Kinettes Pack Four

Boxes at Home of

Mrs. Les. Marshall

Included in Shipment.

Articles,

Meeting of the home of Mrs. Les

Marshall, 72 Maple street north, on

Thursday evening, the Kinettes packed

four boxes of knitted articles and fruits

"Thornwick Bay," somewhere off the

Included in the boxes packed on

sweaters, helmets, mitts, socks, large

cans of fresh fruit juices, and dried

The hostess served a delicious lunch,

prunes and apricots.

Alexander, Toke street.

coast of England, this ship being adopt-

Beauty and You by PATRICIA LINDSAY



Molasses and milk-a beauty-making drink, Molasses is rich in iron which builds good red blood. Take it instead of a soda during midafternoon!

Girl

Guide

News

Brownies

ed 'Twist me and turn me and show

me the elf. I looked in the water and

The 2nd Timmins Brownie Pack en-

ny Owls lead the Brownies in a few

games and then they all went out and

their return to the Scout Hall they were

Tawny Owls on behalf of the Pack.

Guides

Last Thursday evening the 1st Tim-

mins Company decided to hold a badge

examination at the next meeting. The

A Court of Honour for Patrol leaders

Cadets

Shoe" and the singing of "God Save

guest speaker and gave a very inter-

esting talk on "Campfire singing," and

gave the girls many pointers and how

this could be conducted so as to have

all singing the way the leader wished.

After campfire a delightful lunch was

served by the Dome Cadets and the

meeting was brought to a close with

Plans for Bake Sale Com-

The Gold Nugget Rebekah Lodge

held its regular meeting on Thursday

evening in the lodge rooms of the Odd-

fellows hall, with the Noble Grand,

Mrs. C. F. Lacy, in the chair.

Quilt Top Made by

Rebekahs of Gold

Nugget Lodge

pleted.

the lunch.

mence until 7.30 p.m.

This was held in honour of

The 1st Timmins Brownie Pack met

Beauty Diet Is Simple Fare, According to Nutrition Experts

It looks as if many women will have jounts of each. But do not cut out all to learn to cook all over again—at least fats and all potatoes, for instance, for those who have been brought up in a your body requires a BALANCE of food good table." For food experts now tell part in that balance. us that it is the simple menu, properly | All fad diets for reducing are harmful,

balanced which produces health and so play safe and eat scientifically. Food beauty. Intricate sauces, many courses, makes you what you are so learn what rich deserts, are all taboo. The women to eat and eat it! who serves simple foods is serving her (Released by The Bell Syndicate, Inc.) family what it needs.

It is true that good health demands eating enough of the right kinds of food every day, but since we have learned about vitamins, we have changed our ideas of the 'right kinds of food!" If you make it a point to eat the following food you will be healthy: Milk- 1 pint to 1 quart a day.

One egg (at least 3 or 4 times during the week) Fruits-citrus fruis or comatces and other fruits - fresh, dried, or canned;

Vegetables -- potatoes and two others green-leaf and raw ones frequently.

Meat or fish - cheese or dried beans or peas may be substituted accasionally Cereal and bread (reinforced with minerals and vitamins). One or both at every meal-preferably whole grain. Fats-(butter, etc.) from two to three and on each one she repeated a part

Sugar - just enough to make food reaching the "Magic Pool" she repeatappetizing. Not in excess. Water - 4 to 8 glasses each day.

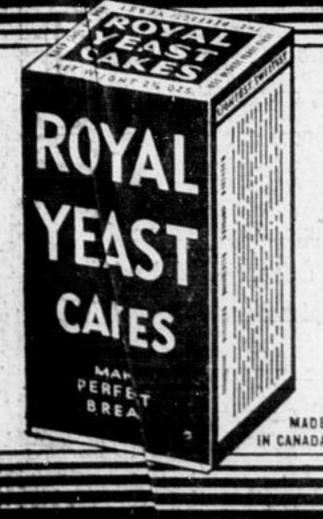
Fish-liver oil for children (Cod, Hal- there saw myself," after which she ibut, Shark, etc.)

- How Much to Eat

It may be necessary for your doctor Ward. Tawny Owl Morin then took a to suggest changes in the amounts of few games, after which they retired to certain of the foods listed above to corners. One group commenced the meet with your individual need, or to study of semaphore and the others prescribe fish-liver oil or vi, amin con- studied the composition of the Flag. centrates. But for the average healthy The meeting closed with Pack Howl. person (who is not over-weight) the foods listed above will provide an econjoyed a skating party last Thursday evening instead of their regular meetomical and well-balanced diet.

If you wish to reduce, and should, ing.

cake to insure sweet, tasty bread



FULL STRENGTH ...DEPENDABLE IN THE AIRTIGHT WRAPIER

Anglican Church Scene of Nicholson-Booth Nuptials on Saturday

Miss Pearl Booth Becomes Bride of Mr. Roy Nicholson. Wedding Breakfast and Reception at Legion Hall. Several Out-of-Town Guests at Wedding.

Knitted

St. Matthew's Anglican Church was the setting for a lovely wedding on Saturday afternoon at 2 o'clock, when Miss Pearl Margaret Booth, third daughter of Mr. and Mrs. Geo. Booth of Watabeag, Ontario, became the bride of Mr. Roy Robert Nicholson, son of Mr. and Mrs. L. Nicholson, of 1415 Lang avenue. The Rev. Canon R. S. officiated. Miss Bernice Bridgman presided at the organ.

The bride, who was given in marriage by her father, made a charming picture in a bridal gown of white satin. fashioned on simple, dainty lines. Soft gathering at the shoulders fell in folds the waistline in a wide fitted band. for shipment to the men of the ship, The neckline was round, the full skirt fell in a shirred-effect from the waistline, and the gown bore leg o' ed by the club several months ago. sleeves. Her three-quarter length veil of embroidered net was caug in a coronet of white resebuds and she sent to the ship (this shipment made carried a bouquet of Talisman roses and | nearly three months ago), the club will stevia. Her only other adornment was a gold locket set with a supphire stone, comes to the letter they have sent to the gift of the groom.

Mrs. Edward Jenson, as matron-of- perhaps the last shipment may have honour, was attractively attired in been lost, and they hope to find out heavenly blue sheer fashioned with small | what became of it, before sending furself tucking at the square neckline, ther parcels. bishop sleeves with openings from the elbow to the fitted cuff, a softly drap- Thursday evening were four tutleneck ed bodice, and flared skirt. She wore a wreath of matching flowers in her hair, and carried a bouquet of pink

Miss Rosa Nicholson, sister of the and plans were made to hold the next groom, attended as bridesmaid, wearing a floor-length frock of baby pink fleer, fashioned identically to that worn by the matron-of-honour. Her wreath of flowers was in matching baby pink, and she carried a bouquet of scarlet carnations.

Mr. Ralph Nicholson attended his brother as groomsman, while Messrs E. Jenson and Eric Nicholson, uncle of the groom, were the ushers.

Following the ceremony, a wedding home that spoke proudly of serving "a values, and fats and potatoes play their breakfast was served at the Legion hall, where the bride's mother received guests in an ensemble of navy blue crepe, with matching accessories and a corsage of Talisman rosest

At the wedding breakfast, a toast was proposed to the groom's twin brother Private Leslie Nicholson, with the Canadian Forestry Corps in Scotland. The groom's father, Mr. L. Nicholson, gave a vocal solo, and his grandfather, Mr A. W. Nicholson, presided at the piano. At the reception which took place in the Legion hall in the evening, Mr Arthur Garroway acted as pianist, assisted by Mr. Eric Nicholson during the square dancing, and also by Messrs Ralph Nicholson and W. Brown, Mr W. A. Devine gave a few piano selections during the evening.

Among the out-of-town guests were: Mr. and Mrs. Walter Brown, and Mr on Monday evening, Jan. 19th, at 5.30 W. Brown, all of Kapuskasing; Mr. and p.m. The meeting opened with the Mrs. W. Nicholson, Sr., grandparents Pairy Circle. Four new recruits were of the groom, of Matheson; Mrs. Hartenrolled at a very pretty ceremony ford, grandmother of the bride, of The Sixer of the girl to be enrolled Shillington; and Mr. and Mrs. Eric helped her over the stepping slones

Nicholson, of Connaught. Mr. and Mrs. Roy Nicholson will reof the test which had been passed. On side at 111 Laidlaw street. Prior to her marriage, the bride was guest-of-honour at two shower parties given by Mrs. Robt. Hardy, and by

Mrs. James McNeil. repeated the Brownie Promise. Those The groom's gift to the bride was a enrolled were-Lucy Thomas, Eileen gold locket; to the bride's attendants Landers, Helen Ryan, and Jacqueline crystal perfume containers; and to the groomsman, a Ronson lighter.

High Score 5,400 in First Play of Tournament Bridge

eat the same foods but eat small am- Elaine and Margaret Craig. The Taw- Members of the Badminton Club Take Part. Winners to be Announced After enjoyed a good half-hour's skating. On Fourth Play. served with a lunch of pork and beans

> and cocoa. A small gift was presented Mrs. Cousineau and Mrs. Lacourciere to each of the gues s of honour by the were the high scorers in the first even-The meeting closed with a few Brown- ing of the Porcupine Badminton Club ie songs, the Borwnie Equeeze and Bridge tournament, which took place Grand Howl. The Brownies wish to on Wednesday evening, January 21st, in extend their thanks to Mrs. Gibson, the club rooms at Schumacher. The Dean and Clatworthy and Miss Gan- tournament will continue for three neth Millar for their help in preparing more weeks, play to take place each Wednesday evening

> Six tables of bridge were played on the first evening, with a majority of lady members taking part in the play The high score for the play was 5400 with second and third as follows: Mrs hadges to be passed are: Child Nurse, Fogg and Mrs. Sullivan, 5180; and Mrs. Carter and Miss E. Scully, 5040.

and Seconds will be held at 7.00 p.m. **Prize-Winners** at and the regular meeting will not com-Telephone Party by On Tuesday evening, January 13th, Senior C.W. L. the Cadet Company resumed its meetings. This was opened by the "V-

the King." Mr. Hale of Timmins was Large Number of Local Residents Take Part in Play.

Over eighty-five tables of cards and games were played at the Senior Catholic Women's League Telephone Party on Thursday evening, when Mrs. C. J Munn and Mrst J. P. Burke acted as conveners for the very successful evening. Those who took part in the play during the evening, and were entertained at the homes of various members, spent a thoroughly pleasant evening, with prizes being awarded as fol-

1st, Miss K. Garvey, 111 Balsam street

2nd, Mrs. R. H. Higgins, 54 Messines 3rd, Mr. G. White, 10 Hemlock street. 4.h, Mrs. S. W. Simpson, 59 Tamar-

5th, Mr. W. J. Flynn, 157 Spruce 6th, Mr. T. A. MacDonald, 27 Toke

Several quilt tops were comple'ed street. and turned in, to be made into quilts | An entry prize was won by Mrs. A. for the Bombed Victims. Plans were C. McKenna, 168 Tamarack street. made to hold a bake sale on January | The conveners and the Sr. C.W.L., 31st at the Style Shoppe Furriers, wish to thank all who helped to make corner Fourth avenue and Pine street, this event such a great success.

Method of Teaching **Music Appreciation** Discussed at Meet

Mrs. G. C. Armitage and Mrs. A. Gamble Guests at Home and School Club.

Mrs. G. C. Armitage, of Schumacher, was guest speaker at the regular meeting of the Home and School Club held on Thursday evening in the Central Public School, with Mr. E. J. Transom in the the chair. Mrs. Armitage chose as her topic "Modern Methods for Musical Education.'

The speaker stressed the high standard of new education in music, which was mean; to develop, above all, an appreciation for music, with the teacher as a guide to the pupils. Rote songs Juices, and Dried Fruits are taught in the junior grades, and throughout all grades the pupils are taught proper posture and breathing. Children are taught to know songs and recognize them, and also taught to recognize them, and also taught to when they hear them played. The teaching of recognition of instruments is taught either through hearing of recordings, or through the use of the instrument itself.

Following Mrs. Armi'age's talk, par-As no reply has come as yet from ents felt free to discuss their own the ship in response to the last boxes children's difficulties with the speaker, who helped to clear up many of their problems. Her address was very in keep the present parcels until a reply eresting, and was greatly appreciated by the gathering. make enquiry. The members fear that Mrs. Arthur Gamble, as guest pian-

> ist, chose the Pierrot pieces, "Allegro" and "Lento" by the English composer, Cyril Scott. In playing the selections, Mrs. Gamble first explained them to her audience, which fact added greatly to the interest and gave a realization of the beauty of the selections. Mrs. Alex Rose introduced the guest

meeting at the home of Mrs. Wm. Mrs. Jack Dalton, Jr., Mrs. John Cartan, Mrs. Bill Alexander, Mrs. Henry Among those present were: Mrs. Hudson, Mrs. Chas. Kerr, and Mrs. R. Henry Ostrosser, Mrs. Frank Filion, B. Stock.

peaker, and following her address, Mr. | Shaw, Mrs. J. Brown. Transom thanked her on behalf of the son, Mrs. Robt. Hardy, Mrs. D. Lainsgathering. Refreshments were served bury, Mrs. A. Borland, Jr., Mrs. W. A. after the national anthem.

Knitting Meeting at Legion Hall

Ladies' Auxiliary Continues | Three Births Registered

The Ladies' Auxiliary of the Canadian Legion spent a very pleasant evening at the regular weekly knitting meeting in the Legion hall on Thursday evening, when, besides the usual knitting, the members enjoyed a singsong with Mrs. T. Gay at the piano. A delicious lunch was served, with Mrs. Chas. Wheeler, and Mrs. J. Grant

present were: Mrs. T. Gay, Mrs. J. daughter.

George, Misses Kathleen and Hilda Harrison, Mrs. S. Tilley, Mrs. F. Hornby, Mrs. W. Mackey, Mrs. Chas. Wheeler and Mrs. J. Grant.

Work for Men in Services. at the Town Hall Last Week

Born-on January 12th, 1942, to Mr. and Mrs. George Baker, of 13 Elm street south, at St. Mary's Hospi;al-a

Born-on January 10th, 1942, to Mr. and Mrs. Wm. T. R. Johns, of 215 Pine street south, at St. Mary's Hospital-a

Born-on January 12th, 1942, to Mr. and Mrs. W. Harry Hendsbee, of 8 Among the members and friends Way avenue, at St. Mary's Hospital-a

Try these grand **ECONOMY** muffins





By Order of the Wartime Prices and Trade Board

You Must Have a Licence by March 31, 1942

Every Person or Firm is Required to Have a Licence

- 1. if engaged in the business of buying for resale or selling any commodity; or
- 2. if engaged in the business of supplying any of the following services: the supplying of electricity, gas, steam or water; telegraph, wireless or telephone services; the transportation of goods or persons; the provision of dock, harbour, or pier facilities; warehousing or storage; undertaking or embalming; laundering, cleaning, tailoring, or dressmaking; hairdressing, barbering, or beauty parlour services; plumbing, heating, painting, decorating, cleaning, or renovating; repairing of any kind; the supplying of meals, refreshments or beverages; the exhibiting of motion pictures; process manufacturing on a custom or commission basis.

IF YOU HAVE ALREADY APPLIED FOR OR OBTAINED A WARTIME PRICES AND TRADE BOARD LICENCE UNDER A PREVIOUS LICENSING ORDER, YOU SHOULD NOT APPLY AGAIN

Why Licence Applications Should Be Made At Once

that affect your business.

Apart from the legal requirements, licensing of The name of every person who has been granted a your business will enable the Board to advise you licence or who has already applied for a licence is quickly and fully of the price ceiling regulations being placed on the Board's mailing list. Your name will be added when your application is received.

To Get Your Licence

- 1. Get an application form at your nearest post
- 2. Complete the application and mail it, postage free. There is no licence fee.
- 3. You will receive by mail a Licence Identification Card bearing your licence number.

Those Who Do Not Need a Licence

- 1. farmers, gardeners, livestock or poultry producers, and fishermen, unless buying goods for resale.
- 2. employees of a person or firm which is itself
- subject to licence.

3. operators of private boarding houses.

NOTE: Persons who have already applied for or obtained a Wartime Prices and Trade Board licence should not apply again.

WHAT THE LAW REQUIRES YOU TO DO

After March 31, 1942, any official, representative, or investigator of the Wartime Prices and Trade Board may require you to produce your Licence Identification Card if you are subject to this licensing order.

After March 31, 1942, you must notify the Director of Licensing of the Wartime Prices and Trade Board, Ottawa, in writing, quoting your licence number, of any change in the name, address, or character of your business within 10 days of such change.

You must retain your Licence Identification Card as it will remain in effect, unless suspended or cancelled, as long as the Maximum Prices Regulations continue. If you are already licensed, a Licence Identification Card, valid for the duration of these Regulations, will be automatically mailed to you before March 31, 1942. You need not apply for a renewal and there is no licence fee.

FOR FURTHER INFORMATION WRITE THE REGIONAL DIRECTOR OF LICENSING, WARTIME PRICES AND TRADE BOARD, AT THE NEAREST OF THE FOLLOWING CITIES: VANCOUVER, EDMONTON, REGINA, WINNIPEG, TORONTO, MONTREAL, HALIFAX, SAINT JOHN OR CHARLOTTETOWN

Issued under the authority of THE WARTIME PRICES AND TRADE BOARD, Ottowa, Canada