

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 mid-afternoon!

Beauty Diet Is Simple Fare, According to Nutrition Experts

It looks as if many women will have to learn to cook all over again—at least those who have been brought up in a home that spoke proudly of serving "a good table." For food experts now tell us that it is the simple menu, properly balanced, which produces health and beauty.

quints of each. But do not cut out all fats and all potatoes, for instance, for your body requires a BALANCE of food values, and fats and potatoes play their part in that balance.

Girl Guide News



Brownies

The 1st Timmins Brownie Pack met on Monday evening, Jan. 19th, at 5:30 p.m. The meeting opened with the Fairy Circle. Four new recruits were enrolled at a very pretty ceremony.

Guides

Last Thursday evening the 1st Timmins Company decided to hold a badge examination at the next meeting. The badges to be passed are: Child Nurse, Clerk and Laundress.

Cadets

On Tuesday evening, January 13th, the Cadet Company resumed its meetings. This was opened by the "V-Shoe" and the singing of "God Save the King." Mr. Hale of Timmins was guest speaker and gave a very interesting talk on "Campfire singing."

Quilt Top Made by Rebekahs of Gold Nugget Lodge

Plans for Bake Sale Completed.

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.

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.

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 Watabeg, Ontario, became the bride of Mr. Roy Robert Nicholson, son of Mr. and Mrs. L. Nicholson, of 14 1/2 Lang avenue.

Kinnettes Pack Four Boxes at Home of Mrs. Les. Marshall

Knitted Articles, Fruit Juices, and Dried Fruits Included in Shipment.

Meeting of the home of Mrs. Les Marshall, 72 Maple street, north, on Thursday evening, the Kinnettes packed four boxes of knitted articles and fruits for shipment to the men of the ship, "Thornwick Bay," somewhere off the coast of England, this ship being adopted by the club several months ago.

As no reply has come as yet from the ship in response to the last boxes sent to the ship (this shipment made nearly three months ago), the club will keep the present parcels until a reply comes to the letter they have sent to make enquiry.

Included in the boxes packed on Thursday evening were four tulle-neck sweaters, helmets, mitts, socks, large cans of fresh fruit juices, and dried prunes and apricots.

Among those present were: Mrs. Henry Ostrosser, Mrs. Frank Filion,

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 chair.

The speaker stressed the high standard of new education in music, which was meant to develop, above all, an appreciation for music, with the teacher as a guide to the pupils.

Following Mrs. Armitage's talk, parents felt free to discuss their own children's difficulties with the speaker, who helped to clear up many of their problems.

Mrs. Arthur Gamble, as guest pianist, chose the Pirot pieces, "Allegro" and "Lento" by the English composer, Cyril Scott.

Mrs. Joe Cullhoun, Mrs. Roy Hardy, Mrs. Jack Dalton, Jr., Mrs. John Cartan, Mrs. Bill Alexander, Mrs. Henry Hudson, Mrs. Chas. Kerr, and Mrs. R. B. Stock.

Knitting Meeting at Legion Hall

Ladies' Auxiliary Continues Work for Men in Services.

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 sing-song with Mrs. T. Gay at the piano.

A delicious lunch was served, with Mrs. Chas. Wheeler, and Mrs. J. Grant, acting as hostesses.

Among the members and friends present were: Mrs. T. Gay, Mrs. J.

Shaw, Mrs. J. Brown, Mrs. R. Harrison, Mrs. Robt. Hardy, Mrs. D. Lainsbury, Mrs. A. Borland, Jr., Mrs. W. A. Devine, Mrs. L. Mason, Mrs. C. Stevens, Mrs. W. Wilkinson, Mrs. A. Cannell, Mrs. B. Richards, Mrs. E. George, Misses Kathleen and Hilda Harrison, Mrs. S. Tilley, Mrs. F. Hornby, Mrs. W. Mackey, Mrs. Chas. Wheeler and Mrs. J. Grant.

Three Births Registered 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 Hospital—a son.

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

Born—on January 12th, 1942, to Mr. and Mrs. W. Harry Hendabee, of 8 Wray avenue, at St. Mary's Hospital—a daughter.

Try these grand ECONOMY muffins

Advertisement for Magic Baking Powder with recipe and product image. Includes ingredients like 2 cups flour, 1 cup milk, 1/2 teaspoon salt, 1 cup milk, 2 eggs, 4 tablespoons shortening, 3 teaspoons Magic Baking Powder, 1 tablespoon sugar.



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

Apart from the legal requirements, licensing of your business will enable the Board to advise you quickly and fully of the price ceiling regulations that affect your business.

The name of every person who has been granted a licence or who has already applied for a licence is 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 office.
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

Only 2¢ per cake to insure sweet, tasty bread. ROYAL YEAST CAKES. FULL STRENGTH...DEPENDABLE IN THE AIRTIGHT WRAPPER.