

Nutrition for Victory Despite the Fact that Some Foods are Rationed

Tendency To-day is to the Greater Use of Cereal Foods. These are Rich in Nutritional Value, and May be Further Enriched with Minerals and Vitamins.



(By Edith M. Barber)

The American people are beginning to learn by experience to tighten their belts. Scarcities of certain products had warned us, but it took the advent of the rationing of canned, frozen and dehydrated products to actually bring this home to us. We had hoped that dried vegetables would be left off the list, as beans, peas, and lentils are such good meat substitutes. We can be sure that our cereal products will be immune from rationing. Our crops can be large enough to feed many others besides ourselves.

A question has been put to me several times recently, "If the United States becomes a nation of cereal eaters rather than of varied foods, what will be the results nutritionally?"

Of course we will not be deprived of all other foods, but we shall doubtless eat more bread, macaroni and spaghetti, rice and cooked and ready-to-eat cereals than we have previously. All of these foods are filling, and contribute not only fuel for energy, but also a worth-while amount of protein, and now that all bread must be enriched, and we can count upon them for important contributions. The comment has been made that the Japanese get along on a rice diet. It is true that they eat a great deal of rice but they also have many soy bean products which contribute protein in greater quantities than do other beans. We shall hope that to supplement our rationed meat, some of these will be available to us.

In the meantime, we may be sure that we will have eggs, cheese, milk, and vegetables available for all of us, although in more limited quantities than we have been accustomed to use when we followed the best principles of nutrition. Prices will not be low, but we can hope that they will be within reason during the changed conditions which war inevitably brings.

- Sunday — Breakfast**
 - Orange juice
 - Codfish Cakes
 - Hot Rolls
 - Coffee
- Dinner**
 - Vegetable appetizer
 - Fried Chicken
 - Rice paprika
 - Peas
 - Boston Cream Pie
- Supper**
 - Toasted cheese sandwiches
 - Salad bowl
 - Cocoanut cake
 - Tea
- Monday — Breakfast**
 - Grapefruit
 - Hot cereal
 - Toasted rolls
 - Marmalade
 - Coffee
- Luncheon**
 - Sauteed rice cakes
 - Chicory salad
 - Cake
 - Tea
- Dinner**
 - Broiled hamburger cakes
 - Mashed potatoes
 - Turnips with lemon sauce
- Tuesday — Breakfast**
 - Chocolate pudding
 - Grapes
 - Ready-to-eat cereal
 - Boiled eggs
 - Toast
 - Coffee
- Luncheon**
 - Potato Soup
 - Cabbage and apple salad
 - Toasted crackers
 - Tea
- Dinner**
 - Creamed oysters and mushrooms
 - Hot biscuits
 - Grilled carrots
 - Orange custard pudding
- Wednesday — Breakfast**
 - Stewed prunes
 - Ready-to-eat cereal
 - Bran muffins
 - Coffee
- Luncheon**
 - Raw carrot salad
 - Brown bread sandwiches
 - Cookies
 - Tea
- Dinner**
 - Stuffed shoulder of lamb
 - Browned potatoes
 - Baked onions
 - Steamed molasses puffs
- Thursday — Breakfast**
 - Orange juice
 - Cooked cereal
 - Poached eggs on toast
 - Coffee
- Luncheon**
 - Mushroom soup
 - Escarole salad
 - Applesauce
 - Tea
- Dinner**
 - Curried lamb
 - Boiled rice
 - Sauteed parsnips
 - Lemon jelly
- Friday — Breakfast**
 - Tomato juice
 - Ready-to-eat cereal
 - French toast
 - Coffee
- Luncheon**
 - Creamed eggs on toast
 - Watercress salad
 - Cookies
 - Tea

Beauty and You

by PATRICIA LINDSAY

Magnifying Mirror Plays Important Role in Meticulous Grooming

During the weekly grooming session, which most girls have during the week-end, it is good to use a magnifying mirror as a beauty tool.

For instance, while tweezing the stragglers of one's eyebrows the job is made much simpler when the tiny hairs are magnified. Then a steady hand and a true pair of tweezers can do a neat job. During a facial 'oo, one should see if special skin areas need specific attention. I am referring to the sides of the nose, high on the cheekbones and beneath the lower lip. In these areas blackheads or whiteheads or other minor blemishes are likely to form unless the skin is kept very clean and well stimulated through massage and frequent doublings with warm and then cold water. Only with the aid of a magnifying glass is it possible to detect the embedded grime which causes blemishes.

But let me give you one precaution—do not let yourself in for a session of squeezing blemishes. Blemishes must be softened by massage and oil and then scrubbed away with a complexion brush and soap suds. A few earnest treatments will clear the skin whereas "squeezing" makes it blotched for days and days and does much more harm than good.

For Applying Make-Up

Many meticulous beauties have doubted faced hand mirrors on their dressing tables. One side of such a mirror reflects the normal proportions of the



While some skins demand use of cleansing creams only, most women find it advisable to follow a cream cleansing with the use of a good soap. A complexion brush will stimulate and aid in the inner cleansing of the skin. EVELYN KEYES, seen in "The Desperados," advocates this particular means of skin care.

face and the other side reflects magnified proportions. Such a mirror is very useful for the application of make-up.

Use the magnifying side for putting on your rouge and powder and eye-glamour, especially if your sight is poor or if you are in the habit of wearing too much make-up. The glass will temper the amount of coloring you apply which

is a good thing, for make-up should be subtle, never obvious.

By turning the mirror to the other side and standing in candid daylight you will get a true idea of how you look to others. I think it is wise to apply your lipstick when you look into the normal side of the mirror, for lipstick can be vivid, and you do get a better perspective of your lip outline. And while you are about it, open your mouth and give your teeth an inspection in the magnifying mirror. Isn't it about time you had a professional cleansing and an examination by your dentist? Don't wait too long—your teeth are precious to your beauty and to your health. Take good care of them.

(Released by The Bell Syndicate, Inc.)

Pretty Wedding Solemnized at the Church of Nativity

Wedding of Kathleen Woodworth and James Duffy on Monday Morning.

Tulips, snapdragons, and calla lilies formed the background at the Church of Nativity, on Monday morning at 9:30 a.m., for the marriage of Kathleen Leona Woodworth, daughter of Mr. and Mrs. C. C. Woodworth, of Timmins, and James Duffy, son of Mrs. John Duffy, and the late Mr. Duffy, of Ireland. Reverend Father Murray officiated at the ceremony, and the organ music was supplied by Mr. Markert, who also sang "Ave Maria" and other solos, and during the signing of the register, "O Promise Me".

The bride, entering on the arm of her father, was lovely in a gown of

manice blue triple sheer, with a short jacket, heavily embroidered, in the front with buttons to the waist, and bishop sleeves. Her little heart-shaped hat was of the same material as the dress, and was wreathed with a nosegay of pink carnations and sweet-peas.

Acting as matron of honour, was the brides sister, Mrs. Leonard J. Nolan, of Halleybury, who was daintily attired in a shell pink triple sheer gown, gathered at the waist, with a lace yoke and collar, bishop sleeves and buttoned to the waist. Her little calico was of blue lace with a frill, and was caught at her head with yellow daffodils. She also wore short blue lace mitts, and carried a large nosegay of yellow daffodils and pink sweetpeas.

Attending the groom was Mr. John McLellan.

After the ceremony, a wedding breakfast was held at the Fern Cottage, the bride's mother, Mrs. C. C. Woodworth receiving in an afternoon dress of pearl gray, green accessories, and a corsage of red roses. A reception was held at the bride's parental home in the afternoon, 14 Third avenue, where the couple's many friends and relatives assembled to wish them all happiness.

Mr. and Mrs. Duffy will reside at 14 Third avenue.

The bride's gift to the bridesmaid was a gold pendant, and the groom's gift to the best man, a pair of gold cuff links. The groom's gift to the bride was a wrist watch.

Out-of-town guests were Mrs. Leonard J. Nolan of Halleybury, Mrs. F. Miller, of New Liskeard, and Mr. and Mrs. A. Houghton, of Cochrane.

Sense and Nonsense:— We wonder if that fellow who is going to Mars in a rocket ship has room for another passenger?

Mrs. N. H. Russell Honoured at a Tea Saturday Afternoon

Over 120 Guests Present at Home of Mrs. H. W. Darling for the Occasion.

Mrs. H. W. Darling was hostess to a delightful afternoon tea on Saturday afternoon at her home, 134 Wilson avenue, in honour of Mrs. N. H. Russell, who left this week to take up residence with Dr. Russell and family at Sarnia, Ont. For the occasion the house was tastefully decorated with lovely spring flowers. There were more than 120 guests present during the afternoon, all bidding farewell to Mrs. Russell who has been such an esteemed resident of Timmins.

Receiving the guests at the door were Mrs. L. Cameron and Miss A. Chesser. A table was set on the verandah with a tall silver candelabra, and three pink candles, one small candle-holder on each side of that, with little yellow chickens adorning the sides. Here were laid dainty sandwiches and cakes, and pouring tea at this table were Mrs. A. Campbell and Mrs. W. O. Langdon.

In the dining room, was set a lovely large tea table with two tall silver candelabras with three pink candles in each, the centre of the table being taken up with a floral candle-holder, and on each side, two lovely silver tea services. There was a large assortment of lovely sandwiches and cakes, and presiding at this table were Mrs. F. Simms and Mrs. W. D. Robson.

A very delightful afternoon was spent by all the ladies, with musical numbers being presented and a general good time had by all.



By James W. Barton, M.D.

That Body of Yours

Cold Sores, Fever Blisters, Canker Sores

It is known that the majority, if not all of us, have within our tissues the organisms of germs that cause many diseases—colds, pneumonia, and others—but because we are well or our tissues able to keep these organisms from developing, we are kept free from these particular diseases.

Among the simple but sometimes distressing and embarrassing ailments are cold sores, fever blisters, canker sores, ulcers on gums and other mouth irritations, caused by virus infection. A virus is a very small organism capable of passing through a porcelain filter. This virus or organism is given from one person to another, but most individuals probably have it always about their mouth and lips and if "suitable" conditions arise such as loss of power of the tissues to fight it off, the sores, blisters and ulcers develop.

Among the causes that interfere with the tissues resisting the virus, Drs. Lester R. Cahn and Henry A. Bartels, in the American Journal of Orthodontia, list, the following:

In one attack a food or drug (nuts, fish, cheese, chocolate, caviar, or barbiturate); in another, sunlight; in a third, injury; in a fourth, common cold; in a fifth, the monthly period in women. Either the strength of the virus is increased by the above mentioned causes, or else these causes lessen the resisting forces of the tissues.

These attacks of cold sores, fever blisters, canker sores and gum ulcers, usually run their own course or length of time, despite the usual methods of treatment. Various solutions are helpful such as equal parts of hydrogen peroxide and water; salt solutions, ½ teaspoonful to a glass of water. The old fashioned treatment of equal parts of borax and honey is soothing and helps dry up the sore or ulcer. "Sulfathiazole may be of benefit."

However, Drs. Cahn and Bartels suggest that treatment to build up the general health is most important in increasing the body's resistance to the organism. This building up method consists of rest in bed, laxatives, a diet which is soft and free from acids (cutting down on eggs, fish, poultry, and cereals, and eating more milk, fruit and vegetables); avoid salty foods and too many sweets.

Acne — Pimples

Most of us are troubled at one time or another with acne or pimples which are very distressing and embarrassing. Send today for Dr. Barton's helpful booklet on this subject entitled "Acne—Pimples". To obtain it just send Ten Cents and a three cent stamp, to cover cost of handling and mailing, to The Bell Library, in care of this newspaper, Post Office Box 75, Station O, New York N.Y.

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Come on Ontario!

ONTARIO has done well in her contribution of manpower and resources to the prosecution of the war. Ontario must do still more in providing the sinews of war, by supporting the Fourth Victory Loan to the limit of the ability of every citizen. Our men in the fighting services will give all they have. Our people on the Home Front can do no less.

The Fourth Victory Loan is your opportunity to join with the Navy, the Army and Air Force in an all-out offensive. You cannot be there in person, but your dollars can be there for you, and will provide the materials and munitions so vital to the success of the armed forces.

The Government of Ontario is backing the Loan by the investment of \$5,000,000 in the new Victory Bonds. This is Ontario's official contribution towards strengthening the hands of the Dominion Government in its tremendous task of financing the total war effort that is needed. It is the tangible pledge of the Ontario Govern-

ment that it will co-operate to the fullest possible extent with the Dominion Government in the drive for final victory.

The action of the Government of Ontario is designed to give practical leadership to all the citizens of the Province, and should be an example and an inspiration to our people to accept this Fourth Victory Loan as a personal challenge to do their part to "Back the Attack" and hasten the day of Victory.

As the old Parish Rector said at the close of the remarkable film, "Mrs. Miniver", "This is the people's war! It is our war. We are the fighters. Fight it, then. Fight it with all that is in us."

We, the people of Ontario, must fight it with our dollars. Your purchases of Victory Bonds will help to send Ontario over the top again in support of our fighting men. They will do their part when the time of attack comes. We must do ours to-day.

U. Levan
G. D. CONANT,
Premier, Province of Ontario.

BUY MORE Victory BONDS!