

Culinary Expert Says Woman's Responsibility to Keep Family Healthy

Keeping Family Healthy Through Carefully Planned Meals and Well-Chosen Menus Will be an Aid to Helping Along the Winning of the War.

The year 1942 will be second in importance in our history only to the year 1776. Every man, woman and child is anxious and willing to do his part for defense of his country. The functions of the woman and children will be less spectacular than those of our men whether they are in the service of the Army, Navy, in Government work, in munition plants or giving volunteer service after their own daily jobs are done. Many women are making valuable contributions in connection with defense organizations. In addition, they have a grave responsibility in their own homes.

There is nothing dramatic about planning, buying and preparing the three meals a day. There is a challenge, however, more than ever this year when our government tells us that we have a patriotic duty to give our families food which will supply everything necessary for good nutrition. This means that food must not only be selected properly but that it must come in a form which is appealing in fashion that it will be actually eaten. There are two other factors which must be considered. There must be no hoarding of supplies. It is not necessary to have on hand more than enough for a few days according to every good

Annual Meeting of Congregation of the St. Paul's Church

South Porcupine, Feb. 2.—(Special to The Advance)—The annual congregational meeting of St. Paul's Church, was held on Wednesday last in the Parish hall. With Archdeacon Woodall in the chair, and M. Smith as secretary the minutes of the last annual meeting were read. The Rector's report—the 21st annual report, being also the first of the Parish of St. Paul's—was given by the Archdeacon.

Financial statement by M. Smith was read and accepted. The Warden's report was given by M. Smith.

The Women's Auxiliary report was given by Mrs. B. H. Harper, and treasurer's report of W.A. given by Mrs. Fairhurst.

Women's Guild report—Mrs. J. E. Walker.

A.Y.P.A. treasurer's report—Mr. Harry Hall.

Sunday School report—Mrs. W. H. Johns.

Mr. C. P. Walker spoke of the hearty co-operation of the teaching staff who are doing such excellent work for the Sunday School and wished to publicly thank all ladies of the congregation for their efforts during the year.

Election of officers—Rector's Warden—Mr. F. C. Evans; People's Warden—Mr. Maxwell Smith (vote of thanks extended to M. Smith for his duties).

Vestry—C. P. Walker, T. Catherwood, R. Lang, Ken Kilborn, S. Jay, W. Fairhurst.

A committee was appointed to secure an Honour Roll of Anglican enlisted members of St. Paul's Church.

In concluding his report, the People's Warden said: "Considerable work has been done by the ladies and younger people of the parish to help church matters. Particularly noticeable is the paying in full of the whole property insurance by the Women's Auxiliary—and costs of porch improvement, paid by Mr. Kilborn. Financially, the church is clear of debt and we owe gratitude to those who have so generously given of their time and effort."

Bodeil-Cunningham Nuptials at Church of Nativity

Reception at the Home of Groom's Parents. Bride's Parents Attend Ceremony from Hamilton.

The Church of Nativity was the scene of a lovely wedding on Saturday morning at 9:30 o'clock, when the Rev. Fr. Gallagher united in marriage Miss Margaret Mary Cunningham, only daughter of Mr. and Mrs. James Cunningham of Hamilton, and Mr. Edwin John Bodeil, son of Mr. and Mrs. J. Bodeil of 57 Maple street, south. Miss Olive Lafertier presided at the organ.

Given in marriage by her father, the bride made a charming picture in a gown of powder blue chiffon over crepe de chine. Long bishop sleeves were caught in wide cuffs at the wrists, the round neckline was high and bore a shirred effect, and the softly draped bodice fell into a gathered, fitted waistline and full skirt. Her shoulder-length blue net veil was caught in a pleated coronet-effect, and she wore a silver cross set with rhinestones, and a corsage of briarcliff roses.

Mrs. A. Walter was matron of honour, attractively attired in a gown of deep rose taffeta, with a matching bolero jacket. The gown featured a sweetheart neckline, shirred bodice and short sleeves, and she wore a matching Juliet cap and corsage of Joanna Hill roses.

Mr. Bob Churchill acted as groomsman. Following the ceremony, a wedding breakfast was served at the home of the groom's parents, 57 Maple street south, where the groom's mother received guests, wearing a becoming ensemble of black sheer, with matching accessories and a corsage of Happy Day roses. She was assisted by the bride's mother, who chose for the occasion an afternoon frock of queen's blue crepe, with black accessories, and a corsage of Happy Day roses. Mrs. D. Bennett, in a frock of deep blue chiffon, with matching accessories, presided at the tea table.

Mr. and Mrs. Bodeil will reside on Tamarack street, in Timmins. Among the out-of-town guests were Mr. and Mrs. J. Cunningham, of Hamilton, (parents of the bride), and Mrs. Ronald Pond, of Hagersville.

Rebekahs Play Game at Regular Weekly Meet

Plans were completed at the regular meeting of the Gold Nugget Rebekah Lodge on Thursday evening, for the bake sale that was held in the Style Shoppe on Saturday afternoon. The Noble Grand, Mrs. C. F. Lacy, was in the chair.

Beauty and You

by PATRICIA LINDSAY



Exquisite packaging of perfumes delight women. This crystal modernistic ballet dancer represents a brew for gala nights—an exciting fragrance to be worn with lovely gowns and jewels.

Simplified Home Beauty Course

As presented to Patricia Lindsay by Helena Rubinstein

YOUR FRAGRANT PERSONALITY

Perfume is a key to character and personality. Your fragrance is a description of yourself, a revelation of your temperament, your age, and your way of doing things. It is as much a part of you as the colour of your eyes or the shape of your nose. For instance, if you wear the fresh outdoor scent of apple blossoms you are immediately identified as a completely feminine woman, a little on the helpless side, fond of decorating and fashions, gardening and hostessing. Spray exotic orchid perfumes on your costumes, and you will be classed as a chic sophisticate who looks as though she reads all the latest books and travels all over the globe. Nothing helps you to accentuate your individuality more vividly than a fragrance, and that is why it is important to choose the right one.

There are various rules for selecting perfume to type, and age is a primary consideration. If you are under twenty, never wear heavy, Oriental scents. In fact, a satisfactory perfume wardrobe for you consists of a fresh floral cologne and dusting powder—and a deodorant in a matching scent! Nothing more!

If you are in your late twenties, add two perfume odours to round out your fragrance wardrobe. Fragrances to harmonize with and dramatize your type. Do not make the error of selecting perfumes in accordance with your colouring—wearing rose and violet scents if you are a blonde, and heavy Oriental perfumes if you are a brunette. Blondes can be as vigorous in temperament and colouring as brunettes and I have seen many brunettes whose delicate beauty was far more suited to the fresh essence of a floral scent than the heavy mists of sophisticated brews. These suggestions might help you:

If you are tall and slender with high cheekbones, long hair and deep-set eyes; if you love dark colours and slinky lines in fashions; if you are a whiz on the golf course and drive a car very fast; if you dance the rumba and feel intensely on the subject of modern art—then your fragrance should be chic and sophisticated.

If you are of medium height, calm, serene, a successful businesswoman or homemaker; if you love tailored clothes and think simplicity is the essence of a man; if you like conservatism on the dance floor and prefer period furniture to modern—then you're the type for gently appealing, well-blended town perfume.

If your beauty is the natural, wholesome variety; if you wear your hair tied loosely with a ribbon and tweeds make you look like a girl on a magazine cover; if you ride a horse with ease and precision and drive golf balls with the sureness of a man; if you're healthy, happy and a good sport, then your fragrance is a wholesome, vital, out-of-doors country brew.

Remember that whatever your type, there's a perfume that expresses you. Find the right one—and you will be a lovelier, more distinctive woman.

How to Use Perfume Here is the secret of effective application of any fragrance. Apply your scent from the inside out. Become a devotee of the atomizer. Directly after your bath, apply cologne to your whole body, using an atomizer to distribute it evenly and without waste. Scatter sachets among your lingerie. Do not dab your dress or soak your handkerchief with perfume. Instead, spray your hair and your skin thoroughly, so your fragrance will be a fragrant halo, crease, and form for you a fragrant halo. (Released by The Bell Syndicate, Inc.)



By James W. Barton, M.D.

That Body of Yours

Removing Excess Fat in Children There is no question but that many very fat or overweight children outgrow their fatness and attain normal weight at puberty (12 to 14 years in girls and 14 to 16 in boys). For this reason some physicians and most parents do not, as a rule, take any precautions to prevent a youngster becoming overweight. When puberty arrives some of the children lose their excess weight but many do not, and accumulate fat at a faster rate than before puberty.

The great majority of overweight children do not outgrow their overweight at puberty. In the hope that

disturbance is present, the family physician can outline a diet, rich in meat and leafy vegetables, enough starch food to give necessary energy and little or no fat foods, as the excess fat on the body will furnish all the fat needed.

Instead of trying to do anything about the excess weight of the child, these parents who simply accept the fact and feel that as overweight runs in the family there is nothing they can do about it. As pointed out by Dr. Hugo R. Rony in his book 'Obesity and Leanness,' it is not overweight that is inherited but the tendency to it. One might reasonably ask what difference does it make whether the overweight is inherited or just the tendency to overweight, because the result is the same, that is, overweight.

As a matter of fact there is the same difference as with the inheritance or tendency to tuberculosis in that proper diet, good food and fresh air will prevent the development of tuberculosis as our tuberculosis preventives have definitely shown. In just the same way overweight in children could be prevented or kept within reasonable limits by feeding the child to control his appetite.

The thought then is that something should and can be done to correct overweight in children whether or not there is a family tendency to overweight.

Another mistaken popular belief is that reducing diets should not be used in children as it may interfere with the development of the child. There is no doubt but that a few extra pounds are really helpful in childhood in warding off or withstanding various ailments or infections. On the other hand, properly devised moderate diets, diets slightly below the amount of food the body needs for its daily maintenance, will be all that the child needs as the extra food needed can be taken from the body's excess fat. This slightly below the needed diet may be safely continued until most of the excess fat deposits of the body have disappeared.

Eating Your Way To Health

Do you know which foods contain proteins, minerals, starches, or fat? Do you know just what and how much you should eat daily? Send today for this useful booklet by Dr. Barton entitled 'Eating Your Way To Health.' It answers the above questions and includes a calorie chart and sample menus. Send your request to The Bell Library, P.O. Box 75, Station O, New York, N.Y., enclosing Ten Cents to cover cost of service and mention the name of this newspaper.

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Nurses Alumnae Monthly Meeting Last Wednesday

The Nurses Alumnae held a short business meeting on Wednesday evening in the Nurses' Residence of St. Mary's Hospital, and usual business was discussed. The next regular meeting will take place on February 25th.

Several completed articles were turned in for the layette.

Anne Stefanich is Bride of Michael Kuinka Sunday

Ceremony at Timmins United Church. Couple to Reside in Timmins.

Adorned with mixed flowers, the Timmins United Church was the setting for a lovely wedding on Sunday afternoon, when Miss Anne Stefanich, daughter of Mr. and Mrs. D. L. Stefanich, became the bride of Mr. Michael Kuinka, son of Mr. and Mrs. A. M. Kuinka of Vancouver. The Rev. W. M. Mustard officiated, and during the ceremony, Mr. Herber, C. Trener presided at the organ. Miss Nora Carrick sang "I Love You Truly."

Given in marriage by her father, the charming brunette bride made an attractive picture in her floor-length frock of white bengaline, fashioned with three-quarter length fitted jacket, and full skirt. Tiny buttons flattered the jacket from neckline to the skirt. The sleeves were long and fitted, and a round neckline completed the simple lines. Her long veil of white lace was caught in ruffling of bengaline, and she carried a bouquet of red roses and lily-of-the-valley.

Mrs. William Kuinka, sister-in-law of the groom, was matron of honour, daintily attired in a gown of powder blue chiffon made in soft gathered lines with full skirt. She wore a Juliet cap to match, and a corsage of pink roses. Miss Anna Volchuk, as bridesmaid, was lovely in a gown of dusky rose chiffon over crepe de chine, fashioned with soft gathering in the bodice, long bishop sleeves, and full skirt. She wore a Juliet cap identical to that worn by the matron of honour, and carried a bouquet of pink roses.

Little Miss Mary Stefanich, as her sister's flower-girl, was a charming picture in a white silk frock, with

matching accessories and a bouquet of pink roses. Mr. William Kuinka was the brother's groomsman, and Mr. Nick Weronchuk acted as usher. Following the ceremony, a reception took place in the Women's Co-operative Recreation hall, the bride's mother receiving the guests in an ensemble of black and white crepe, with matching accessories and a corsage of red roses. She was assisted by Mrs. Kramaruk, mother of the matron-of-honour.

Former O.P.P. Officer Here Reported as War Casualty

John F. Pretorius, who was a popular and esteemed Provincial Police officer at Timmins and other centres in the North, is reported as a war casualty in Libya. He returned to his home in South Africa at the outbreak of the war and enlisted there for active service. His wife, formerly Miss Kampthorne, graduate nurse at Timmins, also went to South Africa, and is matron in a Johannesburg hospital.

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(By EDITH M. BARBER)

housekeeper's custom. Then there must be no waste. After supplies reach the kitchen they must be taken care of in such a way that there is no spoilage. At the table plates should not be served too liberally in the first place, although there can always be plenty for a second helping. If there are leftovers they should be put to good use the next day.

The children must be made to feel that they have a part in this programme and this includes eating the foods they need without argument and in showing clean plates at the end of each meal.

- Bean Bretonne 1 1/2 cups pea beans 1 cup stewed and strained tomatoes. 1 cup chicken stock 6 pimentes crushed through a sieve. 1/2 cup minced green pepper 1 onion, finely chopped 1/2 cup butter 2 teaspoons salt. Soak beans overnight in cold water, drain and parboil until soft. Put in a baking dish or bean pot with other ingredients and cook in a slow oven (250 degrees Fahrenheit) until beans have nearly absorbed the sauce.

Creamed Salt Codfish 1 pound (2 cups) salt codfish 2 cups medium cream sauce

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