

Quite a Number of Foods That May Cause Allergy

Shellfish Eggs, Milk, Nuts, Peas and Wheat Are Among the Common Offenders in This Respect. Some of the Symptoms of Allergy and the Remedy. Recipes for Quick Chocolate Drops and Corn Crispies.



(By EDITH M. BARBER)

The other day some one asked me to print an allergy diet in this column. Of course this is impossible. The word allergy is used to describe an idiosyncrasy against a product which may be food or anything else which has the slightest protein content. We often find that persons who are subject to hay fever also have a food allergy.

The foods which may cause allergy are numerous, but the most common offenders are shellfish, eggs, milk, nuts, peas, beans, whole grains, wheat, straw berries and alcohol. The symptoms may be hives or other types of rash, digestive disturbances, headaches or irritations of the throat, nose and lungs. When a doctor is consulted, he usually makes skin tests which may show the cause or causes of the disturbance. These tests are not always infallible and in this case diet experiments will be tried, starting with a very few foods with the gradual addition of others, until symptoms of allergy occur.

The remedy for an allergy is simply an avoidance of the offending food. In the case of children it is sometimes possible to establish an immunity to such an important food as milk by giving it in minute quantities which are gradually increased. Special forms of bread must be used when wheat is the offender. It is strange that some persons who cannot eat wheat in any form will have no trouble with corn, rye, rice and buckwheat.

You can see why it was impossible for me to print a general "allergy" diet.

Quick Chocolate Drops
2 squares chocolate, melted.
1 1/2 cups sweetened condensed milk
2 cups chopped nut meats
Blend melted chocolate with condensed milk. Stir in chopped nut meats and mix well. Drop by teaspoonfuls on greased baking sheet and bake in a moderate oven, 350 degrees F. fifteen or twenty minutes. Yield: four dozen cookies.

Corn Crispies
1/2 cup cornmeal.
1/2 teaspoon salt.
1 1/2 cups boiling water.
1 1/2 tablespoons melted butter.
Add cornmeal and salt gradually to boiling water and stir until smooth. Cover and place over boiling water and cook thirty minutes. Remove from heat and add melted butter and blend well. Pour into greased 8x8 pan. Bake in moderate oven, 350 degrees F., until slightly brown and crisp. Cut in one-inch squares.
(Released By The Bell Syndicate, Inc.)

Clubs and Other Organizations Meet at Schumacher

Other Items of Interest from Schumacher and District.

Schumacher, March 18—(Special to The Advance)—The McIntyre Football Club Ladies' Auxiliary met Wednesday evening at the home of Mrs. Stratt, Railroad St. What was played and the prize winners were—1st, Mrs. P. Hunter; 2nd, Mrs. T. Searle; 3rd, Mrs. E. Duxfield; 4th, Mrs. A. Bair; consolation, Mrs. R. Urquhart. After the cards a delicious lunch was served. After lunch a social time was enjoyed.

The Schumacher "Happy Gang" Card Club met on Wednesday evening at the home of Mrs. Roy Hazelwood, Fourth Ave. Five hundred was played and the prize winners were—1st, Mrs. Lenchuk; 2nd, Mrs. Rickard; 3rd, Mrs. Balfour. After the cards a social time was enjoyed. During the evening the

hostess served a delicious lunch. Mrs. Walter Hayward, Second Ave., entertained last Thursday evening in honour of her daughter, Barbara, who was celebrating her 14th birthday. A number of Barbara's friends attended and a very happy time was enjoyed. During the evening the hostess served a delicious lunch.

Murray Greenspan, of the Bucovsky Store, First Ave., left last week for Toronto where he will visit his mother.

Mr. Percy Harvey, Golden Centre, left Thursday on the excursion for Hamilton where he attended the hockey play-offs.

Charlie Hartling, Fourth Ave., left last Thursday for Hamilton where he attended the hockey play-offs.

Mr. and Mrs. Michael Pecanie left Thursday on the excursion for a few days in Toronto and Hamilton.

Mr. Albert Nichols left on the excursion for Hamilton where he attended the hockey play-offs.

Chief Constable Harry Strickland is spending a few days visiting in Toronto. He will also attend the hockey play-offs at Hamilton.

Mr. H. Watkinson, of Sudbury, was in town visiting his sister, Mrs. W. Leck, who was very ill.

Mrs. Barrie, of Sudbury, has returned home after visiting her sister, Mrs. W. Leck.

Mrs. W. Leck, Lake Side Drive, who had been very ill in St. Mary's hospital, was taken to the Toronto General Hospital last Friday. Mr. W. Leck and his daughter (Beatrice) and Mrs. W. Mair, who is a graduate nurse, accompanied Mrs. Leck to Toronto. Her many friends wish her a speedy and complete recovery.

Mr. Alex Welsh, Fourth Ave., was in Hamilton during the past week, attending the hockey play-offs.

Mr. Henry Lone left last week for Montreal where he will visit his parents.

Mr. and Mrs. George Leck, Larder Lake, were called here last week, owing to the serious illness of Mr. Leck's mother, Mrs. W. Leck, who was very ill in St. Mary's hospital.

Mr. and Mrs. Art Nelson left last week for a holiday in Southern Ontario prior to going on to their home in Winnipeg. Mr. Nelson was coach of the McIntyre hockey team this season.

Stirling Hayward, of the Royal Canadian navy, who has been visiting his father, Mr. A. J. Hayward, Railroad St., left at the week-end for his depot at Kingston.

The many friends of Mrs. H. Foster, Second Ave., will be pleased to hear that although she is still confined to bed she is feeling much better. All wish her a speedy recovery.

Mrs. W. Godefroy and little son, of Niagara, is visiting her parents, Mr. and Mrs. George Robertson, First Ave.

Shower Held in Honour of Mrs. P. Kearney Last Week

Mrs. M. O'Connor, Mrs. Brewer and Miss Jean Clairmont were hostesses on Wednesday evening, March 11th, at a shower in honour of Mrs. Pat Kearney, the event being held at the home of Mrs. Brewer, 113 Birch Street south.

Bingo and bridge were played by the guests during the evening, winners being Mrs. O'Connor and Miss Gertrude Carswell. A delicious lunch, with sandwiches in pink and white colours, and a salad, was served, and the guest-of-honour received many lovely gifts.

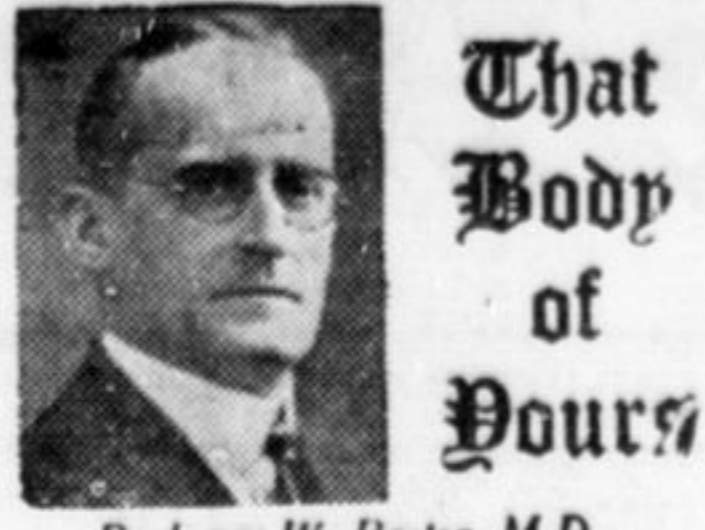
Among those present were Mrs. Cummings, Mrs. B. McNulty, Mrs. Floral, Mrs. Heon, Mrs. J. Kearney, the hostesses and the guest of honour.

Ladies' Guild Makes Plans for Future Events

The Ladies' Guild of St. Matthew's Anglican Church held its monthly business meeting on Friday afternoon in the parish hall of St. Matthew's Church, and made plans for future activities.

It was decided to hold an Easter Tea on Wednesday, April 8th, at the Rectory, from three to six in the afternoon. Further plans for this event will be made in the near future, and all members and friends are asked to attend a work meeting to be held on March 27th at the home of Mrs. C. Manzie, 153 1/2 Pine street north, upstairs, at 8 o'clock in the evening.

Easter Tea to be Held on April 8th. Work Meeting on March 27th.



By James W. Barton, M.D.

That Body of Yours

More Protein Foods Advised in Liver and Gall Bladder Disturbance

It is known that among the many duties performed by the liver is the storing of glycogen—sugar—which can be used by the body when the amount of starch or sugar eaten is not enough for the body's needs. Glycogen is stored in the muscles and skin also.

A recent discovery is that proteins—meat, eggs, fish—are likewise stored in the liver and not only can be used in emergencies but actually serve as a protection against destruction of the liver cells in certain emergencies.

An editorial in the Journal of the American Medical Association giving the results obtained by research workers, points out that while the storage of glycogen in the liver is important, the presence of proteins in the liver is even more important from the standpoint of preserving the liver cells from damage.

Thus when a patient seriously ill with liver and gall bladder trouble, in which operation has become necessary, has heretofore been given meals rich in starch so that a goodly supply of glycogen would be present at the time of operation. The discovery that proteins will give greater protection in less time is a great step forward in the protection of liver tissue.

"These experiments appear sufficient to conclude to warrant the adoption of a high protein, high starch, no fat diet in the before operation treatment of the patient seriously ill with disease of the liver and gall bladder."

Another discovery as to the value of the protein diet is that swelling of the parts of the body due to an excess amount of water in the tissues following operation, or any injury in fact, is due to a great extent to lack of proteins.

"Under normal conditions the swelling (edema) due to operation begins to disappear forty-eight hours to seventy-two hours after operation, but if not enough of the proteins is present, swelling actually increases causing a mechanical obstruction of the passage of food from the stomach into the small intestine.

The suggestion, then, is in these liver and gall bladder cases, that the diet consist of 80 per cent proteins, 20 per cent starch foods, and no fats.

Diet in Liver and Gall Bladder

Send today for this new leaflet by Dr. Barton entitled "Diet Suggestions in Liver and Gall Bladder Disturbance." All you have to do to obtain it is send a three-cent, stamped, self-addressed envelope to Dr. Barton, Post Office Box 150, Times Square Station, New York, N.Y., and ask for leaflet by name.

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Procedure for Benefits Under Unemployment Act

Manager of Local Offices Outlines What Unemployed Workers Should Do.

With benefits now payable under the Unemployment Insurance Act, all workers within the scope of the Act should understand the procedure necessary to apply for benefit. Mr. C. E. Charron, Manager of the Local Employment and Claims Office, has furnished The Advance with a statement of the necessary details.

When a worker becomes unemployed he must get his Unemployment Insurance Book from his employer, take it to the nearest Employment and Claims Office if he lives within easy travelling distance of the nearest office, and deposit it there. A receipt for it will be given to him, and this he must keep as long as his book remains in the local office.

While he is at the office he must complete the required forms to make application for benefit.

The first nine days of unemployment after he makes a claim are waiting days, and no benefit is payable for these days. It is not necessary that these days run consecutively. If no work is found for him and he continues to be unemployed and satisfies the conditions, a benefit cheque is to be issued weekly.

The above procedure applies to all workers who might reasonably be expected to call personally at a full-time or part-time local office.

For those who do not live within reasonable distance of a local office of the Unemployment Insurance Commission, other arrangements have been made. In a number of towns and villages a special part-time representative will be sent out by the Unemployment Insurance Commission to deal with any benefit claims which may arise. All claimants for benefit will register with him, and in turn will refer claims to the nearest local office for examination.

Persons living in districts where no office has been established and to which an itinerant representative is not sent will file claim for benefit by mail. Any worker in such an area who becomes unemployed should mail his Insurance Book to the nearest Employment and Claims Office, state that he is unemployed and that he wishes to register for benefit. A receipt for his Insurance Book and the necessary forms which every worker who applies for benefit must fill out will be sent to him. These forms must be completed and returned to the local office.

If the claimant is qualified to receive benefit, he must continue to prove his unemployment by mail each week. After the nine waiting days have been completed, if he has no work and the other conditions are satisfied, his benefit will be paid weekly by a cheque mailed to him.

Eighteen Months at Hard Labour is Sentence Given to High-Grader this Week

Nick Krajaic is Convicted This Week When He Elects Summary Trial. Defence Counsel Refuses to Place Accused on Stand. Mass of Evidence is Presented by "Gold Squad."

Nick Krajaic, a Timmins miner residing at 118 Balsam street south, was given a term of eighteen months in prison on Tuesday afternoon at the regular police court when he was convicted on a charge of high-grading. Defence counsel, Dean Kester, K.C., refused to place the accused on the stand after a short adjournment and rested the case as soon as the court re-opened.

The accused was given the choice of a summary trial or a preliminary hearing and elected to be tried by Magistrate Atkinson in a summary trial. At the conclusion of the crown's presentation of the evidence, however, defence counsel asked for a short adjournment and when the court opened again he told the magistrate that no defence would be presented.

Mr. Kester then entered a strong plea of leniency and told the court that it was the first time that the accused had ever been in any trouble and that a short jail term would serve the same purpose as a longer term. He also mentioned that the man had a child to support and a wife and if he were sent to jail for a long term they would have to be supported by the town whereas if he were sent for a short term he would still be able to support them when he finished his term. Mr. Kester asked that some consideration be shown for not placing the defendant on the stand.

Crown-Attorney S. A. Caldbick was in agreement with the defence counsel in asking for a penitentiary term but he voiced the opinion that the gold ore that had been found should be returned to the Conlaum Mine.

Magistrate Atkinson reviewed the evidence and said that he had no choice but to convict as no defence had been offered and he was forced to believe the evidence that had been entered by the crown. He had no alternative, he said, but to believe the statement that the accused was reported to have made but he did not feel that the man should be sent to penitentiary as it was his first offence. However, the magistrate added, because he is definitely a part of the organization.

The arrest of the accused occurred a little more than a week ago at the Conlaum Mine on Monday, March 9th, about half-past four in the afternoon just as the man was coming off shift. Constable Bert Braney, of the "Gold Squad", testified that he had placed the man under arrest after the accused had answered one question. A quantity of gold had been found in the man's thermos bottle and he was asked by the constable at the mine if it was his and he was said to have answered that he had stolen it from the 4250' foot level.

After that admission the constable gave him the usual warning and then asked him more questions. Mr. Kester got to his feet at that point and objected to the inclusion of the questions and answers that had been given before the man was warned but Magistrate Atkinson ruled that the police had the right to ask certain questions before making the arrest in a case of that sort.

Krajaic was then asked by Constable Braney if he had any more gold at home and was said to have replied that he did not. He was then asked for his address and the witness wasn't quite sure what the address was but finally settled on 118 Balsam street south. When he found out the address the constable phoned to Constable Thompson who raided the premises in the company of Detective Ernie Gagnon.

Constable Braney then presented a statement that the accused was supposed to have made and before it was read Magistrate Atkinson ruled that the defence be allowed to cross-examine the witness but defence counsel's only argument was that the accused didn't understand what was being said. He agreed that the statement was probably read to the accused but he was quite doubtful as to whether the accused understood because he couldn't understand him very well himself. Magistrate Atkinson finally allowed the statement to be read and the crown attorney read it. The statement was signed by the accused and it said that he had been working at the mine for thirteen years and that all the gold that had been found by the police had been stolen by him. He added that it was his first offence and that he had never been mixed up in high-grading before.

Mark Trenuth, a worker in the dry at the mine, took the stand and said that his job was to inspect the lunch pails after each shift and that he had discovered some gold in Krajaic's pail. As he usually did in cases of that sort he reported the affair to the mine captain. He explained the procedure that is followed when examining lunch pails to the court.

Sergeant Roy Elliot gave more or less the same evidence as Constable Braney and said that he had driven the constable to the mine when the matter had been reported to the police. He corroborated several points of Constable Braney's evidence regarding the questioning of the accused.

Constable F. L. Thompson and Detective Ernie Gagnon explained the raid at Krajaic's home and told of the various parcels containing gold ore that had been found. They explained that a long cupboard had been built along the side wall of the upstairs apartment and that there were four doors in the cupboard. They had searched through the cupboard and found a small parcel of gold in a cloth bag, a larger parcel under the floor as well as a new crucible. Behind the stove in the kitchen they discovered an old crucible and a pair of gloves. In

the cupboard they found a quantity of soft coal and coke.

The stuff was all brought to the police station and shown to the accused but he denied any knowledge of it until the police described the exact place where they had been found and then he admitted that he had hidden the stuff there. The constable also told of questioning the woman in the house and she told them that she knew nothing about it but suggested that the police search all of the houses in the neighbourhood.

Mr. Mason, assayer at the Dome, took the stand and told of assaying the various articles that were brought to him. The small packet of gold that the police had found in the man's lunch pail weighed 1.84 ounces and was worth \$15.98. The small cloth bag that was found at the house also contained gold bearing ore that was valued at \$55.90 and a cigarette package filled with high-grade was worth \$33.88. The larger paper package that was found under the floor in the house was worth \$218.82. Total value of all the gold was \$324.58.

At the conclusion of Mr. Mason's evidence the defence counsel asked for a recess so that he could discuss the case with his client and when the court re-opened defence counsel announced that no defence would be offered.

St. Patrick's Tea Held by Mattagami Ladies' Club

Newly-Organized Group Entertains at Successful and Charming Event.

Large green paper shamrocks, and green and white streamers adorned the St. John Ambulance hall on Tuesday afternoon for the St. Patrick's Tea held by the Mattagami Ladies' Club, and with all proceeds towards the purchase of comforts for soldiers in the armed forces in Canada and overseas.

The first public event to be held by the newly organized club, the tea was well attended, and brought the club to the attention of other organizations in this district.

Made up of seven members, the Mattagami Ladies' Club was organized on January 13th, 1942. Each member has a son or some other relative in the services the purpose of the club being to supply these men with articles which help to make their lives happier. The club meets each Monday evening, to knit and do other war work and each member contributes ten cents toward the fund for parcels. Another

High Praise Given the Red Cross by Liskeard Soldier

Red Cross Looks After Welfare of the Men Overseas.

The work of the Canadian Red Cross Society has an ardent admirer in Trooper Arnold Richardson, New Liskeard soldier at present overseas with the Canadian Armed Forces, and who has written from hospital to The New Liskeard Speaker the following interesting and self-explanatory letter:

"Just a few lines to let you know how much I appreciate what the Red Cross is doing in this country.

"Three months ago, I was hurt in an accident with one of our tanks and they sent me to No. 5 General Hospital. It is a lovely place on the Lady Astor

estate. She gave the ground and the Canadian Red Cross built the hospital from funds provided by the people of Canada.

"It covers about two acres of ground and it is situated along a branch of the Thames River. Well, I have been here for three months and I am almost sorry to leave. At Christmas, they put up a lovely dinner, almost as nice as we used to get at home. The Red Cross gave every patient in the hospital a lovely parcel (home-knitted socks and so on.)

"They also gave every man a free issue of Canadian cigarettes and gum every Monday. The hospital is all Canadian equipped with Red Cross blankets, sheets, etc. It is run by the staff of the R.C.A.M.C. unit and there is a complete staff of Canadian nursing sisters and they really do a good job.

"Some picture company made a news reel of this place some time ago, and they are going to show it all over Canada to show what the Red Cross are doing. So I just thought if you wanted to print this letter it might give people an idea of what the soldier thinks of the Red Cross.

"Before I joined up, I gave a small donation to the Red Cross, and I will admit I didn't think they did an awful lot of good, but since I came over here I have changed my mind.

"I would also like to take this opportunity of thanking you again for the Speaker. I enjoy it very much."

Hay and Straw Exempted from the Price Ceiling

The Wartime Prices and Trade Board has exempted hay and straw from the price ceiling. The new order extends the exemption to all uses of these commodities.

In December last, wholesale ceiling prices were fixed for baled hay at three central markets, Toronto, Ottawa and Montreal with sales elsewhere exempt. Purchases and sales of hay and straw under the order covering transactions in farm products between producers.

The Board also announced that postage stamps, used or unused, bought or sold by collectors or dealers, have been exempted from the ceiling.

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dreading washday?

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