/2 cup thin cream.
 - 1/2 cup sliced pecans or almonds.
- Boil maple sirup five minutes. Add cream, stirring constantly. Stir in nut meats, whole or sliced. Serve hot with ice cream.

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Value of Home and School Association to the Community

Concerned With All Problems Relating to the Welfare of the Child.

By M. Kinkel (Mrs. A. R. Kinkel Jr.)
During Education Week we would like to bring to the attention of parents the aid which a Home and School Association can render to the community and to the welfare of our children. Today there are 412 Home and School Associations in Ontario and the organization is international. Mrs. A. B. Silcox of Toronto is president of the Ontario Federation.

The first association to be organized in this district was the Deloro Home and School Association in September 1940. The Central school was organized in May, 1941, and the Golden City school association was organized in June, 1941. In the Home and School Creed the Aims and Policies are set forth as follows:

"We believe that a Home and School association should be concerned with all problems that relate to the welfare of the child in the home, school and community.

"That its great object should be to interest all people in all children, and link in a common purpose the home, the school and other educative forces in the life of the child, to work for his highest good.

"That it should learn at first hand all school conditions and all community conditions affecting the child.

"That it should encourage all influences and conditions which will ensure the growth and safety of the child.

"That it should work actively to supply the school and community needs by creating public sentiment which will favour and provide good teachers, good school equipment and adequate recreation for leisure time.

"That it should not be the means of entertainment, or charity, or criticism of school authority, but a co-operative, non-partisan, non-sectarian, non-commercial effort to produce Canadian citizens who shall be capable of perpetuating the best in our national life."

Education Week should be of great significance to all Home and School members. The years at public school constitute the formative period of childhood. Opinions formed then often remain throughout life. The entire community is also contributing unconsciously to the education of the children by the standards it upholds and puts into practice. The parents for their part must support the school in teaching honesty, courage, self-reliance and respect for law and order. If such support prevails we shall produce future citizens of which the world may be proud. This is best accomplished by getting together the teachers of the school and the parents of the neighbourhood at Home and School meetings to become acquainted and so study together the conditions under which all are doing their work.

There are spiritual, mental and moral defects in home and school life. These will never be remedied until there is an intelligent interest among the parents of all classes in child training.

Beauty and You

by PATRICIA LINDSAY



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ing and in education. They must have a knowledge and understanding of the present day system of education in order to help their children and support educators in a task which is ever increasing in complexity. Teachers appreciate constructive help from the home and this can usually be given most satisfactorily through the medium of an active Home and School organization.

Nursing Division Entertains at "Carry On" Tea

Bronze chrysanthemums and other flowers adorned the home of Mrs. Wm. McCoy, 109 Pine street north, on Wednesday last week, for the successful "Carry On" afternoon tea and sale of home-baking held by the Nursing Division of the S.J.A.B.

Receiving the many guests were the hostess, Mrs. W. McCoy, and the co-conveners of the event, Mrs. B. McDevitt and Mrs. A. Ashley, and pouring tea were Mrs. Geo. Allison and Mrs. Geo. Gibson. Mrs. K. Cambridge convened the kitchen committee which was formed of Mrs. H. Larouche, Mrs. M. J. Beckett, Mrs. C. Osborne, Miss Edna Small, and Mrs. A. Malcun.

Mrs. R. Handley, Mrs. D. Bauer, Mrs. E. Lafferty, Mrs. B. Wallace, and Mrs. Gertrude Morin served the many ladies who attended, while Mrs. A. Leach and Miss L. Varin were in charge of the bake sale.

Mrs. A. Pelletier was ticket convener, and a door prize which was drawn for during the afternoon by Councillor Miss Ellen Terry was won by Mrs. Ross McLaren, 20 Seventh avenue. The prize was a lovely radio lamp donated by the Northern Power Company, while several other firms donated other necessities which formed the basis for the successful event.

All members of the Nursing Division were in uniform during the afternoon, and presented an especially neat and attractive appearance.

In the evening, the members remained for their regular weekly meeting, hearing a lecture by Mr. Bert Ash, of the S.J.A.B. who gave an exceptionally fine interesting address on the A.R.P. work in England. He outlined the first aid for gases, and later, the members practiced artificial respiration.

Convention Urges More Attention to Temperance

Under the auspices of the Ontario Temperance Federation a convention was held last week in the Anglican Church, Timmings. Leadership was given by a visiting delegation consisting of Dr. C. W. DeMille, Brigadier N. Plicher and Rev. R. A. Whattam. In attendance at the convention were representatives from Timmings, Schumacher, South Porcupine and Matheson. At the afternoon session Rev. Canon R. S. Cushing presided, and an address was given by Dr. DeMille setting forth some of the reasons why interest must be aroused to curb the insatiable desire of the liquor interests to expand their trade with such serious consequences to individuals, community and nation. The convention then divided into three groups to study the most effective approach to the problems of education, legislation and administration. The educational section recommended an educational programme to reach all boys and girls in church and school, and especially all young people in order to counteract the unremitting educational activities of the liquor trade to increase the number of young people using alcoholic beverages.

At the evening session Rev. James A. Lytle presided and devotions were conducted by Rev. Norman A. Healey. Dr. DeMille conducted a questionnaire, and Brigadier N. Plicher and Rev. R. A. Whattam gave addresses. Plans were made for continuing the work of the convention in this area.

jections of pituitary extract, much of the excess fat disappears.

However, whether the excess weight is due mostly to lack of thyroid gland or pituitary gland or both, most physicians in addition to prescribing these extracts, also reduce the food intake.

There are other cases, particularly in young boys, where the excess fat is across breast, abdomen and buttocks, in which case extracts of the sex glands is used with satisfactory results. And in still other cases the use of extract of the adrenal glands stimulates activity of the body resulting in the disappearance of much of the excess fat.

Some years ago Dr. F. Hechel, in Medical Bulletin, spoke of a form of obesity or overweight in which the lower legs of women were affected. In three cases the monthlies or menstruation is late and irregular and there is weakness and thin blood. This is somewhat different to the overweight due to lack of pituitary extract in that the lower legs only are greater overweight, whereas in the pituitary type the thighs were very fat but lower legs are free from fat and the feet are small.

In this special type of overweight - excess fat in the lower legs only - Dr Hechel advises complete rest at first, a suitable diet, 3 grains thyroid extract daily together with pituitary and ovary extract, discontinued every three weeks if any signs of toxic (poisonous) action appear. He also injects hypodermically adrenalin in a salt solution (1-130 grain in 20 minims of saline solution) to stimulate the depressed nervous system. When, by the use of these four gland extracts - thyroid, pituitary, ovary and adrenal - the patient's weight had been restored to normal, "he completed the cure by ordering vigorous exercises especially bicycle riding with the legs in very heavy woollen underwear."

In addition to this exercise, the diet - starch, sugar, and fat foods - is reduced in amount and rare meats, salads, and fruits are largely depended upon.

The point then is that if the excess weight is distributed all over the body, it may be due to lack of thyroid extract or simply overeating or underexercising or both. If excess weight is over shoulders, abdomen, chest, it is usually due to lack of pituitary extract. If over lower legs only, it may be due to lack of one or more of three or four gland extracts.

However, although these extracts are helpful in these special cases, nevertheless despite the use of these special gland extracts, reducing the food intake and in some cases increasing the exercise also, the necessary to obtain satisfactory results.

In other words, every overweight is eating more food than he needs, whether or not his overweight is the gland type of overweight.

EATING YOUR WAY TO HEALTH
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Pretty Wedding at St. Alphonse Church

Miss May Fowler and Mr. John McCusken Married

Schumacher, Nov. 12.—(Special to The Advance)—A very pretty wedding was held Saturday morning, November 8th, in St. Alphonse Parish Church when Miss May Fowler, daughter of Mr. and Mrs. James Fowler, became the bride of John McCusken, Miss Ethel Fowler was her sister's bridesmaid and Mr. B. Defelice was groomsman. The Rev. Father Martindale officiated. Mrs. Jack Marshall played the wedding music and Mrs. Claude Manette sang "Ave Marie." The bride, given in marriage by her father, was given in a floor length gown of white chiffon with shirred waistline and long sleeves. Her long veil was caught to the head with a coronet of lily-of-the-valley. She carried a shower bouquet of deep red roses. The bridesmaid was lovely in a floor length gown of blue chiffon with small hat to match. She carried a hand bouquet of pink coloured baby mums. After the ceremony a wedding breakfast was served at the home of the bride's parents, 107 Fourth avenue. The bride's mother received the guests wearing a dress of teal blue crepe with a corsage of roses. In the afternoon a large number of friends called to extend their best wishes to the young couple. Mr. and Mrs. McCusken will take up residence on Second Ave. Prior to her marriage the bride was entertained by the staff of Bucovsky's store, at a linen shower. Mrs. James Scullion, Mrs. John Scullion, Mrs. John O'Leary and Mrs. T. Johnston were joint hostesses at a miscellaneous shower, and Mrs. Vic Mullen and Miss Alex Bugera at a kitchen shower.

Plan Annual Rebekah Tea for Thursday, November 27

The Rebekah Lodge held its regular weekly meeting on Thursday evening in the lodge rooms, with the Noble Grand, Mrs. C. F. Lacy, in the chair. The members discussed plans for the annual afternoon tea to be held on November 27th in the Oddfellows hall, and after lodge closed, the new members practised for initiation. Lunch was served after the business of the meeting.

Repledge for War Savings "SALADA" TEA

Kinette Knitters Meet at Home of Mrs. Henry Ostrosser

Plans Made for Packing December Shipment.

Mrs. Henry Ostrosser, 15A Hemlock street, was hostess to the Kinettes knitting group on Thursday evening, her charming home with its pleasantly crackling log fire making the hours pass quickly as the members knitted on articles for the next shipment, and discussed the business affairs of the club. It was decided the next shipment, which will be packed at the home of Mrs. Les. Marshall on December 15th, would contain fewer articles than the first shipment which was made in October. Included in the December shipment will be turtle-neck sweaters, aerobic caps, mitts and socks as well as such foods as dried fruit, fruit juices and jello.

A report of the recent box social and dance was heard, revealing that \$45.00 had been cleared from the event. This amount should supply wool for some time to come, and the members planned to use club fees for any additional purposes.

The hostess served a delicious lunch, Mrs. Wm. Alexander presiding at the tea table.

Among the members present were Mrs. Les Marshall, Mrs. Roy Rardy, Mrs. R. B. Stock, Mrs. Harry Boyd, Mrs. Henry Hudson, Mrs. Wm. Alexander, Mrs. Dick Taylor, Mrs. Russell Thompson, Mrs. Joe Colhoun, Mrs. Henry Kelneck, and the hostess, Mrs. Henry Ostrosser.

Religious Teaching for Northern Public Schools

After the Christmas holidays, it is planned to have a half hour's instruction in religion each week in the public schools at New Liskeard. Cobalt adoption of such a plan some time ago. Half-hour is also considering the same procedure. In New Liskeard the Presbyterians, Anglicans, Baptists and United Church are co-operating in the plan, the ministers of the four churches to take the half-hour a week alternately.

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