

# Beauty and You

by PATRICIA LINDSAY

Make-Up Foundation is Big News of Season

There is a new art to make-up, this season, and you might just as well get into the swim at once.

The new rules are these; less rouge, bright lips mat-like complexion of special tint.

You may if you wish go without face powder. If your skin is clear and smooth, and if you chose the perfect foundation cream or lotion, you can pack away your powder and your rouge.

All the new foundations are tinted. They are glorious shades and the right one will do wonders by way of illusion!

The trick is to learn how to apply your makeup base—whether it be the pancake type, cream or lotion—evenly all over your face and neck. The blending and the amount you put on make all the difference in the world.

### The Procedure

Wash your face and dry it. Massage it vigorously with the palms of your hands—no cream. Then spot your base—dabs here and there which will permit a smooth blending. In time you will learn how many dabs to apply but it will take a bit of experimenting.

Be certain that the tint meets the hair line and that it is carried down smoothly to the base of the neck. Wait for it to "set" before putting on make-up.

This year the glossy eyelid is the vogue—not the tinted one. So apply a bit of eye oil or vaseline on your lids. Then touch up your brows with a well pointed pencil and darken the tips of your lashes—but only the tips



AYER ROSE is the lipstick shade which LOUISE ALLBRITTON of the screen, selects for daytime wear. It accents her smooth, blond beauty.

Never get your eyelashes stiff and heavy looking for that will ruin your entire appearance.

### Lipstick Must be Gay

Now the selection of your lipstick shades becomes very, very important this season. The shade must not only be vivid and gay (the dull, dark colors are taboo) but it must also accent your new complexion tint and dramatize your hair and eye coloring. It will pay you to take time in buying a new lipstick, or a refill for your old case. If you can select the shade in daylight of the lipstick you will wear in daytime, and select your nighttime lipstick in artificial light. Those shades have a tricky way of changing colors in different lights and this is no time to be wasting our pennies in buying cosmetics which we do not intend to use to the last ounce! Any industrious salesgirl will help you in your selection. (Released by The Bell Syndicate, Inc.)

## War of Nerves Now Turned Back on the Nazi Gangsters

Dr. Goebbels Busier than Ever Trying to Counteract Kickback of His Own Tricks.

(From The Sudbury Star)

Early in the war Germany spread a rumor that it had captured a Belgian fort with the use of a new nerve gas, a vapor that completely paralyzed enemy soldiers. It was a lie, of course. Germany had no such gas. But it did have

a new weapon that attacked the nerves of its enemies. That weapon was propaganda.

Last week, the tables were turned on the Nazis. The Allies opened a new front against Germany—a combined assault on the Nazi nervous system, and what's more, it's working. German nerves are being rubbed raw by Allied propaganda. One broadside after another has been fired at the Nazis. America's commander in the European theatre, Lieutenant General Jacob Devers, has disclosed that Allied invasion troops are rehearsing for the big show. A Leningrad broadcast has hinted at a new offensive on the northern front. Washington has disclosed the development of amphibian tanks. British Air Marshal Sir Arthur Harris has warned that German cities will be pulverized this winter. The Allies have called their shots by naming specific French industrial areas they intend to bomb. And so it goes.

British experts say the campaign is working. For one thing, Germany is frantically transferring troops from one front to another, and it must move them over bomb-blasted railroads already clogged with air raid refugees. For another thing, it has become quite evident that German home folks have the jitters. Dr. Goebbels has started writing a daily newspaper column telling them to keep calm. Hitler—who does things differently—has told them that if they don't keep calm they'll be put to death.

A Chilean diplomat, who has just arrived in Lisbon from Germany, says the Nazis listen to Allied broadcasts despite the threat of imprisonment. The BBC, he says, is especially popular and a favorite joke in the vaudeville houses is: "Of course, no one in the audience heard the BBC last night."

It's ironic that Dr. Goebbels, the man who developed the science of war propaganda, now must spend his time trying to combat it, and there's no doubt of it, Goebbels is a master in his line. His tricks have become legendary. He had black-robed figures sobbing in French street cars during the early days of the war to undermine morale. Whistles were attached to German bombs to make them sound more terrifying. Jazz music has been beamed to American soldiers in Africa with an occasional rendition of "Home Sweet Home." Phoney reports of sensational German secret weapons were among his tricks. And so on.

Before Germany struck at Poland, Goebbels planned a story that the Nazis were going to attack Malta. Before Germany struck at Russia, he let it out that the Nazis were planning to invade England. Once, in the autumn of 1940, a Berlin propaganda official said that champagne corks were being collected to manufacture water skates for Nazi troops invading across the channel.

It was all a part of the war of nerves—a war of nerves that has backfired. The only nerve tonic that would cure Germany's jitters would be a few smashing victories. But that's one nerve tonic that the Allies have rationed.

## Won High Honours at the Conservatory of Music

Sincere congratulations will be extended to Miss Claire Vachon on the honours she has won at the Toronto Conservatory of Music. Miss Vachon has just returned from her recent trip to Toronto with two splendid diplomas awarded by the Toronto Conservatory of Music. Congratulations are in order for Miss Vachon's commendable achievements as A.T.C.M. Solo Performer and Teacher. Miss Vachon is a pupil of Sister Clair, of the order, "Les Soeurs de l'Assomption S.V."

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## Cooks—But Not Too Many—Blend Christmas Puddings



Christmas pudding, complete with proper fixings including a spot of stout and a drop of rum to blend the flavoring, is now maturing in Canadian National Railways pantries in readiness for the holiday season. When the "zero" day comes next month, Christmas pudding will appear in the menu of System dining cars and station restaurants from coast to coast.

The preparation of Christmas pudding by Canadian National chefs is an annual event observed with complete respect for tradition and the faithful observance of an old English recipe. Despite wartime difficulties, all the necessary ingredients were obtained and will be included in the coming issue. Hitherto, the kitchen of a railway dining car has been the scene of the mixing and cooking, but the 1943 edition was prepared in the restaurant facilities at the new Central Station in Montreal.

The "mixing" had a martial atmosphere owing to the presence of military cooks desirous of gaining a hint or two concerning pudding in wholesale quantities, information later useful in army kitchens for the forthcoming issue of "Pudding, plum, all ranks, for the use of."

More than three tons of pudding, well over 6,000 puddings, were mixed, steamed and stored in readiness for the holiday season, an amount sufficient for more than 38,000 servings. Domestic tradition requires Christmas pudding to be boiled in a cloth, but railway chefs steam the mixture and for transportation convenience place the product in tins, 5,000 such containers being required this year.

In the photograph, Chef Instructor James Morgan, of the National Railways, is shown mixing ingredients to the admiration of L.C. Jeannine Prevost, left, and L.C. Isabelle Langlois, right. The lance corporals are experts in their own right their daily task being to cook for 25 CWAC girls at St. Sulpice Barracks, Montreal.

## D. J. Pomerleau, B.S.A., Leaving Cochrane District

Has Given Seventeen Years of Good Service in the North.



### That Body of Hours

By James W. Barton, M.D.

The Body Must Contain Much Fat Tissue

When you read so much about the disadvantage and dangers of excess fat on the body you may think of what a wonderful thing it would be to have any fat on the body with muscles standing out like whipcords, with no fat to interfere with their action and the body that much lighter in weight. What physicians warn us about is not fat, but excess fat, because, without fat man or woman would not only be a sorry spectacle but the body, life itself, could not exist without many pounds of fat in and on it.

If we would just remember that fat has only one use in the body but a most important use, we would appreciate the fat on us because it furnishes the fuel that prevents quick death from starvation. Fat's only use, or most important use, in the body is as a reserve supply of fuel or food. "Fat is a reserve of fuel for the human furnace—a furnace which by day and night maintain the heat and energy of the human organism."

Should it be necessary for you to work hard some day or days, then your body demands more food to supply the heat needed to perform the work. Should you eat just the amount of food usually eaten when not working hard, it would not be enough for the demands of the body and you would have to stop work in an exhausted condition. However, as we know so well, Nature is always a step ahead of our needs, and that is why fat is stored in and on the body.

When the body demands more heat and uses more energy than the daily intake of food permits, then the body draws on its reserve supplies of food; since fat has the highest fuel value of all foods, it is the most economical for storage. "Consequently the Maker of the human machine arranges for a considerable reserve by depositing it, in tissues that will hold it, in various parts of the body."

The largest amount of stored fat is found in the tissues under the skin. About the only place where fat is not stored in at least some quantity, is inside the skull. Thus should one be called a "fathead" it would mean that he has fat where it should not be found in a normal person.

In every case where the individual does little or no work yet eats heartily, it would be thought that as there would be no demands on this reserve of fat he would actually increase the amount of fat stored in his tissues. And this is true for those individuals with "economical" bodies which "grab" excess fat or starch eaten and store it. They do increase the amount of stored fat.

Fortunately, in most of us, there is what is called normal or physiological equilibrium so that even if we eat more than we need and take less exercise than is needed to use up the food eaten, this normal balance or weight-regulating mechanism, prevents storage of excess fat.

On the other hand we have some individuals with the economical body mentioned above who must not eat more than a certain amount of food or they will store excess fat on the body. There exist also some individuals who, despite the fact that they eat a great amount of food and take little exercise, are unable to store even the necessary amount of fat to act as

Mr. D. J. Pomerleau, the first agricultural representative appointed by the Ontario Government for the Cochrane District, leaves at an early date to take up new duties as Regional Supervisor of Work under the Soldiers' Settlement Plan and the Veterans' Lands Act, with headquarters at Sherbrooke, Que. For some years Mr. Pomerleau looked after this area as agricultural representative for the Ontario Dept. of Agriculture and is accordingly well-known here. He is a man of outstanding talent and energy, and it was the wonder of all who knew the case as to how he managed to attend to so large a territory in so effective a manner. After considerable agitation, which was led by The Advance, the government was induced to divide the territory and the appointment of Mr. Hanian, with headquarters at Matheson helped to relieve the situation. Among the activities that made Mr. Pomerleau especially well-known here some years ago was his active promotion of Ontario Produce Week. Through his interest and effort the farm and garden produce of the North was featured throughout the district. In Timmins there were literally scores of grocery and meat shop windows that were devoted during one week to the display of North Land produce. These windows were a general revelation to the people as to the extent and value of the produce of the North. Some of the window displays were genuine works of art on account of their originality of design and the displays made of home-grown produce.

With his headquarters at Cochrane, Mr. Pomerleau travelled his wide territory and was always ready and able to help in the problems of the settlers and farmers. His talent and his general personality will be much missed.

In referring to his expected departure to take over new duties, The Cochrane Northland Post last week says: "Cochrane's first agricultural representative is leaving the district after nearly seventeen years service here. Last Thursday Mr. D. J. Pomerleau received confirmation of his appointment as regional supervisor of work under the Veterans' Land Act, with headquarters at Sherbrooke, Que. "In his new post to which he is to proceed as soon as possible, Mr. Pomerleau will have a sufficient food reserve. They remain underweight.

Aside from being a storehouse of fuel, fat tissue under the skin regulate body temperature, as it is a poor conductor of heat. Fat also serves as a cushion to the skin protecting underlying tissues from injury; it also helps hold the abdominal organs up in their proper positions.

Finally, "by filling surface hollows and rounding bony angles, it moulds the human face and figure into attractive form."

**Overweight and Underweight**  
This handy booklet by Dr. Barton contains many helpful suggestions for those who are too thin and those who are fat, including diet suggestions, exercise, various types of underweight and overweight. To obtain it just send your name and address and Ten Cents to cover cost of handling and mailing to the Bell Library, Post Office Box 75, Station O, New York, N.Y. and ask for booklet No. 105—Overweight and Underweight, mentioning the name of this paper.

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woodpulp (whether or not they manufacture it) must file with the administrator their license numbers and business addresses within ten days after the order is effective. Any changes of address or changes in the name or character of business must be reported within ten days after the change is made. Each person affected by the order must make returns and furnish any information requested by the administrator.

### DOUBTFUL

"Won't you be very happy when your sentence is over?" cheerfully asked a woman of a convict in prison.

"I dunno, ma'am, I dunno," gloomily answered the man.

"You don't know?" asked the woman, amazed. "Why not?"

"I'm in for life."—North Bay Nugget.

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jeau will be one of three regional supervisors in the province of Quebec, the others being stationed at Montreal and Quebec. Each supervisor is the chief executive officer in his region in charge of soldier settlement work, and is chairman and only full-time member of a local committee of three before whom applicants for land must appear, and which will assist in the selection of farms. Mr. Pomerleau's territory will be the eastern townships.

"This area's chief exponent of scientific agriculture had a varied career before coming here. Born on a farm at Frampton, Que., he spent the early years of his life on his father's farm, then in 1916 moved west and homesteaded at Red Deer, Alta. In 1917, however, he joined up, went overseas early in the following year, and was in France at the beginning of August, 1918. He was in the front line when the armistice came, and for three months served in the occupation army in Bonn, Germany.

"Returning to Canada he went back to his homestead shortly after discharge, but in 1921 sold the farm and entered l'Ecole Superieure d'Agriculture at Ste. Anne de la Pocatiere, the agricultural college of Laval University, graduating four years later with the degree of B.S.A.

"After a year as assistant agronomist at Sherbrooke he entered the Ontario representative service in June, 1927, and his first appointment made him representative here. For a dozen years his territory included the whole of the District of Cochrane, but this was then split into three parts, Mr. Pomerleau retaining the central area around Cochrane.

In 1927 there was no road between Cochrane and Smooth Rock Falls, none between Kapuskasing and Hearst, and even the south road from here was only opened that year. The country was little developed, for while some settlers were interested in agriculture, most of them were more interested in wood cutting and road building, for which wages were good. The depression struck severely at development, but farming began to revive about 1935 or 1936, a landmark being the re-opening of the local creamery. Good farmers began to take root, and while particularly since the outbreak of war the settler population has decreased, production has mounted steadily. The biggest improvement has come to poultry, dairying, seed potato production, and the introduction of a better hay crops, notably alfalfa.

"Mr. Pomerleau believes this country has a wonderful future as a mixed farming area. Its hope lies in the development of a good type of farmer, particularly in the young men who have grown up on farms, in better drainage of the soil, and the increased use of fertilizer. Increased clearing is no longer a prime necessity, he believes; clearing of the land should not be pushed too far, or even this country might have to resort to reforestation."

## Trade and Prices Board Passes Order to Control Pulpwood

All Dealing in Pulpwood Must Register With Administrator.

North Bay, Nov. 24th. Special to The Advance.

To meet the problems arising from the critical shortage of pulpwood, a new order, No. 331, has been announced by the Wartime Prices and Trade Board for the control of pulpwood. It was effective last week, on November 15, the pulp administrator now having the power to control the kinds, standards, quantities, quantities, deliveries and shipments of woodpulp.

This order is designed to prevent available supplies of wood for pulp being used faster than the administrator feels is expedient. As the use of woodpulp in Canada is already controlled by the control of end products, the new order has particular application to the control of woodpulp for export.

The order provides that all persons who sell, distribute, deliver, or ship

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## ONTARIO MINING COMMISSION Invitation for Submission

The Commission appointed by the Ontario Government for the purpose of enquiring into problems affecting the mining industry in Ontario, has as its objective the making of recommendations which would stimulate the mining industry in Ontario and such other recommendations as would appear to be in the best interests of the people of the Province of Ontario. Particular attention is being directed to the following:

- The necessity for and the methods of stimulating prospecting in Ontario.
- Regulations governing the financing of mining developments.
- The financing of mining municipalities.
- The place of mining in post war employment.
- Mining taxation.
- Health measures in the mining industry, and
- Northern Ontario educational policies.

The widest possible opportunity is to be given for the presentation of factual evidence and constructive suggestions from which the Commission may make its recommendations.

The Commission invites written submissions on the above or related subjects, from all persons and organizations interested in the more adequate development of the mining industry and of Ontario mining areas. It welcomes suggestions, from any source, which it is considered may be helpful in reaching intelligent and impartial conclusions, and which come within the scope of the enquiry. It is requested that all such submissions be delivered to the Commission not later than December 31, 1943.

Please address all communications to D. A. Match, Secretary, Ontario Mining Commission, Room 1302, East Block, Parliament Buildings, Toronto, Ontario.

By Order of  
THE ONTARIO MINING COMMISSION,  
Norman C. Urquhart, Chairman.

DATED at Toronto, November, 1943.