

Discussing the Fact That Nutrition Has Big Value in Helping Victory

New Attitude Being Generally Adopted Regarding Food. New England is Solving Food Problems. Black Currants Fill Vitamin C. Void. Some Recipes.



By Edith M. Barber

A new attitude toward food is already beginning to show in this country since we began preparations for defense. It has taken war itself, however to make us begin to understand the important place which the daily food has in general good health and efficiency.

Previously, we were considered far ahead of England in our conception of nutrition principles. Today we find that in spite of food scarcities and rationing England has attacked the food problem in such a way that every inhabitant gets a fair share of what is available. At a recent showing of English films it was demonstrated that industrial workers, as well as the armed forces, were being supplied with nourishing hot food and that special provisions were being made for children. The lack of vitamin C, when shipments of citrus fruits practically ceased caused a search for another supply which was found in black currants which grow plentifully in England and which rate even higher than oranges. Much of the vitamin B is supplied by what is known as the "National Loaf," a bread from a special type of flour. In the interest of the meat poultry and milk supply, Canada is turning some of her wheat fields into pasture lands. Every available piece of a land in England is being made to produce vegetables for home consumption. The soldiers during harvest time go back to the fields.

When we realize that in spite of all these efforts the food available in England is still so limited we should feel obligated to choose food for ourselves with regard to the nutrients which it contains, and to be ingenious enough to use it in the preparation of attractive meals. If the prices of our favorite vegetables are too high for our pocket-books there are plenty among the cheaper varieties which will give us what we need. The amount of meat which, under voluntary rationing, we can legitimately buy would be considered more than liberal in other countries. Our fruits would indeed be a luxury. We should give hearty thanksgiving for our food supply.

Indian Pudding

4 cups milk.
1/2 cup dark molasses.
1/4 cup sugar.
1/2 cup yellow cornmeal.
1/2 teaspoon salt.
1/2 teaspoon cinnamon.
1/4 teaspoon nutmeg.
2 tablespoons butter.
Heat 3 cups of the milk in top of double boiler. Add molasses, sugar, cornmeal, salt, spices, and butter. Cook over hot water, stirring occasionally, about 20 minutes, or until mixture thickens. Pour in 1/2-quart casserole and add remaining cold milk without stirring. Bake in slow oven (30 F.) 2 1/2 hours. Serve warm with plain cream or with small balls of ice cream. Yield: 6-8 servings.

Stuffed Onions

6 large mild onions.
2 tablespoons butter, melted.
1 cup soft bread crumbs

1/2 teaspoon salt.
1/2 teaspoon pepper.
1 tablespoon minced parsley.
2 teaspoons lemon juice.
1/2 cup thin cream.

Wash and peel onions, and parboil 20 minutes. Drain, remove centers and chop. Combine melted butter, bread crumbs, seasonings, minced parsley, and lemon juice with the chopped onion and mix well. Fill onions with stuffing. Arrange, in greased aking dish, add cream, cover and bake in moderately hot oven (400 F.) 15 minutes. Yield: 6 servings.

Note: Chopped leftover meat may replace half the bread crumbs. The cream may be omitted, and small pieces of bacon may be put on top of each onion, in which case, bake uncovered. (Released by The Bell Syndicate, Inc.)

England, 1940

(By R. J. Allan, Campbellford, Ont.) Surrounded, outnumbered and betrayed.

Bese: with horror, hatred, crimes She is not covering or afraid; She wars with courage, undismayed; The courage of forgotten times.

Courage that makes words meaningful That shames all praise to silent awe, In a world dumbfounded and amazed, Gazing in helpless wonder, dazed By a war that knows no wartime law.

Her King and commoners pay and pay, For freedom takes a dreaded toll When one lone champion holds the lists Against a continent, which persists In bombing freedom from the roll.

Yet, why should England die for us? Why should her little children die? Why give her life blood and her wealth, Her budding offspring's precious health? Why should her mothers, tearless, cry?

England, alone, no conqueror craves, Her Empire has the lebensraum For we are dowered with wealth untold, With open spaces and with gold.

England, alone, averts our doom. Alcne, she gathers to her breast The serried spears of Nazi hate, While we make war with many words, With plebiscites instead of swords, While death stalks every shire and state.

While on her brow, the flames still gleam Like Pentecostal fires of old, Her love of freedom for the free, Her way of life, her right to be, The master of her own destiny, Cannot be conquered or be sold.

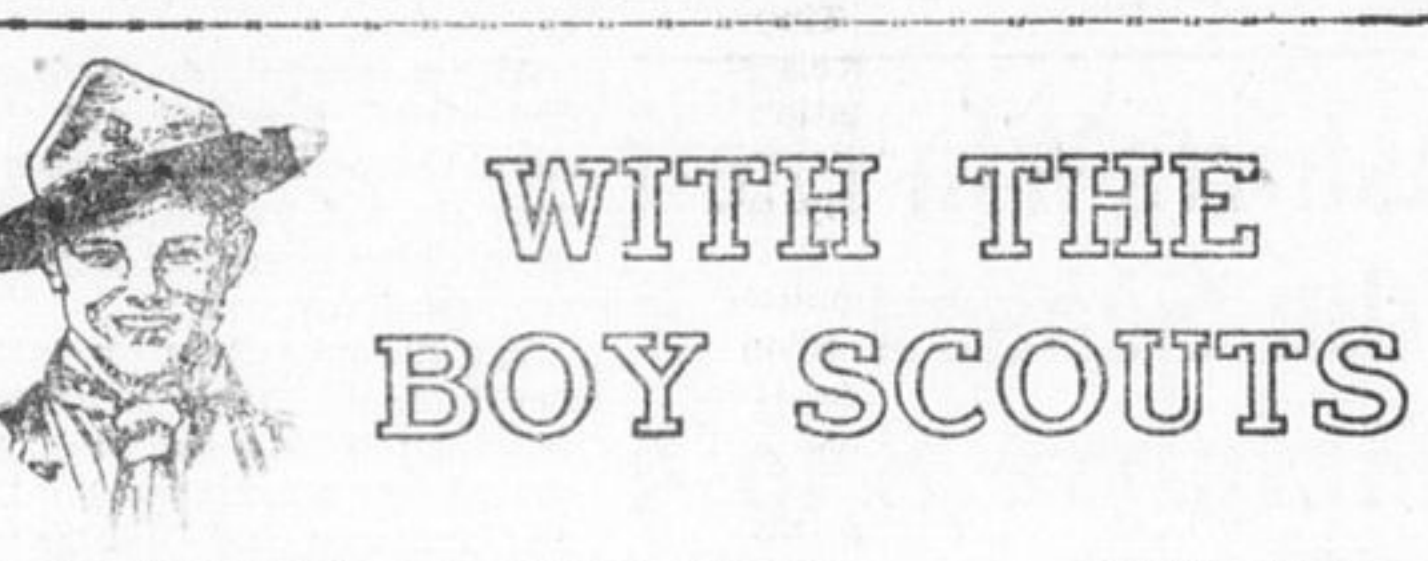
Hotel Haileybury Under New Owner and Manager

In a recent issue The Haileyburian found some justifiable fault with the daily newspapers who made prominent stories out of the closing of the Hotel Haileybury but had not been so generous with publicity in regard to the re-opening. In fairness to the Toronto and Ottawa newspapers it may be said that after the closing of the hotel there were contradictory reports about the probable re-opening. It was not easy from a distance to know whether the hotel was open, or closed, or about to re-open. It is true, however, that the dailies passed up a good story in not making much of the re-opening on New Year's Eve. The Advance had reference to the reported purchase of the Hotel Haileybury by Mr. Bernard Sky, formerly of Timmins, and that should have been evidence enough that the re-opening would not be a tame affair. Information now to hand is that the hotel has been thoroughly overhauled and renovated and extensive alterations made to bring it completely up to date. Mr. Mel Robb, a well-known personality in the mining world of the North has been engaged as manager. The formal re-opening on New Year's Eve was an event such as Bernard Sky would be expected here to sponsor. The Haileybury Chapter of the I.O.E. and the Rotary Club, of Haileybury, took part in the formal re-opening. Then the following night (Jan. 1st) the management tendered a complimentary dinner to prominent citizens of the town, about a hundred being present. Speakers for that occasion included Mayor H. E. Cawley, of Haileybury, W. G. Nixon, M.P.P. for Temiskaming, D. H. Miller, Wm Long and J. E. McDonough, as well as Barney Sky himself. As one account phrases it, "Mr. Sky was welcomed to the community as a new citizen of Haileybury."

Sea Heroes Granted Awards



THE official publication of the British Government, The London Gazette, contains citations of awards approved by His Majesty the King, for gallantry at sea made to Captain P. A. Kelly, at the time Chief Officer of the S.S. "Lady Hawkins," Canadian National Steamships, and three crew-men, Robert Clayton, Hantsport, N.S., third wireless officer; Charles Bolivar, able seaman, Upper La Have, N.S. and William Burton, carpenter, Hamilton, Ont., (shown left to right, above). They were commended for their courage and resourcefulness during the voyage of the lifeboat so skillfully navigated by Captain Kelly after the sinking of the Lady Hawkins by an enemy submarine last year. In naming Captain Kelly, of Halifax, N.S., to be a "member of the



WITH THE BOY SCOUTS

Names of Scouts Serving in Forces Coming In

Grateful cooperation is being received from leaders and the public in our efforts to secure a complete list of all Scouts and Scouters of Timmins who are now serving in the armed forces. One letter we would like to refer to in particular is the one reporting the name of Sapper R. Morin. Besides the information we requested, there was also included a brief outline of the Scouting activities of "Bob" Morin. Bob joined the Cubs back in 1933, becoming a member of the Second Timmins Pack. Upon reaching the age of 12 years he moved up to the First Troop, continuing membership there until just before the time he enlisted. During that time he showed good progress along Scouting trails, and was Patrol Leader of the Hawk Patrol. Bob is serving with the Royal Canadian Engineers, and is now in his third year overseas. It is with real pleasure that we add Bob's name to the list. If you know of others, would you please send them along as soon as possible, as we are anxious to have our records completed. Following is the list of names we have received up to the present time: W. J. Coppins, Walter Cowan, K. R. Gallagher, Elmer Godfrey, William Jackson, Cyril Knell, Ernest Lacy, D. Lawley, Charles Masson, L. Ramsford, George Lacy, Frank Eade, J. Cherry, Keith Powell, K. Blow, J. Jelbert, J. Forrester, D. Forrester, Reg. Parsons, Charles Gray, Gordon Park, Jack Webb, R. Knell, E. Montgomery, James Cowan, L. Lemieux, George Skelly, Jack Thomas, Russel Fortin, A. DeSaverio, P. DeSaverio, J. DeVillano, W. DiMarco, A. Cole, Eric Ormston, Gerard Doolan, Bob Morin, R. Parsons and Robert Watson.

Scouters Hold Meeting At T. P. A. Log Cabin

Last Friday evening, the T.P.A.A. log cabin was the scene of a meeting of Scout Leaders and Assistants. The meeting was another in the series conducted annually to bring leaders together for the discussion of plans and problems. A good turnout was made last Friday and several important matters discussed. First was the proposed training course for Scout Leaders. It was reported that the Training Committee had met and decided that such a course should be conducted within the next month or two, and that the suggestion of the leaders, making the course a weekend one rather than spread over a number of weeks, be accepted. Most of the leaders have expressed the desire of taking part in the course, and it is hoped that a good number of committee men and Executive members will also be taking the course. The Training Committee, with the ideas and suggestions of the leaders, will be making final plans this week and time, place and details will be announced following the meeting. Plans were also discussed for the coming B. P. Boy Scout Week. All Troops and Packs have been asked to promote special programmes for their meetings of that week, being February 21-27. Group Committees and public are to be invited to attend these meetings, to witness the activities being carried on by the boys. Other ideas were also presented by the leaders, and these will be announced as soon as organization begins. Every Troop is out to make B. P. Boy Scout Week a memorable one in local Scouting.

Third Troop Committee Plans Monthly Meetings

A meeting of the Group Committee was held last Monday evening by the Third Timmins Group. President W. F. Lawry of the Local Association, Scoutmaster Rev. Fr. Callaghan, Cubmaster Mrs. Hitch, and Committee members J. P. Handley, Greg. Evans and J. D. McLean were present. Much valuable discussion was entered into by all present concerning the welfare of the Third Troop. Registration fees, camping, B. P. Chins Up Fund, and leadership were matters before the meeting, and plans are being made to take care of each of these items. A meeting of both the Troop and Pack, to which parents and friends would be invited, was discussed, and these events will probably take place during B. P. Boy Scout Week. The Committee also decided that regular monthly meetings would be held, and the second Monday of each month was the time set, the hour being 5:15 p.m. This is certainly a step in the right direction, and the boys and leaders of the Third Timmins Group are indeed fortunate in having such an interested and helpful Group Committee.

Second Troop Makes New Appointments

The meeting of the Second Timmins Troop of last week was one that will be important in the future success of the Troop. Richard Jackson, who has had several years and wide experience in Scouting, was appointed to act as Assistant Scoutmaster. Richard has been actively connected with the Second since he was old enough to join, and during the years has attended many meetings, camps, hikes, and other Scout activities. His appointment should mean much to the success of the Troop. Jack Lacy, another of the boys who have had considerable experience, was appointed Troop Scribe. This position carries much responsibility, as he will

be looking after all Troop records, reports and correspondence. To replace the boys moving up, Jack Gibson and M. McDowell have been appointed Patrol Leader and Second of the Eagle Patrol, while in the Beavers it will be Patrol Leader Eddy Day and Second Bill Goodings. Our congratulations to these boys on their progress, and we know that they will fill their positions creditably.

Third Troop Receives First Aid Instructions

Members of the Fifth Timmins Troop who recently qualified for the Ambulance Badge, were out last week to take the Scouts of the Third Timmins Troop in that branch of their tests. Their success in their work is shown by the number of boys passing the Second Class First Aid. Ralph Gauthier, Lloyd Hitch, Gerald Hunt, Virgil Simpson, Lloyd Landers, Irvin Simpson, Duncan France, Lloyd Belanger, Peter Burke, Francis Patterson, Robert Cummings, and Keith Kirwin all successfully completed the test, and by doing so Gerald Hunt has now qualified as a Second Class Scout. Nice going, boys, and on to First Class. At the Court of Honour meeting on January 17, Tom Brown was appointed Troop Leader. Tom has been a member of the Third Troop for a considerable time, and has in the past shown his abilities as a leader. At camp last summer he acted as Camp Quartermaster, which in itself is something of an achievement. Gerald Hunt, who has been Second of the Owl Patrol, will move up as Patrol Leader, and a new Second will be chosen Ralph Gauthier has been appointed Troop Scribe, a position which Tom Brown has also been holding down very capably for some time. Meetings are beginning this week for those desirous of winning their Fireman's Badge, and will be held in the basement of the Church of Nativity. The boat building programme is continuing, and one boat has been completed except for paint and final fittings.

Sixth Pack Welcomes Two New Recruits

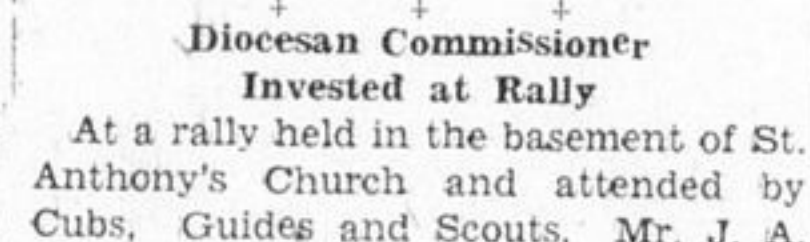
The Sixth Timmins Cub Pack last week welcomed two new recruits, being Stanley Burnett and Wallace King. These boys were received enthusiastically by the Pack and are already learning the Tenderpat tests. Darrell McLaughlin and Morris King, having reached the age of 12, are now ready to go up to the Scout Troop, and a going-up ceremony is being planned. It is possible that this will be held in conjunction with a parents' night programme being planned for Boy Scout Week. The White Six showed their superiority for the week by winning the most points in competition and will be the possessors of the beads symbolizing that honour. Donald Horrester was appointed Secretary of the B. P. Chins Up Fund in this Pack, and will be responsible for collections from the boys each week. The Cubs will be given details of a skating party, planned for January 23, at this week's meeting. All were sorry to learn that one of the Cubs, Walter Kealey, had been the victim of an unfortunate accident, and had been taken to Toronto for treatment. Walter is now back in town, though, much improved, and all look forward to the day he will be back to Pack meetings.

Diocesan Commissioner Invested at Rally

At a rally held in the basement of St. Anthony's Church and attended by Cubs, Guides and Scouts, Mr. J. A. Cousineau was invested as Diocesan Commissioner of French-speaking groups. The ceremony was under the direction of Scouter Mathys, and the presentation of the warrant was made by Mr. W. F. Lawry, President of the Local Association. Mr. Cousineau spoke a few words of thanks to all present. D. S. M. Greene was also present and after congratulating Commissioner Cousineau on his appointment, spoke a few words to the boys and girls. Following the ceremony a number of interesting and instructive films were shown, including news, Scout pictures, the Scouts and Cubs in camp and sporting films. Dr. Boutin and Ken Hulme were the gentlemen in charge of these features, and were thanked by the meeting.

More news of Cubbing and Scouting next week.

— D. S. M.



WEEKLY ROUTINE ORDERS Issued by A.C. Flight Lieutenant P. T. Moisiey, C.O. No. 10, Timmins Boys "K" Club Squadron

Part I—Administration I.—PARADES Flight 1: 1. Mon. Jan. 25, 1930 hrs. "K" Hall Anti-Gas Examination 2. Thurs. Jan. 28, 1930 hrs. "K" Hall Transportation to McIntyre Gym. for P. T. and Drill. Flight 2: 1. Tues. Jan. 26, 1930 hrs. "K" Hall Knots and Splices 2. Thurs. Jan. 28, 1930 hrs. "K" Hall Transportation to McIntyre Gym. for P. T. and Drill. Flight 3: 1. Wed. Jan. 27, 1930 hrs. "K" Hall Anti-Gas 2. Thurs. Jan. 28, 1930 hrs. "K" Hall Transportation to McIntyre Gym. for P. T. and Drill. Flight 4: 1. Thurs. Jan. 28, 1930 hrs. "K" Hall Physical Training and Drill

Part II—Personnel A.—AIR CADET OFFICERS—Nil B.—AIR CADETS—Nil C.—PERSONNEL OTHER THAN AIR

Meeting of the Women's Regional Advisory Committee on Friday

Mrs. W. L. Hogarth, Chairman of Committee, Outlines Program That Women Must Follow. Mr. F. J. Noon, Administrator of Wartime Prices and Trade Board the Guest Speaker.

In her address on Friday evening at the Women's Regional Advisory Committee meeting at the Municipal Building, Mrs. W. L. Hogarth, chairman of the Committee of this district, said, "From every woman serving on the economic front the task calls for courage, ingenuity, steadiness, and patience, and for each in 1943 there is a four-fold program." She outlined the program as follows:—"Keep the cost of living stabilized; buy only what you need; eliminate waste; and conserve what you have."

The consumer branch of the Wartime Prices and Trade Board was created through the eagerness with which Canadian women voluntarily enlisted in the battle against inflation. Nothing like this has ever been developed before, since it embraces a wide cross-section of the "woman-power" of Canada and directs its interests and energies to specific work in helping to maintain price control successfully. A Women's Regional Advisory Board was finally set up in each of the thirteen regions of the Board. Sub-committees were appointed in the various communities represented on these committees.

The speaker for the evening was Fred J. Noon, acting local administrator of the Wartime Prices and Trade Board, who in his address remarked on the very large decrease in population. Although the people of Timmins have been lucky as the wholesalers and retailers have large enough supply to last another year, they may notice the change by inspecting the shelves of the usual commodities. Mr. Noon pointed out that it is the earnest desire on the part of the merchants to spread out supplies equally among all customers in exactly the same way that the manufacturer and wholesaler allocates goods to the retail trade. It is the desire of the merchant to spread his sales over the length of time that such stocks will last under his quota purchase.

In concluding his speech, Mr. Noon stressed the fact that only goods actually required should be purchased. If the public follows this rule, everyone will be able to obtain a fair share of the available goods.

The committee under the chairmanship of Mrs. W. L. Hogarth also includes Mrs. A. A. Rose, Mrs. A. Gillies, Miss E. Terry, Mrs. K. Eyre, Mrs. L. P. Theriault, Mrs. A. W. Young, Secretary.

The committee contracted the various women's organizations in Timmins and 48 liaison officers were appointed to represent their groups:—Mrs. J. Billings, Mrs. O. Korkola, Mrs. M. Martau, Mrs. M. Stanga, Mrs. B. Stock, Mrs. S. Shankman, Mrs. A. Shaheen, Mrs. Gibson, Mrs. Haystead, Mrs. G. Oiksher, Mrs. B. Service, Mrs. A. Jackson, Mrs. Burns, Mrs. H. J. Runnals, Mrs. F. Burt, Mrs. L. Marshall, Mrs. A. Dorschner, Mrs. J. Martin, Mrs. J. Shaw, Mrs. T. Coulson, Mrs. W. Johnson, Mrs. C. Briggs, Mrs. L. Korri, Mrs. L. Makynen, Mrs. W. Alexander, Mrs. A. Booker, Mrs. W. Jams, Mrs. J. Skelly, Miss Dora Hamilton, Mrs. E. R. Street, Mrs. Susahansky, Mrs. Arichuk, Mrs. E. J. Kjo-chak, Mrs. M. Lisac, Mrs. W. Bonden, Mrs. Sasha Hwal, Mrs. M. Slak, Mrs. A. Klema, Mrs. A. Novotny, Miss Mary Stagner, Mrs. H. Lloyd, Miss Anita Giguere, Mrs. H. Cote, Miss Mary Kelly, Mrs. J. Vachon.

CADET—Movements (Temporary duty) McClung, J., Instructor in Aircraft Recognition. Gillies, Arch, Instructor in Navigation. Howard, George—Instructor in Signals. McNab, Donald—Instructor in Meteorology.

To proceed to N. 1 S.F.T.S. RCAF, Camp Borden by train 1730 hours, 28-1-43, returning by train 0935 hours 3-2-43 to attend Instructor's Qualifying Courses (Auth: No. 1 T.C. Letter 12 151-6 (C.C.O.), d 15-1-43.) Signed by F. A. Woodbury, adjutant, for C.O.

Knitting Circle of Presbyterian Church Meet on Friday

Mrs. J. Raybould Hostess to Group. To hold Rummage Sale on Jan. 30th.

The knitting group of the MacKay Presbyterian Church met on Friday evening at the home of Mrs. Jos. Raybould, 263 Spruce street north. The evening was spent in knitting for the Red Shield, and the convener, Mrs. R. Wales, gave out yarn for more articles to be completed during the next two weeks.

A new member was welcomed to the circle by the president, and made welcome by the many members. Mrs. A. Menzie was the luck lady who won the mystery prize.

Mrs. Raybould, assisted by Mrs. F. Somers served a tasty lunch at the close of the evening.

A rummage sale is to be held by the Association on Saturday, January 30th. Those present at the meeting included: Mrs. G. Aitken, Mrs. J. Ralph, Mrs. R. Wales, Mrs. M. Rae, Mrs. R. Trevelyan, Mrs. B. Pearce, Mrs. P. Crani, Mrs. W. Caves, Mrs. F. Connelly, Mrs. A. Menzie, Mrs. F. Somers, Mrs. H. Troyer.

Monthly Meeting of Fireside Club on Monday Evening

Mr. P. A. Boyce Guest Speaker. Musical Numbers Rendered.

The regular meeting of the Fireside Club was held on Monday evening with Mrs. W. H. Burnes presiding. The meeting took place in the basement of the First United Church.

The members of the club heard a most interesting and inspiring talk by Mr. P. A. Boyce, on the subject of morale. Mr. Boyce spoke of what goes to make up the morale of a nation and particularly the part women can take.

Mr. O. E. Wall, accompanied by Mrs. A. Gamble at the piano, entertained the members with two beautiful violin solos. The meeting was brought to a close with a social half hour, during which lunch was served.

The next meeting will be held on Monday, Feb. 1st.

SUSPICIOUS Henry (answering the phone in a high voice)—I don't know; call the weather bureau! "Who was that?" asked his wife. Henry—Oh, some fellow asking if the coast was clear.—Exchange.

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