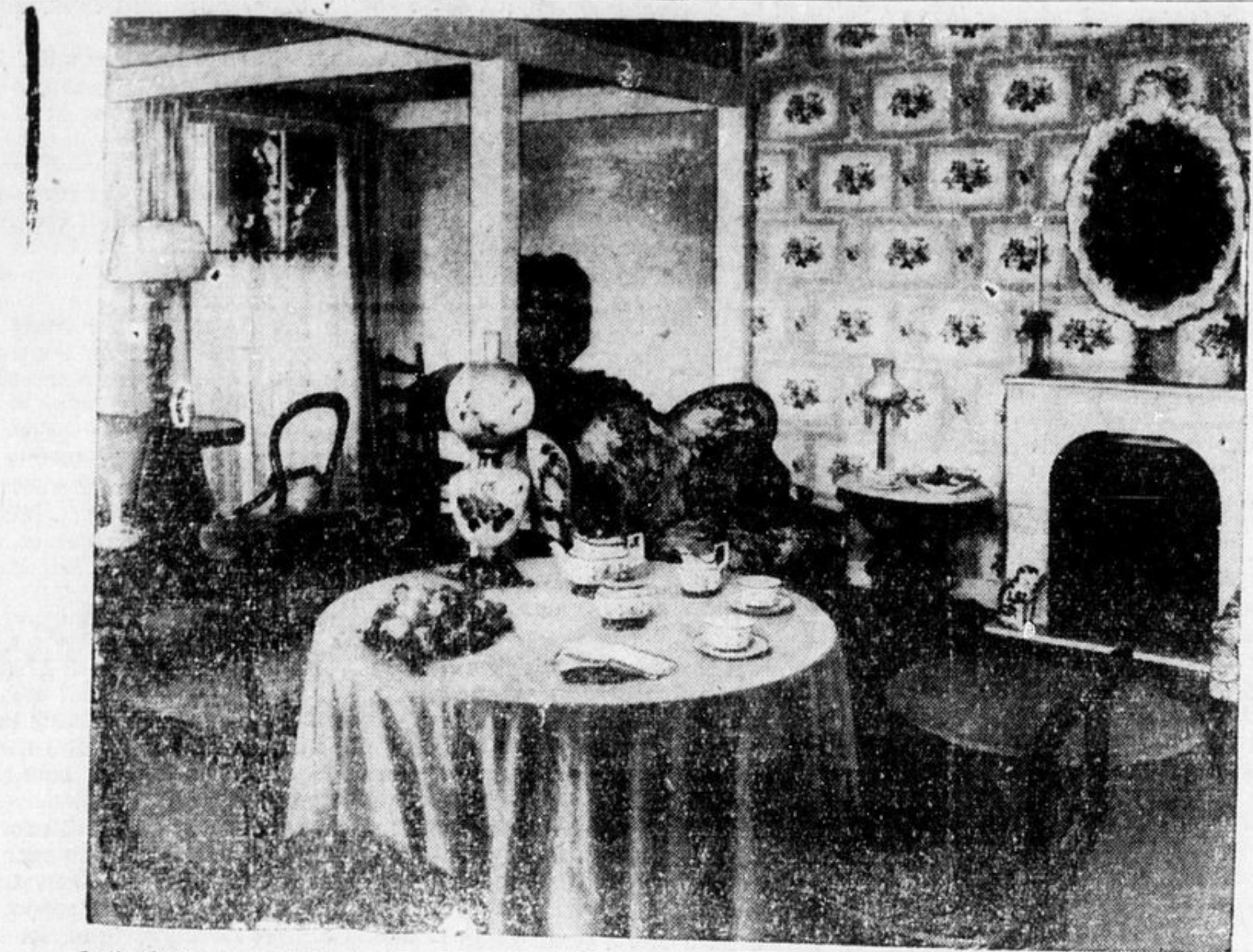




PLEASANT HOMES

by Elizabeth MacRea Boykin

FURNITURE SHORTAGE IS A DECORATIVE BLESSING
Old Pieces Come Out of Hiding to Suggest Many New Ideas in Room Designs and Arrangement.



Let's draw up a chair to the old parlor table! A charming feature in this pleasant room is the round center table. The painted part of the wall is in grey and the wall paper background is grey with a small flower design in colours. Grey rug and a green circular cover for the table make this color scheme pleasantly livable. Flowered chintz for the sofa, and plaid chair seat in plum are nice accents. The furniture is mostly Victorian, the side curtains are yellow over white embroidered muslin.

(By Elizabeth MacRea Boykin)
Something old and something new... that's the formula for this spring's designs for living rooms! The well-known furniture shortages have dictated that trend, but decoratively speaking it's a blessing in disguise, for many delightful old pieces have been put back on the job, lending both novelty and utility to contemporary rooms.

Flowers and Fruit in Natural Colours.
Probably the most amusing way with old carved Victorian pieces is the penchant decorators have these days for painting the fruits and flowers and curlicues in natural colours, highlighted with gold—the frames done over in white or a pastel—the effect for all the

world like Dresden ware! But don't let that idea scare you off—plenty of the old pieces are refinished in natural wood finishes too!

Old pre-plumbing sinks of Pennsylvania ancestry turn up in the parlor, as desks, cabinets, plant stands; while old cabinets are practical treasures for keeping small things in crowded living quarters; an old yarn-winding table is fixed up for books; old school desks are grand for sewing tables or as desks again; old spinets and melodians are used for desks or dressing tables or "as is."

Fantastic but fashionable again is that old swirled and twirled fibre or wicker furniture—it appears in 1944 with a coat of shocking pink or chartreuse paint all ready to go in the best places. We've even seen a settee of this type made into a headboard for a bed, (but we're not really recommending that idea!)

Platinum Blondes

The old parlor table is a once-loved piece that's in favour again after all these years. And with home-at-night once again in style, the parlor table really comes in handy for games, reading variety to the hackneyed living-room arrangement. If the table is exciting on its own account use it as it is. If not, then paint it blithely. Or bleach and pickle it... only yesterday we saw a beautiful old Swiss marquetry table with an intricate inlaid design, done over into a platinum beauty. But if the table itself isn't much, you can always envelop it with a to-the-floor cover of felt or whatever.

Old hat racks—either the wall or floor types—are coming into their day again, sometimes refinished seriously in their original way, sometimes painted jauntily. Dressers and bureaus, that you thought were as "out" as bustles, are dusted off, shined up and made much of.

Making This With That

In using old pieces in contemporary rooms, don't worry too much about mixing this with that. The decorators always have gotten away with the most unexpected combination of periods and geography in arranging rooms. The only really dependable rule is things that look all right together can be used together! If they don't quite make the grade in the raw, you'll find that a few yards of flowered fabric, some wall paper or paint in subtle or not so subtle tones, will pull the whole business together.

But in times like these, don't let yourself in for too much upkeep in your decorating. In short—beware of effects that depend on upholstery that will soil in a week, or on a lot of ruffles and frills that will look dowdy as soon as the new is worn off.

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Power Rates as Low as Any Other Firm on the Continent

Item of Taxes Serious One for Canada Northern Power Corporation.

The annual report of the Canada Northern Power Corporation has been received and will prove of general interest. There are two points in the report that are of very particular public concern. One is the statement made by the president in his letter to shareholders, pointing out that the rates for power furnished by the Canada Northern Power Corporation are as low as the cost of power to the customers of any organization furnishing similar service on this continent, whether publicly or privately owned, when the question of taxation is taken into consideration. The president A. J. Nesbitt, compares the total kilowatt hour output of the company with its gross electric revenue, and says:—"These figures show that we receive seventy-four one-hundredths of a cent per kilowatt hour, which figure, after deducting taxes totalling \$714,965, is reduced to sixty-two one-hundredths of a cent per kilowatt hour."

In comparing rates between publicly-owned utilities and privately-owned concerns this matter of taxation has to be kept in mind in fairness to all. Publicly-owned corporations have an undue advantage from the fact that they pay no taxes. Taxation to-day is such that it represents a material part of the cost of production or service. In addition the communities served by the utilities are handicapped by the presence of publicly-owned concerns that contribute no taxes.

The second special point in the president's letter deals with the matter of taxation. The letter from the president says:—"While your directors are convinced that all who are connected with the Company—our customers, shareholders and employees—realize that high taxes are inevitable in order to furnish the funds necessary for the prosecution of Canada's war effort, they believe it to be their duty to call attention to the discrimination imposed by the practice of exemption from taxation publicly-operated utilities, thereby placing a greater burden on those industries which pay Dominion income taxes." Mr. Nesbitt gives a table showing the amount of taxes paid for the past ten years in proportion to the business of the company. It is easy to see from this table the heavy burden imposed by taxation. The table also proves that there has been a steady increase in this taxation. In the ten years there has been taxation of about six and a half

million dollars. In 1934 this taxation totalled \$437,045, which was 10 per cent. of the gross earnings of the company. In 1943 the taxes totalled \$714,965, which is 16.9 per cent. of the gross earnings. In reference to these facts and figures President Nesbitt says:

"The above figures do not include several miscellaneous taxes, among which are tax on gasoline, licenses for automobiles and trucks, motor inspection taxes, tax on telephone bills, sales tax (Federal and Municipal), tax on meals, tax on railway fares, customs duties, nor the 8% Federal and the 2% Provincial (Quebec) tax, amounting to \$54,715, on electric light bills."

In reference to new customers, the president says: "There is little to report on the subject of new power customers. Manpower conditions resulting from the war have made the opening up of new properties, except for the production of war metals, impossible until the cessation of hostilities. However contracts were entered into with Dome Exploration (Quebec) Limited, for the supply of power to the Indian Molybdenum property in Preissac Township, Quebec, and with Canadian Splint and Lumber Corporation for the power requirements of their match splint mill situated between New Liskeard and Halleybury, Ontario."

Financial Statement of Canada Northern Power Corporation, Limited, for the fiscal year ended December 31, 1943 shows a moderate decline in net earnings due to war conditions. Gross earnings amounted to \$4,233,229, compared with \$4,540,196 for the preceding year. Expenses at \$1,642,584 were \$154,021 lower, due principally to decrease in purchased power.

After allowing for depreciation, bond interest, bad debts and \$26,850 for employees' pension fund, net earnings, before income and excess profits taxes amounted to \$1,122,370, compared with \$1,273,357 in the previous year. Income and excess profits taxes were \$455,856, being \$42,873 lower than a year ago. After deducting these taxes there was a surplus for the year of \$666,514, a decrease of \$108,114 compared with the previous year. Payment of preferred dividends amounted to \$451,789, leaving \$214,725 applicable to the 400,000 shares of Common Stock outstanding. This was equal to 54 cts. a share, compared with 80 cts. for the preceding year. Payment of Common dividends, totalling 60 cts. per share for the year, involved drawing on surplus by \$27,400.

The balance sheet shows maintenance of a strong financial position, total current assets being \$5,095,669 and current liabilities \$994,137, leaving net working capital of \$4,101,532, compared with working capital of \$3,300,203 a year ago. The Company's investments comprise marketable securities \$1,678,822 (market value \$1,612,442); bonds of the Company owned by a subsidiary, \$1,085,861; and other bonds at book value of \$384,084, for a total of \$3,148,768.

Power demand in 1943 showed a decrease when compared with the previous year, the respective figures being 568,162,306 k.w.h. and 630,134,621 k.w.h. The number of customers served, 23,249 is about the same as last year.



By James W. Barton, M.D.

Starvation, Semi-Starvation and Slow Reducing Diets

In overweights who wish to, or must for various reasons, reduce rapidly, what is known as the starvation and semi-starvation diet is used.

The starvation diet, used only when the overweight remains in bed, consists of a glass of water when awakening; half a grapefruit with tea and one ounce of milk; 11 a.m. glass of water; lunch, beef juice 10 ounces (bovine, steers, oxo, or others) and 1 small orange; 4 p.m. tea with one ounce of milk; dinner ½ grapefruit, beef juice 10 ounces; bedtime, water ten ounces. This starvation diet amounts to only 160 calories. This can be used for a few days only and must be under medical supervision.

The semi-starvation diet which amounts to 750 calories can be used for three or four weeks under medical supervision but the patient can be up and about. This semi-starvation diet is about the amount and type of diet used for stout people at spas. In his book "Obesity", Dr. W. F. Christie outlines a specimen semi-starvation diet:

On waking: water, ten ounces.
Breakfast: ½ grapefruit with saccharine instead of sugar; coffee and milk, half and half (four ounces of each), 2 dry biscuits.
Lunch: ½ grapefruit with saccharine, 4 ounces white fish, boiled, steamed or grilled; fresh salad consisting of 2 large leaves of lettuce, 1 small tomato, 5 radishes and 8 slices of cucumber; 1 dry soda biscuit; 1 tangerine; black coffee with saccharine instead of sugar or a cup of clear tea with a slice of lemon.

4.30 p.m.: a slice of lemon; a plate of Julienne soup; 4 ounces lean grilled steak; 2 grilled tomatoes; 2 tablespoons spinach; 2 biscuits; stewed rhubarb, two-thirds of a cupful cooked without sugar and sweetened with saccharine to taste; black coffee, or clear tea, as at lunch.

The semi-starvation diet is, as mentioned above, for those who are in a hurry to lose weight, who are sound in body and "strong in purpose", who have about ten or twelve pounds of surplus fat they wish removed.

For those who need to lose weight but have neither the need nor the desire to lose weight rapidly, the slow reduction diet, about 1000 calories, is used. They are given what is called a "sustaining diet" as the diet contains the

Revision Selective Service Mobilization Regulations

Hon. Humphrey Mitchell, Minister of Labour last week tabled in the House of Commons Order in Council P.C. 1355 of March 4th, 1944, revising and consolidating the National Selective Service Mobilization Regulations.

The last previous consolidation of the Regulations was made by P.C. 10924 of December 1, 1942, at the time that the military call-up was transferred from the Department of National War Services to the Department of Labour.

In addition to including amendments made to the Regulations from time to time since December 1, 1942, previously announced, the present revision makes some changes, both in policy and procedure.

In future a married man, not supporting or maintaining his wife or children, who was not previously liable to call, now becomes liable if within the age groups, in which single men only have been subject to call up to the present—that is, if born in any of the years from 1906 to 1912 inclusive, providing that a man has not reached the age of 38 years.

Up to this time a man found medically unfit, but who after remedial treatment would probably be medically fit for service, was offered treatment on his promise to join the Forces after being treated. Now a man must agree to join up first before being given remedial medical treatment.

No special provision existed in the older Regulations to deal with the cases of certain men either in remote areas, or where medical examination is not feasible. Authority is now given to grant postponement without medical examination to seamen serving in the Merchant Marine. Also, Indians and others living in remote areas may now be postponed, if reasons exist, without first undergoing medical examination. Conscientious objectors may be dealt with in future, without first being medically examined.

A provision that postponement of military training may now be given until further notice will assist essential industries and reduce work of the Mobilization Boards. Previously, only coal miners and farm workers could secure unlimited postponement, with the result that Boards periodically had to review all other postponements, even though it could be foreseen that the circumstances would warrant an indefinite postponement.

The new regulations, for the first time gave the military authorities power to hold a man who had been convicted in court of failure to report for military training under the regulations. Such a man may now be held either in police or military custody. Previously, the man had to be served with a formal notice in addition to being convicted in court, and a court order that he report for military service, after his civil trial, or even after a prison term, did not have automatic effect; this situation is now reversed.

Cochrane Dealer Fined for Overcharges on Wood

At Cochrane last week in the first case of its kind to be tried there, Amade Vallee was fined \$50 and costs, or three months in jail, for selling fuelwood above ceiling prices. Mr. J. M. Gauthier, Cochrane representative of the Wartime Prices and Trade Board, said that the accused had been repeatedly warned and on a previous occasion had promised not to do it again, and also to refund all overcharges made. Mr. A. V. Waters, K.C., who conducted the case for the Crown, said that it was apparent that the accused did not intend to stop selling at the higher prices until he was made to do so. He had been given more chances than were usually allowed. The accused claimed that he had not understood the regulations at first, but he did now and hereafter would see that there were no more overcharges. The magistrate put on the \$50 fine with costs to assist the gentleman's memory and understanding.

right amount and kinds of food to sustain life and strength while reducing weight. "They get quite enough to eat, especially if food is thoroughly chewed. Moreover, they are safe; those who follow them feel unusually fit throughout the period of dieting. Their effects too, are likely to be permanent; because a considerable choice of food is permitted, the overweight takes an interest in and learns to avoid those foods that are particularly fat-forming."

There are two parts to this slow reduction diet about (1000 to 1200 calories); the first part is made of the kinds of food that "must" be eaten and the second of those where a choice can be made. Types of foods that must be eaten are lean beef steak grilled; lean veal leg (roast); cauliflower, Brussels sprouts; salads twice daily; one medium pear; one medium apple; skimmed milk. This makes up 500 to 600 calories. Foods to make up the other 500 or 600 calories and where a variety or choice can be made are a very small amount of fat (one-quarter to one-half ounce), more meat or fish and more fruit, with small amounts of potatoes or bread.

Should a faint feeling arise at any time a piece of candy, a teaspoonful of sugar or some orange juice should be taken.

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.)

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Eight Births Recorded in Timmins Last Week-end

Born—On February 20, 1944, to Mr. and Mrs. E. V. Hannigan, Second ave., Schumacher, at St. Mary's hospital—a daughter (Carol Anne).

Born—On February 11, 1944, to Mr. and Mrs. P. E. Lafreniere, Maple street at St. Mary's hospital—a daughter (Claudette Madeleine).

Born—On February 20, 1944, to Mr. and Mrs. S. Sokolowski, Birch street S. at St. Mary's hospital—a son (Bernard Stanley Francis).

Born—On February 25, 1944, to Mr. and Mrs. R. R. Wilson, Schumacher, at St. Mary's hospital—a daughter (Linda Jane).

Born—On February 20, 1944, to Mr. and Mrs. D. Lavallee, Commercial ave., at St. Mary's hospital—a son (Joseph Roland Leonel).

Born—On February 21, 1944, to Mr. and Mrs. M. MacDonald, Lakeshore Rd.—a son (Wayne Spencer Stirling).

Born—On February 14, 1944, to Mr. and Mrs. A. Perreault, Val Gagne, Ont., at St. Mary's hospital—a daughter (Marie Aline Monique).

Born—On February 23, 1944, to Mr. and Mrs. W. J. McFadden, Tamarack street at St. Mary's hospital—a daughter (Patricia Gal).

lar courses as taught in the past. Mr. Kenneth V. Arthur, who has introduced the Basic English course at Kirkland Lake Collegiate and Vocational Institute during night school classes, has recommended the course to Rev. Heinonen, his old friend and colleague, who 21 years ago, as minister of a Finnish-Swedish-English congregation in Sudbury district taught English to Finnish adults while Mr. Arthur taught their children at Public School.

Five Births Registered in Timmins This Week

Born—On February 29, 1944, to Mr. and Mrs. W. S. Hill, O'Neill avenue, at St. Mary's Hospital—a daughter (Beryl Stephanie).

Born—On February 9, 1944, to Mr. and Mrs. E. D. Purdon, Eleventh avenue at St. Mary's Hospital—a daughter (Marion Patricia).

Born—On February 27, 1944, to Mr. and Mrs. M. A. Kennedy, Third avenue, Schumacher, at St. Mary's Hospital—a daughter (Brenda Sharon).

Born—On March 11, 1944, to Mr. and Mrs. L. Horner, Southern avenue—a daughter (Rose Mary).

Born—On March 7, 1944, to Mr. and Mrs. E. Demers, Commercial avenue—a son (Joseph Eric Reginald).

Series of Lessons in Basic 84.5 Mills on the Dollar

As an experiment a series of lessons in Basic English will be given to the Beginners' Class of the Free English language school for Finnish-speaking adults starting in Timmins Monday evening, March 13th, at 7 p.m., at the home of the teacher, 53 Rea street south, and in South Porcupine High School Bldg., Tuesday evening, March 14th, at 7.30. During the balance of the current Spring term the students attending the Beginners' Class will be taught this new Basic English series as an experiment. If it proves attractive, this Basic English series will be adopted for the Beginners' Class as the regular course during the eighth school year, starting next Fall. Other classes of the school will continue their regu-

Reader's Digest: In Phoenix, Arizona, Mao McElhinney got his shirt back from the laundry, plus the address book he had left in its pocket—plus 12 new girls' names, addresses and phone numbers.

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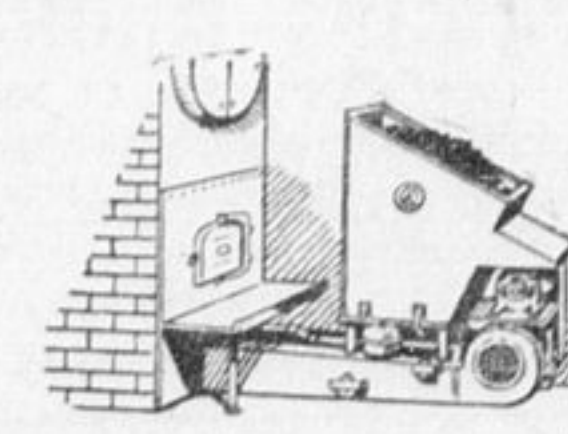
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