

# Saving Waste in Kitchen Means Real Help for the War Effort These Days

### Kitchen Fats of Value. Glycerine, Used for Manufacture of Shells and Many Other War Purposes, Comes from Waste Material from the Kitchen, Expert Says.



(By EDITH M. BARBER)

Two pounds of waste kitchen fats contains enough glycerine to fire five anti-tank shells" according to the War Production Board. From fats come glycerine which is essential, not only for shells, but for many other war purposes. The importation of fats and oils from the Far East, has, of course, practically ceased. To replace them every housekeeper in the country is asked to save all the drippings which accumulate while meat is cooking and to add to them fats which have been used as long as possible in deep fat frying.

A tin can should be kept on or near the stove and into it the drippings from the boiler, the roaster and the frying

**PRECIOUS EGGS, BUTTER, MILK, FLOUR SAVED WITH MAGIC**



**MAGIC BAKING POWDER**  
MAKES THE WHITEST, LIGHTEST  
CONTAINS NO ALUMINUM  
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**HOUSOLDIERS — Attention!**

**Here's the Answer to Your Question**

If you cannot get Crown Brand Syrup from your favourite grocer now and then, here is the reason. Because "Crown Brand" in addition to its other uses is being very generally used to help supplement the supply of sugar in Canadian Homes, the demand has increased tremendously.

Though there has been a much greater amount of Crown Brand syrup produced this year, even this increased supply cannot cope with the shortage of millions of pounds of sugar.

Don't hoard... buy normally... we are making every effort to supply the increased demand, and your grocer will do his best to fill your needs.



**CROWN BRAND SYRUP**  
THE CANADA STARCH COMPANY LIMITED - MONTREAL, TORONTO

# Beauty and You

by PATRICIA LINDSAY

### Exercising Can Reduce You—or Build You Up

Many women cannot understand how exercising reduces the overweight and also adds pounds to the underweight.

There is nothing mysterious about this when you stop to think that the overweight person, whose muscles are flabby and whose excess pounds are soft, burns off fatty tissue when she goes through a period of calisthenics. Of course, she must at the same time cut down on her food intake but she should eat enough to maintain proper nutrition and energy.

The underweight lassie (who might be a victim of poor assimilation or a jittery type) benefits from exercising because it improves her posture, her blood circulation and relaxes tense nerves and muscles. Then she assimilates her food, helps her organs to function the better, and learns how to relax when it is necessary.

In either instance no miracle can happen in a week through exercise. It takes months of neglect to get our bodies in an ailing condition and it takes weeks, and sometimes months, of diligent care to get them back to normal or above normal health.

#### Why Keep Fit?

A great deal is being said about keeping fit these days. Women must keep fit during this emergency. There is no place for the soft the chronics, the fretters, the slackers. We are being truthfully told that there is to be a shortage of doctors. So it is up to us to keep well if we want to keep alive. Trials and tribulations are apt to increase, rather than decrease, during the next year, and if a woman has not developed stamina she will come out on the short end of the crisis — perhaps a very sorrowful lady.

And do not think you exercise enough at the work you have to do each day. Salesgirls say, "I walk back and forth miles behind this counter, that should be exercise enough!"

Housewives say, "If you followed me around every day you would see that I get a lot of exercise making beds, sweeping floors and washing clothes." A desk-job girl says, "I walk out to lunch every day and a few blocks to catch my bus. I get up and down from my chair at least fifty times a day. What more exercise do I want?"

In answer to all — you get too much of one kind of tense exercise — and not near enough of the relaxing, reconditioning type. You must exercise on the floor to ease tense muscles and to work other muscles which do not get worked during your ordinary day. I like to call such exercises "compensating exercises," for they pay very high dividends in health and beauty.

Watch this column weekly for authentic movements which will benefit

Mrs. Jean Louis Bacon, 55 Wende avenue, at St. Mary's Hospital — a daughter.

Born — on Oct. 12th, 1942, to Mr. and Mrs. Antoine Chenier, 12 Wilson avenue — a son.

Born — on September 18th, 1942, to Mr. and Mrs. Lawrence Desarmeau, 165 Birch street south — a daughter.

(Released by the Bell Syndicate, Inc.)



Exquisitely formed is lovely BRENDA MARSHALL, of the screen. Her latest picture is "The Constant Nymph."

## Mattagami Ladies' Meet at Home of Mrs. R. Lazenby

Knitting Takes up Most Part of the Evening. Birthday Greetings to Mrs. Lazenby, Who Received a Lovely Gift.

The members of the Mattagami Ladies' Club met on Monday evening at the home of Mrs. R. Lazenby, 125 Main avenue.

Throughout the evening knitting was done. A cream and gold tea-pot, along with a few words of greeting, was presented to Mrs. Lazenby who had celebrated her birthday that day.

The weekly draw was conducted by Mr. R. Lazenby, the lucky winner being Mrs. L. Landers, who was the recipient of a pyrex casserole.

At the close of the evening, a delicious lunch was served by the hostess Mrs. Lazenby, assisted by Mrs. G. Allison.

The next meeting will take place at the home of Mrs. P. Trevenna, 111 Main avenue.

## Eleven Births Recorded at Timmins Last Week-end

Born — on Oct. 17th, 1942, to Mr. and Mrs. George Nantel, 50 Kent avenue — a son.

Born — on Oct. 19th, 1942, to Mr. and Mrs. Joseph Shulist, 22 Crescent avenue, — a son.

Born — on Oct. 14th, 1942, to Mr. and Mrs. Joseph Benchina, 217 Cedar north — a son.

Born — on Oct. 1st, 1942, to Mr. and Mrs. Joseph Mammoliti, 165 Birch S., south, at St. Mary's Hospital — a son.

Born — on Oct. 2nd, 1942, to Mr. and Mrs. Harry Kendall, 25 Banerman avenue — a son.

Born — on Oct. 26th, 1942, to Mr. and

Mrs. Frederick Harwood, 41 Floral avenue — a son.

Born — on Oct. 7th, 1942, to Mr. and Mrs. Albert Leblanc, 19 Main avenue at St. Mary's Hospital — a son.

Born — on Oct. 8th, 1942, to Mr. and Mrs. George Smith, 19 Cody avenue, at St. Mary's Hospital — a daughter.

Born — on Sept. 1st, 1942, to Mr. and Mrs. Hugh Valliant, 108 Spruce Street north, at St. Mary's Hospital — a son.

Born — on Oct. 8th, 1942, to Mr. and Mrs. George McEwen, 115 Cedar street south at St. Mary's Hospital — a son.

Born — on Oct. 15th, 1942, to Mr. and Mrs. Conrad Hamelin, 211 North Road, — a daughter.

## Within the Shadow

On leave from camp, I wandered down the quaint old streets of a quaint old town.

A midland town, whose old church tower

Was built when Cromwell was in power; Enchantment lent an added thrill As I wandered near a little hill Crowned with a cottage wrought of stone.

Its walls with ivy overgrown.

Its sloping lawns and hedges green

Had that peculiar English sheen

That seemed to quiet the parting day

As if an angel had passed that way.

V V V V V

Suddenly, a siren weirdly wailed

A prelude to terror, that entailed

Death in the whirl, the shattering zoom.

Oh, another home was another tomb;

And I raced toward that chaos wild

When I heard the cry of a little child

V V V V V

Oh, Mummy, where's my Mummy?

What makes my dress so red?

I member I fell when the awful noise

Shook me right out of bed.

Where's Daddy and Bobby and little

Joan?

My name is Mary, Sir, she said.

What makes me hurt so much just

here?

Oh, get my Mummy, Sir, she pled.

V V V V V

Get Mummy, Daddy, Bobby or Joan?

I looked at that jumble of blackened

stone.

That fiery furnace, that tottering wall,

That debris that covered her all in all,

And I cried aloud as I stroked her head

For Mary, in my arms, lay dead.

V V V V V

I'm a soldier, a young Canadian lad,

I'm just a mixture of good and bad,

And my unbelief had long, long odds

Since we traded the cross for the old

stone gods;

But I saw a Hand, a pierced Hand

Reach down and gather that little band

Of precious souls in His Loving Arms

And waf them away from war's alarms.

Oh, England, now I know its true

That God is very near to you,

For He walked with me as I wandered

down

The quaint old streets of that quaint

old town.

— R. J. Allan,  
Campbellford, Ontario.

#### HOW DID HE KNOW?

She: Did anyone ever tell you how wonderful you are?

He: "No, I don't think anyone ever did."

She: "Then I'd like to know where you got the idea."—Sudbury Star.

# Buy Victory Bonds "SALADA" TEA

## Programme Meet of Fireside Club at United Church

Mrs. F. Greenwood Presided. Mrs. A. A. Rose Guest Speaker. Volunteers Accepted for Christmas Seal Fund.

The regular programme meeting of the Fireside Club was held on Monday evening in the basement of the First United Church. Mrs. F. Greenwood presided.

Volunteers were accepted to help in the work of the Porcupine Christmas Seal Fund. Those volunteering were Mrs. Leigh, Mrs. W. Brewer, Mrs. E. Kemball, Mrs. Coombs, and Mrs. H. Craig.

Mrs. S. Peel read a paragraph of interest from a letter received from a former member, Mrs. G. F. Mitchell, who had recently moved to Grimsby, Ontario.

Mrs. A. A. Rose, the guest speaker

for the evening, had as her subject, "Trend in Christian Social Teaching."

This talk was based on two books of Dr. William Temple, the new Archbishop of Canterbury; "Citizen and Churchman" and "Christianity and Social Order."

She pointed out that twenty years ago an English journalist known only as the "Gentleman with the Duster" made a remark that had a touch of prophesy

"It is probable that William Temple may conclude at Lambeth a career in Theology comparable to that of Winston Churchill in politics." The country has called to the head of church and state these men when needed most. At the conclusion of Mrs. Rose's address, Mrs. W. Ewewer expressed feeling of the members present in thanking Mrs. Rose, for giving the club food for thought along the subject of such magnitude.

A social period followed when members enjoyed a delicious lunch served by a few of the ladies.

The next meeting will be held Nov. 16th, in the basement of the First United Church.

Farmers' own records prove that greatest egg production is secured by the use of these "Miracle" Poultry Feeds. They often get as high as 75 eggs daily per hundred hens. And hens lay longer at seasons when eggs are scarce.

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