

HOME SWEET HOME



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Visitors to French Canada are always impressed with the galle habit of vivacity at table. Mealtimes should be happy times when the family sits down in amiable sociability.

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.

Spiking the Appetite

Appetites 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.

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.

"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 gravitas—homely dishes like swiss steak earn the plaudits of gourmets with addition of the merest soupcon of vinegar and a conservative dash of mustard.

WITH THE BOY SCOUTS



Official Visit Made to Fourth and Eighth Camps

On Wednesday of last week the camp of the Fourth and Eighth Timmings Troop at Davis Lake was visited by District Commissioner S. A. Caldwell, Mr. Cousineau and D. S. M. Greene of the local association.

Some of the visitors remained for the council fire where singing, story-telling and the reading of the log-book were enjoyed. The camp is now over, the Scouts are all back in town, everyone having had a swell time and anxious to get out again.

Camp at Nellie Lake Opened on Monday

With the weather man getting them off to a good start, Scouts and leaders of the First, Second, Sixth and Seventh Troops left Monday for their campsite at Nellie Lake.

The regular meeting of the Fifth Troop was held last Friday evening at the Monica School. Preparation for camp was the theme of the meeting, with each patrol sketching their idea of a campsite.

sing song and the meeting closed with the lowering of the flag.

Regular Meetings Continue For Fourth and Eighth

There won't be any time lost by the Fourth and Eighth Troops who have just returned from camp. Regular meetings will commence at once, the Fourth Troop meeting on Monday evenings and the Eighth Troop on Friday evenings.

Further Plans For Visit of Blitz Scouts

Announcement of further plans for the visit of the famous Blitz Scouts to Kirkland Lake next Sunday has been received from Provincial Headquarters. A rally is planned for the Central Public School Grounds in Kirkland Lake at 2 p.m. Sunday, July 26.

Second Group of Cubs Leaves For Camp

The first group of about twenty-five Wolf Cubs have returned from a week's camping at the Kiwanis Camp at Barber's Bay, and the second group left on Monday to enjoy the thrills of living out of doors for a week.

Salvage Drive Record For Woodstock, N. B., Scouts

What probably is a salvage record for a junior organization was made by the fifty Boy Scouts of the First and Second Woodstock, N. B., Scout Troops. In a

North Bay Considering Appointing Policewoman

North Bay people are agitating for the appointment of a policewoman on 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 delinquency and also the apparent spread of venereal diseases.

Mattagami Ladies Meet at Home of Mrs. G. Allison

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.

Mae West Now Seeking Divorce from F. Wallace

Mae West has entered suit at Los Angeles to secure divorce from her husband, Frank Wallace, once her partner in vaudeville. The marriage was kept secret for years but when newspapermen dug up the story, it resulted in immense publicity for Mae West.

her 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.

Advertisement for War Savings Stamps featuring an illustration of a stamp machine and text: 'Take part of your change in WAR SAVINGS STAMPS'.

\$25,000 in Furs Donated for War Work of I.O.D.E.

Mink and beaver coats, leopard and Hudson seal, Arctic fox capes, silver fox scarves, and many other glamorous furs to the value of \$25,000 have been donated by retail furriers of Ontario to the I.O.D.E. for war work of the Order.

garments, is to be sold by draw ticket, the campaign beginning immediately, with I.O.D.E. members throughout the entire province joining in the drive.

The entire collection, a total of 68

Try The Advance Want Advertisements

FORMAL OPENING SALE

Continues For Three More Days Only! Thurs. Fri. & Sat. July 23-24-25

Advertisement for Ladies' Silk Dresses, Hats, and Girls' Dresses with illustrations of models.

Advertisement for Ladies' Shoes, Plaid Jackets, Chiffon Blouses, Summer Handbags, and Swim Suits.

IMPORTANT NEWS advertisement for Sam Fishman's department store opening.

Advertisement for Men's Dress Shoes, Children's Shoes, Boys' Suits, Men's Combinations, and 2-pc. Sport Suits.

Advertisement for Men's Suits featuring an illustration of a man in a suit.

FISHMAN'S NEW DEPT. STORE

Remember the Address! 66 Third Ave. Timmings. Corner of Third Ave. and Birch St. (Sam Fishman, Proprietor)