



Helpful Hints on Flowers and Gardens

It is to be hoped that you sowed onion seed and leeks as suggested in this column several weeks ago. There was a limited supply of dutch sets on the market for a short while but these have no doubt all been bought up by now. No Victory garden would be complete without at least one representative of the onion family, especially now that onions have become as scarce as hens' teeth.

Onion seedlings should be large enough to transplant into larger boxes ready to move into the hot bed or cold frame, along with leeks, celery, tomato plants and the rest of the plants that were started inside the house. All seedlings should be thinned out or transplanted into larger boxes as soon after they have grown their second leaves as convenient. Transplanting should be handled carefully, with as little damage to the root system as possible. After they are all set water copiously to help them recover from the shock of transplanting.

Dutch sets should be planted as soon as it is possible to work the ground; the earlier the better, they are perfectly hardy. If you want green onions plant them fairly deeply; for winter onions set them shallow. Onions sets can be crowded close together to conserve space, thinning them out as needed for the table. A dressing of naphthalene flakes raked into the ground before planting is beneficial where the ground is infested with onion maggot. Shallots require more space and should be set at least four inches apart to leave room for multiplying. They can be used while young as green onions are left to multiply. Shallots when full grown make excellent pickling onions.

Leeks are not as strongly flavored as onions; many people esteem them in a stew, but they can be cooked and served as a separate vegetable. A number of exhibitors in this district pride themselves on the size and quality of their leeks. If you have none already started there is still a possibility that plants can be bought locally.

Chives are valued by people who do not appreciate the strong, pungent flavor of the raw onion, their slender,

tubular leaves impart a subtle touch to a salad. Chives occupy very little space in a garden and require practically no care. They can be started from seed or by planting divisions of already established roots. They are perennial. Cabbage and cauliflower have in recent years acquired for themselves quite an imposing array of vitamins but they have lost none of their old time popularity on that account; they are also rich in mineral salts. Leafy vegetables grow exceptionally well in this north country, the weather stays cool long enough for them to establish themselves comfortably; rainfall is ample and dependent. Although the cabbage family, this includes broccoli, kale, etc., has many enemies pests are actually not as numerous north of the Height of Land as further south, and pests can be dealt with.

Golden Acre and Copenhagen Market are both good, early, round headed cabbages, but—although an early cabbage is desirable—it is not a good policy for a home gardener to have all his cabbages ripening before he is able to store his surplus. Last Fall Golden Acre was ready to cut about the middle of August, not a bad thing from a market gardener's viewpoint, but at the end of August they were over ripe and bursting. A home garden is in its prime during August with vegetables of all kinds to spare. An excess of cabbage at this time becomes an embarrassment. It might be well to vary Golden Acre with a second early, such as Glory of Enkhuisen, which will ripen several weeks later, just in time for winter storage. This variety is a real prize getter; heads are white, very tender, solid and fine grained. They are good keepers.

—J. H. Knell

Funeral Services Last Week for W. Dishlevo

The death occurred in St. Mary's hospital on April 7th, of Walter Dishlevo, at the age of 48 years. The late Mr. Dishlevo lived at 26 1/2 Lang avenue and left to mourn his loss are his wife and one child.

Funeral services were held from the Ukrainian Labour Temple on April 9th, interment took place in Timmins cemetery. Funeral arrangements were under S. T. Walker's Funeral Home.

There have been some splendid results obtained by the use of gland extracts; one case reported in a standard medical journal lost over 200 pounds within a year, and losses of 30 to 50 pounds are quite common. However where these results were obtained the overweights were definitely "gland" types.

On the other hand, there are cases where the various tests show the glands are working "almost but not quite" at a normal rate. In these cases, especially those where the excess fat is all over the body (which means a slight lack of thyroid juice), even in these cases the same rule holds good; that is the food intake must be reduced. Unfortunately, thyroid extract which is so helpful in reducing weight when the thyroid gland is to blame, or partly to blame for the excess weight so extremely dangerous when the thyroid gland is not to blame. In these patients there may be rapid heart beat, palpitation, swelling of ankles, breathlessness, collapse and even death.

The thought then is that in "all" cases of overweight, the cutting down on food is the most important and effective method of obtaining results.

Eating Your way to Health
Do you know which foods contain proteins, minerals, starches, or fat? Do you know just what and how much you should eat daily? Send today for this useful booklet by Dr. Barton entitled "Eating Your Way to Health." It answers the above questions and includes a calorie chart and sample menus. Send your request to The Bell Library, P. O. Box 75, Station O, New York, N. Y., enclosing Ten Cents to cover cost of service and mention the name of this newspaper.

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and upper part of body and try to circle it in mid-air three times and then relax. Counter-clockwise. Repeat twice.

Ex. 2. On your knees and hands with fingers pointing toward each other. Keep your hips directly in over your knees and your head raised throughout the exercise; Lower your upper torso slowly, bending the elbows, until your chin almost touches the floor. At the same time extend and raise your right leg. (See illustration).

Slowly raise upper torso and lower right leg to bent-knee position. Repeat same exercise raising the left leg. Relax.

Repeat three times.

These two exercises practiced faithfully daily will do much to strengthen your back and make your posture more engaging.

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That Body of Yours

By James W. Barton, M.D.

Cutting Down on Food Intake Most Effective Method of Reducing Weight

One of the hard things for some overweights to understand is why all physicians will not arrange "short cuts" to weight reduction. They meet an acquaintance who was formerly greatly overweight and he is now of normal weight. He states that his physician has him taking a tablet daily of some gland extract and he lost five pounds a month until he was almost back to the normal weight for his height and build. On questioning he also admits that he is not eating as much starch or fat foods and does not drink as much water as formerly. He does not know what gland extract his doctor is prescribing.

Perhaps these same overweights meet another former overweight and he has got down to nearly normal by using thyroid extract daily as prescribed by his physician. He also admits that in addition to the thyroid extract he (or she) is cutting down on all foods by 25 percent.

Why do some physicians use gland extracts to "help" reduce weight and others do not? The physician uses the gland extract—pituitary, thyroid, sex, or other—because by the metabolism and other tests and the location of the excess fat on the body, he knows that one or more of the glands are not doing enough work to prevent storage of fat on the body and so gland extract is prescribed.

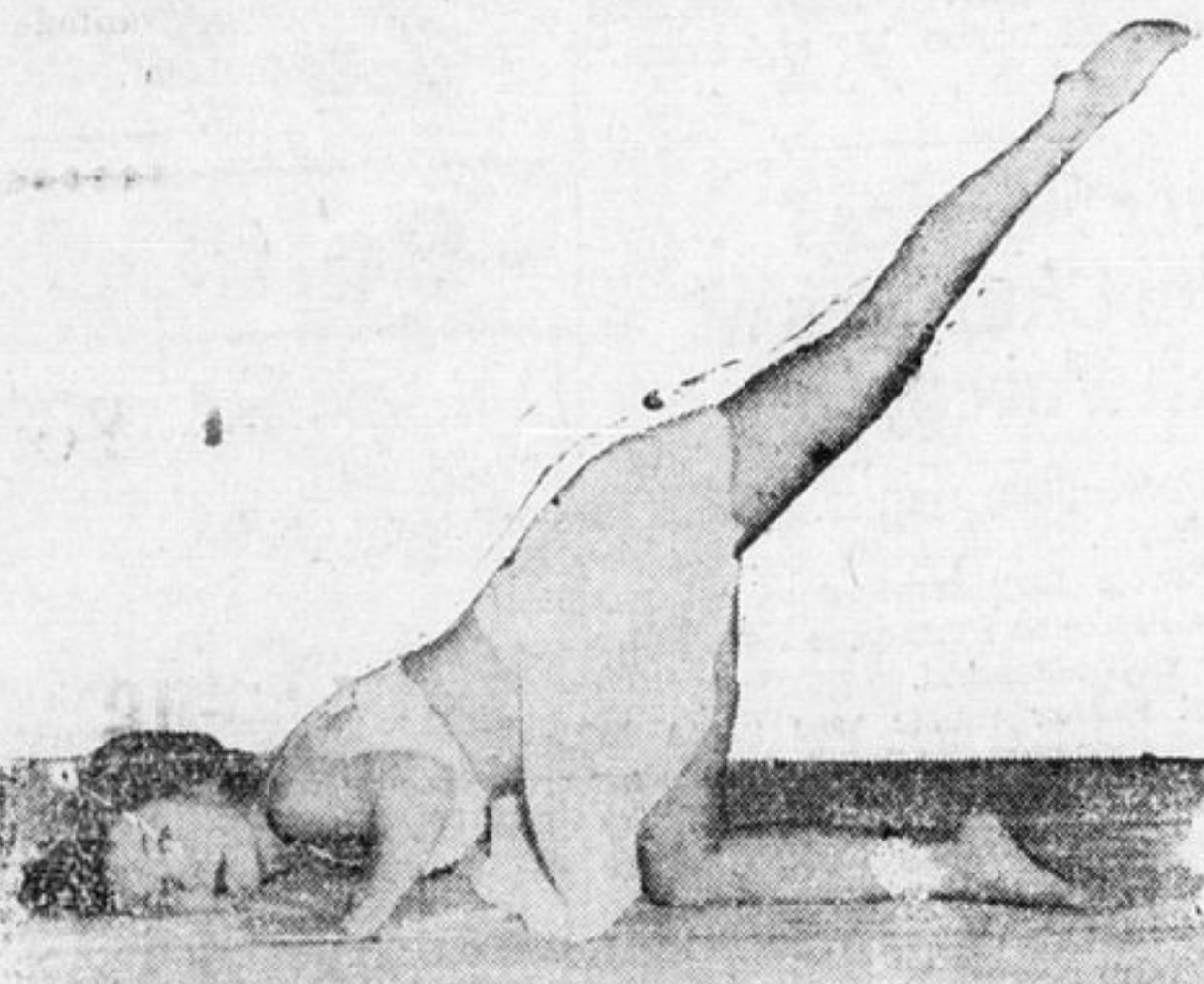
However, the treatment of all the different types of overweight is based on the idea that whether or not the glands are to blame to some extent, the overweight individual is eating too much food daily for his needs. By not eating as much food as his body needs, the body processes will not use up the fat stored in the body and thus weight will be reduced.

In the rational treatment of overweight the first principle is to cut down on the food (energy) intake. It is folly to attempt any system of treatment that does not reduce the food intake to the smallest amount necessary to maintain health. The principle of the restricted, or lowered, food intake is the most important, the most effective, and the most difficult rule to enforce.

"Many women find it extremely difficult to control their appetites, and their appetites are often capricious and demand excessive amounts of carbohydrates—sugar, bread, potatoes, pastry—the very thing that has caused their overweight."

Beauty and You

by PATRICIA LINDSAY



A back strengthening exercise demonstrated by Lovely Grace MacDonald of Universal Studio.

Strengthen Back Muscles to Assure Perfect Posture

(By Patricia Lindsay)
A strong, straight, willing back is compensation for exercising fifteen or twenty minutes daily. It's worth the time, isn't it?

Miss Dorothy Nye, authority on corrective exercises states: "Big muscles of the back spread like fans from the spinal column. They reach from the base of the brain down and out to the shoulders. They spread from halfway down the thoracic, or upper back, vertebrae to the shoulders. (This is potential power for straighten-

ing your back) They span your back upward from below your waistline to just under the shoulder blades. Working on these you can reduce the abnormal swayback curve you have been cultivating through poor posture!"

To correct your poor posture you must develop the back muscles which control your posture. And Miss Nye graciously suggests these exercises for the readers of this column:

Ex. 1. Lie on your face with your hands clasped behind your back, your arms extended full length. Raise head



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resolution, told his colleagues the price set represented United States domestic value, and it was at his suggestion also that the name of Mr. Reid, a Westerner interested in mining, he said, was included in the list of individuals to whom copies are to be sent.

QUICK COMEBACK

"So you and your neighbour are not on speaking terms?"

"No. He sent me a can of oil to use on my lawn-mower when I started to cut the grass at six in the morning."

"And what did you do?"

"Sent it back and told him to use it on his wife when she started singing at 11 at night."

—North Bay Nugget.

Sixth Victory Loan Rally

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\$25,000, \$100,000	\$100,000
ISSUE PRICE: 100%	ISSUE PRICE: 100%

The proceeds of this loan will be used by the Government to finance expenditures for war purposes.

The lists will open on 24th April 1944, and will close on or about 13th May 1944.

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DEPARTMENT OF FINANCE

APRIL 1944