



PLEASANT HOMES

by Elizabeth MacRea Boykin

WHEN IS A TREE NOT A TREE?



This Christmas tree is cut out of ply wood, painted green and trimmed with little Christmas balls and prettiest cards.

With Christmas tree shortages threatened, many of us who always have had glittering glamorous trees are wondering how to make-do with something less than the real thing. But sometimes a symbolic tree can be more real than an actual material tree. It all depends on the spirit in your heart. For those who truly believe, here are make-shift ideas that can reach out into wondrous realms of make-believe.

CORNER CUPBOARD TREE — If you have a corner cupboard, bank its shelves with evergreen boughs, trim them with your treasured baubles and heap your brightly gifts on the shelves.

WALL BOARD TREE — A flat piece of plywood or compe board cut in the shape of a tree painted green, trimmed with tree ornaments or with cut-outs of bright paper, or with Christmas cards or dime store jewelry will be festive and fun. Set it against the wall over the mantel, over the buffet or over a chest.

EPERGNE TREE — If you have an epergne or any sort of tiered centerpiece for your table, fill it with bright glass balls and strings of glass baubles, building it up to tree shape.

WIRE TREE — Chicken wire arranged in cone shape can be the foundation of a gay table tree. Arrange evergreens in the mesh of the wire frame and decorate with real flowers or with regular tree ornaments or with ribbon bows or silver bells or whatever.

Cake Tree — A Christmas tree cake is ever so glamorous. Make cake layers in graduated sizes from big to small ranging up to a cupcake for the top layer. Ice with green colored frosting, trim with small candles in different colors.

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Here evergreen branches are arranged on the shelves of a corner cupboard and decorated with Christmas baubles. The shelves themselves are heaped with gayly wrapped presents.

NATURAL REACTION

One evening, when moving pictures were shown in a Norwegian theatre of a German ship unloading food at an C.S.O pier, one man could not restrain himself.

"Stop the machine," he shouted. "You're running the film backward." — North Bay Nugget.

Sudbury Star: Eye specialists say that it takes only the fraction of a second to wink the eye. But it takes much longer to explain it to the wife.



By James W. Barton, M.D.

That Body of Yours

In children and young adults 10 per cent overweight for height gives the body enough reserve to draw upon in an emergency such as sickness, growth, shortage of food.

"Persons underweight for their height are especially apt to tire easily and to develop a tired or poor posture; they are apt to have nervous upsets, indigestion, anaemia, colds which may develop into bronchitis, pneumonia, tuberculosis."

Insurance figures show that in the early twenties, the death rate increases about 1 per cent for each pound below average weight for height.

Why is underweight a disadvantage?

and danger? Nature meant that all the body structures immediately under the skin should have the protection of a small amount of fat tissue; this fat acts as a padding about the nerve endings.

Where there is a great lack of fat tissue there is usually also weak abdominal muscles. "Such persons suffer from nervous indigestion, constipation, and a wide variety of ailments hard to classify. There are great numbers of them going the rounds of doctors in a vain effort to find out why they do not feel well."

Some interesting facts and figures were given to the public a few years ago by the Elizabeth McCormick Memorial Fund, Chicago. The chart showed that certain food habits in underweight children were in exact proportion to the amount of underweight present. It was found for instance that in children who were 7 or more per cent underweight about 40 per cent of them used tea and coffee, 50 per cent were not drinking enough milk, 39 percent were not eating enough vegetables, 60 percent were sneezing irregularly, 67 percent did not eat sufficient breakfast, and 60 per cent went to bed too late.

Now the above bad health and diet habits are not the cause of all cases of underweight. As mentioned before, other causes are infection (teeth and tonsils) poor or not enough chewing teeth, unhappy home or school life, not enough outdoors, and other causes.

How can weight be increased?

Schumacher H. S. Commencement Notable Event

Address by Mrs. R. E. Dye. Valedictory by Miss Isabel Flowers.

Special mention should be made this year of the Schumacher High School Commencement Exercises, not only as a matter of community record, but also as a matter of the deepest interest for its excellence and appeal.

The commencement exercises were held in the Schumacher High School auditorium, which was filled to capacity, and all attending felt more than repaid for the time given.

On the platform at the opening of the event were: Mr. Douglas Argue, principal of the school, and Messrs. R. E. Dye, C. G. Kemsley, Malcolm MacMillan, J. H. Fisher and Dr. C. G. Armitage.

The programme opened with an overture by the Tisdale High Schools Orchestra, and the same clever musical group gave the several other numbers during the evening that delighted the gathering. Other numbers by the High Schools Orchestra included "The Heavens are Telling," (Haydn), and "Dance of the Crickets," (Seredy).

Another specially enjoyed feature of the evening was the singing of the High School Glee Club. The Club presented "Jolly Winter" in excellent way, while the patriotic songs by the Glee Club enthused the gathering, the audience joining in these songs.

After the overture by the Orchestra, there was a procession of the graduates and other students, and the singing of "O Canada."

In opening the proceedings of the evening, Mr. Argue, principal of the school, extended a sincere welcome to

As in all other ailments the cause or causes must first be sought. Any infection or defect must be removed by physician and dentist, the home habits and school life should be studied and corrected in so far as this is possible. After this, the important matter of the diet is studied and an upbuilding diet prescribed.

The upbuilding diet consists of a high energy intake, that is foods rich in fats sugars, starches; such as butter, cream, bacon, salad dressings, cereals, breads cream soups, rich desserts, nuts, dried fruit. To the above must be added the necessary vitamins and minerals in milk, green vegetables, and fruits.

For the average adult doing light work the following example of an upbuilding diet is recommended:— Breakfast: 1 glass orange juice; cereal with 2 figs, and 1/2 cup of thin cream; 1 egg; two slices of toast with butter 1 inch by 1 inch, by 1/4 inch, jam 1 1/2 table-spoons; coffee, sugar 1 tablespoon. 10.30 a.m. 1 glass of milk (enriched with 1/4 cup of thin cream). Lunch: Creamed chicken on toast; lettuce and tomato salad with mayonnaise dressing; 1 slice of bread and butter; ice cream 1/2 cup; cocoa 1 cup. 4 p.m. 1 glass malted or chocolate milk. Dinner: Cream vegetable soup; 2 crackers; roast lamb, large serving; baked potato with butter; peas average serving, cream spinach, average serving salad, medium serving; lemon meringue pie.

The Common Cold
One of the most dangerous ailments is the so-called common cold because it may develop into bronchitis and pneumonia and may be the forerunner of tuberculosis. Send for Dr. Barton's helpful booklet "The Common Cold" (No. 104), enclosing Ten-Cents and mention the name of this newspaper. Address request to The Bell Library, Post Office Box 75, Station O, New York, N.Y. (Registered in accordance with the Copyright Act).

Christmas Carols and Their Writers

(By David J. Murphy)
The Christmas carol is steeped in the mists of history, and the word "carol" has been in use for at least 600 years. But it has not always been used to signify a Christmas hymn. Before the year 1500, carols were drinking songs—many of them far from devout.

The first collection of Christmas carols made its appearance in 1521, and from that date the carol has grown steadily in favor, although the Puritans tried their hardest to discourage carol singing, and predicted that the custom would die out in a few years.

Wrote 6,500 Hymns
The authorship of some carols, such as "The First Nowell" and "A Virgin Most Pure," is unknown. Others, like "Joseph Was An Old Man," owe their origin to legends. But there are famous carols whose authorship is in no doubt, one of the best known being "Hark! The Herald Angels Sing," written by Charles Wesley, younger brother of John Wesley. He wrote no fewer than 6,500 hymns, more than 500 of them being still in general use, although his life was one of continual struggle against illness.

"Hark! The Herald Angels Sing" was first published in 1739—but not with that title. When it was written, Wesley's first line was "Hark! Now All the Welkin Rings." The now familiar first line was not introduced until later.

Other hymn writers had a continual struggle, either with illness, physical disability or poverty. "It Was the Winter Wind" was written by Milton. His later years were not only marred by blindness, but by the deaths of his first and second wives.

ged the man who is given the credit by many authorities for the music of a carol that seems to breathe the very spirit of Christmas. That carol is "Come, All Ye Faithful." Many who sing it this Christmas will not know the many variations that have taken place to produce the carol in its present form. In the first place, the words are a translation, by Canon Oakley, from the Latin hymn, "Aderse Fidelis." The authorship of the Latin is in doubt, but many experts attribute it to St. Bonaventura, who was born in 1221, became a Franciscan monk in 1243, and died a cardinal in 1274.

Church-Tower Singing
The tune we all know now is believed to be the work of John Reading, and organist at Dulwich College in 1700, who two years later took a post at Lincoln Cathedral. Returning to London in 1727, he was brought into contact with a tragedy which left its mark on him for the rest of his life. He was passing the house of his organist friend, Jeremiah Clark, when he heard a pistol shot. Rushing in, he found that his friend had committed suicide. Quite different was the life of John Byrom, the English poet, who wrote "Christmas: Awake! Salute the Happy Morn." Educated at Cambridge, he spent some years studying medicine. He abandoned this to become one of the earliest inventors of a system of shorthand writing and lived by teaching it. He charged £5 5s. for the course, and bound them "to an oath of secrecy before the first lesson. The carol first appeared in published form in 1773.

Although some of the customs connected with carols still linger, many of them have died out. A century ago it was the normal custom to sing carols from the tops of church towers. But the secret of the carol's popularity lies in its simplicity. It enables us to express the Christmas spirit in words that we all understand and appreciate, a sincere way of celebrating the great festival of the Christian year.

the parents and other guests present, and thanked the members of the H. S. Board for the splendid leadership and co-operation given.

Mr. M. MacMillan, of the H. S. Board, was chairman of the evening, and after a brief introductory he called on those selected to present the various diplomas and awards:

Honour Graduation Diplomas—Presented by Mr. R. E. Dye—Misses Jean Barr, Clare Butkovich, Isabel Flowers; Messrs. Robert Heath, Thomas Kovich, Ron. Montigny.

Secondary School Graduation Diplomas—Presented by Mr. C. G. Kemsley Eda Battigelli, Bruno Bertol, Catherine Byron, June Cretney, Malsie Dunbabin, Alta Fisher, Vera Jenkin, Louis Klisanich, Paul Laine, Katrine MacMillan, John Mongotich, Constantine Mongotich, Alma Narduzzi, Jean Urquhart.

Honour Awards—Isabel Flowers; Bruno Bertol.

Proficiency Prizes—Presented by Mr. C. G. Kemsley—as follows:
Grade XIII—Thomas Kovich.
Grade XII—Alma Narduzzi.
Grade XI—Kirby Joyner.
Grade X—Patricia Campbell.
Grade IXa—Shirley Kyle.
Grade IXb—Barbara Hayward.

Strathcona Medal—Presented by Mr. Argue—To Bruno Bertol, who was the winner for the second year.

Intermediate Certificates—Presented by Mr. J. H. Fisher—L. Battocchio, Glenys Byron, Patricia Campbell, Josephine Clmetta, M. Clark, C. Clark, Kathleen Corris, Nellie Faballo, G. Gagnon, Eileen Hall, Joyce Jenkin, C. Joyce Eileen Joyce, Betty Killens, Susan Klimo, Kathryn LaFontaine, Lily McGowan, L. Mangotich, Ann-Marie Miller, Helen Monaghan, Sadie Paukkunen, Ellen Sampson, Eileen Soucie, Paul Stringer, June Sutherland, Norma Taylor, R. Taylor, J. Temlinson, G. Webber.

Athletic Awards—Presented by Mr. MacMillan—as follows:

Todd trophy—Senior Boys' Track—Grade XII—N. Cripps.
Rutledge trophy—Junior Track—Grade IXa—H. Hicks.
Schumacher Hardware—Basketball—Grade XIII—B. Bertol.
Arnott's trophy—Hockey—Grade XIII—C. Mangotich.
Fegg trophy—Jr. Girls' Track—Grade X—E. Keeley.
Hawkins' trophy—Basketball—Grade XI—J. Sutherland.
St. John Ambulance Awards—Presented by Dr. G. C. Armitage—as follows:

Voucher—Edward Brooker, John Flowers.

Senior—B. Bertol, N. Cripps, H. Hall, R. Heath, W. Hunter, K. Joyner, B. Kitcher, F. Klisanich, T. Kovich, P. Laine, C. Mangotich, D. Turcott, D. Webber, W. Welt, W. Wolfe.

Junior—G. Barker, L. Battocchio, J. Beattie, A. Berzowski, H. Church, A. Clmetta, C. Clark, M. Clark, J. Connell, I. Fraser, H. Joki, L. Laine, C. Mangotich, L. Mangotich, J. Marchiori, R. Shaw, B. Small, R. Taylor, J. Tomlinson, J. Waitte, G. Webber.

A feature of the evening that deserves special mention was the Valedictory given by one of the graduates, Miss Isabel Flowers. In a well-worded and well-delivered address, Miss Flowers said it was with pleasure mingled with regret that she spoke. There was joy at having accomplished the task she had set out to do, and regret that her school days had come to an end. She urged all the students to give their whole heart to study, and when they came to the end of the term at High School they would feel as she felt as she spoke—that these were the best five years of their life—and the education they would have gained would fit them for activities that were before them.

The special speaker for the evening was Mr. R. E. Dye, of the High School Board. He addressed the pupils on "Education" and made very plain to

them the value of education in the battle of life. Much of his address was centered round the text, "Hold Fast." He urged them to hold fast to the training and the knowledge that they secured in school, so that the good education they might acquire would help them to be better and happier and more useful citizens of the great land to which they belonged.

Miss Eda Battigelli, Student Captain of the School thanked Mr. Dye for his inspiring address, and also expressed appreciation for all who had taken part in the programme.

The programme was brought to a close with the singing of "God Save the King."

Township of Tisdale High School Try The Advance Want Advertisements

Board—R. E. Dye, chairman; J. H. Fisher, C. G. Kemsley, Fred Laforest, Malcolm MacMillan.

Schumacher High School Staff—Douglas Argue, principal; Miss J. Blair, Mrs. D. Brockie, Miss F. Foulis, Mr. E. C. Rodway, Miss M. Unger, Miss Nan Taylor.

Wedding Announced at Calgary, Al., this Month

Mr. and Mrs. Neil Fraser, announces the wedding of their daughter, Jeanet, Isabel Munro, to Mr. Clifford Leroy Murphy, at Calgary, Alberta, the wedding taking place this month.



CHRISTMAS

May this Christmas be a time of Right Goodwill and Friendship for all, and may the New Year be a continuation of the Christmas spirit.

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CHRISTMAS

At this season of the year we take this opportunity of extending Season's Greetings to our many friends and patrons

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"May the Christmas season renew our vision of the better world for which we are fighting, and may 1943 bring new opportunities for service in the cause of universal peace and brotherhood."

Reddy Kilowatt

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