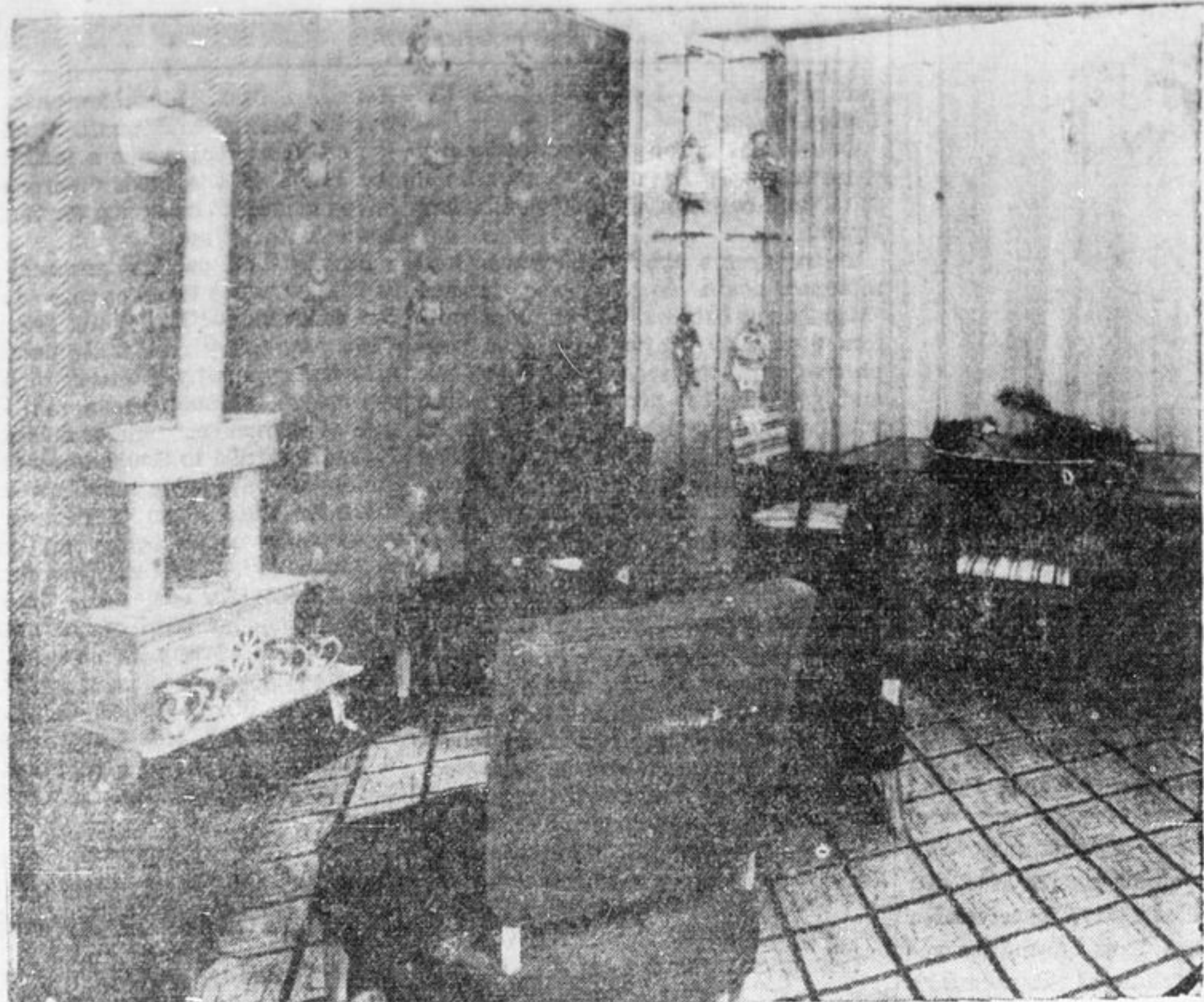




PLEASANT HOMES

by Elizabeth MacRea Boykin

FUEL FOR THE COLD MONTHS



Here is an old-time coal stove painted yellow and presiding as the center of interest in this modern dining room. Note the mugs on the fender.

(By Elizabeth MacRea Boykin)

When our hearts were young and gay we were content with any kind of fireplace fuel that made a pretty flame. What cared we for the heat . . . the fact was, the heat was usually a necessary evil that meant opening all the windows because of our bounteous central heating arrangements.

Now even the most frivolous are learning about cured wood and bituminous coal. For there's a big difference in the heating qualities of various types of fuel—a big difference between fireplace and stove for auxiliary heating. Today we will present some of the comparative values of fuels and fires for those threatened occasions this winter when the central heating system won't be up to the job of keeping us as warm as we like to be. For those who depend entirely on stove or fireplace heat, this information will be helpful also in getting heat efficiency out of fuel.

Heat Goes up the Chimney

A fireplace is more wasteful of all fuels than a stove because so much of its heat goes up the chimney. Coal burns at only about 15 percent capacity in a fireplace—not the fault of the coal, but of the fireplace. And it takes ten times as much wood in a fireplace as in a stove to heat a room equally well. An arrangement for recirculating the heat in your fireplace helps some, but this involves some construction work and doesn't make up for the difference between fireplace and stove efficiency. So get a stove if you can beg or borrow it . . . or maybe you have influence in the stove world.

If you get a stove, the experts say that the quality of coal to use depends on the stove. For fireplace, here is the story: Cannel coal, favourite of those who like its lovely light, is not as efficient for fireplaces as anthracite, although it is about equal in efficiency with some of the high volatile bituminous coals. Of course, you cannot burn anthracite without a proper grate, whereas cannel coal can be laid across a couple of bars if necessary. But with the proper grate for working up a sustained heat, anthracite is most efficient. You should buy the larger sizes of anthracite, not the pea size.

As for wood, here are the comments made by a government spokesman who has made a comprehensive study of the subject: A cord of hardwood is about the equivalent in heat value of one ton of coal. Some soft woods contain as little as half the heat value of coal. Seasoned wood burns more efficiently than green wood. Green wood is apt to fill the chimney with creosote and burning it for cooking is likely to spoil the meal and the cook's disposition.

Steady Heat

Pine gives a quicker, hotter fire and burns in a shorter time than hardwoods such as birch and oak. Most

hardwoods give a more intense flame and a very steady heat. The ten best varieties of hardwood for heat are: hickory, oak, birch, beech, hard maple, ash, elm, locust, long-leaf pine and cherry.

If you've belonged to a clean-hearth school you will have to mend your ways. Seems that ashes should be kept to the level of the andirons, forming a bed for the accumulation of glowing charcoal. This yields steady heat and aids in igniting fresh fuel as it is added.

One way of conserving what heat you have this winter will be by weather-stripping the cracks around the windows and doors with wool felt weather stripping. This is still available and will largely replace the metal and rubber weather stripping for auxiliary use. It quiets the rattles, too. Window shades will help, too, if you keep them drawn, even in the daytime, when the sun is not shining directly on the windows, and you do not need them open for light. Curtains, even sheer ones, pulled across your windows, instead of being tied back, help the chill of the panes from coming in—besides, they make the room look warmer. Heavy draperies that can be drawn entirely across the windows at night will not only hold heat in the room, but will also serve for blackout use. Cold walls cool the room, too—these can be made warmer by hanging lengths of decorative fabric, rugs or tapestries on them. Book shelves filled with books also help keep cold walls from chilling the room.

The Drafts

Heat can escape through the chimney if you do not keep the damper closed when the fire is not burning in the fireplace. If there is no damper, stuff paper into the chimney opening between fires. Open doorways make drafts that rob the house of heat, so it wouldn't be a bad idea to go back to old-time portieres that wide and full enough to meet in the center and long enough to drag to the floor at the bottom so drafts can't get under. Cross drafts from doors and windows should be watched in the room in which you have a fire burning, keep doors closed or portieres drawn, otherwise the fire, which creates a natural draft, will draw heat from the other rooms and it will escape up the flue.

That little electric heater you have been counting on should be used with discretion. Electricity, too, is getting scarce and shouldn't be wasted. Use such heaters for small rooms—bathroom and such like—rather than for the living room. And be careful not to overload the circuit when you have your heater on; the heater uses a lot of watts. Don't plug the heater on with lamp cords and extension cords either. Plug it directly into the outlet, for lamp cords are not made to carry such a heavy load of electricity as the heater demands.

Don't forget that certain furniture was developed in the days before cen-

tral heating and so has coped with the draft problem before . . . easy chairs with deep wings keep the breezes off you; hassocks and footstools keep you feet up off the cold floor. Screens protect against drafts, too, and antique charcoal braziers, which you've probably been using for the rubber plant, might be aces to keep up your sleeve if it really comes to that.

(Released by Consolidated News Features, Inc.)

Junior C.W.L. Assisting in Many Patriotic Works

Sale of Bread, Buns, Etc., Planned for Dec. 5th.

Members of the Junior Catholic Women's League met on Wednesday evening in the basement of the Church of Nativity to hold their regular monthly meeting.

The meeting opened with the usual prayer, with extra prayer being said for soldiers who lost their lives overseas. It was noted that members of the Study Club had seven meetings.

The Red Cross convener gave a report on eight hours of sewing, and added that 7 pairs of socks, 2 Aero caps, 2 pairs of gloves have been turned in since the last meeting.

One new member was noted. Mrs. Jack Enright, was elected convener to visit soldiers' wives.

One ditty bag has been sent to the Navy League since the last meeting, but another was started at the meeting yesterday, and will be sent to the Navy League within the next week.

Last week some of the members helped address envelopes for the Christmas Seal Fund, and others volunteered to address more next week.

The travelling basket is still making its rounds, and as soon as it is completed, another will be started. All the members are quite enthusiastic about it, each one donating to the basket, and handing it on to the next member, who pays for what is in the basket, takes the article, puts something of her own in, and passes it on to someone else.

Social evenings have been held by most of the members to raise money for the Seal Fund, but all the members have not been heard from, so that they do not know how much money has been raised.

A sale of bread, buns and novelties, will be held on Saturday, Dec. 5th, the place having not been decided upon as yet. The convener is Mrs. Jack Burgoyne, assisted by Mrs. Nelson.

The next meeting will be held on Wednesday, Dec. 9th.

Seven Births Recorded in Timmins Last Week-end

Born — on Oct. 31st, 1942, to Mr. and Mrs. Fernand Laureault, 59 1/2 Avenue rd., — a daughter, Marie Theresa.

Born — on Nov. 5th, 1942, to Mr. and Mrs. Rene Poupard, 31 Kimberley, avenue — a daughter (Marie Madeline Doris).

Born — on Oct. 23rd, 1942, to Mr. and Mrs. Real Mondor, 273 Mountjoy south — a daughter (Marie Rhea Claudette).

Born — on Oct. 22nd, 1942, to Mr. and Mrs. Joseph Yantha, 70 Bannerman ave., — a daughter (Valerie Theresa).

Born — on Oct. 16th, 1942, to Mr. and Mrs. Stephen Slattery, 18 1/2 Elm North, at St. Mary's Hospital — a daughter (Mary Lorna).

Born — on Oct. 19th, 1942, to Mr. and Mrs. Rosalie La Haie, Holyre, Ont., at St. Mary's Hospital — a daughter (Marie Huguette).

Born — on Oct. 2nd, 1942, to Mr. and Mrs. Leo Trudel, 127 Willow avenue — a son (Joseph Sinal Yvon).

Why Milk, Cereals and Other Foods are now being Re-inforced with Vitamins

One Manufacturer of Ready-to-Eat Cereals has Added Minerals and Vitamins to his Product. Vitamin Concentrates Being Provided in Some Industrial Plants.

Many foods are now being reinforced with vitamins. For a long time, milk, by one of several methods, has been fortified with Vitamin D which is so necessary for children in the construction of bones and teeth.

At least two brands of margarine have been reinforced with vitamin A to bring the content of this vitamin practically to equal what butter supplies. A few breakfast cereals were fortified with vitamin B1 before the bread enrichment program was initiated. A manufacturer of ready-to-eat cereals recently has added minerals and vitamins, from which the hulls and the germs have been removed to bring them back to full grain value.

The question arises in the minds of many people as to whether it might be possible that a diet too rich in vitamins could result. Actually, there is no evidence that even massive doses of vitamin concentrates are harmful. Concentrates may be a great asset where careful provision for daily meals is not possible or when certain vitamins. Physicians recognize symptoms of vitamin deficiencies and often prescribe concentrates.

Some industrial plants are providing workers with vitamin concentrates. Better than this, however, are arrangements for serving good lunches to the workers. Studies made at plants which have facilities for good lunch service show that workers are more efficient and that there is less absence due to illness. In some plants a travelling wagon supplies bottles of milk between meals. Our government is instituting a program for the promotion of good food service in our war industries.

This does not relieve the housekeepers of her responsibility for providing good breakfasts and dinners, and, when necessary, packing a lunchbox. When various members of the family work on different shifts, this is not too easy to accomplish, but it is one bit of war work which any woman can do when called upon. Our defense workers, as well as our Army and Navy, must be well fed.

Scalloped Onions and Corn

- 12 small onions
- 4 1/2 tablespoons butter.
- 1 cup cornflakes.
- 3 tablespoons flour.
- 1/2 teaspoons salt.
- 1 1/2 cups milk.
- Few grains pepper.
- 1 1/2 cups cooked corn.
- Sausage links.

Cook the onions in a large amount of boiling salted water until tender. Drain out in quarters and place in a buttered baking dish. Melt the butter in a double boiler and add two tablespoons of it to the slightly crumpled cornflakes. Add the flour to the remainder of the butter and mix well. Add the milk gradually and cook over hot water, stirring constantly until thickened. Add salt, pepper and corn and pour over the onions. Cover with the cornflakes and bake in a moderately hot oven (375 F.) for twenty-five to thirty minutes. Garnish with the cooked sausage links. Serves six.

Dried Beef With Tomatoes and Cheese

- 3 cups cooked fresh tomatoes.
- 1 cup shredded dried beef.
- 1 cup grated American cheese.
- 2 tablespoons butter.
- Dash pepper.
- 2 eggs, slightly beaten.
- 12 slices buttered hot toast.

Simmer tomatoes, beef and cheese together for five minutes, stirring until cheese is melted; add butter and pepper. Stir in eggs and pour over toast.

(Released by The Bell Syndicate, Inc.)

North Land Lady Wins Grey Bombay Lamb Coat

Only one North Land winner's name appeared in the list of those in the I. O. D. E.—Retail Furriers Campaign draw. This was Mrs. Len Hill, of New Liskeard, who won a handsome Grey Bombay Lamb Coat, with Ticket E-29559. Mrs. Hill was some years ago a resident of Timmins, when Mr. Hill was in charge of the Hill-Clark-Francis business here. That gives the New Liskeard win a local flavour here.

There has been much interest in this I.O.D.E.—Retail Furriers Campaign draw. Since it was first announced The Advance has had several references to it. Among the Retail Furriers contributing to the prizes was the Beaver Fur Co., of Timmins, where tickets were also sold. The idea behind the draw was to provide funds for the I. O. D. E. war work, the retail furriers of Ontario contributing sixty-eight beautiful and costly fur garments as prizes for the draw. The sale of the tickets was very widespread in Canada, and the event is reported as very successful. The actual drawing was made a big event, being held in Massey Hall, Toronto, on Friday, Nov. 6th. The list of prize winners is too lengthy for reproduction, but residents of Toronto, Hamilton, St. Catharines, London, Ottawa, Stratford, Strathroy, Malton, Orangeville, Windsor, Georgetown, Brantford, St. Thomas, Peterborough, Forest, Preston, Collingwood, Cornwall, Guelph, Galt, Fort William, Port Elgin, Brockville, Grimsby, Dunnville, Meaford, Ingersoll were represented, while outside the province of Ontario there were winners at Kewagami, Que. Montreal, Que., Mooreville, N.S., Grand Prairie, Alberta.

Tickets had been on sale since July 1st.

Platform guests making the draw were a group of prominent Ontario citi-

W. M. S. Planning to Take Care of Needs of Hearst Hospital

Next Meeting of First United Church W.M.S. on Dec. 10th.

Members of the Women's Missionary Society of the First United Church, met on Thursday afternoon in the basement of the Church to hold their regular meeting, with a fairly large attendance. Mrs. A. Jackson, the president, was in the chair.

The worship service opened the meeting, and was led by Mrs. Ian Gordon. Miss Mayowna read a chapter from the study book that the Society has been using all year. Her chapter was on "New Canadians in Our Midst".

Three groups were chosen to take care of the need of the W. M. S. hospital at Hearst. These groups are: the East, under the leadership of Mrs. J. Bowden; the Central, whose leader is Mrs. J. Doughty; and the North, the leader being Mrs. J. P. Teeple.

The next meeting will take place on Dec. 10th, and is expected to be a very important one. The guests of the Society will be the Fireside Club, the Women's Association of the United Church

a dainty lunch was served by the hostesses, Mrs. George, assisted by Mrs. Borland.

The ladies present were Mrs. L. Baxter, Mrs. E. Roy, Mrs. E. Rose, Mrs. B. Allan, Mrs. Jean Smith, Mrs. R. Hardy, Mrs. L. Nicholson, Miss Nellie Cullen, Mrs. Parry, Mrs. C. Borland, and Mrs. E. George.



(By EDITH M. BARBER)

zens and ranking officers in the armed forces. Among them were Colonel O. S. Hollinrake, O. C. No. 2 District Depot, and Mrs. Hollinrake; Wing Commander T. E. Browne; Assistant Section Officer D. Meyers; Major H. Morwick and Mrs. Morwick; Lieut.-Col. George A. Drew and Mrs. Drew; Flying Officer W. J. Craig and Mrs. Craig; Captain Phyllis Arnold, C.W.A.C.; Mayor Conroy of Toronto and Mrs. Conroy; Mayor R. P. Worthy of Brampton; Mayor William Morrison of Hamilton.

Joint Masters of Ceremonies for the occasion were Lorne Greene of CBC, Maurice Bodington of CFRB, and J. Crysedale of CKCF. Chairman of the evening, Mrs. Ryland H. New, President Provincial Chapter of Ontario I.O.D.E.

By kind permission of Colonel Hollinrake, the brass band of No. 2 District Depot played from 7.45 to 8.30, when the first draw was made.

The fur prizes were modelled on the stage as each was drawn. Out of town winners were notified immediately by telegram and letter.

Algonquin Knitting Club Make Plans for Dance on Dec. 19

Regular Meeting on Thursday Evening at Home of Mrs. Borland. 4th Quilt Started.

Mrs. E. George was hostess on Thursday evening, to the Algonquin Knitting Club, at the home of Mrs. C. Borland, 72 Balsam south.

A fourth quilt was started at the meeting by the members, who spent the evening working on it. Three quilts have already been completed, two of which are on display at Yolles Furniture Store, Third avenue, at present.

It was noted that a cheque was ready to be sent to the Lord Provost of Scotland for the Bomb Victim's Fund.

Plans were completed for a social and dance to be held by the club at the Hollinger Hall, on Thursday, Nov. 19th. A large attendance is expected. To complete an interesting evening.

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- Use light-coloured shades.
- Place lamps in positions where they will give the most light.
- Avoid sharp contrasts between brightly lighted surfaces and dark backgrounds.
- Guard against light reflected into the eyes from shiny surfaces.
- Keep fixtures, and especially globes, clean.
- For close eye work do not work in your own shadow.
- Use the right size globe.
- When redecorating, use light colours on walls and ceiling.
- Rest your eyes by closing them occasionally.
- If your eyes feel strained or unduly tired, see a competent eye specialist.

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