

HOME SWEET HOME

Visitors to French Canada are always impressed with the gallic habit of vivacity at table. Mealtimes should be happy times when the family sits down in amiable sociability. Eupeptic is the word for itand worth a trip to the dictionary. At mealtimes, don't worry about unpaid bills, scold the children, or gnaw on bones of contention. All the vitamins in the world won't help you or your children if the occasion is so unhappy as to impair digestion. Warm up that gloomy, cold-potato atmosphere.

Other Don'ts.

Don't spoil mealtime by forcing children to eat. If a child is seriously underweight there is likely enough an organic cause and it is wiser to consult your physician. Perhaps he's too excited with life to feel like settling down to a meal; after all, life is pretty exciting to youngsters whose genial currents have not been frozen by the anfractuosities of life! Or the child may be a bit upset or too tired. Let him alone: scolding or nagging won't help and may make him so resentful that he may go on a partial hunger strike.

Spiking the Appetite Appeties are sure to decline if you serve the same dishes over and over again. It's too easy to fall into the habit of always serving the identical combination of dishes-such as cole slaw with stew or pan potatoes with a roast. For a change accompany stew with a green salad with a favourite dressing. Or with a roast, au gratin potatoes or baked onions that have been glazed with a little honey to give them eye appeal.

Conditioned reflexes make our mouths water when we smell the robust aroma of sausage in the skillet, while the word protein leaves us cold. The advice to eat one leafy green vegetable and one citrus food every day doesn't rouse our appetite like it would if we put it this way: Think of the leafy green vegetable as tender, fresh broccoli sprinkled with grated cheese. Sounds better, doesn't it? And for citrus fruit imagine, a salad of orange and grapefruit sections with some of our local fruits in season, served with a dash of a tart French dressing. Think of sauces and dressings in due proportion to the bulkier parts of a meal, remembering what George Meredith had his bright young hero say: "The woman who has mastered sauces is sitting on the very

apex of civilization. If you have not already done so, the Health League of Canada,

111 Avenue Road, Toronto, invites you to write for a free vitamin chart which may be hung in the kitchen as an aid to navigation on the course of health.

* And gravies — nomely dishes like swiss steak earn the plaudits of gormets with addition of the merest soupcon of vinegar and a conservative dash of mustard.

\$25,000 in Furs Donated

Hudson seal, Arctic fox capes, silver 6th. fox scarves, and many other glamour- The Beaver Fur and Ladies' Wear, of iners to win their badges. Sunday, provement were offered by the Scouters. ous furs to the value of \$25,000 have Timmins is among the several retail July 12th, was visitors' day and quite Plans for the menu were drawn up and been donated by retail furriers of On- furriers contributing to the beautiful a number of parents and friends jour- one thing we will be able to say withtario to the I.O.D.E. for war work of and valuable prizes offered. the Order.

the campaign beginning immediately, for War Work of I.O.D.E. with I.O.D.E. members throughout the entire province joining in the drive. Mink and beaver coats, leopard and The draw is to be held on November



Official Visit Made to

Fourth and Eighth Camps out the camp ground, the area between Fay, Troop Leader the headquarters building and the lake being taken up with the kitchen and Camp at Nellie Lake dining shelter. The rally ground has been made substantially larger and is now an ideal place for games and other Troop activities. During the camp the of the First, Second, Sixth and Seventh making bridges where necessary. The daily programme in force assured the most being accomplished by the boys and at the same time allowed enough spare time for each Scout to carry out appeal to the individual boy. Patrol of Patrol Leader Remi Poulin taking an Class tests, and emphasis is also to ers. early lead which they never relinquish- be placed on badge work. Sunday, July ed. /The field day held on Thursday, 26 is visitors' day at the camp and a July 16th, threatened to upset the competitive standing of the patrols but Wednesday, July 29, will feature a The final standing of the patrols was: to receive their share of the attention. fine fight put up by his patrol for the outing. lead, and the final figures show that he wasn't very far out. A large number of tests and badges were passed by garments, is to be sold by draw ticket, the Scouts during the camp. Axemanship, athletics, cooking, pioneering swimming and many others came in for

quite a bit of attention with the result

Some of the visitors remained for the council fire where singing, story-telling On Wednesday of last week the camp and the reading of the log-book were of the Fourth and Eighth Timmins enjoyed. The camp is now over, the Troop at Davis Lake was visited by Scouts are all back in town, everyone District Commissioner S. A. Caldbick, having had a swell time and anxious Mr. Cousineau and D. S. M. Greene of to get out again. The Scouts attending the local association. On arrival the Carbonneau, Bernard Gauther, Rene camp presented the appearance of a the camp were: Remi Poulin, Raymond veritable beehive of industry, everyone Fay, Roland Aubry, Roger Chevrefils, busy and going about their different Leo Belanger, Laird Bigras, Fernand tasks with a fervor that would turn Pitre, J. P. Rivet, Gilles St. Pierre, Luindustrial magnate slightly green cein Belaire, Paul Cote, Austin Lloyd, Kirkland Lake next Sunday has been with envy. One patrol were busy with Benoit Cloutier, Vector Roy. Conrad received from Provincial Headquarters. their kitchen duties while the others Forques, Roger Carbonneau, Omer Du- A rally is planned for the Central Pubwere preparing tents and beds for the bois, Antonio Duciaume, Edgar Allaire, lic School Grounds in Kirkland Lake night ahead The walls of all the tents Donald Tambeau, Raymond Roy, Fran- at 2 p.m. Sunday, July 26. In the evwere kept rolled up during the day while cois Asselin, Sylvio Thibeault, Henri ent of rain the rally will be held in the the sun was shining, and blankets were Martin, Hubert Lafleur, Roland Meu- Strand Theatre. Every Scout, Scouter, out soaking up as much of the health- nier, Andre Magnan, Henri Hut, Roger Group Committeeman, Scout parent giving sunshine as the weather man Lauzon, Roger Guillemette, Vital La- and friend of Scouting is invited to would permit. The tents were so placed fleur and Edward Clement. The lea- attend this rally. It is particularly urthat they were reached by the sun at ders of the camp were S. M. Gerard ged that at least the Scouters and the erable work has been done in brushing lain Rev. Father Brouillard and Lucien so as the Blitz Scouts' message is par-

Opened on Monday

With the weather man getting them off to a good start, Scouts and leaders good number of visitors is expected.

that a number of the boys have only to a campsite. These were discussed by soon after its completion. pass their tests for the official exam- the Troop and suggestions for their im-

sing song and the meeting closed with North Bay Considering the lowering of the flag.

Regular Meetings Continue For Fourth and Eighth

There wont be any time lost by the just returned from camp. Regular meetings will commence at once, the Fourth Troop meeting on Monday evenings and the Eighth Troop on Friday evenings. Both Troops meet at St. Anthony's Hall, and it is hoped that summer activities in the way of hikes and week-end camps will feature the gatherings for the rest of the season. Work on tests and badges begun at camp will agitation along these lines has resulted continue and still more Scouts should | in the call for the appointment of a be ready to pass their tests before the opening of the school year. Further Plans For Visit of Blitz Scouts

Announcement of further plans for the visit of the famous Blitz Scouts to ticularly for them. In their earlier tour of other parts of Ontario the Blitz Scouts received donations to the B. P. Chins Up Fund totalling over \$4,000, and opportunities will be provided for Northern groups to make similar donations. Detailed information to Scouters pioneer group were kept busy cutting Troops left Monday for their campsite will be sent out within the next day or a trail around a portion of the lake, at Nellie Lake. Meeting at the log two, and they are asked to find out cabin headquarters of the First Troop from their boys how many would be of the homes in the isolated sections of at 730 a.m., Scouts and equipment were able to make the trip. In view of the transported to camp where a busy time restricted car travel it is expected the pitching tents and preparing facilities trip will be made by train, and this will salvage drive throughout the town and was scheduled for all. The camp is un- be definitely decided in time for you to district lasting from 8 a.m. to midnight the many interesting activities that der the leadership of Scouters J. M. contact your boys. It is hoped that they filled a warehouse with materials Harris and S. J. Morgan, and it plann- Timmins will be well represented at the of all kinds to the value of \$600. The competition was very keen during the ed that every boy present will return rally and that the message of the Blitz first \$100 received was presented to the camp, the group under the leadership to town having passed all his Second Scouts will reach all Scouts and Scout-

Second Group of Cubs

Leaves For Camp The first group of about twenty-five Remi came out a few points in the lead sports day, both field and water sports Welf Cubs have returned from a week's camping at the Kiwanis Camp at Bar-Tigers, 1563; Fox, 1543; Antelope, 1520; Parents and friends are invited to visit ber's Bay, and the second group left on appearing at the beginning of the preand Beaver, 1463. P. L. Remi Poulin the camp on this day also to witness Monday to enjoy the thrills of living was also the leader of the winning the prowess of the boys. Here's hoping out of doors for a week. The camp is patrol last year. P.L. F. Pitre of the that the weather continues as it has under the leadership of the Acting Dis-Fox patrol is to be commended for the started, and that all will enjoy their trict Cubmaster, A. Wright, and the ciple as an educational method. The best of everything is assured those attending the camp. The first group was The regular meeting of the Fifth made up of Cubs from the First and the habits of wild life, to excel in games Troop was held last Friday evening at | Second Packs, and the group in camp of skill, is directed to Nature Study and the Moneta School. Preparation for this week is made up of Cubs from the skill in Handicrafts which are of the camp was the theme of the meeting, Third, Fifth, Sixth and Seventh Packs. with each patrol sketching their idea of A full report of the camp will be given these is added a code of honour based

Salvage Drive Record

For Woodstock, N. B., Scouts What probably is a salvage record for neyed to the camp. Guests were in- out fear of contradiction is that the a junior organization was made by the cluded in a grand treasure hunt and camp will be very well fed. Following fifty Boy Scouts of the First and Second More news next week. Good Scouting. The entire collection, a total of 68 Try The Advance Want Advertisements Mrs. Carbonneau was the prize winner. this activity all joined in a rousing Woodstock, N. B., Scout Troops. In a

Appointing Policewoman

North Bay people are agitating for

the force of that city. The idea is to have a special morality officer to enforce the laws making for social welfare. Recently good people at North Bay have been alarmed at the growth of juvenile delinguency and also the apparent spread of venereal diseases. North Bay health authorities have recently had a number of urgent appeals to do something in these matters. The woman police officer, as it is believed that such an appointment would be the most effective for the purposes desired. If appointed, the policewoman or morality officer would have all the powers of a regular police officer but would centre all her attention on the social problems of the city. It would be part of her special work to see that liquor was not served to minors and that children are kept off the streets at night. Also, she would be expected to do some- Mae West Now Seeking thing to reduce the chances of the spread of what are termed "social diseases," but which are far from being "social" in the eyes of those who seek the appointment of a special morality for Victoria and Haliburton and her fortune of over a million dollars. appointment as police officer was made for her protection when visiting some

Red Cross. The Scouts launched the salvage campaign when adults failed to move, and are now handling it as the official salvage organization.

> Head of P. E. I. Schools On Scouting as Education

Among the many social movement, sent century, outstanding has been the Boy Scouts. Their success arises from the development of the activity prinnatural instinct of the youth is to discover birds' nests, to be familiar with utmost educational value. When to on Christian Chivalry, the result is a training of character, which is the supreme aim of education.-H. H. Shaw Chief Superintendent of Education, Prince Edward Island.

-D. S. M.

Mattagami Ladies Meet at Home of Mrs. G. Allison the appointment of a policewoman on

Mrs. T. Trevena is Winner of Two Prizes at Regular Meeting.

The Mattagami Ladies' Club met at the home of Mrs. G. Allison, 125 Main avenue, on Monday evening to enjoy the regular work meeting, and to play sixteen hands of whist. Winners at cards were: 1st, Mrs M. Wallingford; 2nd, Mrs. T. Trevena; and 3rd, Mrs. D.

Assisted by Mrs. G. Brown, the hostess served a delicious lunch, and the weekly raffle was conducted with Mrs. T. Trevena as the winner. It was decided that the next meeting would take place on Monday evening at the home of Mrs. D. Ellis, Balsam street south,

Divorce from F. Wallace

Mae West has entered suit at Los Angeles to secure divorce from her husofficer. If North Bay appoints any such | band, Frank Wallace, once her partner woman policeman the city will likely in vaudeville. The marriage was kept almost any hour of the day. Consid- Bouchard, A.S.M. J. P. Bouchard, Chap- Troop Leaders do claim that it is the first small city or secret for years but when newspapertown in Ontario to secure the services men drag up the story, it resulted in of a woman policeman. This, of course | immense publicity for Mae West. She . would not be the fact. Mrs. D. Sharp asks the divorce on the grounds of was the first policewoman appointed in cruelty but gives no particulars. Wal-Ontario and her authority as a police lace, on his part, is asking \$1,000.00 a officer dates back over thirty years. Mrs. month atimony on the grounds that he Sharp was the Children's Aid Inspector is destitute. He claims that Mae has a

> er territory, and also with the idea of facilitating the work. Mrs. Sharp carried out her duties so effectively and ably that the province had reason to be proud of the first woman constable.



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-Sam Fishman

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