

# Adequate Food One of the Important Items Among the Weapons of Defence

### Dr. Wilder Calls on "Regular Army of Dietitians" to Educate Civilians as to the Necessity for Watching Food as Means of Maintaining Morale as Well as Physical Welfare.

"Dietitians are a division of the regular army of defense," said Dr. Russel Wilder, chairman of the nutrition committee of the Council of National Defense, in the address which opened the twenty-fourth annual convention of the American Dietetic Association.

Dr. Wilder was referring to those well-trained women, all graduates of accredited colleges, who have specialized in the science of nutrition and who are eligible for membership in the American Dietetic Association.

Organized during the last world war by a group of sixty, the numbers have risen to almost 5,000 today.

Dr. Wilder pointed out that in order to win the war Americans are beginning to realize, although belatedly, that food is the greatest weapon of defense.

Intestinal ailments and in nervousness and irritability. The remedies lie in guaranteeing wages adequate to purchase necessary food so that all requirements will be satisfied. Dr. Wilder called upon the "regular army of dietitians" to continue and to extend their efforts to educate civilians to choose food which will protect them from ills to which the body is not, as has been believed through the ages, the natural heir.

#### 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.
- 1/2 teaspoon celery salt.
- 1 stalk celery, diced.
- 1 medium-size 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: six servings.

#### Rice Pudding

- 1/2 cup rice.
- 1 quart milk.
- 1/2 teaspoon salt.
- 1/2 cup sugar.
- 1/4 teaspoon nutmeg.

Wash rice thoroughly and drain; combine all ingredients and pour in buttered 1 1/2 quart baking dish; bake in very slow oven (250 degrees F) about two hours, stirring at least three times during the first hour to break crust that forms; do not stir during last hour of cooking; chill before serving. Yield: six servings.

Note: Add 1/2 cup raisins before baking, if desired.

(Released by The Bell Syndicate, Inc.)

#### SUCH A BORE!

Doctor—And that habit of talking to yourself—there's nothing to worry about that.

Patient—Perhaps not—but I'm such a bore —Globe and Mail.

#### WHAT?

"Hi-ya, Alf!"  
"Oh, hello!"  
"Seen my gas mask anywhere?"  
"Haven't you got it on?"  
—Sudbury Star

Sudbury Star—An open-minded person is one whose mind opens to the same views that yours does.

# TEN YEARS AGO IN TIMMINS

From data in the Porcupine Advance Files

"Work on the civic and industrial motion picture of Timmins is rapidly getting under way," said The Advance ten years ago. "The camera unit of the producers has been in the town for the past week and many of the local people have made their official debut for the silver screen. Many offers of assistance in the work of building up the historical prologue to the picture have been offered to the producers, and much interesting photographic information will be used in showing scenes of the early days in Timmins."

There was very deep and sincere sympathy extended to Mr. and Mrs. F. Stonehouse, 3 James avenue, Timmins, in the death Monday, January 4th, 1932, of their nine-year-old son, Freddie. The lad was a particularly bright and popular boy and his sudden passing was deeply regretted by all who knew him. At the time of death Freddie was nine years and four months of age. He was born at Wigan, Lancashire, England, but the family moving to Timmins when he was only three months old, he spent practically all of his life in Timmins.

The Kiwanis Club reached a full hundred attendance at its meeting ten years ago. The installation of the 1932 officers was the chief feature of the occasion, the ceremonies being in charge of Past President Karl Eyrre, assisted by Immediate Past President J. R. Walker. There were several brief addresses that were particularly inspiring and appropriate. Past President J. R. Walker took occasion to thank the members for the generous support and the kindness shown him during his term of office, and he confidently asked for the same happy co-operation for the 1932 president and other officers. The new president, Dr. H. H. Moore, referred to the kindness shown him during his illness and the firm place occupied in his heart by the Kiwanis Club and its work.

In The Advance of Thursday, January 7th, 1932, reference was made to a lad whose name has since become a byword in hockey circles throughout the North Country, and is known wherever hockey is played. The article was headed "Former Timmins Lad Loses Eye In South—Injured in Hockey Practice, at Oshawa, Joe Graboski, a former Timmins Junior, loses an eye last week."

The article went on to say, "Friends in Timmins and district will greatly regret to learn of the accident that befell Joe Graboski, formerly of Timmins, but now of Oshawa, where on Saturday he had the misfortune to figure in an accident that resulted in the loss of one of his eyes. He was at hockey practice and in a fall he was struck in the eye by a hockey stick that injured the eye so badly that the optic had to be taken out. Joe played with the Timmins Juniors in the season of 1929-1930, and showed considerable promise as a hockey player. He had also played juvenile hockey here, having lived in Timmins until a year and a half ago. He has many friends here and will greatly regret the unfortunate accident that has happened to him and wish him the very best of recovery. A dispatch from Ottawa this week gives the account of the accident."

Roy Hamilton, prominent in boxing circles here years ago, was in Florida ten years ago where he was not only winning his bouts, but also a large measure of popularity, with favourable reference in the Florida Press. Clippings from The Palm Beach Daily News ten years ago referred to an American Legion boxing event at Palm Beach. It was interesting to note that the article was placed on the "Society News" page. The following is the reference of the Palm Beach News to the bout between Joe Blanco and Roy Hamilton: "The best bout of the evening from the standpoint of boxing, and which went the whole distance for a draw was the 8-round melee between Joe Blanco, of West Palm Beach, and Roy Hamilton, of Detroit. Both boys were serious and put up a good fight. Blanco, who was a southpaw, put over some terrific lefts to Hamilton's midriff, which staggered the Detroit lad once or twice early in the fight, but on the infighting Hamilton had the edge and made good use of it. Both were clean aggressive fighters, and won loud applause from the ringside at the close."

John Koski, a well-known resident of the Matheson district, and popular all through this part of the North Land, was found dead as a result of a motor accident ten years ago, while the driver of Mr. Koski's car was in the hospital with minor injuries. Mr. Koski had been on one of his frequent visits to Timmins where he had relatives and hosts of friends, and he was returning to his farm home at Matheson on Thursday evening when the accident occurred on a bridge about a mile from Matheson. The car skidded on the icy road and went over the bridge, dropping about twenty-five feet. Mr. Koski had his neck broken in the fall, death being instantaneous. The man driving the car for him was more fortunate, escaping with a couple of broken ribs and some other minor injuries. This man was taken to the Matheson hospital where he was making good recovery.

Local items in The Advance ten years ago included: "Miss Colleen Phillips was returned from her home in Kenora, Ontario, having spent a few days of the Yuletide season the guest of her parents, Mr. and Mrs. Harry Phillips." "Born—On January 4th, to Mr. and Mrs. L. St. Pierre, 91 Hollinger Lane—a son (Ludger, Jr.)." "Mr. Basil Davis left for Kingston to resume his studies after visiting his parents for the Christmas holidays at the Vipond Mine." "A. F. Kenning, M.P.P., returned this week from spending the holiday season at Pembroke with his son and other relatives there." "Arthur J. Lawlor motored to Kirkland Lake on Wednesday of this week."

"Miss Bernadette Charbotte left on Monday for the Convent of Mary Immaculate at Pembroke, after spending two weeks with her parents." "W. L. Hogarth, Jr., who is attending Queen's University, Kingston, spent the holiday at his home here, returning this week to resume his studies." "Dr. S. R. Harrison and Mrs. Harrison, of Kirkland Lake, formerly of Timmins, were visitors to town during the holiday." "Miss Izelda Martin has returned to her school at North Bay after spending the Christmas vacation at her home, 57 Kirby avenue, Timmins." "Mr. and Mrs. J. W. Fogg left this week for a visit to Florida." "Miss Constance Burgess, of Kirkland Lake, has been spending the holidays with Miss Vera Chenier, of Timmins."

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small businesses failed by the thousands. In one year there were four times as many bankruptcies as in a normal year.

### Losses Must Be Shared

The mechanism of the Price Ceiling Policy provides the retailer with protection from undue hardship. He must of course bear some of the "squeeze" between his selling price and higher replacement costs for some of the goods he sells; but he is not expected to carry more than his fair share of the burden. That is a fundamental policy of the Price Ceiling and to safeguard him in this respect. Retail Trade and Wholesale Trade Administrators have been appointed.

Whenever possible, the retailer is expected to work out his own arrangements with his suppliers to share or "roll back" the "squeeze." When he cannot arrange this he is expected to develop matters through the nearest Prices and Supply Representative of the Wartime Prices and Trade Board or directly with the Board's Administrator of Retail Trade and its Administrator of Wholesale Trade, who have offices in Toronto's Metropolitan Building.

E. G. Burton, who knows the retail business from a 22 and who is serving the Board without remuneration, is the Retail Trade Administrator. R. F. Chisholm, another young executive, who is an authority on wholesaling, and who also serves voluntarily, is the Wholesale Trade Administrator. These two executives regard themselves as champions of a square deal for all parties. Their philosophy is roughly this: "You cannot undertake so terrific a job as halting inflation in its tracks without incurring some responsibility to see that a normal flow of essential goods is maintained and that no one suffers undue hardship."

### "Rolling Back" the "Squeeze"

Suppose a retailer finds himself badly "squeezed" between his retail selling price and the price he has to pay his supplier for goods. His first step would be to take the matter up with his supplier, who may be able to reduce the price for him. Perhaps the supplier will have to go to the manufacturer or importer to get some reduction in his costs. Perhaps the manufacturer or importer will have to go to the Government for help in the form of a subsidy. But in any event the retailer cannot raise his price—except for a few exemptions such as fresh fruit and vegetables, most kinds of fish, animal pets and furs. So the retailer should negotiate to reduce their operating costs. They will be expected to cut out unnecessary frills in their operations. So, too, will other businesses all along the line. However retailers can be sure that they will not have to bear more than their fair share of reduced income. This, I found during my visit in Ottawa, is a fundamental policy of the Wartime Prices and Trade Board.

On the ground that the first place to look for help is to oneself, the Board will expect retailers will take any practical steps to reduce their operating costs. They will be expected to cut out unnecessary frills in their operations. So, too, will other businesses all along the line. However retailers can be sure that they will not have to bear more than their fair share of reduced income. This, I found during my visit in Ottawa, is a fundamental policy of the Wartime Prices and Trade Board.

# Five Accidents Mar New Year's Day Celebrations

### Damage Was Extensive in Two of the Crashes and a Woman Was Hit in Another.

Five traffic accidents marred the New Year's holiday and damage in two of them was quite extensive. In one of a woman was knocked down and was transferred to the hospital and released the next day. In one of the mishaps a car crashed into one of the buses on the highway and damage of a hundred and fifty dollars resulted.

First of the accidents happened on December 31st at 3:15 p.m. when Vamos Stearns, of 38 Montgomery Avenue, crashed into a bus on the highway. The bus was travelling west and had stopped near the McDowell Motors Garage to let some passengers off when the car crashed into it. The highway was very slippery at the time and the car driver was unable to stop. Damage to the car amounted to about a hundred and fifty dollars and consisted of a broken radiator, bumper, both headlights, fenders and hood. There was no damage to the bus.

At 12:30 a.m. on New Year's Day A. L. Parres, 3 Mordock Avenue, was travelling west on Fourth Avenue when he struck down a woman pedestrian at the intersection of Balsam Street and Fourth Avenue. Witnesses said that the car was travelling very slowly and had attempted to stop but was unable to do so on the slippery street. The woman who was struck and knocked down was Mrs. Puska, of Pottsville. She was accompanied by Mrs. Aili Haaparanta when the accident took place. Police investigated and laid no blame to the driver.

About four hours later another serious accident took place and one of the drivers was charged with careless driving. The man who was charged was Hector Giroux, 70 Middleton Avenue. Police investigated and said that Giroux was travelling west on Main Avenue and crashed into a car being driven north on Preston Street by Anthony Rumlesky, 41 Preston Street. A third car owned by Arthur MacDonald was parked on the street and it was also hit by the Giroux vehicle. Damage to the MacDonald car amounted to about twenty-five dollars while the damage to the Rumlesky car amounted to about two hundred dollars. The frame of the car was twisted, both doors were sprung

the left, front spring and the rear fender were badly bent and the front left headlight was smashed. The Giroux car suffered about fifty dollars damage and it consisted of dinges on the left side of the body, right front and rear fenders dented and the front right headlight smashed.

Throughout the day there were no accidents but in the evening another minor accident took place when two trucks were involved. One of the trucks was backing west on Borden Avenue when it crashed into another truck being driven south on Waterloo Road. Damage was very light with one of the trucks suffering damage estimated at about ten dollars.

At 12:15 a.m. on Friday two cars crashed into each other on Wilson Avenue. The crash took place in front of 119 Wilson Avenue and neither of the drivers were blamed by the police who investigated the accident. Alme Perron, 217 Hemlock Street, was travelling east on Wilson Avenue when another car being driven by Louis Columbo, 45 Main Avenue, crashed into him. After hitting the car the Columbo vehicle carried off the road and finally stopped when it crashed into a telephone pole. Damage to the first car amounted to about fifteen dollars while damage to the second one amounted to about twenty dollars. In this last accident, police intimated that one of the drivers would probably prefer charge but they themselves were not pressing charges against either of the drivers.

### HIS PRIVILEGE

When a crowd of people gathered to watch a fire, a policeman kept moving them on. One man refused to go.

"Why should I move along?" he demanded indignantly. "You're letting that fellow over there stay."  
The policeman smiled.  
"Well, he's entitled to," he replied.  
"It's his fire."—Globe and Mail.

Sudbury Star—A statesman is one who buries the hatchet for the duration. A politician is one who remembers where it is buried.

## Scholarship

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# Department of National War Services

Ottawa

Honourable J. T. Thorson Minister

## Retailers Showing Co-operation in the Control of Prices

### Losses Through Price Ceilings Must Be Shared.

(This is the fourth of a series of articles dealing with the operations of the Wartime Prices and Trade Board. It is devoted to a consideration of the price control measures as they affect business, with particular reference to retailers.)

#### Price Control and the Retailer

(By Bruce M. Pearce)  
If you were driving an automobile at 60 miles an hour you would not be by choice jam the brakes on suddenly. However, if you found yourself headed for the brink of a precipice you would put them on just as hard as you could rather than plunge to disaster.

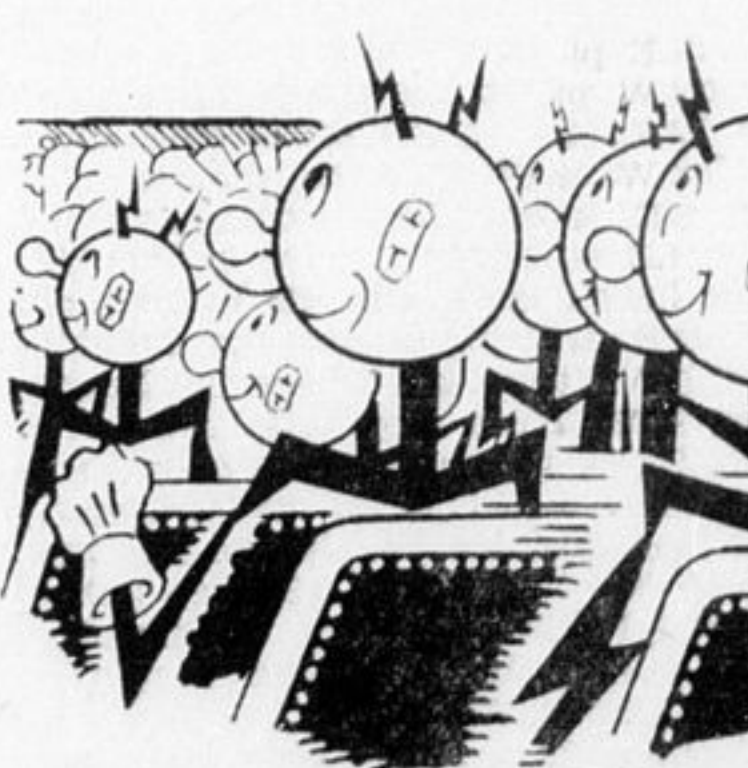
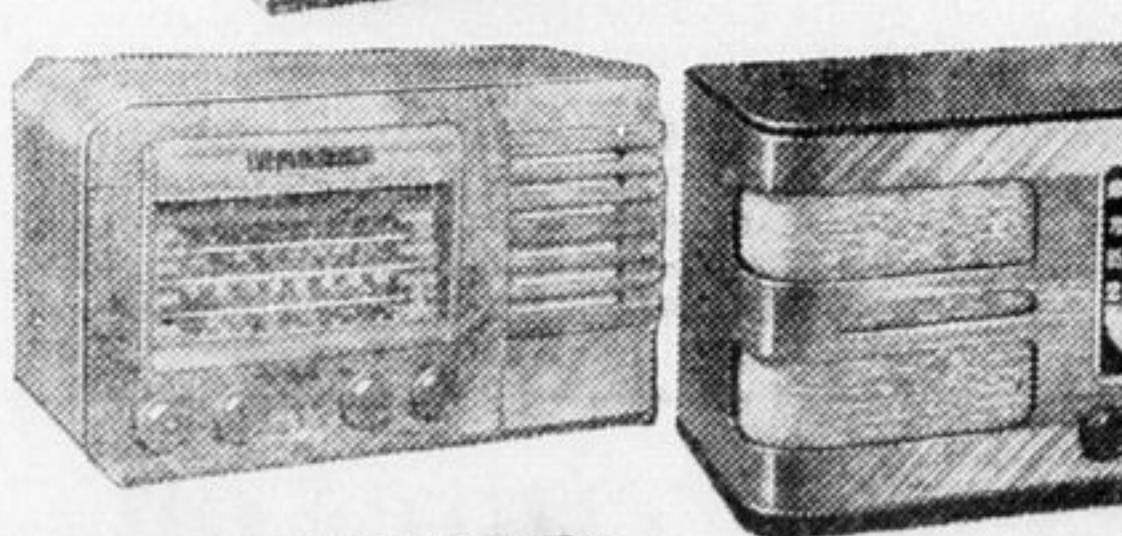
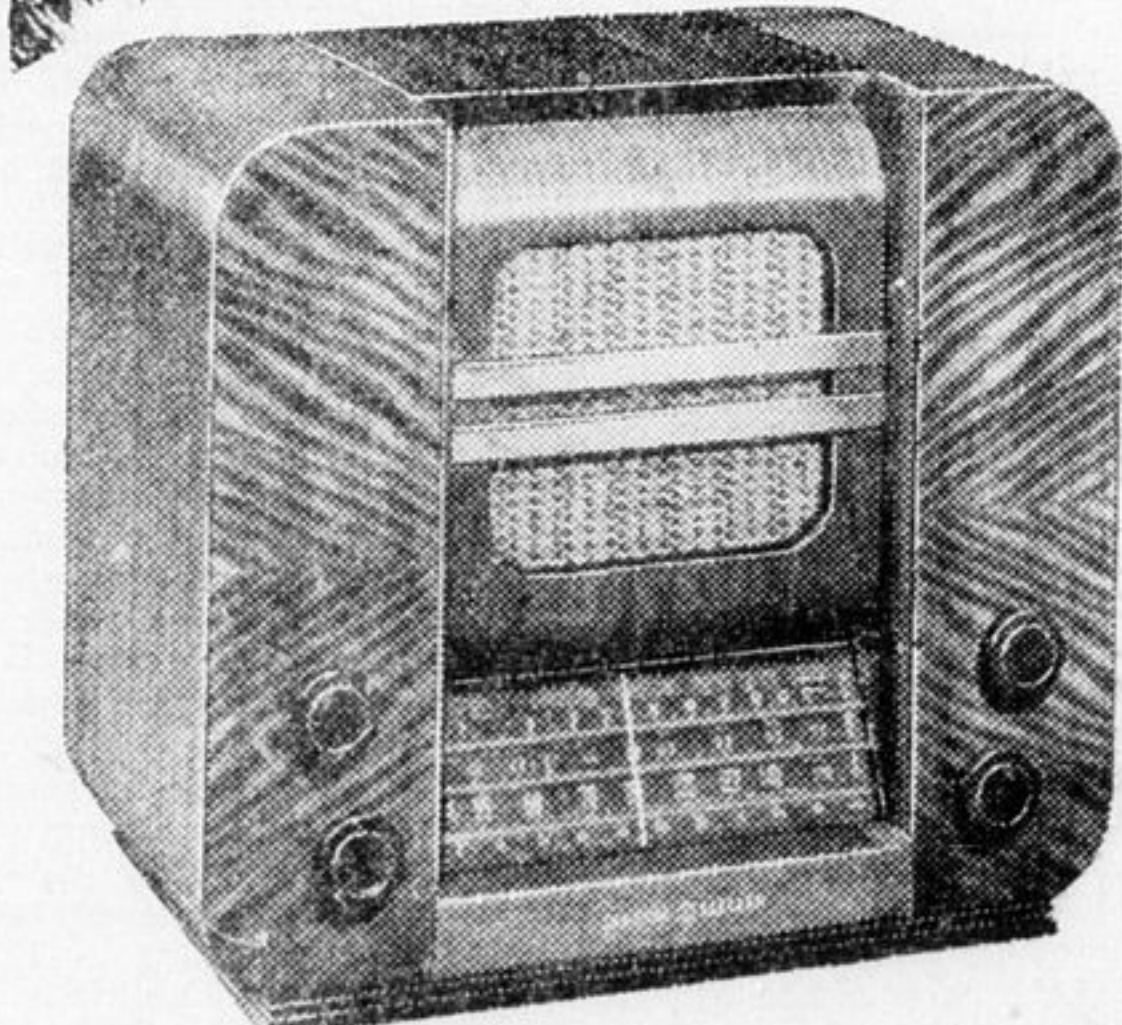
That, roughly, is what the Government did when it decided upon the Price Ceiling Policy. It saw rapidly rising prices swinging into the disastrous inflationary spiral. Its economic advisers said: "This upswing of prices must be halted now—in its tracks!" If you temporize the battle against inflation will be lost before you can ever begin to fight it.

So the brakes were applied—hard! The highest prices charged in the basic period, September 15th to October 11th were set as the ceiling.

Retailers Are Co-operating  
The Price Ceiling Policy meant inconvenience to practically all business and industry and losses for many trades and industries. The retailer was in the front line and so was among the first to feel the impact of fixed prices.

The loyal way in which retailers are complying with the law proves they are just as anxious as anyone else to make any necessary sacrifice; they realize as fully as anyone else that inflation would harm the war effort. That is the mainspring of their co-operation. They realize too that inflation would bring disaster to many of them. They remember that after the inflation of the last world war

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