

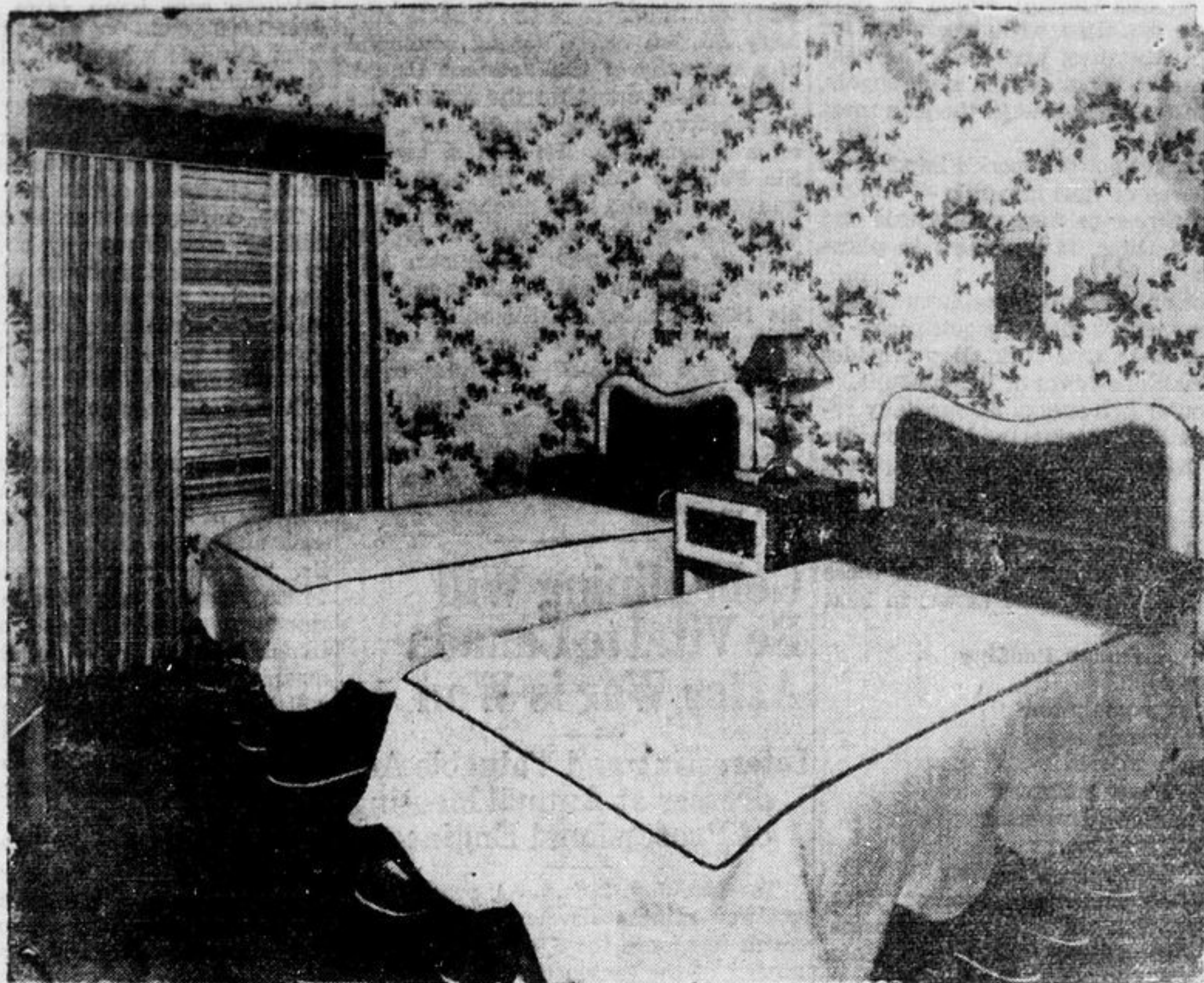


PLEASANT HOMES

by Elizabeth MacRea Boykin

EVER TRY HANGING WALL PAPER?

It's Not Hard if you Follow Directions—Main Trick is in Pasting and Folding Paper So It Handles Easily.



This bright and gay bedroom takes its colour cue from the wall paper which is lavish with green leaves, shell and red berries on a white ground. The quilted headboard, founce and bolster on the bed repeat the red in the wall paper, while the spread and bed frames are white. The rug is textural

weave in green and the curtains are striped in white and green. Altogether a colourful room that still has an unexpected tranquillity. The reason—not too much clutter all over the place; the wall paper carries all the responsibility for design interest.

In this day of labour shortages, many of us are doing refurbishing jobs we never dreamed of tackling before. Wall papering for instance, a job that sounds worse than it is. Or at least, it's not so hard if we do it the right way. If we just wade in without following the proper procedure, we're apt to wind up with ourselves pasted and papered instead of the wall. We hope that's fair warning to read directions before starting—instead of afterwards as far too many of us do about such matters.

It is well worth while to learn to hang wall paper if budget is limited, for the big cost of having a room-repapered is the labour rather than the paper itself. Even with a fat budget these days, it's hard to get workmen, so the skill will come in handy! Just for the practice, it's a good idea to start with a back room or an attic room.

The Materials You'll Need. Here are the materials you should have: ladder or step stool; long table or planks on two sawhorses; pastebrush (6" Kalsomine Brush); 11 or 12 inch scissors; broad flat brush or a plentiful supply of large clean cloths; folding ruler; a good sharp knife for trimming and a whetstone for keeping it sharp; an apron with large pockets, sheet or large cloth to protect floor.

As for estimating paper—the average roll of wall paper is 8 yards long and 18 inches wide. Measure horizontally around the room, starting from door or corner, to determine how many 18" widths you'll need—or whatever width your paper may be. Measure distance from baseboard to ceiling and to this add six inches for cutting and fitting—more if the paper has a large pattern. Find out length of rolls and figure how many strips each will cut. You can use the ends left on each roll for spaces over doors and under windows, etc.

Then before you start at the job of hanging that pretty paper, there are certain basic steps you must take to prepare the walls for new paper.

For papered walls, the best results are always achieved if you remove all old paper before trying to apply the new. A pail and warm water and a wide brush are your implements. Wet and keep wetting it until by rubbing the surface with your thumb nail the paper will peel off easily. Now scrape off the

paper with a broad scraping knife, being careful not to go too deep and mar the surface of the wall itself.

Repair the holes and cracks in a plastered wall by mixing plaster paris on a board. Make a little heap of the plaster powder and make a hole in the middle of the heap with your finger—fill the hole with water and let the water seep through, wetting the plaster. Use the wet plaster to fill cracks and holes, applying it either with the fingers or a broad-bladed knife.

For Unplastered Walls For unplastered board walls, pull off all the paper you can and if the canvas underneath is ragged and torn, take off all the loose parts. Retack the old canvas where needed and replace with new canvas where necessary. Stretch canvas as tightly as possible and tack all over, using small canvas tacks and a magnetic tack hammer.

For celotex or other wall-board walls, hide all the nails and joinings by applying what is known as Swedish putty—5 lbs. whitening, bolted; 1/2 gal. liquid glue (3/4 lb. glue to gallon of water); 1/2 pint of paint (light in colour); 1/2 pint of linseed oil. If this is too thin, thicken with whitening. For a really good job you should apply the Swedish putty to the entire wall-board surface, then sand-paper and size as for any plastered wall.

The next step is the sizing coat for any plastered wall surface you are repapering, as well as for a wall-board surface or over old wall paper. The easiest way is to use a commercial size as directed on the package, letting it dry before hanging paper. You can get size at any paint or wall paper store. The same thing goes for paste—get a bag of wall paper paste and mix as directed.

Cutting to Fit Now for the paper, cut strips of paper the length needed and lay strips on top of each other and right side down on table with left end of paper even with left end of table and right end of paper hanging over right end of table. To do this you take a roll of paper in left hand, grasping end of strip in right hand. Pull out paper, allowing roll to run in left hand. Pull end of unfolded paper over the side or end of table, pressing down on the paper slightly to remove the curl. Walk toward the left end of table unrolling the paper. Cut paper and repeat until sufficient lengths are cut.

Start now the most important part of all—the pasting. Push all the paper 6" back from the front edge of the table. Pull the top length even with the front edge of the table and the left hand end even with the left-hand end of the table. Brush the paste on the paper with long, light strokes, lengthwise of the sheet. Go over the surface a second time to even the paste and take great care not to get paste on the under sheets. Now to fold, stand at the

head of the table or left-hand end, grasp the paper at the corners with thumb and fore-finger of the right and left hand, lift the paper high and walk to right-hand end of table. Drop the paper carefully over the right end of the paper on table so pasted sides are stuck together and see that edges are even. Double the folded paper once and pull the strip down to left end of table so that un-pasted end rests on table. Do not press down the fold. Proceed to paste the remaining right end of strip in the same way.

Grasp corners of strip and walk toward left end of table, dropping this strip over pasted section so that edges are even and the end meets end of first fold. Double this fold too. Now take sharp scissors or sharp knife and trim left and selvage off each strip. Put aside and paste several strips before hanging so paste can soak in. If you have done a proper folding job, half the battle is won!

How to Carry the Paper When you are ready to hang the paper, start at corner of room and depend on right angle of wall for vertical guide. Hang first strip in a left corner fitting trimmed side into corner.

Carry folded paper over left arm with the long fold nearer body; ascend ladder high enough to reach molding line easily and then turn around on step and face out and extend left foot with heel resting on step. Then take ends of long fold between thumbs and forefingers and allow paper to unfold till lower fold strikes your foot. This breaks the fall of the heavy pasted paper and prevents tearing. Hold paper in same manner and lightly press left hand corner to wall and even with angle of wall. Then press paper to wall, take smoothing brush and brush from lowest exposed pasted area to top, then from right to left. If rag is used instead of smoothing brush, pat instead of rub. Create a line of pasted piece of paper which projects about mould line. After balance of top half of strip has been placed, lightly pull back enough of sheet to cut up along this crease, then smooth paper back.

Coming down from ladder, take lower section of strip which is still folded and pull it down to unfold it and go over this lower half in same manner as upper half, creating it at baseboard and cutting it off with scissors.

Prepare and hang second strip in a similar manner, matching pattern of trimmed left edge of this second strip over untrimmed right edge of first strip so that colours or motifs join evenly. Where fitting is necessary, measure sizes of odd spaces and cut pieces to fit. Never try to turn a corner with a wide piece of paper; instead cut strip to reach only to corner with 1/4 inch for turn, then match on adjoining wall.

For Big Designs If you're hanging floral papers, study the design and plan to cut so that the design will appear in full just below the ceiling or moulding line. Paste and fold paper as above. Hang first sheet as above. Hang second sheet by temporarily sticking the two corners to the wall, carefully matching the design at the top. Bring the sheet together and match at the centre then brush lightly and quickly from centre to top. In hanging a paper with a large figure, it's better to start in the center of the most important wall rather than in the corner. Then you'd better drop a plumb-line from moulding to baseboard to guide you in hanging your first strip exactly straight.

Here are some general hints—always make sure that your dealer has a good supply of the paper you have chosen before you start to cut. Mistakes do happen sometimes you know. Remember to wash your hands often and always to check on them for paste before you start to hang the paper to the wall. Keep paste smeared cleaned off woodwork or paper as you go along. It's a very hard job to do it after it's dry—desires it mars the paint surfaces if allowed to dry. As a start use a simple all-over paper, to get the "hang" of it before you venture into patterned papers. Tie a stout piece of string across the top of your paste pail so that you can scrape excess paste from your brush and can rest the paste brush on the string when not in use.

When you go up the ladder, to start hanging, make sure you have all your tools in your apron pocket. And if you are doing a job with expensive paper, don't stint on tools—a roller, a good brush, a trimming knife, etc., all of which can be bought in most hardware stores. Or if they're war-scarce, perhaps you can borrow them.

(Released by Consolidated News Features, Inc.)

Twenty Years Ago

From the Porcupine Advance Files

The Advance in its issue of Jan. 23rd, 1924, made reference to the sad death of two mining men well known and highly regarded in the North. They were Wm. S. Greene and George Andrews, who lost their lives in a fire at the office bunkhouse of Kirkland Combined Mines Ltd., at Kirkland Lake. It was thought that the fire was due to overheated stoves. The fire had much headway before it was discovered. Andy Grierson, manager of the property, and a gentleman named Larocque made desperate efforts to rescue Messrs. Greene and Andrews and came near to losing their own lives in the attempt. The late Mr. Greene's home was in Buffalo and he had been engaged in work in Cobalt, Porcupine and Kirkland Lake at different times and was well known and much esteemed all through the North. The late Geo. Andrews was a native of Washington but had lived in Cobalt and Timmins since 1916 and had many friends here.

The statement of the McIntyre Porcupine Mines for the quarter ending Dec. 31st, 1932, showed production for the three months amounted to \$864,895.35, which compares with \$681,038.13 for the previous quarter. Net earnings for the quarter providing for depreciation were \$415,200.03, as against \$277,548.33 for the previous quarter.

Twenty years ago Geo. Bannerman was elected president and J. W. Young secretary-treasurer of the Porcupine Agricultural Society, which had then established itself as an important and helpful organization for the district.

The Advance of Jan. 23rd, 1924, had the following: "What was probably the first radiogram to reach Timmins from Toronto in the ordinary lines of air travel was received yesterday by Dr. A. S. Porter. For some reason or another radio fans here have found it easier to get in touch with more distant points than with Toronto. Mr. M. J. Cavaney at Sandy Falls, however, has been in touch with Toronto since he installed his sending set. He has not only been able to reach Toronto with messages sent out, but has also been able to receive replies from the Queen city. It was through Mr. Cavaney that the radiogram was received yesterday here. Dr. Porter's nephew was visiting a friend in the city, the friend being the owner of station 9-BJ. Eventually it was decided to send a regular message to Dr. Porter at Timmins. A message of greetings was accordingly sent out by the radio. Mr. Cavaney picked it up at 3 p.m. and phoned the message to Dr. Porter. A reply was drafted by Dr. Porter and Mr. Cavaney sent this at once to Toronto, the message being duly received in the city."

Iroquois Falls Intermediates defeated Timmins Intermediates twenty years ago in the first of the N.O.H.A. Intermediate series, the score being 4 to 0. McIntyre was in goal for Timmins and Powers for the Falls.

Twenty years ago a building permit was issued for a modern fire-proof two-story building on Fourth avenue, at the rear of the Dr. Moore block. The building was of the construction, the ground floor to be used for a garage and repair shop and the second storey for up-to-date apartments.

Messrs. Jos. McGraw and F. McCrae were the proprietors of the new structure and Messrs. Hill-Clark-Francis had the contract for the erection of the building.

The Advance twenty years ago said: "Teddy Bowles, who was accidentally injured in last night's hockey match, was able to leave the hospital this morning and is not likely to suffer any further effects from the accident. In the mishap last night he crashed into the boards striking his head and suffering a slight concussion. Dr. McNnls attended him and advised his removal to the hospital to prevent any chances of serious results from the injury. This morning, Teddy was able to leave the hospital and is able to be out and around as usual. Last night there was general and sincere regret at the chance of serious injury resulting. To-day there will be just as general and sincere satisfaction at his speedy recovery."

The following were among the local and personal notes in the Advance twenty years ago:—"At the weekly luncheon of the Kiwanis Club on Tuesday, Mr. R. R. Johnston gave an unusually interesting address on "Folk Songs." "Mr. S. A. Caldwell returned on Friday from a three weeks holiday spent in Toronto and New York." "According to reports from Halleybury, Mr. Jas. Scully, who was operated on there last week for appendicitis, is making excellent progress to recovery." "The weather was a little cold here on Monday the thermometers registering 41 up town and 52 below at the river. The temperature at South Porcupine was reported as 47 below." "The Standard hotel license of the MacKay House, one

ber to wash your hands often and always to check on them for paste before you start to hang the paper to the wall. Keep paste smeared cleaned off woodwork or paper as you go along. It's a very hard job to do it after it's dry—desires it mars the paint surfaces if allowed to dry. As a start use a simple all-over paper, to get the "hang" of it before you venture into patterned papers. Tie a stout piece of string across the top of your paste pail so that you can scrape excess paste from your brush and can rest the paste brush on the string when not in use.

When you go up the ladder, to start hanging, make sure you have all your tools in your apron pocket. And if you are doing a job with expensive paper, don't stint on tools—a roller, a good brush, a trimming knife, etc., all of which can be bought in most hardware stores. Or if they're war-scarce, perhaps you can borrow them.

(Released by Consolidated News Features, Inc.)

of the oldest hotels in North Bay, has been taken away by the License Commissioners, the cancellation to take effect on Jan. 26th." "Early Friday morning last there was an alarm of fire and the brigade made a speedy response. The fire was at 53 River Road and was only a chimney blaze with no particular damage done." "Up to the present the provincial police have been unsuccessful in their search for Glendon Clark, who has been away from his home in Lorrain Valley since November. The young man who is 18 years of age, was thought to have come to Timmins, but he has not been heard of here nor heard from. His mother is anxious to locate him." "A number of friends of Mr. and Mrs. T. McDonough gave the young couple a shower at the home of the bride's parents, Mr. and Mrs. Joyner, Schumacher, on Monday evening. The shower was a "Crown Derby" one, a large number of pieces of this handsome chinaware being presented to the recently married couple, both of whom are very popular and esteemed in the district. Best wishes were extended by all to Mr. and Mrs. McDonough. A very pleasant social evening was enjoyed at the hospitable home of Mr. and Mrs. Joyner." "Friends and acquaintances in the North Land of Mr. J. J. Turner, of Peterborough, who has been a visitor to Timmins in recent months, will be interested and pleased at the result of the contest for the mayoralty in Peterborough. Mr. Turner had two opponents in the contest — one the mayor of 1923 and the other an ex-alderman. Mr. Turner polled 2460 votes while the other two candidates combined only received 1623. Out of 38 polls, Mr. Turner had a majority of 36. Apparently the people of Peterborough wish the municipal service of Mr. J. J. Turner as mayor, and as he was formerly an alderman in the city they based their wish on experience." "Mr. and Mrs. J. R. Todd and Mr. and Mrs. J. W. Fogg leave this week for a vacation in Florida." "Born — On Friday, Jan. 18th, 1924, to Mr. and Mrs. Robert Eddleston, 12 Maple street, Timmins — a daughter." "Mr. R. Carmichael returned on Monday night after spending a week at his home in North Cobalt." "Mr. Holden McCarthy has returned to Sault Ste. Marie, Ont., where he will resume duties on the A.C.R. railway." "Married — at St. Anthony's R.C. church Timmins, on Wednesday, January 9th, 1924, by Rev. Roullier, Margaret Fanning to Owen Matthews."



That Body of Yours

By James W. Barton, M.D.

New Method of Gauging Correct Weight I happen to be one of the many physicians who have tried to work out the correct weight for any or every type of individual man or woman. I have had my own figures which covered children and adults in all walks of life, thousands of preparatory school boys and many thousands of university students. I had the opportunity also of examining the measurements some years ago of the members of the largest branch of the Y.M.C.A. in the United States. Up to the present I have not been able to work out a system of proper weights. Two systems I have examined were better than any I had been able to work out but they were not quite satisfactory either.

A newspaper article some months ago by Howard W. Blakeslee outlines a new formula for gauging your proper weight by simply measuring the chest at the level of the lower part of breast bone the xiphoid or sword part.

For years the army and insurance companies require that the chest measurement be on a level with the nipples in front and passing over the lower ends (wings) of the shoulder blades behind. The measurement recorded is with the chest held in a normal position, then with chest completely expanded and again with the chest completely deflated or emptied of air. These measurements for the average man would be about 35 normal, 37 completely expanded and 33 deflated making the chest expansion about 4 inches.

However, in this method the author or originator of this method Dr. Mauri Massler, director of the child research clinic at the Illinois School, takes the measurement at the xiphoid process. To get this exact spot you feel the top of lowest rib in front and take the chest girth just below it which comes across the xiphoid or lower part of breast bone. The tape is drawn tightly with all the air out of the chest (deflated). The method is to take a deep breath, breathe all the air completely out, and then take measurement. (The girth or measurement is taken in inches. This figure is divided by 4, and the result is squared, that is multiplied by itself. This figure is then multiplied by the person's height in inches and this last figure, divided by 27, is what you should weigh.

This locks complicated but it is very simple. Say you are the average man of the height of 5 feet 7 inches and you measure 32 inches about the lower end of breast bone. The 32 is divided by 4 leaving 8; the 8 is multiplied by itself leaving 64. Your height is 67 and you multiply the 64 by 67 resulting in 4288. Dividing this number by 27 gives about 158 1/2 pounds which is the weight that a man 5 feet 7 inches in height with a girth of 32 over the xiphoid should weigh.

It can be seen that Dr. Massler's formula or rule makes allowance for the bulldog and the greyhound builds or types in men. Thus a man with a 34 girth should weigh 178 pounds and with a 30 girth about 140 pounds. This means then there can be three weights

Beauty and You

by PATRICIA LINDSAY

Famous Beauty Salon Suggests These Make-Up Tricks.

If you take your make-up to a good light — daylight or artificial — and sit down before a clear mirror, the chances are you can make your face much prettier than you imagined you could. But you must follow certain make-up rules and use special make-up aids.

A famous New York Salon advocates pinker powder these days on the theory that tired faces need a boost. They have introduced four pink shades and from these there is a perfect pink shade for your skin tone.

They caution women that their selection of a foundation color to wear beneath the new pink powder is of vital importance. Your foundation color should be slightly darker than your current skin tone to tone down natural coloring if you are too florid or to add color to a sallow or tan complexion. Over the foundation you use your new pink powder.

Darker Lipstick — Vogue This same salon is suggesting a darker lipstick shade for pink powder. I suppose this is to keep women from looking too "painted" for a light powder and a light lipstick would make most women look obviously made-up. So select one of the deeper shades — not the blood-red, but the medium reds let us say.

Quite some time ago I forecast that women will go in for the lighter, more feminine make-up shades, but styles will have to change to the flossy before this vogue will become established.

For the man of 5 feet 7 inches according to his measurement over this region of the chest.

What about women? The same rule may be used but the measuring tape should not include any part of the breasts and the tape should be pulled tightly over the fat that is often present in this region. A woman with the measurement of 30 inches over lower part of breast bone would work out at about 133 pounds which is close to the ideal weight of 130 in many height-weight tables.

Here again it would be found that a woman of 5 feet 4 inches height with a 29 inch measurement should weigh 116 pounds and with a 32 inch measurement as much as 148 pounds.

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 overweight and underweight. To obtain it send your name and address, enclosing Ten Cents and a three-cent stamp 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. (Registered in accordance with the Copyright Act.)



Put a dot of foundation cream on forehead, each cheek, chin, under chin, and three dots on throat. Then blend evenly with fingers. DOLORES MORAN models for us.

Signs are already on the wall, however, when salons are mixing pink powders and promoting them!

Apply Foundation Well There are two types of foundations — an opaque, tinted one which lasts all day and has the art of covering minor blemishes, and a light mixture for very young skins or delicate skins. This comes tinted too. When you get the proper mixture for your skin and the most flattering shade, take time to apply it to your face, under-chin and throat, evenly. If your foundation is thinly blended over your skin in a thin film your rouge ad powder will be easily applied and will add greatly to your beauty.

(Released by The Bell Syndicate, Inc.)

SUGAR TOMATO

12% to 14% Sugar Content

Think of it, a sweet tomato with many fruits exceeding 12% Sugar. Nothing like it ever before. Note the beauty and symmetry of the long racemes of fruit, often two feet in length. Smaller than regular tomatoes, but their superb sweetness and appearance make the Sugar Tomato the finest vegetable introduction in years. Bears enormously and is in a distinct class for dainty dishes, salads, sauces, juice, etc. Irresistible. Be first to have it. Order now (Postpaid) (Price 10c)

FREE — Our Big 1944 Seed and Nursery Book Best Yet. DOMINION SEED HOUSE Georgetown, Ontario

BRIGHTEN THE MEALS WITH BISCUITS

MAGIC'S ORANGE MARMALADE BISCUITS

2 cups sifted flour
1/2 tsp. salt
4 tspns. shortening
4 tspns. Magic Baking Powder

1 egg
1/2 cup milk
1/2 cup orange marmalade

Sift dry ingredients together. Cut in shortening until mixed. Beat egg slightly in measuring cup; add milk and marmalade to make 3/4 cup and add to first mixture. Roll out about 1/2-inch thick; cut with floured biscuit cutter. Top each with a little marmalade; bake in hot oven (425 F.) about 15 minutes. Makes 16.

MAGIC FOR SATISFYING FLAVOR!

MADE IN CANADA

WAR MILK

The demands of war upon milk will be heavier than ever this coming year . . . millions of pounds will be required. Every cow must do her best — and you can't get proper production without proper feeding. That's where "Miracle" Dairy Feeds step into the picture. These feeds contain the necessary and vital elements for high and quality milk production . . . at lower feed cost! For maximum flow from every cow — use "Miracle" Dairy Feeds!

"MIRACLE" DAIRY FEEDS

If it's Ogilvie... it's good!

OGILVIE "MIRACLE" DAIRY FEEDS

THE OGILVIE FLOUR MILLS COMPANY LIMITED

STORAGE
Care and protection in modern warehouse, special plans room.

STAR TRANSFER
Phone 427

Fire Insurance Automobile Insurance

ENQUIRE ABOUT OUR NEW LOW RATES

REAL ESTATE

SULLIVAN & NEWTON
SECURITY (Est. 1912) SERVICE
21 PINE STREET NORTH TIMMINS, ONT.