

Fourteenth Birthday of Auxiliary is Celebrated at Annual Banquet

Members Enjoy Delicious Supper, With Toasts Proposed by President and Others. Social Evening Follows Banquet, With Friends and Legion Members as Guests.

The fourteenth birthday banquet of the Ladies' Auxiliary of the Canadian Legion held on Monday evening in the Legion Hall, was, if possible, even more successful than the past well-remembered events of a similar kind. About fifty members of the Auxiliary, which is one of the most active organizations in this district, were present to enjoy a delicious supper, which included cold meats, salads, celery, relishes, pickles, cakes, pies and ice cream.

In keeping with the season, wild cherry blossoms adorned the long banquet table, at the head of which was the president, Mrs. W. A. Devine, who proposed the toast to the King. Mrs. E. Tilley said grace, while Mrs. J. Shaw made the toast to the Legion, with response by Mrs. R. Hardy. Mrs. L. Nicholson proposed "To the Auxiliary" to which Mrs. J. McGarry made response. Mrs. A. Leach gave "To the Provincial Command," with Mrs. T. Gay proposing the toast to the armed forces.

Mrs. H. Pope asked for one minute's silence, during which she read the names of the members who had passed on during the past few years.

Mrs. E. Tilley won the door prize. The delicious birthday cake, with its two layers of dark fruit cake, its white icing with pink rosebuds, and in the centre a large pink V and the Union Jack, was kindly donated by Mrs. W. A. Devine and Mrs. Spieglerhalter.

During the social period which followed the banquet, members of the Legion and other friends were the guests of the Auxiliary, and enjoyed a programme which included the showing of several war films by Mrs. Gordon Adamson.

Old-time songs were sung by Mr. Fred Curtis, accompanied by Mr. W. A. Devine; Mrs. T. Gay accompanied herself in several fine vocal solos; Mr. J. Cowan mixed Scottish and Irish in his song "Rose O'Day," in which he was accompanied by Mr. W. A. Devine; Mrs. W. Rowe gave beautiful piano selections, and Mr. ("Scotty") W. H. Wilson presided at the piano for the

dancing. Sergeant-Observer A. W. Hornby drew the ticket for the lucky prize, which was won by Mrs. Fred Adams, of 135 Birch street north, with ticket number 226.

Special credit should be given Mrs. E. George and Mrs. A. Borland, Jr., who were in charge of the kitchen, and did excellently in this capacity.



By James W. Barton, M.D.

That Body of Yours

Gall Bladder Patients Require Medical or Surgical Treatment

What many cannot understand is why some patients with chronic inflammation of the gall bladder are given medical treatment and get relief from symptoms, while others get no relief. On the other hand, some patients receive medical treatment for a certain length of time and then have to undergo operation whilst others are sent into hospital for immediate operation receiving no medical treatment whatever. It might be thought that physicians believe medical treatment is best while surgeons believe operation is best.

As a matter of fact both physicians and surgeons are agreed (not all, of course) that certain cases have a good chance to get relief by medical treatment and if medical treatment is not successful surgery can still be performed, whereas the condition of the gall bladder in other cases, as shown by X-rays and other tests, is such that medicine will never give help and operation should be performed. There are others where the condition of the gall bladder and complications arising from it are such that immediate operation is advisable.

Dr. Harry Baravsky, New York City, in The Medical Record, states that because of the many complications of inflamed gall bladder, such as adhesions the sticking together of various organs in the abdomen, infection of the blood itself which is then carried to other parts of the body, one-sided headache, heart disease, arthritis and neuritis, operation is often performed to stop the spread of complications.

Gall bladder cases are divided into two groups - surgical and medical.

The surgical group, that is the group where medical treatment is not likely to help, are the cases where the X-rays show no sign of gall bladder and the drainage or emptying of the gall bladder is not normal. Operation is the proper treatment.

The second group where the X-rays show a lazy or slow acting gall bladder is treated by a low fat diet, the use of bile salts to stimulate flow of bile and activity of the gall bladder, and a quieting drug to relieve the spasm of the opening of the gall bladder which spasm is slowing up or preventing the flow of bile.

The longer treatment is delayed in gall bladder disease, the more likely are complications to arise.

Diet Suggestions in Gall Bladder Disturbance

Send today for Dr. Barton's helpful new leaflet entitled "Diet Suggestions in the Liver and Gall Bladder Disturbance". All you have to do is send

Beauty and You

by PATRICIA LINDSAY



DOLORES MORAN of YANKEE DOODLE DANDY, believes in brushing. Her luxuriant blond tresses seem to thrive under a constant routine of brushing and regular shampooing.

Hair — When to Wash It and How

Many women are confused about hair and scalp cleanliness because there are several prevailing theories on when to wash the hair and how to wash it. I hope the following will clarify this problem.

A healthy normal head of hair which is not falling in any manner, may and should be washed once every seven days or two weeks unless a person works or lives where the air is laden with dust which settles on the scalp daily. Then it must be washed weekly. Between shampoos the scalp may be freshened with a scalp cleansing tonic applied with cotton to the roots of the hair at partings every inch. The hair length should be kept clean by brushing daily.

Ailing heads — scalps which have dandruff, excess oil, scaly cuticle, itching — require more specific shampooing. One of the leading scalp specialists advocates shampooing an ailing scalp every day for a period of twenty days. Before the shampoo the scalp is treated with ointment and tonic to correct the abnormal condition. It is also well massaged with the fingers to encourage better circulation. Many scalps, however, which are dry cannot stand this astringent treatment so it is better to limit the shampoos to twice a week and to use the specifics on the

a three-cent stamped, self-addressed envelope to Dr. Barton, Post Office Box 150, Times Square Station, New York, N. Y., and ask for this leaflet by name. (Registered in accordance with the Copyright Act.)

scalp every day.

Oily Heads
Contrary to belief it has been proven to me that the oily scalp should not be washed more often than every ten days and it is better if one can stretch the period to two weeks. But daily scalp massage, cleansing with an astringent corrective tonic, and brushing are vitally necessary. In fact if a piece of chiffon is wrapped over the brush bristles before a ten minute brushing session, the hair length can be pretty well stripped of excess oiliness.

For the first month or so, it may seem as if the scalp is more oily than ever, but after two months a marked improvement will be noticed. One should exercise the body well during this time too, enough to work up a good perspiration daily so the circulation of the blood may be normalized. Scalps with eczema or other rashes must be treated by physicians and the victim's diet and state of health checked. Sunshine has great curing powers and if a diseased scalp is kept meticulously clean with a germicide and shampooing, it might be cleared by merely sunning it every day. Part the hair as you sit in the sun so the healing rays can reach all the roots.

About Shampooing
As it is very essential that all soap is rinsed out of the hair one should use a liquid, bar, shampoo instead of a cake soap. If you do not want to buy a prepared liquid shampoo, you may shave a bland, good quality soap an melt it in hot water before using. And if you are using certain corrective preparations on your scalp, it pays to

use the shampoo of the same brand. The usual procedure is (1) wet the hair thoroughly (2) soap it well (3) give two rinsings (4) another soaping and scalp massage (5) two or three clear water rinsings. Dry in the sun and brush well afterward. (Released by The Bell Syndicate, Inc.)

Ladies' Auxiliary Continue Knitting of Soldiers Garments

Mrs. L. McClure and Mrs. B. Price are Hostesses.

The knitting group of the Ladies' Auxiliary of the Canadian Legion held its regular meeting on Thursday evening in the Legion hall, with Mrs. L. McClure and Mrs. B. Price acting as hostesses. Several new articles were completed by the members during the evening, and a dainty lunch was served by the hostesses.

Among those present were—Mrs. W. A. Devine, Mrs. R. Hardy, Mrs. E. Tilley, Mrs. F. Curtis, Mrs. E. Roy, Mrs. K. O'Grady, Mrs. A. Kelsey, Mrs. J. Smith, Miss N. Cullen, Mrs. J. McGarry, Mrs. B. Richards, and Mrs. L. Nicholson.

Hints on How to Make Furniture Last Longer

Polish Preserves Wooden Furniture.

Economy is the watchword of this war. A ceiling on prices is not enough to give war work the full right of way. From the outset the authorities have seen that the co-operation of the public is essential. To secure and to hold this co-operation the authorities must give both leadership and information. From the Department of the Director of Public Information last week came the following timely memo:—

Wooden furniture, that might have been replaced in ordinary times, should now be treated with special care to make it last.

Its chief enemies are summer moisture and the dry heat of homes and apartments in winter. They cause loose joints, loosening of veneer, warping and cracking. Best protection against both is a good oil or polish that will seal the surface and preserve it.

An inexpensive polish can be made by mixing one part turpentine with two parts of boiled linseed oil. Use at least twice a year on furniture that is varnished or oiled. The turpentine in the mixture will loosen the dirt, and the oil will penetrate the wood pores and keep the wood in good condition. Apply with a soft cloth. Wipe off excess with a clean cloth, then fold this cloth over and rub the surface until it is entirely dry and fingers will leave no marks.

If the wood is badly soiled wash with a mixture of three tablespoons of boiled linseed oil and one tablespoon of turpentine in a quart of hot water, then polish. Little scratches can be concealed with iodine or rubbing with nut meat, such as walnut. White spots on varnished furniture caused by

Help The + Red Cross "SALADA" TEA

water or hot dishes can be removed by rubbing with spirits of camphor or essence of peppermint.

Report of District C.A.S. for the Month of April

The following is the report of Mr. A. G. Carson, local superintendent of the District of Cochrane Children's Aid Society, for the month of April, 1942:—

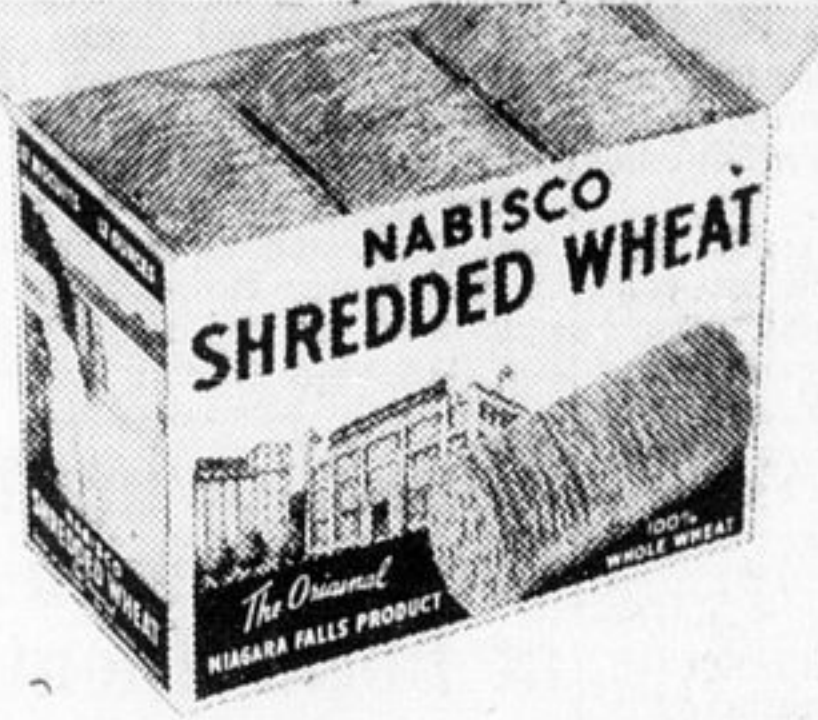
Applications for children for adoption	1
Office interviews	131
Interviews out of office	123
Complaints received	11
Investigations made	10
Children involved	19
Mail received	154
Mail sent out	172
Children in Shelter	11
Children boarding out	59
Wards visited	36
Court attendance	4
Juvenile cases	12
Children on probation to court	24
Wards placed in boarding homes	1
Children released from guardianship	1
Children made permanent wards	1
Children made temporary wards	1

Adoptions completed	4
Official warnings given	1
Mileage travelled	2565
Children committed to an industrial school	3
Persons prosecuted for offences against children	1
Children placed in foster homes (not wards)	2
Children admitted to Shelter (not wards)	5
Children given hospital and medical care	9
Children returned to parents	2
Cases under the Unmarried Parents Act	2

Wants Stiff Uppercut Instead of Stiff Upperlip

Here's the sentiment expressed by W. J. Weir in Toronto Saturday Night:—"I'm fed up with singing plaintive songs—I want to sing battle songs. Don't tell me there'll be bluebirds over the white cliffs of Dover. Tell me there'll be valtures and a deadly silence over Berchtesgaden. I'm bored with keeping a stiff upper lip—I want to develop a stiff uppercut."

HELP CANADA KEEP FIT



START YOUR DAY—THE WHOLE WHEAT WAY



To help meet the strain of extra office work you need extra nourishment. And, one of the best ways to get it, leading food authorities say, is to eat the "protective" foods—among which are the whole grain cereals.

Nabisco Shredded Wheat is 100% whole wheat in its tastiest form, with all the bran, minerals and wheat germ retained. Include two tasty Nabisco Shredded Wheat and milk in your breakfast menu to help start your day right!

THE CANADIAN SHREDDED WHEAT COMPANY, LTD. Niagara Falls, Canada

NABISCO SHREDDED WHEAT

Before you insure...

consult

Confederation Life Association

Outlining Suggestions for Menus for a Week

Domestic Science Expert Gives Suitable Menus for Meals for Seven Days. Variety With Economy Featured in List of Week's Menus.



(By EDITH M. BARBER)

- SUNDAY — Breakfast**
Shredded Pineapple
Philadelphia scrapple
Toasted English muffins
Marmalade. Coffee
- Dinner**
Raw vegetable cocktail
Roast beef
Yorkshire pudding
Asparagus, with hollandaise
Raspberry ice
Angel food. Coffee
- Supper**
Stuffed-egg salad
Brown bread sandwiches
- MONDAY — Breakfast**
Orange juice
Cooked cereal
Poached eggs on toast. Coffee
- Luncheon**
Milk vegetable chowder
Grapefruit salad
Toasted crackers. Tea
- Dinner**
Cold roast beef
Mexican rice. Buttered spinach
Lime jelly. Coffee
- TUESDAY — Breakfast**
Stewed prunes
Ready-to-eat cereal
Bacon. Bran muffins. Coffee
- Luncheon**
Scalloped tomatoes with corn
Water-cress salad
Cookies. Tea
- Dinner**
Beef and kidney pie
Buttered carrots

- Mixed green salad
Tapioca cream. Coffee
- WEDNESDAY — Breakfast**
Orange juice
Cooked cereal
Scrambled eggs. Toast. Coffee
- Luncheon**
Creamed mushrooms
Raw carrot salad
Stewed rhubarb. Tea
- Dinner**
Baked shad
Baked potatoes
Wilted dandelion greens
Macaronon custard
Coffee
- THURSDAY — Breakfast**
Tomato juice
Ready-to-eat cereal
Bacon. Hot rolls. Coffee
- Luncheon**
Scalloped fish
Cabbage salad
Cookies. Tea
- Dinner**
Broiled chicken
Potatoes with parsley butter
Creamed scallions
Cottage cheese with strawberries
Coffee
- FRIDAY — Breakfast**
Grapefruit
Cooked cereals
Boiled eggs. Toasted rolls. Coffee
- Luncheon**
Cheese soufflé
Lettuce with French dressing
Sliced bananas. Tea
- Dinner**
Broiled fish
Creamed potatoes
Buttered beets, with greens
Chocolate chiffon pie. Coffee
- SATURDAY — Breakfast**
Orange juice
Ready-to-eat cereal
Bacon. Toast. Coffee
- Luncheon**
Creamed asparagus on toast
Baked rhubarb with raisins
Tea
- Dinner**
Broiled ham
Macaronon and cheese
Buttered string beans
Sponge cake with sherry cream
Coffee
- Macaronon Pudding**
12 macaronons.
2 cups soft custard.
Crumble macaronons and arrange in serving dish. Pour hot, soft custard over the macaronons and chill several hours before serving. Yield: Six servings.

(Released by The Bell Syndicate, Inc.)

Let **Reddy Kilowatt** help with your **SPRING CLEANING**

"Trust me—I'll see that you get the hot water you need," says Reddy Kilowatt. "But here's a bit of wartime advice: don't waste hot water—by washing dishes under a running tap, for instance, or by neglecting to fix dripping faucets promptly. Because that means I have to keep your electric water heater working just that much harder, using power that's needed to drive our war factories. So let's get together... I help you, you help me!"

NORTHERN ONTARIO POWER COMPANY LIMITED

NATIONAL WAR LABOUR BOARD COST OF LIVING BONUS

The Dominion Bureau of Statistics has found that the cost of living index number for April 1, 1942, of 115.9 [adjusted index 115] has not risen by one whole-point or more over the index number for October 1, 1941, of 115.5 [adjusted index 114.6]. Accordingly, the National War Labour Board, pursuant to the provisions of Section 12 of Order in Council P. C. 8253, determines and announces, for the period May 15, 1942, to August 15, 1942, subject to the right of employers or employees to apply to a War Labour Board for authorization of payment of such an amount of cost of living bonus as a Board may determine to be "fair and reasonable," under the provisions of the Order, that:

(a) There shall be no change in the amount or percentage of cost of living bonuses presently being paid;

(b) An employer who has not been paying cost of living bonuses may not begin to pay such bonuses.

By Order of the National War Labour Board,
HUMPHREY MITCHELL
Minister of Labour and Chairman

Ottawa, Canada.
May 12, 1942